May is hypertension month

By Karl E. Hammonds, M.D.

Hypertension is a deadly disease commonly found in blacks. The mortality (death) rate for blacks is at least six times that of whites. The average white person's life span is about seven years longer than a black person's. It is said that at least half of this difference is due to hypertension and its complications.

Hypertension is often called 'high blood pressure'. Blood pressure is actually a measure of the amount of work the heart has to do to pump blood through the vessels to the various parts of the body.

The causes of a sustained elevation in blood pressure (hypertension) are at times not very specific, but many things ("risk factors") make a person more likely to get hypertension.

Some of these are salt and fats in the diet, obesity, male gender, stress in the environment, and advancing age.

Salt contains sodium, which attracts fluid, and also can concentrate in the walls of blood vessels. This demands that the heart pump harder to move more blood through stiffer blood vessels.

Sodium is also found in baking soda, sedatives, aspirin, alkalizers for indigestion, and many more common foods and medicines in the home.

Obese (overweight) people's hearts must work harder, because not only is there more body tissue to supply with blood, but fat also collects inside the blood vessels (cholesterol) and causes "hardening of the arteries" (atherosclerosis).

Stress, sex, and age are important. Worrying increases one's blood pressure. In the black community there is a lot of stress in the environment (survival, jobs, food, shelter, crime, etc.). This may be one of the prime offenders in causing hypertension among black people.

If you are male and - or over 30, your risk is higher. Blood pressure naturally goes up with advancing age. Although hypertension is less common among teenagers, when it strikes, the [illegible]ability rates are far greater.

Hypertension may occur in families. If one or both parents have high blood pressure, the chances are greater that their sons and daughter will develop hypertension during their lifetime.

While most people think that the typical hypertensive is a tense, anxious, fighty person, this is not often true. Outward appearance can be misleading, making the diagnosis.

Hypertension usuall acts silently. At least half of people with high blood pressure don't even know it, because there may be no sympton. However, it may present with shortness of breath, blurred vision, headaches, or swelling of the feet.

Late complications of hypertension include strokes, heart failure, and kidney failure. These complications are 15 times more prevalent in black females than white females.

Hypertension, once detected, is usually treated by salt, fat, and calorie restricted diet. Also diuretics ("fluid pills", "water pills") are used to reduce the amount of fluid the heart has to pump.

Other medications are used which act on the blood vessels and nerves themselves to lower blood pressure. Treatment usually lasts a lifetime.

Hypertension can be prevented in several ways. Salt and saturated fat in the diet should be limited. Weight control and a regular exercise program (walking, bicycling, swimming, sports) should be a part of every person's life.

Smokins, which clamps down blood vessels, should be stopped. People should avoid too much stress in their environments and "keep cool" always.

Lastly, regular checkups by your family doctor or clinic are of utmost importance. If possible, each person should learn the simple procedure of taking his or her own blood pressure at home to save time and expense.

Dr. Hammonds is health commissioner of metropolitan Washington Operation PUSH.

Homicides, traffic deaths linked to alcohol abuse

"Alcohol abuse is not limited to the heavy drinker. The individual who drinks enough to impair his driving ability, but still drives, is abusing alcohol. The individual who engages in violent behavior while under the influence of alcohol, also has a drinking problem."

Fifty - three percent of all homicides in Baltimore during 1977 were related to alcohol and drinking was a factor in half the city's traffic deaths that year, according to a study of autopsy reports by the Central Maryland Health Systems Agency.

The study determined that many of the alcohol - related murders were stabbings, which "suggests that homicide was related to domestic violence or non - premediated crimes," the report concluded.

The study also concluded that 60 percent of the murders in the five Baltimore - area counties — Harford, Howard, Carroll, Anne Arundel and Baltimore — were related to alcohol use.

Moreover alcohol abuse by parents accounted for a significant number of child abuse cases," the study said.

"The association of alcohol and violence has long been demonstrated as an unpublished correlation of child abuse. Reports from 32 states in 1976 show that 36 percent of the child abuse. Reports from 32 states in 1976 show that 36 percent of the child abuse cases that documented abuse - alcoholism in the family also documented spouse abuse as well."

The report states that Maryland ranked 10th in alcohol consumption during 1972 when each resident drank an average of 3.04 gallons of alcohol.

Cirrhosis of the liver was the seventh leading cause of death in the five - county area in 1976 and was ranked as the third most frequent cause of death among Baltimore residents between the ages of 45 and 54, the report said.

The report also concluded that 72 percent of the 1977 traffic fatalities in the area were linked to alcohol.

