

Chronicle Profile

Waging War Against Hypertension

With a couple of numbers, Emanuel Osei-Antwi can tell a lot about a person, including some things the person doesn't know. Osei-Antwi, health services director of the Patterson Avenue YMCA, makes it his business to find out the blood pressure of as many people as possible, in an attempt to detect high blood pressure before it causes a number of other heart and circulatory system problems.

"Most people never feel the effect of high blood pressure (com-

monly known as hypertension) until it's too late," said Osei-Antwi. Since the first of the year, the Y has been sponsoring Blood Pressure Weeks, during which the health director and aides check the pressure of those who drop by.

"Some of the people were already on medication, but we made a few referrals to physicians," said Osei-Antwi. Attendance during the weeks has averaged between 80 and 100, however; he noted that many of the participants are

middle-aged or older. "It's the younger people we're trying to go after now," said the Health director. "The earlier you can get to work on hypertension, the less damage it can do."

Osei-Antwi is uniquely qualified for the task of promoting better heart care among the Y's patrons. He is one of two black exercise physiologists in the country, he says. His field studies and uses the effect of programmed exercise on health problems.

The Blood Pressure

Weeks are part of an effort called the Cardiovascular Fitness Institute, which also includes the Y's exercise program in the basement.

There, Osei-Antwi performs stress testing and such techniques as measuring the amount of body fat to prescribe a program that fits the individuals.

This summer during the association's day camp, the institute implements a program developed by the Georgia Heart Association to teach children about high blood pressure and

its affect. Once the youth have taken in the information, they'll be given stethoscopes to take home and examine their own families with.

"Hopefully, this program will also have an impact on the adults," said Osei-Antwi.

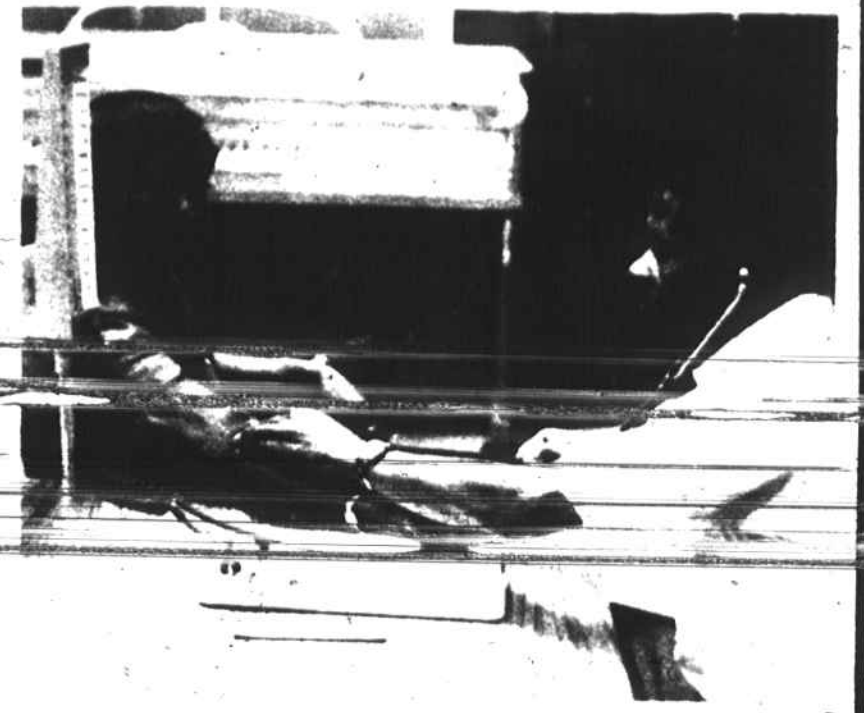
The institute and its facilities are unique in the Southeast and the only one of its type at a YMCA serving a predominantly black clientele.

"Because of the high incidence of hypertension among blacks, there is a national thrust to

develop programs to reach them," he said. "Essentially, this is the starting point right here at the Patterson Avenue Y."

He mentioned that the local branch would host a workshop in September to teach personnel from other branches in cardio-vascular fitness techniques.

