



Rain Delay

Early morning rains, followed by afternoon showers keeps Post 53 from a shot at picking up its 40th win of the season. Page 1B



Thumps up for healthy lifestyles

Seniors are more active than ever before. How are they doing it? Find out in our Senior Lifestyle and Fitness special section. Section D



Honoring Seminole's Public Servants

Sunday was a day for honoring the brave Seminole County public servants who lost their lives in the line of duty and for those who courageously continue to serve their communities. Page 1C

Seminole Smile



Reza Sedigh - Sanford resident says, "Life is full of Sunshine."

Index

Business 9A
Classified 5B-7B
Crossword 5A, 7B
Dear Abby 5C
Legals 4B-5B
LifeStyle Section C
Movies 1A
Obituaries 3A
Opinion 4A
Police Log 2A
Religion 4C-5C
Sports 1B-3B
Television 6A
Weather 10B

County takes up 2-year budget process

By Christopher Patton Staff Writer

Commissioners tasked with setting priorities for two budget cycles

SANFORD — Seminole County commissioners will spend most of next week reviewing and discussing the county's budget for the next two years. The two-year budget is the first for Seminole County, but according to County Manager Kevin Grace the new process will address budget needs over a longer period and will also reduce organizational resources dedicated to budget

development.

"This has been one of the most difficult budget processes that I have been associated with in my career in public service," Grace said. "There have been a number of budget challenges this year which makes it especially gratifying to be able to pre-

sent the county commissioners with a budget that holds the line on tax rates."

The \$538 million budget for the 2001-2002 fiscal year and the \$496 million budget for the 2002-2003 fiscal year will be discussed by commissioners during work sessions July 18, 19 and 20. Two public

hearings on the proposed budget will be held in September.

The proposed budgets utilize the county-wide millage rate of 4.9989 and the total discretionary millage rate is 7.7551 for each budget year. The millage rates are the same used in last year's budget as Grace does not anticipate an increase in tax rates for either year.

A \$50 million bond issue is proposed in fall 2001 for construction of a new criminal

See Budget, Page 8A

A cut above the rest

Sam Cooper carves more than his initials into local lumber

By Michelle Jerla Managing Editor

SANFORD — Sam Cooper loves wood.

Although he doesn't have a favorite type of timber, Florida black cherry has received a lot of his attention lately.

"I guess right now, it is my favorite," Cooper said. "I'd never seen Florida black cherry before, so I guess that's why I really like using it right now."

Cooper is a woodcarver who recently decided to make Sanford his home — at least for the next two or three years. He has to finish 700 wood signs and benches for the West Palm Beach Zoo before can once again return to his nomadic wanderings.

"I came down here for a vacation, and I ended up getting a job doing the signs for the zoo," Cooper said. "I thought I would only be here for five or six weeks, but now it looks like I'll be here for several years."

A Tennessee native, Cooper comes from a long line of talented artists. His grandmother,



Sam Cooper, owner of Creations in Wood in Sanford, displays a sign he made in memory of Nascar legend Dale Earnhardt.

who was a well-respected weaver in her community — was the first person in Gatlinburg, Tenn., to open a craft store. Other family mem-

bers also worked with various forms of folk art, so it was only natural for Cooper to begin carving.

"When I was 15, I picked up

a router and just started playing around with it," Cooper said. "My grandpa encouraged

See Cooper, Page 8A

Cameras aim to capture positives, negatives

By Nick Pfeiffaur Staff Writer

SANFORD — The City of Sanford Waterfront Master Plan Steering Committee will meet Wednesday, July 18, beginning at 4 p.m., at Sanford City Hall. It may mark the start of a new view of what people like — or don't like — locally as well as in communities across the region.

Raj Mohabeer of Glatting Jackson Kercher, is suggesting the committee launch a photo-taking expedition, and to help them, cameras will be provided to each member.

"In their travels around Sanford, Florida, and possibly their vacations, people often see things that they may think would be good in Sanford," Mohabeer said. "What we want is for them to take photos of these places, not only what they believe might be technically and economically feasible in Sanford, but possibly things they find that they won't want in Sanford. We will be asking them to write descriptions on

See Cameras, Page 8A

Police investigate downtown shooting

By Christopher Patton Staff Writer

SANFORD — Sanford police are investigating a series of events Wednesday afternoon that include shots being fired downtown.

Police responded to a scene on Locust Avenue and 2nd Street where witnesses reported shots were fired between a car and a pick-up truck. The truck hit a building as a result of the altercation, but the car escaped.

Officers caught up with the suspected car on East Celery Avenue, but after a short pursuit the chase was called off as the suspect was traveling at extremely high speeds. However, a Seminole County Sheriff's Office helicopter was airborne during the chase and picked up the vehicle after officers broke off the pursuit.

Frederick Lamar Brown, 24, of Sanford then made a costly mistake as he turned left into the neighborhood around the Indian Mound Slough. Brown was trapped on the dead end of Powhatan Road with officers quickly shutting off the neighborhood's entrance.

"I think he realized he couldn't go any farther," said resident Catherine Russell. "I thought it was the gardener's friend so that's why I unlocked the door."

According to the police report,



Brown pulled into Russell's driveway and started talking to the gardener asking if he lived there. Russell noticed the car in the driveway and came out to ask the gardener if the man was taking him home. That's when Brown forced his way into the home, according to Russell.

"He didn't touch me, but he

just walked right in the door," Russell said. "He just kept saying hide me, hide me. I was afraid if I ran down the hall he would follow me and then I would be a hostage."

That's when Russell noticed her home was surrounded by

See Shooting, Page 8A

Louise Touhy, wife of Sanford leader, dies

From Staff Reports

Louise G. Touhy, the wife of one of Sanford's most prominent civic leaders, died Thursday, July 12, 2001 at Regency Park Care Center in Dalton, Ga.

She was born in Alderson, W. Va., and graduated from University of North Carolina Greensboro and the Cincinnati Conservatory of Music. She lived in Sanford for 55 years until 1999 when she moved to Dalton.

She married her husband, George Touhy, in 1944 and they remained together for 47 years until his death in 1991. Mr. Touhy was the executive vice

president at First Federal Savings & Loan and was a leading member in the Sanford Chamber of Commerce, as well as numerous civic organizations.

Mrs. Touhy was a prominent leader in her own right, having served for 33 years she as the Minister of Music at the First Presbyterian Church of Sanford, where Mr. Touhy was an Elder and choir member. After retiring from her music career, she was an active member of Markham Woods Presbyterian Church of Lake Mary.

She was active in many civic

See Touhy, Page 8A

3,000 mile club



Ruth Heirs, center, recent passed the 3,000 mile mark in the Seminole Strollers program, sponsored by the Central Florida Regional Hospital, Sanford Senior Center, and the Seminole Towne Center. Presenting the 3,000-mile patch are CFRH's Michelle Hendrick and the Senior Center's Kim Eltonhead.

SEMINOLE SUMMARY

A GLANCE AROUND OUR COUNTY

Predicting the weather

I guess if you truly believe in Groundhog Day (Feb. 2), you might also believe in St. Swithin's Day, (Sunday, July 15).

Most people believe the official U.S. Groundhog is in Punxsutawney, Pa., and that Punxsutawney Phil's prediction hold true for the entire nation. Yet there are also "official" groundhogs in Woodstock, Ill. and Sun Prairie, Wis.

The whole concept of Groundhog Day relates to Candlemas Day, which was started in Germany in 1887. So, should we believe Punxsutawney Phil seeing his shadow will relate to the expectation of more winter in Florida for six more weeks? Or does this pertain to

Germany and our northern states only? It's up to you.

St. Swithin's Day started in England in 682 AD. St. Swithin (actually spelled Swithun) was a Bishop at Winchester Cathedral. Three days after his death, on July 15 of that year, his remains were moved into the Cathedral. On that day, it started raining and didn't stop for 40 days.

The belief is if it rains on St. Swithin's Day, there will be 40 more days of rain. If it doesn't rain, there will be 40 days of no rain. The original saying is "St. Swithin's Day, if thou doest rain, for 40 days it will remain. St. Swithin's Day, if thou be fair, for 40 days, will rain nae mair (no more)".

OK, so let's take this further and I'll make my own predictions. I'd call it Pfeifauf Day, but if they can't even agree on the spelling of Swithin/Swithun, how could they spell Pfeifauf correctly. Anyway, Next Feb. 2 in Pennsylvania, I'll predict six more weeks of cold weather. After all, the middle of February and into early March has never been warm up there anyway.

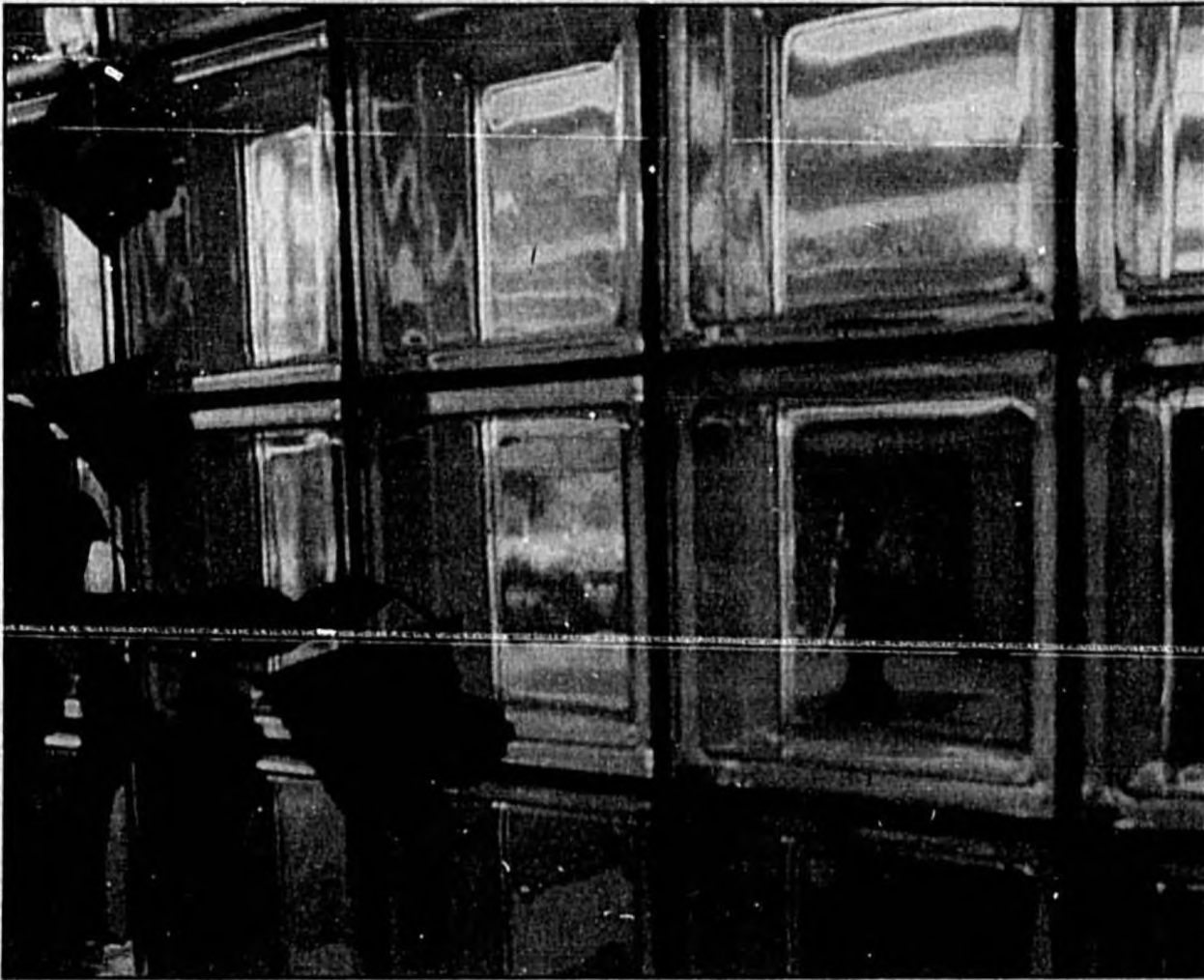
And as for St. Swithin's Day in England, that's the start of the rainy season every year so what's new? And in Florida, I'll just about bet we have rain somewhere in the state every day for quite some time. That can also be expected.

What you can do if you want to be a weather predictor is to tie a piece of light rope on a tree or post outside. Leave it dangling down. If you see it moving, you can assume it's windy. If it is wet, you can assume it's raining. If it's warm, you can assume the sun is out. And if it blows completely off the tree — possibly taking the tree with it — you'll know a hurricane has arrived.

If you want rain, you could always plan a family outing. If you want it dry, try planting new grass on your lawn. It happens all the time.

Television meteorologists and the National Weather Service use all kinds of sophisticated equipment to make their predictions. Every once in awhile they come to pass, but even modern gadgets are never perfect. They should try that rope on a tree. It works.

Looking glass

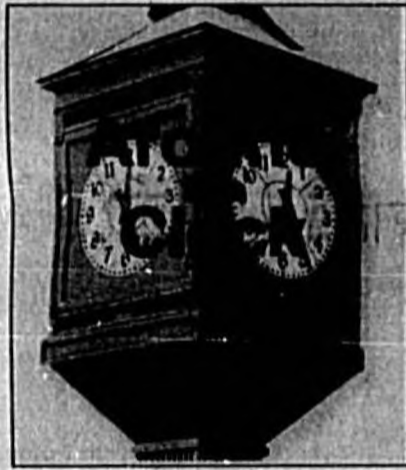


A Seminole Community College student is caught on film walking through the hall at the college's Administrative Building.

No Lowe's. The Clock reported last week that hardware giant Lowe's might be the buyer of the Scotty's property on U.S. Highway 17/92; however, a source in the know says that's not the case because Lowe's has an option on some property on Rinehart Road. Furthermore, the Scotty's property isn't large enough for the big box stores Lowe's likes to construct. The property did sell after just a few days on the market, and Scotty's will be out in the next three to four months. "Evidently the new owners bought the property dirt cheap because they're offering it to prospective tenants at \$3 to \$4 per square foot," the source said.

The Bucs are back in town. Evidently the Barn is beginning to regain some of its former glory. Last week when Blackhawk played the joint, Tampa Bay Bucs head coach Tony Dungy and some

of his assistants were reportedly in the audience. Didn't realize Dungy was a Blackhawk fan. Then again, maybe he was scouting the beefy bouncers for prospects along the offensive line.



ing insignia that might spark a brawl. Evidently, some in the community misinterpreted the meaning and took their concerns to city hall. The Barn's management profusely apologized, saying the only color they are concerned about is green — as in the color of money. The sign was immediately taken down.

Let there be light. Sanford officials will count the ballot: Monday

night to determine whether to proceed with a street lighting project in the Historic District. City Clerk Jan Daugherty said 287 of the 552 ballots have been returned. Will the special tax assessment pass? Too close to call. Some of the larger property owners in the district, namely the churches, have split on the issue. The Presbyterians and the Episcopalians voted against the measure, the later because the church can not incur any long-term debt without the permission of the bishop, who's currently out of the country. The Baptists reportedly are struggling financially and may not be inclined to add more debt. The Catholics and the Methodists appear to be favoring the proposal. Votes will be counted based on the total square footage of ballots submitted. All the "nay" votes will be placed in one pile, the "yeas" in another. Daugherty will add up the square footage from each pile. Whichever side has the most square feet wins, though if the measure passes, there will be a public hearing before the City Commission makes a final decision. By the way, there's a total of 5,234,629 square feet in the special tax assessment district. The city of Sanford, which voted in favor of the proposal, controls 268,895 square feet, or 5 percent of the total land.

CCIB Raid

Members of the Seminole County Sheriff's Office CCIB (City/County Investigative Bureau) served a search warrant Wednesday at a residence at 202 Moss Road in Winter Springs. Five people were located in various parts of the home, and each was arrested on drug related charges. While officers were at the residence, a phone call was said to have been received asking if a person could sell \$150 worth of Crack Cocaine. Officers told the caller to come to the home. When three men arrived, they were also placed under arrest.

Persons in the home were Patricia Elizabeth McClure, 31, charged with possession of

under 20 grams of marijuana and possession of narcotics equipment. She was also wanted for violation of probation. Marshall Todd Harold, 38, was charged with possession of under 20 grams of marijuana and possession of narcotics equipment. Shawn Patrick Tilton, 28 and Jack Lemont Ingram, 32, were arrested on the same two charges.

The three men who came to the home while officers were there included Tundi Kareem Jackson, 19, charged with selling cocaine and resisting an officer without violence. Terrell Lavine Dennison, 26, charged with possession of cocaine with intent to deliver, selling cocaine and resisting an officer without vio-



lence, and Jermaine Antoine Williams, 19, of Altamonte Springs, charged with selling cocaine.

Officers from the Casselberry and Winter Springs police departments assisted in the raid and search of the residence.

In The Pool
Sheriff's deputies were called to Rolling Hills Country Club in Longwood early Friday morning, and found three people in

the swimming pool, at the club, closed at the time. The woman was said to be nude. Officers determined no one was being allowed access to the pool, and the three reportedly said they had jumped the fence. The three were identified as Monica Medland, 23, of Parkview Drive, Sanford, Jay Stanley Gustovic, 24, of Chesterland, Ohio and David Bryant Biehl, 23, of Winter Springs. Each was charged with trespassing in a structure, and disorderly intoxication. Biehl was also charged with resisting an officer with violence.

On The Porch
Sheriff's deputies investigated a suspicious activity Thursday in Castle Brewer Court. They said

they saw three men sitting on a porch, possibly using drugs. Only one of the three was arrested, Tommy Lee Turner, 43, of Bell Avenue, Sanford, was charged with possession of narcotics equipment.

Angel Steals Christmas
Angel Finkle, 27, and Jamie Wein, 38, both of West Seminole Boulevard in Sanford, were arrested Wednesday by Sanford police in connection with the burglary of a shed in the 800 block of West 2nd Street in Sanford. Officers said the two reportedly took boxes of Christmas decorations, clothing and other items. Each was charged with burglary of a structure and larceny over \$300.

OUT & ABOUT

SUN 15

The city of Winter Springs Parks and Recreation Department is hosting a remote control model warship battle at the retention pond in Winter Springs Park, Sunday, July 15, from 9 a.m. until 2 p.m. Model remote control warship combat is an exclusively strategic war. Models vary in size from 40 to 62 inches in length. The event is free of charge and open to the public. For more information phone 407-377-4761.

MON 16

The Winter Springs City Commission will hold a budget review workshop Monday, July 16, beginning at 5 p.m. in the commission chambers of city hall. The meeting is open to the public.

TUES 17

Members of the Orlando/UCF Shakespeare Festival will perform at the Central, Northwest and West branches of the Seminole County Public Library on July 17 and July 19. They will direct members of the audience in scenes from Romeo and Juliet. The programs are the last in a series of summer specials for school-age children.

The program is free and open to all. Contact the libraries for dates and times of performances. Information can also be found on-line at www.scpil.lib.fl.us. Admittance is on a first come, first served basis.

WED 18

The Seminole County Port Authority will hold a regular board meeting Wednesday, July 18 beginning at 4 p.m. in the administration building, Port of Sanford. The meeting is open to the public.

SAT 21

A Tire Amnesty Day is scheduled for Saturday, July 21, from 9 a.m. until 3 p.m. at both the Central Transfer Station, 1634 SR-419 in Longwood, and Seminole County Landfill, 1930 Osceola Road in Geneva. Tire Amnesty Day offers Seminole County citizens free disposal of up to ten tires from their residence. Businesses may not participate in the event. For further information contact, 407-665-2260.

Former employees of the Seminole Memorial Hospital in Sanford are invited to attend a reunion, Saturday, July 21 beginning at 11 a.m., at Lake Monroe Park, at the foot of Highway 17-92 bridge on the Volusia County side. The event is covered dish and people are urged to bring their favorite food, utensils, plates, drinks and chairs. Ice will be provided. Donations are being accepted.

Phone Pat Crawford at 386-456-0400 or Jimi Gold at 407-324-8547.

Doug Fetzler
Publisher
Dan Ping
Editor

Administration
Betty Bennett
Janilee Mallin

Display Advertising
John Coffman
Frozzie Lavender

Classified Advertising
Ted Walker

Legal Advertising
Trudoe Langford

Circulation
Wanda Kourperidis

Editorial
Michelle Jeria
Managing Editor
Doris Dietrich
Chris Patton
Marva Hawkins
Nick Pfeifauf
Dean Smith
Tommy Vincent
Art Zielinski

Production
Elwin Tyrrell, Jr.
Printing & Production Manager

Bill Egan
Press & Camera Reporting
Brian Kramarsick
Press & Camera Shipping
Cheryl Smith
Composing and Pre-Press
Larry Lawson
Workshops

Mail Room
Becky Tibbotts

Republic Newspapers, Inc.

THE SEMINOLE HERALD

"Serving Seminole County Since 1908"

Sunday, July 15, 2001 • Vol. 93, No. 112

Published every Wednesday and Saturday by
Republic Newspapers, Inc. • 300 N. French Ave., Sanford, FL 32771
•Phone (407) 322-2611 •Fax (407) 323-9408

Periodical Postage Paid at Sanford, Florida
and additional mailing offices.
USPS 481280
Postmaster: Send address changes to
The SEMINOLE HERALD
P.O. Box 1667
Sanford, FL 32772-1667

Subscription Rates

3 Months in Seminole County \$11.00
6 Months in Seminole County \$20.00
1 Year in Seminole County \$36.00
1 Year Other Florida County \$42.00
1 Year Out Of State \$52.00

We welcome and encourage your letters and comments. All letters must include your name, address and phone number to be published.

Write to us:
300 N. French Avenue
Sanford, FL 32771

Call us:
(407) 322-2611

E-Mail us:
Editorial:
editor@seminoleherald.com

Advertising:
csmith@seminoleherald.com

Publisher:
samdoug@aol.com

Fax us:
(407) 323-9408

Obituaries

JESSE LEROY CARNES
Jesse Leroy Carnes, 85, Fairway Court, DeLand, died Wednesday, July 11, 2001 at his residence. Born in Neligh, Nebraska, he moved to Central Florida in 1987. He was a retired business owner of Allied Tire & Battery in Chicago. He was a World War II veteran of the U.S. Navy. He belonged to American Legion Post 172, Neligh, Neb., AF & AM Lodge 1074 in Englewood, Ill., and Masonic Lodge.

Survivors include daughters, Cherie Besicker, Orange City, Marsha McMahon, Geneva, Ill.; sister, Viola Willis, Escondido, Cal.; four grandchildren; eight great-grandchildren.

Memorial donations may be made to Hospice of Volusia/Flagler, 3800 Woodbriar Trail, Port Orange, Fl. 32119.

Fourtowns Cremation, Inc. in charge of arrangements.

ALDWIN P. CHERRIE
Aldwin P. Cherrie, 88, S. Grant Street, Longwood, died Tuesday, July 10, 2001 at Florida Hospital Altamonte, Altamonte Springs. Born Jan. 1, 1913 in Trinidad, British West Indies, he moved to Central Florida 20 years ago. He was a retired pharmacist and a member of St. Mary Magdalen Catholic Church.

Survivors include step-daughter Jean Richardson, Petewawa, Ontario, Canada;

brothers, Carl and Max, both of Manchester, England, Kenneth, MD, Trinidad, West Indies; sisters, Gertrude Waithe, Toronto, Canada, Mae, Trinidad, Mora Kydd, Edinborough, Scotland, Marjorie T. Gordon, Mississauga, Ontario, Canada.

Banfield Funeral Home, Winter Springs, in charge of arrangements.

BERNARD L. CONNIF, SR.
Bernard L. Conniff, Sr., 93, E. Hancock Drive, Deltona, died Wednesday, July 11, 2001 at an assisted living facility, Braddock Avenue, Osteen.

Born in Upshur County, W. Va., he moved to Deltona from Collingswood, N.J. in 1979. He was a retired foundry mold maker with General Electric, Philadelphia, Penn. He belonged to Knights of Columbus Honorary 4th Degree; lifetime member Bishop Eustace Council, G.E. Retirees Club, Loyal Order of Moose - lifetime member, and Modern Woodsman of America.

He was a member of Our Lady of the Lakes Catholic Church.

Survivors include wife, Margaret Frances Conniff, Deltona; son, Bernard Leo, Jr., Deltona; two grandchildren. Baldauff Family Funeral Home, Orange City, in charge of arrangements.

MELVIN L. CUTLIP SR.
Melvin L. Cutlip, Sr., 52, East

Graves Avenue, Orange City, died Tuesday, July 10, 2001 in the Fort Lauderdale area. Born in Ashland, Ohio, he moved to Central Florida in 1996. He was a truck driver and belonged to Assembly of God, Mansfield, Ohio.

Survivors include wife, Karen, Orange City; son, Melvin Jr., Columbus, Ohio; daughter Stacy, Mansfield; father, Oliver, Canton, Ohio; four sisters; three grandchildren.

Fourtowns Cremation, Inc., Orange City, in charge of arrangements.

DOROTHY ANNE GARNER
Dorothy Ann Garner, 70, Spring Pine Court, Kissimmee, died Saturday, July 7, 2001. Born in Kissimmee, she was a lifelong resident. She was a teacher assistant for Ocolea County School Board. She belonged to Bethel AME Church.

Survivors include sisters, Leona Scott and Betty Ferrell, both of Kissimmee; brother, Benjamin Cambric, Kissimmee; four grandchildren; two godchildren.

Golden's Funeral Home, Inc., Kissimmee, in charge of arrangements.


LOIS R. McLEOD
Lois R. McLeod, 75, S. Park Avenue, Sanford, died Wednesday, July 11, 2001. Born in Hindman, Ky., she moved to Central Florida in 1962. She was a beautician for J.C.

Penny's and a Baptist. Survivors include daughters, Sandy Colodny and Candy Jackson, both of DeLand; sisters, Louise Smith, Orlando, Denise Klaver, Sanford; brothers, Lyon Ramey, Sanford, Gordon Ramey, Virginia, Sheldon Ramey, Kentucky; three grandchildren; one great-grandchild. Sunset Cremation Service, Orlando, in charge of arrangements.

LUCILLE PENNINGTON
Lucille Pennington, 78, Oak Avenue, Sanford, died Thursday, July 12, 2001. Born in Winter Garden she was a lifelong Central Florida resident. She was retired from Sandra Fashions and was a member of Fleet Reserve. Survivors include daughter, Patsy Smith, Sanford; brother, Edwin Shaw, Corpus Christi, Tex.; sisters, Juanita Newton, Columbus, Ga., Norma Jean Tadlock, Port Walton Beach; five grandchildren; three great-grandchildren.

Brisson Funeral Home, Sanford, in charge of arrangements.

DAVID WILLIE PITTS
David Willie Pitts, 48, Lake



LORDY, LORDY LEROY'S 40

Lampkin, Orlando, F. Kathleen Collins, Tifton, Ga., Linda Willford, Altamonte Springs; brothers, Anthony Fossitt, Earl Fossitt and Ronnie Fossitt, all of Altamonte Springs, Gregory Fossitt, Columbus, Ohio, Anthony Mathis, Tifton, Ga.; maternal grandmother Juanita Kelly, Orlando.

Golden's Funeral Home, Winter Park, in charge of arrangements.

Community notes

Summer Theater Camp
Wekiva River Players is sponsoring a summer musical theater camp in Sanford, for children ages 7 to 13.

This is a two-week (Monday through Friday) camp now in operation through July 20, from 10 a.m. to 3 p.m., with a closing evening performance at the Helen Etnier Theatre on July 20. Camp workshops will include Creative Dramatics, Acting, Musical Theater and Singing, Dancing, Auditioning, Stagecraft, Theater Art and Stage Makeup.

Camp Fee is \$250 for non-members, \$225 for members of Wekiva River Players, and includes tuition, camp T-shirt and two free tickets to the closing performance. Additional tickets are available. Registration and more information contact WRP at 407/262-1801.

Blue Grass Music
July 21 is the third Saturday and therefore time to gather those instruments, lawn chairs and the family and join the Pick-In Bluegrass style at the community building in downtown Longwood, corner of West Church Avenue and Wilma Street. The event, from 6 p.m. until 10 p.m. is free and refreshments will be available. Join in the music or just listen and enjoy. For additional information call 407-260-3447.

Jazz Concert
The Altamonte Jazz Ensemble, directed by Mike Arena, will present its summer concert 7 p.m. Sunday, July 22, with a "Tribute To Tommy Dorsey," and music made popular by his famous orchestra. During the slightly more than 20 years of his bandleading career, Dorsey was one of the most dominant factors in the big band music business. It was he who had the first big success with a style combining both sweet and swing. He was the first who made vocal groups a really important part of the dance orchestra.

The Jazz Ensemble will feature Dorsey alumni, trombonist Jim Foy, recreating the music made famous by Dorsey and his trombone. Also featured will be vocalists Don Ryer and Ellen Ryzner, recreating the songs of Frank Sinatra and the Pied Pipers.

The event will be held in the Lake Brantley High School Auditorium in Altamonte Springs. Admission is \$5 at the door.

For more information, call 407-322-7528 or e-mail arena@mpinet.net. The concert

is funded in part by Seminole Cultural Arts Council Inc., and Altamonte Springs Leisure Services Department.

Banfield Funeral Home
Family Owned & Serving Central Florida For 10 Years
GUARANTEED LOWEST PRICES

Burial	Cremation	Transport Out Of State
\$1,495	\$450	\$795

We Accept Most Prearranged Funeral Plans
327-1500

FREE INVESTMENT SEMINAR
"IS YOUR PORTFOLIO RIGHT FOR YOU?"

A volatile stock market and vague investment goals can side track plans, including retirement. Seminar reveals process to achieve life goals of education, retirement, and wealth transfer. Speaker is Certified Financial Planner and instructor of financial planning and investments at a local university. This is an in depth learning experience conducted in 3 sessions:
Tuesday July 17 - Financial Planning Process
Tuesday July 24 - Investment: Returns and Risks

Individually Scheduled: Portfolio Analysis
Tuesday Sessions at 6:30 - 8:00 PM
Longwood Village Inn...historic downtown Longwood
Light refreshments will be served.
Inquire about having seminar conducted at your company location for employees, or an individual session if you can't make the seminars.
Seating limited...so please call Pat for reservations: 407-331-4244
You first!

RAYMOND JAMES
FINANCIAL SERVICES, INC.
Member: NASD/SIPC
300 North U.S. 172, Ste 208 • Longwood, FL 32750

BRISSON FUNERAL HOME
Seminole County's Most Experienced Funeral Home

A Combined Total Of 143 Years of Caring Service



FULFILLING YOUR FUNERAL AND CREMATION NEEDS LOCALLY AND WORLDWIDE

905 Laurel Ave., Sanford
(407) 322-2131

ACE Hardware Stores

DYNAMITE BARGAINS

SOLAR SALT 22 Lb. BAG \$4.27	WILD BIRD FOOD 22 Lb. BAG \$3.97	CITRONELLA WAX IN METAL BUCKET Citronella wax is an environmentally friendly way to ward off pesky bugs. \$2.97 EACH
DIAZINON Covers 5000 Sq. Ft. \$5.97 EACH	Kwikset® POLISHED BRASS LOCK SET Adjustable Latch \$9.97 EACH	SMOOTH STEPPING STONES Round or Square \$1.00 EACH

Propane Tanks
Filled Every Day While You Wait.
20 Lb. Tank
\$9.95 Includes Tax

AmesGas
America's Propane Company

Serving All Your Hardware Needs Since 1978

LONGWOOD Hwy 434 & 427 339-4883	SANFORD 207 E. 25th St. 321-0885	CASSELBERRY Winter Park Dr. 339-7365
--	---	---

OPINION

Bob Barr can't resist Condit media spotlight

Just when I feared I would have no good excuse for commenting on the controversy surrounding the disappearance of former Washington intern Chandra Levy, Georgia Congressman Bob Barr, that indefatigable defender of women, came riding to the rescue. Thank you, Bob.

Last week, Barr, a pitbull of the Republican far right, became the first member of Congress to demand the resignation of California Congressman Gary Condit, who has reportedly admitted to police — belatedly — that he carried on an adulterous affair with Levy, who has been missing since April 30. Barr said in a television interview (where else?) that Condit's affair suggests "we have a very serious societal problem here."



Cynthia Tucker

It's a wonder Barr has been able to restrain himself so long. Condit has been at the center of a news media whirlwind for several weeks as rumors swirled that his relationship with Levy extended beyond that of mere "friends," as Condit initially characterized it. Given that Condit is a Democrat, Barr must have been eager to launch a partisan broadside.

Barr is perhaps best known for his role in the impeachment of former President Bill Clinton, who also conducted an ill-advised affair with a young California intern. Of Clinton's GOP attackers, Barr was the most vociferous, the most overwrought, indeed, the most unhinged. If you listened to Barr, you would have thought Clinton was responsible for global warming, ethnic cleansing and the disappearance of the Lindbergh baby.

I don't know what I'd do without Barr. He is such an inviting target for ridicule, such a tangled mess of hypocrisy, such an outrageous voice of over-the-top partisanship. Granted, he's not quite in the same league as Dan Burton, R-Ind., who once shot a watermelon in an effort — so far without obvious rational connection — to prove that Clinton friend Vince Foster was murdered. But he's close.

Barr, you see, is an unlikely candidate to uphold morality or virtue. He is on his third marriage, and at least one of his ex-wives accused him of adultery. Asked about that allegation under oath in a divorce proceeding, he refused to answer. An arcane Georgia law allows individuals to avoid answering questions about adultery if the answers might "subject them ... to ridicule or their estates to forfeiture."

Besides that, plenty of his GOP fellow travelers have engaged in adulterous affairs themselves. Does anybody remember former Congressman Bob Livingston, R-La., who resigned before being named speaker of the House because of allegations of serial adultery? And, of course, there was the GOP revolutionary himself, Newt Gingrich, who recently married a young congressional aide with whom he had carried on a long-term adulterous affair.

Granted, those men had the good fortune not to be involved with young women who subsequently disappeared. Condit's worst offense is not his apparent serial adultery — there is too much of that in Washington for it to be the subject of serious news coverage — but his utter and abject callousness toward a young woman with whom he was once romantically involved.

Once Levy disappeared, any honorable person who considered himself a "friend" would have understood that his public reputation was less important than doing everything possible to help her family and police locate her. In a crunch, Condit chose his image over Levy's welfare.

But I suspect his constituents back in his Modesto, Calif., district are perfectly capable of deciding whether they want a man of Condit's obvious lack of character to continue to represent them. They don't need any help from the likes of Bob Barr.

Cynthia Tucker is editorial page editor for the Atlanta Constitution. She can be reached by e-mail: cynthia@ajc.com.
© 2001 ATLANTA CONSTITUTION
DISTRIBUTED BY UNIVERSAL PRESS SYNDICATE



Justice O'Connor and the death penalty

Sandra Day O'Connor told the Minnesota Women Lawyers last week of her concern that the death penalty is unfair and that it's possible innocent people have been executed. She offered no evidence to support her statement, something a lawyer arguing before her would never be allowed to get away with. She did say that six death row inmates were freed last year and 90 have been exonerated since 1973.



Cal Thomas

O'Connor noted that DNA testing might alleviate some of her concerns if more states that allow capital punishment passed laws mandating such testing after conviction. She also said that defendants who have money often get better defense lawyers than defendants who are poor.

The exoneration of some death row inmates is not an argument in favor of eliminating capital punishment but a testimony to the fairness of a system skewed toward protecting the accused, sometimes to the detriment of justice.

Universal DNA testing, where warranted, would make the system even more trustworthy, as would better lawyers for those unable to afford expensive ones.

What's most interesting about O'Connor's speech is that she seems to project on condemned killers an inalienable right to live. Yet, O'Connor does not project a similar view on pre-born babies, even as they are in the process of exiting the birth canal. She has written as much while casting swing votes upholding abortion on demand.

O'Connor lacks a unified legal and moral life ethic. She has written of a "possible" constitutional right to assisted suicide (Washington vs. Glucksberg, 1997), even though she voted with the majority in that case to uphold state laws that prohibit physician-assisted suicide.

In the case of Planned Parenthood of Southeastern Pennsylvania vs. Casey (1992), which upheld Roe vs. Wade, O'Connor was with the 5-4 majority that reaffirmed the

"right" of a woman to kill her pre-born child, even while the majority recognized the State's "legitimate interests" in protecting both the health of the pregnant woman and "the life of the fetus that may become a child."

By the time of Stenberg vs. Carhart (2000), the Nebraska case in which that state sought to prohibit partial birth abortions — a procedure that sucks the brains from a baby as it is in the process of being born — O'Connor wrote that the law was unconstitutional because the state lacked the requisite exception "for the preservation of the...health of the mother."

Oops. The statement begs the question of how a woman can be a mother when the court had decided earlier that what she is carrying is a "fetus that may become a child." Any abortionist will state that the "health" of the woman is in jeopardy, if only to collect the fee.

Abortionists aren't about to refer a "client" to a crisis pregnancy center where she'll be told the truth and offered help for herself and her baby without charge.

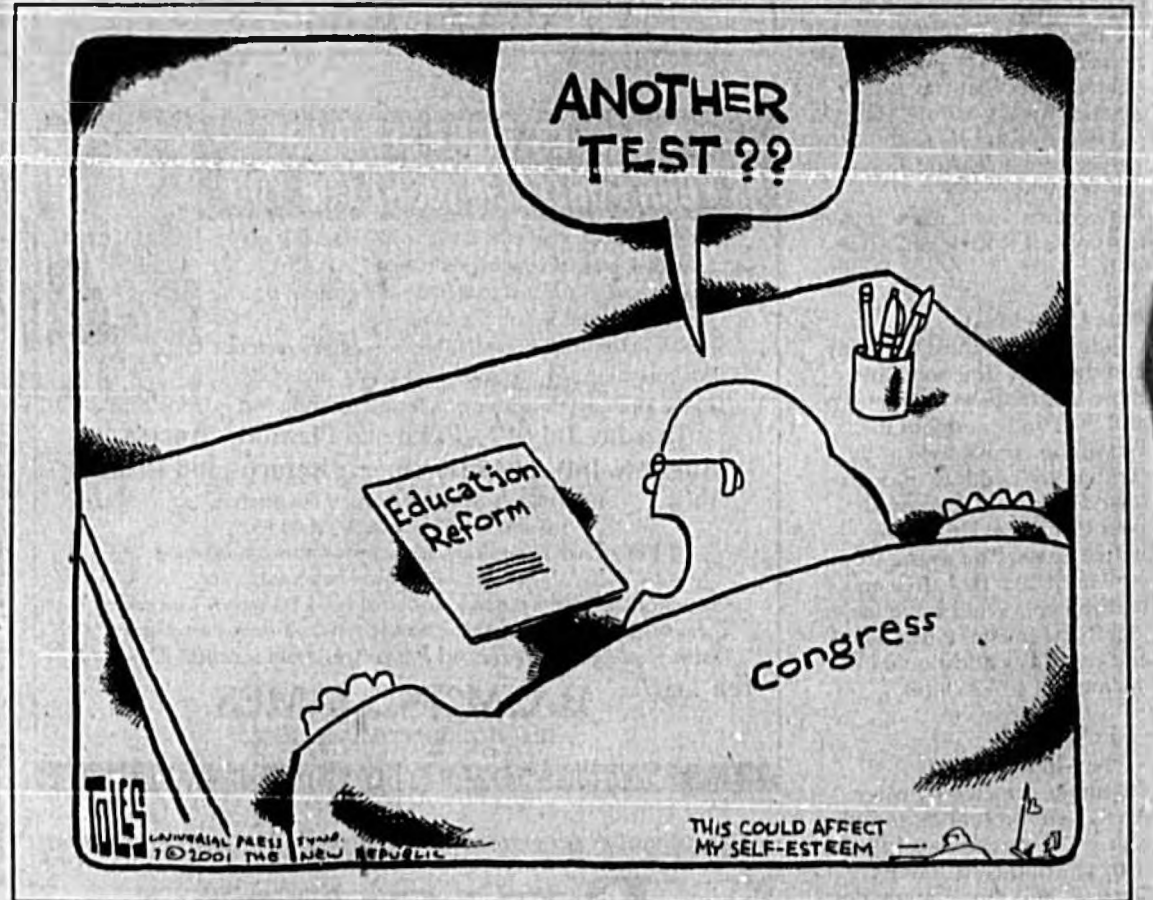
In Stenberg, O'Connor wrote that the issue of abortion "is one of the most contentious and controversial in contemporary American society." She neglected to mention that the Supreme Court made it even more contentious and controversial by deciding the issue for itself, rather than letting the people's elected representatives hash it out. She also said that the issue presents "virtually irreconcilable points of view." Couldn't the same be said of capital punishment? O'Connor is squeamish about killing convicted murderers to protect a few she suspects are "probably" innocent, but she expresses no qualms about killing the pre-born, whom we know are all innocent.

Why won't O'Connor at least call for more safeguards for the pre-born and for women before an abortion is allowed? Last

week, one TV network reported on a new type of sonogram called "4-D." The image on the screen of a fully formed baby was so sharp it could have been a home movie of a child trying to swim. What the reporter didn't say was that the baby could be killed if the woman carrying it so decided. Why can't we have laws requiring abortion-minded women to see the image of the baby within them before they have an abortion? Wouldn't that be consumer-friendly full disclosure in the spirit of truth-in-labeling-laws?

