

For And About Women

Thursday, May 12, 1983

THE CHOWAN HERALD

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Anne Matea Furlough

"Mild" High Blood Pressure Isn't Mild

Blood pressures at the low end of "high" blood pressure (90 to 104 mm Hg diastolic) are often called "mild". Yet, pressure in this range, if untreated, can still result in the complications associated with high blood pressure: heart disease, kidney disease, and stroke. In fact, the risk of many heart problems and early death for people with so-called mild high blood pressure is more than twice that for those with readings below 90 mm Hg.

Fortunately, however, recent studies show that treatment can make a big difference in reducing early death and illness for people in this group. It can also prevent pressures in this range from going to even higher levels where a patient's chances of developing serious complications are even greater. One study, the National Heart, Lung, and Blood Institute's Hypertension Detection and Follow-Up Program (HDFP), recently reported specifically on the effects of treatment on stroke. "Mild" high blood pressure patients treated systematically in special HDFP centers had 31.8 percent fewer fatal and non-fatal strokes than others in the program who received routine care in their communities.

Other studies, such as the Australian National Blood Pressure Study and the U.S. Public Health Service Study of Mild Hypertension also show major benefits for

treatment levels characterized as "mild".

Treatment for pressure in this category often involves dietary changes such as losing weight and cutting down on sodium.

Until the recent studies, most of the medical community had not been treating "mild" high blood pressure, because the benefits of treatment had not been clearly established. In 1980, the Joint National Committee on Detection, Evaluation, and Treatment of High Blood Pressure revised earlier national recommendations to include treating pressures in this range. The committee also suggested a new term for diastolic levels between 90 and 104 mm Hg, stratum I, because they believed that the word "mild" was inappropriate way to describe a serious condition. The new recommendations mean that high blood pressure patients, as well as the health professionals who treat them, need to pay careful attention to blood pressure elevations at any level.

Chowan Hospital will be holding a blood pressure screening clinic on Friday, May 13, in front of Quinn Furniture Company from 10:00 A.M. until 1:00 P.M. and one on Friday, May 20 at Rober's Hock Grocery from 10:00 A.M. until 1:00 P.M. A pharmacist will be available to answer questions on hypertensive medications.

Engagement Announced

Mr. & Mrs. Grady Furlough of Roper, N.C., would like to announce the engagement and forthcoming marriage of their daughter, Anne Matea, to Jeffrey Scott Harrell, son of Mr. & Mrs. John L. Harrell, Jr., of Edenton. A garden wedding is planned, Saturday, June 4, 1983, at 2 o'clock P.M. at the home of the bride's parents.

Miss Daniel To Marry

Mr. & Mrs. Ben Daniel III, of Oxford, announce the engagement of their daughter, Eula Mae Daniel, to Robert Earl Beasley, son of Mr. & Mrs. Robert L. Beasley of Route 1, Tyner.

The bride-elect will graduate from the University of North Carolina at Chapel Hill, where she will receive her Ph.D. degree in Pharmacology.

Mr. Beasley is a graduate of A&T State University. He is currently employed with Union Carbide at Research Triangle Park.

The wedding will take place June 25 at 11:00 A.M., at Brooks Avenue Church of Christ in Raleigh.

Everson Selected

Janet Darlene Everson, a 1979 graduate of John A. Holmes High School, is among 72 students selected for the third class of N. C. State University's School of Veterinary Medicine.

Miss Everson, daughter of Mr. and Mrs. Albert C. Everson, Route 3, Edenton, will earn her bachelor's degree in animal science from NCSU in May.

A member of the Senior Leadership of Alpha Zeta, she is also president of Thirty and Three Honor Society and a member of Alpha Lambda Delta and Phi Eta Sigma fraternities.

She has been active in the NCSU Fellows program and has been a Student Government Senator.

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Leslie Rhonda Kirby

Miss Kirby To Marry In July

Mr. & Mrs. Leslie Yates Kirby of Edenton, N.C. announce the engagement of their daughter, Leslie Rhonda Kirby to 1st Lt. James Gregory Hoffmann son of Col. (ret) and Mrs. Robert Munroe Hoffmann of Charlotte, N.C.

