



Answers to crossword puzzle

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Keep It Clean, Or You Might Lose It



DEAR DR. LAMB: I am an... Dr. Lamb

DEAR READER: I'm not... Dr. Lamb

DEAR READER: I'm not... Dr. Lamb

DEAR READER: I'm not... Dr. Lamb

DEAR READER: I'm not... Dr. Lamb

DEAR READER: I'm not... Dr. Lamb

DEAR READER: I'm not... Dr. Lamb

DEAR READER: I'm not... Dr. Lamb

WIN AT BRIDGE

Algebra: The team played... Win at Bridge

Algebra: The team played... Win at Bridge

Algebra: The team played... Win at Bridge

Algebra: The team played... Win at Bridge

Algebra: The team played... Win at Bridge

Algebra: The team played... Win at Bridge

Algebra: The team played... Win at Bridge

Algebra: The team played... Win at Bridge

Keller Bonds OK'd



Great Judge Richard D... Keller Bonds OK'd

Great Judge Richard D... Keller Bonds OK'd

Great Judge Richard D... Keller Bonds OK'd

Great Judge Richard D... Keller Bonds OK'd

Great Judge Richard D... Keller Bonds OK'd

Great Judge Richard D... Keller Bonds OK'd

KID'S KID A PIN-UP?

A goat, as youthful visitors... Kid's Kid A Pin-Up?

A goat, as youthful visitors... Kid's Kid A Pin-Up?

A goat, as youthful visitors... Kid's Kid A Pin-Up?

A goat, as youthful visitors... Kid's Kid A Pin-Up?

A goat, as youthful visitors... Kid's Kid A Pin-Up?

A goat, as youthful visitors... Kid's Kid A Pin-Up?

A goat, as youthful visitors... Kid's Kid A Pin-Up?

Inflation Grows, As Food Prices Lead New Rise

WASHINGTON (UPI) —... Inflation Grows

WASHINGTON (UPI) —... Inflation Grows

WASHINGTON (UPI) —... Inflation Grows

WASHINGTON (UPI) —... Inflation Grows

WASHINGTON (UPI) —... Inflation Grows

WASHINGTON (UPI) —... Inflation Grows

WASHINGTON (UPI) —... Inflation Grows

Panel's Aim: Streamline Juvenile Justice System

Panel's Aim: Streamline Juvenile Justice System

Panel's Aim: Streamline Juvenile Justice System

Panel's Aim: Streamline Juvenile Justice System

Panel's Aim: Streamline Juvenile Justice System

Panel's Aim: Streamline Juvenile Justice System

Living Cost Hike For Employees

Living Cost Hike For Employees

Living Cost Hike For Employees

Living Cost Hike For Employees

Living Cost Hike For Employees

Living Cost Hike For Employees

Living Cost Hike For Employees

A Better Place? ... Found In 7x5 Closet

A Better Place? ... Found In 7x5 Closet

A Better Place? ... Found In 7x5 Closet



THE PEAS OF SPRING

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Herald Advertiser
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ADVERTISING

Spring--Time To Serenade Your Lady With Guitar From Hannah's

As Spring's warm days beckon a young man's heart, it's time to serenade his lady with the sound of a guitar. In addition, they seek a full line of musical accessories, including book music, instruction books and tapes.
Dave Hannah of Hannah's Music Center, 218 E. First St., Sanford, can easily help to turn this dream into a reality. He and his wife, Pam, have operated the music store in downtown Sanford for two years and have been in business for the past five years.
They sell musical instruments, including a new line of guitars, the "Apollon," by Crestone, a leader name in the guitar industry.
The "Apollon" has the "soft action" and sound found in the more expensive guitars, but is very low in price.
Dave has also acquired the dealership for Yungas PA's and minis, a good quality imported full designed for performance.
Guitars start at \$99 each; drum sets at \$250 a set and amplifiers at \$250. Hannah's also carries a full line of band instruments, PA systems, synthesizers and electronic
Private music lessons are given in trumpet, guitar, piano and drums in the music center. The guitar instructor at Hannah's, has been teaching for nearly 20 years and is versed in jazz, pop, country and gospel guitar styles.
"He does an excellent job," says Dave, "and has many steady, progressing students under his care."
Other brand names at Hannah's include Selmer, Bush, Buescher, Premier and Hingerland drums. Selmer, Oberlin synthesizers and Ampex tape and PA. One stereo instrument is a complete set of acrylic drums by ZICKOR.
Dave is a music graduate from FTU where he majored in theory and composition. Mrs. Hannah attended Stetson.
For information and to arrange private music lessons, call 323-6781. —ADV.

