



DEAR DR. LAMB — I had some blood tests and you reported to have very high triglycerides. I have tried something to do with cholesterol but would like some more information on what kind of diet I should be on.

DEAR READER — When you hear triglycerides think fat. Triglycerides are fat. Your body fat is chemically called triglycerides. The triglycerides test you had done is simply a measurement of the fat in your blood.

Fat and cholesterol are two different things. Fatty particles may be combined with cholesterol and even a blood protein to form triglyceride particles (lipoproteins). We think the cholesterol content or the number and size of the fatty-cholesterol particles is more important than the triglycerides.

The pressure on the artery, vein or nerve can cause changes in the arm and hand. Even the moist palm prominence at the base of the thumb may strengthen.

How much of a problem it is can only be determined by the doctor's examination and the changes that result from such a condition. The treatment, if any is needed, to relieve the pressure. If it is a muscle it may need to be severed to release the artery or nerve that is being compressed. If it is the rib a section of it may need to be removed.

Some personal habits contribute to the problem. The habit of putting the hands above the head while sleeping may obstruct the circulation too much during the night. In these cases correction of such habits may be sufficient.

It is very rare for a 30-year-old healthy female to have the type of heart disease that causes pain in the arm and hand. I am left-handed, and my left arm bothers me a lot

others and you'll DO something about it.

LAMB (Sept. 23-Oct. 31)

This coming year several good things could happen for you that won't be of your own making. Through another's good offices you may profit materially.

TAURUS (April 20-May 21)

Don't be afraid to let others do what they can to make your lot in life easier today. Be sure to show you're appreciative.

RAZORBACKS (Nov. 25-Dec. 21)

You're quite enterprising today but you must guard against overconfidence. You may be forced to take a chance that exceeds a calculated risk.

CAPRICORN (Dec. 22-Jan. 19)

Your intentions are admirable today, but be wary of doing things for others in spite of themselves. Feeling your good deeds where they're not required could be embarrassing.

GEMINI (May 21-June 20)

This should be a fun day, but it could cost you more than you count on. Have some extra cash handy to avoid emergencies.

CANCER (June 21-July 22)

Your ideas and methods are far better than those of your associates today, but care not to hurt anybody's feelings when you try to implement them.

LEO (July 23-Aug. 22)

Don't be hard to one who is less fortunate. Your warm, expansive approach to things today can ease another's unhappiness.

LIBRA (Sept. 23-Oct. 22)

Some of your financial problems will be evident today. You'll be concerned with the welfare of

others and you'll DO something about it.

LAMB (Sept. 23-Oct. 31)

Opportunities could come today from several different directions. If you're indifferent, however you may not recognize the good that's on your doorstep.

SCORPIO (Oct. 22-Nov. 21)

Don't be afraid to let others do what they can to make your lot in life easier today. Be sure to show you're appreciative.

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Evening Herald

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\$32.40.

Government And Wiretaps

If the Senate gets its way, no longer will the government be able to wiretap or electronically bug persons, including foreign agents, in the name of national security without judicial warrant.

Legislation to this effect, supported by President Carter, passed the Senate recently by the incredible vote of 90 to 1. Sen. William Scott was the only legislator fearful the bill might reduce the effectiveness of United States intelligence operations.

The Senate's purpose is to prevent the indiscriminate uses of electronic surveillance by the government that have come to light in recent years.

The task now falls to the House of Representatives to decide whether the Senate is right or Mr. Scott is justified.

The bill would establish certain standards of proof the government would have to meet in the presence of federal judges before wiretapping or bugging a suspect.

The standards would be more stringent in the case of U.S. citizens, less so in the case of foreigners. The bill would also establish several other preliminary hurdles for the government to cross.

Certainly, the time would seem to be here for some plan to restrain government surveillance.

No one likes the Big Brother idea of the government's wiretapping with little or no justification, particularly if the person being spied upon is a citizen.

The fact federal courts would be judging whether the government's justifications were sufficient does seem to ensure against the indiscriminate uses of electronic surveillance.

And yet, at what price might they be reduced or even totally eliminated? True, the United States is a nation of laws, not of men, and the Fourth Amendment protections against illegal search and seizure cannot be violated.

Certain occasions, however, produce dilemmas for constitutional government, as when the President of the United States must decide whether wiretapping is required to protect or perhaps even save the country.

A Man Called Intrepid, the story of British-American secret operations from the beginning of World War II, documents a history of countless illegal actions, for which Churchill and Roosevelt took responsibility because of their conviction that the survival of their countries and freedom in general depended on the defeat of Hitler.

