

# Lifestyles

## Low Blood Pressure Takes Outside Helpers

**By Rebecca C. Smith**  
 Doing things your doctor has advised to bring your blood pressure down - and keep it there for the rest of your life - will call for making some changes in your life. It will not be easy at first. Don't try to do it alone. Ask your family and friends to help you. Wasn't there a time when they needed you and you were there? Give them a chance to help you now.

Untreated high blood pressure can lead to heart and kidney disease, or stroke. There is no cure for high blood pressure. But it can be controlled. Treatment by medication or by diet is required daily for the rest of your life.

Doctors have found that high blood pressure runs in families. There is a chance of more than one member of a family having high blood pressure. So if family members learn early to watch weight, cut back on salt, get more exercise, and how to deal with high blood pressure, they will benefit. They will be helped as they help you treat your blood pressure.

Give your family members things to do in order to help. Your doctor or health department can tell you how to have someone take blood pressure readings and record progress on a chart.

A family member might be asked to remind you about daily

medication. Family members also can help with pill refills, with doctor visits, and with getting help from other health workers like educators, nutritionists, or dietitians.

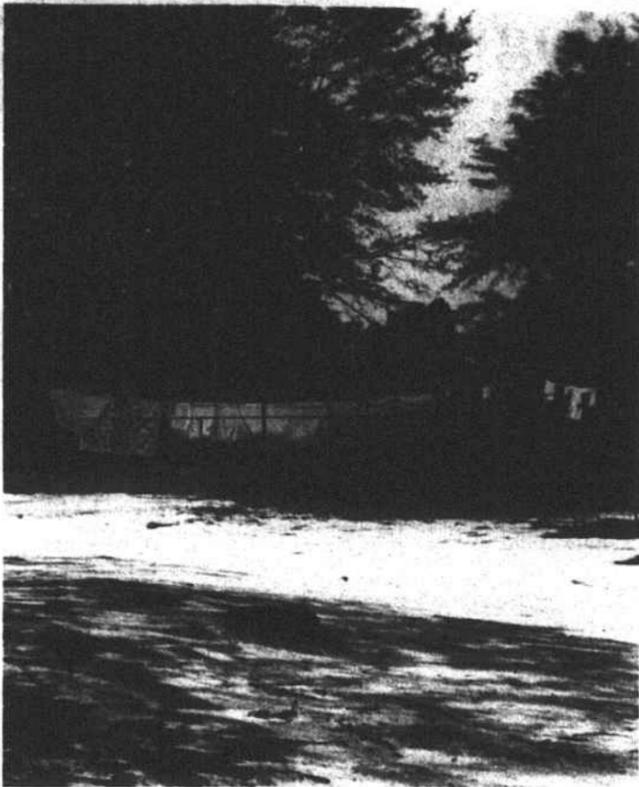
Friends can help, too. Changes your doctor asked you to make - such as to reduce your weight, cut down on eating salt, exercise more, or smoke less - affect activities often done among friends. A friend can be very helpful. Tell someone you need help following your doctor's advice.

Ask your doctor or health department where you can learn more about high blood pressure. You - and your family - may need to learn about diet changes. It will help a lot in asking your family to make changes if they understand why they are important.

Cutting down on salt, high-calorie foods, and food amounts, shopping wisely for foods low in sodium or calories and using spices rather than salt or those that are high in sodium can be worthwhile when the family does these together.

Your family also can help you get more exercise, such as walks around the block.

But you cannot expect your family and friends to do everything. Staying with treatment is your job. Remember though, there are people who care and are willing to help you.



**Taking advantage**  
 Spring is here and summer is on the way. The sun has finally appeared from behind all those March and April clouds and Raeford residents decided to take advantage of the May warm temperatures. Lawn mowers buzzing in the distance and clothes blowing in the breeze are sure signs that everything is finally back the way it should be.

