



SANFORD...6A
The Big Bad Wolf visits Idyllwilde Elementary



SPORTS...1B
Body builder
 LONGWOOD...2A
Talking trash

WEEKEND

INSIDE **SPRING CARNIVAL IN OVIEDO...8A**

IS WINTER SPRINGS MAYOR STILL IN OFFICE?...2A

Seminole Herald

Serving Sanford, Lake Mary, Longwood, Oviedo, Winter Springs and Seminole County since 1908

90th YEAR, No. 160

SUNDAY, APRIL 5, 1998

75 Cents

County Commissioner Win Adams, left, making his re-election bid, has signed on Commissioner Daryl McLain as his campaign manager. Adams' race against former Commissioner Carlton Henley promises to be interesting.



Adams enlists McLain as his re-election guru

By Russ White
 HERALD STAFF WRITER

SEMINOLE COUNTY - Win Adams needed to go no more than two doors down the hallway of the County Services Building to find himself a "re-election chairman."

County Commissioner Daryl McLain agreed Thursday to oversee Adams' campaign finance and fund-raising, communications, precinct organization and volunteer activities.

"I know this announcement will raise a few eyebrows," Adams said. "Daryl and I haven't always agreed on every

item before the board, and when we've disagreed, we've disagreed loudly. But I've never doubted Daryl's position or sincerity."

Adams said Friday that having McLain oversee his campaign will not violate the Florida Sunshine Law which prohibits elected officials talking in private about public business. "What we might talk about is our track records and that is already on record," Adams said.

McLain said his choice was clear - growth over gridlock. "Check the record. Look at

Please See Adams, Page 5A

Do toxic chemicals, schools mix?

Officials must decide if waste facility is proper neighbor for kids

By Shari Brodie
 HERALD FEATURE EDITOR

OVIEDO - In a flurry of activity prior to school board and county commission meetings on Tuesday, one commissioner and four school board members toured the Iron Bridge Water Reclamation Facility, which houses toxic chemicals and is located next to a proposed elementary and middle school site.

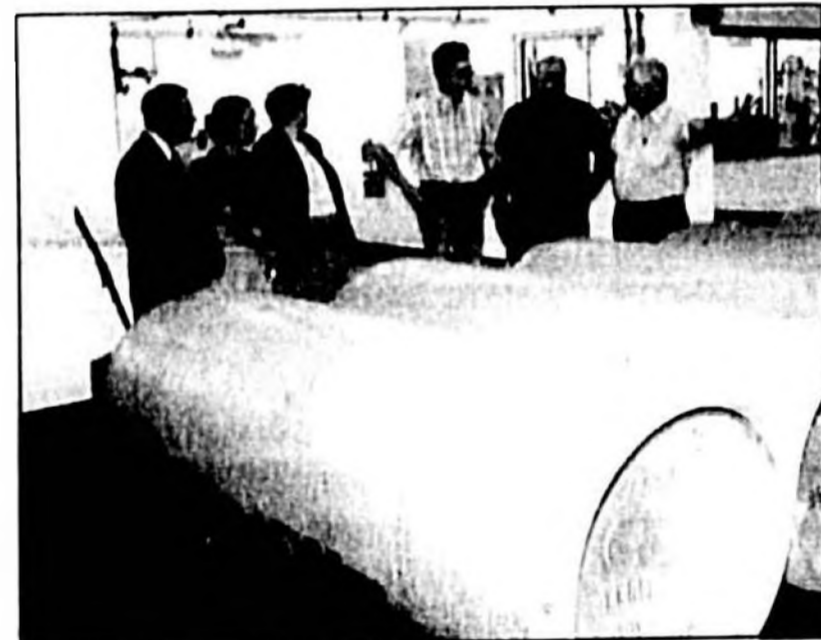
Commissioner Grant Maloy, who visited the site on Tuesday, said "From what I saw, I'm very uncomfortable with [2,300] students and 200 staff being next to the largest hazardous material site in the county."

Maloy toured the wastewater treatment plant with school board member Bob Goff. Deanne Kramer, executive director for facilities planning for the Seminole County School District, Chris Birkbak, project manager for the planning team and John Howell, an attorney.

School Board Chairman Barbara Kuhn saw the facility on Thursday and school board members Jeanne Morris and Sandy Robinson went to Iron Bridge on Friday.

The Iron Bridge facility is located in Maloy's commission district. Although still undecided, on Tuesday Maloy will make a recommendation, at the Board of County Commissioners meeting, on an appeal to overturn the decision of the county's Board of Adjustment, filed by Kramer. The BOA, on

Please See Schools, Page 5A



Above: The Iron Bridge site where toxic chemicals are stored. Left: Attorney John Howell, Chris Birkbak, school district project manager, Deanne Kramer, school district facilities executive director, County Commissioner Grant Maloy, Bob Goff, school board member and Steve Michelman, Iron Bridge chief operator, tour the facility that may be a neighbor to an elementary and a middle school in Oviedo.

Herald Photos by Tommy Vincent



Party of a Century

By Russ White
 HERALD STAFF WRITER

SANFORD - The Sunshine Lady of Sanford is having a birthday celebration on Saturday, April 11 at Bram Towers.

Call it the Party of a Century.

On Easter Sunday, Ruth Hamilton will be 100. What a marvelous day, one of her friends says, for Mrs. Hamilton to begin the newest year of her remarkable life.



Hamilton

More than 100 friends and neighbors are expected to celebrate at the Saturday party that begins at 5 p.m. and lasts as long as Ruth Hamilton wants it to last.

She has been a teacher, lecturer, radio commentator, and a member of the New Hampshire Legislature. She speaks a half dozen languages and enjoys reciting Twinkle, Twinkle Little Star in Latin.

She keeps nothing in her medicine cabinet than a couple of jars of Vicks Vapor Rub. She was never hospitalized until last December when she required surgery. She was up a day later and back at her Bram apartment within a week.

Please See Quips, Page 5A

Former county manager wants Sanford position

By Russ White
 HERALD STAFF WRITER

SANFORD - Former Seminole County Manager Ron Rabun, a resident of Lake Mary, has applied for the job as city manager of Sanford.

"I believe that the strength of my application is enhanced by my past service as county manager of Seminole County," Rabun wrote in a cover letter to Sanford Mayor Larry Dale.

"This experience," Rabun said, "would allow me to coordinate more quickly and effectively with the county on any number of relevant issues, including neighborhood and downtown revitalization."

"My contacts with the county, other cities, regional agencies and citizens are current, of high quality

and should serve to shorten the learning curve" if I were appointed to this position."

Sanford received 135 applications for the manager's job which will be open when Bill Simmons leaves late this summer. Rabun's included a list of 37 references, among them Gary Kaiser, his successor as county manager.

"When he was county manager, I reported to Ron and he was always supportive of my efforts," said Kaiser, who was public safety director before becoming acting county manager.

Rabun was county manager from March 1991 to October 1996 when he resigned in a swirl of controversy over the county's Land Acquisition and Roads divisions. Investigations by the FDLE and FBI continue almost a year and a half



Ron Rabun in 1992

later.

In 1997, Rabun was hired as an interim city manager in Fayetteville, N.C., a city of 123,000. He completed his duties there on Dec.

1, 1997. He also served in 1997 as interim Director of Public Works in Leesburg, FL and with Florida Innovation Group in Tampa.

Rabun's previous positions included being city manager in Clearwater for three years, city manager of Camilla, Ga., for two years and county administrator of Manatee County for more than two years. He has a master's in Public Administration from the University of Georgia.

In his cover letter to Dale, Rabun cited the fact that while he was a "catalyst for change in his previous employment, I have often been credited with good communication and consensus building skills that have served to enhance both the image and the output of govern-

Please See Rabun, Page 5A

Progress and growth top airport agenda

By Nick Pfeiffauf
 HERALD STAFF WRITER

SANFORD - Tuesday's meeting of the Sanford Airport Authority could be billed as a pep rally. Several matters pertaining to growth and progress are scheduled on the agenda.

One of the first items on the agenda is a report from Jerry Roth, president of Hill Dermaceuticals, Inc., one of the major tenants in the airport's Industrial Park.

Aviation Director Steve Cooke said Hill Dermaceuticals plans to announce an expansion of the facility by an additional 10,000 square feet, and new hires which may eventually double the employees.

"Another growth matter will be consideration of a 21,000 square foot lease to TBI, Inc., at our new Air Cargo Center," Cooke said. The Air Cargo Center is presently under construction

Please See Airport, Page 5A

International Building Safety Week



Celebrating International Building Safety Week, which recognizes that codes must be effectively enforced when dealing with where people live, work and play, are City of Casselberry Mayor Bruce Pronovost (left) and Building Official John Jackson. See story on page 2A.

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Winter Springs mayor keeps his job, attorney quits

By Tony Tizzio
HERALD CORRESPONDENT

WINTER SPRINGS - Mayor Paul Partyka will keep his job but the city attorney has quit, after the mayor tried to fire the attorney and was himself a target for removal.

The city attorney interpreted in Partyka's favor a statute that calls for the removal from office of officials challenging the city in court.

The special meeting and work session was called this past week for the city attorney to investigate Section 4(8) of the City Charter as it

relates to Ordinance 585. Commissioner Michael Blake had relied on the ordinance in his bid to remove Partyka from office after the mayor filed court papers challenging the city in a dispute over firing the city attorney, Frank Kruppenbacher. Partyka wanted Kruppenbacher fired, but Deputy Mayor Cindy Gennell said the city charter precluded the mayor's doing that without commission approval.

Ordinance 585 says: "Providing for the automatic removal from the City Commission, or any City Commission approved board, of any member thereof who is a member of the Board

of Directors, or of an organization or group, that has voted to, or has filed a claim against, the City of Winter Springs, Florida, providing for conflicts, severability and for an effective date.

Kruppenbacher's associate, Bob Guthrie, was asked to review the charter and the ordinance and rule on whether Partyka, by filing in court for an opinion on firing the attorneys, had violated the statute and could himself be removed from office.

Guthrie and Kruppenbacher conferred and concluded that the ordinance does not apply to the mayor or his office since the mayor's offer is not mentioned. It could, however, apply to

other offices.

Although Commissioner David McLeod suggested the ordinance needs to be rewritten, the commission voted to accept the attorneys' findings.

Attorney Bob Guthrie then read a statement citing that after a meeting with Kruppenbacher, the firm would resign from representing the city.

Gennell suggested that the city needs to define everything it wants in a new attorney before it advertises for one.

"Help me out here. You are in an appointed office until replaced," Gennell told Guthrie. Guthrie answered "Yes."

Longwood to pick garbage hauler

By Vicki Belluccia
HERALD STAFF WRITER

LONGWOOD - Something stinks in Longwood, City Commissioner Paul Lovestrand says.

And the smell is coming from some of those bidding for the right to collect garbage from the residents in the city, he contends.

Longwood is in the process of selecting a new company to provide solid waste removal and recycling services for the city. Bids went out recently and five companies responded with amounts ranging from \$10.71 per month per household to \$13.05 per month per household.

The lowest bidder was Florida Recycling Services, represented by Sid Vilhen, Jr. The next closest competitor was Jennings Environmental Services, which proposed to charge households \$10.99 per month for the same services.

The only difference in the bids was that Jennings offered to keep their bid price constant over the five years of the original contract and then to extend the price if the city exercised its option over the next five years.

Purchasing manager Rhonda Ledford saw the inconsistency and contacted Florida Recycling for a "clarification" on the point of the extended guarantee of the price.

Lovestrand believes that call "contaminated" the bid process by giving Florida Recycling a second chance in the bid process where the final decision of the board is not based solely on the low price.

Ledford did not return telephone calls regarding her handling of the bid.

Lovestrand said she did not offer the same second chance to those other bidders. That, he said, gave Florida Recycling an unfair advantage.

"They did not originally state they would guarantee the price over the 10 years of the contract," Lovestrand said. "She gave them the chance to strengthen their position. Calling them for clarification should have been something the commission should have done if they wanted."

A representative of Ledford's office said that she consulted with the city attorney before making the decision to clarify the bid and was told that it was legal to do so.

Lovestrand said he is also "disgusted" by a letter written by Vilhen to Ledford in which he offers to give a tour of Florida Recycling facilities in Pittsburgh, Indiana, Atlanta, Birmingham and Daytona Beach. Ledford distributed the letter to city commissioners in their agenda packets this week.

Oops!

An incomplete version of Friday's front page story "A new plan to boost business?" was inadvertently run. For a more in-depth look at Doug Forner's Benefit Sharing Initiative, please see Business, Page 4B.

The Winter Springs city attorney was misidentified in a Page 1 story that ran last weekend. Although Frank Kruppenbacher is the attorney of record, his associate Bob Guthrie was present at the meeting. For an update on Winter Springs politics, see the related story on this page.

In a Page 1 story Friday, in which Lake Mary passed a resolution to ask Sanford for one position on the airport governing board, the vote was correctly reported 3-2 in favor of the resolution, but one supporter and one dissenter were misidentified. Commissioner Al Crump voted against and Commissioner George Duryea voted for the resolution.

"I interpret that as an offer to wine and dine us," Lovestrand said. "And I think that, if it's true, it is disgusting."

Vilhen did not return calls to his office regarding the matter. "I can't say that it's illegal to make that offer," Lovestrand said. "He did say that he would sponsor and pay for the tours, if appropriate, but I still think

it's disgusting if it's true."

The Longwood City Commission will award the contract for residential waste collection to one of the companies during its meeting at 7 p.m. Monday.

Though it is currently part of the consent agenda, Lovestrand said he will remove the item for discussion prior to the vote.

Annexation: The expanding city

By Nick Pfeiauf
HERALD STAFF WRITER

LONGWOOD - The city of Longwood is rapidly growing in size. The agenda for Monday night's Longwood City Commission meeting includes not 1 or 2, but 5 separate ordinances pertaining to annexation.

One, Ordinance 97-1328 has been tabled since Oct. 20 of last year. It would annex certain land located at the northeast corner of Lake Emma Road and the city limits. The

land would be adjacent to the city limits of Lake Mary.

Other ordinances, all on first reading, would annex land at the northeast corner of Dog Track Road and CR-427, the north end of Harbour Isle Way between Rock Lake and Mid Lake, property at 5-07 S. East Street, and 515 S. East Street.

The city is also looking into the creation of a new zoning district which would be titled "Residential Estate."



China King Buffet

2506 S. French Ave., Sanford
323-6166

OWNERS

Dear Valued Customers,

Due to recent coverage on WFTV Channel 9, we are compelled to inform you that several important facts have been missing in the reports:

1. The points in the survey of the restaurants were taken from the past two and half year's records. China King has been under our management for only two years. The points accumulated during the 6 month period before acquisition were not mismanaged by Hun Lung Inc.

2. During two years of management, we have maintained notable cleanliness in our premise. We have complied and rectified every citation and have not failed to do so.

We thank you for your patronage, and assure you that we will zealously maintain to cater quality food at an affordable price and pleasant dining environment for your enjoyment.

The management of China King

CUSTOMERS

To Whom it may concern:

My wife and I have been coming to China King for years. We have had very good service and food from this restaurant. I can say the food has been of the the highest quality.

Prices and service are the best in this area.

Jerry L. Corneil, Sue Ann Corneil
Sanford, FL

March 5, 1998

I have been coming to China King for the past two years and have never had any negative experiences. The food is excellent, well prepared, and a vast selection is offered. It definitely is one of the best values in Central Florida. On three different occasions I have seen the "negative" reports and they seem to be in accord with the current "media mania" which seems to continue to "Beat A Dead Horse". There are some very serious infractions being committed on a regular basis with about every "fast food" franchise, but due to political affiliations these go unreported due to their influence. China King should not be "singled out," for any reason. I will continue to come here and and bring my international friends.

David Goodpaster,
Casselberry, FL

To Whom It May Concern,

I am a frequent regular customer of China King Buffet. I

find the food here delicious. The atmosphere and service very enjoyable and the prices are the best in town. I've been a regular customer here since I moved from New York 2 years ago.

Donald C. Pritchett, Jr.
Sanford, FL

To Whom It May Concern,

I have been a resident of Sanford since the 60's. I have never had anything but excellent food and service at China King, and I frequent this restaurant quite often.

Jim Brogdon
Sanford, FL

To Whom It May Concern,

We have been eating here for the last several years, and have found the food to be excellent.

In our opinion the restaurant is always clean and sanitary, and the employees are efficient and courteous.

We love this place and we will continue to dine here, as the food is excellent and reasonable and we eat here at least twice a week.

Mary F. Conway, W.M. Conway, Marty Lee Conway
Sanford, FL
William Conway,
Clermont, FL

EMPLOYEES

To Whom It May Concern,

We have been employed at China King Buffet for 4 1/2 and 5 years and would like to inform you that some of your Action News reports are totally untrue. You state that M. Lam closed a business because of Health Violations and re-opened here. China King has been open for 5 years and Mr. Lam only took over management 2 years and 3 months ago. You also report we have had filthy conditions and health violations in the past 2 1/2 years. We have been here for all our inspections and the only violations we've had were before Mr. Lam took over.

Maybe we've had warning of a utensil being placed in a sink if shouldn't have been in or pest control problems which every restaurant has especially in Florida, but Mr. Lam is always quick to correct any problem we have and has done so all along. Why don't you put that in your report?

On your web site you show 18 other restaurants with many violations however you only show Bamboo Cafe' and China King on film, both Chinese Restaurants. Could that be discrimination? Also the way you show on your commercials the kitchen of Bamboo Cafe' and then our sign gives the impression that is our kitchen and it is not.

We understand you have a job to do and respect that fact but we also have jobs and if our customers believe your reports we will no longer be able to make a living.

We eat at China King almost every day as do our family and friends. Obviously if our restaurant was as dirty as you report neither us or our families would eat here.

We can also assure you we would not be writing you this letter with our signatures if we thought it would backfire.

As frequent viewers of Channel 9 we are very discouraged by the way this story was handled and wonder if the news we rely on every day is only half of the story as this one is.

Please know this letter is to tell you our side of the story as employees that want to get the story straight.

Sincerely,

Diara Wagon
Hiso Mollay
Bar Supervisors
China King Buffet
[Signature]

You may be late for a very important date

From Staff Reports

Daylight Savings Time (DST) is here again. Spring forward, fall back is a common phrase and one which is to be taken to heart early this Sunday morning. Under DST, 2 a.m. Sunday, April 5 becomes 3 a.m. It is suggested clocks be changed before retiring for the night Saturday. The national time change, effective in most states except where exemptions have been enacted, was approved by Congress in 1966, amended in 1986. It will continue until Oct. 25, when the clocks are to be changed back to regular time. While some people object to the changes, it has been enacted to afford one hour of additional daylight in the evening hours.

State Fire Marshal and Insurance Commissioner Bill Nelson is reminding Floridians to check their smoke detector batteries when they change their clocks this weekend.

In 1996 148 fire fatalities were reported to the State Fire Marshal's office. A working smoke detector gives people a fighting chance when seconds count," Nelson said. "Don't forget to change your batteries when you move your clocks ahead this weekend."

Last October, Nelson launched Operation FireSafe, a program that distributed 50,000 RadioShack smoke detectors, with batteries included, free to families statewide. Under the program more than 200 local fire and health departments distributed and installed alarms to residents who were unable to afford or install detectors themselves.

For more information on Operation FireSafe contact the Department of Insurance Consumer Helpline. The toll-free number is 1-800-342-2762.

Issuing Lake Mary's report card

By John Litton
Lake Mary City Manager
SPECIAL TO THE HERALD

LAKE MARY - The City of Lake Mary is continuing to experience unprecedented growth rates in new commercial and residential construction. During Fiscal Year 1997 alone, which ended last October, the City approved for occupancy some 250 new homes and almost 1.2 million square feet of commercial office/retail. When combined, this new construction represents more than \$122 million in added value.

The bulk of the commercial growth is centered in three main developments with regional impact including Heathrow International Business Center, Northpoint and Primera. Also, Siemens - which consists of 146.8 acres - has recently started through the beginning phases of the DRP process. However, even with all this additional commercial office space, very little is being built for speculation purposes. In other words, almost all is leased prior to being built. In addition, the City has under construction - or recently opened - four hotels totaling some 464 rooms. They include Hilton Garden Inn, Homewood Suites, La Quinta Inn, Mainstay Suites and one additional hotel which is approved, but yet not under construction. Lake Mary will soon be home to WKCF TV Channel 18, which will be located on West Skyline Drive. That 17,000 square foot facility is also currently under construction.

