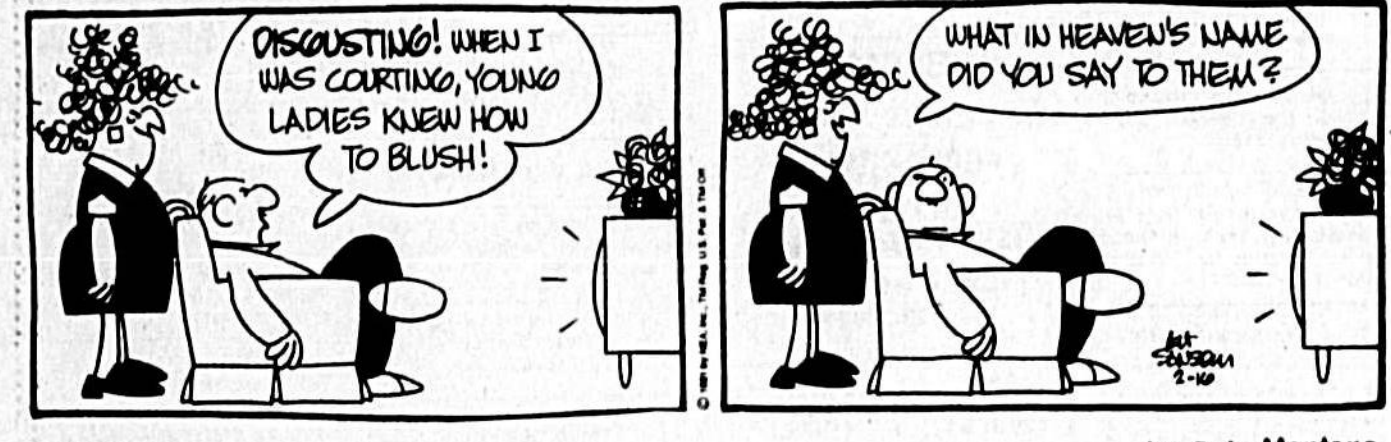


BEETLE BAILEY by Mort Walker



THE BORN LOSER by Art Sansom



ARCHIE by Bob Montana



FEK & MEEK by Howie Schneider



PRISCILLA'S POP by Ed Sullivan



BUGS BUNNY by Stoffel & Heidmah



FRANK AND ERNEST by Bob Thaves



TUMBLEWEEDS by T. K. Ryan



Feast & Famine Will Not Work

DEAR DR. LAMB — Can you help me lose weight? I'm a 23-year-old female, 5-foot-5 and my weight fluctuates between 135 and 145. It fluctuates because I'm always dieting. I just can't seem to lose any more.

Although I have an office job, I'm very active. I bowl, play tennis and softball. Last spring I dropped 25 pounds in three months with a diet of under 1,000 calories a day but I was literally starving.

While bread and potatoes with added fat in preparation can be a problem, fats and concentrated sweets are the major sources of calories. Fat is hidden everywhere in food and learning to eliminate it is often what you need to do for a lifetime of good eating without getting fat.

DEAR DR. LAMB — Please give me some information about heart blocks. My husband is 38 years old and jogs seven or eight miles a day. He was recently told he has a mild heart block contributing to fainting.

DEAR READER — There are right and left bundle branch blocks that are blocks in the conduction system to the right and left side of the heart. A block between the upper and lower chambers of the heart is called an AV block and is the type that may be associated with fainting.

Anyone who has fainting episodes from heart block should be evaluated by a heart specialist. Regardless of age, that may be an indication for a heart pacemaker.

Now, there are many causes for fainting, and your husband may just have a slow heart rate because he is a distance runner, so don't come to premature conclusions. But it is worth an evaluation by a specialist.

WIN AT BRIDGE Kreyns and Bob Slavenberg of the Netherlands in the 1966 Olympiad. Oswald — "West opened a trump against the three-club contract. East took his ace and led a trump back to dummy's king. Kreyns discarded a diamond on the ace of hearts, ruffed back to his hand, drew West's last trump and played spades. He still had to lose four spade tricks for down one since he ran out of trumps before getting to clear the suit."

ALAN: "What a brilliant pass I can see other North-South pairs making in game or maybe slam and going down for telephone numbers." (NEWSPAPER ENTERPRISE ASSN.)

Hostage Stabbed, Inmate Killed In Prison Siege

RAIFORD (UPI) — A nine-man SWAT team rushed a prison courtroom early today to free a secretary held hostage more than 10 hours by two inmates, killing one of the men and wounding the other in a barrage of bullets.

The inmate killed in the SWAT team assault was Ray Anthony Mitchell, 18, whose murder of two elderly couples last year was one of the most notorious crimes of Dade County's crime-plagued year.

The second inmate, Jerry Rasberry, 27, was taken to the hospital in Gainesville. Ray Gray, district director for the Department of Corrections, said Rasberry's condition was critical early this morning.