## On The Front Burner

Ellen S. Willis  
 Home Economics Extension

### COPING WITH STRESS

Stress is a fact of life. It's your body's response to any demand and it parallels the intensity of life.

The solutions to stress spell the word "rested." R for relationships, E for exercise, S for sleep, T for time, E for escape time and D for diet. Let's go back over each one starting with R for relationships. Relationships provide a means for sharing daily experiences, particularly the stressful one. Having a friend to talk to about a problem is often relaxing in itself.

E for exercise. Exercise of a non-competitive nature, such as jogging, swimming or biking, done daily reduces tension.

S for sleep. Sleep allows your body to restore itself. At least six to eight hours nightly is recommended. Lying quietly in bed can be restful even if you don't fall asleep right away.

T for time alone. Time alone gives you a chance to unwind and focus on yourself for awhile. Having a regular time each day to go to a quiet place to meditate or reflect. Walk in a park, sit by a pond, swing on a swing.

E for escape time. Take a night off during the week to relax. Plan special weekend activities, such as a movie or game.

D for diet. Diet influences your reaction. Eat three full meals a day. Breakfast is important. Caffeine containing beverages, including coffee, tea, cola, cocoa and chocolate sometimes increase feelings of anxiety in some people, especially if they consume a large quantity of these products.

You might find it's easier to add these stress solutions to your life gradually. Try adding one a week until you've included all six.

### MAKE WISE USE OF YOUR MONEY

There are several things you can do to use your money wisely. First, try developing a money control system that is acceptable and that involves the cooperation of everyone who helps spend the family dollar.

Then, be realistic about your needs, demands and what you can afford. Plan and buy the basics first. Then establish a habit of planning ahead for long-range goals and short-term purchases. Be prepared to take advantage of special sales when they occur.

Next, become informed about the market situation, availability and prices of products.

Always practice sound shopping

habits and be sure to get the best buy for your needs and your budget. Don't become addicted to labels, prestige stores, specialty shops and gimmicks. Evaluate quality of product with price.

Use goods wisely and take care of them in order to get maximum service with a minimum of repairs and maintenance costs. And use your ability, talent, and time to perform as many services as possible at home, rather than paying someone else to do them.

Next, use credit wisely and keep charges to a minimum. Also take advantage of public offerings, such as libraries, parks or educational programs.

Be alert to fraud and exercise your consumer rights and responsibilities in the selection, purchase and use of goods and services.

Last, but not least, keep accurate records of how your money is used. Then evaluate your progress periodically and make any adjustments that are needed.

Recently in this column we used the recipe for Summer Lasagna in the microwave. Rose Sturgeon tried it and better still she brought me a service. It was very good. Very nice to know the column is read and recipes are used. Thanks Rose.

This week let's have recipes for one, two or a few.

**ORIENTAL PEPPER STEAK**  
 1 tablespoon oil  
 2 envelopes onion cup a soup  
 1 cup water  
 1 large green pepper, cut into thin strips

1/2 pound boneless chuck steak, cut into thin strips.

1/4 teaspoon garlic powder

1 large tomato cut into wedges

1 1/2 teaspoons cornstarch

In small skillet, heat oil and brown beef; drain. Stir in garlic powder and instant onion soup mix blended with 1/4 cup water; simmer covered 15 minutes. Add green pepper and tomato; simmer covered an additional 15 minutes or until beef is tender. Stir in cornstarch blended with remaining water. Bring to a boil, then simmer, stirring constantly until sauce is thickened, about 5 minutes. Serve, if desired, over hot cooked rice. Makes about 2 servings.

**GARDEN FRESH PORK CHOPS**

1 tablespoon butter or margarine

1 carrot, cut into 1/2 inch pieces

1/2 cup sliced fresh green beans\*

1/4 teaspoon basil

1/2 cup water

2 pork or veal chops (about 8 oz. each) 1 inch thick

(Continued on page 5B)

## Clinic For Glaucoma To Be Held Here May 25

Do we have any blood relatives who have glaucoma? Are you over 35 years of age? Have you ever had a bad eye injury? Although everyone should be tested for glaucoma, these people are more at risk of having it.

