

Hypertension major problem

High blood pressure is the major health problem for Black Americans, according to Dr. Aubrey Davis, President of Oregon Heart Association. And though it affects approximately 3,500,000 Blacks, he said, statistics indicate that almost 3,000,000 of them either have not yet been discovered or are not receiving proper treatment.

High blood pressure is a serious but frequently undetected disease, which if not controlled medically can lead to heart attack, stroke and other cardiac and kidney problems.

"It now affects an estimated 200,000 Oregonians of all ages and races, but Blacks are particularly vulnerable," Dr. Davis said. "We don't know why, but Blacks are twice as likely to have the disease, and those who develop high blood pressure probably will do so at an earlier age and have a more severe form of it than whites."

"What complicates the problem is that about half of those who have the disease in one form or another are not aware of it because it has no consistent symptoms. The statistics, from various studies, also

indicate only half of those who know they have it are being treated, and only half again have had their blood pressure brought down to a level likely to avoid major complications. In other words, only 1 in 8 are receiving proper treatment for their high blood pressure."

The irony in this situation, according to Dr. Davis, is that high blood pressure can be detected easily, painlessly and inexpensively. And it can be brought under control by treatment. There are many drugs developed in recent years that singly or in combination can do the job, he said.

"These are among the reasons we stress that people - even those who are feeling well or have no symptoms of illness - see a doctor to check for high blood pressure. Only a doctor can detect and then control it."

Contact the Oregon Heart Association for pamphlets that will tell you more about high blood pressure, and for information on facilities in your community where you may have your blood pressure checked and receive follow-up treatment or referral advice, if needed.

Show benefits food program

Harper's Bazaar is sponsoring a stretch and serve "Fashion Show" as a benefit for "Loaves and Fishes," the nutrition program for seniors.

The Portland Civic Auditorium will be the location for the event on August 19th, 1976 at 8:00 p.m.

Tickets are \$5.00 for the 1st ten rows, box seats, and \$3.00 for all other seats. All proceeds will go to Loaves and Fishes. Purchase your tickets now. Call 288-8351 or send a check to Loaves and Fishes, 1817 N.E. 17th, Portland, OR 97212. All tickets are tax deductible.

VA benefits aid children

Almost a million widows and 797,000 children of veterans are receiving pensions from the Veterans Administration despite the fact that the death of their husband or parent was not directly related to military service. And even more may be eligible, according to the Veterans Administration.

Children's eligibility is sometimes overlooked by the family. VA believes, when the mother is not eligible because of income, remarriage or divorce prior to the veteran's death.

Eligible for VA pension based on need are widows, widowers and minor children of war veterans who died of nonservice-connected causes. The amount of pension is determined by annual income with no payments to surviving spouses, with children, whose annual income is in excess of \$4,500.

Children's eligibility, however, is independent of the mother when she is not entitled to pension. Application should be made in their behalf to any VA office or to service officers of major veterans organizations.

The possible eligibility of all survivors is reviewed by VA when notification of death is received, but sometimes circumstances surrounding the veteran's death do not always provide information to identify all possible survivors.

There are no income limits on eligibility for survivor benefits for spouses and children when a veteran's death was the result of military service.

Hikers explore Forest Park

Enjoy August weather with a Saturday morning hike in Forest Park under the guidance of Portland Community College instructor Ruth Evans.

Evans has planned the easy, pleasurable hike for beginners to get acquainted with the breathtaking beauty, trees galore and warm woody smells.

Hikers will meet at the Cascade Center snackbar, 705 N. Killingsworth, at 9 a.m., August 14th to carpool to the park. Cost for the excursion is \$1.50 and reservations are necessary. The Portland Community College Center number is 283-2541.

League holds classes

The Epilepsy League of Metropolitan Portland, a United Way Agency, and The Epilepsy League of Oregon, the Epilepsy Center of Oregon and the Psychology Department of Portland State University are co-sponsoring a series of bi-monthly meetings to be held in Portland called "Updates on Epilepsy". The purpose of the meetings is to disseminate valid information, and to allow public participation, on the various ramifications of epilepsy and its impact on the person, the family and the community.

