

Adventist

SEVENTH DAY ADVENTIST CHURCH... THE SEVENTH DAY ADVENTIST CHURCH... THE SEVENTH DAY ADVENTIST CHURCH...

Assembly Of God

FIRST ASSEMBLY OF GOD CHURCH... Rev. E. Dale Cox... Sunday School... Morning Worship...

Baptist

CALVARY BAPTIST ASSEMBLY... (Sanford Garden Club Hwy. 17-92)... Sunday School... Morning Worship...

CENTRAL BAPTIST CHURCH... 4th and Central... Sunday School... Morning Worship...

JORDAN BAPTIST CHURCH... 1401 West First Street... Sunday School... Morning Worship...

PIKECREST BAPTIST CHURCH... 118 W. Airport Blvd... Sunday School... Morning Worship...

PALMETTO AVENUE BAPTIST CHURCH... 312 Park Ave... Sunday School... Morning Worship...

ELDER SPRINGS BAPTIST CHURCH... 555 Hester Ave... Sunday School... Morning Worship...

FIRST BAPTIST CHURCH... 617 Park Ave... Sunday School... Morning Worship...

NEW TESTAMENT BAPTIST CHURCH... Quality Inn North... Sunday School... Morning Worship...

Catholic

ALL SOULS CATHOLIC CHURCH... 716 Oak Ave... Sunday School... Morning Worship...

Christian Science

FIRST CHURCH OF CHRIST SCIENTIST... 1215 Grand Street... Sunday School... Morning Worship...



QUESTIONS... Mother knows how to do everything. If you don't believe it, ask any child. A child's faith in his mother's ability is a wonderful thing...

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SEMINOLE COUNTY AREA CHURCH DIRECTORY

Detailed church directory listing various denominations and churches in the Seminole County area, including Assembly of God, Baptist, Catholic, Christian Science, Episcopalian, Lutheran, Methodist, Nazarene, Pentecostal, Presbyterian, and others.

Virtue Said To Be Essential To Healthy Republic

By GEORGE W. CORNELL, AP Religion Writer... It has an archaic ring to it these days, but the well-being of a new nation was hinged on a simple, old-fashioned word, "virtue." With it, the country would flourish, but without it, it would be a failure...



Christian Home Week Comes To End Sunday

Christian Home Week climaxes Sunday at First Baptist Church with the pastor, Dr. Jay T. Cosmato, preaching, "The Home of the Future." The message is a timely one, "Is Your Home Safe?"

Former U.N. Ambassador Tekoah To Be Guest Speaker

ORLANDO—Israel's former Ambassador to the United Nations, the Hon. Yoseph Tekoah, will be the guest speaker at the United Jewish Appeal dinner, to be held at 8 p.m., May 16, at the Carlton House.

BUJ To Graduate 750

GREENVILLE, S.C.—More than 750 graduates and undergraduate degrees will be conferred by the bachelor of arts, bachelor of science, master of divinity, master of arts, master of fine arts, master of science, and doctor of philosophy.

VOTER REGISTRATION

In an effort to add as many voters to the rolls as possible, a massive voter registration drive is being sponsored by SEMINOLE NEIGHBORHOODS UNITED COUNCIL (SNUC). For your convenience the registration books will be in the following areas:



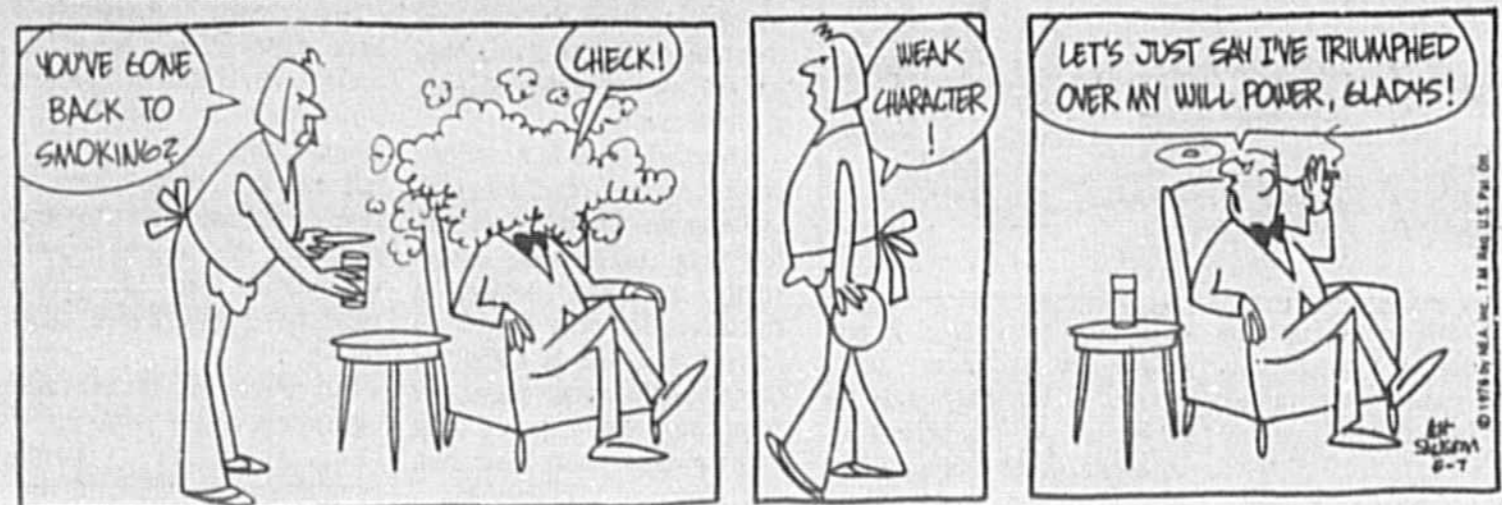
Your friend... everyone's call... The Welcome Wagon's hostess!

