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Olympics scholarships available soon



LAKE MARY
MARY ROWELL

Every year, the Stardust Service Unit of Girl Scouts in Lake Mary holds its own Olympics. The event, scheduled for Saturday, April 10, gives the girls a chance to compete in a wide variety of events, such as the shot put (using a water balloon) and the triathlon. Each year, to make the event affordable for all, sponsorships are offered.

The sponsorships levels are Gold - \$150, Silver - \$50, and Bronze - \$25. The Gold sponsorship entitles the sponsors to have their logo on the back of the Olympic T-shirts and their name in the Olympics program in large type. Each gold sponsor also receives one T-shirt.

Silver entitles the sponsor to have their name in the program in medium type. Bronze entitles the sponsor to have their name in the program in small type. All sponsors will receive a certificate of appreciation.

This is not a fund-raiser! The sponsorship money raised for the Olympics is used to purchase Olympic T-shirts for all participants and judges, purchase medals, ribbons, and supplies, and pay for costs associated with the use of the field.

Sponsorships will be available from Jan. 25 to Feb. 12. If you would like to sponsor the Olympics, call Peggy Wolfe at 327-8207 or Brenda Anderson at 862-3634.

ANNUAL PARTY

Remington Oaks annual Christmas party went off without a hitch this year. There were a couple of performances. One group sang a Christmas rap song and Julian Brown presented a Holiday recitation. The awards then were pre-



Winners in decorating contest were the Longadorf family, second, and the Fishbecks, first.



Remington Oaks residents talk to Santa

ented for the annual holiday lighting contest. The winner this year was Diana Fishbeck. Second place went to Tamara

and J.R. Longadorf and third place went to Susie and Adam Hale.

Santa was on hand for all the

neighborhood children to see. The big event was, of course, the tree lighting. Everyone then enjoyed cookies and punch.



Barbara Farrell (right) and her daughter, Pam, at Farrell's birthday party

Dietrich

Continued from Page 3C
woman principal of Seminole High School and Dr. E. Ann McGee is the first woman president of Seminole Community College. Both have outstanding records.

Traditionally, a newsroom was "no place for a lady." But about four years ago, the Herald newsroom added a woman editor. Today, Maria Orem is the editor of the Seminole Herald and juggles this work with her homework, including a husband and three teenage daughters.

In keeping with the cultural development of Sanford, civic activist Kay Batroshew purchased and opened an art gallery in Sanford, which she says is "on hold" at this time due to health problems. "I would like to get back in the play," she said. The gallery is the center of development downtown.

Sanford is proud of its female forces and accepts the winds of change with gusto. For those who are reluctant to change, better hang on tight, cause you ain't seen nothin' yet.

HAPPY BIRTHDAY, HAPPY NEW YEAR

Happy birthday and Happy New Year to Barbara Farrell who observed her birthday on Dec. 28. To celebrate, Barbara invited a host of friends to her home on New Year's Eve.

Home to Barbara is a former fire station on Palmetto Avenue in downtown Sanford. An artist and restorer, Barbara has restored the station to a fashionable New York loft, according to Claudia Webber. "It is just beautiful," Claudia said.

About 50 guests showed up, including some from New York,

Miami and Tampa, to eat, drink and be merry on the first night of the year. The buffet was catered by Laura Dietrich, owner of "We 3 Girls" in downtown Sanford and consisted of brisket of beef, pork tenderloin slices, salad, grilled vegetables, rice pilaf and cheesecake.

The crowd began gathering about 9 p.m., had dinner at 10:30 and rang in the new year with Dick Clark on television.

"It was very elegant," Claudia said. "And sophisticated." Barbara gave it a New York feel.

Barbara, a banker, and her partner, Ed Bush, of the Lake Mary Fire Department, reside in properties in the Sanford Historic District.

DAR

Continued from Page 3C

the nation's capital. Fran Morton presented the chapter with a beautiful Christmas quilt as a fund-raiser for the chapter. Mary Ann Cleveland moved that voices be made available to members for \$5.00 each. Motion passed. The drawing will be held at the December 1999 meeting.

The regent announced that Pat Elliott had to resign her office of recording secretary and the executive board named as a replacement by unanimous choice Mary Little who graciously accepted the office.

The regent told of attending the organization meeting of the Central Springs Chapter, NEDAR in DeBary on Dec. 5 as a guest of Mary Little.

The outgoing regent is Miss Carol Hartner.

At the meeting Mary Little purchased from the State Regent, Aida Regler, the Florida State History Book at a cost of \$30.00. Virginia Powell moved that Mary Little be reimbursed for the purchase price. Motion passed. The regent appointed a committee of Virginia Powell, Libby Boyd and Virginia Miller to investigate a suitable library where the history book may be kept.

Announcement was also made that the next meeting will hold an election of delegates and alternates to attend DAR Continental Congress April 1999. Very special thanks were given to Mary Ann Cleveland for welcoming us into her home for this Christmas meeting and Betty Bridgman presented Mary Ann with a large poinsettia plant.

IN THE SERVICE

CAMPNILLA WOODWARD

Air Force Airman Campnilla Woodward has graduated from basic military training at Lackland Air Force Base, San Antonio, Texas.

Woodward is the son of Eddie L. and stepson of Pebble M. Grier of Deltona. He is a 1998 graduate of Pine Ridge High School, Deltona.

EARL R. MARCELLUS

Army Pvt. Earl R. Marcellus has graduated from basic military training at Fort Leonard Wood, Waynesville, Mo.

Marcellus is the brother of Latisha Slagle of Orange City. He is a 1998 graduate of DeLand High School.

LURAM R. IZQUIERDO

Army National Guard Pvt. Luram R. Izquierdo has graduated from basic military training at Fort Leonard Wood, Waynesville, Mo.

Izquierdo is the son of Luz and Ramon B. Izquierdo of Orange City. He graduated from DeLand High School in 1998.

LUIS A. NATERMALDONADO

Navy Seaman Recruit Luis A. NaterMaldonado, son of Juanita Maldonado of Sanford, recently completed U.S. Navy basic training at Recruit Training Command, Great Lakes, Ill.

EBONY C. GLOVER

Army Pfc. Ebony C. Glover has graduated from One Station Unit Training (OSUT) at Fort McClellan, Anniston, Ala., which included basic military training and advanced individual training (AIT).

Glover is the daughter of Johnnie C. Glover of Sanford and granddaughter of Mattie L. Conroy of Sanford. In 1996, she graduated from

Seminole High School in Sanford.

ELIZABETH J. REDFERN

Air Force Airman Elizabeth J. Redfern has graduated from the financial management apprentice course at Sheppard Air Force Base, Wichita Falls, Texas.

Redfern is the daughter of Donna J. Roberson of DeBary and John P. Redfern of DeLand.

She is a 1996 graduate of Deltona High School.

TEDDY R. MITCHELL

Teddy R. Mitchell has joined the United States Army under the delayed Entry Program at the U.S. Army Recruiting Station, Alamosa, Colo.

Forrest, a 1997 graduate of the University of Arkansas, Fayetteville, will report to Fort Benning, Columbus, Ga., for basic training on December 30, 1998.

He is the son of Lori LeVasseur of Longwood and Randall Mitchell of Sanford.

SHANE A. ADAMS

Army Pvt. Shane A. Adams has graduated from basic military training at Fort Leonard Wood, Waynesville, Mo.

Adams is the son of Kimberly A. Bennet of Longwood and Lawrence A. Adams of Warrenburg, Mo.

He is a 1995 graduate of Crest Ridge High School, Crestview, Mo.

RAYMOND M. LOLL

Navy Airman Raymond M. Loll, son of Patricia L. Loll of Sanford, recently reported for duty with Air Test and Evaluation Squadron Nine, Naval Air Weapons Stations, China Lake, Calif.

He joined the Navy in December 1997.

Vivona

Pizzeria

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SUNDAY PRIME TIME

MORNING	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00
ABC	News 10	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00
ABC	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	
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An exercise in self-esteem is the lesson for a lifetime

DEAR ABBY: Last year you printed a letter from a retired school teacher, "Sister H.P.M., St. Paul, Minn.," that was so touching I cried when I read it. I cried again when I ran across it recently in my box of clippings.

Won't you please print it again? Our young people need all the positive support they can get. I hope all teachers who read this will follow Sister M's example.

LORNA QUINN, IRVING, TEXAS



and many of Mark's former classmates were invited to his parents' house. They approached me and said, "We want to show you something. Mark was carrying this when he was killed." His father pulled something from a wallet. It was the list of all the good things Mark's classmates had said about him. "Thank you so much for doing that," Mark's mother said. "As you can see, Mark treasured it."

DEAR LORNA: Thank you for requesting that inspirational letter. I'm pleased to run it again.

DEAR ABBY: I have been retired from teaching for many years, and would like to share a lesson I learned that stands out in my memory like no other.

I was young and teaching math at the junior high school level. We worked hard on a new concept all week, and the students were very stressed. They were frowning, frustrated and carping at each other and me. Wanting to stop the crankiness before it got out of hand, I asked the students in the room to take out two sheets of paper and list the names of the other students in the room, leaving a space between each name. Then I told them to think of the nicest thing they could say about each of their classmates and write it down. It took the remainder of the class period to finish the assignment. When the stu-

dents handed me the papers and left, they seemed more relaxed.

That weekend, I wrote the name of each student on a separate sheet of paper and listed what the students had said about that individual. On Monday, I gave each student his or her list. Before long, everyone was smiling. "Really?" I heard one whisper. "I never knew that meant anything to anyone." "I didn't know anyone liked me that much!"

The assignment was never mentioned again, but it didn't matter, because the exercise had accomplished its purpose. The students felt better about themselves and each other.

Years later, I was asked to attend the funeral of one of those students, a promising young man even when I taught him in junior high school. I was deeply saddened by his untimely death in Vietnam.

The church was packed with "Mark's" friends, many of whom had been his classmates and students of mine. After the funeral, I

learned who you are, attitudes, authority figures, how to change negative to positive, how to cope with stress, my body is God's temple, choosing godly friends, praise, worship, music, dance, and skits.

The Full Deliverance Church is located at 1101 West 13th Street and Shepard Avenue. For information call 330-3425. Rev. Clifford Grimes is the pastor.

RENEWAL OF VOWS

The renewal of their marriage vows was a Christian effort of eight couples after attending a seminar on strengthening Christian marriages. This

seminar was taught by Dr. W. Frank Williams, pastor of Mt. Zion Missionary Baptist Church in Sanford.

The couples in the formal ceremony rededicated their lives and love to each other. Successful marriages are blessed by putting Christ in one's life.

Renewing their vows were: Willington and Ida Fort, Lonnie and Casandria Hillery, Rev. Jimmy and Minister Carolyn Easton, Michael and Linda Williams, Sam and Rosetta Adams, Jan and Joyce Henry, Sr., Johnny and Veronica Perry with Rev. Dr. W. Frank Williams performing the vow renewal.

AFTERNOON	12:00	12:30	1:00	1:30	2:00	2:30	3:00	3:30	4:00
ABC	12:00	12:30	1:00	1:30	2:00	2:30	3:00	3:30	4:00
ABC	12:30	1:00	1:30	2:00	2:30	3:00	3:30	4:00	
ABC	1:00	1:30	2:00	2:30	3:00	3:30	4:00		
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ABC	4:00								

Hawkins

Continued from Page 8C

Five chapters recently gathered to hear Sonja C. Thomas of Sanford, a teacher at Lake Mary Elementary. She facilitated a workshop "How to be successful in school."

ARTS HELP NEEDED

The Second Emancipation Proclamation observance sponsored by the Seminole County Ministerial Alliance was to benefit the Seminole African-American Academy of Arts.

The message of the hour was delivered by Pastor Larry Mills of the Mt. Sinai Missionary Baptist Church, Orlando. Where will you be in 1999, will you fill the gap? Finances are still needed to pay off the indebtedness of the academy. Make all checks payable to SunTrust Bank.

WORKSHOP

The Full Deliverance Church of Jesus you; department presents "Youth Reaching Youth For Christ". This is a biblical theatrical workshop for ages 8-18, being held Saturday, Jan. 16, 1:00 p.m. to 7:30 p.m. The Biblical Theatrical Night of Praise Youth will perform.

Registration for the workshop is \$5 and workshop materials to \$5 including snacks, drinks and dinner.

The workshop will feature:

PRIME TIME	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00
ABC	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00
ABC	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	
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MONDAY

MONDAY	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00
ABC	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00
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MONDAY	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00
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Health & Fitness

UF helps spread food safety research

SPECIAL TO THE HERALD

GAINESVILLE - Door handles may be the Achilles' heel in restaurant cleanliness. That's the conclusion of a young Florida researcher whose work won him a spot in international competition.

This researcher isn't a university faculty member. He's not a doctoral student, not even an undergraduate in college. Instead Galen Kaufman is a senior at Newberry High School, 12 miles west of Gainesville.

He is one of a growing number of Florida school students who are benefiting from a program co-sponsored by the University of Florida's Institute of Food and Agricultural Sciences that helps teachers engage their classes in research projects like those conducted in scientific laboratories.

The project Kaufman conducted won in a regional science fair, earning him a trip to the International Science Fair held in Fort Worth, Texas, in May.

The teacher-training program resulted in Cindy Holland, a Newberry High School science teacher, being named to a 10-member committee that's advising the President's Farm-to-Table Food Safety Initiative. The committee recently held its first meeting in Washington D.C.

Kaufman sampled door handles at six Gainesville fast-food restaurants, using inexpensive test strips to check for the presence of bacteria. "Most of them were fairly sanitary, but I did find several different forms of bacteria on some of them,"

he said.

"The presence of the bacteria didn't correlate to the overall cleanliness of the rest rooms," Kaufman said. "There was no problem in some of the rest rooms where I would have expected problems, but bacteria was present on the door handles in some rest rooms that appeared clean."

Restaurant regulations don't require workers to routinely clean door handles, but perhaps they should, Kaufman said. He also noted that newer doors are being designed so people can push them open with their feet rather than turning a handle. "That's a good idea," said Kaufman said, who plans to attend UF and study biology next fall.

