

**Private swimming lessons**  
**IN MY PRIVATE POOL BY EXPERIENCED INSTRUCTOR.**  
**Excellent with children.**  
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## Look out for high blood pressure- get a free test soon

Research has uncovered two rather startling facts about high blood pressure. One - it's more dangerous than was thought only a few years ago. It is a major contributor to heart attack and stroke. Two - it can be controlled in almost all cases.

High blood pressure is such a quiet killer. It has no symptoms. It's cause is not known in 90% of the cases. Yet it will probably contribute to many of the 850,000 deaths this year from heart attack and stroke. High blood pressure

is a massive problem. But it is a problem easy to correct, if you will only do some simple things.

Go to a doctor or clinic. You can have a simple, quick blood pressure test free at Sloan's Pharmacy, 61 E. Main Street, Mount Joy, on Tuesdays from 2 to 4 p.m. You will know the answer right away. If it's high, you take medication which in most cases brings the pressure under control. You may take medicine the rest of your life, but odds are good it will be a longer life. Sometimes, no medi-

cations are necessary, only diet control.

It takes two people to treat high blood pressure ... you and your doctor. Your role is a very important one. If you have high blood pressure, follow your doctor's advice about diet and medication. Take your medicine regularly, and get plenty of rest and recreation. If you have questions ask your doctor.

The American Heart Association reminds you that effective control of blood pressure can reduce your risk of heart attack

and stroke. Join them in the fight by having your blood pressure taken at one

of their permanent screening sites.

## Bible school kick-off fair

This Saturday, June 18, there will be a Kick-Off Registration Fair for all children who will be attending the bible school sponsored by the Glessbrenner United Methodist Church and the Florin Church of the Brethren. All children from the ages of 4 years to youth going into grade 9, and their parents are invited to the fair which will run from 3-5 p.m. at the Florin Church of the Brethren's sanctuary.

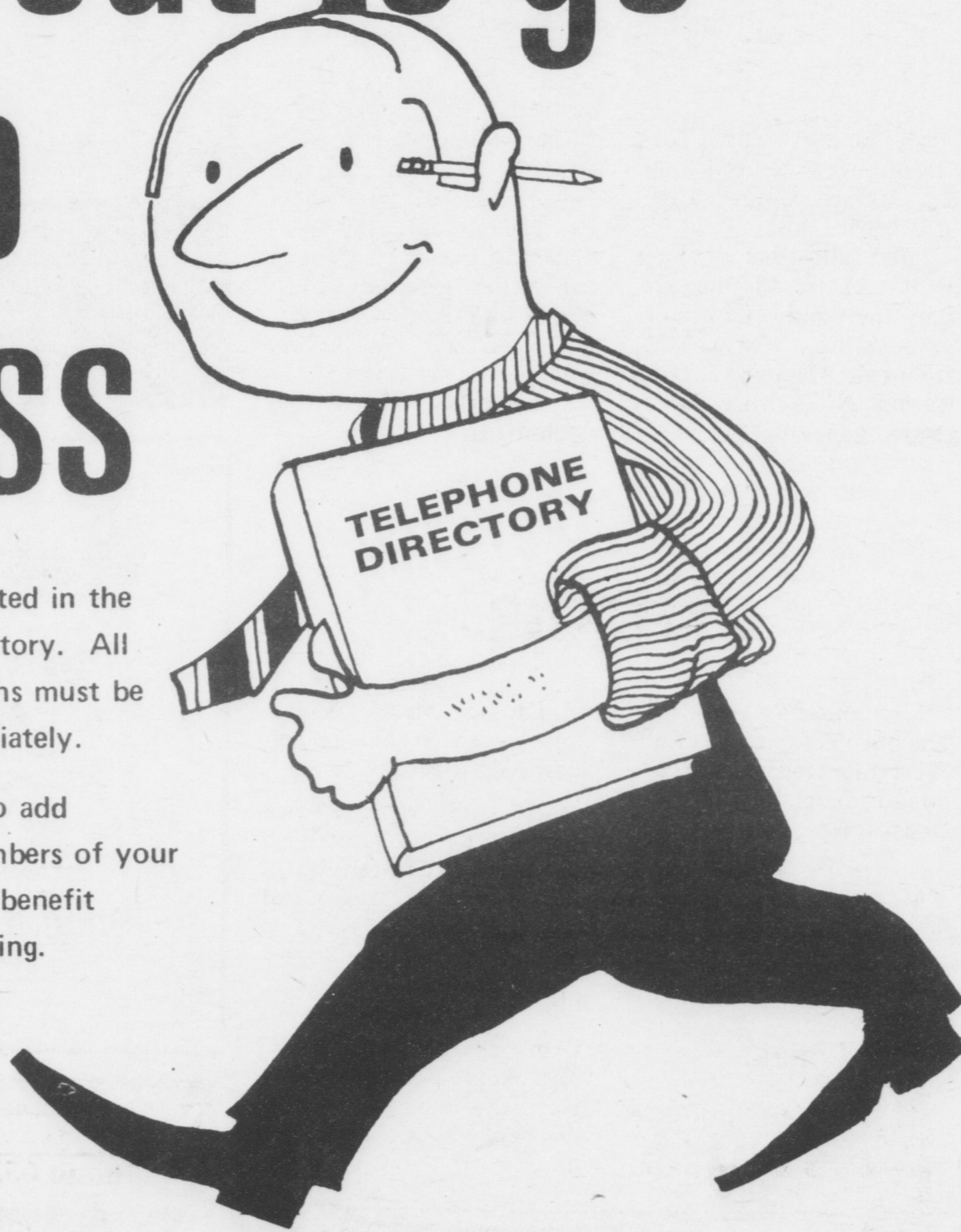
Featured entertainment for this program will be Steve Brubaker, a talented magician and ventriloquist who has won national awards in religious entertainment. In addition to this program, children and parents will get a chance to meet the teachers and students in their particular