Single family residential is also a hot item in the City with the bulk of the homes being built in four major subdivisions including Manderley, Huntington Pointe, Woodbridge Lakes and Timacuan. There are many other locations including individual lots, as well as existing subdivisions, where buildout is taking place. Lake Mary as well is proud to be the home of Golfview Apartments which consists of 276 luxury units off of Rinehart Road.

Some may say our growth - which includes such corporations as AT&T, BellSouth Mobility, HTE Software and Har-

vest Life to name a few - is dictated by the City's physical location. However, most know that while certainly that is a factor, our proactive style in insisting on quality development is paramount. We have nationally recognized developers such as Pizzutti, Crescent Resources, and Weeks Corporation, actively involved in our community. We also have other major operations moving and/or relocating to Lake Mary such as the Florida Power Customer Service Center, which will be coming out of the ground shortly. In addition, many of our long-time corporate citizens are adding additional office/warehousing space include A.G. Mauro, Direct Marketing Resources, Recoton and Strang Communications to name just a few. Also, let us not forget that many of the employees at all levels of these businesses live in our community.

With all that is happening in Lake Mary, our focus is not only on bricks and mortar, but infrastructure. Specifically, we are currently in the process of widening Rinehart Road to accommodate the ever-increasing traffic volumes.

However, Rinehart will not just be another roadway because of foresight and planning. The southeast corner located at the Lake Mary Boulevard intersection will serve as a Gateway to our community. In addition, it will serve as a trail head for the Florida Rails to Trails Program since the City, in cooperation with

Seminole County, had a vision to install this amenity with the roadway construction to accommodate bikers, rollerbladers, joggers and yes, those who might just be interested in a leisurely walk. The planned median enhancements will serve as a continuation of the Lake Mary Boulevard Beautification Project which draws accolades from around the country. Lake Mary has always viewed the costs associated with aesthetics as an investment returned many times over to-and within-the entire community.

Lake Mary is finalizing plans for its new police/fire stations to better serve the needs of our community. The City is also actively seeking property for a second fire station which will

Please See Litton, Page 5A



John Litton

WEATHER

LOCAL FORECAST

Today: Partly cloudy. Highs in the mid-80s. Lows in the upper-50s. Sunday: Sunny. Highs in the mid-70s. Lows in the mid-50s. Monday: Sunny. Highs in the upper-70s. Lows in the low to mid-50s. Tuesday: Partly cloudy. Highs in the upper-70s. Lows in the upper-50s.

EXTENDED OUTLOOK

SATURDAY Pctly 84 58
SUNDAY Sunny 78 53
MONDAY Sunny 77 53
TUESDAY Pctly 78 57

TIDES

SATURDAY:
SOLUNAR TABLE: min. 11:50 a.m., maj. 5:40 a.m., min. p.m., maj. 6:10 p.m.
TIDES: Daytona Beach: high: 10:50 a.m., 2:19 p.m., low: 8:16 a.m., 8:30 p.m. New Smyrna Beach: high: 1:55 a.m., 2:24 p.m., low: 8:21 a.m., 8:35 p.m., Cocoa Beach: high: 2:10 a.m., 2:39 p.m., low: 8:36 a.m., 8:50 p.m.

BEACH CONDITIONS

Daytona Beach & New Smyrna Beach: Seas are 4-8 feet with a rough chop. Water temperature at Daytona is 66 degrees and at New Smyrna, 66 degrees. Winds are from the west at 20-25 m.p.h.

STATISTICS

The high temperature in Sanford Friday was N/A degrees and the overnight low was N/A.
Recorded rainfall for the period ending at 10 a.m., Saturday totaled 0.00 inch.
*Sunrise.....6:12 a.m.
*Sunset.....6:45 p.m.

LOTTERY

Here are the winning numbers selected on Friday in the Florida Lottery:
Fantasy 5
7-18-18-24-25
Lotto (March 28)
5-11-31-32-40-48



Play 4
6-9-0-8
Cash 3
5-9-6

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City plans for a safer tomorrow

From Staff Reports

CASSELBERRY - The City of Casselberry will be participating with other county and municipal governments in observing 1998 International Safety Week, April 5 - 11.

Observation of Building Safety Week began in 1980 to publicize and promote the use and understanding of construction and building codes and their administration by units of government.

This year, International Building Safety Week will reach beyond our borders to educate the world about the importance of building safety and effective code enforcement. The nation's model codes worldwide groups are gaining further international recognition and are contributing to the establishment of effective building codes worldwide.

During the week of April 5th, the City of Casselberry will be promoting the theme of International Building Safety Week, "For a Safer Tomorrow," with activities for all ages.

Building Official John Jackson said some of the activities will include a model dwelling showing framing, roof design and coverage, safety tips for every home and safety coloring books for children.

Jackson said the display will be located at Casselberry City Hall and may be seen during regular business hours.

More than 10 million people suffer from urinary incontinence. Unfortunately most

suffer in silence thinking there's nothing that can be done. But no

one has to endure this embarrassing condition. Florida

Hospital's continence program offers a non-surgi-

cal, drug-free method that has helped more than 80 percent of the

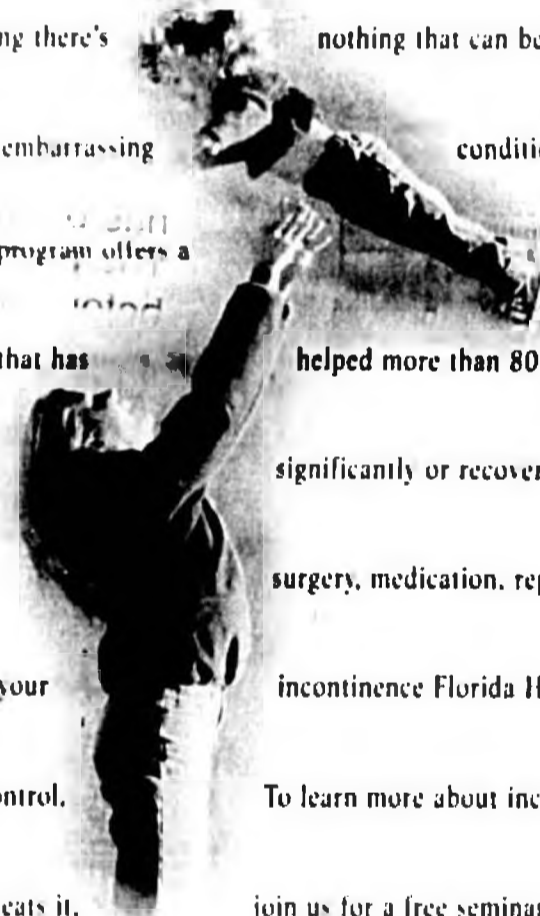
participants improve significantly or recover completely.

Whether pregnancy, surgery, medication, repetitive strain

or genetics has caused your incontinence Florida Hospital will

help put you back in control. To learn more about incontinence and

how Florida Hospital treats it, join us for a free seminar.



Now you're in control.

Free Continence Seminar

When: Thursday, April 16th, 1:30 to 3:00 p.m.
Where: Lake Mary Senior Health and Resources Center,
1097 Sand Pond Road, Lake Mary, FL.
RSVP: call Maria at 407-897-1917.

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SEMINOLE *Opinion*

The Herald

4A - Seminole Herald, Sanford, Florida - Sunday, April 5, 1998

EDITORIAL

Airport conflict

Thursday night, the Lake Mary City Commission, by a 3 to 2 vote, approved a resolution urging the Sanford City Commission to appoint a representative of Lake Mary to the Sanford Aviation Authority. It is the hope by some in Lake Mary, that such a membership will allow the city to have an input into airport growth, which they believe is responsible for aircraft noise.

It is sad that it has come to the point where our cities are getting into a conflict with each other. We don't see how adding a Lake Mary resident to an 11 member board would reduce noise from aircraft flying over the city.

To begin with, there are no vacancies on the authority, so all Sanford could do is to tell Lake Mary it has received the resolution and will take the request under consideration the next time there is an opening.

What we find more displeasing is that apparently there are a few people in Lake Mary who want it all. They say they don't want any further development at Sanford's airport (using noise as an excuse), but at the same time, are knocking themselves out obtaining as much industry as possible.

In plain language (pun intended), this will result in Lake Mary's tax structure growing by leaps and bounds as more and more corporations move in, while Sanford, with called-for restrictions on airport growth, an excellent location for corporate growth, will find its hands tied and the low tax structure continuing.

The airport plans to install a second instrument landing system which will bring larger aircraft in from the east rather than over Lake Mary to the west. This may help resolve the situation. But it is going to cost a great deal of money and can't be accomplished overnight.

Why do aircraft fly over Lake Mary? It's simple. The wind generally comes from the east at the airport, and planes land into the wind which means they approach over Lake Mary.

Almost all of the residential developments where noise complaints originate, weren't there when the airport was built. One would think people would take a nearby airport or landing approach into consideration when looking to purchase a new home.

We are sorry it has reached this point where it appears Lake Mary is attempting to tell Sanford how to run its airport. We hope far-reaching minds and people involved will be able to improve communications and work together rather than against each other.

County, country political musings

With all the possibilities for the city of Sanford, the city fathers have been rather quiet! We need to wake them up and make sure this city is involved. This is not the time to lay back. Of course, this may not be the case. If so, we need to know.

An update from the Mayor's Office would be appropriate. There are many issues. The name of the airport, remaining as it is. How the right transit route would benefit the city and the airport. The very important development of the waterfront. The redevelopment of the 17-92 corridor and the possibilities of the "light rail" or other mass transit using that corridor. The further redevelopment of the north of us, to the south through Maitland the congestion on 17-92 during rush hours is absolutely disgraceful. The use of P.R.T., Personal Rapid Transit and/or people mover systems being incorporated into the mass transit system.

All of these and other issues are sure to play a huge role in upcoming elections. The results of which will have a strong effect on Sanford and other Seminole County cities, as well as Orange County. All of these issues need to be a part of the political campaigns.

Money and support

Seminole County Commissioner Randy Morris kicked off his fund raising this past week. An important note, Commissioner Win Adams passed the \$70,000 mark in money raised. Apparently, a column written, not by your truly, was wrong when it was stated that his fund-raising had dried up.

The relationship between Commissioners Grant Maloy, Dick Van Der Weide and Morris, Adams and Daryl McLain is at most, interesting. Maloy and Van Der Weide are supporting Bob West and Carlton Henley, (who are running against Morris and Adams). West has been vocal, Henley has been rather quiet. I think Henley is smart in not directly attacking Adams. Others seem to be doing that for him, but who knows?

Bush visits

Jeb Bush was in town last week gathering support. Who is going to be the next pick for running mate? Let me state one more time, look to Central Florida!

Boost to business

The economy has been strong in producing



Think about this, Seminole County

ERNEST HATTEN II

Ernest Hatten II is a veteran member of numerous government boards and is a civic activist in the interest of good government.

revenue for the state. More revenue than expected. Let's hope that this does not create foolish decisions. A legislative revision that would be helpful to, particularly small business, would be a revision of the necessary steps to form a small corporation. This could be done on one sheet of paper. Another suggestion would be to cut the cost of incorporating and the renewal fees paid each year. Suggestion, \$100 to incorporate, \$50 a year for renewal. One simple two sided form to incorporate, corporate stamps are not necessary.

Scandal before the people

Impeachment? The impeachment of the President would be an impeachment of the "Office of the Presidency." That would be the effect. The American people are fed up with Washington as it is. If we continue to place scandal before the people rather than issues, we are going to destroy not only this country, but seriously reduce an interest in government and further reduce the number of young people who may have been interested in being involved in government. The manner in which this entire situation has been handled has been disgraceful. Of course, there are important issues.

These issues should be investigated with little comment from the office of the special prosecutor. We look foolish in the eyes of the world and there is very little interest in all of this outside of the United States. Poll after poll has shown that the people of this country are tired of it all. What these polls are also showing is, that number includes MANY registered Republicans.

What's worse, we may be in for more of the same locally. What else can the Republican Party do to further destroy itself? This is where

we the voters can be effective by keeping the focus on issues.

Some predictions

The interest rates are just as I predicted last winter. A good time to refinance your present home for 15 years or buy a new home, better yet, a used home.

I'm going to go way out on a limb with this next prediction. Based on the situation in Asia and other economic uncertainties, I believe that interest rates will drop as low as 6.5 on 30 year mortgages and 6.0 on 15 year loans possibly as early as this fall. The truth is, I believe interest rates could drop lower than that by next spring. I know no one else would agree on this one, but let's see! Refinance now, don't count on that.

However, there is a climate out there that could lead to drastically lower interest rates and unfortunately, a drop in real estate values...INFLATION, nothing. To the contrary we might head in the opposite direction. There are some of the reasons that the use of our extra tax revenue should be well placed to reinforce our economy and be prepared for a very stagnant period that, in effect, has been with us for some time, but I suspect will worsen.

County government needs to be looking at directing tax revenue in the direction of preparing for an improving economy that may not be here for some time based on the long range. That means use money to catch up on roads, transit, water management and other improvements that will be in place when we come out of the stagnation period.

Prolonging investment in the county is not good. Outside investment should be given a fast track. The more private investment put in place now will lessen the effect on our county. We have been in the eye of an economic storm for several years and have been lulled into thinking that everything is very stable. It is not!

Look for deflation and compare the Industrial Revolution to the Informational Revolution. The problem is that it is a much more complicated world. This creates more possibilities for more things to go wrong as we move into the informational/computer age. So expect adjustments, and be prepared.

Pride in students

Congratulations to the "huge increase" in 4.0 students at Lake Howell High this year. Enjoy your proms, drive carefully, come home safely. We have a great deal of pride in all of you.

AIDS: The ultimate disability

Recently, while researching some stories on AIDS, I started thinking; with all the health problems in this world, there is none so destructive as AIDS. Now technically AIDS is not a disability, but for the people who suffer with it, it is the ultimate disability. Here is a little history on AIDS, in the first of a two part series.

Acquired Immune Deficiency Syndrome (AIDS): Destruction of the immune system resulting from infection with the Human Immunodeficiency Virus (HIV). Those infected with HIV, gradually lose the immune function along with certain immune cells.

The disease is a complicated illness that may involve several phases. It is caused by a virus that can be passed from person to person. AIDS impairs the human body's immune system, the system responsible for warding off disease and leaves the victim susceptible to various infections.

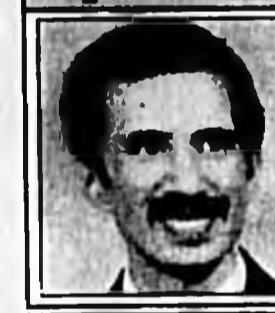
With this loss, a clinical syndrome, a group of various illnesses that together characterize a disease, develops over time resulting in death from opportunistic infections. This causes the infected person to become open to pneumonia, infections and other ailments.

AIDS was first conclusively identified in the U.S. in 1981. At that time, 189 cases were reported to the Centers for Disease Control. Within a decade the disease had spread to virtually all of the populated areas of the world. In the U.S. alone there are over 85,000 new cases every year.

In 1983, French oncologist Luc Montagnier and scientists at the Pasteur Institute in Paris, isolated what appeared to be a new human retrovirus from the lymph of a man at risk for having AIDS. At the same time, American scientists in Bethesda, Md. and San Francisco, isolated a retrovirus from people with AIDS. All of these scientists had isolated what is now known as HIV.

Some researchers now believe the AIDS virus may be present in a patient many years before symptoms appear. In 1988, scientists at the federal Centers for Disease Control in Atlanta,

Special People



TONY TIZZIO

Tizzio is an advocate for the disabled.

reported many individuals infected with the AIDS virus show a sharp increase in virus-infected white blood cells in the year before these patients develop the full blown disease.

Symptoms: AIDS may be preceded by a period of asymptomatic immune abnormalities, lasting as long as 36 months. This "AIDS related complex" is characterized by otherwise unexplained lumps (swelling and disease of lymph nodes) for a period of at least three months, recurrent flu-like symptoms such as fatigue and malaise, loss of weight or appetite, fever or night sweats.

Public awareness of the disease escalated when high profile victims began to die: actor Rock Hudson (1985), clothes designer Perry Ellis (1986), choreographer Michael Bennett (1987), photographer Robert Mapplethorpe (1989), and Oscar-winning director Tony Richardson (1991).

Basketball superstar Magic Johnson announced in 1991 that he had HIV, tennis legend Arthur Ashe announced in 1992 that he had been infected with the virus for several years. Almost all of the above people except for Johnson, eventually died.

*Information was originally researched through NORU (National Organization for Rare Disorders), Encarta & Compton's Multimedia Encyclopedia's and assorted pamphlets and brochures.

LETTERS

Unbelievable

Please tell me that I did not read this in your newspaper. "The Sheriff needs to hire security for his new office building." I cannot believe that the Chief law enforcement officer for Seminole County needs to hire security guards for protection. Why can't trainees, rookies, auxiliary, and off duty personnel fill this void? There will be many deputies and sheriff's vehicles on the premises all times anyway. If he does not think this is sufficient, then

what about the rest of us that cannot afford private security. This smells like a friendship appointment to me. The Sheriff is joining the likes of Chiles and Clinton on finding ways to spend the great budget surplus. I have a suggestion: Pretend that it is a private club and he will have all the help he needs.

Yours truly,
Joe H. Kendall
Sanford

First Amendment

I was out of town when Lacy

Loar's article on Margaret Knight's First Amendment lawsuit against the Sanford Housing Authority ran in the Seminole Herald. I am writing to thank you for telling Margaret's story in such a compelling manner. We are hopeful that the article will reach other low income people who have worked hard all their lives and would otherwise not be aware that the Bill of Rights is a document which protects them too. Treasa A. Kay
Central Florida Legal Services, Inc.

Post Office Box 2359
#94 Castle Brewer Court
Sanford, Florida 32772-2359
Phone (407) 323-3150 extension 25
Fax (407) 324-1906
TDD (407) 323-0420

The Housing
Authority of the City
of Sanford, Florida

Public Notice

Proposed Revision of Section 8 Housing Voucher Program Administrative Plan

In Accordance with regulations and guidelines promulgated by the U.S. Department of Housing & Urban Development (HUD), the Sanford Housing Authority proposes to adopt Resolution No: 1083-Revising the Section 8 Housing Voucher Program Administrative Plan to accomplish the following:

The Housing Authority of the City of Sanford proposes to adopt a written Administrative Plan (Admin Plan) that establishes its policies for administration of the Section 8 Housing Voucher and Certificate Program in accordance with HUD requirements in a Comprehensive program document. This Admin Plan incorporates all of the program areas for which HUD requires Public Housing Authorities (PHA'S) to develop policy.

The Admin Plan will provide all SHA staff and Commissioners with a reference on program policies and procedures for effective program administration in a one source document to ensure greater program continuity and avoid arbitrary practices. Previous revisions to the Admin Plan are included in this proposed revision. A copy of the Admin Plan is available for review and/or copy at the Administrative Office of the Sanford Housing Authority, #94 Castle Brewer Court, Sanford, Florida, Monday thru Thursday, 8:30 A.M. until 1:00 P.M. and 2:00 P.M. until 5:00 P.M.

NOTICE IS HEREBY GIVEN THAT UPON ADOPTION BY THE BOARD OF COMMISSIONERS, EFFECTIVE THIRTY DAYS FROM THE DATE OF PUBLIC NOTICE, THE HOUSING AUTHORITY OF THE CITY OF SANFORD, FLORIDA WILL IMPLEMENT POLICY AND PROCEDURES UNDER THIS REVISED PLAN. YOU MAY PRESENT WRITTEN COMMENTS ON THE PROPOSED REVISION WITHIN THIRTY (30) DAYS OF THE DATE OF THIS NOTICE. THE LAST DAY FOR COMMENTS IS APRIL 27, 1998 AT 5:00 P.M. COMMENTS MAY BE MAILED OR DELIVERED TO THE ADDRESS ABOVE.

EQUAL HOUSING OPPORTUNITY
IGUALDAD DE OPORTUNIDAD
TIMOTHY D. HUDSON, PHM, EXECUTIVE DIRECTOR

Quips

Continued from Page 1A

Mrs. Hamilton is active with the Optimist Club of Sanford, and her sunny, sunny life has been an inspiration to all. Come join the Party of the Century. It costs \$10 and includes dinner.

For information, call Audrey Ogden at 323-2194 or Ann Gordon at 865-6550.

To send a birthday card, address it to Ruth Hamilton Birthday, PO Box 68, Sanford, Fla., 32772.



