



VIPS section listing names and numbers for a game.

LEO crossword puzzle grid.

Virgo crossword puzzle grid.

WIN AT BRIDGE section with a grid and text.

Steps Against Heart Disease article by Lawrence E. Lamb, M.D.

DEAR DR. LAMB - I am a man 47 years old, 5 feet tall and weigh 186 pounds.

DEAR READER - If we assume that your blood pressure is normal at 115 and your cholesterol normal at 210.

DOONESBURY comic strip panels showing a man and a woman.

DOONESBURY comic strip panels showing a man and a woman.

HOROSCOPE section with text for various signs.

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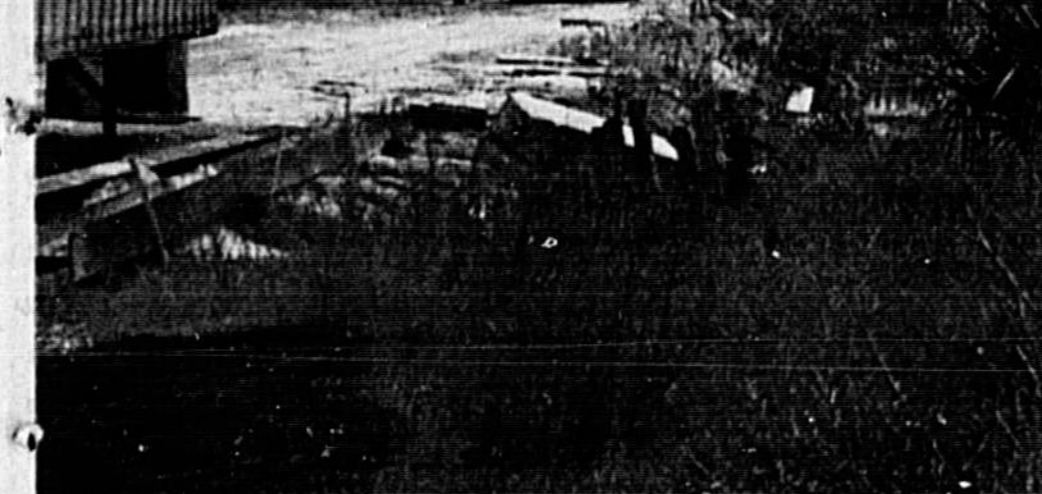
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Nursing Home Hours Changed By BOB LLOYD Herald Staff Writer Visiting hours at Sanford Nursing and Convalescent Center have been revised to allow general visitors for patients from 1:30 p.m. to 8 p.m. seven days a week.

LONGWOOD SETTLES LAW SUIT Documents on Longwood's abandoned sewer system are examined by city officials and representatives of the Glace and Radcliffe engineering firm of Winter Park, prior to a settlement of a lawsuit between the two approved Monday night.

Environmental Group President Says 'It's Dying' County Warned About St. Johns River By ED PRICKETT Herald Staff Writer The president of an environmental group appeared today before the Seminole County Commission and said that unless better water control measures are enacted, the St. Johns River will be dead in a "very few, short years."

Nudity Trial Delayed A second try at selecting a jury to hear the trial of Club Janna operator Mike Plater and 19 dancers on charge of indecent exposure in nude dancing at the Casseberry night club scheduled to start at 9 a.m. Wednesday was delayed until Sept. 23.

Sheriff's Budget Slashed By County Commission Seminole Sheriff John Polk's 1976-77 \$3-million dollar budget request has been cut by \$177,572.

Americans Evacuated From Threatened Beirut

BEIRUT, Lebanon (AP)—The U.S. Navy evacuated some 300 Americans and other foreigners from Beirut without a hitch today while President Ford and top Pentagon officials stayed up most of the night in Washington to monitor the operation.

Longwood Council Wants To Hire Sanford Manager As Consultant Technological University's political science department, instructing in police management and budgets and fiscal administration.

Traffic Light Removal Brings Public Protest The proposed removal of two traffic lights on Park Avenue took more time — and drew more citizen protest — than a public hearing on September 15th for the city's city commission meeting.

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TRIPLE THREAT



NEVELE THUNDER, 1975 TWO-YEAR-OLD TRIPLE CROWN WINNER...

Injuries Still Bugging Malone

MIAMI (AP) — Running back Benny Malone's hope of rebounding from an injury-plagued 1975 season...

He thinks his injury problem may be the result of too much off-season buildup.

"When I got home after this season, I'm not going to run for five months," he said.

"I'm still in great shape, I can get over this thing. Sometimes an injury like this can be as serious as an operation, because it recurs at different intervals."

Malone, who again is battling Morris for playing time, said, "All I'm asking is to be healthy for one full season."