SHIRLEY MILLETT... Casseberry Winter Springs... SHIRLEY MILLETT... Forest City... HILDA RICHMOND... Deltona

BEETLE BAILEY



THE BORN LOSER



CAMPUS CLATTER



BUGS BUNNY



BLONDIE



PRISCILLA'S POP



ARCHIE



FRANK AND ERNEST



TUMBLEWEEDS



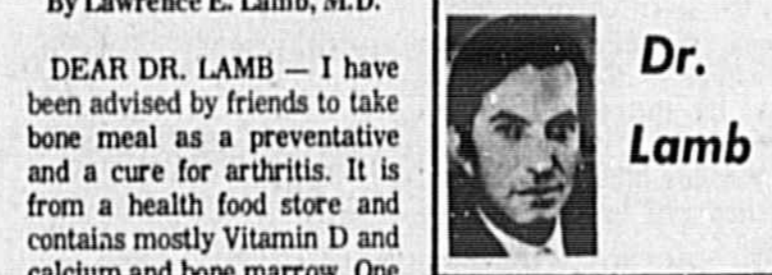
Virtue

Answers to Previous Puzzle: ACROSS 1 Virtuous, 2 Spiritually, 3 Call forth, 4 Greek verb, 5 Withdraw, 6 Garden tools, 7 Peer Gynt's mother, 8 Record (ab), 9 Learning, 10 Forest, 11 Bet, 12 Sloan Indian, 13 Draped peit, 14 Peaceful, 15 Conceive, 16 Object of veneration, 17 Astronaut, 18 Greek goddess of dawn, 19 Check (coll).

CANCER (June 21-July 22): There is a possibility of good news from two sources today. Both will be through friends, although they don't know each other. LEO (July 23-Aug. 23): People will do things for you today simply because they like you. There are no ulterior motives. Accept good fortune graciously. VIRGO (Aug. 23-Sept. 22): You'll be exposed in a new facet of knowledge that will later prove valuable. Listen closely. LIBRA (Sept. 23-Oct. 23): Be logical today, but don't ignore your hunches. Blending the two

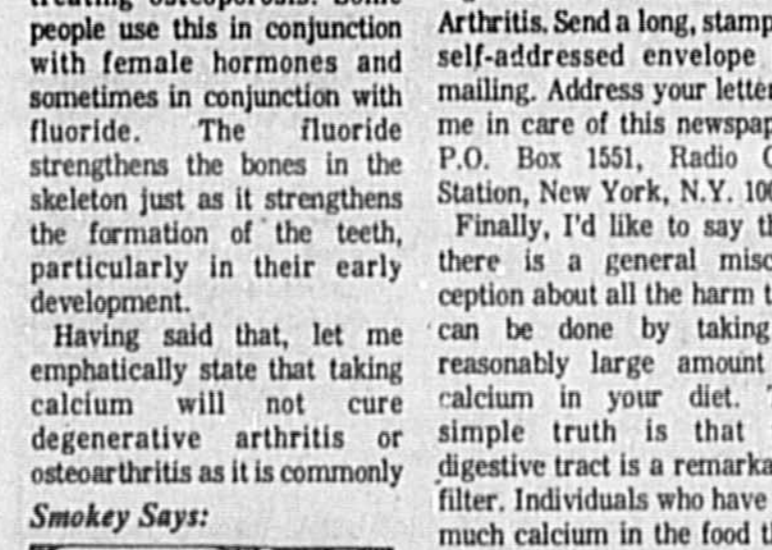
Calcium Won't Cure Arthritis

By Lawrence E. Lamb, M.D. DEAR DR. LAMB — I have been advised by friends to take bone meal as a preventative and a cure for arthritis. It is from a health food store, contains mostly Vitamin D and calcium and bone marrow. One friend in her 70s broke her hip and was dancing four months later. She had taken bone meal for 15 years. Is there any value in this medicine for arthritis and brittle bones? Is so much calcium harmful?

