

Sanford Herald

Serving Sanford, Lake Mary and Seminole County since 1966
88th Year, No. 223 - Sanford, Florida

Partly Cloudy

Today: Mostly cloudy with occasional showers and thunderstorms. Locally heavy rain is possible. High in the upper 80s to near 90.

For more weather, see Page 5A

TODAY

Assessments to be determined

LAKE MARY — The Lake Mary City Commission will consider streetlighting assessments tonight, to be levied against residents in the Woldunn and Eagles Crossing subdivisions. Streetlighting districts for the two communities were established by the commission in May. The next step, scheduled for tonight's city commission meeting, is to approve the final adoption of the assessment roll. Persons both for and against the assessments will be given an opportunity to address the matter this evening. The Lake Mary city commission meeting begins at 7 p.m.

Red Cross volunteers

An American Red Cross Volunteer orientation will be held Tuesday, July 2, from 7 p.m. until 8:30 p.m. at 705 W. SR-434 in Longwood. Interested local residents can receive free information about Red Cross services and how to volunteer to help the community and Red Cross during hurricane season. For additional information, contact the Red Cross at 333-8300.

Attention, farmers

The period during which farmers have an opportunity to sign up for the new market transition commodity program that replaced U.S.D.A.'s old farm commodity programs is running out. In operation since May, the enrollment period will end on July 12. Producers who do not enroll in the Market Transition Program by that time will be excluded from the program for the next seven years. Farmers are eligible if they participated in the wheat, corn, grain sorghum, barley, oats, upland cotton or rice program at least once in the past five years. Payments are limited to \$40,000 per person per year throughout the life of the seven year program. For farmers in Seminole and Volusia counties, there is only one sign-up office. It is open Monday through Friday from 8 a.m. until 5 p.m. The Volusia/Seminole FSA office is located at 124-B S. Amerila Avenue in DeLand. For additional information, phone (904) 734-2535.

Flooding problems

Florida Senator John Ostalkiewics, Chairman of the Seminole County Delegation has called a special workshop/meeting of the Seminole delegation on July 17 at Seminole Community College. The purpose of the meeting is to brief legislators, their staff and constituency on matters pertaining to flooding in Seminole County, and what measures are taking place to alleviate or eliminate flooding. There will also be an update by St. John's Water Management District. All interested citizens and elected officials are urged to attend. The meeting, July 17, is scheduled for Wednesday, July 17, from 8:30 a.m. until 12:30 p.m. on the second floor of the SCC Administration Building.

Poetry published

George Chrissos, 1017 Pebble Beach Circle East, Winter Springs, has just had original poetry published in "The Voice Within", a treasury of today's poetry compiled by The National Library of Poetry. The poem is entitled "Hurricane". Chrissos' book of poetry, "Visions and Reveries," is being published by Vantage Press and is to be released in September. Chrissos has been writing for four years.

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Blast kills 10 from Florida Sanford son hurt in Saudi

By Vicki DeGroot
Herald Senior Staff Writer

SANFORD — Rena McDonald was pacing the floors of her Sanford home after hearing the news on Tuesday evening. A bomb had blasted through the Air Force facility in Dhahran, killing as many as 23 Americans and injuring about 345. Her son, Jeffrey Genes, was serving a tour of duty there. Based at Moody Air Force Base near Valdosta, Ga., Genes, who repairs the electronic systems on aircraft, was scheduled to come home in mid-July. Now the television screen flickered with scenes from a crumpled complex of buildings with the dead and injured being rushed from the area. So, the mother paced the floor waiting for some word from her son. Finally at 3 a.m., the phone rang. **See Son, Page 5A**

President to attend two state memorial services

By Vicki DeGroot
Herald Senior Staff Writer

SANFORD — President Bill Clinton will attend two state memorial services for the victims of the Dhahran bombing. The president is scheduled to arrive in Florida on Tuesday, July 2, for a two-day visit. He will attend a memorial service in Tallahassee on Wednesday, July 3, and another in Orlando on Thursday, July 4. The president's visit to Florida is part of a larger tour of the Southeast. He will also be in Miami on Friday, July 5, and in Tampa on Saturday, July 6. The president's visit to Sanford is part of a larger tour of the Southeast. He will also be in Miami on Friday, July 5, and in Tampa on Saturday, July 6. The president's visit to Sanford is part of a larger tour of the Southeast. He will also be in Miami on Friday, July 5, and in Tampa on Saturday, July 6.



With the huge circus-style tent raised, workers clear the area in the Seminole Towne Center parking lot, in preparation for the opening of "The Olympic Connection," presented by BellSouth. From left, Oliver Holmes Jr., Tim Fuleher (in back, by the doors) Walter Lee Johnson and Dove Holmes put the finishing touches on the high-tech exhibit. The air-conditioned display opened this morning, and will remain open during regular mall hours, through Sunday, except for today, when it closes to the public for a chamber of commerce after-hours, at 5 p.m. The exhibit includes a video production, a digital puppetry performance, an interactive arcade zone, a hands-on demonstration area and a technology showcase. Free balloon rides and a chance to win an all-expense paid trip to Atlanta are also included. The tent is located between Burdines and United Artists Theatre. **Herald Photos by Tammy Vincent**

Olympic torch to light up county

By Vicki DeGroot
Herald Senior Staff Writer

SANFORD — The historic and traditional flaming torch, symbol of the kickoff of the Olympic Games, this year in Atlanta, will be coming through Seminole County and the city of Sanford. The torch run will be in the Sanford area shortly before 11 a.m. on Monday, July 8. The route through Seminole County will travel on U.S. Highway 17-92 from the Orlando area. The only festivities announced thus far in the area is a closure of all city buildings for one-hour as the torch passes along 17-92 through the city limits of Longwood. Evelyn Cohen at the Longwood fire department has banners and signs available for businesses or others wishing to decorate the route. She said the exact timing of the city facility closure that day was approved by the Longwood City Commission, but no specific time has been established as of yet. **See Torch, Page 5A**

Bell South seeks extra incentive \$\$

By Vicki DeGroot
Herald Senior Staff Writer

LAKE MARY — A last minute item has been added to the agenda for tonight's Lake Mary City Commission meeting. BellSouth is seeking an increase in financial support for new facilities in Lake Mary. On Dec. 12, the Seminole County Commission approved the award of \$100,000 in incentive money to BellSouth Mobility, with the city of Lake Mary to pay half. On Dec. 21, the city approved the payment of \$50,000 in five annual payments to Seminole County, (\$10,000 per year). But the interlocal agreement was never adopted because BellSouth changed their application to include a switching stations as well as a new building.

This Tuesday, the matter came back for re-consideration, and the county approved an amount of \$500,000 subject to the city of Lake Mary again reimbursing the county half the amount over a five year period (\$50,000 per year). Now, it will be up to the Lake Mary City Commission to decide if they will again participate. **See Incentive, Page 5A**

Teachers negotiate contracts

By Vicki DeGroot
Herald Senior Staff Writer

SANFORD — Seminole County teachers are negotiating their entire contract this year while other district employees are discussing small portions of their work contract with the county. None of the district's four employee unions (the teachers' Seminole Education Association, the bus drivers' union, the non-instructional employees' union and the clerical employees' union) will be negotiating any salary increases beyond the annual step raises already awarded by the district. The items which the union has outlined for discussion with the school district are matters of "language" in the contract, Seminole UniServe president Gays Parker said. "We've resolved the small issues like that," Parker said. "Next we'll turn to the larger issues, including the salary." The negotiators have met twice already for a **See Teachers, Page 5A**



After an effort to raise enough money to open an agricultural museum at Sanford's old Farmers Market failed, the state ordered the old facility be demolished. Wine and Son Land Clearing is taking the historic building down bit by bit. The whole process should take about a week, company representatives said. Historians, please take note: The state concluded it would be more costly to preserve the building than to tear it down.

Youth arrested

Demetris April Cohen, 14, of 1000 E. Highway St., Ocala, was served warrants by Sheriff's deputies Tuesday. Cohen said they looked for "being under a bus" at Emerald Springs Terrace in Sanford. She was wanted on warrants for aggravated assault, improper collection of a weapon on school property/possession of a weapon on school property/hoarding on school property. Deputies also found she was wanted on a warrant for battery on a detention facility staff member.

Retail thefts

Channing Cole Smith, 26, of 1077-S Chandler Ave., Sanford, and Charles W. Howard, 26, of 48 William Clark Court, Sanford, were arrested by sheriff's deputies Tuesday at a retail store on 22-185 in Cassberry. The arrest report said the two were seen taking dresses and a pair of shoes from a store without paying. Smith was charged with retail theft. Howard, 40, with no known address, was arrested by Sanford police Tuesday at a retail store in the 1800 block of French Avenue. Officers said he attempted to take a \$5 coat from the store without paying. He was charged with retail theft.

Traffic stop

A vehicle driven by Charles Chisholm, 24, 2947 52nd Ave., Maitland, was stopped by sheriff's deputies Tuesday on 22-185 near Cassberry. Chisholm was charged with operating a motor vehicle with a suspended license. He was also charged with violation of a temporary tag.

Domestic case

John G. Mason, 24, 2618 Clairmont Ave., Sanford, was arrested at his residence Monday by Sanford police as the result of a reported dispute with his wife. He was charged with battery, domestic violence.

Sheriff reports

• An estimated 150 bags of chips, candy and crackers, valued at \$50 were reported stolen Monday from a vending machine in the 2800 block of Church Street in Maitland.
• An air conditioner, pressure washer and several other items with a total value of \$2,045 were reported stolen Monday from a residence in the 2700 block of Celery Avenue east of Sanford.
• Someone reportedly put glue on two deer locks of the YMCA building on Longwood-Lake Mary Road Tuesday. Deputies said the glue was believed to be rubber cement.
• Stereo equipment valued at \$180 was reported stolen from a vehicle Tuesday in the 2300 block of Water Street.

Sanford police reports

• A TV set and VCR were reported stolen Tuesday from an apartment in the 400 block of W. Seminole Boulevard in Sanford.
• A wallet containing a \$100 paycheck and other personal papers was reported stolen Tuesday from a residence in the 200 block of W. Fourth Street in Sanford.
• An estimated \$50 in groceries and a \$150 bike were reported stolen Tuesday from a residence in the 1300 block of Summerlin Avenue in Sanford.

Cities challenge farmland tax break

By Associated Press

MILWAUKEE — A Wisconsin law written to keep farms from being changed up into shopping centers and subdivisions is being challenged by cities on grounds it reduces their tax base.

The state Legislature's intent in passing the law was to shield farmers against inflationary real estate assessments while preserving collection growth.

But critics argue, by allowing a special category of taxation for agricultural land, the statute violates the Wisconsin Constitution's uniformity clause, which is supposed to guarantee tax equality.

The legislation authorizes measuring the tax value of acreage by its use rather than by what it might be worth as a subdivision or a shopping center.

"We think it's unconstitutional," said Dan Thompson, executive director of the League of Wisconsin Municipalities. The league and the Wisconsin Alliance of Cities are challenging the law before the state Supreme Court.

The Wisconsin Farm Bureau Federation supports the law, calling it crucial to the survival of agriculture.

Federation spokesman Roger Cliff said Wisconsin farmers pay among the highest property taxes in the nation. High taxes near cities virtually ensure the acreage will be sold to wealthy developers who can afford the price, he said.

"It's very disappointing that we made all this progress and now big-city mayors are going to go after us in court," Cliff said.

The law is being phased in over a 10-year period to ease the fiscal impact on municipalities. The program began by freezing farmland values at 1980 levels.

The Wisconsin Constitution was amended two decades ago to accommodate separate taxation of agricultural land. However, that does not allow land in a rural portion of a county to be taxed at a different rate than in a city, Thompson said.

"This primarily benefits owners of high-value land on the edge of cities," Thompson said. "Some are farmers. Many are very rich land speculators. This is a windfall to real estate developers."

WASHINGTON (AP) — The U.S. farm trade surplus over the first seven months of the fiscal year was \$18.5 billion, nearly 21 percent above the year-earlier level.

Agricultural exports during the period ending April 30 totaled \$27.1 billion and imports were worth \$18.7 billion, the Agriculture Department says.

For the full year, USDA is projecting a record \$29.5 billion surplus in farm trade, with exports of \$20 billion and imports of \$20.5 billion.

The volume of bulk exports, which include grains, dropped in April because of lower shipments of wheat, soybeans and cotton, but strong prices kept the overall value high. Bulks were valued at \$16.2 billion during the seven months.

High-value exports, which include meats, were worth \$8.9 billion in April, up 15 percent. For the seven-month period, they were worth \$18.9 billion, a 4 percent gain. In April, beef exports rose 26 percent; poultry was up 8 percent; fruits rose 14 percent.

U.S. agricultural imports were worth \$8 billion in April, with fresh vegetables accounting for \$208 million of the total. The value of imported tomatoes jumped to \$161 million as prices rose sharply, although the volume of foreign tomatoes dropped to 101,000 tons.

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Family marks 100th year owning Times

By Associated Press

NEW YORK — In 1880, The New York Times was facing bankruptcy and had a daily circulation of just 9,000. That was the year a young newspaperman, Adolph S. Ochs, bought the paper and began to turn things around.

A century later, journalists, publishers, politicians, artists and business people turned out to honor the man who bought the Times.

Four cultural institutions opened exhibits about the Times, and a fifth — the Metropolitan Museum of Art — was host to a glittering party Wednesday.

About 450 people gathered for a black-tie dinner in the museum's Temple of Dendur to watch a short play dramatizing Ochs' letters to his wife while he was in negotiations to buy the Times.

The play was written by Wendy Wasserstein and the Times' Frank Rich. Sam Waterman played the 28-year-old newspaperman and Kate Nelligan played Ochs' wife, Effie, back home in Chattanooga, Tenn.

"My darling wife Effie," Wasserstein intoned, "Here I am in New York. I am in serious negotiations for something no less prestigious than the leading and most influential newspaper in America."

In written remarks, Times chairman Arthur Ochs Sulzberger, Ochs' grandson, invoked Ochs' credo: "To give the news impartially, without fear or favor."

"The principles it encompasses are now generally ac-

cepted as the underpinnings of a free and independent press," Sulzberger wrote. "And that, in turn, is an essential element in the imperfect yet wondrous adventure of democracy."

Two Republicans who did not receive the Times' endorsement also paid tribute to the newspaper.

"Since 1880, New York City has had 20 mayors and only one New York Times," Mayor Rudolph Giuliani said. "And I guarantee you, the very first thing every morning that every mayor did was to say a little prayer and pick up The New York Times."

Gov. George Pataki praised the Times, asserting: "We are a better nation today than we were a century ago, and there's little question that The New York Times and the free American press have played a significant role in that progress in a country and as a people."

