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# Boston Herald American

300 Harrison Avenue, Boston, Massachusetts 02106, (617) 426-3000


Bill: The pictures show Admiral Zumwalt jogging in the early morning around Boston Common and the Public Garden, his usual 3-mile run every morning. This has enabled him to maintain a steady weight of 175 pounds since his discharge in 1974.

The Admiral has been getting good coverage on his views about Salt II and this was the main reason the story I wrote got sidetracked--and only the picture ran in the Herald American. I'm enclosing some of the AP copy on the Admiral sent out of Portland, Me.

It was really a great thrill to have breakfast with the former CNO, a nice man and I hope our paths cross again in the future.

I hope all is well in your camp. Hope I can be of assistance again in the future.

Best Regards,

  
J. Richard Lamere

cc Photos + AP  
5/16/79

to 4 buds  
PLR  
NG  
Joe