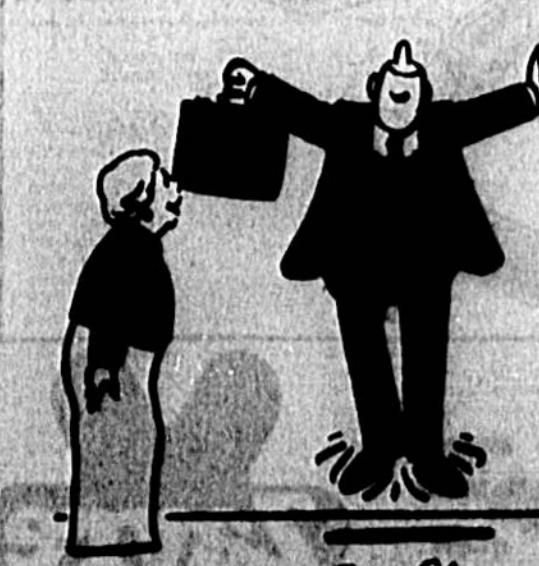
The Senate bill might eliminate the constitutional dilemmas posed by illegal wiretapping; it might eliminate the necessity for presidents to take responsibility for illegal actions; it might, in short, tidy the ethical universe for President Carter and his successors. But the cost to national security might be great indeed.

In the past, presidents have claimed and exercised the right to "inherent power" of the executive branch of government to conduct electronic surveillance in the field of foreign intelligence without judicial restraint.

Even if the House should agree that the rest of government should not be able to wiretap in this field without a court order, it should think long and hard about whether presidents should be stripped of "inherent power."

Someday, it could prove to be the intangible upon which the security of the republic depends.

BERRY'S WORLD



"The market was up again!"

Around



The Clock

By TOM GIORDANO

All, the art of communication. An important priority in our daily lives that one can never afford to ignore is the importance of communication in a community like the Seminole Tribe of Indians of Florida.

An Indian emitted, "State of Command" brought back memories of Journalism school.

Get it right, use the school's emphasis to reporters when gathering story information.

One example used to illustrate the need to listen carefully to detail and speak or write clearly when passing on information went like this:

The reporter sitting in a room. The first given a stack of paper containing some facts about an event.

He must read it, discern it and verify facts on the information to the editor who is listening. That means the editor on the information he heard it and the story is repeated until it reaches the tenth reporter.

The last one types what he heard and his version is compared with the original before it hit the chain.

The result often was horrendous, as was the case when the following instructions were issued by Sheriff John Polk through the chain of command

and reported in the department's newsletter, 10-0.

It may or may not have really happened. Nonetheless, this is how it went:

"CARRY ON, COMMAND!"

Sheriff John Polk issued the following directive to Chief Deputy Orville Karrer:

"Carry on, everyone, at approximately 200 hours, Polk's Council will be visible over the Sheriff's Office parking lot; an event which occurs only once every 70 years. Here all the men and women of the department fall out in the parking lot in case it rains, it will then fly over the parking lot, where the Sheriff will issue another order, one which occurs every 70 years."

Lieutenants to the sergeant:

"Tomorrow at 2000 hrs., Sheriff Polk will appear

in the main office which occurs every 70 years. He will then issue a new one called "Haley & Polk." If it rains, report to the parking lot where Sheriff Polk will demonstrate his new council."

Sergeants to the squad:

"When it rains tomorrow at 2000 hrs., the phenomenal 75-year-old Senator Haley, accompanied by the Sheriff, will drive through the parking lot in the Senator's new Comet. This is a mandatory formation and disciplinary action will be taken!"

Remember, Roman law, law enforcement is everybody's business!"

ANGLE-WALTERS Politics As Usual In 01 N.H.

WASHINGTON — The "politics of threats and vengeance" as Sen. Thomas J. McIntyre, the only conservative who practices it, has called it, has turned the political scene in New Hampshire into a political war zone.

McIntyre, chairman of the Conservative Caucus and darling of the radical right, spent the better part of a year threatening to run against Democrat McIntyre this November if the senator voted for the Panama Canal treaty.

McIntyre called his bid, with a blustery speech at the way in both Thomas and his wife, Rep. Willis Conover, who is the Senate's most popular立法者.

So what did the conservatives do? They declared that McIntyre, in voting for the treaty, had "married himself for political extinction," but reached out of the running for the role of executioner.

If he runs for anything this year, and it seems all but certain he will, it will be for re-election as governor, Thomas said.

Awfully enough for Thomas and Leib, the current representatives for the GOP nomination to oppose McIntyre is State Senate president Alf Jacobson, who happens to be a supporter of the canal treaty.

Thomas, at this juncture, has to be viewed as the favorite for governor. New Hampshire voters may not always like his antics, which can be decidedly bizarre, but they love his stand against imposition of any kind of breakdown sales or income tax in the state.