"Preventive medicine comes down to, simply, how to take care of yourself," he said. "It takes knowing what to eat and getting enough exercise. That's what we're trying to promote."



Trimona Brandon, a graduate student at University of Nevada - Las Vegas.

people...

MRS. FRANCES MIZZELL, portfolio manager of Wachovia Bank and Trust Company, Winston-Salem, was elected, June 15, class president of the tenth resident session of The Southeastern Trust School (SETS), in progress June 10-22 at Campbell University under sponsorship of Campbell and the Trust Division of the North Carolina Banker's Association.

As president, Mrs. Mizzell will be valedictory spokesman for her classmates (37 women and 19 men from 10 states) as they receive graduation certificates June 22. She will serve also as student representative on the SETS board of regents in the coming year as it reviews curriculum and procedures for next year's session.

First in her class as a graduate in business education of Winston-Salem State University in 1970, Mrs. Mizell taught for a year in Winston-Salem, spent a year employed with Mountain Bell Telephone in Denver, and joined Wachovia in June, 1973. She plans a career in trust investments, and she has in progress the three-year program of the Institute of Chartered Analysts study to qualify her as a certified financial analyst.

BERNADINE MOSES of Raleigh has been named state director of public information for the Division of Community Employment (DCE) of the North Carolina Department of Natural Resources and Community Development.

Moses is a graduate of Spelman College in Atlanta, Georgia and holds a master's degree in journalism from the University of North Carolina at Chapel Hill.

Prior to joining DCE, Moses was the assistant editor of the North Carolina Association of Educators.

She has held positions as director of the Southeastern Black Press Institute, media consultant for the Atlanta-based Emergency Land Fund (ELF), and visiting lecturer at the University of North Carolina at Chapel Hill.

The Division of Community Employment administers federal Comprehensive Employment and Training Act (CETA) funds for public service employment, job training and youth programs in 87 "balance of state" counties.

MARIE ROSEBORO and WILLIAM FULTON have been named to the board of directors of Winston Mutual Life Insurance Company.

BERNARD GREGORY has been appointed to the position of agency director at Winston Mutual Life Insurance Company.

HARVEY ALLEN, JR. was honored by Psi Phi Chapter at their June meeting for his achievements in swimming. He was presented a plaque.

He is a recent graduate of Bishop McGuinness High School. He is a member of the High Point Swim Club. He plans to attend John Hopkins University.

Allen is the son of Dr. and Mrs. Harvey H. Allen of 3111 Flanders Dr.

KENNETH W. LEWIS of East Forsyth and DONALD FOSTER, JR., of North Forsyth were recently awarded \$500 scholarships by the Psi Phi Chapter of Omega Psi Phi Fraternity, Inc.

Lewis is the son of Rev. and Mrs. Henry Lewis of 3400 Jeketer Dr. He plans to major in pre-law at Duke University. At East Forsyth he was a member of the National Honor Society, the Latin Honor Society, Who's Who in High Schools and was a National Merit Scholar.

Foster is the son of Mr. and Mrs. Donald Foster Sr. of 620 E. 25th St. He plans to major in mechanical engineering at North Carolina State University. At North, he was a member of the National Honor Society and an honor graduate.

LEMELIA KAY JOHNSON received her diploma from Phillips Exeter Academy on June 7 in Exeter, New Hampshire. Johnson is the daughter of Mr. and Mrs. Lemuel L. Johnson of 2828 Bon Air Avenue in Winston-Salem.

She was also the recipient of the second prize in third year Spanish. Johnson has been accepted at North Carolina State University in Raleigh in the School of Design. Her ambition is to be an architect.

Arthur E. Scott Sr. has been promoted to director of breakbulk operations for Pilot Freight Carriers, Inc. He will be responsible for the dock activity at their Kernersville, N.C. facility.

Scott joined Pilot in 1970 and was promoted to dock supervisor in 1973. He joined the company's management training program in 1976 and was a driver supervisor and driver personnel manager.

