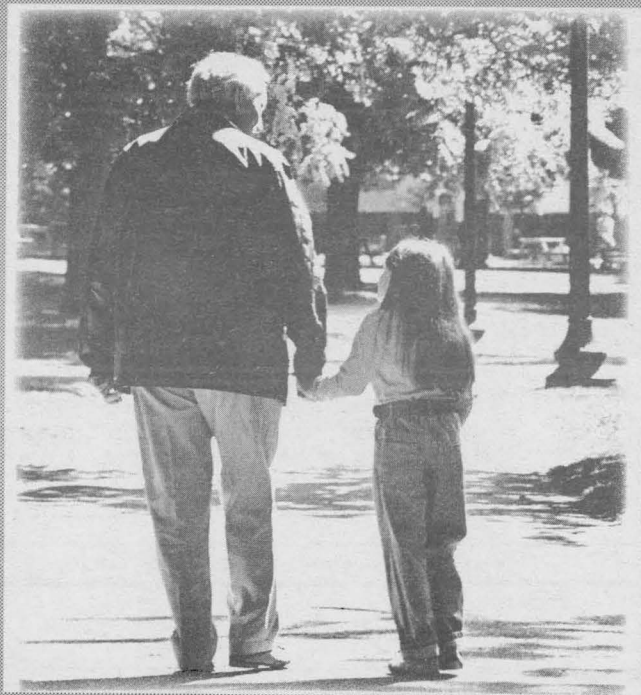
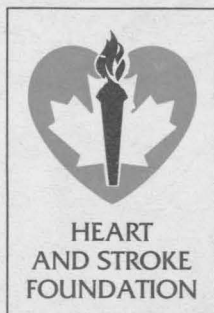


February is & Stroke Month Heart in Glengarry

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A message from the president of Glengarry Heart and Stroke

On behalf of the Glengarry Chapter of the Heart and Stroke Foundation of Ontario, I would like to take this opportunity to thank all the dedicated volunteers and generous donors from Glengarry who contributed to make 1994 a very successful year. Through your donation of time, effort, energy and money, you have enabled the Foundation to achieve its goals mainly to fund medical research in heart disease and stroke and support educational programs for the public and for health professionals.

Thanks to your combined effort, the Glengarry Chapter of the Heart and Stroke Foundation of Ontario managed to raise a grand total of \$108,673.76 in 1994 for an increase of approximately six per cent over the previous

year, and thus enable the Foundation to continue to influence a decreasing rate of 1.5 per cent per annum in the incidence of death from heart disease and stroke.

In 1995, our main focus will be to raise the importance and profile of stroke "Canada's most neglected disease," to highlight women, heart diseases and stroke and to continue to support our 200 research teams across the province.

As you can see, your dedication and your money are very well worth their giving. We hope that in 1995, we can continue to count on your support and cooperation. Without you, the Foundation cannot self-actualize. You are truly its backbone. In fact, you are the foundation of the Foundation.

Jacqueline Fraser



Au nom de la section Glengarry de la Fondation des maladies du coeur de l'Ontario, je voudrais profiter de l'occasion pour remercier très sincèrement tous les volontaires dévoués (ées) ainsi que les généreux donateurs de Glengarry qui ont contribué d'une part ou d'une autre à faire de l'année 1994 une année couronnée de succès. Grâce à votre don de temps, d'énergie et d'argent, vous avez permis à la Fondation de réaliser ses objectifs notamment de subventionner la recherche médicale dans le domaine des maladies du coeur et attaques cérébro-vasculaires et d'appuyer des programmes éducatifs pour le public et les professionnels en santé.

Grâce à votre esprit d'équipe, la section Glengarry de la Fondation des maladies du coeur de l'Ontario a réussi à prélever la somme importante de \$108,673.76 au cours de l'année 1994, une augmentation de 6% de plus que l'année précédente. Ces

argents recueillis permettront à la Fondation de continuer à influencer la réduction par 1.5% du taux annuel de mortalité dû aux maladies du coeur et attaques cérébro-vasculaires.

Au cours de l'année 1995, notre concentration se portera à rehausser l'importance et le profil de la attaques cérébro-vasculaires, la maladie la plus négligée au Canada, de souligner chez les femmes, les maladies du coeur et attaques cérébro-vasculaires ainsi que d'appuyer les quelques 200 équipes de recherche à travers l'Ontario.