With 'Care, Feeding, Watering' He Grows Worms For Lambda

Willy Deese, of Ocoee, is independent and his own boss. He is raising a good income for himself and his family by growing worms for the Florida company, he markets his own worms and substitutes.
How did Willy attain this enviable lifestyle?
He does it by growing worms for Lambda Worm Brokers, a relatively new, but firmly established business, based in Orlando. He is the local distributor for Lambda and, as such, is responsible for helping new growers get started.
Willy is 100 percent sold on growing worms for a living.
"I started with just one rack of worms. With a little care, feeding and watering and the worms began to multiply. My business has grown this much."
He gestures around the greenhouse he's standing in. "Now I have about 20 racks and I'm still growing," Willy says.
If the worms and their environment are properly maintained, he added the operation will double in size about every five weeks.
The worms that Willy grows are African nightcrawler worms. They are grown solely for use as bait, for which they are in demand. Their average length is four to six inches, but if allowed to grow they can reach one foot or more in length. The African nightcrawler is the favorite for fishermen.
One Deese has purchased the worms at current market value (about 27 per thousand), he distributes the worms to retailers throughout the country.
"Raising bait worms is a \$100-million industry right now," boasts Fred Bush, "and the need for the worms is never ending."
"We could start 4,000 new growers in Central Florida tomorrow, and this would only begin to raise enough worms to meet the current demand. All we are looking for are honest, solid individuals who are dedicated enough to stick with worm growing. As far as we know, it's one of the easiest and most profitable ways to make money."
If you are interested in self-employment or merely entertaining the idea of a profitable hobby, contact Willy Deese.
He'll be glad to give you information concerning this fast-growing industry. You can call him collect at 323-6781. He will be glad to arrange for you to visit his worm farm if you wish. Call Willy today! You'll be glad you did. —ADV.



DAVE HANNAH'S GUITARS: TAKE YOUR PICK where also majored in voice. For information and to arrange private music lessons, call 323-6781. —ADV.

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YOU SAVE \$2,500
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OURSELVES

Briefly

Florida Educators And Citizens To Meet For Conference

Florida educators and citizens will talk about "Schooling, Social Expectations, Economic Realities" at the fifth annual state conference on teacher education at the Kahler Plaza Inn in Orlando April 17-18.
Teachers, school administrators, college professors, students in teacher education, and members of the public are urged to come to the conference to discuss alternative futures for Florida schools and develop recommendations for the state.
To register for the conference, write Anna Nuernberger, 200 Norman Hall, College of Education, University of Florida, Gainesville, 32611.

GED Classes Extend Hours
Seminole Community College announces the expansion of its G.E.D. study classes to include Friday nights. Classes are now available each week night, Monday through Friday, from 6:30 to 9 P.M. in Building 50 on the Adaok Education campus. Students may enroll by attending any class session.
G.E.D. (General Educational Development) is a free, individualized study program offered to those who have not completed high school. After studying and passing five tests with a minimum score of 80, the student is awarded a high school equivalency diploma by the State of Florida.
For more information, phone the G.E.D. office at Seminole Community College.

