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CASS CITY CHRONICLE-THURSDAY, JULY 31, 1980

monotony.

had a great time there.

wheel and others. However,

Alicia said her parents

would not let her or Jeff go

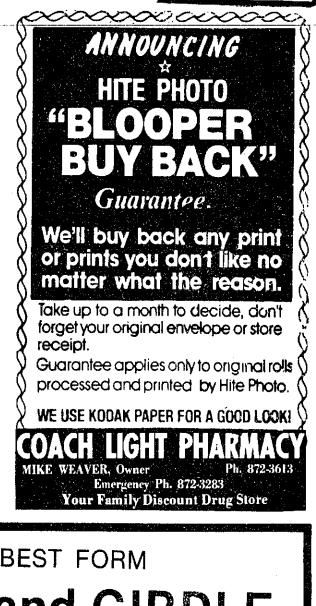
### Mark family has reunion

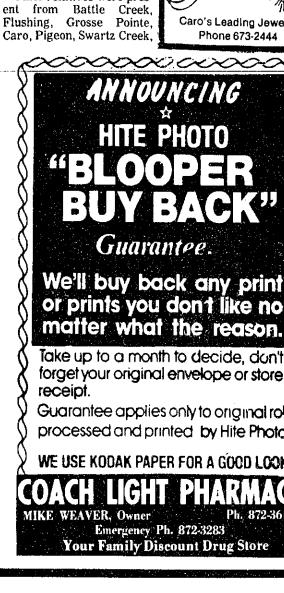
hundred, attended.

Mo

Detroit, Sandusky, Reese, Kalamazoo and Cass City.









# **HEALTH TIPS**

**High blood pressure** affects many adults

#### Frank Chappell Science News Editor AMA

Able bodied swimmers

An estimated 23 million Why do so many of us Americans - 20 percent of ignore this serious health the adult population --- have hazard? Everyone knows high blood pressure. Only that high blood pressure is about half of these individbad for our health. Why uals know they have high don't we have blood presblood pressure, and only a sure checked regularly? minority of those who do Why don't we begin treatknow are being treated efment when the blood pressure is too high?

Because high blood pres-Swimmers sure is a silent disease. Unless you have seen a doctor, you don't know you have it. And, even after you find out, it doesn't hurt. So why bother? High blood pressure is one

of the great killers. It can shorten your life by contributing to failure of your heart, arteries, kidneys and brain, the American Medical Association declares.

A nationwide screening effort has been underway for several years in America to locate those persons with high blood pressure and get them started on treatment. High blood pressure can be controlled. And the result is a greatly lowered risk of serious disease and death,

Your Neighbor says **Cedar Point** is the place

When the summer sun sets on the roller coasters then. in and the days get long and For the past few years, the two children have been gotiring there's nothing like a vacation to break up the ing with their parents, Mr. and Mrs. Robert Bliss, to the And an ideal vacation of Pigeon River Campground 9-year-old Jeff Bliss and his on Sebewaing Road. 11-year-old sister Alicia

The kids said it is a good would be a trip to an time with days filled by amusement park such as fishing and swimming, and Disneyland or Cedar Point. nights spent by a campfire. The Blisses said they had However, some aspects of visited King's Island, a park the rough life aren't necesin Ohio similar to Cedar sarily for them.

Point, two years ago and "It's fun but it's hard on the back when you sleep," The best part was the Alicia pointed out. Jeff and Alicia have anrides such as the ferris

other younger sister at home. Their father works for Herron Builders...



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All Day Saturday

**★** Life Singers Aug. 5 - 8 p.m.

★ Pickup Pull Aug. 6, 7 p.m.

**★** Demolition Derby Aug. 7 - 8 p.m.

★ Rodeo - Saturday Aug. 9 - 8 p.m.

★ Gospel Sing, Aug. 3 7:30 p.m. ★ Tractor Pull, Aug. 4 7:00 p.m.

 $\star$  4-H, Open Judging Everyday

★4-H King & Queen Coronation, Aug. 5 - 7:30 p.m.

> ★ Horse Pull Aug. 8 - 2 p.m.

★ Tractor Pull Aug. 8 - 7 p.m.

★ Bean Queen Contest Aug. 8-8 p.m.

★ 4-H and FFA Livestock Sale Aug. 7 - 6:30 p.m.

# A FULL PROGRAM OF **ACTION PACKED EVENTS EVERYDAY. PLUS GIANT MIDWAY ATTRACTIONS.**