The pause that refreshes, with County Manager Ron Rabun, Tourist Director Jack Wert and Commissioner Chairman Randy Morris, in a photo shoot for the Seminole Herald Progress Edition.

Stephen Cardona: a mission in Bosnia

Andrew Cardona, a community affairs technician for Seminole County, receives telephone calls once or twice a month from his son, Stephen Cardona, serving with A Co, 2-22 Infantry Battalion in Bosnia.



Cardona

"We can get calls from Stephen but can't call to him," his dad said. "He is there until July or August. And he is proud to be serving, he said the other night it was right for the U.S. to be present."

Cardona, 25, recently was awarded the Army Achievement Medal and promoted from Private First Class to Specialist 4. He's a graduate of Forest Lake Academy in Longwood and Seminole Community College.

Paper view

One day when the sun was shining and a nice breeze was blowing, three of the county's top officials enjoyed a photo shoot at Katie's Wetiva River Landing.

Nice chance for County Commission Chairman Randy Morris, County Manager Gary Kaiser and County Tourism Director Jack Wert to splash their feet in the cool waters of the Wetiva.

Word is the three are now in hot water.

Seems the editors of the paper that claims it wakes up the city are smarting they were lost in the wake.

Airport

Continued from Page 1A

with some of the major steel work being accomplished late this past week.

"TransAir Services will be leaving us at the end of April" Cooke commented. "And we'll be turning over the lease to TBI." Cooke added that the total structure will contain 50,000 square feet, "and we are still looking for someone to take over the remainder of the facility."

The authority will also be considering the lease on Building 127 to TBI, Inc.

As of this past week, the following items are scheduled on the agenda for the Sanford Airport Authority meeting, Tuesday, April 7, beginning at 8:30 a.m.

- Opening remarks, introduction of guests.
- Appearance by Jerry Roth, president of Hill Dermaceuticals, Inc.
- Consideration of revised memorandum of understanding and airport operating directive establishing procedures and regulations to reduce aircraft density during peak density periods of airline operations.
- Letters of interest for Master Planning/Stormwater Consultant and potential funding sources.

Planning/Stormwater Consultant and potential funding sources.

- Draft executive director position form of agreement.
- Consideration of joint participation agreement WPI for airfield security vehicles.
- Consideration of 21,000 square foot lease to TBI (US), Inc. for space in the new Air Cargo Center.
- Consideration of month-to-month lease on building 127 to TBI (US), Inc.
- Consideration of 2,479 square foot lease to the Florida Department of Highway Safety for building 440.
- Consideration of mitigation report by chairman's mitigation committee.
- Executive Director's report
- Counsel's report
- Mayor's liaison report
- Liaison reports
- Chairman's report

The Sanford Airport Authority meeting will be held at the second level conference room of the A.K. Shoemaker International Terminal at One Red Cleveland Boulevard.

Litton

Continued from Page 3A

probably be built in the next five years. Within the past two months, the department has upgraded its service from Basic Life Support to Advanced Life Support meaning we now have our own paramedics on staff.

The City is committed to preserving our past and to that end, recently turned over the Frank Evans Center - which was previously referred to as "Old City Hall" - to the Historical Commission for the purposes of establishing a museum. They have also done something very unique by establishing a relationship with the elementary school in order that the students may have an appreciation for Lake Mary's history. That relationship has continued to grow, once again proving that mutual respect and admiration between generations which is alive and well in our community.

Our millage rate continues to

be the second lowest in Seminole County at 3.7848 mills, which is the same as the last five years and marks the tenth straight year that ad valorem taxes have not gone up. A mill in our City represents approximately \$655,000 which equates to about an 18 percent increase from Fiscal Year 1997 to Fiscal Year 1998. These figures don't just represent growth, but the development of a quality tax base for both now and the future.

In summary, Lake Mary has transitioned over the past ten years from a relatively rural community to one of the fastest and most attractive locations in the entire southeastern United States. Yet, it is not the City's goal to merely see new buildings, but rather to ensure that the construction taking place today will be the core of Lake Mary's tax base tomorrow, thus keeping our City an affordable place to live and work.

Adams

Continued from Page 1A

where we are today and where we were a year-and-a-half ago," McLain said. "With Win's help, we're making real progress in bringing new jobs and businesses to town. In doing so, we're providing new sources of funding our schools. And we're finally doing something about the mess on 17-92."

McLain said that the commission was just one vote away from going back to the Days of Dick (Van Der Weide) with delay and indecision, one vote away from wrapping our economic incentive program, one vote away from handing

the keys to our ambulances and our EMS system over to a private, for-profit corporation."

Van Der Weide, who is lending support to Adams' District 4 opponent, former commissioner Carlton Henley, said it amused him that "Win Adams is now working with his third campaign manager... while everyone knows his real manager is Bob Lewis."

Henley said he was not surprised that McLain is helping Adams' campaign. "What does surprise me is Daryl's pre-empting to know how I would vote," Henley said. "He should

IN BRIEF

School rezoning

SEMINOLE COUNTY - The Seminole County Public Schools have scheduled a public information and input session on middle school rezoning for Tuesday, April 7, at 7 p.m., in the Winter Springs High School auditorium.

A new middle school is scheduled to be constructed in the Oviedo area with a completion date scheduled for sometime during the 1999/2000 school year. This session is an opportunity for the public to provide suggestions on middle school rezoning east of U.S. Highway 17-92.

The schools which may incur the greatest impact are South Seminole, Indian Trails, Jackson Heights and Tuskawilla Middle schools.

Winter Springs High School is at 130 Tuskawilla Road.

Chorus to perform

Sanford Middle School Chorus Director, Cynthia Gray, is preparing students for the annual District Festival. Hosted this year by Seminole Community College, the festival is April 18 from 8:30 a.m. to 12:00 p.m.

Four SMS groups will perform: Mystical Illusions, Harmony, Impressions, and Image.

The competition is free and open to the public. Gray is hopeful SMS parents and the Sanford community will turn out to support the students.

OBITUARY

RICHARD D. ELLIS

Richard D. Ellis, 67, James Court, Winter Springs, died Thursday, April 2, 1998. Born Sept. 21, 1930 in Ryan, Iowa, he moved to Central Florida in 1978. Mr. Ellis was a house painter. He was a member of Faith Church, Daytona Beach. Survivors include wife, Anna; sons, Timothy, John, both of Winter Springs, Richard, Steve, both of Cedar Rapids, Iowa; daughters, Suzanne Smith, York, Pa., Arlene Jandi, Barbara Koch, both of Cedar Rapids, Iowa; brothers, William, Donald, Gerald, all of Cedar Rapids, Iowa, Raymond, Leo, both of Arizona; sister, Violet Ketchum, Texas; 13 grandchildren; 4 great-grandchildren.

Funeral service will be held at the Gaines Hand Garden Chapel Funeral Home, Longwood, in charge of arrangements.

FUNERAL

ELLIS, RICHARD D.

Funeral service for Mr. Ellis will be Sunday at 4 p.m. in the Gaines Hand Garden Chapel with the Rev. Robert E. Burns officiating. Interment will be in Cedar Rapids, Iowa. Friends may call at the funeral home today from 5 until 7 p.m. Gaines Hand Garden Chapel Funeral Home, 834-8660, Longwood, is in charge of local arrangements.

POLICE BRIEFS

Trespassing

Oerita Garrett, 37, of 1808 Coolidge Ave., Sanford, was arrested Wednesday, April 1, by Seminole County deputies. Garrett was charged with trespassing, possession of drug paraphernalia and obstruction by disguised person. Garrett was arrested at the corner of

Persimmon and Eighth Street.

Horace Stokes, 41, of 2260 Dolar Way, Sanford, was arrested Wednesday, April 1, by Seminole County deputies. Stokes was charged with trespassing and possession of drug paraphernalia. Stokes was arrested at the corner of Persimmon and Eighth Street.

License suspended

Dennis Vann, 32, of 1210 Golden Gate Cir., Sanford, was arrested Wednesday, April 1, by Sanford police. Vann was charged with driving while license is suspended or revoked and arrested at the corner of Ninth Street and Elm.

Schools

Continued from Page 1A

Feb. 26, turned down the district's request for special exemption to build the two schools on property which is zoned for light industrial and retail commercial.

Maloy and Goff are questioning the safety of placing more than 2,000 students twentieths of a mile from 36 one ton cylinders of toxic chlorine gas and subjecting the children to odors emitted from the facility that processes 35 million gallons of raw sewage a year. The facility also stores numerous other chemicals such as diesel fuel, activated carbon, methanol, sulfur dioxide and polymers.

Iron Bridge, owned by the city of Orlando, is the largest treatment plant in Central Florida. The plant, built near the Econlockhatchee River, opened in 1980. The then rural area of the county has seen explosive growth, and the plant is now bordered by two new home communities.

Kramer said residents of the communities spoke in favor of the new schools at the BOA meeting in February.

The proposed middle school would relieve overcrowding at Jackson Heights Middle School which is said to be "bursting at the seams." The elementary school would be accessible from the neighborhoods by way of a new road to be built off of Carrigan Avenue which intersects with State Road 434, said Morris.

After her tour, Morris said, "I was impressed with the levels of safety (at the plant)," and pointed to the fact that the chlorine cylinders used at Iron Bridge are the same as those used at water theme parks such as Wet 'N Wild. The tanks

are stored in a fail-safe concrete building, said Morris. "I'm very comfortable with the chlorine."

Robinson said other schools in the county are located near facilities similar to Iron Bridge. Stenstrom and Lake Orienta Elementary schools have water treatment plants adjacent to the school property and Greenwood Lake Middle School is within a mile of a Seminole County wastewater treatment plant.

"We fight perception because of the location," said Robinson. "Do I let perception drive my decision?"

School board member Larry Furlong did not go to Iron Bridge last week but said he visited the plant on several occasions when he was a county commissioner. Furlong called the site "less than ideal. I think we've got some better options." Furlong said he was more concerned with some of the roadway problems adjacent to other county schools than he was with the safety concerns of the Iron Bridge plant.

"I'm sure whatever arguments that can be made against this site can be made against other sites."

Kramer has compiled a list of 9 suggested sites in the Oviedo area. One site, in Chuluota, has been purchased, but is too narrow for a middle school.

Goff cites concerns over the traffic on State Road 434, the lack of sidewalks and no traffic lights on 434 in addition to the

smell, the proximity to the chlorine gas and the 14 liquid waste and cake trucks that will pass by the school daily. "I think it's a lousy site for a school," said Goff.

Rabun

Continued from Page 1A

ment." Rabun cited his technical skills in public works, solid waste, airport, tourism, leisure services, economic development, fire, EMS, and police and the fact he demonstrated quality management techniques and common sense.

"Ron Rabun was one of the first people to call when word was out Bill Simmons was leaving the city," Dale said. "He said he wanted to apply for the manager's job. I told him that he would have to move from his home in Lake Mary if he succeeded. He said he would."

FAIR WARNING!!
If you've ever broken even one of the Ten Commandments, what are you gonna do on Judgment Day? See Romans 10:9.

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FWA



Da' Bomb!



What's up in and out of the classrooms of Seminole County

Da' Bomb hears all... There will always be a Rain bow

It's a little different here at the 'Bomb' because we're not just looking at the students and teachers who are making a difference in the classroom, but we're also looking at the students and teachers who are making a difference in the community.

The students and teachers who are making a difference in the classroom are the ones who are making a difference in the community. They are the ones who are making a difference in the community.

It's a little different here at the 'Bomb' because we're not just looking at the students and teachers who are making a difference in the classroom, but we're also looking at the students and teachers who are making a difference in the community.



A group of students standing together, possibly at a school event.

Justin Herger: Positive leader at South Seminole Middle



Justin Herger, a positive leader at South Seminole Middle School, is shown in this photo.

Justin Herger was recently named Dreamer and Lear for South Seminole Middle School and for the Seminole County area.

Hedger an eighth grader and honor student at South Seminole has spent his three years demonstrating an positive leadership role that he exhibits in and out of the classroom.

Hedger's dedication and pride for his school work Hedger has been an Honor Roll and a gifted student all three years along with acquiring a Honor Card every nine weeks. He has been awarded three ribbons for straight As and also has perfect attendance. Hedger has won Third Place for Reading Enrichment with a total of 400 points. In addition, Hedger received two Silver Medals for his academics.

As a sixth grader Hedger was active in the Chorus Glee Club and participated in the World's Largest Concert.

Hedger's next year would continue to be a successful one. His leadership skills began as he became Historian for the school. Hedger was elected to the Student Council and BETA Club. With being in BETA, he was able to attend the Florida State BETA Convention and competed in the Living Literature Competition.

His talents did not end there though, soon Hedger received his singing capabilities. He auditioned and was chosen for the ACDA Florida State Male Honor Choir. Hedger was a member of the advanced vocal

ensemble, which means he was performing in the Concert and Competition, which means he was awarded a Gold Medal for his performance. Hedger was also named Student of the Month in October.

During his school career, Hedger has participated in many leadership roles, such as being a member of the Student Council and BETA Club. Hedger has also been a member of the Chorus Glee Club and the Florida State Male Honor Choir.

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Do you know what's going on in your community? The Seminole Herald wants to hear from YOU! Write us with your news, opinions, and comments. We'll publish them in our next issue. Write to: The Seminole Herald, P.O. Box 16000, Sanford, FL 32716. Phone: 322-2611.

Thumbs Up!!

- Jeremy T. Springhart, Jr., of Stetson University, Sanford, FL, was named to the 1994-95 Florida State Male Honor Choir.
- Chad Welborn, of Stetson University, Sanford, FL, was named to the 1994-95 Florida State Male Honor Choir.
- Michael E. Rich, of Stetson University, Sanford, FL, was named to the 1994-95 Florida State Male Honor Choir.
- Megan Marie Breen, of Stetson University, Sanford, FL, was named to the 1994-95 Florida State Male Honor Choir.
- Sarah Luzzaro and Andrew Singly, of Stetson University, Sanford, FL, were recognized in the National Merit Scholarship Program.
- Ashlee Byrd and Victor Hung, of Stetson University, Sanford, FL, were recognized in the National Merit Scholarship Program.
- Lyman senior Shannon McDaniel was awarded a certificate of merit as the local winner of the Tools for Tomorrow All American Vocational Achievement Student Award. She has moved on to state competition.
- Katie Marie Saxton, a Stetson University English major has been initiated into the school's Omicron Delta Kappa national leadership honor society. She is a resident of Longwood and a graduate of Lake Mary High School.

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It's carnival time in Oviedo!

By David Frazier
HERALD STAFF WRITER

OVIEDO - The Spring Carnival at Oviedo High School is in its last two days. Saturday and Sunday are the last chance to buy tickets for the annual carnival.

Sponsored by the Oviedo Athletic Boosters, the carnival, located in the practice field in front of the school, touts mid-way type rides, games and food. Tickets are \$1 and everyone is invited. Hours of operation are as follows: Saturday, April 4, from 10 a.m. to midnight and Sunday, April 5, from 12 p.m. to 9 p.m. Parking is available in the front and back parking lots.

The carnival was the idea of the Boosters looking for a way to make a lot of money. "It has been a tremendous success," said Marge Carver of the Oviedo Athletic Department. "It's bigger and better than it was last year." It has been going for three years now and all proceeds have gone to the athletic department.

Some of the rides that carnival-goers can embark on are the bumper cars, the merry-go-round, the double Ferris wheel, the Octopus and the Orbiter just to name a few. Southland Amusement is providing the rides for the carnival. "They work strictly off commission," said Carver. "This is a real good group we use."

Carver said that the athletic department and the Oviedo Athletic Boosters could not get by without the support and donations of the community. "It has been strictly volunteer [the carnival]," said Carver.

The way we were: 1958

Again today we look at happenings in 1958 taken from the January 14, 1958 edition of the *Sanford Herald*.

County Commission recommendations

At a special meeting the previous night, the county commission approved the recommendation of the Planning and Zoning Board to employ Clifton L. Overman as Building Inspector and Mrs. Maxine D. Thompson as secretary of the Zoning Commission.

There was quite a lively discussion on how the building inspector applicants were handled and the submitted name chosen by the Zoning Commission, but the vote was 3-1 to approve. Chairman John Krider, Homer Little and Lawrence Swafford, all voted yes while Fred Dyson cast a dissenting vote.

Members of the County Zoning Board attending the meeting were Chairman Raymond Ball, John Burton IV, Richard McCanna and Col. S.G. Harriman.

Men in Service

Thomas Andes, aviation electrician's mate third class USN, son of J.O. Andes and Mrs. Alice M. Andes, was serving at the Whiting Field Air Station, Milton, Florida.

Whiting Field's mission was the training of student naval aviators in the instrument and tactics phases of flying.

D.A.R. plans Silver Tea

The Sallie Harrison Chapter, National Society Daughters of the American Revolution, met at the home of Mrs. R.E. True in Lake Mary the previous Friday. Mrs. Raymond Ball and Mrs. Baker were co-hostesses.

During the business meeting, conducted by Mrs. A.R. Key, regent, plans were announced for the annual celebration of Founders Day on February 8. A Silver Tea would be held at the Henry Shelton Sanford Memorial Library. D.A.R. members from neighboring towns would be invited as would the general public.

Mrs. R.D. Roumillat announced that WTRR would carry a history program arranged by Mrs. Hilda Wray and sponsored by the D.A.R. and U.D.C.

Attention was drawn to the picture and account of the dedication of the Henry S. Sanford Memorial Library in



GRACE M. STINE-CIPHER

the January issue of the National D.A.R. Magazine. This had been contributed by the chapter regent.

The civic activity report which would be submitted to the state project stated that chapter members were active in Hospital Auxiliary, Mental Health, Red Cross, TB Association, United Way, Crippled Children, Salvation Army, Children's Home Society and Nurse's Aid.

Following the meeting, coffee, sandwiches and cake were served from a beautifully decorated table by the hostesses.

Home Demonstration Club meets

The Lake Monroe Home Demonstration Club met at the home of Mrs. Annie McArthur the previous Monday. Mrs. J.H. Tindall gave the devotional which was followed by the business meeting conducted by Mrs. McArthur, president.

Mrs. Mildred Sandifer reported on the club's civic project, a recreation center for young people at the Baptist Church. She thanked on behalf of the club, the following for their donations toward the project: Furniture Center, Earl Faust, Mother of Sanford, Mr. Blackwelder of Pennysa, Ivey's Shoe Store, Clarence Redding of McCroskey's, J.M. Garrett, H.E. Purcell Co., Hill Hardware, Wilson-Maier Furniture, Robson Sporting Goods, Touchtons Drugstore, Roumillat and Andersons and B.L. Perkins.

Miss Myrtle Wilson, county agent, gave a demonstration of vegetable cookery after which refreshments were served to Mrs. Paul Marra, Mrs. Tindall, Mrs. Sandifer, Mrs. Hazel Gardner, Mrs. J.W. Griggth, Mrs. G.E. Fuhrman and Miss Hattie Kirk.

Aquarium Society meets

The Central Florida Aquarium Society affiliated with the International Federation of Aquarium Societies at its monthly meeting the previous

week at the home of Miss Betty Billhimer, local president.

The society elected Chris Christensen as Vice president and formally adopted its constitution. All members present would be charter members.

A discussion was held on the care and maintenance of an aquarium in the home. The attendance prize was won by Mrs. Robert Billhimer.

Members present were Chris Christensen, Betty Billhimer, Mrs. Robert Billhimer, George Dabbs, Louis Hughey, Frances Cobb, and Mr. and Mrs. Ernest Cowley of Sanford. Those members from Orlando were Mr. and Mrs. William Barlow and Mr. and Mrs. Walter Adams.

MovieLand presents Smiley Burnette

The MovieLand Drive-In Theater was advertising that Smiley Burnette, direct from Hollywood, would be on their stage January 15-16. America's number one cowboy comedian would present an exciting 45 minute show at 8:30 p.m. each night.

Double features playing would be "Smiley" starring Ralph Richardson and "Streets of Laredo" with William Holden.

Admission was \$1; children under 12 were admitted free.

SHS Five loses to Melbourne

The Sanford Seminoles failed to come up with their first OBC win in Melbourne the previous Friday night. They came up on the short end of a 55-48 score. The Baby Seminoles lost by a score of 49-25.

Those on the varsity basketball team were Ray Lundquist (15 points), Cecil Dandridge (10), Joe High (9), Allen Swalm (2), Mike Tammy (6), McCoy (4) and Jones.

