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• AC/ABS • STEPSIDE!
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• 4 TO CHOOSE!

\$23,996

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\$69,997

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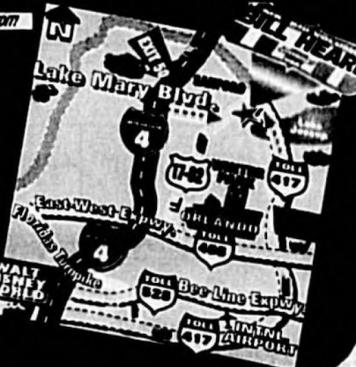
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1BR Cottage, quiet area, neat as a pin, no smokers, no pets. \$450/mo. Jernigan Properties. 330-3255

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LAKE ADA 1 BDRM. \$420/MO
2 BDRM. \$480/MO AND UP
323-8670

ROBELEA VILLAGES
3/1 \$419/MS.
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Sanford. Historic district, quiet 1/1 across from park. No pets. \$350/mo. 407-977-9936

100—CONDOMINIUM RENTALS

2 bedroom condo Sandeewood Villas J4 contact: Richard Evans @ 323-1803

103—HOUSES-UNFURNISHED

1/1 bottom floor apartment in downtown Sanford area, close to bus line. Available immediately. \$425/mo. Stars Property Management & Realty, Inc. requires credit checks and criminal background checks on all potential tenants.

3/1 only \$299/month! You buy mobile home on lot for \$500. "Needs Work". 322-9867.

103—HOUSES-UNFURNISHED

2/2 condo, Sanford area, overlooking Lake Minna, very clean available immediately. \$625/mo

Stars Property Management & Realty, Inc. requires credit checks and criminal background checks on all potential tenants.

WE NEED YOUR RENTALS
Stars Property Management & Realty, Inc.

"Full service property management to suit all your needs"
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(407) 323-7322 or Fax (407) 322-0498
e-mail: www.starsrealty@earthlink.net

3/2 single family home located in deed restricted community in Lake Mary. \$1200.00

Stars Property Management & Realty, Inc. requires credit checks and criminal background checks on all potential tenants.

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3/2 single family home, walk to Lake Monroe, beautiful homes surrounding. Available Feb. 1, \$900.00/mo.

Stars Property Management & Realty, Inc. requires credit checks and criminal background checks on all potential tenants.

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3BR/1BA: Fenced yard, nice neighborhood, no pets. \$650/mo. • deposit. 330-0700

Sanford 3/2 for Rent Newly remodeled \$800/mo. • deposit. Call (app) (352) 790-3822.

103—HOUSES-UNFURNISHED

Sanford 3 bedroom, CHA, New kitchen, fireplace, \$1000 down and \$480/mo Call 788-7022

Sanford/Lake Mary area 3 bdrm, 2 bath, fenced yard, call after 6:30 p.m. 862-8810 or 862-1866

STENSTROM RENTALS

MELLYVILLE 3/1 W/Dining Rm, Living Rm, Master, Lg porch, 1g Lot. \$800/MS. Lk Mary 3/2 W/Pool, Fireplace, Garage. Gated Comm. \$1099/1000

Sanera 3/2 2 Story Condo, W/DBL Garage, Lg Patio, Spacious. \$779/MS. Lk Mary Hidden Village 3/2 Condo W/ Fpl, Comm Pool, Washer/Dryer. \$899/MS. Commercial Space, 800 Sq Ft. Alarm. \$429/MS. 2 Warehouses 8000 Sq Ft. Sanford Grove Manor 3/2 W/ Car Port, Liv Rm & Den, Spacious. \$799/MS

JIM DOYLE
(407) 322-2495
WE NEED HOUSES TO RENT

3 bedroom 1 bath, 804 E. 4th St. \$525/mo with a \$400 deposit. Rental Application required. Call (Days) 322-8878 (Nights) 323-3833

3 bedroom, 2 bath, 1812 W. First St., CHA, 1 Car-gar, \$650/mo. • \$650 deposit. 1 year lease. Call 695-4145.

Sanford, Avail. 12/1/98. 3/1 w/ off. 8678/8878. Call 1/1 \$400/ \$400. 321-6757.

8888 DOWN...WHY RENT? When you can own this 3 bdrm home w/ CHA, new paint & carpet. Ask about HUD home! The Hillman Group, Inc. Realtors. 321-6888

118—OFFICE SPACE FOR RENT

Office for rent 1215 W. First St. approximately 800 sq ft. 2 offices. \$2500/mo or call at 899-7342 or e-mail @ 793-4249

127—STORAGE/OFFICE FOR RENT

Storage space for rent. Approx. 87 sq ft. \$400/month. 1st & 2nd. 394-7001.

KIT 'N' CARLYLE © by Larry Wright



141—HOMES FOR SALE

194 Dora Ct. beautiful 1990 sq ft California style 2 story pool, tennis ct. amenities \$129,000

Park Ave Villas 2BR/2ba Townhouse condowner motivated \$43,000

The Story Continued! 805 Catalina Dr. 6BR w/ huge wooded lot, full up bath, half bath down. Priced to sell at \$109,900 321-9888

Let and Cabin in Coconino, May town area \$10,500 CRO. Call 322-8848

141—HOMES FOR SALE

2 BR BERRY: House w/ \$14,888 fee includes 1 year lease for 2 yrs. \$119,900

CORNER LOT, over 1/4 ac. LR, eat-in kit, gar. \$84,999. MARSHMAN WDS, 5000 sq ft, 10-crs. 3100 sq ft. Lk. On Park scm pool. \$299,999. RENOVATED new country car lift, worth \$45,000

153—ACREAGE LOT FOR SALE

Country liv - 2.28 acres, heavily wooded, zoned A-1. \$94,888. Venture Properties 321-4764

Lakefront LOT - Bolero Lake, Lk. Arthur private \$90,000 \$85,000

Lakefront LOT - Stone Island, Lake Monroe \$90,000

WILSON LOTT - Lk. Arthur \$28,000. Lk. Arthur \$28,000. Lk. Mary LOTT - Wooded \$25,000. BAY AVE - Sanford lot near \$21-4888

Sanford Lot - 1007119 Residential zone. Partially fenced. 2523 Yale Ave 904-774-7713

154—OPEN HOUSE

Open Sat. & Sun. 1-4 p.m. 1804 Marshall Ave (off 20th St West)

3 bedroom 1 1/2 bath, beautifully updated home. \$229,000. Brown Harris Stevens Real Estate Call Boyd Ag 817-2800 or 322-7260 for directions.

207—JEWELRY

2 6th Conventions from Kay's Jewellers, value of \$100. Asking \$75 ea., Call Tom 322-8811.

223—ANTIQUES/COLLECTIBLES

Antique 2 handed oboe. Excellent condition. Call 322-0167

215—BOATS & ACCESSORIES

18 ft Jon boat, Stern brand 5-hp motor, with 2 motors. Only \$258. 352-7374.

219—WANTED TO BUY

WANTED FOR OLD FASHIONED TABLE, old brass, table base, ornate, old cast iron, heavy, 12 chairs, etc. Pay up to \$1,000. I may need more furniture & call per \$10.00 just to see your old items. 941-688-8830.

Alum. Camp Cooler / Boat. \$100.00. Call 322-8811. 918 W. Peachtree St., Sat. 8-1

223—GOOD THINGS TO EAT

Marketplace Pizzeria. Special Occasions, call graphically. 2497 Colony Ave, Sanford.

141—HOMES FOR SALE

By Owner, quiet area, lg yd. 2/1 w/ gar or 3/2. \$59,900 O.B.D. must sell. 6-2 quality. Sanford, Call 322-4834 or Pgr. 643-4581

Handyman Special: Owner financing. Lake Mary 5/3 1/2, BR, CHA. Fenced corner lot. Nice secluded neighborhood. Consider all offers.

Owner Financing, vacant. 4-1 CHA, fenced corner, asking \$79,000.

Restored 2/1 bungalow w/detached guest cottage \$79K. Dot Water/Lakefront Prop. 323-3188

153—ACREAGE LOT FOR SALE

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Marketplace Pizzeria. Special Occasions, call graphically. 2497 Colony Ave, Sanford.