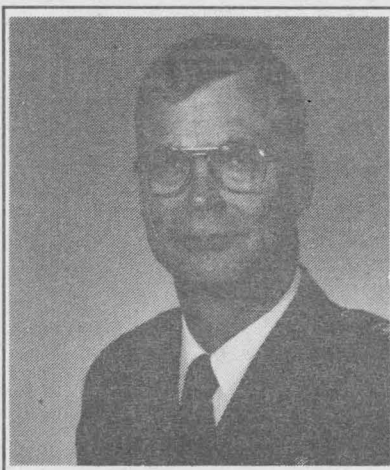
Comme vous pouvez le constater, votre dévouement et votre argent ont réellement valu leur peine. Nous espérons qu'en 1995, nous pourrions encore une fois compter sur votre appui. Sans vous la Fondation ne peut s'auto-réaliser. Vous êtes réellement le pivot de notre organisme. En effet vous êtes la fondation de la Fondation.

Jacqueline Fraser

Please help support the 1995 door-to-door canvass: campaign chair

Once again February is heart month in Glengarry. And once again we, the Glengarry Chapter of the Heart and Stroke Foundation, are appealing to you, the citizens of Glengarry, to give our "person to person" campaign your usual staunch support.

Last year, through your generous involvement in all our events throughout the year, Glengarry contributed \$108,000 to the Heart and Stroke Foundation. Forty-five thousand of this - nearly half - was collected from you by our "door to door" canvassers during the month of February. Despite tough economic times you increased, once again, the amount you gave to the Heart and Stroke



research over the previous year.

Because every year heart and stroke related diseases are the biggest killer in Cana-

da (approximately 75,000 deaths), most of us have experienced heart related disorders or we know someone in our family or among our friends who have. I think this personal experience with this affliction is what motivates our hundreds of volunteers and thousands of donors to give so generously of their time and treasure to support our charity. For this the Heart and Stroke Foundation is very grateful.

The money raised is spent to support two main thrusts: firstly, to fund research into ways to control heart and stroke diseases; and secondly, to fund health promotion programs or lifestyle adjustments which, if successful, will prevent heart and stroke

related diseases from touching many of our citizens. As a result, the death rate from these diseases has decreased by 50 per cent over the last 40 years.

It should be mentioned that this newspaper supplement you are reading is not being paid for by Heart and Stroke funds.

The Glengarry News offered to solicit ads from Glengarry businesses to pay for publishing the supplement. Furthermore, the News then offered to donate 10 cents of every advertising dollar collected to the Heart and Stroke Foundation. For this support from our community businesses and from The Glengarry News the Heart and Stroke Foundation is

very grateful.

Thank you, residents of Glengarry County, for your help. Your neighborliness is one of the many things that makes living in Glengarry such a pleasure.

Bruce Burgess
Campaign Chair

Did you know?

•41% of all female deaths are caused by heart disease and stroke, as opposed to 38% of all male deaths. Heart disease and stroke are equal opportunity killers!

•Heart disease and stroke costs the Canadian economy \$18 billion a year in lost wages, medical care, and disability pensions.

•The Heart and Stroke Foundation of Ontario supports two-thirds of all the heart and stroke research in the province - more than the federal and provincial governments combined!

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Why research?

Lives are being saved right here in Glengarry because of the advances made by medical science

By Ernest Spiller,
Vice-President,
Glengarry Chapter

Question: Why does the Heart and Stroke Foundation spend most of the money raised on research?

Answer: Because research is the only way to learn how to prevent, diagnose and treat heart and stroke disease.

Because research is making a difference, it works.

Because research is the means by which doctors and scientists separate fact from fiction and supposition.

"There have been exciting advances in cardiac surgery over the past 40 years and all of them have come from research," states Dr. Lynda Mickleborough, a cardiac surgeon and researcher in Toronto.

Lives are being saved in Glengarry because of advances being made through research. Research also has the power to change lives. Research



is the key to finding solutions to heart problems as well as stroke.

