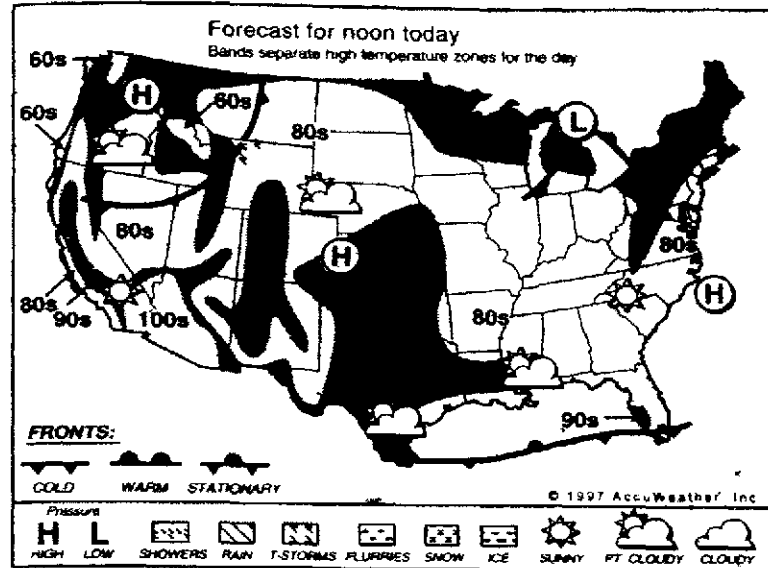


THE WEATHER & TIDES



Warmer air will slide into the Northeast today as the thermometer returns to the 70s and 80s. It will be sunny and dry from the Dakotas to Texas and across the Southeast and Midwest, while thunderstorms pepper the Rockies and South Florida. The West Coast will be dry with some sun.

■ FORECAST: SUNNY, 82/57

ANNAPOLIS AREA: Today, mostly sunny with highs in the low 80s. Winds southwest around 10 mph. Tonight, fair with lows in the mid- to upper 50s. Light winds. Tomorrow, partly sunny with highs in the low to mid-80s.

OCEAN RESORTS: Today, mostly sunny with highs around 80. Winds southwest around 10 mph. Tonight, fair with lows in the mid-50s. Light winds. Tomorrow, partly sunny with highs in the low to mid-80s.

CHESAPEAKE BAY: Today, southwest winds 10 to 15 knots. Waves 1 foot. Tonight, southwest winds less than 10 knots. Waves less than 1 foot. Tomorrow, southwest winds 10 to 15 knots. Waves 1 foot.

THE LONG-RANGE OUTLOOK: Monday, partly sunny with lows in the 50s. Highs in the mid-70s to lower 80s. Tuesday, partly sunny with lows mid-50s to lower 60s. Highs mid-70s to lower 80s. Wednesday, partly sunny with lows in the upper 50s to mid-60s. Highs upper 70s to lower 80s.

■ AREA WEATHER DATA

Record high yesterday:	96 in 1954
Record low yesterday:	51 in 1897
One year ago today:	Warm, 84/68
Precipitation yesterday:	none (as of 3 p.m.)
Total precipitation for September:	0.32 inch
Normal precipitation for September:	3.41 inches
Yesterday's high temperature:	73 degrees (as of 3 p.m.)
Yesterday's low temperature:	48 degrees (as of 3 p.m.)
Sunrise tomorrow:	6:39 a.m. EDT
Moonrise:	9:49 a.m. EDT
Sunset tomorrow:	7:30 p.m. EDT
Moonset:	9:02 p.m. EDT

■ TODAY'S TIDES

	LOW	HIGH	LOW	HIGH
Annapolis	2:42 a.m.	8:13 a.m.	2:44 p.m.	9:13 p.m.
Edgewater	2:19 a.m.	7:50 a.m.	2:21 p.m.	8:50 p.m.
Fairhaven	1:25 a.m.	7:01 a.m.	1:27 p.m.	8:01 p.m.
Sandy Point	2:59 a.m.	8:37 a.m.	3:01 p.m.	9:37 p.m.
Shady Side	2:22 a.m.	8:14 a.m.	2:24 p.m.	9:14 p.m.

