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...THE HOPE OF OUR COMMUNITY, OUR NATION!

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Rev. J. W. Smith, Pastor

Church Of Christ
CHURCH OF CHRIST
Rev. J. W. Smith, Pastor

Church Of Christ
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Methodist
FIRST UNITED METHODIST CHURCH
Rev. J. W. Smith, Pastor

Obesity Can Be Controlled
Dr. Lamb
By LAWRENCE E. LAMB

DEAR DR. LAMB - I am a 16-year-old girl. Last year I went on a diet and lost 30 pounds, which made me weigh 105. I kept my weight down for about four months. For the past six months I have continued with my weight battle but have gained five pounds. I still will continue to gain even though I continually weigh 110.

What you should weigh depends on how you feel, in terms of energy and whether you have excess fat under your skin or not. Women normally have more fat than men when they are in an optimal state of health.

The best way to control your weight is to learn what you should eat for a balanced diet. This is such a program. First, you must learn to eat in moderation.

I'm all for avoiding obesity. Just keep in mind that a diet with severe restriction of calories over too long a time can lead to loss of hair, fatigue, poor skin conditions, changes in the personality, and even disturbances in the normal function of the reproductive system.

When God gave Moses the Ten Commandments they were largely NEGATIVE rules. "Thou shalt not..." We should appreciate for if you were privileged to rewrite the Ten Commandments you would choose to make them POSITIVE. "You MUST..."

Never does the Law say "Thou shalt go to Hell on Sabbath day to keep it holy." Remember the ESSENCE OF FREEDOM!

Legal Notice
IN THE CIRCUIT COURT OF THE EIGHTEENTH JUDICIAL CIRCUIT, SEMINOLE COUNTY, FLORIDA

Legal Notice
CITY OF WINTER SPRINGS, FLORIDA
NOTICE TO WHOM IT MAY CONCERN

Legal Notice
NOTICE TO WHOM IT MAY CONCERN
IN THE CIRCUIT COURT OF THE EIGHTEENTH JUDICIAL CIRCUIT, SEMINOLE COUNTY, FLORIDA

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SEMINOLE COUNTY BOARD OF ADJUSTMENT
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CHURCH OF CHRIST
311 S. Park Ave.
Rev. J. W. Smith, Pastor



GRADUATES EARN HONORS

Mrs. Julie Guy (center) of Seminole Memorial Hospital is justly proud of these four radiologic technology students...

WOMEN

Evening Herald, Sanford, FL Friday, June 27, 1975-4A



Toi Addison, Senate Page

Page, Toi Addison Sees Government In Work Sessions

Serving as a page to Senator Lori Wilson in Tallahassee was Toi Addison, 18, the granddaughter of Mrs. Annie Addison...

Medicare Has Help For The Homebound

Consist of skilled nursing care, physical therapy and speech pathology. In conjunction with one or more of these primary services, the agency may provide ancillary health care...



BANNER ALSO A WINNER Seminole County's team of retarded junior and adult athletes brought back a good number of prizes from the recent State Special Olympics...

D.A.V. AUXILIARY WINS HONORS

Three trophies and six citations was the fine haul these representatives of Disabled American Veterans (D.A.V.) Auxiliary Unit 30 brought back from their recent State Convention...

GREEN THUMB SPECIALS

Advertisement for Green Thumb Specials featuring various plants like Tree Fern, Areca Palms, and hanging plants with prices.

RING UP SAVINGS

Advertisement for Ring Up Savings featuring a Model D8121 Automatic Washer and a Speed Queen Freedom Sale.

SCOREBOARD

Scoreboard table listing Major League Baseball, American League, and National League results.

By George Let George's Do It

After three well-played, manicured baseball games, the dam broke Thursday night. George's rode the flood to a wild 15-5 victory over Atlantic National Bank City Championship.