Almost every person in Glengarry is touched in some way by the advances made. People of all ages, of both sexes and all occupations are affected. A few of the many examples of local residents whose lives have been saved or changed are cited below.

Joanna Bolt of Glen Walter, was born with a hole in her heart. At the age of 18 months, open heart surgery was performed. Today she is an active, three-year-old girl leading a normal child's life. As she plays in the summertime, the scar on her chest is barely perceptible. Her great grandmother, Laura Dupuis, of Purcell Road in Glen Walter made over 70 calls as a canvasser for the 1993 February campaign.

Larry Hay of Lochiel caught a virus which created a congestive failure of the heart. In 1991, at the age of 29, the heart of a woman was transplanted into Larry's body. Today Larry works on a cash-crop farm and

enjoys activities normal for a man in his early thirties including curling at the local club.

Jean Lajoie of Alexandria suffered a heart attack at age 43, although he had been coping with high blood pressure. All four members of his family, Jean, his two brothers and his sister have heart disease. In Jean's case, the solution to his problem was a quadruple by-pass. The operation was performed in May 1986. Jean changed his lifestyle and returned to work for several years. Jean is now busy as a volunteer who plays the accordion and guitar for groups of seniors.

Michelle Pugh of Green Valley had a heart attack at age 59. There was no warning. An angiogram showed blockage in two arteries. An operation for a double by-pass was performed at the Heart Institute. Today she enjoys her life and contributes to her community.

Lori Vickers of Kenyon was found to have a ventricular septo defect at

age five. A hole was discovered between the left and right ventricular wall. This caused a backwash of blood instead of the blood being pumped up into the heart. Open heart surgery was performed and the surgeon closed the hole with a teflon patch. Today Lori, age 10, participates in sports and leads the normal active life of a student.

Stuart Thompson, a retired businessman now residing in Summerstown, is alive and well today after being near death. Five arteries required a by-pass in his case. His hospitalization and treatment was lengthy but now he leads an active and useful life which includes fishing, golfing, caring for his family and helping to make his community a good place to live.

Because of research, those who do suffer a stroke or a heart attack know that recovery is now possible. Research is the promise of a better future.

A parent's story:

Forty years ago, Angus David would've been a statistic. Today, he is a survivor

By Sue David

I guess I was a little worried about having a baby when I was 35. Experience had taught me that everything doesn't always work out fine.

But neither Pierre or I was prepared for the outcome.

At one month old we took Angus up to CHEO and made the rounds of all the tests in the cardiology clinic. When they told me they were doing an ultra-sound I started to have an unspoken understanding that something was really wrong. I could hardly pronounce the diagnosis: "Tetralogy of Fallot" it was

called. The good news was that it was a defect that had been recognized since the pioneer days of heart surgery almost 40 years ago.

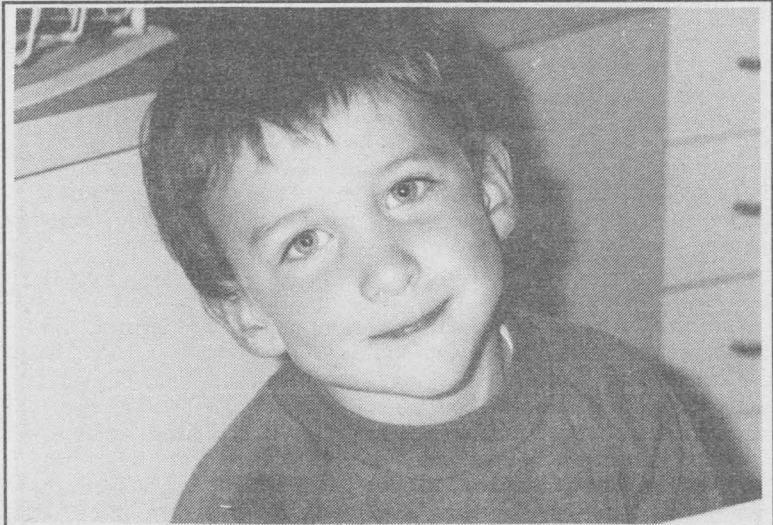
All the way back from Ottawa it rolled off my tongue as I drove to my husband's office in a stupor.

