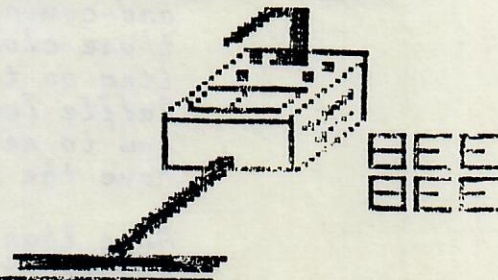




ORLANDO,
FLORIDA

ART-I-FACTS



CENTRAL FLORIDA METAL DETECTING CLUB

OCTOBER 1993

The next meeting of the Central Florida Metal Detecting Club will take place on Friday, October 8, 1993 at 8:00 p.m. The site of the meeting is located at the Goldenrod Civic Center next to the Fine Station on Palmetto Avenue near the intersection of Palmetto and Aloma Avenues in Goldenrod, Florida. Parking is limited so please please to arrive early!

October meeting date: October 8

"5th Annual Open Treasure Hunt: October 23

November meeting date: November 12

December meeting date: December 10

1993 Club Officers

*President
Vice-President
Second Vice-President
Recording Secretary
Treasurer
Site Committee Chairman
Newspaper Editor
Corresponding Secretary
Historian
Refreshments*

*Jim Ingram
David Gascoyne
Glen Conder
Madeline Conder
Lonna Leist
Keith Reese
Barbara Pietrzak*

*Find of the Month
Prizes*

*Boyd Rodgers
Lonna Leist
Ron & Genny West
Milton & Lonine Raw
Fred & Nancy Schimmel*

*Welcome to new member Ceia Ross of Longwood, Florida. We at the Central Florida Metal Detecting Club hope you will....
DISCOVER FAMILY FUN IN METAL DETECTING!!!*

September Newsnotes:

Edna Liberatore won again the $\frac{1}{2}$ and $\frac{1}{2}$ draw and pocketed \$30.00! Number 42 did not respond to the Bank Night dice draw so the prize goes to a lucky individual in October.

The Schimmels were not able to be present to handle their Raffle Table so fellow member Jolene Ammons substituted. Thank you Jolene! To remind you all we need to finance our up-and-coming Hunt and what better way to do it than to go through those closets, drawers, the garage, et cetera and bring a donated item or two that somebody really wants. By contributing to the Raffle Table you provide prizes and fun to all of us. Make a note now to set something aside for October 8 so that we can really have the bang-up hunt alot of us have been waiting for!

More than 40 members were present, and, one of them, Helen Flippo was escorted to the meeting by husband, Ralph. By now Helen has hopefully thrown away the wheelchair, and is walking without the aid of a walker.

Another member Alden Mitchell is delayed from coming back to Zellwood by convalescence from surgery that has only cut down his metal detecting to several hours. Members wishing to write to him may do so care of: 6 Knowlton Avenue, Farmington, Maine 04938. The Mitchells are hoping to return in November.

New Addresses: Jim Ingram, 1224 Pecan Street, Kissimmee, FL 34744
Louise Hunt, 103 Grass Lake Rd., Clermont, FL 34711 8739; and
Bob Rohnlack, #15 Woodgate Place, Palm Coast, FL 32137.

FIND OF THE MONTH: July 1993

Single Coin: Jim Ingram

Group Coins: Duane Carter

Single Jewelry: Boyd Rodgers

Group Jewelry: Boyd Rodgers

Single Artifact: David Gascoyne

Group Artifact: David Gascoyne

Single Odd's N' Ends: Boyd Rodgers

Group Odd's N' Ends: Ted Smith

(A Super lot of finds with perhaps the standout being Boyd Rodgers's Watch Fob)

FIND OF THE MONTH: August 1993

For lack of space I will feature Brent Pethenick's Group Jewelry. A total of 16 items were found! Five 14kt Gold rings, assorted gold charms, 1 10kt Gold ring, religious charm, and junk jewelry.

FIND OF THE MONTH: September 1993

Single Coin: Jim Ingram

Group Coin: Jim Ingram

Single Jewelry: Watch by Jack Dee

Group Jewelry: This nice assortment of finds included 2 10kt Gold rings, 1 14kt Gold ring, a Silver Chain & Satanic Pendant, Silver Ring, Silver Hoop Earrings (not matched), Silver Cross, and a fake High School Ring among other finds!

