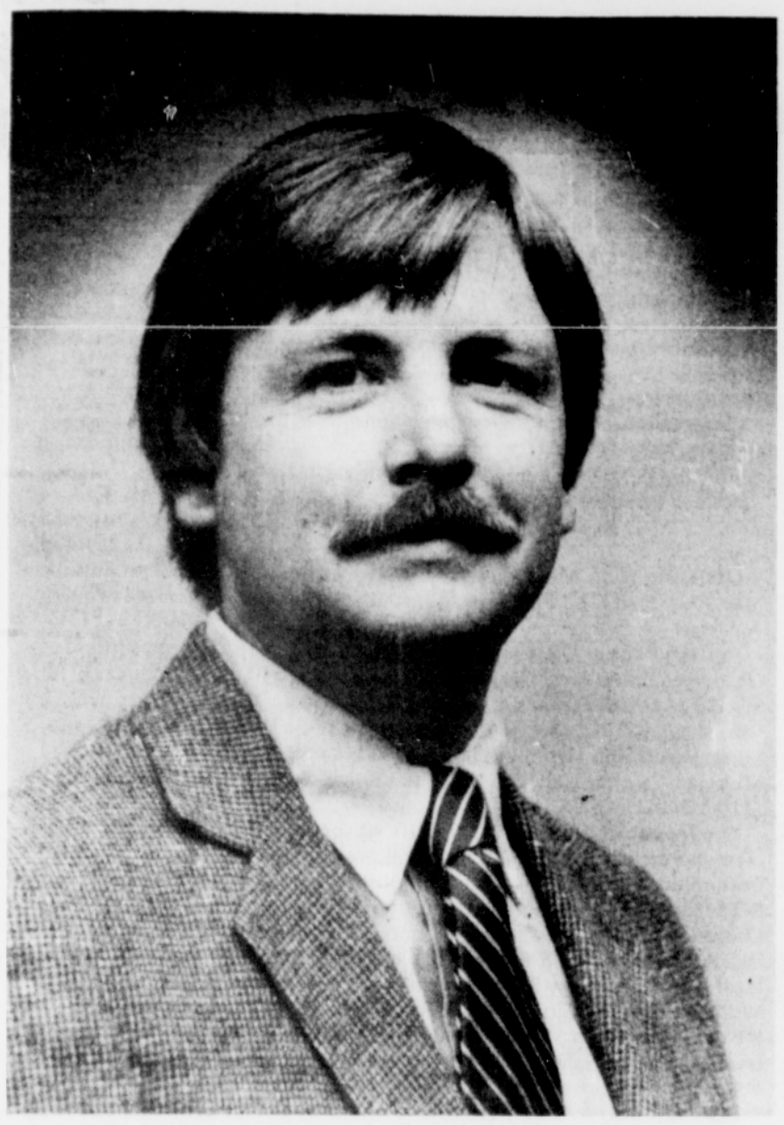

Loren M. Clark, Executive Vice President of Willamette Savings, the Oregon division of American Savings of Salt Lake, has announced the appointment of Richard Forde as Willamette's residential loan representative in North and Northeast Portland. Mr. Forde will operate from the Walnut Park Office of Willamette Savings, and will work closely with real estate agents through the northern portion of Portland in securing financing for home buyers.

Clinic elects advisory board

Ninth graders in the Health Sciences Magnet Program at Washington-Monroe High School will staff a free blood pressure screening clinic on May 22nd at the Walnut Park Fred Meyer store at Killingsworth and Union. The clinic will be open from 3:00 p.m. to 6:00 p.m. Students will take blood pressure readings under the supervision of June Conway, R.N., program instructor, and Beatrice Rose, M.D., Chairman of the Oregon Heart Association High Blood Pressure Committee.

"One of the primary reasons for screening in the Albina area of Portland is that there is a greater than average risk of developing high blood pressure among Blacks," said Ms. Conway. "The students are looking forward to the opportunity to use some skills they have been learning during the past few weeks."

