

# KUDOS

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We urge you to submit brief notices to the KUDOS column which will be published at least twice during each semester. We'll publish them as quickly as possible. Please send photos, but it is best if you don't need the photo returned. Make sure the photo is clearly labeled, and if it should be returned, be sure to include a return address. Please send notices to KUDOS, Bennett Banner, Campus Box 25, or you can send us a fax at 370-8690. You can drop it by our office at Shell C 2. You must include the name and telephone number of a contact person.

## New faculty, staff join Bennett family

Several new faculty, staff and administrators have recently joined the Bennett College family.

The new additions are as follows:

**Rodney Cunningham**, Assistant Professor/Psychology; **Dr. Margaret Curtis**, Professor/Biology; **Valerie Johnson**, Instructor/Music;

**Charmaine McKissick-Melton**, Assistant Professor/Mass Communications; **Dr. Millicent Rainey**, Coordinator/Education

**Dr. Shirley Washington**, Associate Professor/Sociol-

ogy; **Debra Battle**, Unit Director/ Records; **Beverly Braxton**, Secretary, Educational Planning and Evaluation;

**Thomas Burton**, Housekeeper; **Wanda Davis**, Coordinator, Integrated Information Technology; **Kimberly Foster**, Director Outreach Services;

**Dr. LaFaye Hargrove**, Vice President of Student Development; **Charles Hockett**, Housekeeper;

**LaToy Kennedy**, Coordinator-MASTAP, Education Division; **Pearline McCoy**, Housekeeper;

**Carolyn MsEachern**, Secretary, Sponsored Programs/Research/Special Projects;

**Dr. Funso Emmanuel Oluyitan**, Director, Integrated Information Technology;

**Timothy Phifer**, Maintenance; **Vanetta Phifer**, Secretary, Education Division; **Jacqueline Smith**, Funds Development Director, Capital Campaign; and **Sandra Surman**, Data Center Assistant; and **Dr. Deborah Daniels**, Associate Vice President/ Student Development.

## African Americans face a hypertension crisis

(NAPS)—There is a health crisis in the African-American community. Hypertension, or high blood pressure, affects nearly 6 million black men and women. If left untreated, the consequences can be deadly. High blood pressure kills approximately 60,000 more African-Americans than white Americans each year.

In the black population, high blood pressure starts earlier, progresses faster, and is more severe. When uncontrolled, high blood pressure can cause kidney failure, stroke, and heart disease—all of which occur more frequently in African-Americans than in whites.

According to Paul Douglass, MD, president of the Association of Black Cardiologists and Clinical Associate Professor at Morehouse School of Medicine, blacks, when compared with whites, have about twice the number of strokes, five times more heart failure, and 18 times more kidney failure related to high blood pressure.

Diet may be an important way to help control high blood pressure. African-Americans are advised to eat less fried foods, lunch meat, and more fresh fruits, vegetables, whole grains, and breads. Exercise is also an important part of treatment, especially for many African-American women who tend to be physically inactive. Daily walks, for example, can be an effective way to control blood pressure and lose weight. Control of blood pressure may require medication in addition to diet and exercise.

Although there are many available high blood pressure medications, still only 25 percent of African-Americans have their high blood pressure under control. One reason for the low rate of control is that some patients may stop taking their medications because of side effects. In addition, Dr. Douglass notes that not all blood pressure medications work well in all patient populations. It's important that age, gender, and race are considered when treating hypertension.

High blood pressure is a painless yet deadly disease that affects an estimated 43 million Americans. The good news is that with the proper diagnosis and treatment, African-Americans can control and reduce the risk of high blood pressure.

## There's a simple soapy solution to prevent the spread of disease

(NAPS)—We still can't cure the common cold, but one of the best preventions is the very simple, low-tech act of hand washing. Pathologists, doctors who treat patients through laboratory medicine, want you to know that although some viruses and bacteria are air borne—by sneezes, for example—most diseases are transmitted by hand-to-hand contact.

Washing thoroughly with soap and water helps remove the organisms that cling to your hands after you handle items used by someone with a cold, flu, or bacterial infection. Frequent hand washing not only helps protect you from catch-

ing a bug, but it prevents you from spreading your infection to someone else.

You can catch colds or other diseases anytime, especially when vacation travel exposes you to whatever germs are present in the places you visit or when bad weather keeps you indoors.

Simply washing your hands frequently, especially before meals and after using the bathroom, will reduce your chance of becoming ill.

Pathologists suggest that you help your family prevent infection by teaching everyone to:

- Rub hands together and wash

thoroughly with soap and warm water, especially before eating and after using the bathroom.

- Remember to use soap, because it helps dissolve micro-organisms so they're washed away more effectively.

- Rinse hands and dry them off, using the towel to turn off the faucet.

Tests in day care centers, medical facilities, and nursing homes have shown hand washing can stop transmission of infections, so don't be embarrassed to remind those caring for your family to wash their hands frequently.