Single Artifact: David Gascoyne

Group Artifact: David Gascoyne (item found at Ft. Reed)

Single Odd's N' End's: A 2 pc. Rifle Marksman Medal in Silver by Jenny Hitson.

Group Odd's N' End's: Ted Smith

(Insert: Copy of a

spasm and loss of consciousness. Those with multiple stings or those allergic to bee stings should seek immediate medical attention. See "You Can Beat the Bees," below.



Symptoms A sharp pinprick sensation followed by moderate burning pain and one or more large, tender, swollen, red bumps. There is no stinger attached. May be followed by headache, vomiting and other whole-body symptoms.

Possible Culprits

■ **Hornets** These winged pests are distinguishable by their black and yellow or white markings;



YOU CAN BEAT THE BEES

For most of us, a bee sting is only a minor nuisance, but for some people, a single sting can cause a dangerous, even deadly allergic reaction called anaphylaxis. Every year, more than 50 people in the United States die from bee and wasp stings.

How do you know you're allergic? Within minutes or even seconds after being stung, you may feel dizzy and nauseated. Breathing becomes difficult, and the heartbeat grows increasingly rapid then erratic. You may swell up or turn red all over. Lips, tongue and face may swell. An allergic reaction of this kind is a medical emergency. You must see a doctor—fast. You may require an ambulance.

If you know you're allergic, talk to your doctor about getting a prescription for a

lifesaving drug called epinephrine. Epinephrine is virtually identical to the energizing, fight-or-flight chemical in your body called adrenaline. Injected immediately after a sting, it can save your life.

People with insect allergies often carry epinephrine self-injectors in their purse, car and backpack. The injectors are preloaded at the factory. Should you be stung, you simply press the injector against your thigh. The drug is automatically injected. Within seconds, the airways expand, the heart beats more regularly and blood pressure quickly rises. Carry and take an oral antihistamine at the same time.

Even though a shot in time can reverse many of the symptoms caused by anaphylaxis, to be on the safe side, seek medical attention as soon as possible.



■ **Yellow Jackets** These wasps, found throughout North America, have black and yellow stripes like bees and are wasp-waisted, but their appearance may vary in different parts of the country. They nest in the ground or in trees, walls, rotting wood and rock crevices and are probably as common at picnics as ants. They are most active from early spring through fall.

■ **Bumblebees** Fat, hairy, yellow-and-blackish bees, they usually don't bother you unless you disturb their nest. They frequently nest in the ground or in leaf debris.

These insects don't lose their stingers when they attack and can—and often do—sting repeatedly. They get particularly irritable in the fall months, when food supplies become scarce or when their nests are threatened.

Treatment Wash the site of the sting thoroughly with soap and water. Dab on an antiseptic to prevent infection. To reduce swelling and prevent venom from spreading, wrap ice in a cloth and quickly apply it to the sting. Leave in place 20 to 30 minutes. Take aspirin or ibuprofen to relieve pain and swelling.

Special preventive measures These insects often chase intruders who seem to threaten their nests. Wasps don't pursue people as persistently as bees do, so if you should be attacked, you may elude them. Like bees, they are



attracted to sweets in sodas and beers, and scents in suntan lotion and cosmetics. No repellent is effective against them. A gentle brushing may make them leave, but swatting can anger them. When picnicking, keep food in covered containers and create a decoy platter or fill a bowl with beer or a small portion of sugary food, such as fruit or sweets, to draw these unwanted intruders away from the table. The way you dress can attract them. Light yellow and blue colors draw them, for example.

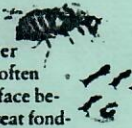
Caution Those with multiple stings or who are allergic to bee stings should seek immediate medical attention. See "You Can Beat the Bees," on page 54.



Symptoms Small, painless, open bleeding sores on exposed skin, but especially around the eyes, ears and nostrils. May eventually be accompanied by intense pain, swelling and persistent itching. The bites may form hard mounds and look like open sores.

Possible Culprits

■ **Black Flies** These tiny pests, no larger than a poppy seed, often swarm around the face because they have a great fondness for secretions from the eye. They lacerate the skin then suck the resulting blood flow. This sounds more painful than it feels (at first): Their



SEASONAL Rx

saliva contains a local anesthetic, so you don't feel their bites until the anesthetic wears off. They usually congregate near running water in the spring months and can be a terrible nuisance for outdoor sportsmen.

