

ACROSS 51 Drink slowly 52 Copy Answer to Previous Puzzle

DOWN 19 Redacted 24 Look closely 25 Down 26 Down 27 Down

Crossword puzzle grid with numbers 1-33

HOROSCOPE

By BERNICE BEDE OSOL

For Tuesday, February 15, 1977

ARIES (March 21-April 19) This could be a very fortunate day for you, careerwise and financially.

TAURUS (April 20-May 20) Because your attitudes are far-sighted and you're not afraid of reasonable risk, this could be a red-letter day for you.

GEMINI (May 21-June 20) The more you are to a business proposition today than first meets the eye. Explore it thoroughly.

CANCER (June 21-July 21) I hope you have something planned with friends today, because you'll enjoy the social whirl.

LEO (July 22-Aug. 22) Larger opportunities than usual exist in your work or career today. Jobs aren't won't by escape and the notice of the right people.

VIRGO (Aug. 23-Sept. 22) There are times when you have to stick your neck out a little bit. You really won't be doing so today if you follow your good judgment at all times.

LIBRA (Sept. 23-Oct. 23) You'll be lucky today in situations that include people

with whom you have strong emotional bonds. Good fortune touches you when you meet them.

SCORPIO (Oct. 24-Nov. 22) Your judgment is very astute today in evaluating major issues. Reserve final decisions for yourself.

SAGITTARIUS (Nov. 23-Dec. 21) The services you may be called on to perform have a high value today. Don't inflate your price, but don't downgrade it either.

CAPRICORN (Dec. 22-Jan. 19) You're not only a good leader, you're a good manager today. Don't let the reins slip from your hands.

AQUARIUS (Jan. 20-Feb. 19) Even though your rewards may be late in coming today, be patient. The better things of life often go to those who wait.

PISCES (Feb. 20-March 20) Something you've been hoping for is working out according to the game plan. You might even see the tip of the iceberg today.

YOUR BIRTHDAY Feb. 15, 1977 You may find this coming year that many things that caused you anxieties in the past have ceased to exist. It should be clearer sailing for you.

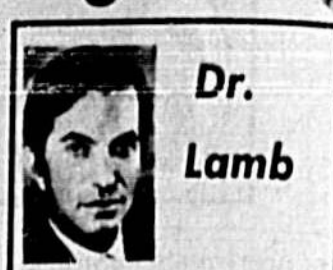
While attending a demonstration in radiology, student PETER PARKER was bitten by a spider which had accidentally been exposed to RADIOACTIVE RAYS. Peter soon found he had GAINED the insect's powers... and had become a human spider...



Protein Needed While Dieting

DEAR DR. LAMB - I am a woman in my mid 40s, in good health. Over the years I have become a little overweight and am planning on losing 15 pounds. I have found a lot of calorie charts but I am interested in protein as I want to eat the right amount to keep my health. Could you tell me how much protein I need a day and where I could get a protein chart to know how much I am getting?

DEAR READER - Women over 18 need 46 grams of protein a day plus 30 grams if they are pregnant and plus 20 grams if nursing a baby. This is the Recommended Daily Dietary Allowance (RDA) for normal healthy people, which means it is more than the minimal requirement. This amount of protein assumes you are getting enough calories in your diet to provide the energy you need each day.



Dr. Lamb children there are 10 of these and eight for healthy adults. Two of the best sources of complete protein that will meet all these requirements are meats (red meats, fish, poultry) and milk.

As a general rule, there are 100 grams of good protein in a pound of lean, raw meat; the weight is for the edible portion only after fat, bone and non-muscular tissues are removed. That means if you eat a half pound of meat a day (fish or chicken, fish or red meat) you will meet your protein requirements while on your diet.

Evening Herald

69th Year, No. 152-Tuesday, February 15, 1977 Sanford, Florida 32771-Price 10 Cents



ON THE WATERFRONT Lake Monroe is a good place to hook something these days - but what kind of bait do you use to gather in those empty bottles, containers, and other junk spotted at water's edge down the road from the Sanford Civic Center?

