

HEALTH TIPS

Don't ignore heart attack warning signs

Janet was in her office, into her third hour on a difficult report, when she got the first twinges of pain in her chest.

It more or less went away when she sat up, so she didn't think any more about it—until she was driving home that night.

This time the pain was more severe—like being stabbed in the chest, she thought. It seemed to go right through her back, and her hands on the steering wheel went numb. She began to perspire.

"My God, am I having a heart attack?" she thought. The pain got worse. Thoughts of her husband Ron and her teenage sons flashed into her mind. "If I don't make it how will they cope?"

At the nearest pay phone, she called her doctor. "I'll meet you at the hospital. You're less than a mile away. Stay calm and I'll see you in ten minutes."

An EKG and several tests later, Janet's doctor reassured her that she was not having a heart attack. "I'm really glad you called right away, though, Janet. You did the right thing," the doctor said. He sighed. "I only wish everybody would

do what you did. A lot of people who aren't with us any more might be if they had sought help."

"Janet's doctor makes an excellent point," said Dr. George Ritter, cardiologist, who is president of the Michigan Heart Association. "You know, 350,000 people a year die of heart attack before they reach a hospital—because the average person—unlike Janet—doesn't want to believe the possibility he or she is having a heart attack. That can't happen to me," they think. So they waste precious time.

"The average heart attack victim waits three hours before he seeks help. That's just incredible to me. If you have any kind of chest pain at all, suspect a heart attack. 'Better safe than sorry' is the rule here. Many other things, like indigestion and so on, can mimic heart attack—and vice versa. I've seen patients who've had episodes of pain off and on for weeks without telling anyone—then when it gets so bad they can't ignore it any more they come in. "If you do have chest pain, don't panic. Panic, after all, is generally unproductive. Just do whatever is necessary to get immediate medical help."

Know the warning signs of heart attack:

—An uncomfortable pressure, fullness, squeezing or pain in the center of the chest, lasting two minutes or more.

—Pain may spread to shoulders, neck or arms.

—Severe pain, dizziness, fainting, sweating, nausea or shortness of breath may also occur. Sharp, stabbing twinges of pain (such as Janet's) are usually not signals of heart attack.

"If you're having any of these symptoms, call the local emergency medical service (ambulance) immediately, or if you can get to a hospital emergency room faster any other way, do it. You can save precious time by keeping the EMS number by your phone—both at home and at work—and knowing the closest hospital with 24-hour emergency cardiac care," Dr. Ritter said.

Two named to MTU dean's list

Two Michigan Technological University students from this area have been named to the school's Dean's List for the spring quarter.

Gerald J. Greckowicz of Ubyly was named to the list with a 4.0 grade point average, or straight-A's.

Greckowicz is a sophomore studying electromechanical engineering technology and one of 215 students to achieve a perfect average.

Also named was Brian A. Prich of Owendale, who is a junior studying electrical engineering.

In order to be named to the Dean's List a student must have a grade point average of 3.5 or higher.

Soybean, corn stocks at record high

Corn and soybean stocks in Michigan were at record June 1 levels, according to the Michigan Agricultural Reporting Service.

Corn stocks at over 86 million bushels, were up 35 percent from a year ago. The almost 10.4 million bushels of soybeans stored were more than double the previous June's level.

Oats and wheat stocks were down from a year ago. At about 3.7 million bushels, oats stocks were down 41 percent from last June. Wheat at just under 5 million bushels was down 38 percent.

Nationally, soybean and corn stocks were at record highs for June while wheat and oats levels were less than what they were a year ago. Soybean stocks totaled 21.1 million metric tons, up 47 percent. Corn totaled almost 3.6 billion bushels, up 11 percent.

Down 17 percent were oats stocks at 239 million bushels. Wheat was down 3 percent to 901 million bushels.

Canning clinics scheduled

The Cooperative Extension Service is sponsoring two food preservation clinics in Caro and Sandusky.

"Pickling problems" will be conducted from 1:30-3:30 p.m. July 14 at the extension office in Sandusky; July 15 at the extension office in Caro. The clinic will focus on the soft pickle and basic instructions in canning pickles.

"Pressure canning know-how and sugar free canning" takes place from 1:30-3:30 p.m. July 17 in Caro and the following day in Sandusky. The emphasis will be on correct procedures in pressure canning and sugar-free canning.

Up to date U.S. Department of Agriculture canning bulletins will be available at the clinics, at the end of which pressure canners will be tested.

The clinics are free, however, reservations must be made at the extension office beforehand.

Extension fall tour to Pennsylvania

The Michigan Association of Extension Homemakers Area 14 is sponsoring a six days and five nights tour, Sept. 29-Oct. 4, to Pennsylvania.

The tour includes Hershey Chocolate and a ride through downtown Hershey, Lancaster county Amish country, working farm, farm market kitchen kettle, pretzel factory, Philadelphia, International Park, including Independence Hall, Liberty Bell, Betsy Ross house, and one meal in Amish county. Tour cost per person (two persons per room), \$219.