If Justice O'Connor believes it a good idea to improve safeguards for convicted killers, only a small fraction of whom may, in fact, be innocent, and if she's leaning toward eliminating the death penalty without those safeguards, as she seemed to be suggesting in her Minnesota speech, why not offer similar safeguards to the pre-born, the most certifiably innocent among us?

© 2001 Tribune Media Services, Inc.



From A to Z

Art Zielinski asks people what they think ...

Paw Park, located in Sanford, has been in operation for several months. The unique, fully enclosed exercise area for dogs is frequently used by numerous canines and their loyal owners each day. So we asked several two-legged visitors, "So far, what is your opinion of Paw Park?"



I love it. I drive from downtown Orlando once a week. Today I brought Bree, Lady and Lucky with me. I think it's a great place to socialize your dogs — and people too.
Mike Robertson, Orlando



It was a great idea. And the park is well kept, that's important. The trees provide shade so you can bring your dog here during the heat of the day. Our dog, Augusta, loves it.
Debbie Brown, Lake Mary



It's a great benefit to the neighborhood. I would like to see them keep it open longer in the summer, and provide lights when it gets dark early in the winter.
Debbie Cotrino, Sanford



It's a great idea, especially in the city where people do not have a lot of land. It would be nice if the park were even larger with a lake for the dogs to swim in.
Kevin Greer and Duke, Casselberry



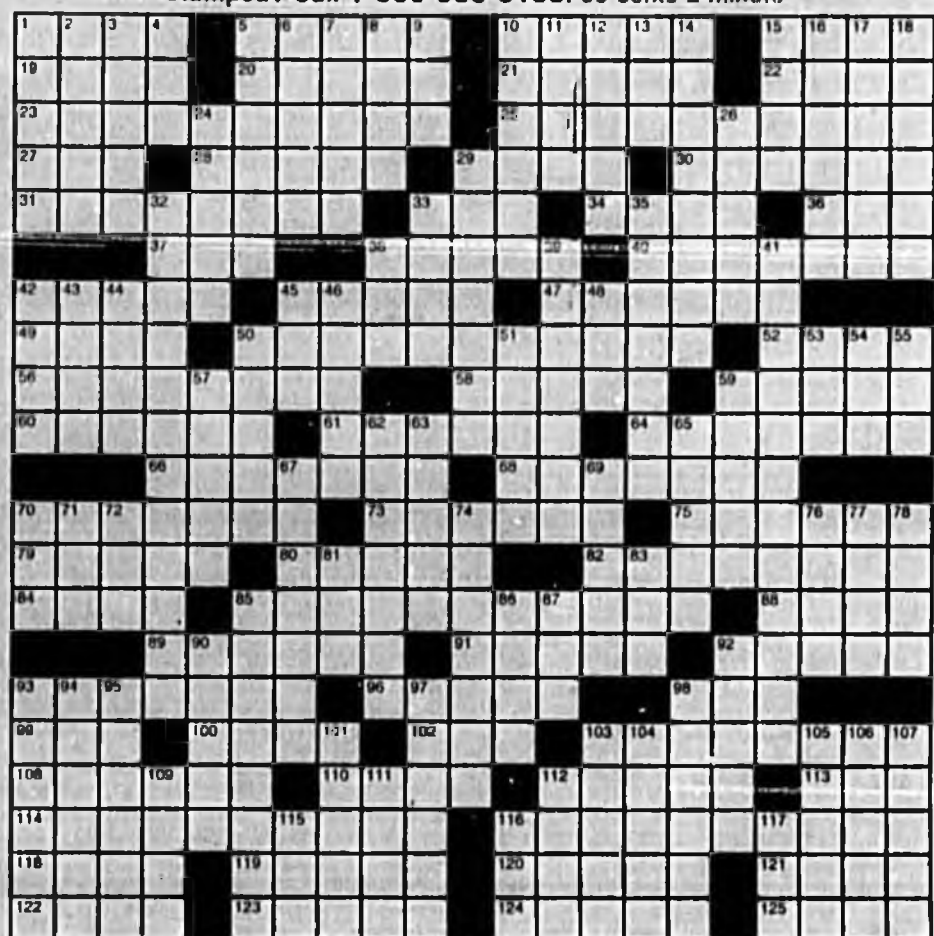
I come here twice a day with my dog. He loves to run and play. I also think all the owners are really nice people, and they do a great job in keeping the park clean.
Willie Mae Bouey, Sanford

Los Angeles Times Sunday Crossword Puzzle

Edited by Rich Norris and Joyce Nichols Lewis

- START THE CAR!** By NICK GRIVAS & NANCY SALOMON
- ACROSS**
- 1 Lobbying gpa
 - 5 Small thicket
 - 10 Muslim moguls
 - 15 Exactly
 - 19 C&W mecca, with "the"
 - 20 Smoking gun, so to speak
 - 21 Pasta piece
 - 22 Enough, sometimes
 - 23 Gamas aficionado
 - 25 Undesired consequence
 - 27 UN workers gp.
 - 28 Pop singer Baker
 - 29 Pair
 - 30 One on the lam
 - 31 Hamilton green?
 - 33 Dell neighbor
 - 34 When Hamlet's father's ghost appears
 - 38 Cookie-selling gp.
 - 37 Ross Macdonald detective
 - 38 Coffeehouse order
 - 40 Sturdy
 - 42 Cut blades?
 - 45 "Butterfield 8" author
 - 47 Awakened
 - 49 1975 Wimbledon winner
 - 50 Investor's readout
 - 52 "No dice"
 - 56 Careless
 - 58 Everyday
 - 59 Insidious sort
 - 60 "___ ergo sum"
 - 61 68 Across fruit
 - 64 Got past
 - 66 Andre Agassi, notably
 - 68 Yellow ribbon site of song
 - 70 Cross result
 - 73 Come to terms
 - 75 The Clintons, to Hillary
 - 79 Mozart contemporary
 - 80 "The Merry Widow" composer
 - 82 Capital after Rio
 - 84 Black-and-white delight
 - 85 Hunk's hangout
 - 86 Madcap
- DOWN**
- 1 Put forward
 - 2 38 Down maker
 - 3 Sing softly
 - 4 Aleppo's land; Abbr.
 - 5 "The Corridors of Power" author
 - 6 Pluto's path
 - 7 Broods
 - 8 Parlor perch
 - 9 Small apt.
 - 10 Per se
 - 11 Karmann ___ ceremony
 - 12 Hopper of Hollywood
 - 13 Pint contents
 - 14 More wintry
 - 15 Vegetarian staple
 - 16 Anisy
 - 17 Right to enter
 - 18 Aquarium fish
 - 24 Not live
 - 26 Coquette
 - 29 City where Lincoln practiced law
 - 32 It's best to let them lie
 - 33 "The other white meat"
 - 35 King Arthur's home
 - 38 PC alternative
 - 39 Bit of finger-pointing
 - 41 Bar parasite
 - 42 Fem. opposite
 - 43 1952 Winter Olympics site
 - 44 Tory rival
 - 45 Certain Siouan
 - 46 Walkiki wannabe
 - 48 Rap sheet letters
 - 50 Joelle
 - 51 "This ___ a test"
 - 53 Loud laugh syllable
 - 54 Maui music maker
 - 55 Cut down
 - 57 Tough
 - 59 Uzi relatives
 - 62 Moneymaker
 - 63 Center of Los Angeles?
 - 65 Heap of fiction
 - 67 Hints at, with "to"
 - 69 Steak on a stick
 - 70 Electrical unit
 - 71 Galley tool
 - 72 Comedian Louis
 - 74 Altershocks
 - 76 Greenspan of the Fed
 - 77 Air force competitor
 - 78 Simon ___
 - 81 Part of i.e.
 - 83 Nipper's co.
 - 85 Sheridan's misspeaking Mrs.
 - 86 Olympics coach Karolyi
 - 87 Munchkin kin
 - 90 Lash of oafers
 - 92 Log up
 - 93 Designated
 - 94 Perk up
 - 95 Kind of shepherd
 - 97 Even (with)
 - 98 Leaf collections?
 - 101 Rabbit relatives
 - 103 Strong suit
 - 104 Cap
 - 105 Bordeaux book
 - 106 Quitter's comment
 - 107 Giggie
 - 109 Certain Prot.
 - 111 Old-told tales
 - 112 Volvo
 - 115 Navy NCO
 - 116 Top
 - 117 Microwave

Stumped? Call 1-900-933-5155. 99 cents a minute



See Solution on Page 7A

Class of '51 celebrates 50 years

A memorable time was had by all attending the Seminole High School Class of 1951 50th Year Reunion June 23 - 24.

There were 62 out of the 95 living classmates attending at least one of the events, plus spouses and guests.

There was much excitement and nostalgia at the reception on Friday night as many who had not seen each other in several years came together again.

Name tags which held their senior photos were very helpful and recognition soon brought hugs, back slapping and much reminiscing.

Graco Marie Stinecpher

The event was held at Sanora Clubhouse, sponsored by classmate Rachael Johnson Renar and her husband Stan Renar of Virginia Beach, Va. Five tables scattered around the room were laden with delectable canapés, vegetables, hors d'oeuvres, ham and a huge bowl of delicious shrimp. On the tables were stalks of celery tied with orange and black ribbons reminding the classmates that they had been called the Celery Feds. To carry out the theme, there were also celery dolls artificially arranged on the tables along with replicas of saddle oxfords.

Another table held memorabilia from their school days which included pictures and other items from the time they were in Westside and Southside Primary schools through Seminole High. These items were also displayed Saturday night.

Books containing information on each classmate were given out and Joyne Mae Jones Defoor was thanked profusely for her hard work in producing this. Late Saturday morning found a large group at the Colonial Room

for brunch. The menu consisted of eggs, hashed brown potatoes, grits, bacon, sausage, fruit, muffins, juice and coffee.

The group then went to the former Sanford Grammar School which most had attended in fifth and sixth grades, for a tour of what is now the Student Museum. They each enjoyed visiting their former classrooms and the upstairs auditorium which brought back many memories. The special exhibits and pictures of old Sanford were also enjoyed.

Following this, a few made their way to the Sanford Museum where the Sanford they remembered is on display. Some sat around a table enjoying copies of the Salmagundi and the Celery Fed.

There were approximately 100 classmates and guests attending the Saturday night function at the Best Western Marina Hotel. Others who had not been at the preceding event were welcomed and there was more reminiscing and "catching up." The lovely centerpieces on each table were donated by Carolyn Patrick Stenstrom and Rosemary Salisbury Fisher. These used the class colors of yellow and green and consisted of carnations, daisies and day lilies.

The menu included a choice of

prime rib, chicken cordon bleu or baked grouper, which were accompanied by green beans, almondine, stuffed potatoes, tossed salad, cake and iced tea.

Acting as emcee was Garnett White, chairman of the reunion committee. During the evening he made announcements, told jokes, recognized guests, conducted door prize drawings and generally kept everyone entertained. He also presented each classmate with a T-shirt on which is their logo. In appreciation for his hard work, White was presented with a gift certificate from the class.

Billy Tison gave a moving tribute in memory of the 22 deceased classmates after which the school song was sung.

Special mention was made of some who had come a long distance to attend the reunion. These include Kathryn Cullum Donofero, San Diego, Cal., Shirley Hamilton Latham, Phoenix, Ariz., Rudolph Smith, Ft. Worth, Tex., and Lois Wesfall, Boston, Mass.

Disposable cameras were on each table for classmates to use, so there will be a multitude of pictures to record the event. All classmates also gathered for a large group photo.

See Class of '51, Page 7A

Honest, Dependable, Guaranteed and Dedicated Service with a Personal Concern for Your Repair Needs.

Enjoy Old-Fashioned SERVICE

Harrell & Beverly Transmissions

Repairing and Rebuilding Automatic Transmissions

209 W. 25th St., Sanford 322-8415

MV-00684 Since 1959...Same Location 18-137-9a

Let Us Do Your

DIRTY WORK!

Residential Our Specialty

DEEP CLEAN SPECIAL \$75 HOUSE CLEANING

3 Bedroom • 2 Bath
2 Hour Cleaning w/coupon

25% OFF WINDOW PACKAGES WITH COUPON

ALOHA CARPET CARE COMPLETE CARPET & UPHOLSTERY CLEANING 407-496-1222

We Do It All!! CALL TODAY!

Including: DUSTING • VACUUMING • MOPPING/WAXING FLOORS • CEILING FANS • ALL APPLIANCES CLEANED INSIDE & OUT • CHANGE DIRTY LINENS

RESIDENTIAL • OFFICES • APARTMENTS • COMMERCIAL • PREMIUM CLEANING • EXCELLENT SERVICE • AFFORDABLE RATES • NEW CONSTRUCTION.

NEAT-N-TIDY ALL CLEAN

407-324-1177

We Serve Sanford, Lake Mary, All Seminole County & surrounding areas.

Uncle Nick's Oyster Bar & Grill

DAILY FOOD SPECIALS

Prices Slashed!!

ALL DOMESTIC BEERS.. \$1.50

ALL WELL DRINKS..... \$1.50

ALL THE TIME!!

2605 PARK DRIVE SANFORD

KARAOKE ON WEDNESDAY

THE ST. JOHNS RIVER WATER MANAGEMENT DISTRICT HAS RECEIVED AN APPLICATION FOR CONSUMPTIVE WATER USE FROM:

Seminole County Board of County Commissioners, 500 West Lake Mary Blvd., Sanford, FL 327737499, application #8241. The applicant proposes to withdraw 1.72 million gallons per day of water for Household, Urban Landscape Irrigation and Essential type use. The withdrawals used by this proposed project will consist of ground water from the Floridan aquifer via 4 active wells in Seminole County, located in Section 18, Township 21 South, Range 29 East, known as Southwest System Lynwood/Bel-Aire.

The file(s) containing each of the above-listed applications(s) are available for inspection Monday through Friday except for legal holidays, 8:00 a.m. to 5:00 p.m. at the St. Johns River Water Management District Headquarters or the appropriate service center. Written objections to the application may be made, but should be filed with (received by) the District Clerk, 4049 Reid Street, Palatka, Florida 32177-1429, no later than 21 days from the date of publication. Written objections should identify the objector by name and address, and fully describe the objection to the application. Filing a written objection does not entitle you to a Chapter 120, Florida Statutes, Administrative Hearing. Only those persons whose substantial interests are affected by the application and who file a petition meeting the requirements of Sections 120.596 and 120.57, Florida Statutes, and Chapter 28-106, Florida Administrative Code, may obtain an Administrative hearing. All timely filed written objections will be presented to the Board for consideration in its prior to the Board taking action on the application.

Gloria Lewis, Director, Division of Permit Data Services
St. Johns River Water Management District

Class of '51

Continued from Page 1A

Two major door prizes were given toward the end of the evening. The first was a week in Maggie Valley, N.C., courtesy of Clarence and Norma Faye Clause, which was won by Arlene Jacobson Tetenbaum. The other, won by Rudolph Smith, was two nights and a gourmet dinner at Chetola Mountain Resort in Blowing Rock, N.C., courtesy of Rachael and Stan Renar.

This memorable weekend included Garnett White, chairman, Paulette Cason White, Joynie Mae Jones DeFoor, Joyce Anderson Freed, Barbara Pearce Raburn, Bette Peacock Skates, Mildred Erwin McKendree, Bobbie Jean Galloway Reaves, Rachael Johnson Renar, Edna Michaels Snavely, Edison Myers, Carolyn Patrick Stenstrom, Lloyd Reynolds, Kenneth Robbins, Dorothy Teslo, Clarence Clause, Sadie Soderblom Hackett, Joann

Strawder Hackett, Marcha Shannon Spivey, Rosemary Salisbury Fisher, and Earl Ratliff. Other classmates with spouses and guests were Betty Billheimer, Earl, Ann Arbor Mich., Pat Cassube Krider, Collingdale, Penn., Mary Ann Kreinbring, Tillis, Blackshear, Ga., Betty Lou Partin Bruns, Cumming, Ga., Martin Taylor, Doraville, Ga. Those coming from Florida were Dial Boyle Jackson and Didi Colle Bentley, Lakeland, Ethel

Williams Thomas, Apopka, Mable Cherry Flumm, Cocoa, Dr. Ronnie Garner and Arlene Jacobson Tetenbaum, Daytona Beach Shores, Carleen Hollenbeck Franklin and Bobby Franklin, Okeechobee, Bobbie Hicks Snyder, New Smyrna Beach, Lewis Hughey, Osteen, Harold Marsh, Tallahassee, Barbara (McNab) and Herman Swaggerty, East Palatka, Billy Tison, Pensacola, Clarke Messler, Gainesville, Frances

"Boots" Moore Sweat, Goldenrod, Aubrey Moran, Jasper, Jack Swain, Sorrento, Patsy Stokes, Winter Park, Jeanette Wolfer, St. Petersburg, Nancy Sturtevent Webster Clary, Longwood. Lake Mary Residents attending were Christine Brooklyn Jacobs, Barbara Eubanks Hickson and Don Smith. Crossing the lake from DeBary were Marion Butler, Shirley Middleton Greime and Pat Hargrave Bruning.

Those who reside in Sanford are Dennis "Buddy" Bass, Frances Edwards Galloway, Margaret Hunt Duggar, Jimmy Joe Kendall, Barbara Petras Green, Lucille Landress Richardson and Joyce Lee Dorton. Former teachers attending were Mrs. Nellie Coleman with husband, Boyd Coleman and Robert Harris. Other guests included Douglas and Gladys Stenstrom and Grace Marie Stinecipher.

Students tour newspaper



Herald photo by Tommy Vincent
Students from Marta Day Care Center in Lake Mary recently visited the Seminole Herald to learn about the newspaper publishing process. Those attending the tour included, from left, Breanna Gunning, Alexis Gunning, Keri Peterson, teacher Erika Medlock, Sarah Snigh, K.J. Patterson, Mario Ristera and Robin H. Feuer.

Sherri Lee honored as a 'Point of Light'

Sherri Lee of Longwood, will be presented with the Daily Points of Light award at a special ceremony July 19.

The ceremony is sponsored by Heart of Florida United Way (HFUW) as the official Volunteer Center for Central Florida, on behalf of the Points of Light Foundation and the Volunteer Center National Network.

Points of Light Foundation President and CEO Robert Goodwin said, "We receive nominations highlighting various volunteer activities and initiatives daily. We search for programs that meet community needs and lead to long-term solutions; efforts that build connections between the community; efforts that are of at least six months in duration and efforts that demonstrate measurable impact. For demonstrating volunteer service that meets all of these criteria, Sherri Lee is truly deserving of recognition as a Daily Point of Light."

Lee is the vice president of Families Against Drugs (FAD), an agency with support groups for parents who have lost a child to a drug overdose or family members with loved ones in a coma, in jail, rehab, or still on

drugs. FAD also enlists various law enforcement agency members in their efforts to come to terms with drug addiction.

After losing her son to a heroin overdose, Lee became a member of FAD. Her son was a first-time user and the fatal incident happened at a going away party as he was leaving for the Marines. With Lee's help, FAD has expanded to include education of young people and parents about the consequences of drug use. Thanks to Lee's help, FAD raised five times more money this year compared to last year.

"Life is full of challenges and great difficulties," Lee said. "Our greatest challenge is to meet all of life's obstacles head-on, learn from our failures and successes and improve our lives based on what we've learned. Most importantly, we must teach others what we have learned to make the world a better place to live."

The Daily Points of Light Award is given by the Points of Light Foundation in partnership with the Volunteer Center National Network, Knights of Columbus, and Corporation for National Service.

BUSINESS GALLERY

PAMELA J. HELTON, P.A.

ATTORNEY AT LAW

BANKRUPTCY • DIVORCE



Payment Plans • Also Practicing In:
Family Law, Modification, Child Support,
Landlord / Tenant, Evictions,
Domestic Injunctions, Guardianship,
Probate and Wills.

801 N. Magnolia Ave., Ste. 407, Orlando, FL 32803
Phone: 481-9564

The hiring of an Attorney is an important decision that should not be based solely upon an ad. Before you decide, ask me to send you free information about my qualifications and experience.

AM OUTBOARD AND JETSKI REPAIR

Repairs On All Makes And Models

1539 Dolgner Place
Port of Sanford
407-302-8377
EXIT 52 FROM I-4 OFF ORANGE BLVD.
ON THE ST. JOHNS RIVER

Dr. Wanda's MUSIC CENTER

- Lessons
- Music
- Sales
- Rentals
- Repairs
- Karaoke
- Accessories

Rod & Wanda Shuttleworth
851 E. Hwy. 434
Time Square Plaza
Longwood, FL 32750
407-767-2001 Phone
407-767-1600 Fax
www.creativeorlando.com/music/drwinds

HOT! HOT! HOT! Look in the **Seminole Herald Classifieds** for some of the **Hottest Deals** in your area. **Call Today 407-322-2611**

SANFORD ELECTRIC COMPANY, INC.
Electrical Contractors
REPAIRS • REMODELING
NEW CONSTRUCTION
Serving Central Florida Since 1925
2522 S. Park Drive
Sanford
(407) 322-1562

The Liquor Store
THE LUCKY LOTTERY STORE
WE CASH CHECKS!

Money Orders 39¢

Budweiser, Coors Light, Miller Lite 12 oz. can	\$14.99	Corona Becks Bottles 12 Pack	\$10.29
Natural Light Schlitz Bull 16 oz. 6 pk.	\$2.99	Heineken 6 Pack	\$5.69
		Michelob 12 Pack	\$7.99

1303 SANFORD AVE. (13th & SANFORD AVE.)
SANFORD, FL (407) 302-7857

The APPLIANCE STORE, Inc.
153 W SR. 434 • Winter Springs
407-327-3344

12 Mo. Warranty on refrigerators
2 yr. Warranty on Rebuilt W/D
New Parts & Delivery Available

Used Washers & Dryers from \$80 each

★ SPECIAL ★
Heavy Duty Rebuilt Washer & Dryer Matched Set **\$299**

Instant Credit
All Major Credit Cards Accepted

POOL SPECIALS

Gunitite Shell
6"x6" Waterline tile
Cantilever Acrylic deck
Diamond-Brite
Electrical Hook-Up
Vacuum F.O.

12/124
Starting at **\$12,800**

1-H.P. pump
1 Cartridge filter
1-In-Line chlorinator
1-Pool Lite

FUTRELL Aquatic Systems, Inc.
Americas #1 Pool Water System
www.futrelaquaticsystems.com
407-321-3777

• LICENSED • INSURED
• Proper Access Required
• All local codes applicable
C.P.C. #056844

LAKE MARY

SUNRAY Store Away
Bigger & Better Storage Units. Very Clean & Affordable

Personal and Commercial Storage

RESIDENT MANAGERS
AL & JOLEEN BLUE

- Easy drive up access 365 days
- AC & Non AC Units • Rent month to month • No Deposit • Security Gate access • Fenced & Lighted Grounds
- Pest Control • Your Lock-Your Key

Easy Access to I-4
610 Rinehart Road
Lake Mary, Florida
(407) 333-4355
CALL US OR STOP IN FOR RATES AND SIZES

Since 1979

SOUTHERN DISTRIBUTORS Of Orlando, Inc.

TILE IN STOCK

- 30,000 SF • 40,000 SF
- 59¢ SF • 75¢ SF
- 280,000 SF • 99¢ SF

GRAND OPENING
New Outlet in Sanford
3159 Orlando Dr.
407-688-0227

Solution to Today's Puzzle

P	A	C	S	G	O	P	S	E	A	G	H	A	S	T	O	A	T				
O	P	R	Y	P	R	O	O	F	S	H	E	L	L	O	N	C	E				
S	P	O	R	T	S	B	U	F	F	S	I	D	E	E	F	F	E	C	T		
I	L	O	A	N	I	T	A	D	U	A	D	E	L	U	D	E	R				
T	E	N	S	P	O	T	S	P	E	C	A	C	T	I	G	S	A				
		L	E	W		M	O	C	H	A		A	I	R	L	E	S				
M	O	W	E	D		O	H	A	R	A		C	A	M	E	T	O				
A	S	H	E		S	T	O	C	K		T	I	C	K	E	R		U	H	U	
S	L	I	P	S	H	O	D		U	S	U	A	L		S	N	A	K	E		
C	O	G	I	T	O		A	C	O	R	N	S		O	U	T	G	R	E	W	
				N	E	V	A	D	A	N		O	A	K	T	R	E	E			
M	O	N	G	R	E	L		S	E	T	T	L	E		I	N	L	A	W	S	
H	A	Y	D	N		L	E	H	A	R		B	R	A	S	I	L	I	A		
O	R	E	O		M	U	S	C	L	E	B	E	A	C	H		Z	A	N	Y	
				G	L	A	D	T	O		M	E	L	B	A		B	A	N	D	S
T	A	G	S	A	L	E		W	O	L	F		F	O	R						
A	R	E		R	A	S		N	R	A		F	L	O	O	D	L	I	T		
B	O	R	E	U	P		A	L	A	S		S	O	I	L	S		I	C	E	
B	U	M	P	E	R		C	R	O	P		B	A	R	M	I	T	Z	V	A	H
E	S	A	I		O	P	E	R	A		R	A	T	I	O		A	R	N	E	
D	E	N	S		P	O	S	E	R		A	B	E	T	S		P	E	T	E	

See Puzzle on Page 5A

Locals not sure new drug bill is the right medicine

By Christopher Patton
Staff Writer

The U.S. House voted last week to make it legal for people to buy prescription drugs from foreign countries by mail order or through the Internet, but several local medical providers are not sure the new bill is exactly what the doctor ordered.

Thousands of Central Florida residents currently purchase drugs through American mail order companies and even some travel to Mexico and Canada to buy prescriptions at a cheaper price. The Federal Drug Administration reports that more than 2 million packages of prescription drugs were imported last year.

"Medicine is even cheaper in Canada," said Sanford Bram Towers resident Rose Davis. "When we were in Canada, I could go into a drugstore and get my prescription for five dollars. It's

about \$14 down here."

On the average, prescriptions sold over the Internet and foreign countries are anywhere from 30 to 70 percent cheaper than similar drugs purchased in local drugstores. Davis currently has three prescriptions per month and even with Blue Cross and Blue Shield Insurance she still pays more than \$50 for her monthly pills.

While ordering prescription drugs through the mail and Internet may be cheaper, local pharmacist are worried the safety of the consumer might be compromised when buying the cheaper drugs.

"Supposedly it's pretty easy to do," said pharmacist Todd Winchester from Good Neighbor

Pharmacy. "The potential (for mishap) is there as it is not as controlled as it is here. There's a huge fine to just have samples in this store, as an example."

According to Winchester, many drugs have to be stored at the right temperature, moisture level and type of container and he wonders if foreign countries will adhere to those standards.

"Even if I bought some (over the Internet), I could say that's the same thing as I get here, but you really can't do that," Winchester said. "Pill makers are able to make pills look identical, but the ingredients necessarily aren't the same."

Winchester and fellow pharmacist Risa Exum, from Central Florida Regional Hospital, both agreed that drug prices in America have

gone through the roof.

"I'm not sure it's not a bad thing as drug prices have gone out of control," Exum said. "Somewhere there has to be a balance between costs."

According to Exum, she is most concerned if the web sites and mail order drug companies will be able to profile consumers to make sure they are not being prescribed conflicting medications.

"A lot of these seniors are going to multiple physicians and getting drugs prescribed from different doctors," Exum said. "We have safety checks that helps prevent those errors from happening. There needs to be some type of control."

Central Regional Emergency Room Dr. Brenda Salter said it's too early tell if the proposed bill will be beneficial to consumers.

"If they don't have tight enough control it could be disastrous," Salter said.

Another concern of Salter's is that patients will be self-prescribing and self-medicating themselves as many of the prescription drugs in America are over the counter in other countries.

Similar legislation passed Congress last year, but the Clinton and Bush administrations both exercised an escape clause in the bill citing safety as the reason.

If the new legislation passes the Senate and the President's approval, Americans could enjoy cheaper prescription drug prices, but according to Bram Towers resident Derry Harris nothing will beat the convenience of the local pharmacy.

"It's right next door and I can get my prescription in five minutes," Harris said. "If I sent off for it by mail, you never know how long it will take."

Christopher Patton can be reached at cpatton@seminoleherald.com or 407-322-2811.

St. Johns to lower taxes, hires new director

The St. Johns River Water Management District's (SJR-WMD) Governing Board voted this week to lower taxes for the second consecutive year. The board approved the tentative \$167.5 million budget with a millage rate of 0.462 for the 2001-2002 fiscal year which begins Oct. 1. Two public hearings will be held on the budget before final approval in September.

Under the proposed spending plan, taxpayers will see the millage rate drop from 0.472 mills to 0.462.

The budget reduction, of \$71 million, or 29.8 percent, partly reflects a decrease in the District's workforce as well as adjustments in some programs. However, the primary reason is reduced outside revenues from local, state and federal sources.

"This budget reflects a conservative and balanced approach to resource protection," said Governing Board Treasurer Duane L. Ottenstroer of Jacksonville. "We will continue to seek out ways of improving efficiency to keep our tax rate as low as possible, while safeguarding drinking water sup-

plies, providing flood protection and protecting water quality in our lakes and rivers."

The tentative budget includes \$9.9 million for water source development projects, along with \$32 million for priority surface water restoration and protection projects throughout the district. Except for the impact on the St. Johns River in Seminole County, none of the major projects are in Seminole County.

Under the 0.462 millage rate, 46.2 cents for every \$1,000 of assessed property value, the owner of a \$75,000 home with the standard \$25,000 homestead exemption would pay \$23.10 per year in property taxes to the District.

SJRWMD's governing board also voted unanimously to hire Kirby B. Green III to serve as the district's new executive director. Green, 51, a Jacksonville native, has been deputy secretary of the Florida Department of Environmental Protection for seven years, and served with the FDEP for 23 years.

Green replaces Harry Dean who resigned after nearly 17 years with the St. Johns River Water Management District.

Budget

Continued from Page 1A

nal justice facility near Five Points, renovation of the Sanford courthouse and expansion of the juvenile justice center. The project will be the largest capital improvement for the county the next two years.

Other highlights of the two-year budget include more than 50 water, wastewater and solid waste projects. The projects include expansion of Consumers, Heathrow, Lake Monroe and Lake Hayes water treatment plants. Operations and costs of expansion of the water and solid waste disposal services will take 27.5 percent and 24.9 percent of the budget in the next two years.

Also consuming a large portion of the budget the next two years will be the purchase of land and construction of 32 miles of trails approved by Seminole voters in the November 2000 referendum. The projected cost for the trails project will be almost \$18 million, or 3.3 percent, the first year and \$12.5 million, or 2.5 percent, the following year.

Some of the largest increases will go to the public safety department as salary advances are expected for firefighters over the next two years and a new fire station is planned for the north-west sector of the county.

"While I am proud of the progress we have been able to make with this two-year budget, it is also important to note that we are far from solving all the issues," Grace stated in the budget's summary.

According to Grace, mass transit operations, funded entirely from one cent of gas tax, cannot continue at the current level of service without additional revenue. In addition to the problems with mass transit, Grace stated the government's communication systems are outdated. The cost of replacing the systems is estimated at \$7 million and according to Grace will be a primary goal the upcoming year.

Christopher Patton can be reached at cpatton@seminoleherald.com or 407-322-2811.

Cameras

Continued from Page 1A

the back of each photo, and bring it back to a subsequent meeting," he said.

"I think that one of the things these photos will prove," Mohabeer said, "is that individual people will be finding things they like that others may not. Everyone, as an individual may have different ideas and we hope to put these ideas together in this project."

Both members of the Sanford Community Redevelopment Agency and Waterfront Steering Committee will be provided with cameras at this meeting, and all members are urged to attend.

"Once we get these photos," he continued, "we'll be putting them together in a display and make it available for members of the public to see. Hopefully we can come up with some ideas we can incorporate into the down-

town development, riverwalk development and other projects."

At the May meeting, Sanford Main Street Director Walt Padgett reported attending a National Town Meeting in Indianapolis and touring four riverwalks including one in Madison, Indiana on the Ohio River. He took some photos and distributed them to those in attendance, and urged everyone to bring back photos of any riverwalks they saw while on summer vacation.

The Waterfront Master Plan Steering Committee meeting, Wednesday, July 18 is open to the general public, and all persons interested in these development plans are invited to attend.

Nick Pfeiffert can be reached at nickp@seminoleherald.com or 407-322-2811.

Feeney speaks at international forum



State Rep. Tom Feeney, speaker of the Florida House, spoke Tuesday at panel discussion on the U.S. Financial system sponsored by the International Council of Central Florida and the U.S. Department of State. Representatives from Turkey, Peru, Philippines, Nicaragua, India and Croatia participated in the program.

Longwood woman to get national award

Sherril Lee of Longwood, will be presented with the Daily Points of Light award at a special ceremony July 19. The ceremony is sponsored by Heart of Florida United Way (HFUW) as the official Volunteer Center for Central Florida, on behalf of the Points of Light Foundation and the Volunteer Center: National Network.

Points of Light Foundation President and CEO Robert Goodwin said, "We receive nominations highlighting various volunteer activities and initiatives daily. We search for programs that meet community needs and lead to long-term solutions; efforts that build connections between the community; efforts that are of at least six months in duration and efforts that demonstrate measurable

impact. For demonstrating volunteer service that meets all of these criteria, Sherril Lee is truly deserving of recognition as a Daily Point of Light."

Lee is the vice president of Families Against Drugs (FAD), an agency with support groups for parents who have lost a child to a drug overdose or family members with loved ones in a coma, in jail, rehab, or still on drugs. FAD also enlists various law enforcement agency members in their efforts to come to terms with drug addiction.

After losing her son to a heroin overdose, Lee became a member of FAD. Her son was a first-time user and the fatal incident happened at a going away party as he was leaving for the Marines. With Lee's help, FAD

has expanded to include education of young people and parents about the consequences of drug use. Thanks to Lee's help, FAD raised five times more money this year compared to last year.

"Life is full of challenges and great difficulties," Lee said. "Our greatest challenge is to meet all of life's obstacles head-on, learn from our failures and successes and improve our lives based on what we've learned. Most importantly, we must teach others what we have learned to make the world a better place to live."

The Daily Points of Light Award is given by the Points of Light Foundation in partnership with the Volunteer Center National Network, Knights of Columbus, and Corporation for National Service.

Cooper

Continued from Page 1A

me to continue carving, and I've been doing it ever since."

Cooper has traveled throughout the Southeast selling what he creates, including wooden signs, furniture and rocking horses. Although he may relocate to an area for several years, his 13-acre farm in Tennessee remains his homebase.

In February, Cooper arrived in Sanford, and he currently has a shop, Creations in Wood, at

1219 French Ave., next to Cheepo Depot. His location isn't too hard to miss — he's created a display area that includes various signs he makes, some antiques from his native Tennessee and a boar's head dressed in motorcycle paraphernalia.

For people who need a wood sign in a hurry, Cooper can carve, sand and varnish one in just a few minutes. However, more intricate requests may

take him a little longer to complete.

As for stepping away from the woodcarving business and relaxing for a while, Cooper doesn't see retirement in his near future.

"I've tried to retire, but no one will let me sit down long enough," he said.

Michelle Jeria can be reached at mjjeria@seminoleherald.com or 407-322-2811.

Shooting

Continued from Page 1A

police officers and a helicopter was flying just above her roof.

"All of them were shouting as loud as they could 'Come out,'" she said. "I stood in front of five cocked guns to get the man turned over."

"He wasn't there to do me harm. I'm 86, and I was scared to death and glad to be out of it," Russell said.

Brown was arrested by SCSO for burglary, but more charges could be pending upon the completion of the Sanford Police investigation.

Christopher Patton can be reached at cpatton@seminoleherald.com or 407-322-2811.

Community Briefs

Voter Registration

Seminole High School is participating in a voter registration drive sponsored by PTSA's throughout Seminole County. In addition to offering 18-year-old students and their parents the opportunity to register to vote, the school has encouraged 17-year-old students to pre-register.

Parent volunteers spent several evenings calling many students' homes encouraging all qualified residents in the home to register to vote. Voter registration cards have been provided to several hundred interested citizens.

Voter registration cards are

available in the principal's office at Seminole High. Any citizen interested in registering to vote may do so by visiting the school between 7 a.m. and 3 p.m. Monday through Friday.

Women's Hall of Fame

The deadline for nominations to the 2001 Florida Women's Hall of Fame is Monday, July 16 at 5 p.m. The Florida Women's Hall of Fame serves to recognize and honor those women, who, through their lives and works have made significant improvements of life for all citizens of the state.

Nominations may be obtained by calling 805-414-3300.

Touhy

Continued from Page 1A

and social organizations, among them the American Guild of Organists, Women of the Church, and PEO — a philanthropic sorority.

A Celebration of Life memorial service will be held later at Markham Woods Presbyterian Church in Lake Mary. Details were not available at press time.

Mrs. Touhy is survived by a son and daughter-in-law, James and Nancy Touhy, grandson, Michael Shane Touhy and granddaughter, Courtney Touhy, both of Atlanta.

In lieu of flowers, memorials can be made to the Louise Touhy Scholarship Fund, School of Music, University of Colorado, Campus Box 301, Boulder, CO 80309, attn: Barbara Zarlengo. Memorials can also be made to the Markham Woods Presbyterian Church, 5210 Markham Woods Road, Lake Mary, FL 32746.

Love Funeral Home in Dalton, Ga. is in charge of the arrangements. For more information, call 706-278-3313.

Fire department warns parents of leaving children in hot cars

The Altamonte Springs Fire Department officials are concerned about the safety of children in vehicles. As a result, the department is sponsoring a free car-seat safety inspectors from time to time, open to the general public, not just residents of their city.

Department officials also warn that children should never be left alone inside of a car, even for a few minutes. Across the nation, from 1996 to 2000, more than 120 children died from heat stroke after being trapped in a car. In the summer of 1999, an average of one child every four days died after being trapped in a car parked in searing heat.

Caregivers and parents sometimes feel they can leave a child in a vehicle for just a moment while they complete a small task. Unfortunately, a delay inside a store can cause serious injury or death to a child trapped inside a scorching hot vehicle. Inside a car, temperatures can reach more 140 degrees in just a few minutes. A young child's core body temperature can increase three to five times faster than that of an adult, causing permanent injury or death.

A few techniques to make sure your child stays safe include:

- Never leave a child unattended in a motor vehicle, even with the window slightly open.
- Always lock car doors and trunks, even at home, and keep the keys out of children's reach.
- Teach children not to play in, on, or around cars.
- When restraining children, check child restraint seat to make sure seating surfaces are not overly hot.
- Be wary of child-restraint locks. Teach older children how to disable the driver's door locks if they unintentionally become entrapped in a motor vehicle.

BUSINESS

Business Notes

Construction begins

Officials from Publix, the City of Lake Mary and Realvest Partners, Inc. were on hand to mark the official start of construction of a 121,000 square foot e-commerce business-to-consumer fulfillment center at the Lake Mary Business Center recently.

Solar to expand

Florida Solar Technology is building a new corporate headquarters facility - again. This one makes a pretty impressive statement as it's solar powered throughout.

Founder and President Skip West said construction will start before the end of summer on a new 30,000 square foot, two-story facility on SR-46 in Sanford. Two years ago, Florida Solar opened its present headquarters at Northstar Industrial Park, and has already outgrown it.

Florida Solar will grow from fewer than 100 workers to more than 200. West said the firm plans to hire as many as 100 new workers for its new pool cleaning division before the end of the year.

Promotions

Florida Solar Technology has named Brandon Hill as sales associate and Cathy Caswell as pool maintenance technician. Hill has five years of sales experience.

Team Information Services, Inc. in Lake Mary has named a veteran placement specialist as director of recruiting. Founder and chief executive officer Matt Moore has appointed Mary Painter to the position. Painter has more than nine years of experience. Team Information Services is an information technology consulting and development company based in Lake Mary.

Heathrow 1001

The general contracting firm of Brasfield & Gorrie recently completed Heathrow 1001, a five-story 204,451 square foot office building in Lake Mary. The owner is the Pizzuti Company and the architect is Hunter Brady Pryor Mass.

Stirling announcements

Site work to develop business, medical and professional offices that total 35,200 square feet of space will start in 90 days at Regency Pointe in Lake Mary.

Roger Soderstrom, owner of Stirling International Realty, Inc. said the office park will accommodate six single-story office buildings ranging in size from 4,200 to 8,700 square feet. The property is located on a four-acre tract with frontage on Lake Mary Boulevard.

Stirling has also negotiated the sale of a 15 acre tract at the corner of Jewett Lane and Bevier Road in Sanford. Showtime Investments has purchased the property which will provide expansion for Sanford Auto Dealers Exchange.

Contractor celebrates three-year anniversary

By Christopher Patton
Staff Writer

LAKE MARY — Three years ago, Larry LaPlant joined Mike McKenna's electrical company United Enterprises of Orange County and created the general contracting firm United Enterprises of Seminole County.



According to LaPlant, the general contracting firm lost money in its first year then posted a \$1.1 million and a \$9.6 million gross profit in the following years.

"This year we're hoping to exceed that mark," LaPlant said.

In five years, McKenna's side of the business as constructed more than 470 cell phone towers and various electrical sites throughout Florida. In three years, LaPlant has netted only three jobs, but one of contracts with Celebration World Resort Ltd., will keep the general contractor busy for several years to come.

"That was what really put us on the map was the Celebration

World Resort," LaPlant said. Near US Highway 192 and Interstate 4, United Enterprises has already built six time share buildings that are three stories tall with 24 units and total 24,000 total square feet for Celebration World Resort.

"We could actually be out there for the next five to 10 years," said LaPlant as the resort company is planning a second phase of time shares.