Free Gospel Quartet Coming
The Nu Sounds Gospel Quartet from Pilgrim's Rest Baptist Church, Baker, Fla., will be featured at a Gospel Sing, Saturday, at 7 p.m. at the Lake Mary First Baptist Mission.
In the group are Ken Helms, Regina Thrasher, David Thomas and Lamar Holloway. Also appearing will be the Good News Quartet, Gospel Sounds Quartet, Three Angels, Billy and Linda Walls, Cecil and Marti Tucker, all of Sanford. Admission is free.

Red Cross To Salute Volunteers
The Central Florida Chapter of the American Red Cross will be hosting its annual Volunteer Recognition at the Chapter House, 3401 E. Central Blvd., Orlando, at 7 p.m., March 30. More than 1200 volunteers will be recognized for their service with the Red Cross.
C.D. "Doc" Middleton, retiring this year as Chairman of Disaster Services, will be awarded a special plaque thanking him for his years of service with the Central Florida Chapter.

Pan Am Lecture Free To Public
Senator Alexandria Orilla, Secretary General of the Organization of American States (O.A.S.), will be the guest speaker at the 1978 Pan American Lecture at Rollins College.
Open to the public, the lecture will be held at 3:30 p.m., in the Hauch Auditorium on campus. Senator Orilla's topic will be "Development and the Inter-American Future."
Registration is now open for the Jewish Community Center's Family Day Camp. Two sessions are offered (July 3-21, and July 24-Aug. 11) with groups for all age categories from preschool to high school, and programs tailored to each group.
For details call Lois Tannenbaum 645-9833.

Day Camp Registration Opens
Registration is now open for the Jewish Community Center's Family Day Camp. Two sessions are offered (July 3-21, and July 24-Aug. 11) with groups for all age categories from preschool to high school, and programs tailored to each group.
For details call Lois Tannenbaum 645-9833.

In And Around Winter Springs
Just Call Them 'Sweet Charity'
The highlight of the evening came when Walt Cable, father of the committee chairman Fred Cable and one of the pianists and began to play. Mr. Cable Sr. saw in the day before from Haverhill, Mass., during some advance work to give a visit to his son and his family.
With Red on tempo, Walt on piano, and VFW choirleader Joe Decker on Timpani, the trio began to play. The other artists gathered around the piano and sang along with the group.
The oldest member of the group, Fred Cable, 87, was one of the pianists and one of the other more than two and a half-hours of playing on the keyboards. It was a big time for all, and one we will long remember.
A special memory will be of father and son playing "Swing low, sweet chariot" with Walt on piano and Red on drums. It was really something to see.
A real gem from the Winter Springs VFW and one of the most beautiful of the evening was the playing of "Swing low, sweet chariot" with Walt on piano and Red on drums. It was really something to see.
The occasion was the 50th anniversary of the VFW.



Area Engagement

Sampson-Sprague

Mr. and Mrs. C.F. Sampson, 228 S. Park Ave., Sanford, announce the engagement of their daughter, Belinda Irene, to David Leigh Sprague, son of Mr. and Mrs. R.E. Sprague, 120 Wade Drive, Sanford.
The bride-elect, born in West Virginia, is a graduate of Stetson High School, the state's Seminoles Community College (SCC) and employed by Brunswick-Carlson, Lake Mary.
Her fiancé, born in Jacksonville, is a graduate of Seminole High School and attended SCC. He is employed by Crestline-Roblox AMP, Sanford.
The wedding is planned for May 6, at 7 p.m., at Christ United Methodist Church, Sanford.

Last Kiss Was On Her Wedding Day

Dear Abby
DEAR ABBY: My husband hasn't kissed me since November 18, 1976. That's the day we got married. What is wrong with him? I've been married for a year and he hasn't kissed me once. I've been married for a year and he hasn't kissed me once. I've been married for a year and he hasn't kissed me once.
DEAR ABBY: Your husband is the one who made the big, big mistake. He never kissed me, but sometimes I kiss him, but he doesn't kiss me back. I've been married for a year and he hasn't kissed me once. I've been married for a year and he hasn't kissed me once.
DEAR ABBY: I am a 19-year-old girl and I have a crush on a 18-year-old boy. Almost all the girls like him, but he doesn't like me. He doesn't even know they are girls. He thinks girls are just people.
DEAR ABBY: I talked to my teacher about this and she said boys are like that.
DEAR ABBY: I really want him to notice me.
DEAR SERIOUS: I've never met a girl like you. And when he realizes that you aren't serious, he will wander away, and you probably begin to notice you. Boys are like that.