Treatment Wash the affected areas thoroughly with soap and water. Dab on an antiseptic to prevent infection.

Special preventive measures Cover any open wounds with a bandage. Black flies are attracted to dark, moving objects, so dress accordingly.



Symptoms Blisterlike bumps that may turn into large open sores. These may itch or turn painful. Bumps may turn into hard nodules that last for months.

Possible Culprits

■ **Gnats, Midges or No-see-ums** Members of this family of tiny flying insects (only about one-fifteenth of an inch long) tend to swarm in cloudlike formations. They are most common during the warm months and in moist locations, such as near rivers or ponds, and tend to be most active in calm weather. Gnats and their relatives wreak their damage by sawing the skin with scissor-like mouth parts.

Treatment Wash the affected areas thoroughly with soap and water. Dab on an antiseptic to prevent infection. Take acet-

aminophen for pain or aspirin or ibuprofen to relieve pain and swelling. If itching persists, take an OTC oral antihistamine. Calamine lotion and oatmeal baths can also help relieve the itching and pain.



Symptoms Itchy red bumps about a quarter of an inch in diameter occurring at random locations.

Possible Culprits

■ **Mosquitoes** More than 2,400 species of these buzzing nuisances thrive in moist places around the world, in climates ranging from tropical rain forests to polar ice caps. Fortunately, mosquitoes don't bug you in cold winter weather: The males die, and the females hibernate.

Treatment Wash the affected areas thoroughly with soap and water. Dab on antiseptic to prevent infection. To reduce swelling and to help soothe the itching, apply a paste made from one teaspoon baking soda mixed with one teaspoon water. If itching persists, take an over-the-counter oral antihistamine.

Special preventive measures Some mosquitoes are most aggressive late in the day and are attracted to outdoor lights. When you're outside after dark, turning off the lights, using insect repellent or burning citronella candles can help keep them away.



Symptoms A reddish bump the size of a mosquito bite that turns into a doughnut-shaped rash and spreads outward over time like a ripple in a pond, then fades within three to four weeks. The area may feel tender and may possibly burn or itch slightly. May be followed by fatigue, fever, headache and other flu-like symptoms.

Possible Culprits

■ **Black-Legged Ticks** (formerly called the Deer Tick) These are the ticks most likely to spread the bacterium that causes Lyme disease throughout most of the United States. These eight-legged parasites are tiny (the size of a period on a printed page) and shaped like teardrops until they feed. As they take in blood, they swell and resemble miniature balloons. These ticks are carried not only on deer but also on rodents, other small mammals and birds. People are most likely to pick them up during the warm months when trudging through woods or fields of tall grasses. Ticks are most active between April and October.

Treatment See your doctor. Because Lyme disease is caused by a bacterial infection, the only effective treatment is to take antibiotics.

Special preventive measures The quicker you find and remove ticks from your skin, the less likely you are

to be infected, because the longer a tick feeds, the more likely it is to spread the infection. (Symptoms usually show up 3 to 21 days after a bite.)

After trekking through woods or high grasses, always check your clothes (and those of fellow hikers) for unwanted hitchhikers. Once you get home, inspect your entire body, paying special attention to your head and legs. And don't forget to check your pets. They can get Lyme disease, too.

Do not handle ticks with your bare hands. Use rubber gloves or a thick cloth. To remove a feeding tick, grab it with tweezers as close to the skin as possible. Take care not to squeeze, crush or puncture its body, because its fluids may spread the infection into your skin. Also, be careful not to leave the head embedded; that can leave you still vulnerable to infection. If necessary, get medical assistance to remove the head. Wash the affected area (and your hands) thoroughly with soap and water. Dab on an antiseptic to prevent infection.

Caution Lyme disease has three phases, which can overlap or occur sequentially. After the first phase (described in "Symptoms"), the infection may spread in the blood or lymph, causing swollen, painful joints, and in the final phase, infecting the nerves and the heart. Pregnant women especially should be treated promptly.





Symptoms Flat red spots that blanch if you press them. These turn into round, purplish-red, pinpoint-size blood spots within two to four days. They erupt on the wrists and ankles, then the palms of the hands and the soles of the feet, before spreading farther. Accompanied by fever, severe headaches and general body pain. These symptoms usually appear within three days to three weeks after the bite.