Both Democratic candidates have a

chance, both of them declared candidates have taken the pledge to oppose new taxes, which was not the case when Thomas was his third two-year term in 1976.

It remains to be seen whether Sen. Barry Goldwater was right when he predicted Howard H. Baker Jr. would win the 1980 GOP presidential nomination as a result of his leadership role in support of the Panama Canal treaty.

Baker's friends are gambling that Goldwater is wrong, although they acknowledge the danger inherent in antagonizing the Republican right.

But one thing is certain. The Senate minority leader's political problems could have been a lot worse if it weren't for the quiet help he received from his former colleague and sometime rival, GOP National Chairman Fred Beck.

At considerable personal risk, Beck kept the official Republican party apparatus in line while the Senate's junior member could not control his own party.

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JACK ANDERSON

Fight Needed In Cambodia Holocaust

WASHINGTON — While an audience of 1,000 Americans watched the "Holocaust" television series, the government of the world, including our own, was averting its eyes from the darkest corners of hell on earth.

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PEOPLE

Henry Ford: 'Nothing To Hide' In Kickbacks'

DEARBORN, Mich. (UPI) — Auto magnate Henry Ford II, declaring "I have nothing to hide," has denied allegations he accepted \$750,000 in illegal kickbacks and used company funds improperly.

The Ford Motor Co. chairman called a rare news conference Tuesday to answer the charges contained in a \$50 million lawsuit filed in New York last week by a stockholder trustee.

The suit charged that Ford accepted kickbacks from the Canteen Corp., in exchange for lucrative food and beverage concessions at Ford plants and offices.

Teen: Kidnappers 'Police'

MCLENNAN, Tenn. (UPI) — Teenager Jodie Elizabeth Gaines says her kidnappers captured her by posing as police, then kept her handcuffed for about 48 hours while they argued over whether to kill her until she escaped Tuesday from a rural cabin.

Two men were held as suspects in the kidnapping of the 18-year-old daughter of a wealthy furniture manufacturing firm owner. Another man was sought.

O'Malley: He'll Stand Trial

MIAMI (UPI) — Former State Treasurer-Insurance Commissioner Thomas O'Malley was ordered Tuesday to stand trial Oct. 18 in federal court on 20 counts of extortion, mail fraud and income tax evasion.

O'Malley was indicted by a federal grand jury in Miami in December, 1975, but his trial has been repeatedly delayed due to ill health. O'Malley underwent open heart surgery five years ago.

Exchanges Back Home

MINNEAPOLIS (UPI) — Alan Van Norman, who spent nine months in an East German jail after he failed to help a family escape to the West, returned to his hometown of Winona, Minn., Tuesday night.

The 22-year-old college student was part of a three-way international prisoner exchange.

Fired! Massey Will Be Paid In Winter Springs

Winter Springs City Council Tuesday night voted 5-0 to authorize payment of City Attorney Gary Massey's \$750 monthly salary.

Four members of the city council — John Daniels, Louis Pfeifer, Bert Ladd and Thomas Craven — fired Massey effective April 10 and ordered at that time that he be paid only one-half of his monthly salary for April.

Massey, at the council meeting on April 10 had made his resignation to the city and his resignation to his law office, Troy Pfeifer, effective April 10. Pfeifer's law office would continue to serve as acting city attorney until a replacement was appointed and qualified.

City Clerk Mary Norton, in a memo to councilmen last Friday, asked for directions on Massey's firing. Pfeifer and Craven said he had mostly the salary should remain intact.

Massey had urged the council to limit his pay to a fair hourly wage for work done.

Pfeifer announced he will receive resumes from attorneys interested in the job.

Craven said the city would place in an untenable position since the council on the one hand authorized payment of only \$750 while Pfeifer had

Commission Lifts Its Ban On Wekiva Club Building

By MAX ERIKLIETIAN
Herald Staff Writer

A building permit has been issued against Wekiva Park Club, which was lifted Tuesday by the Seminole County Commission.

The commission voted last week to ban building permits in the south Seminole subdivision.

Because recreational facilities in the development were incomplete.

Under terms of the lift, the development firm placed \$4,700 in an escrow account.

That money will be forfeited to the county if the recreational facilities at the planned unit development are not completed by April 1, according to Herb Grover, director of land development.

The development will be reviewed at that time and if the

recreational areas are not completed by that time, the ban will be reinstated. The \$4,700 is the value of the work remaining on the recreational facilities.

Seminole and several other local governments were at fault, according to Grover.

"We have everything completed on that park except a chain link fence and that's an order," Grover told the commissioners.