Life Begins At 150?

Conquering Disease May Add Centuries To Life

How old is old?
To an American, whose average life expectancy has reached 73 1/2 years, 80 or 90 would probably seem a haze.
But to those sprightly 100-year-olds from Russia, often seen on television commercials selling yogurt in the company of their mothers, anything under 100 would be unfortunate.
Well, living a bit longer than that is not an impossibility in this country, says the American Council on Life Insurance and within a few generations it could happen.
Dr. C. W. Hall, head of the artificial organ programs of Southwest Research Institute, San Antonio, Texas, told the Council.
"The truth of the matter is that people today don't live long enough to die of old age. They die of disease."
"Conquer the disease process, don't allow it to set in — which is medically possible — and we can all live appreciably longer."
How long?
"When we can practice preventive medicine from the Day One and make disabling disease a thing of the past, I see no reason why a 100-year-old of the future won't be able to play tennis with the same vigor that a 30 or 40-year-old does today," he said, and added:
"You see, we all have a biological clock that eventually will have to run down. But my guess is that we will live 200 or more years, if disease didn't interfere."
Dr. Hall, a surgeon and former member of the highly-regarded DeBakey transplant team in Houston, Texas, believes that eventually Americans will be able to look forward to added centuries, but not so.
"Frankly," he said, "we're not ready for it. For if we were suddenly able to add all these years it would boggle our minds, affect our religious, economic and legal thought."
For example, do you think you could be married to the same person for 100 years? Or work for the same company even longer?
Sound too good to be true? Here are some other thoughts:
— Just how far would a life insurance company have to adjust its thinking and actuarial tables to accommodate a 170-year-old man? Or a 100-year-old woman?
— What type of health insurance benefits would be needed by someone who will live for hundreds of years, but will never get old?
— The average major medical maximum is about \$50,000, with some policies encouraging among prisoners serving life sentences.
— What metabolic or natural disposition would you have for a 100-year-old longevity?
— Would longevity be



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The Leisure MAGAZINE

A Complete Entertainment Guide featuring:
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Starting Friday, March 31, 1978 in the Evening Herald...
You won't want to miss a single edition of our exciting new Leisure Magazine!
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TONIGHT'S TV

11:30 PM NEWS
11:35 PM THE GREAT ESCAPE
12:00 AM THE GREAT ESCAPE
12:30 AM THE GREAT ESCAPE

CALENDAR

TUESDAY, MARCH 28
7:30 p.m. - 9:00 p.m.
WEDNESDAY, MARCH 29
7:30 p.m. - 9:00 p.m.

Jerry's RESTAURANT & COCTAIL LOUNGE
OVERLOOKING THE BAYVIEW
DINNER, LUNCH AND DINNER
"Happy Hour" 11 a.m. - 7 p.m. EVERYDAY

FAMILY SPECIAL
COMPLETE DINNER (INCLUDES)
3 pieces honey-glazed fried chicken, mashed potatoes and gravy, collard and 2 hot buttered biscuits.
All day every Wednesday.

