Air raids aren't our only option

"ENCOREI Encorei Encorei"
So was reported the text of the telegram sent to President Reagan by Frank Stantar, following the raids on Tripoil and Benghail. The publicity given the telegrafia-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 Riegie. What I wanted to say could not be reduced to three words.

We now told that to diliticians are expecially sensi-

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

EVERY LETTER I have ever written to my epresentatives in Washington have always been aswered. Some of their answers seem to be more arefully addressed to the issues I have raised

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

use of terrorism in the world today. I just do not

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 oth-ers who believe that our public order must be un-folded within the framework of law and justice.

believe that air raids were the only options left in wiping out terrorism teday. 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 sup-port them.

port 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."

"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 encores might also become ineffective. Another air raid or two will be all that we need to prove their wantonness.

Ways to get calcium

gerontology

A. Jolayne

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.

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-comerv variety) should be a medical occision.

You may find that after a new

ter 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 osteoprosis 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

AUCTION

May 3-4

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containing calcium carbonate are thought to cause more acid socretions leading to increased discomfort. This then necessitates the need to take more of the antacid.

You probably should consider dictary 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 beautida poem. I am a "shat-in" and am
unable to get to the library — I
look forward to my newspaper
every day. Thank you.

Dear Mrs. P.: Mrs. A. P.
Although we refer to Robert
Browning's poem as "Grow Old
Along with Me," it is actually entitied "From Rabbi Ben Erra"
Since it is so short I'm happy to
notal it.

rint 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
lanned.

planned,
Youth shows but half: trust
God: see all, nor be afraid!

Heart disease: women's top killer that rate jumped from 17.4 per 100,000 for non-smokers to 64 per 100,000 for those "pill" users that Our family has switched to "lean" lunch meat products to reduce fat consumption. Are these products as good as they claim? According to "CSP1 nutritionist, these meat products being sold under the term "lean," "extra lean," "lite" or "low fat" are only slightly less fatty than their regular counterpart.

A few years ago there were pre-dictions that as women became suc-cessful in businesss, they would de-velop 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 dealths per year.

number-one killer among women or nearly 350,000 deaths per year.

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ry include: smokers, diabetics, those with blood pressure or high levels of cholesterol. Cigarette smoking while using oral contraceptives increase the

cholesterol.
Cigarette smoking while using oral contraceptives increase 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

100,000 for those "pill" users that make.

To reduce the risks of heart dismoke.

To reduce the risks of heart dismoke.

To reduce your risk factors:

Watch your blood pressure.

Weep it at 120/80 or lower.

Picture your cholesterol intake to 300 milligrams or less per day by thoosing lean meats, fish, poultry, dry beans and peas as protein source.

Broul and byte, feed that. · Broil and bake foods. Avoid

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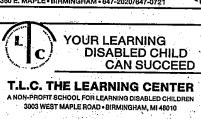
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