

# Black Health And Diet!

Can you blow out the candles on the birthday cake with one breath? If your answer is no, then beware of heart—as well as lung—problems. This advice comes from the American Lung Association, oldest voluntary health agency in the U.S.

The good news is that lung tests can forecast heart problems. One common lung test is for Forced Vital Capacity (FVC) — the amount of air forcibly ex-

haled after maximum inhalation. If you fail, or get a low FVC, then heart problems may also be in your future.

This new warning is based on a 20-year study of more than 5,000 people in Framingham, MA. Persons who had the lowest scores while puffing into a spirometer (a machine used in lung tests) had the highest cardiovascular death rates. This was true even when there was no

other sign of heart or lung disability, according to Dr. William B. Kannel of Boston University, overseer of the survey.

—For nonsmoking men with no pulmonary disease or history of heart failure — but with very low FVCs — the death rate from cardiovascular disease was 22 per 10,000. This compared to only 3.4 per 10,000 for men with high FVCs.

—Mortality statistics for women were lower, but the same ratio held true.

—Congestive heart failure was closely associated with low FVC. The relationship was "striking at all ages and for both sexes," said Dr. Kannel. He explained: "Even after adjustment for cigarettes and for all the other risk factors, this was the case."

Men with low FVCs had 8.2 incidents of cardiac failure per 1,000, while those with better tests had just under 2 per 1,000.

Low FVC is "unequivocally the most powerful predictor" of potential heart problems in women and is rivaled only by high blood pressure in men, said Dr. Kannel. Finally, the data underlined that lung tests are a good way to spot patients without symptoms — but with an above average risk of heart and lung disease.

## Young Males Are Required

To Register

Males are required to register with selective service at any U.S. Post Office within 30 days of their birthday. Simply complete the registration form which requests your name, address, phone number, social security number and birthdate.

Registration is to have available on computer lists of the names of men born in 1960 and later who could be contacted quickly if there is a national emergency and Congress declared an induction.

Peacetime registration can save the country at least four weeks time in emergency mobilization. Two million men serve in the armed services today, but many more would be needed in the event of an emergency.

Selective Service registration does not signal a return to the draft, but is simply a measure to become volunteers in an all-volunteer force.

Nearly six million men have already registered. Failure to register is a felony punishable by a maximum penalty of a \$10,000 fine and/or five years in prison.

## Vegetables

Dark green or deep yellow vegetables are the best suppliers of iron in the fruits and vegetables food group.



Betty Smith, AME Zion Church Connectional-Lay Council president, with first vice president, Dr. C. Dupont Rippy.

## School Food Services Prices To Cost More

Another victim of President Reagan's budget cuts, the federal food service will be losing a considerable amount of funding from the federal government in the form of subsidies.

Each day the Charlotte-Mecklenburg School System serve an average of 1,904 paid breakfasts; 901 reduced-price breakfasts; 11,294 free breakfasts; 25,448 paid lunches; 2,712 reduced-price lunches and 18,561 free lunches.

In 1980 the Charlotte-Mecklenburg School System was subsidized as follows for each meal: .1625 cents for each paid break-

fast; .4675 cent for each reduced-price breakfast; .57 cents for each free breakfast; .1775 cent for each paid lunch; .8925 cent for each reduced-price lunch; and \$1.0925 for each free lunch.

Once the budget cuts are enacted in 1981 the subsidies will be as follows: .0825 cent for each paid breakfast; .2850 cent for each reduced-price breakfast; .1050 cent for each paid lunch; .6925 cent for each reduced-price lunch and \$1.0925 for each free lunch.

What all these figures mean is that due to the reduction in the Federal subsidies lunch and breakfast costs will be rising. The present costs are as follows: Elementary Breakfast - 30 cents; Junior - Senior High breakfast - 40 cents; Adult breakfast - 60 cents; Elementary lunch - 60 cents; Junior-Senior High lunch - 70 cents and adult lunch - \$1.10. Administrators hope to have made a decision on what will be done by August 25.

## Secretaries

### Have "Yummy"

### Good Time!

Professional secretaries gathered their picnic baskets and had a yummy good time at the Annual Picnic held by the Metroline Chapter of Professional Secretaries International.

Hosted by Patty Marks, CPS, recently, the picnic featured fried fish cooked by Richard S. Blackmon, Administrator for the Metro Center.

A white elephant sale was held also. The proceeds will be donated to the PSI Home Trust Fund.

The next monthly meeting of the Metroline Chapter of Professional Secretaries will be held at the Patriot Restaurant in the Ramada Inn Downtown, 600 South Kings Drive. For more information contact Betty Price, vice president at 392-5351.

## PET Program

P.E.T. (Parent Effectiveness Training) is a nationally recognized training program for parents, teaching the skills needed to raise responsible children and enjoy parenthood.