The Times was founded in 1851. When Ochs paid \$75,000 for a controlling interest in the paper, it was \$200,000 in debt. By the time he died in 1965 at age 77, the paper's circulation had grown to 485,000.

Four coordinated exhibits celebrating the purchase of the paper opened at the Museum of Modern Art, the American Museum of Natural History, the New York Public Library and the Pierpont Morgan Library.

The dinner party attracted media heavyweights.

Tom Brokaw chatted with Peter Jennings and Mike Wallace with The New Yorker's Tina Brown. Other guests included Barbara Walters, William F. Buckley, Charles Haas, Dan Rather, Diane Sawyer, Helen Gurley Brown, George Plimpton and Martha Stewart.

Victoria Secret's lawsuit thrown out

By Associated Press

NEW YORK — A judge threw out a lawsuit against Victoria's Secret on Wednesday, saying a complaint that the company illegally varies the discounts it offers different online customers lacked merit.

U.S. District Judge Robert W. Sweet also dismissed lawyer Howard Gotlibow for bringing the lawsuit, saying the best lack of substance in the lawsuit gave him the impression the lawsuit was filed for improper purposes.

Gotlibow was ordered to pay \$2,000 of Victoria's Secret's legal fees.

Sweet noted that Gotlibow and Denise Hanson, who works with Gotlibow and was named as the plaintiff in the case, had appeared

on several television programs after the lawsuit was filed. Hanson also was mentioned.

Sweet said the Columbus, Ohio-based clothing company does not commit mail fraud when it offers different discounts to different online customers.

Initially, Hanson's lawsuit alleged male and female customers get different discounts. Later, Gotlibow argued the discrimination was related to the buying history of the customer, rather than gender.

The lawyer has gained a reputation for taking on large companies after clients he knows cannot do so on his own. He used on behalf of a client's secretary after the woman was arrested and hospitalized by police who accused her of pushing over a magazine rack.

Editorials/Opinions

Sanford Herald

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EDITORIAL

Carrying a torch for Sanford

Has an official Olympic Games torch ever traveled through Sanford on route to the games? Not that we recollect.

Next month however, it will be going through Sanford the morning of July 6th, en route to the games in Atlanta. For people who follow the games, even seeing the torch can be a thrilling sight.

Yet someone apparently dropped the ball. In looking for names of people who may be carrying the torch through Seminole County, and seeking other information in the preparation of the story about the torch run, one prominent local individual said, "I don't know, I'm waiting for it to come out in the newspaper."

Yet, except for some thoughtful information faxed to the Sanford Herald from the Best Western Deltona Inn, (the general manager is running with the torch on U.S. 17-98 between Longwood and Sanford), we would have no information whatsoever.

The torch is going to pass directly in front of the Sanford Herald. It will be within blocks of Sanford City Hall and the Seminole County Courthouse. Most people at these facilities however, have not been made aware of this.

The only source of information in Sanford was through the police department, which has been asked to provide an escort for the runners. They were given some information at a Police Chief's meeting recently in Longwood. But even so, no one knew the names of participants who are involved.

Longwood is planning to put up signs welcoming the torch runners and closing city operations for one hour as the torch passes through U.S. Highway 17-98 in the city limits.

Once the torch enters Volusia County, special ceremonies have been planned at DeBary, Orange City, DeLand and Daytona Beach.

It is unfortunate there has been no public activity planned when the Olympic torch passes through Sanford. But we can't blame the chamber of commerce, the city, or anyone else in authority. Whoever has the information regarding participants and times has failed to supply it to the media or area leaders who might have been able to make some type of event out of the torch run.

If you are waiting to read about it in the paper, likewise, we, the paper, are similarly waiting to find out about it as we can tell you.

Regardless, the torch will pass on U.S. Highway 17-98 from approximately 10:30 a.m. at the southern city limits, to 11 a.m. at the bridge over the St. Johns River. Let's be there and wish it, and its runners success in the 1996 Olympic games.

LETTER

Thank you, Guardian Angels

On behalf of myself and my husband, we wish to convey our gratitude to the 911 Rescue Unit that was called to our home at approximately 7:30 a.m. on May 18, because of a possible heart attack.

Shortly after their prompt arrival, my husband went into cardiac arrest, and without their quick response and medical expertise, he would not be alive today.

No one can truly appreciate what it means to the citizens of Sanford to have these teams available in a desperate time of need unless you yourself are in that situation.

Not only did they use every available means to save a life, they also took the time when possible to see that I was taken care of. They are indeed a great group of caring professional people.

Our everlasting "Thank You" is to Chris Murphy, Tony Faircloth, Jerry Rameau, Bruce Moody and James Pincourt. And a special thanks to Theresa O'Hara and Michele Carrozzini, the ambulance crew for their comfort and compassion, who went one step further by sending a "Get Well" note after the incident.

The citizens of Sanford should be so proud and thankful for these "Guardian Angels" as we are.

Sincerely,

Jeanne and Jim Smith

P.S. I am home from the hospital now and doing fine. As of June 3, Dr. Mignola has resumed me to full activity. "Thanks Again!"

Jim Smith

VICTIM RASPIRERY

Making Lorton a better place

"We've got to do something about Lorton." There's hardly a judge, politician or ecologist in this area who hasn't expressed concern over the blight of Columbia's Correctional Complex at Lorton, VA. Suspense from the prison outside the outskirts of the town, some 30 miles south of Washington. The vastness of the complex sits up commercially valuable real estate. It makes suburban Virginia with the District's problems. And far from being the "correctional" institution its name implies, Lorton has become a very expensive school for students.

That's why so many area residents keep saying, "We've got to do something about Lorton."

Jim Claxton, who served 17 years at the complex as a victim of conviction, said it a few years ago in former D.C. congressional colleague Walter Fauntroy.

Since then, the congressman and the convict, coalesced in an organization called the New Birth Project, have come up with what Fauntroy is touting as the "opening of the economic paradigm for the 21st century": a plan to transform the problem-ridden prison into a sociological and economic asset.

The scheme begins with the identification of

10 technologies already developed, at taxpayer expense, by NASA and defense agencies. "The commercial value of these technologies has been proved at George Washington University," Fauntroy says, "and those responsible for developing the technologies have said they are willing to offer them to the D.C. prison system. So instead of just sitting around, or making license plates..."

One of the technologies the New Birth plan would commercialize is a NASA-developed system for turning solid waste into energy.

The Blue Plains sewage treatment facility that serves the District and some suburban jurisdictions has been mandated by the EPA to expand its ca-

pany at an estimated cost to the District of \$600 million. Now listen to Fauntroy:

"The technology exists to build a 12,000-hp power plant under a solar geodesic dome which, together with the solar-thermal-to-energy technology, would turn the facility into a 200 megawatt power plant." Says only about 10 megawatts would be needed for the facility itself. 200 megawatts of power could be sold to the regional power grid at some \$60 million a year.

There's more. According to Fauntroy, the plant would produce up to 800,000 gallons of pure distilled water a day, which after treatment with carbon dioxide and bottled, could reap up to a million dollars a day in revenue. (Advanced already recycles waste into potable water.)

And the whole thing is a very profitable proposition. Located on a closed site in Southeast Washington, would be run by inmates, trained and paid for the work. (The New Birth proposal would withhold a quarter of inmates pay to cover room and board, another quarter for victim restitution and a third quarter to defray the welfare costs caused by their incarceration. Upon release, the ex-inmates would move to a closed facility on the outside, where he would collect 100 percent of his salary.)



The whole labor-intensive program would be run by inmates.



BEN WATTENBERG

Clinton's lead mis-leading

The recent round of public opinion polls shows President Clinton leading Sen. Dole by 15 to 20 percentage points. Some amateurs, and some people who should know better, make the case that it's all over. It's not even coming. They claim that Clinton is a lock for a two-term presidency.

Don't count on it. In subsequent weeks I hope to explore what results, good and bad, might issue from victories by either Clinton or Dole. This week, a small catalog of reasons why the current Clinton lead is misleading.

1.) The polls are very volatile. Six months ago, Dole was leading Clinton by a few points. A couple of weeks ago, Dole closed the gap from 23 points to 6 points following his stirring resignation speech (CNN/Time). Jimmy Carter was way ahead of Ronald Reagan in 1980. Walter Mondale was marginally ahead of Reagan for a while in 1984. Michael Dukakis was far ahead of George Bush in 1988. Both Bush and Ross Perot were ahead of Clinton in 1992. It's better to be ahead than behind, but it's not predictive.

2.) Clinton's lead comes in part from the fact that most voters don't know Bob Dole well. Dole's recognition rates are high, but with little depth. Americans didn't have a sense of Clinton's story, paired with his own points on his own points, until his "Man From Hope" speech. That took place at the 1992 Democratic convention. The 1992 Republican convention is still seven weeks away.

3.) Issues on Dole and the new Republicans are known to the public, they are seen in some measure through a filter of barely answered negative ads. Team Clinton has spent an estimated \$40 million on television ads which make the case that Clinton is a tough neoliberal and that Republicans are heartless, ultra-right, conservative beasts. At the same time, Republicans were also spending big money - attacking each other. Steve Forbes and Dole and a third, Dole and Forbes and another, Dole and Forbes and Pat Buchanan said they were all liberals.

4.) Some big Republican issues have not yet come into play. Alternative action may be the biggest one. Dole and the Republicans endorse the California Civil Rights Initiative (CCRI), an initiative that would prohibit the Golden State. Clinton and the Democrats don't buy it. The Democrats and Clinton support the CCRI. Dole has not opposed it recently, perhaps because he wants a safer carry, perhaps to keep California on board in a vice-presidential election. (Dole's recent speech at State State University was pro-CCRI, but in case that comes out, it's not as well - and was a stirring speech.)

A second issue concerns who gets to pick the next justice of the narrowly divided Supreme

Court. Six majority decisions of one vote have recently demonstrated the impact of affirmative action. The two Clinton-appointed Supreme Court justices voted with the majority. The case can be made that additional Clinton appointees could reintroduce preferences.

5.) The collection of alleged personal misdeeds by Bill and Hillary Clinton that travel under the generic heading of "Whitewater" has not yet reached its peak. A new book, "Partners in Power," by historian Roger Morris, attacks the Clintons not from the ideological left, but from the ideological right. Yet, from a factual point of view, the book not only substantiates what conservatives, the American Spectator and the Arkansas State Troopers have said about the Clintons, but advances the case. Tales of corruption, cocaine, sex, obstruction of justice, CIA involvement - abound. (Morris has the political perspective of a leasy lefty - but conducted 500 interviews to get much of his material.) And all that's before the independent counsel has announced his findings!



It's better to be ahead than behind, but it's not predictive.

6.) If the race tightens up, the electoral college formula helps the Republicans more than the Democrats.

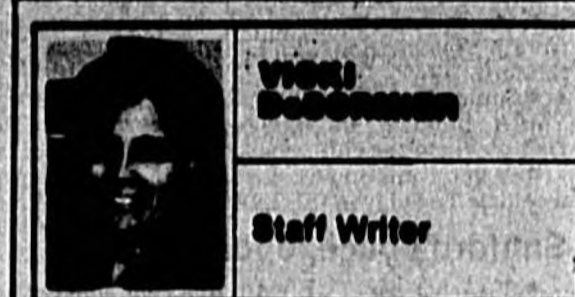
7.) The ideological makeup of who would head powerful congressional committees if the Democrats win the House election give them liberal to very liberal in left to very left. There are "centrists" in position, but also "tail ends" where the top of the ticket benefits from the campaign at lower ranks.

The presidency is in play. What would happen if Clinton wins? If Dole wins? Coming next in this spot.

LETTERS TO EDITOR

Letters to the editor are welcome. All letters must be signed. Include daytime telephone number. Letters should be on a single page and be as brief as possible. The letters are subject to editing.

WRITER'S BLOCK



VICKI BUCHANAN
Staff Writer

What I eat is my own business

I am nearly a vegetarian. I say "nearly" because under no circumstances will I ever give up lobster, shrimp, steamed clams or my annual Italian sausage with peppers and onions from the vendor outside the left field wall at Fenway Park.

Other than that, I don't eat meat. I can accompany my husband to the Outback Steakhouses where he can eat a pound of prime rib and not be tempted to even sample one bite. (The Bloomin' Onion and fresh veggies are much more appealing to me.)

I can sit down at a family barbecue, surrounded by family members eating burgers and dogs off the grill and never once want a taste. (A salad and a half dozen ears of corn are more my style.)

This has been my chosen lifestyle for more than two years. Still I'm amazed at the comments people make to me when they see my plate piled high with veggies.

"Don't you want any real food?" "Aren't you afraid you'll get sick if you keep eating like that?" "What about an entree? Don't you want an entree?"

And my personal favorite, "What do you think cows (or domesticated cattle of your choice) are for? Eat some meat and give the animal a purpose in life."

I chose to be a vegetarian for health reasons. I still wear a leather coat, gloves and hat when the temperature dips below 60. (I figure my husband ate enough meat last year to have emptied a cow and left his leather outerwear around for me to dress in for the rest of my life.)

Anyhow, my cholesterol level was nearly 300 when I was 30 and I wasn't in the mood to have a stroke.

I had switched to margarine, had given up (for the most part) cheese which I dearly loved and ate, maybe, an egg a month. The only thing left, it seemed, was to give up meat.

When I did that my cholesterol level dropped to 175 within six months.

So while I don't sport a bumper sticker that says "Meat is Dead," I don't understand people who want to convert me to a carnivorous diet.

Animals do not live as we can eat them. I have improved, rather than worsened my health. Vegetables, beans, grains and fruits ARE real food. And I DO have an entree...it's just not meat.

Christmas seems to feel better knowing that everyone else is eating just like they are. Yet, I'm a liberal. If a vegetarian were to try to "improve" their eating habits by cutting the virtues of a meatless diet, they'd be insulted or, in some cases, angered by the suggestions. I can't eat meat. Frankly, I don't care what you eat.

My husband, like I said, eats meat by the pound and by the ounce. My daughter walks the fence eating my Aunt Helen's dog and producing their own meat to get another living creature to eat.

Torch

Continued from Page 1A

"It could be from 10 until 11 a.m., or possibly 10:15 to 11:15," she said. "We don't know for certain, but the latest plans for the torch run indicate it will be passing our area at approximately 10:17 a.m. on July 6th."

Although a Volusia County businessman, Harry Grant, general manager of the Best Western Deltona Inn will take over the torch for a few miles on U.S. Highway 17-92 between Orange Street and Lake Mary, to approximately the Burnt Rock area in Sanford.

Continuing north on 17-92, it is expected to pass the Five Points area at approximately 10:50, and enter the Sanford city limits at 10:55.