Other jobs United Enterprises has netted is the St. Francis Animal Hospital in Osceola County and the new Longwood Community Building.

"That job (Longwood) is a high profile job for us," LaPlant said. "We worked hard to get this job."

To date, the Seminole County general contractor employs anywhere from 17 to 20 employees, but the small company mentality also transfers over to their business style, according to LaPlant.

"We deal more one-on-one with our clients," LaPlant said. "We definitely have the small company mentality. I think that

sets us apart from other contractors"

LaPlant said with most general contractors, clients' requests for change of orders sometimes have to pass through four or five individuals before it reaches the top commander. But, with United Enterprises with one phone call clients can talk to the man in charge.

According to project manager Curtis Alexander, "value engineering" also helps set the Lake Mary contractor apart from its competitors. Value engineering is where the architects, contractors and engineers meet and discuss how to make the building the most cost-effective.

"The animal hospital design basically had a building built inside a building, so we went in there and corrected the plans," Alexander said.

Alexander said "value engineering" will save the animal hospital more than \$50,000 in wasted construction costs.

United Enterprises is also the preferred contractor for the SunTrust building in downtown Orlando. They have already completed more than \$300,000 worth of small construction in the building this year.

"We have a great staff. That's what sets us apart — our



Herald photo by Tommy Vincent

Employees of United Enterprises of Seminole County celebrate the company's three-year anniversary this month. In the front row, Margie Rowland, Trisha Putzke and Gail Merrill. In the back, Mark McKenna, Kenny Bowen, Curtis Alexander and Larry LaPlant.

employees," LaPlant said. "Their dedication to getting the job done on time and within budget."

LaPlant is proud to be a Lake Mary resident and he wouldn't want it any other way.

"Look at the progress all around you — it's great," he said. "It's the place to be for a general contractor."

United Enterprises is located at 108 Commerce Street, Suite 105, in Lake



United Enterprises has built six time share buildings for Celebration World Resort. The contractor began its seventh this year.

Hospital christens new cafeteria

Central Florida Regional Hospital dedicated its new cafeteria on July 11 in front of hospital staff, volunteers and visitors. Rodney Smith, Central Florida Regional Hospital CEO, and Eferin Gort, District

Manager for SODEXHO Alliance, provided an overview of the renovation project.

"Of all the renovations Central Florida Regional Hospital has taken on during the past year, this one in partic-

ular touches all of our patients, visitors, employees and volunteers," said Smith. "Our partnership with SODEXHO Alliance, who provides our food services for us, has enabled us to vastly improve the quality of food served on a daily basis."

The cafeteria renovation features:

- A new floor, tables, chairs and to follow soon; new mini-blinds and room partitions.
- Food islands that include a deli, soup wells, and a dessert bar allow diners to select food items with greater convenience.
- A check-out island that prevents back up of people waiting to pay for their meal.
- A new 21-day menu cycle is now in place to provide greater food variety.
- An Exhibition Cooking Station is available to serve customers a la-carte.

In the kitchen:

- A new patient menu that offers a wider variety and more nutritional menu for patients.
- New patient tray line in the kitchen that expedites food delivery to patients.
- Fresh baked goods are being produced each morning and include pastries, cookies, muffins, and danishes.
- A new grill is being added to the kitchen for charbroiling.

Director Kevin Leider coordinates daily management of the Food Services and Dietary Department. Food coordination and menu planning is provided by executive chef Jason Hanners.



Herald photo by Tommy Vincent

Officials cut the ribbon on the Central Florida Regional Hospital's newly renovated cafeteria. From left to right, hospital CEO Rodney Smith, hospital director of food services Kevin Leider, hospital chief operating officer Bland Ing, executive chef Jason Hanners, hospital retail manager Stephanie Gulrguls and SODEXHO district manager Eferin Gort.

5.00%
ON A 12 MONTH CD
\$1,000 minimum deposit required

**THE BANK FOR YOU
AND YOUR COMMUNITY!**



**COMMUNITY
NATIONAL BANK**
OF MID FLORIDA

<i>Winter Park Office</i>	<i>Lake Mary Office</i>	<i>Sanford Office</i>
<i>1211 Orange Ave.</i>	<i>3001 West</i>	<i>500 West First St.</i>
<i>407/622-1120</i>	<i>Lake Mary Blvd.</i>	<i>407/323-2384</i>
	<i>407/323-8485</i>	

12 Month CD - Minimum deposit is \$1,000 Annual Percentage Yield (APY) is based upon daily compounding with interest remaining on deposit until maturity. APY is subject to change without notice. A penalty may be imposed for early withdrawal. Other can be cancelled without notice. Normal FDIC limits apply.

Member
FDIC



CHAMBER BUSINESS EXPO

Saturday, July 28th and

Sunday July 29th

at the Seminole Towne Center

Take Advantage of High Traffic
"Back-To-School" and "Tax-Free" Shopping

Call Today To Reserve Your Space

Sanford
Seminole County
CHAMBER OF COMMERCE

FOR INFORMATION OR RESERVATIONS
CALL JOAN BRESLIN AT
(407) 322-2212

at
Lake Forest
Publix® FOOD & PHARMACY

LAKE FOREST VILLAGE SHOPPES

5240 W. S.R. 46, SANFORD

(407) 321-0423



\$5 Off

GROCERY PURCHASE
OF \$25 OR MORE

LU #5902
1 Coupon Per Purchase

*No Alcohol • Tobacco • Lotto

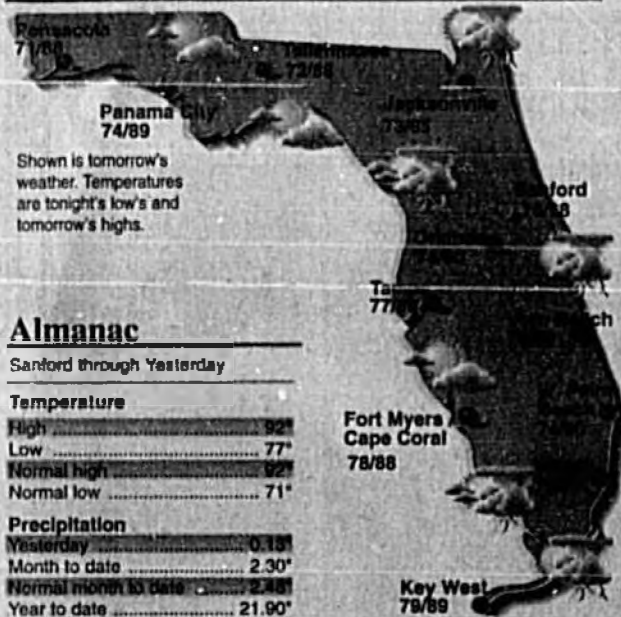
COUPON GOOD ONLY AT
LAKE FOREST PUBLIX



ACCU WEATHER® FORECAST FOR

AccuWeather.com

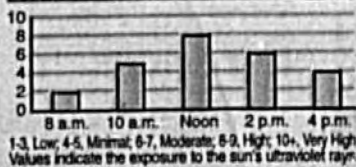
Florida Weather



Five-Day Forecast for Sanford



UV Index Tomorrow



Almanac

Sanford through Yesterday

Temperature

High 92
Low 77
Normal high 92
Normal low 71

Precipitation

Yesterday 0.13
Month to date 2.30
Normal month to date 2.48
Year to date 21.90
Last year to date 6.72
Normal year to date 24.11

Regional Weather

Florida: Thunderstorms dissipating early tonight, then partly cloudy overnight. Clouds and some sun tomorrow with afternoon showers and thunderstorms.

Georgia: An evening thunderstorm along the coast, then partly cloudy. Clouds mix with sun tomorrow and turning less humid.

Mississippi: Showers and thunderstorms tonight in the south with clearing north. Clouds and sun tomorrow; a thundershower can still occur south.

Alabama: An evening thunderstorm across the south; otherwise, partly cloudy tonight. Clouds and sun tomorrow, turning a bit less humid.

South Carolina: An evening thunderstorm east, then partly cloudy. Turning out mostly sunny and a bit less humid tomorrow afternoon.

Louisiana: Mostly cloudy tonight with showers and a few gusty thunderstorms. Mixed clouds and sun tomorrow with a few more thunderstorms.

Sun and Moon

Sunset tonight 8:26 p.m.
Sunrise Saturday 6:36 a.m.
Moonrise today 1:00 a.m.
Moonset today 1:29 p.m.

Last New First Full
July 13 July 20 July 27 Aug 4

Tides

Tides for Daytona Beach Shores, Sunglow Pier

Tomorrow

First Low 8:50 a.m. 0.9 ft.
First High 2:23 a.m. 3.0 ft.
Second Low 9:23 p.m. 1.4 ft.
Second High 3:00 p.m. 4.2 ft.

Sunday

First Low 9:42 a.m. 0.7 ft.
First High 3:17 a.m. 3.8 ft.
Second Low 10:28 p.m. 1.2 ft.
Second High 3:58 p.m. 4.4 ft.

Tomorrow's National Weather



Shown are noon positions of weather systems and precipitation. Temperature bands are high for the day. Forecast high/low temperatures are given for selected cities. Yesterday's National High/Low: (for the 48 contiguous states) High 115° in Death Valley, CA Low 36° in Truckee, CA

National Cities

City	Tom.	Hi	Lo	W	Sun.	Hi	Lo	W
Albany, GA	88	59	s	88	69	s		
Albany, NY	82	60	s	82	64	s		
Atlanta, GA	88	66	s	88	68	s		
Baltimore, MD	82	69	s	87	60	c		
Birmingham, AL	88	66	s	88	70	s		
Boston, MA	78	62	pc	82	63	s		
Charlotte, NC	87	69	s	89	69	s		
Chicago, IL	84	62	s	88	64	s		
Cleveland, OH	78	57	s	78	58	s		
Daytona Beach, FL	88	74	s	89	72	s		
Des Moines, IA	86	64	s	88	67	pc		
Detroit, MI	80	60	pc	82	62	s		
El Paso, TX	99	74	pc	99	71	c		
Fort Worth, TX	88	63	s	88	64	s		
Houston, TX	88	74	s	84	74	s		
Indianapolis, IN	88	66	s	88	66	s		
Jacksonville, FL	88	71	c	88	70	s		
Kansas City, MO	84	63	s	85	67	s		
Las Vegas, NV	103	78	s	101	74	s		
Louisville, KY	88	65	s	88	65	s		
Memphis, TN	91	69	s	91	71	s		
Miami, FL	90	74	s	90	76	sh		
Minneapolis, MN	86	66	pc	86	66	s		
Nashville, TN	88	64	s	87	65	s		
New Orleans, LA	87	75	pc	83	76	a		
New York, NY	82	60	s	82	60	s		
Omaha, NE	84	64	s	86	67	pc		
Philadelphia, PA	84	62	s	86	64	s		
Phoenix, AZ	106	82	pc	102	84	s		
Portland, OR	78	61	pc	86	62	s		
Providence, RI	82	62	s	82	62	s		
Raleigh-Durham, NC	86	64	s	86	66	s		
Rapid City, SD	91	62	s	87	62	pc		
San Antonio, TX	88	64	s	87	69	s		
St. Louis, MO	88	64	s	87	69	s		
Salt Lake City, UT	90	67	pc	91	63	pc		
San Francisco, CA	86	59	c	83	55	c		
Santa Fe, NM	98	74	pc	72	81	sh		
Seattle, WA	86	63	c	68	62	sh		
Topeka, KS	83	63	s	86	67	pc		
Tucson, AZ	102	76	pc	92	72	c		
Wichita, KS	88	66	s	88	66	s		

Regional Cities

City	Tom.	Hi	Lo	W	Sun.	Hi	Lo	W
Albany, GA	88	59	s	88	69	s		
Apalachicola, FL	88	71	s	91	72	s		
Atlanta, GA	88	66	s	88	68	s		
Bainbridge, GA	89	68	s	91	70	s		
Boca Raton, FL	91	75	s	92	70	s		
Dairs, GA	88	68	s	91	70	s		
Coral Springs, FL	91	75	t	89	75	r		
Crestview, FL	88	65	s	92	65	s		
Fort Lauderdale, FL	90	76	t	89	78	sh		
Fort Myers, FL	88	75	t	88	76	t		
Gainesville, FL	87	70	c	88	69	sh		
Key West, FL	89	79	t	88	79	r		
Kissimmee, FL	90	74	t	88	74	r		
Lakeland, FL	88	75	t	90	75	sh		
Melbourne, FL	88	75	t	89	74	r		
Naples, FL	87	76	t	87	75	t		
Orlando, FL	90	74	t	90	74	t		
Panama City, FL	88	74	s	89	74	s		
Sarasota, FL	87	74	t	89	74	r		
St. Augustine, FL	85	75	t	88	75	sh		
St. Petersburg, FL	88	77	t	88	78	t		
Tallahassee, FL	88	68	s	93	70	s		
Tampa, FL	89	75	t	91	75	r		
Thomasville, GA	88	68	s	93	70	s		
Valdosta, GA	88	68	s	93	70	s		
Vero Beach, FL	89	72	t	87	74	r		
W. Palm Bch., FL	90	74	t	88	74	r		

World Cities

City	Tom.	Hi	Lo	W	Sun.	Hi	Lo	W
Beijing	100	72	s	94	73	s		
Berlin	70	57	c	75	67	sh		
Sao Paulo, Brazil	104	71	s	104	71	c		
Hong Kong	85	76	t	86	78	c		
Jerusalem	86	60	s	90	63	s		
London	61	50	sh	64	49	pc		
Mexico City	75	55	sh	72	57	sh		
Moscow	84	64	t	86	67	pc		
Paris	66	52	sh	67	44	pc		
Seoul	62	70	pc	62	72	r		
Sydney	64	50	pc	61	45	s		
Tokyo	86	76	sh	86	75	pc		
Zurich	74	53	r	76	58	sh		

DOWNTOWN FARMER'S MARKET

Y'LL BE THERE!

EVERY SATURDAY & TUESDAY 8 AM TIL 2 PM

LIVE ENTERTAINMENT
• FRUITS • VEGGIES
• PLANTS • AND MORE!

FOR MORE INFORMATION CALL (407) 322-5600

Sanford Main Street, Inc.
Sanford, The Historic Heart Of Seminole County

Postal Jobs \$48,323.00/Yr.

Now Hiring-No Experience-Paid Training
Great benefits - for app, and exam info:
1-800-429-3660 ext. J-815
7 days a week

RHODE ISLAND STONESCAPES INC.

ATTENTION NEW ENGLANDERS

We are bringing the look of New England to Florida. The art of stone construction adds beauty and value to anyone's property. For a FREE Friendly estimate / Call Colby, 407-463-7964 or 407-786-9499

There's a better way to buy insurance. You can buy your insurance from a stranger at a **1-800 NUMBER** or from **TONY RUSSI INSURANCE**

Since 1968
2575 S. French Ave. Sanford (407) 322-0285

RICHARD RUSSI

...a neighbor, someone you know, someone you can trust and respect. Call today and talk to a real person who cares about your family's protection and security.

Auto-Owners Insurance
Life Home Car Business
The "No Problem" People

A DEERE FOR ALL SEASONS

LT133 Lawn Tractor

- 13-hp engine
- 38-inch mowing deck
- 5-speed shift-on-the-go transmission

SST18 Lawn Tractor

- 18-hp, V-Twin engine • Two-pedal automatic transmission
- 48-inch mower deck • Zero-turn radius with power steering

LX255 Lawn Tractor

- 15-hp engine
- 42-inch convertible mowing deck
- Automatic transmission

T105C Line Trimmer/Brushcutter

- 1.05-hp (19.8 cc) M-Series engine
- 15-inch-cutting-swath
- Only 8.5 lbs
- 2-year consumer warranty

JS40 Walk-Behind Mower

- 6.0-hp engine
- Durable die-cast aluminum deck
- Seven cutting heights

For the past 163 years, John Deere has held the highest standards of honesty, quality, and commitment to the customer. Stop in to your local John Deere dealer to see for yourself our time tested reliability. You'll find that our standards haven't changed much over the years. Ask about easy financing options at your participating dealer today.

www.JohnDeere.com

NOTHING RUNS LIKE A DEERE

To Locate A John Deere Dealer Near You, Call: 888-MOW-PROS (Toll Free 888-669-7767)



Sports

Inside:

CLASSIFEDS 5B-8B
CROSSWORD 6B

Briefs

SYFA REGISTRATION

It's that time of year again!!! The Sanford Youth Football Association (SYFA) is registering players, cheerleaders and dancers for the upcoming 2001 Pop Warner Season.

If you have friends or family that haven't signed up yet — now is the time!

The SYFA offers five Sanford Seminole squads divided into five different age groups (and weights) modeled after Seminole High School.

Games are played on Saturday's on the same fields the high school teams play on Friday.

Seminole High School's Thomas E. Whigham Stadium serves as the home field for the SYFA teams.

Young people interested in registering for football, cheerleading or dance must have the following items.

1. SYFA Registration Form.
 2. Copy of Birth Certificate (must be a state certificate, not hospital).
 3. Current picture.
 4. Physical Exam Form.
 5. Copy of 2000-2001 Report Card.
 6. Registration Fee.
- For football information call 407-330-2541.
For cheerleader or dance information call 407-330-4454.

YOUTH SOCCER

The City of Casselberry is offering Youth Soccer Co-Ed and Girls Leagues for players ages 4-to-17 starting in late August or early September.

The fee is \$50 for Casselberry residents and \$60 for non-residents.

Interested parties may register at the City of Casselberry Parks and Recreation Department, 125 East Melody Lane, between the hours of 8 a.m. and 5 p.m., Monday through Friday.

For more information please call 407-696-5189.

ORLANDO MAGIC BASKETBALL CAMPS

The Orlando Magic will host Gatorade-sponsored basketball camps for boys and girls ages 5-17 this summer.

The day will consist of drills, 20-minute games, video analysis, 3-on-3 competitions, and a guest speaker. There is a 10-percent discount offered for each additional child within one family after the first child's tuition is paid in full.

Camps are as follows:
July 30-August 3, ages 6-17, 9 a.m.-to 4 p.m., RDV Sportplex.

For more information contact Tom Bieri at 407-916-2681.

STETSON BOY'S BASKETBALL CAMP

The first Derek Waugh-Stetson University Hatters Boy's Summer Basketball Camp will be held in DeLand.

The final Individual Camp (ages 8-16) will be held from August 5-9.

Cost is \$275 for overnight campers and \$190 for day campers.

For more information contact assistant coach Jon Coffman at 386-822-8144 or by e-mail at jcoffman@stetson.edu.

SOCCER SCHOOL

The 22nd annual Seminole Soccer School at Lake Mary High School still has openings in the second session (July 23-through-27).

The camp runs from 9 a.m. to 4 p.m. each day and is for boys and girls ages 5-See Briefs, Page 3B

Soccer champions to be crowned

Special to the Herald

SANFORD — The U.S. Amateur Soccer Association will determine its 10 national champions of 2001 in the annual Philips Electronics National Cup Finals being staged at Sylvan Lake Park this weekend.

The annual amateur championship features champions from each of the four U.S. Soccer regions (Regions I, II, III and IV) squaring off in 10 different age brackets (men's and women's Under-20, Under-23, Over-30, Open and Amateur).

As part of their sweeping partnership with U.S. Soccer announced in June, Philips Electronics was featured as the

2001 Philips Electronics National Cup Finals being contested at Sylvan Lake Park this weekend

National Cup finals title sponsor for the first time on Friday.

To qualify for the Philips Electronics National Cup Finals, teams progressed through competitions within their cities and states, before eventually competing for their respective regional championship (Region I in the East, Region II in

the Midwest, Region III in the South and Region IV in the West). Each of the four regions then sent their 10 division winners in five men's and women's competitions to the National Cup Finals.

Philips Electronics will also award the Most Valuable Player in each of the 10 age categories with a specially designed

Lucite trophy and several electronics products in a Philips branded sports bag.

The Philips Electronics products include an Xpantium MP3-CD player; a super long life (5-year!) Marathon Household Light Bulb; the Sonicare Pro Series toothbrush, which cleans with a combination of 31,000 brush strokes per minute and gentle sonic waves; and a Norelco Advantage Shaving System or Philips kitchen Appliance. The MVP trophy and products from Philips Electronics have an estimated retail value of approximately \$350.

The competition in Sanford, under the auspices of the Central Florida Sports See Soccer, Page 3B

Rain slows Post 53

Wet field keeps team from shot at 40th win

By Dean Smith
Sports Editor

SANFORD — Looks can be deceiving.

Such was the case Wednesday at Seminole High School's Alumni Field as an early morning rain and a follow-up storm in the afternoon turned the outfield into a swamp even though the sun was out and the field appeared to be fine at game time.

"You really couldn't see the water from the stands, but it there were puddles in the outfield," said Sanford Campbell-Lossing American Legion Post 53 coach Rod Ferguson.

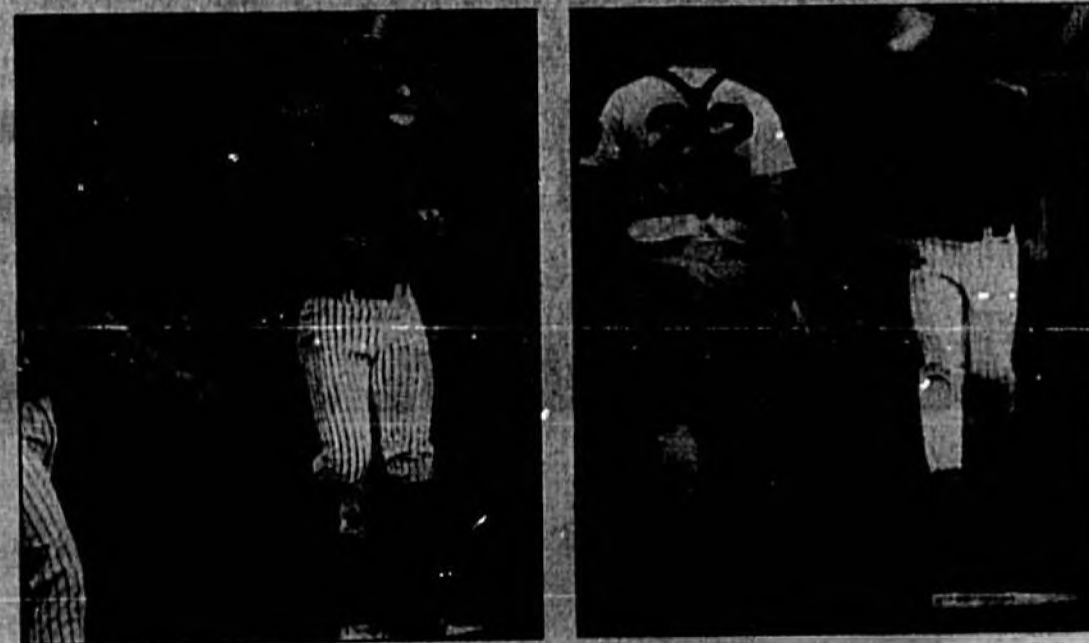
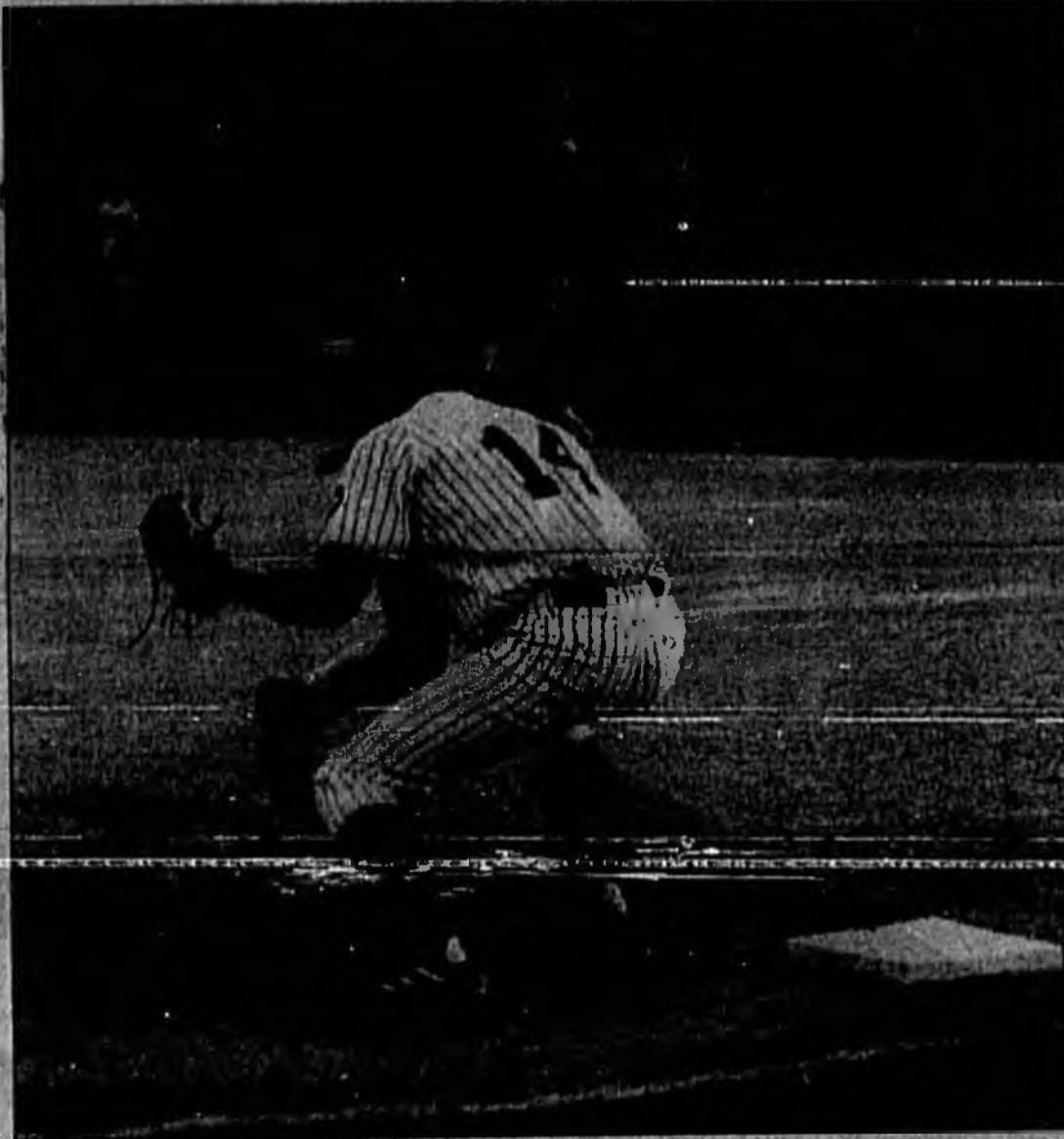
"With the State Tournament coming up in a couple of weeks we didn't want to go out and tear up the grass."

The rain-out denied Post 53 the opportunity to win its 40th game of the season.

Sanford improved to 39-1 on Saturday as Jake Davis, Kyle Bono and Dominic Petracca combined to scatter 10 hits and Matt Fraysier drove in a pair of runs and Post 53 scored four runs in the fifth inning to break a 1-1 tie and go on to defeat Orlando Post 19 (Lake Brantley) 5-2 in the Championship Game of the 1st Annual Johnny Jones Memorial 4th of July Tournament.

The team was to have taken a shot at win number 40 on Friday as it traveled to Titusville to take on Post 1 in a doubleheader and then return home to Alumni Field this afternoon (Saturday) to close out the regular season against Lake Highland Prep in a doubleheader beginning at 1 p.m.

The postseason begins Wednesday at Lake Brantley High School as Post 19 will host the District Tournament and Post 53 will take part even though they are already guaranteed a spot in the State Tournament as the host team. The schedule will appear in Wednesday's *Seminole Herald*. See Legion, Page 3B



The lower part of the Sanford Post 53 offense came through in the finals of the Johnny Jones Memorial 4th of July Tournament on Saturday as Trevor Barryhill (No. 24 top) was 2-for-4 with an RBI, Matt Mergo (No. 6, above left) was 2-for-3, with a home run and two runs scored, and Matt Fraysier (No. 7, above right) was 2-for-3 with 2 RBIs as Sanford topped Orlando Post 19 (Lake Brantley), 5-2.

PONY State Tournaments continue in Deltona

By Dean Smith
Sports Editor

DELTONA — Chris Odell did his best Nolan Ryan imitation as Forest Hills from Tampa eliminated Seminole from the PONY Baseball 14's State Tournament, 5-0, at the West Volusia PONY Baseball Complex at Dewey Boster Park in Deltona Tuesday evening.

But things were still going well for Seminole County teams in the Shetland Division (5-6 year old T-Ball) State

Tournament as both Seminole and West Seminole were still alive on Thursday.

Odell, a right-hander, mixed a hard fastball with a good overhand curve to keep the Seminole batters guessing all night and finished with an impressive complete-game two-hit, 11 strike out performance.

Seminole had a golden opportunity to take the lead in the top of the first inning as Mike Mehlich led off the game with a stingy double into the leftfield corner.

Mehlich then moved over to third on a wild pitch and things looked promising

indeed for Seminole.

But Odell came right back to strike out the side and Seminole never really threatened to score again.

Forest Hills then put Seminole behind the 8-ball in the bottom of the first inning as Ralph Valente led off with a walk and Shawn Soler followed by reaching on an infield single.

Brandon Carter then ripped a liner to right that skipped past the Seminole right-fielder for a single and an error, allowing See Pony, Page 3B

Leaders tumble in Recreation Volleyball

By Dean Smith
Sports Editor

SANFORD — Things appear to be getting interesting in the City of Sanford Recreation and Parks Department Spring Recreational Volleyball League.

Just two weeks ago the Shoestrings, which won both the A League regular season and tournament titles in the Polar Bear League, were riding a five-week unbeaten string and looked to be coasting to another championship.

But last week in the Dan Pelham Gymnasium at Sanford Middle School the former dominant team in the division, Matt's Team, rose up and put a halt to the streak by a surprising score of 15-6.

Normally a loss like that could be shrugged off as "just one of those games," but maybe the other shoe has dropped as this week the Shoestrings not only lost a game, they suffered their first losing week in memory; going 1-2, while Matt's Team again went 3-0, creeping closer to making a race out of the division yet.

The B League was also stunned this week as league-leading Sanford Church of God saw its undefeated winning streak end at 19 games.

The second place Saints turned the trick, outscoring the previously unbeaten leaders, 15-12.

Matt's Team, which dominated the A League for years under the sponsorship of Kathy's Baby Shop, had its best week in a long time, belting the Unknowns 15-4 and posting identical 15-8 victories over the Shoestrings and Nation's Fence.

The Unknowns also had their best week of the season, bouncing back from the loss to Matt's Team to finish the week 2-1, beating Nation's Fence, 15-9, and then outscoring the Shoestrings, 15-12.

The Shoestrings very nearly went winless for the week, having to go overtime for the second week in a row to nip Nation's Fence, 16-14.

The Saints were already fired up for the upset of Sanford Church of God as they had romped in their to a 15-1 opening game thumping the Stars, setting up the battle against the league leaders.

The Saints then capped off a perfect 3-0 night with another 15-1 humbling of the Slammers. Sanford Church of God had a tougher opening game as they topped the Stars 15-7. But they bounced back well from the upset, roaring past the Slammers, 15-4, to go 2-1 for the week.

The Slammers had gotten off to a good start on the night, getting past the Stars 15-9 to go 1-2 this week.

The standings after seven weeks are:

See Volleyball, Page 3B

Mike Fritts wins 4th Annual Clyde Hart Memorial

By Hank Sanders
Special to the Herald

SAMSULA — The best Super Late Model cars and drivers were on hand to duel it out in front of a huge crowd last Friday night for 125 laps as New Smyrna Speedway hosted the 4th Annual Clyde Hart Memorial.

The race, which was the fourth of the year for the RaceCar Engineering Sunbelt Series, saw Mike Williams put the #40 South 40 Motorsports Chevrolet on the pole as fast qualifier.

But Williams was not up front for long as he tangled with James Powell III on lap 1, paving the way for Mike Fritts to smoothly make his way to the front and drive to a very popular win.

Tonight (Saturday, July 14), the fast half-mile will host heats and features in the regular FAS-CAR divisions of Super Late Model, Late Model, Mini-Stock, Modified, Sportsman & Strictly Stock.

Gates open at 5 p.m. and racing begins at 7 p.m. every Saturday night at the track located at the corner of SR. 44 and CR 419, between New Smyrna, DeLand and Daytona.

Fritts managed to hold off Dick Anderson's #92, and put his Brian Construction #27X in the winner's photos.

The race was marred by many cautions and wrecks, but the racing was great when the green was out. Out of the 40 cars that qualified, very

few of the 34 that took the green finished without crash damage.

The top five were Fritts, Anderson, Jack Cook, Mike Franklin, and a super run from the back let Williams to get a top five.

It was an exciting race, and the series will do it again for Race #5 at Lakeland USA Raceway on July 21.

Only 13 Late Model cars were on hand for the other half of the twin features, a 50 Lap Special, but they were all good ones.

The best one was Larry Osteen's Florida Auto Express #22 as he grabbed the pole in qualifying, and never gave up the lead.

Bruce Lawrence II's #16 was second quick and pressed Osteen at times to finish as the runner-up. Modified ace Jerry Symons drove David Logan's #1 to a hotly contested third over Chad Pierce's #57 and Chris Lawrence in the #63.

14-year old Bobby Mara started his first extended lap race in this division, and finished on the lead lap in sixth place.

Can anyone beat Rick Tumey?

The #55 T.H.E Ford Probe looked unbeatable as he came from the rear to easily pass some other very fast cars to get his sixth recent Mini-Stock win.

Tim McPhail drove his heart out in the #7 Missile and claimed second, while veteran Ted

Vulpius was flawless as he placed his #71 Pinto in third over Rex Christensen's V-3 and Tim Clark in the #15 Space Coast Mustang.

I am hearing rumors about a bounty? What a streak!

Ted Helmes started at the back last week and drove to the front for a popular Super Stock win. This week he started at the rear and guess what...he did it again!

The #61 Amsoil Buick was killer fast as he went outside and in the grass to pass them all. It seems that a Buick may take over where the #13 Olds left off.

Jim Snyder looked like the winner in the #55, but slipped and let Helmes get by. Third went to Jim Evans in the #57, with Mike Soukup and Ed Zikowski filling out the top 5 spots.

Russ Rinaldi paced the Strictly Stock crowd to the finish line with Geno Smith, Rich Boulton, Sanford's Big Bob Trombley and a Mystery Driver trailing across the stripe.

GRAHAM LEADS JUNE 30 TUNE-UP

Samsula's Sammy Graham led a large field of fast Super Late Model cars to the checkers in the #1 Graham Custom Fab Chevy on June 30th.

The victory was sweet as several of Florida's veteran drivers were on hand tuning up for the Clyde Hart Memorial 125.

Graham, who has done exceptionally well this season as he has several wins and top 3 finishes, took advantage of a good starting spot to clinch the win over a very determined David Rogers in the #11 TM Ranch Dodge.

Past champ Bruce Lawrence looked good in the orange #16 Sunbelt car, and he grabbed the third spot over the black #53 of Richard Till in fourth. Jeff Sloan finished out the top 5.

Tank Tucker had the momentum after winning in the Patterson Memorial 50 last week, and again established himself as the dominant Modified winning this week's feature.

The #15 Graham Custom Fab Monte Carlo shot to the front and the rest of the big field could only watch. Rob Underwood is coming on strong, and was second in the black 09, with Andy Saffoti in the #1 car a strong third. Jim "Hoot" Flynn was back in the Business Archives #57 to take home fourth over Bobby Blake's fifth running #00 in the 15 car field.

Bruce Lawrence II was the surprise of the night as he drove an especially fast #16 Sunbelt Auto Carriers cars to his first career Late Model win.

Lawrence battled hard charging Chris Lawrence in the #63 Lindsey Paving car to the line, while Brian Bellaw continued to show his talent in the #77 ACE Hardware/Kunzeman Monte Carlo by

See Racing, Page 3B

UNITED ARTISTS
SHOW TIMES Wednesday & Thursday
SEMINOLE TOWNE CENTER 10
324-4222 I-4 & State Road 10

Cats & Dogs (PG)
10:50 12:50 2:50 4:50 7:00 9:05

The Fast and the Furious PG13
11:50 2:35 5:20 7:45

Legally Blonde (PG13)
12:30 2:55 5:25 7:40 9:55

A.I. PG13
12:40 3:55 7:10 10:25

Atlantis PG
11:35 1:55 4:20 7:05

Dr. Dolittle 2 (PG)
10:55 12:55 3:00 5:05 7:15 9:25

Kiss of the Dragon R
12:10 2:30 4:50 7:20 9:40

Final Fantasy PG13
12:00 2:30 5:00 7:30 10:00

Scary Movie 2 R
11:20 1:25 3:30 5:30 8:00 10:05

The Score R
11:00 1:35 4:20 7:30 10:25

Visit our website @ www.uatf.com

General Cinema
Starts Fri. July 13 thru Thurs.
LAKE MARY CENTRE 8 444-4851

Legally Blonde PG13
1:05 4:40 7:30 9:55

A. I. PG
1:30 4:30 7:00 9:50

The Spirits Within PG13
1:45 4:15 7:15 9:55

The Score R
1:20 4:25 7:15 9:50

Cats & Dogs PG13
1:15 4:20 7:30 9:40

Doctor Dolittle 2 PG
1:30 4:30 7:25 9:35

The Fast And The Furious PG13
1:30 4:30 7:40 9:45

Scary Movie 2 PG13
1:00 4:10 7:40 9:45

REGAL CINEMAS
Fri. thru Thurs.
LAKE MARY CINEMA 10 444-0715

Final Fantasy: The Spirits Within PG
Fri-Thu 11:50 2:10 (4:30) 7:10 9:50

The Score R
Fri-Thu 12:30 (4:00) 6:50 9:40

The Fast and the Furious PG13
Fri-Thu 12:00 2:20 (4:50) 7:20 10:00

Scary Movie 2 (R)
Fri - Thu 12:10 2:20 (5:00) 7:30 9:50

Kiss of the Dragon (R)
Fri-Thu 12:20 2:30 (4:40) 7:00 9:20

A.I. (PG13)
Fri-Thu 6:30

Cats & Dogs PG
Fri-Thu 12:00 2:00 (4:10)

Legally Blonde (PG13)
Fri-Thu 11:50 2:00 (4:30) 7:10 9:30

Baby Boy (R)
Fri-Thu 12:30 (4:00) 6:50 9:40

Shrek (PG)
12:10 2:10 (4:20) 7:20 9:20

Dr. Dolittle 2 (PG)
12:20 2:30 (5:00) 7:30 10:00

Lake Howell Favorite Cinema
1271 Berman Blvd., Casselberry
(407) 879-7368
FRIDAY THRU THURSDAY

The Score (R)
1:00 4:10 7:10 9:40

Legally Blonde (PG13)
1:10 3:10 (5:10) 7:20 9:30

Scary Movie 2 (R)
1:20 3:20 (5:20) 7:30 9:45

Cats and Dogs (PG)
1:20 3:20 (5:20) 7:20 9:20

A.I. PG13
1:10 4:00 7:00 9:50

Dr. Dolittle 2 (PG)
1:30 3:30 (5:30) 7:30 9:30

Fast & the Furious (PG13)
1:00 3:15 (5:30) 7:40 9:50

Shrek (PG)
1:15 3:15 (5:15) 7:15 9:15

SHOWTIMES IN PARENTHESES ARE TWILIGHT DISCOUNT SHOWS \$3.00 PER PERSON EVERY DAY SHOWS BETWEEN 4 PM & 6 PM

Albertson's "drives" \$180,000 for charity

Special to the Herald

HOWEY-IN-THE-HILLS — The Muscular Dystrophy Association was the ultimate winner in the 7th Annual Albertson's Golf Classic. Over \$180,000 was raised when 360 golfers began their day after a shotgun start on June 28 at Mission Inn Golf and Tennis Resort and Bella Vista Golf and Yacht Club.

The 7th annual golf tournament brought vendors, brokers and Albertson's employees together for an exciting day in the sun. This year's tournament had such a huge response from participants that a third course had to be recruited. Of the 360 players, 288 golfers made their appearance at the Mission Inn courses while 72 teed off at the

Bella Vista course. Albertson's Florida Division President, Shane Sampson, said, "Albertson's commitment to the See Charity, Page 3B

Volleyball —

Continued from page 1B
A League — Shoestrings (18-3), Matt's Team (15-6), the Unknowns (8-13), and Nation's Fence (1-20).

B League — Sanford Church of God (20-1), the Saints (15-6), the Slammers (4-17) and the Stars (2-19).

The league will play every Monday night in the Dan Pelham Gymnasium at Sanford Middle School beginning at 6:30 p.m. and the public is invited to attend free of charge.

Pre-Owned

SUVs, Trucks, Mini Vans, Wagons

New and Used Daewoos

Rebuild Your Credit with Blackburn Daewoo!

**All Credit
Applications
Accepted**

4165 N. Hwy. 17-92 • Sanford, FL 32773
www.blackburndaewoo.com
407-323-7808 or
1-800-253-9002
FAX: 407-323-4297

**Payments
To Fit Any
Budget!**



Herald photo by Art Zietland

Kyle Bono was 1-for-2, scored a run, and drove in the tie-breaking run on offense and also pitched two innings to help Sanford Post 53 top Post 19, 5-2, in the Championship Game of the Johnny Jones Memorial 4th of July Tournament at Seminole High School's Alumni Field last Saturday.

