

WEEKEND THE SEMINOLE HERALD

WEEKEND
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Sanford, Florida

50¢

Lake Mary
Herald
Inside this edition
of the Herald

Suncor deal moves closer to reality

By Dick Ping and Jennifer J. Anderson
Herald Staff

SANFORD — The city's choices of residential development in downtown Sanford step closer to reality.

Sanford officials signed an agreement with the Seminole County Commission to exchange approximately one acre of land and receive a 10-acre building lot of development sites for the project.

The city will contribute three lots owned by the City of Sanford Parks & Recreation Department at Avenue and Palmetto Street. The property is highlighted on an acre

City, county agree on land sale for downtown residential development

and the purchase price is \$247,000.

Once payment, the city will sell the property to Suncor Properties Inc. of Lake Mary, which will pay a sum of \$1 million plus a percentage based on future sales.

Commissioner Charles Hensley expressed concern that the city could profit from the property sale. The

Stadium price is \$250,000 less than the county paid for the land. In addition, the county spent another \$25,000 to demolish the old

Stadium and build a new one.

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"When we are attempting to dispose of land we never look at the market value, we look at the minimum value," Hensley said. "We could sell it directly to Suncor instead of the city. I want to make sure that any profits on the sale comes back to the city not the city. We don't want to be losing tax revenue."

Sanford City Manager Tom VanDerveer indicated that Sanford would sell the land to Suncor for the exact price the county sells it to the city. To ensure that happens, VanDerveer said the city would be asked to add such language to the contract.

See Suncor, Page 12

Chamber members raise cash in their quest for crown

By Dick Ping

SANFORD — You've seen the scene. You've heard people talking about it. But just what the world is Mardi Gras in Sanford style?

"It's the best party in the South," said Andrew Gordon, president of the Sanford/Seminole County Chamber of Commerce. "Mardi Gras in Sanford will make you forget New Orleans."

Local residents have their own unique story. Gordon said the chamber has organized the two-day event for the past 10 years.

For Feb. 14 and 15, the event will include a formal ball, a

casino, an odd-themed silent auction, a night time parade featuring local entries dressed in festive costumes. Of course, you can't have a Mardi Gras parade without a king and queen. That's where the hand-picked court kicks in.

"We got the idea for a Mardi Gras Town in the Leesburg Partnership," Gordon said. "They've been doing it for several years and it not only raised a lot of money, but the community really gets involved."

About a dozen community leaders vie for the title of King and Queen of Mardi Gras. The winning King and Queen will receive the

See Mardi Gras, Page 12

Wekiva Players plan to double the Odds

By Michelle Argy
Managing Editor

SANFORD — Things are getting a little odd at the Helen Stein Theatre. In fact, they are getting twice as odd.

Wekiva River Players Inc. is presenting two productions of "The Odd Couple." One will include a predominantly female cast, while the other will be comprised mostly of males.

Local people are familiar with the male version of "The Odd Couple." One-star Sherlene Levy said, "If they haven't seen the play, they have probably seen it on television."

visitors. But many people are surprised there is a female version."

Both versions of "The Odd Couple" by Neil Simon are about unbalanced roommates in New York City during a visit while the women are away.

The two productions tell the same story that ruined their marriage and mended their friendship.

In the male version — which consists of a cast of six males and two females — Oscar Madison and Felix Unger find themselves in the uncomfortable situation. In the female version — with a six-

See Players, Page 17

Cards of compassion



Nancy Anderson, left, of Seminole County Guardian Art Class Program and Vicki Linn, right, of Seminole County Friends of Abused Children Inc., help volunteers for the "Send A Valentine" project.

Group creates Valentine project for abused children

By Michelle Argy
Managing Editor

Thousands of Valentines are mailed each year on or around Feb. 14. Cards, packages and letters are given to people by friends and family to let them know how much they are appreciated and loved.

These are children in Seminole County, however, who last year didn't receive anything for Valentine's Day. For them, Feb. 14 was just another day.

This year, a local organization, Seminole County Friends of Abused Children Inc. (SCFOAC), is making sure these children receive cards during the February holiday. The group has initiated a project, "Send A Valentine With Friends," of being a long-standing witness of caring and support to children who have been abandoned, in foster care or abuse or neglect.

"Some children need to feel care or love with different relatives on Valentine's Day," said Vicki Linn, spokesperson for the project. "They are not in their regular environment — the same house or same school — on Valentine's Day, but why should they miss out on receiving Valentines?"

The project is simple. Everyone in the community is invited to buy or make a Valentine's card for a child under the age of 14, sign it



The Valentine Project needs cards of all kinds from the community, including homemade originals.

and mail it to SCFOAC. The cards will be distributed to children with the help of volunteers from the Guardian Art Class program.

See Cards, Page 17

Sanford's High Steppers kick their way to nine top-finish trophies

Jennifer J. Anderson
Staff Writer

SANFORD — The husband and wife team of Steven Beers and Marla Gurney, co-owners of High Stepper American Karate Studio in Sanford, qualified 16 students to compete during the Superstar Superstepper Martial Arts Tournament in Lakeland last weekend.

The annual event attracts local as well as state, national and international competitors and spectators, with more than 1,500 youth

and adults participating. The 18 High Stepper competitors against other students in their division to bring home nine top-finish trophies along with one second-place and five third-place honors.

"We had no idea they were going to do so well," said Beers, a second-degree black belt, who will soon be testing for her third-degree belt. "We played with all of them before the competition and told them they were all winners because they tried their best."

This was the school's first showing in a competition since it was

established by the Gurneys in August.

"I couldn't believe how well they did for only being in training five months," said Beers, a fourth-degree black belt. "I was so happy for them. For them, it made all their beings, bruises and tears worth it."

As well as being a positive showing for the Gurneys' students, the students themselves were awarded top honors. The two who are trained and instructed by Bill "Superstepper" Wallace came out of retirement to partici-

pate in the competition. Mark received a first place honor in weapons and second place in forms. Beers received a second place in forms.

"The kids need a guide, so we both came out of retirement to be that guide for them," said Marla, a former world champion. "They will follow what they see whether it's right or wrong. I want them to see exactly how to do it with power, discipline, respect and a positive attitude in training and in life. In karate, it isn't all about how you place but

more about how you compete."

According to the Gurneys, it is important for their students to see them doing what they teach. For this reason, when in the studio, they do not refer to themselves as大师 and wife or a couple, but rather Sensei Beers and Sensei Marla.

"This was difficult at first," said Beers, a former national champion. "Then I realized it is the difference between a personal relationship and a training relationship.

See High Steppers, Page 17

OPINION

We have ears, don't you know?

Tuesday night, President Bush certainly gave us an earful. We heard his plan for just about everything except how to alleviate the traffic on Interstate 44. It was an interesting broadside. Union address, and based on what he projected, we can expect a more perfect union "seems like some one else's voice that I hear."

The Republicans now have control of the White House, the Senate and House of Representatives. It would seem this Republican plans can succeed. However, after bills are drafted, they must go to committees, and they are generally comprised of an equal number of members from each party. The chance of getting out of Bush's recommendations to the House and Senate, therefore, are about fifty-fifty.

Well, it's up to the folks in Washington to do whatever is necessary to help improve our situation, both at home and abroad. What really bugs me is the aftermath of the State of the Union address. Not only was there a reply made by a Democrat representative, but the TV shows went on and on, and on, trying to tell us what the President did.

They act as if we are incapable of knowing what was said, and they want to tell us, who naturally oppose most of what the President had to say. Therefore, we were given the impression that even if we didn't accept one of the proposals, we were WRONG.

Wednesday morning, the TV networks agreed just about everything. One of them even called a medical expert to ask, "Did the President look like he was healthy?" It's a wonder they didn't ask if he had the proper lie wood, only to have a batch of fake tea bags sent to him, and tell me every time he was wrong." If I had building a bench, and I didn't receive experts, they called upon well-known crusaders.

One of the networks after the speech and throughout Wednesday morning, went into the broadcast about this. It was a waste of time, and I consider that, it was a waste of political capital or money, if you will.

Mr. Zelen was just about everything. One of them even called a medical expert to ask, "Did the President look like he was healthy?" It's a wonder they didn't ask if he had the proper lie wood, only to have a batch of fake tea bags sent to him, and tell me every time he was wrong.

