

NC Medical Society

Health Watch: Blood Pressure

Hypertension, high blood pressure, is responsible for 100 deaths a day in this country, afflicting nearly one out of every ten adults. The most susceptible to it are those with a family history of hypertension and blacks, whose risks are twice that of whites.

High blood pressure has been compared to a time bomb—silent until it explodes into fatal or crippling stroke, heart disease, or kidney failure.

Many who have this disease are unaware of it and some that are aware of it do not adequately comply with the treatment. Hypertension causes no pain or other symptoms until the individual is suffering from the long term consequences of the disease.

Blood pressure is the force in which the blood pushes against the walls of the blood vessels. A measurement is taken painlessly with a cuff

that fits around the upper arm and a gauge which gives the reading. A reading of your blood pressure is usually taken each time you visit your doctor's office.

This reading is given as a fraction. The top number, the systolic pressure, measures the force of the heart pushing blood from the heart into the blood vessels. The bottom number, the diastolic pressure, measures the pressure when the heart is at rest

between beats. A pressure of between 100/70 and 140/90 is usually considered normal for an adult.

A higher blood pressure means there is too much strain on the heart and you should consult your doctor.

In most cases, high blood pressure is easily treated. In milder cases your physician may have you lose weight, restrict your salt intake, quit smoking, and begin a program of regular exercise. In

other cases, certain drugs may be prescribed to bring your blood pressure under control.

In either case, follow your physician's orders. High blood pressure cannot be cured but it can be controlled. Don't let the silent killer get the best of you.



WE ARE NOW OPEN
DAILY - 9 TO 6:30
SUNDAYS - 11 TO 6
THRU JUNE
YANCEY COUNTY
COUNTRY STORE
COME SEE US!!

These Farewell

JOHN M. FRITCHARD
John M. Fritchard, 79, of the White Oak Creek Community, Route 5, Burnsville, died Tuesday morning in a Marion nursing home following a long illness. He was a native of Yancey County, the son of the late David and Saphronia Sowers Fritchard and a retired sawmill operator and lumberman.

Surviving are one daughter, Mrs. Bruce G. Smith of Burnsville; three sons, Wray Fritchard of Richmond, Va., Oather and Lewis Fritchard of Burnsville; a sister, Mrs. Ethel Edgens of California; three brothers, Walter Fritchard of Marion, Paul Fritchard of Spruce Pine and Woodrow Fritchard of Burnsville; eleven grandchildren and four great grandchildren.

Funeral services were held at 2:00 p.m. Thursday in the South Estatoe Baptist Church of which he was a charter member and a trustee. Revs. Glenn Freeman and Steve Clark officiated and burial was in the church cemetery.

MRS. ALLIE WHEELER

Mrs. Allie Wheeler, 77, of the Upper Jacks Creek Community of Yancey County died Wednesday morning in a Burnsville hospital after an illness of 9 months. A native of Yancey County, she was a daughter of Nora Bennett Fox of Burnsville and the late Tilmon Fox, and the widow of Bill Wheeler, who died in 1971.

Surviving are two daughters, Mrs. Bob Brown and Mrs. J.C. Woody of Burnsville; a son, Isaac Wheeler of Brentwood, Tenn.; four sisters, Mrs. Sam Blevins, Mrs. Lark Wright, Mrs. Willard Wright and Mrs. Corner Ogle of Burnsville; three brothers, Isaac and James Fox of Burnsville and Carson Fox of Chucky, Tenn.; 9 grandchildren and 4 great grandchildren.

Funeral services were held at 2 p.m. Friday in West Burnsville Church of God, of which she was a member. Revs. Ransom Shores and Willard Shook officiated and burial was in the Wilson Cemetery on Jacks Creek.

MISS LOUISE WATSON

Miss Louise Watson of 88 Murdock Avenue, Asheville and a former resident of Burnsville died in an Asheville hospital Tuesday evening after a lengthy illness. She was a native of Yancey County, the daughter of Willie Dale Hampton Watson and the late John A. Watson. She was retired from the North Carolina Veterans Commission and a member of Central Methodist Church in Asheville.

Surviving in addition to the mother is a sister, Mrs. Welzie Riddle, Jr. of Burnsville and a brother, Frank H. Watson, Spruce Pine, N.C.; six nieces also survive.

