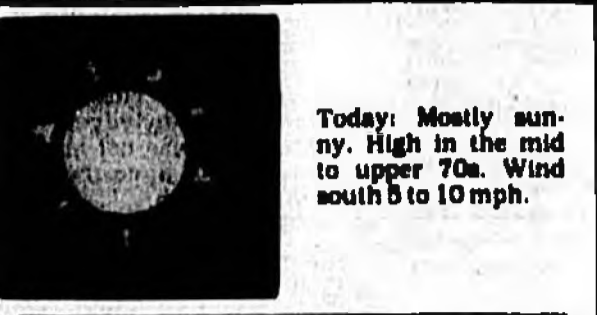


# Sanford Herald

Serving Sanford, Lake Mary and Seminole County since 1908

89th Year, No. 80 - Sanford, Florida



Today: Mostly sunny. High in the mid to upper 70s. Wind south 5 to 10 mph.

For more weather see page 2A

## TODAY

### BRIEFS

#### Chamber luncheon

SANFORD — The Greater Sanford Chamber of Commerce will hold its business connection luncheon this Friday, Dec. 13, beginning at 12 noon, at Marina Motel Lakeside Landings. The event, sponsored by Seminole Community College, and hosted by Columbia Medical Center-Sanford, will feature Rick Parsons of Landmark Education, talking on "The Power of Possibility."

For additional information regarding the luncheon, phone the chamber office at 322-2212.

#### Parent meeting

SANFORD — A meeting of the parents of youngsters in Sanford elementary schools has been scheduled for this evening.

There will be a discussion with school board officials about how rezoning will affect children in the 1997-98 school year. Staff members and representatives of Goldboro Elementary School will be on hand to answer questions about the Goldboro magnet program.

The meeting will take place at Idyllwild Elementary School, 430 Vilhen Rd., Sanford, at 7 p.m.

Babysitting will be provided.

For more information, call Kathy Hoffman at 323-7409.

#### Duda to sell muck farm

ORLANDO — A 3,412-acre muck farm will be sold to the state as part of an effort to clean up Florida's most-polluted large lake.

A. Duda & Sons Inc. of Oviedo has agreed to sell its farm on Lake Apopka's north shore to the St. Johns River Water Management District, the state agency running the cleanup.

Neither Duda nor district officials would reveal the price or terms, which were to become public today when the deal went before the district's governing board. If past sales are any indication, the price will run between \$12 million and \$14 million.

The Florida Legislature passed a \$20 million buyout bill this year to clean up the lake. Farmers were given the choice of selling out or having to install expensive pollution controls.

Most experts said the death of the 31,000-acre lake was caused primarily by farm pollution, which also is afflicting Lake Okechobee and the Everglades.

The term muck farm refers to fertile black soil that was once lake bottom and in the 1840s was turned into high-yield vegetable fields.

The state plans to eventually flood the farms and return the former marshland to a more natural state.

#### Christmas Memory

SANFORD — The Ritz Theatre will present the final weekend of performances of Truman Capote's "Christmas Memory" Dec. 13, 14, and 15.

The show will be Friday and Saturday evenings at 8 and Sunday afternoon at 2:30. The performances will take place in the First Street Gallery, 207 Magnolia Avenue.

For reservations, call 321-8111.

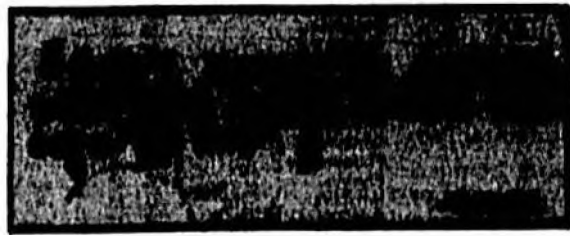
Tickets are \$10 for general admission and \$9 for seniors and children.

#### County meeting

SANFORD — Seminole County's Risk Management Executive Committee will meet this Thursday, Dec. 12, at 10 a.m., in the County Commission board room at Seminole County Services Building. The main subject listed for discussion is information on the request for proposal (RFP) for a group health insurance program.

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## Yes, there is a Santa Claus



Every boy and girl who writes to Santa Jack James, gets a postcard from him.

## The story of how Santa came home to Christmas

By RUSSE WHITE  
Herald Staff Writer

CHRISTMAS — If there is anyone out there who doesn't believe in Santa Claus, now is the time they be told about Christmas, Florida. This is Santa's home away from the North Pole.

This is where he reads and answers thou-

sands of Christmas letters each year.

Why, Santa even has his own personal mailbox in the lobby of the Christmas Post Office, zip code 32709.

Listen up, boys and girls, to the story of how Santa came to be in Christmas, a jolly little town located on State Rd. 540 in East Orange County between Orlando and Cape Kennedy.

See Santa, Page 5A

## Flushed out by code enforcement

From staff reports

SANFORD — It might have been an honest mistake.

Building a bathroom in an upstairs apartment is a typical home improvement project that many wouldn't even think twice about. Most don't even realize that a permit is needed for the job.

But some think Helen Stairs, head of the Sanford Planning and Zoning commission, should have known.

The code enforcement division recently investigated an anonymous complaint from a neighbor that revealed Stairs had begun work on a bathroom upstairs from her First Street office.

"We got a complaint and we went down there to check it out," Charles Rowe, director of community development and coordinator of the code enforcement division, said.

According to Rowe, the code enforcement officials found that Stairs did have a bathroom under construction. She was given the option of getting the proper permitting or tearing out the work that had been started.

"She chose to tear the bathroom out rather than bother with the permit," Rowe said.

He said the code enforcement officials have not been back to check if the work had been removed, but he said he will make sure she complies with the code requirements.

"I can only assume she knew about the need for a permit," Rowe said. "She is head of planning and zoning and a realtor. Her husband is a building contractor. I would assume she knew she needed a permit. As for why she didn't get one, I don't know. I didn't ask."

When Stairs was asked on Tuesday about why she didn't have a permit she said she had no comment, but she noted that the neighbors who made the call to the code enforcement department were "vindictive" and "complained about everything."

She did not comment on the current status of the restroom facility.

## Making a "Christmas Memory"



Herald Photo by Steve Barnes

Ciancy Tondorf of DeLand, and Vicki Cole, a Seminole County teacher, will be seen in the final presentations of "Christmas Memory" this Friday, Saturday and Sunday at First Street Gallery, 207 S. Magnolia Avenue in Sanford. The story was written by Truman Capote, portrayed by Tondorf as a young child. Fred Rogers, producer and director of the Mitz Players said of the presentation, "The true meaning of Christmas is found in this simple memory, and reminds all to treasure such fleeting moments." The setting for the production is sparse, allowing the audience to use its imagination and savor personal Christmas memories. The performances will be at 8 p.m. Friday and Saturday with a 2:30 p.m. matinee Sunday. For reservations, phone 321-8111. Tickets are \$10. Seniors and children are \$9. First Street Gallery is located at 207 Magnolia Avenue.

## Historic school back on track for renovation

By VICKI BOGGERMAN  
Herald Senior Staff Writer

SANFORD — It really doesn't look like much. The paint's been scraped off. The interior walls have been peeled away. Plastic garbage bags flutter in the spaces that were once windows. And staircases sometimes stop midway between one floor and the next.

But with a little imagination, you can almost see what a beautiful, though simple building this must have been.

Hopper Academy, 1010 Pine Ave. in the Goldboro section of Sanford, was Seminole County's only school for black children in the first through eighth grade. Youngsters trudged from as far away as Altamonte Springs to get the only education available for African American children in the county.

Desegregation brought an end to the need for an all-black elementary school and the building came to be used for other things and then fell into disuse and misuse.

But after more than five years of no more than a covey of pigeons and an occasional teen graffiti artist occupying the facility, there is quite a bit of activity in the old building.

Debris has been carted out to the curb and the floors have been swept. New windows are being installed in place of the ancient weighted sash

See Hopper, Page 5A

## First election at new elementary school

By JEFF BERLINCKE  
Herald Staff Writer

WINTER SPRINGS — The voters studied the commercials through primary season, watched the debates on television, were bombarded with campaign advertising, then it was off to vote.

The new president, Sabrina Lane. Sabrina was named president of the Highlands Elementary Student Council two weeks ago after a highly-charged and enthusiastic campaign to elect the first student officers in the history of the new school.

Besides voting for president, there were other elections and, after primary season which narrowed each race to four candidates, Jacqueline Wetter was elected vice-president, Lisa Grimland, secretary and Sara Alper, treasurer.

The elections ended weeks of campaigning that took on all the characteristics of a major election with one exception: everyone is still friends.

The students at Highland are from all over the area and were thrown together in September, most not having known each other until the start of the school year. It's hard to tell by seeing the friendships even between the winners and losers in the election.

"They all showed tremendous sportsmanship," Dan Snowberger, assistant principal said. "They learned a lot from their experience and they're all still good friends."

The candidates may not be quite old enough to vote in the national elections but they all said they stressed the same things: honesty and keeping promises.

"What you said you'll do is what you have to do," Eric Little said.

Other important issues were getting outside picnic tables and more physical education equipment.

Despite many of the same views, the candidates went about taking their message to the voters in a

See Election, Page 5A

## FLORIDA BRIEFS



### Death was mercy killing

**VERO BEACH** — The attorney for a 71-year-old man accused of smothering his terminally ill wife said his client's only crime was loving the woman too much.

An autopsy revealed the 68-year-old cancer victim had only a few days to live, authorities said Monday.

Attorney Bob Stone said that Jacqueline Dollinger's death was a mercy killing by his client, Kenneth Dollinger, whom he described as a devoted husband for 47 years.

The autopsy found that Mrs. Dollinger's cancer had spread throughout most of her major organs. Her life expectancy would be measured in hours or days, medical examiner Dr. Frederick Hobin said.

His preliminary finding was that Mrs. Dollinger died of euthanasia by asphyxiation.

Dollinger was being held without bond at the Indian River County Jail on a first-degree murder charge. He was on a suicide watch, jail officials said. Arraignment was scheduled for Jan. 13.

The former Lockheed Martin electrical engineer and his wife had talked about an assisted suicide six months earlier, after she was diagnosed with terminal cancer, Stone said.

### Beckstrom calls for reversal

**DELAND** — Unsuccessful Volusia County sheriff's candidate Gus Beckstrom wants a judge to reverse election results, charging that 1,219 ballots weren't counted because of electoral fraud.

Beckstrom asked Circuit Judge John Doyle to toss out all absentee ballots or tainted ones. Either scenario would give the election to Beckstrom.

Incumbent Sheriff Bob Vogel defeated Beckstrom by 700 votes. Vogel trailed by about 4,000 at the voting booths Nov. 5 but collected 4,800 more absentee ballots than Beckstrom did.

