

Cardiologist's Warning

Animal, Dairy Fats Set Up Heart Woes

Over 22,000 physical examinations were performed last year in 30 Multiphasic Screening Clinics in County Health Departments throughout the state. One or more abnormalities were discovered in some 5,000 of the examinations. The disorder that showed up the most was high cholesterol levels (11 per cent revealed readings exceeding 250 mg per cent).

"We no longer need to pretend that we don't know the cause of arteriosclerosis," says Dr. Sylvester Vala, a cardiologist and physician consultant for the Division of Health Services' Chronic Disease Branch.

"The disease, which sometimes results in blockage of arteries by deposits of cholesterol, often causes heart attacks and strokes," Dr. Vala said.

"Since heart disease is the number one killer in the United States today, we must consider that the 'American diet', heavily laden with cholesterol-producing foods (it has been documented), is the number one offender."

What is cholesterol? Why do we have it? Is it vital to body functions?

Dr. Vala, who reviews all abnormal multiphasic screening examinations explained that cholesterol is a fatlike substance that gets into the blood mostly through the ingestion of foods such as eggs, animal fat, dairy products, coconut oil, cocoa butter, and palm oil.

He said there is no cholesterol in foods of plant origin such as fruit, vegetables, grains, cereals, and some nuts.

The public health official said cholesterol is not only secreted by the living human cell, but is actually a part of the cell. Although its function is not known, he cautioned that human beings cannot live without it.

"If cholesterol is lowered beyond a certain point a person cannot survive", Dr. Vala noted. "On the other hand, it can be devastating to the arterial system if it is allowed to become too concentrated."

He said deposits of cholesterol (called plaque) normally are laid down precisely in that portion of the arterial wall subjected to the most forceful flow of blood — around a curve or where two arteries branch. Veins are not affected because cholesterol enters the arterial system directly from the digestive system.

"When blood containing too much cholesterol flows through arteries with excessive forces over a long period of time, as with stress, high blood pressure, ex-

citement, or because of smoking, particles of cholesterol impregnate the artery wall and eventually form a irregular island of plaque.

"Some red blood cells and platelets disintegrate when they hit the irregular surface of the islands, clot and add to the obstruction. As the buildup continues, the diameter of the inside of the artery becomes smaller, further limiting the flow of blood to whatever part of the body is served by the vessels," Dr. Vala explained.

The heart specialist said blood clots often break away from the buildup of plaque and cause a heart attack or stroke. The size of the area of the heart or brain deprived of blood by the thrombosis or embolism determines one's chances for survival.

"I have seen blood serum so saturated with cholesterol and other fatty substances that it looked like skimmed milk (it is normally clear)," Vala stated. "This can happen after a typical American breakfast of bacon, sausage and eggs.

"A close watch should be kept on diet and weight," Vala pressed. "Cholesterol levels should be maintained between 200 and 250 mg per cent (ideally, below 200 mg per cent). A diet of too much saturated animal and dairy fats makes this difficult and sets a person up for heart disease."

Nine Per Cent New Interest On Late Taxes

Greensboro - The interest rate for taxpayers who are delinquent in paying Federal tax bills, or have been granted extensions of time to file, will jump to nine per cent beginning July, Robert A. LeBaube, district director for North Carolina said today.

Mr. LeBaube said that the higher interest rate will be charged on all overdue taxes on July 1, as a result of legislation enacted on January 3, 1975. The present rate is 6 per cent for most taxes.

The government, which now pays 6 per cent interest on overpayments by taxpayers, will also pay 9 per cent interest, starting July 1. Interest becomes payable if an overpayment is refunded to a taxpayer more than 45 days from the due date of the tax return, or from the date of the return's receipt by the IRS, whichever is later, Mr. LeBaube explained.

In addition to hiking the interest rate to 9 per cent, the law provides for increasing or decreasing the rate, in line with the prime interest rate commercial banks charge their largest customers.

Speedometer Check Held Good Idea

RALEIGH — The Highway Patrol, in enforcing the 55 miles per hour speed limit, is encountering numerous motorists operating vehicles with speedometers which record speed incorrectly.

Troopers have been confronted with explanations from speeding motorists for years, such as: "my speedometer showed 55 not 70 miles per hour."

With the Patrol strictly enforcing the reduced speed limit, a defective speedometer can easily result in an unintentional but enforceable violation of the speed law. Ignorance is not a valid excuse.

Lieutenant A. W. Rector, the Patrol's traffic safety information officer, said that it is not unusual for the accuracy of speedometers to vary as much as 12 miles per hour or more.

Recent experiences reveal that the speedometers are not always accurate even on 1975 models. The officer noted that although a motorist through experience may become proficient in estimating speed, the surest and safest method is the use of a properly calibrated speedometer.

He said that motorists questioning their speedometers should have them checked. This simple and inexpensive check can help motorists avoid unintentional violations, embarrassment, and inconvenience.

He also said that it could not only save money, but it could save a life.

March 10, 1975
STATE OF
NORTH CAROLINA
COUNTY OF
TRANSYLVANIA

NOTICE

Pursuant to Section 6 of the By-Laws of the First State Savings and Loan Association of Brevard, North Carolina, notice is hereby given to all members that the Annual Meeting of the membership of First State Savings and Loan Association will be held in the Conference Room of Gaither's Restaurant at 34 S. Broad Street, Brevard, North Carolina at 2:30 o'clock P.M. on Tuesday, April 1, 1975.

All members of the Association are requested to attend this meeting. The members will further take notice that at the Annual Meeting all matters relating to the affairs of the Association might be discussed and passed upon at an Annual meeting of the members of the Association in accordance with the By-Laws.