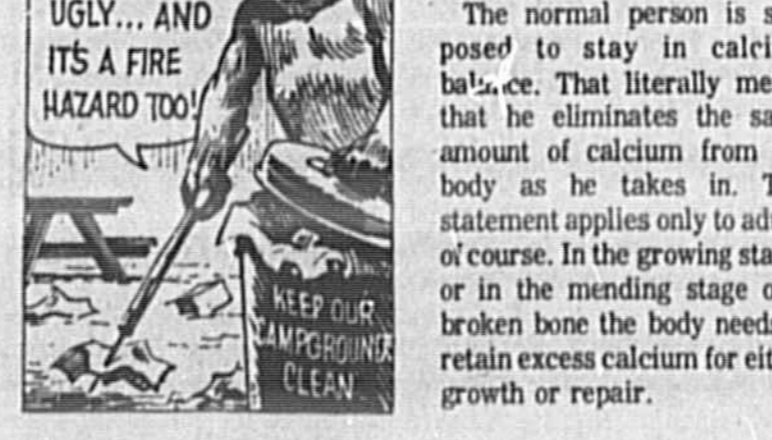


called. That is an entirely different procedure and as you find it now is essentially a wear and tear disease. That's why it affects the weight bearing joints such as the hips and knees. Arthritis spurs develop around degenerated vertebrae or joints. These are not formed because of excess calcium at all. The bone is first destroyed dissolving bone tissue that passes out of the spine from an imperfect attempt of the bone to regenerate itself. The spurs and deformed bone structures may cause pressure on nerves passing out of the spine from the spinal cord. This can cause pain and other symptoms. True overgrowth of bone tissue is rare. Almost always there must first be bone degeneration. For more information about degenerative arthritis send 50 cents for The Health Letter, number 4-10. Osteoarthritis: degenerative or Wear and Tear Arthritis. Send a long, stamped, self-addressed envelope for mailing. Address your letter to me in care of this newspaper, P.O. Box 1581, Radio City Station, New York, N.Y. 10019. Finally, I'd like to say that there is a general misconception about all the harm that can be done by taking a reasonably large amount of calcium on a regular diet. The simple truth is that the digestive tract is a remarkable filter. Individuals who have too much calcium in the food they ingest simply won't be able to absorb enough to cause any damage to the body. The normal person is supposed to stay in calcium balance. That literally means that he eliminates the same amount of calcium from the body as he takes in. This statement applies only to adults of course. In the growing stages or in the mending stage of a broken bone the body needs to retain excess calcium for either growth or repair.

LITTER MAKES A CAMPGROUND UGLY... AND IT'S A FIRE HAZARD TOO!



DOONESBURY



HOROSCOPE

By BERNICE BEDE OSOL For Saturday, May 8, 1976

ARIES (March 21-April 19) The rewards are unusually generous for work or services performed well today. Take special pride in anything you put your hand to. TAURUS (April 20-May 20) This is a day when you'll be popular and favorably impressed. Be alert. There is a good chance you'll make a valuable new contact. GEMINI (May 21-June 20) Entertain selected people at home today, like the boss, or influential acquaintances. Good things can happen if you get to know one another better. CANCER (June 21-July 22) There is a possibility of good news from two sources today. Both will be through friends, although they don't know each other. LEO (July 23-Aug. 23) People will do things for you today simply because they like you. There are no ulterior motives. Accept good fortune graciously. VIRGO (Aug. 23-Sept. 22) You'll be exposed in a new facet of knowledge that will later prove valuable. Listen closely. LIBRA (Sept. 23-Oct. 23) Be logical today, but don't ignore your hunches. Blending the two

club tricks. The careful player will lead the queen of clubs first. He will have noted that if West holds all five clubs there will be no way to get four tricks there, but that if East holds all five this queen play will make it possible to finesse twice against the nine-eight. These little differences don't make any difference of the time, but they do distinguish the really good players from the others. Ask the Jacobys Here is a tough question from Carolina. You hold: NORTH (D) AK842 WEST QJ973 EAST QJ973 SOUTH AK842 WEST 1954 EAST A9852 SOUTH 543 WEST 21073 Neither vulnerable