County Pays \$22,000 To Keep Orlando Bus; Business Shows Gain

After learning today that ridership has tripled on a bus route between Orlando and Seminole County, the Seminole County Commission indicated a preference for public transportation in the county by agreeing to subsidize the route, which is operating at a deficit.



WILLIAMS scrutinizes the issues



WIN AT BRIDGE The ace and led the suit back South's jack lost to West's queen and West continued with the 10 of spades which South ruffed.

County Buys Goldenrod's Fire Station

A year's feud between Seminole County Commission and Goldenrod Fire Association's board of directors ended today when county commissioners unanimously voted to purchase the Goldenrod fire station for \$21,900.



KIRCHHOFF: 'an opportunity to expand'

Zoning Change Proposed In Dispute Over Landfill

The Sanford City Commission Monday night proposed a change in the city's zoning ordinance allowing sanitary landfills as a permitted use in agriculturally zoned land, subject to two public hearings before the city commission.

Today County OKs Negotiations On Buying Two Utilities

Seminole County Commissioners today agreed to negotiate for the purchase of two utilities. The purchase price for both utilities is about \$55,000, according to utility consultant Hugh Harling.

BLONDIE by Chic Young

BEETLE BAILEY by Mort Walker

THE BORN LOSER by Art Sanson

ARCHIE by Bob Montana

PRISCILLA'S POP by Al Vermeer

EK & MEK by Howie Schneider

BUGS BUNNY by Stoffel & Heimdahl

FRANK AND ERNEST by Bob Thaves

TUMBLEWEEDS by T. K. Ryan

SPIDER-MAN by Stan Lee and John Romita

DOONESBURY by Garry Trudeau







Lotz' Vote To Kentucky

By The Associated Press Second-ranked Kentucky coach John Lotz of Florida... They have the talent to win the national championship...

Alabama, which rose from seventh to fourth in the AP poll, and Mississippi State were tied... Lotz said Kentucky's defense was the difference in the game...

Wildcats No. 2 As UCLA Drops

By The Associated Press Kentucky and UCLA exchanged places in this week's Associated Press Top 20 college basketball poll... The Rebels of Nevada-Las Vegas routed Denver 98-64...

Alabama, 19-2 and No. 7 a week ago, beat Mississippi 74-68 and Mississippi State 74-67... The Wolverines received 662 points...

BEFORE YOU BUY - SHOP US. SPECIAL FOR FEBRUARY. FOUNDATION & MATTRESS. SMITH BEDDING & FURNITURE CO.

BLAIR AGENCY. AUTOMOBILE INSURANCE SPECIALISTS. SR 22s FILED. Young Drivers 16-24. Homeowners Commercial & Motorcycle.

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EMPHYSEMA? ASTHMA? BRONCHITIS? BREATHING MACHINES NOW AVAILABLE AT NO COST WITH MEDICARE & INSURANCE.

SPECIAL OF THE WEEK. One of Longwood's finest family homes. Spanish, 1-story, 4-bedrooms, 2 baths, 4 yrs.

RON'S TIRE SERVICE. OPEN Mon. - Fri. 9:30-6:00, Sat. 9:30-5:00. Telephone 277-8431.

DUDA AUTO PARTS AND OVIEDO TRACTOR CO. AUTO PARTS and ACCESSORIES. LAWN & GARDEN EQUIPMENT.

BUSINESS REVIEW. Prepared By The Herald Advertising Department As A Service.

Collection Reduced At A Touch Of Country. The best of Early America only begins to describe the beautiful Habersham Plantation...

The short and narrow secretary (shown left) is only one of many pieces perfect for the smaller room. The credle shown also comes in a larger size and combines with one of the beautiful Habersham Plantation hoes...

Blair: Liability Insurance Must Be In Force. Any person who owns, operates, maintains or uses a motor vehicle in the State of Florida must have liability insurance...

Arist of the Week Series. Central Florida's renowned Freida Cannon exhibit at JB's Frames 'n' Stuff.

Want to Know 'What's Happening?' in Seminole County? Read The Evening Herald. SUBSCRIBE NOW - CALL 322-2611.