After weeks of inspecting and hand-counting more than 27,300 absentee ballots, Beckstrom and his attorney, Don Weidner, attacked every aspect of the absentee process in a lengthy motion filed Monday. They are seeking a hand recount of absentees.

Weidner said he counted 1,219 more ballots than Elections Supervisor Deanie Lowe recorded and claimed two-thirds of the uncounted ballots were for Beckstrom.

Weidner alleges Lowe failed to follow election laws and tainted 6,548 ballots.

Vogel's lawyer, Jim Clayton, called Beckstrom's challenge frivolous and accused him of "being a sore loser."

### Customs check finds nothing amiss

**FT. LAUDERDALE** — U.S. Customs agents escorted a chartered airplane to a South Florida airport after the tourists' sightseeing tour struck the agents as suspicious.

But a check of the plane once it landed at Fort Lauderdale's Executive Airport Tuesday showed nothing amiss, according to Customs spokesman Michael Sheehan.

"We found two tourists taking photos," Sheehan said. "It was all much ado about nothing."

Miami television stations reported that a Customs Blackhawk helicopter escorted the Piper Aztec twin-engine plane into Fort Lauderdale, then agents brandishing M-16s jumped out of the helicopter, ordered the German tourists off the plane and questioned them.

Sheehan offered a milder version. He said the small charter flight carrying a pilot and the tourists took off from Executive Airport and flew to the Cay Sal Bank — an international waterway south of Miami and east of the Florida Keys. The tourists then began snapping pictures as the plane circled the area. The circling caught Customs' attention, Sheehan said.

"We thought it seemed unusual, so we tracked them coming in," he said.

He dismissed reports that the airplane had strayed into Cuban airspace.

"I have no indication that is the case," Sheehan said.

### Museum issues apologies

**GAINESVILLE, Fla. (AP)** — The Harn Museum at the University of Florida issued an apology after complaints about students attending an exhibition that included photos from Andres Serrano — notorious for his work depicting a crucifix in urine.

The exhibit, which did not include the crucifix photo, was called "Content and Discontent in Today's Photography." Serrano is one of the artists cited in a congressional attack on the National Endowment for the Arts.

"It was totally in error, totally inadvertent. We have a policy not to take children into controversial exhibitions," said Kerry Oliver-Smith, Harn's education coordinator.

Christiana Shaw, school district fine arts supervisor, said officials will review procedures regarding exhibits for students.

Parent Malcolm Privette went to see the exhibit after hearing complaints from other parents.

From Associated Press reports

## NEWS FROM THE REGION AND ACROSS THE STATE

# Police seek girl who left town with a 30-year-old male friend

By RAJU GNEBIVU  
Associated Press Writer

**MIAMI** — The mother of a 13-year-old who vanished with a gym buddy, a 30-year-old family friend, insists the man abducted her daughter. But police say the girl ran away from what she called an intolerable home.

Police said Tuesday a warrant has been issued for Brendan Walsh for taking off with Shannon Connelly from St. Cloud, 20 miles south of Orlando, just after Thanksgiving.

The girl's mother, Jean Connelly, insisted in a telephone interview that the eighth-grader was a good student with a loving home environment who was

being influenced by Walsh.

His parents, Francis and Helen Walsh, are in anguish over their son, saying he cooked, cleaned and lived with them before vanishing.

Shannon, reported missing Nov. 29, is listed on a national police computer as a runaway. A felony warrant seeks Walsh for interfering with child custody, which carries a possible five-year prison sentence.

The girl's "parents say it was like brother and sister and grew from there," Sgt. Peggy Greer, police spokeswoman, said in a telephone interview. "It's not very smart for a 30-year-old man to reciprocate feelings in this way."

Shannon wrote letters to her

parents, the Walshes and police this month bearing postmarks from Philadelphia. Police were investigating if the pair, now believed to be in New York, are romantically involved.

"She's never done anything like this before. She never disappeared us like this," said Mrs. Connelly, 48.

The Walshes and Connellys became friends about a year ago after the Walshes moved from New York City. The Connellys moved six years ago from the same city.

Brendan Walsh began spending a lot of time with the Connellys, going to picnics and movies with them and dropping by when off from his job at a Walt Disney World warehouse.

Walsh and Shannon began working out at the same gym, he designed a weight-loss program for Shannon, and the Neptune Middle School student lost 40 pounds.

The pair grew closer. Mrs. Connelly acknowledged her daughter, who was not allowed to date, may have become smitten with Walsh.

The Connellys grew uncomfortable and forbade the two from seeing each other. Mrs. Connelly said she confronted Walsh in the gym, and he promised not to see the girl again, but Shannon continued telephoning him from school.

### Learning history

**JIM ROBISON**, a local historian, spoke to the fourth graders at Hamilton Elementary School recently. Organized by Norma Bordenkircher's class of Florida history, the visit is one in a series of learning experiences designed to help the youngsters get a more intimate understanding of their local history. The students have learned about Sanford city government from the mayor and about the history of the area from a variety of sources. They have come to know that history is alive and not just in their textbooks.

Herald Photo by Tommy Vincent



## Inmates make Christmas bright with handmade toys

By The Associated Press

**PENSACOLA** — They may not look like standard elves, but inmates at the Century Correctional Institution are turning out a lot of Christmas toys.

Pedro Perez's eyes twinkle beneath his red-and-white Santa hat and he puffs a hand-rolled cigarette while admiring the mountain of playthings he and 24 other inmates have sawed, hammered, stuffed and sewn together for needy kids.

"I've got kids of my own — 10 daughters," says Perez, who will be released in early January after serving a three-year sentence on a drug conviction.

"I've got a 8-week-old granddaughter in Miami I haven't seen. So building these toys helps me think of her and all the other children around. I just want all the kids to enjoy

Christmas."

The prisoners started hammering out the 1,342 toys in July, working more than four hours a day, five days a week. The volunteers used wood, tools, paint and other materials donated by businesses and the public.

This is the first year at Century for the Toys for Tots program, which is offered in all Florida state prisons. The program operates at no cost to taxpayers.

Martin Hollingshead, 34, a tattooed muscleman who will be released Tuesday after serving a three-year sentence for auto theft and contempt of court, beams like a kid as he hustles through the toy workroom showing other inmates where to stack the finished toys: 249 dolls, 38 rocking horses, 511 cartoon pillows, and hundreds of hand-carved wooden yo-yos, ring-toss games, puzzles, wooden cars and blocks.

## Mystery woman sought for help in an old case

By The Associated Press

**FORT PIERCE** — Detectives still don't know who dumped Beverly Ann McGowan's body along the bank of a canal six years ago, but they believe they know who does.

St. Lucie County Sheriff's investigators think Elaine Parent, a 54-year-old former Dade County real estate agent who went by several aliases, could tell them — if she's still alive.

But Parent, a former Miami real estate agent who was expert at changing her appearance and had at least three passports in different names, has not been seen since May 1991. Investigators who have been seeking her for nearly a year released her photograph Tuesday in hopes that someone will come forward with a tip.

McGowan, 34, disappeared July 17, 1990, after telling friends and family she planned to start a new life. She hinted that a prospective new roommate, Alice, was the key to it.

Two days later, an angler

found McGowan's body west of Fort Pierce. Someone had made a crude attempt at removing the head, hands and a tattoo to prevent identification, but a second tattoo and part of the jaw with some teeth allowed experts to identify the remains.

The trail to Parent involved local, state and federal investigators in a tedious comparison of 248 passengers and passports on British Airways Flight 292 from Miami to Heathrow Airport in London on July 23, 1990.

Investigators knew that someone — possibly a woman or a man disguised as a woman — used McGowan's credit card in Miami to make arrangements for a rental car at Heathrow, and that a woman used the same card to buy clothes, books and other items at a North Miami mall before the flight.

Investigators who tracked the passengers determined that the mystery woman sat in seat 18C and called herself Sylvia Ann Hodgkinson — one of several aliases Parent was known to use.

## LOTTERY

**MIAMI** Here are the winning numbers selected Tuesday in the Florida Lottery:

Fantasy 5  
19-25-1-21-10

Cash 3  
4-7-6

Play 4  
7-3-0-9

## Sanford Herald

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## THE WEATHER

### LOCAL FORECAST

Today: Mostly sunny. High in the mid to upper 70s. Wind south 5 to 10 mph. Tonight: Mostly fair except for patchy areas of fog. Low in the lower to mid 50s. Light south wind. Thursday: Patchy areas of morning fog otherwise partly cloudy. High in the upper 70s. Wind south 10 mph. Friday: Cloudy with a chance of showers or thunderstorms. Lows in the lower to mid 60s. Highs in the mid to upper 70s. Saturday: Clear and colder. Lows in the mid 50s. Highs in the upper 60s. Sunday: Clear and cold. Lows in the lower to mid 40s. Highs in the mid 60s.

### FLORIDA TEMPS

City	Hi	Lo	Pct.
Daytona Beach	66	37	00
Fort Lauderdale	73	51	00
Fort Myers	74	45	00
Gainesville	47	21	00
Homestead	73	43	00
Jacksonville	65	30	00
Key West	72	60	00
Lakeland	70	38	00
Miami	73	53	00
Ocala	69	23	00
Pensacola	72	33	00
Sarasota	73	44	00
Tallahassee	69	32	00
Tampa	68	43	00
Vero Beach	73	43	00
West Palm Beach	73	48	00

### EXTENDED OUTLOOK

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Sunny 55-78	Ptly cldy 65-78	Cldy 64-78	Clear 65-88	Clear 44-65

### MOON PHASES

New Dec. 10th	First Dec. 17th
Full Dec. 24th	Last Jan. 1st

### BEACH CONDITIONS

**Daytona Beach:** Waves are 2 to 3 feet and choppy. Current is running to the north with a water temperature of 63 degrees.

**New Smyrna Beach:** Waves are 2 to 3 feet and choppy. Current is running to the north with a water temperature of 62 degrees.

### TIDES

**THURSDAY SOLUNAR TABLE:** min.: 1:42 a.m., 1:10 p.m.; maj.: 8:10 a.m., 7:15 p.m. **TIDES:** Daytona Beach: high, 9:03 a.m., 9:20 p.m.; low, 2:28 a.m., 3:13 p.m.; New Smyrna Beach: high, 9:08 a.m., 9:25 p.m.; low, 2:33 a.m., 3:18 p.m.; Cocoa Beach: high, 9:23 a.m., 9:40 p.m.; low, 2:48 a.m., 3:33 p.m.

### BOATING

**St. Augustine to Jupiter Inlet** — Wednesday: Wind south to southeast 10 knots. Seas 2 feet. Bay and inland waters a light chop exposed areas. Wednesday night: Wind south 10 to 15 knots. Seas 2 to 4 feet. Bay and inland waters a moderate chop exposed areas.