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COUPON \$5 OFF Any Remnant In Stock With This Coupon... MacTAVISH DISCOUNT CARPET... 1218 S. French, Sanford

MILLER MEAT SERVICE... CUT AND WRAPPED FOR FREE... WHOLESALE PRICES For Information Call 322-7992

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Your Farm or Commercial Building Will Be In Safe Hands With Blair... BLAIR AGENCY... 2516 OAK AVE., SANFORD

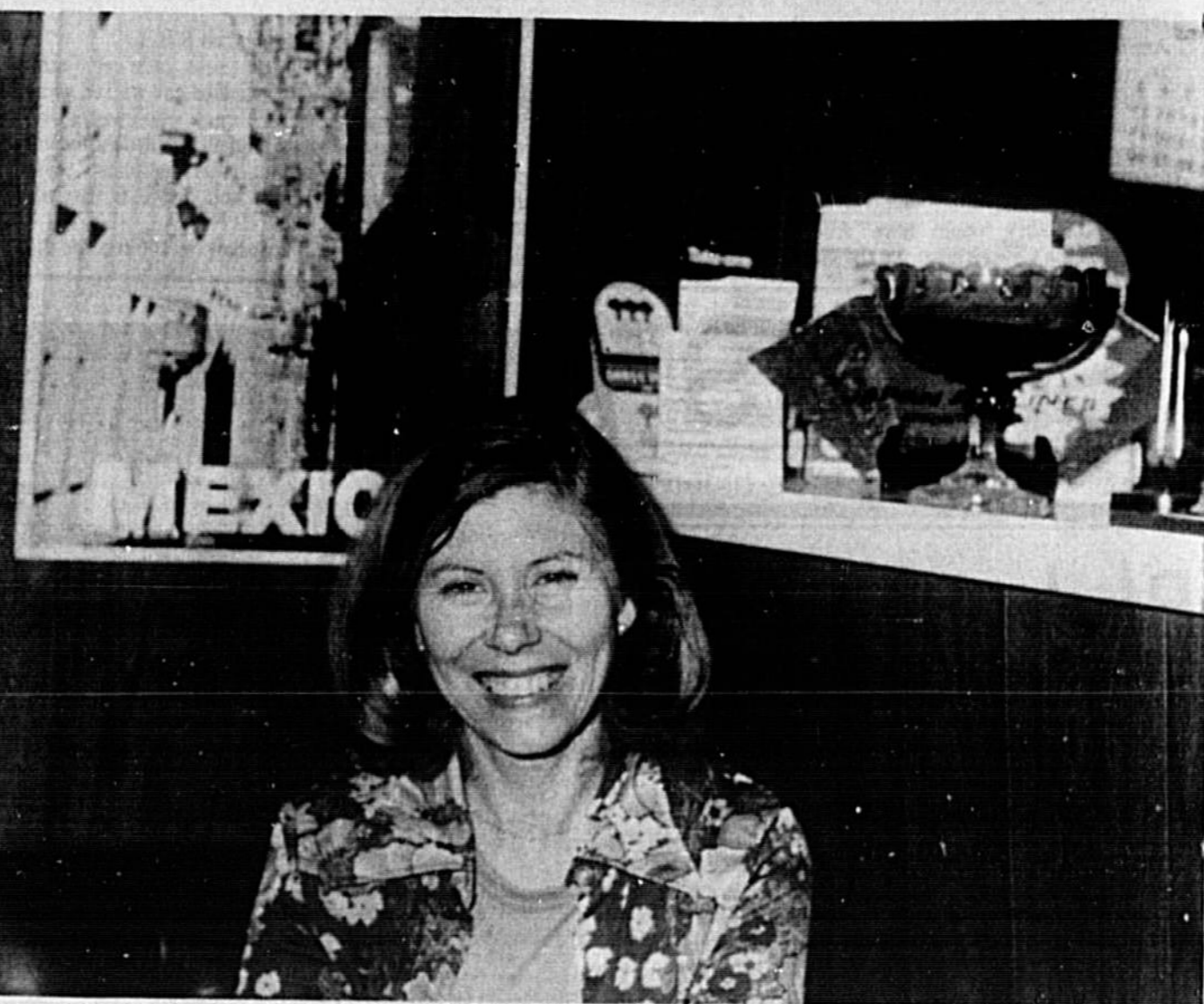
SENTRY FENCE... FREE ESTIMATES... 830-4222

JOHNSON Messenger 123A \$129.95... 23-Channel CB Transceiver

TIMEX Repairs... Carben Jewelers... Longwood Plaza Phone 831-2285

HERALD BUSINESS REVIEW Prepared By The Herald Advertising Department - Call 322-2611 or 831-9993

Caribbean Cruises Mexico And Its Cultures



JUDY SCHLENK, YOUR HOST FOR AN EXCITING 11 DAY TRIP... to Mexico via Pan Am airlines leaving Orlando, Nov. 2

November 2, Judy Schlenk and members of the Loch Haven Art Center will be winging their way to Mexico, for a fascinating look at three of the most dynamic cultures of the world...