Legion

Continued from page 1B

The winner of the District Tournament will advance to the Area Tournament that will be held in Ft. Pierce the week of July 23-28.

The Area winner will advance to the State Tournament in Sanford on August 2-through-5.

The State winner advances to the Southeastern Regional in Albany, Georgia and the Regional winner advances to the American Legion World Series in Yakima, Washington.

On Saturday, Post 19, the only team to have beaten Post 53 this season, got off to a fast start as Geoff Strickland led off the bottom of the first inning with a triple off of Sanford starter Davis.

Davis came back to get a pair of outs, but Scott Swanson came through with a clutch two out single to plate Strickland with the game's first run.

The lead was short-lived, however, as Matt Mergo blasted a game-tying home run off of Kenny Vitek.

The game turned into a pitcher's duel as Post 53's Davis and Post 19's Vitek and Andrew Laughter, who came on in the

third inning, kept the game 1-1 through four innings.

One thing that has been a trademark for this Sanford squad has been that when the opponent makes a mistake, Post 53 usually capitalizes on it.

And that is what happened in the fifth inning.

Chris Krall led off with a single and after a fly out, advanced to second on a walk to Ryan Bono.

Krall was cut down at the plate trying to score when Jason Louwsma reached on an error, but Mergo was hit by a pitch to load the bases and Kyle Bono came through with a single to left, scoring Dominic Petracca, who was running for Ryan Bono, with the go-ahead run.

Trevor Berryhill followed with another RBI single and Fraysier, the No. 9 hitter in the Post 53 lineup, ripped a third consecutive single, this one to center, plating Mergo and Kyle Bono and putting Sanford ahead 5-1.

Post 19 got a run back in the bottom of the inning as Strickland reached on a slider's choice and scored on a single by Chris Lidfeldt.

But that would be the end of

the scoring as Kyle Bono finished the fifth and worked the sixth before way to closer Dominic Petracca, who worked a scoreless seventh inning.

Doing the damage offensively for Post 53 were Mergo (2-for-3, home run, hit by a pitch, two runs scored, RBI), Fraysier (2-for-3, walk, two RBI), Angelo Petracca (2-for-3, walk), Berryhill (2-for-4, RBI), Kyle Bono (1-for-2, walk, hit by a pitch, run, RBI), Tucker Pearce (1-for-3, two walks), Louwsma (1-for-4, run), Krall (1-for-4), Ryan Bono (two walks), and Dominic Petracca (run).

Doing the hitting for Post 19 were Swanson (2-for-4, double, RBI), Lidfeldt (2-for-4, RBI), Ray Horal (2-for-4), Strickland (1-for-3, triple, two runs), Mike Blackstock (1-for-3, double), and Matt Dobbins and Ryan Harris (both 1-for-3).

POST 53, 5, POST 19 2

Sanford	010 040 0	5 12 0
Lake Brantley	100 010 0	2 10 1

Davis, K. Bono (5), D. Peterson (7) and R. Bono. Vitek, Laughter (2), Louwsma (3) and Swanson. WP - Davis. LF - Fraysier. Save - none. 2B - Lake Brantley, Swanson, Blackstock. 3B - Lake Brantley, Strickland. HR - Sanford, Mergo.

Racing

Continued from page 2B

coming from the back for third. Fourth went to the #57 of Chad Pierce in the American Auto car, and Sonny Linn in the Independent Volvo black #4 was fifth.

Rick Tume, "The Concrete King", driving the #55 T.H.E. Ford Probe is the fastest Mini Stock at NSS right now. Again he simply dominated the field to take the money.

James Stalnaker in the new #14 machine ran a good race, but settled for second. Third went to "Racer Rex" Christensen in the #V3. Clint Foley was fourth and Don Dalrymple was fifth.

It was Chuck Abell in the Cool Time Camaro #7 that fought his way to the front to get the Sportsman feature win.

Abell is a good driver and this is a fast car, however, the #7 car was protested, but when all was said and done found to be legal and took the win.

At the line Dale Clouser's #30 was second, with recent winner Donnie Williams claiming the third spot over Doug Samlin in the #04 Rinaldi Air car. Marty Wolf in the #01 rounded out the top 5.

What a come back! Ted Helmes had been out with motor trouble, but came back to charge to the front for his second Super Stock career win in the orange #61 Buick. Ed Zilkowski's Shark Lounge Monte Carlo was second, and Billy Spade in the 15X crossed in third, but had problems in tech which moved Mike Soukup in the #45 to third. Ron Whaley's #2 was fourth and #57 Joe Evans rounded out the top 5.

Richard Boulton II topped an eight-car Strictly Stock field with Robert Skinner, Josh Wrnkowski, Curtis Smith, and Sanford's Big Bob Trombley completing the top 5.

In the special races of the evening, the team of Brady and James won the Bag Race, with Kenny McNamee outlasting Bulldog the Demolition Derby trophy.

RESULTS

NEW SMYRNA SPEEDWAY

Saturday, June 30

SUPER LATE MODELS - 1. (1) Sammy Graham; 2. (11) David Rogers; 3. (16) Bruce Lawrence; 4. (33) Richard Till; 5. (31) Jeff Sloan; 6. (74) Barry Willoughby; 7. (26) Scott Bramlett; 8. (20) Ron Dicandia; 9. (17) Marc Kinley; 10. (33) Ricky Wood; 11. (83) Vaughn McIntire; 12. (67) Chad Allan; 13. (2) Dennis Hunneberger.

LATE MODEL - 1. (16) Bruce Lawrence II; 2. (63) Chris Lawrence; 3. (77) Brian Bullow; 4. (57) Chad Pierce; 5. (1) Sonny Linn; 6. (90) Robert Andrich; 7. (76) Bobby Mara; 8. (6) Rodney Eary; 9. (14) Randy Davis; 10. (84) Mike Todd; 11. (2) David Love; 12. (24) Kevin Hawkins; 13. (25) Timmy Todd; 14. (X18) Ray Rivers; 15. (9) Mark Stevenson; 16. (68) Jimbo Bjorkland; 17. (17) Phillip Besette.

MODIFIED - 1. (15) Tank Tucker; 2. (09) Rob Underwood; 3. (1) Andy Safford; 4. (57) Jim "Hoot" Flynn; 5. (00) Bobby Blake; 6. (29) Bo Davis; 7. (9) Art Kuntzman; 8. (2) Skip Honaker; 9. (71) Joe Middleton; 10. (22) Tim Dwyer; 11. (77) Tim Wallace; 12. (3) Wayne Parker; 13. (75) David Rogers; 14. (7) Mark Vandevender.

SPORTSMAN - 1. (7) Chuck Abell; 2. (30) Dale Clouser; 3. (111)

Donnie Williams; 4. (04) Doug Gordon; 5. (02) Bill Love; 6. (01) Marty Wolf; 7. (24) Dean Totton; 8. (10) Tommy Davis; 9. (07) Ron Laiky.

MINI-STOCK - 1. (55) Rick Tume; 2. (14) James Balnebar; 3. (V3) Ron Christensen; 4. (6) David Caswell; 5. (70) Clint Foley; 6. (54) Don Dalrymple; 7. (8) Jamie Williams; 8. (7) Tim McPhail; 9. (60) Ray Martin; 10. (77) Jamie Williams; 11. (01) Conrad Greiner.

SUPER STOCK - 1. (61) Ted Helmes; 2. (7) Ed Zilkowski; 3. (45) Mike Soukup; 4. (7) Ron Whaley; 5. (97) Joe Evans; 6. (20) Mike Wicazonski; 7. (28) Chris Prudat; 8. (16) David Gould; 9. (25) Jim Snyder; 10. (38) Randy Jones; 11. (21) Becky Dwyer; 12. (10) Ron Paradise; 13. (27) Joe Woodbury; 14. (32) Bill Stacey; 15. (35) Tim Ewing.

STRICTLY STOCK - 1. (7) Richard Boulton II; 2. (30) Robert Skinner; 3. (27) Josh Wrnkowski; 4. (64) Curtis Smith; 5. (38) Robert Trombley; 6. (74) Jack Reke; 7. (26) Michelle Dyal; 8. (00) Jerry Mitchell; 9. (61) Scott Lee.

BAG RACE - 1. (20) Brady & James.

DEMO RACE - 1. (13) Kenny McNamee; 2. (66) Bulldog.

Friday, July 6

SUPER LATE MODELS SUNBELT SUPER SERIES RACE #4, 4th Annual Clyde Hart Memorial (125 Laps) - **FAST TIME** (40) Michael Williams; **TOP ROOKIE** (73) Billy "The Kid" Mowery. **RESULTS**: 1. (27X) Mike Price; 2. (92) Dick Anderson; 3. (94) Jack Cook; 4. (5) Mike Franklin; 5. (40) Michael Williams; 6. (11X) Jason Purkett; 7. (73) Billy Mowery; 8. (10) Eric Black; 9. (16) Bruce Lawrence; 10. (3) Mike Bushman; 11. (9) Rick Pratt; 12. (07) Jeff Scofield; 13. (11) Jeff Sloan; 14. (6X) Mac Johnson; 15. (11) David Rogers; 16. (33X) Dennis Schoenfeld; 17. (80) Brian Finney.

18. (32) Todd Ponce; 19. (64) Jim McCoy; 20. (78) B.J. McLeod; 21. (12E) Jeff Emery; 22. (74X) Hubert Simonsen; 23. (33) Richard Till; 24. (15) Jason Boyd; 25. (48) Jimmy Kay; 26. (43) Bill Pratt; 27. (37) James Powell; 28. (39) Morgan Hoover; 29. (63) Joe Piro; 30. (89) Lee Collins; 31. (26) Scott Bramlett; 32. (74) Barry Willoughby; 33. (27) Mike Good; 34. (22) David Froelich.

LATE MODEL IN LAP RACE - 1. (22) Larry Ostera; 2. (14) Bruce Lawrence II; 3. (1) Jerry Symons; 4. (57) Chad Pierce; 5. (63) Chris Lawrence; 6. (76) Bobby Mara; 7. (01) Bobby Newberry; 8. (25) Tim Todd; 9. (1) Rodney Eary; 10. (42) George Murphy; 11. (84) Mike Todd; 12. (26) Bobby Snelton; 13. (24) Kevin Hawkins; 14. (9) Tim Ewing.

MINI-STOCK - 1. (55) Rick Tume; 2. (7) Tim McPhail; 3. (71) Ted Valpius; 4. (V3) Russ Christensen; 5. (15) Tim Clark; 6. (8) Jamie McCague; 7. (41) Josh Robinson; 8. (54) Don Dalrymple; 9. (18C) Dennis Carter; 10. (01) Conrad Greiner; 11. (12) David Farmer; 12. (07) Dick Lazel; 13. (6) David Caswell; 14. (8) Patricia Gray; 15. (77) Jamie Williams.

SUPER STOCK - 1. (61) Ted Helmes; 2. (55) Jim Snyder; 3. (37) Joe Evans; 4. (45) Mike Soukup; 5. (7) Ed Zilkowski; 6. (33) Kerry Caudill; 7. (28) Chris Prudat; 8. (32) Bill Stacey; 9. (44) Barbara Moser; 10. (120C2) Jim "Hoot" Flynn; 11. (27) Joseph Woodbury; 12. (2) Ron Whaley; 13. (38) Randy Jones; 14. (56) Tom Root.

STRICTLY STOCK - 1. (04) Russ Rinaldi; 2. (25) Geno Smith; 3. (3) Richard Boulton; 4. (38) Bob Trombley; 5. (37) No driver listed; 6. (08) Brian Anderson; 7. (61) Scott Lee; 8. (26) Michelle Dyal.

NEW SMYRNA QUARTER MIDGET RACEWAY

Wednesday, July 4

JR. NOVICE RACE 1 - 1. Davey Wolf; 2. Austin Hill; 3. Gwyn Willard; 4. Jeffrey Pukett; 5. Brent Karnen.

JR. NOVICE RACE 2 - 1. Josh Williams; 2. Chase Miller; 3. Donnie Schmidt; 4. Casey Caudill; 5. Alex Pelican.

SR. NOVICE - 1. Dustin Tolliver; 2. Cory Stoelzel.

JR. HONDA - 1. Chandler Stevens; 2. Austin Carr; 3. Chad Akina; 4. Steven Willard; 5. Davey Dator; 6. Dana Lane; 7. Anthony Pelican; 8. Zack Donatti.

SR. HONDA RACE 1 - 1. Dean Moslow, Jr.; 2. Jarrad Cawley; 3. Matt Martin; 4. Spencer Taylor; 5. Darren Brown; 6. Steven Simpson; 7. Wyatt Dallowbach; 8. Britovoy Frosh; 9. Cole Bigham.

SR. HONDA RACE 2 - 1. Matthew Dorney; 2. Matt McGilvray; 3. Wesley McLeod; 4. Justin Marquand; 5. Jamie Neaves; 6. Justin Willis; 7. Dalton Bergman; 8. Chris Reszorde.

HEAVY MONDA - 1. Chris Henion; 2. Jake Dallenbach; 3. Cory Spencer; 4. Andrew Hart.

LIGHT GX160 - 1. Steven Simpson; 2. Matt McGilvray; 3. Matt Martin; 4. Stephen Bush; 5. Dean Moslow, Jr.; 6. Spencer Taylor; 7. Kevin Henry.

HEAVY GX160 - 1. Greg Keeling; 2. Michael Vellness; 3. Kyle Abbott; 4. Patrick Conrad; 5. Cory Spencer.

Pony

Continued from page 1B

two runs to score. Seminole starter Luke Kimmig worked out of the jam without further damage and then pitched two more scoreless innings, keeping the local team in the game.

But Seminole was unable to much of anything against Odell.

Charlie Arvai singled with one out in the second inning, which would turn out to be the team's final hit of the game. Kimmig was hit by a pitch with two out in the third inning and Arvai walked leading off the fifth inning.

But only one runner was left on base, and on first at that, as one runner was picked off first and another was cut down trying to steal.

An error then opened the floodgates for Forest Hills in the bottom of the fifth inning.

Valente reached on an error to open the inning and Shawn Soler walked. Jo Jo Mandese singled to load the bases before Chase Arias lined an sacrifice fly to right, Bradley Clark singled to reload the bases, Carlos Armstrong singled in a run and Michael Scanio walked to force in the third run of the inning.

Mehlch came on to relieve Arvai, who had relieved Kimmig in the fourth inning, and snagged a line-drive right back at him which he turned into an inning-ending double play.

Seminole thought it might have something going in the top of the sixth inning as Devin Donovan walked leading off the frame, but a double play dashed the final Seminole hopes.

The lack of offense from Seminole, which only had four hits and scored four runs in the two games at State, dumbed-founded its followers as the team had hit .376 (47-for-125, including nine doubles) and scored 35 runs in four games in winning the District 5 Tournament.

Roberto Santana was 6-for-9 to lead the way in district, hitting .667. Other top hitters were Danny Coker (.556), Mehlch (.471, a team high 8 hits and three doubles), Daniel Kelley (.467, 7 hits, two doubles), David Walden (.455) and Kimmig (.408).

Other members of the team, which was managed by Wayne Kelley and coached by Brian Donovan and Jack Finnerty Sr., were Jon Andrews, Drew Kometchy, Arvai, Jack Finnerty Jr., Carlos Montijo and Devin Donovan.

In other 14's games, the Pascual All-Stars from Miami knocked off host West Volusia and West Palm Beach to advance to the finals undefeated, while Forest Hills also ousted West Volusia and was playing West Palm Beach in the Loser's

Bracket finals to earn a shot at Miami in the finals later Thursday night.

In the Shetland State Tournament, also being played at Dewey Boster Park on Saxon Boulevard in the Deltona, Seminole had beaten West Volusia II and Temple Terrace (Tampa) before falling to Forest Hills in the Winner's Bracket final.

Forest Hills had also beaten West Seminole (Altamonte Springs and Forest City) and West Volusia I to go to 3-0 in the tournament, earning it a spot in the championship game.

West Seminole had come back in the Loser's Bracket to eliminate West Volusia II and West Volusia I was leading Temple Terrace 12-8 late in the game on Thursday.

The winner of that game was to play West Seminole at 5 p.m. on Friday, with the survivor playing Seminole at 7 p.m. on Friday.

The winner would then play Forest Hills at 10 a.m. on Saturday and if the Loser's Bracket winner won, a winner-take-all game would be played around noon on Saturday.

PONY 13'S OPEN SATURDAY

Seminole received a bye until Sunday in the PONY Baseball 13's State Tournament which was to begin play this evening (Saturday) at Dewey Boster Park on Saxon Boulevard in Deltona.

On Saturday, Miami will play Tampa at 5 p.m. and West Palm Beach will take on Panama City at 8 p.m.

On Sunday, the Miami/Tampa winner plays Seminole at 1 p.m. and the West Palm Beach/Panama City winner battles host West Volusia at 4 p.m.

Also on Sunday, the losers of Saturday's games will play an elimination contest at 7 p.m.

On Monday, the Loser's of Sunday's 1 p.m. and 4 p.m. games will play at 6 p.m., followed by a Winner's Bracket game between Sunday's 1 p.m. and 4 p.m. game winners at 8:30 p.m.

On Tuesday, the winner of Sunday's 7 p.m. game will face the winner of Monday's 6 p.m. game and then the winner of that game will stay around to face the loser of Monday's 8:30 p.m. game in the Loser's Bracket final at 8:30 p.m.

The tournament is scheduled to wrap up on Wednesday with Monday's 8:30 p.m. winner facing Tuesday's 8:30 p.m. winner at 6 p.m.

If both teams have one loss after the 6 p.m. game, a winner-take-all game would be played at 8:30 p.m.

FOREST HILLS 5, SEMINOLE 0

Seminole	000 000 0	0 2 4
Forest Hills	200 030 x	5 6 0

Kimmig, Arvai (4), Mehlch (5) and Kelley, Odell and Armstrong. WP - Odell. LF - Kimmig. Save - none. 2B - Seminole, Mehlch. 3B - none. HR - none.

Soccer

Continued from page 1B

Commissioner, for all 40 finalists began with the semifinals on Friday (July 13), with teams from Region I and Region IV being paired up in half the games, and Region II and III teams meeting in the other half.

The semifinal winners compete for the Phillips Electronic National Cup title in their respective USASA categories beginning with the Men's and Women's Open finals today (Saturday, July 14), with the remaining championship finals to conclude Sunday (July 15).

In the Men's Open category, the four USASA teams which qualified for the 2001 Lamar Hunt U.S. Open Cup will square off for the Open championship as Chaldean Arsenal (Mich.) of Region II battled Region III's, Uruguay S.C. of Florida. In the other Open match, Olympia-Stamford (Conn.) of Region I took on Mexico S.C. of California.

Of the four Open category semifinalists, only Uruguay S.C. advanced into the second round of the 2001 Open Cup, defeating the Miami Strike Force of the USL's Premier Development League on June 13, before eventually bowing out to the Miami Fusion, 4-0, on June 27.

In the Women's Open category, the Rocker Hawks from Michigan faced the Oklahoma Outrage and the Southern California Blues tackled the German Hungarians from Pennsylvania.

The Men's final is set for 6 p.m. on Field C, with the Women's finale following at 8

p.m., also on Field C.

The other eight finals will be played Sunday morning and are as follows:

9 a.m. - Women's Under-20: F.C. Milwaukee (Wisc.)/North Texas Sting winner vs. Colorado Gloria/PDA United Counties (N.J.) winner, Field C; Women's Under-23: Club Ohio/North Texas Sting winner vs. Oxnard Kickers (So. Cal.)/PDA Galaxy (N.J.) winner, Field A.

9:30 a.m. - Men's Under-20: Buich S.C. (Mo.)/North Texas Comets winner vs. UV Rangers (Utah)/Match Fit Academy (N.J.) winner, Field D; Men's Under-23: Budweiser/Buich (Mo.)/Brito Produce (Ga.) winner vs. Northern United (Utah)/Milan SC (N.J.) winner, Field B.

10 a.m. - Women's Over-30:

J.B. Marine (Mo.)/United (Texas) winner vs. Zenith Bohemians (Wash.)/TSP (D.C.) winner, Field E; Men's Over-30: Royal Wavel (Ill.)/Saint Pete Kickers (Fla.) winner vs. Lake City Hawks (Wash.)/V.E. Over 30 (Pa.) winner, Field F.

11 a.m. - Women's Amateur: Jefferson Barracks (Mo.)/Ipswich (Ok.) winner vs. Hibernian/Caledonia (Wash.)/Opus County (Ma.) winner, Field C; Men's Amateur: Milwaukee Bavarians (Wisc.)/Triangle Wellspring (N.C.) winner vs. Santa Clara Sporting/Boston Olympiakos winner, Field D.

For more information on the Phillips Electronics National Cup Finals, log on to www.usasa.com.

Charity

Continued from page 2B communities we serve has been a longstanding tradition. We are very pleased with the participation from our local and national vendors and brokerages.

Albertson's strong commitment to MDA will help thousands of children and adults affected by neuromuscular diseases in the Central Florida area. Over the past seven years, Albertson's has raised over \$1,000,000 for MDA through golf tournaments, in-store Shamrock promotions and employee bowl-athons.

Top sponsors included UDV-Jose Cuervo, Brown-Forman/Jack Daniels, Crossmark, Pepsi, UDV-Smiloff, Anheuser-Busch,

Miller Brewing, M&M/Mars, and Nestle.

"We appreciate all the sponsors' help and support," Sampson said. "It was great golfing with them. We can't wait until next year and raise even more for the kids."

One of the highlights during the day was when Corey Emmert, MDA Jr. Goodwill Ambassador, helped WOFL FOX 35 Sports Director, Penn Holderness, draw for raffle prizes donated by the vendors. After the fun day of camaraderie, first, second, and third place awards were distributed and prizes for the longest drive and closest to the pin.

MDA is a national voluntary health agency working to defeat

Briefs

Continued from page 1B

1/2 to 1 1/2 and will also include indoor soccer in an air-conditioned gym.

For registration brochures and information, contact camp director Larry McCordle at 407-263-7177 during the day or 407-696-2131 in the evening or download the application form from the web site at http://HOME.CFL.RR.COM/SOCCER_SCHOOL.

WIRZ PARK POOL

The Wirz Park Pool in Casselberry is offering several programs this summer.

The Open Swim schedule is as follows: Through August 31 - Monday through Sunday from noon to 6 p.m.; and August 6th through September 9th - Monday, Wednesday and Friday from 2 p.m. to 6 p.m. and Saturday and Sunday from noon to 7 p.m.

Daily Fees are \$2 for residents and \$3 for non-residents; Individual Season Passes are \$35 for residents and \$50 for non-residents; and Group

(up to 5 people) Season Passes are \$55 for residents and \$75 for non-residents.

Swim Lessons are also available for Groups (up to 6 in a class) at \$30 for residents and \$40 for non-residents; and Private Lessons (up to 2 in a class) are \$50 for residents and \$60 for non-residents.

For information call the Wirz Pool Office at 407-263-7177 or the Casselberry Recreation Office at 407-696-5189.

SWIMMING LESSONS

The City of Altamonte Springs is offering American Red Cross Swim Lessons for Altamonte Springs residents only.

The lessons have already begun and will run through August 17th.

Classes are held on Monday, Tuesday, Thursday and Friday at Westmonte Park. Cost is \$20 for eight 40-minute sessions.

For information and class dates, please contact Jodi Jay at 407-571-8740.

LEGALS

NOTICE OF LIEN SALE
In accordance with the provisions of law...

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

NOTICE OF ACTION
TO Ricardo A. Argueta
(Name of Respondent)

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

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

NOTICE OF ACTION
TO RICKY BASCO
Address Unknown

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

JURISDICTION DIVISION
Case No. 01-CA-1336-148
NATIONAL CREDIT FINANCIAL SERVICES CORPORATION

STEVEN M. MARCHANT and SANDRA A. MARCHANT, his wife, JOHN DOE and JANE DOE, Defendants.

NOTICE OF ACTION
TO STEVEN M. MARCHANT, residence unknown, if alive, and if dead, to all parties claiming interests by, through, under or against the said STEVEN M. MARCHANT...

LOT 110, of TIBERON HILLS, PHASE 3, according to the Plat thereof, as recorded in Plat Book 30, at Page 91, of the Public Records of Seminole County, Florida.

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

LEGALS

MARYANNE MORSE
Clerk of the Court
By Ruth King
Deputy Clerk
Publish July 8, 15, 2001
CC062

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

CIVIL ACTION
CASE NO. 97-434 CA
DIVISION 14-B
BANK ONE MORTGAGE AS SUCCESSOR IN INTEREST TO AMERICAN FLETCHER MORTGAGE COMPANY, INC., Plaintiff,

NOTICE OF FORECLOSURE SALE
NOTICE IS HEREBY GIVEN pursuant to an Amended Final Judgment of Mortgage Foreclosure dated June 25, 2001 and entered in Case No. 97-434 CA of the Circuit Court of the Eighteenth Judicial Circuit in and for Seminole County, Florida where BANK ONE MORTGAGE AS SUCCESSOR IN INTEREST TO AMERICAN FLETCHER MORTGAGE COMPANY, INC. is the Plaintiff and BRANCOFF O. SHIRLEY, FEDERAL DEPOSIT INSURANCE CORPORATION AS SUCCESSOR IN INTEREST TO RESOLUTION TRUST CORPORATION AS RECEIVER FOR FREEDOM SAVINGS AND LOAN ASSOCIATION, AMERICAN GENERAL HOME EQUITY, INC., are the Defendants, I will sell to the highest and best bidder for cash at WEST FRONT DOOR OF THE SEMINOLE COUNTY COURTHOUSE, SANFORD, FLORIDA at 11:00 AM, on the 24 day of July, 2001, the following described property as set forth in said Final Judgment.

LOT 25, OAK FOREST UNIT ONE, THEREOF, AS RECORDED IN PLAT BOOK 22, PAGES 81-83, PUBLIC RECORDS OF SEMINOLE COUNTY, FLORIDA, TOGETHER WITH THE FOLLOWING ITEMS OF PERSONAL PROPERTY, RANGE, HOOD, DRAINAGE DISPOSAL, DISHWASHER, WATER HEATER, FURNACE, AIR CONDITIONING UNIT, AND SMOKE DETECTORS.

AWKA 1018 CHERRY DRIVE, CASSELBERRY, FL 32708-4003
WITNESS MY HAND and the seal of the Court on June 28, 2001.
(MARYANNE MORSE)
Marilynne Morse
Clerk of the Circuit Court
By Mary Stroup
Deputy Clerk

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

NOTICE OF ACTION
TO RICARDO A. ARGUETA
(Name of Respondent)

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

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

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

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

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

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

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

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

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

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

LEGALS

Altri Jennifer B. Ebania
(727)538-3800
Publish July 8, 15, 2001
CC064

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

CIVIL DIVISION
Case No. 01-CA-887-14-W
MID-STATE TRUST, Plaintiff,

vs. KIM L. HENDERSON, WILLIE J. STARLING, and SHERRI S. SMITH, including any unknown spouses of the above Defendants, as well as their unknown heirs, devisees, grantees, assignees, creditors, tenants, and trustees and all other persons claiming by, through, under or against the above Defendants, UNKNOWN OCCUPANT #1, UNKNOWN OCCUPANT #2, and all parties having any right, claim, title or interest in the real property herein described.

NOTICE OF ACTION
TO Defendant, WILLIE J. STARLING, including any unknown spouses of the above Defendant, as well as their unknown heirs, devisees, grantees, assignees, creditors, tenants and trustees and all other persons claiming by, through, under or against Defendant, WILLIE J. STARLING.

YOU ARE HEREBY NOTIFIED that an action to foreclose on the following real property in Seminole County, Florida.

REAL PROPERTY:
Lot 181 and 182 of J.O. Packard First Addition to Midway, according to the map or plat thereof as recorded in Plat Book 2, page 104, of the Public Records of Seminole County, Florida.

Florida has been filed against you and you are required to serve a copy of your written defenses, if any, to me, Edward B. Pritchard, Plaintiff's attorney, whose address is 6508 Gray Street, Suite 203, Tampa, Florida 33608, within 30 days after the first publication, and file the original with the Clerk of this Court, either before service on Plaintiff's attorney or immediately thereafter, otherwise a default will be entered against you for the relief demanded in the Complaint.

Dated this day of JUN 28 2001.
(COURT SEAL)
MARYANNE MORSE, CLERK
CLERK OF THE CIRCUIT COURT
By Ruth King
Deputy Clerk
Publish: July 8, 15, 2001
CC065

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

NOTICE OF ACTION
TO UNKNOWN SPOUSE OF JOYCE A. GREGG NAVA HUNTER TO BRITTO

NOTICE OF ACTION
TO UNKNOWN SPOUSE OF JOYCE A. GREGG NAVA HUNTER TO BRITTO

NOTICE OF ACTION
TO UNKNOWN SPOUSE OF JOYCE A. GREGG NAVA HUNTER TO BRITTO

NOTICE OF ACTION
TO UNKNOWN SPOUSE OF JOYCE A. GREGG NAVA HUNTER TO BRITTO

NOTICE OF ACTION
TO UNKNOWN SPOUSE OF JOYCE A. GREGG NAVA HUNTER TO BRITTO

NOTICE OF ACTION
TO UNKNOWN SPOUSE OF JOYCE A. GREGG NAVA HUNTER TO BRITTO

NOTICE OF ACTION
TO UNKNOWN SPOUSE OF JOYCE A. GREGG NAVA HUNTER TO BRITTO

NOTICE OF ACTION
TO UNKNOWN SPOUSE OF JOYCE A. GREGG NAVA HUNTER TO BRITTO

NOTICE OF ACTION
TO UNKNOWN SPOUSE OF JOYCE A. GREGG NAVA HUNTER TO BRITTO

LEGALS

the Defendants, who are not known to be dead or alive, and all parties having or claiming to have any right, title or interest in the property described in the mortgage being foreclosed herein.

YOU ARE HEREBY NOTIFIED that an action to foreclose a mortgage on the following property:

LOT 7 & BLOCK 3, SWEETWATER OAKS SECTION 6, ACCORDING TO THE PLAT THEREOF AS RECORDED IN PLAT BOOK 18, PAGES 81, 82 AND 83 PUBLIC RECORDS OF SEMINOLE COUNTY, FLORIDA.

has been filed against you and you are required to serve a copy of your written defenses, if any, on DAVID J. STERN, ESQ. Plaintiff's attorney, whose address is 801 S University Drive #500, Plantation, FL 33324 (no later than 30 days from the date of the first publication of this notice of action) and file the original with the clerk of this court either before service on Plaintiff's attorney or immediately thereafter, otherwise a default will be entered against you for the relief demanded in the complaint or petition filed herein.

WITNESS my hand and the seal of this Court at SEMINOLE COUNTY, Florida, this day of JUN 29 2001, 2001.

(SEAL)
MARYANNE MORSE, CLERK
CLERK OF THE CIRCUIT COURT
By Ruth King
Deputy Clerk
PUBLISHED ONCE A WEEK FOR TWO (2) CONSECUTIVE WEEKS.
PUBLISH IN THE SEMINOLE HERALD
Publish: July 8, 15, 2001
CC067

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

NOTICE OF FORECLOSURE SALE
NOTICE IS HEREBY GIVEN pursuant to a Summary Final Judgment of Foreclosure including Award of Attorneys' Fees and Costs dated June 29, 2001, entered in Case No. 01-CA-440-14Q of the Circuit Court of the 18th Judicial Circuit in and for Seminole County, Florida, where US BANK NATIONAL ASSOCIATION, FKA FIRST BANK NATIONAL ASSOCIATION TR UA DTD 12/01/98 (ECCO HOME EQUITY LOAN TRUST 1998), Plaintiff,

vs. JIM E. STEELE AND UNKNOWN SPOUSE, UNKNOWN PARTIES IN POSSESSION, Defendants.

NOTICE OF SALE
NOTICE IS HEREBY GIVEN that on the 31 day of July 2001 at 11:00 AM at West Front Door of the Seminole County Courthouse, the undersigned Clerk will offer for sale the following described real property:

Lot 54, Fairwood, Phase 2, First Addition, according to the plat thereof as recorded in Plat Book 22, Page 49, Public Records of Seminole County, Florida.

together with all structures, improvements, fixtures, appliances, and appurtenances on said land or used in connection therewith.

The proceeds sale will be paid pursuant to a Summary Final Judgment entered in Civil No. 00-00-087-20F pending in the County Court of the Eighteenth Judicial Circuit in and for Seminole County, Florida.

Dated this 28 day of June, 2001.
MARYANNE MORSE, CLERK
CLERK OF THE CIRCUIT COURT
By Mary Stroup
Deputy Clerk

IF YOU ARE A PERSON WITH A DISABILITY who needs any accommodation in order to participate in this proceeding, you are entitled, at no cost to you, to the provision of certain assistance. Please contact Court Administration at 301 N. Park Avenue, Suite #301 in Sanford, Florida 32771 (407)865-4227 within 2 working days of your receipt of this notice; if you are hearing or voice impaired, call 1-800-955-8771.
Publish: July 8, 15, 2001
CC068

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

NOTICE OF FORECLOSURE SALE
NOTICE IS HEREBY GIVEN pursuant to a Final Judgment of Foreclosure dated November 12, 1998, and entered in Case No. 88-2578 C 14 Q, of the Circuit Court of the 18th Judicial Circuit in and for Seminole County, Florida, where WASHINGTON MUTUAL BANK, FKA AMERICAN SAVINGS BANK, Plaintiff,

vs. LESTER KALTEMECKER, et al Defendants.

LEGALS

CONCAVE SOUTHEASTERLY, HAVING A CENTRAL ANGLE OF 140°22' AND A RADIUS OF 648.31 FEET, THENCE FROM A TANGENT BEARING OF S37°25'36"W, RUN SOUTHWESTERLY ALONG SAID RIGHT OF WAY LINE AND THE ARC OF SAID CURVE A DISTANCE OF 186.04 FEET TO THE POINT OF BEGINNING.

Dated this 23 day of June, 2001.
Maryanne Morse
As Clerk of said Court
By Mary Stroup
As Deputy Clerk

This notice is provided pursuant to Administrative Order No. 2-003. In accordance with the Americans with Disabilities Act, if you are a person with a disability who needs any accommodation in order to participate in this proceeding, you are entitled, at no cost to you, to provisions of certain assistance. Please contact the Court Administrator at 301 North Park Avenue, Sanford, FL 32771, Phone No. (407)323-4330 extension 4227 within 2 working days of your receipt of this notice or pleading; if you are hearing impaired, call 1-800-955-8771 (TDD); if you are voice impaired, call 1-800-955-8770 (V) (Via Florida Relay Services).

Vargas, Zion & Kahana, P.A. 400 Hollywood Boulevard, Suite 875-B, Hollywood, FL 33021 Telephone: (954)963-8893 Telefacsimile: (954)993-7707 File No. 99-136 LLS Publish: July 8, 15, 2001 CC069

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

JURISDICTION DIVISION
Case No. 01-CA-440-14Q
US BANK NATIONAL ASSOCIATION, FKA FIRST BANK NATIONAL ASSOCIATION TR UA DTD 12/01/98 (ECCO HOME EQUITY LOAN TRUST 1998), Plaintiff,

vs. NEMEH NEMEH, et al., Defendants.

NOTICE OF FORECLOSURE SALE
NOTICE IS HEREBY GIVEN pursuant to a Summary Final Judgment of Foreclosure including Award of Attorneys' Fees and Costs dated June 29, 2001, entered in Case No. 01-CA-440-14Q of the Circuit Court of the 18th Judicial Circuit in and for Seminole County, Florida, where US BANK NATIONAL ASSOCIATION, FKA FIRST BANK NATIONAL ASSOCIATION TR UA DTD 12/01/98 (ECCO HOME EQUITY LOAN TRUST 1998-4) is the Plaintiff and NEMEH NEMEH and NEMEH NEMEH, unknown spouses of NEMEH NEMEH, if married, JERRY DOE and JANE DOE if/are Defendants, I will sell to the highest and best bidder for cash, at west front door of the Seminole County Courthouse in the City of Sanford, Florida at 11:00 a.m. on Thursday, the 2 day of August, 2001, the following described property, as set forth in said Summary Final Judgment of Foreclosure including Award of Attorneys' Fees and Costs, to wit:

Lot 176 of DUNHILL UNIT 2, according to the Plat thereof, as recorded in Plat Book 47, at Page(s) 98-70, of the Public Records of Seminole County, Florida.

DATED this ___ day of ___, 2001.
Maryanne Morse, Clerk
By Mary Stroup
Deputy Clerk

DEBISE M. ROSENTHAL, SECURE REPOSSESSIONS, INC., ADORNO & ZEDER, P.A. 2801 South Bayshore Drive, Suite 1600 Miami, Florida 33133 (305)558-5555

IF YOU ARE A PERSON WITH A DISABILITY who needs any accommodation in order to participate in this proceeding, you are entitled, at no cost to you, to the provision of certain assistance. Please contact Court Administration at 301 N. Park Avenue, Suite #301 in Sanford, Florida 32771 (407)865-4227 within 2 working days of your receipt of this notice; if you are hearing or voice impaired, call 1-800-955-8771.
Publish: July 8, 15, 2001
CC070

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

JURISDICTION DIVISION
Case No. 01-CA-674-14-Q
Washington Mutual Bank, FKA American Savings Bank, Plaintiff,

vs. John R. Clark, et al., Defendants.

NOTICE OF FORECLOSURE SALE
Notice is hereby given that, pursuant to that Final Judgment of Foreclosure dated June 29, 2001, entered in Case number 01-CA-674-14-Q, of the Circuit Court of the 18th Judicial Circuit in and for Seminole County, Florida, where WASHINGTON MUTUAL BANK, FKA AMERICAN SAVINGS BANK, Plaintiff and John R. Clark, James T. Osborne, Marie P. Osborne, Robert Harpner, Ashwood Condominium Association, Inc.; Dr. of Sanford, a municipal corporation; State of Florida, Department of Revenue; State of Florida, Department of Revenue; Child Enforcement Program; Ferguson Enterprises of South Carolina, Inc.; W/F Ferguson Enterprises, Inc., a subsidiary corporation; First Union National Bank, successor by merger to First Union National Bank of Florida; The Atlantic National Bank of Florida; First Atlantic National Bank of Sanford, Fourteen, Inc.; W/F Shamrock Pumping Specialties, Inc.; unknown persons (s) in possession of the subject real property, et al., if/are Defendant(s), I will sell to the highest and best bidder for cash at the West front door of the Seminole County Courthouse in Sanford, Florida, Seminole County, Florida, at 11:00 AM on the 2nd day of August, 2001, the following described property as set forth in said Final Judgment, to wit: CONDOMINIUM UNIT NO. C-603, IN ASHWOOD CONDOMINIUM, A CONDOMINIUM, ACCORDING TO THE DECLARATION OF CONDOMINIUM THEREOF AS RECORDED IN OFFICIAL RECORDS BOOK 1317, PAGE 1980, OF THE PUBLIC RECORDS OF SEMINOLE COUNTY, FLORIDA, TOGETHER WITH AN UNDIVIDED INTEREST IN THE COMMON ELEMENTS DECLARED BY SAID DECLARATION OF CONDOMINIUM TO BE AN APPURTENANT TO THE CONDOMINIUM UNIT.

NOTE: Pursuant to the Fair Debt Collection Practices Act you are advised that this law firm is deemed to be a debt collector attempting to collect a debt and any information

obtained will be used for that purpose.
Dated the 28 day of June, 2001.
MARYANNE MORSE
Clerk of Circuit Court
By Mary Stroup
Deputy Clerk
COOLIS & STAWARSKI, P.A.
4010 Boycott Boulevard
Suite 450
Tampa, FL 33607
Telephone: (813)777-6008
CABE10-01-1103
Publish: July 8, 15, 2001
CC076

LEGALS

obtained will be used for that purpose.
Dated the 28 day of June, 2001.
MARYANNE MORSE
Clerk of Circuit Court
By Mary Stroup
Deputy Clerk
COOLIS & STAWARSKI, P.A.
4010 Boycott Boulevard
Suite 450
Tampa, FL 33607
Telephone: (813)777-6008
CABE10-01-1103
Publish: July 8, 15, 2001
CC076

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

JURISDICTION DIVISION
Case No. 01-CA-687-14-Q
Wells Fargo Bank Minnesota, N.A., as Trustee, Plaintiff,

vs. Francisco R. Morales, et al., DEFENDANTS

NOTICE OF FORECLOSURE SALE
Notice is hereby given that, pursuant to that Final Judgment of Foreclosure dated June 29, 2001, entered in Case No. 01-CA-687-14-Q, of the Circuit Court of the 18th Judicial Circuit in and for Seminole County, Florida, wherein WELLS FARGO BANK MINNESOTA, N.A., AS TRUSTEE, is Plaintiff and Francisco R. Morales; Ann L. Morales; The Huntington National Bank, if/are Defendant(s), I will sell to the highest and best bidder for cash at the West front door of the Seminole County Courthouse in Sanford, Florida, Seminole County, Florida, at 11:00 AM on the 2nd day of August, 2001, the following described property as set forth in said Final Judgment, to wit:

LOT 96, MONROE MEADOWS, ACCORDING TO THE PLAT THEREOF AS RECORDED IN PLAT BOOK # 18, PAGES 18 AND 17, OF THE PUBLIC RECORDS OF SEMINOLE COUNTY, FLORIDA.