Angus had his surgery at the Montreal Children's Hospital when he was seven months old. Growing up as a doctor's daughter I had a fair bit of faith in medicine, but it grew in leaps and bounds during that 16-day stay. We saw babies that looked as though they didn't have a

hope pulling through this incredibly invasive procedure. The life support systems surrounding these tiny bodies was mind-boggling.

Each day we waited for a tube or a wire to be removed, until the day when they finally unplugged him and we took him home. It is an experience that, although he many never remember, I am convinced it will mark him as someone special for life: a survivor.

Forty years ago he would have been a name on a tombstone, another statistic on the infant mortality roles.



Through research in medicine and technology, cardiologists and cardiac surgeons have now become the architects and craftsmen of the heart. Many parents that we met had babies diagnosed with disorders that had never been seen, or that several


years earlier would have been considered inoperable.

Families like ours have experienced the hope that has been made possible through advances in cardiac research.

The David family resides on the fifth concession of Lancaster Township.

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Surprise yourself!

Take this quiz, and see how smart you are about your heart. This is a true-or-false quiz. Just circle the answers you think are correct.

1. The most effective way to lower blood cholesterol is to reduce the fat in your diet. T F
2. The death rate from heart disease and stroke continues to climb slowly each year. T F
3. Whether or not you smoke cigarettes will have little effect on the possibility of having a heart attack or stroke. T F
4. The word "lite" or "light" on a food label doesn't necessarily mean less fat or calories. T F
5. About 45,000 Canadians died of heart attacks last year, more than half before getting any medical help. T F
6. For exercise to be effective in reducing the risk of heart disease or stroke, you must exercise intensively for 30 minutes a day. T F
7. More men than women die of heart attack. T F
8. Some of the possible symptoms of a heart attack are: shortness of breath, feelings of fear and anxiety, and a burning sensation, discomfort or pain in the centre of the chest. T F

The answers

1. **True.** Lowering blood cholesterol is one means of reducing the risk of heart attack or stroke. For most people, the best way to lower your blood cholesterol is through a diet low in saturated fats such as whole milk and high fat cheese.

2. **False.** Good news! Research and public education such as that funded by the Heart and Stroke Foundation of Ontario has cut deaths from heart disease or stroke by half in the past 30 years.

3. **False.** If there is a history of heart disease and stroke in your family, particularly early in life, smoking may be a risk you can't afford.

4. **True.** The word "lite" or "light" may signal that the product is lower in fat than its counterparts, but it also may refer only to the color, taste, texture or sugar content. Be heart smart - always read the label!

5. **True.** Medical technology is readily available, but many people don't recognize the signs of a heart attack, and wait too long before going to the hospital for help. Some drugs should be administered in the first 90 minutes in order to be effective, but the average heart attack victim waits at least four hours before going to the hospital for treatment.

In the case of stroke, 58 per cent of victims wait more than 24 hours to get help, seriously endangering their chances of recovery.

You can save a life by knowing the symptoms of heart attack and stroke, and seeking medical attention fast!

6. **False.** More good news! You don't need a strenuous exercise program. In fact, just 20 to 30 minutes of sustained walking three times each week is enough exercise to reduce your risk of heart attack or stroke.

7. **True.** But the reverse is true for strokes: more women than men die of stroke.

8. **True.** All these and many more symptoms may indicate a heart attack. Being heart smart also means learning to recognize stroke symptoms - sudden numbness on oneside of the body, temporary loss of speech and/or vision, or severe headaches.

Forty per cent of the population don't recognize these signals, but through educational programs, the Heart and Stroke Foundation of Ontario is helping us all to become more informed.

Coming events

General Campaign, February, everywhere.

Curling Bonspiel, Feb. 10, Alexandria.

Darts for Hearts, Feb. 11, Alexandria.

Darts for Hearts, Every Friday evening in February, Lancaster Legion.

Les femmes et les maladies du coeur, Feb. 18th, Centre Culturel, Alexandria.

Sautons en coeur, Feb. 13, Ecole Ste. Marie, Green Valley.

Sautons en coeur, Feb. 23, Elda-Rouleau, Alexandria.

Dance for Heart, Feb. 28, Alexandria.

Roses for Heart, throughout February, Lancaster, Maxville, Alexandria.