Funeral services were held Thursday at 3:30 p.m. in the Chapel of Holcombe Brothers Funeral Home. Burial was in the Academy Cemetery in Burnsville.

OTTIS B. YOUNG

Ottis B. Young, 87, of Asheville, died Thursday afternoon in an Asheville nursing home following a long illness. He was a native of Yancey County, the son of the late Jeff and Eliza Hilliard Young. He was owner and operator (proprietor) of Young's Grocery on Broadway in Asheville for 30 years before retiring in 1969.

Surviving are the wife, Iva Horton Young; three daughters, Miss Paula A. Young of Los Angeles, Calif., Mrs. J.W. Beale of Winter Park, Florida and Mrs. Troy Williams of Asheville; four sons, Hal H. Young of Burnsville, Val R. Young, C.A. Young and Emil Young of Asheville; one sister, Mrs. Dora Robins of Burnsville; eight grandchildren, 18 great grandchildren and 1 great great grandchild.

Funeral services were held at 2:00 p.m. Sunday in the chapel of Holcombe Brothers Funeral Home. Rev. Don Turman officiated and burial was in the Young Cemetery at Newfield.

BORDENS..12oz. PK.
CHEESE
99¢

MAXWELL HOUSE..1lb.
COFFEE
\$3.49
lb. BAG

WHITE STAR 6 1/2oz.
TUNA
59¢

FONDA 100ct. PAPER
PLATES
99¢

LIBBYS..3oz..... 3 \$1.00
SWEET PEAS

LIBBYS..5oz..... 3/89¢
VIENNA SAUSAGE

NO 64oz. DEPOSIT
COKE'S
79¢

DELMONTE
CATSUP
69¢

KRAFT 1/2 GAL.
ORANGE JUICE
99¢

GIANT..LIQUID..
DAWN
73¢

GOLDEN RIDE
BANANAS
235¢

LARGE WESTERN..
CANTALOUPE
21¢

WASH. US-X-FANCY
APPLES
10 for \$1.00

SANTA ROSA...
PLUMS lb. 49¢
RED CARDINAL
GRAPES lb. 69¢

MINUTE MAID..12oz.
ORANGE JUICE 59¢

MDI..9oz. WHIP..
TOPPING 49¢

CHEF BOY AR DEE...
PIZZA'S 12 1/2 79¢

DONUTS 12ct. 69¢

BANQUET..2lb..
SUPPERS \$1.19

ICE CREAM BAR 85¢

MIGHTY HIGH..29oz.
SHORTCAKE \$1.19

ARGO..3oz CAN...
SWEET PEAS 5 \$1.00

LIBBYS..12oz.....
CORNED BEEF 89¢

GREER 3oz CAN...
TOMATOES 3 \$89¢

GREER 3oz CAN...
APPLE SAUCE 4 \$1.00

LAURA LYNN TALL
CAN MILK 3 \$89¢

KEEBLER 13oz. PK...
FUDGE STRIPES 91¢

MDI..HAMBURGER...
BUNS 3 \$1.00

DAISY..8oz. PK...
POTATO CHIPS 59¢

MDI..1 1/2 lb...
BREAD 3 \$1.00

BLUE BONNET 2lb. TUB
MARGARINE \$1.19

NABISCO..NILLA..VANILLA
WAFERS 12oz. 55¢

3lb. CAN
SNOWDRIFT
99¢

5lb. DOMINO
SUGAR
79¢

US CHOICE BONELESS.
SHOULDER ROAST 99¢
CENTER SLICES... \$1.39

SMOKED HAM \$1.39
3lb. OSCAR MAYER

CAN HAM \$5.69
SMOKEY MTN. WHOLE HOY

SAUSAGE 2lb. \$1.89
SWIFT PREMIUM..BRISKET...

CORNED BEEF 1/2 \$1.29
MARKET STYLE.....

BACON 1/2 99¢
BOSTON BONNIE FROZEN

PERCH FILLETS \$1.39
BOSTON BONNIE FROZEN

FISH STICKS 1/2 99¢

US CHOICE BONELESS.
CHUCK ROAST 89¢
3lbs. OR MORE FRESH.....

GROUND BEEF 79¢

US CHOICE STEAKS....
DELMONICOS \$1.99
lb.

JFG..QUART JAR.....
MAYONNAISE 79¢

48oz. JUG.....
WESSON OIL \$1.49