217—GARAGE SALES

2 Family Garage Sale Sat only 7am-7 Children's clothes, toys, and much more. 864 Crown Bluff Lane, Sanford Place

Going Out of Business Sale: AC items must go. Hand tools, shop & office equipment. Jan 8th, 8-4pm. 5380 Mcintosh Point #118 Sanford, 321-3444

Sat Only, 8-3pm. Great prices, everything must go. 1 mile west of I-4 on SR46. Turn north on Orange Blvd. 1st rt. on left (North Rd)

Saturday 1/9/99 @ 8am-2pm @ 104 Woodridge Trail, Sanford. Furniture, clothes, & misc

217—GARAGE SALES

WANT TO GET RID OF ALL THAT STUFF? A YARD SALE is the perfect way to do that and the Seminole Herald can bring people to your door. Advertise your sale in the Seminole Herald for only \$5/line and watch the items leave while the money comes in. Call by Noon on Saturday and your 5-line ad can run for three days in the Herald for ONLY \$8.18! All we ask is that you prepare the ad. Call us-we can help! (407) 322-2611

223—MISCELLANEOUS

Electric Radiant Heater. Fan-forced heat. Automatic thermostat control. Safety tip-over switch. Operating temp. \$600 used \$200.00. 323-8411

Have your Party here. Christian Atmosphere. Kids House for ages 8-12 yrs. Call 322-8836

Men's 10-speed bicycle. Free Spare. \$40.00. 328-6463

Radio/TV. VHS/VCR. Cassette. Winter Springs recording studio. Free brochure. 407-240-3813.

231—CARS FOR SALE

78 Volvo, 1 owner, still runs good. 1st \$700 lease @ 407-322-7374

235—TRUCKS/BUSES/VANS FOR SALE

1999 Ford F-150 PU 1/2 Work truck. \$200.00. 323-2180

Advertise your vehicle for sale in the Seminole Herald Classifieds. Call 322-8811. A Classified Ad Representative will be happy to assist you.

241—REC. VEHICLES/CAMPERS FOR SALE

1988 Toyota Mini Motor Home, roof air, gen., fully batt. converted. 16 to 18 mpg. good condition. \$4400. OBO. Call 407-328-8888

243—TRAILERS FOR SALE

28 ft Holiday Rambler. Good condition. \$2895. Call 321-6828

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Terms: 10% deposit day of sale, balance due at closing in 30 days. 10% Buyer's Premium

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WE OFFER:

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- 2 WEEKS PAID VACATION PER YR.
- A GREAT ATMOSPHERE WHERE YOU CAN EARN A GREAT INCOME!

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Seminole Herald

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\$200 FREE RENT

- Single 1BR Studios
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- Hardwood Floors
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- Complete Bus Scheduling Pool

Sanford Lodging (407) 321-8888
150-157 Fax: (407) 328-8888

Want to earn some Extra Money?

The Seminole Herald is looking for a phone pro's to work part-time in our advertising department. Hours are ideal for high school students or anyone who has some spare time and wants to earn extra cash.

Call Kellie at 322-2911

Seminole Herald

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"Going to the 'country' isn't as far as it used to be..."

We're a little hard to find, but you'll be glad you did!

AMENITIES: COUNTRY LAKE APPTS.

5225 MOVES YOU IN!

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<h3>280-ACCOUNTING</h3> <p>Accounting services for small & medium businesses. Accounting, Bookkeeping, Payroll, Tax. 322-8811</p>	<h3>278-DEWALL</h3> <p>BRICK/CONCRETE Repairs and Siding Services. MASONRY. 322-8811</p>	<h3>285-LANDSCAPING</h3> <p>LANDSCAPING & MAINTENANCE. We install and maintain a regular schedule. Mulch, Fertilizer, Watering, etc. 322-8811</p>
<h3>280-ADDITIONS & REMODELING</h3> <p>Home Additions, Remodeling, Kitchen, Bath, etc. 322-8811</p>	<h3>280-ELECTRICAL</h3> <p>Electrical Services, Repairs, etc. 322-8811</p>	<h3>280-FURNITURE CLEANING</h3> <p>Upholstery Cleaning, etc. 322-8811</p>
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Youth

Continued from Page 5A

Wicklow (0-3) at 3:45 p.m.; and Pinecrest (2-1) vs. Hamilton Raines (1-3) at 5 p.m.

Prime Time League, Greenwood (4-0) vs. Lakeview I (2-2) at 6:15 p.m. and Lakeview II (1-3) vs. Stile (0-4) at 7:30 p.m.

The results from games played on December 19th:

K-1 League - Celtics 22, Heat 10; Magic 6, Bulls 4; Lakers 22, Pistons 10.

2-3 League - Heat 19, Bulls 16; Magic 32, Celtics 14.

4-5 League - Jazz 21, Pacers 3; Knicks 12, Spurs 10; Clippers 9, Rockets 8.

Middle School League -

Hawks 32, Bucks 23; Hornets 22, Wizards 21; Nets 31, Sonics 22.

Elementary League - Pinecrest 2, Goldsboro Blue 0; Goldsboro Gold 2, Wicklow 0; Hamilton O'Neil 19, Hamilton Raines 16.

Prime Time League - Greenwood Lakes 61, Lakeview I 19; Lakeview II 51, Stile 35.

SEMINOLE TRINITY K-1 LEAGUE PISTONS 12, HEAT 6

Celtics (22) Josh Smith 3, Michael Radzak 1, Oase Faison 14, Sean Watkins 1, William Hartfield 3.

Heat (10) Kris Johnson 2, Tevin Roberts 7.

Darius Beamon 1.

MAGIC 6, BULLS 4

Bulls (4) Larry Felton 1, Matthew Herber 1, Stephen Balint 2.

Magic (6) Rebbe Simon 1, Dorian Davis 1, Chris Honaker 1, Elisha Caffey 3.

LAKERS 22, PISTONS 10

Pistons (10) Jordan Griffin 7, Anthony Daniels 3.

Lakers (20) Bradley Curry 1, Jarvis Wiggins 21, MacCoborn Banks 2, Kerry Wiggins 6.

2-3 LEAGUE HEAT 19, BULLS 16

Bulls (16) DeAntae Adams 3, Johnell Stile 3, Rowdy Miller 1, Darius Warren 8, Lerol Stubbs 1.

Heat (19) Cameron Thompkins 4, Kevin Elliott 4, Gregory Pitt 2, Mark Layton 4, Kashif Vallot 5, Sasha Merthie 2.

Jenifer Knarek 1, Adrian Haughton 3, Luis Colon 1, Brandon Bryant 14.

MAGIC 32, CELTICS 14

Celtics (14) Laudriana Felton 3, D.J. Delancey 1, Reginald Bellamy Jr. 5, Justin Garcia 5.

Magic (32) Kashon Hardy 1, Shanika Edwards 1, Myler Neal 17, Brian Boakhard 8, Matt Winkelman 2, Lashalonds Robinson 1, Ardel Debose 2.

SANFORD MIDDLE 4-5 LEAGUE JAZZ 21, PACERS 3

Pacers (3) George Easley Jr. 1, Nelson Cardinal 2.

Jazz (21) Cameron Thompkins 4, Kevin Elliott 4, Gregory Pitt 2, Mark Layton 4, Kashif Vallot 5, Sasha Merthie 2.

Clippers (9) Gary Johnson 1, Steven Elberry 2, Brandon McGill 4, Brent Couffer 2.

Rockets (8) Oscar Redden IV 8.

MIDDLE SCHOOL LEAGUE HAWKS 32, BUCKS 23

Hawks (32) Shamar Williams 15, Edricus Clover 4, Alton Hicks 2, Nick Thomas 11.

Bucks (23) David Seaton 2, Deron Jackson 8, Calvin Acree 7, Tommy Bowers 2, Jeremiah Stokes 4.

HORNETS 26, WIZARDS 21

Hornets (26) Dante Johnson 11, Danny Johnson 6, Jas Oquon 9, Felipe Luna 2.

Wizards (21) Demetrius Butler 2, Scott Lewis 3, Michael Lanier 6, Blake Chesler 2, Jimmy Hoffman 8.

ELEMENTARY LEAGUE HAMILTON-O'NEIL 19, HAMILTON-RAINES 18

Hamilton-O'Neil (19) Harold Daniels 3, Anthony Anderson 4, Keyonay Oles 6, Levert West 8.

PRIME TIME LEAGUE GREENWOOD 61, LAKEVIEW II 19

Lakeview II (19) John Jones 4, Jake Folk 3, Kenny Erickson 2, Brandon Bradley 8, Timothy Acree 2.