Possible Culprits

■ **American Dog Tick** It's pale brown and most common in the eastern and west south-central states.

■ **Lone Star Tick** It's brown with a yellow stripe around the edge of its body. It is most common in Texas, Oklahoma and the South Atlantic states, but it also inhabits other eastern, western and south-central states.

■ **Rocky Mountain Wood Tick** It's found in wooded areas in the Rocky Mountain region.

All these ticks have eight legs, with the front two curved forward like a crab. Their large, flat, oval bodies are saclike, with a leathery outer surface. The hard-bodied ticks like those above carry most of the serious tick-borne diseases.



These species may transmit Rocky Mountain spotted fever, and the Lone Star tick may transmit Lyme disease. They may grow as large as a quarter-inch long. They tend to perch on grass tips and bushes, and are most active between April and October.

Treatment See a doctor. The only effective treatment is to take antibiotics.

Special preventive measures These pests must feed for more than six hours before they can spread infection. Remove ticks as quickly as possible, and thoroughly check yourself and your clothes for visitors. See above for instructions on how to remove a tick.

Caution Rocky Mountain spotted fever can include coughing, nausea, vomiting, abdominal pain and, if left untreated, infection of the central nervous system, which can lead to shock and death.



Symptoms Excruciatingly itchy, tiny, pink bumps clustered in groups of two and three. They can occur anywhere on the body, but often crop up on the backs of knees or ankles.

Possible Culprits

■ **Fleas** Some 20 species feed on humans. These slim, reddish-brown, pinpoint-size, hard-bodied insects have no wings. While they can't fly, they can jump up to two feet! Be-

cause they are often carried indoors by pets, fleas are at home in virtually every part of the country, even in the dead of winter.

Treatment Apply ice wrapped in cloth or use cool, damp compresses to soothe itching. Cover bites with a paste made with meat tenderizer mixed with a little water. If itching persists, take an OTC oral antihistamine or apply an OTC hydrocortisone cream. Follow up with a complete program of eradication. (For more information, see below.)

Special preventive measures Flea larvae can live dormant in cocoons for up to a year. Vibrations caused by passing footsteps can cause them to hatch. A thoroughgoing program is called for to keep your home flea-free: Ask your vet about dipping your pet in a flea bath, but don't stop there. Vacuum frequently; each time, bags should be thrown away immediately, inside plastic bags. Bomb rooms that might be infested and spray your yard as well during the spring and summer. Use methoprene (a.k.a. Siphonol), a synthetic insect growth hormone that prevents flea larvae from maturing.



Symptoms Uncontrollable itching on ankles, wrists, knees, waist or any place where clothing frequently meets the skin. The itching can persist a week or longer, eventually

accompanied by swelling, redness, tiny blisters and scabs.

Possible Culprits

■ **Chiggers** Actually, these aren't insects at all, but the larval stage of mid-size mites that look like microscopic red dots. They thrive in hot weather and are most common in the southern states. They are most active in summer and early fall. To feed, they inject a special enzyme that dissolves skin cells, which they then suck up. The swelling and itching that affect you are a result of an allergic reaction to the enzymes injected by the mites.

Treatment Wash the affected areas thoroughly with soap and water. Dab on an antiseptic to prevent infection. Apply ice wrapped in cloth or cool, damp compresses to soothe itching. If itching persists, take an OTC oral antihistamine.

Special preventive measures Chiggers travel by crawling to the top of weeds, then crawling onto passersby. To prevent them from getting onto you, stay on the trail and avoid walking through fields filled with tall grasses and shrubs. If you must trek through the wilds, dress appropriately.



Symptoms An intensely painful, pimple-like bump that may be surrounded by a humpy rash. The skin may turn



bluish gray as the rash fades, like a bruise, with one or two small punctures in the center, and it may grow more painful. Within half a day, a blister may form as the surrounding skin becomes red and swollen.

Possible Culprits

■ **Brown recluse spider** This large spider is usually gray, orange or brown, and has a distinctive violin-shaped mark on its back—hence its nickname, fiddleback spider. This recluse spider (it is shy and becomes active only at night) may be found outdoors in dry, protected spots, such as overhanging cliffs, animal burrows, under stones, woodpiles, and bark in central and south-central states. But people are most likely to encounter these spiders in garages, closets and attics. They are most active between March and October. Most bites occur in late spring.