The Tent SUPPER CLUB
SPECIAL 25% OFF FOOD & BEVERAGES
NORM SCHROEDER on Piano PLUS SHARAZAD - our Lovely Belly Dancer
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322-2411 631-9993
CLASSIFIED DEPT. HOURS
1:00 A.M. - 5:00 P.M.
SATURDAY & FRIDAY

DEADLINES
Noon The Day Before Publication
Sunday - Noon Friday

4-Persons
THE HERALIST
5-Persons
FACED WITH DRINKING
6-Child Care
7-Home Wanted
8-Business Opportunities
9-Apartments Furnished
10-Houses
11-Houses
12-Lots/Acreage
13-Land/Garden
14-Junk Cars/Removed

LEGAL NOTICE

IN THE COUNTY COURT OF
DADE COUNTY, FLORIDA
IN RE: THE ESTATE OF
JAMES EARL RAY, JR.
DECEASED

NOTICE

DISABLED
AMERICAN
VETERANS
March 28, 1978

KNIGHTS OF
COLUMBUS
March 28, 1978
WHL 55-0181

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ALL YOU EVER WANTED
11-Business Opportunities
Homeowners needed to mail
12-Apartments Furnished
13-Houses
14-Houses
15-Lots/Acreage
16-Land/Garden
17-Junk Cars/Removed

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Land Maintenance
Auto Repair
Beauty Care
Bookkeeping
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Insurance
Land Maintenance
Leak Repair
Lighting
Maintenance Services
Moving
Plumbing
Pest Control
Plumbing Services
Pool Care
Printing
Real Estate
Remodeling
Roofing
Siding
Sprinkler
Tennis Courts
Tutoring
Welding
Window Treatments

18-Home Wanted
19-Business Opportunities
20-Apartments Furnished
21-Houses
22-Houses
23-Lots/Acreage
24-Land/Garden
25-Junk Cars/Removed

LEGAL NOTICE

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DISABLED
AMERICAN
VETERANS
March 28, 1978

KNIGHTS OF
COLUMBUS
March 28, 1978
WHL 55-0181

26-Home Wanted
27-Business Opportunities
28-Apartments Furnished
29-Houses
30-Houses
31-Lots/Acreage
32-Land/Garden
33-Junk Cars/Removed

BUSINESS SERVICE LISTING

Air Conditioning
Income Tax
Land Maintenance
Auto Repair
Beauty Care
Bookkeeping
Cleaning
Dishwashing
Electrical
Fence Repair
Firewood for Sale
Flooring
Furniture
Garage
Homeschooling
Insurance
Land Maintenance
Leak Repair
Lighting
Maintenance Services
Moving
Plumbing
Pest Control
Plumbing Services
Pool Care
Printing
Real Estate
Remodeling
Roofing
Siding
Sprinkler
Tennis Courts
Tutoring
Welding
Window Treatments

34-Home Wanted
35-Business Opportunities
36-Apartments Furnished
37-Houses
38-Houses
39-Lots/Acreage
40-Land/Garden
41-Junk Cars/Removed

BUSINESS SERVICE LISTING

Air Conditioning
Income Tax
Land Maintenance
Auto Repair
Beauty Care
Bookkeeping
Cleaning
Dishwashing
Electrical
Fence Repair
Firewood for Sale
Flooring
Furniture
Garage
Homeschooling
Insurance
Land Maintenance
Leak Repair
Lighting
Maintenance Services
Moving
Plumbing
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Siding
Sprinkler
Tennis Courts
Tutoring
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County Plan Switch Opens Door

A New Industrial Park Near Sanford?

By MAX EISENBERG
Special Staff Writer

The initial step in developing a new industrial park just west of Sanford has been taken. The park, designed for light industrial manufacturing, would be located on a 16-acre tract just west of town on the north side of State Road 46 between Airport Boulevard and River Road.

"Hopefully it will be developed for manufacturing outside. That's what we're shooting for. It's light manufacturing or assembly," said Robert Moseley, president of United Conveyor, Sanford.

Development of the park site will begin in about six months if the project is economically feasible.

"It may not even go," Moseley said today. "We have to run the figures to be sure it is economically viable. Moseley appeared before the San Mateo County Com-

mission Tuesday night to seek an exception to the county's comprehensive plan. That exception, granted by the commission, will allow development of a parking lot and water retention area on a 2.4-acre tract adjoining the north side of the 16-acre site, just north of Fifth Street.

The 2.4-acre site is owned by a private individual and does not carry a provision allowing the construction of parking lots. The 16-acre parcel for the industrial park is zoned for light manufacturing. The commission action did not change zoning in the area.