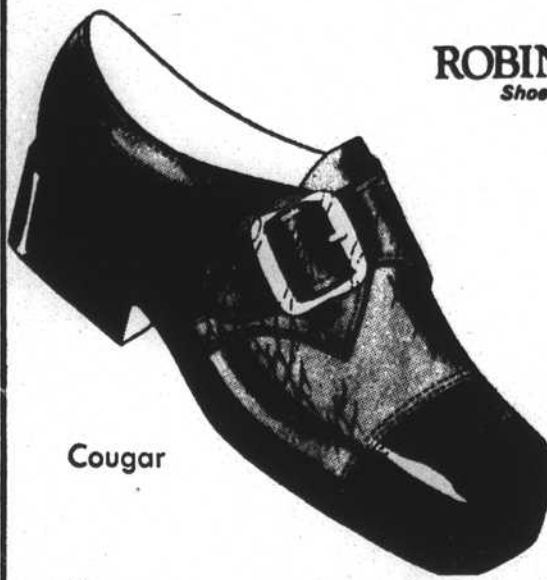
This the 10th day of March, 1975.

Kenneth A. Rumbley
Secretary of
First State Savings
and Loan Association
M3-17-2tc

Robin Hood.

Action Shoes for Active Children

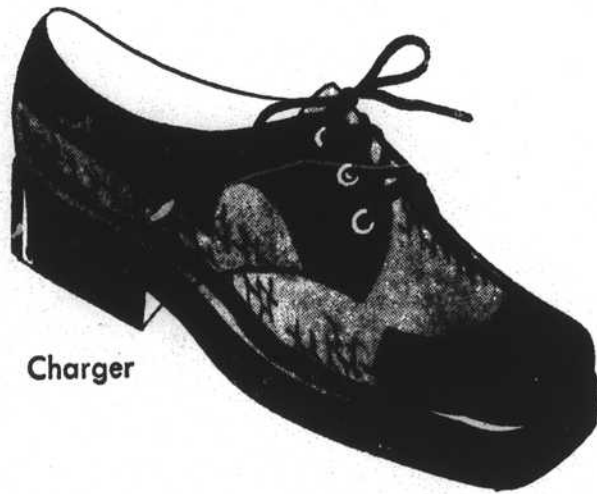
Pat's Jr. SHOE WORLD



Cougar

Cougar... an attractive two-tone textured side buckle slip-on. Fire-brown... in B, C, D, & E widths

Sizes
12½-3 \$11.95
3½-6 \$12⁹⁵



Charger

All children's shoes are fitted with care

our nifty two-tone makes a thrifty buy



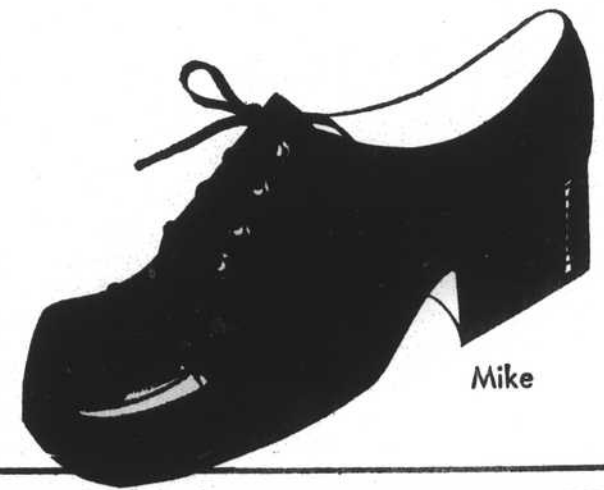
The Robin Hood two-tones. A strapped slip-on and tie oxfords priced so easy on your budget. They sport a new, tough-minded, man-made upper that's super flexible and wipes to a shine. Let your boy choose his favorite. All are backed by our expert fit.

Charger... a rugged lace-up shoe in two-tone textured leather. Burgundy & tan. B, C, D & E widths

Sizes
8½-12 \$10⁹⁵
12½-3 \$11⁹⁵
3½-6 \$12⁹⁵

Mike... a dressy lace-up in smooth leather. Brown & tan two-tone or blue & gray.

Sizes
12½-3 \$13⁹⁵
3½-6 \$14⁹⁵



Mike

lets the shine of genuine patent brighten your daughter's day

ROBIN HOOD. Shoes for Girls

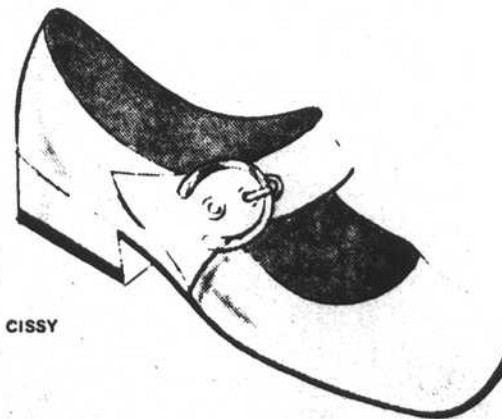
Genuine patent. Shiny. Smooth. Beautiful to look at. Especially when it's paired with a favorite dress. Robin Hood styles this shoe with just the right trim. And we're bringing it to you backed by our fine fit and a budget-pleasing price.



Cissy... in black or white

genuine patent. With flared strap, slanted toe and heel and elastic insert for perfect fit.

Sizes
5½-8 \$8⁹⁵
8½-12 \$10⁹⁵
12½-4 \$10⁹⁵



CISSY



Tracey

Tracey... a feminine gillie lace-up in blue, white or black patent.

Sizes
5½-8 \$9⁹⁵
8½-12 \$10⁹⁵
12½-4 \$10⁹⁵

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