SPECIALS THIS WEEK. 12' Jointed Cane Poles \$2.15. ZEBCO 202 Combination \$5.49. Jointed Rebel Lures \$1.99.

CHINESE ACUPUNCTURE CENTER. Specializing in: Vinyl tops, Convertible Top, All Type Glass, Seal Covers, Carpet.

WE HAVE MOVED TO. 315 S. FRENCH AVE., SANFORD. Auto Glass & Seat Covers.

ART SUPPLIES GLASS MIRRORS PAINT WALLPAPER. Senkarik Glass & Paint Co., Inc.

Like Your Business Featured? Call 322-2611 or 831-9993. BUSINESS REVIEW.

Painting Miller Family Work Together As Team. Michael (Mike) and Jamie Miller (Mr. and Mrs.) make up the painting family of Miller and Family Inc., Seminole County interior and exterior painter's team.

3 Free Nautilus Sessions Benefit You, Heart Fund. If you are interested in a fitness program but are unsure of which one is right for you...

Lakeview NURSING CENTER. 24 Hour Nursing Care For Private Patients - VA - Medicaid. 919 E. 2nd St., Sanford, Fla. PH. 322-6707.

CAL-STRIPES. Single, Double, Tips Mini-Kar Striping Kits. Anything in paints for CARS, BOATS, TOUCH-UP. 603 W. 27th St., Sanford 323-4020.

Family Ceramic Shop. 4225 S. Orlando Dr., Sanford. US Hwy 17 at Sandhollow Village sign.

YOU CAN TOO! Say Mary Willis and Debbie Purcell, mother and daughter who lost 18 lbs. and 30 lbs. in 7 weeks.

MOBILE HOME COMMUNITY INFLATION-STOPPER. BUY A MOBILE HOME IN KOVE ESTATES WITH A 5 YEAR, 10 A MONTH LEASE, SEWER AND WATER INCLUDED.

TRIM CLINIC. 711 Bldg., Hwy. 436, Altamonte Springs. 22 W. Lake Beauty Dr., Orlando.

Weidner and Frankie, Inc. Interior Exterior PAINTING Murals by Jamie. Painting is our only service.

CHAIN LINK FENCE. 40% OFF. DELINE SCREEN ROOM. 22% DISCOUNT.

the Village Optical. PRESCRIPTIONS DULICATED. COMPLETE HEARING AID SERVICE BY APPOINTMENT.

WE HAVE MOVED. 2109 FRENCH AVE. 40 Channel CB's '99 to '199.

Williamson COMMUNICATION. Other Financing Available. 2109 French Ave., Ph. 322-8345.

Your COMPLETE Travel Agency Caribbean Cruises at the Winter Park Mall.

BATHROOM ACCESSORIES. SOAP DISHES - TOOTH BRUSH/TUMBLER HOLDERS - PAPER HOLDERS - TOWEL and GRAB BARS in ceramic/chrome.

Tile Supply Inc. Visit our showroom to see ceramic and imported tiles. 2501 Lee Rd., Winter Park 647-3801.

Do You SEE What I SEE? Are PESTS Driving You BUGGY? Before you get bugged... get help. Let us evict these pests for you.

SCOREBOARD

Pro Basketball. SANFORD-ORLANDO MATINEE RESULTS. National Basketball Association Eastern Conference.

College Basketball. EAST. Duke 96, Georgetown 84. Colgate 60, Ithaca 47. Wake Forest 82, Carolina 81.

Prep Basketball. Gainesville 60, Bell 47. Gainesville Oaks, Christian 67, Winderk 34. Cedar Key 53, Bradford 51.

Pro Hockey. National Hockey League Campbell Conference. Patrick Division. Philadelphia 3, NY Rangers 2.

World Hockey Association Eastern Division. Quebec 4, St. Louis 1. Philadelphia 4, St. Louis 1.

EMERGENCY SERVICE PH. 322-8865. ART BROWN PEST CONTROL INC. Sanford's Oldest and Largest Company.