Other points where the torch is expected to pass include the intersection of 57th and S. Orlando Drive at 10:49 a.m., the 5th street intersection at 10:51 a.m., Sanford Middle School at 10:55, passing the Sanford school at 10:57 a.m., and the Central Florida Zoological Park at 11:07 a.m.

No activities have been announced as the torch passes

through Sanford, with hardly any advanced publicity distributed regarding the event. Many public officials and other community leaders did not know of the torch passing through Sanford as early this week.

When the torch enters Volusia County however, across the 17-92 bridge at approximately 11:10 on July 6th, special activities will begin including events and ceremonies planned for Orange City, Deltona and other locations.

One of the biggest events is on the beach at the beach in Daytona Beach.

The Daytona Beach Sandblast event will feature bands, choral groups, special appearances by former Olympians, and special events.

The preceding day, on July 7th, the Olympic torch will be passing through the Kennedy Space Center. Relay events by 17 space program employees of NASA, Lockheed-Martin, McDonnell-Douglas and Rockwell have been announced for 1:40 p.m. at the Kennedy Space Center, with the Space Shuttle Columbia planned to land on the same day but several hours before.

Bombing

Continued from Page 1A

The eight victims were among 250 who belonged to the 56th Fighter Wing, most of them pilots and support personnel. A total of 500 Eighth personnel were deployed at DaNang at the time of the blast.

Eight survivors are set to return Friday to the base in a regular rotation planned before the bombing. Memorial services there and at Patrick are scheduled for Sunday. President Clinton will attend both services, the White House said.

"Eight is a very close-knit community and our hearts go out to all of the family members of our people," said Maj. Gen. Stewart Crossen, the base's top-ranking officer.

At Patrick, officials set up support groups to comfort the victims' families and friends at the base, said Air Force Col. Patrick J. Carr, vice commander of 4th Air Force Wing.

"It is clearly a very tragic time for our people, a time of sorrow for the family and friends of the victims," he said. "Our prayers, our sympathy go out to all of these people."

Outlery, a 30-year veteran

who will retire this fall, said he believed the attack was in retaliation for the assassinations last month of four Muslim extremists convicted of detonating a car bomb Nov. 18 at a U.S.-run military training facility.

Five Americans and two Indians were killed in that blast.

The U.S. military is in South Arabia to enforce the United Nations' no-fly, no-drive zone in southern Iraq.

Incentive

Continued from Page 1A

points in the 50 percent portion of the new facilities.

BellSouth purchased a lot in Technology Park in Lake Mary, and started to construct an 18,000 square foot switching office valued at \$11.45 million. The substantial portion of that capital investment in the machinery to support cellular communications. BellSouth is to utilize an existing tower at the southern end of Skyline Drive.

According to city planner Matt West, BellSouth is now preparing to lease, for 10 years, a brand new five-story 187,000 square foot office building to be constructed in North Point, West said the new building is expected to create 335 new jobs, with an average annual salary of \$68,000.

West said capital investment costs for building and equipment would be approximately \$21 million. He added that the two projects combined, certainly exceed the city's minimum requirements for economic incentives.

The staff analysis of the request from BellSouth says it is a better deal than the AT&T incentive analysis. "The city should expect a reasonable return on investment in less than two years after the facility is placed on the county tax roll," West commented.

The current policy established in Lake Mary limits incentive funding to \$100,000. The city has already committed \$73,100 to AT&T over the next five years. When Bell South is added, the total would be \$123,100 for the next five years, which would require approval from the city commission to amend the adopted economic incentive policy.

The matter has now been added to the agenda for tonight meeting of the Lake Mary City Commission, scheduled to begin at 7 p.m. in the commission chambers of city hall, 100 N. Country Club Road.



Optimists explore arts

Martha McKinney receives a plaque from Ron Fraser of the Sanford Optimist Club at a recent meeting. McKinney was introduced by Barbara Wynn, mother of Sylvester Wynn who won \$1800 in the club's Oratorical Contest. The speaker told Optimists about the Tajin Arts.

Son

Continued from Page 1A

"They said he was injured, but that he would be fine," McDonald said.

Center's face had been ripped by flying glass and he had a concussion, his mother said she was told.

It took 35 stitches to close his wounds and he'll have to take it easy until his head is better, but doctors have concluded he will live.

McDonald said she is relieved, but still shaken by the situation.

Center is a 1982 graduate of Deltona High School in Sanford.

She said she is praying for the families whose sons, daughters, husbands, wives, mothers or fathers were among the dead.

"I am praying for all these families," she said. "I can't imagine what they're going through."

She has not yet talked to her son, though he has contacted his mother, Patricia Center, to

tell her that he is doing well.

"He told her he was shaky still, but that he would be fine and would be home soon," McDonald said.

McDonald and her husband hope to join Center's wife in Valdosta when he returns home, though they are not sure when that will be.

"I hope it's soon," she noted.

A U.S. airman in a security observation tower had reported a fuel truck outside the compound as suspicious. When a Saudi officer approached the truck, two men jumped out, got into a white car and drove off, a senior Defense Department official said, speaking on condition of anonymity.

Authorities tried to evacuate two apartment buildings, the official said. But the bomb went off before people could get out.

A building across from the base was all but destroyed, and police cars and ambulances filled the streets around the compound of modern concrete high rises.

Glass from shattered shop windows and car windshields covered the streets for several blocks in all directions.

Officials said a series of suspicious incidents had been reported in the area over the past several months, and that security measures had been tightened as a result. Still McDonald said she never expected anything like this.

"We weren't worried about him being over there at all," she said. "It was so peaceful. We never expected this."

The explosion occurred about 35 yards from the nearest apartment building, the official said. There was no word on the type of bomb, but the official said it may have weighed as much as 5,000 pounds.

McDonald said Center was standing up from his couch which faced a front window when the explosion came. She said he was pushed backward over the sofa and into a wall by the blast and his face was cut by the glass from the shattering window.

New ways to move drugs

DAVID PERIN, Associated Press Writer

BANGKOK, Thailand — Cheaper and purer heroin is entering U.S. and European markets at a growing pace, because of new trafficking routes opening up from Asia, an Interpol report says.

Setting fire to nearly a ton of confiscated heroin. That officials marked the United Nations' world anti-drug day on Wednesday after the city hosted an Interpol conference this week of 33 Asian countries.

The Interpol report, presented at the conference, said that rapid geopolitical and economic changes, particularly in Asia, have created new supply routes and new markets for drugs.

Ramachandra Sunda, an Interpol expert who wrote the report, commended some countries for their efforts to stem the flow of drugs. "That authorities have made a dent," he said. So has China, where authorities seized 2.5 tons of heroin last year and another ton so far this year.

But the heroin trade celebrating International Day Against Drug Abuse and Illicit Trafficking still turned only a fraction of the drug produced in Laos, Burma and Thailand. That area, called the Golden Triangle, supplies most of the heroin market of the United States.

The conference on organized crime heard evidence that where political change has been most dramatic — as in the former Soviet Union — the criminal potential has been the most alarming.

"The warlords of the '80s have become the drug lords of the '90s," Sunda said, referring to Afghanistan's booming opium production.

Worldwide, drug seizures have generally dropped and smuggling routes proliferated. The production of opium, from which heroin is derived, remains steady or rising, the report said.

U.S. authorities say 50 percent of the world's opium is produced in Burma, 31 percent in Afghanistan, 5 percent in Laos, 4 percent in Pakistan and the remainder in Thailand and Yunnan, a southern Chinese province.

Legal Notice

IN THE COUNTY COURT OF THE STATE OF FLORIDA, IN AND FOR SEMINOLE COUNTY, FLORIDA. GARY J. BROWN, Plaintiff, vs. JAMES W. HANSEN, Defendant.

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IRENE N. DONAMORE, 76, Victoria Gardens, Port Orange, died Tuesday, June 25, 1986 at Mariner Healthcare Center, Port Orange. Born July 25, 1919 in Piedmont, Mo., she moved to Central Florida in 1968. She was an operator for an answering service.

Survivors include daughter, Beverly McEwen, Lake Mary; sister, Josephine Jones, St. Louis, Mo.; eight grandchildren; five great-grandchildren. Baldwin-Fairchild-Oaklawn Park Cemetery and Funeral Home, Lake Mary, in charge of arrangements.

NANCY L. FIELDS, Nancy L. Field, 48, Little Sparrow, Winter Springs, died Wednesday, June 25, 1986 at her residence. Born May 14, 1947 in Pleasant Hill, N.J., she moved to Central Florida from Pennsylvania in 1974. She was a kindergarten teacher at Lake Mary Elementary School. She was a Protestant.

Survivors include husband, Jon H.; sons, Christopher, Geoffrey and David, all of Winter Springs; mother, Louise Correll, Inverness.

Baldwin-Fairchild Funeral Home, Oviedo, in charge of arrangements.

ROBERTA BUTTS LYLES, Roberta Butta Lytle, 68, Selma Drive, Altamonte Springs, died Saturday, June 24, 1986 at her son's home in Evansville, Ind. Born March 26, 1914 in Center Hill, she moved to Altamonte Springs in 1960. She was a homemaker and a member of Mt. Moriah Missionary Baptist Church.

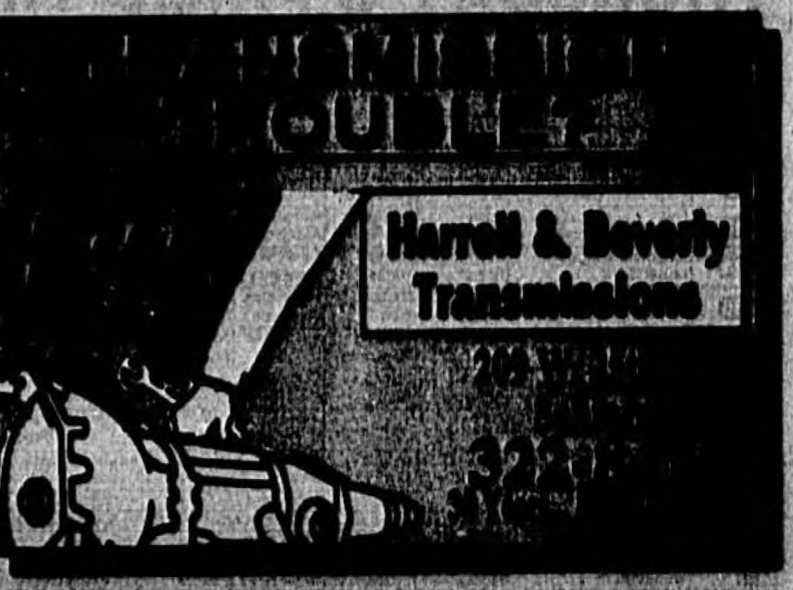
In Loving Memory of Ellis Tapley, Jr. Angel Whisper, his mother and family invite you to share with them a Sunday Celebration Vigil. SAT. June 29th 7:00 p.m. Fort Meade Park

Church, Winter Park. Survivors include sons, Wilbert Alexander, Evansville, Ind.; Fred Alexander, Seattle, Wash.; daughter, Grace Singleton, Altamonte Springs; nine grandchildren; four great-grandchildren. Marvin C. Zanders Funeral Home, Apopka, in charge of arrangements.

DANIEL THOMAS, Daniel Thomas, 80, Oriole Ave., Altamonte Springs, died Monday, June 24, 1986 at his residence. He was born June 16, 1916 in Madison, Florida. He was a retired custodian of 40 years from Holler Chevrolet, Winter Park. He was Baptist. Survivors include caregiver, Annie Pearl Grant, Altamonte

Spring; cousins, Joshua, Nathaniel Verdel, Carrie Jackson, all of Daytona Beach; Clara Wilson, Lake City; Emma Lee Mitchell, Rutha Bell Mayhew, both of Madison. Golden's Funeral Home, Inc., Winter Park, in charge of arrangements.

ROBERTA BUTTS LYLES, Roberta Butta Lytle, 68, Selma Drive, Altamonte Springs, died Saturday, June 24, 1986 at her son's home in Evansville, Ind. Born March 26, 1914 in Center Hill, she moved to Altamonte Springs in 1960. She was a homemaker and a member of Mt. Moriah Missionary Baptist Church. Survivors include caregiver, Annie Pearl Grant, Altamonte



Memorial Service For Theodore (T.V.) Davis. Mr. Davis resided in Chicago and on Bay Avenue in Sanford. He passed away on June 6. The service will be held Sat. June 28 at 2:00 P.M. at his home church, Mt. Moriah Missionary Baptist Church, 718 Orange Ave., Fort Collins, Florida. He was a 1964 graduate of Cross Academy and served as president of the class. He was a Missionary Baptist and was a member of Mt. Moriah Missionary Baptist Church, Chicago. He was an active member of Sigma Chi Fraternity. He had been married to the late Mrs. Mary Davis. He was a member of the Executive Board of the Cross Academy in Chicago, Illinois. He leaves to mourn his passing his loving wife of 24 years, Judith A. Davis and Theodore Jr., daughter; Lisa Louise Anderson, daughter; Wilbert Morris, Joseph and Ruby Davis, sons; Virginia, daughter-in-law; Michael, James, Steven, George Vaughn, grandsons-in-law; Sara, Sarah and many loving relatives and friends.

People



They're winners

In the arts competition of the Florida Federation of Women's Club's annual convention held in Orlando, several members of the Sanford Women's Club entered works for judging after winning in the District VII competition. Ruth Gaines (left) won a blue ribbon for painting and Jeanette Padgett (center) received honorable mention for a vase. Martha Yancy (right) was chairman of the club's arts department when the judging took place.

CALENDAR

Alzheimer's support

SANFORD - Presently, the Alzheimer's support group in Sanford has been dissolved due to lack of support. Those needing assistance and information may call 1-800-330-1010.

Sunrise Kiwanis meets Friday

The Seminole Sunrise Kiwanis Club meets every Friday, at 7 a.m., at Shoney's, US 17-92, south of Airport Boulevard. Visiting Kiwanians are welcome. For information, call Ridge Moreland, 322-3018.

Free clinic every Friday

GENEVA - A free clinic to include blood pressure check, blood sugar screening and immunizations will be held every Friday, from 9:00 to 11:30 a.m., at the Geneva Elementary School in the old school building, corner of First and Main Street in Geneva. The clinic is sponsored by the Seminole County Health Department in conjunction with the Seminole County Sheriff's Office and Geneva Elementary School. For information, call 349-9284.

Daughters of Confederacy

Norman deVere Howard Chapter of the United Daughters of the Confederacy meets on the last Friday of the month. For information, call 322-1495.

Substance abuse discussed

SAFE, Substance Abuse Family Education, is conducting a "Families in Crisis" outreach program. Interested organizations wanting to contact the Life Savers Club of SAFE may call Libby Kuharske at 291-4357.