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GUEST SPEAKERS:

TOM CAMPBELL - Mr. Campbell has worked in the health care field for more than twelve years. He has provided workshops locally and nationally in resident care, mental health, customer service and working with the family. He serves as volunteer trainer for the Department of Elder Affairs. He is a Board Member for the East Central Florida Assisted Living Association and serves on the professional advisory committees for Shands Home Care, Mariner Home Health and the Miller Center of Older Adults. Mr. Campbell is President and owner of Residential Care Resource Network.

CAROL NIEMIEC - Registered Nurse - Ms. Niemiec has been in the health care field for sixteen years including Director of Nursing in long term care. She will clarify services provided in independent/assisted living facilities.

DATE: APRIL 23, 1998
TIME: 7:00 - 8:00 PM
LOCATION: Renaissance Retirement Community
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Sanford, Florida 32771
R.S.V.P.: 323-7306 (Bella Adams)
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From paper to plastic, food stamps to change

From Staff Reports

SANFORD - A plastic card, the size of a VISA or bank debit card will replace food stamps and welfare checks beginning July 1 in Seminole, Orange, Brevard and Osceola counties (District 7).

Welfare recipients will soon be receiving by mail the first of three monthly notifications about the Electronics Benefits Transfer (EBT) card. By the end of this year, recipients statewide must use it to access their benefits.

According to Stuart Doyle, with the Florida Department of Children & Families, the amount of their cash benefits and food stamps will be available to them electronically through the use of the card. No more will a check or food coupons arrive by mail each month.

Doyle said the perks of this new system are many:

- Reducing public assistance fraud and abuse; for example, the elimination of food stamp theft and the use of food stamps to make illegal purchases.
- Round-the-clock availability of benefits.
- Fulfilling welfare reform goals. Welfare families may develop higher self-esteem because EBT will allow them to shop, bank and handle other business and personal transactions without being identified immediately as a food stamp or welfare recipient.

For additional information, phone (407) 245-0400.

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SEMINOLE Sports

B

The Herald

Seminole Herald, Sanford, Florida - Sunday, April 5, 1998 - 1B

Extra Points...

Jeff Berlinicke

Herald Staff Writer



Come on guys, speed up the action a little

SANFORD - High school baseball, especially in Seminole County, is great. It just doesn't have to take all night to finish a game.

Purists say that one of the great things about baseball is that it is timeless. It's not a game for anyone in a hurry.

There are still Seminole County baseball games going on as you read this that started last Wednesday.

So here's a list of ways to quicken the pace so everyone can get home before midnight. Hope you enjoy.

First of all, make the batter stay in the batter's box and the pitcher stay on the mound between pitches. Typically, the batter will step out and take deep breaths usually seen in Lamaze class and that forces the pitcher

Please see Jeff, Page 2B

THE WEEK IN PREP ATHLETICS

Games of the Week

You're no sports fan if you miss.....

By Jeff Berlinicke
ASSISTANT SPORTS EDITOR

Tuesday: Lake Mary at Oviedo, softball, 7 p.m.

Not only do these two teams have one of the best rivalries in any Seminole County sports, this year the teams are battling for the top spot in the district again.

Oviedo has had Lake Mary's number in district playoff competition, beating them in the finals each of the last two years, but Lake Mary has been untouchable lately, rarely going the full seven innings.

Wednesday: Seminole at Lake Howell, baseball, 7 p.m.

The Silver Hawks have gotten a new look since hiring David Vince to coach the team. They've been competitive all season and are among the teams at the top of the conference.

Lake Howell doesn't sport a lot of stars, but the team has been much stronger than last year's team that never lived up to promise.

The Hawks have a talented pitching staff and a decent batting order that has 10-runners several teams this season.

Wednesday: Oviedo at Lake Mary, baseball, 7 p.m.

The Rams were one of the hottest teams in the county before a tough loss to Lake Brantley Wednesday. The Rams include Brian Bretzer, a star pitcher who is one of the best all-around players in the county, and a solid lineup from top to bottom.

Joah O'Brien, Randy Harris and Scott Hillinski are just some of the bats that make the Rams potent, and they've already beaten Oviedo once this year.

Thursday: Seminole Invitational Track Meet at Seminole High, 4 p.m.

Every year the Seminoles are one of the state's dominant track teams and have won their district 15 of the last 17 years.

This season, the 'Noles are a little less loaded than usual, but still feature possibly the best squad in Central Florida and Ken Braumann as coach.

Several other county teams will be included in the meet, one of the biggest in the county all season.

Turning up the heat



Andrew Diemer got his first start of the season for Seminole High School on Friday night and kept the game close until the Fighting Seminoles could get the offense going and post an easy 12-5 Class 5A-District 5 victory over Pine Ridge.

Seminole nine cranks up offense to turn tie into rout

By Jeff Berlinicke
ASSISTANT SPORTS EDITOR

SANFORD - When the Seminole High School baseball team needs to take it to the next level, they can be as dominating as any team in the state, even the country.

That was evident last night as the Fighting Seminoles, once ranked 17th in the nation, pounded Pine Ridge, a Class 5A-District 5 foe, 12-5 after trailing through most of the game.

Seminole came from behind, and with the score tied 5-5, mounted a seven-run assault on two Pine Ridge pitchers to pick up the easy win.

The 'Noles take on Deltona today (Saturday) in another important district contest starting at 1 p.m. at Alumni Field. The Tribe will then travel to Lake Howell on Wednesday and host Lyman on Friday in important Seminole Athletic Conference games starting at 7 p.m.

One of Seminole's strongest features is its pitching staff from which coach Mike Powers has the talent to go at least six deep. Last night, Andy Diemer pitched his first innings of the season and went three innings, allowing five runs, but a lot of those came on bloopers over the infield and Diemer was proud of his first effort of the season.

"I felt really good," Diemer said. "I felt really confident tonight. We're all confident and we know we should produce this year. We know what we have to do."

Seminole fell behind 2-0 in the second, but tied it at the bottom of the frame when, with one out, Andy Hall walked and was doubled in by Ryan Albejon. One batter later, Donald Taylor singled to left and the score was tied.

Pine Ridge scored three in the third to end Diemer's stint, but again, Seminole fought back.

Bill Johnson singled and C3 Williams tripled to left field to score Johnson. Williams scored on the next pitch when Taylor knocked in his second run of the night.

Seminole tied it at five when Albejon doubled, stole third and scored on a wild pitch in the fifth.

Meanwhile, Seminole reliever Brian Nielson was slamming the door on Pine Ridge and picked up the win after the Seminole explosion in the sixth.

Johnson started the inning with a four-pitch walk and Albejon followed with a single. Hall bunted and reached first to load the bases and Ned Raines made it a tie game with a single and Seminole took its first lead when Paulo Silva plated a run with a sacrifice fly.

The 'Noles broke it open when Tim Raines with a base-clearing double, and still, Seminole wasn't finished as Taylor knocked in another run with a single.

Nielson finished out Pine Ridge in the seventh and the 'Noles had the win.

"We got down and it was good to come back and win it," Powers said. "Diemer is a great competitor and we wanted him to win. I'm really pleased."

Lyman hangs onto 6A-District 3 lead

By Dean Smith
HERALD SPORTS EDITOR

LONGWOOD - A little over a week ago, J.T. Williamson was toiling for the Lyman junior varsity baseball team.

Last Friday night, he was given the ball to start a crucial district and conference game against Oviedo, and while he did not get a decision, he pitched very well.

Fast forward to last night, and Williamson again was given the task of knocking off a district powerhouse and he came through with flying colors, hurling a three-hitter to help the Greyhounds clobber Lake Howell, 11-1, in Class 6A-District 3 and Seminole Athletic Conference game stopped after five innings by the run rule.

GREYHOUNDS 11, SILVER HAWKS 1	
Lake Howell	001 00 - 1 3 1
Lyman	100 13 - 11 10 3
Decker, Smith (4) and Montijo, Williamson and Kaminski.	
WP - Williamson (1-0), LP - Decker. Save - none. 2B - Lake Howell, Gase; Lyman, Kaminski, Torres. 3B - Lyman, Carr. Radcliff HR - none. Records - Lyman 10-11 overall, 5-2 in Class 6A-District 3.	

Lyman took a 1-0 lead in the first inning, then took control of the contest by plating six runs in the second inning and then ended the game with a single run in the fourth inning and three runs in the fifth inning.

Leading a 10-hit Greyhounds attack were Kit Kaminski (2-for-2 with a double), Todd Radcliff (2-for-3 with a triple, four RBIs), Jose Torres (2-for-3 with a double, one RBI) and Tyler Carr (1-

for-3 with a triple, three RBIs).
Chris Gase had a double for the Silver Hawks. Lyman improved to 10-11 overall with the victory, but more importantly is 5-2 in 6A-3 play.

"We should be in the drivers seat," said Lyman pitching coach Dave Campbell. "If we had beaten DeLand, and we were up 4-2 in the seventh inning, we'd be 6-1 and only have to win one of our last three district games (Oviedo, Lake Brantley, Lake Mary) to get the No. 1 seed for the district tournament, now we have to win two of three."

The Greyhounds begin the run at the top district spot this Monday night when they travel to Oviedo to take on the Lions at Mickler Field starting at 7 p.m.

Lake Brantley outlasts Oviedo

By TONY DeBORMIER
Herald correspondent

OVIDEO - In his poem "On His Blindness," John Milton said, "They also serve who just stand and wait."

As the No. 5 pitcher on last year's state championship Lake Brantley baseball team, Greg Lee's role was to do just that, stand and wait. In the more than 30 games the Patriots played last year, Lee pitched all of 11 innings.

On Friday night, Lee worked eight strong innings to lead Lake Brantley to a 5-4 win over the Oviedo Lions

PATRIOTS 5, LIONS 4	
Lake Brantley	010 001 021 - 5 0 4
Oviedo	002 000 020 - 4 3 5
Lee, McMahon (9) and J. Smith, Krapp, Monaco (8), Struwyer (9) and Erwin. WP - Lee (6-0), LP - Struwyer (1-1), Save - McMahon (2nd), 2B - Lake Brantley, Lopez. 3B - none. HR - none. Records - Lake Brantley 16-3, 6-3 6A-District 3; Oviedo 9-6, 2-4 6A-District 3.	

In a 6A-District 3 contest at Oviedo High School's Mickler Field.

"He was our bite-the-lip guy," said Lake Brantley coach Mike Smith. "He had to sit back and bite his lip. Please see Patriots, Page 2B"

Pats' Lopez wants state title repeat

By Jeff Berlinicke
ASSISTANT SPORTS EDITOR

In about three months, Lake Brantley shortstop Felipe Lopez is going to be

Please see Lopez, Page 2B

Fuss fights back from steroid use

By Jeff Berlinicke
ASSISTANT SPORTS EDITOR

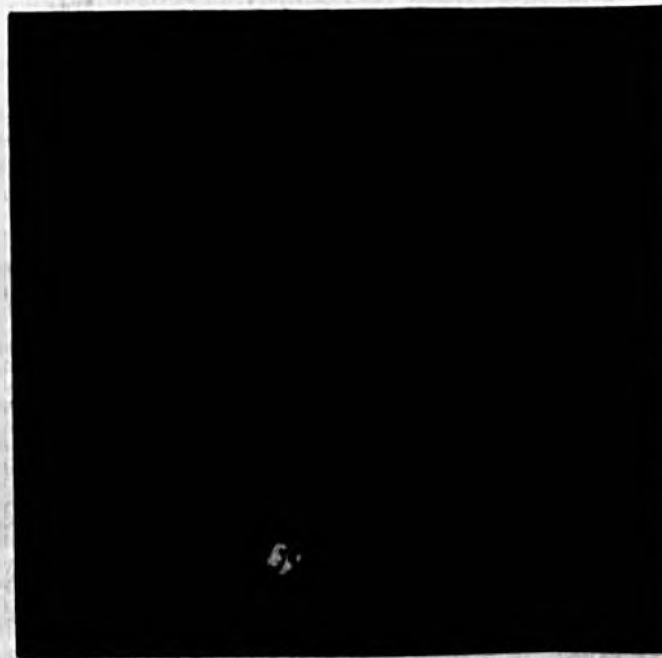
SANFORD - All Olga Fuss wanted to do when she joined a gym for the first time was to have some fun and feel good about herself.

She got good really fast, then ended up competing. She wanted to get better.

Then a nightmare which contributed to a divorce, hospital stays and a living hell were the results.

Fuss came to America from Russia in 1990, moving to Daytona Beach.

Please see Olga, Page 2B



Steroid use gave Olga Fuss a strong body (left photo), but it also nearly ruined her health. Fuss, a Russian native who now lives in Sanford, is back to normal (right photo) health-wise



and is helping promote the Mid-Florida Natural Bodybuilding Championships and Ms. Fitness USA National Qualifier that will be held at the Sanford Civic Center today.

'Duffer' Berlinicke from the Eagle's nest

By Jeff Berlinicke
ASSISTANT SPORTS EDITOR

SANFORD - A new tradition begins in Seminole County as next month.

The Orlando Area Sports Commission will begin hosting "The Amateur," an event to crown county champions in five Central Florida counties, including Seminole, Volusia, Orange, Osceola and Lake.

"We're hoping this will be the start of a great Central Florida golf tradition," Orlando Area Sports Commission vice president John Saboor said. "After extensive research, we found this area lacked a true amateur championship for golf, but everyone we've talked to had really embraced the idea.

"The Amateur" will culminate with a 36-hole gross medal play format with as many as 144 amateurs representing the five counties. A stroke-play format will be used and players in the

men's division will need a handicap of 10 or better and women will need an 18 or under handicap.

Each division will be flighted after the first round with the top finishers heading to the championship at Orange County National on May 15-16.

The Seminole County event will be held at Timacuan Golf and Country Club April 25-26.

There will be a fee of \$150 to enter a county open championship and players advancing to the championship will pay an additional \$150.

For information, call Tom Horan at 648-4900.

The 19th hole:

The Hugh E. Thomas Jr. Tournament will be played for the 10th straight year at Sabal Point Country Club on April 17 at 1 p.m. There will be a shotgun start with check in at 12:30 p.m. Tho-

mas was a Seminole County deputy killed while responding to a domestic violence call in 1989. He was 24. A perpetual fund was established to assist young people who want to attend the law enforcement academy at Seminole Community College and need financial assistance. Call 330-6670 for information...

It's spring and most of the high schools in Seminole County are holding their annual booster club golf tournaments.

Lyman gets things started with an April 13 outing at Rolling Hills Golf Club. Cost is \$65 per person or \$250 for a foursome with Rolling Hills members teeing off for \$45. The cost includes 18 holes with carts, a dinner, welcome gifts and prizes.

There's a 3 p.m. shotgun start, so call Ann Carr (339-5244) or Dan Cannon (869-5196) for information...

Lake Howell is later in the

week, teeing off April 19 at Ekana. That's a course which will challenge anyone and you might even catch some alligators tanning on the back nine. Cost is \$48 per player with hole sponsorships going for \$100. Shotgun is at 1:30 p.m. with closest to the pin competitions, longest drive and putting events starting at noon. Range balls will be provided. Call Lake Howell at 320-9050 for information...

Lake Mary fans can head on out to Timacuan on May 4. They better be early risers. Tee-time is at 8 a.m. with lunch, awards and a raffle to follow. There will be a putting contest, longest drive, closest to the pin and wagers to knock it on the green. Goody bags will be offered, so call Mike McLean (324-8268 for information...

Timacuan Golf & Country Club will host its Men's Member-Guest Tournament April 2-4...Speaking of Timacuan, Gene Thompson is

the new teaching professional and brings a background of over 33 years as a teaching player and a Class A PGA member...


...Winn Dixie will host its Invitational Charity Golf Tournament to benefit the Scouts of Central Florida at the newly remodeled Palm Coast Resort on April 20, starting at 8:30 a.m. Only 100 foursomes will participate and it's first-come, first serve...For golfers looking to play the Blue Monster at Doral, the resort is offering a package with reduced prices from April 9 - 17. Call 1-800-71-DORAL...

The North Florida PGA Section is accepting registrations applications for the 1998 Maxfli North Florida PGA Junior Championship at Scotland Yards Golf Club in Dade City, June 11-12.

Call 904-322-0899 for information.

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Olga

Continued from Page 1B

"All I wanted was to feel good about myself," Fuas, 28, said.

She had previous athletic experience, training as a professional figure skater in Russia and enjoyed the competition. She began working out and the competitive fires burned again.

She began working with a trainer who encouraged her to compete when he saw her potential. Fuas was married at the time and thought her life was going pretty well.

"The guy came and asked me if he could help me out," Fuas said. "I had never tried weightlifting but he told me I had potential and that I should consider competing."

Now living in Sanford, and helping promote the steroid-free bodybuilding competition at the Sanford Civic Center today (Saturday), Fuas said she was told she would have to take it to another level to compete professionally.

It started with steroids, completely illegal and expensive, yet, much worse, health-threatening.

"I started with a supplement and eventually I was talked into taking steroids," Fuas said. "I kept asking if they were okay and they all kept saying, 'trust me.'"

Fuas said she was told she had to take the drugs to move to a higher level of competition and it worked.

"For awhile, every show I entered, I won," she said.

The wins came with a cost: her health. She said she never felt any guilt about using the steroids until it started to affect her health. The competition was great, but

steroids can do several dangerous things to a person including causing acne, bringing on dangerous mood swings, affecting a woman's physiological system and many more dangerous side effects.

They can also make you incredibly strong and the perfect candidate to win any bodybuilding competitions. Fuas said she noticed her progress immediately.

"The progress of my body was remarkable and everything responded very quickly," she said. "But it got expensive."

The first signs that it was getting to be too much was when Fuas' mother passed away in Russia. She wanted to go back to Russia for the funeral but her trainer asked her to stay for a big competition. Fuas said she felt brainwashed and stayed to compete. She won the show, but left for Russia afterward.

She left two days after the show and was still taking tremendous amounts of drugs, but stopped cold turkey upon leaving for Russia.

Fuas put on 40 pounds in six weeks and developed infections. Nausea and acne developed, her voice grew deeper and her heart started racing. That's when Fuas realized that she needed the drugs.

"Something wasn't good about this," Fuas said. "I was just bleeding through my nose for no reason at all. I was using money I needed for paying bills and it was one of the reasons for my divorce."

Fuas said she came back from Russia feeling fat and ugly. Her hair was falling out and acne covered her face. Her trainer, Fuas said, told her she was an embar-

rasment to be around her and tried to humiliate her, then he gave her more pills and steroids. In 30 days, she was back to normal, but she started cramping badly and became paranoid.

"One night I thought I was going to die," Fuas said. "I went to the hospital for 11 days and the only thing my trainer told me was to shut up about everything."

The doctor questioned her about steroid use, but she took her trainer's advice and said nothing. Fuas said she told her trainer to get out of her life and that steroids were destroying her. She finally called the police and left Florida to get away to move to New Jersey. She had pressure from a district attorney to reveal the trainer's name and the source of her drugs, and eventually, submitted herself to a psychiatric unit at a local hospital where she stayed for 36 days.

She was released and took her last steroids in February of 1996.

Fuas still works out four times a week and has lost, she said, six dress sizes since getting off the drugs.

"I'm not obsessed about it anymore," she said. "It used to be an obsession and I'd look in the mirror 20 times a day. Now I'm a stronger person and hopefully I can teach others."

Now she goes to Seminole Community College where she's 15 credits from a degree in financial law. She moved to Sanford last year and, although she misses the beauty of Russia, she seems perfectly content with her new life in Sanford.

She said she might even take up figure skating again.

Duo tied for Winter Springs Softball lead

From Staff Reports

WINTER SPRINGS - The City of Winter Springs Monday Night Men's Polar Bear Slowpitch Softball League has turned into a two-team race between Seminole Power Sports and Orlando Ale House.

On March 23rd, Orlando Ale House put an end to Seminole Power Sports' dreams of an undefeated season by edging the league-leaders, 9-8.

The other game was also a tight one, with Kerryman's Pub winning its first game of the season, 15-11, over the

Golden Gloves.

This past Monday (March 30), Seminole Power Sports waltzed past Kerryman's Pub, 14-6, and Orlando Ale House blitzed the Golden Gloves 18-8.

Orlando Ale House and Seminole Power Sports are both 4-1 on the season, while the Golden Gloves and Kerryman's Pub are both 1-4.

This week's doubleheader has Seminole Power Sports taking on Kerryman's Pub and Orlando Ale House facing the Golden Gloves with the first game starting at 7 p.m.