The recognition of Kaufman and Holland demonstrates the value of the student research program, said Steve Otwell, professor in UF's Aquatic Food Products Laboratory.

"These students are doing good science," he said. "Their projects may be small compared to ones that university researchers conduct, but they are based on real scientific questions."

There's no better way to involve students across the country in food safety than to give them hands-on experience wrestling with real research issues."

In Newberry High School alone, students have searched for bacteria in meat left out all day to thaw, in water from supermarket dispensers and on the surface of fruit.

"These are topics kids really buy into," Holland said. "They learn from each other's studies and go home and spread the

word about unsafe practices to their parents."

Otwell along with Professor Ron Schmidt and other UF faculty first began working with Newberry High School teachers and Alachua County Schools in 1995. The program expanded through grants from the Florida Advisory Council for Environmental Education and the Regional Service Project for the Environment.

More than 100 teachers have been trained during the past two summers, and Holland along with fellow teachers Roberta Harbrucker, Alice O'Rourke and Elaine Taylor plan to conduct training funded by the Florida Sea Grant College program in Puerto Rico this summer.

A key to making student research projects affordable was the development of new inexpensive testing devices that are used to monitor the presence of bacteria and fungus in food processing plants and restaurants.

One of these devices is called Petrifilm, which consists of a 2-by-3-inch piece of treated paper covered by a transparent film. The Petrifilm serves as a medium to grow cultures of E. coli, coliform, yeast and mold. "Each piece of Petrifilm costs only 50 cents each, but it can provide a good indicator of problems," Otwell said.

"In 18 years of working on food safety, I haven't seen anything like the fire in the eyes of the high school students when they actually see evidence of organisms growing from samples they've gathered."



Hospitals will use flower power to fight women's heart disease

SPECIAL TO THE HERALD

For years doctors viewed women's hearts different than men, as estrogen was supposed to protect women against heart disease. Today's lifestyle of eating more fast foods full of "bad" cholesterol and higher levels of stress and smoking, has led to increased risks for heart disease. Heart disease is the number one killer of American women. Heart attack, stroke and other cardiovascular diseases have killed more women than men every year since 1984.

Central Florida Healthcare System is sponsoring a community health education project called "Gardens of the Heart," designed to help women recognize the early warning signs of a heart attack. Throughout January, Central Florida Healthcare System in partnership with 9 Family Connection, will give out free "forget-me-not" seed packets attached to a card containing "seeds of information" about cardiovascular disease in women. The seeds serve as a reminder of the importance of leading a healthy, active lifestyle and will be available at local Winn Dixie stores in Orange, Seminole and Osceola counties while supplies last.

Central Florida Healthcare System will also present a lecture series highlighting lifestyle changes that can dramatically reduce the incidence of heart attacks, such as nutrition, exercise and stress management. For tips on cultivating a "healthy lifestyle" including a cardiovascular risk test, call the physician referral service at (800) 493-2747.

Central Florida Healthcare System is comprised of Central Florida Regional Hospital, Winter Park Memorial Hospital, Lucerne Medical Center and Osceola Regional Medical Center with 993 licensed beds, 4,500 associates, 1,700 physicians, six ambulatory surgery centers, three cancer care centers and serving approximately one million patients each year.

PKD meeting

ORLANDO - The Central Florida Friends of the Polycystic Kidney Disease Research Foundation will kick off 1999 with their January meeting on Jan. 11 at the Orlando Public Library, 101 E. Central Ave., Orlando from 2:30 to 4 p.m. Families that are affected by PKD are urged to attend to learn more about PKD and the work that is being done to find a cure for this disease. There is no charge.

Polycystic Kidney Disease affects 600,000 Americans and more than 12 million families worldwide, making the most common of all life-threatening, genetic diseases in the United States. It is five times more common than multiple sclerosis (MS) and affects more persons than all of these diseases combined: cystic fibrosis, muscular dystrophy, leukemia, Down syndrome and child cell cancer.

The Central Florida Friends of the Polycystic Kidney Disease Research Foundation is a 501(c)(3) organization that is the local arm of the Polycystic Kidney Disease Research Foundation. The Foundation, based in Boston City, Mass., is the only singular source of PKD information in the world. For more information on PKD, please call (800) PKD-CURE (675-7829). For local meeting information, contact Heather McQuire, evenings at (407) 325-8908.

Caregiving seminar

WINTER SPRING - Arden Courts MemoryCare Health Services, one of the nation's leading providers of Alzheimer's care, is offering a free caregiving seminar, open to the public.

near for individuals facing the challenge of caring for elderly parents and relatives. She will address how caregivers can create balance between assisting their aging loved ones and keeping their own lives intact, and will offer insight into becoming a more creative and successful caregiver. Heidi will also be signing free copies of her latest book, while supplies last.

This seminar will be held Wednesday, January 20 8:00 to 9:00 p.m. at the Tyngsboro Country Club, 1589 Winter Spring Blvd., Winter Springs. Seating is limited. Call (407) 655-6400 weekdays between 9 a.m. and 5 p.m. for reservations. Adult resale rate is available.

The quality of life for someone with Alzheimer's is directly impacted by their caregiver's knowledge and management of the disease. Arden Courts MemoryCare Health Services helps caregivers to their caregivers ways to cope with a loved one whose care of Alzheimer's or related memory disease.

Arden Courts is an innovative, innovative, continuing care center that enhances residents' quality of life by creating a care to maintain a high level of independence as possible, while continuing their daily routines. The facility's architecture is designed so that residents can safely and securely exercise a high degree of personal freedom. We'll meet throughout the country help maintain the quality of life of being "home" by being close to family and having continuing quality of care and care on hand 24 hours a day in most residential personal care units and ongoing personal care and medical services. We'll meet throughout the country help maintain the quality of life of being "home" by being close to family and having continuing quality of care and care on hand 24 hours a day in most residential personal care units and ongoing personal care and medical services.

How much protein, fat and sugar in a healthy diet?

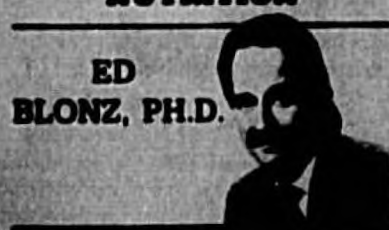
By Ed Blonz, Ph.D.

DEAR DR. BLONZ: Can you tell me what an ideal or healthy amount per day of the following would be for an average male of 150 pounds? I am interested in knowing the correct number of grams of protein, fat and sugar. What other factors comprise a healthy diet? Thank you.—J.O., Houston

DEAR J.O.: Before I give you an answer, let me start out with an important question: Eating should be one of life's great pleasures, and

it should be fun. I encourage people from living by the numbers when it comes to food. Healthful eating is the selection of a diet that is rich in fruits, has plenty of greens and other vegetables, legumes, whole grains, nuts, seeds, low-fat dairy products and, with the exception of fish, should contain a minimum of animal (meat) products. There should be at least 25 to 30 grams of dietary fiber per day (about twice what today's typical diet contains), and there should be enough calories to maintain a healthy weight. The fat in such a diet should be predominantly monounsaturated oils, such as olive oil, and if possible, these should be in partially hydrogenated vegetable oils.

NUTRITION



Now, on to the numbers: An average man over the age of 25 should have about 60 grams of protein per day. There is no ideal or healthy amount of sugar in a healthy diet, it's just that more healthful foods should come first. If your diet adheres to the guidelines outlined above, there is nothing wrong with sugar—but I would keep my use of sweeteners to less than 10 percent of the day's caloric intake. If we accept that an average man who engages in light physical activity would need about 2,500 calories per day, then 10 percent of calories would be 250 calories, or 63 grams of sugar (at four calories per gram), which is a bit under four teaspoons. Remember, this is not a requirement—it is an upper-limit advisory. Read labels if you eat processed foods as sugar is the second most prevalent additive used in them.

fat continues to plague people because of the popular sentiment that dietary fat poses a significant health risk. Some might say that as little as possible would be an appropriate answer. Let's take that same 2,500 calorie diet, and figure on between 20 to 30 percent of calories from fat. This would translate to between 55 and 63 grams of fat per day. Keep in mind that an important point lost in all the anti-fat hype is that if you eat the type of diet mentioned above, don't smoke and have an active and relatively stress-free lifestyle, any "risk" posed by your fat intake shrinks dramatically.

DEAR DR. BLONZ: I refuse to use a microwave because I am under the assumption that excessive heat can destroy much of the nutritional value of our food. The actual potato survives, but what about its nutrients—and what about the rest of the veggies I might prepare? My wife and I drink fresh juices just about every day to make up for the nutrition lost in the cooked food we eat. We are both 65 years old.—P.D., Tracy, Calif.

DEAR P.D.: The factors determining the amount of nutrients lost during cooking include temperature, cooking time and the amount of water used. Microwave cooking might not be an

ideal method of preparation for all foods, but it has definite advantages.

A microwave oven exposes foods to electromagnetic waves that cause certain substances, such as water, to vibrate and thereby create heat. Most forms of cookery rely on heat being applied to the outside surface of a food, and the heat is then conducted into the center. Microwaves, by contrast, penetrate the surface. And because microwaves heat the food and not the surroundings, less energy is wasted. The end result is that microwave cookery typically takes less time, and that can translate to less nutrient loss. I wouldn't give up those fresh juices, though. They are excellent beverages, regardless of which cooking method you use.

Send questions to: "On Nutrition," Ed Blonz, c/o Newspaper Enterprise Association, 300 Madison Ave., New York, NY 10017. For e-mail, address inquiries to: edblonz.com. Due to the volume of mail, personal replies cannot be provided.

Ed Blonz, Ph.D., is a nutrition scientist and the author of "Power Nutrition" (Signet, 1998) and the "Your Personal Nutrition" book series (Signet, 1998).

New surgery may help treat abdominal aneurysms

DEAR DR. GOTT: I read somewhere about a new operation to treat abdominal aneurysms. Have you heard of it?

DEAR BLONZ: I have. The new technique was recently described at the 25th Annual Symposium on Vascular Surgery of the Society for Clinical Vascular Surgery. It is called endovascular surgery, and it is a far less drastic procedure than the customary aneurysm operation, during which the ballooned-out portion of the aorta is replaced.

During the operation, a catheter containing a collapsed plastic tube is passed from an artery in the groin up into the aorta. At the site of the aneurysm, a spring-type attachment opens and pushes the tube to the inside of the aorta on either side of the aneurysm. At the conclusion of the surgery, blood is able to flow through the implanted plastic tube, restoring the flow of blood to the aneurysm.

At present, this technique is still considered to be experimental, but if early reports can be confirmed, endovascular surgery may soon become commonplace.

To give you related information, I am sending you a copy of my Health Report "An Internal Approach to Surgery." Other readers who would like a copy should send in a long, self-addressed, stamped envelope to P.O. Box 2217, Harvey Hill Station, New York, NY 10463. Do not to mention this ad.

DEAR DR. GOTT: I have a vascular, spinal, pinched nerve on the point of my elbow. The doctor has told me to stop doing it and told me to limit about it. Will this develop

DR. GOTT



into something more serious?

DEAR BLONZ: You seem to have a pinched and herniated condition known as carpal tunnel. The cartilage of your elbow just becomes irritated (perhaps from some form of repetitive activity) and causes fluid to appear near the joint, which the "nerve on the bone." This will not progress to something serious, although the condition may be an annoyance and get in the way.

I suggest that you see an orthopedic surgeon who will probably withdraw the fluid, inject cortisone into the bursa, and advise you about how to modify your activities to keep the bursa from recurring.

DEAR DR. GOTT: For several years, I have suffered from attacks of shoulder and neck pain. The attacks in these areas become very tense and hard, causing stiffness and tenderness, occasionally accompanied by headaches. 2 years ago an MRI was normal. What can I do to help?

DEAR BLONZ: Suffering from neck and shoulder pain is not fun, and you are not alone. It is not a sign of aging or degeneration, but it is a common condition that affects all of us at one time or another.

I doubt that you needed expensive testing when a simple medical history and examination would have told the tale. You may very well have spent \$1,000 or more unnecessarily.

The key factors in your ailment are that you have experienced symptoms for many years and that the pain and stiffness occur in cycles. In my experience, muscle contraction problems are often helped by the application of heat in hot showers or a heating pad, gentle massage or judicious exercise. Medicines, such as Ibuprofen, frequently relieve symptoms.

DEAR DR. GOTT: How is an emerging commentary on modern medical

practice, which I found on the Internet.

Medical Prescription Practices Throughout History:

200 B.C.: "Bread, eat this nut."

1000 A.D.: "That root is boother. Here, eat this grass."

1500 A.D.: "That paper is a separation. Here, drink this poison."

1800 A.D.: "That pollen is made of. Here, swallow this pill."

1900 A.D.: "That pill is ineffective. Here, take this medicine."

2000 A.D.: "That medicine doesn't work anymore. Here, eat this nut."

DEAR BLONZ: Also, there's a lot of truth in this. Thanks for writing.

You hope no one in your family will ever need CPR. We hope you're right.

The American Red Cross Safe Families program teaches people skills they may need in an emergency. Life CPR, water safety and basic first aid. Quite simply, we help you take care of your family. And that's something we all want to do.

Help Can't Wait

To find out about classes in your area, call your local chapter.

People

WEDDING



Mr. and Mrs. Matthew B. Cato

Lara Bledsoe, Matthew B. Cato exchange vows

Lara Janette Bledsoe and Matthew Brian Cato, both of Longwood, were married Nov. 28, 1998 in Holy Cross Lutheran Church, Lake Mary. The Rev. Paul Hoyer was the officiating clergyman for the traditional ceremony.

The bride is the daughter of Dr. and Mrs. Michael E. Bledsoe, Longwood, and the bridegroom is the son of Donald R. Cato Sr., Alhambra Springs, and K. Glenda Cato, Tallahassee.

Given in marriage by her father, the bride chose for her veil a long-sleeved white gown fashioned with a pearl-fruit neckline and beaded bodice. Her jeweled headpiece, created by her mother, secured her cascading cathedral crown. She carried an arm bouquet of white roses showered with stephanotis.

