



MEMBER
NORTH CAROLINA

BLACK PUBLISHERS' ASSOCIATION

The War for our Hearts

You've seen or heard the catchy public service commercials which describe hypertension as a major problem among black people.

The ads are informative; some may even make you dance; but they usually don't provide much in the way of advice beyond making a visit to the doctor, an important step, but one which is not particularly appealing.

However, here in Winston-Salem, the Patterson Avenue YMCA has launched a unique program designed to help people come to terms with the threat of heart disease and have fun at the same time.

It's called the cardiovascular fitness program and it's located in the basement of the "Y."

Elmanuel Osei-Antwi, director of health services at the "Y," has put together a program backed up by an impressive assortment of exercise equipment. The assortment includes computerized stress testers, weights, bicycles, etc.

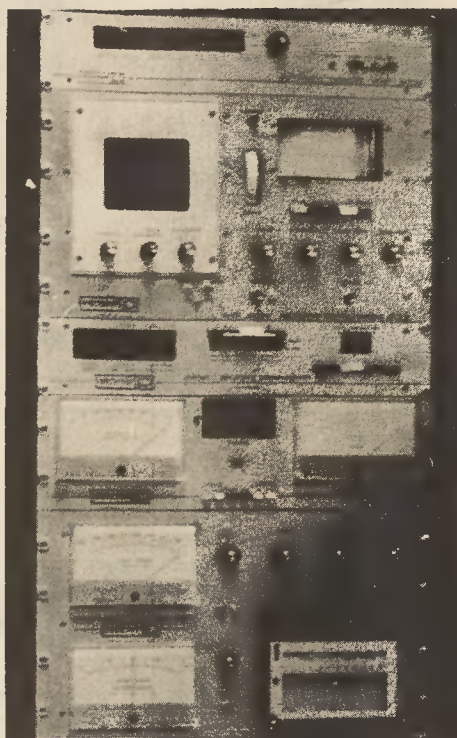
Participants in the program are first given a physical examination, tested to determine the amount of exercise they can handle, and then given a tailor-made exercise program which fits in with their schedule.

The regular exercise helps to strengthen the heart by developing more blood vessels to relieve the pressure on existing vessels and by reducing the sodium (salt) in one's system because of the sweating. Salt is one factor linked with hypertension.

According to Osei-Antwi, one of three black exercise physiologists in the country, two persons in imminent danger of having heart attacks were detected because they entered the program.

This cardiovascular fitness program is the only one in the Southeast and the only one located in a black YMCA nationally. The project was begun to deal with hypertension in the black community.

Should it make an impact on cardiovascular disease in our community, the project will likely be duplicated



This exotic looking machine is the stress-tester used in the cardio vascular program at the Patterson Avenue YMCA.

elsewhere.

In the words of Osei-Antwi, "The Patterson Avenue YMCA is waging war against cardio-vascular diseases by changing lifestyles as the essence of preventive medicine."

The war against heart disease is one we would all do well to join in.

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Our Overcrowded Prisons

Much attention has been drawn to the North Carolina corrections system, particularly because of two of its prisoners: Rev. Ben Chavis and Joan Little.

However, the notoriety attached to their cases obscures a more fundamental fact about the system. Approximately 14,000 prisoners, 56.8 per cent of them black, are housed in a system that has the capacity for about 10,000, according to corrections secretary Amos Reed.

North Carolina has more prisoners per 100,000 population than any other state in the Union.

Yet even, if there were only 10,000 prisoners in the system, many of them would still live in half-century-old buildings neglected over the year. The worst example would be Central Prison in Raleigh, a 1,000-capacity institution which houses 1,500.

Steps are being taken to ease the overcrowding problem and the maintenance backlog. The construction of a new Central Prison is due to start soon. The last session of the General Assembly approved the construction of more than 1,000 units at other prison and additional funds for maintenance.

The legislature also approved the hiring of 11,100

new personnel for the Corrections Department. To the department's credit, about a third of those new employes have been black.

Bricks and mortar, new guards and chaplains, etc. only deal with the symptoms of the problem. Part of it is rooted in outdated laws which send misdemeanor offenders and others who should not be in jail to state prisons.

Part of it lies in inadequate facilities in local jails.

The biggest factor is that our state, as an organized society, has not included all its citizens as productive members of this society. Unfortunately, crime is the most lucrative avenue for advancement available to too great a proportion of our population.

There is a need for communities to come to grips with crime, not only from the stand point of providing greater opportunities for those who have not had them, but from the standpoint of making crime more difficult through better residential and business security and increased cooperation between citizens and police.

