

# Air raids aren't our only option

"ENCORE! Encore! Encore!"

So was reported the text of the telegram sent to President Reagan by Frank Sinatra following the raids on Tripoli and Benghazi. The publicity given the telegram could make one assume that the president was made aware of its existence.

I didn't send a telegram to the President. I wrote a letter to my congressmen, William Broomfield and the two senators from Michigan, Carl Levin and Donald Riegle. What I wanted to say could not be reduced to three words.

We are told that politicians are especially sensitive to mail from their constituents. And one handwritten note may have more influence on their thinking than a hundred form letters from an organization.

EVERY LETTER I have ever written to my representatives in Washington have always been answered. Some of their answers seem to be more carefully addressed to the issues I have raised than others.

Modern technology has made it easier to appear more interested. They may not always be so. My feelings and responses to the raid on Tripoli

## moral perspectives

**Rev. Lloyd Buss**

and Benghazi were not shared by the majority of the American people.

Even the most cursory sampling of reactions indicated a strong and overwhelming endorsement of the actions taken against Libya. A goodly number even added the rejoinder that it was about time.

I FULLY AGREE with others who believe that terrorism must be stopped. I fully agree with others who believe that our public order must be unfolded within the framework of law and justice.

I fully agree with others who believe that Libya has played a major role in the development and use of terrorism in the world today. I just do not

believe that air raids were the only options left in wiping out terrorism today.

Listing and explaining some of the options that I would prefer certainly required more than three words. Before we can use international systems of law, we need to be convinced that we should support them.

Before we can seek out some relief for the root causes of terrorist activity, we need to be convinced that these root causes are legitimate and true expressions of human experience.

BEFORE WE CAN ask for restraint in the use of raw power, we need to be convinced that self-control can reflect integrity.

My letters took some time to read. I tried to make clear and concise points, but they were not as clear and concise as the repetition of the word "encore."

My letters were not the kind of item the media would pick up for effect and attention.

One might be tempted to conclude that this kind of letter writing is ineffective. Perhaps.

But telegrams calling for enclosures might also become ineffective. Another air raid or two will be all that we need to prove their wantlessness.

# Heart disease: women's top killer

A few years ago there were predictions that as women became successful in business, they would develop the same health problems as men. Is that still true?

No, the predictions that the rate of heart disease among women would equal that of men as women achieved the same business success has not been realized.

In fact, the gender gap in the area of heart disease has widened during the past few years. Both men and women's rate of coronary disease has been decreasing — but the women's rate has been more dramatic.

Unfortunately, too many older women continue to die from cardiovascular disease. It ranks as the number-one killer among women — or nearly 350,000 deaths per year.



**Terry Glibb**

Women in the highest-risk category include: smokers, diabetics, those with blood pressure or high levels of cholesterol. Cigarette smoking while using oral contraceptives increases the chances of suffering a fatal heart attack according to recent studies. These studies showed over double the death rate from heart attack by women in their 30s if they use the pill and smoke. For women over 40

that rate jumped from 17.4 per 100,000 for non-smokers to 64 per 100,000 for those "pill" users that smoke.

To reduce the risks of heart disease, women (and men) should make lifestyle changes rather than career aspiration changes.

To reduce your risk factors:

- Watch your blood pressure. Keep it at 120/80 or lower.
- Reduce your cholesterol intake to 300 milligrams or less per day by choosing lean meats, fish, poultry, dry beans and peas as protein sources.
- Broil and bake foods. Avoid frying.
- Watch your weight. Find your desired weight on standard charts and keep to within five pounds of it.
- Exercise regularly — particularly exercise to strengthen heart muscles.
- Quit smoking — especially women using oral contraceptives.

Our family has switched to "lean" lunch meat products to reduce fat consumption. Are these products as good as they claim?

According to CSPI nutritionist, these meat products being sold under the term "lean," "extra lean," "lite" or "low fat" are only slightly less fatty than their regular counterparts.

Sausage, bacon and bologna are some of the fattiest foods available in the American diet and reducing the fat by 25 percent still leaves the more fat in the product than the terms lean, lite or low fat indicate.

"Lite" products should contain 1/4 less fat than regular products. The petition also requests full nutrition labeling for these products.

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gerontology  
**A. Jolayne Farrell**  
**Ways to get calcium**  
Dear Jo:  
I take antacids to control my indigestion. My reason for writing is to ask you if I should take an antacid containing calcium, since I'm at the age (over 50) when osteoporosis could be a problem.  
Mrs. E.C.  
Dear Mrs. C.:  
The first question that comes to mind after reading your letter is, why do you have indigestion? To suffer from such a condition is not the norm. It should be evaluated by your physician.  
To take an antacid or any other medication (whether it is a prescription or of the over-the-counter variety) should be a medical decision.  
You may find that after a professional consultation and perhaps some lifestyle and dietary changes you may not have to take antacids at all.  
Antacids that contain calcium carbonate (the form recommended as a supplement for the possible prevention of osteoporosis and used in many antacid preparations) have been found, in some individuals, to trigger a burst of acid secretion several hours after having been taken.  
More simply stated, antacids containing calcium carbonate are thought to cause more acid secretions leading to increased discomfort. This then necessitates the need to take more of the antacid.  
You probably should consider dietary sources for your calcium intake, such as: yogurt, sardines, milk, salmon, cheddar cheese and tofu (soybean curd).  
Dear Jo:  
Would you please print Robert Browning's "Grow Old, Along with Me"? I lost my copy of this beautiful poem. I am a "fast" lady and am unable to get to the library — I look forward to my newspaper every day. Thank you.  
Mrs. A.P.  
Dear Mrs. P.:  
Although we refer to Robert Browning's poem as "Grow Old, Along with Me," it is actually entitled "From Rabbi Ben Ezra."  
Since it is so short I'm happy to print it:  
Grow old along with me!  
The best is yet to be,  
The last of life, for which the first was made:  
Our times are in his hand  
Who saith, "A whole I planned,  
Youth shows but half; trust  
God: see all, nor be afraid!"

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