The following births were reported at Florida Hospital:

- May 21-Tonya and Steven Earl, Altamonte Springs, girl; Janet and Kevin Foster, Lake Mary, girl; Tasha and Erroll McKnight, Winter Springs, boy.
- May 22-Elizabeth and Robert Lawrence, Altamonte Springs, girl.
- May 23-Renea and Christopher Handy, Casselberry, girl.
- May 24-Nicole and Robert Stumberg, Longwood, girl; Min and John Kirwin, Lake Mary, girl.
- May 25-Raquel and Xavier Toledo, boy; Elizabeth and Drew Horn, Sanford, boy; Donna and

- Michael Woodruff, Sanford, boy.
- May 26-Laurie and Brian Stanton, Longwood, girl; Kimberly and Roger Pflug, Longwood, boy; Sheryl and James Harless, Lake Mary, boy.
- May 27-Betsy and John Musgrave, Casselberry, girl.
- May 28-Stephanie and Patrick Morehouse, Longwood, boy; Eugenia Manser and Shelton Gordon, Altamonte Springs, boy.
- May 29-Alexandra Astudillo and Anthony Harper, Casselberry, boy; Vivian and Joseph Steenbake, Longwood, boy; Dale and Tanya Hall, Winter Springs, girl.

Jack Dempsey's not nice company

By BOB WHITE
Herald Staff Writer

A fish named Dempsey, Jack Dempsey, is extremely nasty and always looking for a fight.

Given the opportunity, Dempsey can work himself into a frenzy and flip himself out a bowl and into that of another fish.

What happens next is not very pretty.

Dempsey, like the great boxer he is named for, devours the other fish.

For this reason there's a lid atop Dempsey's tank.

The snappy, strapping South American Cichlid named Dempsey is one of 5,000 fish who live and swim at the Fishy Business Aquarium on State Road 434 in Longwood. Fifteen dollars and he is yours.

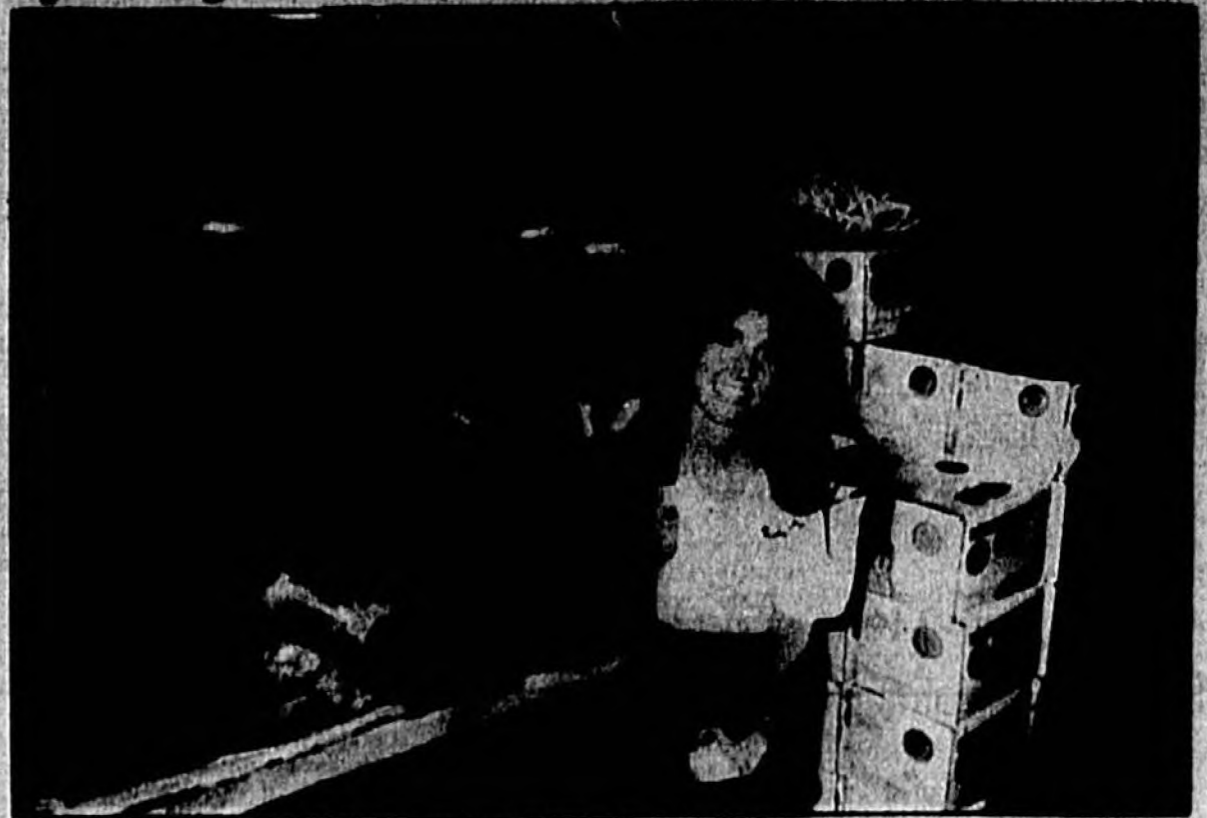
"Just beware," Aquarium manager Lee Ann Wingenfeld warns, "that Dempsey best have a fish tank of his own. He isn't nice company. He has few friends."

Wingenfeld says it pleases Dempsey just to see his own terrifying image on the glass of his tank. "He'd like nothing better than a good fight."

After four years in the fish business, Wingenfeld has many good fish stories to tell, about fish and the people who love them.

"We had a lady come in one day who wanted a certain orange-colored fish," Wingenfeld said. "She said she wanted one that would match the color of her couch."

Then, there was the man who wanted a fish tank that would be shaped in exact dimension to the state of Florida. He wanted a cypress base for the tank, and in



Lee Ann Wingenfeld, manager of Fishy Business Aquarium, and No. 5,000 fish.

the tank he wanted only fish from Florida. He also asked us if we could supply him with a turtle and a baby alligator.

"He just didn't understand why the alligator was a very bad idea...and why we couldn't possibly get him one."

There aren't any talking fish. "But we do have fish who croak and make noises."

Wingenfeld said, "You can hear them at night. When they're upset, they make a lot of noise."

These noisemakers, she said, are called "Talking Cats."

And there is also a docile

Cowfish whose head looks like the head of a cow.

No bull.

The most expensive fish that Wingenfeld ever sold was a \$1,000 2 1/2 foot catfish named "Tigger." It comes from the Merodontotus Tigrinus family found in the rapids of the Andes Mountains in Peru.

"Only 10 or so are imported each year," Wingenfeld said. "They are extremely rare."

The most satisfying fish story Wingenfeld had to tell was about an Oscar that she had to nurse back to health.

When this Oscar arrived, it

had a hole in his head that had eroded away. The owner didn't want it and asked Wingenfeld if she could do anything for it.

With loving, tender, fishy care, the Oscar had its head grow to normal. Wingenfeld even hand-fed her patient. "He was wonderful but a big baby."

One day the man who had brought him to the aquarium dropped by and began admiring a handsome Oscar that he thought would replace his own.

"It's yours," Wingenfeld said. "That's your Oscar."

And the envelope please.

IN THE SERVICE

GRADUATE OF 1988

Air Force Airman Cameron P. Ford has graduated from basic military training at Lackland Air Force Base, Texas.

During the six weeks of training, the airman studied the Air Force mission, organization, and customs and received special training in human relations.

In addition, airmen who complete basic training earn credits toward an associate degree through the Community College of the Air Force.

Ford is the son of Thomas G. and Martha P. Ford of 2147 Deerhollow Circle, Longwood. He is a 1988 graduate of Lake Mary High School.

COREY J. HICKEY

Air Force Airman Corey J. Hickey has graduated from basic military training at Lackland Air Force Base, Texas.

During the six weeks of training, the airman studied the Air Force mission, organization, and customs and received special training in human relations.

In addition, airmen who complete basic training earn credits toward an associate

degree through the Community College of the Air Force.

Hickey is the son of Carole M. and stepson of Joseph M. Brooks of 1685 Rutledge Road, Longwood. He is a 1988 graduate of Lake Mary High School.

GREGORY S. BROWN

Navy Petty Officer 2nd Class Gregory S. Brown, a 1988 graduate of Seminole High School, recently received the Navy Good Conduct Medal.

The Good Conduct Medal recognizes the service member's honest and faithful service during a three-year period. To earn it, Brown achieved and maintained a satisfactory level of performance and an unblemished conduct record for the entire period.

Brown is currently assigned with Strike Fighter Squadron 81, Naval Air Station, Cecil Field, Fla. He joined the Navy in July 1988.

STEVEN D. DAVENPORT

Army Sgt. Steven D. Davenport has been named non-commissioned officer of the month.

Selection was based on the individual's exemplary duty



Cameron P. Ford



Corey J. Hickey

performance, job knowledge, leadership qualities, significant self-improvement and other accomplishments.

Davenport is a community health nurse at Fort Leonard

Wood, Mo. He is the son of James W. and Norma J. Davenport of 29810 S.W. 148th Place, Leisure City. His wife, Elaine, is the daughter of Margaret E. Brown of 2508 Yale Avenue, Sanford.

Who should eat the phone bill?

DEAR ABBY: I was very upset a couple of weeks ago, so I placed a collect long-distance telephone call to a dear friend whose advice was excellent.

When I returned home, my husband suggested I send her a check as reimbursement for the phone call. Knowing my friend, I said, "She'll never accept it." With that in mind, I sent her a thank-you note with cash enclosed to cover the amount of the call. In the note, I suggested, "You and your hubby get a triple-deck ice cream cone with the change — for being the dear, generous people you are." (I felt it would add a light, whimsical touch to the note.)

To my dismay, my friend called and told me she had never been so insulted in her life that I'd put cash in the envelope, as she had thought our friendship was above that, and she would not hesitate to ask me for anything. I told her that she was right, but I felt uncomfortable making her pay for my phone call, and this had nothing to do with our friendship. She also mentioned that she had a refrigerator full of ice cream and did not need the money. I tried to explain that because she is so special, this was my way of saying thank you.

She still maintains that it was insulting and I was a mile out of line. Abby, was I? The one in error has promised to eat the telephone bill.

RED IN THE FACE

DEAR RED: You were the



ADVISE

ABIGAIL VAN BUREN

'30s, '50s, '60s and '80.
WALLY PATRICK,
COPY EDITOR, THE ASBURY
PARK PRESS, NEPTUNE, N.J.

DEAR WALLY: I received an avalanche of critical letters for my statement concerning apostrophes. Thank you for fostering my self-confidence.

one in error, but don't start eating yet. Perhaps your husband felt he was doing the right thing by suggesting that you insert money into a loving, friendly relationship — but a small gift would have been better than a check or cash. He should eat the phone bill.

DEAR ABBY: In response to the letter you printed from a secretary who said she frequently sees "30's," "50's," "60's," etc. written in error, it's not necessarily a mistake. Although such expressions are not possessive or contractions, as she correctly stated, some publications — most prominently The New York Times — have adopted the apostrophe as a matter of style.

Some publications choose to spell out the words. The Asbury Park Press, which has published your column for decades, follows the guideline in "The Associated Press Stylebook," which call for an apostrophe at the beginning of the numerals, as you said '88 necessitates. We write

STATION	PROGRAM	TIME	REMARKS
WISN-TV	6:00-7:00 PM	NEWS	
WISN-TV	7:00-7:30 PM	NEWS	
WISN-TV	7:30-8:00 PM	NEWS	
WISN-TV	8:00-8:30 PM	NEWS	
WISN-TV	8:30-9:00 PM	NEWS	
WISN-TV	9:00-9:30 PM	NEWS	
WISN-TV	9:30-10:00 PM	NEWS	
WISN-TV	10:00-10:30 PM	NEWS	
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WISN-TV	2:30-3:00 AM	NEWS	
WISN-TV	3:00-3:30 AM	NEWS	
WISN-TV	3:30-4:00 AM	NEWS	
WISN-TV	4:00-4:30 AM	NEWS	
WISN-TV	4:30-5:00 AM	NEWS	
WISN-TV	5:00-5:30 AM	NEWS	
WISN-TV	5:30-6:00 AM	NEWS	

Sports

B

IN BRIEF

LOCALLY

No-Tap at Bowl America

SANFORD — Bowl America-Sanford will conduct its weekly No-Tap Tournament ever Thursday evening beginning at 8:15 p.m. For more information, call 322-7542.

Power Volleyball ends

SANFORD — The Hitmen wrapped up a championship winning 18-2 campaign by winning both of its games in the Sanford Recreation Department Spring Power Volleyball League at Sanford Middle School. Results: Hitmen and Phenoms (2-0), A Teams, Dig Em, Young Guns and 2 to 9 Inches (1-1) and Spearchuckers and Power Rangers (0-2).

AROUND THE STATE

Marlins 3, Giants 2

MIAMI — The San Francisco Giants ended a dismal road trip Wednesday with a 3-2 loss to Florida, their sixth straight defeat. The Marlins took a 1-0 lead in the second inning when Marlins pitcher Kevin Brown walked with the bases loaded. Quilvio Vera broke an 0-for-18 slump with a leadoff homer in the third, and Greg Colbrunn made it 3-0 with an upper deck homer in the sixth. The Giants generated only a trace of offense against Brown (7-5), who has the lowest ERA (1.68) in the majors. They got seven hits, but only managed a pair of runs in the ninth.

Iverson top NBA pick

EAST RUTHERFORD, N.J. — Allen Iverson became the first guard, and the smallest player ever taken as the No. 1 overall pick in the NBA draft when the Philadelphia 76ers selected him. The 6-foot sophomore from Georgetown, Big East defensive player of the year both seasons, averaged 25 points, 3.8 rebounds, 4.7 assists and 3.4 steals last season. The Toronto Raptors went for 6-11 Marcus Camby, the national player of the year last season for Massachusetts, with the second pick. Shaqeeq Abdul-Rahim of California, who wavered on his draft availability until recent days, was taken third by the Vancouver Grizzlies, becoming the highest selected freshman in an NBA draft. Milwaukee and Minnesota made the fourth and fifth picks and traded the rights for them soon thereafter, with the Bucks also getting a future first-round pick and Connecticut junior forward Ray Allen for freshman point guard Stephon Marbury of Georgia Tech.