Otherwise, we will be building prisons and more prisons until they outnumber our schools.

The Twilight Zone

Middle-income people have slipped into an economic No-Man's-Land somewhere between independent affluence and government assistance. It is a paradox of this country's economic system that people who are very poor and better off than those who are only "slightly poor."

If you make over \$12,000 a year, you will probably be able to live comfortably on your income. At least, you ought to be able to make ends meet if you are not extravagant. If you make less than \$6,000 a year, the government will help you out. You will get food stamps, a chance to buy a house, assistance with your utilities bills, and cut-rate day care. If you make between \$6,000 and \$12,000 a year, heaven help you.

Consider the poor soul who makes \$7500 a year, a single parent with a child. She doesn't make enough money to have any savings for disaster, or to really feel economically secure--and she isn't poor enough for "Big Brother" to step in. She'll pay full utilities costs, ordinary high rent, and regular prices for groceries. She might actually end up with less spending power than a low-income person receiving assistance.

this is an observation without the offer of a solution. We don't have any easy answers. This "Twilight Zone"

for middle-income people has apparently happened without the contrivance of anyone. Inflation has made the situation worse, of course.

The "Middle" folk are the ones who dread the coming of winter. To the rich, winter may mean snow scenes viewed from the warmth of your den, and the poor can look to various agencies for assistance with fuel bills. The "Middle" folk see another chunk carved out of an income that seems stretched even in the summer.

Don't forget that many of the people caught in this income level are black. They hold so many of the "intermediate jobs": secretary, cook, sales clerk, waitress...

We wonder how long people can continue to be honest and hardworking, when they see that they are coming in last? Some might make the effort to reach a higher bracket--but for many people it can't be done. How much easier it would be just to slow down, let yourself slide just a little lower in the income bracket, and let the government take up the slack.

We hope somebody comes up with some hope for the middle-income people. they may be an endangered species.

Speaking Out

with Tracy Singletary

Have you noticed the ~~changes~~ of the last two aldermatic meetings? We are ~~conducting~~ a two party system at work.

By forming an alliance with the Republican members of the board, Mr. Little, Mrs. Burke and Mrs. Newell will be able to make meaningful appointments and pass legislation that will impact positively on East Winston.

This is a refreshing change from the usual "do-all black" method of picking token sole Blacks to serve on board and commissions.

By appointing citizens that have demonstrated a concern for the community you have individuals that will accept the appointment as a challenge and not as an opportunity to enhance their resume'. And will set about making Winston-Salem a better place to live for all citizens.

This new trend should relieve some of the apathy caused by the feeling of only being included when there is work to be done and could serve as the catalysis for increasing meaningful citizen participation.

We are about to enter the count-down stage of the November elections. Now is the time to take a good hard look at the candidates. We have a lot of fence walkers in the field this year.

We must make them realize that if they are planning on dancing to victory November 7, they must pay for our votes by dealing with issues that affect us and making good all promises.

If we make it a policy to vote for the man and not the party by the time the next election roll around you will see a williness of all serious candidates to address the issues that affect East Winston.

We must also start identifying individual to run in '80'. We need to assist them in getting their act together and by providing financial support.

Unfortunately progress seems stymied. More Blacks are being replaced than appointed. Shape up and get the stick commissioners, you have an election this year remember.

The last day to register to be able to vote in the November 7 election is October 9.

'Paranoid Fever'

"Paranoid fever" is in the air. They're after me, or they're out to get me or they don't like me are the symptoms of the fever.

There is no certain time when the fever hits. It can hit in the morning or at night. When it is hot or when it is cold. It can hit the young, old and the middle-aged.

I think I first got the fever a couple of weeks ago. The fever hit me when I was driving along in my car. I began to notice that every other car I saw looked like the one I was driving.

The first symptom quickly disappeared, but I soon developed the second "P. fever" symptom. I was still driving in my car when it hit me. I then began to think that all the people in the cars following me were out to get me. Although I was only driving 35 miles in a 45 mile zone hardly any of the cars bothered to pass me. And when they did pass they passed very slowly. Although I couldn't make out the people in the cars I knew they meant me harm.

Finally when I could stand the fever no more, I looked up the cure in a medical book, entitled, "If You Think You're Going Crazy," by I.M. Anutt. The cure according to Dr. Anutt was to turn off all the

lights, sit in a small closet and quickly bury your head against the wall. The cure worked. I no longer feel paranoid but do have a big headache.

By Yvette McCullough

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