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Heart Association Explains How Its Program Affects Tar Heels

ver repaired.

CHAPEL HILL - The aver- chanical defects in the heart can age North Carolinian knows he now be repaired by surgery. And has got a fifty-fifty chance that through surgery, defective blood he will die of heart disease.

"we've all got to die of something, and it may as well be a good clean coronary."

The North Carolina Heart Association, which supports com-munity health education and know a good deal about how arheart research programs in the teries harden and blood clots, state, doesn't agree with 'Tim- but not enough to prevent or reothy Tarheel, however, because, without that "good clean coro-stop heart attacks. We know a nary" he might have 10, 20, or nary" he might have 10, 20, or 30 more years of life In biolog. good deal about how the heart beats, but not enough to prevent ical terms the human span is the muscle from weakening or more than 100 years.

group, whatever cuts short that "whole life span" is either a dis-do not know whot source the state of the search is the search ease or an accident, and the complex of heart and circulatory disorders are diseases as specific as malaria, gout or cancer.

Heart trouble is not an inevitable part of aging. But only in year, with about \$250 thousand the twentieth century have physicians recognized that heart dis- North Carolina medical centers. eases, with causes that can be

The ultimate aim of all medifound, — treatment and preven-tion that can be developed from The ultimate aim of all medi-cine is not treatment or cure, a knowledge of causes. That is but prevention. The ultimate aim why medical scientists, such as of the Heart Association those at Duke, Bowman Gray, give people freedom from disor-and the University of North Car-ders of the heart and circulation olina at Chapel Hill, are now during the first century of life. making a massive worldwide ef-Therefore, a large proportion fort in heart research. And their of Heart Association research efforts are producing results.

This is the measure progress, says the North Caro particles, barely above the atom their fight against heart disease Daniel T. Young, president of lina Heart Association. Most me ic level, that govern life process. —now the leading cause of pre- the state heart group.

cellular proteins, the fat molecules, the salts and minerals out of which life is made. Imbalances of these chemicals set up chains of events that lead to clinical disvessels in certain parts of the ease. As these processes are iden-"Well," Timothy Tarheel says, of high blood pressure can be tified and understood, it will be controlled. Attacks of rheumatic fever can be prevented and

valves affected by rheumatic fe-While this basic research continues, clues, partial answers,

and educated guesses are being brought forward by investigat ors. To give Timothy Tarheel the benefit of this research progress. year by year; the North Carolina Heart Association keeps its phy-cians informed so that they can help him guard his heart. It is not known, for example, what causes heart attacks, but broad the beating mechanism from falstudies of population groups show that coronary heart disease is associated with high blood pressure, a high level of blood cases. These are research jobs fat, obesity, excessive cigarette still to be done and the Ameri-

smoking, and a family history of can Heart Association and its heart disease. Therefore, physi-cians, are growing increasingly affiliates are putting about \$11 million into heart research this watchful of these signs long before a heart attack may occur. allocated to investigators at As knowledge about heart dis-

ease advances, the North Carolina Association, through Timis to added years of life.

> It is true, of course, that one mature death and disability in out of one person must die of something. However, the lay and ful. leaders of the North medical

funds are expended on basic re- Carolina Heart Association are stake in the outcome of the Heart of our search, finding out about those determined that, sooner or later, Association's efforts, says Dr.

CHARLES E. DIXON



The examination is being con possible to counteract the imbalances before disease develops.

the

Malfunction of these chemicals,

most scientists believe, are the

heart and circulation. These are

the enzymes, the hormones, the

root cause of diseases of

ducted to fill positions at the VA Hospital in Fayetteville. Persons interested in applying should for-ward their applications to the Executive Secretary, Board of U S. Civil Service Examiners, Vet erans Administration Hospital, Fayetteville, N. C. The examination will remain open until the needs of the service are met.

Nursing Assistant's

Applications Given

ice Examiners, Veterans Admin

istration Hospital, Fayetteville,

N. C., announced today that ap-

plications are being accepted for the position of Nursing Assist-

ant, GS-2, \$3680 per annum.

The Board of U. S. Civil Serv-

Kings Mountain, N. C., Thursday, July 1, 1965

General Assembly passed more than 30 laws involving motor

vehicles. The following article

by the North Carolina Traffic Safety Council, Inc. explains

current laws governing speed

limits on North Carolina high-

ways and laws relating to li-

cense suspension for speeding

convictions.

pounds, or 100 tons.

Speed Restrictions

Complete information and application blanks may be obtain ed at the Civil Service Office, Veterans Administration Hospital, Fayetteville, N. C., or at the local Post Office.



Army Sgt. Roy A. Ballard, whose wife, Helen, lives on Route 2 Bessemer City, N. C., was as-signed to Headquarters, I Corps,

Korea, July 9. Sergeant Ballard entered the othy Tarheel's doctor, hopes to translate that knowledge into last stationed at Fort Bragg, N.

Timothy Tarheel has a real

2,500 pounds, the limit is 45 mph. On certain highways the limit **How Fast** may be fixed and posted at 60 mph for passenger vehicles and Is Too Fast?