Tour reservations are made through Marguerite Wischman, 2270 Applegate Road, Marlette 48453.

For further information, contact the Cooperative Extension office in Caro, 673-3161.

It seems to be the rule of life that you receive many more complaints than compliments.

Down Memory Lane

FROM THE FILES OF THE CHRONICLE

FIVE YEARS AGO

About 30 relatives and friends gathered at the home of Mr. and Mrs. Fred Knobel to help celebrate their 30th wedding anniversary. Mrs. Archie Dorman, of Snover, arranged the affair.

A career that has spanned nearly four decades ended this week when George Fisher, Cass City, retired as manager of the Frutchey Bean elevator in Greenleaf township.

According to a report released last week by the state Department of Natural Resources, the water quality of the Cass River between Cass City and Caro was rated medium to good.

Cass City placed one man, Jerry Toner, on the squad of the Thumb B all-conference baseball team. He led the league in hitting with a .514 average while playing a tough defense.

TEN YEARS AGO

County supervisors, highway officials and police officers from 11 county communities met to hear the results of a study of traffic accidents in Tuscola county in 1969 and to pledge themselves to an all-out battle to reduce the number of accidents and fatalities in 1970.

Approximately 400 persons attending the drug awareness clinic at Cass City High School were made aware that Cass City does have a drug problem, but as yet it is relatively light.

A benefit drawing for Betty Jo Agar to help cover the cost of hospital and surgical care netted over \$1,000, sponsors reported.

The Cass City Village Council has voted to place a nightly curfew in the Cass City Recreational Park in an attempt to curb vandalism.

TWENTY-FIVE YEARS AGO

The 40th wedding anniversary of Mr. and Mrs. T.C. Hendrick was celebrated when members of the family met at their farm home. A barbecue dinner, topped off with a four-layer cake made by Mrs. Mark O'Dell and ice cream was served.

Steve Orto was in St. Joseph this week attending a meeting of law enforcement officers.

Pvt. Ronald Heckman of Fort Sill, Okla., spent three days with his parents, Mr. and Mrs. Melvin Heckman.

Work on the addition to the Cass City sewage disposal plant is continuing and should be completed in January, 1956.

Outgoing Rotary Club President Fritz Neitzel handed the gavel over to

the new president, Dr. D.E. Rawson.

THIRTY-FIVE YEARS AGO

In partnership with millionaires Don Topping and Del Welb, Larry MacPhail, who was born in Cass City in 1890, bought the New York Yankees last winter for \$2,850,000.

Charles Pratt and Frank Alward, both of Kingston, have purchased the Doerr restaurant. In Deford, the Sherwood Beauty Parlor and residence have been sold to Mr. and Mrs. James Mayers of Jackson.

William Brinker, who is the owner of retail lumber yards at Bad Axe, Kinde and Port Hope, is completing arrangements for the establishment of a retail lumber business in Cass City.

A testimonial plaque and a substantial sum of money were presented to Cameron Wallace, cashier of the Cass City State Bank, by the directors and officers of the bank on his birthday, for 25 years of faithful service.

SELF-ANALYSIS

Making a fool of yourself isn't a bad mistake if you've sense enough to know who did it.

Mrs. Schott manager of Petrolane

Petrolane Inc. has announced the promotion of Belva Schott to resident manager for the Gagetown district of the company's LP-Gas division.

Mrs. Schott will continue to be located at the office at 6608 Lincoln Street. She is a resident of Cass City and has been a Petrolane employee since 1973.

Petrolane has its headquarters in Long Beach, Calif.

EVEN BREAK

People who do as they please get along as well as those that try to please everybody.