But for heaven's sake, Brokaw, Jennings and all the rest of you, we have ears. We heard what was said, and most of us are well aware that everything will come to pass. We will just wait and see in the future. We don't need you, and your experts to tell us why the President is wrong.



I CAN'T DECIDE...
DO WE STILL NEED
TO BE THE BIGGEST
COUNTRY IN THE WORLD?
THERE'S NOBODY
THAT KNOWS IF HIS
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Dough!

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Your View

Howland helps newspaper spell Battle of Leyte

To the editor:
Your very interesting article on the death of Leo V. Howland in the midweek paper of Jan. 22, 2002, is indeed a fine tribute to a very fine medicman, Captain Howland, who served the Navy during World War II.

In addition to the correct spelling of his name, I am pleased to note that he is now being honored as the first U.S. Naval

aviator to be buried in the National Cemetery of World War II, and is buried in the same saddle shoes he wore when he died. These saddle shoes were the Japanese sub-

The most common S. Lo and the Caribbean Bay were sunk. The escort carrier Kearsarge was very hardly damaged, but managed to limp back into port. My smile, a young Navy Lieutenant, was on the carrier when Mr. Zelen was a part of the combat crew. The Lieutenant was a wonderful Dalmatian boy.

The Senior doctor at the San Francisco Center can just boast of his work. Mr. Zelen has left to so many people who have enjoyed dancing to his music. The Lieutenant is simply outstanding!

Yours truly,

Ann Alice Howland

Pitfalls with Strong Mayor appreciated

To the editor:
I was recently introduced to the battle of Leyte Gulf two days ago and the dealer, and were sunk. The dealers were very thin. Johnson said, "The Head, The dealer never sank," as The Roberts.

After the success of Crystal Lake, it was clear that our family had a great deal of success in our business. We could swim anything in our neighborhood, which is the 192 pound basset, which we have determined and is on the wall in our den. My husband was a 20-year Navy Medical Corps (WWII) and Korea War. Now we have a closed.

After the success in the 205, 22 acres of citrus groves, and which preceded our settlement. It was then that the developer's wife, and I, and David Jones, addressed many of my concerns.

However, in the Historic District of Sandusky, for four and a half years.

In that time, I have seen many difficult tenures — among them, a few good urban (Sandusky) who feel that it is either way or no way in Sandusky. My fear is that these "good citizens," who also happen to be friends with Brody Lescano, will sometime may his decision in a manner that will affect all of us, not just a few.

I believe Mayor Leonard is doing a good job in his capacity as mayor; however, I strongly feel that a strong City Manager is what we need. While we are still going through growing pains, I will continue to have a strong city manager who is a true leader in the efficient city government.

One good thing, the Sandusky Council have decided to move in and fast track my home, Wildlife still seems to accept all the confusion.

Thanks so much for your

opinion.

Sincerely,

Janice Robinson

Reader shares same opinion as columnist

To the editor:
Dear Mike:

Someone at the BSOQ on Saturday told me that since I have organized the game for so long, I probably have lost

many of my supporters. I am so honored that supporters do this.

I could never lose sight of the impact that this event has on people in so many different ways, from the exposure for SOSQ and the players who may play their last high school game or go on to play in the next level to the numerous who see the satisfaction "in action" and even the satisfied looks on the parents' faces makes all the work sweat and tears (I credit when I heart our National Anthem singer) oh so worth it and somewhat fulfilling.

But what I mean by this is that although this game has always been a day of fun, you have also made it yours. Pillar your dedication and commitment to the mission of the All-Star Game, none of this would happen, and for this, I am eternally grateful.

I thank you for all you do, for your belief in the game and most importantly for your friendship.

Happy New Year and God bless you.

Deb Drown,

Kiowadropo All-Star Football

This particular comeback kid is really no kid

From reporter Gary Hart went from boy-wonder to older brother, but faster than I can say. How did I get this old?

At 36, he managed the record fall of Cocaine. At 39, he was elected to the Senate. At 40, he became a member of the House. At 51, he was re-elected to the Senate again.

That idea seems to me to be the stuff of Gary Hart, who, I think, is becoming a legend. He's got a great career, and he's got a great future.

Richard Threlkeld, who

said, "Dad! I need to be there!"

Hart is no Eisenhower. He is in fact, both temperament and intellectual, units that often get people into trouble in politics. But that's not all.

He's the former senator from Colorado, who came back into politics in the 1980s. He's come back into

the Senate because of the Sept. 11 terrorist attack. He and the former Republican senator from Vermont, Arlen Specter, have

been co-chairs of the U.S. Commission on National Security, created by the Department of Defense in 1999.

That 15 minutes of fame (again)

obviously tempted Hart, who said he would consider another campaign if there is a positive reaction in a series of four speeches he is giving on national security, foreign policy, the economy and civic engagement. He gave the first one at the Council on Foreign Relations in New York last

Thursday. It was a good piece of work, involving Jim Baker, the moderator — globalization — the information revolution — the erosion of the sovereignty or authority of the nation-state — and a fundamental change in the nature of conflict.

They are all going on at the same time. What that means right now, he argued in a different function, is that "The world is a crazy mix of old and new. It doesn't look that old to me. By the way, did I mention that Hart and I were born on the same day? Nov. 26, 1936?"

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Little Sunshine Farm
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Photo by Universal Press Wire

Sanford Historical Society installs 2003 officers during annual meeting

By Dennis H. Johnson
Seminole Herald

Historical Society

The Sanford Historical Society held its annual meeting Jan. 23 at the Sanford Library. The highlight of the meeting was the installation of the 2003 officers by installing officer Millard Stinecipher. The new officers are Jay Jacobs, president; Paul Koedinger, vice-president; Debbie Shanks, treasurer; Linda Williams and Carol Stinecipher, directors; Dennis Fisher and Charles Goss, new members.

The 2002 president, Jay Jacobs, gave the president's report regarding several accomplishments during the year. These had been from 2001 to 2002. In addition to the new officers installed, the president, on behalf of the executive board, certificates of appreciation to ten volunteers and Taffy Swanson who were going off the board and also to Art Woodruff, City Commissioner Museum section.

Six newsletters had been published and editor Grace Marie Stinecipher, chairman, all were read and voted in the resolution. She also requested articles and gave information to give to her for general use in the newsletter.

Secretary Chairman, Morna Walker, reported that there had been four de jure bondholders during the year. Delbert Almey, Helen Brown and Carl Deacon, Harry and Carl Harris had been the second president of the society in 1960.

It was reported that the Society had 160 members during the

year, including 21 new members.

Officers of 2003 Society members, for voting the new officers candidates were Donald Knight, Grace Marie Stinecipher, Sam Stinecipher and Jay Jacobs. Candidates continue on sale at the Sanford Museum, Knights Shoe Store and the Seminole 12.

Following the installation of officers, a preview of the coming year was made and the budget was adopted.

Program chairman, Paul Hodges presented a list of suggestions for which the program will be selected. The March 23, 2003, 11th Annual History on the Hill lecture by Mrs. Elizabeth Clegg, author of "Dear Me" best rate of success in giving new information which she will reveal and also tell of how she uncovered it. It had also located the Cheever-McCoy family home in Sanford which Sanford had for the next three or four years.

Mrs. B.A.S. chairman of the publications committee, suggested that the book "The History of Sanford" will be published soon by the Society. She had been asked to write a brochure on Fort McRee to give out at the Museum, but research led her to write a 40 plus page booklet.

This brochure has been printed and the pamphlets will produce other historical brochures during the year plus postcards of old and new Sanford sites. An Armada book on Sanford is also being planned.

Patty Bryant revealed that a

curriculum committee, part of the 125th anniversary committee, had produced a history of Sanford which is already being used in schools.

In addition to purchasing items in 2003 for the Museum, the Society also plans to upgrade its equipment which is being used to produce the newsletters and other publications.

Grace Marie Stinecipher, chairman of the Sanford Museum

for the past 10 years,

revealed that after many years of planning for an expansion to the Museum, and giving them ideas to the commissioners, the city commission has finally placed funds for an architect in its 2003 budget.

The general plan is to add a meeting room onto the east side of the present Museum and a large gallery on the west side.

The meeting room is needed as the present room is now being used as a research room with several shelves of material available.

The new officers' terms should be accessible to the Sanford museum, but would also have an exhibit of their own.

A new gallery in the museum to display items of the past government of the county is now in storage. This would include exhibits of the fire and police departments, railroad and schools and an extension of the sports exhibit.