Miss Kirby graduated from Holmes High School and attended University of North Carolina at Greensboro, and

East Carolina University at Greenville, North Carolina.

1st Lt. Hoffmann graduated from Providence Day School in Charlotte and the University of North Carolina at Charlotte. He is currently serving in the U.S. Army stationed in Germany.

The wedding is planned for July 16th in Edenton at the Edenton Baptist Church at 7 o'clock in the evening.

Birth Announced

Mr. & Mrs. Terrence M. Thompson stationed at the USCG Air Station Ramey Puerto Rico announce the birth of their first child, a son, Martin Blake Thompson on April 19.

Maternal grandparents are

Verna Martin of Edenton and the late Alex Martin.

Paternal grandparents are Jewelle Van Dyke and Robert Thompson of Florida. Mrs. Thompson is the former Charie Martin of Edenton.

Tax Return Copies Needed

GREENSBORO—Many taxpayers need copies of their previously filed Federal tax returns for the purposes of income averaging, applying for student loans and grants, and for mortgage purposes, the Internal Revenue Service says.

Generally, to process requests for copies of an individual's return takes about two months, the IRS cautions.

In many instances, taxpayers need only certain information from the return, not the entire package. The IRS District Office in Greensboro can usually furnish this information in about two weeks, upon request. The taxpayer should call 1-800-424-1040, toll-free any weekday from 8 A.M. to 4:30 P.M. to obtain the data.

Jennings Returns

Sgt. Russell W. Jennings has recently returned home after serving four years, four months with the U.S. Army in W. Germany. His last year was spent in Garmesch. On May 27, 1983 he will report for duty at Ft. Eustis, Va.

Russell, his wife, Annerose, and 2 daughters, Nicole and Kristine are presently visiting his parents, Mr. & Mrs. John L. Jennings who reside in Snug Harbor.

Society News

Jackie Richard and family vacationed in Canton, Ohio, where they visited the Pro-Football Hall of Fame. Jackie is formerly from Edenton, but now resides in Portsmouth Va.

Annette Partin Receives Degree

Mary Annette Partin was awarded the Bachelor of Arts degree from Duke University at its one-hundred thirty-first commencement Sunday, May 8th. Graduating with cum laude honors, she majored in political science and religion.

While attending the University, Annette was an active member of the Baptist Student Union, Bench and Bar Society, Phi Mu Sorority, and she served as vice president of Hanes Annex Dormitory her Senior Year. Miss Partin is the daughter of Mr. & Mrs. Jim P. Partin of Edenton.

In 1836 there was a surplus in the United States Treasury of over \$28 million!



Josephine M. Brown

Engagement Announced

SAN DIEGO, CA.—Mr. and Mrs. Amos Richard of New Bedford, Mass., announce the engagement and forthcoming marriage of their daughter, Estelle, to Dr. John Lee Jennings, Jr.

Dr. Jennings is the son of Mr. and Mrs. John Lee Jennings who reside at Snug Harbor, Hertford, N.C.

The wedding is planned for August, 1983, in San Diego.

The bride-elect graduated from Bishop Stang High, and Southeastern Mass University. She also attended the University of Sandiego. She is a legal assistant specializing in family law.

Dr. Jennings is a graduate of First Colonial High School; Old Dominion University and Eastern Virginia Medical School. He is a dermatologist at San Diego Naval Hospital.

Brown Elected Vice President

Josephine M. Brown, an Edenton native, has been elected vice president at Wachovia Mortgage Company in Winston-Salem.

Mrs. Brown joined Wachovia's Raleigh office in 1964 as secretary in loan administration. In 1970 she transferred to Winston-Salem as a supervisor in the legal section of the mortgage company. In 1973 she was promoted to assistant vice president and in 1975 was named manager of quality control and loan review.

She was recently named manager of loan documentation and review. Mrs. Brown attended Droughan's Business College in Greenville, S.C.

Mrs. Brown is a daughter of Mrs. Annie C. Mills of Edenton and the late Snowden C. Mills. She makes her home in Winston-Salem.

Wachovia Mortgage Company, a member company of Wachovia Corporation of Winston-Salem, has offices in North Carolina, South Carolina, Georgia and Florida.