A retroactive stated for the same park will be completed by June 1, according to Grover.

Pet Hunt Park, also located within the subdivision, contains a baseball and softball field and playground scheduled for completion by May 27, according to Grover.

"We have everything completed on that park except a chain link fence and that's an order," Grover told the commissioners.

Grover assured the commissioners the June 1 deadline would be met.

Commissioner John Alexander, who proposed lifting the moratorium on building permits, was the sole dissenter.

"We are talking about something that was presented by the staff as a crisis, which I don't think it was," Alexander commented. He also opposed the escrow account. However, his motion to lift the moratorium without the escrow provision failed on a 5-3 vote.

Commissioners Dick Williams, Bob Pfeifer and Bill Kirchner also voted to lift the moratorium.

The gazebo in Centennial Park, between Oak Avenue and 4th and 5th Streets, Sanford, is in the final stages of completion. The project is an effort of the Civic and Community Affairs Committee of the Greater Sanford Chamber of Commerce and Civic Improvement Project (CIP). The facility is designed as a free community service. Proceeds from a May Day Breakfast Sunday at the Sanford Civic Center, from 8:30 a.m. until 1 p.m., will go toward the final completion of the gazebo. Tickets are \$2, adults and \$1, children.

GAZEO FINALE

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County Opposes Bill To Create Authority

By MAX ERIKLIETIAN
Herald Staff Writer

Seminole County Commission Chairman Dick Williams is planning to contact State Rep. Vince Fitchell, R-Lake Wales, to discuss the bill.

An effort to halt action on a bill to establish an authority to manage I-95 bridge salvage plant lines.

The authority would be comprised of representatives from Casselberry, Winter Park,

County and southeastern Seminole. Construction for the \$10 million plant is slated to begin this month.

The authority would be comprised of representatives from Orlando, Winter Park, Casselberry, Winter Park, and the Lake Wales area.

"Casselberry, with one other entity, like Winter Park, for instance, could control the whole authority," Williams noted.

Williams had represented the county and the proposal was presented to the local delegation two weeks ago.

At that time he voted no objection to the bill. However, County Attorney Harry Stewart questioned several areas of the proposal.

"To get to an area north and west of Casselberry, for instance, the authority would have to go through Casselberry and then it becomes their line,"

Stewart urged the council to limit its recommendations to the names he submits to them, adding that under the city charter he is the authority to appoint heads of departments and until the city government is more stable.

Pfeifer insisted the move is a step backwards. Massey said the city will have difficulty in

submitting bids to him three choices. He said he will be rejected to have applications rejected.

Reconvened on file, according to Mrs. Norton, was from Pfeifer and Alexander.

"I had no qualms about signing the check," said Pfeifer.

Voting against authorizing the full payment was Daniels and Pfeifer. Craven said he had mostly the salary should remain intact.

Massey had urged the council to approve payments on the salaried heads that he would file on the city for a fair hourly wage for work done.

Pfeifer announced he will receive resumes from attorneys interested in the job.

Craven said the city would place in an untenable position since the council on the one hand authorized payment of only \$750 while Pfeifer had

signed a check for the entire \$750.

Mr. Norton met counter-

parts in the city clerks.

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SPORTS IN BRIEF

Seminole Harness Raceway Opens Doors On Thursday.

The days of quinies and trifectas return to Seminole County Thursday night when the Seminole Harness Raceway opens its summer program of night harness racing in Casselberry.

The track is eliminating admission fees for the first three nights of racing, including clubhouse admissions.

Format will include 10 races per night Tuesday through Saturday with post time at 8 o'clock.

Campbell Keys Kwanis

Pat Campbell hit two home runs and drove in eight RBIs to lead Kiwanis past Western Bismarck, 15-10, in a League softball game Tuesday. Bismarck chalked up a 10-4 win over Crivita in the other contest as Sonja Jenkins pitched a no-hitter.

Citizens Bank Wins, 14-12

Citizens Bank used a 4-for-6 performance by Martin Turner and a pair of doubles by Dave Chidler to turn back the Ben Ward Agency, 14-12, in a major league game Tuesday in the Oviedo Little League.

Terry Gammans and Chris Boston hit homers for the losers, with Boston's coming with the base loaded.

Riggins Gets 11 RBIs

Joyce Riggins drove in 11 runs Tuesday night as Hamp's Angels settled for a 31-11 victory over Encinitas in a Sanford Women's Softball League opener at Fort Mellon Park. Patricia Morgan had four hits and Angie Campbell five singles for the winners and Patti Campbell plating five runs and Pauline Fisher getting three hits for the losers.