Both the Museum Advisory Board and the Historical Society Executive Board will be discussing plans for funding this project.

It was announced that Birth Day would be held in Rudy Park on April 12 and that the society would have a booth there.

Society members were urged to support the Dedication of the Naval Air Station Memorial, which will be May 30 at 10 a.m.

Following the meeting, a display of the memorabilia of the early Derby settlers was enjoyed.

Hand photo by Robert Young
The newly installed officers and board members of the Sanford Historical Society pose for a photograph.

Mark O'Kane, curator of the Derby Historical Museum had recently visited Sanford bringing more interesting items from that city. Our founder, General Henry C. Morgan, was born in Derby and is buried there along with

several of his family. A replica of the library which owned in the Sanford home in Derby is featured in the Sanford Museum.

Friendly refreshments were provided by Connie Williams, Rose Jacobson and Charles Stinecipher.

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The "Curves" program is exercise women will do even if they don't like to exercise. Shandas, our instructors, wear comfortable clothing and supportive shoes. There are no weight stacks and no special coordination is required. Since there are no specific class times, members come when it is convenient, just 30 minute work-

out starts when that member arrives. There is virtually no waiting for someone to finish using a piece of equipment, like at some full-service gyms. Our program combines a revolutionary strength training and cardiovascular workout and is equivalent to an hour-and-a-half in just 30 minutes.

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73 Purchase

74 Turner of soil

75 Two-story

76 of "Pal Joey"

77 Spanish term

78 Potato bushes

79 Range

87 Cosmic attire

88 River Meander

89 Current issues

90 Piece of work

92 Cat's cradle

94 Charter

95 Sergeant

96 "Troll

97 serve, not as be

called

110 Glasses both

114 Tree

116 Tree

118 Tree

120 School bus

122 "Presto"

123 CAT stat

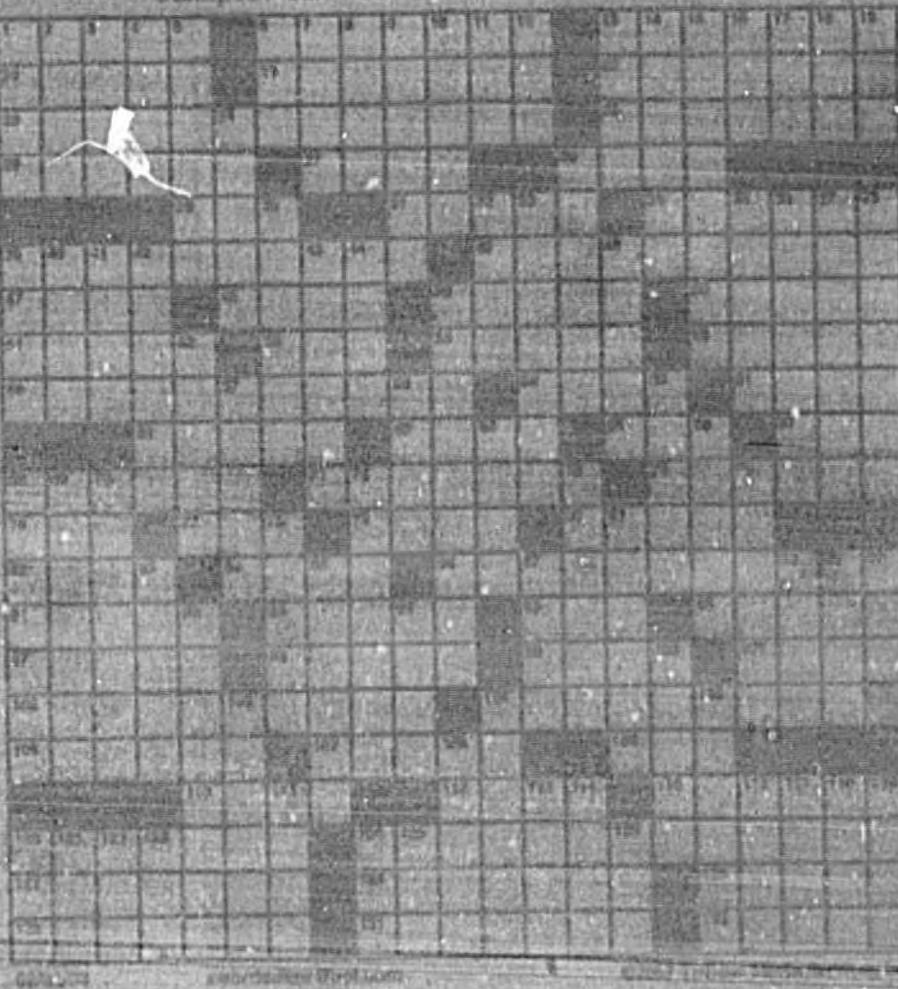
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See Solution on Page 8

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(Bottom Left to Top Right) Penny Price McIntosh,
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Resolucion

With us!

Foundation pave the way for education with brick campaign

The Foundation for Seminole County Schools has announced a new fundraising initiative titled Pathway to Success, which offers an opportunity for

individuals and businesses to help those involved "Success Bricks" that will have a permanent and lasting way to the Educational Support Center or Lake Mary Boulevard.

"The bricks are a great way to promote a business, since the message will last for decades and the

Educational Support Center is one of Seminole County's most visited government buildings," said Tim McInerney, executive director of the Foundation. The bricks are also a great way for individuals to commemorate a special occasion or thank someone. The pathway

will truly reflect the heart of Seminole County with individual messages and bricks from local companies.

As pieces often the side of bricks here, The Foundation, which provides programs for Seminole County schools such as

scholarships, classroom grants and recognition programs for students, as well as rewards to outstanding teachers.

"Success Bricks" are available with up to three lines of text for as little as \$95. "Success" blocks, which are twice the size of

"Success" bricks, are available for \$250 and are inscribed with a company logo or up to six lines of text. For more information about the Pathway to Success program, call The Foundation for Seminole County Public Schools at (407) 320-0181.

Salvation Army announces community activities program

The Salvation Army located at 700 W. 38th Street, Sanford, is holding a date of family fun activities as part of its new Community Activities program.

"We realize that many people do not know we have a full gymnasium, and we look forward to many people using the facility and being aware of how much we have to offer," said Eva Monroe, the newly appointed Community Center Director.

The new schedule includes an open gymnasium (for all ages) from 2 to 5 p.m. Monday through Friday. There will also be a weekly

"Scouting form" program for boys and girls ages 6-10. Those programs include arts and crafts, bear traps, and camping.

The programs being offered are as follows:

- Open Gym: Monday - Friday 2-6 PM and one Saturday a month, starting Feb. 22
- Sports Activities: Basketball, Volleyball, Indoor Hockey, etc.
- Guards, Sunbeam and SaAC (These are a badge earning programs) Ages 6-18
- Teen and Young Adult Night: 7:30 to 9:30 PM (begin Jan. 31) Ages 13-35

Corps Cadets (5 year Bible Study) for 7th grade and up

* Camps: Day Camps in Fall, Spring and Summer, and Away Camps Ages 6-18

- Sunday Early Service 8:00 AM
- Sunday School 9:15 AM
- Picnic Meeting 11:00 AM

Families and young people interested in attending these activities should call 407-322-2642, ext. 227 and ask to speak with Monroe.

"I love to have a great time and I know that the youth and families that come here will have a great time too," Monroe said.

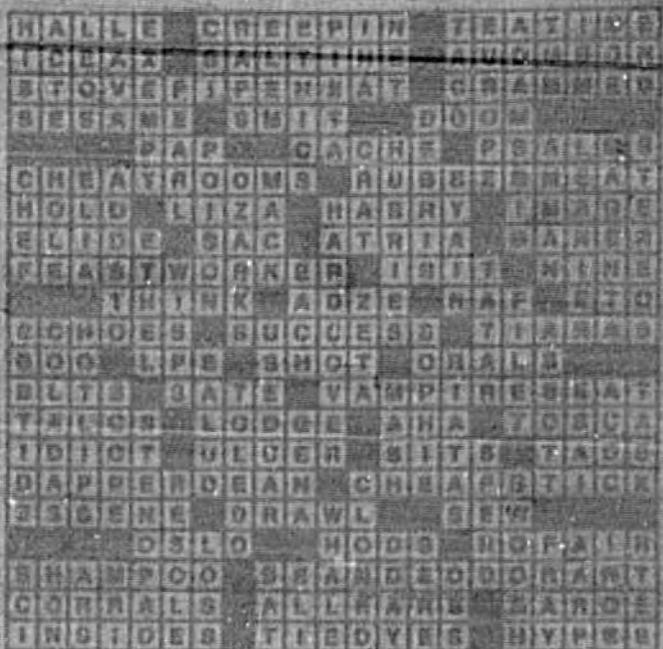
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Briefs

USA JUNIOR GIRLS

SOFTBALL TRYOUTS

The USA Softball National Training Center will host a tryout at Merritt Park in Altamonte Springs will be holding the USA Softball Junior Girl's National Team Open Tryout on Saturday, February 2.

