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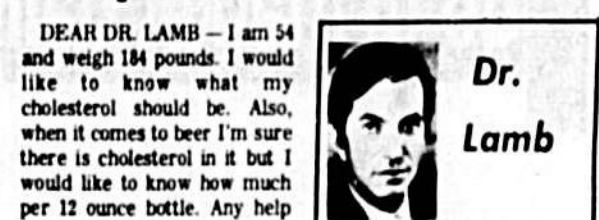
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Low Cholesterol Can Help Prevent Strokes



DEAR DR. LAMB - I am 54 and weigh 184 pounds. I would like to know how much cholesterol should be. Also, when it comes to beer I'm sure there is cholesterol in it but I would like to know how much per 12 ounce bottle. Any help you can give would be appreciated.

DEAR READER - In general the lower one's cholesterol level is the better off one is in terms of avoiding a heart attack, stroke or other complications of fatty-cholesterol blockage of the arteries.

For an optimal value the reading should be below 220 using some of the research methods that have been used for scientific reports. Office readings using slightly different methods of doing the test, however, may be 10 to 15 percent higher than that and still be quite normal. How the test is done makes a difference.

I am sending you The Health Letter number 12, Cholesterol, Triglycerides, Blood Fats, Atherosclerosis to give you more information. Others who want this issue can send 50 cents with a long, stamped, self-addressed envelope for it to me in care of this newspaper, P.O. Box 1851, Radio City Station, New York, N.Y. 10019.

Regarding beer - it doesn't contain any cholesterol. I'm continually surprised how difficult it is to get the point across that cholesterol is an animal product. There is no cholesterol in any vegetable product.

The confusion occurs because if you consume too many calories that causes you to be fat, or you eat foods that are too high in salt, particularly saturated fat, your body may produce an excess amount of cholesterol. To the extent that drinking lots of beer, alcohol may contribute to obesity, then it too should stimulate excess cholesterol.

Crystal clear. You'll use it very advantageously. SAGITTARIUS (Nov. 23-Dec. 21) You should be able to get your message across today to one who has been thinking, because you see both sides of the coin.

TAURUS (April 20-May 20) Work will not be drudgery today if you utilize your imagination and creativity. You'll find what you thought to be arduous tasks reasonable and pleasurable.

Evening Herald

70th Year, No. 280 - Tuesday, July 11, 1978 Sanford, Florida 32771 - Price 10 Cents

'They Share My Views' Public Reacts To Child Movie Protest Story

If public sentiment to his anger over the movie "Pretty Baby" is all Steve Sweat needs to appease him, he's got plenty of it, according to the assistant director of the Seminole County Juvenile Detention Center (JDC).

His lawyer advised him to first see the movie, then get back to him. "I went, but had to leave halfway through," Sweat said, adding, "I found it to be nothing more than child pornography and I saw women in there with young children. My first thought was, if those kids watching the

are angry too, share my views in the matter and offered to be filing suit against two investment companies to collect \$870,000 the firms promised two months ago the city would save through a bond investment program which never came to pass.

In Casselberry Civil Suit Eyed Over Bond Issue

The city of Casselberry may be filing suit against two investment companies to collect \$870,000 the firms promised two months ago the city would save through a bond investment program which never came to pass.



THREE-WHEELERS INCLUDED IN SANFORD ORDINANCE

Earthworm Order Hit

By Donna Estes Herald Staff Writer

Bill DeVane, office manager of American Earthworm Co., Sanford, today called State Comptroller Gerald Lewis' cease and desist orders against 14 Florida earthworm companies "irresponsible and an attempt to create a sensational expose."

Sanford Asks Settlement

A woman whose car was shot at several times by Sanford police during a car chase in May 1978, will be asked by the city to settle her damage suit out of court.

The woman, Bonnie Brown, 33, was the driver of the car involved in the chase on the morning of May 17. At one point during the chase a police officer parked his car in Mrs. Brown's path to get her to stop, but moved off the road when she failed to stop, according to City attorney Vernon Mize.