Wimbledon Lefty Leverage

WIMBLEDON, England (AP) — "We've got a real vintage crop of left-handers," said Capt. Jimmy Gibson, Wimbledon tennis championship referee.

Bucs: Good Riddance Philly

On the rest of the abbreviated National League schedule, St. Louis edged Montreal 4-3, San Francisco defeated Los Angeles 2-0 and Houston beat Atlanta 6-4.

Bosox Knock Off Yankees

The New York Yankees added a Boston Third Party Thursday night and saw their five-game winning streak go in the drain.

Huge Track Meet Set At Lyman

LONGWOOD — Several hundred athletes will invade Lyman High School's track Saturday for the AAU Association Track and Field Championships.

SPORTS IN BRIEF

She Gets A Kick From Playing Golf INDIANAPOLIS (AP) — Nancy Fitzgerald has more trouble than most golfers on the greens. Everyday she starts to putt, she gets kicked.

Graham Leads Western

OAK BROOK, Ill. (AP) — Australian David Graham, not to be confused with newyorker U.S. Open Champion Lou Graham, carried a course record 65 and a three-stroke lead over "the little more confident" Arnold Palmer into today's second round of the 200, 000 Western Open Golf Tournament.

Gloves Behind Bars

KUALA LUMPUR, Malaysia (AP) — Two pairs of tight red eight-ounce boxing gloves spent the night in sealed boxes behind the high walls of central prison.

NFL Still Undecided

NEW YORK (AP) — The National Football League was unable to reach a decision concerning player limits Thursday and will try again Friday when it resumes its annual meetings.

Bench Leads Voting

NEW YORK (AP) — Johnny Bench of Cincinnati has become the first player in history to draw more than 1 million National League All-Star ballots for the sixth consecutive year, the baseball commissioner's office announced Friday.

REID'S GARAGE

Advertisement for Reid's Garage listing services like re-charge all makes, new & used parts, and installation.

IS THE PARTY OVER?

There's no getting around the fact that your high school years are some of the best you'll ever have. Good friends, good times, lots of laughs. Maybe even a little learning. But now that you're graduating, you really have to decide, "Is the Party Over?"

Advertisement for Seminole Turf Club featuring Nite Harness Racing and Trifecta Wagering.

Advertisement for Wall Plumbing listing services like re-charge all makes, new & used parts, and installation.

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BEEBLE BAILEY by Mort Walker

ALLEY OOP by Dove Graue

THE BORK'N' OSER by Art Selson

CAMPUS CLATTER with BIMO BURNS by Larry Lewis

BUGS BUNNY by Heimdahl & Stofel

BLONDIE by Chic Young

WINTHROP by Dick Cavalli

CAPTAIN EASY by Crooks & Lawrence

FRANK AND ERNEST by Bob Thaves

WIN AT BRIDGE by Oswald and James Jacoby

WEST NORTH EAST SOUTH

Hand: ♠ A Q 8 5 4 ♥ K 7 3 ♦ K 7 4 ♣ 10 9 8 5 2

Tricks: 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15

Play: ♠ 2♥ 3♦ 4♣

Score: ♠ 13 ♡ 10 ♦ 11 ♣ 10

West North East South
1 ♠ Pass 1 ♥
Pass 2♥ Pass 3NT
Pass

CARNIVAL by Dick Turner

CAD JENGE

West North East South
1♥ Pass 1♥
Pass 2♥ Pass 3NT
Pass

Opening lead—5♣

DOONESBURY by Garry Trudeau

TUMBLEWEEDS by T. K. Ryan

PRISCILLA'S POP by Al Vermeer

ARCHIE by Bob Montana

EAK & MEAK by Howie Schneider

SHORT RIBS by Frank Hill

SUNDAY EDITION
Evening Herald

**Orlando Man Slain
In Bus Station Shooting**



Detectives examine the body of George W. Helmdollar Jr., Orlando, following a shooting at the Greyhound Bus Station in downtown Sanford. (Herald Photo by Bob Lloyd)

A 45-year-old Orlando man was shot to death by an unknown assailant Friday night at the Sanford Greyhound Bus Depot, police said Saturday.