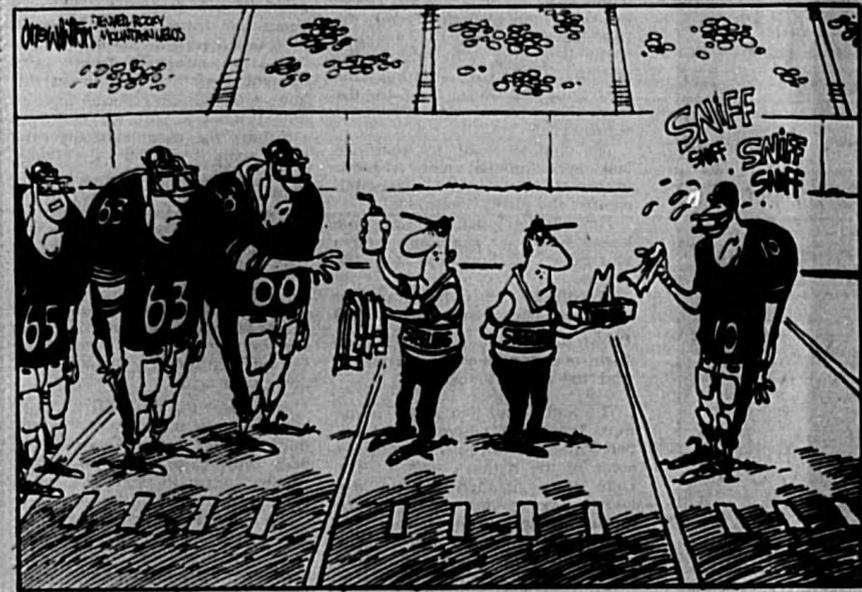
Greenwood Lakes (61) Michael Fryer 6, Derrick Grayson 12, Shannon Mau 22, Demario Sims 8, Dontay Brown 1, WM Allston 12.

LAKEVIEW I 51, STILE 35

Lakeview I (51) Robert Sculler 2, Chris Peterson 12, Curtis Scott 16, Ernest Watson 2, Shawanara Williams 8, Vernard Meary 2, Anthony Turner 7, Otis 2.

Stile (35) Phillip Jordan 20, Antwan Collier 4, Paul White 3, James Pearson 2, Eric Bryant 2, Cedric Howard 2, Keith Wright 2.

win, lose & DREW



SCC

Continued from Page 5A

weck.

Kudryvtseva is the No. 3 scorer, No. 1 in Florida, in the nation (19.94 points per game) and is in the top four in five other categories in the state.

Despite the injury, Kudryvtseva, a safe bet to be named a Junior College All-American, is still being recruited by North Carolina State, the University of South Carolina, the University of Southern California and West Virginia University.

In other news, the SCC women (14-2) remained ranked No. 10 in the national poll and No. 2 in the state poll behind undefeated Oak Coast Community College (13-0) from Panama City.

Rounding out the top 10 in the state poll were No. 3, Central Florida Community College (14-3) from Ocala, No. 4, Okaloosa-Walton Community College (9-5) from Ft. Walton Beach, No. 5, Tallahassee Community College (12-2), No. 6, Florida Community College at Jacksonville (16-3), No. 7,

Chipola Community College (10-3) from Marianna, tied for No. 8, Palm Beach Community College (9-2) and Daytona Beach Community College (12-6) and No. 10, Santa Fe Community College (7-9) from Gainesville.

Tonight at the SCC Health and Physical Education Center, the Rams were crowned champions.

Rams

Continued from Page 5A

and missed a free throw, leaving the game tied at 21-21.

Sutton scored four straight free throws to put Lake Mary back in the lead, but Seminole and its defense hung tough, cutting the deficit to 34-33 with 1:51 remaining in regulation after a 3-pointer from Laquena Grayson.

After an offensive foul gave Seminole the ball, coach Sylvester Wynn opted to go for a last second shot. The Wolves held the ball until a timeout with 18 seconds remaining.

take on St. Petersburg Community College at 7:30 p.m.

Saturday night, both SCC teams will be in action at home, hosting Nassau Community College from Garden City, New York. The women tip off at 6 p.m. with the men set for an 8 p.m. start.

Admission to all SCC basketball games is free.

Seminole rebounded, but Grayson's bumper-bumper missed and the Rams escaped with a win.

Wynn said he was pleased with his team down the stretch.

"We did what we wanted to do," he said. "We got the shot we wanted, we just didn't make it. I know someone would be open."

Next up for Seminole is a trip to district rival Spruce Creek tonight at 7:30 p.m. and the Rams host state power George Jenkins (Lakeland) Saturday at 7:30 p.m.

Briefs

Continued from Page 5A

Bennet to appear in Orlando

ORLANDO - Olympic Gold Medalist and 1998 World Champion Brooke Bennett will sign a free, full-color autograph sheet on Sunday, January 10, at the Speedy Authentic Fitness store located at The Pointe shopping complex.

The appearance will be held in conjunction with Speedy's Fitness Month promotion and will be held from 1-4 p.m. at The Pointe, 9101 International Drive, Suite 1156 in Orlando.

The Plant City resident is a 12-time U.S. national champion. In fact, she was the high point award winner at the 1998 U.S. Summer Nationals after winning three events.

Brooke was named the United States Olympic Committee's Sportswoman of the Year for swimming in 1995. That year she won two gold medals at the Pan Pacific Championships and a gold and silver medal at the Pan American Games.

Management District has posted maps of its Type II Wildlife Management Areas on its web site, SJR.STATE.FL.US.

Brochures are also posted to ensure that all hunters know the rules. The same maps and brochures are available through District offices and the tax collector offices selling District permits.

Salado Park to host tennis

ALTAMONTE SPRINGS - Salado Park is hosting the first Professional Futures Tennis Tournament of 1999 through January 11.

The hard court event will offer Central Florida the opportunity to see tomorrow's ATP Tour superstars in action. Prize money for the tournament is \$15,000.

The Leukemia Society of America will benefit by receiving all proceeds from the tournament and special events associated with the event. Salado Park is located at 401 W. Highland St. in Altamonte Springs.

Admission is free for the event. For more information, please call (381) 318-1438.

Boys/Girls Clubs Fundraiser

DAYTONA BEACH - The Boys & Girls Clubs of Volusia County will hold its second annual "Steak & Steak Dinner" fundraiser in Daytona International Speedway's NASCAR Winston Cup garage on Jan. 30 beginning at 6:30 p.m.

The event, sponsored by the Speedway, along with Outback Steakhouse, WESH-TV NewsChannel 3 and Corporate Images, will feature a special evening out for Boys & Girls Clubs members from throughout Volusia County, along with special appearances by Buddy Pittman and a NASCAR celebrity (to be announced). The event program will feature words of support for the Boys & Girls Clubs, efforts from corporate leaders in the community.

Daytona International Speedway President John Graham will address the audience with information on why Boys & Girls Clubs programs are critical to the Volusia County community. The Speedway, which also played host to the group's first annual event, helps support the organization's efforts throughout the year.

The Boys & Girls Clubs, whose mission is to help all youth, with special concern for those from disadvantaged circumstances, also have Volusia County facilities in Daytona Beach and Deltona. The organization serves over 800 local youths, ages 8 to 18.

Tickets to the "Steak & Steak Dinner" fundraiser are available for \$50 per person by calling Boys & Girls Clubs Executive Director and event coordinator, Joe Sullivan at (407) 252-8004.

Daytona offers ticket package

DAYTONA BEACH - Race fans at Daytona International Speedway for the first weekend of the 1999 NASCAR season can witness it all for \$5 - dollars that is.

The World Center of Racing is offering a special collectible ticket for the first weekend of the NASCAR Winston Cup season.

Included in admission to Bud Pole Day including the Daytona 500 on Saturday, Feb. 6, and the Bud Pole Day at Daytona and the FirstPlus Financial 300 A/CAR Rando/Mar-Hyde race on Sunday, Feb. 7.

The collectible ticket features seven-time NASCAR Winston Cup champion Dale Earnhardt. Earnhardt won the Daytona 500 last season for the first time in his 10th attempt.

The weekend ticket is currently on sale at the Speedway ticket office for \$55.

For information on the Earnhardt collectible ticket or any other Daytona International Speedway events, call the Speedway ticket office at (904) 253-7233.

For information on DAYTONA USA, "The Ultimate Motorsports Attraction," or Daytona International Speedway, visit on the internet at <http://www.daytonausa.com>.

Preps

Continued from Page 5A

visiting Lake Howell, 80-20, in a girls' Seminole Athletic Conference basketball game.

The Lake Mary boys soccer team improved to 14-1-1 on the season with a 9-5 victory over Seaside in Seaside Beach.

The Lake Howell girls' soccer team used a key goal half to hold off Water Springs, 2-1, at Richard Evans Field.

The Oviedo girls' soccer team raised its record to 13-4 with a 7-0 whitewashing of Lyman at John Cozier Field.

Megan McMillan scored the game's only goal in the second half as the Lake Mary girls' soccer team edged Bishop Moore 1-0.

In action from late Wednesday:

- All of the scoring came in the second half as Oak Ridge topped Seminole 5-3 in a Class 5A-District 4 boys' soccer game in Orlando.
- The Lyman boys' soccer team raved to an 8-1 halftime lead and clubbed New Smyrna Beach, 9-2, at the Carlton Hestley Sports Complex.
- The Seminole High School wrestling team won its first match of the season, topping Taylor 54-30.

On the weekend prep calendar are:

BOYS BASKETBALL

Crowns - at Calvary Christian tonight, 8:30 p.m.

Lake Howell - hosting Water Springs tonight at 7:30 p.m.