50 mph for trucks. EDITOR'S NOTE: The 1965

On interstate highways, the speed limit for all vehicles (except activity and loaded school buses) may be set at 65 mph. 4, For loaded school buses, the maximum is 35 mph. For school tences: activity buses, the limit is 45

mph. 5. Special speed limits, higher or lower than the above, may be posted by State and local author ities for special areas, except that 65 mph is the top legal lim-

No one violation accounts for it as many highway deaths as speed. Speed not only makes ac-Minimum Speed Limits cidents more likely; it makes

death in accidents more likely. systems, If you hit a stone wall at 20 mph, the impact would be the are in effect for passenger vehicles. The minimum limit is 49 mph in a 55 zone and 45 mph in same as if you drove your car off the top of a building one 30 and 65 zones. However, these limits can be enforced only when story high. However, the force in the same collision at 40 mph appropriate signs are posted. spensions For Speeding Conwould be not twice, but four victions times as great. It would be the

as though you drove you: car off the top of a four story victed of exceeding the speed limit by more than 15 mph, pro-vided that he was also driving 'n excess of 55 mph. In addition, building. The impact in a head-on collision with another car at 60 mph is an amazing 200,000

There are a number of law dealing with speed but the basic one is simply the rule of common sense: No person shall drive a vehicle on a highway at a speed greater than is reasonable and prudent under existing conditions

The "existing conditions" are constantly changing as you drive. One minute you are rolling through open country. The next minute you are driving through a small community. Later you may be passing through a school zone or be in a congest-

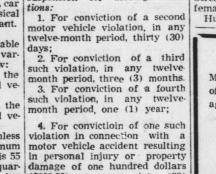
ed business district. Your safety depends upon constant attention to adjust your speed to changing traffic conditions. Other conditions such as weather, light, sight distance, speed of other traffic, type of road surface, car condition, and your own physical

condition are equally important. Maximuc Speed Limits In addition to the "reasonable days; and prudent rule" there are var-

ious specific limits set by law: 1. In a business district, the maximum is 20 mph for all vehicles 2. In a residential district, the

maximum is 35 mph for all vehicles.

3. On the open road, unless posted otherwise, the maximum limit for passenger vehicles is 55 in personal injury or mph. For trucks over three-quar-ter ton, and for vehicles towing (\$100.00) or more, sixty (60) trailers licensed for more than days.



A routine docket was aired in Monday's session of Kings Moun tain Recorder's Court at which time Judge George Thomassor handed down the following sen

Prayer for judgment was con tinued in the case against Henry Whisnant, 19, of 109 North Tra cy Street for assault with a dead ly weapon. Mack Lefevers, 40, of 506 Lin

wood Street, was found not guil ty of simple trespassing. The case against Joe Lee

On the prinary and interstate ystems, minimum speed limits Street, following too closely, was continued until July 26. James J. White, 22, of Rout 3, charged with no operator's li cense, was sentenced to 60 days suspended upon the payment of

a \$25 fine and the court costs. Henry P. Hovis, 28, 907 Church Street, charged with driving while intoxicated, posted a \$6 A person's license must be sus-bended for 30 days if he is conjury fee and his case is to be scheduled for trial in Cleveland County Recorder's Court.

Paula D. Forsyth, 36, of 512 North Monroe, charged with Department of Motor Vesimple assault, was sentenced to nicles may impose a 6-months suspension if a person is convict-30 days suspended upon the pay ment of the court costs. ed twice within a period of 12 The case against Lawrence months for speeding over 55 mph Moore, 37, of 316 Watterson

but not more than 75 mph. Upon one conviction of over Street, failure to pay taxi fare was continued until July 26. 75 mph, the Department may suspend for a period up to one Charles Deal, 29, Clover, charg ed with assault on a female, wa year Any speeding convictions not covered above carry a two sentenced to 60 days suspende upon the payment of the cour

point penalty under the Point costs. A nol pros was taken in the case against Jerry A. Ross, 907 System. Accumulation of 12 points

within a three-year period may Boyce Street, parking meter vio result in suspension for as long lation. as 606 days Franklin B. Lemmons, 36, 200

Special Rules For Provisional Waco Road, charged with no op Licensees erator's license, was sentenced to

A provisional licensee is any 60 days suspended upon the pay licensee under 18 years of age and the Department must take ment of a \$25 fine and the cour costs. the following action regarding

suspension for moving viola-Street, charged with assault on a

George Hall, Jr., 52, 810 Grac

on, Kings Mountain, charged vith four counts of worthless hecks, was continued until July Five cases of public drunken-less were heard.

feited.

Submissions included:

Bobby D. Clark, 40, Lowell, N. C., violation of prohibition laws, 310 fine plus the court costs.

John W. Oates, 48, Route 3, top light violation, half costs.

Willie Lee Adams, 21, 202 Waterson Street, reckless driving, 0 days suspended upon the paynent of a \$15 fine and the court osts

Lee Moore, 38, 316 Watterson Street, violation of the prohibiion laws, costs of court.

Catherine B. Day, 26, 1315 rover Road, following too closey, half costs.

James H. Roberts, 19, Route 1, xceeding safe speed, half costs.

Andrew P. Brown, 19, 206 Carpenter Street, exceeding safe speed, half costs.

Clyde G. Jeffries, 46, Route 1, rover, exceeding safe speed alf costs. Peter L. Putnam, 19, Route 1,

ailure to yield right of way, alf costs

William B. Crawford, 28, Rt. parking meter violation, paid cket plus the court costs. David L. Walls, 29, Route 1,

helby, improper passing, half osts.

Brenda J. Rudisill, 18, Cherry improper muffler, half osts.

Thomas M. Roberts, 20, Route Shelby, stop sign violation, alf

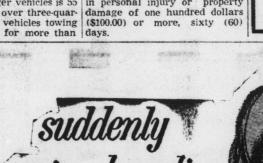
Melvin F. White, 16, 414 Wilon Street, stop sign violation, alf costs

emale, was found not guilty. of court Hubert C. Timmons, 25, 109 S.

Boatmen! Be Sure You're Protected

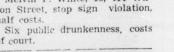
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AS SEEN ON

lation of the prohibition laws

for beverage purposes, bond fo

The case against Janice Hud-

Thursday, July 22, 1965 Cherry Street, charged with vio-

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\$3000	\$111.51	\$ 88.80	\$75.26
\$3500	\$130.10	\$103.60	\$87.81
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