

# THE LAKE MARY Herald

Thursday, February 7, 2008 • Vol. 2, No. 21 • To Subscribe See Page 3

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## Our Town Ballet dances into LM

LAKE MARY — In honor of Women's History Month, Seminole Community College will welcome The Center for Contemporary Dance Feb. 29 and March 2, performing "Primordia: The WatchKeeper."

The performance is a ballet about an ancient kingdom frozen in time until its estranged princess returns to set in motion a series of unstoppable events that leave all inhabitants changed forever, according to a news release. This original fairy tale takes audiences on a journey to the true meaning of love.

Friday and Saturday shows, which will be held in the Sanford/Lake Mary Campus Theatre (building G), begin at 8 p.m., and the Sunday matinee begins at 2 p.m. Tickets are \$6 for the public, \$5 for seniors (55+) or students of other schools, and free to faculty, staff and enrolled SCC students.

Reservations are recommended by calling 407.708.2040 or visiting the Fine Arts Theatre Box Office (building G) on the Sanford/Lake Mary Campus. The Box Office is open Mondays from 9 a.m. - noon and Tuesday-Friday from noon - 4 p.m.

The Center for Contemporary Dance is Central Florida's premier humanitarian-centered professional dance company. This performance is presented in partnership with SCC to provide affordable access to the dance arts in Central Florida.

To learn more about events and programs at The Center for Contemporary Dance, visit [www.MoveTheLife.com](http://www.MoveTheLife.com). For more information on cultural arts at SCC, call 407-708-2040.

# Fundamentals key for Pantelias

## SCC will honor late baseball coach by naming field after him

By Dean Smith  
Herald Staff

SANFORD — He was gruff. He was tough on his players and colleagues. He was tough to get to know, and he never gave praise unless it was richly deserved.

But he was also loved. Seminole Community College has decided to do something that probably should have happened much earlier as it will rename Raider Field in honor of late head baseball coach Jack Pantelias during a ceremony Wednesday, Feb. 13 at 2:15 p.m.

Pantelias started the baseball program at FTU (now the University of Central Florida) as a club team in 1970 and then took over the SCC program in 1973 when Jay Bergman left to go to the University of Florida.

He and longtime assistant Mark Denno almost single-handedly turned a sand spur patch into the present baseball field starting in 1974 and the field has been in use since the 1974-75 season. Up until that time, most of the SCC games were played at the Five Points Complex on State Road 419.

Pantelias retired in May 2001 after 27 years as both a coach and instructor at SCC during which he won more than 650 games and five Mid-Florida Conference championships and made the baseball program one of the most respected in the country.

He was known as a coach committed to fundamentals, not only on the field but also in life. He practiced and preached "self-discipline, adherence to team rules (including getting a hair cut once a month whether you needed one or not), a dress code that presents one self as a gentleman (dress slacks on road trips, no jeans) and social behavior well within the bounds of good taste."

Many players would get upset with not getting more help with classroom problems and extra praise for their play under



Herald photo

Coach Jack Pantelias talks baseball with some of his players at Seminole Community College.

Pantelias, but he expected the best from his players and by putting extra pressure on them to handle their own problems and to strive for excellence would make them better men in the future.

Pantelias also made a concerted effort to get every one of his former players and managers a place to go to continue their education after leaving SCC. He called colleges anywhere to try to get them a scholarship and usually kept track of the individual after they moved on to a four-year school.

Among those expected to attend Wednesday's ceremony is Susan Pantelias, Jack's widow, and his two daughters, who made many appearances on the field when they were students at Winter Park High School.

Sanford's own Rick Eckstein, a former SCC player and assistant coach under Pantelias, who has gone on to coach at the Major League level with both the Minnesota Twins and St. Louis Cardinals and this year will return to the Washington Nationals as a Triple-A batting instructor and will also be in Beijing, China, this summer for the 2008 Summer Olympics as an assistant coach with the USA Baseball Team.

His younger brother, David Eckstein, a two-time World Series winning shortstop and the 2006 World Series Most Valuable Player who will be playing for the Toronto Blue Jays this year, will also be on hand as he had a lot of respect for Pantelias' ideals even though he never had the opportunity to play for him.