The body of George W. Helmdollar Jr., of 5410 Lee Ann Dr., Orlando, was discovered lying behind a trash can at the bus station about 10:35 p.m. Friday.

Police Capt. C. B. Fagan said Helmdollar had been shot "several times" with what officers said may have been a "small handgun."

Officers said Helmdollar was apparently shot two or three times in the chest and abdomen. The body was lying on its back, crumpled down against the bus depot building and an overturned trash barrel, they said.

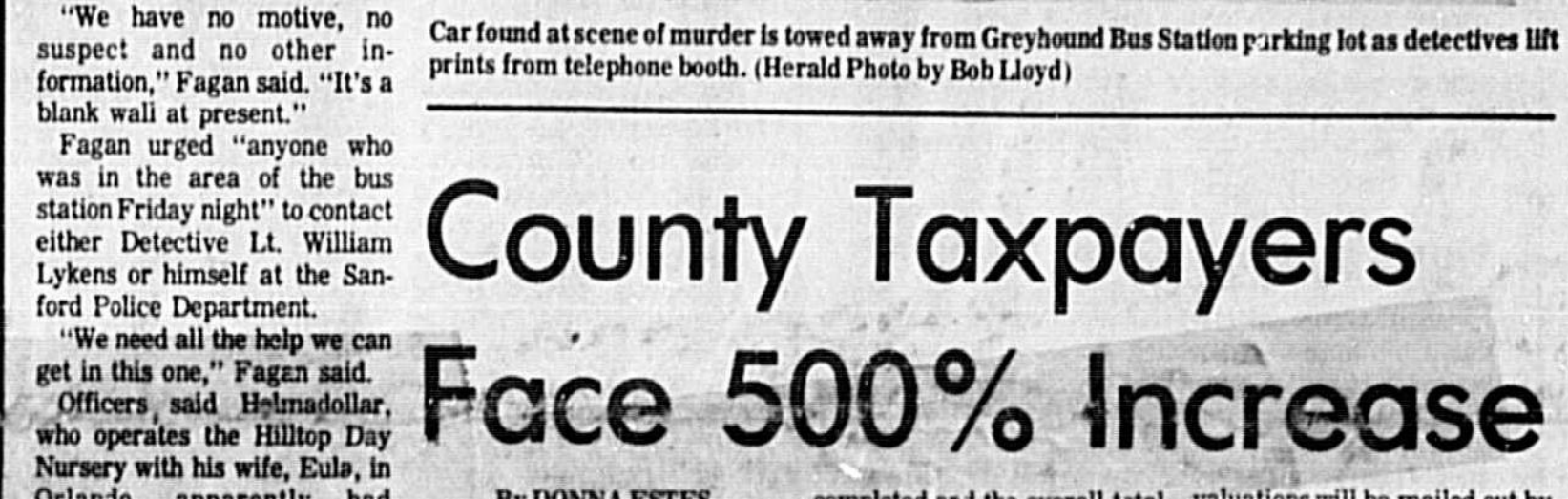
"We have no motive, no suspect and no other information," Fagan said. "It's a blank wall at present."

Fagan urged "anyone who was in the area of the bus station Friday night" to contact either Detective Lt. William Lykens or himself at the Sanford Police Department.

"We need all the help we can get in this one," Fagan said. "Officers said Helmdollar, who operates the Hilltop Day Nursery with his wife, Eola, in Orlando, apparently had stopped to use one of two telephone booths at the bus station. Helmdollar's late model automobile was found parked by one of the booths when police arrived. It was impounded and towed away for processing by Seminole County Identification officers, Fagan said.