Beaver Colony - Heart Talk, Feb. 13, Alexandria.

Jump Rope for Heart, May 3, Lancaster.

Jump Rope for Heart, May 4, Williamstown.

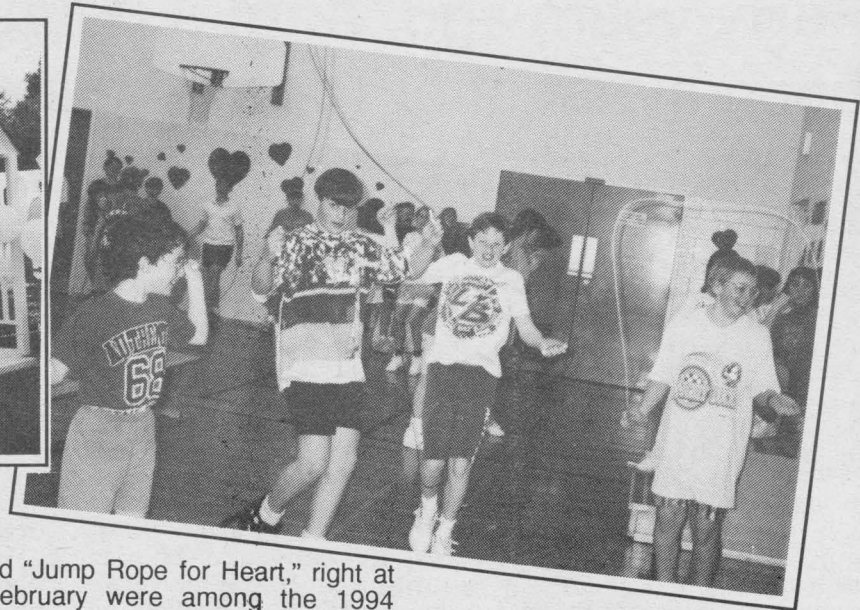
Jump Rope for Heart, May 5, Laggan.

Jump Rope for Heart, April 4, Glen Robertson.

Duck Race, May 28, Alexandria.

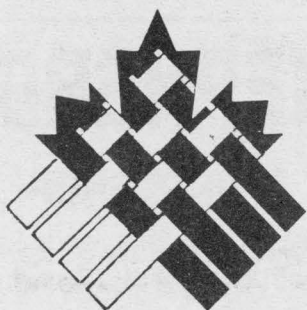
Golf Tournament, July 21, Alexandria.

Choral Festival, October, St. Finnan's, Alexandria.



Above, the "Dream House" and "Jump Rope for Heart," right at Elda Rouleau School last February were among the 1994 fundraisers.

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Proud success has marked foundation's history

Throughout the late 1960's and through most of the 1970's the students of Glengarry District High School were responsible for running the door-to-door campaign in Glengarry County during the month of February. In 1978 the decision was made to begin development of a chapter structure and Duncan Morris, former owner of the local funeral home, was approached to head up this project.

Mr. Morris was very receptive to the idea of organizing some local people into a formal group and the fledgling chapter was formed. During the next few years, Mr. Morris headed up the Business and Corporate Campaign and was also instrumental in setting up a one day blitz in February for the "Roses for Research" program in the town of Alexandria.

Feeling that he was getting too old to continue the Foundation's work, Mr. Morris recruited the new funeral director, Ron Munro, to take over the helm. He served as president from approximately 1982-1985 and received the chapter's official charter at a provincial annual meeting held in Toronto in November, 1983. The first education committee was formed in 1984 under the chairmanship of Linda Vickers.

The chapter was issued a new charter in 1985 following the Foundation's name change to the Heart and Stroke Foundation of Ontario in 1984. It was presented to Wally Hope Jr. who served as president from 1985-1987. It was during Wally's term of office that the chapter evolved from having only the seven key positions filled to having a Board of Directors comprised of 13 members including a vice-



In February 1988, Duncan Morris was appointed honorary chairman of the Glengarry Heart and Stroke Foundation. Chapter president Marilyn Lajoie and campaign chair Hazel MacDonald presented a sweatshirt to him, joined by public education chair Linda Vickers and her daughter Laurie, a beneficiary of heart research.

president and a chair of human resources. A major change in the area of special events also occurred and the chapter ran its very first golf tournament.