*Indicates that the tide occurred last night

■ WEATHER ELSEWHERE

Temperatures indicate previous day's high and overnight low to 8 a.m. EST

	Hi	Lo	Prc	Otk		Hi	Lo	Prc	Otk
Abilene, Tex.	87	68			Little Rock	85	53		clr
Akron, Ohio	72	45			Los Angeles	91	70		cdy
Albany, N.Y.	74	44			Louisville	79	51		cdy
Albuquerque	86	64			Lubbock	89	67		cdy
Allentown, Pa.	73	44			Macon	85	52		cdy
Amarillo	88	63			Madison	68	47	.02	clr
Anchorage	61	52	.04		Medford	77	57		cdy
Asheville	77	41			Memphis	86	53		clr
Atlanta	81	57			Miami Beach	84	77	.34	m
Atlantic City	75	47			Midland-Odessa	88	69		cdy
Austin	91	71			Milwaukee	66	49		clr
Baltimore	79	47			Mpls-St Paul	79	58	.22	clr
Baton Rouge	90	65			Mobile	86	72		clr
Billings	87	53			Montgomery	88	65		clr
Birmingham	86	59			Nashville	83	48		clr
Bismarck	87	49			New Orleans	89	76		cdy
Boise	92	62			New York City	76	58		cdy
Boston	77	53			Newark	78	50		cdy
Bridgeport	75	50			Norfolk, Va.	76	61		clr
Brownsville	90	74	.05		North Platte	86	62		cdy
Buffalo	69	49			Oklahoma City	85	62		cdy
Burlington, Vt.	76	45			Omaha	85	56		cdy
Caribou, Maine	68	44			Orlando	85	74		cdy
Casper	83	51	.01		Paducah	80	45		clr
Charleston, S.C.	80	52			Peoria	74	49		cdy
Charleston, W. Va.	76	45			Philadelphia	75	54		cdy
Charlotte, N.C.	81	56			Phoenix	106	87		cdy
Chattanooga	83	52			Pittsburgh	73	44		cdy
Cheyenne	75	53	.17		Pocatello	84	49		cdy
Chicago	71	48			Portland, Maine	75	45		cdy
Cincinnati	76	44			Portland, Ore.	73	61		cdy
Cleveland	73	47			Providence	75	50		cdy
Colorado Springs	79	53	.70		Pueblo	89	58	.10	cdy
Columbia, S.C.	83	47			Raleigh-Durham	80	46		clr
Columbus, Ga.	86	63			Rapid City	84	58		cdy
Columbus, Ohio	75	48			Reno	87	52		cdy
Concord, N.H.	76	38			Richmond	81	51		clr
Corpus Christi	91	76			Roanoke	78	46		clr
Dallas-Ft. Worth	86	64			Rochester	73	43		cdy
Dayton	75	46			Rockford	73	45		cdy
Daytona Beach	84	74	.07		Sacramento	97	66		cdy
Denver	81	56	.23		St. Louis	79	50		cdy
Des Moines	82	53			St. Thomas	95	m		m
Detroit	75	46			Salem, Ore.	75	55		cdy
Duluth	82	57			Salt Lake City	90	61		cdy
El Paso	91	69			San Angelo	89	69		cdy
Elkins	73	37			San Antonio	90	74		cdy
Erie	69	49			San Diego	83	73		clr
Eugene	77	54			San Francisco	75	61		clr
Evansville	77	45			San Jose	87	65		clr
Fairbanks	64	45			San Juan, P.R.	89	79		m
Fargo	84	58			Santa Fe	84	56		cdy
Flagstaff	78	49			St. Ste. Marie	68	47	.30	cdy
Flint	73	38	.01		Savannah	80	54		clr
Fort Smith	85	55			Seattle	71	54		cdy
Fort Wayne	74	43			Shreveport	85	59		cdy
Fresno	100	74			Sioux City	78	59		clr
Goodland	86	61			Sioux Falls	87	62		clr
Grand Junction	86	58			South Bend	73	44		cdy
Grand Rapids	72	41			Spokane	82	52		cdy
Great Falls	84	45			Springfield, Ill.	77	44		clr
Green Bay	65	46	.14		Springfield, Mo.	79	51		cdy
Greensboro, N.C.	78	47			Syracuse	73	51		cdy
Harrisburg	79	52			Tallahassee	89	68		cdy
Hartford Spgflld	76	47			Tampa-St. Petersburg	89	75		cdy
Helena	82	46			Toledo	74	43		cdy
Honolulu	91	78			Topeka	84	50		cdy
Houston	90	66			Tucson	100	72	.32	cdy
Huntsville	84	52			Tulsa	83	58		cdy
Indianapolis	76	47			Tupelo	85	54		cdy
Jackson, Miss.	89	64			Waco	89	64		cdy
Jacksonville	81	63			Washington, D.C.	80	53		clr
Juneau	59	49			W. Palm Beach	83	75	.37	cdy
Kansas City	82	50			Wichita	86	57		cdy
Knoxville	83	52			Wichita Falls	89	68		cdy
Lake Charles	89	67			Wilkes-Barre	74	43		cdy
Lansing	72	37			Wilmington, Del.	76	48		cdy
Las Vegas	96	73			Yakima	82	54		clr
Lexington	79	45			Youngstown	74	45		cdy
Lincoln	89	55			Yuma	106	86		cdy

DC police sergeant charged with rape

By P.J. SHUEY
Staff Writer

A D.C. Metropolitan Police Department sergeant was charged by county police Thursday with rape after he allegedly assaulted an Edgewater woman in her home, beating her and leaving her bound with duct tape.