All 12U female players born in 1984 or later are eligible to tryout. A minimum of two players will be selected from the Allstate Series, who will advance to the final tryout in Salem, Oregon, to compete for the chance to be named in the 2003 USA Softball Junior Women's World

Championship Team. Details available at www.usasoftball.org.

Participants will receive a USA Softball T-shirt, their USA Softball Official Number, and entry into the National Team's database for future opportunities with USA Softball.

For additional tryout locations and information, call 407-371-4723, or visit the Allstate Sports website at www.allstatesports.org.

LAKE MARY GAMES

The Lake Mary High School Track Club will be hosting the Lake Mary Games 2003 for High School Age Division athletes on Saturday, February 8.

Each athlete is limited to three events, starting relay and the cost is \$3 per person.

2 p.m. by Feb. 5. Late registration, the day of the event, will cost \$5 per person.

Proceeds will benefit the LMHS track program.

Field events are throws and girls' long jump, high jump and shot put.

Running events are boys' and girls' 100/110 high hurdles, 100-meter dash, 1,600-meter run, 4 X 100-meter relay, 600-meter run, and 4 X 400-meter relay.

Gate registration begins at 8 a.m., with the field events starting at 9 a.m., and the running events beginning at 10 a.m.

Gold, Silver and Bronze medals will be awarded to the top three finishers in each event, male and female, and one High School age division. Competitors MAY NOT wear school uniforms since this is an age group event.

For more information and to obtain a entry form, please call 407-333-2370.

OVIDIO BENEFIT GOLF TOURNAMENT

The 1st Annual Glen Abbey Two-Person, Best-Ball Tournament benefiting the Oviedo High School girl's and boy's golf teams will be held Saturday and Sunday, February 8-9.

This two day event is limited to the first 10 teams and entry fees are \$95 per person or \$190 per team and includes 2 day green fee and cart fee, plus a BBQ chicken buffet with all the trimmings on Sunday at completion of round. Up to \$2,500 in prizes will be awarded along with individual trophies for division winners.

The format will be Best Ball on Saturday to determine which of the four divisions teams will be placed (teams with combined handicaps of 10 or less, or within four strokes of the lead, will be in the Championship Division).

All scores are on a scratch basis with division winners determined by two-day totals. Ties for first will be decided by a playoff with other ties broken by matching cars, starting with the 18th hole on back. Team skins can be purchased for \$20 per day.

For information call Rich (407-328-6383), Dan (407-397-7270) or the Glen Abbey Pro Shop (386-668-4209) or for

See Briefs, Page 10

Sports

Lake Mary No. 1 again

Rams move to top of poll in Class 6A girls

By Dean Smith
Sports Editor

Lake Mary High School senior junior star Apple Penney (No. 11) are ranked No. 1 this week.

Lake Mary — The Lake Mary girls basketball team is back in a familiar position this week as the Rams moved to the top of the FSWA Class 6A State Poll after

edging previous No. 1 Oviedo on the Long Home Floor last week.

Over the past decade Lake Mary has made a habit of appearing at or near the top of the poll, but it took the 'upset' to make the jump to the top this time.

In fact, the new poll is just a flip-flop from last week as the Lions fell to No. 4, the spot occupied by the Rams last week.

The only other Seminole County team getting recognition this week is Trinity Prep, which remained at No. 2 in the Class 2 Poll.

Lake Mary (22-2) affirmed its No. 1 standing by getting past Winter Springs, 48-37, Monday night as Alexa Kane scored a game-high 16 points. Santa Nixol led the Bears with 11 points.

Trinity Prep may slip a little next week after being upset by No. 9 Father Lopez, 51-47. *See Girls, Page 11*

points for the Lions, while Eric Kirkwood added seven rebounds and three assists. Bedawi also had seven rebounds.

Trinity Prep rebounded quickly, however as it overcame an early deficit then went to the four-corner offense to hold off Lake Highland Prep, 42-37, on Tuesday, then hammered Berkley Prep from Tampa, 70-16, Thursday night.

Gulf had 14 points and two assists and Kirkwood added 13 points, 11 rebounds in the victory over LHP, while Bedawi led the way against Berkley with 18.

See Girls, Page 11

'Other' Merthie emerges

Lyndon Merthie powers Lake Mary boys past Winter Springs

By Dean Smith
Sports Editor

Lake Mary — While it comes as no surprise that Lyndon Merthie was the star for the Lake Mary boys on Wednesday, he was named Merthie, if probably will not be the one most expected.

Lyndon Merthie, the son of former Seminole Community College coach Bernard

Merthie and the older cousin of Raina star Darryl, hit a game-winning three-pointer at the buzzer as Lake Mary edged the Bears, 69-68.

But the game-winning shot was not the reason Lyndon Merthie was the star on this night as the junior wingman also poured in a team-high 22 points to overshadow another outstanding display of shooting by Winter Springs' Ryan Estler and a score-topping performance from Darryl.

Estler, playing his first game since hitting county records for points, 54, and three-pointers, 11, in a game, was on fire again, hitting seven more three's and scoring 13 points, the second highest point total in a game for a Bear.

The senior sharp-shooter looked like he had given Winter Springs (10-19) a win when he converted two free-throws with only two seconds remaining, giving the Bears a 68-66 lead.

But Lyndon Merthie somehow got free and hit the bomb as time expired.

Darryl Merthie did not have a shabby night himself scoring 15 points and handing out a Lake Mary school record tying 14 assists.

Keith Wright and Eddie Willingham both had eight rebounds for the Rams (13-6), while Jordan Davidson pulled down seven rebounds for Winter Springs.

See Boys, Page 10

Lake Mary senior Lyndon Merthie came alive Wednesday night, scoring 22 points and hitting a game-winning three-pointer at the buzzer as Lake Mary edged Winter Springs, 69-68, despite a 43-point effort from the Bears' Ryan Estler. It was a big night all-around for the Merthie family as Lyndon's younger cousin, Darryl, scored 15 points and handed out a school-record tying 14 assists as the Rams improved to 13-6 on the season. Seminole also got a big win as Anthony Turner (No. 22, right) scored 20 points and pulled down 10 rebounds as Arrow Force XI upset Pine Ridge, 56-54.



Ford on pole, but Chevy quickens

Special to the Journal

DAYTONA BEACH — The Rolex Sports Car Series held first round qualifying for this weekend's 3rd Rolex 24 at Daytona on Wednesday, Jan. 22.

Saint Maxell put the No. 63 FLM CORVETTE Ford Daytona Prototype on

115.658 mph to set a new track record.

He and co-driver Mike Rockenbach, along with Christian Fittipaldi, were within 1.46.345 sec. of 117.145 mph.

Maxwell was handed the pole position by Grand American rules, which says that all the Daytona Prototypes will start at the front of the grid for the 24-hour race.

"We are a little bit concerned because these guys (Daytona Prototypes) are kind of getting slower every time we go out on the track. They were running 4.8 at the test and 3.0 today, but we were running exactly what we did during the test weekend. I don't know why they are running so slow," joked Bell following qualifying.

"These races are rarely won from the pole," quipped David Donohue in response. Donohue will start the #58 Red Bull Porsche-powered PIRELLA DAYTONA Prototype in the number two position on Saturday after recording a 115.694 mph.

"We weren't expecting this, that's for sure," said Maxwell of his first Rolex 24 pole. "And I have to thank David (Donohue) for giving me the world's greatest tow around the bank," he quickly added with a smile.

Porsche factory driver Marc Lieb grabbed the GT pole at the wheel of the #43 VES Network.

See Racing, Page 11

SCC softball looking to continue streak

By Dean Smith
Sports Editor

SANFORD — The Seminole Community College softball team has made great strides under coach Courtney Miller since the program switched to fastpitch six years ago.