Florida Foliage Express stopped Slumberite, 31-1, in the other game as Mary McClelland and Debbie Schenck each drove in four runs. Lora Garnet had the only hit for the losers.

Pietser Named Lyman Coach

Karl Pietser was named varsity wrestling coach at Lyman High today, according to athletic director Ed Buckner.

Pietser, assistant coach at Lyman for the last three years, was formerly a head coach at Bishop Moore. He replaces Bill Scott, recently named head football coach.

Newell, Lyman Gals Win

DELAND — Lake Howell and Lyman advanced in girls high school district softball play Tuesday.

Lake Howell used a 17-3 win over Seminole to vault into today's 3 p.m. semi-final match against Mainland, which defeated Spruce Creek, Lyman defeated Lake Brantley, 7-3, and faced Gainesville in the other semi, also at 2. Winners play Thursday for the championship at 3 p.m.

Affirmed A Derby Favorite

LOUISVILLE, Ky. (UPI) — A photographer was hanging around horse 41 at Churchill Downs late Tuesday morning, waiting for Kentucky Derby contender Affirmed to finish cooling out so he could get a picture of the chestnut colt with owner Mrs. Lou Barrera.

"Not yet," commented trainer Lou Barrera when Mrs. Warren asked if the colt was ready.

Barrera has been tough with his colt, Affirmed, who was the 3-year-old champion last year and is one of the favorites to take Saturday's 104th running of the spring classic. Affirmed has won more money — \$76,127 — coming into the Triple Crown races than any other 3-year-old in history.

Alydar is expected to be the slight favorite in the 1 1/4-mile Derby, which probably will have 10 starters, including the undefeated Sensitive Prince and Wood Memorial winner Believe It, as well as Ensign, Patches, Derby Queen, Reed, De Valier, Chief of Dixieland, Hold the Silver and Raymond Earl.

Canadiens, Bruins Win

The Toronto Maple Leafs ousted Montreal Tuesday night and discovered what they could have learned by losing the series on the road. "The Canadiens are not the New York Rangers."

"We'll be the first team we've had in the playoffs this year," announced Denis Savard, who said after the Canadiens' 4-3 victory over the Leafs for a 1-0 lead in the best-of-seven semifinal series.

Montreal scored first, but the Bruins' 10 shots in the second period were held in the net by goalie Ken Dryden, who covered a 3-3 victory over the Leafs for a 1-0 lead in the best-of-seven semifinal series.

Montreal's overtime goal in the other

Bolton, Hagen Spark Altamonte Victories

Craig Bolton and Jeff Hagen were Tuesday's pitching heroes in the Altamonte Springs Little League.

Bolton buried a three-hitter to lead Mather's Batters over Burger King, 13-0, in the senior league, adding two doubles and a home run of his own to drive in five runs. Rich Van Dijken pitched a one-hitter and Scott Underwood driving in two runs each.

Hagen buried a two-hitter as E. & J. Hanes won its 10th game in 10 starts this season, en route to a 13-4 minor league victory over Cass Inc. Rich Griffin cleared the fence for his second homer of the season for the winners.

BUDGER KING

Mark Viner, 14	Bob Kuhn, 14
Rich Kotek, 14	Mike Clegg, 14
Troy Oskarson, 14	Rich Friend, 14
Mike Johnson, 14	Mike Johnson, 14
David Johnson, 14	Brad Tubb, 14
Mike Morris, 14	Chris Singleton, 14
Scott Horrity, 14	Jeff Duncun, 14
Steve Johnson, 14	Brian Denner, 14
Total:	Total:

MAHOGANY'S BARBERS

Mark Chasy, 14	Scott Blomquist, 14
Craig Bales, 14	Mike Johnson, 14
Rich Kotek, 14	Jeff Duncun, 14
Troy Oskarson, 14	Mike Morris, 14
Rich Friend, 14	Chris Singleton, 14
Mike Johnson, 14	Jeff Duncun, 14
David Johnson, 14	Mike Morris, 14
Mike Morris, 14	Jeff Duncun, 14
Chris Singleton, 14	Mike Morris, 14
Jeff Duncun, 14	Chris Singleton, 14
Total:	Total:

BURGER KING

Mark Viner, 14	Bob Kuhn, 14
Rich Kotek, 14	Mike Clegg, 14
Troy Oskarson, 14	Rich Friend, 14
Mike Johnson, 14	Mike Johnson, 14
David Johnson, 14	Brad Tubb, 14
Mike Morris, 14	Chris Singleton, 14
Scott Horrity, 14	Jeff Duncun, 14
Steve Johnson, 14	Brian Denner, 14
Total:	Total:



YAPKOWITZ (L), MOBLEY EXCHANGE CUE BALLS

Seminole Plaza Pintos Top Air Specialists

Seminole Plaza had a field day Tuesday in the Seminole Plaza Pintos.