Seles upset at Wimbledon

WIMBLEDON, England — Monica Seles' return to Wimbledon after a four-year absence was cut short when she was beaten by Slovakia's Katarina Studenikova, 7-5, 6-7, 6-4. Second-seeded Boris Becker avoided the rash of upsets, rallying from a set and a break down to beat Spain's Tomas Carbonell 4-6, 6-3, 6-4, 6-2 and reach the third round. No. 9 Thomas Enqvist was upset by Mali'Val Washington, 6-4, 7-6 (7-5), 6-3. Meredith McGrath ousted No. 14 Amanda Coetser 7-6 (7-4), 2-6, 6-3, while Argentina's Ines Gorrochategui was a 6-3, 2-6, 6-4 winner over No. 15 Irina Spirlea.

Lasorda has heart attack

LOS ANGELES — Dodgers manager Tom Lasorda was stricken by a heart attack and underwent angioplasty to unclog a heart artery. Lasorda, 68, had the procedure at Centinela Hospital Medical Center. Doctors do not know when it happened, but his cardiologist said his heart is now working "very, very well."

Interleague baseball

NEW YORK — That old debate about who's better — Yankees or Mets, Cubs or White Sox — will move to the field next June. According to a draft schedule obtained by The AP, on June 18, the New York Mets will open a three-game series at Yankee Stadium and the Chicago Cubs will open a three-game series against the White Sox at Comiskey Park. A third regular-season neighborhood rivalry created by interleague play, a two-game series between the California Angels and Los Angeles, will debut that night at Dodger Stadium. Under the concept developed by owners, NL East teams will play three-game series against AL East teams, NL Central teams will play three-game series against AL Central teams, and NL West teams will play a pair of two-game series against each AL West team.

BEST BETS ON TV

BASEBALL
 □ 7:35 p.m. — TBS, Cardinals at Braves. (L)

Sanford falls short

Ormond Beach Nationals eliminate hosts 5-3

By GARY COATSAN
 Herald Staff Writer

SANFORD — The Sanford Recreation Department's Little Major League All-Stars saw their season come to a close Wednesday as a sixth inning rally came up short in a 5-3 loss to the Ormond Beach Nationals in the Florida Little Major League District IV Playoffs at Lakeside Field.

The victory earns the Nationals a spot opposite New Smyrna Beach, which ousted Holly Hill 7-4, in an elimination contest today at Lakeside Field at 6:30 p.m.

The winner's bracket final between Leesburg and the Ormond Beach Americans is also today at 6:30 p.m. at Roy Hollar Field.

Jason Sondheim walked to lead off the bottom of the sixth for Sanford, but was forced out at second on a fielder's choice by James Soydara. Soydara advanced to third on a single by Tyler Drake, and pulled Sanford within 5-3 when he scored on a passed ball that allowed Drake to reach second and break for third. Drake then heated as he rounded second, and was tagged out at third.

Terrence Brown followed with a walk to keep Sanford's hopes alive, and took second when Josiah Smith singled to left field to put the tying runs on base with two outs. The runners reached second and third on a double steal. Unfortunately for Sanford, the next batter grounded out to end the game.

"All I can say is that we tried, and I am proud of all of them," said Sanford coach Ken Dryden. "We hit the ball better this time around, but it just wasn't enough. The team gave us three weeks of hard work."

Cheyney Hurst put Ormond Beach ahead 1-0 when he had a bunt single to open the game. ad-
 □ See Majors, Page 2B



Sanford's James Soydara (on ground, top photo), Tyler Drake (lower, left) and Keith Bertrand (lower, right) all flashed a little leather Wednesday, but they and their teammates could not hold off the Ormond Beach Nationals as they were eliminated from the Florida Little Major League District IV Playoffs 5-3 at Lakeside Field.

NATIONALS VS. SANFORD

Ormond Beach Nationals	102	800	-	3	2	1
Sanford	800	111	-	3	4	3

Hurst, Bears (4) and Wins: Corne, Smith (1) and Soydara. WP — Hurst. LP — Corne. Save — Soars. 2B — none. 3B — none. HR — none. Records — Nationals (2-1); Sanford (0-2).

New Smyrna Beach ousts Holly Hill

From Staff Reports

SANFORD — Brock Althafer drove in four runs and Chad Knight, Jim DeStefano and Nick Culver combined on a three-hitter as New Smyrna Beach stayed alive in the Florida Little Major League District IV Playoffs with a 7-4 win over Holly Hill Wednesday at Roy Hollar Field.

Althafer singled in two runs during a four-run second and doubled in two more runs in a three-run third inning as New Smyrna Beach earned a spot opposite the Ormond Beach Nationals, who ousted Sanford 6-3, in an elimination contest today at Lakeside Field at 6:30 p.m.

The winner's bracket final between Leesburg and the Ormond Beach Americans is also today at 6:30 p.m. at Roy Hollar Field.

Holly Hill took a 1-0 lead in the bottom of the

NEW SMYRNA BEACH VS. HOLLY HILL

New Smyrna Beach	942	800	-	7	11	3
Holly Hill	100	100	-	4	3	3

Knight, DeStefano (4), Culver (4) and Caputo. Payne and Roush. WP — Knight. LP — Payne. Save — Culver. 2B — New Smyrna Beach, Althafer. 3B — none. HR — Holly Hill, Payne (1). Records — New Smyrna Beach (1-1); Holly Hill (1-2).

first inning as Andrew Payne hit his second home run of the tournament.

New Smyrna Beach took the lead for good in the top of the second inning as Travis Reeder reached on an error. Knight singled, Pat Hoffman sacrificed the runners up a base and Althafer singled in the two runs. Leo Loiscano, Justin McNamee and David Moskowitz followed with consecutive singles to score the other two runs.

Reeder again got the third inning outburst

started by reaching on an error. Knight and Hoffman both singled with Hoffman getting an RBI and Althafer doubled in the final two runs.

Holly Hill got a run back in the fourth inning as Payne singled and later scored on an error and scored its final two runs in the sixth inning as Payne and Jason Beaudoin reached on an error and Sedler's choice, respectively, and scored when Chase Parker reached on an error.

Doing the damage for New Smyrna Beach were Althafer (double, two singles, run, four RBI), Knight (three singles, two runs), Hoffman (single, run, RBI), Reeder (single, two runs), Moskowitz and McNamee (one single and one RBI each) and Loiscano (single, run).

Providing the offense for Holly Hill were Payne (home run, single, three runs, RBI), Rick Roush (single) and Beaudoin (run).

Fitzgerald's back in Chase race

By DEAN SMYTH
 Herald Sports Editor

SANFORD — Fitzgerald's had come alive.

The team that won the Wednesday Night Polar Bear title is suddenly right in the thick of the race in the Sanford Recreation Department Men's Spring Wednesday Night Slowpitch Softball League after sweeping a doubleheader and running its winning streak to four games.

And it did it in style, knocking off the top two teams in the standings.

Monroe Harbour Marina kept its hopes alive in the opening game of the evening by scoring six runs in the first inning and adding runs in the odd-numbered innings to defeat Cactus Bob's 12-2.

Fitzgerald's then took a 4-1 lead in the second inning and held off second place Hopkins Meats 6-4.

Fitzgerald's then turned its attention to league-leading Wells Contracting, taking a 6-1 lead in the second inning and withstanding two chances for Wells Contracting to tie the score before winning 8-5. Wells had the tying run at the plate in both the fifth and seventh innings but Fitzgerald's Blake Murray pitched out of both jams.

Wells Contracting still leads the league with a 7-3 record, but Fitzgerald's is now 6-4. Hopkins Meats (4-4) and Monroe Harbour Marina (5-5) also still have a chance. Cactus Bob's trails with a 2-8 record.

Next week, Fitzgerald's looks for its fifth straight win against Cactus Bob's at 6:30 p.m. and Hopkins Meats plays the doubleheader against Monroe Harbour at 7:30 p.m. and Wells Contracting at 8:30 p.m.

Leading Monroe Harbour Marina were Robert Stevens (two doubles, single, three runs, three RBI), Raymond
 □ See Softball, Page 2B

Modern Welding saps Power Team

From Staff Reports

LAKE MARY — The quartet of Todd Hunter, Ed Mengani, Ethan Bauer and Randy Lewis combined to drive in 15 runs as Modern Welding drubbed the Power Team 22-3 in four-plus innings in City of Lake Mary Department of Parks & Recreation Men's Spring Friday Night Slowpitch Softball League action at the Lake Mary Sports Complex on June 21.

In the other scheduled game, TRC (Tim Raines Connection) received a 7-0 forfeit victory from Siemens/Stromberg-Carlson.

Power Team 22 00 - 3 4
Modern Welding 000 00 - 00 17

Modern Welding and TRC are still tied for first place with 6-1 records, while Siemens/Stromberg-Carlson is 2-5 and the Power Team is 0-7.

This Friday, the Power Team challenges Siemens/Stromberg-Carlson at 6:30 p.m. and TRC battles Modern Welding at 7:45 p.m. with the championship most likely hanging on the outcome.

Pacing Modern Welding were Chuck Hoffman (three singles, three runs, RBI), Bauer (two triples, two

runs, five RBI), Lewis (two doubles, three RBI), Andy Latimer (double, single, four runs, RBI) and Mengani (two singles, three runs, five RBI).

Also, Hunter (double, two runs, three RBI), Dave Schutt (single, run, two RBI), Tim Markham (single, run, RBI), Rich Hanratty (single, three runs), Lee Alexander (single, two runs), Vince Pedigo (single) and Chris Dorniny (run).

The Power Team was led by Steve Quiles (double, run), James Aviles (single, run), David Villanueva (single, RBI), Nelson Aviles (single) and Dan Barber (run, RBI).

Winks rolls in Modified Special

By YNE WIPPS
 Special to the Herald

BITHLO — Jimmy Winks took the lead midway through the Modified Special 30-lap race Friday night at Orlando SpeedWorld and pulled away to win the event.

Jared Allison led the first half of the race, with Ross Eldridge running a strong second. After Lynn Dicandido's car brought out the caution on lap 14, Winks went right to the front on the restart and held on for his first victory.

"That's the first time for this car," Winks said. "So we're pretty happy the chances are still out here. We were lucky to pull this one off. The car's been going good, we just needed to work on the chassis. We have to thank the 13 car
 □ See Racing, Page 2B

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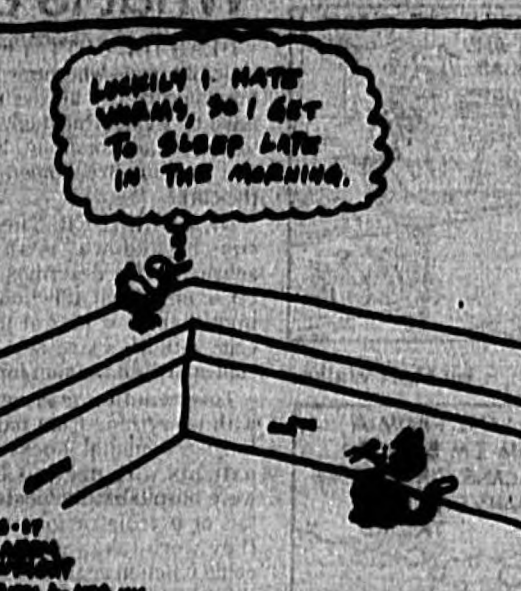
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LET 'N CARLYE by Larry Wright


LOOKING FOR A HOME, SO I GET TO SLEEP LATE IN THE MORNING.

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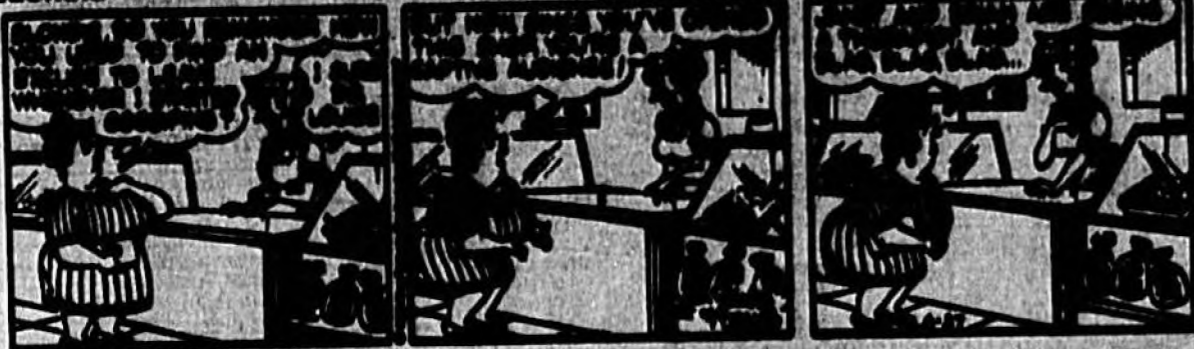
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by Chris Young

What is a nervous breakdown?