Powering Seminole Power Sports past

Kerryman's Pub were Ron Prager and Joe Schneeberger (both 3-for-4 with an inside-the-park home run and three runs scored), George Paulik (3-for-4, three runs scored), Derek Catlin (3-for-4, two runs scored), Bruce Cataneal (3-for-3, one run scored) and Walt Washington (2-for-4 with a home run).

The leading hitters for Kerryman's Pub were Scott Holland (2-for-4, two runs scored), Ralph Discutillio (2-for-4, one run scored) and Phil Budnovich (1-for-2, one RBI).

Mariners upset Cardinals in Senior Baseball

From Staff Reports

ORLANDO - Charlie Engh and Deltona's Mike Maples combined to hold the high-scoring Cardinals to only four runs as the Mariners knocked the league-leaders out of the ranks of the unbeaten, 5-4, in Orlando Senior Baseball Association action last Sunday at Edgewater High School.

The Cardinals' loss, coupled with the Yankees' 8-4 victory over the Braves, threw the league into a to-way tie for the top spot heading toward the mid-point of the spring season.

The Cardinals and Yankees are both 4-1, while the Mariners are 2-3 and the Braves are 0-5.

The Braves and Mariners play at 10 a.m. this Sunday, with the Cardinals and Yankees squaring off for first place at 1 p.m.

The Cardinals took a 2-0 lead in the second inning when Altamonte Springs' David Vendur doubled in Mike Blanton and Lake Mary's Chris Gagliano.

But the Mariners battled back to tie the game as Tom Maynard, who had singled, scored when Sanford's Bill

Zaladonis reached on an error in the second inning and Rafael Maysonet and Roy Hadden singled ahead of a sacrifice fly by Maynard in the fourth inning.

The Mariners took the lead for good in the fifth inning as two walks and three errors led to three runs giving the Mariners a 5-2 lead.

The Cardinals mounted a serious challenge in the bottom of the ninth inning. A single by Oviedo's Mike Carpenter, a walk to Blanton and RBI grounder by Gagliano, on which all runners were safe and making the score 5-4, and a bunt single by Sanford's David Cook loaded the bases with no one out, chasing Engh.

Maples, playing his first game of the season, came on in relief and got help from his defense as Hadden snagged a drive into right-center field and doubled off a Cardinals runner at first, all while the runner on third held, and then struck out the next batter to end the game.

Doing the damage for the Mariners were Maynard (2-for-3, run, RBI), Walt Legan (1-for-3, run), Maysonet (1-for-4, run), Hadden (1-for-4) and Engh and

Sanford's Chris Spillotis (one run scored each).

Providing the offense for the Cardinals were Deltona's Dean Smith (2-for-4), Vendur (1-for-1, double, two RBI), Wayne Hilburn (1-for-4, double), Carpenter and Sanford's Robert Smith (both 1-for-4 and one run scored), Cook (1-for-1), Altamonte Springs' Richard Capozzola (1-for-3), Lake Mary's Terry Finley (1-for-4)

and Gagliano and Blanton (one run scored and one RBI each).

MARINERS 5, CARDINALS 4
Cardinals 020 001 001 - 4 9 8
Mariners 010 130 002 - 5 5 3
Vendur, Hilburn (7) and Finley, Engh, Maples (6) and Spillotis, WP, Engh, LP
Vendur (1-1), Bave, Maples, 2B - Cardinals, Hilburn, Vendur, 3B - none, HR - none, Records - Cardinals 4-1; Mariners 2-3.

Business



Herald Photo by Tommy Vincent

Hello and good-bye

It was an incoming/outgoing celebration recently, for Seminole County Teacher's Federal Credit Union, 2450 S. Laurel Avenue in Sanford. Shown during the event, left to right, Principal, Lakeview

Middle School Jim Shupe, incoming President Brenda J. Miller, outgoing President Bill Garrett, credit union board Chairman Freeman E. Baggett, and board members Sherri Bledsoe, Jean Metts and Ulysses Brown.



Herald Photo by Tommy Vincent

And the winner is...

Pearle Vision Center has just concluded a contest to seek the oldest customer in the nation. Annie Mae Tillman of Orange City, a customer at the Sanford Pearl Vision Center is 104 years of age, tied with a woman from Bangor, Maine, also 104. One or both will be given special honors in the

future. At the present time however, Annie Mae was taken to Pearle Vision in Sanford's Seminole Center (Wal-Mart) shopping center by limo, where she was given a new pair of glasses, free of charge. Shown during the arrival, left to right, Pearle Vision manager Rick Moses, Annie Mae Tillman, and granddaughter Rose Gray.

Advocate proposes new plan to boost business

By Shari Brodie
HERALD FEATURE EDITOR

LAKE MARY - One opponent of the Economic Incentive Program may have found a way to make the "corporate welfare" program more beneficial to the residents of the city.

Community advocate Doug Forner fought for and won an amendment to the city's EIP policy, adopted at the last city commission meeting. This amendment to the original policy, which expired in March of 1997, includes a paragraph which will allow the city to set aside "15 percent of all revenues received which exceed the city's return on investments" in the EIP. Forner has a plan for what the city can do with that income.

"Lake Mary residents and businesses should soon see a direct benefit from the city's Economic Incentive Program," said Forner.

The small business owner is proposing a Benefit Sharing Initiative, a two-pronged plan "earmarking a portion of the projected EIP proceeds to directly benefit people who might otherwise feel corporate incentives have no relevance to them."

"This really began during my campaign for commissioner in 1996," said Forner, "and part of what I hoped to bring to the citizens of Lake Mary."

According to Forner, the premise of the initiative is position Lake Mary as a model community and strengthen the city's relationship with its businesses and citizens, at no cost to the taxpayer.

"We have an image, we have a wonderful image," said Forner. "You say the word Lake Mary in the Central Florida area and people say it's a lovely community and a great place to do business. You say (Lake Mary) in some place outside of Central Florida and people recognize (the name) because of some of the corporate parameters that we've had through here, and let's face it, establishing a marvelous model community to live, work and play.

"Our quality of life is great. Ask yourself, can it be better? I'm not ready to say that it's as good as it can get. Would you be willing to try a plan if it effectively sells our city image to others, as well as provides the best community possible for ourselves, and, the kicker is, at the same time do it at no cost to the taxpayers? Beautiful!"

The plan includes two assistance programs:

Growth Impact Relief-To address concerns of residents and neighborhoods directly affected by growth.

Buy Lake Mary First-A directory of city-based businesses, distribute community-wide, strongly encouraging recipients of EIP funds to make their purchases close to home.

"I'd like to see a system set up whereby we encourage all corporations, small businesses, medium-sized businesses, large corporations, in Lake Mary and in the surrounding area, to purchase products Lake Mary products," said Forner. "We need to set up an incentive program, with plaques, recognition and promotion."

The plan also makes provisions for outreach programs which would promote community spirit and quality of life.

The initiative would be regulated by two new city boards, a Citizens' Quality of Life Enhancement Team and a Business Advisory Team. Both boards would report to a member of the city staff. Forner suggests that someone be hired to do this job, or assigning the responsibility to someone on the existing staff. The salary would be paid out of the EIP funds.

The Citizens' Quality of Life Enhancement Team would have advisory and advocacy capacities working with the city, researching, quantifying and qualifying

particular requests related to growth. "If those situations were related to the detrimental effects of growth, they would be funded through what I call the Growth Relief Impact fund," said Forner.

One particular example presented itself at the last city commission meeting. Forner said. A resident of The Forest came to the commission asking for a wall to be built to replace the trees that had been torn down due to construction on Rinehart Road. The trees had been a buffer for the homes located on the west side of the community. "The wall," said Forner, "is specifically a great example of a growth related need." The mayor told the resident, at the meeting, the wall would be on private property and there was nothing the city could do about the problem.

"How many times do you hear the promises that growth is going to fix for us, only to find out 10, 15, 20 years down the road, 'Well, it never really worked out that way?'" Forner asks. "I want to hammer it down, I want to guarantee it, I want to secure it."

At the current rate of the city's involvement in the EIP, the initiative would have \$300,000, or more, to spend by 2003.

Forner said he has met with current city commissioners and former commissioner Sheila Sawyer, another EIP opponent, and "received favorable response from all of them."

Forner has to meet with City Manager John Litton, to outline his plan. Litton, would have to recommend the plan to the mayor and city commissioners for approval.

"We've secured the funding, we've gotten consensus," said Forner. "We have arrived at the precipice of the single greatest opportunity for citizen participation, quality of life enhancement and city-based business involvement than we've ever had."

Boys & Girls Clubs get new board

SEMINOLE COUNTY - The Board of Directors of Boys & Girls Clubs of Central Florida, Inc. has elected 10 new members and appointed three new branch directors recently. The board will govern operation of 12 facilities in Seminole, Orange and Osceola Counties. Locally, the Boys & Girls Club of West Sanford is located at 919 Perimmon Avenue.

Almost all of the new board members are prominent business leaders in Central Florida. They include: George Koehn, chairman, president and CEO of SunTrust Banks of Florida, Allen Eberly, vice president of Properties and Government Affairs at Universal Studios, William O. Schmieder, vice president of International Business Development for Lockheed Martin, Thomas E. Hunt, regional corporate director with BellSouth, David T. Halverson, senior vice president for Tupperware, Jim Daniel, Jr., president of Dancor Contracting, Inc., William D. Palmer of Palmer and Palmer, P.A., Barbara Maurice, with Upton's, F. David McKinney, president and CEO of J. Rolfe Davis Insurance Agency, and Gary DeJudas of GAI Consultants.

New branch directors include Rob Bennerman in Pine Hills, Felix Rojas in West Orange and Che Williams in Apopka.

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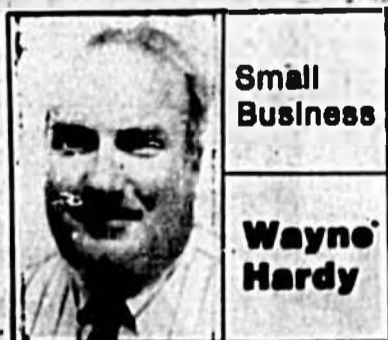
3807 Lake Emma Rd.
Lake Mary

What kind of small business should I open?

In my role as the Coordinator of the Seminole Community College's Small Business Development Center, I am asked from time to time, "what business should I open?". This presents a problem, in that our role is one of support to local small businesses. In that role I frequently challenge clients as to suitability of their business idea or plan. But I am careful not to portray that I have some crystal ball or some special insight that allows me perfect judgment.

But in the last couple of years in my drives to and from work, I have had an opportunity to think about what is one of the best small businesses. So here goes my choice for a great business that fits a lot of desirable criteria. I believe the specialty catalogue business is the best opportunity for a start up business today.

My reasoning is that with the technological revolution this business that began in the 70's is even easier in the 90's. When I was a boy my family received magazines like LOOK and LIFE. These were general interest magazines that offered a view on the world that was supplanted by television. But in



Small Business
Wayne Hardy

their place came a stream of magazines focused on specific interests. For example, I receive in the mail a magazine on saltwater fishing, freshwater fishing and one on baseball. In today's environment with two people working, few have any energy left to read anything that is not of great interest to them.

Look at what has happened to the great general interest retailers of this century, Sears, JCPenney and Montgomery Wards have all either dropped or scaled back the catalogue business. Does that mean that the catalogue business is dead? Absolutely not! What it means is that you have to serve a niche market that either has few options as to where to buy or little per-

sonal time to buy.

The key to this business is the mailing list. You cannot waste your money on people who do not have this interest or have no inclination to buy. Lists and software packages now allow you the small business person to find the hot customer. Presentation and timeliness of delivery along with quality products also heavily influence the success of the operation.

This makes the perfect home based business with the ability to schedule your personal activities. Your customer in Seattle doesn't know or care if you are dressed in bedroom slippers as long as his inquiry is handled properly. In our land of plenty a great number of niches remain unserved. Think about your hobbies or interests, where do you buy? Is your market underserved?

Well, so much for my advice as to what business. I certainly hope I have set you to thinking about the opportunities that exist for people of drive and determination.

Wayne Hardy is the Coordinator of the Small Business Development Center at Seminole Community College. He can be reached at 321-3485, email whardy@bellsouth.net

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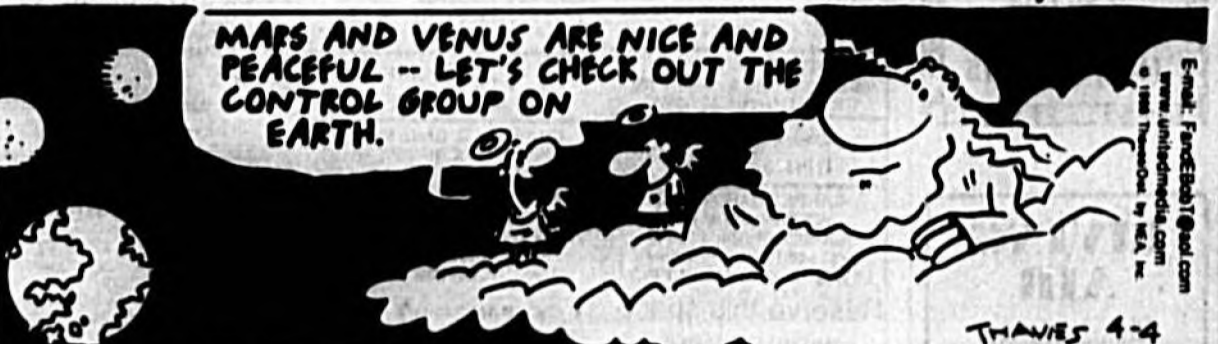
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HOROSCOPE



Sunday, April 5, 1998

Good things could happen for you in the year ahead through friends with whom you have solid relationships. Others will bring you into the act when propitious things develop for them.

ARIES (March 21-April 19) If you find yourself in an unpleasant situation today, it can probably be traced back to your own actions. To be on the safe side, treat others exactly as you would like to be treated. Aries, treat yourself to a birthday gift. Send for your Astro-Graph predictions for the year ahead by mailing \$2 and SASE to Astro-Graph, c/o this newspaper, P.O. Box 1758, Murray Hill Station, New York, NY 10156. Be sure to state your zodiac sign.

TAURUS (April 20-May 20) Do not attempt to bluff your way through critical career matters today. If you don't have something of substance to back you up, it's best not to call attention to yourself.

GEMINI (May 21-June 20) You might be more sensitive and defensive than usual today regarding your positions and opinions. If you make statements without thinking, you might say something untractable.

CANCER (June 21-July 22) A companion's carelessness and extravagance could turn out to be expensive for you today. Don't be duped into an arrangement in which you pay for another's free LEO (July 23-Aug. 22) Decisions made out of spite today could cause you additional frustration instead of giving you the satisfaction of getting even. Have malice towards none.

VIRGO (Aug. 23-Sept. 22) Patience might not be your long suit today, especially if attending to an unpleasant assignment. A poor performance might require you to do later what you failed to do right the first time.

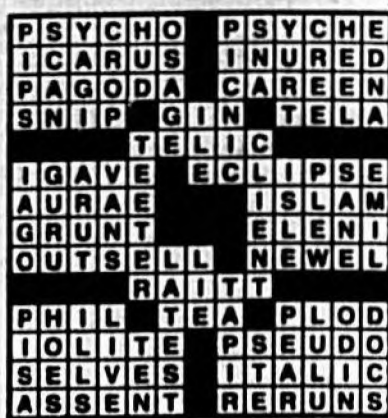
LIBRA (Sept. 23-Oct. 23) There is a possibility you might encounter someone today in a social setting who will arouse your animosity. Do not do or say anything for which you may have to apologize later.

SCORPIO (Oct. 24-Nov. 22) Generally speaking you are looked up to and respected by your peers, but today you might pull something off in public that could dull your image and cost you admirers.

ACROSS

- 1 — what your country ...
- 7 — Ararat
- 12 For each
- 13 Make fizzy
- 14 Occur
- 15 Waltzed
- 16 Down in the dumps
- 17 Gun grp.
- 18 Diner order (abbr.)
- 21 Baseballer Ryan
- 23 Coal holder
- 26 Of the dawn
- 28 Short letter
- 29 Compass pt.
- 30 Heavy volume
- 31 It's at the bottom of a c
- 33 Dancer Duncan
- 36 Designer Christian
- 37 Dolores — Rio

Answer to Previous Puzzle

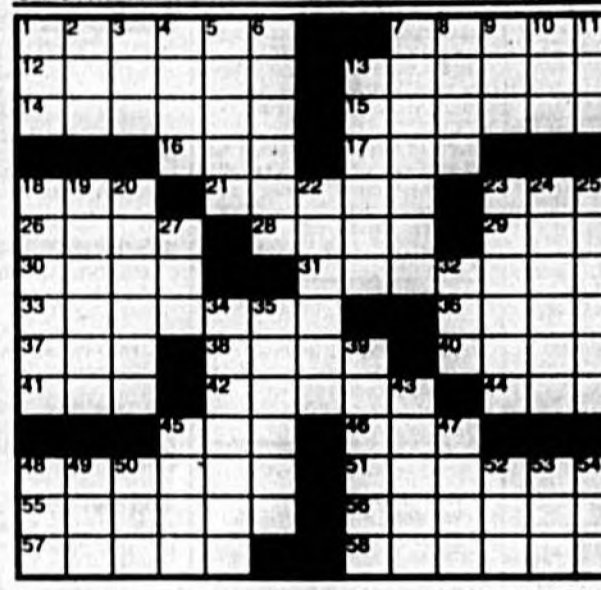


DOWN

- 1 Joyful cry
- 2 Health resort
- 3 Gym fest
- 4 Knots in cotton fiber
- 5 Atlantic, for

STUMPED?

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SAGITTARIUS (Nov. 23-Dec. 21) Persons who aren't in complete agreement with you today might experience your wrath. If you inadvertently come down too hard on the wrong guy, it might teach you a lesson not easily forgotten.

CAPRICORN (Dec. 22-Jan. 19) Business conditions might be a bit more complicated for you today than they appear at first glance. Move cautiously, taking nothing for granted.

AQUARIUS (Jan. 20-Feb. 19) Even though it's probably your best course of action, making compromises or concessions will be difficult for you to do today. Unfortunately, the other guy won't yield if you don't.

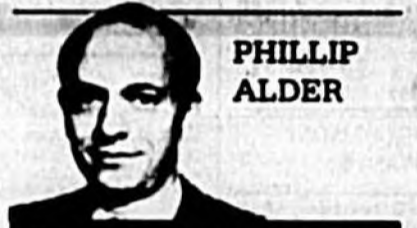
PISCES (Feb. 20-March 20) Try not to delegate tasks today to anyone with dubious capabilities. For success, it's imperative the person and assignment mesh properly.

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BRIDGE

The hardest word

Bernie Taupin wrote and Elton John sang, "Sorry seems to be the hardest word." That might be fine for life, but what is the hardest word in bridge?



PHILLIP ALDER

This deal occurred in a major team-of-four final in New York City last January.

Some would open that West hand with one heart in the third position, primarily for lead-directing purposes. Even more would pass the North hand whatever West's call — a bid or a pass. The actual two-diamond cue-bid showed at least 5-5 in the majors. East was happy to double, describing a maximum pass with defensive values. And he was even more delighted to double two spades.

At first, West wasn't so pleased with this turn of events, anticipating a disastrous diamond lead from partner. But then West realized he would start trick one. So, he passed and led the spade king. East signaled with the

two, his lower spot being a suit-preference signal for clubs. (If East had had the diamond ace, he would have played his higher trump spot.) Reading this correctly, West switched to a club. After winning with the ace, East cashed his two top trumps, West discouraging in diamonds by discarding the three before the four. Receiving that message, East switched to the heart seven. West took three tricks in the suit (South being out of trumps) before giving his partner a heart ruff.

Are you keeping count? The defenders have taken the first eight tricks for three down: plus 500.

North 04-01-98
 ♠ J 9 8 7 4
 ♥ 10 9 8 5 5
 ♦ J
 ♣ K Q

West East
 ♠ K ♠ A Q 5 2
 ♥ A K Q 4 ♥ 7 3
 ♦ 8 6 4 3 ♦ 10 7 5 2
 ♣ 10 7 6 3 ♣ A 5 4

South
 ♠ 10 6 3
 ♥ J 2
 ♦ A K Q 9
 ♣ J 9 8 2

Vulnerable: Neither
 Dealer: East

South	West	North	East
Pass	1 ♠	2 ♠	Pass
2 ♠	Pass	Pass	Dbl.
3 ♠	Pass	Pass	Dbl.