The Plaza team registered a 26-4 victory over Air Specialists as Robbie Gergory and Robert Harmon combined pitching efforts for a sparkling two-hitter.

Both specialists hits were by Greg Eberle.

George's Rolls, 12-2

William Galley and Mike Rivers had two hits apiece and Jim Williams had three in the 12-2 win over Seminole. Carl Tipton had five base hits to lead Petrels.

Tom Charon had a four-hitter with 10 whiffs for Flagship. Both of Seminole, whipped APEX, 1-2 and Jack Prosser Ford took 10-10 measures of Atlantic National Bank.

George's led all the way, getting two hits each from Chris Willie Paasee paced the Prosser attack with two hits while Joe McCleod and Bruce Soller had RBI hits. Brian Shifford and Guy Wernack had two hits each for the losers.

Howard, Saunders Sparkle

Freddie Howard pitched a two-hitter with 17 strikeouts to lead Rotary to a 4-3 victory over Kiwanis Tuesday in Sanford's Junior League and Moose knocked off Knights of Columbus in the other game, 16-5, as Chip Saunders drove in the winning run.

John Polk got both hits off Howard while Ricky Price and Jimmie Johnson were the hard-throwing pitchers for the losers. Saunders' hit scored Jim Williams with the game-winning run for Moose. It was Saunders' fourth hit of the game.

ROTARY AB R H

Ricky Chesser, 1B
Mike Carter, 1B
Freddie Howard, 2B
Greg Register, C
Chris Clegg, 3B
John Little, 2B
Robert Casper, 3B
Donald Justice, 1B
Mike Lettau, 1B
L. Merrill, 1B
Don Williams, 1B
Totals 12 12

KIWANIS AB R H

Vernon Lee, 1B
Jeff Quinn, 1B
Steve Sanderson, 1B
Donald Morris, 1B
Ricky Primeau, 2B
Chris Clegg, 3B
Mike Prosekoff, 1B
Kevin McKinney, 1B
Bill Adams, 1B
Totals 12 12

HIGHSTON OF COLUMBUS AB R H

Andy Griffith, 1B
Wesley Shad, 1B
Dale Johnson, 1B
Brett von Herbulis, 1B
Lenny Sutton, 1B
Hilary Johnson, 1B
Brian Curtis, 1B
Paul Jackson, 2B
Jeff Williams, 2B
Ralph Kline, 1B
Gary Keeler, 1B
Kathy Keeler, 1B
Bobby Ullens, 1B
Naser Baker, 1B
Bobby Keeler, 1B
Totals 12 12

MOOSE AB R H

Be Graham, 1B
Tim Williams, 1B-P
Jim Williams, 1B
Chip Saunders, 1B-2B
Bernard Morris, 1B-1B
David Morris, 1B-1B
Mike Rondu, 1B
Dale Hubbard, 1B
Bill Williams, 1B
Mike Leonard, 1B
Mike Duggan, 1B
Tim Williams, 1B
Payton Murphy, 1B
Totals 12 12

COMING UP AT THE DOWNS by Alan Moyer

THE 100TH RUNNING OF THE KENTUCKY DERBY GETS THE TRIPLE CROWN COMPETITION STARTED ON MAY 6TH, AT CHURCHILL DOWNS.