BLOWN



by Mark Walker

BEETLE BAILEY



by Art Scahm

THE BORN LOSER



by Charles M. Schulz

PEANUTS



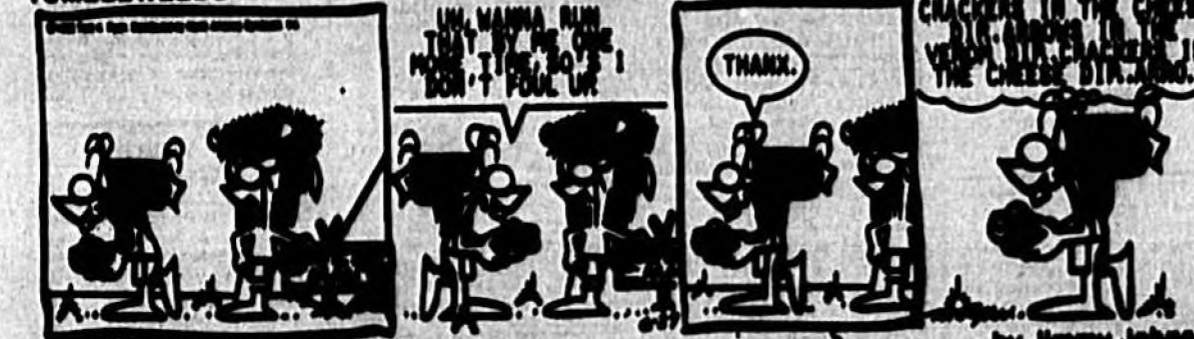
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EEK & MEK



by T.K. Ryan

TUMBLEWEEDS



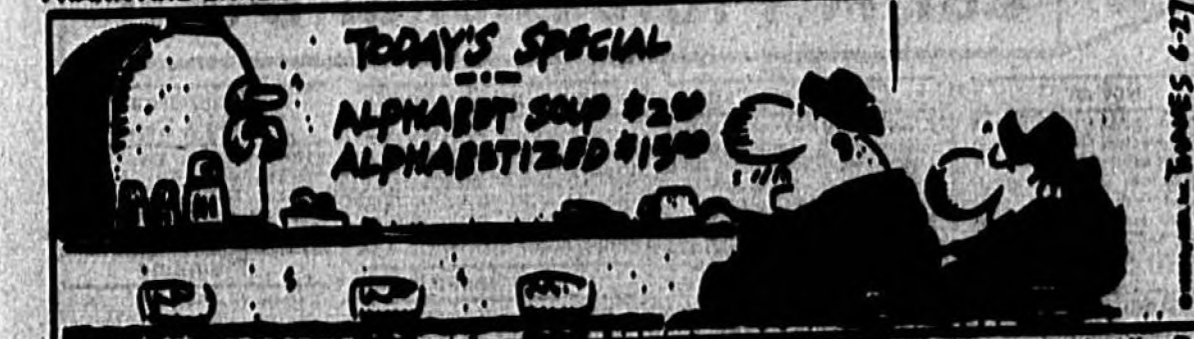
by Jimmy Johnson

ARLO AND JANE



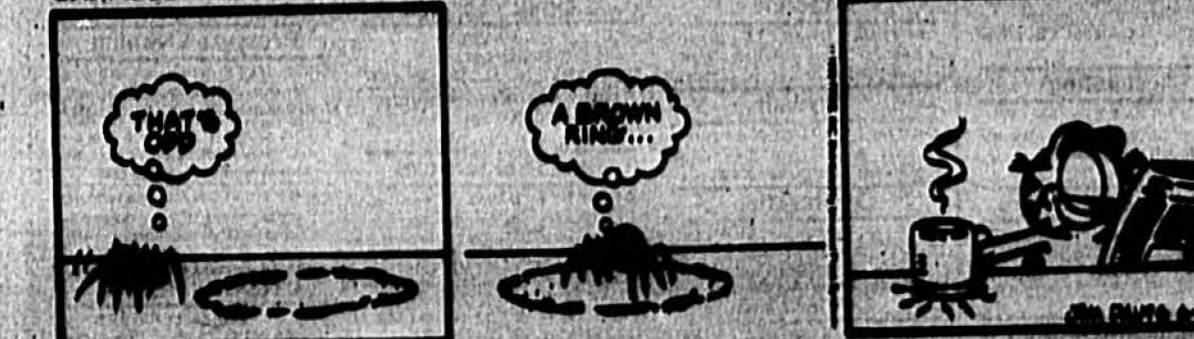
by Bob Thaves

FRANK AND ERNST



by Jim Davis

GARFIELD



by Jim Meddick

ROOSTERMAN



DEAR DR. GOTT: I have several acquaintances who have had nervous breakdowns. I've always felt a person must be weak or unstable emotionally to suffer this condition. Exactly what is a nervous breakdown and what is the cure?

DEAR READER: The term "nervous breakdown" is an antiquated sobriquet that describes a wide variety of emotional ailments. The basic ingredient is a loss of the ability to cope with life's stresses. Such people "fall apart" and cannot function.

This reaction may be associated with everything from panic disorder to severe mental illness. In the past, patients with nervous breakdowns were hospitalized in acute-care hospitals or psychiatric institutions, where they were taken care of until they could function again in society.

With the advent of effective psychotropic drugs — including antidepressants and anti-anxiety medication — for emotional and mental problems, such patients can ordinarily be treated successfully without hospitalization. Of course, severe mental disturbances, including schizophrenia, still require a period of institutionalization and observation, along with drug therapy.

It's an over-simplification to state that these patients are merely weak-willed. We all have our breaking points, which differ from person to person. Also, previous little is known about the complex biochemical reactions in the brain. An increasing number of mental illnesses have been found to have a biochemical basis.

Therefore, it's probably more accurate to conclude that people with severe emotional upsets have a variety of bona-fide diseases, rather than assuming that they want to be that way because of some moral or spiritual deficiency.

The most encouraging aspect of this problem is that modern psychiatric care and drug therapy can make an enormous difference in returning patients with emotional difficulties to satisfying, happy and productive lives. This worthy goal can only be undermined by the incorrect public perception that such people are simply weak.

To give you more information, I am sending you a copy of my Health Report "Mental and Emotional Illness." Other readers who would like a copy should send \$2 plus a long, self-addressed, stamped envelope to P.O. Box 2917, Murray Hill Station, New York, NY 10158. Be sure to mention the title.

DEAR DR. GOTT: Please address the subject of elemental calcium. Not everyone is aware that the milligrams indicated per tablet are not totally absorbed. Many post-menopausal



PETER GOTT, M.D.

women, directed to take supplements to avoid osteoporosis, may be misled into believing that they are receiving adequate amounts of calcium.

DEAR READER: You're correct that some forms of calcium are not absorbed into the body in sufficient quantities to provide protection against osteoporosis.

For example, one major brand contains 1,200 milligrams of calcium carbonate (not absorbed) and 300 mg of elemental calcium (the active product). Therefore, to obtain the 1,200 mg of useful calcium a day, the amount recommended for post-menopausal women, a person must consume three of the calcium tablets.

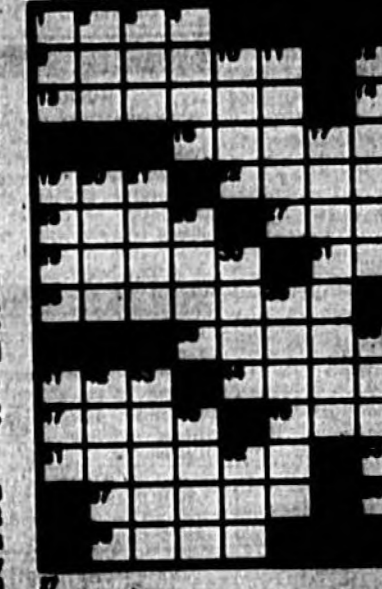
When calculating how much calcium to take, a patient should figure the amount of elemental calcium, not the calcium that is inactive but may still be listed on the label.

To give you more information, I am sending you a copy of my Health Report "Osteoporosis." Other readers who would like a copy should send \$2 plus a long, self-addressed, stamped envelope to P.O. Box 2917, Murray Hill Station, New York, NY 10158. Be sure to mention the title.

ACROSS 41 Over there 42 Tropical fish 43 ... 44 ... 45 ... 46 ... 47 ... 48 ... 49 ... 50 ... 51 ... 52 ... 53 ... 54 ... 55 ... 56 ... 57 ... 58 ... 59 ... 60 ... 61 ... 62 ... 63 ... 64 ... 65 ... 66 ... 67 ... 68 ... 69 ... 70 ... 71 ... 72 ... 73 ... 74 ... 75 ... 76 ... 77 ... 78 ... 79 ... 80 ... 81 ... 82 ... 83 ... 84 ... 85 ... 86 ... 87 ... 88 ... 89 ... 90 ... 91 ... 92 ... 93 ... 94 ... 95 ... 96 ... 97 ... 98 ... 99 ... 100 ...



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A 1008742
A 5
74
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8 5
Q 9 4 2
East Q 8
8 7 4
J 9 3
K 10 6 3
South
6 8
K J 10 3
A K 10 6 3
J 7
Vulnerable: Neither
Dealer: South
South West North East
10 Pass 10 Pass
10 Pass 10 Pass
10 Pass All pass
Opening lead: ♠ 2
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No thorn, no rose

By Phillip Alder

Do you agree with this observation by Michel de Montaigne, the French essayist and moralist? He claimed, "Virtue shuns ease as a companion. It demands a rough and thorny path."

What is the best line in today's six-diamond contract after West leads a club? There is a homophonic hint hidden in Montaigne's remark. South's two-heart rebid was a reverse, which guaranteed that his diamonds were longer than his hearts. It was an overbid with only 14 high-card points. North emphasized his long spade suit, but when South raised his diamonds, North, looking lovingly at his three aces, jumped to the grand slam. Without a club lead, declarer could establish dummy's spade suit. After

the club lead, there was a temptation to duck in the dummy. Perhaps East would switch, permitting South to play on dummy's spades. But the declarer spotted a better approach. After winning the first trick with dummy's club ace, South immediately cashed dummy's heart ace, played a heart to his king and continued with the heart 10, discarding dummy's remaining club when West played low.

The risk was that East would win with the queen and have the last heart, returning it for partner to ruff with a trump higher than dummy's seven. Here, though, the heart 10 was the trick. Declarer ruffed his club jack in the dummy, drew trumps and conceded trick 13 to West's heart queen. It doesn't help West to cover the heart 10 with his queen. Declarer just ruffs in the dummy, draws trumps and loses a club at the end. The ruffing finesse was South's virtuous companion.

North 65-91-92
A 1008742
A 5
74
A 5
West K J 2
Q 9 2
8 5
Q 9 4 2
East Q 8
8 7 4
J 9 3
K 10 6 3
South
6 8
K J 10 3
A K 10 6 3
J 7
Vulnerable: Neither
Dealer: South
South West North East
10 Pass 10 Pass
10 Pass 10 Pass
10 Pass All pass
Opening lead: ♠ 2
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Clear
Friday, June 26, 1986

You might profit handsomely in the year ahead through a confidential arrangement. Do not spoil your chance of success by discussing the situation with outsiders. GANDER (June 21-July 20) You will be in a position to achieve your goals by taking positive measures to enhance your material well-being. You will know what you need to do. Get a jump on life by understanding the influences that govern you in the year ahead. Send for your Astro-Grazer predictions today by mailing \$2 and GABE to Astro-Grazer, c/o this newspaper, P.O. Box 1758, Murray Hill Station, New York, NY 10158. Make sure to state your zodiac sign. LEO (July 20-Aug. 23) Two people from distant places might enter your life at this time. You could meet one of both today.

Their influence in your affairs will be constructive. VIRGO (Aug. 23-Sept. 22) Things will start to change and you will receive unanticipated benefits from an arrangement you were worried about. Think positive thoughts. LIBRA (Sept. 22-Oct. 22) Your judgment may be better than usual today. Do not doubt the wisdom of your decisions, even in high-pressure situations. SCORPIO (Oct. 22-Nov. 21) Even though rewards will not fall into your lap today, you may still find several lucrative opportunities. SAGITTARIUS (Nov. 21-Dec. 21) Your charm, warmth and congeniality will enable you to reap dividends as a result of the social contacts you will make today. CAPRICORN (Dec. 21-Jan. 19) Someone older whom you like and respect might seek a favor from you today. Actually, the person may be doing you a

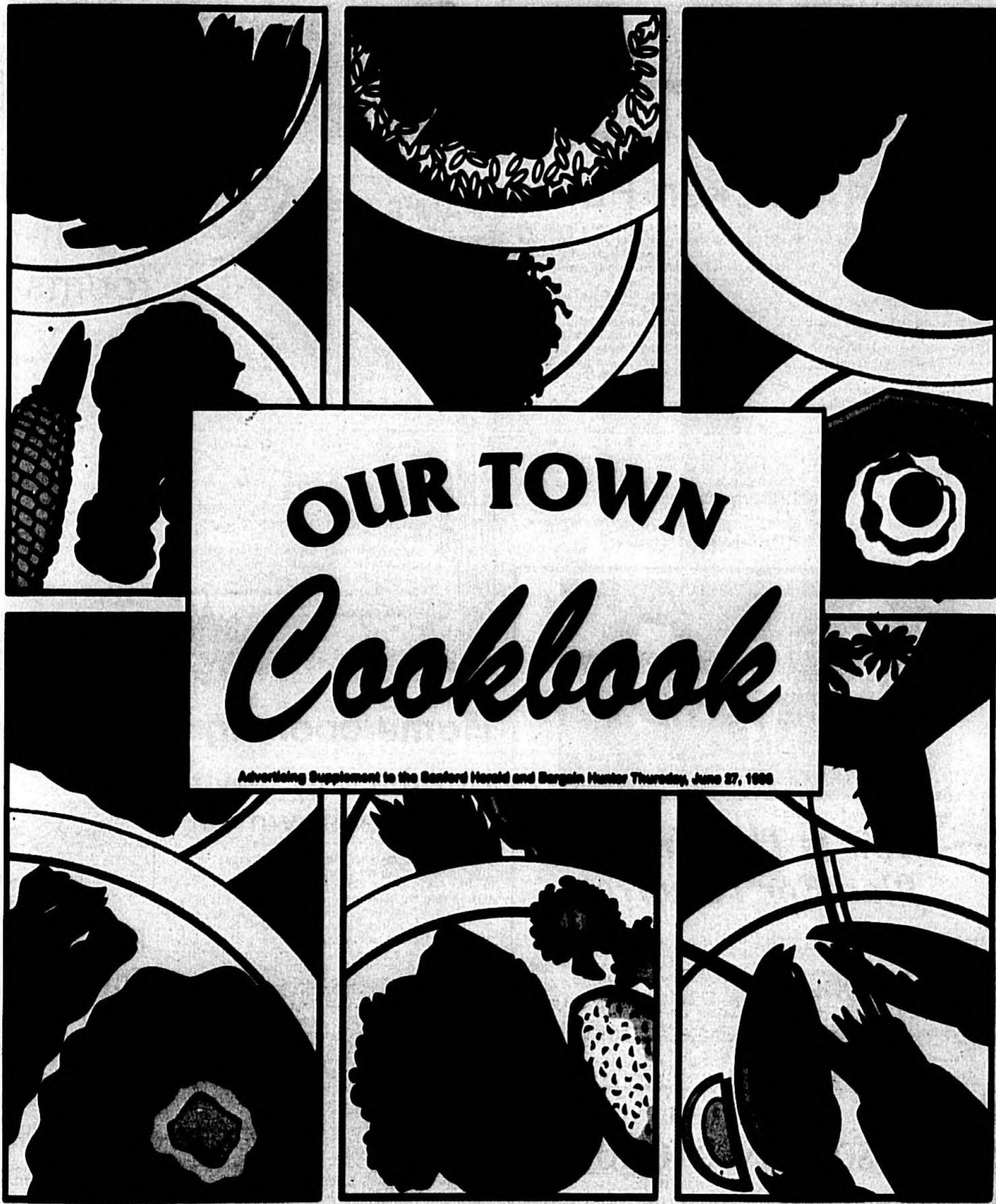
favor. AQUARIUS (Jan. 20-Feb. 18) Today you will use practical and aggressive ideas to your advantage, especially if they relate to a club or social organization. PISCES (Feb. 19-March 20) Strive to remain alert today because something extremely unusual might develop suddenly. This might be an opportunity to augment your finances. ARIES (March 21-April 19) Broaden your range of objectives today to include others' interests, not just your own. Success will be possible if you try to help others. TAURUS (April 20-May 20) You can orchestrate a promising joint endeavor today. The skills you lack will be supplied by a talented partner. GEMINI (May 21-June 20) This will be a good day to clear up a misunderstanding in a relationship that is important to you. Your partner will be eager to get together with you. © 1986 by NEA, Inc.