Prison officials said Mitchell and Rasberry burst into the office of Assistant Prison Superintendent Paul Gunning at 3 p.m. Monday and took two secretaries hostage — one of whom, Debbie Wright, 26, was immediately rescued by officials who plunged in from an adjoining office and demanded a getaway car.

The inmate killed in the SWAT team assault was Ray Anthony Mitchell, 18, whose murder of two elderly couples last year was one of the most notorious crimes of Dade County's crime-plagued year.

The second inmate, Jerry Rasberry, 27, was taken to the hospital in Gainesville. Ray Gray, district director for the Department of Corrections, said Rasberry's condition was critical early this morning.

Prison officials said Mitchell and Rasberry burst into the office of Assistant Prison Superintendent Paul Gunning at 3 p.m. Monday and took two secretaries hostage — one of whom, Debbie Wright, 26, was immediately rescued by officials who plunged in from an adjoining office and demanded a getaway car.

During telephone negotiations that included the mothers of the two inmates and Rasberry's wife, the two prisoners — both serving life terms plus extra years — demanded their freedom. They rejected their families' pleas for surrender.

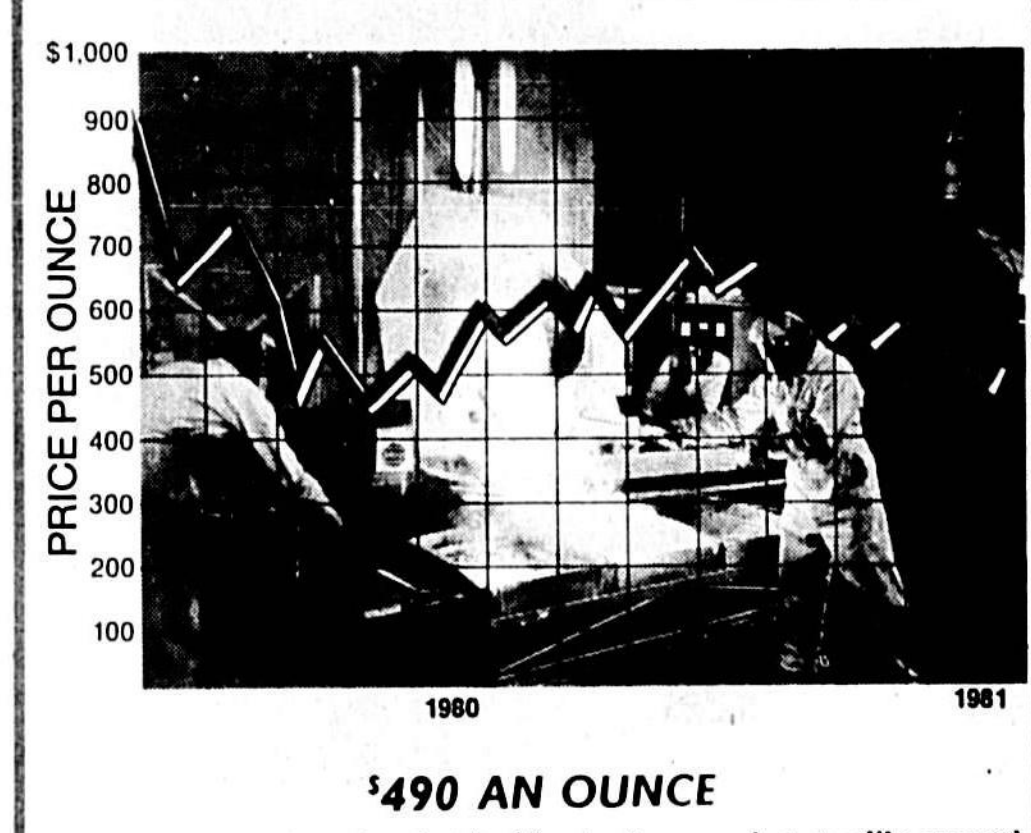
"An assault team, armed, entered the Correctional Institution, shot the inmates, and freed the hostage." Five shots were fired by the SWAT team.

Bradford said Mrs. Rimes' husband, Angus, a 25-year-old Bradford County cattle rancher, was at the prison during the negotiations.

Mitchell was serving life plus 40 years for the murders of the four elderly Dade County residents, as well as robbery and involuntary sexual battery convictions. He was also serving 70 years on grand theft and burglary charges.

Rasberry was serving life plus 20 years for aggravated assault and robbery in Pinellas County.

LESS GLITTER IN GOLD



The booming gold market that had kept prices moving steadily upward through most of the '70s flattened out during the past year. From a high, based on closing prices in London, around \$900 an ounce at the beginning of 1980, the price declined sharply for a few months, then jogged erratically in the \$500-\$700 region. Early in 1981, it dropped below \$500 and today closed at \$490.50.