Commissioners Harry Kvitashvili and John Alexander voted to deny the request. They cited a board of adjustment recommendation to deny the special exception.

Commissioners Dick Williams, Bob French and Bill Kirschner voted in the majority.

"Our plans call for retention of about one-inch of water on our own land and when we get a downpour of two or three inches," responded Moseley, "that won't be a

problem."

Responding to a question about how water would be retained, Moseley noted retention ponds will not be used on the site. He said water retention areas bordering the parking lot will be used. He said three areas are created by building the road up to retain a certain amount of water.

"Water would not be retained for long," Moseley said. He explained he hoped to be able to drain the water from the area into drainage ditches on the north side of the road. Water is kind of flow to the north, away from the residents, according to a planning report.

"The water drainage there really doesn't affect these residents," Kirschner said following the meeting. He noted the site plan would have to be approved by the commission before the parking lot could be constructed and the handling of drainage would be a factor in approving these plans.

San Mateo County Commission Tuesday night to seek an exception to the county's comprehensive plan. That exception, granted by the commission, will allow development of a parking lot and water retention area on a 2.4-acre tract adjoining the north side of the 16-acre site, just north of Fifth Street.

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Latin Tells Carter: Oil A Weapon

CARACAS, Venezuela (UPI)—Venezuelan President Carlos Andres Perez warned President Carter today that oil will be used as a weapon to force industrialized nations to help forge a new world economic order.

Carter had just endorsed his own plan for a new international economic order in a speech to the Venezuelan congress by proposing a three-point plan to improve global economic conditions and to raise living standards in answer to Third World demands.

Carter, who made a hit with two Spanish language speeches during his 19-hour visit in this oil-producing nation, flew to Brazil for talks with President Figueiredo on Tuesday night and returned to Caracas on Wednesday.

Carter's remarks were widely reported in Venezuelan newspapers.

Carter's remarks were widely reported in Venezuelan newspapers.



BACKYARD PLAYGROUND It's just as much fun as the neighborhood playground and twice as convenient. Especially when it's in your own backyard as Cindy Birkenmeyer of Divido can boast of this sliding cable.

In Winter Springs Illegal Sewer Tax Refund Studied

By DONNA EYTES
Special Staff Writer

The Winter Springs city council is preparing an ordinance calling for the refund to city residents a utility tax on sewer service which has been declared illegal.

Following a lengthy discussion by council members on Tuesday night, the city attorney advised that a vote will be given to the city to refund the utility tax on sewer service.

"The people are tired of being ripped off by taxes," said Winter Springs City Councilman Danieles Tuesday night, demanding utility taxes on sewer service, now declared illegal, be refunded to Winter Springs residents.

While the North Orlando Water and Sewer Co., which serves most of the city, services its customers for only the past 11 months, Danieles said the tax has been levied on Winter Springs residents by the San Mateo County for the past four years.

He used his own water and sewer bills as an example to prove his contention. In addition, Danieles said, San Mateo Utilities has continued collecting utility tax on service at the rate of five percent even though the rate was reduced to four percent beginning Jan. 1.

Danieles said his major objection is that the tax has not been collected equally, adding that he would favor the city refunding the tax to the extent of the utility tax on sewer service.

Or, he said, the city could refund the same paid by Winter Springs residents for three years that the tax had not



JOHN DANIELES



LAURENT PELLERIN

been levied on North Orlando Water and Sewer Co. customers.

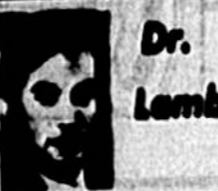
The utility has contended that it did not receive notice from the city of the utility tax rate reduction and received notice from Mayor Terry Pineda to stop collecting taxes on sewer service only after March 15th, indicating the utility portion of the community served by North Orlando Water and Sewer Co.

Asked why he had proposed the city council to adopt an ordinance to refund the utility tax, Danieles said, "I was not given a chance to research it. If I had been aware it was illegal, I would have said no."