Sixty-five ninth graders are enrolled in the magnet program, composed of students drawn from throughout the city who are interested in studying health sciences. This is the first year of an extensive four-year program. The screening clinic is one of several off-campus activities designed to give students direct experience in a health-related field.

The placement of the Health Science Magnet Program, which must be moved when Washington-Monroe High School is closed next fall, will be determined at the May 27th School Board meeting.

Unemployment continues

Oregon's unemployment rate (seasonable adjusted) for April was 9.2 per cent, with no change from March. This is compared to the national unemployment rate of 7.3 per cent, also with no change.

Although the Department of Labor no longer reports Black unemployment statistics in its "Black News Digest", it reports that the unemployment rate for "Blacks and others" is 13.2. For adult men "Black and other" the rate was 10.6 compared to 5.2 per cent for white men.

For adult women, the unemployment rate was 11.8 per cent for "Blacks and others" compared to 5.7 per cent for white women.

For teenagers, the jobless rate for "Black and other" was 36.1 per cent compared to 17.2 per cent for white teenagers.

The number of persons employed dropped in April by 220,000 although some of the change was due to a strike in the mining industry. The number of reported unemployed workers in the nation reached 7.7 million.

Hourly earnings for those employed increased slightly in April, but due to inflation, they decreased 1 percent in purchasing power during the past 12 months.

NOTICE

Attorneys Keith Raines and Kenneth Dixson will be available for legal counseling May 26th at 7:30 p.m., at the NAACP office, 2752 N. Williams Avenue.

Citizens may receive 15 minutes counseling for a $10.00 fee. There will be a $5.00 discount to current members upon receipt of an unexpected membership card. All fees will be donated to the Portland Branch NAACP.

For more information Mrs. Bobbie Nunn, 249-2000.

Hypertension continuing hazzard

May is National Hypertension month. Uncontrolled hypertension or high blood pressure is a major national public health problem. At least 35 million people in the United States have high blood pressure. One in every 6 Americans has high blood pressure, and 50% of these people don't know it. Because there are no observable symptoms, high blood pressure is called "the silent killer." Uncontrolled high blood pressure can eventually result in disability and death from heart attack, stroke and kidney failure.

Blood pressure is the force or pressure of the blood against the walls of the arteries. This force is generated by the heart as it beats. The arteries are the blood vessels through which blood flows to all parts of the body. The walls of the arteries are elastic and muscular; they stretch and contract to take the ups and downs of blood pressure. Each time the heart contracts, or pumps, blood pressure in arteries goes up each time the heart relaxes between beats, blood pressure goes down. So for each person there is an upper or *systolic* and a lower or *diastolic* blood pressure which is measured during examination.

Blood pressure changes through the day for everyone. When exercising or excited, blood pressure can go up; when resting or sleeping blood pressure goes down. These changes are normal. When a person's blood pressure goes up and stays up, he is said to have hypertension or high blood pressure. No one knows for sure what causes high blood pressure. However it is thought to be due to a narrowing or closing of the small arteries perhaps from cholesterol build up or hardening of the arteries. The heart, then, must pump with increased force in order to push the blood through the arteries. Uncontrolled high blood pressure can tick away unobserved for years, slowly causing damage that may eventually cause death.

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.

Because there are rarely any symptons, testing is the only way to tell if a person has high blood pressure. It is a simple, painless, low cost procedure that only takes a few minutes. Although high blood pressure cannot be cured, it can be easily controlled. Among the prescriptions for high blood pressure are; making lifestyle changes, such as exercising, weight reduction, no smoking, and avoiding highly salted foods. Also, to choose low salt foods such as fresh and dried fruits, fresh vegetables, poultry, fish, lean meat, rice, noodles, unsalted nuts and unsalted popcorn.

When shopping, look at the salt or sodium content listed on the package (sodium is the chemical word meaning salt). Ingredients are always listed by their chemical content in order of the highest amount. Buy fresh rather than canned or processed foods as much as possible. Check out the diet section of your market for low sodium (Salt) products. Cooking can still be enjoyed by all family members. Some cooking suggestions are: 1) make all dishes from scratch as much as possible, 2) don't salt your food at the table, 3) avoid using MSG (monosodium glutamate) and other spicy salts, 4) use lemon, wine, herbs and spices to flavor foods or use salt substitute when recommended by your doctor.