Re-Opening KEN'S AUTO CLEAN... \$15.95 EXTERIOR WASH-WAX... Includes all exterior bumpers, wheel covers, interior cleaning...

TRAVEL TIP Lightweight clothing that is easily washed and dried is a must on any long trip.

SANFORD CHRISTIAN SCHOOL Quality Education in a CHRISTIAN ENVIRONMENT... OPEN 9:30 TO 6:00 Closed Sun.

Funerals... For those on a fixed income GRAVESIDE SERVICE... SHIPMENT includes removal, embalming, fitting... CREMATION, complete

Fairway Transmissions Inc. Fair-Way Is The Best Way



FOR THE BEST IN TRANSMISSION SERVICE GO THE FAIR-WAY... Pictured above (l to r) George Penston, Richard Linger, Bob Warwick, and Bob Partridge, Fair-Way's mechanics.

The transmission in the modern automobile, especially an automatic transmission is a complex bit of machinery, the repair and maintenance of which is best left to the skilled hands of specialists.

Palms Driving Range... FREE PEPSI - with bucket of balls '150 SENIOR CITIZENS & LADIES SPECIAL '1.00 Bucket of Balls - Save 50'

MILEX TUNE UP... COMPLETE ELECTRONIC ENGINE ANALYSIS... \$29.95

Gardening Headquarters... ELECTRIC PEA SHELLER \$15.49... GardenLand

Ugh! The creeps? The crawls? The horrors?... ART BROWN PEST CONTROL, INC.

SCOREBOARD

Baseball and Minor Leagues scoreboards with columns for team, score, and inning.

Daytona Beach Monday Matinee Dog Racing results.

Jai-Alai Daytona Beach Monday Matinee results.

Lakeview Nursing Center information.

MEMORANDA table with columns for item, date, and amount.

Frank C. Dobson, Vice Pres. & Cashier of the above named bank, do solemnly affirm that this report of condition is true and correct...



BLONDIE by Chic Young



THE BORN LOSER by Art Sanson



BEETLE BAILEY by Mort Walker



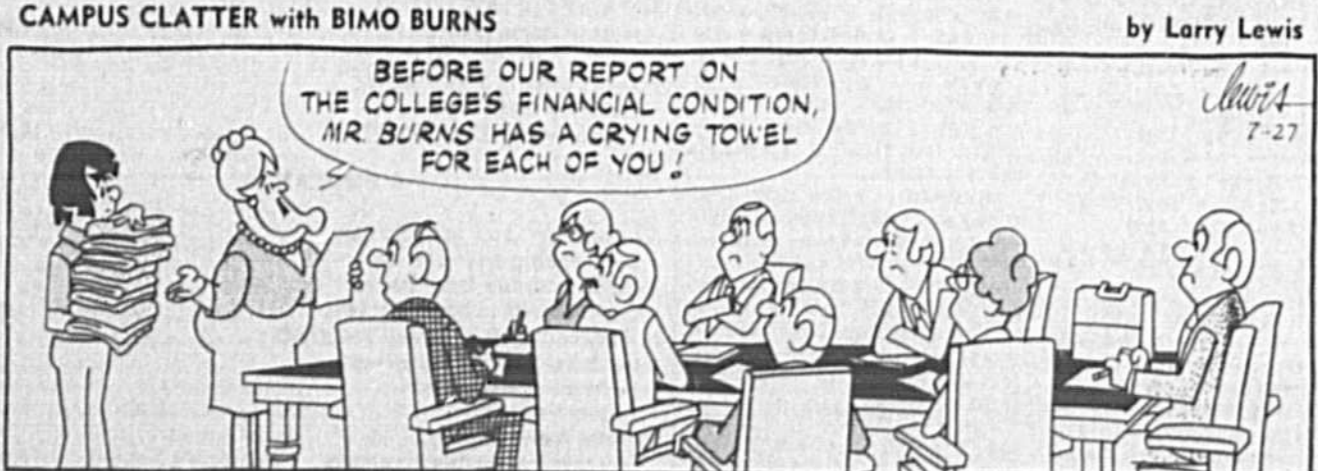
ARCHIE by Bob Montana



PRISCILLA'S POP by Al Vermeer



BUGS BUNNY by Stoffel & Heimdahl



CAMPUS CLATTER with BIMO BURNS by Larry Lewis



FRANK AND ERNEST by Bob Thaves



VETERINARIAN by J. Puckett

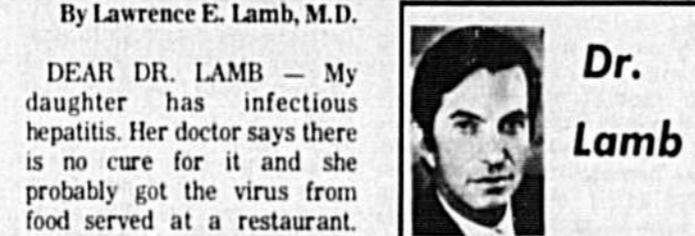
Hodgepodge

Answers to previous puzzle. A crossword puzzle grid with numbers and letters.