Pineda said he is in favor of doing something to guarantee equal rates to the people "on his side of town," indicating the utility portion of the community served by North Orlando Water and Sewer Co.

What Raw Fruits Mean To Diabetes

DEAR DR. LAMB—In one of your columns you recommended that a diabetic severely limit starches, sugars and milk. Isn't this in contradiction to the new report of the American Diabetic and Dietetic Associations for greater amounts of starches as that the fat content of the diet will be reduced?



Dr. Lamb

DEAR READER—No. The American Diabetic Association wants the fat reduced but that does not require you to use sugars and starches. There are a lot of other carbohydrates that you should and could use that have a different action in relation to blood sugar (glucose) levels and health.

To illustrate a point: If a normal person ate a raw apple containing 10 grams of carbohydrates the blood sugar will rise sharply because it is packaged in bulk and it is slowly absorbed into the blood stream. It will not cause a sudden need for insulin to level the blood glucose level. Now if you drink 10 grams of sugar in water your blood glucose level will rise sharply because it is in a small intestine into the blood stream. The concentrated sugar requires will demand lots of insulin to level the blood.

It has been shown that eating raw fruits and vegetables can significantly decrease the insulin requirements in diabetes. If you get the majority of your carbohydrates from fruit and vegetables and avoid sugars and starches you will have fewer problems. You can do this and meet the objectives of the ADA to lower the percentage of fat in the diet.

DEAR DR. LAMB—Do vitamins have caloric counts? Since taking many vitamins a day: A, D, B1, B2, B6, B12, C, E, K, and iron I find I am gaining weight.

DEAR READER—No. Vitamins do not increase your caloric intake. The only relationship vitamins have to calories is that many of them are used to form complex enzymes that are in your cells. These enzymes are used to break down the carbohydrates, fats, and proteins from food and alcohol. The energy comes from the food and the vitamins merely help to liberate it so it can be used.

So if you are gaining weight you are either eating too much food or you are not an active person. If you are not active and you are past the muscle growth years and getting older you may be losing muscle mass from inactivity which eventually leads to a greater tendency to get fat.

Diabetics will need more milk because it is our main source of calcium. It does contain milk sugar that behaves like table sugar. Another source of calcium is in green leafy vegetables. Use unsaturated (oil-free) cooking oil.

HOROSCOPE

By BEATRICE BEE'S OOD

For Wednesday, March 29, 1978

YOUR BIRTHDAY
MARCH 29, 1978
The realization of a dream may come to you in the form of a letter or a visit from someone who will give you a great source of strength to you. The dream will be a very happy one.

ARIES (March 21-April 19)
Your initiative will give you a reliable partner in all your challenges today. Be sure to be the decision maker if you are to succeed. Find out more about yourself by reading your copy of Astro-Graph today. It is a great source of information for you.

TAURUS (April 20-May 20)
You are a person who is not easily satisfied. You are a person who is not easily satisfied. You are a person who is not easily satisfied. You are a person who is not easily satisfied.

SCORPIO (Oct. 24-Nov. 21)
You're adept at working things out today so that the ultimate results will prove fortunate to you and those near you.

LIBRA (Sept. 23-Oct. 23)
You're going to have a great time today. You're going to have a great time today. You're going to have a great time today.

LEO (July 23-Aug. 22)
You're going to have a great time today. You're going to have a great time today. You're going to have a great time today.

PIES (Feb. 19-March 20)
You're going to have a great time today. You're going to have a great time today. You're going to have a great time today.

SPIDER-MAN
You're going to have a great time today. You're going to have a great time today. You're going to have a great time today.

DOONESBURY
You're going to have a great time today. You're going to have a great time today. You're going to have a great time today.

THE BORN LOSER
You're going to have a great time today. You're going to have a great time today. You're going to have a great time today.

THE BORN LOSER
You're going to have a great time today. You're going to have a great time today. You're going to have a great time today.

