



Gloria Lorentz, wife of John Lorentz, Portland State University assistant professor of Persian language and literature, demonstrates one of the native Persian dances which will be performed on the Persian New Year, March 18.

Persian New Year brings festivities

Noruz, the Persian New Year, will be celebrated on Sunday, March 18th at Portland State University. The festivities, marking Iran's first day of spring, start at 5:00 p.m. with a Persian dinner and continue until midnight with entertainment that includes Persian dances, dramatic satire and folk songs. Open to the public, the celebration is sponsored by the Iranian Student As-

sociation of Oregon. Dating back to 1352, Noruz is traditionally celebrated by family, neighbors and friends greeting each other to renew vows of friendship. Tickets for the celebration, including dinner, are \$3.50 for adults. Children accompanied by parents may enter free. Reservations must be made by March 15 by calling PSU's Middle East Studies Center at 229-3610.

Voter league begins annual fund drive

The League of Women Voters needs money, like everybody else these days. Inflation affects non-profit organizations which serve the public just as it does individuals and businesses.

Thus the Portland League kicked off its annual finance drive Monday, March 5, with an appeal to the city's business community for \$5,000, one-third of its current operating budget.

The purpose of the League of Women Voters, since its inception in 1920, has been to promote political responsibility through informed and active participation in government. People have learned to rely on its information as factual and unbiased, a reputation it has worked hard to achieve and intends to keep.

During the past year the League has covered two elections and nine study items. Its success in doing so is indicated by an increase in requests from the public and government for its services.

The Portland League raises about half its operating budget from member dues and member contributions. Another 18 percent comes from the sale of League publications. The remaining thirty-two percent is raised during the finance drive.

During last year's election, the League published two VOTE newspapers listing all candidates, with their an-

wers to pertinent questions, and full explanations of state and local ballot measures.

Candidate Fairs were held, both live and on television. Members of the Portland League's Speakers Bureau addressed over 200 groups to explain ballot measures. Voter registration drives were conducted and Portland voter registration is now at an all-time high.

The League publishes studies on a variety of issues based on in-depth research by its committee members, the entire membership being asked to express their position on some of them. In addition, individual members serve on a number of governmental committees and boards, both locally and at the state level.

Portland Community College's Adult Tutoring program needs volunteer tutors to teach English to people who cannot speak the language. Knowledge of a foreign language is not necessary; PCC will provide training for tutors in the method for teaching English as a second language. Tutors are needed throughout the Portland area, Beaverton, and all of Washington and Columbia counties. For further information call Portland, 224-2135, St. Helens and Scappoose, 397-0028, and in Washington County, 648-6646.

Farmworkers launch King fund

The United Farm Workers Union has established the Martin Luther King, Jr. Farm Workers Fund for Nonviolent Social Change.

The new fund, announced in New York at a rally for the workers' lettuce strike, will provide assistance for the study of the nonviolent struggle for justice and also aid projects such as a retirement village, health care clinics, and day care centers for the workers.

Mrs. Coretta Scott King spoke in support of the farm workers movement: "I have a deeply personal reason for supporting Cesar Chavez and his union boycott. During this period of violence, polarization and despair, he has fought nonviolently against Himalayan odds; and through his struggle he has brought a new life to tens of thousands of farm laborers."

Mrs. King, noting the poverty wages and oppression imposed on farm laborers across the nation, said: "Most landless farm workers are Black and brown, though many are white poor. They are the most forgotten of the wretched of America... Squalor and merciless ex-

ploitation should not be tolerated."

Mrs. King said that her husband was assassinated in a struggle with the same aims as the lettuce strike and boycott. "With Martin Luther King's many associates and friends, we are honoring his memory and advancing his life work by participating in the singular struggle for economic justice and simple human dignity," Mrs. King said.

The way in which Cesar Chavez is fighting - Martin Luther King fought. Moral means achieve moral ends - the beloved community in a society with justice, peace and brotherhood.

The rally was part of a nationwide tour by Cesar Chavez seeking support of the boycott of lettuce produced by non-union workers.

Panel discusses work

A panel to discuss "The Changing Work Ethic" will be held Tuesday, March 13 at Roosevelt High School in Portland.

Sponsored by the Rivergate Career Education Program at Roosevelt, the panel will examine the present day values connected with the world of work in an attempt to offer new insights.