Marilyn Lajoie, a former area co-ordinator with the Foundation for Glengarry County, assumed the president's role for a one year term in 1987-1988. Under her guidance and direction the final transition from student to adult canvassers was completed. This phased-in change had taken approximately four years to complete and Hazel MacDonald was

instrumental in ensuring its success.

J. Y. Baker served as president from 1988-1990. His easy-going manner and wide range of contacts helped to increase the visibility of the chapter and encouraged a broad cross-section of people to join the organization. Revenue increased by seven per cent in each of the two years of his presidency. The first Rubber Duck Race was held in May, 1990.

In the fall of 1990, Ambrose "Bud" MacDonell, who had previously served as chair of campaign became president. His superior organizational skills and hands-on management style fine-tuned the chapter structure into a model of efficiency which is still reflected in today's group. The number of chair positions was increased and the board expanded to 19 members.

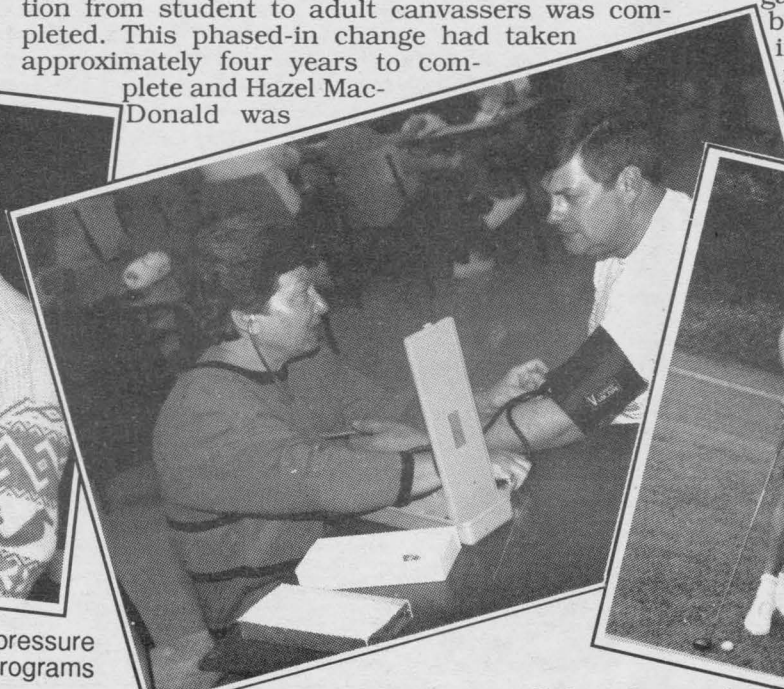
Linda Vickers became president in 1992 and was the first chair of education to move into the administrative side of the chapter set-up. With the excellent fundraising base established by her predecessor, Ambrose MacDonell, and with renewed emphasis on providing educational programming to the public, the chapter flourished. Revenue increased by over 25 per cent in the 1993 fiscal year.

The 1994 year will see Jacqueline Fraser begin her two-year term of office as president. Her past experience as chair of Jump Rope for Heart will stand her in good stead to take over the reins of the Glengarry Chapter. In addition, her commitment to bilingualism will help to develop this chapter into one that truly meets the needs of all members of the community.

This chapter will surely meet with success during the next two years.



From left, the annual Heart and Stroke bonspiel, blood pressure clinics and golf tournament are fundraisers and popular programs that encourage public participation.



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Promoting health is key to preventing heart disease and strokes

By Linda Vickers,
Health Promotion Committee

The Foundation's mission is to reduce the risk of premature death and disability from heart disease and stroke by raising funds for research and health promotion.

Our focus in Health Promotion is to do everything that we can to encourage and help people like you make the kinds of healthy lifestyle changes that protect you from heart disease and stroke. Overall, what we are trying to do is help our community to live "Heart Smart." This means helping you make healthy lifestyle choices and commitments that reduce your risk of heart disease and stroke.

What can we do for you?

- Would you like a blood pressure clinic for your church or organization?
- Can we help you find your way through the labeling maze when shopping for heart healthy foods?
- Would you like to learn about stroke prevention through the Brainstorms program?