Reagan Expected To Chart 'Historic Break With Past'

WASHINGTON (UPI) — President Reagan will propose an across-the-board 10 percent tax cut for all Americans that will amount to less than a reduction for the affluent, a White House official said today.

Reagan's domestic policy adviser, Martin Anderson, said there is "no change" in the administration's basic tax reduction, "but after deductions and credits, it results in a lower reduction in terms of actual dollars" for the higher income brackets.

The 9 p.m. EST Wednesday broadcast address to a joint session of Congress will run about 30 minutes, Brady said. It will attempt to form a partnership with the American people, saying everyone has a stake in the battle.

It is not weighted with facts and figures, but does contain the essentials. Reagan's penchant for equal sacrifice from all levels of society will be stressed and the need for more defense spending will be explained.

Legislators Hear Requests

By DONNA ESTES Herald Staff Writer Sanford City Manager W.E. "Pete" Knowles, with support from Seminole County Administrator Roger Neiswander, asked local legislators Monday to stop a move by the state Bar Association to require cities and counties to have lawyer representation at administrative hearings.

At the Seminole County Legislative delegation meeting held at Altamonte Springs City Hall, representatives of six Central Florida organizations and two governmental bodies presented their views on topics from enclaves to liquor licenses to mass transit.

Larry Cole, president of the Seminole County League of Civic Associations, urged the delegation to take no action on defining the term. He said the term should be defined in each city because different variables are involved.

And County Commission Chairman Bob Sturm said the county commission and the city officials can sit down together and settle the issue among themselves.

Polk Tells Longwood Police Radio Merge Could Save Thousands

Seminole County Sheriff John Polk told Longwood City Commissioners Monday night the city's police department could participate in a police communications coordination program with the county for a one time cost of \$12,000 and a \$3-a-month phone charge.

Polk, who was moved to the top of the agenda because he wanted to leave to celebrate his 30th wedding anniversary, said he had approached Altamonte and Winter Springs about participating and it's "in the talking stage."

"It would help law enforcement in the county to be coordinated," he said. "I haven't asked the county commissioners about it, but I think the county should pick up all the salaries for dispatchers."

State Assessment Test Scores In

By JOE DeSANTIS Herald Staff Writer Seminole County students continued to show marked improvement on the state assessment test according to figures released Monday by the Seminole County School Board.

Seminole County Students Rate Gold Stars Again

Ninety-one percent of local fifth graders met state standards for reading while 92 percent performed up to a par in writing and 87 percent met math standards.

Statewide averages for fifth graders were 85 percent in reading, 86 percent in writing and 81 percent in math. Seminole County's eighth grade students showed the biggest improvement over last year's scores in all sections of the test.

A Slight Clue

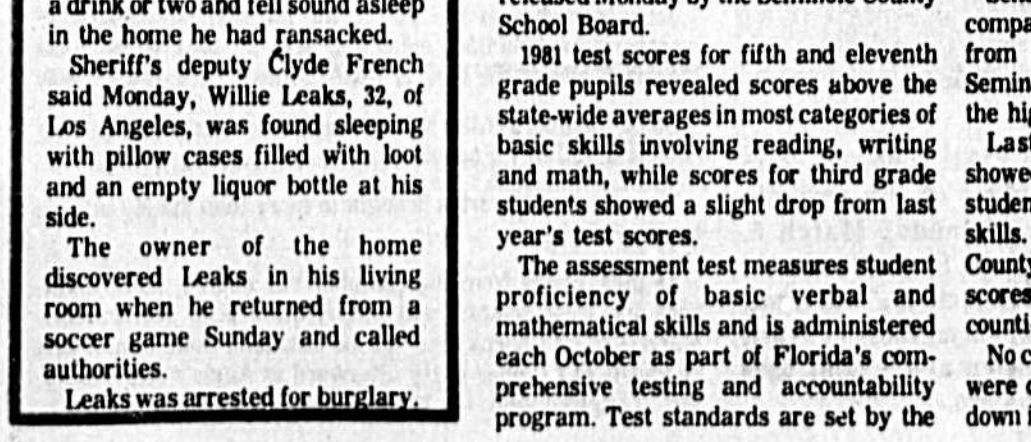
LOS ANGELES (UPI) — A burglary suspect apparently celebrated a good day's work with a drink or two and fell sound asleep in the home he had ransacked.

The owner of the home discovered Leaks in his living room when he returned from a soccer game Sunday and called authorities. Leaks was arrested for burglary.

FLETCHER'S LANDING by Douglas Coffin



WHILE MAINTAINING THE HIGHEST MEDICAL STANDARDS, HE'S ALREADY BROUGHT DOWN THE COST OF OPERATING THIS COMPLEX BY 16.08%.



WHILE DOWNTOWN... IT WAS THE SURE WAY TO CALL IN THE OFFICE OF INVESTIGATION, WHAT IT IS, MR. GRAYL...



