



Wendy Sheldon, Community Health Nurse with Multnomah County, checks a client's blood pressure during a clinic at the Albina Human Resources Center. (Photo by: Vicki Johnson)

Health Services stalks silent killer

Hypertension or high blood pressure is often called the "silent killer." Silent because there are no symptoms, a killer because it can lead to stroke, heart attack and kidney failure.

During May, National Hypertension Month, Multnomah County Community Health Services Division is urging everyone to have their blood pressure checked and learn more about the "feeling fine" disease. By calling 248-3816 people can find out the time and location of the nearest blood pressure screening clinic. All fees for County health services are based on a sliding scale, and no one is refused service for inability to pay.

When the pressure within the

blood vessels becomes too high, a person is said to have high blood pressure, or hypertension. Anyone can have high blood pressure (even children), but those who are especially high risk are people who are overweight, have a family history of high blood pressure, are older than 50 years, and/or Black. High blood pressure is the number one cause of death in Black Americans. No one knows why for sure or what causes high blood pressure. Some doctors feel that eating too much salt may be a contributing factor, as well as excessive stress, smoking and lack of exercise.

Because there are rarely any symptoms, testing is the only way to tell if a person has high blood

pressure. It is simple, painless, low cost procedure that takes only a few minutes. Although high blood pressure cannot be cured it can easily be controlled. Through a combination of prescribed medication and some life style changes such as increased exercise and a reduction of salt in the diet, a person can lead a long and happy life with high blood pressure. If hypertension is left undetected and uncontrolled it can cause the heart and blood vessels to over work leading to serious health problems and possibly death.

Everyone should have their blood pressure checked once a year, Black people and other minorities at least twice a year.

PPS subverts KNF purpose

(Continued from page 1 col 6)

approval. "We knew the School District could not be trusted to look out for the community's interest - not the Black community anyway - but we thought the City would protect us," one agency client said. "Now it looks like the School District has outsmarted us and will get their rooms no matter what the City says."

"This building was built with federal money," another client said. "I didn't like it when they gave control of it to the School District and I think the federal government should look into this."

Al Jamison, chairman of the Parent Advisory Committee to the district's desegregation funds (ESSA Title VIII Committee) and a former executive director of Model Cities, said the ESAA Committee is opposed to the recovery of the rooms by the School District. "We consider it as contrary to the purpose of the Facility. The Facility is supposed to be a multi-service center where community residents can come for various types of services. Forcing some of the agencies out will limit its value."

Norm Monroe of the Urban League said his agency had been asked to accept a revision of its lease, providing for thirty day termination. "That is ludicrous," Monroe said. "We won't accept that. It would take at least six months for us to find proper facilities and plan for a move. It just doesn't make sense. Nobody does business that way and we don't intend to either."

Saying he understands the School District's need to alleviate overcrowding at King, Monroe said in doing so the district should provide expanded facilities for the neighborhood facility, "Anyone who

spends any time around here can see that the center is heavily used and a facility such as this is needed in this community.

"Further limiting the space will limit the scope of services the facility and the individual agencies can provide."

The Urban League Youth Program serves approximately 600 young people and their families, who are referred by the courts and police agencies, and another two hundred youngsters are provided tutoring and other activities during

the summer.

A school employee, pointing to broken glass in the parking lot and litter in the new part adjoining the school and KNF, said, "The district's attitude toward the community is aptly demonstrated by the way they care for the buildings. The grounds are filthy, a broken door hasn't been repaired for months, at times the courtyard is dangerous to the school children who play there. The place is a disgrace. So why expect them to consider the needs of the people."



North and Northeast Portland need

...in a word, attention. One of the future issues, of course, is the Union Avenue project. And an on-going concern is getting an equal share of day-to-day city services. As Commissioner of Public Works, I insist on that.

Okay, let's talk about Union Avenue. Just beautifying a street isn't enough. The first thing we need is input from the entire Union Avenue community -- you who live and work in the area. You need to be guaranteed pleasant shopping, good jobs, and really liveable residential neighborhoods. Each leads to the other.

We can all the Union Avenue plan "revitalization," and we can tag a proper share of city services "equity," but what they boil down to is people. Homes, businesses, children. That's what makes Portland workable.

North and Northeast Portland need

Mike Lindberg
Solid. Sensitive. Sensible.

Portland City Council

What do you think?

By Paul McCoy

Q. What is quality education?

Janice D. Gentry, Housewife.

Quality education can only come from a child's perspective of who he/she thinks he/she is. Black children can learn more in their Black environment. It is the same for white children or any nationality of the child. If the subject matter is related to the child's background, values and beliefs the child will want to learn. The family must reinforce a child's formal education by taking an active interest.

Evelyn Crowell, Inter library loan librarian, P.S.U.

When a person can come out after being in the system twelve years and is able to read, write, do math and function as a normal productive citizen. The child's home environment is as important as the school the student attends in order that the child receives the best possible

education.

Joanne Bobo, Student, Mother P.C.C. Cascade

Getting the basics, reading, writing and math are good, but a person must get as much more as possible. Many children are not getting enough attention I feel. Attention is very important to learning.

Vincent Johnson, Freshman Jefferson High.

Quality education should prepare me for college, so that after college I can earn a living. Schools should teach the basic skills.

Quality education is where a child learns the basics, reading, writing, math and art. These things should be taught on a international or multi-cultural level, to provide knowledge and understanding of people other than the Euro-American point of view. Teachers should be taught more and better

qualified to teach our children. Parents should be more accountable and play a larger role in their child's development. If and when we achieve quality education, children will be much better able to continue the war against racism, sexism and other social problems that must be faced now and in the future.

John Lee, P.E. Instructor, coach P.C.C. Cascade.

Included in quality education along with the basics must be some type of physical education. Most kids like to play and if this play can be structured into a learning experience, it can only enhance a child's mental attitude in the classroom. More attention should be placed on physical education in the schools. A healthy body makes a healthy mind and this is a proven fact.



The boom of the twenty-one gun salute that signaled the independence of Zimbabwe at midnight Thursday, April 17, echoed in Portland the same Saturday evening. Portland's African and Afro-American communities met to celebrate Zimbabwe's first independence at the King Neighborhood Facility. The program sponsored by The Association of African Students, included dinner, talks by Fungai Kumbula, William Little and John

Banda, and ended with a Disco Dance. John Banda of Malawi described independence of Zimbabwe as one of Africa's "sweetest moments." William Little: "Zimbabwe signifies the end to white racist regimes in Africa." (center) Tobica Somtim took time during the festival to "remember those who have fallen in blood so we may carry on." (right)

(Photos: Richard Brown)

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