Water Springs - at Lake Howell tonight at 7:30 p.m.; at McLawrence Florida Air Academy on Saturday, 3 p.m.

Lake Mary - at Seminole at 7:30 p.m. tonight.

Oviedo - at Lyman at 7:30 p.m. tonight; Freshman/Junior varsity doubleheader vs. Sebring at 3 p.m. Saturday.

Seminole - hosting Lake Mary tonight at 7:30 p.m.; hosting Spruce Creek at 7:30 p.m. Saturday.

Lake Brantley - hosting DeLand at 7:15 p.m. tonight.

Lyman - hosting Oviedo tonight at 7:30 p.m.; at Deltona-Fine Ridge at 7 p.m. on Saturday.

on Saturday, 3 p.m.

Lake Mary - at Seminole at 7:30 p.m. tonight.

Oviedo - at Lyman at 7:30 p.m. tonight; Freshman/Junior varsity doubleheader vs. Sebring at 3 p.m. Saturday.

Seminole - hosting Lake Mary tonight at 7:30 p.m.; hosting Spruce Creek at 7:30 p.m. Saturday.

Lake Brantley - hosting DeLand at 7:15 p.m. tonight.

Lyman - hosting Oviedo tonight at 7:30 p.m.; at Deltona-Fine Ridge at 7 p.m. on Saturday.

GIRLS BASKETBALL

Crowns - at Calvary Christian tonight at 8 p.m.; hosts Orangewood Christian at 8 p.m. Saturday.

Seminole - at Spruce Creek tonight at 7 p.m.

Water Springs - at Coon Beach at 7 p.m. tonight.

Lake Mary - hosting Lakeland-George Jenkins at 7:30 p.m. Saturday.

Lyman - hosting DeLand at 7 p.m. Saturday.

BOYS SOCCER

Seminole - at Lake Mary tonight, 7:30 p.m.

Water Springs - hosting Lake Howell tonight, 7:30 p.m.

Lake Brantley - hosting Palm Bay at 3 p.m. Saturday.

Lyman - at Oviedo tonight, 7:30 p.m.

GIRLS SOCCER

Lyman - at Bishop Moore on Saturday, 7:30 p.m.

Lake Mary - hosting McLawrence on Saturday at 2 p.m.

Water Springs - at Orangewood Christian on Saturday, 7 p.m.

Lake Brantley - at Apopka on Saturday, 2 p.m.

WRESTLING

Seminole - at Deltona tonight, 8:30 p.m.

Water Springs - hosting DeLand and Lake Brantley tonight, 8 p.m.; at Huntington Circle at Kissimmee-Galaxy on Saturday.

Lake Mary - at Oviedo, 7:30 p.m. tonight; at St. Cloud Invitational, 9 a.m. Saturday.

Special to the Herald

DAYTONA BEACH - Jim Schrader might look at testing as a necessary evil, but the Chevrolet driver made the most of his last two days at Daytona International Speedway.

Schrader was second-fastest among Old teams testing at Daytona Thursday, after leading the test session with the fastest lap Wednesday. Schrader's lap of 1:28.920 mph Thursday was second only to Dave Marcis.

Marcis testing the Lotus Chevrolet for driver Mike Skinner and owner Richard Childress, was the fastest among the six teams with a lap of 1:29.499 mph.

Along with Schrader and Marcis, driver Mike Dillon tested for Richard Childress Racing, while Larry Pearson tested the Pontiac of Bushnell Jones, Stanton Barrett and Glen Morgan also tested Thursday.

Actor and road-racer Paul Newman also got behind the wheel of Childress' Chevrolet and turned laps around 1:35 mph.

"Testing is a necessary evil," Schrader said. "We are now testing that time testing is needed, but we do get good information when we test."

Friday Night Fun

SANFORD - Open gym at Sanford Gymnasium, 801 E. 2nd Place, is on Friday nights from 7:30 p.m. to 10 p.m.

Activities offered include gymnastics, rock climbing, basketball, and lots of fun and games.

The fee for the evening is \$5 for children ages 8-12.

For more information call 325-3482.

Hunting maps on Internet

FALATKA - The St. Johns River Water

Youth Volleyball Tour

TUKAWA, WA. - Sports For Youth Foundation Inc. is currently accepting applications for boys and girls aged 15-18, who are accomplished High School or Club volleyball players and good citizens, both in their school and community, to take part in the 1999 Goodwill Ambassador World Tours.

Members-only since 1988, the 14th year that the Goodwill Ambassadors have conducted world tours for Junior volleyball players. The 1999 tour will travel to London, Paris, Geneva, Venice, and Rome. Registration Deadline March 15th, 1999.

For further information, or a tour brochure contact the Sports For Youth office at (408) 251-8978, 15075 Olympic Avenue South, Tukawala, Washington 98168. e-mail info@volleyballtour.com or visit the website at www.volleyballtour.com.

Schrader makes most of necessary evil

"It's an evil because we spend so much time and money doing it, but on the other hand we find things that help us. It's been a productive two days."

A four-time winner on the NASCAR Winston Cup circuit, Schrader's last victory came in 1991. However, last year his Andy Petree-owned team showed a wealth of potential during the multi-race tests at Daytona and Talladega Superspeedway.

He finished fourth in the Daytona 500 after crashing his primary car during the 100-lap 150-mile qualifying race. He also finished sixth in the Pepsi 400 in Daytona, and captured the pole for the Winston 500 at Talladega.

"I don't feel I'm coming for a Daytona 500 win," said Schrader, who started from the pole for three consecutive 500s from 1992-95. "When you say that you're over-doing it, you give the impression that something is owed to you. You want to lead and do the best that you can. You always want to win."

"Daytona was a good and bad experience for me last year," Schrader said. "We wanted a really good race out, but we were very prepared. We came ready, but we got about \$200,000 better for the competition."

Schrader and the rest of the NASCAR Winston Cup competitors will kick off the season with Bud Pole Qualifying for the Daytona 500 Saturday, Feb. 6, followed eight days later by the season-opening Daytona 500.

Schrader will begin Thursday, Jan. 28 with practice and qualifying for the Bud Pole 50 at Daytona.

Selected for The Rolex 24 At Daytona are scheduled at the track Saturday for a three-day test that will include two nights under the lights. Saturday night and Sunday night, competitors will test under the track's new lighting system.

Tickets will remain for the Rolex 24 At Daytona, and other Speedway 24 events. For ticket information call (904) 253-7233 or visit <http://www.DAYTONAUSA.COM>.

Speedy Fitness Month

DAYTONA BEACH - The Speedy Authentic Fitness store is celebrating its Fitness Month with a special event on Jan. 30. The event will feature a special evening out for Boys & Girls Clubs members from throughout Volusia County, along with special appearances by Buddy Pittman and a NASCAR celebrity (to be announced). The event program will feature words of support for the Boys & Girls Clubs, efforts from corporate leaders in the community.

Religion

What kind of people did Jesus come for?

By Wayne Harvey, Pastor

FIRST BAPTIST CHURCH OF SANFORD

I recently read a story by a fellow who was working at a camp for elementary-school aged children one summer. It had rained a couple of days in a row, and finally the sun was shining, but it was still muddy outside. The other cabin counselor and I were about to take the boys swimming in the lake when we decided we would first let them have a mud fight. The boys loved it! They smeared mud all over each other and all over themselves and made a tremendous mess. During all of this, I noticed that a boy named Eric kept running back and forth to a nearby picnic table. When I went to see what he was doing, I saw a huge pile of mud on the table. Eric stuffed his face into the mud, waited a minute, then pulled it out. When I asked him what he was doing, he said, "I'm making an impression of my face for my mom." I was intrigued by Eric's attitude. While everyone was playing in the mud and making a mess, Eric was trying to make something out of the mud. That's the way it is with our lives. We spend all of our days in the mud and some of us don't get anything but muddy. There are others, however, who get just as muddy as everyone else, but they end up producing something of value. This is how God means us to be. He wants us to accomplish something while we're here on earth. Life is not a party, it's a project.

As far as Jesus was concerned, his life on earth was a project. He came to earth knowing he had something to accomplish, and he did it. In Luke 19:10, he said, "The Son of Man has come to seek and save that which was lost." At the beginning of his ministry Jesus gave a more detailed description of his mission when, in a worship service at a synagogue on a Sabbath morning, he read from the book of Isaiah. The passage he read to the congregation, "Today this passage has been fulfilled," in other words, "This scripture is about me." The passage of scripture that Jesus read, Isaiah 61:1-4, tells what the Messiah came to do on earth. When we examine Isaiah's messianic prophecy and compare it to the life of Jesus, we see they fit perfectly. Jesus came to earth with a mission and he fulfilled it. He lived his life on purpose. Peter summed up the ministry of Jesus by saying (Acts 10:38), "He went around doing good." In the life of Jesus we see the principle of purpose-filled living at work. The "secret" of purpose-filled living is helping people for Jesus' sake. Helping people gives our lives significance. If our lives aren't defined by a desire to help others, we will end up as just "muddy," with nothing to show for it.

