

Mountains

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ANSWER TO PREVIOUS PUZZLE

Avocado Has Plenty Of Fat  
By Lawrence E. Lamb, M.D.  
DEAR DR. LAMB — I have been watching the news reports you have made about diet and atherosclerosis prevention and I've found them to be helpful. However, I have some questions of importance to my own diet which you have not touched upon.

What about avocados? The avocado industry would have us believe that avocados are great because there are only 284 calories per avocado with not a smidgen of cholesterol. They say nothing, however, about saturated fats, and somehow I find it hard to believe that anything so tasty could be good for my coronary arteries.

Also what do you think of creamy salad dressings made with half-safflower mayonnaise and half yogurt?  
DEAR READER — The U.S. Department of Agriculture states that a California avocado, about 3 and one-eighth inches in diameter, weighs 284 grams and provides 370 calories. About 37 grams of the entire weight (seeds, skin and all) is fat. This means that over 300 of the total 370 calories in the avocado is fat. I believe it's fair to say then that you should consider that an avocado is mostly a fat food since 85 per cent of its calories are fat.

About 20 per cent of the fat in the avocado is saturated fat. The avocado association is correct in saying that it contains no cholesterol — no plant foods do. Cholesterol is strictly an animal product.

For more information on the principals of a diet to prevent heart disease send 50 cents for The Health Letter, number 2-3, Diet Preventing Atherosclerosis. Send a long-stamped, self-addressed envelope for mailing. Address your letter to me in care of this newspaper, P.O. Box 1551, Radio City Station, New York, NY 10019.

THESE SUPPORT HOSE HAVE DONE WONDERS FOR MY DOUBLE CHIN  
THIS DOES NOT MEAN THAT YOU CAN'T EAT AVOCADOS BUT IT DOES MEAN THAT WHEN YOU USE...

HOROSCOPE

For Saturday, April 24, 1976  
ARIES (March 21-April 19) Your heartstrings and purse strings can be easily reached today. Be careful they're not pulled by someone with selfish motives.

TAURUS (April 20-May 20) Don't let a friend involve you in petty intrigues today. It could cause a problem with someone you care a great deal about.

GEMINI (May 21-June 20) Trying to have things too much your own way today will rattle your companions. Keep their good will. Be co-operative.

WIN AT BRIDGE  
By OSWALD AND JAMES JACOBY  
NORTH (D) 23  
A Q J 10 8 5 3  
K 10  
8 6 4  
WEST  
A 8  
K 10 7 5 4 3  
9 8 2  
K 10 5  
SOUTH  
K  
Q J  
A Q J 9 8 6  
A 3 2  
NORTH-SOUTH vulnerable  
West North East South  
1 Pass 3 2  
2 Pass 4 1 N T  
3 Pass 5 N T  
4 Pass 6 N T  
5 Pass 7 N T  
6 Pass 8  
Opening lead — 5 A

ASK THE JACOBY'S  
A Maine reader asks you should bid with:  
A K J X X X X X X X X X X  
X X X X X X X X X X X X  
You are in fourth seat and the bidding has gone one heart — double (by your partner) — one spade.  
The answer is that you double the one-spade bid. This is a business double. If the spade bidder is fooling around he will run out and you should bid two spades to complete exposure of the foolery.

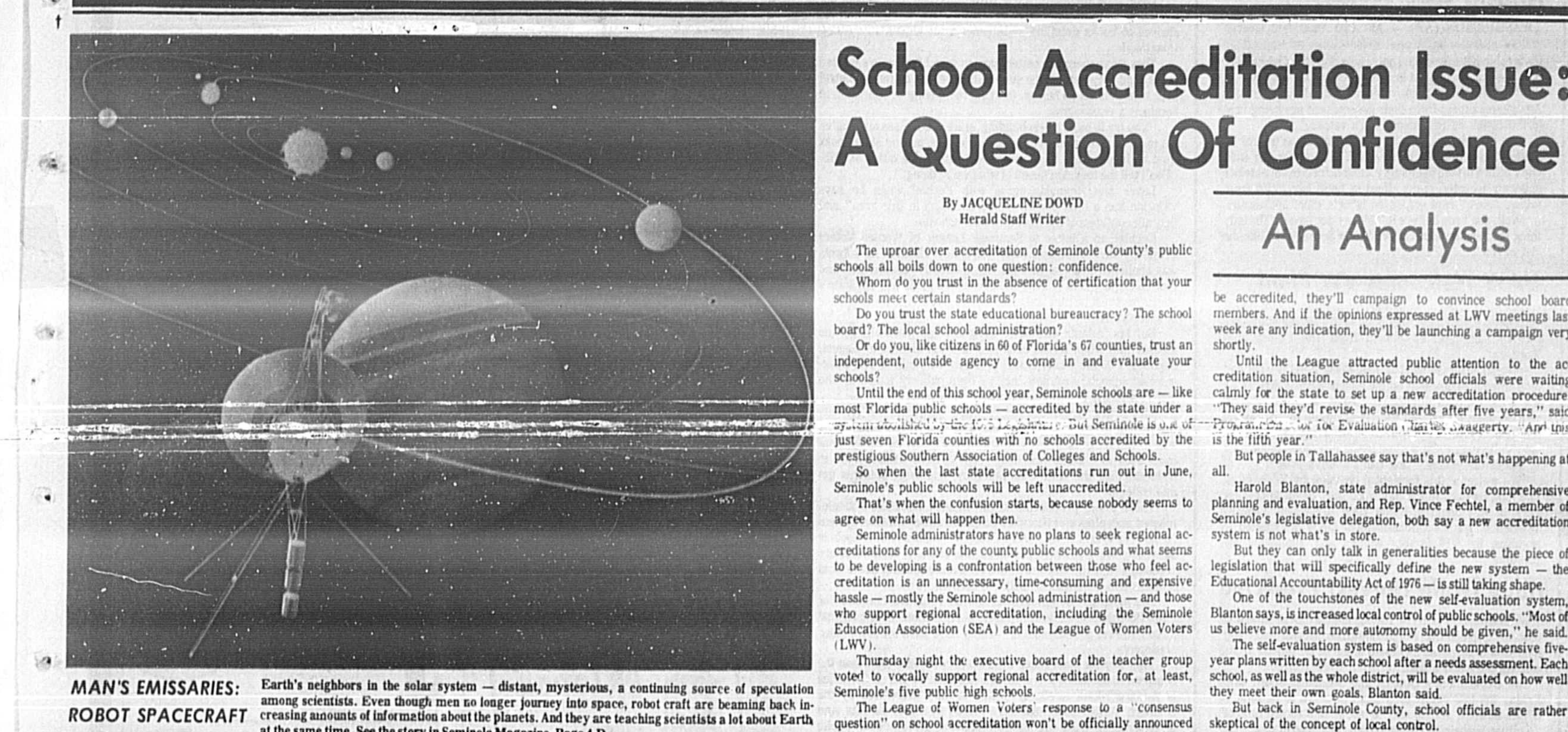
For a copy of JACOBY'S MODERN, send \$1 to "Win at Bridge," c/o this newspaper, P.O. Box 489, Radio City Station, New York, N.Y. 10019.