How about a cookbook to tempt your taste and also help you stay healthy? The new Bonnie Stern Simply HeartSmart Cooking cookbook is available at: Alexandria (IDA) Drug Mart; Lancaster Pharmacy; Jean Coutu Pharmacy; office of Dr. Jagassar in Maxville; office of Dr. Conway in Lancaster; Centre Santé, Alexandria.



Glengarry Foundation's Health Promotion committee members Francine Chenier and Linda Vickers, standing,, focus on healthy lifestyle changes that protect you from heart disease and stroke.

People just like you can help to make a difference in our community.

•We currently need a secretary for our monthly meetings.

•Could you help to promote and sell the cookbooks?

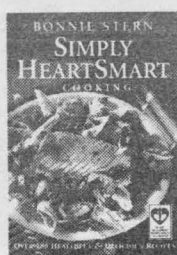
•Maybe you could help out at blood pressure clinics! You could bring ideas, input and feedback from your neighborhood to the committee.

No experience is required, just enthusiasm for a healthy lifestyle.

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Available at your local Heart and Stroke Foundation office. Proceeds from the book support heart and stroke research and education projects.

Funding of Simply HeartSmart Cooking is made possible in part by an educational grant from Becel. This support does not constitute an endorsement by the Heart and Stroke Foundation or Bonnie Stern of any of the sponsor's products.

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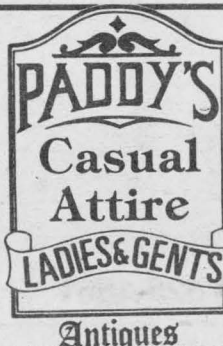
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Heart disease, strokes is #1 killer of women

By Francine Chenier,
Health Promotion Committee

Breast cancer, uterine cancer or heart disease and stroke. Which of these is the leading cause of death among Canadian women? Chances are you answered breast cancer.

Yet surprising as it may seem, heart disease and stroke accounted for 41 per cent of all female deaths in Canada in 1992...and eight times as many women die from heart and stroke than from breast cancer.

In addition, at the young age of 45, the number of women dying from heart disease and stroke increases four times.

So few women are aware of their risk. Although many of the same risk factors that apply to men, such as smoking, family history, high blood pressure, diabetes, obesity and high cholesterol, are also important to women, certain risk factors are unique to women. These include menopause and smoking while taking oral contraceptives.

"The first fact we must face is that most women are under-diagnosed and under-treated. Secondly, women are unaware they have different presenting symptoms and risks as compared to men," says Erica Fischer, Chair of

the Women, Heart and Stroke Committee of Toronto.

As a result, more gender-based research must be pursued. Only in the past few years have physicians realized that male dominated cardiovascular research is not always applicable to women and their medical needs.

"Women must sit up and take notice that heart disease is not just a man's disease," says Dr. Loretta Daniel, cardiologist, Women Heart and Stroke Committee. "Most women tend to play the 'care-giver' role and tend to ignore their own symptoms."

"Because of this, (they are diagnosed later), women are usually presented with more severe conditions related to heart disease than men are; not only does this relate directly to a significant increase in the severity of their condition, but it also decreases their chances of successful recovery."

The Women, Heart and Stroke Committee is committed to ensuring women know what they can do to help prevent heart disease and stroke.

The SD&G Women, Heart and Stroke committee have organized three symposia throughout the countiess. Come and join us and learn more about the #1 killer of women today.

Chicken a la Rat Pack By Don Boudria

4 pieces of chicken breast
One 14-ounce can of tomatoes
One 7-oz. can of tomato paste
1 medium onion
1/3 cup of currants
1 cup of chopped celery
1 tsp. of parsley
1 tsp. of basil
1 tsp. of oregano
1 tsp. of red pimento (powder)
1/2 tsp. of garlic (powder)



Bake (4) chicken breasts well done. In bowl mix all ingredients: tomatoes, tomato paste, onion, currants, celery, parsley, basil, oregano, red pimento and garlic. Simmer for 1 hour. Pour sauce over chicken breasts. Serve with rice and vegetables.
Four portions.