CONAIR 1600 WATT PRO DRYER 10.99⁹⁹

CLAIROL MAKEUP MIRROR 21.99⁹⁹

SALVATI COLOR FAN 26.99⁹⁹

EAT COLOR BALANCE 9.99⁹⁹

PERMAGLOVE'S TWO-TONE THERAPY 14.99⁹⁹

PERMAGLOVE'S TWO-TONE THERAPY 14.99⁹⁹

SCOREBOARD

Major League Baseball

American

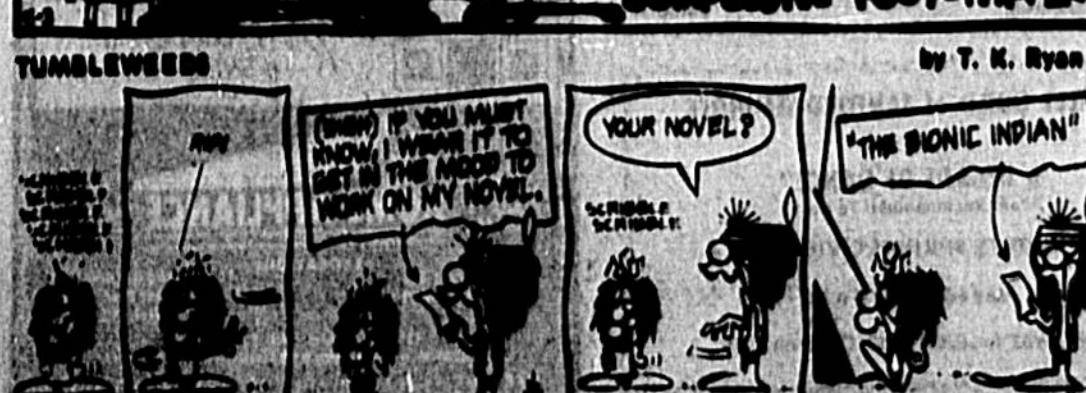
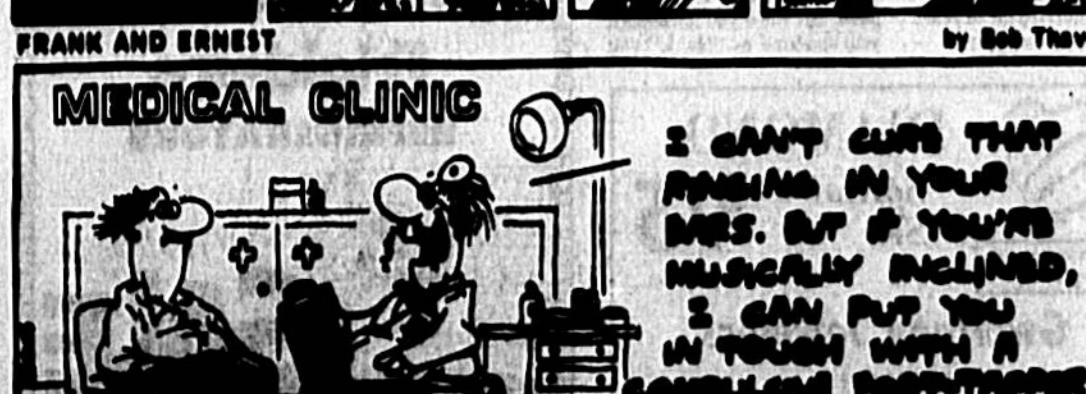
East

West

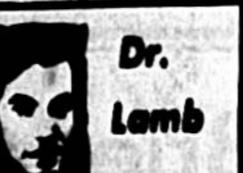
Al. Div.

N.L. Div.

Am. Div.



Low Back Pain Not Just For Elderly



DEAR DR. LAMB — Recently I developed low back pain, involving spasms of the large supportive muscles along the spine and causing stiffness. It hit me upon getting out of bed one morning. The first two days I could hardly move about because of the pain and spasms.

I believe it was caused by a much forward-leaning position during the previous few days. Can you recommend an exercise program that will help prevent low back pain by strengthening the muscles. I am 70 years old. I've found out that many of my friends are also bothered by low back pain.

DEAR READER — You are right, low back pain is a common complaint and can't be blamed just on the elderly. Anyone who has such an attack should be examined by a physician. There are many causes for low back pain. You could have a ruptured disc between two vertebrae; the material leaked out of the disc is very irritating. The irritation sets up spasms causing the low back pain. This could even be a sign of a bone tumor or a symptom of a hidden cancer. That is why a person can't feel around with such problems on a do-it-yourself basis. It is important to find first what you are treating.

If the back pain is a complication of weak muscles than you can use exercises to help. If it is a ruptured disc, then it is for everyone helps to prevent such frequent problems.

What kind of exercises do you need to do? The most important ones are to strengthen your abdominal muscles. When we sit the abdominal muscles are slack — particularly if you are leaning forward. This type of坐 is what I am doing now. Office workers commonly develop weak abdominal muscles which has something to do with the tendency to develop a large abdominal protrusion.

Many back problems are related to ergonomic unergonomics. If a person sits one significantly shorter than the other it will tilt the pelvis and cause a realignment of the spinal vertebrae. The resulting abnormal position causes a constant aches-and-pains effect and puts unusual stress on spinal muscles. The stressed muscles go into spasm to protect the area.

When this or other chronic conditions are present, correcting the basic defect is just as important as treating the muscle spasms. Proper shoes, proper furniture that fits you and prevents strain are important features of managing back pain problems.

I am sending you The Health Letter number 3-7, Girth Control: Avoiding the Big Middle, not because you have a big middle but because the exercises described there are good to help maintain your abdominal muscles, not so as to give your doctor before beginning an exercise program.

The strong abdominal muscles help maintain posture and prevent the back from being tilted to one side.

Also, you must provide all the support and it may get a little sore as a result. Walking is the worst of all positions as a cause of back strain.