And to show you the respect Pantelias gained over the years, former player David Barnett, who is now the Head Baseball Coach and Athletic Director at Flagler College in St. Augustine, will be attending the ceremony even though his Saints have a game that day, turning the coaching duties over to his assistants that day.

Other possibly attendees include Rob Ducey, who came to SCC from Canada and went on to play many years in the Major Leagues with the Philadelphia Phillies and Blue Jays, among others; Mike Farrell, a longtime successful baseball and softball coach himself who is now at Lake Brantley and played for

See Coach, Page 4

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# Have a bitter Valentine's Day

By Joe Hendricks  
Herald Staff

"I was in love, but Cupid missed me. She up and left, and I almost died..."  
— David Lee Roth

SANFORD — Feeling bitter about the prospects of spending Valentine's Day alone?

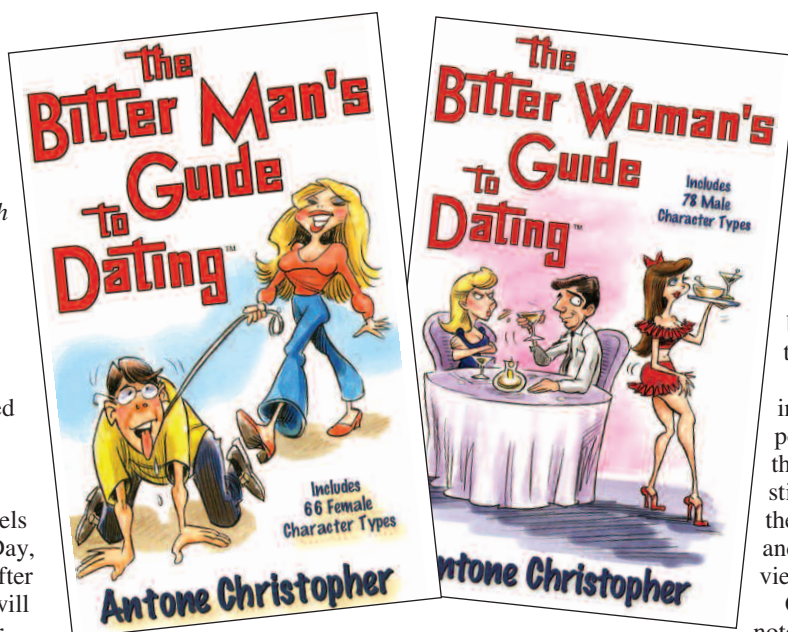
Feeling bitter about getting your hopes up before a big date only to have those hopes crushed when the follow-up phone call never comes?

You're not alone. Antone Christopher (aka Bitter Man) feels your pain. And on Valentine's Day, in conjunction with the Alive After 5 "Party Gras" celebration, he will be signing copies of "The Bitter Man's Guide to Dating" and the sequel, "The Bitter Woman's Guide to Dating," in front of Maya Books & Music, in downtown Sanford.

If a crowd gathers, he may even give a lecture similar to the "respect and compatibility" lecture he recently gave to Valencia Community College students.

In the forward to "The Bitter Man's Guide to Dating," a 111-page, self-published tome to the trials and tribulations of dating in the new millennium, Christopher writes: "Ever since first grade, I can remember being attracted to girls, I always wanted to have a girlfriend and romance. Even in grade school, junior high and high school, I set out to capture the attention of my heart's desire. But my efforts were to no avail. ..."

During a recent interview the author said, "Dating is insane these days; everything's so messed up. People are getting married and divorced and it's insane."



In regard to the bitterness associated with the dating process, he said, "Everybody has experienced being bitter at least once in their life, just like everyone's been in love at least once in their lives."

First published in 2004, "The Bitter Man's Guide to Dating" is a by-product of the author's unfulfilled quest for true love.

In 2006, he crossed genders and published the Bitter Woman sequel. Both Bitter books are illustrated with humorous caricatures created by Jeff Mandell.

