



INFOGRAMS

BY MARY WHITMORE
HOME ECONOMIST
AGRICULTURAL
EXTENSION OFFICE

YOUR FAMILY'S HEARTS - HOW TO KEEP THEM HEALTHY

In 1970, some 666,000 Americans, of whom about 171,000 were under the age of 65, died of coronary heart disease (CHD) and many more were disabled by the same disorder. In North Carolina, over 9,000 people die each year from CHD. Experimental and clinical studies have identified a number of "risk factors" associated with susceptibility to CHD. Though there are no guaranteed ways to prevent CHD at this time, it is important that you be aware of the risk factors. Perhaps the most important factor for you to be aware of is that the group most susceptible to CHD is the male, 45-64 years of age. This means that many of your husbands, fathers and friends are in or will soon be in this high risk group. Though there is nothing you can do about sex or age, there are steps that you can take to try to reduce conditions that contribute to the other risk factors associated with CHD.

A well-known magazine featured an article a few years ago entitled, "Ways to Murder Your Husband". Some of the sure ways mentioned were pump him full of alcohol, keep him sitting down, salt his food liberally, keep the coffee pot going, keep cigarettes handy, don't let him sleep at night (insist on watching the late show), nag him often, feed him sweets galore, feed him lots of fats, especially highly saturated ones, be sure he never has a vacation, and be certain he is overweight. Remember your job will be easier if he is a diabetic, has high blood pressure or has a history of heart disease in the family.

These may sound humorous, but many of our day to day health and food habits make us high risk potentials for coronary heart disease. Some recommendations for keeping hearts healthy are:

1. Have yearly physical checkups to detect high blood pressure, high blood cholesterol and triglyceride levels and irregularities in glucose tolerance test, which might indicate diabetes.

Follow doctor's instructions if any problems are detected; a checkup may be especially crucial for those persons with a family history of CHD.

2. Maintain desirable weight.
3. Exercise regularly and at a moderate rate.
4. Reduce as many of the daily stresses of life as possible.
5. Reduce smoking and drinking.
6. Eat a well balanced diet that includes the recommended amounts of nutrients.

These are no drastic changes or complicated food preparations, but just a few foods you could eat less of and a few changes you may have to make to reduce risks of heart disease. Among these are cutting down on foods high in cholesterol, reducing consumption of fats and replacing a great percentage of fat that is saturated (solid at room temperature) with fat that is polyunsaturated. To limit intake of saturated fats:

- * Eat fish, poultry and veal more often than beef, lamb or pork.
- * Select lean cuts of meat and trim off visible fat.
- * Eat less bacon and sausage, cold cuts and frank.
- * Avoid deep fat frying, especially with solid fats.
- * Use margarine and vegetable oils that are highly polyunsaturated, instead of butter and animal fats.
- * Substitute skimmed or low-fat milk for whole milk and cream; sherbet and ice milk for ice cream.
- * Eat fewer commercial baked goods and mixes containing whole milk and eggs.

HAPPY HEART'S DAY!!!

Yes, We All Talk

By Marcus H. Boulware

THE VOICE EFFECTIVE USE OF

The public speaker does not have to use artificial voice tricks. If you become excited you will shout. It is your habit, fine. If it is not, then it is wise to use such an approach when speaking in public. (For instance, Oral Roberts does not become excited when delivering a sermon.)

The quality of a public speech is not measured by the quantity of sound. A forceful statement, spoken quietly, sincerely, and slowly, can be more powerful than the loudest outburst of words.

You can be effective, if your voice is adequately loud, clear and distinct, the pitch or tone of voice is suitable for ones age and sex, and the utterance is suitable to the meaning the speaker desires to impress upon the listeners.

Give your points a chance to impress themselves on the listeners. Even if you are a rapid talker, pause, pause after a sentence or a significant passage. Enlarge your vocabulary, for it equips you for all kinds of speaking.

READERS: For my Bibliography on Snoring, send three 13-cent stamps to M. H. Boulware, 430 Mercury Drive, Tallahassee, Florida 32304.

Henry Kissinger Alludes Angola Question

Following the Congressional ban on secret U. S. aid to UNITA and FNLA, Henry Kissinger, in testimony before the Senate Foreign Relations Committee, said that the Ford Administration "is now seriously considering overt financial aid" to the two groups.

Kissinger claimed that there are now 11,000 Cuban troops in Angola, and said that "it is the first time that the U. S. has failed to respond to Soviet military moves outside their immediate orbit." Kissinger also said this was "the first time the Congress has halted the executive's action while it was in the process of meeting that kind of threat," despite the fact that Congress eventually cut off funds for the war in Indochina.

Following the hearings, the Senate passed the Military Aid Bill which contained a provision prohibiting military aid for Angola.

Kissinger testified that the CIA is not involved in the recruitment of mercenaries in Angola, but when asked by Senator Charles Percy if U. S. funds are being used directly or indirectly to recruit American mercenaries, Kissinger answered, "it depends on how you define indirectly."

Voorhees Prof Selected From Inter'l Scholars

DENMARK, S. C. - Dr. Leland C. Barrows, Associate Professor History on the Voorhees College faculty has been one of several selected scholars from countries throughout the world to publish specific works at the Hoover Institution at Stanford University (California).

Dr. Barrows won a grant last summer to prepare several articles for the institution. He has recently returned to the Voorhees campus after completing 5 weeks of writing articles entitled "Faidherbe" (Governor of Senegal: 1854-1965), for an anthology on "Colonial Governors of Occupied Africa." Another dissertation, "General Faidherbe, the Maurel and Prom Company and French Expansion in Senegal, Africa" will be published by the Hoover Institution Press.

