

High Blood Pressure Warning Given On New Program Eve

High blood pressure is the leading cause of heart disease, stroke and kidney disease. The National High Blood Pressure Education Program has designated the month of May as a time to intensify efforts to

inform the public of the dangers of high blood pressure. An informed public can take a few simple steps of detection and treatment which will significantly reduce the effects of this condition.

Dr. Donald Ware, medical officer for the program, stresses the need for an education campaign. "Unfortunately most Americans don't realize how serious untreated high blood pressure can be. Far too many people who know they have high blood pressure ignore it because they may feel fine. Since the disease usually has no symptoms, they tend to disregard their doctor's advice. This is a tragedy because medication exists to control this disease and add as many as 16 years of productive life to a person who detects his high blood pressure early and treats it regularly."

During May radio and television stations and newspapers will cooperate in spreading information on this health danger. Graham W. Ward, Coordinator of the National Program says, "We'll consider High Blood Pressure Month a success if we can reach the 16 million Americans who have high blood pressure and either don't know it or aren't doing anything to treat it. We want to convince them of the danger of this disease and the extreme importance of early detection and treatment."

The Warren County Health Department will participate in the "May is national High Blood Pressure Month" by encouraging all residents of Warren County to have regular blood pressure checks. Early detection and treatment of high blood pressure can significantly reduce the chances of heart disease, stroke and other killing and disabling conditions.

The health department offers free blood pressure checks each Tuesday from 8:30-4:30. "Every adult should have a blood pressure check at least once a year," says Mrs. Doris Dryden, head nurse at the Department. She adds that a blood pressure check takes only a few minutes but can be of vital importance to future health.

A person detected by the Department clinic as having high blood pressure is informed of the meaning of the condition and referred to their personal physician for treatment. With proper treatment the effects of high blood pressure can be effectively reduced.

"We hope that by the end of May our education program will reduce the number of undetected and untreated cases of high blood pressure in the county," says Dennis Retzlaff, Health Department educator. He adds that there are numerous ways that organizations can be involved in this effort and invites interested parties to contact the Department.



AYCOCK

Local Man Joins Henderson Force

Hector Wayne Aycock, a former Norlina auxiliary officer, has been hired by the Henderson Police Department as a patrolman. Aycock, who served for two years as an officer in Warren County, attended a four-week course at Vance-Granville Community College before his first day on the beat Monday.

He admits that one of his lifetime dreams has been to become a fulltime police officer. Mayor Bill Perry said that Wayne is the eighth auxiliary officer from Norlina to accept a fulltime position as a law enforcement officer in North Carolina.

Aycock is a 1974 graduate of Norlina High School and is a member of the Norlina Volunteer Fire Department. He attends the Norlina United Methodist Church. He is the son of Mr. and Mrs. Hector Aycock of Norlina, formerly of the Afton Community.

Dependency Proof Is No Longer Required

A widower or a husband can get monthly benefits on his wife's social security record without proving dependence on her under a recent decision by the United States Supreme Court.

Previously a man had to prove he was dependent on his wife to get benefits on her record if she retired, became disabled, or died after working long enough in jobs covered by social security. A woman did not have to prove she was dependent on her husband to get benefits on his record.

Starting with payments for March, 1977, neither men nor women have to prove dependency. Husband and wives can get reduced social security payments starting at 62 or full payments starting at 65.

Widowers and widows can get payments starting at 60 — or starting at 50 if they're disabled.

Men who think they may be eligible under the court ruling can get information about applying for benefits by calling or writing any social security office, according to John Peraza, Social Security Branch Manager in Henderson.

"Social Security payments may be affected by earnings," Mr. Peraza noted. "You can earn as much as \$3,000, social security payments are reduced by \$1 for each \$2 earned."

"That means that if your full social security benefit is \$225 a month, you could earn over \$8,000 for the year before your social security payment would be reduced to zero," he said.

"But no matter how much you earn for the year," he said, "you can get your full social security payment for any

month you neither earn over \$250 nor do substantial work in your own business."

A man already getting social security benefits may also be eligible for payments on his wife's record under the court ruling, according to Mr. Peraza. "But he can only be paid an amount equal to the higher benefit — not both benefits," he said.

The Henderson Social Security Office is at 425 South Chestnut Street. The phone number for Warren County residents is 257-2426. The social security administration is an agency of the U. S. Department of Health, Education, and Welfare.

Children Need Outdoor Learning Experiences

Young children can learn a great deal and be a help with yard and garden chores while outdoors with their parents.

Situations that evolve naturally are often hard to recognize as important developmental skills, says extension specialists at North Carolina State University.

However simple a task may seem, if a child finds satisfaction and pride in doing it himself, it is of particular significance.

Children can collect leaves, acorns, rocks and other things in a bag or box and then can sort them out according to which ones go together. They can then describe the colors and weight and size of the things when parents have a few minutes to listen.

