

Learn About Signs:

Heart Pamphlet

Maybe a lot of people don't do anything about it when they think they may be having a heart attack because they think it's too late, and there isn't any use in doing anything. They are wrong. Usually a big heart attack doesn't come on all of a sudden and a person just drops dead. There are early warning signs. Learning where the pain can be felt and how it is felt and what to do about it can save almost twice as many lives.

The North Carolina Heart Association is mailing out free, to everyone who writes

in to ask for it, some diagrams and descriptions first printed in the *Reader's Digest*, that show those early warning signs. The areas where the pain or discomfort can be felt are marked in red and these pains are described accurately.

Learning about the signs and learning to do something about them can save your life or someone's close to you. Getting help fast is the thing to do. Call the rescue squad or an ambulance, but if there is going to be any delay, get someone to drive you. Usually, if you can get help within

an hour, you're all right, but most people wait hours before trying to get help.

The best thing, of course, is to try to prevent a heart attack: watch your blood pressure, get it checked and if it's high, see a doctor; quit smoking, cut down on fatty foods, and cholesterol, watch your weight, and exercise. The next best thing is to learn the early warning signs. Get the free pamphlet, "How to Recognize and Survive a Heart Attack". Write to: the North Carolina Heart Association, 1 Heart Circle, Chapel Hill, North Carolina 27514.

BIRTHDAY CELEBRATION

Celebrates Third Birthday



Michael McIntosh

Michael McIntosh celebrated his third birthday Sunday, December 12. He is the son of Mr. and Mrs. Jimmy McIntosh and grandson of Mr. and Mrs. Byrd McIntosh and Mr. and Mrs. Ford Cannon.

Celebrates Second Birthday



Terri Lynn Ingle

Terri Lynn Ingle will celebrate her second birthday December 19. She is the daughter of Mr. and Mrs. J.C. Ingle of Route 3, Burnsville. Grandparents are Mr. and Mrs. Chester K. Souther of Route 6, Burnsville and Mr. and Mrs. Rufus Ingle of Route 3, Burnsville.

Celebrates 4th Birthday



Trent McCurry

Trent McCurry, son of Mr. and Mrs. Neil McCurry celebrated his 4th birthday on December 14, 1976 with a birthday party at his home. He had as his guests maternal grandparents Mr. and Mrs. Alvis McMahan, and paternal grandparents Mr. and Mrs. Wesley McCurry.

Other guests attending the party were Crystal Buchanan, Brian and Steven McMahan, Chris McMahan, Denise McIntosh, Anthony, Michael and Kent Thomas, Travis Sparks, Danny Hughes and David Harrison.

Celebrates First Birthday

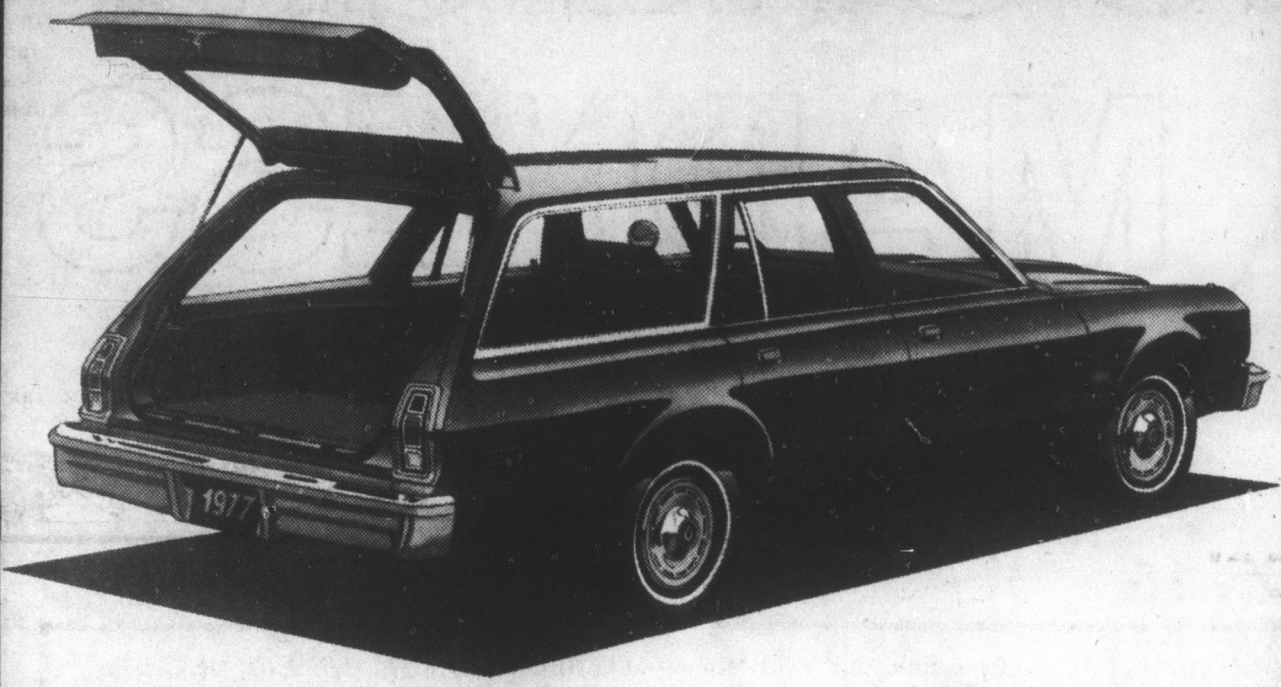


Blandan Silvers

Blandan K. Silvers celebrated his first birthday on November 24, 1976. He is the son of Mr. and Mrs. Alan L. Silvers of Route 3, Burnsville. Grandparents are Mr. and Mrs. Reece Silvers of Route 4, Burnsville, and Mrs. June Laws of Route 3, Burnsville, North Carolina.

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