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Two Varieties Of Hepatitis

By Lawrence E. Lamb, M.D.



DEAR DR. LAMB — My daughter has infectious hepatitis. Her doctor says there is no cure for it and she probably got the virus from a restaurant...

HOROSCOPE

By BERNICE BEDEOSI. For Wednesday, July 28, 1976

ARIES (March 21-April 19) Long shots are not likely to pay off today, but hard work will bank on the muscles in your arm, not the spots on the dice. TAURUS (April 20-May 20) You tend to overindulge these days...

WIN AT BRIDGE

By OSWALD and JAMES JACOBY

three diamonds. Now South would cash his ace and queen of hearts and finesse for West's Jack 10...

17 CB Channels Get FCC Approval

WASHINGTON (AP) — The Federal Communications Commission announced the long-awaited expansion Tuesday...

Sheriff's Budget Gets Quick Okay

The sheriff's budget was finalized in record time this year when county commissioners Tuesday night accepted a \$2,897,287...

School Board, SEA Talks Produce Little Agreement

Bargaining teams for the Seminole Education Association (SEA) and the Seminole County School Board met for nearly 3 1/2 hours Tuesday...

Young Robber Needed Abortion Money

A 19-year-old Avon Park man revealed for the first time when he was sentenced to prison at Sanford this week that he was desperate for money to finance an abortion...

Looking For Work? State Now Accepting Applications For Executioner

TALLAHASSEE (AP) — If you're interested in a job offering sporadic employment, uncertain pay and tough working conditions, the State of Florida may have an opening for you...

But He Gets 10 Years For Crime

ALAMONTONE SPRINGS — The 1976-77 fiscal year budget will be the main topic of discussion when the Seminole County School Board meets here at city hall tonight at 7:30.

School Budget On Agenda

By GARRY TRUDEAU. Here are the tidbits we've obtained so far, Bernie, we've heard that the school board is planning to raise taxes...

Country Club Vandalized

A motorcycle took a spin across the 15th green at Mayfair Country Club Tuesday night and did enough damage that it will take about 30 days for the green to be restored to playable condition...

Frank and Ernest



FRANK AND ERNEST by Bob Thaves

Evening Herald

68th Year, No. 292—Wednesday, July 28, 1976 Sanford, Florida 32771—Price 10 Cents

Federal Funds Sought For Local Projects

Hospital, Jail Top Priorities Sanford Proposals Include City Hall

By ED PRICKETT Herald Staff Writer. Seminole Memorial Hospital will apply for funds from a new federal public works program to construct a \$1-million dollar new wing.

Hospital administrator Bob Bessner has been given the okay from hospital trustees to pursue construction of a new wing. And he said he plans to pursue the federal dollars as one means of financing the additional construction.

Bessner said he plans today to contact county grand coordinator Shelley Cox to find out the details regarding application steps and for additional information about available funds.

If federal funds could be acquired, the new jail could be constructed without a special two-year property tax, which would require a referendum.

Ad Committee Chairman Bo Simpson asked commissioners to begin a study so the county will be ready when federal guidelines are announced for the construction of a new jail in Sanford.

Commissioners have discussed locating the jail on county-owned property at Five Points. But Commission Chairman Michael Hattaway said Tuesday he wasn't ready to make any recommendation concerning location of a new jail or administration complex, which is also under consideration by commissioners.

Design work on Sanford's new city hall is already underway, and commissioners are expecting Wayne Heasley, chief architect of Watson and Co., to present them with a schematic plan at the Aug. 9 commission meeting. If work proceeds on schedule, the new city hall could be ready for occupancy by the end of the year.

Knowles thinks Sanford's chances for federal funds are better on the city hall project. "We'd be looking for sewer plants with the city hall project," he said, "and that would be bucking an A-1 priority."

Any amount of money Sanford can get could be applied to the city hall project, since the city is pretty much committed to building it. A bond issue was authorized this week. But since city commissioners have no definite plans to begin work on the drainage project, a relatively small sum — like \$100,000 — wouldn't help much.

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