Sgt. Thomas C. McCaffrey, 38, who has no permanent address and is said to live in a Sheraton hotel in Washington, surrendered to D.C. police Thursday night after county police charged him and issued a warrant.

He faces life imprisonment on charges of first- and second-degree rape, first- and second-degree sexual offenses and second-degree assault, said Officer Carol Frye, county police spokesman.

The 36-year-old victim, who knew Sgt. McCaffrey, walked into the Southern District station badly battered and bruised Thursday morning to report an assault.

The bruises to her eyes, nose and mouth were obvious when she walked in, said Officer Adam Gardiner, who initially spoke with her.

The woman said her attacker was at her home when she arrived Wednesday night, according to Detective Elizabeth Parsons of the county police Sex Crimes Unit.

He grabbed her by her mouth and shirt when she arrived and dragged her upstairs to a second-floor bedroom.

She fought to get away but was overpowered by the attacker, who punched her in the face and head until she fell to the floor.

She was bound hand and foot with duct tape, and her mouth was taped shut before her clothing was ripped off.

She was dragged onto a bed and further beaten about the face and head before she was raped, the detective said in charging documents.

The woman, who told police she feared for her life, was left bound in duct tape and managed to free herself.

The next morning, she arrived at the Southern District headquarters and charges were filed.

Sgt. McCaffrey, a 13-year police veteran who worked in the Vice Unit, surrendered at 11:30 p.m. Thursday at a police station in northwest Washington. He was put on paid administrative leave.

Along with living in the Sheraton hotel, he has an address in Denver, police reports said.

Sgt. McCaffrey waived extradition rights and was taken to a District Court commissioner in Annapolis yesterday afternoon.

He was ordered held at the Detention Center pending a bond review hearing.

Kimberly Character

Kimberly Denise Character, 26, a lifelong resident of Annapolis, died Sept. 2 at Anne Arundel Medical Center after a brief illness. The cause of death was not immediately determined.

Born in University Hospital in Baltimore, Miss Character attended county schools. She graduated from Annapolis High School in 1989 and has an associate's degree from Anne Arundel Community College. She graduated from Towson State University with a bachelor's degree in political science in 1996.

She was a member of the Mount Moriah A.M.E. Church of Annapolis.

Her hobbies were reading and doing crafts.

Survivors include her father, Lonzie L. Character Sr., her mother, Arria L. Belamide, both of Annapolis; three sisters, Arria L. Thompson, Shewquet M. Character and Carmen R. Connors, all of Annapolis; three brothers, Lonzie L. Character Jr., Alphonso A. Belamide and Nathan R. Covert, all of Annapolis; and her grandmother, Rosetta E. Toogood of Annapolis.

Visitation will be from 4 to 7 p.m. Monday at Mount Moriah Church. The Christian wake will be from 6:30 to 7 p.m. followed by the funeral service. Burial will be in Hillcrest

MAN DIES IN CRASH



Rescue officials work the scene of an accident on Route 2 near Polling House Road near Harwood in south county around 2:30 p.m. yesterday. County police said an 85-year-old man was killed in the crash when he drove his minivan into a boat being towed on a trailer. Anne Arundel County firefighters responded to the accident in which Charles Robertson, whose address was not immediately known, was killed. The driver of the truck pulling the boat was uninjured.

Heart disease claimed runner

By CHRISTOPHER MUNSEY
Staff Writer

The 47-year-old Howard County man who collapsed during the Annapolis 10-Mile Run on Aug. 24 died of a heart attack caused by heart disease, according to an autopsy conducted by the Medical Examiner's Office in Baltimore.

Dr. Laron Locke said that Joseph Sokol of Columbia suffered from a condition called arteriosclerotic cardiovascular disease, more commonly known as hardening of the arteries.

Dr. Locke said it was possible the physical stress of running the 10-mile race triggered Mr. Sokol's fatal heart attack.