WIN AT BRIDGE By OSWALD AND JAMES JACOBY

Here is another hand to separate the men from the boys. Not that it represents anything of real importance. South is in a nice, comfortable three notrump contract and is sure of 10 tricks come Hell or high water. He wins the heart lead in dummy and is going to lead a club at trick two. The ordinary, careless player leads a low one and plays an honor after East plays low. West shows out and now our careful about player will only collect three

Altamonte Sitter Suit Recessed Until Tuesday By BOB LLOYD Herald Staff Writer

After hearing a day of testimony on Friday, Circuit Court Judge Kenneth Leffler has recessed until Tuesday the non-jury trial of an Altamonte Springs babysitter's lawsuit challenging the constitutionality of that city's zoning ordinance prohibiting child day care centers in B-1AA residential zones.

Thirteen Arrested In Weekend Raids A five-week investigation by state beverage agents, Altamonte Springs police and Seminole sheriff's deputies has resulted in raids on three buildings at Altamonte Springs and the arrests of 13 men. Approximately 25 officers from the three agencies, armed with search warrants, raided a private club, a cafe and a pool hall Friday night during a heavy rainstorm. Nine men were arrested on misdemeanor gambling charges and one man on a felony charge of operating a gambling house. Two men were charged with alcoholic beverage law violations and another was charged with resisting arrest without violence.

Radio Shack Opens Here Another new business came to Sanford last week with the official ribbon-cutting of the Radio Shack at Zayre Plaza, U.S. 17-92 and Airport Blvd. On hand for the opening ceremony were (from left) Pat Register of the Chamber of Commerce, Acting Mayor Gordon Meyer, Radio Shack Manager Bob Chastain, District Manager Bud Ferman, City Commissioner A.A. McClanahan and Chamber President John Carli.

Service Temporarily Suspended Auto-Train Halts Louisville Run

Auto-Train's Sanford to Louisville run has been temporarily suspended. Twenty-four Auto-Train carriers were damaged in a derailment Wednesday and several weeks will be needed to get the car carriers back on the tracks. Auto-Train Senior Vice President Richard Goldstein said. The National Transportation Safety Board has urged Auto-Train to inspect all wheels of its car carriers immediately.

Squadrons Of 'Blind Mosquitoes' Shoot Down Area Business Profits By KRIS NASH Herald Staff Writer (First of a Two-Part Series)

What costs a motel near \$50,000 a year without including lost business estimates, drives customers away from restaurants before they can leave their cars, creates traffic hazards by clogging vehicle windshields like a black cloud, and can even dart beneath a person's false dentures — all without the apparent benefit of eyesight? The infamous, swarming "blind mosquitoes" of Lake Monroe, naturally.

Seminole Hospital Honored As an accredited hospital, Seminole Memorial Hospital has received a letter of commendation from the Joint Commission on Accreditation of Hospitals (JCAH) in observance of National Hospital Week, May 8-15.

Today Around the Clock 6-A Bridge 7-A Calendar 7-A Comics 7-C Crossword 7-C Editorial 7-C Dear Abby 7-C Horoscope 7-C Hospital 7-A Sports 14-B Television 6-9-D Women 15-C WEATHER Saturday's high 87, Sunday's low 82. Cloudy with scattered thundershowers. Highs mainly in the 80s and lows in the 60s. Variable mostly southerly winds 10-15 m.p.h., gusty near 20 m.p.h. Rain in probability 60 per cent. Details and tides on Page 7-A.

SUNDAY EDITION Evening Herald

68th Year, No. 223 Sunday, May 9, 1976 Sanford, Florida 32711—Price 20 Cents

Camp Owners Given 30-Day Deadline Wekiva River Squatters Ordered To Leave

By JACQUELINE DOWD Herald Staff Writer notifying the squatters, who'll be given 30 days to remove personal possessions from the river camps. "All state laws will be enforced beginning today," Euga said Friday. "And that includes people who pollute the river with beer cans." The squatters' camps will be removed in three phases, with the ones in the worst condition being demolished first. Euga said some of the better camps might be kept by the state for the use of park rangers who will eventually live on the river to help preserve it.



Parties with reservations to Louisville will be offered a ride to Virginia or a refund. —Richard Goldstein

Parties with reservations to Louisville will be offered a ride to Virginia or a refund, he said. Goldstein didn't want to estimate how long it will be before the next train leaves Sanford for Louisville, but he said 12 of the 13 car carriers damaged in a March 7 derailment near Quantico, Va., are back in service.

Five of the 13 derailed car carriers fell into Quantico Creek, while eight remained on or near the tracks. After that accident 50 families were reunited with their autos, slightly worse for wear, while 63 personal cars were either plunged into the water or wrecked along the tracks.

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