NOTE: Pursuant to the Fair Debt Collection Practices Act you are advised that this law firm is deemed to be a debt collector attempting to collect a debt and any information obtained will be used for that purpose.
Dated the 29 day of June, 2001.
MARYANNE MORSE
Clerk of Circuit Court
By Mary Stroup
Deputy Clerk
COOLIS & STAWARSKI, P.A.
4010 Boycott Boulevard
Suite 450
Tampa, FL 33607
Telephone: (813)777-6008
CABE10-01-1103
Publish: July 8, 15, 2001
CC077

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

CASE NO. 00-CA-617-14-Q
NORWEST BANK MINNESOTA, N.A. AS TRUSTEE FOR CERTIFICATE HOLDERS OF BACO I, INC. SERIES 1999-2, Plaintiff,

vs. RAFAEL A. SILVANOLO, ANY MORTGAGEE SUCCESSOR OF INTEREST, A. SILVANOLO, JAYE V. RULLAN, ANY UNKNOWN SPOUSE OF JAYE V. RULLAN, RIVERSIDE AT TWIN RIVERS COMMUNITY ASSOCIATION, INC. BEARS, ROEBUCK AND CO., a dissolved corporation, AND ANY UNKNOWN PARTY IN POSSESSION OF THE PROPERTY BOUGHT TO BE FORECLOSED HEREIN, Defendant(s).

NOTICE OF SALE
NOTICE IS GIVEN that, pursuant to a Final Judgment in the above-styled case in the Circuit Court of the Eighteenth Judicial Circuit in and for Seminole County, Florida, in which Norwest Bank Minnesota, N.A., as Trustee for Certificate Holders of BACO I, Series 1999-2, is the Plaintiff and Rafael A. Silvanolo, Jaye V. Rullan, Riverside At Twin Rivers Community Association, Inc. and Bears, Roebuck and Co., a dissolved corporation, were the Defendants, I will sell to the highest and best bidder for cash at 301 N. Park Avenue, Sanford, Florida 32771, steps of the, Seminole County Courthouse, at 11:00 a.m. on the 2 day of August, 2001, the following described property set forth in the order of Final Judgment:

LOT 674, RIVERSIDE AT TWIN RIVERS UNIT IV-B, ACCORDING TO THE PLAT THEREOF AS RECORDED IN PLAT BOOK 46, PAGE 83-85, OF THE PUBLIC RECORDS OF SEMINOLE COUNTY, FLORIDA.

EXHIBIT "A"
DATED ON June 29, 2001.
MARYANNE MORSE
Clerk of the Circuit Court
By Mary Stroup
Deputy Clerk
Denon M. Ellis, Esquire
Salem Bason, P.A.
P.O. Box 3388
Tampa, Florida 33601
1113223-3272
Publish: July 8, 15, 2001
CC078

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

JURISDICTION DIVISION
Case No. 01-CA-88913-14-S
COUNTRYWIDE HOME LOANS, INC. Plaintiff,

vs. DEBORAH F. WADE, IF LIVING, AND IF DEAD, THE UNKNOWN SPOUSE, HEIRS, DEVISEES, GRANTEES, ASSIGNEES, LIENORS, CREDITORS, TRUSTEES AND ALL OTHER PARTIES CLAIMING AN INTEREST BY, THROUGH, UNDER OR AGAINST DEBORAH F. WADE, UNKNOWN SPOUSE OF DEBORAH F. WADE, IF ANY, MORTGAGEE ELECTRONIC REGISTRATION SYSTEMS, INC.; JOHN DOE AND JANE DOE AS UNKNOWN TENANTS IN POSSESSION, DEFENDANT(S)

NOTICE OF FORECLOSURE SALE
NOTICE IS HEREBY GIVEN pursuant to a Summary Final Judgment of foreclosure dated June 29, 2001 entered in Civil Case No. 01-CA-00013-14-Q of the Circuit Court of the 18th Judicial Circuit in and for Seminole County, Florida. I will sell to the highest and best bidder for cash at AT WEST FRONT DOOR OF THE SEMINOLE COUNTY COURTHOUSE located at 301 N. Park Avenue in Sanford, Florida, at 11:00 a.m. on the 31 day of July, 2001 the following described property as set forth in said Summary Final

Judgment, to-wit:
LOT 30, BLOCK B, COACH LIGHT ESTATES, SECTION 8, ACCORDING TO THE PLAT THEREOF AS RECORDED IN PLAT BOOK 25, PAGE 98, PUBLIC RECORDS OF SEMINOLE COUNTY, FLORIDA.
Dated this 29 day of June, 2001.
(CIRCUIT COURT SEAL)
MARYANNE MORSE
Clerk of the Circuit Court
By Mary Stroup
Deputy Clerk
THE LAW OFFICES OF DAVID J. STERN, P.A.
ATTORNEY FOR PLAINTIFF
801 S. University Drive Suite 500
Plantation, FL 33324
(904)233-8000
01-6478(F)PLWCVF
IN ACCORDANCE WITH THE AMERICANS WITH DISABILITIES ACT, persons with disabilities needing a special accommodation should contact COURT ADMINISTRATION, at the SEMINOLE County Courthouse at 407-865-4227, 1-800-955-8771 (TDD) or 1-800-955-8770, via Florida Relay Service.
Publish: July 8, 15, 2001
CC080

LEGALS

Judgment, to-wit:
LOT 30, BLOCK B, COACH LIGHT ESTATES, SECTION 8, ACCORDING TO THE PLAT THEREOF AS RECORDED IN PLAT BOOK 25, PAGE 98, PUBLIC RECORDS OF SEMINOLE COUNTY, FLORIDA.
Dated this 29 day of June, 2001.
(CIRCUIT COURT SEAL)
MARYANNE MORSE
Clerk of the Circuit Court
By Mary Stroup
Deputy Clerk
THE LAW OFFICES OF DAVID J. STERN, P.A.
ATTORNEY FOR PLAINTIFF
801 S. University Drive Suite 500
Plantation, FL 33324
(904)233-8000
01-6478(F)PLWCVF
IN ACCORDANCE WITH THE AMERICANS WITH DISABILITIES ACT, persons with disabilities needing a special accommodation should contact COURT ADMINISTRATION, at the SEMINOLE County Courthouse at 407-865-4227, 1-800-955-8771 (TDD) or 1-800-955-8770, via Florida Relay Service.
Publish: July 8, 15, 2001
CC080

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

PROBATE DIVISION
File No. 01-689-CP
Division Probate

IN RE: ESTATE OF JAMES ALLEN STAPLES, Deceased.

NOTICE OF ADMINISTRATION
The administration of the estate of JAMES ALLEN STAPLES, deceased, File Number 01-689-CP, is pending in the Circuit Court for Seminole County, Florida, Probate Division, the address of which is: P.O. Drawer C., Sanford, Florida 32771.

The name and address of the Personal Representative and the Personal Representative's attorney are set forth below:

ALL INTERESTED PERSONS ARE NOTIFIED THAT:
All persons on whom this notice is served who have objections that challenge the validity of this will, the qualifications of the Personal Representative, venue, or jurisdiction of this Court are required to file their objections with the Court WITHIN THE LATER OF THREE MONTHS AFTER THE DATE OF THE FIRST PUBLICATION OF THIS NOTICE OR THIRTY DAYS AFTER THE DATE OF SERVICE OF A COPY OF THIS NOTICE ON THEM.

All creditors of the decedent and other persons having claims or demands against decedent's estate on whom a copy of this notice is mailed must file their claims with the Court WITHIN THE LATER OF THREE MONTHS AFTER THE DATE OF THE FIRST PUBLICATION OF THIS NOTICE OR THIRTY DAYS AFTER THE DATE OF SERVICE OF A COPY OF THIS NOTICE ON THEM.

All creditors of the decedent and persons having claims or demands against the decedent's estate must file their claims with this Court WITHIN THREE MONTHS AFTER THE DATE OF THE FIRST PUBLICATION OF THIS NOTICE. ALL CLAIMS, DEMANDS AND OBJECTIONS NOT SO FILED WILL BE FOREVER BARRED.

The date of the first publication of this notice is July 15, 2001.
Personal Representative:
GEORGE EWING
107 Azalea Lane
Sanford, FL 32773
Attorney for Personal Representative:
James M. Martello, Jr.
Florida Bar No. 341974
ANTHONY M. NATHAN, JR., P.A.
1110 Douglas Ave., Suite 1002
Dunedin, FL 34626
Telephone: (407)788-9200
Facsimile: (407)788-9705
Publish: July 15, 22, 2001
CC134

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

PROBATE DIVISION
Case No. 01-691-CP
IN RE: ESTATE OF W.F. LIAM W. EVERETT, JR. Deceased.

NOTICE OF ADMINISTRATION
The administration of the estate of WILLIAM W. EVERETT, JR., deceased, File Number 01-691-CP, is pending in the Circuit Court for Seminole County, Florida, Probate Division, the address of which is Seminole County Courthouse, 301 N. Park Avenue, Sanford, Florida, 32771. The name and address of the personal representative's attorney are set forth below:

All persons on whom this notice is served who have objections that challenge the validity of the will, the qualifications of the personal representative, venue, or jurisdiction of the Court are required to file their objections with the Court WITHIN THE LATER OF THREE MONTHS AFTER THE DATE OF THE FIRST PUBLICATION OF THIS NOTICE OR THIRTY DAYS AFTER THE DATE OF SERVICE OF A COPY OF THIS NOTICE ON THEM.

All creditors of the decedent and other persons having claims or demands against decedent's estate on whom a copy of this notice is served within three months after the date of the first publication of this notice must file their claims with this Court WITHIN THE LATER OF THREE MONTHS AFTER THE DATE OF THE FIRST PUBLICATION OF THIS NOTICE OR THIRTY DAYS AFTER THE DATE OF SERVICE OF A COPY OF THIS NOTICE ON THEM.

All other creditors of the decedent and persons having claims or demands against the decedent's estate must file their claims with the Court WITHIN THREE MONTHS AFTER THE DATE OF THE FIRST PUBLICATION OF THIS NOTICE. ALL CLAIMS, DEMANDS AND OBJECTIONS NOT SO FILED WILL BE FOREVER BARRED.

The date of first publication of the notice is July 15, 2001.
PERSONAL REPRESENTATIVE:
TED M. REITER
40 E 11th Avenue
Dade, FL 3447

CLASSIFIED 322-2611

Seminole Herald

You can fax your ad to 407-323-9408
300 N. French Ave., Sanford 32771 • P. O. Box 1667, Sanford 32772
Our office is open to serve you Monday through Friday, 8 am - 5 pm

DEADLINES:

Deadline is 4 p.m. on Monday for Wednesday paper and 4 p.m. Thursday for the Weekend edition. A 4 line minimum applies to private party ads. Certain ads and classifications require prepayment. Legals Deadlines: Friday, 5 pm for Wednesday Edition Wednesday, 5 pm for Sunday Edition.

- 11 Home Health Care
- 12 Elderly Care
- 13 Health & Beauty
- 14 For Sale
- 15 Cemetery Lots
- 16 Reminder Services
- 18 Luxury Items
- 19 Computer/TV
- 21 Personals
- 22 Health Care
- 23 Lost & Found
- 25 Special Notices
- 27 Nursery & Child Care
- 33 Weight Management
- 35 Hypnosis
- 39 Health Insurance
- 43 Legal Services

EMPLOYMENT

- 67 Career Consultants
- 69 Resumes
- 70 Education & Training
- 71 Help Wanted
- 73 Employment Wanted

RENTALS

- 91 Apartments/Homes To Share
- 93 Rooms For Rent
- 95 Roommate Wanted
- 96 Retirement Homes
- 97 Apartments - Furnished
- 99 Apartments - Unfurnished
- 100 Condominium Rentals
- 101 Houses Furnished
- 103 Houses Unfurnished
- 105 Duplex/Triplex
- 107 Mobile Homes For Rent
- 111 Resort Vacations
- 114 Warehouse/Rental Space
- 115 Industrial Rentals

FINANCIAL

- 45 Debt Consolidation
- 55 Business Opportunities
- 57 Opportunities
- 59 Financial Services
- 61 Money to Lend
- 63 Mortgages

- 117 Commercial Rentals
- 118 Office Space For Rent
- 119 Pasture For Rent
- 123 Wanted To Rent
- 125 Lease To Own
- 127 Storage/Office For Rent

REAL ESTATE

- 141 Homes For Sale
- 143 Out of State Property For Sale
- 145 Resort Property For Sale
- 147 Industrial Property For Sale
- 148 Mobile Home Lots For Sale
- 149 Commercial Property For Sale
- 151 Investment Property For Sale
- 153 Acreage Lot For Sale
- 154 Open House
- 155 Condominiums For Sale
- 157 Mobile Homes For Sale
- 159 Real Estate Wanted
- 160 Business For Sale
- 163 Waterfront Property For Sale
- 165 Duplex For Sale

MERCHANDISE

- 181 Appliances & Furniture For Sale
- 183 Television & Stereo/Radio
- 185 Computers For Sale
- 187 Sporting Goods
- 189 Office Supplies
- 191 Building Materials
- 193 Lawn & Garden
- 195 Machine Work
- 197 Restaurant Equipment

MISCELLANEOUS

- 199 Pets & Supplies
- 200 Livestock/Farm Supplies
- 201 Horses
- 205 Heavy Machinery
- 207 Jewelry
- 209 Wearing Apparel
- 211 Antiques/Collectibles
- 215 Boats & Accessories
- 217 Garage Sales
- 219 Wanted to Buy

- 221 Good Things to Eat
- 222 Musical Instruments
- 223 Miscellaneous
- 229 Auctions

AUTOMOTIVE

- 231 Cars For Sale
- 234 Automotive Accessories
- 235 Truck/Buses/Vans For Sale
- 236 Car Rentals
- 238 Vehicles Wanted
- 239 Motorcycles/Bikes For Sale
- 240 Boat Rentals
- 241 Rec. Vehicles/Campers For Sale
- 243 Trailers For Sale
- 245 Farm Equipment

SERVICES

- 252 Accounting
- 253 Additions & Remodeling
- 254 Air Conditioning

Paying for your classified ad:

We gladly accept Mastercard or Visa. We also will take cash or a personal check. Advertisers who wish to be billed can make arrangements at the time their ad is placed. Please keep in mind that ads in the Personals (class. 21), Business Opportunities (class. 55) & Garage Sales (217) require payment in advance.

In the event you need to change your ad:

If you need to change your ad while it is running, please give us a call and we will make the change for the next available edition. Please check your ad on the first day of publication. If you find an error, please call us immediately and we will correct the error for the next publication. We are responsible for the first insertion only and only for the cost of the first insertion.

- 255 Alterations
- 256 Appliance Repair
- 257 Auto Elect. Repair
- 258 Automotive
- 260 Bush Hogging
- 261 Computer Consulting
- 262 Cabinet
- 263 Carpentry
- 264 Carpet & Installations
- 265 Carpet Cleaning
- 266 Ceiling Repair
- 267 Ceramic Tile
- 268 Child Care Centers
- 269 Cleaning Services
- 270 Concrete
- 271 Construction
- 272 Delivery Services
- 275 Drywall
- 276 Electrical
- 277 Fence
- 278 Handy Man
- 279 Hauling
- 280 Home Improvements
- 281 Irrigation & Repair
- 282 Janitorial Services
- 283 Jewelry & Repair
- 284 Lakeland Clearing
- 285 Landscaping
- 286 Laundry Services
- 287 Lawn Services
- 288 Legal Services
- 289 Locksmith
- 290 Masonry
- 291 Mortgages
- 292 Moving & Storage
- 293 Oil, Lube & Filter
- 294 Painting
- 295 Paper Hanging
- 297 Pest Control
- 298 Piano/Organ Tuning
- 299 Plumbing
- 300 Pressure Cleaning
- 301 Roofing
- 302 Screen & Glass Work
- 303 Secretarial & Typing
- 304 Siding
- 305 Small Business
- 306 Stained Glass
- 307 Swimming Pool Services
- 308 Termite Repair
- 309 Transportation
- 311 Travel
- 312 Tree Service
- 313 TV/Radio
- 314 Upholstery
- 316 Welding & Sheet Metal
- 318 Well Drilling
- 319 Window Washing & Tinting

71-HELP WANTED

ADHESIVES
WE TRAIN \$11HR
Local Work 1-800-779-7784

71-HELP WANTED

Act Now! Work From Home
Earn \$450-\$4200 PT/FT
Full Training Provided
Free Info Call 1-888-724-7902 or
www.YouWantWork.com

71-HELP WANTED

FOOD SERVICE WORKERS:
Several openings in Altamonte Springs, Longwood & Heathrow. 10am-2pm. Must be able to lift 20lbs, must enjoy working around children & have a clean criminal history \$6.50/hr. Apply PEOPLEMARK, INC. 341 N. Mainland Ave #320, M.D., 407-629-5229, EOE DFWP.

Immediate openings for professional house cleaners. Start \$7.50/hr plus mileage. Mon-Fri, days only. Car required. 407-834-5595.

INVESTIGATE BEFORE YOU INVEST!

Always a good policy, especially for business opportunities and franchises. Call Florida Dept. of Agriculture & Consumer Services at 800-435-7352 or FTC-HELP for free information. Or visit our Web site at www.ftc.gov/bizop. Florida law requires sellers of certain business opportunities to register with Florida Dept. of Agriculture & Consumer Services before selling. Call to verify lawful registration before you buy.

Immediate openings. Local asphalt repair co. looking for expd workers only. Good pay with overtime & benefits. Call 407-327-7000.

CLOSE TO HOME

"Fell down manhole, June '99; attacked by rabid chipmunk, April 2000; hit by pickle truck, October 2000. You seem to be quite accident prone, Mr. Hibbard."

close2home@comcast.com

95-ROOMMATE WANTED

Professional male/female, BW, to share my pool home in the Lgwd/Lk. My area. NS. Deposit/Refs. 407-767-7494.

99-APARTMENTS - UNFURNISHED

Lake Mary/Sanford: 2/2, Washer/Dryer Hook-ups, Swimming Pool, No Pets, \$650. Randolph Court Apts, 407-330-1300.

MARINER'S VILLAGE

LAKE ADF 1 BDRM, \$1700MO. 2 BDRM: \$2000MO. AND UP
407-323-9670

Sanford-Historic District: Lovely 2/2 in park setting, 2 blocks to town & lake. \$650+util. 407-328-6747.

Sanford-Historic District: 1BR Garage Apt, no pets, \$350/mo. + deposit. 407-323-1167.

Sanford: Efficiency in Historic District. Same utilities provided. \$375/\$375. 407-321-6757.

100-CONDOMINIUM RENTALS

1 Bedroom, Large walk in closet, L.V. Rm, Din Rm, washer & dryer, screened porch \$27,500 or \$475/mo, 1st last & \$250 security 407-862-2103

103-HOUSES - UNFURNISHED

Deltona: 3/2 Brick Home, Din, L.V. Ceramic Tile, 2 c. gar. Over 1/3 Acre. \$600/mo. Venture I Properties, 407-321-4784.

DOYLE'S RENTALS

Sanford 2/2 With 1 car garage & screen porch \$550/525
Sanford 2/1 1/2 2 Story Condo w/ Dining Rm, Laundry Rm, New Paint & CHA \$625/600
Sanford 3/2, CHA, With Shed & Fenced Back Yard. \$675/675.

WE RENT & SELL HOMES
Sanford 3/1, 2004 Holly Ave. Available now. \$595 + deposit. Pets ok with add. deposit. 407-323-4540

107-MOBILE HOMES FOR RENT

3BR/2BA, located on the St. Johns Rivers. No pets/no kids. Located in Geneva. \$650/mo, 1st & last. 407-349-1110.

ELDER SPRINGS ON SR 427. 2BR unfurn. \$125/wk \$125 deposit. Call 407-333-3964 or 407-302-7034.

Osteen, 1 bedroom mobile for rent, \$450 + Electric, Cypress Point Golf & RV 650 MAY TOWN RD 407-323-8788

Paola Area: 2BR/BA mobile home on 1/2 acre. No pets, \$550/mo plus security. 407-323-1167.

114-WAREHOUSE/RENTAL SPACE

12,000 Sq ft, zoned heavy, outside storage. State Road 46, 3 miles to I-4. Orlando Group, 407-831-4592

141-HOMES FOR SALE

\$15,900 3BD 1BA Sanford Repo home. For listing: 1-800-319-3323 # H529.

\$500 DOWN - WHY RENT??
3BR/2BA For Sale
With Down Paymt. Assistance Available. Cheaper than rent!
The Affordable Home Center
407-321-8333

Geneva: 4BR 2 1/2 ba, loft lg family rm, wood & tile flrs, 2 car garage, shed, 2 way tpic, pool, 9 1/2 acres. 407-319-5857

House For Sale-4 Bedroom, 2 Bath, mature shade trees in large fenced yard, inside utility room Avail. now \$78,000. 407-323-5188 or 407-324-4848

Sanford: 4BR 1 1/2 BA, new carpet & paint, CHA, appraised for \$73,000, sell for \$69,900. 407-667-6410

SHOW AT HOME WITH THE BARGAIN

*BUY *SELL *TRADE
You can do it all with a Seminole Herald classified ad

Call (407) 322-2611 To Speak to a Classified Ad Specialist Or Fax Your Ad (407) 323-9408

The Universal Crossword

Edited by Timothy E. Parker July 5, 2001

- | | | | |
|---|--|----------------------------------|--|
| ACROSS | DOWN | ACROSS | DOWN |
| 1 Friendly dog shakes | 47 Autumn birthstone | 18 locale | 46 One sponsored at a baptism, perhaps |
| 5 Positive attitude | 48 Peer among peers | 19 Smeltery supply | 49 Web address inits. |
| 10 "Of ___ are you speaking?" | 51 Linen liturgical vestment | 23 Kitchen gizmo | 50 Stinks to high heaven |
| 14 Southwest crockpot | 53 Changed to suit | 25 Publish | 51 In front |
| 15 Clownish act | 56 Up to now | 26 Soda buy | 52 Carry with effort |
| 16 Council Bluffs is there | 60 Hitches a ride on a satellite, perhaps? | 28 Follow as a result | 53 Made a hole in one |
| 17 Takes a turn, to a carpentry shop perhaps? | 62 Give off | 27 "Well, well, well!" | 54 South American capital |
| 20 Estimated time of arrival | 63 Split land | 29 Nestling's cry | 55 Not a full cut |
| 21 Large serving bowls | 64 First name in mysteries | 30 Inventor | 56 Duke Ellington's "Take ___ Train" |
| 22 Free pass to the second round | 65 Works like a beaver | 31 "Great!" | 57 Fairway warning |
| 23 Brimless cap | 66 Golf great Sam | 32 Relaxation spot | 58 Up to the task |
| 24 Nolo contendere, e.g. | 67 Feat, the same either way | 33 Up to, in ads | 59 Obolist's purchase |
| 27 No spring chicken | DOWN | 34 Word form for "new" | 61 Three, in Napoli |
| 28 Play parts | 1 This is one | 35 Word form for "new" | |
| 32 Emulates an Avon rep (with 43-Across) | 2 Baseball's Felipe or Moises | 36 Overthrow a base | |
| 35 Huey, Dewey or Louie, to Donald | 3 Bond, but not James | 37 One billion years, in geology | |
| 37 Start of Mr. Rogers' song | 4 Ballon baseball | 42 Free-lancer's file? | |
| 38 Trailblazer | 5 Socio-economic class | 43 Winter Olympics vehicle | |
| 40 Linguistic suffix | 6 Kick in for a hand | | |
| 41 Nervy? | 7 Utmost degree | | |
| 43 See 32-Across | 8 Ate sparingly | | |
| 45 Sloth's hangout | 9 Come to pass | | |
| 46 Part of GE | 10 Act of law enforcement | | |
| | 11 Sharpen, as one's skills | | |
| | 12 The "Virginian" author Wister | | |
| | 13 Utopia Plains | | |

PREVIOUS PUZZLE ANSWER

"SPHERIC ANGLES" By James E. Buell

71-HELP WANTED

LABORERS NEEDED FOR UNDERGROUND UTILITY CONTRACTOR
HEALTH INSURANCE AND 401K PLAN/Drug free workplace.
Apply at: 990 Miller Drive, Altamonte Springs 407-290-9000.

LASER OPERATOR
Dual Position
Dual Members
Crew Members
Foreman and detail person must have valid Florida drivers license. Prefer female for detail person with an eye for quality. No experience necessary, just a desire to learn and grow with us.

Please call 407-302-0274 for more info and to schedule an interview with our staff.
Drug Free Workplace - Workers Comp Insurance - Equal Opportunity Employer. We are looking for a few good people! Are you one of them?

MAIDS NEEDED IMMEDIATELY!
Honest, dependable, & mature. M-F 7:30-5:00 PM \$250-\$400/wk. Transportation required. Call 407-324-1177 to start immed.

Maintenance position available: Large greenhouse needs a maintenance person with a broad variety of skills includes, but not limited to, construction, electrical, plumbing, etc. Must have on tools. Schedule should be flexible. Salary based on exp. References required. Call 407-330-0296 ext. 208.

Maintenance Tech needed for a large manufactured home community. Must have a working knowledge of plumbing, electric, & pool maintenance. Starting salary, \$23,900. Call 407-323-8160.

NEED 35 DRIVERS GOOD MONEY!
Dedicated Accounts
Call 1-800-827-9999
Call 1-800-563-9784

PT Office help needed. Valid D.L. Good phone skills, excellent customer service. week ends a must. 407-322-4470.

Optical Lab Trainee
No experience necessary
Sanford, hours M-F, 8:30-5 Call 407-323-2040, ext. 26

Outdoor Maintenance for commercial properties: No skills, part time. Must have transportation. \$7.50/hr. 407-834-4000.

Plant nursery & heavy maintenance work needed. Part time, set your own hours. For more info, call 407-321-3390.

Position open in housekeeping, Maids & Night Houseman. Apply in person only, Spring Hills Suites, 201 N. Towne Rd, Sanford.

Sales: \$90,000 + car: Great communication skills & neat appearance a must. Call 877-800-5969

Sanford Taxi Co. needs drivers. Full/Part time, rates/day shifts. Vehicle provided. Pts call 407-417-1859, ask for Gary.

Selective Service Hotel needs Expd executive housekeeper. Good working conditions. Pts fax 407-444-5621 or call 407-444-1000.

Stylists needed for busy salon in Seminole Towne Center. Excellent commissions, medical & dental. For interviews contact Paula, 407-328-3888.

Truck driver wanted: 2 yrs exp. Chan drivers license. 407-322-9468.

71-HELP WANTED

TURF ETC. INC is looking to fill positions within our growing company. We are looking for dependable people with a good attitude and the desire to produce quality work. We would like to talk to you about the following job openings:

Landscape Maintenance Foreman
Dual Position
Crew Members
Foreman and detail person must have valid Florida drivers license. Prefer female for detail person with an eye for quality. No experience necessary, just a desire to learn and grow with us.

Please call 407-302-0274 for more info and to schedule an interview with our staff.
Drug Free Workplace - Workers Comp Insurance - Equal Opportunity Employer. We are looking for a few good people! Are you one of them?

93-ROOMS FOR RENT

\$90/week. Full kitchen, washer/dryer, free cable, Lake Ave, Sanford. 407-688-7023

WEEKLY RENTALS
Starting @ \$82/wk.
Historic Downtown
407-330-4423

Very nice, very clean turn km. Newly remodeled, all tile, cable, A/C, in dry, phone, kitchen use, sec. dr, resident owner, 2 bks from bus. Non smoker preferred. Only drug free sober need apply. 407-330-7373.

Furnished room, all utilities paid. Laundry room available. w/ Maytag washer/dryer. Share kitchen, outside entrance to room. 407-323-1740. 407-323-7157

Private, house privileges, cable, no drugs, must be trustworthy & working. \$110/week, includes all. \$50 deposit. 407-830-5571.

Private Room in Longwood Steady employed, Non smoker. \$68/wk, \$50 deposit. 407-830-6216.

95-ROOMMATE WANTED

Seeking a person to share my home, view of Lake Monroe, house privileges. Call 407-328-7232 for an appointment.

TIME IS RUNNING OUT! BEAT THE CLOCK

FREE RENT FOR ONE YEAR

FOR DETAILS CALL OR VISIT
Sanford Court Apts.
3291 S. Sanford Ave., Sanford
407-323-3301
Don't Miss The Opportunity

Windchase Apartments
Move in by the end of July, Receive a FREE DVD PLAYER
Huge 1, 2 & 3 Bedroom Apartments Starting at \$496.00
Please Mention This Ad When You Call For Details
407-328-8818

Country Style City Living
Convenient Spacious Affordable
\$300 Off First Month's Rent
With 12 Mo. Lease & Approved Credit
Spacious Apartments with large Closets • Lake Front • Volleyball • Sparkling Pool • Tennis Courts
Country Lake Apartments
2714 Ridgewood Ave., Sanford • 330-5204

CLASSIFIED 322-2611

CLASSIFICATIONS

Seminole Herald,

You can fax your ad to 407-323-9408
300 N. French Ave., Sanford 32771 • P. O. Box 1667, Sanford 32772
Our office is open to serve you Monday through Friday, 8 am - 5 pm
DEADLINES:
Deadline is 4 p.m. on Monday for Wednesday paper and 4 p.m. Thursday for the Weekend edition. A 4 line minimum applies to private party ads. Certain ads and classifications require prepayment.
Legals Deadlines: Friday, 5 pm for Wednesday Edition
Wednesday, 5 pm for Sunday Edition.

Paying for your classified ad:

We gladly accept Mastercard or Visa. We also will take cash or a personal check. Advertisers who wish to be billed can make arrangements at the time their ad is placed. Please keep in mind that ads in the Personals (class. 21), Business Opportunities (class. 55) & Garage Sales (217) require payment in advance.

In the event you need to change your ad:

If you need to change your ad while it is running, please give us a call and we will make the change for the next available edition. Please check your ad on the first day of publication. If you find an error, please call us immediately and we will correct the error for the next publication. We are responsible for the first insertion only and only for the cost of the first insertion.

EMPLOYMENT

- 11 Home Health Care
- 12 Elderly Care
- 13 Health & Beauty
- 14 For Sale
- 15 Cemetery Lots
- 16 Reminder Services
- 18 Luxury Items
- 19 Computer/TV
- 21 Personals
- 22 Health Care
- 23 Lost & Found
- 25 Special Notices
- 27 Nursery & Child Care
- 33 Weight Management
- 35 Hypnosis
- 39 Health Insurance
- 43 Legal Services

RENTALS

- 67 Career Consultants
- 69 Resumes
- 70 Education & Training
- 71 Help Wanted
- 73 Employment Wanted

REAL ESTATE

- 91 Apartments/Homes To Share
- 93 Rooms For Rent
- 95 Roommate Wanted
- 96 Retirement Homes
- 97 Apartments - Furnished
- 99 Apartments - Unfurnished
- 100 Condominium Rentals
- 101 Houses Furnished
- 103 Houses Unfurnished
- 105 Duplex/Triplex
- 107 Mobile Homes For Rent
- 111 Vacant Vacations
- 114 Warehouse/Rental Space
- 115 Industrial Rentals

FINANCIAL

- 45 Debt Consolidation
- 55 Business Opportunities
- 57 Opportunities
- 59 Financial Services
- 61 Money to Land
- 63 Mortgages

MERCHANDISE

- 181 Appliances & Furniture For Sale
- 183 Television & Stereo/Radio
- 185 Computers For Sale
- 187 Sporting Goods
- 189 Office Supplies
- 191 Building Materials
- 193 Lawn & Garden
- 195 Machine Work
- 197 Restaurant Equipment

MISCELLANEOUS

- 199 Pets & Supplies
- 200 Livestock/Farm Supplies
- 201 Horses
- 205 Heavy Machinery
- 207 Jewelry
- 208 Wearing Apparel
- 211 Antiques/Collectibles
- 215 Boats & Accessories
- 217 Garage Sales
- 219 Wanted to Buy

GOOD THINGS TO EAT

- 221 Good Things to Eat
- 222 Musical Instruments
- 223 Miscellaneous
- 229 Auctions

AUTOMOTIVE

- 231 Cars For Sale
- 234 Automotive Accessories
- 235 Truck/Buses/Vans For Sale
- 236 Car Rentals
- 238 Vehicles Wanted
- 239 Motorcycles/Bikes For Sale
- 241 Rec. Vehicles/Campers For Sale
- 243 Trailers For Sale
- 245 Farm Equipment

SERVICES

- 252 Accounting
- 253 Additions & Remodeling
- 254 Air Conditioning

ALTERATIONS

- 256 Appliance Repair
- 257 Auto Elect. Repair
- 258 Automotive
- 260 Bush Hogging
- 261 Computer Consulting
- 262 Cabinets
- 263 Carpentry
- 264 Carpet & Installations
- 265 Carpet Cleaning
- 266 Ceiling Repair
- 267 Ceramic Tile
- 268 Child Care Centers
- 269 Cleaning Services
- 270 Concrete
- 271 Construction
- 272 Delivery Services
- 275 Drywall
- 276 Electrical
- 277 Fence
- 278 Handy Man
- 279 Hauling
- 280 Home Improvements
- 281 Irrigation & Repair
- 282 Janitorial Services
- 283 Jewelry & Repair
- 284 Lakelake Clearing
- 285 Landscaping
- 286 Laundry Services

LAWN SERVICES

- 287 Lawn Services
- 288 Legal Services
- 289 Locksmith
- 290 Masonry
- 291 Mortgages
- 292 Moving & Storage
- 293 Oil, Lube & Filter
- 294 Painting
- 295 Paper Hanging
- 297 Pest Control
- 298 Piano/Organ Tuning
- 299 Plumbing
- 300 Pressure Cleaning
- 301 Roofing
- 302 Screen & Glass Work
- 303 Secretarial & Typing
- 304 Siding
- 305 Small Business
- 306 Stained Glass
- 307 Swimming Pool Services
- 308 Termite Repair
- 309 Transportation
- 311 Travel
- 312 Tree Service
- 313 TV/Radio
- 314 Upholstery
- 316 Welding & Sheet Metal
- 318 Well Drilling
- 319 Window Washing & Tinting

141—HOMES FOR SALE

Genera: Pre-qualified buyers, by owner. 3BR 1 1/2 Baths, 1100 sq ft., CHA, kitchen appliances, tile & back screen porch, chain link fence, walking distance to school. \$79K. 850-547-1004.

153—ACREAGE LOT FOR SALE

DELTONA 10 acres. Ideal for mobile home, horses, cattle, farming or nursery. Zoned agricultural. \$4,900/ACRE. Sm. down winner finance. 904-767-1772 or 904-767-8822

157—MOBILE HOMES FOR SALE

Sanford: 12x52, 2/1, 65+. No pets, double roof, 2 sheds, awnings, 30 ft screen porch, CHA, \$6,000, price neg. 386-799-8842.

Carriage Cove: Doublewide, 1153 sq ft, 3/2, CHA, lge corner lot, appliances included, comm. pool. \$12,500. 407-415-4224.

Mobile home, Sanford: 1983 Skyline, 14x56, partly furnished, well maintained. Information, Call, 407-330-8861.

159—REAL ESTATE WANTED

We Buy Houses, Condos, Commercial and Land. Foreclosure STOPPED. Back Payments Brought Up To Date. Relocating? Divorced? Bad Tenants? We Can HELP! Any Condition, Any Area, FAST Closing. 407-871-2728

181—APPLIANCES & FURNITURE FOR SALE

1 1/2" extra thick, ORTHOPEDIC PILLOWTOP set, never used, 15 yr warranty, cost \$1K, sell \$175. 407-709-5698.

2-piece Name Brand Queen ORTHOPEDIC - FILLTOP - TOP Mattress Set. Brand New. Still in Plastic. Sacrifice \$100. Can Deliver. 407-422-8848.

Bed/Cherry sleigh bed, solid wood, all new in box w/queen pillow top mattress set. Suggested list \$1499, sell \$549. Can deliver. 407-422-0230.

Bed/Full size mattress set. New in plastic. Must sell \$100. 407-422-8848.

Bed/KING PILLLOW TOP orthopedic mattress set. New in plastic. Sell \$210. 407-422-8848

181—APPLIANCES & FURNITURE FOR SALE

Beds, located in Sanford, orthopedic firm sets with 5 yr warranty. Twin \$75, full \$105, queen \$125, king \$175. Never used, can deliver. 407-402-2778.

Dining Rm 14 pc, solid CHERRY WOOD, 94" dbl pedestal, w/2 leaves, 8 Chippendale chairs, buffet & hutch, never used, cost \$12K, sell \$1950. Seller \$305. 407-709-5698.

Dining Room set: 15 pc, SOLID CHERRY WOOD. High end Harvard collection, 112" dbl ped, w/2 leaf, 8 Chippendale ball-in-claw chairs, 72" Bombay buffet & hutch, all still boxed, cost \$20K, sell \$5,900 obo. 407-657-2065.

Duncan Phyle table w/ chairs, Maple table w/ chairs, call bow front cabinet. 407-324-5046. 1

One King 12" extra thick, ORTHOPEDIC PILLOWTOP set, never used. 15yr warranty. Cost \$1400, sell \$350. 407-657-2065.

Prk & blue "cottage" ldr+br bed. Still in perfect condition. Fisher-Price. Perfect for your little girl. Asking only \$50. It was \$200. 407-322-8443.

Sale & Low! Best 100% leather. Made in USA. Millennium collection, never used, still in crate. Cost \$4K, sell \$1750. 407-657-2065.

221—GOOD THINGS TO EAT

Will cook for busy people. Willing to cook on weekends, Fri, Sat, Sun. Call for more info. 407-323-1740 or 437-323-7157.

223—MISCELLANEOUS

AVON

I've got some of the greatest beauty innovations on the market today at lowest prices—and they're all from Avon! Call Jordan, 407-924-9598, or 1-888-652-1781 (digital pager), your independent Sales Representative

DONATIONS NEEDED

Family Worship Center needs repairable bicycles and bicycle parts to help the needy. Please call 407-322-8222.

Home Exerciser - Like Cross Country Skiing. Excellent Condition. \$35.00. 407-322-7864.

MID FLORIDA WINDOW & DOOR YOUR REPLACEMENT SPECIALIST



Energy Efficient Insulated Windows & Doors

- Low E. Glass, Tinted & Clear
- Steel & Fiberglass Doors
- Free Estimates • Call Us Before You Buy
- Family Owned & Operated
- Over 90 Years Experience

Randy Schoon

407-644-4796

Licensed • Bonded • Insured

Business & Services Directory



Advertise your business or services for as little as \$2.00 per day. Call (407) 322-2611 to speak to a Classified Representative

252-ACCOUNTING

Bookkeeping/Individual Tax Services Available At Reasonable Rates. Call Tom, 407-323-8302. www.tombookkeepingpress.com

258-AUTOMOTIVE

Lowell's Auto Repair Toyota & ASE Master Mechanic Foreign & Domestic Auto Repair & Service. 3400 West SR 46, Sanford Call 407-302-8555 Hours 8:00 - 5:30 VISA/MC/MC CARD

263-CARPENTRY

CARPENTRY. All Home repairs, painting & ceramic tile. Richard Gross 407-321-8972

269-CLEANING SERVICES

BLITZ CLEAN We Offer These Services • Maid Service • Office Cleaning • Pressure Washing • Floor Refinishing 407-321-8712

NEAT-N-TIDY 407-324-1177 Residential • Commercial Ask About Our Specials!

LOCAL BUSINESS

Support your local businesses, they are the heart of your community. You will find reputable local businesses and services in this directory.

275-DRYWALL

Dry Wall 'Siucco Repairs' All Textures Matched Popcorn! 407-322-6338 L/I

279-HAULING

Junk to Dump! Junk to Dump! Anything Hauled, Garage & Barn Cleanouts, Commercial Clean Up & Haul Away. Debris Hauling, Live Tree Trimming, Landscaping. Reasonable Rates. Free Estimates. Bob's Hauling 407-322-9961/407-402-2811

281-HOME IMPROVEMENT

Campfield Renovations Home and Business Improvements and Repairs. No job is too big or small. Over 15 years exp. Ref's available on request. Free estimates. Senior discounts 407-688-8074 407-462-8462

281-HOME IMPROVEMENT

CHARLES D. (Dad) MILLER, Builder, CBC057285, Res/Comm, remodel, additions, repair, & termite repair. 407-320-1741

287-LAWN SERVICES

Let Me Fix It NO JOB TOO SMALL Reasonable Rates. Semi-Retired from Const. Bus. Call Roy Burke 407-322-5353

287-LAWN SERVICES

Rhode Island Stonecapes, Inc The company that defines the Art of Stone, brings you the look of New England. With its stone walls, patios, steps, columns, etc... These structures emphasize the beauty and value of new England. We bring you the stone and the talent to construct your piece of New England. Free Estimates/ Call Colby (407) 786-9499/(407) 463-7964

287-LAWN SERVICES

U Grow It, We Mow It Law Care Commercial/Residential Licensed and Insured (407) 323-8358

287-LAWN SERVICES

A-1 Pro Movers Inc Fast, Affordable and Dependable Residential and Commercial. Serving all of Florida since 1980. Antique and Piano Specialist. Guaranteed Price in Writing. Lic & Ins., open 24hrs, 7 days. Packing, Crating & Storage. Free Estimates in your home or over the phone. No hidden charges! 407-328-9060

287-LAWN SERVICES

ALLMAN ROOFING Specializing in reroofing & repairs 407-322-1926 # RC 005058

287-LAWN SERVICES

312-TREE SERVICE What About Bob's Tree Service? We Accept All Credit Cards. Tree Removal, Trimming, Bobcat Svc, Firewood, Free Estimates. Lic/Ins. 407-260-1579

281-HOME IMPROVEMENT

Tile * Tile * Tile Target Tile by Sieva & Cheryl We treat every home like it's our own! Home Improvement Centers Certified Floors, Tubs, Fireplaces, Counter Tops, Patios, Repairs Free Estimates • Licensed • Insured • References 407-688-2622

281-HOME IMPROVEMENT

1963 Convair Monza 2 DR. \$1,000 407-695-4616, anytime

281-HOME IMPROVEMENT

1984 Monte Carlo, white, V6, very good condition, \$1,000. Also 1977 Chevy Caprice, white w/gold flakes, stereo & alarm, \$1,200. Motivated seller, 407-221-4369, ask for Shawn.