### STATISTICS

The high temperature in Sanford Tuesday was 72 degrees and the overnight low was 42 as reported by the University of Florida Agricultural Research and Education Center, Celery Avenue.

Recorded rainfall for the period, ending at 9 a.m. Wednesday, totalled 0.00 inches.

☐ Sunset.....6:28 p.m.  
☐ Sunrise.....7:03 a.m.

The Ultra Violet Index (UVI) rating for Orlando is 10. Better wear hat and sunscreen.

The UVI exposure levels are rated by the Environmental Protection Agency.

### NATIONAL TEMPS

City	Hi	Lo	Pct	Obs
Amarillo	71	56	00	cldy
Anchorage	19	17	00	cldy
Atlanta	64	53	00	cldy
Atlantic City	49	36	00	cldy
Austin	78	37	00	cldy
Baltimore	45	27	00	rn
Boston	41	31	00	an
Brownsville	62	46	00	cldy
Buffalo	45	39	00	cldy
Burlington, Vt.	33	24	00	cldy
Casper	52	44	00	cldy
Charleston, S.C.	61	38	00	cldy
Charleston, W. Va.	59	35	00	rn
Charlotte, N.C.	58	37	00	cldy
Cheyenne	58	34	00	cldy
Chicago	43	26	00	rn
Cincinnati	61	39	00	rn
Cleveland	41	29	00	rn
Concord, N.H.	34	16	00	cldy
Dallas Ft. Worth	77	55	00	cldy
Denver	61	43	00	cldy
Des Moines	47	27	00	cldy
Detroit	48	28	00	rn
Honolulu	78	66	00	sd
Houston	78	62	00	cldy
Indianapolis	68	51	00	rn
Jamez	37	30	00	rn
Kansas City	68	48	00	cldy
Las Vegas	78	53	00	cldy
Little Rock	72	48	00	cldy
Los Angeles	67	54	00	cldy
Memphis	60	40	00	cldy
Minneapolis	38	30	00	rn
Mobile	38	34	00	sd
Nashville	44	34	00	cldy
New Orleans	76	47	00	cldy
New York City	48	26	00	rn
Omaha	67	54	00	cldy
Philadelphia	48	37	00	rn
Phoenix	78	68	00	cldy
Pittsburgh	48	28	00	rn
Portland, Maine	38	25	00	sd
Portland, Ore.	58	39	00	rn
San Antonio	67	54	00	cldy
San Jose, Calif.	76	64	00	cldy
Shreveport	76	54	00	cldy
Washington, D.C.	48	38	00	rn

## POLICE BRIEFS

### Drug arrests

Charles Kern, 22, of 106 N. Palmetto Ave., in Lake Mary, was arrested Sunday by Lake Mary police officers on seven charges including possession of cannabis with intent to distribute, fleeing and attempting to elude officers and reckless driving. Officers spotted him driving his motorcycle without the face shield down and the suspect allegedly raced through the parking lot of the Shoppea of Lake Mary in an attempt to flee. He drove through stop lights and was finally apprehended at the corner of Palmetto and Lake Mary Blvd. Police found more than 21 grams of marijuana as well as a blade knife concealed in the handlebars of his vehicle.

Belinda Solis, 32, of 4733 State Road 46, in Sanford, was arrested Sunday by the Seminole County sheriff's deputies for possession of drug paraphernalia and driving under the influence of alcohol.

### Armed robberies

Rudolph Valentino, 18, of 2580 Ridgewood Ave., in Sanford; and Jerome Williams, 18, of 1817 Paloma Ave., in Sanford, were arrested for armed burglary at 232 Pine Woods Dr., in Sanford. Along with another man, they allegedly cut through a screen door carrying bricks before being apprehended. Found in their vehicle were a razor knife and a steak knife.

# Cracking down on homeless

## Report: Trend against panhandling, loitering

By LANNA HOOKER  
Associated Press Writer

WASHINGTON — Frustrated by the homeless who line their streets, more and more cities are cracking down on panhandling and "camping" in public parks, according to a report released today.

It's a dangerous trend, argues the National Law Center on Homelessness and Poverty, an advocacy group for the homeless that focused on the nation's 50 largest cities for its report.

"The bottom line is people are being punished for being homeless," said Maria Foccarina, the center's executive director. "It's cruel, and it won't achieve the goal."

The analysis found that three out of four cities have anti-panhandling laws, up from 62 percent in the center's last survey two years ago. Fifteen cities have passed new laws over the last four years, the report said.

The report also found:  
—Thirty-eight percent of cities initiated crackdowns on homeless people in the past several years.

—More than half recently conducted police sweeps, rounding up homeless people.  
—Half the cities prohibit sleeping or camping in some or all public places.

At the same time, virtually every city has more homeless people than emergency shelter and transitional housing spaces, the report said.

Five cities were labeled as having the "meanest streets" — Atlanta, San Francisco, New York, Dallas and San Diego.

In New York, the city's "quality of life" campaign has meant enforcing laws against "minor offenses," such as sleeping on park benches and public urination, the report complains. A new law prohibits "aggressive panhandling" or begging near automatic teller machines.

Atlanta and San Diego were particularly aggressive in efforts to displace homeless people when the Olympic Games and Republican National Convention came to town, the report said.

Others argue these efforts are a step in the right direction for cities concerned about maintaining high-quality public space that all citizens can use and enjoy.

"No city regardless of numbers (of homeless) should have to sacrifice its public places," said Rob Teir, general counsel of the American Alliance for Rights and Responsibilities, a conservative organization that helps cities draft these laws.

"Most of the communities acting this way are acting with their heads, not their hearts," he added. "It's not unconstitutional for a community to decide that its park is going to be open and accessible to all."

Teir and the National Law Center each say courts have been generally more favorable to

their own arguments. The Supreme Court has allowed restrictions on panhandling as long as they are not overly broad.

Foccarina said she understands why cities want to clean up public places, but she said simply kicking the homeless out won't solve the problem.

"People have to be somewhere, and all the criminal laws in the world won't change that," she said.

The center's report praised several cities for developing constructive alternatives.

In Seattle, the city offered to pay for a free public hygiene center with toilets, showers and laundry facilities. Dade County, Fla., enacted a 1 percent tax on meals at larger restaurants to fund facilities and services for the homeless. And in West Hollywood, police allow service

providers to approach homeless people," the report argues. "Cities should attack homelessness."

"As opposed to attacking

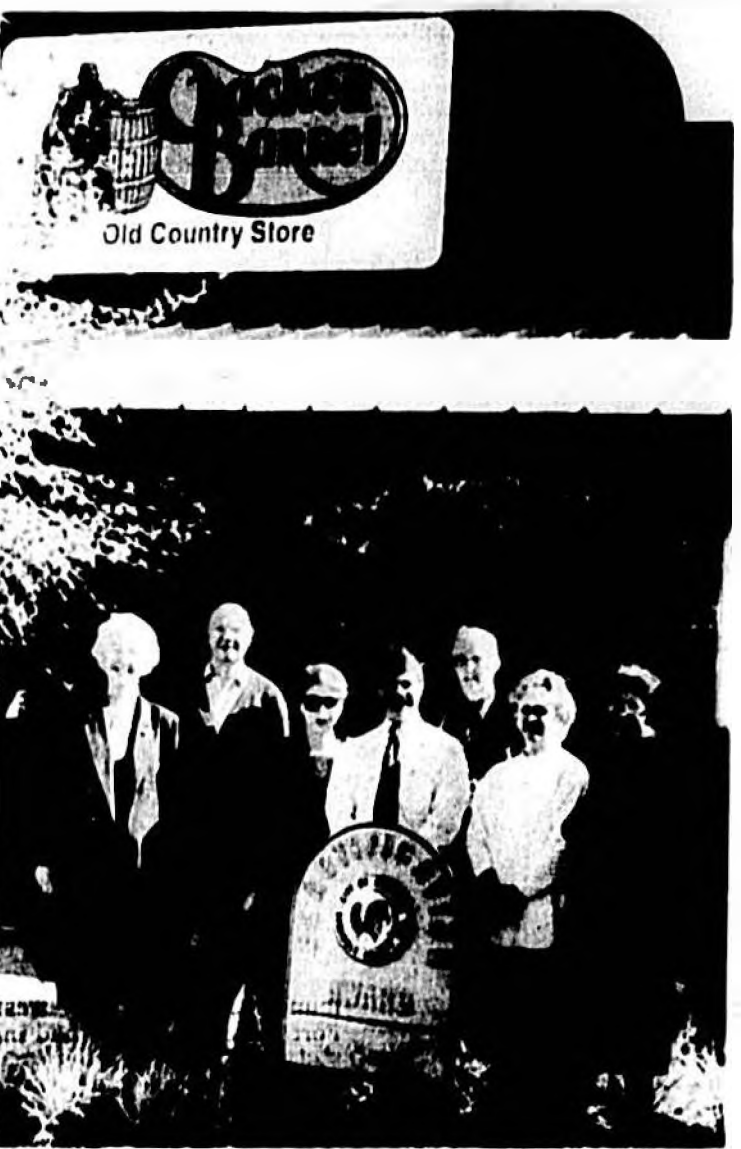


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Beautification award

Cracker Barrel is cooking and looking good enough to be the Sanford Scenic Improvement Board Beautification winner for December. Left to right are Board members Rose Long, Fred Ganas and Amelia Royster, Cracker Barrel Manager Dale Collins, Sanford grounds and maintenance coordinator Howard Jeffries, Board Chairman Betty Cannavino and board member Connie Williams.

## Regulations planned to prevent repetitive motion injuries

By CASSANDRA BURRELL  
Associated Press Writer

WASHINGTON — Labor officials on regular inspections will begin checking workplaces for conditions that lead to repetitive stress injuries — the fastest growing job-related impairments, Labor Secretary Robert Reich says.

The government also is moving ahead with new regulations to prevent the injuries now that it has been freed from congressional restraints, Reich said Tuesday.

"Here we have a great deal of evidence, mounting evidence, that a problem exists," he told reporters. "It is not fair to the American worker, to the hundreds of thousands, if not millions, of people exposed to repetitive stress injuries every day at the work place, to deny them the opportunity for the full airing of the issues, the data and the possible range of solutions."

Provisions that Congress included in the 1995 and 1998 spending bills prevented the Labor Department from developing the new standards. But pressure from the Clinton administration kept those provisions out of the current budget, Reich said.

Repetitive motion injuries comprise more than 100 different types of job-related injuries and illnesses that result from wear and tear on the body, with some so crippling they require surgery, the department says.

The most common causes of injury are assembly-line speedups, repetitive and heavy lifting, and long hours spent typing at keyboards, Reich said.

The government has brought about 400 cases to court since 1985, and all but two have been settled out of court, said Joseph A. Dear, assistant labor secretary.

In a verdict made public Monday, a federal jury in New York City ordered Digital Equipment Co. to pay nearly \$6 million to three women who blamed keyboards for disabling arm and wrist injuries. It was the first time a computer maker has been found liable in such a case.