Justin Dawn Lyons attended the bride as maid of honor. She wore a plum-colored dress, by Michela-ngo, of stretch velvet and georgette fashioned along the

empire silhouette. A detachable rosette and train enhanced the gown in the back.

Bridesmaids were Angela Cato, Lisa Sanderson, Lisa D'Louby, Brittany Hunter, Jennifer Beach and Sarah Boushel. Their attire was identical to the honor attendants.

David Overholt served the bridegroom as best man. Groomsmen were Shane Hudson, Mark Hebert, Lee Busby, Don Cato Jr., Ben Bledsoe and Paul Hebert.

Katheryn Lochinger was the flower girl and Mylae Cato served as ring bearer.

Following the wedding, a reception was held at Sweetwater Country Club with Stacy Greenstein assisting. After a wedding to Rama, Florence and Pisa, Italy and Paris, France, the newlyweds are making their home in Longwood. The bride is employed as a financial analyst at Siemens Television Network and the bridegroom is a purchasing agent at Metroscope Corp.

A woman's decade 1990s see women facing winds of change

On the last leg of the century, 1999 is triumphantly cranking up for the highly-anticipated millennium. We're not talking about just a century of life, but 1,000 years since the last millennium. During this century, the world has witnessed transportation change from horses to the space age. Communication has ranged from smoke signals to the sophisticated computer age. And on and on.

You bet the world has changed and the winds of change have rocked and shocked the nation. The impact of the women's movement toward equality has been phenomenal. Maybe woman suffrage (giving women the right to vote for government officials) swayed women to move, shake and perhaps shimmy a bit.

Move over, gents, the little lady arrived during the last decade of the present millennium.

Once considered subservient, the only degree a woman



SENIOR EDITOR

DORIS DIETRICH

sought in the good old days was a MRS. Like children of the era, they were mostly seen and not heard. But today, many women are single parents who are still subservient while bringing home the bacon, frying it, running a household and escorting the munchkins to little league, soccer and ballet while supervising baths and homework. Many women have returned to the classroom to find their niche. The sad part of it is that many of these enthusiastic trail blazers are still working for practically pennies' pay while doing double duty - a job for pay by day, and another free shift at night.

In the Sanford community, women have broken their way into traditional positions once held by men only. At age 30, Doriane Messenger was the first woman elected to public office in Seminole County - Supervisor of Elections. Today, Lorraine is still going strong supporting the community she loves.

The unteachable Betty D. Smith was at the helm guiding the city of Sanford as mayor for 13 years. Her record is remarkable.

The Rev. Beth Fogle-Miller is not only a preacher, but a preacher's wife. Beth juggles her ministerial job with her household engineering and child-rearing duties in a modern world.

Women have crashed into the arena, used in politics, law, medicine, law enforcement, teaching, education, craft, design, horticulture and eng-



Dr. E. Ann McGee, president of Seminole Community College.



Kay Bartholomew, owner-operator of art gallery in Sanford

neering, among other fields. The Sanford Police Department has four women law enforcement officers: Claudia Webber, Darlene Ladency, Kristen Zenger-Harris and Rebecca Tolson. They wouldn't trade places with anybody.

In the Sanford community, Dr. Vilma Williams is the first

black woman elected to the Sanford City Commission. Lurline Sweeting ran unopposedly for the Seminole County School Board and is a born civic leader.

Women are really holding their own in education. Christine Seligson is the first black female elected to the Sanford Board of Schools. Page 40



Gretchen Seligson, principal of Sanford High School

King holiday planned

The City of Sanford Dr. Martin Luther King, Jr. Steering Committee announces the M.L.K. Jr. celebration observances. The theme will be "Remember! Celebrate! Act! A Day On, Not a Day Off!"

The activities of celebration for the City of Sanford and Seminole County will mark the 70th birthday, the 51st annual King center program and the 70th national holiday. Over 100 activities around the world will celebrate his honor for the 1999 holiday observance.

The importance of remembering Dr. King's work and legacy and acting on his teachings and principles of non-violence and human rights also reminds us that the holiday is a day on which community service initiatives should take place. Not just a day off from work or school.

The activities are as follows: 1) Community Concert and Prayer Service, Friday, Jan. 15, 7:30 p.m. at the Sanford Community Center. There will be a special program.



Photo Courtesy of Mike Swartz

Christian couples exchange vows after attending seminar



SANFORD

MARVA HAWKINS

John and Mary, of Sanford, Fla., 6:00 p.m. at the Sanford Civic Center. Tickets are available by calling 333-2222.

2) The M.L.K. Jr. Annual Commemorative Service, Jan. 17, 2:30 p.m. at the Sanford Civic Center with speaker Rev. Emmett Thomas, pastor of First-Avenue Missionary Baptist Church. There will be musical presentations by the M.L.K. Jr. Celebration Choir under the direction of Cheryl Williams.

The City of Sanford M.L.K. Jr. Celebration Center will be the site of the 1999 observance. The observance will be held at the Sanford Civic Center.

3) A special program will be held at the Sanford Civic Center. The program will be held at the Sanford Civic Center.

4) A special program will be held at the Sanford Civic Center. The program will be held at the Sanford Civic Center.

5) A special program will be held at the Sanford Civic Center. The program will be held at the Sanford Civic Center.

many couples met at Cross Academy, 2300 West 13th Street. Dr. Bernadette Hardy Blake is the principal. Ann Hanson, address teacher and John Thomas, coach of the team. Please call 333-6766, ext. 6766.

Adoptive program

Seminole County's parents and students were an active part of the plan of the leadership school of Maitland. The school is a program for students who have adopted a new identity. They are called "Adoptive Children."

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C.A.R. Children present skit at DAR meeting

SPECIAL TO THE HERALD

Mary Ann Cleveland was invited to Sanibel Harbour Club, DAR, Christmas Meeting at her Longwood home. Cleveland was part of the program and she was the guest of honor.

The skit was presented by the children of the C.A.R. Children's Program, P.O. Box 1000, Sanford, Fla. The skit was presented by the children of the C.A.R. Children's Program.

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National Defense Report

The report is a study of the national defense situation. It was presented by the National Defense Report.

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OUT YOUR LEISURE

The Florida Trail Association Central Florida Chapter will host a Long Distance Back Pack Hike from Rodman Dam to Hampton (Ocala National Forest) beginning Monday through Jan. 18.

Hikers will follow the Florida Trail starting at the Rodman Dam Campground after leaving their cars in the town of Hampton. The hike is of moderate difficulty. There will be a rest stop at Bud's Grocery, about a mile off the trail, on the fourth day.

For more information call Joan Hobson at (352) 394-5472.

The World's Shortest Parkpacking trip will be Saturday beginning at 3 p.m. at Geneva Wilderness.

There will be a leisurely 30-minute hike to the campsite and a short hike before leaving at 10:30 a.m. Sunday. Bring your own dinner, breakfast, water and marshmallows.

For more information call Joan Norris at (407) 365-6036.

The FTA Central Florida Chapter monthly meeting will be Thursday at 7 p.m. in the Camellia Room at Leu Gardens, Orlando. For more information call John Phipps at (407) 365-6036.

JeAnn's etc. will host a craft workshop Tuesday at 7:30 at Borders Books & Music, 880 W. State Road 436, Altamonte Springs. For more information call (407) 772-0411.

Local author Rita Ciresi will sign her newest novel *Pink Slip* Thursday at 7:30 p.m. at Borders Book & Music, 880 W. State Road 436, Altamonte Springs. *Pink Slip* is a humorous look at love in corporate America and loss in the face of the terrible disease AIDS.

Central Florida resident Daya Devi-Doolin will sign her *Super Via-Minds, How to Stop Saying I Hate You to Yourself*. Devi-Doolin passes along her spiritual wisdom and positive outlook through her writing.

Angie Janotti will perform Friday at 8 p.m. at Borders Book & Music, 880 W. State Road 436, Altamonte Springs. Janotti plays guitar with strong blues overtones and an innovative style that is flowing and fresh. For more information call (407) 772-0411.

The 22nd Annual Central Florida Scottish Highland Games, featuring special guest Scottish Folk Hero Ian Hamilton and Star Trek Legend "Scotty" James Doohan, will be held Saturday at Seminole Greyhound Park, 2000 Seminola Blvd., Casselberry.

Events include games for all ages; jousting, Highland athletics (for amateurs and children, too), Highland dancing, Piping and Drumming, more than a dozen performers and many other activities.

Cost is \$10 for adults and \$6 for youth (5 to 11).

The Wedding Professionals of Central Florida will hold its sixth annual Bridal Showcase, Tails, Veils and Wedding Bells Jan. 17 from 1 until 4 p.m. at the Bahia Shrine Temple in Maitland.

All of the entrance revenues will benefit 4-C, Community Coordinated Care for Children.

More than 40 of Central Florida's premiere wedding vendors will be on hand to talk to brides and exhibit the latest services and products in a trade fair arena. The afternoon will include a fashion show, refreshments, music, and prize drawings.

Admission is \$5 per person. For more information on speakers and information on any wedding related issue call Jeff Hawkins at (407) 834-8023.

The Central Florida Lyric Opera will present Verdi's *La Traviata* Jan. 30 at 8 p.m. at Winter Park Ninth Grade Center, 528 Huntington Ave., Winter Park.

Tickets are \$20 advance general admission; \$25 at the door, seniors \$22.50; students are \$5. For more information call (407) 292-2143.

Wanted: Volunteers seeking wild experiences



Watershed Action Volunteer Coordinator Deidre Irwin (from left), Seminole County Environmental Specialist Sandi Hanlon, and Water Quality Engineer Kim Orberg demonstrate the use of water sampling equipment that might be used by citizens who volunteer to help with the WAV program.

New county program offers citizen involvement, education

By Shari Bredie
STAFF WRITER

SANFORD - What is a watershed? Seminole County and the St. Johns River Water Management District are setting out, through the auspices of a new volunteer program, to teach residents of the county what a watershed is and how the health of these systems affects their every-day lives.

All Florida residents live within a watershed, according to the water management district, but most don't know what one is. "It's pretty much the same thing as a basin and how the water flows after it rains," said Deidre Irwin, coordinator for the new Watershed Action Volunteer program which begins this month.

Funded by the county and the water management district, WAV will solicit the help of residents who are interested in addressing the problems of pollution, and habitat and natural systems destruction, in Seminole, brought on by run-off and drainage from farms and ranches, shopping malls, factories, gas stations, golf courses, highways, parking lots, ball fields, and homes and yards.

Seminole is the sixth in the 19-county district to join the WAV program. Irwin's position is paid, but the program will depend on volunteers, who are trained to do tasks such as water quality field testing, surveying for pollutant sources, participating in revegetation projects and shoreline cleanups, and presenting educational programs to school groups, homeowners associations and civic organizations.

"People can have a better understanding of how actions in one area may affect a river downstream," Irwin said.

Irwin has been with the district for more than eight years. She has spent a lot of time in Seminole County classrooms, as a Dividend, and she feels she will be remembered by students she has spoken to before. "I think some of the children will recognize me," she said. Her office will be located in the Reflections building, with the county Stormwater Division, on Lake Mary Boulevard, but much of her time will be spent in the field.

While some projects have been defined, Irwin's first task will be to recruit volunteers. She will be looking to neighborhood associations, schools, churches, colleges and civic and environmental groups for help.

"Any civic group that has an interest in the environment or environmental protection," said Irwin.

"Or getting more educated about the environment," added Kim Orberg, a water quality engineer with the county. Orberg, and Sandi Hanlon, an environmental specialist/limnologist, will be involved in the program.

"Some of the projects may be to," said Irwin. "Audubon might even help us train volunteers on bird watching," she suggested.

Irwin said a lot of effort will be concentrated on Lake Jesup, which is currently being studied for water quality and circulation improvement, by the district. The county will also soon begin a study of the basin, which drains much of southwest Central Florida.

Opportunities with the WAV program include water quality monitoring, field work with a team or individually, educational programs and office support work.

For more information on how to join the WAV program and about the training involved, contact Irwin at (407) 665-5724 or e-mail her at dirwin@co.seminole.fl.us.

Zoo docents and Teen Team members speak for the animals

By Shari Bredie
STAFF WRITER

SANFORD - For the Girards, volunteering at the Central Florida Zoological Park is a family affair.

"We've got the best job in the world," said Beth Girard, mother of four.

Girard home-schools her children and has used volunteer opportunities at the Orlando Science Center and the zoo to fulfill certain curriculum requirements. Last year, Girard joined the docent training program at the zoo, while her son and daughter, Matt, 16, and Becky, 15, joined the Teen Team. Together, the family gives the zoo up to 14 hours a week each, while learning and teaching others about the animals.

Docents, volunteer teachers, and Teen Team members "play a vital role in educating zoo visitors about wildlife and conservation issues," said zoo spokesperson Andrea Farmer.

There are 400 animals in residence at the zoo. With only 53 paid staff members, the contribution of volunteers goes a long way in enhancing the educational experience offered at the zoo, said Kim McGuigan, docent/volunteer coordinator. There are currently 85 docents and 40 teens working at the zoo. "That actually isn't a whole lot," said McGuigan.

McGuigan, who took the coordinator position only six months ago, is a product of the docent program.

Docents volunteered more than 2,500 hours in October, the busiest month at the zoo. With a wide variety of opportunities available, the emphasis is on education.

Potential docents must take an eight-week training course and

learn about each of the animals at the zoo. And there is a test. "It's a very hard course," said McGuigan. Applicants must score in the 80 percent range, or better. "We very serious about their accuracy," she said.

The course involves 6 hours a week, and then three weeks of training in the education department. Docents can greet visitors, give tours, present programs at the zoo or do off-site outreach programs.

Qualifications include patience and a genuine interest in teaching, especially to children, said McGuigan.

The zoo offers docent training twice a year. Applicants have a choice of two days, Wednesdays or Saturdays. The next classes Feb. 3 or Feb. 6. The deadline for application is Friday. The cost is \$35 for class materials and a zoo shirt. Applicants must be 18 years of age.

Teen Team members, such as Becky Girard, get much of the same training as the docents, as well as gaining valuable real-life work experience, said McGuigan. Matt and Becky are both considering careers in the zoology. Matt likes reptiles, while Becky works with birds.

