

**Health Watch**

**Heart Attacks Show Decrease**

Heart disease is the number one killer in the country today. One in every 100 American men will have a newly recognized ischemic heart event (first heart attack, onset of chest pain, or sudden death without warning) this year. That's the bad news.

The good news is that over the last few years there has been a decrease in the number of heart attacks. Also, due to improved technology, the survival rate for those who suffer heart attacks has improved. The victim who reaches the hospital alive has a better chance than ever of surviving and returning to an active life.

Reaching the hospital quickly is critical for survival since many complications occur within the first few minutes and hours after an attack. The North Carolina Medical Society stresses the importance of recognizing a heart attack when it happens.

Many people may walk around with chest pain for days or weeks before their attack simply because they think they are suffering from indigestion. Usually angina pectoris (heart cramp) shows up days or weeks before an attack and becomes more and more frequent with less and less exertion.

Finally a severe episode of pain that lasts from 30 to 60 minutes or longer signals a heart attack. The sensation of pain may feel like a crushing or squeezing under the breast bone, radiating into the arms and neck. Also accompanying this is a shortness of breath, sweating, weakness, nausea, dizziness and fainting. Some people are at greater risk than others because of conditions they cannot control. Heredity may place certain people at greater risks. Women have a lower death rate than men from heart attacks although it sharply increases after menopause, and blacks are nearly twice as likely to have high blood pressure, a con-

dition which significantly contributes to heart attack risk.

There are important factors that people can control. Among them are weight, diet, exercise and smoking.

A middle-aged man, 20 percent over his normal weight, has a two to three times greater risk of a fatal heart attack. But counting calories isn't enough. It is also necessary to watch cholesterol, a fatty material which may cause deposits on artery walls which interfere with blood flow. Avoid foods like pastries, butter, whole milk, liver, kidney, fatty meats and egg yolks.

Exercise is also important to keep the heart muscle strong. Also, smokers have a 50 to 100 percent greater risk of heart attacks than non-smokers.

Your heart beats over 100,000 times a day to keep about eight pints of blood circulating through your body. If you take care of it, it will last you a long time.

**Baby Shower**

Mrs. Dedrick Franklin entertained at a baby shower at her home on Little Laurel on Sept. 24, honoring Raynee Tweed, infant daughter of Mr. and Mrs. Ray Tweed.

Thirty-six relatives and friends attended.

**Rummage Sale**

Rummage sales are being held every Saturday at the Upper Laurel Community Center beginning at 10 a.m.

The sales are being sponsored by the ladies of the Upper Laurel community.

**Hospital News**

Mrs. Carl Stuart of Marshall is a patient in St. Joseph's Hospital where she is undergoing tests.

**Births**

To Mr. and Mrs. Roger D. Swainey, Hot Springs, a daughter, Oct. 2, in Memorial Mission Hospital.

To Mr. and Mrs. Bernard C. Franklin, Marshall, a son, Oct. 4, in Memorial Mission Hospital.

To Mr. and Mrs. Jimmy E. Johnson, Mars Hill, a son, Oct. 8, in Memorial Mission Hospital.

The snow-covered fields of Valley Forge were the setting for George Washington's 46th birthday.



MRS. JAMES DEWAYNE THOMASON

...Pamela Annette Clark (Terry Anderson Photograph)

**Mental Health Bellringers Named**

Mrs. Bruce Briggs of Mars Hill and the Rev. Jimmy Buckner of Walnut have been named mental health bellringers for their respective towns for the October campaign, announced Ludie R. White, president of the Mental Health Association in North Carolina.

"The Mental Health Association is the largest citizens' voluntary advocacy organization in the United States fighting mental illness and promoting mental health," said Mrs. White.

Since the organization is non-profit and non-governmental, its entire support must come from contributions such as those to be collected in October.

The original and continuing purposes of the association are to:

- Improve attitudes toward mental illness and the mentally ill through public education;
- Improve services for the mentally ill; and
- Work for the prevention of mental and emotional illness

and the promotion of mental health.

Through the social action and public education programs the association helps to assure that appropriate funds are available to support public mental health services in North Carolina, and that laws are passed to protect the rights of the mentally ill person to humane and dignified treatment.

**Mars Hill Receives Music Scholarship**

A \$1,000 scholarship has been awarded Mars Hill College by Mr. and Mrs. J. Thomas Alexander Jr., of Statesville, according to college president Dr. Fred B. Bentley. The scholarship, which will be called the Alexander Music Scholarship, may go to one student or may be divided between two students who are rising sophomores or juniors with proven excellence in musical performance and an academic average of 3.4.

For 1978-79 the recipients are Michael Randy Sitton, a native of Horseshoe, and a junior piano performance major. He is the son of Mr. and Mrs. Clifford M. Sitton. Edith Amelia Slattery is the other recipient and is a sophomore

music education major from Great Falls, S.C. Her parents are Mr. and Mrs. Jan T. Slattery.

In announcing the gift and its recipients, Dr. Bentley noted that "It is because of the enthusiastic support of leaders such as the Alexanders that Mars Hill College is succeeding."

It will be possible for the students receiving the Alexander Music Scholarships to renew the award each year provided they maintain a high level of performance and a 3.4 academic average. Students receiving federal assistance cannot qualify for the award. New recipients, chosen by the Mars Hill Music faculty, will be announced at the school's Honors Day program in May.