The first meeting will be held August 26th, 7:30 p.m., Room 317, Cramer Hall, Portland State University, and is entitled, "Epilepsy - What is it?". General medical information on causes, types, treatment and aid will be discussed.

On September 23rd, the topic is "Using the System To Your Advantage" and will focus on what to expect from medical services, state agencies, federal programs and other resources in the community. Experts will be there to give information on how to access into the varied programs available.

An evening meeting on November 18, "For The Parents Of Children With Epilepsy" will have discussions concerning practical information regarding discipline, limitations and expectations, and helping a child develop a good understanding of his epilepsy.

Subjects for the January and March meetings are, "Living With The Unpredictability of Seizures" and "Putting Seizures Into Perspective".

The August 26th and September 23rd meetings will be held at 7:30 p.m., Room 317, Cramer Hall, Portland State University. Times and locations of the other meetings will be announced at a later date. The meetings are open to the public and there is no registration fee.

Further information can be obtained by calling the Epilepsy League of Metropolitan Portland.

Command changes

The Portland Navy Recruiting District changed commands with all the proper ceremonies. The occasion is usually private, but the recent ceremony was open to the public, the result of the Command's emphasis on involvement in the community.

Commander George W. Horsley Jr., relieved Commander Gerald J. Leygraff, who will become weapons officer on the aircraft carrier, John F. Kennedy.

Rear Admiral Robert B. McClinton, Commander of Navy Recruiting Command, Washington, D.C. and Captain Joe D. McCune, Commander, Navy Recruiting Area Eight, James D. Murray, San Francisco participated in the ceremony and Rear Admiral James D. Murray, Commandant of the Thirteenth Naval District, Seattle, was present.

Commander Horsley has been a Naval officer since 1956. He is a graduate of Officer Candidate School, Newport, Rhode Island, completed two years in law at John Marshall Night School in Chicago, attended the Armed Forces Staff College and is a recent graduate of the U.S. Naval War College. His awards include the Joint Service Commendation Medal and the Navy Commendation Medal with Gold Star.

Commander Horsley commanded the U.S. Joseph K. Taussig (DE-1030); served as Aide and Flag Lieutenant to the Commander-in-Chief, U.S. Atlantic Fleet and as a member of the staff, Supreme Allied Commander, Atlantic. He most recently served as Commanding officer of the U.S.S. Capodanno (DE-1093).

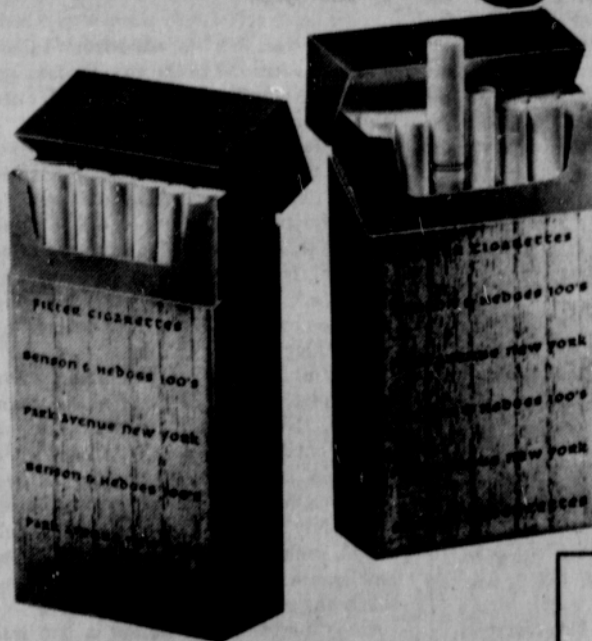


Rear Admiral Robert B. McClinton, Commander of Naval Recruiting, Washington D.C., left, outgoing commanders, Gerald Leygraff, Recruiting District, George Horsley, Jr. On right, Chaplain Conover.

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