AMME
THEY'RE CONCERNED ABOUT
THEIR OWN PROBLEMS TO THE
EXTENT THAT THEY'RE ABOVE
THEIR OWN...

AND SHE BECAME
TRULY CONCERNED
ABOUT MURPHY
BUT...

THAT BLASTED
THEY'D BETTER LEAVE
IF THEY CAN...

by Leonard Starr



OUR TOWN
Cookbook

Advertising Supplement to the Sanford Herald and Bargain Hunter Thursday, June 27, 1968



APPETIZERS

Canton Chicken Puffs

A savory chicken mixture nestled inside crisp pastry puffs for an appetizer that's delicious. Chopped chicken can be substituted for the chicken with equally delectable results.

- 1 frozen puff pastry sheet (half of 17 oz. package thawed)
- 1/2 pound shredded, boned chicken breast, minced (about 1 cup)
- 1 cup Dutchess Ginger Liqueur
- 2 tablespoons light soy sauce
- 1 teaspoon minced fresh ginger
- 1 large garlic clove, minced
- 1/2 cup finely chopped onions
- 1/2 teaspoon ground ginger
- 1 egg white mixed with 2 teaspoons water for glaze

In a medium skillet over medium heat, combine chicken, liquor, soy sauce, ginger and garlic. Cook until liquid has reduced by half-approx-

imately 10 minutes. Stir in onions, ground ginger; remove from heat and cool to room temperature. To speed cooling, transfer mixture to a plate and refrigerate.

Preheat oven to 400 F. On a lightly floured surface, roll pastry into 1/2-inch-thick sheets, cutting 3 strips each for each puff. Brush squares with oil and egg white. Place a teaspoon of the cooled chicken mixture in the center of each square. Pull the 4 corners up to the top center, pinching together and twisting slightly to make a pyramid "package." Lightly brush with remaining egg white glaze. Place square back apart on an ungreased baking sheet. Bake 10 to 15 minutes, or until puffed and golden. Serve warm or at room temperature.

Maria St. Paul
— Betty O'Brien,
Candlelight Liqueur

PAM'S BEST TEXAS GAZPACHO

- 1 large can of tomato juice
- 1 28-oz. can of plum tomatoes
- 1 large cucumber peeled
- 1 large onion
- 1 green pepper
- 10 cloves garlic (large)
- 6 Tbsp. red wine vinegar
- 6 Tbsp. oil
- Salt to taste
- Cilantro to taste (1/4 cup chopped suggested)

Pour tomato juice in a large container. In a food processor, add tomato, cucumber but leave a bit chunky, add to juice.

Add remaining ingredients to food processor and chop till chunky. Add to container. Refrigerate over night. Serve with a drizzle of sour cream.

— Pam Collins

Stuffed Mushrooms

So easy to make

- 1 cup finely chopped green onions
- 2 Tbsp. margarine
- 1 tsp. parsley
- 1/4 tsp. salt
- 1/8 tsp. garlic
- 4 slices white loaf bread (cut into small squares)
- 1 cup shredded cheddar cheese

Wash mushrooms. Remove and chop stems. Chop green onions and mushroom stems in margarine.

Add parsley, salt, garlic and bread. Fold to shape desired. Remove from heat. Fry mushrooms with mixture. Bake at 350 degrees for 20 minutes or microwave for 5 min.

Serve as an appetizer or side dish.

— Marilyn Chastain

MAIN DISHES

Baked Ziti

- 1 large onion, sliced
- 1 1/2 cups sliced mushrooms
- 1/2 lb. sliced sausage
- 1/2 cup ground tomatoes
- 1 lb. hot red sauce (cooked per box instrs)
- 1 large jar of tomato sauce of choice

Heat onion and mushrooms in a 2 1/2 qt. stockpot over medium heat, until onions are tender, 10-15 min. Add mushrooms, 10-15 min. Add sausage, 10-15 min. Add tomatoes, 10-15 min. Add sauce, 10-15 min. Add tomato sauce, 10-15 min. Add ziti, 10-15 min. Bake at 350 degrees for 20-25 minutes or until lightly brown. Serves 6.

— Susan Parker

Tuna Tempter



- 1/3 c. sliced celery
- 1/4 c. chopped onion
- 2 Tbsp. butter
- 1 can of tuna (5 oz. can)
- 1/2 cup mayonnaise
- 1 tsp. salt
- 1 tsp. lemon juice
- 1/2 cup bread crumbs
- 1/4 c. buttered bread crumbs

Chop celery and onion in butter and mayonnaise. Add tuna. Heat in oven until hot. Combine and add to mayonnaise. Cook until hot. Bake at 350 degrees for 20-25 minutes or until lightly brown. Serves 6.

— Susan Parker

Corn Pudding or Souffle

- 3 cans whole kernel corn, drained
- 1 can cream style corn
- 1 tsp. salt
- 1/2 c. milk
- 1/2 c. butter

Mix all ingredients. Pour in 9 inch by 13 inch pan. Bake 40 minutes at 350 degrees.

— Judy Chastain

Chicken Dumpling Pie

- 3 cups chopped cooked chicken or turkey
- 3 (10 3/4-ounce) cans cream of chicken soup, undiluted
- 1 (10 1/2-ounce) can condensed chicken broth, undiluted
- 1 (15-ounce) can mixed vegetables, drained
- 1/2 teaspoon poultry seasoning
- 2 eggs beaten well
- 1 (9-ounce) carton sour cream
- 2 carrots, sliced

Combine meat, milk, sour cream, and milk in a medium bowl; pour over chicken mixture. Bake chicken pie at 350 degrees for 30 to 40 minutes or until pie is golden brown. Yield 6 to 8 servings.

— Tracy Schmitt

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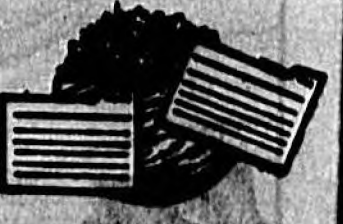
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Home cooking Not the only way to get a healthy meal

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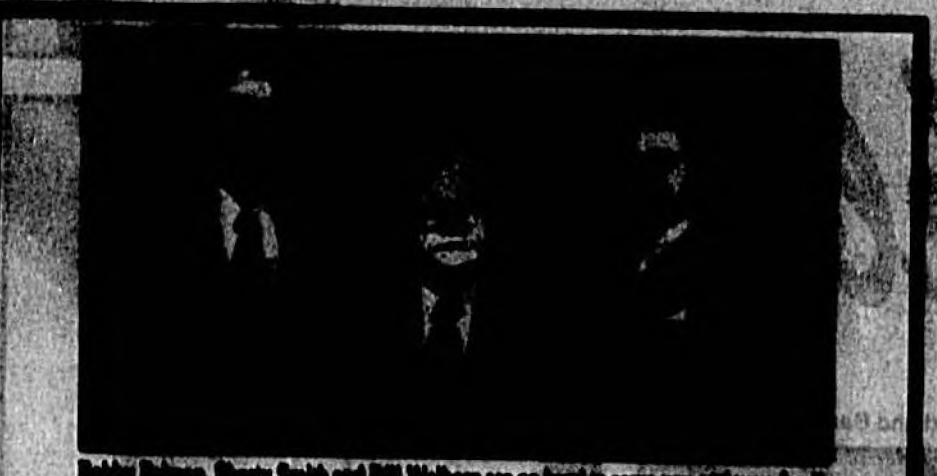


Rhonda's Dip

- 1 cup cream cheese
- 1 cup sour cream
- 1/2 cup mayonnaise
- 1/2 cup cheddar cheese
- 1/2 cup ground beef
- 1/2 cup onion
- 1/2 cup tomato sauce
- 1/2 cup mushrooms
- 1/2 cup carrots
- 1/2 cup celery

Mix all ingredients together. Bake at 350 degrees for 20 minutes. Yield 6 to 8 servings.

— Rhonda White



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MAIN AND SIDE DISHES

Reggie's Shrimp Gumbo

- 3 medium onions, diced
- 1 green pepper, cut into strips
- 2 tablespoons of fresh minced garlic
- 2 tablespoons all purpose flour
- 1/2 cup melted butter
- 2 1/2 cups water
- 1/4 teaspoon black pepper
- 1/2 teaspoon cayenne pepper
- 3 bay leaves
- 10 ounces cut okra thawed
- 16 ounces whole tomatoes
- 6 ounces tomato paste
- 1 pound fresh raw shrimp
- 3 cups hot cooked rice



bubbly in middle; remove from heat. Stir in remaining ingredients except shrimp and rice, mix vegetables in thoroughly. Heat to boil and reduce heat. Simmer for 30 minutes. Peel and de-vein shrimp, washing thoroughly. Add shrimp to vegetable mix. Cover, simmer 5 minutes. Serve gumbo over rice. Prep time 15 minutes. Cook time: 35 minutes. 30 minutes done deal.

— Reggie Chiles, chef at Cheers, Lake Mary

Cook onions, green peppers, and garlic in butter in dutch oven, medium heat until onions are tender. Stir in flour. Cook on low heat, stirring constantly until

Hush Puppies

- 1 1/2 cups corn meal
- 1 1/2 cups boiling water
- 1/3 cup milk
- 1 tablespoon oil or bacon drippings
- 1/2 cup finely cut onion
- 2 eggs
- 1 cup sifted all-purpose flour
- 3 teaspoons salt
- 1 teaspoon sugar



- Stir corn meal into boiling water and cook (3 minutes) stirring until batter is heavy enough to form a ball.
- Remove from heat. Stir in milk, oil and onion
- Beat eggs in large bowl for 1 minute. Gradually add corn meal mixture to eggs while mixing.
- Sift together flour, baking powder, salt & sugar. Beat into batter.
- Pre-heat shortening.
- Drop batter by teaspoonfuls into shortening. Fry until golden brown, turning
- Drain on paper toweling. Serve with fried fish. Makes about 3 dozen.

— Ruth Garrison

English Pea Salad

- 1 can English peas, drained
- 3 hard boiled eggs, chopped
- 1 small onion chopped
- 2 tbsp. relish
- Mayonnaise
- Salt and pepper

Mix all ingredients together. Chill before serving.

— Martha Kinsey

Bistro Crabcakes with Aioli Sauce

- 1 lb pasteurized crabmeat
- 1 cup mayonnaise
- Dice:
 - 1/2 cup green, yellow and red bell peppers
 - 1/4 cup red onions
 - 1/4 cup celery
 - 2 Tbsp. Dijon mustard
 - 3 Tbsp. lemon juice
 - 3 Tbsp. Old Bay seasoning
 - 1 Tbsp. baking powder
 - 2 Tbsp. white wine
 - 1 cup bread crumbs
 - 2 Tbsp. butter

Method:
 1) Dice the Peppers, Onions and Celery very fine, using a sharp knife.
 2) In a bowl combine all ingredients except the butter and 1/2 cup of the breadcrumbs.
 Mix with a spatula, until everything is mixed together well.
 3) Let rest in the refrigerator for two hours.
 4) Form little patties about three inches in diameter and one inch thick.
 5) Roll patties in the leftover bread crumbs and tap them with your hands lightly.
 6) In sautee pan melt the butter and fry the crabcakes on both sides until golden brown.
For the Sauce:
 Combine one cup of Mayonnaise with some Lemon juice, chopped Garlic and chopped Parsley.
 Serves four people for appetizer.

— Ken Stigano, Chef de Cuisine at Bistro Cappuccino, Lake Mary

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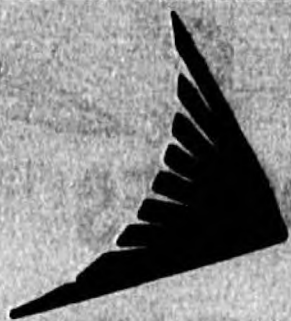
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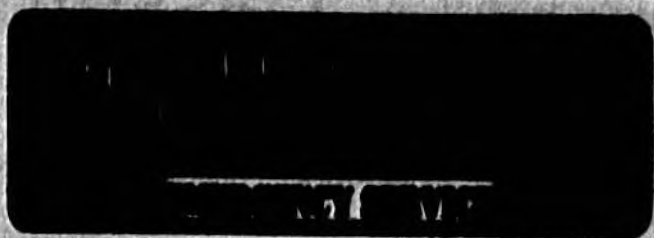
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MAIN DISHES

Hamburger-Vegetable Casserole

(better known as "Glop")

1 lb. hamburger meat
 1 onion
 2 cups celery chopped
 Salt and pepper
 1 can cream of mushroom soup
 1 can vegetable-beef soup
 1 can chicken and rice soup
 1 can chow mein noodles

Brown hamburger meat and drain. Saute onion and celery until done, but not limp. Combine these to meat and add all soups (undiluted) to the meat mixture. Pour into buttered casserole (shallow) and cover the top with the noodles. Bake in 325 degree oven til bubbly (about 30 minutes).

You may add one cup of cooked mixed vegetables. If making ahead of time, add noodles only just before baking.

— Edith Sampa

MEATBALLS

1 lb. ground chuck
 2 small cloves garlic (or one large), chopped
 1 egg
 1/4 cup ground romano cheese
 1 cup soft bread crumbs (day old bread)
 4 tsp. fresh parsley (or dry)
 Salt and pepper to taste (optional)

Mix all ingredients well, add a little water if needed for mixing. Roll into 3 to 3 1/2 inch balls, and place in a baking dish.

Bake in a convection/thermal oven at 350 degrees for 25 to 30 minutes.

— Carol Costello, Village Meats, Lake Mary

Artichoke Casserole

1 can artichokes
 1 pig frozen, cooked per package directions
 1/2 lb sliced mushrooms, lightly sauteed
 1/4 cup sliced water chestnuts
 1 can cream of chicken soup
 1/4 cup dry white wine
 1 cup grated American cheese
 1/2 cup buttered bread crumbs



Mix soup and wine in bowl. Milk may be substituted for wine. Add artichokes, mushrooms and water chestnuts. Mix well. Pour into greased baking dish. Sprinkle with cheese and top with crumbs. Bake in 350 degree until bubbly and lightly browned. Enjoy!

— Daris Stetich

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MAIN AND SIDE DISHES

Black-eyed Peas and Shrimp Salad

1 16-ounce pkg. frozen black-eyed peas
 1/4 lb. cooked shrimp, peeled and deveined
 1/4 cup sliced celery
 1/4 cup sliced red bell pepper
 6 green onions, sliced
 1/4 cup vegetable oil
 2 tbsp. balsamic vinegar
 1 clove garlic, minced
 Salt and pepper to taste
 1 small Bibb lettuce, separated into leaves

Cook peas as directed on package; drain and cool. Gently toss peas, shrimp, celery, red bell pepper and green onions together in medium bowl. Combine oil, vinegar, garlic, salt and pepper. Pour over shrimp mixture and toss to coat; chill. Serve on lettuce leaves. If desired, garnish with lemon and parsley.