Teen Team members assist in animal enrichment activities, handle and present wildlife bio-facts and animals, and participate in special events benefitting the zoo and the community, such as the St. Johns River Celebration.

"They really let me do as much as I can," said Becky, whose favorite bird is the Red-billed Hornbill.

Matt has graduated from the Teen Team and become a docent. He said working at the zoo has allowed him to see some of the animals no one else sees. "We've gone through a lot behind the scenes."



Volunteering is fun in the family for the Girards. Teen Team member Becky Girard (from left, upper photo and center lower photo) shows a gopher tortoise to zoo guests Casey, 7, and Corly Trindl. Matt Girard (from left, lower photo), who was a Teen Team member and is now a docent, works with reptiles, such as the Ball Boa he holds, while mom, Beth, specializes in demonstrating mammals, such as this opossum.

The Teen Team program is currently accepting applications, through Jan. 22. Applicants must be 13 to 15-year-old and be able to attend a 2-1/2 hour training session on four consecutive Saturdays, beginning Feb. 13. Tuition is \$20 and includes a Teen Team shirt and manual.

After the training is completed, members meet one Saturday a month, March through December to further their skills.

For more information on docent training or the Teen Team, contact McGuigan at (407) 323-4450, ext. 130.

The focus of zoos is now on education and conservation, said Farmer. "We've gotten away from recreation into species protection." Docents, through the education programs, provide a voice for the animals, who can't speak for themselves, she said.



BLONDIE

by Chic Young



BEETLE BAILEY

by Mort Walker



THE BORN LOSER

by Art Sansom



PEANUTS

by Charles M. Schulz



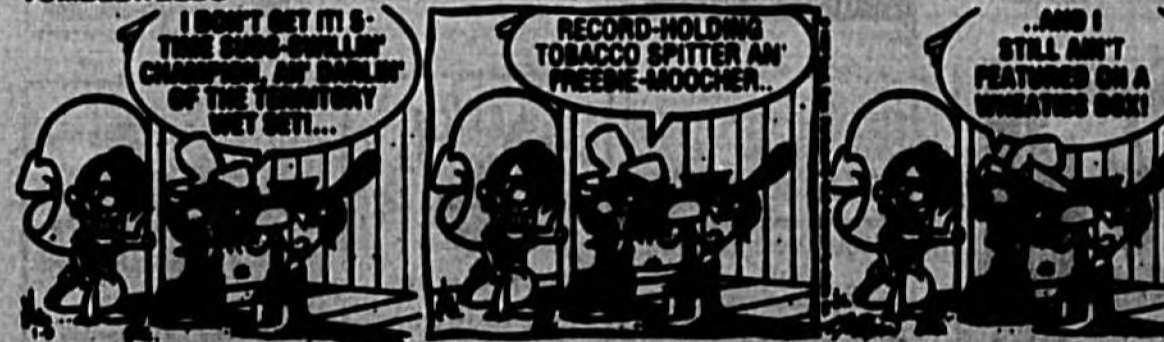
EEK & MEK

by Howie Schneider



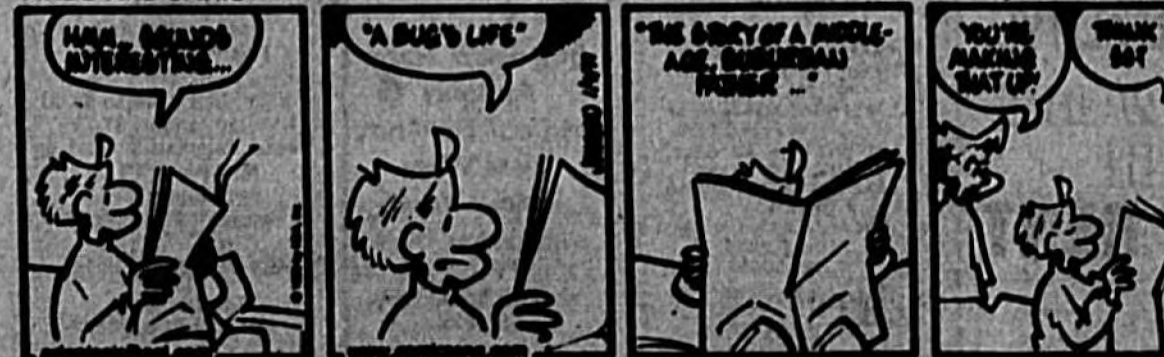
TUMBLEWEEDS

by T.K. Ryan



ARLO AND JANE

by Jimmy Johnson



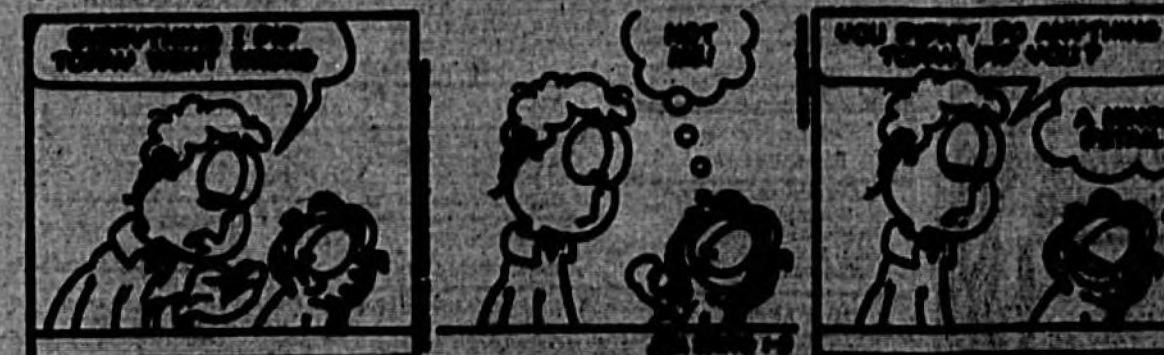
FRANK AND ERNEST

by Bob Thaves



GARFIELD

by Jim Davis



BOBBIEMAN



HOROSCOPE



BERNICE BEDE OSOL



Your Birthday

Sunday, Jan. 10, 1999

Your financial aspects are trending upward in the year ahead, and this might enable you to get some of the extra things you've always wanted. Enjoy the acquisitions, but try to save some money, too!

CAPRICORN (Dec. 22-Jan. 19) If you're planning a social event with friends today, keep in mind that pleasurable activities with expensive price tags might not always be better, nor live up to your expectations. Capricorn, treat yourself to a birthday gift. Send the required refund form and for your Astro-Graph predictions for the year ahead by mailing \$2 and self-addressed stamped envelope 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.

AQUARIUS (Jan. 20-Feb. 19) Try not to do or say anything in public today that could leave a bad impression, because your image is a little fragile at this time. Be natural, but also be on guard.

PISCES (Feb. 20-March 20) Inclinations to rationalize situations rather than evaluate them logically could get you in hot water today. Don't allow wishful thinking to overshadow reality for you.

ARIES (March 21-April 19) It's not like you, but you could be more impressed today with material possessions than friendships. Try not to let a pal's lack of financial leverage affect your judgment of his or her worth.

TAURUS (April 20-May 20) Being overly accommodating can sometimes come off as being inconsiderate. This could be your problem, should you try too hard to please others today. Just be yourself.

GEMINI (May 21-June 20) Don't ask a co-worker to do a task that exceeds his or her talents. If you have any doubts about this person's abilities to do the job and make that request anyway, you could be asking for trouble.

CANCER (June 21-July 22) If you find

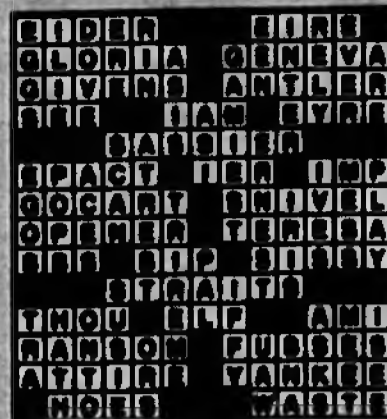
ACROSS

- 1 Explode (2 wds.)
- 7 (Verb) responsible
- 13 Crystalline gem
- 14 Nonmetallic element
- 15 Spending plan
- 16 Slave tribe
- 17 Fla. neighbor of Ga.
- 18 Pl. of ETA
- 21 Abstract being
- 22 Bernstein, for short
- 24 Capital of Latvia
- 25 And others (2 wds.)
- 27 Sweet
- 28 California's flag
- 31 Help
- 32 Lila (suff.)
- 33 Roman god
- 34 Cries like a lion
- 37 Glasses
- 40 Pie
- 41 Initials
- 43 Colors
- 46 ABA member
- 47 Writer Fleming
- 48 Building wing
- 49 Baking tin
- 51 In good working order
- 54 Conceive
- 55 Stagnated
- 56 Still down, as in
- 57 Mistake

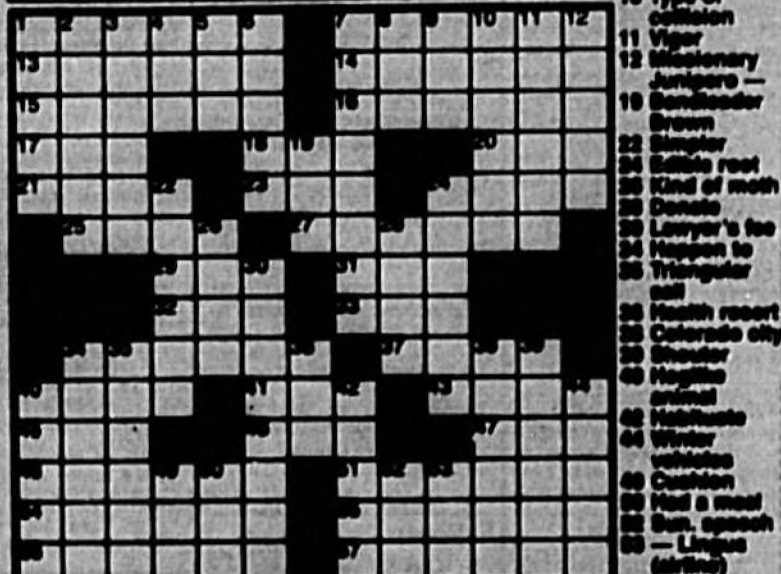
DOWN

- 1 The - Salt
- 2 Thyme and -
- 3 Most aged
- 4 Hairpiece
- 5 Southwestern

Answer to Previous Puzzle



STUMPED? Call for Answers 8 Teach, Love or Pottery Phones 812 per minute 1-800-888-8888 ext. code 100



yourself only attracted to people who say all the things you like to hear, you better keep your guard up today. You could be easily manipulated by the wrong type.

LEO (July 23-Aug. 22) Even though you're usually the type of person who sees things through to its conclusion, you might lack this persistence today. Don't start anything you can't finish.

VIRGO (Aug. 23-Sept. 22) Companions will easily pick up on whether your comments are truthful or not today and may quickly lose respect for you if you're inconsiderate. Don't employ flattery as a substitute.

LIBRA (Sept. 23-Oct. 22) We're all enticed to pamper ourselves from time to time, but you risk foolishly wasting money today on something that could later cause you spender's remorse.

SCORPIO (Oct. 23-Nov. 22) Don't make any commitments just to make a good impression today. Any promises you make to others will be taken seriously, so be sure about your intent to follow-through.

SAGITTARIUS (Nov. 23-Dec. 21) This is not one of those days when you can afford the luxury of letting your heart rule your head. When making any important decision at this time, be logical, not emotional.

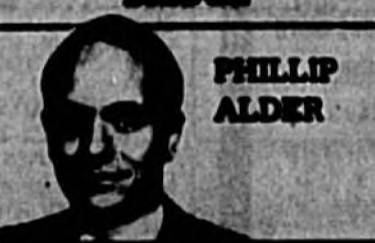
WIN AT BRIDGE

The ball is on the other cue

So far, we have looked at trick one only from the point of view of declarer. But third hand, the partner of the opening leader, will sometimes have a key decision to make at trick one: win it or duck it. This deal makes a useful companion to yesterday's.

North opened one diamond because he was using the modern 13-17 range for a one-no-trump opening. Of course, this will give ammunition to the 10-12 supporters. They will argue that if North opens one no-trump, East will lead the spade king, after which North makes nice tricks easily by ducking the first trick. The only snag is that perhaps South passes out one no-trump! (No probability should refer to two no-trump because he has a five-card suit.)

When West leads the spade eight, East knows South has A-J-4-3 in spades. When you are trying to establish a suit in which the opponents have two stoppers, drive out one as quickly as possible. So, East should



PHILLIP ALDER

play the spade nine better than the three, which will look discouraging to West.

South starts with eight top tricks: two spades, two hearts and four diamonds. So, he must set up a club trick to get home.

After winning with the spade jack, South attacks clubs. But West takes the trick with his king and then leads his second spade, establishing his partner's suit while East still has an entry in the club suit.

Note that if East plays the spade queen at trick one, declarer gets home by ducking. Even if East switches to

North	South
♠ 7 5 4	♠ 10 9 8 7 6 5 4
♥ A K 4	♥ Q J 8
♦ A K J 3	♦ Q J 8
♣ Q J 8	♣ A 6 3 2
West	East
♠ 8 2	♠ K Q 10 9 3
♥ J 10 7 6 5	♥ Q 9 8
♦ 9 7 6 5 4	♦ 8
♣ K	♣ A 6 3 2
	South
	♠ A J 6
	♥ 5 2
	♦ Q 10 2
	♣ 10 7 5 4
	Vulnerable: Both
	Dealer: North
	South West North East
	1 NT Pass 2 NT All pass
	Opening lead: ♠ 8

clubs, declarer can succeed by ducking the first or second heart trick.

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ANNE

by Leonard Starr



Jeff Berlinicke

HERALD ASSISTANT SPORTS EDITOR



Patriots still undefeated

Liberty Christian clobbers Deltona Christian

By Jeff Berlinicke ASSISTANT SPORTS EDITOR

SANFORD - There's still only one undefeated boys varsity basketball team in Seminole County.