**Clark-Thomason Vows Exchanged Saturday**

Pamela Annette Clark and James Dewayne Thomason were married at 4 p.m. Oct. 7 in Grapevine Baptist Church. The Rev. Joe G. Rice conducted the double-ring ceremony.

The bride is the daughter of Mr. and Mrs. Garrell G. Clark of Route 6, Marshall. Thomason is the son of Mr. and Mrs. William Thomason of Lytle Cove Road, Swannanoa.

The bride was given in marriage by her father. Mrs. Jeannette Shook of Marshall was matron of honor. Bridesmaids were Mrs. Marsha Hutchins of Swannanoa, sister of the bridegroom; Miss Tammy Clark, sister of the bride; and Miss Beverly Bruce, cousin of

the bride. Ringbearer was David Clark, brother of the bride, and flower girl was Shelly Hutchins, niece of the bridegroom.

Carl E. Shook of Marshall was best man, and ushers were Terry Worley and Bobby Bradley, both of Marshall. Wedding music was presented by Mrs. Barbara Bruce; Miss Debbie Bradley kept the bride's book; and Mrs. Shirley Caldwell and Miss Lorraine Bradley were hostesses at the reception held in the classroom of the church.

The bride is a 1978 graduate

of Madison High School. The bridegroom is a 1975 graduate of Owen High School and employed by Drexel Heritage Furnishings in Black Mountain. The couple will live in Swannanoa.

**Leslie Tweed**

**To Observe**

**67th Birthday**

Leslie Tweed of Marshall will celebrate his 67th birthday this Friday.

Unusual about this birthday is the fact that Leslie has "two birthdays." This was caused in 1942 when he crossed the equator en route to the South Pacific as a member of the U.S. Navy, gaining a day.

"Actually my birthday is on Oct. 13," Leslie commented.

ENGAGEMENT — Mr. and Mrs. Charles Shook Jr., of Mars Hill, announce the engagement of their daughter Joy Annette, to Howard Charles Adams, son of Mr. and Mrs. A.E. Adams, of Mars Hill. A December wedding is planned.

**Personal Notes**

Mr. and Mrs. H.E. White and his aunt, Mrs. Clara Fagan of Marshall returned Sunday to their homes Sunday from Winter Haven, Fla., where they visited the Whites' son and daughter-in-law, Mr. and Mrs. Rick White and family; and the Whites' son-in-law and daughter, Mr. and Mrs. Jim Ledford and family in Lakeland, Fla. While in Florida they also took several sightseeing trips to points of interest.

Mr. and Mrs. Frank Brown left Tuesday morning for their home in Swainsboro, Ga. after spending the week-end in Marshall with Mrs. Brown's brother-in-law and sister, Mr. and Mrs. James Allen and their daughter, Dana. While here they also visited other relatives of Mrs. Brown.

Mr. and Mrs. Jack Martin returned to their home in Myrtle Beach, S.C., on Friday of last week after spending a few days in Marshall with Mrs. Martin's brother-in-law and sister, Mr. and Mrs. Guy White. While here they also visited relatives of Mr. Martin in Barnardville and Mrs. Martin's sister, Mrs. May Roberson, in Taylorsville.

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MARSHALL, N. C.

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REGULAR MEALS SHORT ORDERS SANDWICHES HOMEMADE PIES  
AIR-CONDITIONED  
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CHOICE MEATS, VEGETABLES, GROCERIES

GROUND BEEF . . . . . LB. **99¢**  
GROUND CHUCK . . . . . LB. **\$1.29**  
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SHRIMP, OYSTERS, CATFISH, PERCH  
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Collar and crew neck styles. Assorted colors. S,M,L,XL.

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Special purchase! 100% cotton brushed denim with patch pockets, belt loops, flame. Sizes 26-38.

Genuine Suede Casuals **\$5.99** PAIR  
Genuine suede uppers in sand color. A classic go-with-anything shoe for men, women, and boys. Children's sizes 8 1/2-5.00 pair.

Skirt Sets And Pant Suits **\$6.99** EACH  
Pants or skirts with tops in Johnny collar, turtle and V-neck styles. Other styles, too! Prints and solids, sizes 8-18.

Aluminum Foil **3 FOR 87¢**  
Reg. 2 for 69¢. 25' roll 12" wide. Limit 3.

Purex Powder Detergent **89¢** EACH  
Big 42-ounce box, usually 1.19 each!

Disposable Douche **3 FOR \$1**  
Holds 12 ounces! Regular price 2/\$1. Limit 3.

Cape Cod Tier & Valance **\$4.00** SET  
Pair of 36" tiers, valance & tie backs. White, yellow or eggshell.

Foam Hair Rollers **59¢** EACH  
Assorted sizes, reg. 99¢ per pack!

Shredded Foam Bed Pillows **\$1.29** EACH  
Standard size pillow, 18" x 18". Non-irritant!

Flax Shampoo **3 FOR \$1**  
Flax 4 oz. size Reg. 39¢ each.

Tooths Roll Candies **79¢** BAG  
15-oz. Tooths Roll Candies or 11 1/2-oz. Tooths Roll Paper.

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Regular price 1.09! Limit 2.