### The origins of Bitter

Born in Manhattan of Italian descent, Christopher grew up in Stony Brook, a suburb of Long Island. He studied music in college, in part, because he thought being in the band might increase his chances of meeting women.

While in his mid-20s he married a German exchange student. Seven years later,

the rocky marriage came to an end with the two parting as friends.

After the divorce, Christopher decided to move to Florida and make a new start. Since arriving in Orlando, he has spent more than a decade playing drums and percussion with some of the better jazz bands and convention bands in the area.

"Thus began my decade of dating," Christopher writes of his post-married life. "I've always had the highest regard for women, and still do. But after dating many over the past 10 years and being used and rejected by most of them, my views began to change. ..."

Concluding his introductory notes, the author laments over his conclusion that most women are not interested in dating "nice guys" but instead prefer "dating the jerks," a theme that is often repeated throughout the book.

As one who has little interest in sports (a trait some women would appreciate), Christopher may not be aware of former baseball great Leo Durocher's adage that "Nice guys finish last" or the generally accepted rock-and-roll mentality that "Good girls love bad boys."

### Breaking down Bitter

The first half of "The Bitter Man's Guide to Dating" centers on the author's descriptions of 66 female character types he has encountered from observation and his own dating misadventures.

The list begins with Attitude Chicks and

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## Cars for the Cure, See Page 7

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Goodwrench

Author

Continued from Page 1

concludes with Zany Chicks. In between those two bookends, Christopher offers his semi-tongue-in-cheek take on Bartender Babes, Career Searchers, Cell Phone Chicks, Ex-Relationship Mentioners, Gold Diggers, Hippy Chicks, Messy Car Girls, Pet Owner Obsessors, Serious Susans, Problem Girls, Trashy Chicks and most other stereotypes applicable to the female gender.

Near the top of his list of pet peeves are "MATs," or "Mental Abuse Takers." The MAT is a woman who rejects the advances of "nice guys" and chooses instead to spend time with non-attentive spouses or boyfriends that fail to meet their emotional needs.

While most of the Character Definitions are less than flattering, Christopher does manage to find a personality types that appeal to his own sense of high standards. Those receiving the author's praise include Intelligent Women ("a chick that will keep you on your toes"), Laid Back Women, Romantic Women and Smilers & Laughters ("a refreshing date").

Topping the A-list is Feminine Ladies, which the author refers to as being a product of the 1940s and 1950s and now in danger of extinction. The author notes that most of those that remain can be found in southern states.

For those in search of a Feminine Lady, Christopher recommends Catholic churches, cooking classes, ballroom and ballet dance classes and floral arrangement classes.

The second half of "The Bitter Man's Guide to Dating," includes tips on where to meet women. Art shows, gallery openings, wine tastings, group dance classes and libraries get high marks while gyms, bars, bookstores, supermarkets ("a joke") and Internet chat rooms get less favorable reviews.

The book includes his "Top 20 Avoidance Tactics - excuses why girls don't call or can't go out with you." The number one avoidance tactic, according to Christopher, is: "I have a boyfriend," prompting the author to write, "If only I had a buck for every time I've heard this one."

The author also provides a list of Physical Characteristics to be aware of.

He mentions bright, loud colors as a sign of immaturity and bright red fingernails as an indication of a woman looking to be noticed and in need of attention.

In contrast, he finds women



Antone Christopher

who wear pastels and light colors more likely to be mature, modest and non-pretentious. Christopher also suggests making note of the condition of a woman's fingernails, skin, teeth and hair when analyzing future dates.

The Bitter Man's Guide also includes a list of "Turn-offs For Guys" (too much make up, too much perfume, excessive talking, flirting with other guys and wonder-bras). "Turn-ons" include semi-independence, humor, femininity and a "smoking hot body."

"Turn-ons for Women" include good looks and hot bodies, being tall, being fashionable, having financial security, possessing confidence and having a sense of humor.

"Turn-offs for Women" include possessiveness, unemployment, laziness, bad manners, "checking out other chicks," being a tight wad and having bad manners.

Before reaching it Bitter End, "The Bitter Man's Guide to Dating" concludes with a series of Bitter Stories in which Christopher shares his own dating experiences.