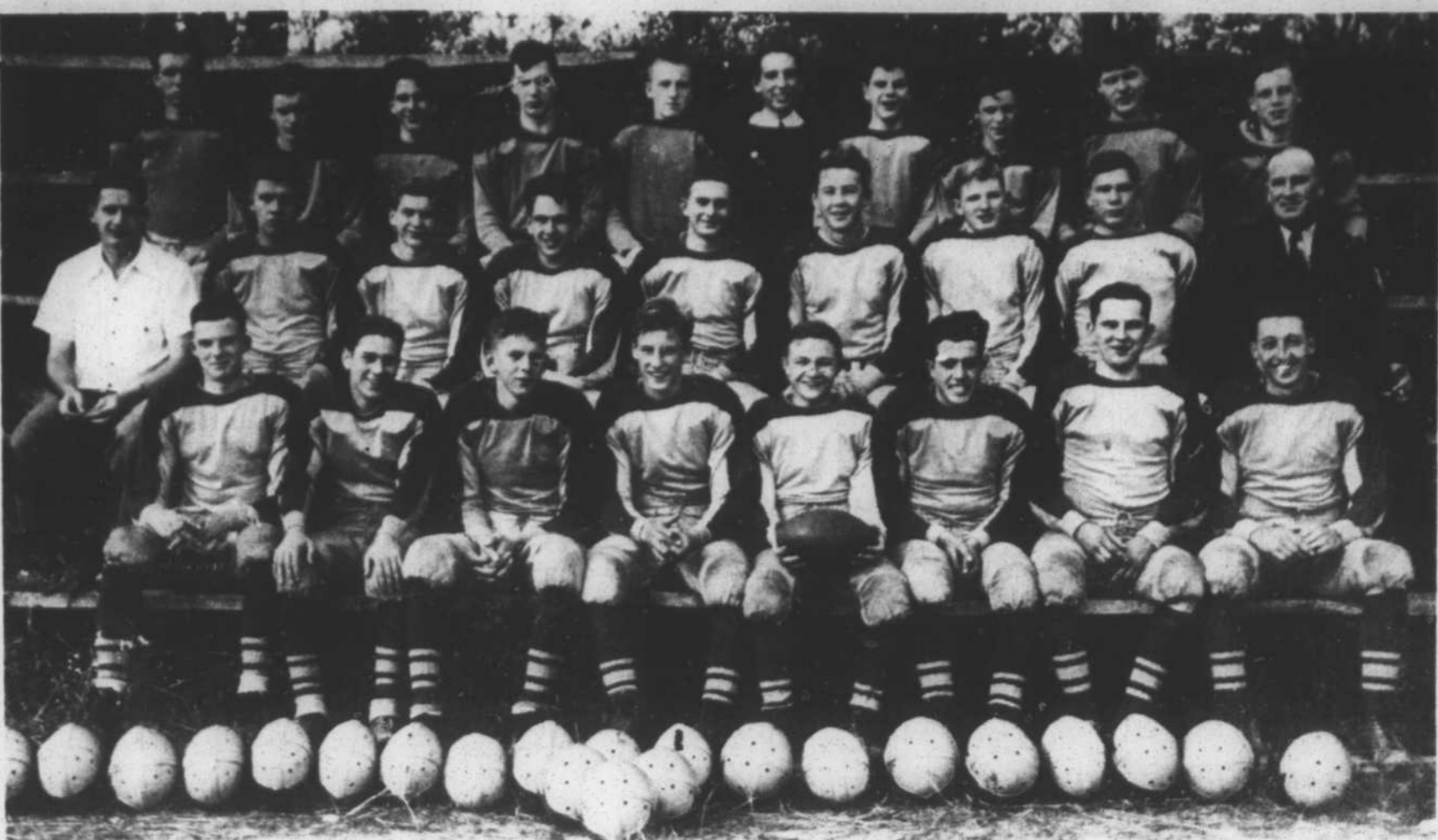
They can take leaves and pick up sticks and put them in a wagon or large bag and can help pull weeds from around flowers or vegetables if someone will help them know which are which.

They can help water plants and grass and can help wash the car. With a little help they can learn how to turn on the faucet and how to turn the hose nozzle so it mists or makes a heavy stream of water.

In the garden they can help shell beans or peas and pick vegetables. It won't take them long to learn which are ripe and which are not yet ready to eat.

They can recognize animals and insects and need to know that some are friendly and some are not. Then they can discuss with parents about how some have long tails or a large number of legs and can draw pictures of things they have seen while outside.

Developing a child's senses requires practice and every experience children can have will increase their awareness of things around them. The more varied his experiences, the more at ease the child will be in new situations, such as pre-school or kindergarten.



Members Of John Graham High School Pre-War Football Team

Due to the courtesy of Eugene T. Odom, operator of Odom's Motor Service, The Warren Record is able to reproduce a picture of the 1940-41 football team at John Graham High School at Warrenton. Pictured, left to right, are: first row—Charles Peete, Wayland Modlin, Melvin Shearin, Fitzhugh Read, Jr., Odell Harmon, Billy Lou King, Edgerton Rideout, Palmer King; second

row—Coach Thell Overman, Eugene Odom, Jr., Victor Bell, Julian Cline, Tommy Harris, Van K. Davis, Simon Terrell, Rodger Hunt, friend of team, Fitzhugh T. Read; third row—Edmond Neal, Jimmy Fowler, Bill Davis, Bill Read, Tony Harris, Bill Kidd, Willard Harris, Gordon Poindexter, Jr., Lewis Rooker.

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