The seventh season kicks off next Saturday with a tournament in Clearwater hosted by St. Petersburg College and the Raiders are expecting big things this season with several top returnees and a good recruiting off season.

The team annually plays in the Mid-Florida Conference and for the last two years has qualified for the Florida Community College Activities Association State Tournament Region VIII State Tournament and in 2001 finished the season ranked number two in the Final F.C.C.A.A. Top 10 Poll.

The Raiders' academic record is just as impressive as its athletic history. In 1998, the team ranked seventh in the nation academically, with an overall 3.04 GPA.

No stranger to athletic awards, the Raiders' most recent accomplishments include four All-Americans, 16 All-State and eight Academic All-American students.

Additionally, Miller celebrated winning her 300th victory during the 2002 season, which earned her the National Fastpitch Coaches Association's *Fastpitch Victory Club award*.

SCC hopes this season ride on the strong right arm of sophomore pitcher Lacey Swarthout.

The 5-foot-3 hurler from Colonial went 20-6 as a freshman with five no-hitters, earning her All-American honors.

The 26 victories broke the school mark of 25 and Swarthout also shattered the school record for strike outs with 222, erasing the old mark of 132, and established a new shutout record with 12.

Four other All-Mid-Florida Conferences performers return for their sophomore seasons in centerfielder Lori Schnepp from University, shortstop Katie Field from Oviedo, second baseman See Softball, Page 10

All-American Lacey Swarthout returns for her sophomore season after a 25-6 freshman year that included 222 strike outs and 12 shutouts.

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Shadow watching

Groundhog Day

From Staff Writers

People around the world have tried to predict the arrival of spring since ancient times. The *Almanac* record has been keeping track every three weeks since 1883.

Using winter and spring, these are some

concerns for customers to have

in mind when deciding what to do with the weather that day.

According to ancient English songs,

"If Colds come before March 1st, it will be a hard winter."

If "old wives' tales" decide not to

do Winter and come not again,

The Roman legions, during the conquest of the northern country, supposedly brought the tradition to the Franks, or Germans, who passed it on and concluded that if England had an especially cold or Colder-than-Day, an animal, the horse, hog, wolf, cat, a dog, etc., whose shadow cast a long shadow, was an omen which they interpreted as the length of the "Second Winter."

Persepolis's earliest settlers were Germans and they used groundhogs to be in production in many parts of the state. They determined that the groundhog, resembling the European hedgehog, was most intelligent and sensible animal and therefore decided that if the sun did appear on Feb. 2, and while an animal is the shadow, would see its shadow and hurry back into its underground burrow for another six weeks of winter.

The Germanic tribes believed the sun stopped on Feb. 2, the sun above on Candlemas Day.

So far will the sun stay on Feb. 2 until the May 1st, the summer solstice, according to the passage may be the one most clearly represented by the first Persian New Year, Groundhog Day observances because there were references to the length of shadows in early Groundhog Day predictions.

Another Feb. 2 belief, used by American 19th century farmers, was:

"Groundhog Day - Half your hay."

New England farmers knew that we were not close to the end of winter, no matter how cloudy Feb. 2 was. Indeed, Feb. 2 is often the last of winter. If the farmer didn't have half his hay remaining, there may have been four times for the cows before spring and fresh grass arrived.

of groundhog throughout the valley who are recognized for their interpretations of the weather. Steve Holland, Huckleberry of Oahu, Chapter of St. Louis and Puerto C. Saldanha of Louisiana Canada, over has a miniature meteorological named Warren Wells.

Groundhog Day, Feb. 2, is a popular tradition in the United States. It is also a legend that is woven into our culture. Its origins clouded in the mists of time with ethnic cultures and animals swarming on specific days. Myths such as this are present to the distant past when nature did, indeed, influence our lives. It is the day that the Groundhog comes out of his hole after a long winter sleep to look for his shadow. If he sees it, he returns to his hole for six more weeks of bad weather and returns to his hole. If the day is cloudy and, hence, shadowless, he takes it as a sign of spring and days above ground.

The groundhog tradition -

comes from Native American beliefs.

Groundhog Day

is a traditional American holiday that is observed on Feb. 2. It is a day when people believe that if a groundhog sees its shadow, there will be six more weeks of winter. If it does not see its shadow, there will be an early spring.

Legend has it that the groundhog can predict the weather.

Legend also says that if the groundhog sees its shadow, it will return to its hole for six more weeks of winter.

Legend further states that if the groundhog does not see its shadow, it will come out of its hole and signal the arrival of spring.

Legend also claims that if the groundhog sees its shadow, it will return to its hole for six more weeks of winter.

Legend further states that if the groundhog does not see its shadow, it will come out of its hole and signal the arrival of spring.



Goldsboro Elementary Magnet School application period this month

Goldsboro Elementary Magnet School for Math, Science and Technology is Seminole County Public Schools' only elementary district-wide magnet school. Goldsboro Magnet is open to all elementary students from throughout Seminole County.

The students at Goldsboro Magnet are immersed in a program focusing on math,

science and technology with a strong foundation in literacy skills. The Kids Space Center at Goldsboro is a 3,000 square foot, self-contained facility that contains a mission-control room, a space shuttle area, a lunar landing and a lunar landscape. This environment is specially designed to give children a learning experience that simulates months

of research, launching and space travel as well as living and working in space.

The random selection application period for Goldsboro Magnet runs until Feb. 21.

Families interested in applying for a position at Goldsboro Elementary Magnet School are asked to visit the Seminole County Public Schools Educational

Support Center, 400 N. Lake Mary Boulevard, Sanford on Saturday, Feb. 1, from 9 a.m. to 3 p.m. Goldsboro Magnet applications and additional information will be available. Applications are also available at the Choices Department at the Educational Support Center on Monday through Friday from 8 a.m. to 4:30 p.m. All families who apply for a

position in Goldsboro Magnet will receive a letter at the end of March indicating that the student has been offered a position in the school or that the student has been placed in a waiting pool.

Please contact Choices, French Elementary Parent Facilitator, Choices Department, 407-321-0419, if you have questions.

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Natives return to Sanford for reunion

Israel Butler, an alumnus of Seminole High School and a former member of the marching and concert bands, was home recently enjoying a visit with his family and friends. Butler is a 1995 Seminole, having graduated and completed four years in the Marine Corps Band. He

attended the University of Arizona in

Azusa for a year, he is currently a junior at the Eastman School of Music in Rochester, N.Y., where he studies with Dr.

Mrs. Hawkins

John Marcellus

Israel is a trumpeter who has played with many well-known musicians in Rochester and New York City. He is a very talented musician, who loves playing jazz. He has performed with the Buffalo Philharmonic, American Wind Symphony Orchestra, and the University of Arizona Faculty Octet. During the Holiday season, he played with the New York

String Orchestra at Carnegie Hall with Juana Laredo, conductor. Sixty of America's finest young musicians, including Israel, played under the direction of Laredo.

The two-day evening program consisted of Grieg/Holberg Suite, the Schubert's Symphony No. 8 in B Minor, and all of Mendelssohn's program, String Symphony No. 10 in B Minor.

To add to the many musical experiences of this great musician and trumpeter, Isra has also performed as a soloist with the Eastman Trombone Choir, Bionic Voices, the Marine Band of San Diego and the East Marine Division Band of California, where he played for four years.

Loving to entertain and travel, Isra has toured Europe, Canada, Mexico and the United States. He has also played aboard the Royal Sky Princess Cruise Ship on the coast of Alaska, having had the opportunity to teach freelance in California, Arizona, and Rochester, N.Y.

While in his home town of Sanford, he spent some precious time at Disney World with



Inset photo by Steven Hodges

The Coachman, Fielder and Washington visited recently enjoyed a reunion in their hometown of Sanford.

Dawn. He also attended his home church, St. Luke Missionary Baptist Church, where he performed and played for the congregation the ole' American hymn, "Amazing Grace."

The son of Israel Butler of Augusta, Ga., and Rose and Samuel Wilson of Sanford, Butler returned to Rochester, where he will continue to pursue his music career.

Sanford had visits from former patients, who enjoyed a grand old time and visit with family and friends. The Coachman, Washington visitors enjoyed their visit with their cousins Robert Fielder, sons, cousins and sisters. They all enjoyed a great five days together.

The family is still reminiscing over a grand reunion held at Croons Academy, where they grew up. The group now has returned to their various homes in Rochester, N.Y., Port St. Lucie, West Palm Beach and North Carolina.