Exercise alone will not lower blood pressure very much but it will help your efforts at keeping weight down and it will also make the heart stronger. Exercise can also relieve tension and promote relaxation.

Limit alcohol and caffeine to moderate amounts (one to two drinks a day don't seem to affect blood pressure). Caffeine is found in coffee and tea, cola and chocolate. If taken in moderation it is believed not to elevate the blood pressure.

Although some people claim to feel calmer after a cigarette, it increases the blood pressure. Smokers more than double their risk of heart disease. Strokes are at least 8 times more prevelent in smokers than non-smokers.

If lifestyle changes alone don't work to lower blood pressure a doctor may prescribe medication.

Everyone should have their blood pressure checked once a year. Black people and other minorities are advised to have their blood pressure checked twice a year.

NOTICE

For information on what is happening in Central America, contact the Portland Central America Solidarity Committee at 313 S.E. Burnside. The latest information about the revolution in El Salvador, conditions in Latin America, the reconstruction of Nicaragua can be obtained there. Volunteers, office equipment and supplies are needed. To find how you can aid the people of El Salvador call 235-9388.

ASB

INTERESTING FACTS

Brought To You Every Week

By *AMERICAN STATE BANK*

What major university is named after a 15-year old boy? Stanford University is named for Leland Stanford Jr., who died at 15. His father gave the money to the school to honor his son's memory.

•

The entire U.S. Army right after the Revolutionary War was composed of only 80 men.

•

Even though you never leave home, you travel more than one-and-a half-million miles a day. That's how far the earth moves in space each day.

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SAFEWAY Memorial Day Sale

GRADE A CUT-UP Fryers lb. 58¢
Manor House Grade A, Economy Pack. Grown in Arkansas.
Spareribs lb. $1.28
Fresh Pork Ribs, Small Sides To Bake or Barbeque
USDA CHOICE Rib Steak lb. $2.98
USDA Choice Beef, Safeway Quality, Small End Cut

Sliced Beef Liver 98¢
Ground Beef Not To Exceed 23% Fat Content (Regular Grind lb. $1.78) $1.58
Beef Rib Roast USDA Choice Beef Large End Cut $2.58
Fresh Sole Fillets Ocean Fresh Seafood Fillets $2.28
Armour Boneless Ham 1877 $2.18
WEST VIRGINIA Sliced Bacon 1 1/2 lb. Pkg. $2.78
Beef Patty Mix Trophy Brand With Soy Protein $1.08
Whole Hog Sausage Safeway Sausage 12 oz. Size 98¢
Chicken Breast Patties Tyson 12 oz. $2.64
CAPT. CHOICE Fish Sticks Hour & Serve 14 oz. Size $1.48

Safeway Frank-A-Rama!
Safeway Franks Quality Wieners Large & Juicy, 12 oz. (Beef 12 oz. 89¢) 79¢
Premium Franks Safeway Brand Beef or Regular 16 oz. Pkg $1.28
Scotch Buy Franks 16 oz. Pkg 98¢
Turkey Franks Manor House 12 oz. Pkg 59¢
Chicken Franks Manor House 12 oz. Pkg 59¢
Smokie Sausage Hickory Smoked 12 oz. Pkg $1.28
Knockwurst Old World Favorite 12 oz. Size $1.48
Rope Sausage Smoke & Bunny Brand $1.98
BONELESS Hams Swift's "All American" Brand Full Cooked, Whole or Half $1.24 lb.