281-HOME IMPROVEMENT

Great Deal, Don't Miss Out! 1987 Buick LeSabre: New parts, battery, air condition, tires, timing chain, starter and more. Needs engine. Asking \$350. Call 407-804-9932. 407-804-9932

281-HOME IMPROVEMENT

1993 Mercury Sable: 4 dr. V6, 3.0 liter, auto, AC, \$2,595. 407-322-4702, iv msg.

281-HOME IMPROVEMENT

1993 Plymouth Duster: 2 door, 5 spd, cold air, new paint, new tires, emerald green, must see. \$2,195. 407-323-7278 or 407-312-5804.

281-HOME IMPROVEMENT

1994 Ford Tempo, 1 owner, 49k, illness forces sale. \$3,900 or best offer. Call 407-322-0914, 386-426-1737, pls leave msg.

281-HOME IMPROVEMENT

AM OUTBOARD AND JETSKI REPAIR Repairs On All Makes And Models 1539 Dolgner Place Port of Sanford 407-302-8377 EXIT 52 FROM I-4 OFF ORANGE BLVD. ON THE ST. JOHNS RIVER

281-HOME IMPROVEMENT

Service Directory Line Ad Specials \$15.75 per month5 lines / 3months \$24.75 per month10 lines / 3 months \$33.75 per month ... 15 lines / 3 months Classified (407) 322-2611

281-HOME IMPROVEMENT

Place Your Ad In This Directory For Maximum Exposure!

281-HOME IMPROVEMENT

Service Directory Line Ad Specials \$15.75 per month5 lines / 3months \$24.75 per month10 lines / 3 months \$33.75 per month ... 15 lines / 3 months Classified (407) 322-2611

281-HOME IMPROVEMENT

Place Your Ad In This Directory For Maximum Exposure!

281-HOME IMPROVEMENT

Service Directory Line Ad Specials \$15.75 per month5 lines / 3months \$24.75 per month10 lines / 3 months \$33.75 per month ... 15 lines / 3 months Classified (407) 322-2611

281-HOME IMPROVEMENT

Place Your Ad In This Directory For Maximum Exposure!

281-HOME IMPROVEMENT

Service Directory Line Ad Specials \$15.75 per month5 lines / 3months \$24.75 per month10 lines / 3 months \$33.75 per month ... 15 lines / 3 months Classified (407) 322-2611

281-HOME IMPROVEMENT

Place Your Ad In This Directory For Maximum Exposure!

281-HOME IMPROVEMENT

Service Directory Line Ad Specials \$15.75 per month5 lines / 3months \$24.75 per month10 lines / 3 months \$33.75 per month ... 15 lines / 3 months Classified (407) 322-2611

281-HOME IMPROVEMENT

Place Your Ad In This Directory For Maximum Exposure!

281-HOME IMPROVEMENT

Service Directory Line Ad Specials \$15.75 per month5 lines / 3months \$24.75 per month10 lines / 3 months \$33.75 per month ... 15 lines / 3 months Classified (407) 322-2611

281-HOME IMPROVEMENT

Place Your Ad In This Directory For Maximum Exposure!

281-HOME IMPROVEMENT

Service Directory Line Ad Specials \$15.75 per month5 lines / 3months \$24.75 per month10 lines / 3 months \$33.75 per month ... 15 lines / 3 months Classified (407) 322-2611

281-HOME IMPROVEMENT

Place Your Ad In This Directory For Maximum Exposure!

281-HOME IMPROVEMENT

Service Directory Line Ad Specials \$15.75 per month5 lines / 3months \$24.75 per month10 lines / 3 months \$33.75 per month ... 15 lines / 3 months Classified (407) 322-2611

281-HOME IMPROVEMENT

Place Your Ad In This Directory For Maximum Exposure!

281-HOME IMPROVEMENT

Service Directory Line Ad Specials \$15.75 per month5 lines / 3months \$24.75 per month10 lines / 3 months \$33.75 per month ... 15 lines / 3 months Classified (407) 322-2611

Weaver & Associates Mortgage Services

Immediate Approvals • First Time Buyer Programs • New Home Loans • Down Payment Assistance Programs • Investors 95% to 100% Financing Available • Loans for Everyone

No Application Fee, No Obligation Call for your pre-approval today

407-332-0212

FREE ADS

This is a great opportunity for you to enjoy the same great results as our regular classified customers at no cost to you... Just follow these instructions.

1. Ads will be scheduled to run for 2 days.
2. Price of item must be stated in the ad and be \$100 or less.
3. Only 1 item per ad and 1 ad per household per week.
4. You should call and cancel as soon as item sells.
5. Available to individuals (non Commercial) only. Does not apply to rentals or garage & yard sales.
6. The ad must be on the form shown below and either be mailed in or presented in person fully prepared to the Semin

I am ready when you are.
I am better engineering you can see and touch.

I am an Engineered Home - in inventory.



Accelerated Realtor Commissions Available!

The Sanctuary

A Prestigious Oviedo Address. Amenity Center including Fully Equipped & Staffed Fitness Center, 2 Pools, Tennis, Basketball, Volleyball & Community Center

S.R. 417 (The Greenway) to Red Bug Rd., Proceed East to Lockwood Blvd. and turn left; Turn right onto S.R. 419 to The Sanctuary **407.971.7773**


 \$5,000 in FREE Options and No Closing Costs on These Inventory Homes Closed by August 31, 2001.
* FREE Pool on Estate Homes

LOT	MODEL	SQ.FT.	BD/BA	PRICE	AVAILABLE
14	Robin	1920	4/2	\$165,664	AUGUST
15	Crane III	1698	3/2	\$166,439	AUGUST
27	Falcon	1834	4/2	\$168,052	SOLD
123	Presidio	2277	4/3	\$232,218	NOW
124	Barritz	2309	4/3	\$229,623	NOW

The Retreat at Wekiva

Gated Community in Superb Location. Beautiful Lake, Parks and Playground.

Minutes west of Seminole Towne Center and just north of Lake Forest, I-4 to Exit 51, proceed West on 46 to Oregon, right on Oregon to Orange Boulevard, left onto Orange. Entrance to The Retreat on the right. **407.302.4177**


 FREE Pool and \$3,000 in Closing Costs on These Inventory Homes Closed by August 31, 2001.*

LOT	MODEL	SQ.FT.	BD/BA	PRICE	AVAILABLE
4	Amali	2012	3/2.5	\$219,450	AUGUST
5	Veneto	2240	4/3	\$229,725	AUGUST
6	Presidio	2277	4/3	\$231,360	AUGUST

Lake Gloria Preserve

Gated Community with Beautiful Amenity Center including Interactive Children's Pool, Adult Pool and Children's Playground

On Sand Lake Rd. between Orange Blossom Tr. and Orange Ave. **407.240.6840**


 \$5,000 in FREE Options or No Closing Costs on These Inventory Homes Closed by August 31, 2001.*

LOT	MODEL	SQ.FT.	BD/BA	PRICE	AVAILABLE
58	Capistrano	1925	3/2	\$180,549	NOW
98	Crane III	1698	3/2	\$166,420	NOW
215	Falcon	1834	4/2	\$171,455	NOW
228	Falcon II	1913	4/2	\$171,353	SOLD
229	Robin	1920	4/2	\$162,104	SOLD

Weston Hills

Gated Community with Beautiful Amenity Center including Interactive Children's Pool, 2 Adult Pools, Tennis, Basketball Courts and Playground

On US 27 just 2 miles north of Hwy 192, minutes from Walt Disney World Resort **800.955.1714**


 No Closing Costs on These Inventory Homes*

LOT	MODEL	SQ.FT.	BD/BA	PRICE	AVAILABLE
234	Crane III	1698	3/2	\$145,448	NOW
249	Heron	1466	3/2	\$139,860	AUGUST
381	Falcon	1834	4/2	\$151,565	NOW

Egret's Landing

Gated Community with Beautiful Amenity Center including Interactive Children's Pool, Adult Pool and Children's Playground

I-4 East to Lake Mary Blvd., continue to Country Club Rd., make a left at Country Club. Proceed 2 blocks to Crystal Lake Ave., make a right. Community 1.8 miles, on right. **407.302.7005**

 No Closing Costs on These Inventory Homes, FREE Appliance Package.*

LOT	MODEL	SQ.FT.	BD/BA	PRICE	AVAILABLE
89	Eagle	2090	4/2.5	\$167,131	SOLD
112	Poinciana Plus	2603	5/2.5	\$283,433	NOW
117	Crane III	1698	3/2	\$150,298	NOW
217	Crane III	1698	3/2	\$154,167	NOW
218	Robin	1920	4/2	\$153,217	NOW

Lake Griffin Estates

In-Town Casselberry Location - Gated Community with Two Lakes, a Neighborhood Park & Children's Playground

S.R. 436 to 17-92, go north 1 mile to Plumosa. Continue on Plumosa. Model center on right. **407.339.9100**

 \$5,000 in FREE Options or No Closing Costs on These Inventory Homes Closed by August 31, 2001.*

LOT	MODEL	SQ.FT.	BD/BA	PRICE	AVAILABLE
26	Robin	1920	4/2	\$166,194	NOW
27	Crane III	1698	3/2	\$166,115	OCTOBER
65	Villa Terracina	2095	4/2	\$189,500	AUGUST
68	Villa Capistrano	2235	4/2 w/Bonus	\$198,514	AUGUST
120	Robin	1920	4/2	\$164,423	NOW

ENGINEERED HOMES
Better Engineering Builds A Better Home

- Does not include lot premiums or pool packages, applies to inventory homes closed by August 31, 2001, through Homebuyers Funding.
- Rendering of exterior elevation is an artistic representation only.
- Prices and specifications are subject to change without notice.

LifeStyle

Inside:
RELIGION 4C-5C
DEAR ABBY 5C
FOOD 6C

ON the SIDE

New York Times Bestsellers Non-Fiction

- 1. JOHN ADAMS**, by David McCullough. (Simon & Schuster, \$35.) A biography of the country's first vice president and second president.
- 2. STOLEN LIVES**, by Malika Oufkir and Michèle Fitoussi. (Talk Miramax/Hyperion, \$24.) A Moroccan woman recalls the 20 years she spent in a desert jail.
- 3. GHOST SOLDIERS**, by Hampton Sides. (Doubleday, \$24.95.) The story of a United States Army plan to rescue prisoners of war (including survivors of the Bataan death march) in the Philippines in early 1945.
- 4. JUSTICE**, by Dominick Dunne. (Crown, \$24.) A collection of essays about crimes and criminals, trials and punishments.
- 5. NAPALM & BILLY PUTTY**, by George Carlin. (Hyperion, \$22.95.) The comedian offers opinions on everything from God to pets to the Lone Ranger's laundry.
- 6. FOUNDING BROTHERS**, by Joseph J. Ellis. (Knopf, \$26.) A historian's study of the intertwined lives of the nation's founders.
- 7. SEABISCUIT**, by Laura Hillenbrand. (Random House, \$24.95.) A biography of the horse whose career culminated in a 1938 match race with War Admiral.
- 8. WHEN YOU COME TO A FORK IN THE ROAD, TAKE IT!** by Yogi Berra with Dave Kaplan. (Hyperion, \$18.95.) Reminiscences and aphorisms from the Yankee Hall of Famer.
- 9. THE TRUTH IS . . .**, by Melissa Etheridge with Laura Morton. (Villard, \$24.95.) The autobiography of the rock star.
- 10. TUESDAYS WITH MORRIE**, by Mitch Albom. (Doubleday, \$19.95.) The author tells of his weekly visits to his old college mentor, who was near death's door.

Fiction

- 1. LEAP OF FAITH**, by Danielle Steel. (Delacorte, \$19.95.) Upon returning to the French chateau of her childhood, a woman encounters new love and mortal danger.
- 2. "P" IS FOR PERIL**, by Sue Grafton. (Marian Wood/Putnam, \$28.95.) The California private eye Kinsey Millhone searches for a prominent specialist in geriatric medicine who has gone missing.
- 3. SEVEN UP**, by Janet Evanovich. (St. Martin's, \$24.95.) Stephanie Plum, a New Jersey bounty hunter, is assigned the task of finding a semiretired mobster.
- 4. THE JURY**, by Steve Martin. (Putnam, \$25.95.) The lawyer-sleuth Paul Madriani represents an important medical researcher who has been charged with the murder of a young colleague.
- 5. HOLLYWOOD WIVES — THE NEW GENERATION**, by Jackie Collins. (Simon & Schuster, \$26.) The loves, passions and ruthless ambitions of women in today's Hollywood.
- 6. CANE RIVER**, by Lalita Tademy. (Warner, \$24.95.) The story of four generations of African-American women, from 1834 to 1936.
- 7. BACK WHEN WE WERE GROWNUPS**, by Anne Tyler. (Knopf, \$25.) A 53-year-old woman, the head of an unruly extended family in Baltimore, tries to recover her "original self."
- 8. A TRAITOR TO MEMORY**, by Elizabeth George. (Bantam, \$26.95.) A detective inspector investigates the hit-and-run killing of a woman on a London street.
- 9. A PAINTED HOUSE**, by John Grisham. (Doubleday, \$27.95.) The experiences of a 7-year-old boy whose parents live and work in the cotton fields of Arkansas.
- 10. BETWEEN LOVERS**, by Eric Jerome Dickey. (Dutton, \$23.95.) A Los Angeles writer is lured back into the life of his former fiancée, who dumped him for a beautiful woman.



Honoring Seminole's public servants

"Thank you for the restless sleep that you provide to us through the knowledge if we know if we have a problem we can call you."

— Pastor Gene Gregory Jr., at the inaugural Public Servant Appreciation Day

By Christopher Patton
Staff Writer

Sunday was a day for honoring the brave Seminole County public servants who lost their lives in the line of duty and for those who courageously continue to serve their communities.

Across the St. Johns River in Deltona, Pastor Gene Gregory Jr., officiated the Inaugural Public Servant Appreciation Day for the River Of Life

Church congregation. Esteemed visitors for the special worship included Seminole County Sheriff Don Eslinger and Chief Deputy Steve Harriett.

The service had a very special meaning to Pastor Gregory. He is one of three sons of the late SCSO Deputy Gene Gregory, who was fatally shot three years ago Sunday. Gene was handling a landlord/tenant dispute in Geneva when he was tragically shot and killed.

The Sunday service departed from normal services when the ceremony started with the SCSO Honor Guard placing the American flag on top of the stage.

"We're gathering largely today to give honor and show appreciation to our public servants," said Gregory at the start of the sermon. "Those of you that have come today, we thank you so much. Thank you for giving us the honor of your visit. We thank you for the service you provide for us all year long."



Wreaths were placed outside the Seminole County Sheriff's Office last Sunday in memory of officers slain while on duty. This wreath is in memory of Gene Gregory, who was killed three years ago in Geneva while responding to a call.



Public servants who also visited the River Of Life Church Sunday included Destry Gregory, son of the late Gene Gregory and an officer at the Jacksonville Sheriff's Office, Jerome Adams from the Volusia County Corrections Department, several SCSO deputies, including Travis Gregory, son of the late Gene Gregory, and several government officials from Deltona and DeBary.

Gregory based most of his public servant sermon on a Bible excerpt from Romans Chapter 13 Verse 1 which states:

"Let every person be in subjection to the governing authorities. For there is no authority except from God and those which exist are established by God. Therefore he who resists authority have opposed the ordinance of God.

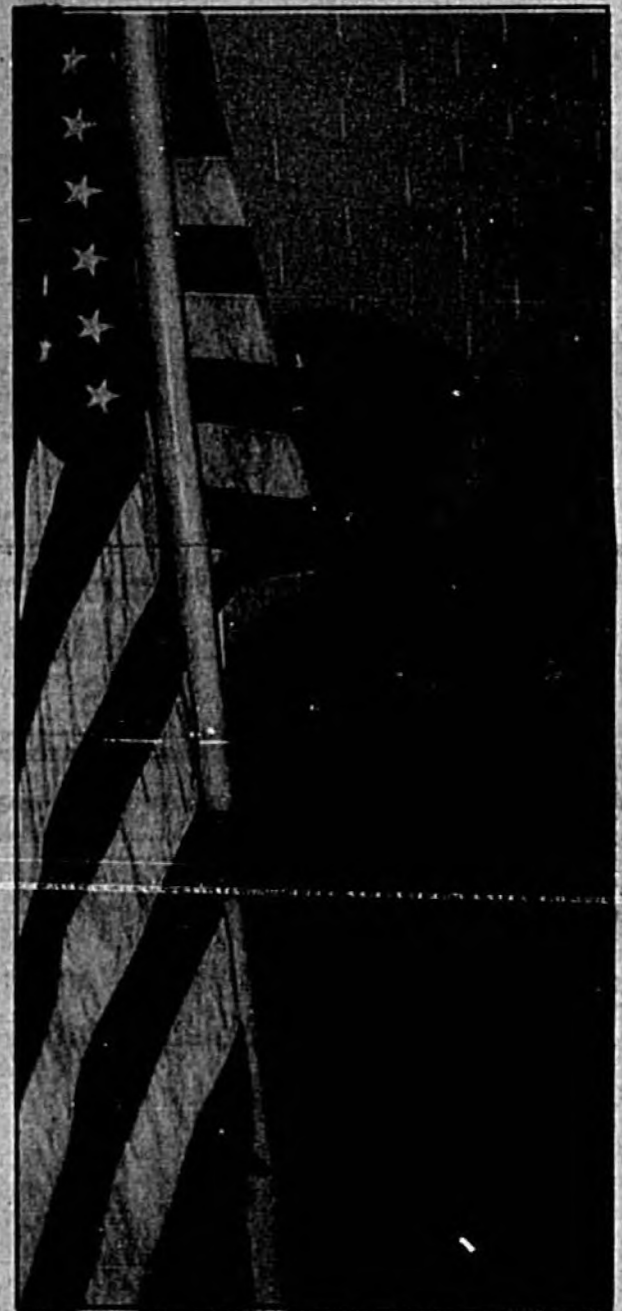
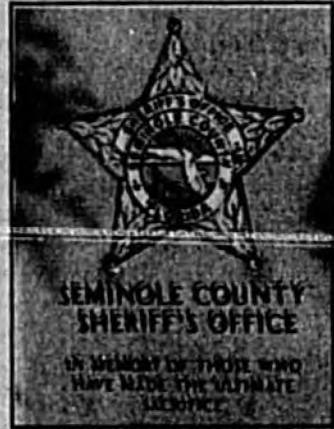
They who have opposed will receive condemnation upon themselves. For rulers are not feared by those who do good, but by those who do evil. Do you want to have no fear of authority? Then do what is good and you will have praise from the same. For it is the minister of God for you to do what is good."

Later in the sermon, Pastor Gregory and his mother Linda, who sat in the front row, wept as the memory of Gene Gregory became all too real when the pastor preached the gospel.

"We would like to thank you in the law enforcement community," said Gregory with tears swelling in his eyes. "Thank you for working the stinking shifts that you do so you can be there when we need you to. Thank you for the family outings, family get-togethers and birthdays you miss to help us. Thank you for the every other weekend that you miss on our behalf. Thank you for the hours you miss sleeping so that you can serve us."

"Thank you for being there and training, and being there when we call. Thank you for the restless sleep that you provide to us through the knowledge if we know if we have a problem we can call you. Thank you. Thank you for keeping our streets safe." After the service, Harriett had nothing but praise for the

See Memorial, Page 6C



Herald photos by Tommy Vincent Jacksonville Deputy Destry Gregory helps the Seminole County Sheriff's Office Honor Guard place the American flag at the Public Servant Appreciation Day. Gregory is one of three sons of the late Seminole Deputy Gene Gregory.

Sweeping savvy

Carl Wood makes sure Sanford's streets are clean and clear

To Carl Wood, "Let's clean up our act" is a major concern. Carl heads up the city of Sanford sweepers, which are seen regularly on the city's streets. In an effort to find out more about the sweepers, Herald Staff Writer Nick Pfeiffaut questioned Carl Wood, storm water superintendent for the city's Storm Water Division of Public Works.

Q: We always see these sweepers around the city. How many sweepers does the city own?

A: It seems like a lot, but there are only three right now. Two are vacuum sweepers and the third is mechanical. All three have rotating brooms on them.

Q: And how many city employees operate these units?

A: Three men are assigned to these units, one each.

Q: Any plans to increase the number of sweepers?

A: We already have money in the city budget to buy an additional unit this year, which costs about \$95,000. But, we may have to roll that over until next year.

Q: You don't sweep all the streets, which ones do you handle?

A: We are responsible for cleaning all streets with curbs.

Q: How often is each street swept?

A: We try to sweep every curbed street at least once each week. In downtown Sanford, it's three times per week.

Q: And what are they after, debris, litter, or what?

A: While the normal belief is that we are cleaning up litter, the main pur-

pose is to keep our storm drains cleared. In this way, we are actually focusing on leaves and sand, which cause problems in the stormwater drainage. That's what our sweepers are really out there for, although we do help in keeping this a clean city.

Q: One final question, how long have you been with the city?

A: I actually started with the city in 1973, but I left for awhile. This time I've been here for three years.



SPOTLIGHT ON BUSINESS

J's Furniture Mart Warehouse

By Arthur Zielinski
Staff Writer

When it comes to shopping for furniture, everyone has his or her favorite style. From contemporary to colonial, leather or fabric, wood or metal, furnishing a home involves a host of important choices to make.

Helping Sanford residents and people in surrounding areas make those decisions easy and fun is Sanford's newest furniture store, J's Furniture Mart Warehouse. J's is located at 2921 South Orlando Drive (Highway 17-92) Suite 110, Sanford (between 27th street and Airport Boulevard in the Sanford Plaza). On hand to help you find that special piece of furniture are partners J. H. Falkner and Jesus Tresgallos.

Falkner said he operated a furniture store in Orlando for more than 10 years. Deciding to retire, he closed the store and moved back to his native Mississippi. After a short time, Falkner realized retirement wasn't for him.

"He called me," Tresgallos said, "and asked if I wanted to go into business with him." J's is now in its third month of operation.

Tresgallos said he and Falkner chose Sanford for opening a new store because of lower operating costs compared to Orlando. The savings are passed on to the customer, helping keep the furniture at wholesale prices. A second reason, Falkner said, is because Sanford is a thriving community.

According to Tresgallos, the



showroom consists of more than 20,000 square feet. Customers will be amazed at the large inventory to choose from. No matter what your furniture needs may be — from bedrooms, dinettes, living rooms, recliners, tables or chairs — J's Furniture Mart Warehouse has it all. To complement your new furniture, J's also carries a large variety of accessories such as lamps, cocktail tables, and curios, just to name a few.

And, if you need help getting all your new furniture safely home, J's will deliver it for a nominal fee. J's charges \$25 for local delivery and \$35 for the surrounding area. "Most deliveries are 'same day,'" Tresgallos said. Another convenience J's offers its customers is free lay-away with no interest.

J's store hours are Monday through Saturday 10 a.m. to 7 p.m. and Sunday noon to 6 p.m. Phone: 407-328-0180.

J's Furniture Mart Warehouse

2921 S. Orlando Drive (Hwy. 17-92) Suite 110, Sanford
OVER 20,000 SQ. FT. OF FURNITURE & WAREHOUSE
407-328-0180

Your Choice!
\$299
CONTEMPORARY LEATHER LIKE
• Sofa • Loveseat • Cocktail Table • 2 End Tables • 2 Lamps
OR • Sofa • Recliner • Cocktail Table • 2 End Tables • 2 Lamps

Welcome to our Grand Opening!

4 DRAWER CHESTSfrom \$45 5-Pc DINETTEfrom \$99
BUNK BEDS w/Mattress from \$149 Mica Bedroom 6 Pc...from \$599
DAYBED FRAMES..... from \$59.99 Bedrooms 4Pc.....from \$129
7 Pc. Living Room..... from \$489 Metal Futon.....from \$149
Curios.....from \$159

HOURS:
Mon.-Sat. 10am - 7pm
Sunday 12 Noon - 6pm



G.T.'s GAS & GO

801 CELERY AVE.
SANFORD, FL
We accept Western Union, EBT,
VISA, MASTERCARD, DISCOVER

SPECIALS THIS MONTH

61-70 Key West Pinkie 10¢ \$3.99 LB
31-40 Key West Pinkie 10¢ \$7.99 LB
Seatrout 2 LB \$3.99 Trout 1 LB \$2.99
Whiting 2 LB \$3.99

With Fill up 8 Gal.
Minimum
Free 20 oz.
Dasani Water or
50¢ Off 12 Pk.
Coke or Pepsi
OFFER ONLY GOOD WITH COUPON

PRIMECO CELL PHONE & CARDS AND CINGULAR CELL PHONE CARDS

SAM'S FLEA MARKET

Located in former Big Lots Store
on 17-92 1/4 mile north of Airport Blvd. Next to Sav-A-Lot
2921 S. Orlando Drive • Sanford, FL 32773 • (407) 324-2027

This is an old fashioned flea market offering new and used items. Entire building is Air Conditioned for your shopping pleasure.

NEW VENDORS WELCOME! WE NEED TWO WEEKS NOTICE!
ALSO DAILY SPECIALS FOR THE BEST DEAL FOR GARAGE SALE ITEMS! WE WANT YOUR FURNITURE! A DAY AKA! NO LONG TERM LEASE REQUIRED!

We are open 5 days per week
Wed. - Sat. 10 AM until 7:00 PM.
Sunday we are open 10:00 AM until 5:00 PM

Listed below are some items currently being sold:
Clothes, gift items by the "Basket Lady", Fireworks, Canopies, Gold, Funeral Accessories, Carpets, Books for the Family, Fishing Equipment, Knives, Picture Frames, Scissors, Nail Clippers, Swords, Vases, Tools, Ceramic Dolls, Lamps, Figurines, Musical Instruments, Tapes and CD's, Water, Cookies, Candy, Canned Goods, Ladies Underwear, etc.

A Restaurant called Amazon Will Be Opening Serving South American Food

BRING IN THIS AD TO ANY PARTICIPATING VENDOR AND RECEIVE 10% OFF YOUR PURCHASE. THIS OFFER EXPIRES JULY 1, 2001. Not Good With Any Other Offer.

Interiors by Lawrence David

Interior Decorating Service Available

Specializing In:

- Accessories
- Bedding
- Lamp
- Wallpaper
- Window Treatments
- Blinds
- Fabric

Please visit our studio or call for an appointment!

407-321-6560
118 W. 2nd Street • Sanford, FL 32771
in Downtown Historical Sanford
Fax 407-321-6828

BUY • SELL • AUCTION

Antiques & Furniture

Restoration • Refinishing • Repair
Buy 1 Piece Or Complete Estate

1 Piece To Complete Estates
Free Pick Up & Delivery with Purchase or sale
Appraiser on hand

Most Major Credit Cards 9-5 7 Days A Week
2535 French Avenue, Sanford
407-302-2208

When You Need Pest Control Call...

Sanford Pest Control

Commercial & Residential

PEST CONTROL
LAWN SPRAYING
TERMITE SPRAYING
WEED CONTROL

Sam Dunn, Jr. - President
P.O. Box 1202
Sanford, FL 32772-1202
(407) 321-8647
Fax: (407) 321-8760

WISE DECISIONS

Seminole Herald EST. 1908

John Coffman
Advertising Executive

POST OFFICE BOX 1887
303 NORTH FRENCH AVENUE
SANFORD, FLORIDA 32771-1887
SANFORD (407) 322-2811
FAX (407) 322-9408

Cody Liquidators

Quality Used Hotel Furniture at Rock Bottom Prices

7-Pc. Bedroom Sets \$199.99 to \$249.99
Box Spring & Mattress Sets \$49 Full Size / \$69 King Size

Dressers - \$20/up • Headboards-\$5/Up • Night Stands-\$10/up
Love Seats from \$59 • Sofas From \$99 • Sofabeds - \$129.99
Coffee Tables from \$18 • End Tables from \$15
Dinette Tables from \$15 • Dinette Chairs from \$10
Student Desks from \$15 • Bookcases from \$25
20" Color TV - Cable Ready 30 Day Warranty - From \$50
Mirrors from \$15 • Pictures from \$5 • Lamps from \$10

868 S. Hwy. 17-92
Longwood Lakes Plaza • Longwood
407-830-8383
Hours: 10:00 am - 6:00 pm Tues. - Sat
12:00 pm - 6:00 pm Sun. • Closed Monday

RAY'S CIRCUS OF VALUES

The Ole-Tyme Variety Store In Downtown Historic Sanford

Great Selection of SUMMER MERCHANDISE
Back-To-School Supplies arriving in mid July.
Preview of Fall Items Coming Soon!

211 East 1st St., Sanford
407-688-1008

Come To American Nutrition Center

\$5.00 Off With Ad.
Expires 7-31-01

for all your supplement needs at our lowest cost guaranteed!

• Sports Nutrition • Wholesale Prices •

Line of Product
E.A.S., Met-RX, Prolab, Muscle Tech, etc.
Much, Much More!

ANC
AMERICAN NUTRITION CENTER

3005 W. Lake Mary Blvd. • Suite #111
(407) 320-0904 • FAX (407) 320-8023

Births

June 18, 2001
Carmen Lydia Muriel, daughter of Melissa and Benjamin Muriel of Orlando, was born.

June 20, 2001
Nathaniel Marchello Jefferson, son of Tamika Wiggs and Nathaniel Jefferson of Altamonte Springs, was born.

Erin Taylor Szurminski, daughter of Lesa and Jeffrey Szurminski of Deltona, was born.

June 21, 2001
Livia Kristen Carr, daughter of Kimberly and Daniel Carr of Longwood, was born.

June 22, 2001
Nicholas Robert Brown, son of Maryann and David Brown of Apopka, was born.
Spencer Maxwell Newman, son of Christina and Benjamin Newman of Oviedo, was born.

Deena Enid Pearson, daughter of Lisa Pearson of Winter Park, was born.
Treyon Cornelious Perkins, son of Cristy Nichole Koon of Altamonte Springs, was born.
Jessica Sherrill VanPelt and Jacob Aaron VanPelt, twin daughter and son of Sherrill and Paul VanPelt of Orlando, was born.

June 23, 2001
Sharon Aurora Murcia, daughter of Yamileth and Alexander Murcia of Fern Park, was born.

June 24, 2001
Matthew Allen Dumas, son of Wendy and Michael Dumas Sr., of Orlando, was born.

Sydney Lorraine Mills, daughter of Lynn and Scott Mills of Oviedo, was born.
Shey Lucas Penny, son of Angela Penny of Orlando, was born.

June 25, 2001
Nicholas James Franzini, son of Jamie and Alfred Franzini Jr., of Sanford, was born.

Christol Tyshiah Denise Harmon, daughter of Wendy and Chris Harmon of Casselberry, was born.

Tyreke Martravius Penn, son of Shameka Peterson of Apopka, was born.

Luke Alexander Phillips, son of Ashley and Todd Phillips of Lake Helen, was born.

June 26, 2001
Jason Alan Delaney II, son of Stephanie Buffman and Jason Delaney of Altamonte Springs, was born.

Jasmine Isabella Johnson, daughter of Carolee and William Johnson of Altamonte Springs, was born.

Paige Elizabeth St. Clair, daughter of Tara and Andrew St. Clair of Lake Mary, was born.

These kids are GREAT



Herald photo by Tommy Vincent

Students at Millennium Middle School pose for a picture after winning the GREAT (Gang Resistance Education And Training) essay contest. Pictured in the front row, from left, are Cedric Waters, Andrew Schreiner, Sanford Student Resource Officer Claudia Webber, Austin Vargas and Dennis Struble. In the back row are Venessa Heredia, Katherine Leal, Danielle Eggstein, Stacy Meadows, Taylor Bray and India Davis.

'The World Outside' scheduled to begin July 20

"The World Outside" reunion of the 1953-1967 alumnae of Oviedo Elementary and Jackson Heights Elementary schools will be held July 20 through July 22 at Jackson Heights Middle School in Oviedo. An invitation is extended to the Oviedo and surrounding communities and interested neighbors at large to join the celebration of excellence and achievement.



Marva Hawkins

The event will also mark the establishment of the Stanley S. Muller Memorial Scholarship.

Events will include:
• Friday, July 20, Carnival and Family Day at the JHMS Concourse from 10 a.m. until 4 p.m. There will be food, vendors, door prizes, Magic giveaways, fun and games, and an old-fashioned record hop dance for all ages from 7 p.m. until midnight. Cost is 50 cents.

• Saturday, July 21, Scholarship Banquet at 7 p.m. with social hour beginning at 6:30. Cost is \$25 per person, age 17 and older.

• Sunday, July 22, worship

service at 11 a.m. For information or banquet tickets, contact Gloria Godwin at 407-359-1031 or Gracia Miller at 407-349-5830. All activities will be held at the Jackson Heights Middle School.

Victoria "Vickie" Nathan Murphy was honored at a gathering of good seasoned friends luncheon held at the Rio Pinar Country Club. Hostess was Pattie Tiffany, an old friend and ABWA member.

The get-together of friends was an afternoon to be remembered, as we reminisced over the special times in life. Vickie will be continuing her career at GMAC for awhile in the great city of Atlanta. No we won't miss her, as she will be home on many weekends. Those who wish to visit her in Atlanta, call Pattie for reservations. Call 407-645-5255.

Family Fun Festival is scheduled for Aug. 3 from 11 a.m. until 3 p.m. at West Sanford Boys and Girls Club. It is sponsored by Grove Counseling Center. Contact Patrice Anderson at 407-327-1765, ext. 202.

Lawrence Hanberry is a volunteer at Harbor II at Higgins Terrace. He teaches rhythms to an active and attentive group of music students. During the



Lawrence Hanberry teaches rhythms to an active and attentive group of music students. Hanberry is a volunteer at Harbor II at Higgins Terrace. By the end of this summer, the students will be able to play African, Latin and Caribbean beats on a variety of Conga drums.



The 'Seasoned' Friends of Vickie Nathan Murphy

seven-week summer program, students will receive a brief overview of various percussion instruments. By the end of this summer, the students will be able to play African, Latin and Caribbean beats on a variety of Conga drums.

Evergreen Temple No. 321 Order of Elks of the World will observe their anniversaries — 77 and 76 years. The observances will begin with a get acquainted hour Friday, July 27, at the Elks Home for all members and guests. Saturday, July 27 at p.m. at the Sanford Chamber of Commerce.

Mr. and Mrs. Leroy/Edna Jean Cody recently had as their house guest, Mrs. Cody's sister/brother-in-law Mr. and Mrs. Orien/Deloise Hicks of Rochester, N.Y. The Hicks are visiting in Orlando with his brother.

The Anniversary Award Banquet will be Sunday, July 29 at 11 a.m. The Anniversary worship service will be held at Clearwater Missionary Baptist Church, with the Rev. Jackson as pastor.

Celery City Lodge No. 542 and

Brother Roosevelt Cummings, Exalted Ruler Joyce Byrd, daughter ruler.

Bucks explore remote Alaska aboard luxury ship

Vivian and Richard Buck have added another exciting trip to their lengthy list of world travels. This time the Bucks hit numerous hot spots, as well as many cold spots, in remote Alaska.



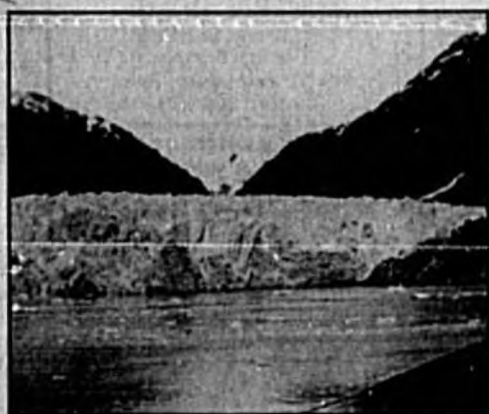
Doris Dietrich

But before venturing into the Gold Rush frontier and Yukon Territory, the seasoned travelers spent some time taking in the sites and sights of Seattle. "We have never been to Seattle before," Vivian said.

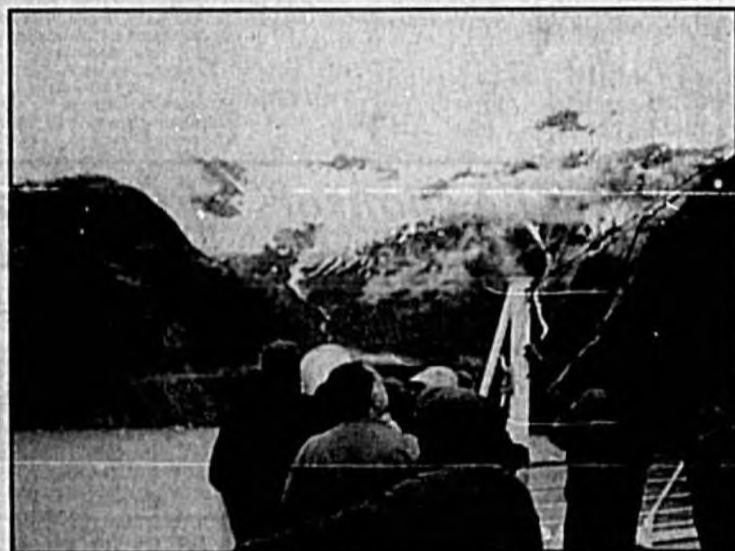
Seattle was hosting a "Pigs for Charity" fund-raiser similar to Orlando's recent dragon event. Businesses were decorat-

ed in the pig motif which Vivian laughed about and said was "very interesting." It seems that, at one time, her daughter collected pigs so they got a big kick out of the swine spectacular.

The Bucks' luxury cruise ship is only about a year old and the amenities were to die for — the last word. The couple lodged in a balcony stateroom to observe the scenic view. "The cruise was lovely," Vivian said, "and the food was delicious, outstanding service." She mentioned that it was cool — "sweater weather." Highlight of the trip was the picturesque glacier in Sawyer Bay,



Sawyer Bay glacier



A view from the Buck's luxury cruise ship in remote Alaska.

At Ketchikan, the Bucks visited historic Totem Bright State Park and a fishery. They covered the nation's most scenic capital at Juneau, which is only accessible by air or water, followed by a trip to Skagway, the gateway to the Yukon. They also visited Liarsville which featured Tent City, entertainment and panning for gold. Upon arriving home, the Bucks decided to view a video they purchased in Alaska. One

of the scenes in the video was a cemetery filled with victims of a mudslide. The name on a wooden headstone reads: C. Beck, April 6, 1898, Sanford, Florida. The question is: Is he a relative of the local Beck family? "It was a very, very nice trip," Vivian said. "We enjoyed it very much." And now, the Bucks are off on another short journey and plan a trip in August to visit

See Dietrich, Page 6C



Glenda Alderman and Glynn Alderman Hood

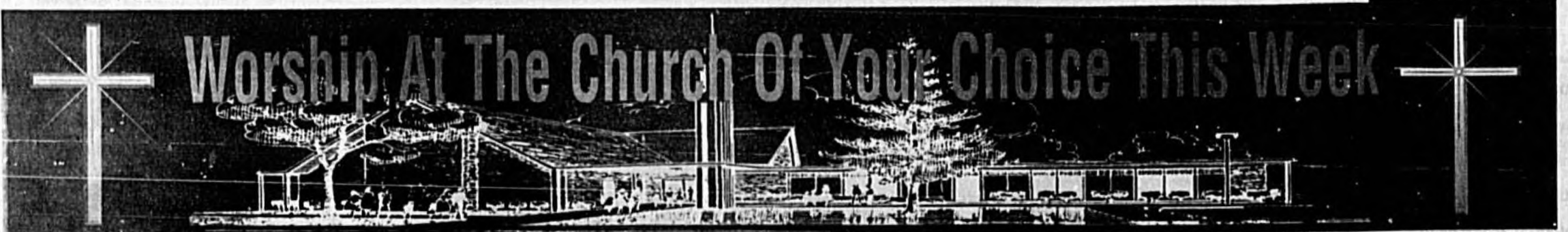
'Twins' celebrate birthday

The Woman's Club of Sanford became a tropical paradise last month when Glenda Alderman and Glynn Alderman Hood were honored on their 40th birthdays.

The honorees arrived in a 1951 vintage Chevy owned by David Scott Sr. They were escorted up a torch-lighted walkway into the clubhouse by their nephews, Matthew and Maverick Von Herbulis. Decorations included a parrot, pineapple center-

pieces, balloons, palm trees and a lighted tiki hut. The cake was created by Linda Pate. Local DJ Jim Nelson provided music. Hula dancers Bobby, Eddie, Barry and Dickie provided the entertainment.

Hosts and hostesses for the occasion were Tommy and Ruby Harley and Bobby and Debora Von Herbulis. Special guests were Glynn's husband and daughter, Kevin and Ariel Hood.