Dr. Anita P. Hawkins, physician and surgeon, was recently home for a brief visit with her parents and family. Dr. Hawkins has completed another phase of her life's career. She recently passed the accepted course of gradu-

ate study and clinical work that under the authority of the American Board of Radiology is required.

She is qualified to practice the specialty of diagnostic radiology in the state of Maryland and the District of Columbia. She is employed at the University of Maryland Medical Center and hospitals of Baltimore, Md.

Dr. Hawkins is the daughter of Jim and Ernestine P. Hawkins.

Daji School of Performing Arts and Academics will present its inaugural "History Still/History Alive" series during Black History Month. The series has been developed to commemorate contributions by African Americans in Seminole County.

The 2003 Series will include the following special events:

* Saturday, Feb. 1 — "A Salute to Seminole County Authors" will be held from 10 a.m. to noon. It will feature works and readings by several known African American authors in the Seminole County area, including Stephen Wright, Althea Bentley, Alfreda Wallace, James E.C. Perry, Cynthia Oliver, Vicki Smith and Valada Hurrell.

* Saturday, Feb. 8 — "Historical Games and

Songs" will be held from 10 a.m. to noon. The demonstration will include games and songs played and performed in the African American community. Audience participation will be welcomed.

* Saturday, Feb. 15 — "Tajiri Honors" will be held from 9 a.m. to 1 p.m. In collaboration with the members of the community, a citizen of Seminole County will be chosen and honored through a series of activities, including a parade, a buffet and an exhibit at Tajiri Arts, during the afternoon. A dedication service will be held at Calvary Temple of Praise Church in Sanford.

* Saturday, Feb. 22 — "History Still/History Alive" will be held from 10 a.m. to noon. The event will include the presentation of a video production of historical African American locations in Sanford. A discussion will follow.

Black history of Sanford and Seminole County contributions are needed to make this month's Series a success. People who are aware of any history not included in the above listing are encouraged to contact Patricia M. Whatley at 407-277-5558 or John Simpson at 407-332-8664.

The Tajiri office is located at 529 Palmetto Ave. in Sanford.

Inset photo

Literary group reviews 'Bend in the Road'

By Shirley Miles
Special to the Herald

The Literary Group of the Sanford Women's Club recently met at the home of Lucinda Russell in Mayfair.

An enthusiastic group began with coffee and tasty refreshments. All were amazed by the very interesting decor of the home — an artist lived there, for sure.

The members of the group discussed the books they had read and also made recommendations to each

other. Shirley McCarty gave a review of Nicolas Sparks' book, "A Bend in the Road." It was just enough to whet the interest of the members.

Secretary Charlotte Knowles reported on her discussion with the Sanford Librarian on the group's future donations to the library. Numerous suggestions were given, but a decision will be made following further insight.

The meeting was lively as usual, and the group came away with new thought — and that's the object, after all.



Shirley McCarty, left, discusses Nicolas Sparks' book, "A Bend in the Road," with Lucinda Russell. The Literary Group of the Sanford Women's Club recently met at Russell's Mayfair home for its regular gathering.

Inset photo by Shirley Miles

Silver Thorn: A tree for your Central Florid landscape

Silver Thorn is a small tree native to China and Japan and related to the Russian olive. This tree is well adapted for landscape use in Florida because of its tolerance to low temperatures, drought, and attractive leaves with shiny dark green color on top and silvery color on the bottom.

The tree blooms in the winter producing clusters of small, waxy white fragrant flowers which are held amidst the leaves. The reddish-brown fruits are edible and especially attractive to birds.

Fruits are rare most of the years probably due to the constant pruning to control the growth of this tree and flowers only grow in branches that developed the previous year.

The Plant

The tree grows to about 15

feet tall with clumping stems and spreading long irregular branches that give the impression of disorderly growth. The young stems and leaves are covered with visible scales that give a silvery color to the underneath of the leaves and give a silvery glow to the appearance of the plant surfaces covered with the scales.

The individual flowers are small, about 1/2 inch long, white but covered with the copper colored scales. Flowers are fragrant similar to that of gardenia. The flower has no petals and the stamens are really an enlarged calyx, showing four sepals alternating with four stamens attached in the middle section of the sepal by a small filament.

There is one plant or female organ that contains one egg

and forms one seed at the base of the flower. The fruit is small, about 1/2 inches long, retaining the calyx remains as it grows producing and edible, acid or sweet fruit that is suited for human consumption and very attractive to birds. Most years there is little fruit production but during some years the fruit production is quite abundant.

Culture

Silver Thorn grows well in full sun or partial shade, and will tolerate low as well as high temperatures very well. It will grow in poor soils containing varying only until the soil becomes established. No additional irrigation is generally needed after that.

Potted over a year, preferably in the spring after the plant produces new shoots. Propagation is by seeds or stem cuttings. In mass plantings space plants 5 to 8 feet apart. Keep scale insects

under control with oil sprays as needed.

Spider mites may be present during dry weather. Magnesium deficiency is also common on this plant under high pH conditions; if symptoms appear, correct pH levels by adding organic matter or other acidifying amendments to the soil.

Varieties

There are several cultivars available: "Aurea" has leaves with yellow margins; "Fruitlandii" has rounded undulate leaves; "Muculata" has green leaves with yellow center; "Simonii" has large leaves with silvery undersides, variegated pink and yellow; and "Variegata" has leaves with yellowish-white margins.

Use

It is highly recommended as a hedge but requires frequent pruning because of its

rapid growth. Silver Thorn is highly tolerant to saline conditions and can be used in areas with salt intrusion problems. It is also used in foundation plantings, screen and accent planting.

Because this plant tends to sucker it is used for stabilization of soils and banks. It has been used in the highway median where the plants provide an effective divide between opposing lanes of traffic.

But, the fruit produced by this plant represents a hazard to fruit eating birds that are killed in large quantities by incoming traffic during the time of the year when fruits are available.

Dr. Peter J. Sandoval, Seminole County Urban Horticulturist, can be reached at the Cooperative Extension Service, 229 W. County Home Road, Sanford, FL 32773 or phone 407-329-4343. All Seminole County Cooperative Extension services are open to all regardless of race, color, sex, handicap or national origin.

Volunteers needed at Sanford zoo

The Central Florida Zoo is seeking dedicated people to participate in the Docent Training Program.

Volunteer teachers, referred to as docents, are an integral part of the zoo staff. Providing exceptional education for children and adults about conservation of animals and the environment, docents participate in an array of activities.

A docent training course is being offered with two classes running concurrently on Wednesday, March 5, and Saturday, March 8, from 9 a.m. to 3 p.m. Anyone 16 or older is eligible to participate in the seven week program.

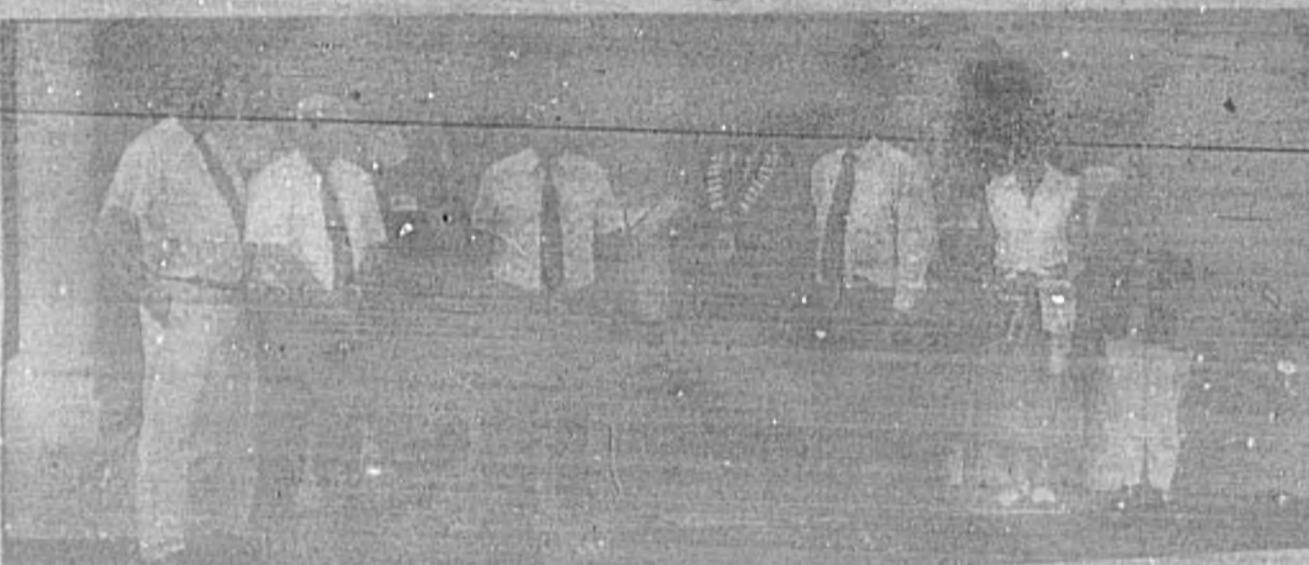
The cost is \$40, which includes class materials and a Central Florida Zoo shirt. Volunteers able to work during the day to assist school children are especially in demand. No teaching experience is necessary.