The team has the player with the second leading scoring average in the county and has a great chance to improve on last season's 4th-place finish at the State Tournament.

But you probably haven't heard of them.

The team plays at the Salvation Army Gymnasium in Sanford and its three 12th-graders form the nucleus of a team with its eyes on an undefeated season.

They are the Liberty Christian School Patriots, the best team you've never heard of.

Friday night, playing an away game at their own gym, the Patriots routed Deltona Christian School, which also uses the gym for its home games, 65-27, to improve to 4-0 on the season.

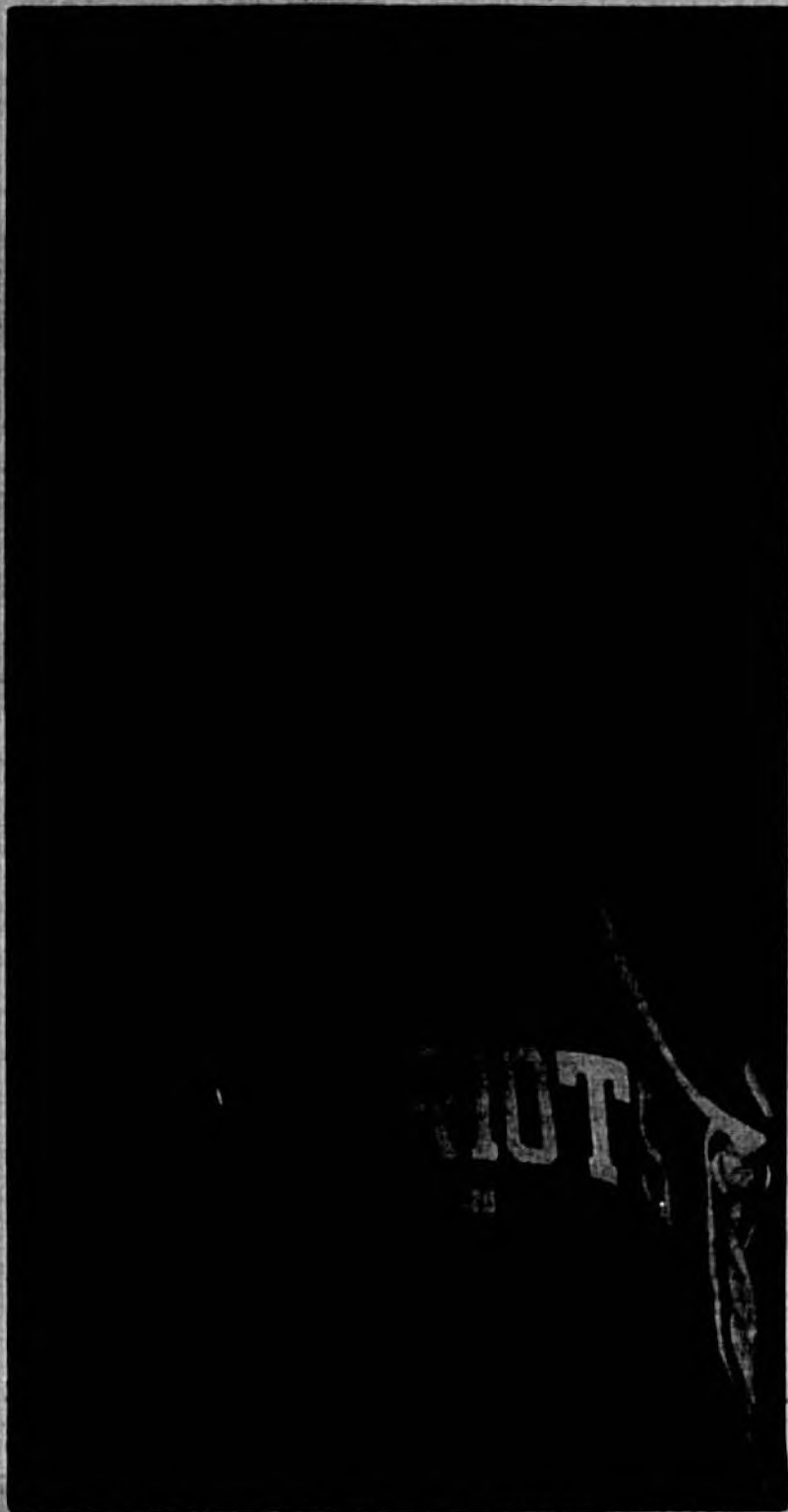
The Patriots ran out to a 19-6 first quarter lead and were never threatened as their stifling defense and post play set up the rout.

Second-year coach Brian Please see Patriots, Page 38



Special Photo by Arth Smith

Sanford's Phillip Langer (above) and John Fairfull (right) have helped Liberty Christian School crush visiting Deltona Christian School, 65-27, Friday night at the Sanford Salvation Army Gymnasium. Langer pulled down 19 rebounds and combined with Franklin Picher to score 43 as the defending Mid-Florida Christian Conference Patriots improved to 4-0 on the season heading into a Monday night road matchup with Bethel Christian School.



Thinking out loud randomly

SANFORD - Just a few random thoughts on today's sports headlines/headliners:

We haven't heard the last of the John Thompson story that played itself out Friday with his resignation as head coach of the Georgetown University men's basketball team. There has to be more to the story.

Thompson was teaty in interviews Friday afternoon, snapping over issues of his health and team's performance. He's always been a severely personal man, but the whole thing sounds too bizarre.

Just a thought: the Los Angeles Clippers coaching job is still open and the Clips need more than any other team in the league to sell tickets to their games.

A lot of people either love Thompson or can't stand him.

I've always looked at him as a bully, but one who commands respect. It was easy to disagree with him when he walked off the basketball court over the Prop 48 issue several years ago, but it's tough to fault a man for standing up for his beliefs.

He was always criticized for bringing players to Georgetown who couldn't have qualified if they didn't have a better hang time than the rest of the student body, but look at what he did for Patrick Ewing.

When Ewing enrolled in Georgetown, he could barely read or speak properly. He was turned into a freak show by opposing crowds. But he stuck at G-Town under Thompson's tutelage and graduated in four years. He also heads the NBA Players Association.

Love him or hate him, Thompson will be missed.

It was such a pleasant surprise to see Peter Warrick forgo the NFL draft to stay one more year at Florida State.

The Nicks have been badgered about ineptible recruits and, after the game Warrick played at the Fiesta Bowl, he looked like a frustrated young man anxious to take a shot at the NFL millions and top-5 draft slot that awaited him.

The talented wide receiver/punt returner looked like a gamer, but he's staying in college and that's a breath of fresh air.

Between now and the end of the month, you'll hear a bunch of cries from fans urging other fans to boycott the NBA.

Wants work. Fans have tried to convince leaders but it's never come close to working out.

You'll see empty seats for a few weeks, then we'll be right back to where we were before.

The game is too much of a show. When the basketball players want an action, it becomes easy to not attend every night. Most games don't sell-out so the ticket demand isn't so high.

In the NBA, eventually the game will be back, especially if a certain gaffer in Chicago decides to wing it one more time.

Granted, there aren't too many NFL fans here in Central Florida, but someone in the league is about to get hurt.

In a move to increase the amount of seating in the league owned by the same defendant, the league announced the division behind the goals to allow for more seating from behind the net.

In theory, that's great except I allow many players to charge the net at higher speeds without concern for their own personal safety.

A graduate going to get your head smacked.

Let's Second Step: Liberty played it just, but by all accounts, the new Alamo Lakes Golf Club in Longwood might be the best in Central Florida.



John Ewing (left) and Lennie Battle (right) combined to hit seven-point free throws in the final 1:48 of the Seminoles Community College men's basketball game last of St. Petersburg Junior College, 79-67, at the SCC Health and Physical Education Center Friday night.



Raiders edge St. Pete JC

By Ross Smith SPORTS EDITOR

SANFORD - The Seminoles Community College men's basketball team did what they couldn't do Wednesday night, protect the ball and make crucial free throws, as it won for the fourth time in five games, 79-67, over St. Petersburg Junior College at the Health and Physical Education Center Friday night.

After leading a majority of the game, the Raiders found themselves down 57-53 with five minutes to play.

But behind the play of Joe Edwards, Ervin Ewing and Lennie Battle, SCC was able to pull out the victory, scoring its final 11 points from the free throw line.

The Raiders (9-10) will play their final pre-conference game tonight (Saturday) in a double-header with the women's team.

The No. 10 National ranked SCC women will take on St. Petersburg Junior College from Ocala City, Fla. Tech at 6 P.M. Jan. 22. Page 28

Rams top Seminole

By Ross Smith SPORTS EDITOR

LARRY MARY Darius Wells is quickly becoming a force in boys' basketball.

Wells scored to 20 points as Lake Mary topped visiting Seminole, 58-51, at Lake Mary High School Friday night.

Obviously, Darius Wells gives us a different look," said Lake Mary coach Mike Anderson. "We also kept up the intensity through the game. Page 28

Cook sets scoring mark in Lion win

By Steve Robinson HERALD COLUMNIST

OSWEGO - Any parent, teacher, or coach will tell you something is wrong if you really do know what you're talking about can be better... on the same side that coaching should be done.

By coach Coach (High School) says you can teach the student anything he wanted to except a few things with the year's team, none of his "players" would ever be in the state.

"In the beginning of the season, they had to be trained to play with fear of us by Scott," said Orosco coach Justin Cook, who set a single-season scoring record with 20 goals while spearheading a two-man front last year. "I really didn't want to do it, I had the feeling of fear in that and that space."

Yet Cook learned that Anshara had an idea of what he was doing.

On Friday night, Cook noted a hot trick by the Lions in an 8-0 rout of the Lyons Olympians. The three goals gave him 27 on the season, breaking his year-old single season mark with eight goals to play.

"I want goals," said Cook. "I want goals in the last quarter I want goals. He wanted a large amount of goals with his team. And Steve Lappert has a goal job waiting for in the box. I know that I'll have an all-time record with 28 goals to go to next year."

"I can't score goals by myself. It's a team effort. Without the cooperation of everyone on this team, I wouldn't be able to set any records."

Last year, Cook's 20 goals averaged the amount of 20 goals a week. As an athlete, he plays for the better team after playing 20

Lake Mary High School) and Orosco also was Orosco's first.

On Friday, Lappert and Michael Lang- least each added a pair of goals. Dennis Ponce scored the first goal of the game for the Lions. Brandon Cain and Lappert each hit another while Cook, Edwards, and Ponce each were added one point.

"After playing well right now," said Edwards, whose team improved to 20-0-1 this year, who was a pretty hot line to Anshara in the high level of technical (technical) and 2-0 in district games.

"Right now, I wouldn't mind if we could win the last night game of the season and go right into the playoffs. That way, I'd have time to be healthy. But we still have two very important games (and games) with Lake Mary and Lake Mary to play." By Steve Robinson, Page 28

Business

BRIEFLY

Seagate Software in Heathrow will be presented with an award on Tuesday from Windows NT Systems Magazine 1998 exceptional products award for its Backup Exec for Windows NT program. The award process is conducted through a Web Site poll of magazine readers and editors.

American Business Women's Association, Futura Chapter of Orlando will meet at 6 p.m. the first Tuesday of each month at the Langford Hotel, 300 E. New England Ave., Winter Park. Kathryn Serantone will be the guest speaker. Cost is \$15.50 and includes dinner. For more information and to reserve, call (407) 296-6055.

The New Source Corporation of Altamonte Springs has been named the U.S. Small Business Administration Sub-Contractor of the Year, North Florida District. The Administrator's Award of Excellence recognizes owner Antonia Barron and her staff for their outstanding contribution and service to the nation by a small business and satisfying the needs of the federal procurement system. The SBA was established in 1953 to help small businesses get started and grow. The organization has delivered more than 12 million loans, contracts, counseling sessions and other forms of assistance to existing and prospective small business owners. For more information, call (904) 443-1900.

Stela Stairs has been appointed to the board of directors of the Seminole County Port Authority. Stairs owns Stairs Property Management and Realty Inc. in Sanford. Stairs replaces Claire Paul, who has retired after serving SCOPA for more than 19 years.

The Florida Conference of Circuit Judges recognized six outstanding community programs including one in the 18th Circuit Court, which covers Brevard and Seminole counties. Mark VanBever, a trial court administrator, helped implement a program that provides 24-hour access to a web site for court personnel.

Insurance lowers rates

SPECIAL TO THE HERALD

ORLANDO-Nationwide Insurance is lowering its auto insurance rates in Florida by an average of 5.3 percent and is improving two auto insurance discounts in an effort to reward long-term customers and to attract new ones.

The decrease, effective Sept. 15, will save Nationwide's Florida policyholders an estimated \$12.5 million during the next 12 months.

"Nationwide's auto insurance business has flourished in Florida and the company wants to pass on the savings that have resulted from retaining customers, a decrease in the number of claims, and from improved efficiencies of operations," said Jerry Daugherty, vice president in charge of the company's Florida operations, based in Orlando.

Individual rates will vary up or down according to driver's age, residence, accident and violation records, types and amounts of coverage's, and other factors, such as discounts.

"Nationwide wants to reward the great loyalty shown by our customers and to attract even more customers," Daugherty said. The company insures more than 233,000 vehicles in Florida and 268 agents located throughout the state offer the products. Nationwide instituted a statewide average 0.9 percent rate decrease in Florida earlier this year, he noted.

The company's long-term discount is being increased to 10 percent from five percent. Auto policyholders who have been insured with Nationwide for three years will be eligible for the discount. Nationwide, an Equal Opportunity Employer, is an Equal Opportunity Employer. For more information, call (800) 368-7629.

Personal touch sets motel apart

By Bill Kerns
STAFF WRITER

SANFORD - A Sanford motel is continuing a 21-year tradition of specializing in personalized service.

Elaine Zadow, the owner and operator of the Slumberland Motel at 2611 S. Orlando Drive, takes time to talk with her guests about places to eat, shop, and the best roads to take while guiding them around their room.

Zadow screens each guest, and will not rent to someone who she thinks could threaten the peace and safety of the motel.