INFORMATION
BLACK EDUCATIONAL CENTER
For FREE information pick up pamphlets at Safeway, Union & Ainsworth 10:00 a.m., to 7:00 p.m., on...
FRIDAY, MAY 29
SATURDAY, MAY 30
and on
FRIDAY, JUNE 5
SATURDAY, JUNE 6

OVEN JOY BREAD White or Wheat 22.5 Ounce Loaf 3 for $1.09
Hot Dog Buns or Hamburger Buns Mrs. Wright's, 8 Pak 2 for $1
7-Grain Bread Mrs. Wright's Grain Belt 10-Oz. Loaf 24 oz. 89¢
Fruit Pies Mrs. Wright's Individual Size 4.5 oz. 3 for $1
Lucerne Ice Milk Assorted Flavors 1/2 Gallon 99¢
Bel-air Green Peas or Peas & Carrots Frozen 10 oz. 4 for $1
Snow Star Twin Pops 3 oz. Bars 12 Bar Pkg. 99¢
Pork & Beans Town House 16 oz. Can 3 for 95¢
Plochman's Mustard Squeeze Bottle 10.5 oz. Size 39¢

MONTEREY JACK CHEESE Lucerne Brand, Mild in Flavor, 2 lb. Loaf $3.79
Cragmont Pop Regular, Diet or Mavern 1 Liter Plus Dep. 3 for $1
Cream Cheese Lucerne, Smooth & Creamy, 8 oz. 79¢
Sliced American Safeway Brand 8 oz. Pkg. $1.09
Quart Yogurt Regular, Sundae or Pre-Sliced, 32 oz. 98¢
Schlitz Malt Liquor 6 Pack, 16 oz. Can Plus Dep. $2.89
Carlo Rossi Table Wines, Red Burgundy, Chablis, Pink Chablis or Sun Rose, 1.5 Liter $1.99
Almaden Mt. Table Wines, Red Burgundy, White Chablis, White, or Vin Rose, 1.5 Liter $3.99
Keller Geister Premium Quality Table Wine, 750 ML $2.59

Pork & Beans Van Camp's, Family Favorite 16-oz. Can 3 for $1
Del Monte Catsup Tomato Catsup 24-oz. Bottle 79¢
8-Pack Coke Tab, Sprite, or Fresca 16-oz. Size $1.88 Plus Dep.
Paper Towels No Label White, 2 Ply 100 Count 2 for $1
Town House Chicken Noodle Soup Great Lunchtime Treat! 10.5-oz. Can 4 for $1
12-Pak Budweiser 12 oz. Bottles or Cans $4.65 Plus Dep.

Variety Super Savers
Kodak Film Color Print Film C 110-24, C 126-20, or C 135-24, Roll $1.99
Pampers Diapers Disposable Newborn 90's Ex Absorbent 60's, or Toddler 48's. $6.99
SAFEWAY Color Film 110-24, 126-20 or 135-24, Roll $1.79
50-QUART Ice Chest Perma Plastics Foam Ice Chest $2.99
1 1/2-QT. OPEN Saucepan This Week's Featured Item $5.99

RED RIPE Strawberries Dry Pint 49¢
Strawberry Glaze 3 for $1
BLOOMING Geraniums ea. 99¢
New White Potatoes 4 lb. $1
Salad Size Tomatoes 89¢
Sunkist Jumbo Lemons 59¢
Sweet Navel Oranges 3 lbs. $1.39
Large Bing Cherries $1.59
Fresh Crimson Rhubarb 39¢
Black Hass Avocados 3 for $1
Sunny Delight Punch $1.38
Sweet Corn 5 Ears $1
Large Well Filled Ears Coachella Valley First Of The Season Corn Tender No. 1's

Flowers For Memorial Day
Assorted Mums Assorted Colors, In 6" Pots $4.98 Fancy Decorated 7.98
Mixed Bouquets $2.98
Fresh Cut Roses Beautiful Colors Enjoy Them Inside 6x 00¢
Mini Carnations Assorted Colors Lovely & Fragrant 6x $3.98
Carnations Assorted Colors Lovely & Fragrant 6x $3.98
Cut Dasies Fresh Cut Daisies Bright & Colorful 6x $1.98
Pom Poms Fresh Cut Big & Beautiful Blooms 6x $2.98
Colorful Iris Tall & Stately Flower In Assorted Colors 6x $1.98

Prices effective Wed., May 20 thru Tues., May 26 at all Portland area Safeways.

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