

Eight Institutions Awarded Grants To Study Coronary Heart Disease In Blacks

The National Heart, Lung, and Blood Institute (NHLBI) has awarded 5-year grants totalling \$10.2 million to scientists at eight research institutions to study coronary heart disease (CHD) in the African-American population.

The eight institutions are: the Johns Hopkins Hospital, Baltimore; the Henry Ford Hospital, Detroit; The George Washington University, Washington, D.C.; Columbia University, New York; Albany Medical College; the University of Alabama at Birmingham (UAB); Emory University, Atlanta; Charles Drew University of Medicine and Science, Los Angeles.

The primary goal of this grant program is to determine whether and how specific factors contribute to heart damage in African Americans. Substantial numbers of African-Americans with CHD will be recruited in these studies. The grant projects will investigate specific hypotheses exploring physical factors such as atherosclerosis (clogging of the artery), ventricular hypertrophy (thickening of the heart muscle), and blood clotting and conventional risk factors including diabetes and elevated cholesterol. Better understanding of these factors in African Americans will provide more precise strategies for pre-

vention and treatment.

CHD is the leading cause of death in both white and black populations in this country and is a major cause of excess deaths among blacks 20-64 years old.

"This grant program is one expression of the NHLBI's commitment to minority health," said NHLBI Director Dr. Claude Lenfant. "The research sponsored by these grants will be an important step towards reducing the disparities in morbidity and mortality rates."

Dr. Patrice Desvigne-Nickens, the grant program administrator, stressed the need for more research in this area: "Disparity in the health status of minorities as compared to whites has been documented; but the reasons for the differences are multiple, complex and poorly understood."

According to Dr. Nickens the available data suggest the presentation, course and outcome of cardiovascular and other diseases vary by minority groups. "Programs such as this one," continued Dr. Nickens, "targeted for a specific minority group or problem, should serve as a model for future research which may provide strategies for narrowing the health gap between minorities and the majority population."

Following is a complete list of the individual grant projects and principal investigators:

--"Coronary Artery Disease Mechanisms in High Risk Families: Racial Differences;" Dr. Lewis C. Becker, Johns Hopkins Hospital.

--"Acute Myocardial Infarction and Left Ventricular Hypertrophy;" Dr. Fareed Khaja, Henry Ford Hospital.

--"Insulin and Pathogenesis of Atherosclerosis in Blacks;" Dr. Richard J. Katz, The George Washington University.

--"Lipoprotein (a) and Coronary Artery Disease in Blacks V. Whites;" Dr. Thomas A. Pearson, Columbia University.

--"Racial Differences in the Coronary Microcirculation;" Dr. Jan Laws Houghton, Albany Medical College.

--"Mechanisms of Endothelial Cell Fibrinolysis in Blacks;" Dr. Francois M. Booyse, UAB Medical Center.

--"Biologic Mediators of Atherogenesis in Black Americans;" Dr. Josiah N. Wilcox, Emory University.

--"Coronary Artery Disease in Blacks: Genetic Mechanisms;" Dr. Clarence E. Grim, Charles Drew University of Medicine and Science.

Healthy New Years Resolutions: Inexpensive Community Wellness Classes.... A Way To a Healthier Lifestyle In 1993

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For more information or to receive a copy of the Community Wellness Class Flyer, call 257-5805. Classes begin in January.

A SBA/Score Workshop On How To Start Your Own Business

The U.S. Small Business Administration and The Service Corps Of Retired Executives (SCORE) are jointly presenting "A Beginning Business Workshop" on Thursday, January 14, 1993 (8:00 AM To 4:30 PM). This workshop is especially recommended for those thinking of starting their own business or those presently in business.

The theme of the workshop is "Getting Started Right". It is taught by a lineup of practicing CPA and attorney, business consultants and SBA Staff. You get their input on success and failure factors, marketing, record keeping, making your business plan, sales promotion/advertising, point of sale selling, SBA loans, and selecting the right legal structure for your business. A question and answer period follows each presentation. Participants get a free business information kit.

Come learn with the experts at the least cost in time and money. You get the most useable information for getting started right.. This January 14th workshop will be held at Two World Trade Center 25 SW Salmon, Portland, Or. - fee 25.00. Pre-registration recommended

Please call Bea 503-326-5211 for more information.

Metro Councilors To Be Sworn In On Jan. 4

Three new members of the Metro Council and five returning councilors will take the oath of office at 1 p.m. Jan. 4 in the council chamber at Metro Center, 2000 SW First Ave.

New to the council are Jon Kvistad, District 2; Mike Gates, District 5; and Rod Monroe, District 9. Terry Moore, appointed to fill a vacancy in District 2 in September 1992, was elected to represent District 13 (a new position created as a result of reapportionment in 1991).

Also being sworn in will be Ed Washington, appointed to fill a District 11 vacancy in February; Richard Devlin, District 4, and Roger

Buchanan, District 10, who are returning for second terms; and Jim Gardner, District 3, returning for a third term.

Multnomah County Circuit Court Judge Kimberly C. Frankel will preside at the swearing-in ceremony. A reception will follow.

Although Metro council positions are currently four-year terms, the 13 members of the Metro Council will serve only for two years. The new Metro home-rule charter, which goes into effect on Jan. 1, reduces the size of the council to seven members beginning in 1995. An election for those seven positions will take place in 1994.

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"HEATH"

BY CASSANDRA CONWAY

Ever since I was brought to this world
I've had a great beast within me
That caused me to feel love, death, and pain.
I was a no-name, a filthy street rat
That took the kicks and sneers of others
Without a word.

Then my savior, or my prosecutor-
I can no longer differentiate-
Took me from the mud,
From the kicks and sneers

And placed me in a new environment.
I was named that of the moors.

Here I found another monster
Who made me conscious of myself.

High and mighty I was
Could have any beast I wished-
With a little trickery.

People began to hate me and my monster
And I suffered a new type of kick and sneer-
No longer plain and open,
But sneaky and hidden.

I endured these, for I was in love
With a girl who hadn't any manners.

Her dark eyes and upturned nose
Made my heart quiver and my mind reel.
She cared nothing for my heart or my mind,
Or so it seemed.

I left the moors, my life, my name,
And journeyed into the expanse
Of the un-found knowledge of my soul.

Upon return I found my love gone-
An imposter in her place.

Could it be my love
That betrayed my love?
Or my soul that betrayed my soul?

Her lover took them both
And crushed them into the sands
Of Eternity. Now blossomed
A spoken love.

Together the moments spent were slowly trickling
In the hourglass of Old Man Time.

My heart's desires were mixed into one.
Desire for my love and desire for my hate.

This is where a new monster emerged.
He grabbed my heart and held it with a claw.
The monster was large - in size and in power,
For he made me conscious of

Good, bad...love, hate.
When my love was gone,
From the breathing but not the living,
I chose a path of revenge

And my monster tightened his hold.
Craving revenge
Was my last hope.

My love was not with me
And I had only this emotion.
Wanting power over others,
Like a cat crushing a mouse

Between his teeth and dirty paw,
I cared for no one.

"Destruction almighty-
Crunch the pretty boy-
They deserve this for what they did
To my love."

With my life gone I no longer cared
What happened to me-only others
Suffering full.

'Irrational actions brought destruction
To many, even me.

Dying is heaven-
Even if I go to Hades
Love will meet me anywhere
For we are still the only pair...

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