First Christian Church

1607 S. Sanford Ave.
Sanford
(407) 322-7727

Sunday Services
Sunday Worship
11:00 am

GOOD SHEPHERD EVANGELICAL LUTHERAN CHURCH OF SANFORD
ELCA
2917 Orlando Dr. (Hwy. 17-92)
Phone 322-7312

Bob Bressmann Pastor
Sunday School 9:30 a.m.
Adult Bible Study 10:30 a.m.
Worship Service 10:30 a.m.
Wednesday Worship 7:00 p.m.
Nursery Provided

HOLY CROSS LUTHERAN CHURCH OF LAKE MARY
ELCA
700 Sun Drive, Lake Mary, FL
Paul Hoyer Pastor
Nathan Guelzow Assistant
Pastor
Saturday evening 5:30 p.m.
Contemporary Worship
Sunday morning 8:00 a.m.

LUTHERAN CHURCH OF THE REDEEMER (Missouri Synod)
2525 S. Oak Ave., Sanford, FL
Rev. Elmer A. Reischer Pastor
Sunday School 10:30 a.m.
Worship Service 10:30 a.m.
Information 322-3552 or 323-0810

PARK & OAK / DOWNTOWN
Sanford, FL
Phone 407-323-2662
E-mail: lpcas@juno.com
http://economail.com/lpcas
"Where We Know Your Name"
In The Heart Of The City
Rev. Bruce B. Scott Pastor
Sunday School 9:00 a.m.
Sunday Morning Worship 10:00 a.m.
Sun. Morning Coffee Hour 11:00 a.m.
Sun. Contemporary Worship 7:00 p.m.
Wonderful Wednesday Family Night - Every Wednesday
Supper - Every Wed. 5:30 p.m.
Adult Bible Study 6:00 p.m.
Youth Clubs 6-7:00 p.m.
Buccaners (K-4th Grades)
Middlers (5-8th Grades)
Sr. High
Contemporary Music Practice 7:00 p.m.
Women's Circle Meetings at 3 scheduled times
2nd Tues. of the month 40ers
Senior Friends - 1st Wed. of the month

FIRST PRESBYTERIAN CHURCH (U.S.A.)
OF LAKE MARY
128 W. Wilbur Ave.
Lake Mary, FL
407-321-1021

Rev. Stephen Horrell Pastor
Church School 9:45 a.m.
Morning Worship 11:00 a.m.
Wed. Choir Practice 7:00 p.m.
Thurs. Youth Chant 6:20 p.m.
Nursery Provided

MARKHAM WOODS PRESBYTERIAN CHURCH
5210 Markham Woods Road
Lake Mary 407-333-2030

Rev. Charles R. Jones Pastor
Sunday School, all ages 9:00 a.m.
Church Services 9:00 & 10:30 a.m.
Nursery Provided

Youth Group, Sunday High School, Sunday Middle School
Pre-School Mon. thru Fri. 9 to 12
Third Wed. of Each Month 6:30 p.m.

Anglican

TRADITIONAL EPISCOPAL ST. ALBAN'S ANGLICAN CATHEDRAL
3348 W. SR 426 (Aloma Ave.)
1/4 Mile off Greenway
(Nursery at both services)
Oviedo, Florida
407-657-2378
1928 Book Of Common Prayer

Sunday Services
Holy Eucharist 8:00 a.m.
Sunday School (all ages) 9:00 a.m.
Sung Eucharist 10:00 a.m.
(Nursery at both services)
Weekday Holy Eucharist Services
Tuesday 12:00 noon
Wednesday 7:00 p.m.
Thursday 9:30 a.m.
Friday 12:00 noon
The Difference is Worth The Distance

Assembly Of God

CORNERSTONE ASSEMBLY OF GOD
181 N. Country Club Rd.
Lake Mary, FL
407-323-9140

Rev. Greg Evans Pastor
Morning Worship 10:30 a.m.
Sunday Evening 8:00 p.m.
Friday 7:00 p.m.
Wed. Family Night 7:00 p.m.
Nursery Provided

Baptist

FAMILY WORSHIP CENTER
Temporarily meeting at Centro Cristiano De Dios
2913 S. Orlando Drive
Sanford, FL 32773
407-322-9222
Located next to Good Shepherd Lutheran Church

Jeff Knott Pastor
Sunday Worship Service 9:00 a.m.
Tuesday Service 7:00 p.m.
Programs for boys & girls

WEKIVA ASSEMBLY OF GOD
1875 Dixon Rd.
Longwood, FL 32779
407-774-0777

Greg Freeman Pastor
Sunday Services 8:15 a.m. and 10:45 a.m.
Sunday School 9:30 a.m.
Middie School 10:45 a.m.
Nursery Provided

AGAPE FELLOWSHIP
260 Country Club Road
Lake Mary, FL
Meeting in the Lake Mary Community Center
Beginning Easter Sunday, April 15
10am Worship
6pm Bible Study & Fellowship
Sunday Evening 9:30 a.m.
Call for Location and Time
Visit us Online
www.sharingholiness.org
Don Dalton, Pastor
407-322-2958 407-687-9641

WESTVIEW BAPTIST CHURCH

4100 Paola Road (46A)
Sanford, Florida
407-323-0523

Dr. Dennis Littleton Pastor
Sunday Morning 10:15 a.m.
9:00 a.m.
Sunday School 6:00 p.m.
Church Training 7:00 p.m.
Evening Worship 7:00 p.m.
Wed. Prayer Service 7:00 p.m.

COUNTRYSIDE BAPTIST CHURCH
590 S. Country Club Rd., Lake Mary, FL
Shane Wynn Pastor
Sunday School 9:45 a.m.
Sunday AM Worship 10:45 a.m.
Sunday PM Worship 6:00 p.m.
Wed. Prayer Meeting 7:30 p.m.
Nursery Provided

PINECREST BAPTIST CHURCH

601 East Airport Boulevard
Sanford, Florida 32773
Church Office (407) 322-3737

J. Earl Welch Pastor
Sunday School 9:45 a.m.
Sunday AM Worship 11:00 a.m.
Evening Worship 7:00 p.m.
Wednesday 7:00 p.m.
Mid-Week Worship 7:00 p.m.
Children's Church 7:00 p.m.
Nursery Provided All Services

JORDAN BAPTIST CHURCH

920 Upsala Rd., Sanford
323-9072

George Bledd Pastor
Sunday School 10:00 a.m.
Morning Worship 11:00 a.m.
Evening Service 8:00 p.m.
Wednesday Service 7:00 p.m.
Old Truffs for a New Day

PALMETTO AVENUE BAPTIST CHURCH

2626 Palmetto Ave.
Sanford, FL 32773

Rev. Ron Williams Senior Pastor
Rev. Larry Franck Associate Pastor
Bill Simpson School Principal
Brian Brown Couples Pastor
Sunday Services:
• Early Worship 8:45 a.m.
• Sunday School 10:00 a.m.
• Morning Worship Service 11:00 a.m.
• Evening Family Service 6:00 p.m.
Wednesday Night Activities:
A.W.A.N.A. for Children 7:00 p.m.
Teen Discipleship 7:00 p.m.
Adult Bible Study 7:00 p.m.
Liberty Christian School (4 YEARS TO 12TH GRADE)

FIRST BAPTIST CHURCH OF SANFORD

519 S. Park Ave., Sanford, FL
407-322-6041

Rev. Rick Blythe Senior Pastor
Tom Smith Pastoral Care
Rev. Richard Waggoner Music Ministry
Jamerson Reeder Youth Intern
Sunday School 9:15 a.m.
Sunday Morning Worship 10:30 a.m.
Sunday Evening Worship 6:00 p.m.
Wed. Activities for all ages 6:30 p.m.
Nursery Provided

FIRST BAPTIST CHURCH OF LONGWOOD

891 State Road 434, E.
Longwood, FL 32750-5394
(407) 339-3817

Reverend Chris Whaley - Pastor
Sunday Bible Study 9:30 a.m.
Worship 10:45 a.m.
Wed. AWANA/Youth 6:30 p.m.
Bible studies/Prayer 7:00 p.m.
Adult Choir 8:00 p.m.

FIRST BAPTIST CHURCH MARKHAM WOODS

5400 Markham Woods Road
Lake Mary, FL 32746
(407) 333-1065

Dr. Bob Parker Pastor
Kaith Vokara / Jack Paris Co-Youth Workers

Coffee and Donuts 9:30 A.M.
Bible Study 9:45 A.M.
Worship 10:45 A.M.
(Children's Church Provided)
Children's Awana Club 5:30 P.M.
Worship 7:00 P.M.
Wednesday 6:00 P.M.
Church Family Dinner 6:00 P.M.
Prayer and Bible Study 7:00 P.M.
Youth Meeting
Children's Choir and Team KID Clubs (Nursery provided at all services)

LIGHTHOUSE BAPTIST CHURCH

9515 MARKHAM ROAD
Sanford, Florida 32771
(407) 829-4400

Randy Walker Pastor
Sunday School 9:45 a.m.
10:45 a.m.
Sunday Worship 9:45 a.m.
3 thru grade 6 p.m.
Evening Worship 6:00 p.m.
Wednesday Adult Prayer/Bible Study 7:00 p.m.
Children & Teen Services 7:00 p.m.
Regular Activities For All Ages
Nursery Provided For All Services
Every Visitor Is A Welcome Guest

FIRST SHILOH MISSIONARY BAPTIST CHURCH

700 Elm Avenue
Sanford, FL 32771
(407) 322-5489

Rev. Dr. Harry D. Rucker, Sr. Pastor
Early Morning Service 8:15 am
Morning Service 9:30 am
Confession Sat. 3:00 - 3:45 p.m.
Evening Worship (TBA) 4:00 pm
Monday, Bible Study 7:30 pm

OUR LADY, QUEEN OF PEACE ORTHODOX CATHOLIC CHURCH

3790 Siles Avenue,
Sanford, FL
407-321-4193

Reverend Donald Belloc Pastor
Latin Service Sunday 10:00 a.m.
Confessions Sunday 9:30 a.m.

Christian

FIRST CHRISTIAN CHURCH (Disciples of Christ)
1607 S. Sanford Ave., Sanford, FL
Dr. Wm. A. Gerard III, Minister
322-7727

Sunday School 9:45 a.m.
Traditional Worship 11:00 a.m.
Wednesday Hike Like Supper 6 p.m.
Bible Study 6:45 p.m.
Coffee Fellowship After Worship
All Are Welcome Here
Nursery Available
Handicap Access

RIVER CITY CHRISTIAN CHURCH

136 Diskens Drive
DeBary, FL 32713
Phone/Fax: 407-668-0432
Email: rivercitycc@netnet.net

Bible School 10 a.m.
Praise Service 11 a.m.
J.D. Segrove Preaching Minister
Elwood McAstler Youth Minister

SANFORD CHRISTIAN CHURCH

730 Upsala Rd., Sanford, FL
407-322-0980

Tim Storms Minister
Joe Caputo Youth Minister
Michael Milligan Worship Minister
Sunday Bible School 9:00 a.m.
Morning Worship 10:15 a.m.
Youth 6:00 p.m.
Wednesday Praise Service 6:00 p.m.
Nursery Provided

Sanford Alliance Church

CHRISTIAN AND MISSIONARY ALLIANCE
401 Park Ave., Sanford, FL
1401 S. Park Avenue
Sanford, FL 32771
(407) 322-2491

Rev. James J. Schrader
Caring for People
11:00am - Morning Worship
6:00pm - Bible Study

Sanford Alliance Church

1018 Hwy. 17-92 1 mi. N/O Hwy. 434
407-323-5830, 407-324-4338

Sun. Worship 10:30 a.m. & 6 p.m.
Come worship with us. A friendly welcome always awaits you.

Church Of God

CHURCH OF GOD
801 W. 22nd St., Sanford, FL
407-322-3942

Rev. Wesley Baker Pastor
Sunday School 9:45 a.m.
Morning Worship 10:50 a.m.
Evangelistic Service 6:00 p.m.
Family Enrichment 7:00 p.m.
Service Wednesday

GRACE FELLOWSHIP CONGREGATIONAL CHURCH (NACC)

2401 S. Park Ave., Sanford
407-322-4584

Larry Leonard Pastor
Sunday School 9:30 a.m.
Morning Worship 11:00 a.m.
Choir Practice Wednesday 6:45 p.m.
Baby sitting service available

HOLY CROSS EPISCOPAL CHURCH

401 Park Ave., Sanford
Telephone 407-322-4611

Sunday 7:30 & 10:00 a.m.
Breakfast 8:30 a.m.
Classes for Children through 5th grade 10:00 a.m.
Nursery Available 10:00 a.m.
Youth Group meets 6-8:00 p.m.
Schedules may sometimes vary.
Call for more information.
MID-WEEK WORSHIP IN CHAPEL
Tuesdays, Wednesdays & Thursdays
"Bible Studies"
Wednesdays & Thursdays
(Sept. - May)

ST. PETER'S EPISCOPAL CHURCH

700 Rinehart Rd.
Lake Mary, FL
444-5673

The Rev. B.L. Barge, Rector

Sunday:
Holy Eucharist 8:00 a.m.
Christian Education 9:00 a.m.
All Ages Holy Eucharist 10:00 a.m.
Children's Church 10:00 a.m.
(Education Wing)
Nursery Begins at 9:00 a.m.
Through 10:00 a.m. Service
Wednesday:
Holy Eucharist 7:00 a.m. & 7:00 p.m.

Charismatic Episcopal

CHURCH OF THE HOLY COMFORTER
"Charismatic" - Sacramental - Evangelical
The Sanford Bridge
Corner of 6th St. & Holly Ave.
Sanford, Florida
407-209-5094

Rev. Mark Barth Deacon
Sunday Eucharist 9:30 a.m.

Life Spring Outreach Ministries

Pastors Steve & Cathy Alers
Invite you to join us each Sunday 10:30 a.m.

1624 N. Highway 427 - Longwood, FL
(In the Baywood Center)
KIDS Church - NO NURSERY
For further information call 407-339-0277

FAITH MISSIONARY CHURCH

3022 Beardsall Ave.
407-323-3794

Jack Cox Pastor
Sunday Morning Worship 10:00 a.m.
Evening Service 6:00 p.m.
Tuesday Evening Bible Study 7:00 p.m.

HOUSE OF REFUGE

1001 Calery Ave., Sanford
(407) 324-4711

Dora W. Richardson Pastor
Sunday 6:30 am
Sunday 11:00 am
Evening 7:00 pm
Mid Week Eve. Wed. 7:30 pm

CHRISTIAN RESOURCE CENTER

Lakeview Plaza • (407) 328-4300
320 E. Commercial St. • Sanford
Sunday Service 11:00 a.m.
Children's Fellowship (ages 4-12) 11:00 a.m.
Family Fellowship/Refreshments 12:30 p.m.
Thursday Fellowship Meeting 7:30 p.m.
Friday - Christian Counseling 2:00-5:00 p.m.
(Please call 328-4300 for appt.)
Rev. Steve Michels Pastor/Director

SEMINOLE COMMUNITY CHURCH

5070 Orange Blvd., Sanford
407-324-0199

Jerry Walsh Pastor
Sunday "Worship Svc. 8:45 & 10:30 a.m.
Practical messages, casual dress, friendly services, professional child care

CONGREGATION BETH EL OF CENTRAL FLORIDA

160 Bile Road
Longwood, FL
(407) 324-3097 (407) 788-3729

Rabbi Moshe Elbaz, Ph.D. Religious Leader
Every 1st Friday of Month
Family Sabbath Service 7:30 p.m.
(all other Fridays) 8:15 p.m.
Saturday Sabbath Services 9:30 a.m.
Membership, Religious School and Adult Education Programs
Information Call (407) 788-3729 or (407) 772-0477

Full Gospel

FUTURE AQUATIC SYSTEMS, INC.
Custom Designed Pools • Spas • Fountains
Commercial/Residential

Lake Mary, FL 32786
(407) 281-3777

CHRIST UNITED METHODIST CHURCH

408 Tucker Drive
(Corner Tucker Dr. & CR 427)
Rev. Ray Betrand Pastor
Telephone (407) 322-7800

Sunday School 9:30 a.m.
Inter-Mission 10:30 a.m.
Morning Worship 11:00 a.m.
Bible Study 6:30 p.m.
Children's Time Included in Worship
Nursery provided for Babies and Small Children
"Small Enough To Love You - Growing In Christ To Serve You"

FIRST UNITED METHODIST CHURCH

418 Park Ave., Sanford, FL
407-322-4371

Jim Bradshaw Pastor
Mark Looze Music Director
Miss Bessell Family Ministries Director
Morning Worship 8:25 & 10:55 a.m.
Coffee Fellowship 9:30 a.m.
Sunday School 9:45 a.m.
Youth Fellowship 4:00 p.m.
Nursery Provided
Women's Circle 2nd Monday 9:45 a.m.
Men's Prayer Breakfast 1st Thursday 6:30 a.m.

LAKEVIEW FELLOWSHIP

A United Methodist Community
"Teaching People for a Reason"
1611 S. 1st St., Sanford, FL
407-322-6222

Meets every Sunday at 10:00 am at the comfortable United Artist Theater, Seminole Towne Center Mall
-Children's Church 10:15am
-Student (youth) Ministries 5-7pm
-Gate Nursery Provided
"Teaching People for a Reason"

FAITHFUL WORD BIBLE STUDIES

Christian Resource Center
Lakeview Plaza • (407) 328-4300
320 E. Commercial St. • Sanford
Sunday Service 11:00 a.m.
Religious Leader
Family Fellowship/Refreshments 12:30 p.m.
Thursday Fellowship Meeting 7:30 p.m.
Friday - Christian Counseling 2:00-5:00 p.m.
(Please call 328-4300 for appt.)
Rev. Steve Michels Pastor/Director

SEMINOLE COMMUNITY CHURCH

5070 Orange Blvd., Sanford
407-324-0199

Jerry Walsh Pastor
Sunday "Worship Svc. 8:45 & 10:30 a.m.
Practical messages, casual dress, friendly services, professional child care

CONGREGATION BETH EL OF CENTRAL FLORIDA

160 Bile Road
Longwood, FL
(407) 324-3097 (407) 788-3729

Rabbi Moshe Elbaz, Ph.D. Religious Leader
Every 1st Friday of Month
Family Sabbath Service 7:30 p.m.
(all other Fridays) 8:15 p.m.
Saturday Sabbath Services 9:30 a.m.
Membership, Religious School and Adult Education Programs
Information Call (407) 788-3729 or (407) 772-0477

First Presbyterian Church

Between 3rd and 4th St.

Methodist

CHRIST UNITED METHODIST CHURCH
(Corner Tucker Dr. & CR 427)
Rev. Ray Betrand Pastor
Telephone (407) 322-7800

Sunday School 9:30 a.m.
Inter-Mission 10:30 a.m.
Morning Worship 11:00 a.m.
Bible Study 6:30 p.m.
Children's Time Included in Worship
Nursery provided for Babies and Small Children
"Small Enough To Love You - Growing In Christ To Serve You"

FIRST UNITED METHODIST CHURCH

418 Park Ave., Sanford, FL
407-322-4371

Jim Bradshaw Pastor
Mark Looze Music Director
Miss Bessell Family Ministries Director
Morning Worship 8:25 & 10:55 a.m.
Coffee Fellowship 9:30 a.m.
Sunday School 9:45 a.m.
Youth Fellowship 4:00 p.m.
Nursery Provided
Women's Circle 2nd Monday 9:45 a.m.
Men's Prayer Breakfast 1st Thursday 6:30 a.m.

LAKEVIEW FELLOWSHIP

A United Methodist Community
"Teaching People for a Reason"
1611 S. 1st St., Sanford, FL
407-322-6222

Meets every Sunday at 10:00 am at the comfortable United Artist Theater, Seminole Towne Center Mall
-Children's Church 10:15am
-Student (youth) Ministries 5-7pm
-Gate Nursery Provided
"Teaching People for a Reason"

FAITHFUL WORD BIBLE STUDIES

Christian Resource Center
Lakeview Plaza • (407) 328-4300
320 E. Commercial St. • Sanford
Sunday Service 11:00 a.m.
Religious Leader
Family Fellowship/Refreshments 12:30 p.m.
Thursday Fellowship Meeting 7:30 p.m.
Friday - Christian Counseling 2:00-5:00 p.m.
(Please call 328-4300 for appt.)
Rev. Steve Michels Pastor/Director

SEMINOLE COMMUNITY CHURCH

5070 Orange Blvd., Sanford
407-324-0199

Jerry Walsh Pastor
Sunday "Worship Svc. 8:45 & 10:30 a.m.
Practical messages, casual dress, friendly services, professional child care

CONGREGATION BETH EL OF CENTRAL FLORIDA

160 Bile Road
Longwood, FL
(407) 324-3097 (407) 788-3729

Rabbi Moshe Elbaz, Ph.D. Religious Leader
Every 1st Friday of Month
Family Sabbath Service 7:30 p.m.
(all other Fridays) 8:15 p.m.
Saturday Sabbath Services 9:30 a.m.
Membership, Religious School and Adult Education Programs
Information Call (407) 788-3729 or (407) 772-0477

First Presbyterian Church

Between 3rd and 4th St.

The sponsors of this feature do so with the hope that more people will attend the church or synagogue of their choice on a weekly basis!

BARNES HEATING & AIR CONDITIONING
COMPLETE SYSTEMS • ADD ODS
FREE ESTIMATE & SERVICE ALL BRANDS
RESIDENTIAL AND COMMERCIAL
"THE AT PUMP EXPERT"
STATE CERT #CAC036824
915 W. 2nd St. 323-3517

ACE Hardware Stores
SANFORD 207 E. 25th St. 321-0888
LONGWOOD Hwy 434 & 427 338-8883
CASSELLBERRY Winter Park Dr. 338-7365

COLONIAL ROOM RESTAURANT
M-Sat. 6:30 AM - 7 PM
115 E. FIRST ST., SANFORD
323-2999

FUTRELL Aquatic Systems, Inc.
Custom Designed Pools • Spas • Fountains
Commercial/Residential

Lake Mary, FL 32786
(407) 281-3777

SPACE AVAILABLE!
Call 322-2611
For more information

SUNRAY Personal and Commercial Storage
RESIDENT MANAGERS
AL & JOLEEN BLUE
Unit 55 to Fit Your Storage Needs
One Hour Service - from Mon-Sat.
Gate Hours: 7 am - 8 pm
810 Pinehart Road, Lake Mary, FL
(407) 333-4355

SEMINOLE TRINITY CHRISTIAN SCHOOL and DAYCARE
Pre-school thru 12th grade
"A Ministry of Church of God of Sanford"
A BEKA Curriculum
601 W. 22nd St., Sanford • 321-2723

HARREL & BEVERLY TRANSMISSIONS
DAVID BEVERLY AND STAFF
209 W. 25th Street
Sanford, FL

CENTRAL SYSTEMS S.E., INC.
COMMERCIAL-INDUSTRIAL REFRIGERATION

BOB CLARK
ST. REG. QA 0058149 SANFORD, FLORIDA 32773

BRISSON FUNERAL HOME
O.R. "Shory" Smith and Robert I. Brisson
9th St. and Laurel Ave.
Sanford 322-2131

Gramkow Funeral Home
Complete Funeral Services • Cremation
Markers & Monuments • Prearrangements
588 E. Airport Blvd., Sanford 32773
322-3213

SPACE AVAILABLE!
Call 322-2611
For more information

SPACE AVAILABLE!
Call 322-2611
For more info.

JIM ROWE PEST CONTROL
LOCALLY OWNED AND OPERATED
RON RUSSI & STAFF
2626 Iroquois Ave. • 322-2070

SPACE AVAILABLE!
Call 322-2611
For more information

STENSTROM, MCINTOSH, COLBERT WHIGHAM & SIMMONS, P.A.
Attorneys at Law
Suite 22 - Sun Trust Building
203 West First Street
Sanford - 322-2171
Internet: http://www.stenstrom.com

THE MCKIBBIN AGENCY INSURANCE
114 N. Park Ave., Sanford
322-0331

SPACE AVAILABLE!
Call 322-2611
For more information

To Advertise on This Page Please call Us At: 407-322-2611 or E-mail us At: Seminoleads@aol.com

RELIGION

Church Notes

Truth Trackers
Being touted as the "adventure of a lifetime", Vacation Bible School will be July 23 - 27, from 6:30 until 8:55 p.m. at First Baptist Church Markham Woods. The theme, "Truth Trackers" is an action-adventure archaeological expedition, finding the secret of the stone tablets. Children age 3 through 12th grade are welcome. First Baptist Church Markham Woods is located at 5400 Markham Woods Road, Lake Mary. To register or for additional information phone 407-333-2085.

Potter's Wheel
The Potter's Wheel Church of God, in the Winn Dixie Shopping Center, 1200 Deltona Blvd. in Deltona, invites everyone to hear Evangelist Rick Bender, founder and president of "The Seed Sowers Evangelistic Association" Sunday, July 29, at 10:45 a.m. Pastor, Ken MacDonald. For more information phone 407-860-1661.

Summer Day Camp
Registration is now under way for Summer Day Camp at Community United Methodist Church, 4921 S. U.S. Highway 17-92 in Casselberry. Children who have completed kindergarten through 6th grade are invited to come and spend the whole summer. Activities such as computer

centers, crafts, music, storytelling, drama and field trips are included. The hours are 7 a.m. to 6 p.m. each weekday, now through July 27. Cost is \$100 per week which includes all field trips, snacks and crafts. There is a discount for each additional child in the same family. For information or registration call the church office at 407-831-3777.

Truth Trackers
Truth Trackers discover the secret of the Stone Tablets at First Baptist Church, Winter Springs, Vacation Bible School. The church will hold its annual Vacation Bible School Monday, July 23 through Thursday, July 26 at Central Winds Park, next to Winter Springs High School from 9 a.m. until noon. Built around an action adventure journey through the deserts of Egypt and the Middle East, the week will be filled with Bible stories, a search for the Stone Tablets, and many others. The week of fun, food and opportunities is free of charge and open to youth from Kindergarten through fifth grade. Parents are invited to a Dinner at the Park, Thursday, July 26, from 6 until 8 p.m. For additional information, call 407-699-6600.

Preach the word



Herald photo by Marva Hawkins
The New Mount Calvary Missionary Baptist Church recently celebrated Pastor Rocky Scott's fifth anniversary. Pictured, from left, are the Rev. Marvin Scott, Ethel Scott, the Rev. C.P. Noble and the Rev. Rocky Scott.

Scott celebrates fifth anniversary

By Marva Hawkins
Herald Correspondent

The New Mount Calvary Missionary Baptist Church family celebrated Pastor Rocky Scott's fifth anniversary last week.

The theme was: "Preach the Word ... In Season and Out of Seasons. 2 Timothy 4:2."

"The Church Where Love Abides," in observance of Pastor Scott's anniversary, held services in his honor Thursday evening, July 5. The service was conducted by St. Matthew and Second Shiloh Baptist Churches, Pastor L. J. Wilson and Pastor Marvin Scott.

Friday evening's musical featured the Antioch Baptist Church Male Chorus of Oviedo and Pastor Hezekiah Ross.

Sunday morning's worship featured the Rev. Jack Jackson

Jr., presiding. New Mount Calvary's choir No. 2 rendered selections, "Come To Far To Turn Around" and "Make Me A Sanctuary."

Morning devotional prayers were offered by Deacon Michael Scott.

After the hymn of the day and altar call prayer, the Greater St. Mark Baptist Church Male Chorus of Tuskegee, Ala., "Christian Gentlemen of Distinction" rendered the musical selections "I'll Say Yes, Lord, Yes," "I'll be Happy In My Home Over There," "God has Smiled On Me," and "Take Your Burdens To The Lord And Leave Them There."

Before the morning message, Sister Estella Love blessed the audience with a special dedication selection to Pastor Scott as she sang the spirit filled selection, "Every Time I Turn Around, He's

Blessing Me."

The Rev. C.P. Noble, pastor of the Greater St. Mark Baptist Church of Tuskegee, Ala., brought the message of the morning from First Thessalonians 5:12-13. The theme was: "How To Treat Your Pastor And Each Other." Pastor Noble's message to all from the Word gave food for thought and spiritual substance for the soul. He reminded the gathering God is in charge of His Church, that the body of Christ lets people know who they are and whom they are.

"The church is an organism, we assemble for worship and to study the Word of God. We are a Bible believing church."

Words and gifts of appreciation were given to Pastor Scott for his dynamic leadership and pastoring at Calvary and his work in the Sanford Community.

Boating easy when safety comes first

DEAR ABBY: Summer-time is here. That means about 17 million boats are hitting the water. Boating is a terrific family activity. It promotes bonding among generations, teaches kids independence and resourcefulness, and for many becomes an activity that can be enjoyed for a lifetime. It is also one of the fastest-growing outdoor recreations in America.

The National Marine Manufacturers Association (NMMA) represents 80 percent of the recreational boat manufacturers in North America. While new safety advancements are continuously being developed within the industry, nothing can replace common sense and good judgment on the part of boaters. Just as you wouldn't get behind the wheel of a car without driver's education, no one should take the helm of a boat without boating education.

I hope you find these safety guidelines important and share them with your readers:

- BOAT OWNERS:**
- (1) Make sure your boat is in good running condition — including fuel, electrical and engine systems.
 - (2) Check the weather forecast before you head out.
 - (3) Know and watch your boat's passenger capacity.
 - (4) Maintain enough life jackets and personal flotation devices (and the right sizes) for everyone on board. Make sure everyone wears them.
 - (5) Understand and follow federal and local boating rules and regulations. (The U.S. Coast Guard offers refresher courses.)
 - (6) Don't drink and drive, and don't allow anyone who has been drinking to drive your boat.
 - (7) Be courteous of other boats and personal watercraft.

- PASSENGERS:**
- (1) Wear a life jacket that fits properly and make sure your children do, too.
 - (2) Listen to and respect the captain of the boat.
 - (3) Do not distract the driver or allow your children to do so.
 - (4) Do not insist that boat owners let you drive — especially if you have been drinking.

Boating is safer every year, and we look forward to an even safer boating season this year. Anchors aweigh!
THOM DAMMRICH,
PRESIDENT, NMMA

DEAR THOM: Your safety guidelines are important and should be taken to heart by anyone who owns a boat or sets foot on one. Readers, that was the captain speaking — listen up!

.....
DEAR ABBY: I witnessed a theft and told a teacher, who promptly informed the cops. I feel terrible about it — like I've betrayed the friend who did it. What should I do?
WONDERING
IN FLORIDA

DEAR WONDERING: First, forgive yourself. You did the right thing. While your friend may not appreciate it right now, you may have saved that person from a life of crime. Birds of a feather flock together, so the second thing you should do is find another friend who's less troubled than the first.

.....
Dear Abby is written by Pauline Phillips and daughter Jeanne Phillips.

Seminole Christian Academy Preschool
Now Accepting Enrollment for the 2001-2002, school year
We have classes for K-3 & K-4.
We offer 2, 3 & 5 day options.
Located on the campus of Sanford Christian Church
Sanford/Lake Mary area, near Seminole Towne Center Mall
Member School Association of Christian Schools International
Call 407-322-5577 or 407-322-0980

The Storm
100% Chance of Thrills!
\$19.99*
ALL DAY Adult or Child PRICE
The Storm has hit Orlando and things will never be the same. It's the all new spinning body-coaster guaranteed to please thrill seekers of all ages. We also still have the most multi-person rides that you can enjoy together with family and friends! Experience all the watery fun. Come to Wet 'n Wild!
Wet'n Wild
6200 INTERNATIONAL DRIVE
Orlando, FL 32818 • 407-351-1800
www.wetnwild.com
*Plus Tax • With Your Florida ID
Not Valid On Memorial Day
LOCATED ON INTERNATIONAL DRIVE

Overweight kids need more get-up-and-go

QUESTION: I have been teaching school for 30 years and I am noticing a significant change in the health of my children. More of them are overweight, and they just don't get enough exercise. I wonder if my observation is accurate, and if so, what is causing it.

DR. DOBSON: You are absolutely correct. A recent medical study conducted at Columbia Children's Hospital in Ohio has confirmed that today's children are heavier and have significantly higher cholesterol and triglyceride levels than kids did even 15 years ago. One of the researchers, Dr. Hugh Allens, said, "Unless these trends change, 30 million of the 80 million children alive today in the United States will eventually die of heart disease. ... Kids need to turn off the TV, get off the couch and stop the nincompooping of America."

The problem is that high-fat junk food has replaced good nutrition. And even when healthy foods are consumed, kids are not exercising the calories off. Between television, carpools, computer games and hanging out at the pizza parlor, kids just don't run and jump like they used to.

So Mom and Dad should find "active" activities to do together with kids, such as walking, bicycling, playing catch or hiking. They can also get their children involved in community or school sports programs, ranging from softball to soccer.

Children are busy forming habits for a lifetime, so eating right and exercising every day will contribute to greater health in the future.

.....
QUESTION: The children in our neighborhood are bratty with one another and disre-

spectful with adults. This upsets me, but I don't know what to do about it. I don't have a right to discipline the children of my neighbors, so they get away with murder. How can I deal with this?



Dr. Dobson

DR. DOBSON: Parents in a neighborhood need to learn to talk to each other about their kids — although that is difficult to do. There is no quicker way to anger one mother than for another woman

to criticize her precious cub. It is a delicate subject, indeed. That's why the typical neighborhood is like yours, providing little feedback to parents in regard to the behavior of their children. The kids know there are no lines of communication between adults and take advantage of the barrier.

What each block needs is a mother who has the courage to say to her neighbors: "I want to be told what my child does when she is beyond her own yard. If she is a brat with other children, I would like to know it. If she is disrespectful with adults, please mention it to me. I will not consider it tattling and won't resent your coming to me. I hope I can share my insights regarding your children, too. None of our kids is perfect, and we'll know better how to teach them if we can talk openly to each other as adults."

Until this openness exists between parents living nearby, the children will create and live by their own rules in the neighborhood.

Dr. Dobson is president of the nonprofit organization Focus on the Family, P.O. Box 444, Colorado Springs, CO 80903; or www.family.org. Questions and answers are excerpted from "The Complete Marriage and Family Home Reference Guide," published by Tyndale House.

FOOD

Go mad for mustard

A hot dog would be lonely without the golden stuff and chicken fingers wouldn't be as much of a hit in the absence of honey-dijon dipping sauce. Pretzels would taste plain and a corned beef sandwich wouldn't pack the same punch. Face it, mustard gives many popular foods a powerful infusion of flavor, transforming their taste.

According to Ellen Haas in her book "Great Adventures in Food" (St. Martin's Press), every culture has its own distinct version of mustard. The cuisines of India, the Mediterranean, the Caribbean, northern Europe, Africa and the United States all make wide use of mustard. In fact, there are more than 300 varieties manufactured today.

Interested in learning more about your favorite condiment? Brush up on your mustard history, just in time for National Mustard Day (August 4), courtesy of "Great Adventures in Food."

The Romans first produced mustard thousands of years ago when they took fermented grape juice (must) and what is now called mustard seeds and turned it into paste. The word "mustard" comes from the French and literally means "burning" must. A low-fat, low calorie condiment, mustard is a great substitute for mayonnaise, and is a "must" for kitchen pantries because it is so versatile and varied in its flavor dimensions. Here are some favorites:

• **Dijon** — With a secret recipe and French law protecting its name, Dijon mustard is the most famous of all. It is versatile in dressings and marinades and on sandwiches.

• **Coleman** — Regarded as an English treasure since the 19th century, this mustard has vivid yellow color and hot flavor.

• **Dusseldorf** — A German variety with a bold taste that is good with dark rye breads and corned beef.

• **Prepared** — American-made mustard that is great on ham and cheese sandwiches and a ballpark favorite.

Peaked your interest in mustard? Try this recipe for "English Red Mustard."

English Red Mustard

Ingredients:

- 4 tablespoons cracked brown mustard seed
- 2 tablespoons mustard flour
- 1 teaspoon salt
- 3 small dried red peppers of your choice (or 1 tablespoon dried cayenne peppers)
- 1/4 cup cold water
- 1/4 cup cold beer

Blend the mustard seed, mustard flour and water. Let rest for 20 minutes and add the remaining ingredients. Let rest in the refrigerator, covered, for 48 hours. It will seem watery at first but will "set up." Do not jar the mustard for at least two days, to let the consistency stabilize.

The 'purple' hazy days of summer

Although we've arrived at the halfway point of summer, there's no indication that summer fun is about to sing its swan song. Ready for more fun in the sun? Fire up the grill for this "psychedelic" entrée from John Sedlar, a pioneer of modern Southwestern cuisine and one of America's most creative chefs. The inspiration for this dish came from a menu he wrote for Billboard Life, a rock-and-roll supper club on Sunset Boulevard in Hollywood, Calif. Molat, tender steaks with fresh watercress served with brilliantly colored accents make the "Jimi Hendrix Steak Experience" one summer show you definitely won't want to miss. With this presentation, featuring the bright psychedelic colors of the beet syrup and cilantro, you get a Hendrix-style purple and bright green haze on the plates!

John Sedlar's "Jimi Hendrix Steak Experience"

Serves 6

- For the marinade and steaks:
 - 1/2 cup olive oil
 - 1/4 cup balsamic vinegar
 - 2 tablespoons pureed or finely minced garlic
 - 2 tablespoons black peppercorns
 - 3 sprigs tarragon, leaves removed and coarsely chopped
 - 3 sprigs rosemary, leaves removed and coarsely chopped
 - 6 portions of skirt steak, select grade or better, about 8

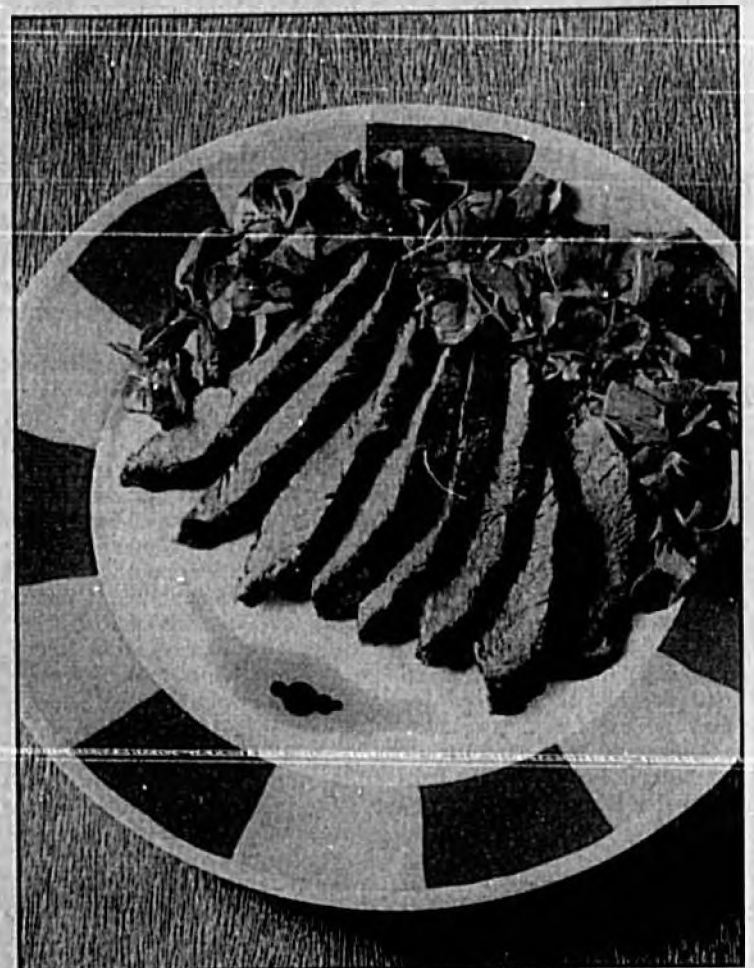
ounces each, or top sirloin steaks, prime or choice grade, lightly pounded to a thickness of 1/2 inch.

- For the beet syrup:
 - 1 cup beet juice
 - Salt and freshly ground black pepper to taste
- For the cilantro oil:
 - 6 bunches cilantro, thick stems removed
 - 1 cup olive oil
 - Salt and pepper to taste
- For the dressing and salad:
 - 1/2 cup vegetable oil
 - 2 tablespoons Dijon mustard
 - 1/2 cup red wine vinegar
 - 1 teaspoon freshly ground black pepper
 - 6 bunches watercress, washed and drained

• To prepare the marinade, place the oil, vinegar, garlic and peppercorns in a dish or mixing bowl and whisk to combine. Add the tarragon and rosemary. Add the steaks, coating with the marinade on both sides, and let marinate in the refrigerator overnight.

• To prepare the beet syrup, place the beet juice in a small saucepan and bring to a boil. Cook over medium-high heat for 15 to 20 minutes or until syrupy in consistency and 1/4 cup remains. Lightly season with salt and pepper.

• To prepare the cilantro oil, blanch three bunches of cilantro in boiling water for ten seconds.



Steak, cilantro and watercress come together to make the "Jimi Hendrix Steak Experience" an instant warm-weather classic.

Remove and shock in a bowl of ice water to stop the cooking process. Transfer to a blender with the remaining bunches of uncooked cilantro and puree while slowly adding the olive oil. Let the mixture rest overnight. The next day, strain through cheesecloth into an attractive glass bottle and season with salt and pepper. Prepare the grill.

• To prepare the dressing, whisk together the vegetable oil and mustard in a mixing bowl. Whisk in the vinegar and season with the salt and pepper. Let chill in the refrigerator. Remove the thick stems of the

watercress and chill the leaves. When ready to serve, toss the watercress with the dressing and pile in a high mound on the center of each serving plate, leaving plenty of room around the watercress.