Written from the opposite point of view, and using almost an identical approach and structure, "The Bitter Woman's Guide to Dating" describes 78 male character types, beginning with Attitude Guys and Bad Boys and ending with Wandering Eye Guys and Workaholics. Also listed are Gigolo George, Horny Dogs, Non-Committal Guys, Pretty

Boys, Rock Star Dream Dudes (that's a bad thing?), Sloppy Joe, Stoner Steve and Wealthy William.

"The Bitter Woman's Guide to Dating" ends with Bitter Stories submitted by Bitter Women.

In Sanford, Christopher's "Bitter" books can be found at Maya Books & Music, located at 205-A East First Street, near Magnolia Square.

In Orlando, his works can be found in Orlando at Rock and Roll Heaven, Bargain Books and Urban Think. They can also be purchased online at Amazon.com, Targetbooks.com and the Bitter Man website: www.thebitterman.us.

Bitter movie?

Christopher has high hopes for his books and thinks they may one day provide the source material for a romantic comedy.

"The book's going to be a great movie eventually," he said, displaying no lack of confidence. "I'm not a screenplay writer but it's screaming for that kind of thing - Bitter Man meets Bitter Woman; they're sick of going on dates, somehow they meet, they discuss all their crazy dates and in the end they wind up together."

He envisions Ben Stiller playing the lead role and has already written and recorded the theme song: "The Bitter Man Blues."

"It's a great song for the beginning of a movie," he said. "I get chills when I think about it. Once the books get noticed, I think I'll have some leverage."

While driving in his car Wednesday afternoon, Christopher was asked by phone if he had found a new love interest since he and the reporter last spoke.

He said, "No. I'm still looking, I'm still a single guy, but all is well. I'm enjoying my life and sometimes being single is OK because I have my freedom and my peace."

So ladies, if you're looking for a nice guy who will treat you right, then head on down to Maya Books & Music on Valentine's Day and see if the Bitter Man is the man of your dreams.

You never know.

Women Voters plan energy talk

SANFORD — Sen. Lee Constantine will speak on the Florida Energy Commission's recommendations to the 2008 Legislature on renewable energy sources, conservation and climate change at a League of Women Voters event.

The League of Women Voters of Seminole County will host Constantine at its monthly Hot Topics meeting, which is open to the public.

The breakfast meeting will be Saturday, Feb. 16, at 9:30 a.m. at the Ag Center Auditorium, just off U.S. 17-92 at 250 W. County Home Road, Sanford.

The full breakfast will be catered and will cost \$10 for

members and \$12 for non-members. RSVP to dlschott@cfl.rr.com or 407-339-9266.

The Florida Energy Commission is a nine-member panel jointly appointed by Florida's Senate president and House speaker. It recommends to the Legislature the best ways to secure Florida's energy future using the guiding principles of reliability, efficiency, affordability and diversity.

Energy policy has become one of the most debated top-

ics on many social, economic and academic levels, according to a news release from the League of Women Voters.

Gov. Charlie Crist has already set target dates to reduce emissions 10 percent by 2012, 25 percent by 2017 and 40 percent by 2025.

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Musical opens Friday night

SANFORD — Just in time for Valentine's Day, the Helen Stairs Theatre will host "Kiss Me Kate" from Feb. 8 to 17.

The production is about actors whose performances are complicated by their off-stage lives, including debt to gangsters.

The musical will be performed at the theater in the Wayne Densch Performing Arts Center, 203 Magnolia Ave., Sanford at the corner of Magnolia and Second Street.

Tickets are \$23 for VIP; \$18 for orchestra; \$15 balcony and \$10 for students. Shows are Friday and Saturday at 7:30 p.m. and Sunday performances at 2 p.m.

The theater will also present "The Mikado," a comic operetta by Gilbert and Sullivan. That production will take place Feb. 29 to March 9 with shows on Friday and Saturday at 7:30 p.m. and a Sunday show at 2 p.m. Tickets for "The Mikado" are the same as "Kiss Me Kate." For more information, call 407-321-8111.

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