Panel members are William J. Moshofsky, president, Georgia-Pacific Corp.; Mrs. G. Prentiss Lee, past president of the American Medical Association Auxiliary; E. Shelton Hill, executive director of the Urban Lea-

White psychiatrist obsolete for Blacks

"Racist social conditions and recent heightened Black awareness have designated the white therapist as someone not to be trusted unless his individual behavior proves otherwise."

James B. Comer, M.D., a Black psychiatrist, thus explains why Black people refuse to seek help for emotional problems from white professionals. In the January issue of MH, the quarterly magazine of the National Association for Mental Health, released recently, Comer discusses the distressing shortage of Black therapists.

One solution is to upgrade the educational efforts available to Blacks; but, Comer says, "Aside from the cost, there is little time. The demands are pressing and urgent. The need is now." He suggests that "if Blacks gain sufficient economic and politi-

cal power within the total social system, the reluctance and refusal to be treated by white therapists should decline."

Comer is Associate Professor of Psychiatry at the Yale Child Study Center and Associate Dean of the Yale Medical School. He is author of "Behind Black and White", a psychosocial analysis of American racial conflict. Comer is also a member of the NAMH Panel of Professional Consultants.

Also featured in the January issue of MH are articles by Gloria Steinem on asserting women's rights in society, and Dr. Peter Breggin on why lobotomy must be stopped, plus a four-page color portfolio of art by mental patients.

MH is published in July, October, January and April. The Annual subscription price is \$10. Contact the National Association for Mental Health, 1800 N. Kent Street, Arlington, Virginia 22209.

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Hypertension: A silent and mysterious killer

High blood pressure is a major killer of all Americans, Black and white. It afflicts more than 21 million persons in the United States and their numbers are growing every year. And countless thousands whose cause of death is officially determined to be another heart or blood vessel disease have high blood pressure lurking somewhere in their background.

The tragedy of this epidemic disease: half of those who have high blood pressure don't know it. And 50 per cent of those who do aren't being treated adequately or at all.

High blood pressure is a silent killer - silent because it does not have characteristic symptoms.

High blood pressure is a mysterious killer - mysterious because, in over 90 per cent of the cases, medical science is unable to determine the exact cause.

What happens if hypertension goes uncontrolled?

It can trigger a heart attack or stroke or lead to hypertensive heart disease or kidney failure. And while there usually are no symptoms for hypertension - the only way to find out whether you have it is to get a medical checkup - there are early warning signs to watch for if you are stroke-prone. These, according to the American Heart Association, are worth remembering:

- Sudden, temporary weakness or numbness of the face, arm or leg.
 - Temporary difficulty or loss of speech, or trouble understanding speech.
 - Transient dimness or loss of vision, particularly in one eye.
 - An episode of double vision.
 - Headaches that are unexplained or a change in the pattern of headaches.
 - Dizziness or unsteadiness.
 - A recent change in personality or mental ability.
- According to the Heart Association's Council on Stroke, a profile of the stroke patient includes high blood pressure and a history of brief, intermittent stroke-like episodes, in which some of the warning signs outlined above might be experienced.

How can hypertensive patients be helped? By screening and follow-up care. By expanded and improved rehabilitation facilities. By a nationwide educational program, complete with facts and figures designed to motivate Americans, Black and white, to change their dietary habits and life styles. By an all-out war on ghettos and crowded living conditions, suspected to be breeding grounds for hypertension.

The immediate need: find hypertensives, treat them and keep them under treatment. But once found, will they cooperate? "Telling a person he has a disease isn't enough. If he doesn't feel bad, he's not going to go to a doctor, or continue treatment once he has been examined."

"Detection is not the real problem," insists Dr. Jeremiah Stamler, director of the Chicago Health Research Foundation. "There's no use mounting a huge detection effort only to be frustrated by a lack of long term care."

It's needed not only for the population as a whole, but especially among Blacks who are poor, who move more often, who have many social problems, who live in communities where medical care is often slim or virtually nil."

In Washington, D.C., significant programs are underway to detect and keep hypertensives under care, and to cope with one of the tragic end-results of hypertension - stroke. Both projects - at D.C. General Hospital and at Freedmen's Hospital operated by Howard University - involve Black inner city residents almost exclusively. And both offer great promise for the future.

Next: Personal Care Homes: Freedmen's Hospital's pilot program for stroke patients.



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