Remove the steaks from the marinade and grill over medium-high heat for two to 2 1/2 minutes on each side for medium rare, about three minutes on each side for medium or to desired doneness.

Slice each steak and arrange on top of the salad. Drizzle or spoon the cilantro oil and beet syrup around the salad in attractive or free-form psychedelic patterns.

Memorial

Continued from Page 1C

Gregory family's bravery and dedicated service to Seminole County.

"The Gregory family in total are truly inspirational," Harriett said. "They take a very negative situation and turn it into a positive. They carry on the legacy of their father."

Sunday evening, the SCSO held its annual Law Enforcement Memorial and Awards Ceremony.

Fallen comrades Cleveland Jacobs, Robert Moore, George Pfeil, Hugh Thomas Jr. and Gene Gregory were remembered with wreaths outside the sheriff's office.

In addition to the memorial, more than seven dozen employees of the SCSO were honored for their hard work to the community.

Receiving awards at the ceremony were Richard Anderson, Robert Bankers, Kip Beacham, James Benham, Norman Bennett, Brian Bentsen, John Berthoff, Anthony Berrios, Jeremy Bint, Doug Bishop, William Blair, Robert Brown, Kevin Brubaker, Sharon Bryan, Marcus Bullock, Valerie Cambridge, William Cason, Richard Chimka, Phil Comodario, David Condrey, Obdulio Cortes, Olly Csisko, Sam Culver, Rick Cummings, David Dalka, Howard Day, Glen Denman, Anthony Diaz, Kimberly Diaz, Richard Dickens and Sandra Duval.

Stephen Farris, Christopher Folsom, Tracy Fortenberry, Raines Freeman, Al Garza, Mickel Green, Jerry Gross, Tirso Gutierrez, John Hannah, Deanna Hare, John Harper, Buford Harris, John Helms, Kirby Hilton, Gregory Hooper, Edward Hughes, Lynda

Imondi, Bernard Jones, Robert Johnson, Coraetha Jones, James Jones, Helen Klugore, Sara Klein, John Kreuter, Dwayne Kvalheim, Daniel Lafleur, Ralph Lopresti, Honorato Manalo, Stanley Mandresh, Lewis Mattox, Bradley McDaniel, Chad McDaniel, Shelvin McGill, Darren McNealy, Peter Morris, Doug Morrissey and David Nagowski.

John Negri, Robert Pagan, Ross Pensa, Robert Pizzuro, Linda Renfro, William Robbins, James Ruch, Christopher Schuck, Harold Scott, Michael Showalter, Thomas Spillane, Bonnie Summers, Louise Tobie, Daren Tjornstol, Jacqueline Turner, Jalam Vann, Roy Vaughan, Dale Wagner, Eduardo Walton, John Watkins, Andrew Watts, Don Wheeler, Allen White, Gene Williams and John Zeb.

Dietrich

Continued from Page 3C

their son.

Prayer Quilt Comforts Carin
Remember how comfy it was as a child to wrap up in one of Grandma's handmade quilts that emitted loads of love?

Today, Carin Chapman Rabun is marveling over a quilt that was handmade especially for her. She is literally covered with prayer and cherishes a host of new friends as well. Carin has been very ill and courageously survived an ordeal that only a miracle could rectify.

Carin spent 38 days in the Intensive Care Unit at Central Florida Regional Hospital, followed by another week in a private room and finally rehabilitation at Florida Hospital in Orlando. Carin's stepmom, Barbara Chapman, said, "The majority of the time in ICU, Carin was hooked up to every tube known to man — as well as she received transfusions and dialysis treatments every other day. She contracted VRE, a rare organism in her bloodstream, and on and on."

"The bottom line," Barbara

said, "is that two healthcare professionals told us she was given a 2 percent chance of survival."

Carin has "prayer warriors," as Barbara called them, from nearly every state and also from Spain and Honduras. "The Chapman and Rabun families thank YOU for your love, care and diligence. Because of YOU, God guided Carin's Healthcare professionals to perform another one of His miracles," Barbara said.

Sylvia Schell, another daughter of Barbara and J. Harold "Chip" Chapman, lives in San Diego and attends Tierrasanta Lutheran Church (TLC) where a ministry called "Prayers and Squares" has gained prominence. This group makes quilts assembled with love and prayers. Sylvia asked the group to make a quilt for her sister and pray for her.

A group of women meets twice monthly to put the quilts together. A cover, batting and backing are layered together and ties are attached but not knotted. Any TLC member can request a quilt and a "quilt sponsor" selects a quilt for the

recipient, according to Ruth Bygness. The quilts are dedicated during a TLC worship service and the members of the congregation tie the knots together and say a silent prayer. The knots hold the quilt together and each one represents a specific prayer for that person, Ruth said.

The quilts are free and are available to anyone who makes a request. This ministry was started in 1992 at Hope United Methodist Church, Rancho Bernardo, Calif. And has grown to 29 chapters nationwide.

When Carin's quilt arrived, Chip took it to the ICU at the Sanford hospital and lovingly covered his daughter with it. "It was very soon that we saw her recovery begin," Barbara said.

Carin is now home and doing well but is weak and receives dialysis every other day. "She is still in need of prayer," Barbara added.

Joining others across the nation, Carin lovingly touches the knots, fingers them, counts her blessings and sends up her own special brand of prayer. It's awesome.

Do You Want To Raise Money For Your Club, Charity, School or Organization?



It's Easy!

Sell Subscriptions or Renewals To:

THE SEMINOLE HERALD

Your Organization Sells One-Year Subscriptions (Renewals) At The Regular Rate of \$36...

You Make \$5.00 For Each One Sold!

★ No Gimmicks. No Games. No Limits ★

Call: Doug Fetzer
Seminole Herald Publisher
(407) 322-2611 For Details!!

SENIOR LIFESTYLE & FITNESS

Treat arthritis pain with simple suggestions

Working at a keyboard for the better part of eight hours a day can worsen the pain and fatigue for people with arthritis. The book, "Mayo Clinic on Arthritis" recommends these tips if you find yourself at the computer for hours on end:

- As you sit in your chair, lean back slightly so that your lower back is against the backrest. Keep your feet flat on the

floor, with your knees bent at about 90 degrees or slightly more.

- Scoot up close to the keyboard, so you aren't reaching out for it. The keyboard should be about three to six inches from your lap. Both the keyboard and the monitor should be directly in front of you. The top of the monitor screen should be at eye level.
- A wrist rest or padded bar between the

keyboard and your lap provides wrist support by giving your hands a place to rest as you type. While typing, your wrists should be straight or slightly extended, with your forearms parallel to the floor.

- If typing is hard for you, use a mouse as much as possible. Another option is voice-activation software. This allows you to dictate to the computer, which types the words as you speak.

- Take short breaks from the computer to stretch your legs, arms and fingers.

For more tips, read "Mayo Clinic on Arthritis." You can order the book (\$14.95 plus shipping, handling and applicable sales tax) by calling (800) 291-1128, order code R46. Revenue from sales of Mayo Clinic books are used to help support Mayo Clinic programs, including medical education.

Bleeding after menopause

By Willie B. Newman
Special to the Herald

Abnormal vaginal bleeding can occur at any time during the reproductive life of females. Quite often, the processes involved are not life threatening and can be remedied without major concerns.



Dr. Willie B. Newman

Bleeding after the menopause, however, is always a major concern. The frequency of serious medical conditions that can prove to be threatening for the long-term health of patients increases substantially at this period of life. It is common for women who are near the time of menopause to miss periods before a total cessation of menstrual bleeding or occasionally to experience more frequent menstrual cycles. It is never a normal occurrence for bleeding to recur years after menstrual periods have stopped.

Immediate attention should be given to any bleeding under any circumstances in women who are in their menopausal years. One of the most common reproductive cancers involving the uterus (womb) can be treated effectively if diagnosed early and its most common sign is the reoccurrence of bleeding. Many women are not alarmed if bleeding is not excessive or if it is only sporadic. However, this can be a signal of a more serious underlying disorder that requires treatment. Frequently during the post-menopausal years, bleeding may be associated with the use of hormone replacement therapy, sexual activity, changes in the vagina associated with infections and associated with the use of medications that prevent clotting.

An investigation to assess patients for the presence of atrophy (natural thinning of the vagina after menopause), cervical cancer, small cuts, benign growths and uterine cancer must be addressed. Evaluations for these conditions can be performed in a healthcare provider's office with minimal discomfort.

Modest and sometimes embarrassed older women may have reluctance to seek medical attention for bleeding. Bleeding is always taken seriously in this age group. No matter the circumstances there will be no delay in making an appropriate diagnosis.

Luckily even if the diagnosis of cancer is made, early and successful treatment can be given, this is accomplished with prompt attention. There is a very high cure rate when diagnoses are made in earlier stages of disease progression. For all women (especially our seniors) it is important that the annual gynecological physical exam be completed for this very reason.

A consultation with your healthcare provider for further information should be requested. If there is any reluctance on the part of the health provider to proceed with a female physical assessment at the time of your evaluation please seek a second opinion from a qualified women's healthcare provider.



What is the easiest way to stay healthy and in shape? Finding the right answer can be tricky. Television commercials praise the wonders of a number products that do everything from toning muscles to cutting 'fats from foods. Doctors now specialize in all areas of healthcare and author books about the benefits of their particular type of health program. Then they share their views on daytime talk shows. All the while, ordinary folks may get confused over just what is the road to a healthy lifestyle. However, there usually are common elements universal to all schools of thought that should be present in any fitness regimen: exercise is mandatory, stress levels should be moderated and having fun while you get in shape is essential. Many people shy away from exercise because they don't feel they have enough time to devote to any activity. Something as simple as a ten-minute walk with your spouse after dinner to vacuuming the living room to taking the stairs instead of an escalator can jump start your metabolism. And play it safe with dieting. Just eat in moderation and enjoy your health routine.

Traveling tips for diabetics

After months of dreary weather, many look forward to a vacation during the summer. However, traveling with diabetes involves extra preparation and planning.

Here are some guidelines to follow when traveling, courtesy of the American Diabetes Association.

- Always carry your diabetes supplies with you. Bring more than enough for your trip, including insulin, test strips and lancets.

- If you're going to another country, take with you a note from your doctor indicating that you have insulin-dependent diabetes. Customs agents are used to travelers with diabetes, so

you are unlikely to experience any problems but the note will help if you are questioned.

- Wear a medical identification bracelet or necklace that indicates that you have insulin-dependent diabetes. Carry a card in your wallet or purse, too.

- Take an emergency sugar supply to treat hypoglycemia. Good examples are glucose tablets, which won't melt in the heat or get sticky.

- Take real food with you, in case meals aren't available from elsewhere. You never know when you will be delayed, or when you'll be stuck someplace for an extra hour or two. Good food choices are fruit, power bars and peanut butter crackers

Diabetic Language Guide

In case you are on the road, it's vitally important that you be able to communicate your condition and your needs clearly and correctly. Below is a list of how to say some common words in the common destination languages.

Diabetes	diabetes	French	le diabete
Insulin	insulin	Spanish	la insulina
Glucose	glucose	German	das Glukose
Diabetic	diabetic	Italian	il diabetico
Diabetic	diabetic	Portuguese	o doente

Don't Buy New Glasses...
Have Them Repaired!



JONES EYEGLASS REPAIR
Professional Eyeglass Repair Service

Children & Senior Discounts

LONGWOOD PLAZA
378 N. Hwy. 17-92 • Suite A
(Next to Mazda Dealer, Inside Gunter Printing) **407-331-5775**

Newman OB/GYN Group, P.A.



WILLIE B. NEWMAN, M.D.
Newman OB/GYN Group, P.A.
Board Certified

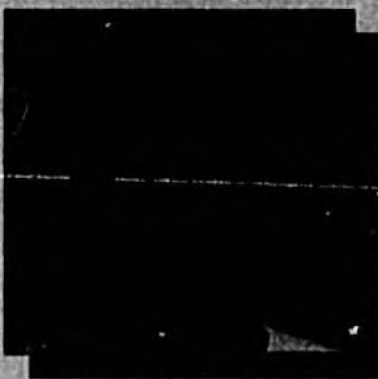
Delivering...
Healthcare

For
Generations



DR. MEGHAN MORAN,
C.N.M.

To
Come



MICHELLE BOONE,
R.N.C., A.R.N.P.

Now In Our 16th Year!

NEW PATIENTS WELCOME
SOME SAME DAY APPOINTMENTS

521 SR 434 W. STE. 200
LONGWOOD, FL 32750-5165
(407) 260-0818

MEN'S & BOYS
**ATHLETIC
SHOE SALE!**



VALUES TO \$94.99

NOW ONLY **\$19.90**

• GIFT WRAPPING • GIFT CERTIFICATES

Knight's SHOE STORE
208 E. First St., Sanford • 407-322-0204

WOMEN'S HEALTH

Revealing the mysteries of menopause

Give your favorite senior some extra life

Seniors often have difficulty picking up on a variety of fresh produce. Some mature folks are too busy living life to the fullest and do not have time to shop or cook. Others try to get by on fixed incomes. It is hard to buy small quantities of fresh fruits and vegetables and not have them spoil before they are eaten. The idea of going to the supermarket to buy fresh fruits and vegetables every two to three days can be overwhelming. Many seniors resort to canned or frozen goods and miss out on the nutrient values and tastiness of fresh fruits and vegetables. The great mystery seems to be: Why does the produce spoil so fast in the home refrigerator before it is eaten?

A Colorado-based company took on that challenge and invented a new product called Green's Extra Life that doubles the life of fresh fruits and vegetables in the crisper. This 3-inch plastic disk goes in each refrigerator crisper and doubles the life of the fruits and vegetables stored inside the bin.

How does it work? When various kinds of produce meet inside the crisper, a natural gas given off by the fruits and vegetables becomes trapped and accelerates ripening. If the produce is not eaten right away, it can spoil. The active ingredient (a 5 percent solution of potassium permanganate coated on zeolite granules) oxidizes the ethylene gas and turns it into harmless water vapor and carbon dioxide. Lettuce and peppers will last two weeks instead of one; green grapes will keep for a month instead of 10 to 12 days. Apples, the biggest ethylene producers in the refrigerator, will last two months or more.

Eating fresh instead of canned produce will help lessen salt intake, since salt is often an additive to canned goods. A fresh salad is more appealing than a serving of canned green beans and will be more appealing to a waning appetite. Now seniors can shop just once every seven to 10 days and save at least \$5 a week in produce that does not end up in the trash can. The suggested retail is \$3.99 per disk. The disks are available by visiting www.dennegreenlife.com or by calling (800) 392-6762 (U.S. only).



Women across the country share many similar bonds, whether they are career goals, family decisions or lifestyle preferences. Women also share physiological events, like menstruation, childbirth and menopause. While menstruation and childbirth often are discussed with women in great detail, the topic of menopause can remain a mystery. An uninformed woman may become intimidated and unsure about the changes that she is experiencing within her body. Much as puberty is a time of uncertainty for adolescents, menopause can produce similar feelings in women ages 40 to 50.

In order to better understand the changes associated with menopause, consult these guidelines excerpted from "Dr. Miriam Stoppard: Natural

Menopause" (DK), by Miriam Stoppard.

What is Menopause?

As the supply of eggs in the ovaries dwindles, estrogen and progesterone levels fluctuate and begin to decline, resulting in the end of menstruation. Menopausal symptoms largely are caused by the suddenness of estrogen withdrawal. Many women experience few or no symptoms while others may feel incapacitated.

Menopause Timetable

There are three distinct stages of menopause: premenopause, perimenopause and postmenopause.

- **Premenopause** — Refers to the time after the age of 40 when menstrual periods may become irregular and sometimes heavy, and the symptoms of menopause start to emerge.
- **Perimenopause** — Stage lasting several years when physical changes are noticed and when hot flashes may start.
- **Postmenopause** — This peri-

od overlaps with the end of the perimenopausal stage and will extend into the years that follow. It lasts until the end of a woman's life.

• **Menopause** — This has precise meaning — menopause is the final menstrual period, or when a woman has not experienced a period for 12 months. It is impossible to know that menopause has been experienced until a woman has spent 12 months without a period.

Range Of Symptoms

The list of menopause symptoms is long, yet no woman experiences the whole range, and many women will have none. Here are some of the common symptoms.

• **Hot flashes** are experienced by more than 85 percent of menopausal women, although both their frequency and severity can vary greatly from person to person.

During a hot flash, a woman can perspire so profusely that perspiration runs down her face,

neck and back. In rare cases, a woman actually faints during a hot flash.

• **Night sweats** are the nighttime equivalent of hot flashes, where a woman wakes up hot and drenched in perspiration. Sleeplessness in menopausal women nearly always is linked to night sweats.

• **Vaginal and urinary symptoms** are common, yet only a few women consult their doctor about them. Urinary symptoms include urinary discomfort and frequent and urgent urination. Vaginal symptoms include dryness and itching.

• **Muscle and joint symptoms** can be a result of disintegrating collagen. Muscles lose their bulk, strength and coordination, and joints become stiff. Muscles are more prone to soreness and stiffness after exercise, and joints may swell so that their mobility becomes restricted.

While menopause is a natural stage in a woman's life, diet and exercise can make the transition easier.

Healthy living for women begins with safety and awareness

"I never thought it would happen to me." The phrase can apply to a wide range of situations, but in most cases it refers to something emotionally traumatic or even life-threatening like a physical attack or robbery. It is foolish to think that you are immune to many of the crimes broadcast on the evening news. The wise woman will learn how to protect herself against the risk of attack by mastering self-defense techniques or just learning how to be "street smart," according to experts at the National Self-Defense Institute (NSDI).

Following are some important tips from NSDI to maximize your safety potential in common situations from the program SAFE (Self-defense Awareness & Familiarization Exchange).

Home Sweet Home

- Install a peep hole in your door — and use it.
- Light your yard or garden well so that criminals will have no dark places to hide.
- When you move into a new home, change your locks immediately.

- If possible, vary the times you leave and return home.
- Consider a dog; he could be a better friend than a diamond.

While Shopping

- Go early. Avoid being the last person out of the store so you won't be returning to a dark, empty parking lot.
- Keep your hands free. Instead of loading up with a pile of packages, have things delivered.
- Window shopping? Use the glass as an opportunity to look at the reflection of what is around you.

On The Road

- Plan your route, and know safe-stopping places.
- Never, ever, ever, give a stranger a lift.
- Don't get out of the car if you've been "bumped" in an auto accident — it might not have been so accidental.
- Try to park in well-lit, busy parking lots.

- When approaching your car, have your door key ready in hand and scan the area.



Self-defense and safety awareness are important issues for a woman to heed.

Heritage at Longwood invites you to



Celebrate
Our First Birthday!

Heritage at Longwood Assisted Living Community is one year old!

The gifts are on us! That's right! For a limited time, reserve your gracious suite at Heritage at Longwood and we'll give you \$300 off the regular monthly rate for a full year. That's a gift worth over \$3,000. You can't afford to miss it! Drop by for a tour or call now for more information: (407) 265-9100.

Happy birthday to us!



Heritage at Longwood
Genesis ElderCare® Network

Assisted Living Community

342 S. Wayman Street, Longwood, FL 32750

407-265-9100

MEN'S HEALTH

Many doctors urge caution in using alternative drugs to treat prostate cancer

The use of alternative medicine for the treatment of prostate cancer has sparked lively debate among cancer specialists.

"There have been so many claims made by drug companies, health professionals and patients, that when it comes to alternative medicine, it's hard to separate fact from fiction," says E. David Crawford, MD, Professor of Surgery/Radiation Oncology at the University of Colorado Health Sciences Center.

More People Seeking Alternatives

One fact is clear: The use of alternative therapies has been increasing every year. This is understandable when you consider that almost 200,000 men in the United States were diagnosed with prostate cancer last year, and more than 30,000 men died from it.

According to a recent survey of patients who had been diagnosed with prostate cancer, 80 percent had tried some form of alternative medicine.

One alternative therapy in particular that has sparked recent debate among prostate cancer specialists is PC-SPES, a nutritional supplement composed of eight Chinese herbs.

The PC-SPES Controversy

PC-SPES appears to reduce prostate-specific antigen (PSA) levels in men with hormone-sensitive

cancer. However, as it is an herbal supplement, the FDA has no power to regulate its use and it is therefore not held to the same rigorous testing and manufacturing laws as conventional medications. Consequently, experts do not know exactly what the benefits or the long-term effects of this supplement may be.

Adding to the controversy is the fact that for more than 10 years, physicians have successfully prescribed FDA-approved hormonal therapy for the treatment of prostate cancer. Hormonal therapy, which is clinically proven, lowers testosterone levels and can prevent tumor growth and further spread of the cancer.

PC-SPES can also have side effects including blood clots in the legs or lungs, decreased libido, erectile dysfunction and breast enlargement in men. In addition, because over-the-counter herbal remedies are rarely covered by insurance plans, patients can end up paying almost \$500 per month while on PC-SPES.

As there is no known cure for advanced prostate cancer, it is not surprising some patients look to non-traditional means to combat this disease.

Experts, however, urge patients to keep their physicians well informed of the alternative therapies they are using as well as any side effects they are experiencing.

Men: Take action now to prevent common cancers

When it comes to caring for their health, many men opt for the "grin and bear it" form of treatment.

Women, on average visit family physicians about 150 percent as often as men which is why their health problems are often detected and treated long before men ever become aware of theirs.

The tides are however are changing, as more men are giving up the "macho ethic" and taking control of their health in order to live long, active and productive lives.

Cancer is a disease that can strike just about everyone, but men in particular are at risk for testicular and prostate cancer, two common cancers that have received much more recognition due to high-profile celebrities announcing their battles with the diseases.

Joe Torre, manager of the New York Yankees baseball team publically shared his prostate cancer story and had fans cheering on his recovery, while comedian and MTV star Tom Green discussed his treatment for testicular cancer and even aired his doctor visits and operation on his popular "Tom Green Show" for millions of viewers.

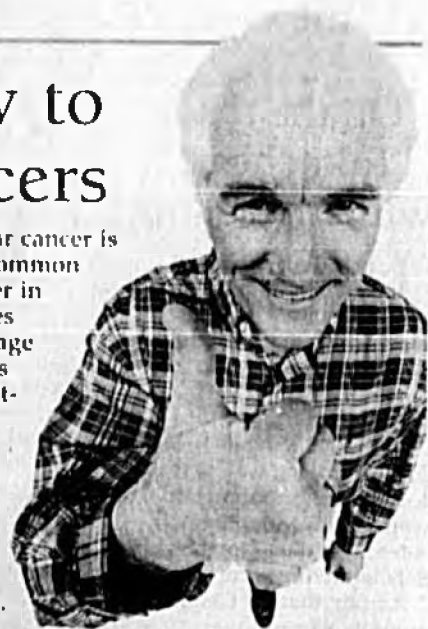
Men can help avoid testicular and prostate cancer by doing self screenings. Here's more information, courtesy of the "Men's Maintenance Manual" from the editors of Men's Health magazine.

Testicular cancer is the most common solid cancer in white males under the age of 35 and is highly treatable if caught early. Self-examination can determine if lumps are present. Examining yourself takes only three simple steps which can be performed while showering. To learn how, call (800) 955-2002 or visit www.nmhw.org.

Prostate cancer is second only to lung cancer as the leading cause of death in American men.

You can cut your risk by:

- Watching what you eat by cutting back on red meat and fat.
- Working up a sweat. Exercise is a proven way to reduce your risk.
- Getting checked by your doctor who can determine if you need a Prostate-Specific Antigen (PSA) test.



BODY! VOLUME! MOVEMENT! WAVE!
ZOTO
 "GET TEXTURE" PERMS
\$35 INCLUDES CUT, CONDITION & STYLE

"Every Day" Curl & Go Perm \$29.95 Incl. Shampoo & cut
Highlights, Folds, Tints & Gels \$25.00 And Up!
1 Month Unlimited Tanning \$25.00 Regularly \$40.00

Betty Anne's Hairstyling
 110 E. First St., Sanford
 (407) 322-4913

HAIRCUTS STILL \$8.00

BRISSON FUNERAL HOME
 Seminole County's Most Experienced Funeral Home

A Combined Total Of 143 Years of Caring Service

FULFILLING YOUR FUNERAL AND CREMATION NEEDS LOCALLY AND WORLDWIDE

905 Laurel Ave., Sanford
 (407) 322-2131

The Liquor Store
 THE LUCKY LOTTERY STORE
WE CASH CHECKS!

Money Orders 39¢

Budweiser, Coors Light, Miller Lite 12 oz. can	\$14.99
Natural Light Schlitz Bull 16 oz. 6 pk.	\$2.99
Corona Becks Bottles 12 Pack	\$10.29
Heineken 6 Pack	\$5.69
Michelob 12 Pack	\$7.99

1303 SANFORD AVE. (13th & SANFORD AVE.)
 SANFORD, FL (407) 302-7857

Carpet & Tile
OLE TOWN

DON'T BUY CARPET UNTIL YOU READ THIS!

5 Reasons To Visit Ole Town Carpet

- Proud Member BBB (References Provided)
- Family Owned, Personalized Service
- Low Overhead = Low Prices
- 40 Years Flooring & Decorating Experience
- Drive A Little Save A Lot

REMNANT CLOSE-OUTS up to 50% Off

SEEING IS BELIEVING - STOP BY - FREE CARPET MATS

AUTO LOCKING LAMINATE FLOORING \$2.49 S.F.
 Commercial Rated Solid Vinyl Wood Pattern Royal Plank Reg. \$3.99 S.F.

BERBER BY CABIN CRAFT 99¢ S.F. (\$8.91 S.Y.)

NYLON PUSHERS STARTING AT 69¢ S.F. (\$6.21 S.Y.) BELIEVE IT!

ADD 59¢ S.F. FOR INSTALLATION WITH HEAVY CUSHIONS

FINE RICH TEXTURE SAXONY BY CABIN CRAFT MEDIUM GRADE 99¢ S.F. (\$8.91 S.Y.)

HEAVY GRADE \$1.19 S.F. (\$10.71 S.Y.)

DENSE BRAIDED STYLE IN-DOT CARPET 69¢ S.F.

COMMERCIAL GRADE VINYL OR CERAMIC TILE 99¢ S.F.

90 Days Same As Cash Or Up To 36 Months Financing Layaway Available
 2710 Hwy. 17-92 at 417 Beltway (New Greenway) in Sanford, 1 Blok. S. of 27th St. (Taco Bell)
(407) 324-4412

WE'RE GOING TO SEND YOU UP THE RIVER WITHOUT A PADDLE!
 (But at least we'll feed you!)

Enjoy a taste of Historic St. Johns Cruising.
LUNCH CRUISES DAILY
DINNER CRUISES FRIDAY & SATURDAY
 Live Entertainment

Come Experience Our Exciting New Summer Menu

\$6.00 Off PER PERSON
 ANY SEMINOLE OR VOLUSIA COUNTY RESIDENT
 Must Present Coupon For Discount. Does Not Include Holidays or Any Other Specials. Not Valid With Other Offers or Coupons. Expires 6/20/01.

RIVERSHIP ROMANCE

All Meals Prepared Fresh On Board • Climate Controlled Comfort
 Located In Historic Sanford on the Historic St. Johns River
 433 N. Palmetto Avenue, Sanford, FL 32771

Information / Reservations
 800-423-7401 407-321-5091 FAX 407-330-7043
www.rivershipromance.com
 Minutes from I-4, Exit 51

Have You Been Involved In An Auto Accident?

FREE AUTO ACCIDENT Dinner Seminar
 GET ANSWERS ABOUT YOUR INJURIES NOW!

Topics reveal information insurance companies may not want you to know. If you've been hurt it may be weeks or months before pain appears.

TUESDAY, AUGUST 7, 2001
 6:00 to 9:00 PM

Buck's Seafood, Sanford Ave. & 13th St.

By Reservation only
(407) 321-7500
 Sponsored By
FIRST HEALTH CHIROPRACTIC
 3801 W. LAKE MARY BLVD. • SUITE 131
 LAKE MARY, FL 32746

FOR A FREE REPORT 1-800-962-9258

The patient and any other person responsible for payment have the right to refuse to pay, cancel payment, or be reimbursed for payment for any other service, examination or treatment with is performed as a result of and within 72 hours of responding to advertisement for the free or discounted fee or reduced fee service, examination or treatment.

SENIOR LIFESTYLE

On the road: Take 'heart' while traveling

Long-distance travel can be tough on the body, especially if you have to sit nearly motionless for hours on an airplane.

Bernard Gersh, M.D., editor-in-chief of the "Mayo Clinic Heart Book — Second Edition" says travelers can do some helpful things to keep from developing potentially dangerous blood clots while traveling.

Among the tips Gersh suggests are:

- Wear comfortable, loose clothing and sensible shoes.

- Frequently stretch your legs, even while sitting.

- Do not cross your legs.

- Regularly squeeze and release the muscles of your stomach and buttocks.

- Peri-odically take slow, deep breaths.

- Get out of your seat and walk the aisle at least once an hour.

- Avoid alcohol.

- Take aspirin if it's safe and appropriate for you.

- If you've had problems in the past, wear elastic support stockings.

- Stay hydrated. Drink at least one glass or bottle of water each hour. By drinking water, you also will need to get up to urinate, which is good for your leg veins.

Keep your teeth in your mouth (not in a glass)

If you're among the 40 million baby boomers hovering somewhere around age 50, you may have noticed that a few things — like your eyesight or memory — aren't working the way they used to. While changes like these are inevitable, there's another change that may be preventable: the loss of your teeth. From early to middle adulthood, many of us experience little-to-no tooth decay and, consequently, our oral hygiene may become lax. (When was your last visit to the dentist?)

However, the reality is that once you turn 50, tooth decay can once again become a problem. Gum-line and interproximal (between the teeth) cavities begin to eat away at your teeth and, left unchecked, this decay can lead to tooth loss and even dentures. In fact, 40 percent of people age 65 or older have lost most, if not all of their teeth. As the average life span increases, so does the likelihood of outliving your teeth. Fortunately, today we have better preventative measures than our parents did and new technology to help ward off tooth decay.

According to Lawrence Wolinsky, Ph.D., D.M.D., director of clinical research at the UCLA School of Dentistry, "Consistent oral hygiene is still the best way to prevent cavities. Many of the technological advances in the dental office involve bet-

ter ways to repair teeth that have already been damaged, but prevention of that damage in the first place can really be affected by the patient."

Wolinsky offers these suggestions to people who want to prevent adult tooth decay:

Brush at least twice a day. In general, most people should use a soft-bristle toothbrush and a fluoride toothpaste that helps "re-mineralize" tooth enamel by replacing lost minerals, making enamel stronger and reversing early-stage tooth decay. New research in the area of cavity prevention has led to the development of Enamelon Anti-Cavity Fluoride Toothpaste, which helps promote the re-mineralization process by providing fluoride together with calcium and phosphate, the building blocks of tooth enamel. Wolinsky, who has been actively involved in the research on Enamelon, has been pleased with the results he has seen to date.

Floss every day. Flossing is probably the best way to keep gums healthy and help prevent cavities between teeth. Gently move the floss back and forth on both sides of each tooth including the back side of your last molars. If your teeth are very close together, try using a waxed or "shred-proof" floss.

See your dentist twice a year. Even if you're lucky enough not to have receding gums, sensitivity or periodontal disease, your dentist still should be monitoring you for cavities, particularly at the gum line and in



Prevention and early detection are your best bets for keeping strong, healthy teeth throughout your lifetime.

between teeth. A friendly reminder from Wolinsky: "Prevention and early detection are your best bets for keeping strong, healthy teeth throughout your lifetime. Be sure to do your part."

Turn back the clock with low-impact fitness

Research shows that a regular water exercise program can slow down and even turn back the aging clock, allowing physically active adults to perform like someone much younger than their years. Aquajogging is low-impact, easy to learn and offers a multitude of health benefits.

- **Total body conditioning** — Deep-water workouts offer the cardiovascular conditioning of aerobics, the strength training of lifting weights and the stretching benefits of yoga — all in one 30-minute workout.

- **Tune up** — Joint-friendly aquatic workouts improve flexibility, balance and response time, reducing the risk of injury and making everyday activities faster and easier.

- **Heart-healthy** — Water exercise has been proven to help normalize blood pressure and aid in the prevention of heart disease.

- **Boost brain power** — Water workouts sharpen a person's mental focus, helping seniors maintain and, in some cases, even improve memory.

People have more control of the aging process than they think

Although genetics plays a part, you may have more control over aging than you think. According to Dr. Diana Schwarzbein, what you eat and how you live can cause "accelerated-metabolic aging," a premature cellular breakdown that makes you look and feel much older than you really are.

In "The Schwarzbein Principle: The

Truth About Losing Weight, Being Healthy and Feeling Younger," endocrinologist Dr. Schwarzbein draws upon years of clinical research with diabetics. She emphasizes the need to understand the crucial role hormones and insulin play in determining weight and the aging process.

The principle also challenges that the

imbalance of the USDA Food Pyramid is the reason Americans are more overweight than ever. "An excess of man-made carbohydrates like breads, cereals and pasta, create insulin-resistance resulting in weight gain, while a diet too low in fat can actually make people overweight."

As a healthful alternative to the Food

Pyramid, "The Schwarzbein Square" was created as a visual guide to a more balanced way of eating. It includes bacon, eggs, butter, cream, lots of vegetables and natural carbohydrates. "Eating real foods," says Dr. Schwarzbein, "and keeping hormones balanced is the key to lasting weight-loss, preventing degenerative diseases and extending longevity."

Let's Go Crusin'

In Downtown Sanford!

Saturday - July 21st, 6 pm - 9 pm
★ ★ First Street - Sanford ★ ★
 CLASSIC CAR CRUISE & STREET PARTY!

Live D.J. WITH Oldies

- Eat • Dance
- Listen To Music

Over 100 Cars On Exhibit*

*Bring your classic car or restored vehicle. Everyone is welcome!

Sponsored By Sanford Main Street
 Call (407) 322-5600
 For More Information

Sanford, The Historic Heart Of Seminole County

You Gotta Have FRIENDS...

**And Exercise Programs,
 And Wellness Seminars,
 And Travel Opportunities,
 And Special Hospital Privileges,
 And So Much More...**

Join more than 300,000 individuals over the age of 50 who benefit from this national, not-for-profit wellness program which promotes healthy lifestyle changes through education, exercise programs, social events and health screenings. In addition, members are entitled to exclusive hospital privileges and discounts. Call the Central Florida Regional Hospital Sanford Senior Friends program at 321-4500, extension 5784.

NATIONAL ASSOCIATION OF
Senior FRIENDS

CENTRAL FLORIDA REGIONAL HOSPITAL • SANFORD CHAPTER

WHEN YOU CAN'T HEAR LIFE THE WAY IT REALLY IS. IT'S HARD TO BE A PART OF IT.

**R
E
C
A
P
T
U
R
E**



*...more lifelike communication with
the people that value you the most*

• NATURA 2 HEARING DEVICES.



Life never sounded so good.™

- NATURA 2 automatically reduces most unwanted background noises so you can communicate more clearly and comfortably in an situation. Its tiny digital microchip is programmed for your specific hearing loss.
- NATURA 2 is also available in virtually invisible Completely-in-the-Canal (CIC) models. In nationwide clinical studies.
- NATURA technology was preferred by wearers 6-to-1 over their own hearing aid. And it was featured in Parade Magazine's, "Medical Miracles in a Microchip."

So ask your AHT hearing care professional about NATURA 2 and reconnect with the people who need you.



Lisa H. Ballinger, MS/CCC-A, Audiologist and
George Berry, BC-HLS., L.A.H.S.

\$1000 OFF A PAIR OF NATURA 2 HEARING AIDS

HEAR NATURA 2 HERE

Hear the difference digital can make! Call for a complimentary appointment to find out more about NATURA 2. **407-328-4540**

DON'T MISS THIS EVENT!

JULY 22nd THRU JULY 31st

Lisa H. Ballinger MS/CCC - A Audiologist and George Berry BC - HIS L.H.A.S. will be in our office demonstrating NATURA 2, the digital breakthrough in hearing.

AHT HEARING AIDS 5268 West S.R. 46 - Lake Forest Village Shoppes, Sanford

The benefits of amplifications may vary among users. Hearing aids may not be appropriate for everyone with hearing loss.

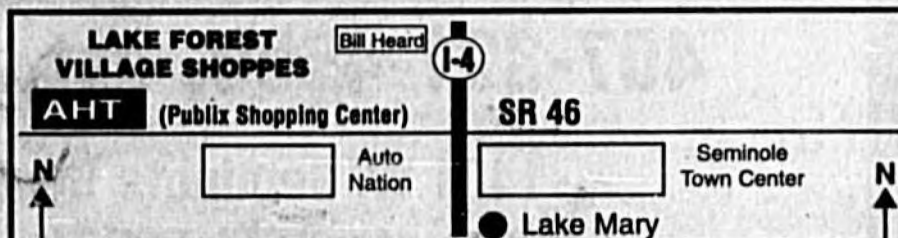
AHT HEARING AIDS

ACCURATE HEARING TECHNOLOGY, INC.

5628 West S.R. 46 - Lake Forest Village Shoppes, Sanford

407-328-4540

HOURS: Mon-Fri 9am-5pm Saturday by Appointment



SCIENCE & MEDICINE



Advances in cancer treatment

Ruth Call was looking for a treatment that would stop her disease. As cancer patients always are weighing treatment options, Call was not surprised when she read in a newspaper article that even cancer-stricken Jackie Onassis turned to complementary forms of therapy, hoping to find a cure.

One option Onassis might have considered, with which Call found success, is Controlled Amino Acid Treatment (CAAT). A nontoxic, scientifically supported bio-nutritional protocol, the treatment can be used in conjunction with chemotherapy/radiation or alone, or after conventional

treatments no longer are effective in diminishing the cancer.

The treatment prevents cancer cells from building new blood vessels (angiogenesis) and deprives them of the energy needed for growth (glycolysis), thereby starving the cancer cells to death without harming healthy cells.

Taken in the comfort of one's own home, CAAT consists of a specially formulated powder mix of amino acids, fruits and vegetables, small amounts of dairy and grain products, and vitamin and mineral supplements. What most appealed to Call, was hearing that her quality of life likely would improve because there

are no toxic side effects associated with CAAT.

Now six years later, Call remains cancer-free and lives her life every day as a gift. For more information or a free phone consultation for you or your doctor on how CAAT can help in treating metastatic or inoperable cancer, visit www.apjohn-cancerinstitute.org; write to the A.P. John Institute for Cancer Research, 67 Arch St., Greenwich, Conn. 06830; or call toll free (877) 661-2228. In Canada, call (203) 661-2571.

Did you know?

• African-Americans are twice as likely to die from stroke as whites. Four ways to reduce stroke risk: 1. Regular visits to your doctor. 2. Control your blood pressure. 3. Stop smoking. 4. Eat a diet low in fat and cholesterol. Brush your teeth.

Don't forget the three 'Rs': Learn the basics of medicine-chest safety

Remember the last time you cleaned out your medicine chest? If you're like most people, you probably don't. According to registered nurse Patricia Carroll, an award-winning author and founder of www.nursesnotebook.com, you should give your medicine chest the once-over at least every 12 months.

Remember the three "Rs" from school? Carroll says there are three "Rs" for your medicine chest, too:

- Remove all the items from your medicine chest.
- Review the expiration dates and discard any expired products.
- Restock with fresh supplies and

innovative products.

Check With Your HealthCare Provider

Before you restock, talk with your healthcare provider to see if there are any medicines you should avoid based on health conditions you have or prescription drugs you're taking. For example, Carroll notes, people taking anticoagulants (commonly called blood thinners) should check before taking anything containing aspirin.

Carroll says over-the-counter medicines are for short-term use. "If you have symptoms lasting more than a week,

check in with your healthcare provider to make sure you're not masking the symptoms of a potentially serious condition."

Special Rules For Prescriptions

Prescription medicines should be taken for the illness or injury for which they were prescribed and not kept in the medicine chest for self-treatment at another time. For example, Carroll emphasizes, "Even though you may feel better after a couple of days, it's essential to take every pill in an antibiotic prescription until they are all gone. It's the

only way you'll know you've completely cleared up the infection. Never save some for later."

Medicine Storage

Ironically, in some homes, medicines should not be kept in the medicine chest. Carroll notes, "It's not the best choice if the only medicine chest in the house is in the same bathroom with a busy shower. The constant moisture can cause medicines to break down prematurely. A cool, dry place that a child can't get to is best."

Covering the Basics

Here's a list of the basic products that

should be in all household medicine chests:

- Antihistamine (prescription or non-prescription)
- Pain reliever
- Stomach remedy for diarrhea, heartburn, upset stomach
- First aid supplies, including bandages, tape, antibiotic ointment, elastic wrap and an ice pack
- Sunscreen that blocks both UVA and UVB rays
- Insect repellent
- Alcohol and hydrogen peroxide
- Thermometer



WE WANT YOU FOR CENTRAL FLORIDA REGIONAL HOSPITAL VOLUNTEER AUXILIARY

Hospital volunteerism is a very rewarding and meaningful experience. Call us today for more information about sharing a few hours of your spare time helping others.



407-321-4500, ext. 5784

1401 W. Seminole Blvd.
Sanford, FL 32771

VOLUNTEERS RECEIVE...

- FREE meal for every 4-hour shift
- FREE Uniform
- FREE Quarterly Luncheon Meeting at Heathrow Country Club
- FREE ladies tote bag or men's cap