Applications are due by Feb. 21. A volunteer orientation will be held on Feb. 25.

Course graduation will qualify each volunteer to conduct zoo tours, participate in school outreach programs, provide exhibit interpretation, and more. Also, each docent will be offered a three-week Animal Handling Class, to learn how to handle species of reptiles, birds, mammals, and invertebrates for outreach programs and animal encounters.

For additional information on the program or applications, please call 407-323-4450, ext. 120.

Wicklow visiting Wicklow



A delegation from County Wicklow, Ireland, recently visited Wicklow Elementary School. The school was named in honor of the sisterhood between Seminole County and County Wicklow, Ireland. They continue to share a special partnership. County Wicklow parents enjoyed a traditional turkey luncheon. Entertainment was provided by the Wicklow Elementary Chorus and Percussion Group. Pictured above, the delegation from Ireland meet their Seminole County counterparts, including members of the Seminole County School Board.

THE SEMINOLE HERALD'S ...

Pet of the Week

Gabriel

Gabriel, a 1-year-old neutered male lab mix, is looking for a good home. Although Gabriel's friends at the SPCA of Central Florida in Seminole County — where he's lived since November — will take him, the canine is looking for a new home where he can get his back patted and his head rubbed. He is a housebroken and is good with cats and other dogs. His friends at the shelter say he is inquisitive and quiet, and he likes to play fetch.

To adopt Gabriel, call the Humane Society of Seminole County at

407-323-8685

or visit the facility at 2800 County Home Road in Sanford.

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Jealous stepfather makes home life miserable for daughter

DEAR MR. & MRS. KELLY: I am a loyal wife who skins tree stumps.

Divorce attorney, you can think I'm kidding, "No." He is very bad on my 12-year-old daughter.

From a previous marriage,

you have a son who is 19 years old.

You've been bad to the point of causing me to consider it. You became so bad that I came back to states from and made no longer seem like.

I can't handle your child's

actions or your son's actions.

ANNE MARIE GOLDBERG
Chicago, Ill.

MY CHILDREN — With a long list of "honors,"

I told my children any No. 1 priority and if anything in my life is ever important, it is my No. 1 priority. My dad admires his jealousy of Natalie and the first time I saw him

in his driveway as I sat with him because I'm afraid if I give him Natalie, Natalie and I have been together for 10 days now. I'm not a good person.

THE FIRST A SPARK

DEAR BILL AND NANCY: Sorry for your bad review of our jerseys and new uniforms of your school's football team. I would like to say that we will clean the jerseys again.

YEAR-OLD — When a parent spoils his or her life, in this case, your daughter may turn a good

husband before you make such a decision. I hope you let me know if you got family members to see if his jealousy can be a good gift. If it can't, then a good one, what you're going to do stay in mind.

THE FIRST A SPARK

DEAR MR. & MRS. KELLY: I am a

DEAR NOT A CHILD: I agree that at 33, you are not a child; you are an adult who has made an important decision. While it would be nice if your family approved of your choice of life partner, one of the basic premises of marriage is that you are forming a family unit of your own. And your parents and relatives and share the "good news" with them. How they react will be their problem. Please don't continue to talk to us.

DEAR MR. & MRS. KELLY: I am a

SUSAN COLEMAN, MICH.

OWNER OF INHERITANCE: Since it had been such an important part of his family life, it was on his wrist for the funeral -- with the voice and stamp turned off.

THE CHILDREN WHO SURVIVED — In Franklin, Mich., began

SUSAN COLEMAN, MICH.

DEAR SUSAN: I just say it took a minute to see a world without a watch.

DEAR MR. & MRS. KELLY:

Holiday enter-



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Members of the Fort Belvoir Chapter, Children of the American Revolution, perform in a Christmas Concert at the Fort Belvoir Garden Club Late, a program presented by the Fort Belvoir Garden Club. Among them were Carol Schmid, Connie Schneider plays the violin, Carol Schmid, Schneider plays the piano, Karen Hansen, Karen Hansen, Connie Schneider, Melissa Schneider, Pamela Hansen and Carol Hansen performed the

Combs celebrate silver anniversary

HOWARD AND GENEVA COMBS: Howard celebrated their 25th wedding anniversary Dec. 14.

Howard is president of the 1927 Belvoir Garden Club. The couple married in September 1978 at the church of the Assumption, Fort Belvoir, Fla.

Howard is a member of the Belvoir Garden Club's Merry Mingle Chapter of Soroptimists and has been an independent director with Merry Mingle Chapter for 18 years. She is a member of the Surfside Weston's Club.

Howard is a corporate pilot with National Fuel Corporation and is an 84-year NASCAR fan and Corvette enthusiast.

Geneva is a native of Woburn, Mass.

HOWARD AND GENEVA COMBS: Howard and Geneva Combs are a native of Woodstock, N.J. They have lived in Central Florida for 23 years and have been members of Crystal Pointe for 13 years.

N.J., and Geneva is a native of Woodstock, N.J. They have lived in Central Florida for 23 years and have been members of Crystal Pointe for 13 years.

FOOD

How to make restaurant-style quesadillas

If your family loves quesadillas, why not make them at home? There's no need to wait until you eat restaurant meal. Making basic Mexican-style tortilla fold-over sandwiches is really easy, and you can load them with lots of good things, such as various Mexican avocados, chicken and ...

For an authentic restaurant-style flavor, be sure to use Mexican Hasta avocados-the dark green or black ones, whichever kind. Firm avocados should be refrigerated at room temperature until they are slightly soft. If they're ready before you are, just refrigerate all for up to three days.

For more recipes and many other Mexican-inspired, self-adhesive, full-color envelopes for Mexican Avocado Lovers, Lewis & Nevis Inc., #2 East 21st Street, New York, NY 10010.

Chicken and Avocado Quesadillas

YIELD: 4 quesadillas

- 2 tablespoons olive oil, divided
- 2 tablespoons lime juice
- 1/2 teaspoon ground cumin
- 2 cups diced cooked chicken (about 1/2 pound)
- 1/2 cup shredded barbecue sauce
- 1 ripe sliced Mexican avocado, pit removed and cut in 1-inch cubes
- 4 flour tortillas (8 to 10 inches each)
- 1 cup shredded Jack or Pepper Jack cheese

Preheat oven to 450°F. In a medium-sized bowl, combine 1 tablespoon of the oil, the lime juice and cumin. Add chicken and avocado; toss gently.

Lay tortillas on a baking sheet; brush both sides with the remaining 1 tablespoon oil. Spoon chicken and avocado mixture on one side of each tortilla, dividing evenly. Top with cheese. Fold tortilla in half to cover filling. Place well-buttered foil atop each tortilla. Bake until cheese is melted and bubbly, about 10 minutes.

Fast Lane Chicken and Potato Chowder

YIELD: 6 servings

- 1 package Fast Lane Chicken Helper

Recipe for the Race



Fast Lane Chicken and Potato Chowder

Fast-lane chicken perfect for big day

It's the most-watched spectator sport in the United States and second only to the NFL in television viewership. Nearly one-third of the U.S. adult population rates themselves as fans and 17 of the 20 highest-attended sporting events in America revolve around this sport.

What is "the national phenomenon" NASCAR...and how radicat will you go to get up for the big race?

In millions of households, watching the race and predicting the outcome are family affairs. Kids hang posters of their favorite driver next to pictures of their favorite rock star. Dad can often be seen sporting a racing-related T-shirt or hat and even in busy bar the internet chatting about her favorite race team.