"I can't jump to that conclusion, but it's possible... (running) puts a lot of stress on the heart," he said.

Mr. Sokol collapsed on the Naval Academy grounds about 8:30 a.m. after running about 7.5 miles.

Fellow runners came to his aid within moments, including Dr. Edward Bessman, an emergency room physician who works Bayview Medical Center in Baltimore and Jerry Marcus, a North Arundel Hospital respiratory therapist.

Mr. Sokol was taken by ambulance to Anne Arundel Medical Center and pronounced dead at 9:13 a.m.

His death was the first in the 22-year history of the race.

The race is sponsored by the Annapolis Striders. Organizers staff the event with a 80-person medical team, including a field hospital and

Howard County man died in city 10-miler

medical teams stationed at one-mile intervals along the route.

The club is considering adding more medical personnel along the route, said Ronald Bowman, race director.

Runners sign a waiver releasing race organizers of liability, and are sent a letter warning them about the heat and humidity usually encountered on race day. Those cautions are repeated just before the start, Mr. Bowman said.

"There's no way we can require a doctor's certificate, or would want to, that a runner can do this. What it boils down to is individual responsibility," he said.

Mr. Sokol was a member of the Howard County Striders running club.

Club president Dick George said runners' safety is a constant concern of the organization.

But the question of whether a club member should be running, based on any pre-existing heart condition is left to each individual, Mr. George said.

"We really don't get into the heart stuff. Ours is safety, diet, things like shin splints," he said.

Hardening of the arteries is caused by the gradual buildup of fatty deposits on the interior walls of the heart arteries, said Dr. Elizabeth Kingsley, a cardiologist at AAMC.

When a heart attack occurs, the walls of the arteries have become so constricted that blood flow is very sluggish, and sometimes a blood clot forms blocking the arteries completely.

Starved of blood and oxygen, the heart muscle is damaged, either causing a wild, racing heartbeat that prevents blood from being pumped efficiently, or a cessation of the heartbeat.

Exercise is important in preventing heart disease.

"The No. 1 message is... exercise is good," she said.

When runners with heart disease are factored in, statistics show that 1 in 7,600 runners in the 30 to 64 age group die of a sudden heart attack every year, she said.

"It's really a very rare event," Dr. Kingsley said.

Anyone starting an exercise program after a sedentary lifestyle, particularly men over age 40 and women over age 50, should consult with their physicians first about the need for a heart stress test, she said.

And anyone who develops symptoms of heart disease while running, such as dizziness, excessive shortness of breath, chest pain, indigestion or palpitations, should stop and see a doctor.

Given proper planning and treatment, even people with heart disease can run long-distance events, Dr. Kingsley said.

"I have many patients who do the Bay Bridge run with known coronary heart disease," she said.

POLICE BEAT

SOUTH COUNTY

3 vehicles collide

A rush-hour accident held up commuters on Route 424 Friday evening when three vehicles collided on that road near westbound Route 50 around 6 p.m.

The Hazardous Materials Unit was called to the scene after one of the vehicles, a van, started leaking muriatic acid, a spokesman for the Anne Arundel County Fire Department said.

About a gallon of the acid leaked out. Muriatic acid is used for cleaning bricks.

The area was cleared by 8 p.m.

Three people suffered minor injuries in the accident. All were treated and released at Anne Arundel Medical Center. Further details about the collision were not available late Friday.

ANNAPOLIS AREA

Money switch

A 35-year-old Annapolis man was tricked into handing more than \$3,800 to a pair of thieves Thursday, city police said.

The Center Street resident told police that he was near 1800 West St. when two men approached him.

The men told the man, a Hispanic immigrant who spoke to police through an interpreter, they needed help vouching for someone who won the lottery. The man gave them his money with the promise more would be returned.

The money was placed in a U.S. Postal Service bag. The two thieves embraced and one walked away. The other returned the bag to the victim, who discovered it only held bundles of newspaper strips.

The con men were described as Hispanic males, between 40 and 50 years old and both weighing about

180 pounds. One was wearing green pants and a blue-and-black shirt, the other blue pants and a long-sleeved brown-and-white shirt.

No arrests had been made Friday.

CROFTON AREA

Man falls from bike

A 74-year-old man was in serious condition after he fell off his bicycle riding in the Crofton area Friday.

County police found Andrew Schlotter lying in the middle of the 2700 block of Price Road around 1 p.m. County police said he was vomiting blood.

Police said Mr. Schlotter had not been struck by a car, but that he either fell after losing control of the bike or fell because of a medical condition. He was flown to the Shock-Trauma Center at University Hospital in Baltimore.