- Sherilyn Brisson

Fresh Basil and Tomato Pizza

1 16-ounce loaf frozen bread dough, thawed
 1 cup shredded mozzarella cheese (4 ounces)
 1/4 cup thinly sliced fresh basil leaves
 5 red and/or yellow plum tomatoes or 3 medium tomatoes, sliced 1/4 inch thick
 1/4 cup freshly grated Parmesan cheese
 1/4 to 1/2 tsp. freshly ground pepper
 Small fresh basil leaves (optional)

Place in a 12-inch pizza pan, pressing dough to build an edge. Using kitchen scissors, snip edge of crust every 1 1/4 inches, angling cuts alternately left and right. Prick crust with tines of fork.

Bake in a preheated 400 degree oven for 14 to 16 minutes. Sprinkle crust with mozzarella cheese. Top with sliced basil, then



tomato slices. Sprinkle Parmesan cheese over and pepper. Bake about 5 minutes more. If desired, arrange basil leaves on pizza. Cut pizza into wedges. Make 12 appetizer servings.

Mixed Fruit Salad

2 cups strawberry halves
 1 small pineapple, cubed
 2 kiwifruit, peeled and sliced

Mix strawberries, pineapple and kiwifruit; toss with honey sesame dressing. Serve on salad greens and, if desired, sprinkle with additional sesame seeds.

Honey Sesame Dressing
 2 tbsp. vegetable oil
 1 tbsp. fresh lemon or lime juice
 1 to 1 1/2 tsp. honey
 1 tsp. sesame seeds
 1/4 tsp. salt, optional
 Shake vegetable oil, lemon juice, honey, sesame seeds and salt in tightly covered container.

Excuses—

Continued from Page 5
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MAIN AND SIDE DISHES

Chicken with Cherry Sauce



Cherries and chicken make a spectacular duo! This quick and easy convection oven recipe is sure to bring raves from kids and adults alike. Look for dried cherries near the raisins or in the produce section.

4 skinless, boneless chicken breast halves (about 1 pound total)

Ground nutmeg
Salt and pepper
2 tsp. corn starch
1 tsp. brown sugar
Dash pepper
1/4 cup unsweetened pineapple juice
1/4 cup chicken broth
1/4 cup dried cherries or golden raisins, coarsely chopped

Preheat on convection broil at 450 degrees for 5 minutes. (Or, preheat standard broiler.) Meanwhile, rinse chicken; pat dry with paper towels. Sprinkle lightly with nutmeg, salt and pepper.

Place chicken, boned side up, on the unheated broiler pan.

Convection oven broil for 7 to 10 minutes or until chicken is tender and no longer pink, turning once. (Or, standard broil 4 to 5 inches from the heat for 12 to 15 minutes, turning once.)

Meanwhile, in a small saucepan combine corn-starch, brown sugar, and pepper; stir pineapple juice and chicken broth. Cook and stir over medium heat until thickened and bubbly.

Stir in cherries. Cook and stir 2 minutes more. Serve sauce over chicken. Makes 4 servings.



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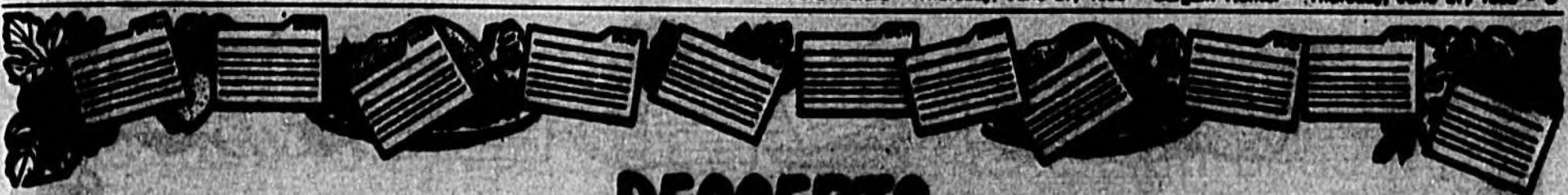


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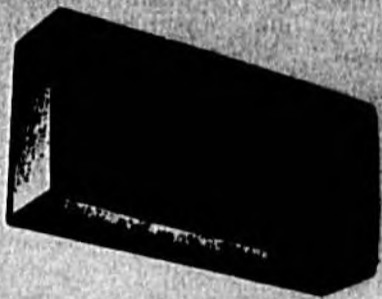
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DESSERTS

Chocoholics Demise

If you're dieting or trying to kick an addiction to chocolate, this would not be a good choice.



- 1 cup flour
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1/2 cup sugar
- 6 tablespoons cocoa
- 2 tablespoons butter, melted
- 1 teaspoon vanilla extract
- 1 cup brown sugar
- 1 1/2 cups boiling water

Combine brown sugar and remaining 4 tablespoons cocoa; sprinkle over top of batter, being careful to cover all the edges.
 @ Pour boiling water over the whole pan. DO NOT STIR. Bake for about 40 minutes.
 @ Serve warm or cold, topped with whipped cream and/or ice cream.

- @ Preheat oven to 350 degrees. Lightly grease a 9-inch baking pan.
- @ Mix together first four ingredients with 2 tablespoons cocoa. Add milk, butter and vanilla; mix only until smooth.
- @ Spread batter into baking pan.

- Vicki Boermier

Rum Cake

- Cake:**
- 1 cup chopped pecans or walnuts
 - 1 10 1/4-oz. pkg. yellow cake mix
 - 1 5 3/4-oz. pkg. instant vanilla pudding mix
 - 4 eggs
 - 1/2 cup cold water
 - 1/2 cup oil
 - 1/2 cup dark rum (50 proof)

Preheat oven to 350 degrees. Grease and flour a 10 inch tube pan.

Sprinkle nuts over bottom of pan. Mix all cake ingredients together. Pour batter over nuts.

Bake one hour. Cool, invert on a serving plate and peel top. Drizzle and smooth glaze evenly over top and sides. Allow cake to absorb glaze. Repeat until glaze is used up.

- Glaze:**
- 1/4 lb. butter
 - 1/4 cup water
 - 1 cup granulated sugar
 - 1/2 cup dark rum (50 proof)

For glaze, melt butter in saucepan. Stir in water and sugar. Boil five minutes, stirring constantly. Remove from heat. Stir in rum.

- Mary Gaulte

Cherry Topped Cheesecake

- 1 pkg. yellow cake mix
- 2 tbsp. oil
- 2 8 oz. pkgs. cream cheese
- 1/2 cup sugar
- 4 eggs
- 1 1/2 cups milk
- 3 tbsp. lemon juice
- 3 tsp. vanilla
- 1 can (1 lb. 5 oz.) cherry pie filling

Press crust mixture evenly into bottom and 3/4 way up the sides of greased oblong pan. In same bowl, blend cream cheese and sugar. Add 2 eggs and reserved cake mix; beat 1 minute at medium speed. At low speed slowly add milk and flavorings; mix till smooth. Pour into crust. Bake at 300 degrees 45-55 minutes until center is firm. When cool, top with pie filling. Chill before serving.

Preheat oven to 300. Reserve 1 cup of dry cake mix. In large mixing bowl, combine remaining cake mix, 1 egg and oil (mixture will be crumbly).

- Sheri Brodie

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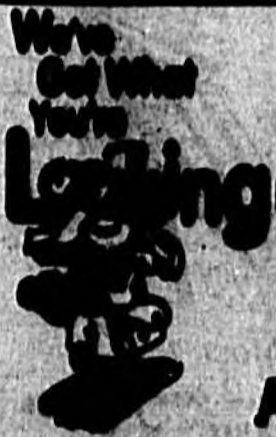
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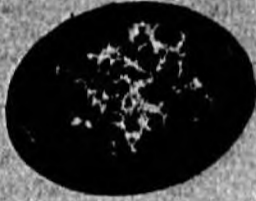
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DESSERTS

Buttermilk Pies

- 8 9-inch pie shells
- 1 stick butter or margarine, soft
- 4 eggs room temperature
- 4 tbsp. flour
- 2 cups sugar
- 1 tsp. lemon extract
- 1 tsp. almond extract
- 1 tsp. vanilla extract
- 2 cups coconut
- 2 cups buttermilk



Bake pie shells for about five or six minutes. Combine all ingredients except buttermilk, mix until fluffy. Add buttermilk. Bake at 350 degrees until firm in center, about 45-50 minutes.

- See Page

Kahlua

- 2 qts. distilled water
- 24 heaping tsp. instant coffee
- 8 cups sugar

Combine ingredients. Simmer 2 hours - cool. Then add:
 8 tsp. vanilla
 4 cups vodka

Bottle. Let stand 3 to 4 weeks. (You can use tap water).

- Debbie Anderson



Pears with Chocolate Maple Mousse

Low-fat tofu adds protein and richness to the creamy chocolate mousse filling in this juicy pear dessert.

Prep Time: 15 minutes
 Chilling Time: 20 minutes

- 10 ounces low-fat, firm, silken tofu
- 1/4 cup maple syrup
- 1/8 cup Dutch cocoa
- 1 teaspoon vanilla
- 1 orange
- 3 large, ripe red bartlett pears

1. Drain the tofu and place it in the center of a clean kitchen towel. Draw the corners of the towel together, then twist the towel around the tofu to form a ball. Squeeze as much liquid as possible from the tofu by twisting the towel. Transfer the tofu to a processor or blender and puree until absolutely smooth, scraping down the sides of the bowl as necessary. This will take at

least 1 1/2 minutes of processing.

2. Grate 1 teaspoon of orange rind into the tofu. Squeeze and strain the juice from the orange and place 3 tablespoons in a small bowl. Set the rest aside. Stir the maple syrup, cocoa and vanilla into the 3 tablespoons of orange juice and mix well. Add the cocoa mixture to the tofu and blend completely. Chill this mousse, tightly covered, for at least 20 minutes or up to 24 hours.

3. Cut each pear in half lengthwise. Remove core then slice each half lengthwise into six wedges. Spread each pear half out in a fan shape on a dessert plate. Brush cut surfaces with reserved orange juice to prevent discoloration. Dollop mousse on plate and serve immediately. Serves 6

- Linda Newhouse, Bobbie's Health Foods

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- 2 cups peanut butter



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- Vivian Lovander

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Homemade beauty products

Items from your kitchen can help make skin beautiful

From teenage years on, most people spend a lot of time and money buying all sorts of beauty products. These creams, lotions and soaps promise to exfoliate skin, remove and prevent wrinkles, erase lines around the eyes, make hair shiny and healthy and moisturize rough hands and feet. With so many products on the market, how can people find the product that will make them look years younger and more beautiful, while still keeping them healthy?

Before buying any product, it is important to read the ingredients listed on the back of the package. It is essential to know that the best, purest possible ingredients have been used and will help the skin, rather than damage it.

In addition to store-bought products, homemade beauty products can be used to cleanse, soften and make hair, faces and bodies beautiful. The secret to making a homemade potion is knowing what foods and vegetables can be used safely on the body.

Philip B., creator of a top-selling line of fresh, natural beauty products, shares his experience and secrets of creating potions out of fruits, vegetables and various other foods in "Blended Beauty" (Ten Speed Press).

"My clients love to eat; I love to eat; it just made sense. We'd go into the kitchen with white truffle oil and lemons and come out with a great shampoo," says Philip B. The book offers many homemade beauty recipes for men and women of all ages, skin types and hair types.

From skin care to hair care to special remedies for sunburns, blisters, peoriasis and mosquito bites, "Blended Beauty" provides recipes for beauty products that can be made in the home with the help of a blender and a stocked grocery store. Each recipe gives specific chemical-property information for each ingredient, as well as a glossary of materials needed.

The author stresses that before using any of the products that can be made from the book,

always do a PATCH TEST.

"Unlike beauty products you buy off the shelf," says Philip B., "the ingredients in each of these recipes are often fresh and unpreserved and, consequently, more likely to be unpredictable."

To do a patch test, apply a small amount of the recipe to the skin on the inside of the arm and wait 24 hours. If there is no reaction, it is probably safe to proceed. However, if you are at all sensitive to the recipe, be sure to consult your physician or dermatologist before proceeding.

Always use clean equipment and ingredients that have been washed thoroughly. Fresh produce is always the best to use; however, if you can not find fresh, opt for the frozen and then canned varieties, says the author. If you use canned goods, make sure to use those in natural juices, never with any added sugars.

The following recipes are perfect for revitalis-



ing the face and body of people with all skin types. The ingredients are all-natural, and since the recipes are made at home, you'll never have to wonder what went into them.

AROMATIC FRUIT SALSA MASQUE FOR FACE AND BODY

For all skin types, its purpose is to exfoliate,

tone, soften and condition skin.

Botanical formula

- 3 tablespoons chopped pineapple flesh
- 1 mango (peeled, pitted and chopped)
- 1/2 cup chopped honeydew melon
- 1/8 cup chopped can-

- 1/2 banana or plantain (peeled)
 - 1/4 pear
 - 1 whole kiwi (peeled)
 - 1/4 peach
 - 10 seedless grapes
 - 1/2 cup cilantro (coriander leaf)
 - 1 pack liquid pectin
- For oily skin:
 1/2 cup cantaloupe
 Add 1/2 cup watermelon

In blender, mix all ingredients together on medium speed for 2 to 4 minutes, or until thoroughly mixed. Mixture will be slightly lumpy, but consistent. Place in a bowl and let sit in the refrigerator for at least 30 minutes. This gives the pectin a chance to gel. When mixture is slightly gelatinized, apply liberally to skin. Let sit for 30 to 45 minutes. Rinse off with warm water.

Makes 2 3/4 cups, enough for 1 application.
 Shelf life: Refrigerate if not used immediately; discard after 2 days.

MOIST-BANANA MILK BATH

For all skin types, its purpose is to cleanse, soften and soothe the entire body.

Botanical formula

- 1 cup milk
- 1 whole banana (peeled) or 1 tablespoon banana extract*
- 1/4 cup honey
- 1 tablespoon baking soda
- 2 whole eggs
- 1/2 cup coconut milk

In a blender, mix all ingredients together on medium-low speed for 30 seconds. Add to bath while water is running. Remain in bath for at least 30 minutes.

Shelf life: Cover and refrigerate; discard after 2 days.

*The extract will not be quite as effective as a real banana, but it does clean up easier. Banana may be mashed by hand and placed in a cheesecloth bag to avoid banana flesh in water.

Makes 2 cups, enough for 1 or more baths.



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Columbia Medical Center - Sanford.

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