Reich and Dear couldn't say when the new regulations would be ready, but they said resistance from business groups could slow the process.

Until then, the government will continue to enforce a statute requiring employers to maintain workplaces free of recognized hazards, they said. Last year, the Occupational Safety and Health Administration performed about 24,000 inspections, either regularly scheduled or in response to complaints.

"It is in the interests of business to prevent these injuries," Reich said. He added that work on the regulations will continue after he leaves the administration in January.

The National Coalition of Ergonomics, a coalition of business groups, said any new regulations would be based on "unsound" assumptions.

"OSHA is jumping the gun by proposing a regulation without a sound scientific foundation to back it," group spokesman Al Lundeen said.

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# Editorials/Opinions

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### EDITORIAL

## Try cold turkey

How about cold turkey for Christmas? It could be the finest gift one could give to not only their friends and family but to themselves.

This isn't the type turkey served on any silver platter; it's the kind that will be extremely difficult to not only obtain but to maintain over a length of time. Most people probably believe they simply can't handle it. Others apparently don't even want to try cold turkey.

We are, of course, referring to a person taking it upon themselves to give up drug and/or alcohol abuse. It's the term society has given to people who say to themselves, "OK, I'm quitting, I'm giving it up, I'm tossing out that booze or those drugs and paraphernalia."

While this is difficult, it doesn't have to be undertaken alone. The Seminole County area is fortunate to have excellent support groups, AA for Alcoholics Anonymous, and Nar-Anon (narcotics). They are for not only users and abusers but for family members as well.

Giving up completely is not something which must be done alone. People are ready and willing to help. This includes specialists, medical advisers, and people who have gone through this ordeal in the past and certainly know the difficulty.

Of course, we've all seen parodies on such meetings on TV sit-coms. They are often depicted as accomplishing nothing but people identifying themselves. "Hello, I'm ..... and I'm an alcoholic." Then everyone else, in unison, responds, "hello ....."

These meetings are much more than people getting to know each other by their first name. The meetings are places where individuals can share their experiences and share advice they have learned by themselves or through professional discussions.

We suggest giving some serious consideration to trying this cold turkey routine. Join with others who may have the same aim, to eliminate those mind and body controlling problems from their lives.

Locally, Al-Anon meets each Monday, Tuesday and Thursday evenings, 8 p.m., at Sahara Club, 2567 S. Sanford Avenue. Phone 321-9122 for information.

Nar-Anon meets every Wednesday at 8 p.m., at West Lake Hospital, 589 W. SR-434 in Longwood. Phone 260-1900 for information.

These meetings are open to the public for persons directly involved or family members who also need help.

Try cold turkey. It is difficult, but it can be done. What better gift can one give friends and loved ones than a new life.

### LETTER

## Goodman's column

Ellen Goodman's recent editorial offers an excellent chance to explain the real cause of what she calls the "army sexy scandal." Ms. Goodman claims that female recruits have been "put in harm's way by their leaders." The leaders she identified were drill sergeants and company commanders who have been or will be disciplined by the Army for their uncalled for and despicable behavior. I believe Ms. Goodman should have gone higher up on the chain-of-command for the leaders who caused this mess and who can clean it up.

Over time, feminist movement leaders have managed to get the President of the United States to increase the role of women in the military. They succeeded while leaders of the Gay Movement failed to gain a noble experiment in Social Engineering. At any rate, acting as Commander-in-Chief, the President had his Secretary of Defense order the various service Secretaries to get with it. Thus, it came to be that women Army recruits are under control of male leaders.

The President now has two choices. Continue to curry favor with feminists by leaving female recruits under command of men thereby causing neither men nor women to be well trained. Have women trained under command of women and let the services get prepared for their mission: break things and kill people. Knowing the incumbent Commander-in-Chief, what do you readers think will happen?

Donald M. Fann  
Sanford

### LETTERS TO EDITOR

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

## GEORGE PLAGENZ

# Mother-in-law: Jokes don't tell all

Are mothers-in-law really as bad as mother-in-law jokes make them out to be? If you seldom see them, no. If they come to live with you, yes.

According to young and middle-aged married couples who have had Grandmother living with them, it makes no difference whether it's mother or mother-in-law who moves into the spare bedroom. There is going to be a problem.

Mothers have been moving in with their married children all along, but the increase in the average person's lifespan has intensified the problem.

As people live longer, their financial assets dwindle. Someone who once could have remained financially independent until she died has to be rescued by her children. A great many more families are having to make room for Grandmother because she hasn't enough money to live in her own house and who else will take her in?

The problems begin almost before you have unloaded the U-Haul. At a time in her life when adjustments are the most difficult, Grandmother is face-to-face with a younger generation's new set of rules to live by.

She may say "How wonderful!" when she is shown her new room, but she is thinking "How small!" She is already missing the space she became used to in her own house. Gone too will

be the privacy she cherished.

There are probably things both sides can do to relieve the tensions that accompany mother-in-law's moving in, but because it is mother-in-law who has done the moving in, many family counselors say the responsibility falls most heavily on her to change her habits.

Here are some rules that family guidance experts offer for the older woman who has moved in with one of her married children:

Make up your mind not to criticize or to make suggestions unless you are couple. Occasionally ask Grandmother for her opinion or advice. This will do wonders for the harmony in the household.



Are mothers-in-law really as bad as mother-in-law jokes make them out to be?

Enjoy the grandchildren but keep any adverse criticism on their dress, manners or habits to yourself.

Don't neglect your looks or your dress. Many older women will say, "Nobody looks at me anyway." Actually, say the counselors, when you are living with someone else you have to be more particular about your appearance.

Don't play the martyr. When the young couple tell you they are going out for the evening, don't say, "Oh, am I going to have to be alone again?"

On the other hand, young people should realize that many older folks are uneasy about being alone at night. Don't complain if they leave all the lights on when you are gone. You might also ask Grandmother if she would like to invite someone over while you are out. Offer to pick up the friend and drive her -- or him! -- home.

Can't all this put a cramp in your social life? Yes, is it fair? Probably not. Just write it down as one of life's little obligations.

Above all, don't become a martyr yourself. Go easy with the line, "I have my own life to lead."

If the mother-in-law problem is upsetting your life or if you have found the way to deal with it, write Mother-in-law, c/o Saints and Sinners, United Media, 900 Madison Ave., New York, NY 10016.

## SARA ECKEL

# Women and work: New Ideas to help

For most of us, working is something we approach with ambivalence. Sure we take pride in our skills and our ability to provide. But we also play the lottery.

But the ability to work, to show up, to log in eight hours, to compromise and to swallow our pride -- on top of whatever skills we might have -- is something we should not take for granted, says Peggy Driscoll, executive director of the Women's Bean Project in Denver.

It's something that a lot of people don't have -- or at least never learned. Driscoll explains this as she describes how the Women's Bean Project works. The program, which began in 1989, employs 10 to 14 impoverished women at a time, paying them \$5 to \$6.50 an hour to produce and distribute dried soups, vinegars and gift baskets, which the company sells.

Although the project's directors don't keep formal records, Driscoll estimates that 50 percent of the women who join the year-long program eventually find full-time employment elsewhere. But the success rate is higher for those who complete it. This year, seven of the eight women who graduated from the Bean Project found jobs.

With such a strong emphasis on the value of work and self-sufficiency, one might expect the staff of the Women's Bean Project to embrace the recent reforms in the welfare laws, which have replaced cash payments to individuals with block grants to the states, and which require the states to put all welfare recipients to work. But Peggy Driscoll is wary of the federal mandate. "I don't think that the system we've had has worked, so I'm in favor of changing it," she says. "But I'm really frightened about the idea of lopping people off the rolls."

Along with the often-expressed concerns about the availability of jobs and day-care slots, Driscoll worries that people aren't aware of just how difficult it is to make this transition. First, there are the logistics: "If you gave anybody a budget and said, 'You're making \$13,000 a year and you've got two kids in day care, you've got rent of \$250 and food costs -- figure it out,' very few people could do it," she says. Couple that with emotional issues that women who've been unemployed often face, like low self-esteem, and preparing someone for work becomes a big project. "We see that sometimes a year isn't enough time for people to make the changes in their lives necessary to get employment and keep it -- and we're working with people EVERY DAY."

For this reason, the Women's Bean Project tries to do more than simply hand someone a broom. Acknowledging that "there aren't a lot of jobs packing beans out there," Driscoll says the staff tries to offer other forms of on-the-job training, such as bookkeeping and marketing. They also require employees to attend individual and group counseling sessions, as well as training seminars on such topics as nutrition and frugal shopping.

Evelyn Helms, who works in the Bean Project's catering department, says that her stammering had previously kept her from holding down a steady job. "As far as my work and all that, I did quite well, but my attitude kept me from going a lot further." The 58-year-old single mother says that along with helping her with practical matters -- such as finding a subsidized apartment and day care -- the Women's Bean Project has helped her learn to compromise and accept what she can't change. "You feel like you have a choice -- someone to talk to when you can't talk to your own family," she says.



For most of us, working is something we approach with ambivalence.



## MORTON KONDRACKE

# Cuts planned in health research

Today it seems almost a pathetic joke that disabled actor Christopher Reeve appealed at the Democratic convention last summer for a major increase in medical research funding. As matters stand, the Clinton administration plans to cut it.

Administration officials say that the Office of Management and Budget is urging a \$300 million reduction in funding for the National Institutes of Health, although this judgment is being appealed.

Without intervention from President Clinton or Vice President Al Gore, the final administration budget figure coming out in February will show little or no increase above the NIH's present budget of \$12.7 billion.

Even the Cabinet agency that includes NIH, the Department of Health and Human Services, originally asked for just \$12.6 billion. After OMB cut even deeper, HHS is asking that last year's \$12.7 billion be restored -- but not increased.

After inflation, this would still represent a 3.5 percent cut. Appraised of the administration's plans, Republican Rep. John Porter, Ill., NIH's great defender on the House Appropriations Committee, declared them "not acceptable."

As he has in the past, Porter undoubtedly will try to boost health research funding by about 6 percent next year, but it's a sad commentary that Democrats, who cheered former "Superman" star Reeve's speech, now are turning their backs on his cause.

Instead, Clinton, Gore, and Congress ought to work together to create a Health Research Trust Fund, doubling the size of NIH's budget. It will save billions in the long run -- not to mention saving countless lives.

It would also give the administration something "big" to stand for in Clinton's second term, transcending the midget-sized "incremental" programs that Clinton touted during the campaign.

Paying for a major health research initiative would require a revenue source. Last year, Sens. Mark Hatfield, R-Ore., and Tom Harkin, D-Iowa, recommended an appropriate, if controversial one: a tobacco tax, which could raise roughly \$1 billion a year per dime of tax.