In Isaiah, we find the elements required for living a purpose-filled life as Jesus did. It can be said of us too that, "He went around doing good." But how do we do that? In designing a purpose-filled life, we must do these things.

1. Define the "Market"

Every successful business has a clear idea about who their target customer is. Male or female? Young or old? White collar or blue collar? Educated or non-educated? Every business has to answer the question, "Who is our target market?" Each of us needs to ask, "Who is my target customer? Who am I here to serve?" The church must ask and answer these questions as well: "Who is our target market? Who are we here to serve?"

Isaiah tells us exactly who our target market is. He said (v. 1), "The spirit of the Lord is on me, because the Lord has anointed me to bring good news to the afflicted; He has sent me to bind up the broken hearted, to proclaim liberty to captives and freedom to prisoners." The church's "target market" is the afflicted, the broken hearted, the captives, the imprisoned. Where do we find these people? They're everywhere in any neighborhood—rich or poor, black or white or any other color—in the world you will find people who are hurting.

Suffering is no respecter of persons. I've known as many poor people who are afflicted with cancer or other diseases as rich people. I've known people with financial problems, some rich, some poor. Just a few weeks ago, I visited a dear friend in Brevard County who is still suffering from loss of speech and who can hardly walk after having had a stroke over a year ago. She and her family live in a big, expensive house and have almost anything they want. But their wealth didn't stop them from being hit by a tragedy. They're coping as well as they can and trusting in the Lord to help them. But they suffer nevertheless.

I've also been in homes—with much less room, with cheap furniture and only an old heap in the driveway—where other friends suffered equally. Does God care more for the rich than for the poor or vice versa? Surely not. God cares about people who are lost and hurting, no matter who they are. Jesus once compared God's compassion to a man who owns a hundred sheep and loses one. Jesus said (Matthew 18:12), "Will he not leave the ninety-nine on the hills and go look for the one who has wandered off?" Susanna Wesley, John and Charles Wesley's mother, was asked which of her 17 children was her favorite. She said, "The one who is sick until he gets well, and the one who is gone until he returns."

Serving others gives us purpose. Let us strive to serve those whom God cares about the most: people who are hurting.

2. Deliver the Message.

Isaiah tells us that the Messiah will come preaching good news, proclaiming liberty and release, proclaiming the year of the Lord's favor. The gospel is good news. It has the power to confront a person destroyed by sin and transform him into a new person. No matter how negative a situation may be, the gospel offers hope. Our message to the world—to the people we help—is a message of hope.

I've heard sermons in which preachers spent a great amount of time howling against this sin and that sin. They defined the problem but never delivered the message of the gospel: that Jesus came into the world to save us from our sin. Larry Norman, a Christian musician, does a routine about a Christian trying to witness to someone. He says, "Have you heard the good news? The message says, 'No, what's the good news?' The Christian says, 'You're going to hell!' There's a long pause, then the man says, 'Then, what's the bad news?'"

We must remember that diagnosing a problem is not the same as solving a problem. When you go to the doctor with an illness, you need more than just a diagnosis. You need a cure. Since the secret of purpose-filled living is helping people, we need to keep in mind that our mes-

sage to the world is a message of hope. When someone comes to you and me with a problem, the first thing we need to tell them is, "This can be solved. With God's help we can work this out." The gospel is a powerful message. It gives us a reason to have hope.

3. Do The Ministry

Isaiah said that the Messiah would (v. 2-3) "Comfort all who mourn...provide for those who grieve...bestow on them a crown of beauty instead of ashes, the oil of gladness instead of mourning, and a garment of praise instead of a spirit of despair." Isaiah went on to say that his followers will (v.4), "rebuild the ancient ruins and restore the places long devastated; they will renew the ruined cities."

The Messiah's mission—and our mission as well—is to rebuild and renew. Jesus ministered in terms of individuals' broken lives, people such as the woman caught in adultery, the Gadarene demoniac and the man born blind. In the ministry of the New Testament church we see people of different races being brought together as brothers and sisters, the poor being helped, widows being fed, families coming together in faith in Christ, the gospel being spread to the ends of the earth.

If we set our hearts on people who are hurting, and look for ways to bring them hope, we will be "doing the ministry." Do you know what doing ministry all comes down to? It's an old formula, and it works every time: Find a Need and Fill It. About 40 years ago Ray Kroc recognized a need for people in a hurry to be able to feed their family on the run quickly and affordably. The result was the McDonald's empire, based on the principle Find a Need and Fill It.

Churches all over the country are using this same principle to reach people. I'm proud that our church is doing ministry where we are. We're teaching foreign-born people here how to speak English better so they can fit better into American society and get better jobs. We're taking food to people who need it. We're giving gifts to children whose parents are in prison and can't buy gifts easily. We're going out next month to take the gospel to people in our neighborhood. We're tutoring elementary school children who are already in danger of dropping out of school. Next summer we'll send a team of our members to Montana again to help a struggling church there. We will contribute to the Lottie Moon Christmas Offering for world missions, supporting our missionaries who are ministering to thousands of people around the world.

Our model is Christ. We are to follow his example by ministering to his people.

When Jesus came into the world he offered a very special gift: the gift of significance. Even in this big universe in which we live, our lives can make a difference in God's eternal plan. The scriptures help us define our market—we're to help people who are hurting. The scriptures tell us how to deliver our message—we're to offer hope to those who despair. The scriptures tell us how to do the ministry—we find a need and fill it. The purpose-filled life is a life directed to helping people: healing hurts and meeting needs. This is how Jesus lived his life on earth. This is how we must invest our lives, too.

SAINTS AND SINNERS



GEORGE PLAGENZ

Are you listening to the sermon?

Some people will do anything to avoid sitting through a sermon. Take Bill (not his real name). He was being honored by his church for his 20 years as a Sunday school teacher. After the customary bestowals of praise by the congregation, he responded with the usual things Sunday school teachers say on these occasions, such as, "I think I learned more from the children than they learned from me."

What he didn't say was how he happened to become a Sunday school teacher.

"I used to sit in church and watch with envy as all the Sunday school kids left while the congregation was singing the hymn before the sermon," he confided once to a friend.

"I asked myself, 'How can I get out of listening to the sermon?' then it hit me. I could teach Sunday school!"

Some people resort to other methods. I think of my old friend Lew Webster, who was hard of hearing. Just as the sermon was about to begin, Lew would surreptitiously turn off his hearing aid and sit blissfully for the next 20 minutes, alone with his thoughts.

He called it "taking advantage of a natural infirmity."

In a recent column, Tom Ehrlich of Religion News Service drew up a list of how people spend their time at the pew while the minister is in the pulpit. Do any apply to you?

"Some hang on every word," wrote Ehrlich, "some about encouragement to the preacher ('Amen, brother'), some take notes, some squirm like restless schoolchildren, some daydream, some critique the preacher's attire, some time

the sermon, some try to keep the children quiet—and everyone in polite, at least until they reach the parking lot."

One Sunday morning I sat behind an elderly lady who seemed contentedly during most of the sermon. Every so often, when the minister would raise his voice to make a point, she would be roused from her slumbers, put a sweet smile on her face and then promptly drop off again.

"Lovely service, pastor," I heard her say as she shook hands later with the minister at the church door.

She meant it. She is obviously one of those churchgoers who enjoy simply being in the house of the Lord. They don't have to listen to every word that is said.

Children in particular, I think, are loved by sermons. When I was a boy, our minister always seemed to be talking about the "tabernacle service" or Jesus' "miraculous healing and death." So I could spend the time memorizing the Cleveland Indians' batting averages with the help of the numbers in the hymns. To this day I can't even remember the tabernacle service or Jesus' healing and death. I can, however, recite the batting averages in 1955. (You can look it up.)

While I would have jumped at the chance to skip going to church in favor of going to the ballpark, I can't say I'm a fan of the game. I can't say I'm a fan of the game. I can't say I'm a fan of the game. I can't say I'm a fan of the game.

"I don't want to be in a church," he said. "I don't want to be in a church." I don't want to be in a church. I don't want to be in a church.



Williams Family to perform

The Williams will perform their new song "Facing Faith" all in appearing at Westview Baptist Church, Saturday, at 7 p.m. The Williams are a family from Lakeland, Fla. Their gift is an offering for the church. A free offering will be taken. Westview is located at 4100 Park Road (41st) in Sanford. The Williams will also be appearing at Westview Baptist Church, 400 S. Orange Ave., just South of 17th St. and North St. in Lakeland, on Sunday, at 8 p.m.