Glaucoma is a condition in which there is too much fluid in the eye. Normally, this fluid bathes the eye tissues as well as carrying nutrients and waste products. When this fluid does not drain well, problems may occur. The pressure builds up in the eye which

can damage sensitive cells and nerves.

Some of the signs and symptoms of glaucoma include blurred or foggy vision, difficulty in adjusting eyes to darkened rooms, and excessive tears without a known reason. Glaucoma can occur without any symptoms, though.

If symptoms do occur there may already be some damage to the eye. Although glaucoma can't be cured, it can be treated so that there may be no further damage to

the eye. This is especially true when it is found early.

Glaucoma can happen very suddenly with intense pain, blurred vision, nausea and vomiting or it can be slow and silent for many years.

In most cases the cause is unknown and it generally involves both eyes.

In some cases, though, the eye pressure can rise to abnormal levels due to an injury or disease such as syphilis, diabetes, or a tumor. This is often confined to one eye.

The only way to find out whether or not you have glaucoma is to have your eyes examined by an ophthalmologist.

The Lion's Club is sponsoring a free Glaucoma Screening Clinic at the Raeford United Methodist Church on Wednesday, May 25 from 10 a.m. to 6 p.m.

They will also check for diabetes and high blood pressure.

Of breakfasts eaten, 38 percent include a ready-to-eat or hot cereal.

# GET A CP&L 6% LOAN THIS SPRING, AND YOU WON'T LOSE YOUR COOL THIS SUMMER.



If your home is poorly insulated, you can lose a lot of the cooling you pay for.

As much as 23% of your cooling could be going right through the roof, and another 21% out windows and doors.

But, with a CP&L 6% Home Energy Loan, you can keep more of the cool air inside your house, where it belongs.

We'll loan you up to \$600 for things like attic and floor insulation, for storm windows and doors, or for other home energy improvements.

For details, stop by CP&L. Or, just give us a call. And, the sooner, the better.

Because, the less cooling that your home loses, the less you have to pay for.

## CP&L 6% HOME ENERGY LOANS.

To qualify, you must be a CP&L residential customer with electric heat or whole-house cooling.



**Evangelical Methodist Church**  
 604 W. Sixth Avenue  
 Rev. Tex Deaton, Pastor

Sunday School	10:00
Sunday Worship	11:00
Sunday Evening	7:30
Wed. Evening	7:30

### COME AND SEE

John 1:37-42 gives the account of two men who, having heard that Jesus was the "Lamb of God," began to follow Him. After they asked where He lived Jesus invited them to COME AND SEE. They stayed with Him that day, hearing and seeing for themselves. Andrew, one of the two, then went and found his own brother, Simon Peter, and told him, "we have found the Messiah." Then verse 42 says "...and he brought him to Jesus."

This scene from the Scriptures is a brief summary of the deeds, purpose, and mission of the Evangelical Methodist Church - to bring others to Jesus. We too, like Phillip, believe and receive Jesus as the Redeemer, Deliverer, Healer, Saviour - Christ! We invite you to "come" worship with us "and see what this same Jesus is doing today. You will discover that Christ still cleanses the soul of sin, comforts the broken-hearted, heals the sick, answers prayer for all needs, as ALL the Gospel (Good News) is preached.

You will also find a warm atmosphere and a friendly people that will welcome you, so if you're looking for a church, or if you have spiritual problems, we have THE answer - Jesus. COME AND SEE!

For further information call the pastor at 875-2715.

## HAIL INSURANCE

SAVE MONEY ON YOUR HAIL INSURANCE  
 - 10% off on rates



Insure Your Tobacco Against Loss Today - It Costs No More Now. We Appreciate Your Business

## The Johnson Co.

Phone 875-3850  
 Raeford, N.C.