Fagan said an autopsy was to be performed Saturday in an

County Taxpayers Face 500% Increase



Car found at scene of murder is towed away from Greyhound Bus Station parking lot as detectives lift prints from telephone booth. (Herald Photo by Bob Lloyd)

completed and the overall total value now is nearly double that of the current fiscal year.

Taxable value of property for the 1974-75 fiscal year in Seminole was \$738 million. The new tax value has jumped to \$1.3 billion, Goemmel's office said.

All properties in the county were reappraised based on the current day market value. Goemmel said, adding notices informing the taxpayers of new

Sanford Policeman Suspended

A Sanford policeman was suspended Saturday by Chief of Police Ben Butler after an investigation was launched within the department. Swain was off duty at the time of the incident, Butler said.

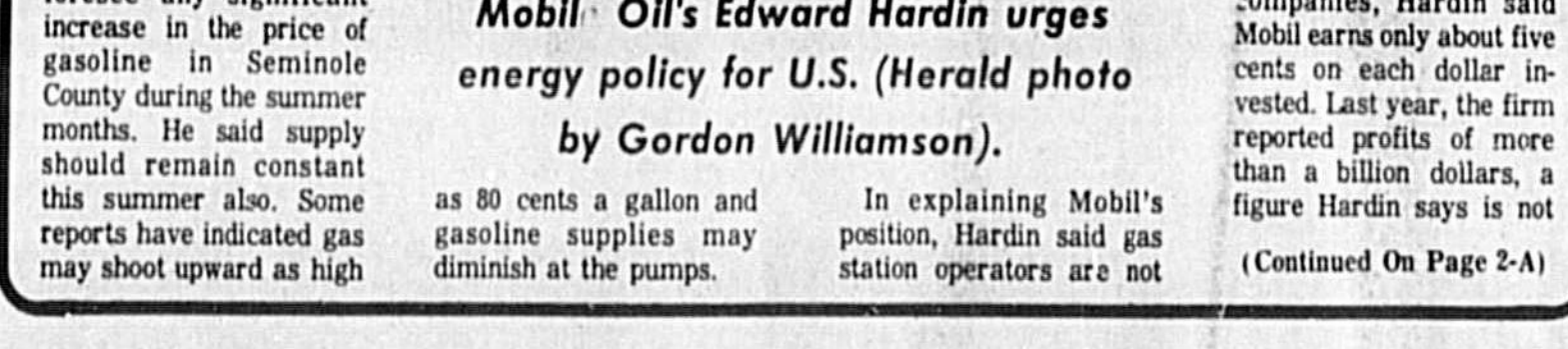
Swain had returned to the department three months ago after having been in private business for some time. Swain had worked with the police department for a number of

'Like Boat Without Rudder'
Mobil Oil Executive Raps Ford Over Energy Policy

Since American motorists recoiled at the shock of being unable to buy gasoline at the pumps during the Arab oil embargo in 1973, President Ford's energy policy has done nothing but keep this country in "limbo," an oil company executive told The Herald.

Edward P. Hardin, president of Mobil Pipe Line Co., and a top ranking Mobil executive, said America desperately needs an "energy policy," or a set of government-established ground rules under which oil companies can operate.

On a tour to explain the oil company's position, Hardin also said he doesn't foresee any significant increase in the price of gasoline in Seminole County during the summer months. He said supply should remain constant this summer also. Some reports have indicated gas may shoot upward as high



Mobil Oil's Edward Hardin urges energy policy for U.S. (Herald photo by Gordon Williamson).

Today Kelly Predicts Price Hike To 80 Cents For Gasoline

Two circuit courts will be in session this week to clear one of largest dockets in court history. See Bob Lloyd's story on page 5.

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WEATHER

Yesterday's high was 87, overnight low 65.

Partly cloudy with a chance of afternoon and evening thundershowers. Highs mostly in the low 90s.

Details and tides on page 5.



Seminole County Commissioners John Kimbrough, left, and Dick Williams, right, chat with Congressman Richard Kelly. (Herald Photo by Tom Vincent)