Westview Baptist Church
Dennis R. Littleton, Pastor

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4100 Park Road (41st) • Sanford, Florida 32771
Phone (407) 329-1111

Ordination

SANFORD - An ordination service for Evangelist Susan Olvera (The Wings Of Joy) will be held at the Sanford Christian Worship Center Church, 1509 West 13th St., Sanford, on Saturday at 7 p.m.

Bishop Mary Smith is the pastor and can be reached at 323-3499. Evangelist Susan Olvera can be reached at 644-1401.

Revival

SANFORD - A revival will be held at the Sanford Christian Worship Center Church, 1509 West 13th St., Sanford, beginning Monday, through Jan. 15, at 7:30 nightly.

Pastor Quinton L. Dumas Sr. will present the message.

HOW TO FIND MEANING IN LIFE!

Speaker: Greg Olson

Have you or anybody you know ever wondered: Why bother? Is this it? Who cares?

If you answered "YES" to any of these questions, this Sunday's message is for you! Come and bring a friend and/or family member who may also be looking for meaning in their life to West Lake Community Church. We are currently meeting Sunday mornings at 10:30 AM south of SR 46 at the corner of Orange Blvd. and Wayside Dr. at the Palm Woods Preschool. You'll be glad you made the effort to come and hear.

"HOW TO FIND MEANING IN LIFE"

This inspirational message has been designed to help you find meaning in your life so you can become the success God meant you to be! Bring the kids; we are committed to providing an excellent preschool and children's church. Dress casual. Our praise service is led by "jubilation", our awesome contemporary Christian band. Come celebrate life with us!

Linda Costello, Pastor
Phil Davis, Associate Pastor
Dorel Wilcox, Associate Pastor

West Lake Community Church
www.westlakechurch.org

We're Sold on Seminole Herald

326-8011

People

CALENDAR

Writers' group

The Round Table Writers' Group meets every Saturday at 10 a.m. in the cafe at Borders bookstore, 880 W. State Road 436 (southeast corner of 436 and 434), Altamonte Springs.

The meetings are open to anyone interested in improving writing skills, whether for enjoyment or to advance toward getting work published. There is no cost.

Anyone is welcome to attend the meetings, and to participate by bringing examples of their own creative writing. If a serious critique is desired bring eight or ten extra copies for others to mark and edit.

For more information call Darrell Johnson at (407) 282-1449.

Art Association

Sanford-Seminole Art Association meets on the fourth Sat-

urday of each month, at 1 p.m., at Shoney's in Sanford. Those interested in art are welcome to attend.

Sunbelt Daylily Club

Sunbelt Daylily Club meets the first Sunday of the month at 2 p.m. through April at the Agricultural Center in Sanford.

The club educates members on daylily growing through slide shows, guest speakers and trips to daylily gardens. There are no club dues. Call 351-3219.

Gamblers, families

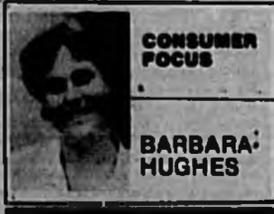
Gamblers Anonymous and Gam-Anon for family and friends, meet separately Monday and Friday (non-smokers) at 7:30 p.m., Church of the Good Shepherd, 331 Lake Ave., Maitland. For more information, call 236-9206.

Be wary of telemarketers

Your doors may be locked. Your windows are secure. Yet, the thief gets in and deprives you of your money and peace of mind. Impossible, you say? Not at all. This thief enters your home easily—through your telephone or your mailbox. It's the fraudulent telemarketer.

Every year, thousands of Americans lose billions to fraudulent telemarketers. Surveys reveal that most are older, well educated, active, and have higher than average incomes. Some lose their entire life savings to these criminals.

While many telemarketers are legitimate, an estimated 14,000 fraudulent telemarketers are alick. Their crimes are sophisticated, and very few



CONSUMER FOCUS

BARBARA HUGHES

people are prepared for an encounter with this kind of criminal. Less than five percent understand that fraudulent telemarketers are criminals.

What can you do to ensure that your older relative or friend won't be taken in? What should you tell them to watch for? An extraordinary amount of junk

mail, lots of unsolicited phone calls, offers to have couriers pick up cash or a check are all signs that the older person may be a target for criminal activity.

Urge older people to be wary of any caller who asks for a credit card or bank account number or demands money up front in return for a "free" prize. Caution them to read carefully the fine print on solicitations they receive in the mail. If they have questions about a solicitation, they can check on it by calling the National Fraud Information Center (NFIC) at 1-800-876-7060.

By reporting suspicious calls, they'll get advice on what to do if they get further telephone calls.

Consumers who want to have their names removed from the list of advertisers who solicit nationwide; can write to Direct Marketing Association, Mail Preference Service, P.O. Box 90006, Farmingdale, NY 11735-9006. The amount of unwanted mail and unsolicited phone calls arriving in their homes should decrease significantly within approximately 90 days after their request is received.

Barbara A. Hughes is the Seminole County Extension Director, University of Florida Institute of Food and Agricultural Sciences. She may be reached at 352-3555 Ext. 3888.

Family is happier without in-law's mom

DEAR ABBY: I need some advice. My daughter, her husband and three girls moved into my home when my husband was ill five years ago. They were a big help to me when my husband was terminally ill with cancer. My son-in-law was always there during the night when I needed him. We got along well. He takes care of repairs and I have a free mind. I have my part of the house; they have theirs. They also help with all of the expenses.

My problem is his family—especially his mother. My husband's mother died before I knew him. Every time my son-in-law's mother comes here, she has to criticize something or complain about something. I'm ready to scream. This is my home, and I'm capable of making my own decisions. I may be 60 years old, but I still do volunteer work and keep up on all the local and world news. Reading is my hobby.

I try to deal with the criticism by being thankful for what I have. I have my health, my own home, and I'm still able to handle important things.

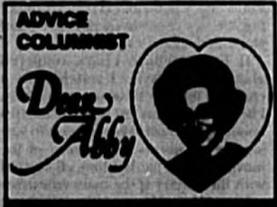
Every time I see her coming into the yard I feel like screaming. Other members of the family feel the same way. Abby, can you help me? His family takes over every weekend. I have a beautiful deck, but I don't use it when they're here.

TRAPPED AT HOME

DEAR TRAPPER: There's no reason why you should have to feel trapped in your own home. You are all adults. It's time for a frank talk with your daughter, your son-in-law and his mother about how her criticism and complaints make you feel. From your descriptions, she has been threatening and taunting.

You should be able to enjoy quiet time at home at some weekends if you wish. However, unless you speak up, you will never know how to deal with her. You should be able to enjoy quiet time at home at some weekends if you wish. However, unless you speak up, you will never know how to deal with her. You should be able to enjoy quiet time at home at some weekends if you wish. However, unless you speak up, you will never know how to deal with her.

DEAR ABBY: My marriage was in need of repair. My husband and I



had been fighting a lot. He told me that if I didn't like it, I could pack my things and go. I cried myself to sleep for nights on end.

One night I couldn't sleep because I was so upset with him. All I could think about were all the things that bugged me about him. I know that if I didn't breathe these negative thoughts from my mind, it would be impossible to sleep. I decided to write down all the things that I loved about him. I wrote them down on a piece of paper, put it in an envelope and placed it in his kitchen.

The next morning, he called me from work to tell me how much he loved me. When he came home that evening, he put my "list" in a frame and hung it on the wall. We hardly ever fight anymore. I get love notes weekly and kiss daily.

I thought some of your readers might like to try this recipe for renewed love. It was so simple—and will work the first time.

HAPPY AGAIN IN SAN DIEGO

DEAR HAPPY AGAIN: What a beautiful idea for coming up a glowing marriage. You list of the things you loved about your husband obviously meant a great deal to him. When we focus only on what a person is doing wrong, we tend to underestimate what he or she is doing right.

What have you done to help your son, daughter, and grandchild? They are all adults and should be able to take care of themselves. If you are a parent, you should be able to take care of yourself. If you are a grandparent, you should be able to take care of yourself. If you are a friend, you should be able to take care of yourself.

Teen drinking concerns teacher

Dear Abby, I'm a teacher in a high school in the area. I don't pretend to be an expert, but I am a bit of a parent. Especially the fact that they have after the New Year's holiday, I couldn't have thought anything to about 50 percent of my students. They are in a state and most teachers about how much they are drinking. I don't think I have particularly well kids, but I'm generally surprised by what I see. What do you have from other teachers about kids coming to school with liquor?

Concerned High Teacher

Dear Concerned Teacher: I haven't heard much from teachers in this area on the topic, but about half of the children's "celebratory" alcohol traditions (50 percent) had the alcohol abuse in a certain quadrant among their students. Interestingly, teachers in rural areas are more concerned about drinking as a problem among



children in a certain quadrant among their students. If you are a teacher in the area, you should be able to take care of yourself. If you are a parent, you should be able to take care of yourself. If you are a grandparent, you should be able to take care of yourself. If you are a friend, you should be able to take care of yourself.