WIN AT BRIDGE

WEST EAST
♠ 5 3 ♠ A 6 4
♥ A 5 4 ♥ K 10 9 8
♦ Q 7 3 2 ♦ A K 10 9 8
♣ Q 10 9 ♣ Q 10 9

Opening lead: ♠2

Today
Around The Clock 6-A
Bridge 6-B
Calendar 6-C
Comics 6-D
Crossword 6-E
Editorial 6-F
Dear Abby 6-G

Soviet Dissident Trial Goes Into Secret Session

MOSCOW (UPI) - The espionage trial of Jewish activist Anatoly Shcharansky went into secret session today while the court tried to link him with a U.S. reporter accused by the Soviets of spying. The judge at the trial of Alexander Ginzburg ejected the dissident's wife from the courtroom today.

Explosion Kills 72; 100 More Are Hurt

MADRID, Spain (UPI) - A truck loaded with butane gas exploded at a camp site in northeast Tarragona Province today, killing 72 people and wounding 100 others, some of them tourists, the Spanish news agency Europa Press said.

Representatives of the U.S. Embassy again held vigils outside the closed courtroom as a show of American concern over the trials, which have strained U.S.-Soviet relations and brought an outpouring of criticism from around the world.

The commission also set Aug. 14 as the date for a public hearing to determine if skateboarding should also be prohibited on sidewalks in commercially zoned areas. If passed, the skateboard provision would be added as an amendment to the bicycle ordinance.

At the Monday meeting, Mize notified the commissioners if the case were to go to trial "the jury may award Mrs. Brown quite a bit more than what she is asking and it could involve a long jury trial!" - LEONARD KRANSDORF

Shcharansky has openly admitted his contacts with Tish, other Western reporters and diplomats and visiting American congressmen - and denied flatly that he provided them with defense secrets.

TONIGHT'S TV

Table with columns for Day (TUESDAY, WEDNESDAY, THURSDAY, FRIDAY, SATURDAY, SUNDAY), Time, and Program Name.

CALENDAR

TUESDAY, JULY 11
Schwartz, SR 4M, Longwood; 7 p.m., OA Teas, Seidelberg Apt. Clubhouse, SR 4M, Altamonte Springs; 7:30 p.m., Florida Power and Light, Myrtle Avenue, Sanford.

CLASSIFIED ADS

Seminole Orlando-Winter Park
322-2611 831-9993
CLASSIFIED DEPT. RATES
1 time 43c a line
3 consecutive times 35c a line
7 consecutive times 30c a line
3 Lines Minimum

DEADLINES

Noon The Day Before Publication
Sunday-Noon Friday

18-Help Wanted
Real Estate Associates wanted liberal listings sales com. Missions Contact M.L. Waborn Realtor 322-4000

Go to market daily in the WANT ADS! EVERY DAY IS SALE DAY IN THE CLASSIFIEDS!

18-Help Wanted
Real Estate Associates wanted liberal listings sales com. Missions Contact M.L. Waborn Realtor 322-4000

29-Rooms
Sanford-Furn Rooms
Grassbrook Living 300 S. Lake
Phone 888-8011

41-Houses
1340 Bradford Ave., Daytona
Exc. buy at \$29,900
Call F. C. Lee, Whitworth
Real Estate, 322-6111

Olivia, Dustin Lose Decisions

By KENNETH R. CLARK
Jackson. She has become a top notch business woman.

CALENDAR

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Schwartz, SR 4M, Longwood; 7 p.m., OA Teas, Seidelberg Apt. Clubhouse, SR 4M, Altamonte Springs; 7:30 p.m., Florida Power and Light, Myrtle Avenue, Sanford.

NOTICE

DISABLED AMERICAN VETERANS
Chapter 30
May 17-22
South of Sanford

NOTICE

NOTICE OF INTENT TO REGISTER PICTORIAL NAME
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PLAZA TWIN
MOVIELAND
RENT A FORD
Call Jack Prosser or Dee Diamond

REGISTER NOW
SKATE-A-THON '78
TO BE HELD AUGUST 21 AND 22
REGISTRATION 1:30

WEDNESDAY, JULY 12
Casellberry Jaycees, 7:30 p.m., Casellberry City Hall.
Overaters Anonymous, 7:30 p.m., Sears, Altamonte Mall.

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is now offering
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