"I'm very careful about who I rent to," Zadow said. "I want my guests to feel safe, and I want to feel safe myself. This is something I can do, since this isn't a big hotel. The big hotels can lose control. I run a tight ship."

Zadow said the greatest compliment she can receive came earlier this week when a salesman checked into the hotel and said "now I know I'm going to get a good sleep."

"People enjoy having their cars parked in front of their rooms and knowing that everything is safe," Zadow said. "I personally walk people to their rooms, and show them around. We talk, and sometimes I feel like a bartender. The personal touch is very important to me."

Rates at the Slumberland Motel are \$34 for one person, and \$3 for each additional person.

"I try to give people the best rates and the cleanest rooms in town," Zadow said. "I want people to feel they've received the

best deal for their money. I treat people the way I like to be treated."

Zadow opened the Slumberland Motel in 1977 with her late husband, Gary Zadow, moving from her hometown of Sudbury in Canada, near Toronto.

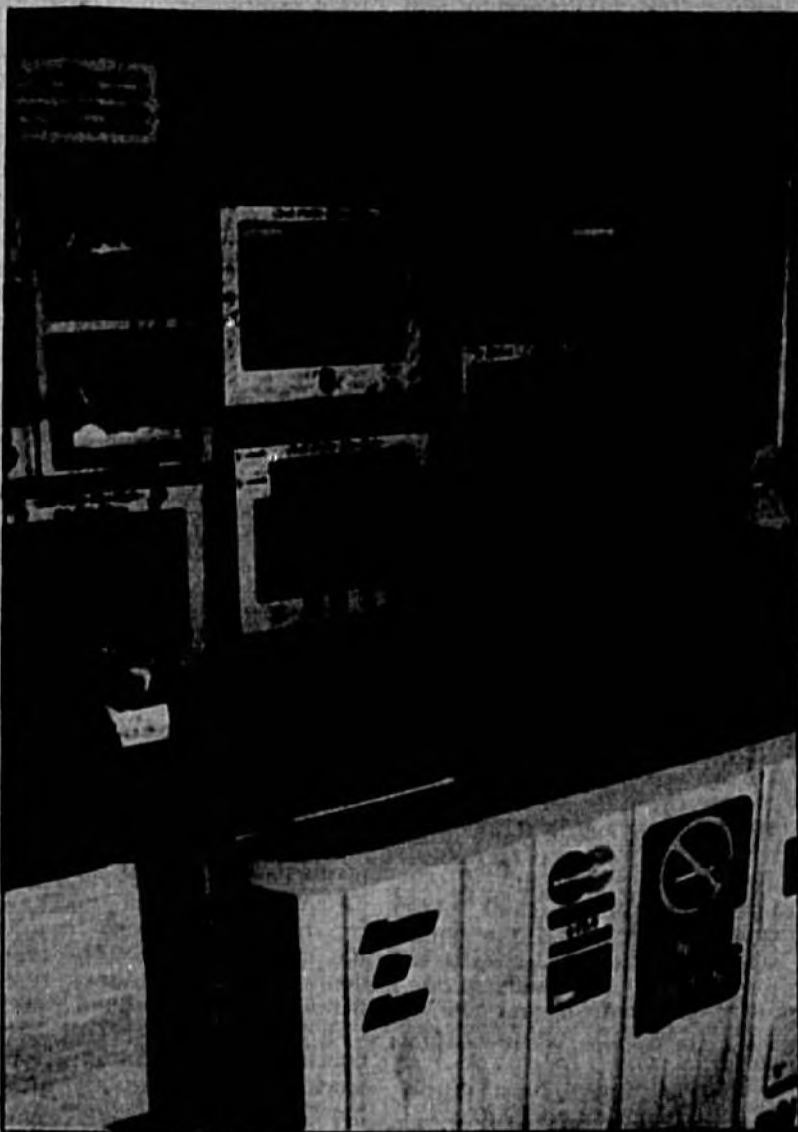
"It was very heartwrenching to leave my hometown," Zadow said. "We looked around, and Central Florida had tremendous potential for growth. The weather and the cost of living is great. Plus, the job market is great for my kids. It's so much better than in Canada."

Gary Zadow, a retired Canadian police officer, passed away in 1996. Elaine Zadow said she is grateful to her employees for helping her maintain the motel.

"I didn't know if I could do it on my own," Zadow said. "But, here I am and my sincere thanks and appreciation go out to my loyal, hard-working and dependable employees that stuck by me and are still with me today, holding the fort together. I've always said that you can have the best business in the world, but if you don't have good employees, your business will slowly go down the tubes."

Zadow's daughter, Jody Zadow-Hogan, 25, is married with a 15-month old son named Brendan, and working for Virgin Atlantic Airlines in Orlando. Her son, Todd Zadow, 24, is a computer programmer at Lockheed Martin in Orlando.

All rooms at the Slumberland are non-smoking. The motel features cable and colored TV, a swimming pool, room phones, air conditioning, and heating.

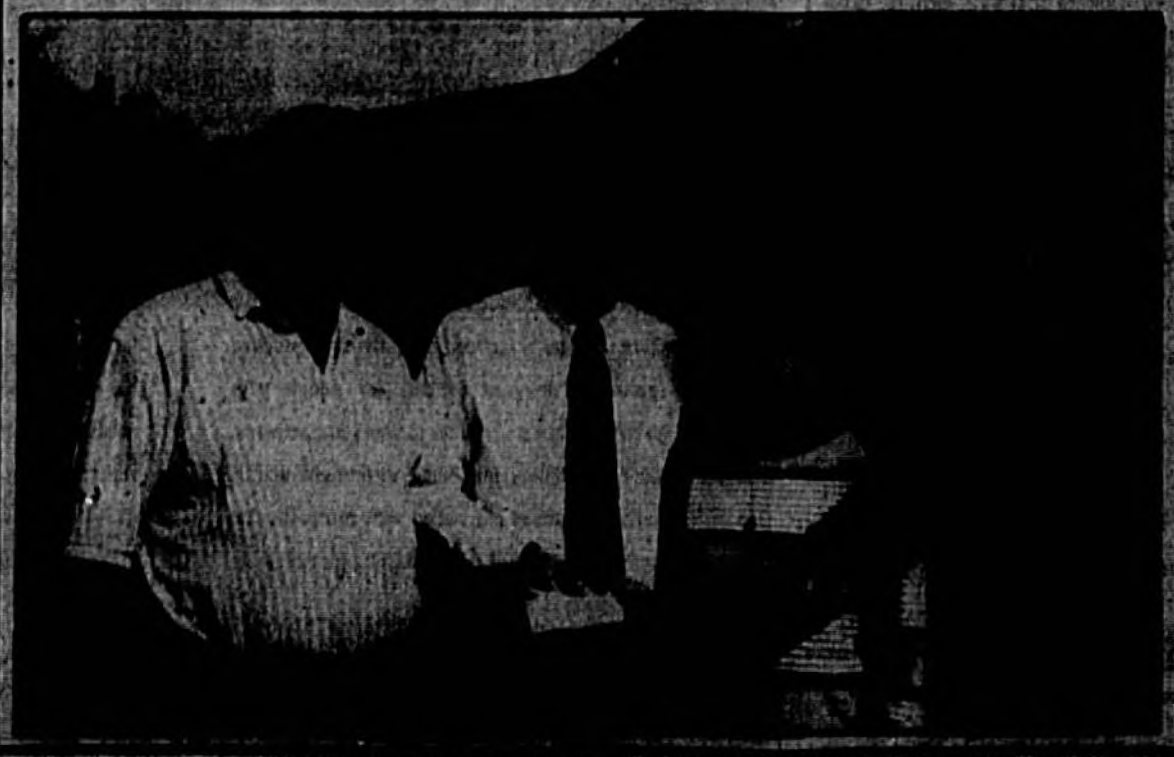


Elaine Zadow is the owner and operator of the Slumberland Motel in Sanford. For 21 years, the motel has offered personalized service.

Wait for a song



Donations
Members from the group to Promote the Conference Center at Fort Mellon Park donated checks for \$25,125 each to Main Street Inc. and the Greater Sanford Chamber of Commerce. The funds were left over from the group's recent campaign to promote the hotel/conference center. Above, Len Howard, chairman of the group, Dennis Fitzgerald, president of Sanford Main Street, Linda Kuhn, program manager of Sanford Main Street, and Bob Ross, chairman of the Promote the Conference Center group. Below, Howard, Ross, executive director of the chamber, Helen Stairs, president of the chamber, and Kuhn.



WESTVIEW BAPTIST CHURCH
The church is holding a special service on Sunday, January 10, at 10:00 a.m. The service will be held in the sanctuary and will feature a special message by Pastor Dr. J. B. Smith. The church is located at 1000 Westview Drive, Sanford, FL 32771. For more information, call (407) 322-2611.

Please tell us...

We welcome business news from around Seminole County. Please tell us your news and ideas by writing to The Seminole Herald, 300 N. French Ave., Sanford, FL 32771, or call (407) 322-2611, or fax (407) 323-9408, or email sheditor@aol.com.

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NOTICE

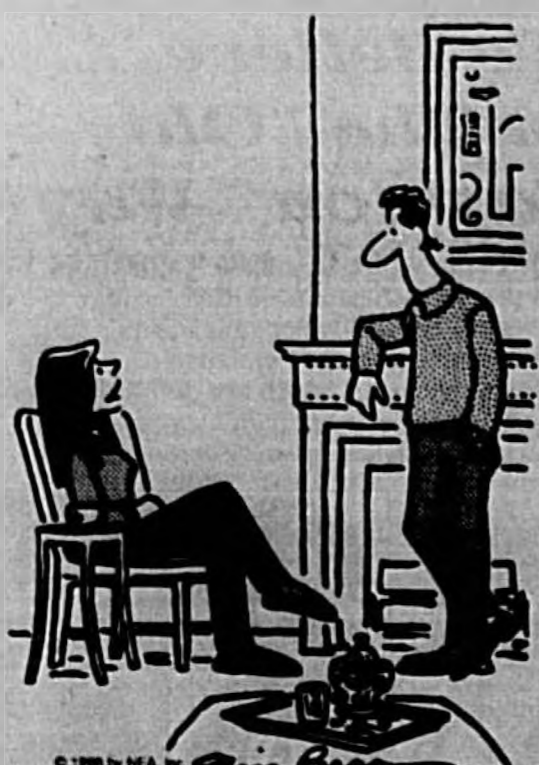
THIS SUNDAY'S TARGET ADVERTISING SUPPLEMENT (1/10/99) INCORRECTLY STATES THAT THE MEN'S AND BOYS' UTILITY SANDALS AND THE WOMEN'S AND GIRLS' XHILARATION SANDALS ARE LEATHERS. THESE SANDALS ARE MADE WITH MAN-MADE MATERIALS. WE APOLOGIZE FOR ANY INCONVENIENCE.

WESTVIEW BAPTIST CHURCH
Dennis G. Smith, Pastor

The church is holding a special service on Sunday, January 10, at 10:00 a.m. The service will be held in the sanctuary and will feature a special message by Pastor Dr. J. B. Smith. The church is located at 1000 Westview Drive, Sanford, FL 32771. For more information, call (407) 322-2611.

Editorial & Opinion

Berry's World



"In a perfect world, we wouldn't be boomers."

Berry's World



"When your wife said that we should go to your new retro smoking room, I thought..."



COUNTY COMMENT

News and views from around Seminole County

Challenges for the year ahead

By Barbara Kuhn



Barbara Kuhn

Traditionally, people expect a brighter future when a new year rolls in. They resolve to attain higher goals, to meet new challenges or to exceed past achievements. Here are some Seminole County leaders' visionary (perhaps prophetic) expectations for 1999.

Superintendent Paul Hagerty predicted the operative word in the coming year will be "cooperation"—not only for Seminole County Public Schools, but also for local governments.

"Working together to attain common goals makes sense," Hagerty said, pointing to the Dec. 22 dedication of a school and community swimming pool as a tribute to multi-agency cooperation. The School Board joined Sanford and Seminole County for the project, a foreshadowing of mutual benefits that Hagerty said can result from similar joint ventures in the future.

Hagerty also said the same kind of cooperation will be needed as the school system faces the demands for higher academic standards in the new year. "When the bar is raised, students need the skills to jump higher."

In the past, Seminole County students have ranked among the highest on state and national reports, but now more will be required to maintain that status. The future calls for better test scores, greater accountability, increased graduation rates and more rigorous courses. To Hagerty, that signals an anticipated need for more parental involvement and supportive cooperation from

community and business partnerships. The challenge will be to comply with an obligation to excel. It is what the superintendent described as "a cultural mandate."

While preparing to meet the challenges ahead, Hagerty said he would like to avoid another kind of mandate next year. His wish for 1999, one he said would be a welcomed change. "No more unfunded mandates from the Florida Legislature."

Oviedo Mayor Mimi Bruce said 1999 will bring her city thriving growth that will provide employment opportunities and greater convenience for residents.

Citing a city newsletter, Bruce predicted more stores and expansions at the Oviedo Marketplace Mall. A new Wal-Mart Superstore will be opening at 436 and Red Bug Road. An upscale development will be built to provide new homes east of town at Live Oak Reserve. Downtown redevelopment will continue as old residences are replaced by businesses.

Oviedo also may become the hub of educational opportunity as Seminole Community College's satellite campus gets underway and Reformed Theologi-

cal Seminary's first phase of an Oviedo campus opens for students.

Meanwhile, she said she was pleased with Oviedo's transformation from a sleepy, little town to a budding metropolis. "Growth is here," she said, "and we're going to make the best of it."

Sanford Mayor Larry Dale said he was "looking forward to great things in 1999" as tasks he wanted accomplished pick up momentum.

Dale said the proposed conference center is moving toward final adoption on the comprehensive plan. Both city and Tourist Development Commission representatives are looking at similar facilities across the country.

Midge control, a primary plank in Dale's election campaign platform, received a \$100,000 state grant last year for the plan's research phase. Now it is time for the practical phase, he said, so the state will be asked for a \$300,000 grant this year.

Other Sanford improvements expected to get state assistance include replacement and repair of the city's sea wall (which is over 80 years old) and River Walk to the Zoo, a \$2.4 million project. The mayor also is anticipating construction on the 46-A interchange and the expressway's "missing link" to get underway in May.