Chicken soup ranks at the top

Americans pluck more cans of chicken noodle soup off shelves than any other soup.

Maybe that's because chicken soup has a reputation for being good for a cold, or good for the soul, or simply because it's a classic, cold-weather comfort food that's a snap to prepare and fairly inexpensive. Campbell's alone sells more than a dozen different chicken noodle soups—in cans and jars, as dry mixes and ramens.

Among all those choices, you'd think some would be really tasty. But our test of top-selling canned, jarred and dry chicken noodle soups, as well as chicken-flavored ramens, turned up nothing anywhere near as good as a fairly simple recipe we developed a few years ago.

A high-quality chicken noodle soup should have a moderate boiled-chicken flavor, perhaps



a touch of onion and celery. If other vegetables are included, they should be very slightly firm and taste like what they are: carrots and red bell pepper, for example, not unidentifiable orange and red bits that have had the flavor cooked out of them.

Noodles should be slightly firm. Chicken pieces should be tender and have the flavor and texture of the real thing. We judged ramen (originally an Asian import that's more noodle chicken than chicken noodle) on the same criteria.

If most canned and jarred soups fall the short of the ideal, it's mainly because the high heat required for commercial sterilization (so they can sit on

a shelf for years) also affects the flavor and texture of the chicken and vegetables.

The dehydration process used to prepare dry mixes and ramens is no more benign. Additionally, many of these soups contain hydrolyzed vegetable protein (HVP); when used sparingly, it enhances the overall meaty impression and is not particularly obvious.

But a few soups, including the dried Lipton soups and most ramens we tested, tasted more of HVP—with a bouillon-cube-like flavor—than of chicken. Some soups also had a noticeable monosodium glutamate taste.

Another flavor enhancer is salt, and these soups are typically loaded with sodium. That may be a concern if you suffer from high blood pressure or heart disease, or if you simply want to lower your salt intake.

Commercial soups in cans, jars, and dry mixes are typically high in calories and fat. The ramen soups typically start out with lots of fried noodles, making

them much fatter than regular soups. Canned condensed soups (you add water) and dry mixes and ramens are generally less expensive than ready-serve soups in cans and jars.

Here are some standouts from our tests:

—Campbell's Homestyle (49 cents per serving) and Progresso (83 cents) were the best-tasting soups. They had noodles with a slight firmness, chicken pieces that tasted something like chicken, and plenty of bodied-chicken flavor in the broth. Progresso also had less sodium than many of the other regular soups in our test. Yet even these two soups tasted somewhat overcooked.

—Nissin Cup Noodles (41 cents) was the best-tasting ramen. But it was higher in sodium and fat than any other ramen we tried. The only ramen that made nutritionally sound choices was Campbell's Instant Ramen (71 cents) per serving—unfortunately had a rancid, cardboard-like aroma.

NOTICE OF WORKSHOP CONCERNING PROPOSED TOWN CENTER DISTRICT CODE

NOTICE IS HEREBY GIVEN THAT THE CITY COMMISSION OF THE CITY OF WINTER SPRINGS WILL HOLD A WORKSHOP ON THE PROPOSED TOWN CENTER ZONING DISTRICT REGULATIONS (the TOWN CENTER DISTRICT CODE), THAT WOULD APPLY TO THE AREA (MINUS THE AREA WITHIN THE BROKEN LINES) OF THE PROPERTIES INDICATED IN THE MAP BELOW.



THE WORKSHOP CONCERNING THE PROPOSED TOWN CENTER DISTRICT CODES WILL BE HELD ON JANUARY 12, 1989 AT 6:30 P.M. AT THE WINTER SPRINGS CITY HALL. ANY ADDITIONAL WORKSHOPS CONCERNING THIS MATTER WILL BE INDICATED AT THE COMMISSION WORKSHOP ON JANUARY 12, 1989.

THE WORKSHOP WILL TAKE PLACE AT THE CITY COMMISSION CHAMBERS AT 1100 EAST WINTER ROAD 404, WINTER SPRINGS, FLORIDA. INTERESTED PERSONS MAY ATTEND.

ADDITIONAL INFORMATION PERTAINING TO THE ABOVE MAY BE OBTAINED AT THE COMMUNITY DEVELOPMENT DEPARTMENT - PLANNING DIVISION, AT CITY HALL, 1100 EAST WINTER ROAD 404, WINTER SPRINGS, FLORIDA. FOR MORE INFORMATION CALL 327-1255 EXT.

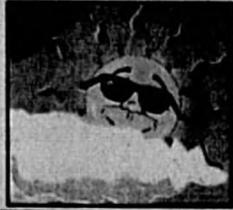
PERSONS WITH DISABILITIES NEEDING ASSISTANCE TO PARTICIPATE IN ANY OF THESE MEETINGS SHOULD CONTACT THE EMPLOYEE RELATIONS DEPARTMENT, COMMUNITY DEVELOPMENT DIVISION, AT CITY HALL, 1100 EAST WINTER ROAD 404, WINTER SPRINGS, FLORIDA. FOR MORE INFORMATION CALL 327-1255 EXT.

THE CITY COMMISSION WILL MAKE NO DECISIONS ON THE MATTER BEING CONSIDERED AT THIS MEETING.

Signature and official information at the bottom of the notice.

Seminole Herald

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



Weather
Partly Cloudy
Hi: 76
Low: 61

2A



Mary Leah Sutton
returns from injury
to lead Lake Mary
past Seminole.

5A

FRIDAY
January 8, 1999
91st Year, No. 97
(407) 322-2611
Sanford, FL
50 Cents

INSIDE

Russ White writes about Mica's Congressional report, please see Page 2A.

BRIEFLY

Hospice of the Comforter needs volunteers to visit patients in local nursing homes, run errands for families and befriend patients in their homes.

A free orientation and training session will be held each Tuesday for six weeks beginning Jan. 19. The sessions will be held from 12:30 until 3:30 p.m. at Woodhaven Baptist Church, 1-4 and John Young Parkway, Orlando.

To register or for more information call Sarah Stengel at (407) 683-0808.

A Smoking Cessation Program will be sponsored by Central Florida Regional Hospital Feb. 1 from 7 until 9 p.m. The Wellness Seminar for smoking cessation is a two-hour session which combines the power of hypnosis and behavior modification. Participants learn to stop smoking without weight gain or withdrawal.

The first 45 minutes of each session is a free orientation. If the participant feels comfortable with the program then they pay a one-time fee of \$50. The fee includes a powerful hypnotic session, a behavior modification booklet, a home reinforcement audio cassette tape, and unlimited free repetitions of the seminar if needed.

The seminar is held on a regular basis at the hospital located at 1401 W. Seminole Blvd., Sanford. For more information call (407) 845-3233.

A Weight Reduction Program will be sponsored by Central Florida Regional Hospital Feb. 8 from 7 until 9 p.m. The Wellness Seminar for weight control is a two-hour session which combines the power of hypnosis and behavior modification. Participants learn to lose weight by controlling overeating, bingeing, snacking, and emotional eating.

The first 45 minutes of each session is a free orientation. If the participant feels comfortable with the program then they pay a one-time fee of \$50. This fee includes a powerful hypnotic session, a behavior modification booklet, a home reinforcement audio cassette tape, and unlimited free repetitions of the seminar if needed.

The seminar is given on a regular basis in the Education Center of the hospital, 1401 W. Seminole Blvd., Sanford. For more information call (407) 845-3233.

Seminole County Better Living for Seniors currently needs volunteers for both its Meals on Wheels and H.O.M.E. Programs. Individual, group, and corporate volunteers are encouraged to call.

Of the job training is provided, no high level skill is required. The reward is the knowledge that you have improved the quality of life for someone else. To volunteer, please call Seminole County Better Living for Seniors at 322-8877, ext. 130.

QUOTE

"If you follow reason far enough it always leads to conclusions that are contrary to reason."

-Samuel Butler

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New college opens doors

By Bill Korns
STAFF WRITER

MAITLAND - Seminole County residents have an additional college to choose from, as Geneva College opened its Maitland campus Wednesday.

The 150-year old Christian college based in Beaver Falls, Pa. will offer a degree completion program for students seeking a bachelor's degree through biblically-based instruction.

"This has been in the works for a few years," Geneva College President John White said. "But things really came together in 1998 to make our Orlando branch campus a reality."

The campus is on the former site of the Reformed Theological Seminary in the Maitland Center, with 31,000 square feet of classrooms, parking spaces, and an auditorium. The RTS is moving to a larger location in Oviedo.

White said a feasibility study conducted by Geneva College showed a need in Central Florida for the college's Degree Completion Program.

Students in the program can attend class one night per week for 18 months to obtain a Geneva College bachelor of science degree in human resources. The first class is scheduled for Feb. 22.