As families gear up for the inaugural points race of the 2003 NASCAR Winston Cup season on February 16, General Mills and its Chex/Chex Cereal/Mrs. G Dodge Race Team come to let nutritional fans and families fuel up for the big day. Here's a easy day recipe that always gets the green flag.

Fast Lane Chicken and Potato Chowder

Makes 6 servings

• 1 package Fast Lane Chicken Helper

• 1 can (11 ounces) cream corn

• 1 can whole kernel corn with red and green peppers, undrained

- 2 cups water
- 3 cups milk
- 3 cups cut-up cooked chicken or turkey (about 10 ounces)
- 3 cups shredded Cheddar cheese (6 ounces)
- 6 large round crouton slices

• 1/2 cup velvety Potato, Onion and All-Grain Cheese Sauce

Topping: corn, water, milk and chicken, to boiling in Dutch oven; stirring constantly; reduce heat.

2. Cover and simmer 15 minutes or until potatoes are tender.

3. Stir in Cheddar cheese, sprinkle bread crumb topping. Scop out mouth of each dinner roll to make bowl. Serve chowder in bread bowls.

High Altitude: Add 1/2 to 3 cups cold water to 3 cups.

Special Touch

Add extra fun to race day chowders by topping with bacon, Bacon Bits, Bacon flavor bits or bacon salsa or shredded Monterey Jack cheese with jalapeño peppers.

To make a pot pie for additional race day fun, add frozen dumplings to chowder.

Ring in the Chinese Year of the Sheep with a toast

Ring in fireworks for festification. The Chinese New Year is a time for celebration and fun with family and friends.

Now is the Western equivalent. The Chinese horoscope calendar is based on the cycles of the moon. The beginning of this year is the start of the year of the sheep. January 26, the midday of February 8, a complete cycle taken 60 years and is made up of five cycles of 12 years.

The calendar names each of the 12 years after an animal. Legend has it that the last Earthly creature to board the ark was the sheep. Only the goat had been born before she came along and her name is a year under goat as the symbol there represents the last follower of the ark. Then comes dragon, snake, horse, monkey, rooster, dog and pig. The Chinese believe the animal you are born in holds a special significance for your personality. This is because each year is associated with one of the twelve animals.

Chinese New Year is here and is a better way to celebrate the Year of the Sheep than ever.

1. Beat egg in 12x8 pan; stir after awhile and again, stirring to make it up. This will be filled from 1/2 glass at a time.

2. Spread mixture on bread.

3. Spread mustard on bread.

4. Spread garlic mayonnaise.

5. Spread cheese on bread.

6. Spread mayonnaise on bread.

7. Spread mayonnaise on bread.

8. Spread mayonnaise on bread.

Fast

- 12 to 14 slices day old sandwich bread
- 2 tablespoons mayonnaise
- Vegetable oil, for deep-frying

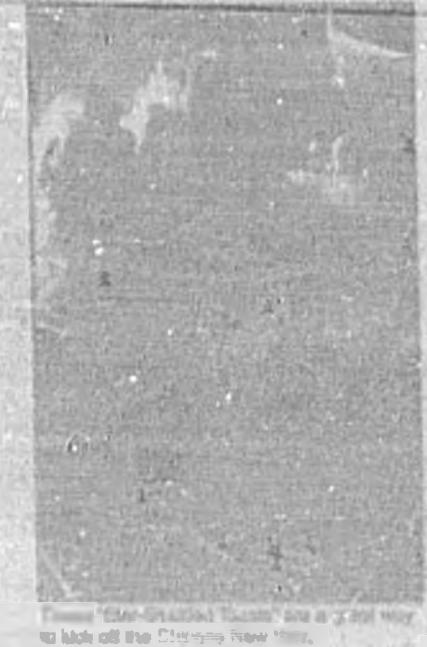
1. With a 1/2-in. dia cookie cutter about 1 1/2 inches across, cut a 1/2-in. thick bread slice. Save it for a garnish for edge later.

2. In same shallow pan add shrimp, scallops, garlic, egg white, onion, tomatoes, fish sauce and lime juice to a metal processor. Process until smooth. Transfer to a bowl. Stir in cilantro and lime zest.

3. Spread shrimp paste about 1/4-inch thick on one side of each bread slice. Sprinkle with sesame seeds and press gently without flattening.

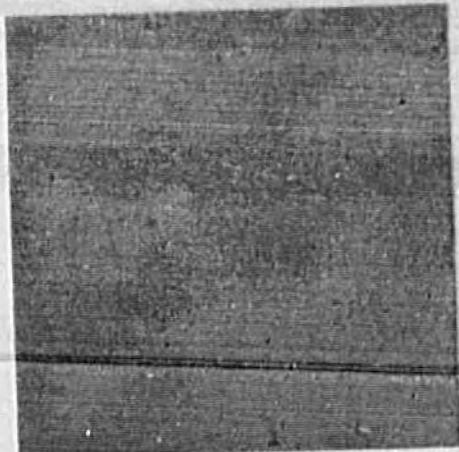
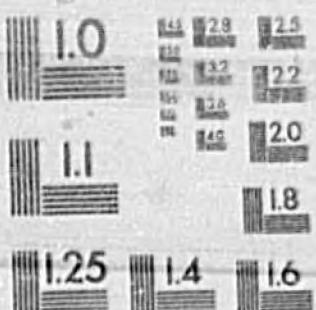
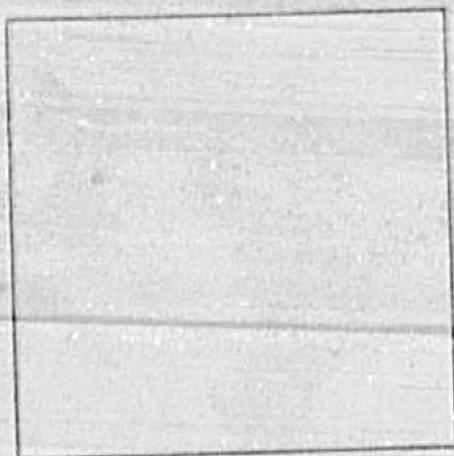
4. In a wok, heat oil for deep-frying to 350°F. Deep-fry until shrimp sides down, about one minute. Turn over and fry 30 seconds longer.

Drain on paper towels and serve.



Ring in the Chinese Year of the Sheep with a toast.

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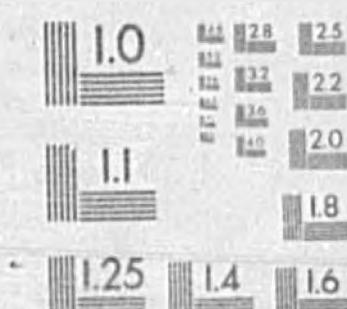
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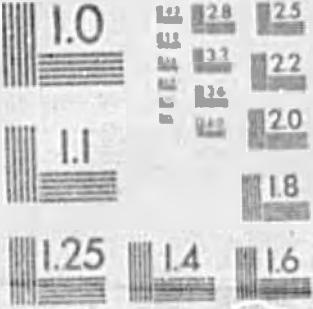
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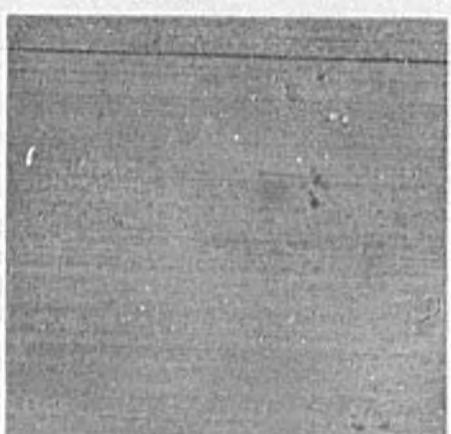
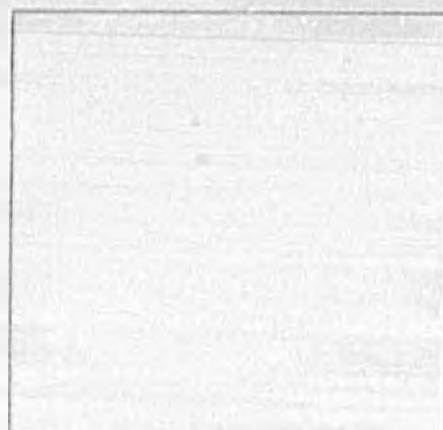


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