According to Harkin advisers, a \$1 tax on each pack of cigarettes could raise \$64 billion in revenue over seven years, paying not only for the health trust fund, but Clinton's plan to guarantee medical care to poor children with funds left over for deficit reduction.

Studies show that increasing tobacco taxes discourages smoking, so that the proposal could save lives on its own -- perhaps as many as 1 million if the tax were \$1 a pack.

Clinton already is at war with Big Tobacco, so another battle would be entirely appropriate. Paying for health care could even be considered a "user fee" for tobacco companies

and smokers.

A research-for-tobacco link ought to appeal particularly to Vice President Gore, who has been the administration's key advocate of high-tech solutions to the nation's problems.

Additionally, at the Democratic convention last summer, Gore eloquently recalled his sister's agonizing death from lung cancer and later acknowledged that for years he had been remiss, as a Tennessee politician, in not resisting the tobacco lobby.

If the administration decides that tobacco taxes represent too tough a fight -- though they've been discussed as a source for Clinton's children's health proposal -- there are alternatives to fill the research fund, including a \$1 tax on health insurance premiums.

The main reason for backing a health research initiative is that it will save lives, but it will also help cut the cost of health care in America by keeping people working -- and paying taxes -- instead of ill and dependent.

According to Hatfield, \$1 spent on medical research produces \$15 in long-term savings. At a hearing last summer, he credited stroke-prevention research costing \$4.6 million with preventing up to 30,000 strokes per year and saving \$900 million in medical bills.

Breast cancer research, one of the Clinton administration's only research priorities -- along with AIDS research -- has increased women's five-year survival rate from 30 percent to 73 percent, Hatfield said.

If the merits aren't enough reason, perhaps Republicans could give the administration a political incentive to do right by medical research. They could try to steal the issue. Porter already is a hero.

House Speaker Newt Gingrich, R-Ga., is halfway there. He is proposing a major research push against diabetes, believing that better treatment would lead to significant savings for Medicare.

He's right, of course, but that principle applies to many diseases and disabilities: stroke, spinal-cord injury, Alzheimer's disease, Parkinson's (the one I have worked to prevent funding for).

Clinton's decision has led to lung cancer. There's a crusade to be led here.



Today it seems almost a pathetic joke that disabled actor Christopher Reeve appealed at the Democratic convention last summer for a major increase in medical research funding.



Candidates for the president of the Highlands Student Council: (bottom row, left to right), Jennifer Deas, Eric Shotters, Sabrina Lane, Emily Gentry. Middle row: Adrian Limonas, Daniel

### Election

Continued from Page 1A

variety of different ways. The rules were simple. Each of the primary winners were allowed six posters in the hallways, they could distribute stickers and buttons and then the school's technology took over.

The students were allowed one-minute commercials to be aired on WHES, the Highlands television station, followed by a debate in which the voters would call in questions from their classrooms and watch answers immediately presented on television.

The students took different roads to completing their commercials. At least most of them.

"Sabrina and I both did the exact same commercials," Jennifer Deas, running for

president said. "It was just a coincidence."

They each presented a commercial based on the game show Jeopardy. Sabrina's had the host describing the qualities needed to be a good president. The contestants all answered with her name.

Others were just as original. Vice-presidential candidate Andrew Lieffers dressed up as several different people, all with the same comment: vote for Andrew Lieffers.

Secretarial candidate Angie Mitchell used visuals, showing the honors she won while elected Student of the Year at Bayshore in Fort Myers last year.

Liza Grimland just said she plans to make Highlands the best school in the county.

Charles Stafford spoke on the issues, then, using his best Uncle Sam imitation, said, "I

will go out of my way for you!" punctuated by his best Uncle Sam point.

Jacqueline Wetter promised suggestion boxes in the halls and had the catchy slogan, "Don't be tacky, vote for Jackie," followed by a group of cheerleaders.

The debates followed and went pretty smoothly for everyone except some of the candidates who admitted they had some serious butterflies.

Finally, election day came and the voters made up their mind. The winners celebrated and the losers said they enjoyed the experience. They also understood why they lost.

Jennifer Deas knew why she lost out to Sabrina Lane in the end.

"Because she got the most votes," Jennifer said.

Then everyone, winners and losers, laughed.

### Hopper

Continued from Page 1A

"Things are really starting to happen," said Charles Rowe, director of community development for the city of Sanford, with its spearheading the restoration.

After several years of mismanaged fund-raising efforts, the project is back on line thanks to an \$80,000 grant from the county.

Still, that money is not enough to finish the work, Rowe said.

The windows alone will cost \$30,400 to make and install. A new HVAC system will be approximately \$12,000. Painting and drywall will come to nearly \$15,000. Electrical work will be nearly \$17,000 and plumbing bills will top \$9,000.

And on and on.

Rowe said he hopes the community will donate materials, but also their skills and labor to the project that will return the facility to the community.



The old Hopper Academy at 1010 Pine Ave.

"We're looking at this as a kind of community center where kids can come to do their homework, to have access to assistance, maybe even a small library, but it's something right here in the community, right near home," Rowe said.

He pointed out that in order to meet operational expenses for the facility, some of the space will have to be rented to outside organizations. Rowe hopes those will be organizations that will directly benefit the Georgetown community.

### Santa

Continued from Page 1A

Jack James, 72, a retired Navy chief electronics technician who served in World War II, is a real life Santa Claus.

Yes, it's true.

For 27 years he's been Santa to children in this country and abroad - and not just at Christmastime but 12 months a year.

Frequently, James drives from his home in Christmas to visit patients at the Shriners Crippled Children's Hospital in Tampa.

James spends as long as five or six hours a day visiting those at the hospital, winter, spring, summer and fall. This Santa is in season all year long.

He is busy at Christmas time, of course.

James receives as many as 5,000 letters at Christmas, and replies to all that have a return address. He sends each boy or girl a postcard with Santa's likeness on it.

Although some Santa letters are answered by the Seminole County Sheriff's office, most of the letters addressed to Santa or the North Pole, are sent to Jack James through the Christmas Post Office.

He receives nothing but the joy he gets from the task, and figures he spends \$500 a year in stamps. When possible, James will make calls trying to help secure presents for the neediest cases.

Each year the Christmas Historical Society, Women's Club, Civic Association and several private parties have made contributions to help the Santa endeavor.

James became involved in Santa's workshop years ago when he helped his wife, Alice James, whose Christmas Girl Scout Troup made a project of answering 35 letters that came to the Christmas Post Office addressed to Santa Claus.

"To my knowledge there are two other towns named Christmas but neither have a post office," James said. "There is a Santa Claus, Ind., and I received a call recently from

Santa in Santa."

What did the two Santas have to say?

"Hello, and how's it going?" James said. "You know, just Santa talk. A few Ho, Ho, Hos."

James said that Santa receives plenty of candy and cookies and very nice notes and poetry from children.

Mrs. James said the best letter her husband ever received was from an 11-year-old girl in West Virginia.

"All she asked for was warm clothing for her little sisters and brothers," Alice said. "She wrote that her mother had died and her father had gone to the grocery store one night and never came home."

Jack James telephoned the post office in the rural town to see if someone would help.

"The mailman found the girl and the little ones by themselves...the neighbors didn't even know," Mrs. James said.

"Is there a Santa Claus?" she asked. "Yes, I live with him in Christmas."

**ROBERT W. BUTLER**  
Robert W. Butler, 54, Atrium Drive, Orlando, died Saturday, Dec. 9, 1996. Born March 16, 1941 in Orlando, Fla. He moved to Sanford, Florida in 1970. He was a Seminole County deputy sheriff. He belonged to Asan Temple, Scottish Rite of Free Masonry 32nd Degree, Disabled American Veterans, Fleet Reserve, American Legion, Veterans of Foreign Wars, North Brevard Shriners Club, Masonic Lodge 62, and Medics Unit. He served in the U.S. Navy during the Viet Nam War.

Church.  
Survivors include wife, Edith L.; daughters, Carol Ann Brewington, Orlando, Darlene Bishop, Lake Mary; five grandchildren; three great-grandchildren.  
Brisson Funeral Home, Sanford, in charge of arrangements.

J. Jr., Maitland, John Scott, Orlando; sister, Betty, Birmingham, Ala.; five grandchildren.

**ROBERT "BOB" ELDON CARROLL**  
Funeral services for Robert W. Butler, 54, Atrium Drive, Orlando, Fla., who died Saturday, Dec. 9, 1996, will be held at 10 a.m. on Thursday, Dec. 12, 1996, at 10 a.m. at the funeral home. Burial will be in the cemetery. Arrangements by Carey Hand Colonial Funeral Home, Orlando.

Survivors include mother, Elsie; wife, Jonnie L.; sons, Steven Day, Wildwood, William Hattaway, Port St. Lucie; daughters, Robin Renee Pruff, Orlando, Gina N. Holbrook, Winter Park, Tonya Butler, Fort Pierce, Carol Craig, Frederickburg, Va.; brothers, Richard, French Lick, Ind., McAllen, Texas; sister, Rita L'Italian, Salem, Ma.; nine grandchildren.

**NORMA "WENDY" W. JOHNSON**  
Norma "Wendy" W. Johnson, 80, Magnolia Avenue, Sanford, died Tuesday, Dec. 10, 1996. Born Sept. 11, 1916 in Macon, Ga., she moved to Central Florida in 1935. She was a vault attendant at First Federal of Seminole. She belonged to Markham Woods Presbyterian Church.

**JANET J. PRATT**  
Janet J. Pratt, 82, Market Street, Oxford, Pa., died Saturday, Dec. 9, 1996 at Harrison House, Coatsville, Pa. Born in North Adams, Ma., she lived in Longwood from 1975 to July, 1996. She was a librarian in Oaklawn N.J., and Johnstown, N.Y. public libraries. She was Episcopalian.

**CARROLL ROBERT "BOB" E.**  
A funeral service for Mr. Robert "Bob" E. Carroll will be held Thursday, Dec. 12, 1996 at 2 p.m. at the funeral home. Burial will be in the cemetery. Arrangements by Brisson Funeral Home, Sanford.

Carey Hand Colonial Funeral Home, Orlando, in charge of arrangements.

Survivors include daughter, Sheila Khachadorian, Harwich, Ma.; sons, Robert J., Oxford, Pa., Douglas G., Washington, D.C.; five grandchildren; two great-grandchildren.

**ROGER B. STUDEBAKER**  
Roger B. Studebaker, 43, Ware Shoals, S.C., died Saturday, Dec. 9, 1996 at Medical College of Georgia, Augusta. He was born in Sanford. He was employed by Wal-Mart, was a Baptist, and a member of Woodmen of the World.