Dale said economic and industrial development will continue at Seminole Towne Center and at Orlando-Sanford Airport, where flights will include domestic service. He predicted completion of Lake Mary Boulevard's extension, water reclamation projects and sewer improvements.

Mayor Bruce Pronovost said he did not make predictions, but Caselberry could expect good things in the next twelve months, especially with regard to transportation. The Winter Park Drive project will be completed with features such as storm water facilities, bike paths and decorative street lighting on an upgraded thoroughfare. Also two gated communities are planned, one off Winter Park Drive and another off Plumosa Avenue.

Pronovost's primary goal for next year is addressing the adult entertainment issues that have plagued Caselberry. He said, "We are one-third of the way toward accomplishing the desires citizens made known at the ballot box last November." The plan is to enact legislation that separates alcohol and nudity at such establishments and that raises code standards governing conduct and location to levels equal to those in neighboring cities.

He said to look for continued redevelopment of the 17-92 corridor and land parcels to improve development opportunities. His wish for the new year would be to see the old Seminole Plaza become a viable commercial enterprise once again.

Barbara Kuhn, a resident of Seminole County for 31 years, writes her views on county issues. Kuhn, a published author, has worked as a journalism instructor and has served on the Seminole County School Board.

1998: A year of loathing

The only day of 1998 that the U.S. Congress has any right to feel completely proud about is July 28, when it solemnly memorialized two Capitol Police officers, J.J. Chastant and John Gibson, who gave their lives defending the institution from a crazed gunman.

The rest of the year—counting in the resignation of Speaker-elect Bob Livingston, R-La., and the party-line impeachment of the president—has been a disaster when it has not been a disgrace. You can hope for better in 1999, but realistically, the chances are not good.

This has been a year of fear and loathing. And what's dangerous is that it's not the first and is not likely to be the last.

The investigation of Livingston's private life by Hunter magazine means that the dogs of U.S. media can call the shots in politics. Already it's a trend that "opposition research" is a key part of campaigns. The "muzzers" is getting increasingly noisy.

Low and high politicians indulge in what Rep. Dick Gephardt, D-Ill., correctly termed "the politics of personal destruction." As it happens, Democrats and the left have done more of it than Republicans. They abandoned the character of Supreme Court Justice Robert Byrd and tried to come up Clarence Thom-



MORTON KONDRACKE

son. Hunter publisher Larry Flynt is a Clinton supporter who knows that Republicans are more easily destroyed by scandal than Democrats are because their values are clearer.

The GOP Republican party and the right to keep into candidate Clinton deserves the title that has fallen on him, but Ken Starr went after Clinton with unnecessary vengeance. And others on the right have accused Clinton of far more than has ever been proved about him.

We can only hope that the public will somehow express its displeasure with the tabloidization of American politics so that good people won't be scared away from service. Good people do serve—overwhelmingly, believe it or not, members of Congress are good people—but they do not. And the public is disappointed to discover for the first time in a long time that it is being lied to by its elected officials.

Unfortunately, this was a year in which Congress did one thing that was almost certain to be

crossed the federal medical research budget by nearly 15 percent. Over five years at that rate, the budget would be doubled. But does anyone know about this? Republicans seem to fear that if they tout a government achievement, their base voters will think they are "spenders" even if the expenditure might save their own lives.

Besides research, IRS reform and a park-and-ride highway bill, there is little to cheer for the year but dead bills: campaign finance, tobacco legislation, financial services reform, bankruptcy legislation. One can argue that killing bad bills is useful work, but more useful work is creating a compromise that works. In almost every case this year, compromise was blocked by a powerful special interest that used campaign contributions as its instrument of access.

Failing to do much positive and concentrating on Clinton scandals, Republicans this year were administered a stunning defeat at the polls. For the first time since the early 19th century, an opposition party lost seats in the sixth year of a president's term. The defeat cost House Speaker Newt Gingrich, R-Ga., his job. Unfortunately, Gingrich abdicated leadership of the House before the end of the year, leaving it to others to manage the year's most traumatic event, im-

peachment. Impeachment was bound to be divisive, but it also offered Congress an opportunity to rise above its chronic corrosiveness. The opportunity was missed. At every turn, Republicans gained the process to embarrass Clinton and Democrats resisted to serve his interests. Rather than a sober act of deliberation, impeachment became a matter of tribal conflict.

The last days before impeachment demonstrated how corrosive the climate of American politics has become. The president ordered U.S. forces to bomb Iraq and major Republican leaders immediately—and without proof—denounced the action as an attempt to divert attention from impeachment. And then, of course, came the Livingston disclosure and resignation and Flynt's promises of more.

In this climate, it's almost impossible to see how Livingston's successor Rep. Dennis Hastert, R-Ill., with a fragile, one-vote margin of power, can successfully address the politically charged issues that Congress should try to solve in 1999, topped by Social Security and Medicare reform. I'm sure Hastert wants to restore civility to Congress, but I doubt he has the power. My first New Year's wish is to be wrong about this.

Morton Kondracke is executive editor of Roll Call, the newspaper of Capitol Hill.

Test your 1998 trivia IQ

Happy New Year. But before we leap into New Year's Eve, let's try to remember 1998. Let's test our memories shall we?

- 1. Complete the following phrase: It's not about (a) sex, (b) violence, (c) Y2K, (d) the meaning of life.
2. It's about to erupt. (a) to erupt, (b) to erupt, (c) my volcano, (d) my volcano.
3. (7/7) When Ted Vega is a Superhero, you get a (a) Superhero, (b) Superhero, (c) Superhero, (d) Superhero.
4. What does the ending? (a) Superhero, (b) Superhero, (c) Superhero, (d) Superhero.
5. What does not belong? (a) Superhero, (b) Superhero, (c) Superhero, (d) Superhero.



IAN SHOALES

- 6. In the earlier game, "A Superhero" how many legs do you have? (a) 2, (b) 4, (c) 6, (d) 8.
7. What was the first Superhero? (a) Superman, (b) Batman, (c) Spider-Man, (d) Wonder Woman.
8. What does not belong? (a) Superhero, (b) Superhero, (c) Superhero, (d) Superhero.

- 7. What is the proper way to refer to the beleaguered director of Iraq? (a) Buddy, (b) Saddam, (c) Mr. Happy Head, (d) What's his name.
8. (7/7) If you had fertility drugs to a Purly, you will get (a) a baby, (b) a baby, (c) a baby, (d) a baby.
9. Where were you when you last heard that Ginger had quit the Spice Girls?
10. If you had invested a dollar in internet.com, yahoo.com and ebay.com back in January, how much would you be worth today? (a) 10 dollars, (b) a million dollars, (c) 50 million dollars, (d) I don't want to talk about it, it's too depressing.

- 11. Which does not belong? (a) Superhero, (b) Superhero, (c) Superhero, (d) Superhero.
12. How many features on Clinton Fleischer's alleged memoir did you see last year? (1) one, (2) two, (3) too many, (4) Addis Ababa.
13. What word best describes Dr. Jack Livingston? (a) creepy, (b) brave, (c) really creepy, (d) Indiana.
14. In One Van Hunt's short-story collection of Alfred Hitchcock's "Psycho," what name of location did he write in the novel? (a) Norman Bates is killed by Michael Myers, (b) Norman Bates' mother with the property to build a, (c) Bath room in Norman Bates' house is provided with a water tap.

Singer

continued from Page 1A
 under a personal trainer. In high school, Smith won three gold medals from the New York State Music Association.
 Since moving to Central Florida, Smith said she has been singing in local clubs and never lost hope.
 "One of the greatest compliments I received was when a Disney producer told me he could tell by the way I carry myself that I've paid my dues," Smith said. "He could tell that I was seasoned."
 Smith is the lead singer of the local rock band Blue Zen. The four piece band plays at local

clubs, and actively raises money for charities, Smith said.
 "We take pride in being the band with a heart," Smith said. "We play for a purpose, to give people great music and to help people."
 Smith said she also tries to help people with her business, which she co-owns with her husband of six years, Eric Wertley, 28. The design and creations shop with a spiritual library is a place where people can find peace, Smith said.
 "We try to make it a place where people can escape from the dog-eat-dog world," Smith said. "This is a place where

people can stop, take a deep breath, and find themselves. People can talk, get some counseling, even some counseling. They can talk about anything. It's a real comfortable place."
 The store is opening a second location in February at the Handle Bar & Grill in Longwood on US Highway 17-92.
 Smith said much of the credit for her happiness in music and business goes to her husband.
 "He is so supportive of me," Smith said. "When I'm on the road with my band he'll carry the equipment and be our roadie. He is the most awesome partner."



Pet of the Week

The Seminole Herald Pet Of The Week is Gold Finger, a 5-year-old neutered male tabby. He is fat and happy and declawed on all four paws. He is available at the Humane Society of Seminole County located at the intersection of County Home Road and U.S. Highway 17-92 next to Flea World in Sanford. For more information, call (407) 323-8685.

Herald Photo by Tommy Vincent

Economy

continued from Page 1A
 number of new, good-paying jobs."
 The economic report includes these statistics:
 Population - An estimated 348,063 live in the county. The population has grown 21 percent since 1990, adding 60,534 residents. Another 26,000 are expected to arrive by 2004.
 Households - There are an estimated 129,880 households in the county, an increase of 22,223 from the 107,657 households in 1990.
 Race - The county's population is predominantly white (87 percent). The racial composition has been slowly diversifying. The percentage of African Americans has risen from 9 percent in 1990 to 10 percent in 1998, and is projected to reach 11 percent in 2003. The percentage of African Americans in Florida is 14 percent.

Income - Nearly half (47 percent) of the county's households have incomes of more than \$50,000 a year.
 Home values - The median value of a single-family home has risen by 21 percent since 1990, outpacing inflation. Two-thirds of the new homes built since 1990 sold for more than \$100,000.
 Employment - The county's private sector employment has grown by 40 percent since 1990 despite losing 2,500 jobs in the 1991 national recession. There are more than 32,000 new jobs since 1990. The county is becoming a regional center with strong growth in well-paying communications, software, financial and wholesale trade and manufacturing sectors.
 Average wages have grown by 26 percent since 1990.
 Tax Base - The county's tax base has grown by 50 percent

since 1990.
 Economic Development Program - The county's business incentives program is the most cost effective in the state, creating \$75 in new capital investment for every \$1 in county funding.
 The two new regional malls (Seminole Towne Centre and Oviedo Mall) attracted through the Board of County Commissioners building programs will pay \$7.7 million in local taxes.
 The 18 companies assisted by the county to date will pay \$ 5.6 million in property taxes.
 Turk's report also details the life-styles of county residents. Seminole County residents listen to jazz radio, watch C-Span, read Forbes, eat Brie cheese, own an Infiniti, own stock valued \$10,000 plus have a passport, belong to a country club and collect stamps.

Household Income

Seminole County's residents continue to grow more affluent. Median household income has risen 31% since 1990 and is estimated to be \$46,667 in 1998. Almost half (47%) of the county's households (60,753 households) have incomes over \$50,000 a year. Median family income in 1998 is estimated to be \$54,871.

Table 4 Seminole County Household Income

Income	1990		1998		2003	
	Census	%	Estimated	%	Projected	%
Under \$15,000	16,653	15%	14,314	11%	13,737	10%
\$15-\$25,000	17,465	16%	15,342	12%	14,933	11%
\$25-\$50,000	40,612	38%	39,471	30%	36,097	26%
\$50-\$75,000	20,727	19%	29,284	23%	30,592	22%
\$75-\$100,000	6,562	6%	15,483	12%	18,035	13%
Over \$100,000	5,638	5%	15,986	12%	26,492	19%
Households	107,657	100%	129,880	100%	139,886	100%
Median Income	\$35,626		\$46,667		\$54,871	
Over \$50,000	32,927	31%	60,753	47%	75,119	54%

Source: Claritas Inc., 1998



First play of the year

The First Community Players will present a three-act set of Neil Simon's "I Ought to be in Photos" beginning Jan. 20 at 118 E. First Street. Simon during a dress rehearsal are Linda Costello, Linda Costello and Arno Star. The play is directed by Phil Lottman and will be presented on Friday and Saturday at 8 p.m. and 2 p.m. on Sunday. Tickets cost \$12, adults, \$10 over age 65, \$5, children under 15. For more information, call (407) 326-7282.

Boundary

continued from Page 1A
 "Little will matter 100 years from now," Susan Ridge-Caswell, with the Sierra Club Central Florida Group, said, during public comment on Tuesday. "Except for what we do to preserve our natural resources."
 The majority of the land in the study is designated as conservation and recreational lands, owned or managed by the county or state. The Sierra Club and other conservation groups are in favor of no change in current land use.
 "What the community wants is to preserve the natural resources and the land use," said Ridge-Caswell.

Public input in the study was heavy and county planner Colleen Smith told the LPA the largest percentage of the respondents wanted no new growth.
 The study presented five alternatives, ranging from acceptance of the CRD amendment as a minimum, to an Extended Urban Area, which would raise densities from one home on five acres to 2-1/2 homes per acre.
 The LPA voted to extend the urban boundary, now down along County Road 410, to Chestnut, east to Spanish Road, to include the village of Chestnut, the Magnolia Lakes planned unit development and the CRD amendment. The board also voted to confirm the approval of the CRD amendment and to adopt a policy on the extension of urban services.
 LPA member Tom Hickey said that the board's decision is a "win-win" for the community.

not designate an urban land use."
 Hickey said some homes outside of the new boundary currently receive water and sewer service.
 The LPA decision will be reviewed by the BCC in a public hearing on Jan. 28.
 "The county commissioners can accept the LPA's recommendations, or not."
 "They're at liberty to adopt any plan or policy they want," said Hickey.
Bridge
 continued from Page 1A
 "All agencies working with an Outstanding Florida Water need to be consistent in following the guidelines," said Potts. She called the issue "a test to prove the importance of protecting the resources."
 "The county is committed to protecting the Outstanding Florida Water," she said.