class, and will be invited to share in games and refreshments in the fellowship hall. We welcome all children to this fair and to our bible school sessions.

Bible School sessions will take place next week, June 20-24 from 9-12 each morning in the Florin Church of the Brethren. "Lord Jesus, Teach Me" is the theme for bible study, and will include several of the parables that Jesus gave to us and how they apply to our lives. In addition to extensive daily bible study, each session will also include crafts, physical activities, singing, and guest speakers or religious entertainment programs.

Directors for this year's bible school are Kathy Herrmann and Sylvia Weaver.

# ...about to go to press



Be sure you're listed in the new telephone directory. All changes and additions must be in our office immediately.

Now's the time to add names of those members of your household who can benefit by an individual listing.

### ABOUT YOUR NEW DIRECTORY

As you know, paper is one product currently in short supply. Since telephone directories use a large volume of paper, we will be conserving paper and energy by distributing only one directory to each residential customer. If you have more than one telephone in your home and must have another directory, you will be able to secure one, after receiving your initial copy, by stopping at your local telephone business office.



**THE UNITED TELEPHONE COMPANY OF PENNSYLVANIA**

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## Pack 136 news

Alkele Council Fire was held at Manheim Community Field. Attending for Pack 136 were:

Paul Mease III, Robert Keener, Craig Shutter, Michael Groff, Bryan Edye, Steven Ginder, Kevin Prescott and Gilbert Littlefield.

Jeffrey Meckley, David Perrick, Daniel Rusnock, James Esposedo, Matthew Blasick, Kevin Herr, Keith Hilsner and Thomas Waltz.

David Zuschlag, Wayne Buchter, Todd Newcomer, Rick Hallgren, Kenneth Good Jr, Bryan Good and Todd Good.

Scott Houseal, Tony Oxford, Kristopher Weidner.

Robert Eichler, Thomas Littlefield, Lester Dimeler, Shawn Moran, John Weber and Eric Hoffer.

Leaders who attended were:

Robert Mark, John Auker, Vaughn Mark, Ann Mark, Edna Wolf, Carolyn Waltz, Shirley Good and Billie Ann Oxford.

Victor Wolf, Kenneth Good Sr., Dana Mark, Tina Beisecker, J.L. Oxford, Frederick Good, Walter Weidner, Myron Weber, Roberta Mark and Tina Mark.

Pack 136 won second prize (Best Performance) in the skit.

## Angela Miller in dance recital

Miss Angela Miller participated in Miss Eloise's School of Dancing Recital, held at Penn Manor High School Auditorium in Millersville, Pa., on June 4, 1977. She was sponsored by the Soroptimist Club of Lancaster.

The 1977 theme was "Music and Dance". Angela performed a jazz solo number to the tune, "Jazzing Around". She also performed in a tap number to the old standard "Happy Days are Here

Again".

Angela is 8 years old and will enter the third grade at Grandview Elementary School in the Fall. She is a member of Mount Joy Assumption of the Blessed Virgin Mary Church and Mount Joy Brownie Troop 29, and has completed five years of dance instruction. Angela and her two brothers Stephen and Gregory live with parents David and Catherine Miller on Donegal Springs Road, Mount Joy.