**WILLIAM L. KIRK**  
Funeral services for Mr. William L. Kirk, 66, of Sanford, who died Friday, Dec. 6 will be 2 o'clock Friday afternoon, Dec. 13, 1996 at First United Methodist Church with Rev. Clifford Motwin officiating. Entombment will be in Palm Cemetery, Winter Park. Friends may call at Brisson Funeral Home, Thursday from 4 until 6:30 p.m. Mr. Kirk is survived by wife of 27 years Geraldine Cathala Kirk, and William L. Kirk, Jr. and John Scott Kirk; grandchildren, Jonathan Lee Kirk, Susan Elizabeth Kirk, Elizabeth Leigh Kirk, William Scott Kirk and John Scott Kirk, Jr.; sister, Betty Kirk. For those who wish memorial contributions are suggested to First United Methodist Church of Sanford Memorial Fund, or Alzheimer Resource Center, Inc., P.O. Box 56019, 67 W. Underwood St., Orlando, FL 32856-0199. 1-800-250-1950. Arrangements by Gramkow Funeral Home, 300 E. Airport Blvd., Sanford, FL 32771 (407) 382-3813.

**ROBERT "BOB" ELDON CARROLL**  
Robert "Bob" Eldon Carroll, 82, Stonebrook Drive, Sanford, died Monday, Dec. 9, 1996 at Florida Hospital, Altamonte. Born Jan. 4, 1913 in Hamilton, Ohio, he moved to Central Florida in 1944. He was employed at Sanford Orlando Kennel Club and was a member of First United Methodist

Survivors include wife, Cheryl Scott; son, Dennis B.; daughters, Carrie D. and Katie J., all of Ware Shoals; sisters, Hazel S. Delk, Lake City, Gladys S. Elder, Sanford.

Survivors include wife, Edith L.; daughters, Carol Ann Brewington, Orlando, Darlene Bishop, Lake Mary; five grandchildren; three great-grandchildren.  
Brisson Funeral Home, Sanford, in charge of arrangements.

Survivors include wife, Edith L.; daughters, Carol Ann Brewington, Orlando, Darlene Bishop, Lake Mary; five grandchildren; three great-grandchildren.  
Brisson Funeral Home, Sanford, in charge of arrangements.

**GAINES**  
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Write the number on the line above. This number is needed to authorize this pass and to confirm your COMPLIMENTARY conference entrance. Remember to cut this out and of the newspaper and bring it and your validation number with you to the conference.  
VIP PASS ADMISSION FOR TWO

People

CALENDAR

Alzheimers support

SANFORD — Presently, the Alzheimers support group in Sanford has been dissolved due to lack of support. Those needing assistance and information may call 1-800-330-1910.

Rotary meets early

Rotary Club of Lake Mary meets Thursday mornings, 7:30-8:30 a.m., at the Marriott Courtyard, off West Lake Mary Boulevard. Contact Brian Loc, president, at 323-6128.

Sertoma Club helps children

The Sertoma Club of South Seminole County, dedicated to the advancement of speech and hearing children, meets every Thursday morning, from 7:30 to 8:30 a.m. at the Sabal Point Country Club on Wekiwa Springs Road, Longwood. Potential members are invited to attend.

Weight Watchers meet on Thursdays

A local chapter of Weight Watchers meets at the Lake Mary Community Building every Thursday from 4:45 to 6:45 p.m.

Omni Toastmasters meet at Heathrow

The Omni Toastmasters Club #6861 will meet at 5:30 p.m. every Thursday at the AAA building, 1000 AAA Drive, Heathrow. Guests and prospective members are welcome. Call Bertram Glick, 323-6089, for more information.

The Columbia Medical Center-Sanford Chapter of Senior Friends meets every second Thursday, at 10:30 a.m., at the Sanford Senior Center, 401 E. Seminole Blvd. Interesting and timely programs are featured monthly plus social exchange. All Seniors are welcome. For information, call Ellen Rollins, 321-4500, Ext. 5784.

American Legion, Unit meet Thursday

American Legion Post 53 and Unit meet the second Thursday, at 8 p.m., at the post home, 2874 S. Sanford Ave. For information, call 322-1852.

Order of Feather meets

The Order of the Feather Turtle Lodge meets the second Thursday evening of each month at the IIOF hall, Magnolia Mall, Sanford. For those who desire, a covered dish dinner is served at 6:30 p.m. The regular meeting is at 7:30 p.m. Topics concerning native Americans are discussed. Call White Feather, 322-7680, for information.

NEW ARRIVALS

The following births have been recorded at Columbia Medical Center Sanford:

Sept 5-Carroll and Scott Gótsamir; Eungwood, girl. Nov 11-Jamie Harris, Sanford, boy.

Nov 12-Jamacia and Vincent Manclone, Deltona, boy; Martha and Robert Edge, Sanford, boy; Theresa and Joseph Fischetti, Deltona, girl. Nov 13-Tanya Felix, Deltona, girl; Dawntee Swint, Lake Helen, boy.

Nov 14-Katrina Chasteen and Arthur Robinson, Deltona, boy.

The following births have been recorded at Florida Hospital Altamonte Springs:

Nov 11-Michelle and Steven DeSanto, Sanford, girl; Jill and Matthew Broberg, Apopka, girl; Jasmín and Michael Williams, Apopka, girl; Adela and Savvas Konstantinidis, Altamonte, girl; Rebecca and Jaime Gonzalez, Winter Park, boy; Shari Morris, Matland, girl. Nov 12-Angela Ward, Longwood, girl; Suehaven and Arthur Leubaur, Altamonte,

boy; Marva Wilson and Terry Gould, Sanford, girl; Foroughal Khalili and Abbas Manesh, Casselberry, boy; Andrea and Marvin Holt, Apopka, girl. Nov 13-Tangela and Kennis Morse, Apopka, girl. Nov 14-Maureen and Edward Johnson, Altamonte, boy.

The following births have been recorded at Florida Hospital Altamonte Spings:

Nov 8-Sonia and Phillip Julia, Apopka, girl; Nicole Leonard, Deltona, girl; Sam and Rose Tuttle, Winter Springs, twin girls. Nov 7-Natalie and Thomas Niarchos, Longwood, boy; Julia and Reynaldo Rodriguez, Winter Park, girl; Elizabeth Nguyen and David Doan, Casselberry, girl. Nov 6-Janice and Robert Shields, Deltona, girl; Tammy and Claude Nelson, Apopka, girl; Gigi Hunnicutt, Leesburg, girl; Jean-Marie and Ricky Williamson, Altamonte, boy. Nov 9-Wanda Joseph-Manav and Mehmet Manav, Casselberry, girl. Nov 10-Sheila and Kelly Daniels, Longwood, boy.

WEDNESDAY

Table with multiple columns listing TV programs, times, and networks. Columns include Time, News, Sports, Action, Drama, Comedy, Mystery, Science Fiction, etc.

Soothing the holiday season

Holiday special—tea ideas

Amid the craziness of the holiday season, take time to unwind. Pop in your favorite CD, pick up that novel you've been wanting to read, and relax with a soothing cup of tea. For centuries, tea's calming effects have been widely documented, and herbal and flavored varieties have been increasing in popularity over the years. The delicate, full flavor of these special teas will help you feel rejuvenated and restore your peace of mind, helping you regain your perspective on the true meaning of the holidays.

a moment to prepare an herbal pot-pourri. Herbal tea bags — a blend of natural grains, fruit flavors, sweet spices, and plant parts such as leaves, flowers and roots — are an aromatic and inexpensive way to scent your home. The subtle aroma of herbs has also been known to induce feelings of relaxation and comfort.

Brewing Special Teas

- To get the most flavor out of these special teas, follow these directions:
• Bring fresh cold water to a rolling boil to release the full flavor and fragrance of special teas.
• Preheat your cup or teapot by filling it with hot water and letting it warm for a few moments.
• Use one tea bag per cup of tea for rich, full-bodied flavor.
• Pour boiling water over tea bag and cover immediately.
• Brew 3 to 5 minutes by the clock, since each variety of herbal tea has a slightly different color.
• Squeeze each delicious drop of tea out of the tea bag and enjoy.

You can save yourself the cost of special equipment by gently simmering several herbal tea bags in a small saucepan on your stove. Complement this herbal tea potpourri with cinnamon sticks and cloves or lemon and orange slices.

Also, these special teas are instant sachets, so simply tuck a few tea bags in your linen closet, drawers, or kitchen cupboard to create a delightful aroma in unexpected places.

Holiday Gift Baskets

Instead of chocolates or a bottle of wine, create a special tea gift basket for your holiday visits. It's an attractive, thoughtful way to bring your family and friends good cheer at the holidays. Try these ideas:

• If you have the time, shop for an unusual container to hold the tea boxes, such as a floral hat box or porcelain tea pot. Otherwise, a decora-



tive basket works nicely.

• Fill the container with shredded decorative grass or holiday tissue paper and creatively arrange the boxes. You may need to stuff the container's bottom with paper to give the contents height.

• Fill the container with other treats that complement the special teas, such as jams, tea biscuits, cookies and other homemade or store-bought

baked goods.

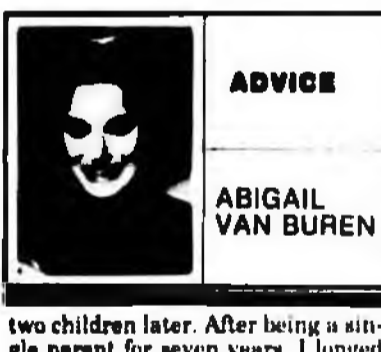
• Wrap the basket in colored cellophane and top with a large bow.

For more holiday ideas and recipes for iced and hot special tea beverages, send for your free color brochure. Mail name, address, and ZIP code to: Soothing the Seasons with Lipton Soothing Moments Special Teas, P.O. Box 1100, Grand Rapids, MN 55745-1100.



Lost love haunts woman for 30 years

DEAR ABBY: When I was in the eighth grade I didn't "like" boys. Building forts was much more interesting. But when my first love walked into our classroom, I knew I loved him the second I saw him. We liked each other all during high school, although my parents told me I was too young to like boys. When he gave me gifts, I had to give them back. When he offered me his class ring I wasn't allowed to take it. It silently broke my heart. In all those years, I didn't ever tell him I loved him — or how much. He was the valedictorian of our class, and after high school he went on to Stanford University. I went to nurse's training. His life prospered; mine disintegrated. At age 30, I married a man to please my father. That marriage ended in divorce eight years and



two children later. After being a single parent for seven years, I longed for a husband and family. I married a man who had my first love's name. This marriage ended a year later after a lot of trauma to me and my children. Two years ago, I realized that my true love was "missing in action" in my heart and that I hadn't been able to go on with my life. I located him through the Stanford Alumni register and after 30 years, talked with him — for 42 minutes. He's happily married with four children. After that phone call, I grieved for two days and then reconciled my love for him in my heart. Abby, no other true love has come into my life. Perhaps one never will. Please encourage parents to take their children seriously. The heart is never too young to love deeply and eternally.

photos are excellent, taken in professional studios. The album is blue velvet, in mint condition. The pictures were taken in Illinois, Ohio, Missouri, Nebraska, Colorado, Los Angeles, Oakland and Pasadena, Calif.