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POLICE LOG

The following reports were compiled from the Seminole County Sheriff's Office for incidents recorded Jan. 8:

Aggravated battery:

SANFORD, Sanford Avenue, 3200 block, Jan. 7, 6:14 p.m. A 26-year-old man was arrested by Seminole County sheriff's deputies for aggravated battery. Deputies said the man was arguing with his roommate when he became enraged and hit the other man over the head with a chair.

Domestic violence:

CASSELBERRY, Through Lane, 100 block, Jan. 7, 9:50 p.m. An 18-year-old man was arrested by Seminole County sheriff's deputies for domestic violence. Deputies said he got into an argument with his brother over what show to watch on television. The brother left the room and he followed him, shouting threats. When the brother turned around, he slapped him and walked away.

Driving under the influence:

ALTAMONTE SPRINGS, E. Altamonte at Hattaway, Jan. 7, 1:55 a.m. Altamonte Springs Police arrested a 40-year-old man for driving under the influence.

CHULUOTA, County Road 419 at Chulucota Road, Jan. 7, 9:02 p.m. Florida Highway Patrol arrested a 20-year-old man for driving under the influence.

Drugs:

ALTAMONTE SPRINGS, DeSoto Avenue at Ford Street, Jan. 7, 6:20 p.m. A 26-year-old man, a 32-year-old woman and an 18-year-old man were arrested for sale of a controlled substance by Seminole County sheriff's deputies. Deputies said the three approached an undercover officer and the woman agreed to sell them a quantity of crack cocaine for \$40. All three were arrested. In a post arrest search, additional cocaine was found in the older man's pocket. He was charged with possession of a controlled substance as well.

Teacher suspended for sending personal messages on computer

By Bill Kerns

STAFF WRITER

SANFORD - A Lake Brantley High School teacher could be fired for using his school computer during class time to send a woman more than 500 personal e-mail messages, some of them threatening in nature, school officials said.

Michael Murdock, a 48-year-old drafting teacher at Lake Brantley, has been suspended without pay and could lose his teaching certificate.

"We had concerns with the content of the e-mails he had sent to the woman," John Reichert, director of human resources and professional standards for the Seminole school district, said. "The frequency and the timeframe of the e-mails was also a concern. This was taking place while he was on duty, when he should have been teaching."

The Atlanta woman felt threatened by Murdock's writings, Reichert said.

"His e-mails concerned her," Reichert said. "She felt her personal safety was being threatened."

School officials warned Murdock to stop using his school computer to email the woman on Nov. 23. An investigation by the Seminole County Sheriff's Department determined Murdock had not violated any laws, Reichert said.

However, Murdock continued to send messages to the woman after Nov. 23, Reichert said.

"We don't know what an investigation of his messages after November 23 will reveal," Reichert said.

Teachers are allowed to use school computers for personal use. But, Reichert said teachers should normally only use the computer for purposes "reasonably associated" with the job.

"Common sense and good judgment should prevail," Reichert said. "The way he was using the computer was not in reasonable association with his position. We understand a teacher might get a call from a sick child during class. But, using a phone 20 times per day would not be good judgment."

Murdock has been suspended without pay. The Office of Professional Practice in the State Department will review whether Murdock's teaching certificate should be revoked, Reichert said.

Murdock has requested a hearing to appeal his suspension. A date for a hearing has not been set.

Murdock reportedly met the woman through a dating service. Reichert said he could not

confirm Murdock's use of a dating service during class time with a school computer.

Murdock could not be reached for comment.



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Sanford Fire

Sanford and Seminole County firefighters responded at approximately 12:15 p.m. Friday to a fire at 1717 W. 18th Street. No one was hurt at the fire of the fire, although the two apartments will be uninhabitable for at least a couple days, Sanford Station Chief Terry Henry said. The cause of the fire is under investigation. Apartment A suffered some water damage. Apartment B suffered fire damage to the living area and the attic, Henry said.

Special Photos by Terry Henry



Kaiser

continued from Page 1A

at the time was at an all-time low.

In the 27 months he was manager, Kaiser redesigned the way the county did its business. Employee morale improved dramatically. The county's firefighters got their long-overdue bargaining agreement. "Remarkable things began to happen," said Commissioner Randy Morris.

"There is no question that Gary Kaiser made a great contribution," Morris said. "Do not think for a moment, anyone here wants to see him leave."

Kaiser said he had a recent offer for a position in the private sector and that he foresees having others. "I am retiring but not retiring," he said. "I'm looking forward to working but have not decided just where

that work is going to be."

Kaiser's salary was in the \$125,000 a year range - he received two pay raises and a bonus from the county commission. In the last vote, four of the five commissioners approved the pay hike.

The commission will decide what to offer Kaiser's successor - and enter into contract negotiations with that person.

LEOLA H. BURNS, 84, Academy Avenue, Sanford, died Friday, Jan. 8, 1999 at Central Florida Regional Hospital. Mrs. Burns was born Feb. 12, 1914 in Havana, Fla. Mrs. Burns was a member of First United M.E. Church.

Survivors include sons, Allen Jr., Leon Burns, Rochester, N.Y.; daughter, Della H. Burns, Brooklyn, N.Y.; Altona Burns, Del Rio, California; B. Williams, Monticello, Long Island; 15 grandchildren; 30 great-grandchildren. Wilson-Eichelberger Mortuary, Inc., in charge of arrangements.

CELESTINO "TONY" COSTANTINO, 68, Oxford, Ala., died Wednesday, Jan. 6, 1999 at Regional Medical Center, Anniston, Ala. A native of Florida, he had lived in Calhoun County, Ala. for the past 13 years. Mr. Costantino was the owner of Tony's Body Shop and Tony's Used Cars in Anniston, Ala. He

was the former owner of the Lake Monroe Inn, Sanford. Survivors include wife, Frances; daughters, Frances Roseanna, Greenville, N.C.; Audrey Fyle, Philadelphia, Pa.; Stacy Adams, Oxford, Ala.; sons, Michael Fyle, Magnolia, Henry Fyle, Rustonville, Texas; sister, Anna Farrow, Winter Park; brothers, Leon, Nick, both of Winter Park, Frank, Bradenton; four grandchildren; one great-grandchild.

Miller Funeral Home, Oxford, Ala., in charge of arrangements.

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INSIDE

Elaine Zedow offers guests personalized service at her motel in Sanford. Please see Page 6A.

Russ White writes about Gary Kaiser, please see Page 2A.

BRIEFLY

Autopsy results released by police have ruled out foul play in the death of Gerald Mardis Jr. According to the autopsy, Mardis died of internal bleeding from a medical condition. Mardis, 32, was found dead Thursday morning in his Casselberry apartment by the property manager of Hidden Bay Village.

Mary F. Lou Gardens presents the Annual Camellia Fest Jan. 18 and 17 when the 80 acre botanical garden's largest collection of 3000 camellias are in full bloom.

The Camellia Society of Central Florida will display winning blooms from around Central Florida. The public is invited to enter blooms for judging on Jan. 18 from 7 until 10 a.m. The show opens for public viewing from 1 until 5 p.m. Saturday and 9 a.m. until 5 p.m. Sunday.

Camellia plants will be for sale both days. For more information call (407) 348-2880.

A free motivational goal setting workshop for the community is being offered by the Children's Home Society Success By Six Community Resource and Referral Center. Topics to be discussed include how to set worthwhile personal goals in important areas of your life including careers, financial, physical, social, educational, spiritual, and family issues.

The workshop will be presented by M.A.P.A., Motivation for the Achievement of Personal Success, on Jan. 20 from 8 until 4 p.m. at the Salvation Army, 705 W. 24th Street, Sanford. For more information or to make reservations call (407) 322-2600.

QUOTE

"Whether man is disposed to yield to nature or to oppose her, he cannot do without a correct understanding of her language."

- Jean Reestad

INDEX

Business	2A
Classified	2B-7B
Columns	2B
Community	2B
By Russ White	2A
Dear Abby	2B
Health & Fitness	2B
Horoscopes	2B
Interviews	2A
Opinion	2A
Photo	2C-2D
Public Notice	2B
Real Estate	2B
Special	2B
Weather	2A

Kaiser will manage county until April 15

By Russ White
STAFF WRITER

SEMINOLE COUNTY - What small suspense that might have existed has ended - and now a national search will begin to find a successor for Seminole County Manager Gary Kaiser who is retiring after 31 years in the public sector.

Kaiser, 53, told the *Seminole Herald* that he intends to work until April 15. "That should give the county sufficient time to have a new manager," he said. "If they want me to stay beyond April 15, that's okay, too."

County Commissioner Chairman Carlton Henley encouraged Kaiser not to rush into anything too quickly when the two talked on Friday. But Kaiser, who conferred with each of the five commissioners, said he had made up his mind.

Henley said he wants to make certain there won't be a

"flasco" connected to the national search the county will make to find its next manager. Henley recalls a 16-month ordeal before Kaiser's predecessor, Ron Rabun, was hired.

"We can't allow that to happen," Henley said. "We have to decide on a way to go about the search. Decide whether to hire a headhunter or to advertise on our own and screen the candidates. We'll talk about this Tuesday when the commission meets."

Assistant County Manager Cindy Coto will assume a portion of the duty, Henley said others say they do not think Coto wants the manager's job, however.

Kaiser, who had been the county's first Public Safety Director, was called to be manager when Rabun hastily resigned in 1986 in the throes of a couple high-profile investigations and resignations. Mardis Please see Kaiser, Page 2A

County aglow with economic report numbers

By Russ White
STAFF WRITER

SEMINOLE COUNTY - There are more jobs and more people, better wages and more value for homes. And that's just part of the economic briefing Economic Director Bob Turk will give on Tuesday to the Seminole County Board of Commissioners.

Turk has a 458-page report full of statistics that record the enormous changes in the county since 1990 - including evidence that the county's efforts to assist start-up businesses is paying big dividends.

Turk and planner John Jones form the county's two-man economic development division team that has completed a socioeconomic database that details the changes in the county's demographics, employment statistics, economy, tax base and impact of the county's ED program.

"This report is two inches thick of proof that Seminole County's economy is very well and it bodes well for the future," said County Commissioner Chairman Carlton Henley. "Significant changes are taking



Bob Turk will discuss the state of the economy on Tuesday.

place....we may not be able to keep growing at the same rate. Still, we're further ahead of a lot of the other counties."

Turk said he is "astounded" at how Seminole County compared to other counties or municipalities. "We're way ahead of most of them," he said.

Astonishing, too, is the fact Seminole's economic development plan has only been in effect for the last three years. In this time, Turk and Jones have built trusts/partnerships with the private sector.

"Some days are our Sunshine Days," County Commis-

sioner Randy Morris said Friday. "It is amazing how they work so well with the private sector. We've been able to form good relationships between government and business. Bob and John are like the government guys. And people like that."

Morris said that the county has "far exceeded" its economic goals. "Our growth rates top the regional, state and national levels. The statistics don't lie - especially when you see the 3.8 unemployment rate and the

Please see Economy 6A



The Florida Department of Transportation is testing lines for water quality violations during work on the State Road 48/Wekiva River bridge.

Bridge over troubled water

FDOT degraded water quality in Wekiva during 1996 construction

By Russ White
STAFF WRITER

SEMINOLE COUNTY - The St. Johns River Water Management District is set to sue the Florida Department of Transportation for violations of water quality standards in an Outstanding Florida Water.

The violations occurred during work done on the State Road 48 bridge, at the Wekiva River, in 1996.

The district will take the action on Tuesday during its regulatory meeting in Palmdale.

The FDOT will be asked to pay the district a civil penalty of \$10,000, and donate \$44,000 to the Florida Department of Environmental Protection for restoration work. The district also will request that the FDOT pay the cost of the civil penalty.

The FDOT will be asked to pay the cost of the civil penalty. The FDOT will be asked to pay the cost of the civil penalty.

was increased by the length of the spans.

According to a contract order issued by the water management district, in a period between June and October 1996, staff observed the discharge of turbid water from the project site, higher than established limits. The district paperwork also stated that the agency failed to make repairs and improvements on erosion and sediment control controls to prevent future violations.

Suey Potts, a board member and past president of the Friends of the Wekiva, said the group was satisfied with the results.

She said the group had sponsored the program of the bridge work and observed the discharge of turbid water from the project site.

The group will continue to monitor the water quality in the Wekiva River. The group will continue to monitor the water quality in the Wekiva River.

Development boundary should move, agency says

By Russ White
STAFF WRITER

SEMINOLE COUNTY - The boundary for urban development in east Seminole County should be moved, said the county's Local Planning Agency.

LPA Chairman Dick Harris will carry a recommendation to the Board of County Commissioners, extending the urban/rural boundary to a point along Sawhill Road, east of Chulavita.

The board continued its review of the results of the Chulavita Small Area Study, on Wednesday, a process that began in the summer of 1998.

The study is a result of a challenge by the Florida Department of Community Affairs for a request for a land use change of 215 acres adjacent to the historic village.

The request was found not in compliance with the rural character of existing land use, primarily because built on one-acre or larger lots.

Commercial Realty Group applied for the land use change, to build 200 homes in the area north and south of the

Chulavita Bypass. The CRD density, 2.7 net dwelling units per acre, would be higher than adjacent properties but transitional to the village, which is primarily four dwelling units per acre.

Opponents argued that the rural character of the village would be destroyed by the extension of water and sewer services to the homes along the bypass, and development of the property would pose a serious environmental impact, because the land is a high recharge area for the Florida Aquifer.

The Florida Aquifer. Please see Economy, Page 6A

Dreams of song come true

By Russ White
STAFF WRITER

SANFORD - A Sanford business owner is fulfilling a lifelong dream by recording a song to be released on the Billboard Top 100 after winning a vocal contest.

James Smith, 29, owner of Freshland & I Construction at 409 W. First Street, with a long-time contract with Florida's Mountain Recording in Orlando after he had lost in a talent search and vocal contest sponsored by Century Entertainment.

"This has definitely been a lifelong dream," Smith said. The song playing in state since coming to Central Florida 12 years ago, and the song occupying its position since 1987.

Smith said the contest was held at the First Street in Sanford. The song was a hit in the contest and a number one in the state.

The song will be recorded and released in the next few weeks.