Professional and Business DIRECTORY

<p>DR. W. S. SELBY Optometrist Hours: 8:5 except Thursday 11:12 noon on Saturday 4624 Hill St. Across from Hick and Dates Hospital Phone 872-3404</p>	<p>DR. E. PAUL LOCKWOOD Chiropractic Physician Office Hours: Mon, Tues, Wed, Fri 9-12 noon and 1-3:30-5:00 p.m. Saturday 9-12 a.m. Closed All Day Thursday Phone 872-2765 Cass City for appointment</p>
<p>Allen Witherspoon New England Life NET Growth Fund NET Equity Fund Value Line Fund Keystone Funds Phone 872-2321 4615 Oak Cass City</p>	<p>Harold T. Donahue M.D. Physician & Surgeon CLINIC 4674 Hill Street, Cass City Office 872-2233 Res 872-2211</p>
<p>K. I. MacRae, D.O. Osteopathic Physician and Surgeon Corner Church and Oak Streets Office 872-2680 Res. 872-3365</p>	<p>Harris-Hampshire Agency, Inc. Complete Insurance Services 6815 E. Cass City Road Cass City, Michigan Phone 872-2688</p>
<p>Sang H. Park, M.D. Obstetrics & Gynecology 4672 Hill Street Phone 872-2800 Office Hours by Appointment</p>	<p>Salb A. Isterabadi, M.D., FRCS 4674 Hill Street Cass City, Michigan 48726 Surgeon, General & Thoracic Outpatient Clinic Hills & Daies Hospital Each Wednesday 8 a.m. - 1 p.m.</p>
<p>James Ballard, M. D. Office at 4530 Weaver Street Hours: 10:00 a.m. to 12:00 noon 2:00 p.m. to 4:30 p.m. Daily except Thursday afternoon</p>	<p>Dr. J. Geissinger CHIROPRACTOR Mon., Tues., Thurs., Fri. 9-12 a.m. and 2-6 p.m. Sat., 9-12 a.m. 21 N. Almer, Caro, Mi. Across from IGA Store Phone Caro 673-4464</p>
<p>DO YOU HAVE A DRINKING PROBLEM? ALCOHOLICS ANONYMOUS and AL-ANON Every Friday Evening - 8:00 p.m. Good Shepherd Lutheran Church Cass City</p>	<p>Hoon K. Jeung, M.D. General Surgery 9 a.m. - 5 p.m. Daily Saturday - 9 to 12 noon Office Hours by Appointment Phone 872-4611 4672 Hill St. Cass City, Mich. 48726 Home 872-3138</p>
<p>Edward Scollon, D.V.M. Veterinarian Call for Appointment for Small Animals Phone 872-2935 4849 N. Seeger St., Cass City</p>	<p>Harry Crandell, Jr. D.V.M. Office 4438 South Seeger St. Phone 872-2255</p>
<p>Richard A. Hall, D.O. Osteopathic Physician 6545 Church Street Cass City, Michigan Office 872-4725 Home 872-4762</p>	

We're your local independent hardware merchant with national-chain buying power.

TRU-TEST PAINTS ANNIVERSARY PAINT DAYS

12 Days to Save JULY 2 to 13

Sold Only by **True Value HARDWARE STORE**

<p>9.99 GAL. Semi-Transparent OIL STAIN AND WOOD PRESERVATIVE Water repellent! Resists mildew, rot and decay. For siding, shingles, decks. Lets the wood grain show. OST 32 Colors</p> 	<p>VALUES GALORE THROUGHOUT OUR STORE!</p> <p>PAINT NOW VISA master charge PAY LATER USE YOUR CHARGE CARD HERE!</p> <p>Use your Master Charge or Visa card at participating True Value Hardware Stores and Home Centers.</p>	<p>11.99 GAL. WEATHERALL® ACRYLIC LATEX HOUSE PAINT Finest acrylic gives rich, low sheen; weathers extreme conditions. Applies with ease. HPX 36 Colors & White</p> 
<p>8.99 GAL. WOODSMAN™ SOLID COLOR LATEX STAIN Hides with solid coat of color but won't hide texture of rough-cut wood. Use indoors or out; resists fading. LS 22 Forest Hues & White</p> 	<p>1.39 14.7 Fl. Oz. SPRAY ENAMEL Gloss White Gloss Black All-purpose rust inhibitor. Use indoors/out on shutters, metal work, etc. 1536/37</p> 	<p>8.99 GAL. TRU-TEST SELECT VINYL-ACRYLIC LATEX HOUSE PAINT Low-sheen finish hides surface imperfections; resists mildew, fading. Dries fast. Soapy water clean up. M 4 Colors & White</p> 
<p>7.99 GAL. TRU-TEST SELECT LATEX FLAT WALL FINISH Economical interior flat with excellent hiding properties. Ideal for most surfaces. Fully washable. A 6 Colors & White</p> 	<p>49.99 Aluminum 16-FT. EXTENSION LADDER Spring-loaded locks, Twist-Proof® rungs; slip-resistant treads; rope/pulley on 20-ft. & larger. D1116/20/48-2X 20-Ft. (17-ft.) 64.99 24-Ft. (21-ft.) 79.99 28-Ft. (25-ft.) 99.99</p> 	<p>11.99 GAL. E-Z KARE™ LATEX FLAT WALL FINISH Soft finish, easy application and durable surface. Resists most stains, grime, grease. Fully scrubable. EZ 44 Colors & White</p> 
<p>9-IN. PAINTING PAD 2.66 Handle and adjustable trim guides for neater, easier paint application. 3352PR</p> 	<p>5-PC. PAINT KIT 4.44 9-in. roller with 2 covers, extension pole, metal tray and ladder hooks. 908FHH09</p> 	<p>3.66 4-IN. OREL™ PAINT BRUSH Polyester bristles, chisel-edge trim, fully flagged. Beavertail handle. 1107</p> 

ALBEE True Value HOME CENTER

6094 E. Cass City Road Phone 872-2270