Opening lead: ♠ K

North, a world champion, had shown again that the hardest word in bridge is "pass."

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ROBOTMAN®

by Jim Meddick



YOU'RE GOING TO A COMPUTER DATING SERVICE? ...



by Leonard Starr



SEMINOLE *Life*

C

The Herald

Seminole Herald, Sanford, Florida - Sunday, April 5, 1998

INSIDE AFTER HOURS: DON'T GET LOST IN SPACE...2C PEOPLE: FASHIONS FOR CANCER RESEARCH...3C LIBRARY SCHEDULES STORYTIME...7C

Serving the 'thinking public'

Smaller is better say local bookstore owners

By Vicki Belluccia
HERALD STAFF WRITER

They can't compete with the big guys. Then again, they don't even want to. While you can get lost among the rows of shelves at Barnes and Noble and Books A Million, the smaller stores are offering the kind of services and programs that can't be matched by the book mega-stores. "I wish I had a Barnes and Noble right next door," said Dan Mulvaney, owner of Our House Books in Sanford. "We aren't anything like them." Glance around stores like Ever After Books in Longwood or Our House Books and you know right away that the emphasis is on in-

tellectual stimulation and the arts rather than on the business of books.

A chess board sits ready for play between a pair of overstuffed chairs. Dog-eared magazines are spread across the coffee table.

Employees, rather than running at full speed, too harried to chat, are discussing books or philosophical issues with the clientele.

"I love this job," said Jennifer Miller, events coordinator at Ever After Books. "We're always doing something different."

Both bookstores want to serve the thinking public, they say. They don't just want customers to come in and buy a book. They want people to stop and learn something while they're in the store.



Bev and Dan Mulvaney of Our House Books in Sanford.

Herald Photos by Tommy Vincent

Miller uses writing contests to challenge her clients. An adult poetry contest, with a deadline at the end of the month, is underway right now. It's not enough to write the poetry, creators must also take part in the April 10 reading at the store.

I want this to be the place where thinkers and artists come. This is my learning ground.

Dan Mulvaney, Our House Books

"We want to really involve people," Miller explained. "There's something to interest anyone who comes in here."

In addition to the poetry contest, there is a short story contest for children, a book discussion group, a philosophy group, a writers' support group and a game night.

Mulvaney schedules similar activities at his store, which is currently undergoing an expansion that will double the size of the facility.

Poetry night, where anyone is welcome to join the core group of about 25 writers, will return to the store on Monday nights as soon as the construction is done. Game night,

where the diversion of choice is Axis and Allies, a board game based on World War II, will also be back. For \$3 per hour, customers can access the Internet for research or pleasure.

The larger quarters will bring the debut of a regular town hall debate, Mulvaney said.

"We're going to discuss and debate local issues in this forum," he noted, adding that community leaders and politicians would be invited to share their views at the meetings.

Miller said Ever After Books, like most other small book stores, is service oriented. They put their emphasis on the arts. Other small stores might put the emphasis elsewhere, but service to the customers is the most important element, she said.

"We want to give people what they want," she explained. "We have the resources to find the rare or out-of-print book, but we can also offer them art and philosophic discussions and fun events they aren't going to find at the big stores."

Miller and Ever After owner Robin White said they have fun learning and experiencing new learning experiences with their customers, many of whom have become their friends.

Mulvaney agreed. "I want this to be the place where thinkers and artists come," he said. "This is my learning ground."



Robin White, owner of Ever After Books in Longwood, with Jennifer Miller, events coordinator.

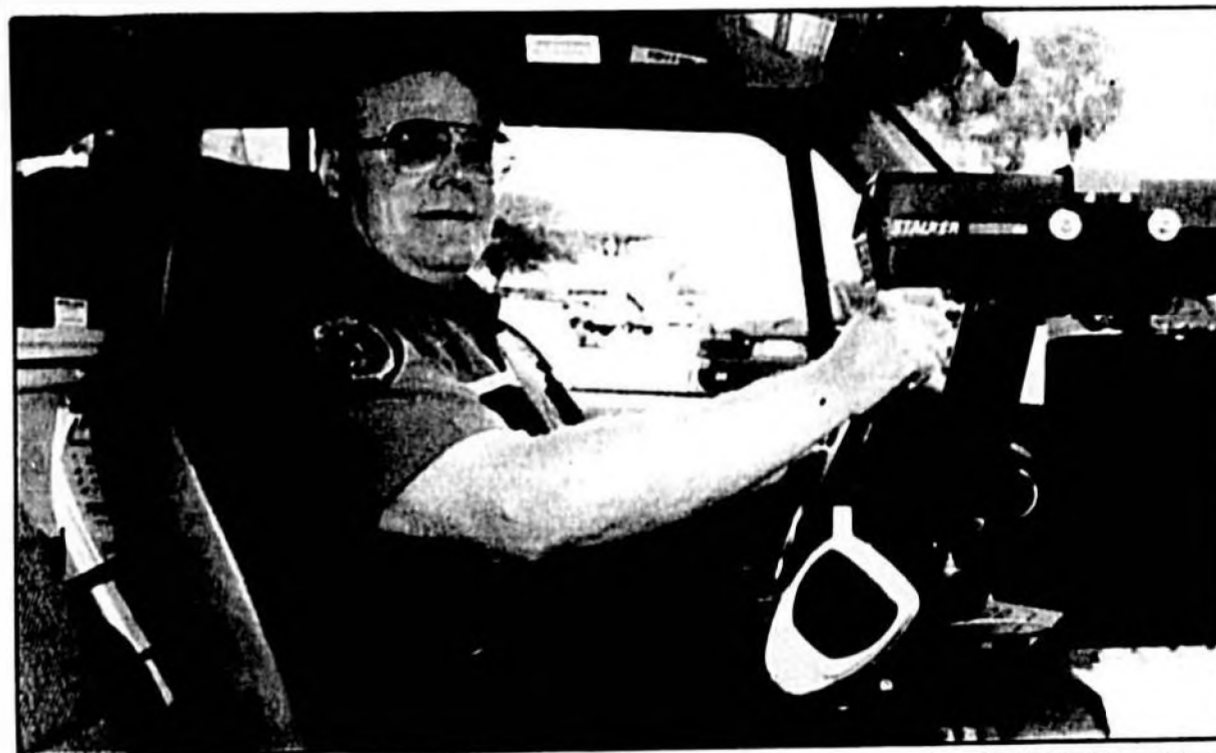
The South shall rise again!



Herald Photo by Mary Rowell

Company H of the 37th Alabama Infantry thrilled visitors to the 5th annual Olde Lake Mary Days with their cannon drills and historical displays. The company's display included a realis-

tic Civil War encampment and the firing of muskets (shown here). For a recap of other Olde Lake Mary Days events, please see Page 3C.



Herald Photo by Tommy Vincent

Ed McDonough has served the Seminole County Sheriff's office as public information officer since 1993, now

he's one of the county's newest deputies, fighting crime and stopping speeders, from his patrol car.

One of county's newest deputies is also one of its oldest

By Lacy Loar
HERALD EDITOR

SEMINOLE COUNTY - As a television news anchor, he reported it; as the public information officer for the sheriff, he spoke about it; now he fights it.

Crime. One of the newest deputies for the Seminole County Sheriff's Office is Ed McDonough, a soon-to-be 52-year-old who began patrol at an age when other law enforcement officers are retiring.

"I'm just getting started 28 years later than I expected," he explains.

At 6 feet 1 inch tall, and 220 pounds, McDonough at 49 joined the physical ranks of those half his age who have to graduate from the police academy to become law enforcement officers. In 1995, he was serving as the public information officer for Seminole County Sheriff Don Eslinger when his boyhood dream rekn-

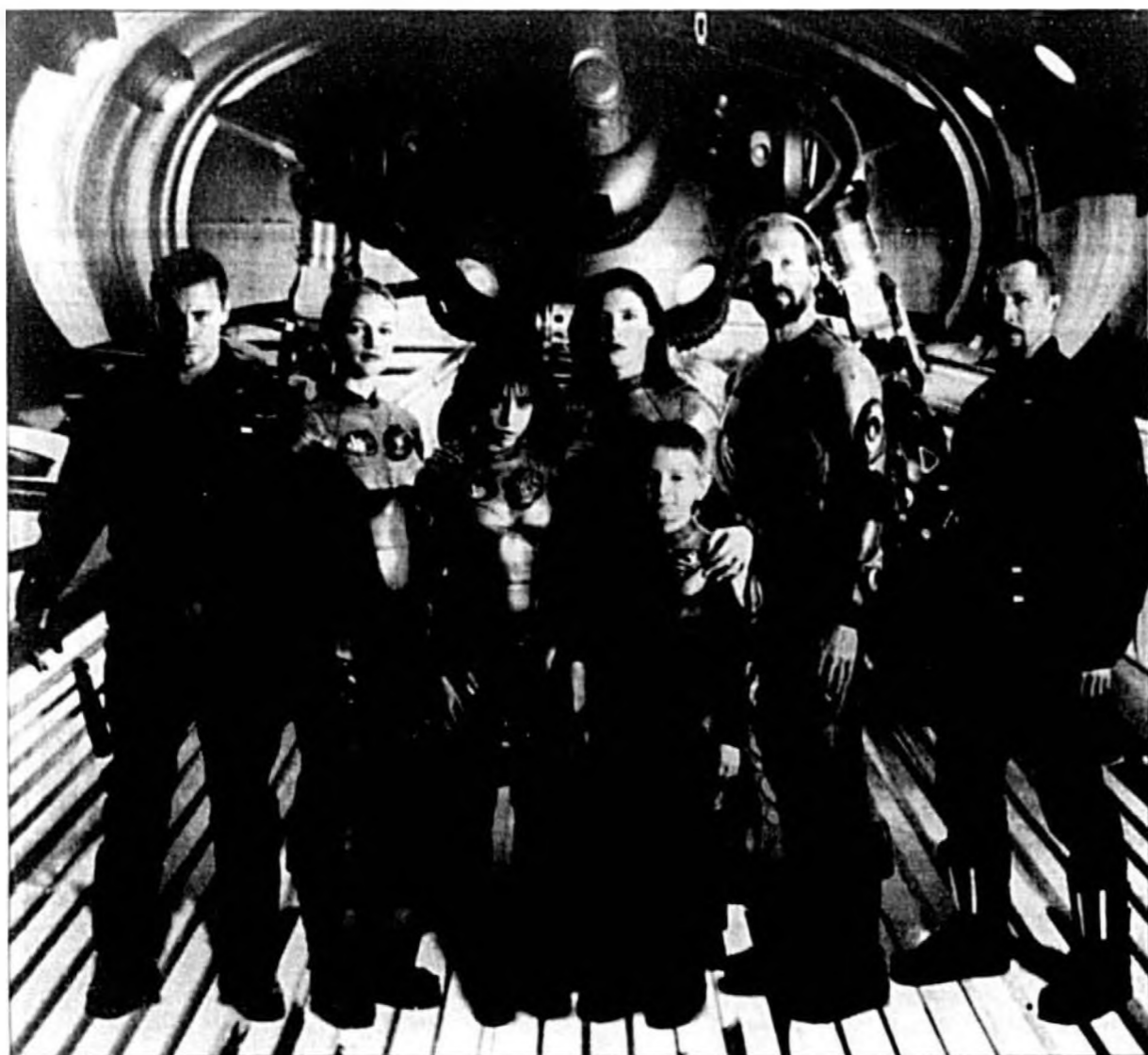
dled. "I went to the sheriff and he was surprised. 'You want to be a deputy?' he said. I just said, 'I gotta do it. It's now or never.' Fifty seemed to be the right time."

Other choices had always drawn the Brooklyn, N.Y., native away from his first love for law and order. After graduating from Marquette University in 1968, McDonough was drafted and served in the Army Military Police for two years, recruited then by the Los Angeles Police Department, while he was stationed at Fort Carson, Colo. Instead, he took a job with a Columbus, Ga., television station, embarking on a media career as a news anchor that included 16 years at WESH, Channel 2 in Central Florida.

From there, he owned his own business, producing commercials and educational tapes. Those called for jury duty in Seminole County will know McDonough from the tape used to explain voir dire, the jury selection process.

See McDonough, Page 7C

After Hours



Left in Space feature film cast: Matt LeBlanc (West), Penny (Penny), Mimi Rogers (Maureen), Jack Johnson (Will), from left, Heather Graham (Judy), Lacey Chabert (William Hurt (John), and Gary Oldman (Dr. Smith)

Danger, audiences, danger!

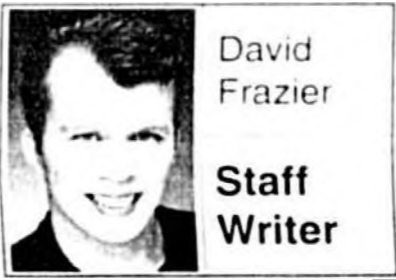
Lost in Space loses something in switch to the big screen

Lost in Space (PG) Director Stephen Hopkins' sci-fi film *Lost in Space* has a lot of things going for it: a cast of stars, a futuristic setting, and computer-generated effects that are as good as any you'll see in a movie. You'd better send out the distress calls and pronto!

The Robinson family, consisting of John (William Hurt), Maureen (Mimi Rogers), Judy (Heather Graham), Penny (Lacey Chabert), and Will (Jack Johnson), are the only hope for the futuristic Earth. The environment is in a free fall, and colonization on an Earth-like planet is the only hope for mankind. The dramatic Robinsons volunteer to be the first family to stake claim on another world.

However, there is a faction that does not want to see colonization take place. So the organization sends a hitman—so to speak—to be a catalyst to the great experiment. Dr. Zachary Smith (Gary Oldman). With the help of an egotistical beetle-pilot Don West (Matt LeBlanc) and trusty Robot II, the Robinsons try to complete their mission without the complications that Smith may cause.

As I reread the last two paragraphs, certain questions spring to my mind: Why in this era where man has made these great technological advances can they not save their own environment? And who is this faction at the beginning of the film? How did they evolve? What is their purpose besides



David Frazier
Staff Writer

not wanting to leave their Earth that is dying anyway? This group of spacey terrorists is never heard from again after their initial attack and there is really not much salvageable information you can squeeze out of the opening scenes where they are trying to destroy a portal that will be used in the colonization process. These unanswered queries go to underline the film's major problem: the script.

Lost in Space is written by Akiva Goldsman, who probably still gets sarcastic smirks from colleagues bemused by his *Batman & Robin* screw-up. Goldsman tries to make amends with this departure from the *Lost in Space* television show, but in so doing, he doesn't pay enough attention to the way he is crafting his story.

Of course, the family gets lost in space, but you can make the argument that they are lost in a familial sense, too. There has hardly been any quality family time for the Robinsons since the mission's inception. The parents are argumentative, the children feel neglected...you know the routine. Goldsman's screenplay tries

to be serious and fails; it tries to be funny and fails; it tries to be a spoof and fails; it tries to make a statement about the family and fails. Through this screenplay, we may discover the truth behind the mystery of who destroyed the *Batman* franchise.

Director Stephen Hopkins (*The Ghost and the Darkness*) lets the film's effects direct for him. Audiences may be struck fascinated by all the brilliant—and some not so brilliant—animatronics and computer-generated effects, but these spectacular feats of wizardry are suffocating. Since Goldsman's rotting cadaver of a script reeks with stereotypes and clichés, the star of the new movie is the effects and that make for a boring show.

Hopkins and Goldsman try to go with a dramatic, heart-warming approach instead of recycling the camp from the film's televised predecessor. The filmmakers end up making the new film seem mechanical that is highlighted at the end by the techno-closing credits. *Lost in Space* is a project that required a Tim Burton sensibility; someone who doesn't take the material so seriously but would not have taken it for granted either.

This film will only fuel the fire for those opponents of old small screen series being remade into big screen productions. I say, if the film is good, who cares where it comes from. There will be exceptions, and *Lost in Space* is one of them. **Two stars (out of four).**



The original cast of the television series: Mark Goddard (West), from left, June Lockhart (Maureen), Garkwright (Penny), Jonathan Harris (Dr. Smith) and Guy Williams (John), Billy Mumy (Will), Angela Maria Kristen (Judy)

Let us know

Welcome to the *Seminole Herald's* "After Hours," a page dedicated to the arts and entertainment news in Seminole County. If you have any story ideas, pictures or comments about the page, please call David Frazier at 322-2611 during weekdays, or you can write to David by sending letters to The *Seminole Herald*, attn: David Frazier, P.O. Box 1667, Sanford, Florida 32772-1667 or 300 N. French Avenue, Sanford, Florida 32771. Remember, arts and entertainment news is not exclusively limited to Sanford and Lake Mary, but also the rest of Seminole County. So drop a line!

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MERCURY RISING 12:45 4:30 8:00	PG-13
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Dream Auction

Thank You

Seminole Community College Foundation, Inc. gratefully acknowledges all of the individuals and businesses who helped make our Dream Auction '98 such an overwhelming success. Hundreds of community minded citizens did their part to help Seminole Community College raise funds for the support of Student Scholarships.

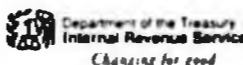
We want to publicly thank the following for their support as corporate sponsors and/or providing major donations for Dream Auction '98.

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People

Gala fashion show, luncheon nets \$\$ for cancer research

The Sanford Lake Mary Board of the American Cancer Society heralded spring and cancer research with a gala fashion show and luncheon March 25 at the beautiful Heathrow Country Club. About 160 ACS supporters reveled in the luxury of the club while contributing to reappear for the battle against cancer.



SENIOR EDITOR

DORIS DIETRICH

Now in its sixth year, this annual luncheon is a spinoff of the ACS 125 first hosted by Jan Bauerle Brush and her late husband, Don Bauerle, at their mansion near Sanford, according to Dr. Beverly Boothe, chairman of the event.

Dr. Boothe introduced several dignitaries and paid tribute to Judy Wimbish, who has chaired previous luncheons. Judy was unable to chair the event this year, but plans to return to her post later. She was cited for her dedication to the cancer society and a job well done.

Mary Gwen Boyett of Orlando, an administrator with the American Cancer Society, told the group about cancer research and distributed brochures.

A spring theme was carried out in the light and airy decorations and charming table appointments. The tables were centered with painted terra cotta swans ornately arranged with spring blossoms, created by Cathy Bossert, assisted by Ginny Wallace. Bette Gramkow was in charge of the centerpieces, which were sold to the patrons.

Green bunnies, designed by Molly Pfleger, were featured on the place cards, and each guest received a ceramic bunny napkin holder as a memento of the festive occasion.

A spring fling is never complete without appropriate music. Contributing lifting musical selections for the special

event were Valerie Ferrer, violinist; Craig Thomas, violist; and Barbara Huber, pianist.

Adding to the excitement of the day were door prizes provided by area businesses. Heather Everhardt arranged for the door prizes, and Martha Yancey and Peggy Telen were in charge of the tickets.

Chairman Beverly said the food was excellent. Supporters were served garden salad, carrots and broccoli in a light herb sauce over a bed of linguine, grilled chicken and strawberry and raspberry tart. Tom Piechowski was in command of the food.

Others on the overall committee: Donna Everhardt, Margaret Vitale and Jean Cloutz.

Special guests were Sanford Mayor Lorry Dale, wife Stephanie, and their 4-year-old daughter, Sammie, and Lisa Bossard, wife of Sanford City Commissioner Brady Bossard.

Beverly thanked Linda Short and Staff of Sanford Printing Company for their excellent contributions for the event's printing needs.

The array of fashions was



Herald Photo by Mary Rowell

Participating in the cancer society fashion show and luncheon are (seated) the chairmen, Dr. Beverly Boothe (left) and Jean Fowler. Standing (from left) Peggy Telen, Cathy Bossert and Martha Yancey.



Herald Photo by Mary Rowell

Models for the fashion show and also owners of Our Boutique are Jacky Cason (left) and Laure Brown with the chairmen.

from Our Boutique in Longwood, a quaint specialty shoppe owned by Jacky Cason and her daughters, Laure Brown and Michelle Cason. Fashions ran the gamut from casual chic to dressy frocks. Fashion commentator was Central Florida's modeling and image guru, Lisa Maile.

One of the models was Kristen Boatstaid, a granddaughter of Jean Fowler, co-chairman of the benefit. Kristen, 13, and a triplet is a beautiful blend who tugged at the heart strings of the patrons.

