

# A Black Perspective You & Your Health



Brenda Kennedy BSN

## Hypertension-A Community Problem

We have already discussed the importance of hypertension, especially in the Black community. There is a much higher incidence and a greater prevalence of high blood pressure among Blacks.

As a community, there are some things that can be done by each of us to help. We can all make contributions toward solving this growing problem.

To begin with, we can look closely at our family history. If there is a greater prevalence in your family, make it a special family effort to work on prevention. This can be done by working on diets together, exercising together, etc.

There are various organizations in the community that sponsor screening programs for high blood pressure. Those persons who have experience in health-related fields or areas should be thinking in terms of donating time to help with such programs. Not only can they help with screening programs that

have already been instituted, they can begin new programs, with new ideas.

Persons who do not have a health-related background can also help by volunteering to assist with such programs and help with organizations of the programs. Donations for these types of programs are always appreciated.

Church, social, and civic groups can play a very important roll in prevention and detection of high blood pressure. These groups and special church groups often wish to sponsor community projects. Since hypertension is of great concern, teaching workshops on prevention for the community or special community groups may be done. Asking for assistance from organizations such as the American Heart Association is always a good idea. They also assist with screening projects.

Let us begin to work together as a community to help with this problem - Our Silent Killer.

# Davis Describes Dr. King As "Conscience To The Nation"

By Susan Ellsworth  
Post Staff Writer

Dr. Martin Luther King, Jr. influenced the lives of many people, one of which is Robert Davis, principal of Charlotte's Street Academy.

Davis described King as a conscience to the nation who spoke on important but unpopular issues.

"He could use words to move people to do what needed to be done," Davis said in praise of the late civil rights leader.

King's foresight diminished with his death, according to Davis.

He pointed out that since King's death the number of black government representatives has declined. Black citizens have become apathetic, rationalizing that they need not vote because their votes won't count anyway, he said.

Charlotte for example, lost black officials such as County Commissioners Bob Walton and L. C. Coleman and City Councilman Harvey Gantt.

Davis emphasized that many community development and social programs for low income people were eliminated during the 70s.

"We have reached a stalemate in terms of black progress," Davis protested.

King has inspired the 51-year-old Davis. If he had lived King would be the same age.

"I try to live out the creed King expounded," asserted Davis who said he read and studied King's works.

Davis has served as chairman of the Black Political Caucus for six

years, been a member of the NAACP since 1946, and is currently president of the mayor's Community Relations Committee.

"King pricked the national conscience so that government officials would have to take some action," Davis said.

"There's a black leadership vacuum", he continued. "None are as dynamic or unselfish as King."

To commemorate the slain civil rights leader, Davis said January 15, King's birthday, should be observed as a national holiday.



Robert Davis  
...Black Caucus president

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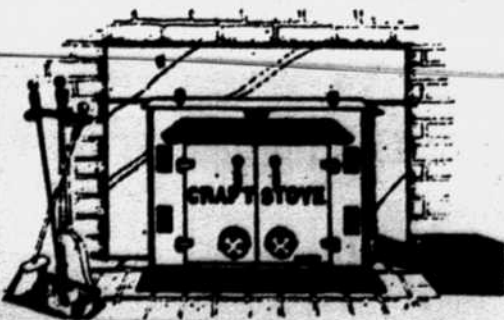
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