SIDE GLANCES  
by Gill Fox  
An expected announcement on the outcome of unfair labor practice complaints filed by the Seminole County School Board and three non-instructional employee groups had still not been received by late Friday afternoon.

GIVE  
AMERICAN CANCER SOCIETY  
"Last year I used my entire crop to make a sandwich!"

DOONESBURY  
by Garry Trudeau  
"IT'S HARD TO BELIEVE, THINKING FOR A MINUTE, I WAS AT THE PRINCE OF POWER, THE OUBAINS FAR-HAIRD BOY! I HAD IT ALL... AND THEN..."  
"HE'S BLAMING IT ON THE POOR (THOSE DAMN WALL MEDIA S.A.P. POSTERS!)"

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MAN'S EMISSARIES: ROBOT SPACECRAFT

Earth's neighbors in the solar system — distant, mysterious, a continuing source of speculation among scientists. Even though men no longer journey into space, robot craft are beaming back increasing amounts of information about the planets. And they are teaching scientists a lot about Earth at the same time. See the story in Seminole Magazine, Page 4-D.

PERC Weighs Results Of Investigation

visited Sanford on April 15, and took depositions from school board representatives and the employee groups. They have spent the past week, with assistants, researching their findings. The results of their deliberations will be discussed with the commission's general counsel to determine if action should be taken.

Today

- Around The Clock ..... 6-A  
Bridge ..... 6-A  
Calendar ..... 3-A  
Comics ..... 6-C  
Crossword ..... 6-C  
Editorial ..... 6-A  
Dear Abby ..... 2-C  
Dr. Lamb ..... 7-A  
Horoscope ..... 6-C  
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Obituaries ..... 7-A  
Sports ..... 6-A  
Television ..... 6-4  
Women ..... 13-C  
WEATHER  
Saturday's high 57, Sunday's low 64.  
Mostly sunny with a slight chance of afternoon thunder-showers. Highs mostly in the upper 60s. Lows lower to mid 60s. Variable winds less than 10 m.p.h. Rain probability 20 per cent.  
Details and tides on Page 7-A.

School Accreditation Issue: A Question Of Confidence

By JACQUELINE DOWD  
Herald Staff Writer  
The uproar over accreditation of Seminole County's public schools all boils down to one question: confidence. Whom do you trust in the absence of certification that your schools meet certain standards?

Until the end of this school year, Seminole schools are — like most Florida public schools — accredited by the state under a system established by the 1972 Legislature. Seminole is one of just seven Florida counties with no schools accredited by the prestigious Southern Association of Colleges and Schools.

THURSDAY night the executive board of the teacher group voted to vocally support regional accreditation for, at least, Seminole's five public high schools.

Sanford Men Accused Of Robbery Also Docketed For Trial

Sanford Route Two, and Henry Jim Oliver, 19, of Byrd Ave., Sanford, are accused of the Feb. 6 strong-arm robbery in which \$15 was taken from a migrant worker in the Midway community east of Sanford.

Judge Slated To Hear Escape, Attempted Murder Cases

Charles J. Pierce, 21, of 1312 W. 16th St., Sanford, accused of carrying a concealed firearm.  
Gregory Mills, 18, of P.O. Box 3117, Sanford, is accused of two counts of aggravated assault with a motor vehicle in connection with March 5 collision on U.S. 17-92 north of Lake Mary Blvd. in which a car being chased by police crashed with a Sanford police cruiser.

Decision Pending On Labor Complaints

that Local 1010's challenge might jeopardize contract negotiations, the three employee units walked out on talks. They immediately filed the unfair labor practice complaints against Pelley, who retaliated with similar complaints.

IT'S THAT TIME AGAIN  
Robin Kramer, 2580 Ridgewood Ave., Sanford, holds a makeshift clock indicating that this is the weekend when Daylight Saving Time officially starts — the time when lose that hour of sleep we gained last October. Clocks were to have been turned one hour at 2 a.m. Sunday. (Herald Photo by Bill Vincent Jr.)