Birth Announced

Mr. & Mrs. Michael Reeve of Hertford would like to announce the birth of their son Dylan John Gardner Reeve born on April 23 at Hampton General Hospital.

Ever grill a peanut butter and jelly sandwich? Just spread outside with softened butter or margarine and grill until browned.



INSIGHT INTO EYESIGHT

DR. A. F. DOWNUM, JR.
OPTOMETRIST

Color Deficiency

Color deficiency is a vision condition in which people have difficulty distinguishing colors. The term "color blind" is sometimes used, but normally is not correct since only a small number of people cannot identify any colors.

The exact cause is not known, but the condition is usually inherited. Color deficiency also can result from disease, injury, or the natural aging process. In fact, sometimes it is an early symptom of an eye disease such as glaucoma.

Color vision is important in many daily tasks. Confusing colored traffic lights or multi-colored

wiring, for example, can be dangerous. Color vision also is important since color-coded learning materials are used extensively in the primary grades. If undetected, it may cause a child to be mistaken for a slow learner or a behavior problem.

Most color-deficient individuals are unaware of their deficiency. A thorough optometric examination is recommended for an accurate diagnosis of color deficiency.

In the interest of better vision from the office of:

A. F. Downum, Jr., O.D.
103 W. Eden Street
EDENTON
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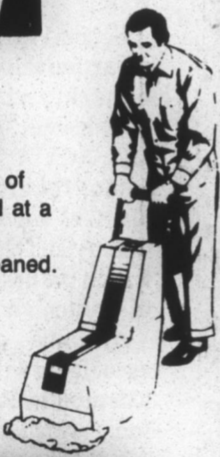
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Lordy, Lordy, Jim's 40

Views On Dental Health



Richard N. Hines, Jr.
D.D.S.
Fellow of The Academy of General Dentistry

Give Yourself The Mirrow Test

How do other people see you when you open your mouth to speak or smile? For that matter, how do you look when your mouth is closed? To find out, give yourself the mirror test. Study your expressions, and take a close look at the appearance of your - hopefully - pearly whites.

Are your teeth out of alignment? Are there gaps that show from missing teeth? Do you have discolored teeth or unattractive fillings? All of these conditions can be corrected and improved. If there's a problem with your gums, they can be made healthier, too. This will also help save your teeth from further

deterioration. An attractive mouth and smile are always an asset. When your teeth and gums not only look good but are healthy, too, the satisfaction goes even deeper. Ask your dentist what he would recommend to improve the appearance of your mouth and smile. You may be pleasantly surprised to find that some problems may even be corrected in one office visit.

A public service with the aim of promoting better dental health environment. From the office of: RICHARD N. HINES, JR., D.D.S., 437 South Broad St., Edenton. Phone: 482-2776.

"We Cater To Cowards"



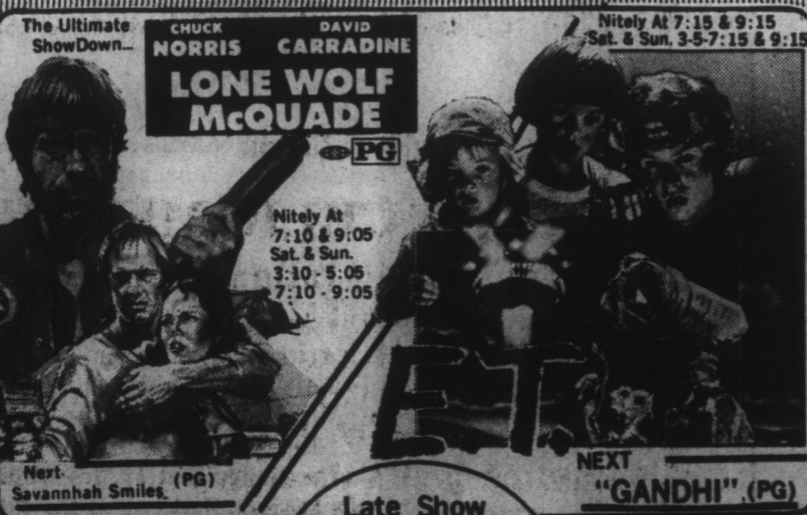
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