Only one photograph is identified with a name: "Abby A. Hemenover, 1300 San Pablo Ave., Oakland, Calif., May 5, 1962."

Abby, I would love to return this album to any of her descendants. If anyone reading your column can help, I'm sure it will make the family very happy.

There are no strings attached and no thought of financial gain. I simply hate to see this beautiful album lost to the family. I am 77 years old and a totally responsible citizen.

Incidentally, my wife's maiden name was Jean Eleanor Alameda. She was born in Oakland, Calif., and graduated from high school there.

GAYEL G. CHEW

DEAR GAYEL G. CHEW: How generous of you. If a family member claims this album, I will contact you. Thank you for giving me your name, address and telephone number.

Thank you, I cannot sign this letter since I don't wish to expose my parents to the heartache they caused me so young in life, and the profound impact that forcing me to deny my love has had on me throughout the years. FINALLY RECONCILED. RICHLAND, WASH.

DEAR RECONCILED: Yours is a dramatic story. It's gratifying to know that you have finally found peace and resolved your first love. When parents tell children that they are "too young" to be seriously in love, what they usually mean is that the children are too young to shoulder the responsibilities that accompany their turbulent emotions. I hope that the next time you find love, it brings you every happiness.

DEAR ABBY: My wife died two years ago. I know absolutely nothing about her side of the family. Although we had a wonderful trouble-free marriage of 47 years, she did not discuss her family. Among her possessions is a photo album from 1880. All of the

drug, ADHD, and getting along with teens and parents is in "What Every Teen Should Know." In order, send a business-sized, self-addressed envelope, plus check or money order for \$3.95 (\$4.50 in Canada) to: Dear Abby, Teen Booklet, P.O. Box 147, Mount Morris, Ill. 61034-0147. (Postage is included.)

Table with movie listings for Lake Mary Cinema 10. Columns include Movie Title, Price, and Rating.

Advertisement for One-Stop Christmas Shopping featuring shoe sale (20% to 70% storewide), gift certificates, and various shoe brands like Easy Spirit and Naturalizer.

IN BRIEF

LOCALLY

Softball meeting tonight

SANFORD - The Sanford Recreation Department is offering the following Adult Polar Bear Slowpitch Softball Leagues starting the week of January 6th, 1997: men's, women's, Co-Ed, and Church.

UCF inks basketball player

ORLANDO - University of Central Florida men's basketball coach Kirk Speraw announced that Beronti Simms has signed a national letter of intent to play for the Golden Knights.

Sanford kids hoop clinic

SANFORD - The Sanford Recreation Department will host a basketball clinic for youth players at Sanford Middle School.

Sanford Youth hoop signups

SANFORD - The Sanford Recreation Department is taking registrations for the upcoming Youth Basketball League.

Sanford Biddy Basketball

SANFORD - The City of Sanford Recreation Dept. is taking registrations for a Biddy Basketball League for players ages 8-10.

SHS alumni baseball players

SANFORD - Seminole High School is looking for former players to take part in the annual Alumni Baseball Game that will be held on Saturday, January 18th at 11 a.m.

Tennis clinics offered

DeBARY - Glen Abbey Country and Golf Estates has started an innovative program of tennis clinics inviting different tennis professionals from various clubs in Central Florida.

Lake Mary softball

LAKE MARY - The City of Lake Mary will be conducting a Polar Bear Softball season at the Lake Mary Sports Complex.

Tribe cages 'Dogs' Seminole pounds St. Cloud

By DEAN SMITH Herald Sports Editor

SANFORD - When you are behind by more points than you have scored, that's bad. But when you are outscored by two-and-a-half times more points than you scored, that's getting waaaaay.

The Seminole High School girls basketball team had an opportunity to take out some long-growing frustrations against rival St. Cloud Tuesday night and the Fighting Seminoles got a measure of revenge, pounding the Bulldogs 78-50 in a Class 5A-District 6 contest at Bill Fleming Memorial Gymnasium.

For years St. Cloud had beaten other district foes unmercifully and had beaten Seminole regularly, no matter how good the Tribe was. But that was not the case Tuesday night.

"We could have won by a 100 points tonight," said Seminole head coach Sylvester Wynn. "But I wanted to let everyone on the team get their feet wet in a district game. And we also have another district game tomorrow (Wednesday). Hopefully we can turn it on in district."

"Our defense was very good tonight and our free throw shooting (12-for-18) is really coming along. We're just trying to take it one game at a time."

Seminole led 37-18 at halftime and led by as many as 48 in the third quarter.

Senior Dana Merrick was unstoppable as she almost outscored the Bulldogs by herself, netting a game-high 29 points.

Also scoring in double figures for the winner's were Shamela Stokes with 18 points and Hannah Miller with 12 points.

The Tribe is now 9-0 overall and 3-0 in district play. They will host Cassola in an important 5A-6 game tonight starting at 7:30 p.m.

CRUADERS WIN A PAIR

ORLANDO - The dynamic duo of Maj-Britt Michaelson and Monica Braun combined to score 68 points as Luther defeated American Christian, 61-10, on Tuesday and Orangewood Christian, 60-34, on Monday.

Michaelson had 13 against American and 22 against Orangewood, while Braun had 15 and 19,

FIGHTING SEMINOLES VS. BULLDOGS 18

St. Cloud (20) Led 3 2-2 & Seay 2 0-2 & Garman 1 3-6 & Brooks 0 1-1. Anderson 1 2-4 & Everett 0 0-0 & Robinson 0 0-0 & Bradshaw 1 1-1 & Bailey 1 0-2. Kneer 2 0-4. Totals: 10 10-28.

Seminole (19) Holbert 1 0-0 & Merrick 12 4-5 & Hampton 0 0-0 & Fisher 1 0-0 & Stokes 7 1-2 & Parler 0 0-0 & Kester 1 2-4 & Henderson 1 1-2 & Cash 0 0-0. Miller 11-12. Mitchell 12-14. Totals: 29 12-47.

St. Cloud Seminoles Three-point field goals - Seminole 3 (Holbert, Miller, Merrick). Total fouls - St. Cloud 11; Seminole 25. Fouled out - none. Technicals - none.

St. Cloud Seminoles St. Cloud 3-4; Seminole 2-0 overall, 2-0 Class 5A-District 6 & Junior varsity - St. Cloud 4th Seminole 41.

CRUADERS 61, LIONS 10 American Christian Academy (10) Corvella 2 1-2 & Harris 1 1-2 & McDonald 0 0-0 & Murdoch 0 0-0 & Wells 0 0-0 & Ras 0 0-0. Totals: 42-10.

Luther (61) Griffin 1 1-3 & Michaelson 6 2-4 & Stahl 2 0-0 & Altmeyer 2 1-2 & Carlisle 2 2-4 & Kerner 2 0-2 & Brun 0 2-4 & Bell 1 0-0 & Luthar Totals: 28-10-0.

American Christian Academy 3 1 2 2 - 10 11 10 11 20 - 41 Luthar Three-point field goals - Luthar 1 (Brun). Total fouls - American 17; Luthar 12. Fouled out - American, Wells, Ras. Technicals - American, Harris 2. Records - American 9-5; Luthar 9-2.

CRUADERS 60, RAMS 34 Orangewood Christian School (20) Wilburn 4 1-3 & Thompson 2 0-4 & Moore 2 2-7 & Harting 2 0-4 & Fleming 1 1-2 & Tolbert 1 1-2. Totals: 14-21-34.

Luther (60) Michaelson 10 1-0 & St. Altmeyer 2 2-4 & Stahl 0 0-0 & Carlisle 0 2-2 & Griffin 2 0-0 & Kerner 1 0-0 & Bell 1 0-0 & Brun 0 1-1 & Luthar Totals: 25-17-46.

Orangewood Christian School 0 11 2 10 - 20 11 17 10 12 - 48 Luthar Three-point field goals - Luthar 1 (Michaelson). Total fouls - Orangewood 14; Luthar 22. Fouled out - none. Technicals - none.

Orangewood 4-1; Junior varsity - Luthar 21; Orangewood 27.

respectively. Heather Altmeyer was also in double figures against American, netting 11.

In the junior varsity game against Orangewood, Julie Altmeyer and Amy Giles scored 11 points each as the Crusaders defeated the Rams 51-27.

The Crusaders improved to 8-2 with the win and will host Lake Highland Prep on Thursday starting at 7 p.m.

See Page 2B



Seminole's Dana Merrick (white uniform) beats a block attempt by St. Cloud's Erin Bradshaw for two of her 29 points.

'Majestic' victory for Trinity-Assembly

By DEAN SMITH Herald Sports Editor

At the end of the season, the Trinity Assembly of God-Majesty from DeBary finally stands alone atop the Sanford Recreation Department Church Fall Slowpitch Softball League.

After opening the season 0-3 and standing just 3-3 at the mid-point of the season, Majesty claimed its first league crown, breaking open a close game with five runs in the sixth inning to defeat Sanford First Church of the Nazarene 10-6.

Sanford Central Baptist finished

and increased their advantage to 10-1 with two runs in the fourth inning. St. Cloud's Bradshaw had three runs in the bottom of the fourth inning. Majesty then took control with the big five run inning.

Majesty then plated two more runs in the seventh to push the lead to 10-3 before Nazarene tried to rally with three runs in the bottom of the seventh inning.

Pacing Majesty were Larry Hartman (home run, triple, single, two runs, three RBI), Rob Mullett (triple, single, three RBI), Ruben Quinones (double, single, run, RBI) and Toody Roosa, Ike Mendoza and John Lavere (two singles and one

run each), Jeff Pandolf (triple, run, two RBI), Mark Vign, (triple, run, RBI), Stanley Blackwell (single, run), Carlos Rice (single, RBI) and Steve McGuigan (run).

Providing the offense for Nazarene were Phillip Butherford (triple, two singles, run, two RBI), Dennis McCoy (three singles, run, RBI), Todd Morgan (two singles, run), Wayne Gager (single, run, RBI), Scott Wade (single, run), Tom Clark, Grady Leggett and David Willink (one single each), Mike King (run) and Frank Turner (RBI).

Trinity Assembly-Majesty 10 10 2 2 - 10 17 First Nazarene 6 3 2 3 - 6 10



Wes Fisher, the proprietor of Florida Baseball Schools and the man who turned Sanford Memorial Stadium back into baseball shape back in the mid-1970's has succumbed to cancer. It was learned by the Herald that the baseball fanatic passed away at his oldest son's home in Wilson last weekend after a long battle with the disease.