"We take into account the needs of our students who have jobs, families and other important commitments," Robert Hough, dean of adult and continuing education at Geneva College, said.

Please see College, Page 2A

Senator to nominate students to academies

By Bill Korns
STAFF WRITER

SEMINOLE COUNTY - Three Seminole County high school students are being nominated to military service academies by U.S. Senator Bob Graham.

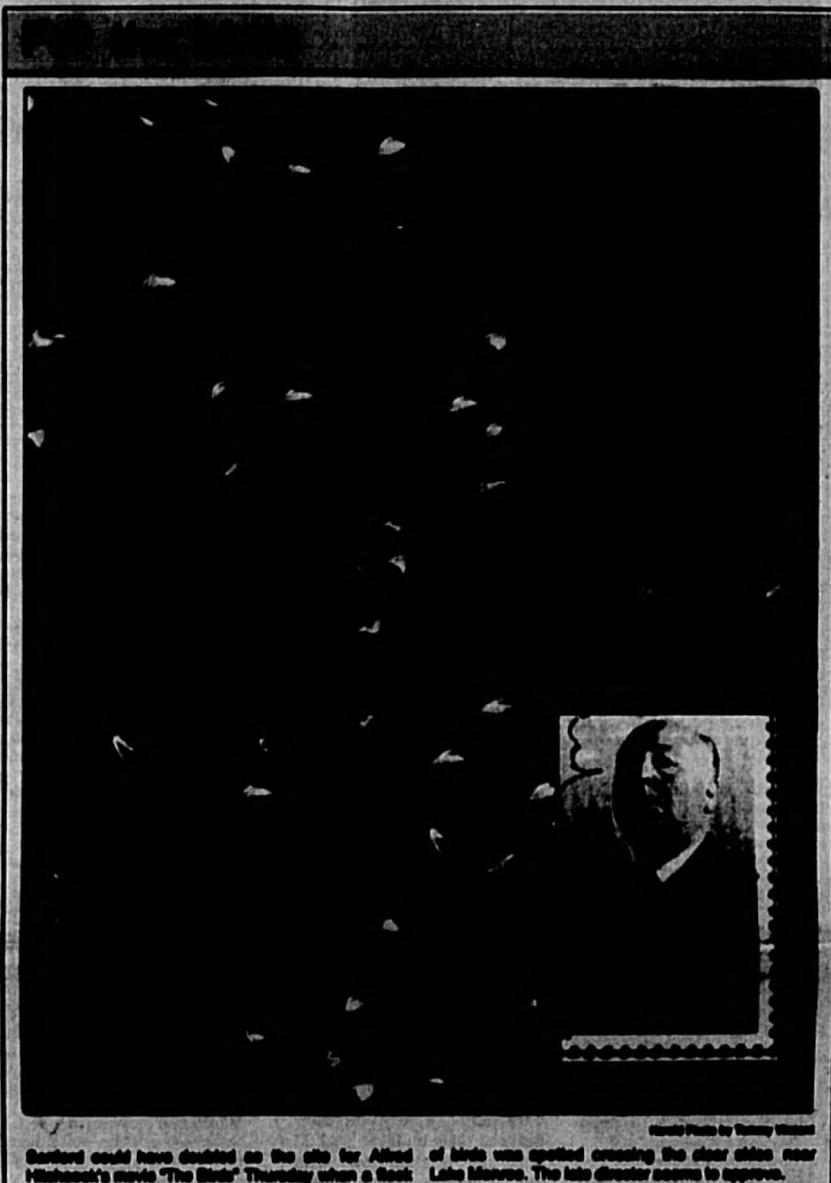
Adam Williams of Lake Mary High School is nominated to the Naval Academy in Annapolis, Md., Robert Rensch is nominated to the Military Academy in West Point, N.Y., and Aaron Burger of Trinity Preparatory School is nominated to the Merchant Marine Academy in Kings Point, N.Y.

The students are among ten nominees Graham named for each of the nation's four major service academies.

The U.S. Service Academies that require either a Congressional, Presidential, or Vice-Presidential nomination include the Air Force Academy in Colorado Springs, Colo., the Merchant Marine Academy, the Military Academy, and the Naval Academy.

"Our nation's service academies have a long and proud tradition of providing an excellent education while instilling our nation's finest military leaders," Graham said. "It is vital that we nominate students who will honor the country and accomplishments of their predecessors. I am confident that these young men and women have the intelligence, work ethic, leadership skills, and character to succeed at the academies."

Please see Academy, Page 2A



Barford could have decided on the site for Alfred Hitchcock's movie "The Blair Witch" Thursday when a flock of birds was spotted crossing the clear skies near Lake Monroe. The late director seems to approve.

Education tax credits available

SPECIAL TO THE HERALD

WASHINGTON D.C. - New higher education tax credits could almost have parents of college students looking forward to April 15. The 1998 tax year is the first year that the Hope and Lifetime Learning tax credits proposed by President Clinton-which directly reduces the amount of federal income tax owed-is available to help families meet the cost of post-secondary education, whether for a bachelor's degree, graduate or professional study, or vocational or job-related training.

"A college education or job training can translate into thousands of dollars in additional income for families and a better life, and these tax credits are a means to make that end more affordable," said U.S. Education Secretary Richard W. Riley.

The two tax credits will benefit some 13 million families when fully implemented. Following are some guidelines on what the tax credits cover, who qualifies, and IRS sources to contact for more information.

A Hope tax credit of up to \$1,500 can be claimed for two years for each student in a family who is enrolled in higher education at least half-time at an eligible educational institution and who has not yet completed his or her first two years of study. The credit is 100 percent of the first \$1,000 of payments for qualified tuition and fees, and 50 percent of the second \$1,000. The goal of Hope is to make it possible for all Americans to afford the cost of the first two years of a college education. In most states, the Hope credit will cover the cost of a community college education. There is no limit on the number of eligible students who can claim a Hope credit in

New first-class stamp rate 33 cents

By Russ White
STAFF WRITER

SEMINOLE COUNTY - It is the smallest of increases - barely a penny - but postal customers are having to make adjustments to be ready for the 33-cent first-class mail service beginning Sunday.

Area post offices have been busy since November, selling the new 33-cent stamps and strips of one-cent stamps to be attached to the 33-cent stamps customers previously had purchased.

"It's a nuisance at the moment," said Samantha Sweet, who purchased stamps in Sanford on Thursday. "But once everyone has the new stamps,

It's been four years since the last increase. And it's just a penny.

-Tom Florio,
Sanford Postmaster

everything will be back to normal. The small hike isn't bad. Most everyone can afford it."

Sanford Postmaster Tom Florio said that people have been "very understanding. It's been four years since the last increase. And it's just a penny. We're proud of our service, and that we are to be here as the without of America."

Florio said that a recent visit to Washington and lunch 1,200 miles away from home, he said, "I'm proud of our service, and that we are to be here as the without of America."

Please see Stamp, Page 2A

colored any complaints. "We're progressing nicely," he said. "We've sold a lot of the one-cent '1' stamp that customers can use with their old 33-cent stamps. And we've many of the Uncle Sam Hat 33-cent stamp."

Neither the one-cent stamp or the 33-cent Uncle Sam Hat stamp have a price on the stamp. This may cause some confusion, Florio said, but it wouldn't be too much trouble. New stamps with the pricing will be available in a couple of months.

Johnston said that some rates will drop or stay steady. Each additional ounce for a first-class letter had been 25 cents. On Jan. 10, that will drop to 22 cents. This means that a 2-cent letter would remain at 24 cents and a 3-ounce letter will decrease a penny.

"I don't have to be a rocket scientist to figure it all out," Lake Mary customer Mike Graham said. "We're still getting a good deal when all it takes is 25 cents to get a letter to California. Of course, it costs the same thing to mail a letter to Langford."

U.S. Postal officials say that the new increase is below inflation - a promise the Postal Service made the American people six years ago.

They say that the revenue generated by the new rates will help improve service and mail-carrier salaries by investing in the necessary infrastructure and technology.

The penny hike is the first increase since 1993, when the rate jumped from 22 cents to 23 cents. Until then, a first-class letter could be mailed for three cents. The rate went to 18 cents in 1974, a postage of 10 cents in 1971.



Nancy Jones, a window clerk at the U.S. Post Office in Sanford, displays the new 33-cent stamp. The rate change goes into effect on Sunday.

- New Stamp Book, January 10, 1999
- New Stamp On Sale, November 10, 1998
- First-Class Mail®
- First class \$ 0.33
- Second class \$ 0.22
- Priority Mail® \$ 2.50
- Express Mail®
- 1/2 lb. \$1.75
- 2 lb. 6 oz. Flat Rate \$ 4.75
- Pickup Fee \$ 0.25
- Express Mail, Priority Mail and Flat Rate