His other current work is: "A Study of the Influence on the French Army of Colonial Warfare in Africa in the 19th and 20th Centuries". This is a preliminary article for a colloquium schedule to be published by UCLA Press. This was a part of a UCLA seminar entitled "Double Impact: France and Africa During the Era of Imperialism."

The 33 year-old professor teaches History of Africa Since 1800: Social Institutions: American History and Seminar in European History at Voorhees College while continuing his writings for various professional journals in the United States and abroad.

Dr. and Mrs. Barrows live in Orangeburg.



DAVID T. FLAHERTY

GUEST SPEAKER

David T. Flaherty, Secretary of the North Carolina Department of Human Resources will be the guest speaker for the Annual Brotherhood Service, Sunday, Feb. 15 at 11:00 at Union Baptist Church, 904 N. Roxboro Street.

The public is invited to attend.

Card of Thanks

The family of the late Mrs. Helen A. Wade wishes to express its sincere thanks to their many friends and neighbors for their kind thoughts, deeds, floral tributes, donations, visits and cards during the illness and death of their mother, grandmother, and great grandmother. May God bless all of you.

North Carolina Secretary of Human Resources David T. Flaherty.

Less Than One-Third North Carolinians Are Taking Advantage of Free Health Program of Medicaid

RALEIGH - Less than one-third of the eligible young North Carolinians are taking advantage of a free comprehensive health screening, diagnosis and treatment program offered through the state's Medicaid program.

The Division of Social Services of the N. C. Department of Human Resources reports that only 43,805 youngsters under 21 years of age were screened by the Early and Periodic Screening, Diagnosis and Treatment program (EPSDT) during the past fiscal year. The Division estimates that 144,700 young people in North Carolina are eligible for this free health screening and treatment program.

All children under 21 years of age in families receiving Aid to Families With Dependent Children are eligible, as well as other children in families that have been denied the support of one or both parents because of absence from the home or disability.

North Carolina Secretary of Human Resources David T. Flaherty voiced concern in Raleigh this week over the lack of participation in the EPSDT program.

"All of us know that children are our greatest resource. EPSDT strengthens that resource by offering a practical and humanitarian method to prevent needy children from being handicapped by conditions that could lead to chronic and disabling ailments later in their lives. Health experts estimate that more than one-half of these handicapping conditions in children can be prevented or corrected by early health care," Flaherty stated.

"It is readily understandable why medical attention is not a poor family's first priority, unless it is a serious emergency. We have both a moral and an economic obligation to assist these children without financial means. We are faced with a choice of helping them realize a life of achievement or a life of being handicapped by disability and disease. This is a simple choice when the ultimate costs are compared. Basically, we are concerned with doing what is right. At the same time, we have a strong belief that preventive care, especially for children, is the most effective way to deal with this massive problem," Flaherty emphasized.

He also stated that it's a shame that over 100,000 eligible youngsters in North Carolina are not getting this health screening and treatment. The federal government pays 68.03 percent of the cost and the remainder is shared by state and county governments. Citing the value of the screening program, Flaherty said that of the 43,805 youngsters who were screened last year, 17,924 needed treatment. The EPSDT program is administered by county social services departments. The actual screening is given by county health departments or private physicians.

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The Helping Hand Club Holds Meet

The Helping Hand Club of Bell Yeager Freewill Baptist Church had their annual New Years' Dinner the first Sunday in February at the home of Mrs. Cora Allen, 53-C Cooper Street.

\$108.4 Million Grants

The U. S. Department of Commerce's fiscal year 1975 investment in minority business development, including procurement and Office of Minority Business Enterprise (OMBE) grants and contracts, reached \$108.4 million.

CRADLE ROLL CALL

The following births were reported to the Durham County Health Department during the week of February 2 through February 7:

Roland and Cheryl Gee, boy; Roy and Elaine White, girl; Richard and Marsha Taylor, boy; Lemmie and Shelly Carroll, boy; Danny and Mary Roberts, girl; Elwood and Alice Murphy, boy; Michael and Frances Allison, girl; David and Esperanza Sanchez, boy; Wallace and Jewell Yarbrough, boy; Albert and Phyllis Blalock, boy; Roy

and Jeannie Ellis, boy; George and Lois Walters, girl; Modric and Evelyn Tew, girl; Richard and Mary Every, boy; Norman and Doris Epps, boy; Douglas and Rita Tyson, boy; Ilonda and Debra Craig, girl; Robert and Mariana Cole, boy; Gary and Christine Champion, boy; Gerald and Nancy Serwer, girl; Charles and Holly Rose, boy; Hubert and Deborah Hawkins, boy; William and Shirley Keith, boy; Bobby and Mary Matthews, boy; and Isaac and Carolyn Williams, girl.

and Jeannie Ellis, boy; George and Lois Walters, girl; Modric and Evelyn Tew, girl; Richard and Mary Every, boy; Norman and Doris Epps, boy; Douglas and Rita Tyson, boy; Ilonda and Debra Craig, girl; Robert and Mariana Cole, boy; Gary and Christine Champion, boy; Gerald and Nancy Serwer, girl; Charles and Holly Rose, boy; Hubert and Deborah Hawkins, boy; William and Shirley Keith, boy; Bobby and Mary Matthews, boy; and Isaac and Carolyn Williams, girl.