Hardaway, Scott give Magic winning boost

Associated Press

PORTLAND, Ore. - The impact of their return was immediate. With Penny Hardaway and Dennis Scott back in the lineup, the Orlando Magic are clearly a much different team.

Hardaway and Scott came back from injuries Tuesday night and helped the Magic snap a four-game losing streak with a 90-83 victory over the Portland Trail Blazers.

Orlando had averaged only 68 points per game in its last three outings, including a league-record tying 87-point outing against Cleveland.

Hardaway, Scott and Gerald Wilkins combined for 39 of Orlando's 83 points in the fourth quarter.

"I think the biggest thing is that the guys (Hardaway and Scott) are back," said Wilkins, who scored 14 of his 16 points in the final period. "I think we're back to the level, especially defensively, where we can be. I think down the stretch we wanted this game a lot."

Hardaway, who along with Scott made a pair of 3-pointers in the fourth, came up with perhaps the biggest shot of the game when he sank a 3-pointer just before the 24-second buzzer sounded to give the Magic an 87-83 lead with 4:30 left.

The Blazers closed to 91-89 on Clifford Robinson's jumper, but Wilkins, who scored 10 points during the last 5:16, sank two free throws for a 93-89 lead with 1:53 to go and the Blazers never got closer.

"We just didn't defend in the fourth quarter and we had a couple of crucial turnovers that helped give them momentum," Portland coach

ORLANDO (AP) Strong 47 0-0 & Grant 2-4 1-0 & Batley 2-11 2-6 17. Hardaway 2-10 2-4 14. Shaw 47 0-0 15. Scott 0-10 2-3 10. Wilkins 0-10 0-0 10. Armstrong 0-0 0-1 & Schayes 0-0 2-2 1. Totals: 90-79 19-29.

PORTLAND (AP) Robinson 11-18 0-12 20. Wallace 10-16 0-0 28. Batley 4-8 0-1 10. Anderson 5-11 1-4 15. Moore 2-4 1-7. Batley 0-2 1-1 1. Trent 4-0 0-0 & Miller 1-0 0-0 & Blaylock 0-1 0-0 & Chinase 0-0 0-0 & Totals: 91-89 17-32.

Portland 3-Point goals - Orlando 7-17. Scott 4-6. Hardaway 2-4. Shaw 1-1. Wilkins 1-4. Armstrong 0-1. Portland 6-14. Robinson 3-7. McKie 2-2. Batley 1-1. Dierdorff 0-1. Anderson 0-0. Miller 0-0. Fouled out - Batley, Anderson, Robinson - Orlando 4 (Grant 0); Portland 5 (Wallace 10, Batley 1, Chinase 0). Hardaway 10. Portland 20 (Anderson 12). Total fouls - Orlando 31; Portland 22. Technicals - Trent, Anderson.

P.J. Carlesimo said. "The fact they hit five of seven 3s in the last quarter and 40 percent shooting (on 3s) overall demonstrates that our defense failed us."

Robinson scored a season-high 28 points for the Blazers.

Rony Seikaly scored 17 points and Brian Shaw added 15 for Orlando.

Rasheed Wallace's 15 first-quarter points helped the Blazers take a 29-21 lead after one.

They led by nine early in the second quarter, but behind Horace Grant and Scott, who had 10 points in the quarter, Orlando tied it 50-50 at halftime.

The Magic grabbed a 63-58 lead on Seikaly's follow shot with 5:43 left in the third, but the Blazers roared back with a 10-1 run to take a 63-67 lead entering the fourth.

"Penny makes a big difference, but it wasn't Penny who really hurt us," Robinson said. "It was Seikaly, Wilkins, Shaw ... those guys hurt us. And Dennis hit a big shot."

BEST BETS ON TV

COLLEGE BASKETBALL 7:30 p.m. - ESPN, Michigan at St. John's (L) 9:30 p.m. - ESPN, George Washington University at University of Kansas (L) NATIONAL BASEBALL ASSOCIATION 8 p.m. - TBS, Heat at 76ers (L)





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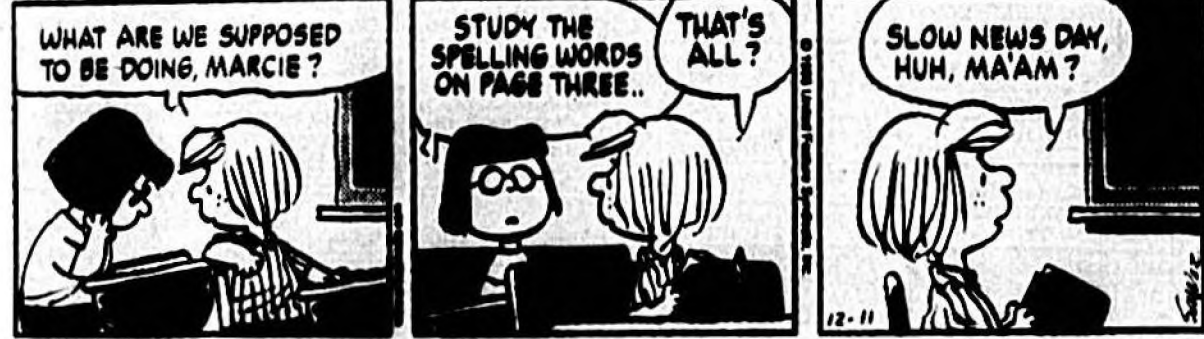
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# Is hardening of the arteries gradual?

DEAR DR. GOTT: How does hardening of the arteries affect people? Is it a gradual process? Can you diagnose this by the way a person looks or behaves?

DEAR READER: At birth, the lining of our arteries is smooth and facilitates the free flow of blood, which supplies oxygen and nutrients to our organs.

During the aging process "sludge" progressively and gradually builds up on the arterial lining. These deposits are composed of old blood cells, protein, cholesterol and other debris. Over time, such rough, arteriosclerotic plaque usually enlarges, causing two major consequences.

First, the arterial diameter is narrowed. This prevents an optimal blood supply from reaching the area supplied by the blocked artery. Symptoms vary, depending on which arteries are involved.

For instance, coronary artery obstruction usually leads to heart-muscle cramps, called "angina"; when arteries to the legs are blocked, leg cramps (called "claudication") may appear, especially during exercise. Also, brain cells may begin to malfunction, if the carotid arteries in the neck are blocked, leading to forgetfulness, confusion and other problems with cognitive thinking.

Second, because arterial plaque is so rough and uneven, tiny blood clots often form on the damaged arterial lining—or the plaque may destabilize (crack or break apart), causing larger blood clots to form.

Of course, these clots further reduce circulation through the affected artery. But, more important, pieces of the clots may break off, be carried in the bloodstream, and eventually cause tissue damage, called "ischemia," injury from lack of oxygen. Most heart attacks and strokes are caused by such blood clots.

Calcium deposits often form in or near arterial plaque, making the arteries hard and brittle, not at all like the arteries in a young person, which are soft and flexible.

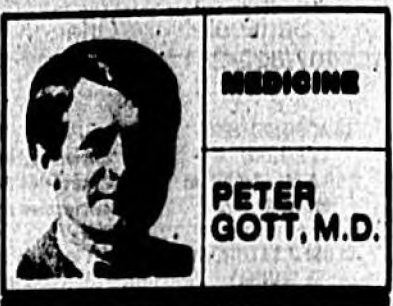
As a person ages (into the seventh and eighth decades of life), the combination of arterial narrowing and blood-clot showers usually produces predictable consequences: Organs begin to function less efficiently and the elderly often develop the diseases with which we are all too familiar, including hypertension, heart disorders, stroke, kidney malfunction, and others.

Depending on how old a person is, you can pretty well estimate the extent of arteriosclerosis (hardening of the arteries), even though the person may act normally and remain in acceptable physical shape. In other instances, senior citizens frequently exhibit the signs of arteriosclerosis that I mentioned.

Although the speed with which we age (and, thus, develop arteriosclerosis) is genetically determined, we can accelerate the process. Such contributing factors include obesity, high blood cholesterol, smoking, excessive alcohol consumption and sedentary living. Therefore, by addressing these risk factors, we can more readily live out our genetic potential.

In short, no one can undo the ravages of old age, but by being prudent and health-conscious, we may be able to avoid shortening our lives unnecessarily.

To give you more information, I am sending you a copy of my Health Report "Understanding Heart Disease." Other readers who would



MEDICINE

PETER GOTT, M.D.

like a copy should send \$3 plus a long, self-addressed, stamped envelope to P.O. Box 2017, Murray Hill Station, New York, NY 10156. Be sure to mention the title.

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Crossword puzzle grid and clues for Across and Down.

STUMPED? Call for Answers. 1-800-454-8888 ext. code 100

Bridge game hand with cards and scores.

## WIN AT BRIDGE

### With two looks

By Phillip Alder

Double-dummy problems (ones in which you analyze the deal by looking at all 32 cards) are usually difficult. A small clique of players loves them, but everyone else ignores them. However, an unusual book has appeared that brings a new dimension to the genre.

"There Must Be a Way" by Andrew Dioso (Master Point Press; US \$8.95 or Can. \$9.95; 800-749-3292 in the United States or 800-263-4374 in Canada) contains 52 double-dummy problems, but easier ones than the norm. You study the full deal, trying to decide whether the contract should be made or be defeated. Then you turn the page and receive some help. You reconsider; perhaps you overlooked something.

In this deal from the book, will the declarer make six spades after a heart

lead? As South can discard his club loser on the third round of diamonds, he must hold his trump losers to one. So, knowing the full layout, South wins the first trick with dummy's heart queen, plays a diamond to his queen and leads a low trump toward dummy's jack. Everything looks like smooth sailing, doesn't it? But is there a squall waiting around the bend?

There are no auctions given in the book. And this paragraph is just to stop you from immediately seeing the answer!

The contract is defeated if West steps in with the spade queen and switches to the club king—a Merrimac Coup, which removes South's hand entry. After winning with the ace and playing a spade to dummy's jack, declarer cannot return to hand without promoting a trump trick for West.

Bridge hand diagram showing cards and scores for North, West, East, and South.

## HOROSCOPE

### Your Birthday

Thursday, Dec. 12, 1988

In the year ahead, you might become involved in a new and unusual project that could change your life. Even though you'll be operating on unfamiliar turf, you'll adapt with remarkable ease.

unrelated, but actually, they depend on one another. Today you should be able to spot this link. AQUARIUS (Jan. 20-Feb. 18) Something that has concerned you looks as if it will be concluded to your satisfaction today. A colleague has been working hard behind the scenes.

deal. CANCER (June 21-July 22) It will be your responsibility today to get things organized properly, especially in situations that bring different factions together. Assert yourself. LEO (July 23-Aug. 22) Do not procrastinate today. You must act quickly, because the favorable conditions you are enjoying now might be only temporary.

Comic strip panels for Annie.