Treatment This spider's venom is activated by heat, so to reduce swelling and prevent venom from spreading, wrap ice in a cloth and quickly apply it to the sting. Leave in place 20 to 30 minutes. Elevate the affected area. Take aspirin or ibuprofen to relieve pain and swelling.

Special preventive measures These spiders like to hide in dark, undisturbed corners, or in cardboard boxes, clothing and shoes. Be careful when trying on clothing that's been in



storage. They often bite when trapped and crushed against the skin when someone is putting on shoes or clothes that have been in storage.

Caution The poison can cause extensive tissue damage, as well as possible kidney failure and coma in children, so see a doctor as soon as possible.



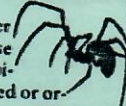
Symptoms A sharp stabbing pain followed by a dull ache. The pain may be so intense that people may believe they have appendicitis. Whole-body discomfort, such as muscle cramps or stomach pain, may begin within 30 minutes. Look for a faint red halo surrounding a tiny puncture wound.

Possible Culprits

■ **Black widow spider** The females of these large, glossy black spiders usually have a red or orange hourglass shape on the abdomen. They dwell in dark, dry places, such as campsites, garages, attics, storage sheds and woodpiles.

Treatment To reduce swelling and help prevent venom from spreading, wrap ice in a cloth and quickly apply it to the sting. Leave in place 20 to 30 minutes. Take aspirin or ibuprofen to relieve pain and swelling.

Caution Black-widow bites can be quite serious, particularly in children and the elderly. Severe pain, muscle spasms and a potential for heart



problems can result. Fatalities are rare, but you still should see a doctor as soon as possible. You may be given an antivenin (a serum made from the venom to counteract the poison), as well as a tetanus shot.



Symptoms A sharp, stinging pain that subsides in a few minutes, followed by swelling and redness, often arranged in a circle. Blisters may form within 10 to 12 hours and clear up in about 10 days, but it may leave scars. Some people may develop other body symptoms, like fever and malaise.

Possible Culprits

■ **Fire ants** These small, yellow, red or black ants live in anthills that look like large mounds that are about one to three feet tall. They live in the South and Southeast. They have large, curved jaws and a beelike stinger on the tail. This arrangement explains the sting pattern: They hang on with their mouth, then rotate in a circle while stinging with their tail. Their alkaloid-intense venom causes the burning sensation of their sting.

Treatment Apply cool compresses or ice wrapped in cloth to soothe the sting. A paste made from baking soda mixed with water may also help.

Take aspirin or ibuprofen to relieve pain and swelling.

Special preventive measures These insects

DRESSING FOR AN OUTING

Protecting yourself from the ravages of unfriendly bugs can be as easy as getting dressed in the morning.

■ **Minimize the amount of skin you expose.** Wear long pants and a long-sleeve shirt. Tuck the bottoms of your pants into your boots or socks. In tick country, you may want to tuck your hair up into a cap, too.

■ **Wear pale, neutral colors, like white or khaki.** Insects are attracted to bright colors; bees and wasps especially favor yellow and blue. Donning light-colored clothing can help you pass unnoticed through their territory. It also makes it easier to spot a hitchhiking bug.

■ **Keep your shoes on.**

■ **Leave fragrances at home.** Insects may confuse colognes, after-shaves or scented cosmetics with favorite flowers. Don't encourage them.

are extremely aggressive and often attack in numbers. Watch out for large, cementlike domed anthills that are one to three feet tall.

Caution Some people may suffer a systemic reaction with nausea, vomiting and dizziness, especially if they have multiple stings. In cases like this, seek immediate medical care.

by Matthew Hoffman and

Jan Bresnick, with Cemela London
OUR SOURCES: Cynthia Aaron, M.D., director, toxicological services, and associate professor, department of medicine, University of Massachusetts Medical Center, Worcester; May R. Berenbaum, Ph.D., head, department of entomology, University of Illinois, Urbana; Lyme Disease Foundation, P.O. Box 462, Tolland, CT 06084, (800) 886-LYME.

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WANTED!!!! CLUB MEMBERS TO SELL TICKETS AT A \$1.00 EACH FOR THE RAFFLE DRAWING AT THE 5TH ANNUAL HUNT ON SATURDAY, OCTOBER 23, 1993. NOT ONLY DO WE HELP OUR CLUB BUT WE MAY BE A WINNER TOO!



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