Dr. Boothe couldn't make enough positive comments about the success of the annual benefit. While the enthusiastic patrons were having a great day of indulgence in the charming ambience of the club among friends and associates, they raised about \$5,000 for cancer research.

KIWANIS PANCAKES MAKE A BIG HIT

Crowds came from far and near last Saturday to the Sanford Civic Center to attend the annual pancake feed put on by the Sanford Kiwanis Club. The \$3 donation was well worth the price. Patrons stuffed themselves on the light and fluffy cakes topped with dollops of butter and maple syrup and accompanied by generous portions of country fried pan sausage. There was also lots of hot coffee and refreshing orange drink to complete the meal.

While we were there, entertainment was provided by the Sanford Middle School band members who put on a real good show.

Kiwanis members manned a silent auction, bake sale and produce market. Bette Gramkow and Bob Daehn were taking up tickets while Dr. Earl

Weldon dispensed coffee.

We paused to chat with my former boss and publisher of the Herald, Walter A. Gielow and his bride of many years, Winifred, Bill.

Jackie Caolo and her family from Dallas made quite a splash wearing colorful straw hats — a delightful preview of the forthcoming Easter Parade.

PILOT CLUB SELLS EASTER BOXES, CAKES

The Pilot Club of Sanford is up to its usual eggcellent sale for Easter. Since 1972, the club has been selling decorated egg boxes and cake eggs for the scholarship program.

The decorated egg boxes feature eggs cleverly painted as ladies, bunnies and clowns resting on a small box that can be filled with small items such as candy eggs, jewelry, money or what have you.

The eggs and cakes are See Dietrich, Page 4C

Commission to host history interpreter, Olde Lake Mary Days termed successful



Herald Photo by Mary Rowell

Kids begin festival with a Kiddy K race



Herald Photo by Mary Rowell

Members of the 37th Alabama Infantry, Company H



LAKE MARY

MARY ROWELL

If you've ever been on a field trip to Barberville, you've probably seen the man who will be the guest speaker at the April meeting of the Lake Mary Historical Commission. Tuck Russell is a Professional Living History Interpreter and a member of the Society of Workers of Early Arts and Trades. Tuck is one of the interpreters who works at Barberville. Among other things, he may take visitors on a tour of the log cabin or teach them how to make butter.

When he visits the Lake Mary Historical Commission, he will be telling visitors about tools through the ages. People of all ages will enjoy finding out what men did before they had power tools.

The meeting is scheduled for Tuesday, April 14 at the Frank Evans Center in Lake Mary. Social time and refreshments are at 7PM and Tuck will speak at 7:30PM. The public is invited to attend.

OLDE LAKE MARY DAYS A SUCCESS

The muskets and the cannon were working perfectly and the day was rain free. Saturday, March 28 was a great day for the Fifth Annual Olde Lake Mary Days. The turnout between 10 and 11AM was a little sparse, but after that, the crowd picked up and everything ran smoothly.

In the Kids Korner, Cub Scout Pack 529 went through 100 pounds of clay as they let visitors make clay pots to take home. Girl Scout Troop 148 went through 75 yards of leather lace helping visitors free make bracelets. The zoo was in the Kids Korner from



Herald Photo by Mary Rowell

George C. Scott weaves palmetto into flowers

12-2PM and gave visitors a chance to pet a possum, a gopher tortoise (who enjoyed walking all over the Kids Korner), a screech owl and a snake, all Florida natives.

In the Frank Evans Center, visitors made about 200 candles to take home and taste tested about 5 pounds of butter. Thanks to the RSVP Hacienda Sewers of Winter Springs, there were plenty of circa 1800's children's costumes to try on. Fran Brender took 90 pictures of children in costumes on Saturday. Target loaned the Historical Commission a Polaroid camera and donated film for the event.

The entertainment was excellent as usual. Siemens Telecommunications and Sunland Corporation sponsored the Florida Strings Bluegrass Band which played Saturday afternoon.

Company H of the 37th Alabama Infantry thrilled visitors

with their cannon drills and historical displays. They did an incredible job setting up a realistic Civil War encampment. Cpl. Alvin Dorn said that the only compromise they made in the set-up was to make the avenue between the tents wider than they actually would have been to accommodate the visitors.

The Historical Commission was fortunate to receive donations of breakfast food from Publix, Winn Dixie and Einstein Bagels to help the vendors start their day off right.

Boy Scout Troop 854 had a great time with their first year running the 10K/5K Race. The race, sponsored by Columbia Medical Center, Skate 2000 and Safari Sun, drew a very enthusiastic crowd.

Civic and churches were well represented at the festival. The Lake Mary Seniors sold See Rowell, Page 5C

Guys and dolls gather to test lessons in company manners

A bright, sunny afternoon was the setting of an elegant hat and dress tea which was to honor 4-13-year-old young ladies and gentlemen.

The honored guests arrived well-dressed for the afternoon tea, an occasion for the guests to show off their newly learned lessons in etiquette taught by Tajiri School of Performing Arts and Academics instructor Sheryl Moore.

The hostesses for the Sunday, March 29, 4-5 p.m. affair were: Jamelia Jarrells, Jesslyn Hunt, Jamesha Brinson, Jasryamine George and Latressa Haws.

Sipping very elegantly their cups of tea with crumpets were young ladies Amanais Hayes, Ray'Nell Tillman, Nichole Brooks, Donall Nickson, Alyssia Myers, Jamal Simpson, Jessica James, Kemonte Miller, Jane Brook, Samerea Huggins, Yesenia Ezell, Branford Lambert, Rajan Hollis,



SANFORD
MARVA HAWKINS

Charlay Carter, Kirra Wynn, Michaela Nickson, and Kellah Nickson.

Special thanks to the parents' catering service and to Mrs. Patricia M. Whatley of Tajiri Arts. For bookings and enrolling your children, call 324-9140. Tajiri Arts is located at 1519 Palmetto Ave. in Sanford.

A DAY OF GRACE
"A Day Of Grace" was to honor great women of our local heritage. The sisterhood luncheon honoring African-American women of Central

Florida who have shouldered many crosses and survived the stresses of their day in their own individual ways, this tribute was shared by two of Sanford's great community servants, Althease Bently, retired educator, community activist, writer and historian was one of the honorees.

Patricia Whatley, founder and director of Tajiri School of Performing Arts and Academics was the other. Students are taught poetry, drama, song, dance, sign language and other studies to improve their cultural, social and religious presentations, as well as, ballet and jazz movements.

This honorable program featured Dr. Peola Butler Dewes as the keynote speaker. Saturday, March 21, was a day that many accepted the opportunity to honor a special lady in their life. Thanks to Montsho Books, etc. for this great tribute to the legacies of African-American



Graduates of etiquette class honored at elegant afternoon tea

women of our community. "Women are the nurturers of all life."

WELCOME HOME, JOYCE

Welcome home for a few weeks to Navy service lady Joyce Lawrence who will be visiting with her mother, Ruby

Blake, her grandmother, aunts, uncles and cousins. Joyce is presently stationed in Puerto Rico.

Exotic decor found in shop



OVIDO - WINTER SPRINGS
DAWN JENSEN

When Dewitt Belote decided to run his own shop, he said things just fell into place. The Florida native was in St. Thomas helping friends run the forefather of etolebe called Banana Dance. While in St. Thomas, Belote finished his Bachelors degree at UCI in mathematics.

After Hurricane Marilyn struck in 1995, the shop's owner decided to move back to his store in Miami. Belote took over Banana Dance and changed the name to etolebe. Etolebe has no known meaning. Belote came up with the name by spelling his name backward and adding an e.

Recently, the Edgewater High School grad decided to relocate to the College Park area where he grew up. Belote moved etolebe and opened up the store in Oviedo.

"I saw the growth and things happening in Oviedo," said Belote. "And I decided to be a part of that growth. I liked the area. The market wasn't already saturated."

Opened just two months, etolebe has attracted curious visitors to its new residence with its interior decor. The unassuming facade of the Geneva Drive store hides one of the most interesting, eclectic decor quite literally in the world. There are exotic adornments from India, Indonesia, China, and Turkey to name a few.

Patrons can find one-of-a-kind rugs designed in Austria, handmade in Turkey by Geba that are sold exclusively at etolebe. Belote can tell visitors a little about the culture each piece that he's imported from because he's been there. He says he's taken great interest in the quality of the items he presents to his patrons.

"I wanted to have things that you wouldn't find in other stores," Belote said. "I wanted the quality to be good, well-made and be affordable. These are things you can pass down through generations." In his travels, Belote said

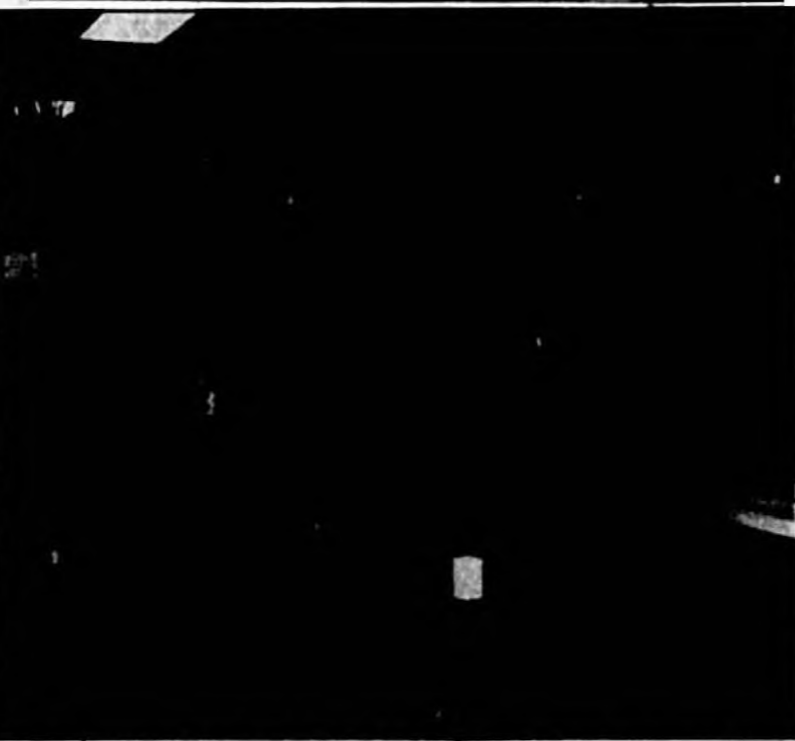
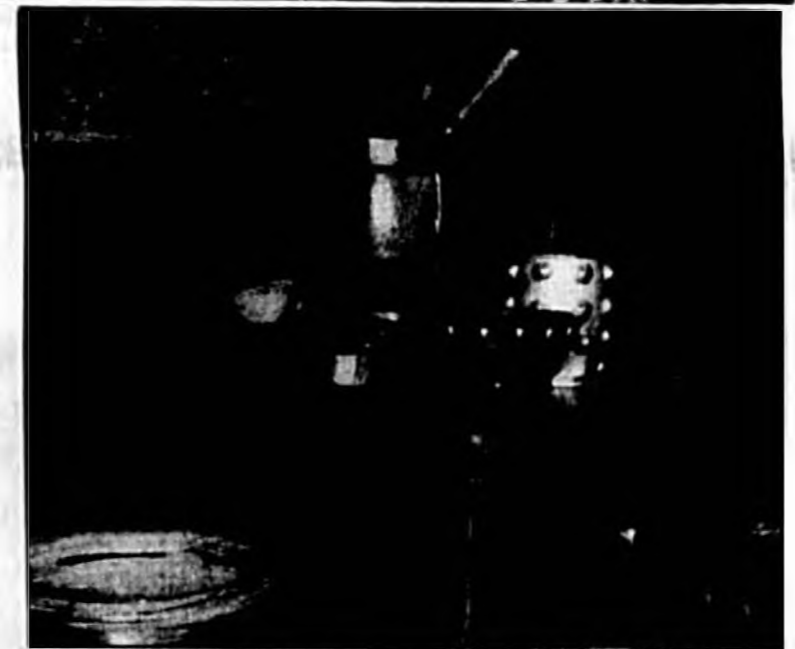


Photo by Dawn Jensen

The etolebe in Oviedo features a variety of unique artifacts from around the world.

Costa Rica is one of his favorite and most beautiful countries he has had the chance to visit. But that's not the only reason.

"They have the most friendly people I've ever met in all my travels," he said.

When he scouts the treasures and artisans from different cultures he comes in contact with, Belote brings back more than decor.

"You get to see how people Please see Oviedo, Page 7C

Austin, Texas where she makes her home with her daughter and son-in-law Shirley and Ralph Cox.

According to Barbara Chapman, Nita lived in the same house on Palmetto all those years where she reared her children. Shirley and the late Herbert Jr. (Speed) Moreland.

Nita will celebrate her 98th birthday in November. At one time, she was active in the Sanford Garden Club and is a

long-time member of Sanford's First Baptist Church. Barbara said Nita is still in "very good health, reads books constantly and does beautiful crafts."

Nita is flying in from Austin with Shirley and Ralph and will be staying with her grandson, Ridge Moreland, and his wife, Shelley. Shirley and Ralph will be attending the big 50th reunion of the Seminole High's class of 1948 of which Shirley is a member.

There's got to be some way to protect unwanted kids

DEAR ABBY: Why is there no place for people to safely leave unwanted children and babies? Shouldn't there be a law stating that a child left at a police station or hospital would be immediately available for adoption?

Abby, so many children need time, effort, prayer, money, and visible, vocal adults to help them. I'm referring to the many little ones who are abused, maimed, brutally tortured or left to die horribly alone every year. This happens often with unwanted, resented or hated children. The parents or other legal guardians feel there is no other way to get rid of them. The deaths are not always intentional, but the abuse is.

The stories haunt me: a baby girl, unwanted by both parents, whose burned body was left in a garbage dump in the desert, a well-dressed baby pulled out of San Francisco Bay; a newborn infant left beside an infrequently traveled road; another baby left in bushes near a playground. And a mother who buckled her children into car seats and rolled the car into a lake!

These are not predators who take children from their homes, out of yards or off the streets. They are mothers, fathers, or the lovers of the legal guardians who do these terrible things.

What of the teen mother who can't cope with being a child herself, let alone being a mother? The abusive father who can't cope with his own life, let alone the demands of a child? The grandparents who, having raised their own children, find themselves in the twilight of their lives trying to raise a grandchild? These are people who don't want to admit to themselves or to society at large that it's easier, sometimes even a relief, to destroy the baby in their care.

If parents or caregivers could leave these children at a "safe place" with no questions asked — and no effort to prosecute them for abandonment — perhaps fewer children would die.

As it is now, law enforcement is compelled by law to track these people down. It's left for strangers to grieve for these children. I know this letter is unprintable, but I just had to give vent to this. The burned baby left in the desert haunts me like no other.

DOROTHY L. MILLER, PITTSBURG, CALIF.

DEAR DOROTHY: Thank you for your heartfelt letter. Crisis nurseries that provide respite care for stressed-out caregivers exist in some cities, and I'm told a small percentage of the children left in them are abandoned each year.

Before the laws can be changed, society's attitude toward parents who relinquish children needs to change, so that parents and caregivers are not perceived as "bad" for placing children for adoption. There are ways to safely surrender children — adoption placement services; however, until people are no longer stigmatized for doing so, a percentage of these children will be abused, and some will die.

I know that a number of people who work with battered and traumatized children quietly agree with your proposed solution. However, until parents who are unable to fulfill the idealized role of parenting are no longer condemned for admitting it, nothing will change.

DEAR ABBY: Some months ago you asked your readers to define "elderly." That prompted me to write this poem:

REALITY CHECK
I feel young and full of pep,
Rushing hither and yon.



ADVICE

ABIGAIL VAN BUREN

Enjoying every passing day Seldom was begun. Until the daily news proclaims "Elderly Woman Hit by Car." And I am halted in my tracks. My pleasant world afar. Forced to face reality — That "elderly" woman is younger than me!

ELIZABETH VAN LOAN, BRADENTON, FLA.

DEAR MS. VAN LOAN: Right (or write) on!

DEAR ABBY: As my Christmas cards arrived this year, I noticed there were a few familiar names missing.

It would be so nice if children, grandchildren, nieces and nephews would let folks know if Aunt Mary in California, Sally in Illinois or Gladys in North Dakota were in nursing homes, or deceased.

When my beloved mother died, I wrote to all the people she corresponded with or sent holiday cards to, to inform them of her passing.

I received so many letters telling me how grateful they were that I had written. It takes so little time and it's very much appreciated.

BEVERLY IN DENVER

DEAR BEVERLY: An excellent suggestion. Thank you for this thoughtful reminder we can all use.

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Dietrich

Continued from Page 3C available on Saturday, April 4, and Saturday, April 11 at the entrance to Publix in Sanford. For information, call 323-0253.

NITA IS COMING HOME
Friends of Nita (Mrs. Herbert Sr.) Moreland will be interested to learn that the former beloved citizen of Sanford, will be visiting Sanford from April 14-20. Nita lived in Sanford more than 70 years before moving to

SUNDAY

MORNING

MORNING TV schedule grid with columns for time slots from 6:00 to 11:30 and rows for various channels.

AFTERNOON

AFTERNOON TV schedule grid with columns for time slots from 12:00 to 5:30 and rows for various channels.

PRIME TIME

PRIME TIME TV schedule grid with columns for time slots from 6:00 to 11:30 and rows for various channels.



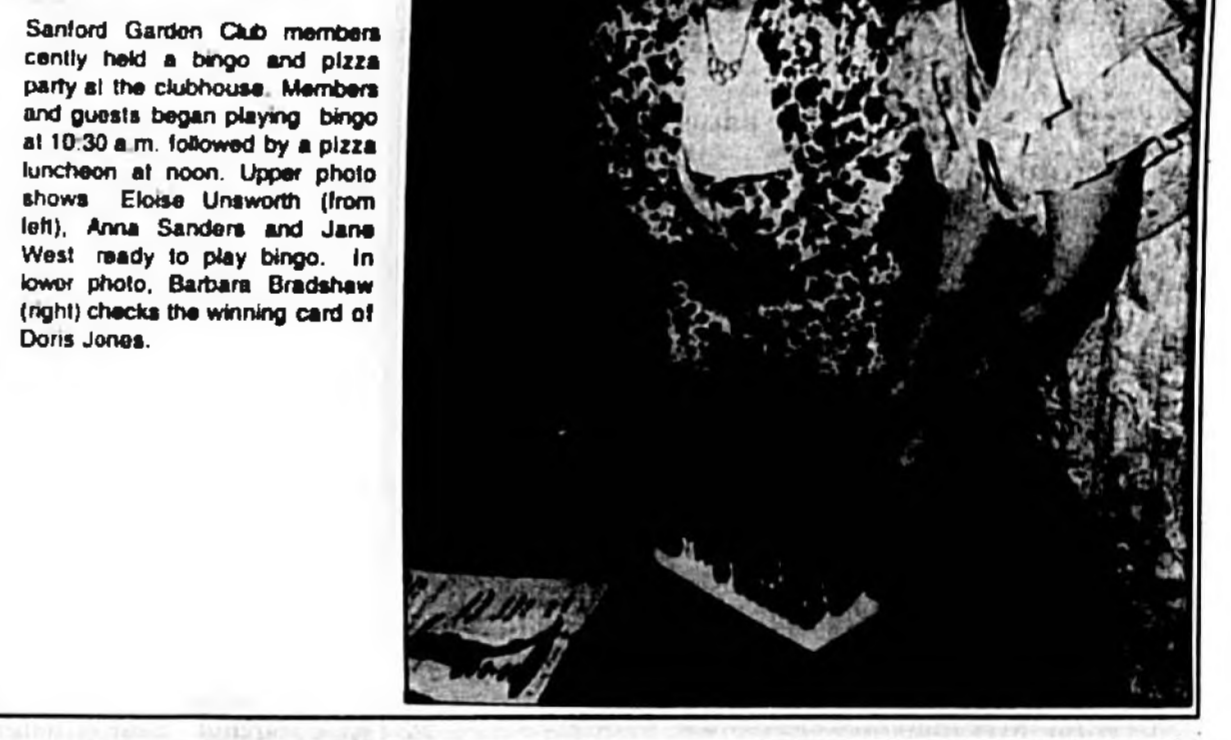
Tea with a twist

Members of the Ballet Guild of Sanford-Seminola will perform as guest dancers at the 'Mad-Hatter's Tea Party' on April 11, from 10:00 to 11:00 a.m. in an outdoor wonderland at the Shops of Brandywine on Park Avenue in Winter Park. Proceeds from the event will benefit the Easter Seals Foundation and will also feature performers from the Orlando Opera. For ticket information, call Claire at the Winter Park Chamber of Commerce, 644-8281.