P.E.T. begins September 10th at the Charlotte Drug Education Center. Call 374-3211 to register.

Read The Post.

## Remove Food Source To Control Roaches

These pesky bugs eat about the same things that humans eat. Therefore, unless a house is kept unusually clean, there is always a crumb or two lying around for the roaches to nibble on.

No matter what else you do, the extension specialists suggest, you will never have roach-control without good sanitation.

There are two kinds of cockroaches commonly found in North Carolina. They are the small, brownish German cockroach and the larger, dark-colored, short-winged oriental cockroach. The oriental may be found outdoors during summer.

mer. If outdoor treatment based insecticide such as malathion.

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## UNCC To Offer

### Professional Courses

Several professional development courses have been scheduled this fall by the Office of Continuing Education and Extension at the University of North Carolina at Charlotte.

Two review courses are scheduled to help engineers prepare for the North Carolina Board of Registration Engineer-in-Training and the Professional Engineer Examinations. Also a seminar series on engineering piping design and analysis is scheduled.

### The Engineer-in-Training NCCU Alumni

### Honors 25

Recently, the NCCU alumni held their second annual "Maroon & Gray Affaire." Filled with entertainment, food and fashion, the second year's event was just as successful as the first.

In addition to the merit, outstanding alumni were honored for their contributions to the community and to the alumni. These people were: Mrs. Doris Asbury, Ms. Barbara Atwater, Mrs. Rosalind Rowe-Anderson, Carson Beckwith, Percell Bowser, Attorney Calvin Brown, Attorney Julius Chambers, Dr. Kenneth Chambers, George Dunlap, Mrs. LaVerne Ellerbe, Attorney James Ferguson, Attorney Linwood Foust, Thomas Gibbs, Mrs. Marie Grier, Bernard Johnson, Judge Clifton Johnson, Attorney Edmond Johnson, William Malone, Miss Margie Morris, Lawrence Pettis, Ms. Marian Phillips, Ms. Odessa Roseboro, E. E. Waddell, and Ms. Peggy Ward. Special recognitions went to Bill Evans, Director of Alumni Affairs.

### Morrow Family

### Held Gala

### Reunion Here

The Morrow family held its annual reunion on Saturday, August 15, at the Greenville Neighborhood Center.

This festive occasion began on Thursday with the arrival of relatives from Plainfield, N.J.

On Friday, a chartered bus from Camden, N.Y., brought 37 friends and relatives.

The reunion was prefaced by a cookout which was hosted by the Morrow brothers, Floyd Chariton and Cleophus.

On Saturday, over 200 family members convened for the 17th annual Morrow family reunion.

The caterer was Earl V. Russell and Jackie Torrence provided the music.

Members reconvened at the home of the Morrow brothers for a light snack and to bid the out-of-towners farewell.

ing review is scheduled from 6:30-9:30 p.m. Tuesdays and Thursdays, August 18 to October 22, at Providence United Methodist Church. Topics include mathematics, thermodynamics, mechanics, statistics, dynamics, strength of materials, chemistry, economic analysis, fluid mechanics, electronics, electrical engineering and computer science-systematics. The cost is \$185.

The Professional Engineer review is scheduled in three parts. The electrical portion will be held Tuesdays, September 1 to October 20; the mechanical, Wednesdays, September 2 to October 21; and the civil, Thursdays, September 3 to October 22. Each session will meet from 6:30-9:30 p.m. at Providence United Methodist Church. The cost is \$225 for each discipline.

The engineering seminar series is designed to prepare engineers for work in the nuclear-structural piping design or analysis field. The schedule is as follows:

—Analytical methods for piping and equipment stress analysis, September 14, 16 and 19.

—Design of pipe and equipment supports, September 28, 30, October 1.

—Structural evaluation of pipe and equipment supports, October 12, 14, and 17.

—Code compliance of nuclear and process piping, November 2, 4 and 7.

—Detailed analysis of nuclear class I piping and equipments, November 16, 18 and 21.

—Pipe rupture analysis, January 1982 (TBA).

Each seminar is \$150, and the sites will be announced later.

For more information, contact UNCC's Office for Continuing Education and Extension at 597-2424 from 8 a.m. to 5 p.m. weekdays.

### Dr. Steward

### Opens Office Here

Dr. Randall H. Steward, M.D., announces the opening of his family dentist practice at 26 E. Doctor's Clinic in the Freedom Village Shopping Center. Call 392-0271 weekdays for an appointment.

### Living Alone

Living alone and hating it? Loneliness can happen to anyone who is unattached or uncommitted.

Charlotte Drug Education Center's Living Alone workshop explores ways to meet others and use time creatively.

The workshop begins September 30th. Call 374-3211 to register.

### Canned Food

Many canned foods can be stored for up to two years without loss of quality. Be sure they're in a cool, dry area, away from steam pipes, radiators, furnaces and ovens.

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