You need to do leg lifts to strengthen the lower abdomen and sit up to strengthen the upper abdomen.

I am sorry to say that level walking will not use the abdominal muscles and won't help much.

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HOROSCOPE

By BERNICE BEDEZ COOL.

For Thursday, May 4, 1978

YOUR BIRTHDAY
May 4, 1978

Some uplifting and inspirational conditions should start to come into play for you this coming year. A more positive attitude will be the key to success. You'll be able to develop ideas that can better your financial status.

TAURUS (April 20-May 20) In your work today follow procedures familiar to you. Alerting another to prevent you into doing things the wrong way could cost you money. However, you're not averse to taking a chance or trying a new idea.

CAPRICORN (Dec. 22-Jan. 19) You'll be inspired on ways to accomplish your work today, but get things done early. Dangerous conditions get in the way later.

RAVEN (January 20-February 18) You're the best in your class. Don't let anyone's negative attitude bring you down.

SCORPIO (October 23-November 21) You'll be inspired to take risks that can benefit you.

SAGITTARIUS (November 22-December 21) You'll be inspired to take risks that can benefit you.

GOPIO (January 19-February 18) You'll be inspired to take risks that can benefit you.

LIBRA (September 23-October 22) You'll be inspired to take risks that can benefit you.

PIRA (November 22-December 21) You'll be inspired to take risks that can benefit you.

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WIN AT BRIDGE

NORTH
S 4-3
W 9-2
E 4-3-1-1
S 0-0

WEST
S 0-1-0-0-2
W 0-0-0-0-2
E 0-0-0-0-2
S 0-0-0-0-2

SOUTH
S 0-0-0-0-2
W 0-0-0-0-2
E 0-0-0-0-2
S 0-0-0-0-2

Vulnerable: North-South
Dealer: West

West North East South

Pass 10 Pass 10 Pass 10 Pass 10

Pass 10 Pass 10 Pass 10 Pass 10

Opening lead: V 10

North-South
Dealer: West

The final contract was 1-3-3-1. The bidding was reached through a relatively scientific auction. Even though South had 10 high-card points, he did not make a strong jump shift of two hearts. The bid was too weak.

The declarer bidding was

an invention by South of whether you'll have to make a doubleton or not. He didn't make a strong jump shift of two hearts. The bid was too weak.

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When this or other chronic conditions are present, correcting the basic defect is just as important as treating the muscle spasms. Proper shoes, proper furniture that fits you and prevents strain are important features of managing back pain problems.

It is great to make an attacking lead (although most experts recommend an attacking lead to make a contract). To make a contract, however, it is necessary to make a declarer fit at trick one, the queen from East's hand will be the trump. After this, when declarer ruffs his two club losers in dummy, the defense will have promised to be a trumping trick, setting the contract.

If declarer can foresee this, and he wins the trick, he will be winning in dummy. This simple play assures the contract if trump breaks normally, and the declarer will be 3 percent off will yield 3-2.

Declarer must win the first trick with the king to prevent dummy's club losers. Declarer's spade loser (the six) will be discarded on one of dummy's diamond losers.

There is a great temptation to make a contract in this situation, however, is clearly hopeless, because West would never have led away from the queen of trumps in a small contract.

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TONIGHT'S TV

SUNDAY

6:00

LOWELL

"1947" Taff-Hartley Asst becomes law; India and Pakistan nations; Truman's \$11 billion to restore Europe.

6:20

CBS NEWS

AND NEWS

TURKEYOUT "Sober. Or Lame." The comedy of man's other sister Wilson and anthropomorphic Laura Nader disease mothered at 40; a test to determine abnormalities in a growing fetus.

7:00

THE NEWS GAME

THE GIG COUPLE

THE CROSS RITZ

OPERATION

DADA, SURNETTY AND

MAGNET / LEHRER

REPORT

7:30

LAW AND ORDER

CANNON DAMBA

SILENT GUNSHOT

WILD WILD WORLD OF

ANIMALS

PROBLEMS

DICK GAFFETT Guests:

Donald Woods, author of the most widely syndicated column in South Africa, and his wife, Helen, a staff member of the Johannesburg Rand Daily Mail.

7:30

ROLLINGSTONES "The

Birth of the Rock"

The Pittsburgh Pitts

remaines on their

beginnings as a team in order

to psyche themselves for a big game.

7:30

SPIDERMAN An inter-

national beauty pageant

competition, discovered by

the public in a series of letters

from a country friend from

terrible dictatorship, is kid-

napped and held in political

prison.

7:30

NOW

1

PLAZA TWIN

11:30

MOVILAND

11:30 LET'S MAKE A

DIRTY MOVIE

ALSO THE TEASER 11:15

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11:45

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