This year's annual duck race will take place May 28 in Alexandria

Ah, to be a little yellow duck sailing along the river on a Sunday afternoon in May without a care in the world, except maybe making it to the finish line before the other 999 ducks and winning the prize for your ticket holder!

The Glengarry Duck Race is multi-faceted to be sure: enjoy the first community outing of the spring in Alexandria on a so-far-keep-four-fingers-crossed sunny Sunday, entertain the possibility of winning one of many prizes, and support the organization doing so much to fight Canada's #1 killer - the heart and Stroke Foundation



The annual duck race is always a crowd pleaser.

of Ontario. This year May 28th is the big day and ticket holders stand to win a \$2,000 deposit from the Caisse Populaire as first prize, as well as nearly 15 other prizes from local businesses.

Look for tickets on sale around Glengarry from the beginning of April and don't miss out on this family event. You may even catch a glimpse of the world's only six-foot duck around town.



Dr. Stewart Polson, the foundation's medical advisor, joined Jacques Lapierre, a Lancaster MacEwen's dealer, for last year's launch of the company's "Driving for Heart" event.

Heart pumps at MacEwen

MacEwen's Petroleum Inc. in cooperation with the Heart and Stroke Foundation is offering the 7th annual "Driving for Heart" event.

Canvassers will distribute coupons to all households on their route. A coupon is good for \$1 off a gas fill-up and in addition Heart and Stroke Foundation of Ontario will receive 25 cents for every coupon redeemed. There is a minimum 25 litre fill-up, and one coupon per visit.

Coupons will be distributed during the annual canvass in February - coupons may be redeemed in February/March 1995 only in Ontario East region which includes all MacEwen's stations in SD&G. The intent is to raise funds to support the research and education programs of the Heart and Stroke Foundation of Ontario.

Pacemaker became man's best friend

By Phil Everson

As early as 1948 when I was in high school, I began to have "spells." These were not unpleasant at first, but progressively they became more troublesome.

They were very much like "deja vue" phenomenon, that is, a strong feeling that the circumstances of the moment have been exactly duplicated at some time in the past. I would feel as if I had stood on this very corner, dressed in these precise clothes, waiting for a chance to cross between these very cars, in those exact colors, and the precision of all of that would be immense. I was certain of all those details even though I knew then that it was impossible, that, for instance, I had never been in that city before. As I said, at first this feeling was quite pleasant, but it began to be so intense, that it was finally very unpleasant.

I sought medical help, but because of the mental nature of my symptoms, we spent a long time seeking the answer in that area, without success. For a long time the doctors felt that the problem might be epilepsy. All the while these "spells" were getting worse, to the point where I felt very ill, and finally on two or three occasions I passed out during an attack. This escalated the problem, of course, because passing out can be dangerous in many circumstances, such as while driving a car! By now it was about 1969 or '70.

I felt very badly one morning and stayed at home. In the middle of the afternoon I felt an attack coming on and my wife, who is a registered nurse, automatically reached for my pulse and found that

my heart rate was very low, about 40 beats per minute. Like magic, things moved very quickly then and by 9 p.m. that night I had a temporary pacemaker installed. The very low heart beat was the key. My problem was not mental, but a lazy heart.



I am not technically knowledgeable about pacemakers. I am told that they work by shocking the heart, which circulates blood. In retrospect, one can see how this would work in my case. A low blood pressure and an arrhythmic (not regular) heart rate would mean a reduced flow of blood. Since the blood carries oxygen to all parts of the body including the brain, my brain was sometimes starving for oxygen, and the "deja vue" and other symptoms were the result of that lack of oxygen. The installation of the pacemaker simply meant that my heart rate would not fall below a pre-set rate, that the blood would flow regularly and that the "oxygen-starvation" would not occur. I still, on occasion, feel ill until the spell passes, but I don't pass out, or suffer any of the other symptoms. The pacemaker itself is no problem. I can't feel it or know when it starts or stops. It doesn't restrict me at all.

I have had the pacemaker now for about 25 years. I am on my third battery, but this one doesn't seem to be wearing down much. Maybe I don't need it as much as I used to. I am certainly happy I wasn't born 20 years earlier before the researchers found out how to make my friend, the pacemaker.

Phil Everson is a Lancaster area resident.

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