Garden Club hosts pizza/bingo party

Sanford Garden Club members recently held a bingo and pizza party at the clubhouse. Members and guests began playing bingo at 10:30 a.m. followed by a pizza luncheon at noon. Upper photo shows Eloise Unsworth (from left), Anna Sanders and Jane West ready to play bingo. In lower photo, Barbara Bradshaw (right) checks the winning card of Doris Jones.



Girl Scout Mentors pin Brownies with God and Me pins



Rowell

Continued from Page 3C. age. None of news departments at any of the television stations, including Lake Mary's own television station, sent representatives to cover the event. At Olde Lake Mary Days, the recognitions were awarded. Dr. Kevin Chubb of Celebration Church, who sponsored the project, pinned Heather with her Mentor pin. Heather, in turn, pinned the five girls who helped act as mentors during the workshop. The mentors then pinned the girls and boy they had helped. The Religious Recognition is the only non-Girl Scout insignia that can be worn on the front of the Girl Scout vest/sash.

Health & Fitness

If you have items of interest related to **Health & Fitness**
Please submit them to the
Seminole Herald
P.O. Box 1667
Sanford, FL 32772-1667
Call: 322-2611 Fax: 323-9408

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Caffeine can give you more than a buzz

By Alyce Klein RN
SPECIAL TO THE HERALD

Caffeine is one of the world's most commonly used psychoactive drugs. Americans typically consume caffeine by way of coffee or tea with an average consumption of 211 mg (milligrams) per day. Most people rely on caffeine to increase their mental alertness and to help them maintain a higher level of energy.

There are significant side effects from large doses of caffeine. It is addictive and missed daily "doses" of the drug can result in withdrawal headaches.

According to God's Way to Ultimate Health by G. Malkmus and M. Dye, "Caffeine causes many problems for the body, including increased incidence of bladder and stomach cancer, raises blood pressure and increases heart rate, aggravates diabetes...increases menopausal and premenstrual syndrome symptoms".

The following is a list of the caffeine content in milligrams (mgs) per 12 ounce (oz) can of soda according to the National Soft Drink Association: Jolt 100, Mt. Dew 55, Mello Yellow 53, Tab 47, Coke 46, Shasta 44, Dr. Pepper 40, Pepsi 37, Diet Pepsi 35, RC Cola 36, Diet Rite 36, Canada Dry 30, and Diet Canada Dry 1.2.



A 5 oz. cup of coffee contains 60-80 mgs and 5 oz. of tea contains 20-90 mgs.

The amount of caffeine in mgs. found in some common foods, as listed in Bowes and Church's Food Values is as follows: 1 oz baking chocolate 8-25, 8 oz chocolate milk 8, 1 oz Cadbury candy bar 15, 80 g fudge mousse 12, and 1 envelope hot cocoa mix 5.

A typical "stay-awake" pill has around 100 mgs caffeine. Some examples of pills taken to increase mental alertness and

their caffeine content are as follows: Vivarin 200 mgs, Maximum Strength No-Doz 200 mgs, Top-Care 200 mgs, Extra Strength Excederin 65 mgs, and Anacin 32 mgs.

Caffeine intoxication produces numerous effects which usually occur after ingestion of approximately 250 mgs. Some effects are restlessness, nervousness, excitement, irritability, insomnia, frequent urination, insomnia, flushed face, and gastrointestinal disturbance. An overdose of caffeine will be unpleasant but it probably will not kill you or cause permanent damage. A lethal dose is 10 grams, although there is one case which documents survival after ingesting 24 grams.

Caffeine is an addictive drug and a tolerance is established with chronic consumption. It takes higher doses over time to experience the side effects of the drug.

If addiction to caffeine is established freedom from it's hold on your daily routine can be realized by weaning it off slowly. Compare the caffeine content of various food and beverage items and take in less of the drug each day until withdrawal symptoms abate. If you continue to use caffeinated products regularly, monitor how much you consume and beware of it's uncomfortable side effects.

F.Y.I...and Your Health

Taking the sting out of stings

Beach travelers should know first-aid for jellyfish stings before heading for the water.

"If you're stung by a jellyfish, immediately rinse the skin with saltwater," said Dr. Wayne J. Riley, director of the Travel Medicine Service at Baylor College of Medicine in Houston. "Don't use fresh water, because the change in salt concentration can stimulate the release of toxins."

Avoid applying ice or rubbing the skin. Instead, soak the skin with vinegar, rubbing alcohol, unseasoned meat tenderizer or baking soda. Then remove jellyfish tentacles with forceps. Wear gloves or take other precautions to avoid touching the tentacles with bare hands.

Apply shaving cream or a paste of baking soda, sand or mud and shave the affected area with a razor, knife or other sharp object, such as a clamshell. Soak the skin with vinegar or other decontaminant another 15 minutes.

Afterward, you can apply a hydrocortisone lotion twice a day to minimize swelling and itching, Riley said.

Sudden death gene identified

The gene responsible for idiopathic ventricular fibrillation (IVF) has been discovered by researchers at Baylor College of Medicine in Houston.

IVF, a heart rhythm disorder that has caused the deaths of such famous athletes as Reggie Lewis, Hank Gathers and Pete Maravich, often strikes the young and otherwise healthy. Each year, IVF causes more than 300,000 sudden deaths in the U.S. alone.

The findings, published in the March 19 issue of Nature, were reported by researchers Drs. Quig Wang and Jeffrey A. Towbin.

"This discovery is likely to lead to early identification of individuals at risk for sudden death and lead to the development of new therapies, potentially saving many lives in the future," said Towbin, a pediatric cardiologist at Baylor and Texas Children's Hospital in Houston. Towbin is also di-

FDA approves new test for prostate cancer

Special to the Herald

A new blood test that more accurately detects prostate cancer has been approved by the Food and Drug Administration (FDA).

Known as the "Free PSA" test, this screening device can help determine whether men actually have prostate cancer or just a benign prostate condition.

Baylor College of Medicine in Houston was one of seven medical centers across the nation that conducted clinical trials of the test, which received FDA approval March 11.

"The Free PSA test should reduce the number of unnecessary prostate biopsies and ease the anxiety of many men at risk for prostate cancer," said Dr. Kevin Slawin, who directed the clinical trials at the Department of Urology's Baylor Prostate Center.

High levels of prostate specific antigen (PSA), a protein produced by the prostate, can indicate prostate cancer. But they also can result from noncancerous condi-

tions. A PSA level of zero to four is considered no or little risk of cancer. A level greater than 10 is associated with a high risk.

But men whose total PSA test measures between four and 10 are in a "gray diagnostic zone," said Slawin, director of the Baylor Prostate Center. "This moderately high level might or might not be due to cancer."

Because nearly all prostate cancers that are detected before the cancer has spread outside the prostate can be cured, many patients with a moderately elevated PSA have undergone biopsies in an effort to detect cancers at the earliest stage possible.

The FREE PSA test was designed as a follow-up test to the total PSA test. "It is expected to spare many men an uncomfortable and costly biopsy when the test results indicate the moderately high PSA level is due to benign prostatic hyperplasia, a common swelling of the prostate in older men, rather than cancer," Slawin said.

Clinical trials of the FREE PSA test de-

lected 95 percent of prostate cancers. The cancers not identified by the test were more likely to be small and not life-threatening.

The American Cancer Society estimates that 184,500 American men will be diagnosed with prostate cancer this year, and more than 39,000 will be killed.

The prostate is a walnut-sized sex gland in men that makes the fluid that carries sperm. Surgery is the standard treatment for prostate cancer, the second leading cause of cancer deaths in men.

Clinical trials of the Free PSA test involved 773 men between the ages of 50 and 75 who had total PSA levels between four and 10 and non-suspicious digital rectal exams. The test was developed by Hybritech Incorporated, a subsidiary of Beckman Coulter in Fullerton, Calif.

* Editor's note: The Hybritech Free PSA test is available at the Baylor Prostate Center. For more information about the test, patients can call the center at (714) 798-5050.

TIP OF THE WEEK

Courtesy of BILL TROCHLELL - Fitness Expert

What Should I Wear to Work Out?

The best workout wear should be evaluated on comfort. Some people like wearing sweats, baggy shirts, shorts, or spandex. When you are looking for a workout outfit you want something that is not going to restrict your range of motion. That is why some people like to wear either baggy clothing or spandex, whichever make you feel comfortable. Keep in mind, when coming to the gym, getting in shape is the real reason for being there.



Simple Solutions to Tough Weight Loss

A weekly column by **CAROL FREEMAN**
Health and Fitness Consultant

Q: Every day is the start of a new diet. By 9 a.m. I've blown it and say "What the heck, today's ruined, I'll start over tomorrow."

A: I do want to commend you for starting again every day. However, you've got the What-The-Heck syndrome. A declaration that it's hopeless, which is usually followed by eating everything in sight. And I suspect this has been going on for years. The dangerous thing is that even though you say "It's hopeless", the real message is "I'm hopeless", and that belief is far more damaging than the few extra calories.

Lesson #1: Lighten up on yourself. By expecting perfection in everything you do, you're placing your standards too high and setting yourself up for continuous feelings of failure. I know you're just trying to 'do your best' - at everything. But it's unrealistic. I'll let you in on a well kept secret. None of the rest of us are perfect either. No one!

Lesson #2: Lower your standards. Aim for 'pretty good'. I want you to do pretty good at eating 2 fruits and 3 vegetables a day. Then when you get the hang of that, I want you to do pretty good at cutting your junk food portions in half.

Lake Mary student gets \$\$\$ for school, from employer

Special to the Herald

LAKE MARY - The Chick-fil-A chain celebrates its 25th year of awarding its restaurant employees with \$1,000 scholarships that have totaled nearly \$12.8 million. Granting more than \$800,000 of this total in 1997 alone, the program reflects the Atlanta-based chain's sincere commitment to youth and education.

Lake Mary resident Brian Kearney has been added to Chick-fil-A's distinguished scholarship recipient list which has grown to more than 12,800 restaurant employees. Kearney was nominated by his employer Dennis Kramer, Operator of the Lake Mary Boulevard free-standing Chick-fil-A restaurant where more than \$10,000 has been awarded in scholarships--bringing the total in Florida to more than \$1.1 million. Kearney is currently attending Seminole Community College in Sanford.

"One of our nation's greatest assets is our youth," said Chick-fil-A Inc. Founder S. Truett Cathy, who established the Team Member Scholarship program 25 years ago and awarded the first scholarship in 1973. "Investing in employees such as Brian is an investment in a stronger, more secure future built on a solid foundation of a good education."

In 1990 the program was renamed the Chick-fil-A Leadership Scholarship to place a greater emphasis on employees demonstrating leadership qualities and skills necessary to be successful in life. In order to be eligible, an employee must complete their high school education; remain active in their school and community; demonstrate a solid



Herald Photo by Miranda Hawkins

Brian Kearney has been added to Chick-fil-A's distinguished scholarship recipient list.

work ethic and good teamwork; and possess strong leadership abilities and a desire to succeed.

The expanded scholarship program also enables restaurant employees to be eligible for Chick-fil-A's Truett Cathy

Scholarship which provides an additional \$1,000 to the top 25 Leadership Scholarship recipients for the year.

Also available are \$18,000 scholarships to Berry College in Rome, Ga. Jointly funded through Berry and the Win-

Shape Centre Foundation, which was created by Cathy, the co-op scholarship has been awarded to 481 employees since 1984.

Chick-fil-A recipients have used their scholarships to attend approximately 1,400 institutions of higher learning across North America, and are present in almost every profession and field of endeavor--from ministers to engineers to veterinarians. In fact, more than 30 percent of Chick-fil-A's restaurant Operators are scholarship recipients.

"A perfect example of what one can accomplish by working hard and being committed is our very first scholarship winner Larry Jackson, who graduated from Georgia Institute of Technology and currently holds a prominent management position with a telecommunications equipment manufacturer," said Cathy. "Today we try to teach our employees the same skills Larry exemplified 25 years ago so that they can make a difference wherever they go in the world."

To pay tribute to scholarship recipients and to mark the company's \$10 million scholarship milestone, Chick-fil-A unveiled a 23-foot arched sculpture in 1995 entitled "Climb with Care and Confidence." The bronze piece is located in downtown Atlanta and depicts people reaching upward, being helped by and helping other work toward a better future.

Chick-fil-A Inc. is the nation's third-largest, quick-service chicken restaurant company with more than 780 restaurants in 35 states and Durban, South Africa. The company plans to award nearly 1,000 Leadership Scholarships amounting to \$1 million in 1998.

Oviedo

Continued from Page 4C

think. You get to talk with them, learn, and get a taste of their culture, influence and art," Belote said. "One of the best things is seeing exotic places and being able to bring back things from trips and sharing it with people."

Currently, Belote is living in College Park with his wife Almut and their two-year-old son Julian Thjemo. Etolebe is located at 89 Geneva Drive in Oviedo.

Gene

Continued from Page 6C

rector for pediatric cardiology research at Baylor.

The newly identified gene, a sodium channel gene in the heart known as SCN5A, may be abnormal in 50 percent of family members and often goes undiagnosed. The resulting IVF causes the heart to beat very rapidly and erratically, which results in no blood being pumped to the brain and the rest of the body, causing sudden death.

"In many cases, the problem is due to a genetic abnormality, leaving family members at risk for the same untimely outcome," said Wang, an assistant professor of pediatrics.

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Seminole Herald

Do you know what's going on in your community?
The Seminole Herald wants to hear from YOU!
 Call us with your news tips and event information for Longwood, Winter Springs and Oviedo.
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CORRECTION NOTICE
 In today's tabloid ad, the back cover price of \$4.99, displayed next to the photo of Dockers' pants (514-5000), is correct. However, the price of \$4.99 shown with the key "C" in the copy column is incorrect. The correct price is \$4.99. We are sorry for the error and inconvenience.
JCPenney

Is your home, sweet home?

By Dr. Bob Parker
 FIRST BAPTIST CHURCH
 MARKHAM WOODS

Home is the fundamental base of operation for most all one does. Many sociologists, psychologists, and spiritual leaders affirm the great importance of peace and serenity in the home. If a home lacks the "sweetness" of right direction and behavior in love, peace, communication, mutual support and understanding, the home and society will sense the ill effects. It is near impossible for one to be in heavy turmoil at home and not be greatly restricted in productivity and effectiveness in the work place and/or at school. Every individual is a vital part of the family and every family is a part of the social order. Each individual making up society may be thought of as a stitch in the whole fabric of society. "When one stitch frays, the fabric is weakened. When several stitches fray, the fabric tears. And when most of the stitches fray, the fabric disintegrates." (Dennis Rainey, "The Battle for the Family," Focus on the Family).

"The sound of stitches fraying is heard every day: An adulterous wife discovers her husband's adultery; a teenage girl looking for love gets pregnant; another father leaves home. These are the sounds of America's tattered families, firsthand witnesses to the rapid decline and relentless disintegration of our culture" (ibid).

Contributing to lack of 'sweetness' in the home

Domestic violence is a heavy contributing factor to unrest in families. This behavior causes injury, sorrow, and even fatality to parents and children. It is the major cause of injury to women "ranking ahead of automobile accidents, muggings and rapes--combined..." ("Domestic violence--how bad?" Baptist Message, Alexandria, LA).

"Compared to males, women experience more than 10 times as many incidents of violence at the hands of a loved one. In an average year, almost 575,000 women are victims of violence at the hands of someone intimate to them. The numbers for men--just less than 49,000 each year."

"Each year, medical expenses from domestic violence total as much as \$5 billion. Also, studies estimate that businesses face losses of another \$100 million as a result of lost wages, sick leave, absenteeism and non-productivity. The problem is not limited by social class. In-

deed, violence is cited as the cause of divorce in 22 percent of middle-class marriages" (ibid.).

According to the American Medical Association, more than 1 million women seek medical help as a result of injuries incurred from domestic violence. One-third of all women murdered annually are killed by a husband or ex-husband, a boyfriend, or ex-boyfriend.

The scope of domestic violence

"Abuse can take many forms, ranging from name-calling to manipulation to breaking promises on a regular basis and refusing to share in family responsibilities. It may involve economic abuse (refusing to let another person work or have money), drug or alcohol abuse, harassment, intimidation or destruction of personal property. It also may involve threats to harm the other person, sexual violence, physical violence and use of weapons to frighten, injure or kill a person" ("Domestic violence--what is it?" Baptist Message).

Abuse is a term generally used of a spouse to a spouse, or a spouse to children. However, it operates in the realm of children abusing parents. This ranges from disobedience to parents--even to physical death. None of the above makes for a "home, sweet home."

What makes home sweet?

The answer is not something novice or new, but something tried and foundational. God, who gave us life, created man and woman establishing the foundation for children and family. He did not stop at creation, however, but gave wholesome principles by which one lives. The initiation of the family and home by God was indeed "sweet." The "home" acts out of its created order when frustration, hatred, violence and discord abound. God gave us principles (His Word) to help us survive in a hostile world. God also conveys that those who honor and obey His Word are blessed (good example: Psalm 1). Thirdly, the family is established to pass God's truth from one generation to another?

"He decreed statutes for Jacob and established the law in Israel, which he commanded our forefathers to teach their children, so the next generation would know them, even the children yet to be born, and they in turn would tell their children. Then they would put their trust in God and would not forget his deeds but would keep his commands. They

would not be like their forefathers--a stubborn and rebellious generation, whose hearts were not loyal to God, whose spirits were not faithful to him" (Psalm 78:5-8).

Home, sweet home comes by family reformation

Dennis Rainey reminds us in his book *One Home at a Time* that the Protestant Reformation was a return to the Word of God as a standard of theology and living. Thus, "in the same way today, a Family Reformation will begin when people reshape their marriages and families (live) according to the truths revealed in the Bible." The following four "pillars" are given as the basis of information:
 "Pillar No. 1: Personal Repentance and Purity. We must become broken and contrite in heart if we are to truly experience the presence and power of God. From the ashes of personal repentance, God forgives and refashions a new individual--one who seeks to obey His will in all of life. God, through the guiding power of the Holy Spirit, then takes and turns the repentant into a reformer--a family reformer."
 "Pillar No. 2: The Sacred Covenant of Marriage. Keeping a marriage covenant is more than just pledging to remain married. It also involves making a holy promise to God and your spouse to care for, love and remain faithful to your spouse for life. It means making your marriage all that God intended it to be."
 "Pillar No. 3: Sanctity of God-Ordained Rules. A Family Reformation will not occur without recognition of the unique, biblically prescribed responsibilities of men and women in the marriage relationship. Among other things, the Bible champions the husband's role as a servant leader and the wife's role as a lover helper. Tragically, many Christian men have failed to lead, love and serve their wives. Many Christian women, too, recognize their failure to lovingly support and encourage their husbands and to nurture their children.

"Pillar No. 4: A Legacy of Spiritual Vitality. 'Sons are a heritage from the Lord, children a reward from him.' proclaims Psalm 127:3. They are indeed a gift and a responsibility. A Family Reformation calls parents to recognize the inherent value of these generational messengers and to infuse them with love, Godly values and Christian character" (Dennis Rainey, *One Home at a Time*).

Think about that!

McDonough

Continued from Page 1C

He joined the Sheriff's Office in 1993, where his job was to alert area media about crime and other activities concerning the department. And then, near 50, he couldn't put his dream on hold any longer.

"I'm just grateful for the opportunity the sheriff gave me. There's not as much job opportunity for people over 40," he says.

Chief Deputy Steve Harriett, a law enforcement veteran who is past 40, says new deputies who are older are a big asset to any department.

"The best law enforcement agency is a representation reflective of the community. That includes a broad mix of ethnic, gender, and age in order to be sensitive to the needs of the community."

McDonough's first arrest involved a 77-year-old man accused of shoplifting. But he quickly graduated to chasing a carjacker and he has had to draw his gun on a suspect.

"I didn't take this job to get hurt or killed. I rely on my training to minimize danger." And according to Harriett, the life experience gained with age coupled with that training will make McDonough an ideal deputy.

"It feels good to be on the other side. I have even more respect for the law," McDonough says. "I'm doing what I wanted to do, to help people, maybe save someone's life. All I can say to people who want to change careers at 50 is to go for it. Don't let your age be your barrier."

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