A native of Salisbury, N.C., Scott graduated from Davie County High School and earned his B.A. degree from North Carolina A&T State University where he graduated cum laude.

Scott and his wife, Ida, live at 3651 Sawyer Drive in Winston-Salem, N.C. with their two sons, Arthur Jr. and Anthony.



Roseboro



Moses



Fulton



Mizzell



Gregory



Lewis



Johnson

Fraternity Selects New Officers

In recent elections, Psi Phi Chapter of Omega Psi Phi Fraternity, Inc., elected the following men to serve for the 1979 - 1980 year: Virgil G. Simpson, basileus; Dr. William H. Harold Kennedy, parliamentarian; and Rudolph V. Boone, Sr., director of records and seal; William

Spaulding, assistant K.R.S.; Willie G. Richardson, keeper of finance; Victor Johnson, keeper of peace; Edwin L. Patterson, Chaplain; Atty. Harold Kennedy, parliamentarian; and Rudolph V. Boone, Sr., director of public relations.

The following persons were elected to chain committees: Atty. Billy D. Friende, Jr., Social Action; Dr. William Hoffer and Dr. Frederick Douglas, Social; Joseph O. Lowery, Scholarship; Dr. C. B. Hauser, Achievement Week; Robert Harrison, Honors and

Memorials; I. Monroe Falls, Quette's Liason; Rudolph V. Boone, Scrapbook; Lemuel L. Johnson, Undergraduate Liason, and Howard L. Shaw. R. V. Boone was recently appointed to the 6th District Talent Hunt Committee.

Smoke Signals from page 1

said they enjoyed walking in the rain? Where were all the lovers, the songs tell about? You remember "walking in the rain with the one I love?" Where were they? I didn't see any walking by me.

I did see one person strolling by, but he had on a rain coat and rain hat and was carrying an umbrella. If I was as well protected as he was, I too would take my time.

However getting soaked, slipping and sliding just isn't my idea of how to spend a day. Luckily it slacked up and I didn't become completely drenched, but getting a little wet to me is just as bad, because I'm getting wet.

I'm going to write to the next composer who pens a song about walking in the rain and tell that person what I think. I know that most of them have never had to walk in the rain and if they did and still enjoyed it, then they're crazy.

-Yvette McCaugh

Best Yet Club Tours Plantation

The Best Yet Flower Garden Club chartered a bus to take the members and interested guests to the Chinqua-Penn Plantation on Sunday, June 24. The plantation is located in the Piedmont Section of North Carolina, three miles from Reidsville and twenty-seven miles north of the University of North Carolina at Greensboro, its present operator. This project was coordinated by Mrs.

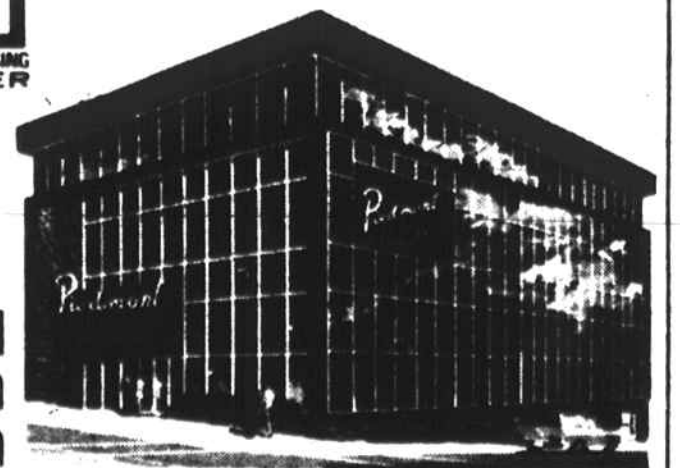
Janet Wilman and Mrs. Willie Martin. Chinqua-Penn Plantation House was the home of the late Mr. and Mrs. Jefferson Penn during the years 1925-1965. In addition to touring the House and the Gardens the Club and its guests enjoyed their picnic on the grounds of the Plantation. Mrs. Elsie Blackmon is the reporter and Mrs. Virginia Stewart is the president of the club.

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