The health system report set goals of a 10 percent reduction in deaths for cirrhosis of the liver and a 10 percent reduction in hospitalizations for alcohol overdose.

"While the CMHA's ultimate goal is to reduce the incidence and prevelence of alcoholism, the more immediate goals are to return those currently suffering from alcoholism to a healthy state," the report said.

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I DID!

Pre-trial volunteers needed

Offender Aid and Restoration (OAR) is seeking adults and students interested in the criminal justice process to supervise pre - trial defendants.

The volunteer becomes an alternative to jail for those defendants selected by OAR staff.

The volunteer provides assistance in job finding, legal referrals, drug and alcohol counseling.

Those interested should write to the organization at 1110 St. Paul St., 21202 or phone 332 - 0777.

Interviews and training sessions have no deadline and are ongoing.

High school juniors, seniors attend CCB summer session

The Community College of Baltimore, which in 1962 became one of the first colleges in the state to allow academically superior high school juniors and seniors to pursue college level work, will again this summer offer its Senior High Honors Program at both the Liberty and the Harbor campuses.

Under the Senior High Honors Program, a qualified high school student who has completed his or her junior year can enroll in appropriate college level courses in CCB's summer sessions upon the recommendations of their high school principal or counselor.

Applicants must demonstrate academic aptitude and the intellectual and social maturity to pursue academic work in a college atmosphere.

High school students who obtain permission from their principal or counselor can continue under this program to take college level courses for full credit during the fall and spring semesters through the college's Division of Continuing Education and Community Services.

The first summer session at CCB begins Monday, June 11 and lasts through Thursday, August 2. The special second session which is particularly designed for students involved in the Senior High Honors Program, will be held Monday, July 2 through Thursday, Aug. 2.

General registration will be held 8:30 a.m. to 2 p.m. and 5 p.m. to 8 p.m. Tuesday, June 5 at the Harbor campus.

Registration at the Liberty campus is scheduled June 6 at the same times.

Vietnam veterans set conference

WASHINGTON, D.C., May 22, 1979 — Vietnam veterans will engage the nation in a dialogue on the problems still confronting them at a conference in Washington, D.C., May 30 to June 1, 1979 in the George Washington University Marvin Center and Lisner Auditorium.

According to the veterans and associated - groups sponsoring the Conference, this is the first time a meeting for all Vietnam veterans throughout the U.S. has been convened.

Sponsors aim to bring together Vietnam veterans, federal policymakers, educators and the business community to develop clear goals based on full understanding of the problems these men and women faced and are still confronting as they seek their place in the mainstream of U.S life.

The conference will focus on the Vietnam veterans' psychological and physical problems and the nation's response in three basic areas: education, employment and readjustment.

Sponsors are the American Association of Community and Junior Colleges and the American Association of State Colleges and Universities. Co - sponsors are the Disabled - American Veterans and the National Alliance of Business.

Secretary of Health, Education and Welfare, Joseph A. Califano, Jr., is expected to address the opening plenary session on education Wednesday, May 30, 1979 at 8:30 a.m. At 3:45 p.m. Wednesday, Veterans Administration Administrator J. Maxwell Cleland is to address the plenary session on readjustment.

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SHOWTIME

★ Theatre
★ Music
★ Art

Pimlico presents 'Oliver' tonight

Yolanda Wheeler and Bill Sykes (Faculty)

James Carter and Yolanda Wheeler

The Pimlico Junior High Choir and the Pimlico Players under the direction of Mrs. Barbara Kelly, music teacher, presents the musical "Oliver" based on the screenplay by Lionel Bart at the school tonight, (Friday), 7:30 p.m. in the auditorium.

Such an undertaking is not unusual for a high school but represents quite an accomplishment for a junior high. Made up mostly of eighth graders, the cast is shown in rehearsal on this page.

Oliver Twist is played by James Carter; Fagin, Stephen Dorsey; Arthur Dodger, Garret Mosby; Bill Sykes, Bernard Bragg; Nancy, Yulonda Wheeler, and Bet, Tracey Thomas.

Other characters are played by David Whitman, Mrs. Kearse, Myles Thornton, Kenneth Coles, Lisa Murrill, Wanda Dixon, Robert Thompson, Tony Wilmer, Cynthia Crawley, Quintina White, Kevin Mitchell and Adrienne Matthews.

Understudies are Russell Brown, Laurie Brown, Andrea Stanton, Sheri Lesane, Mace Burkett, Robert Flowers.

Work House Boys are played by Kenneth Fisher, Dawn Carter, James Carter, Steven Dorsey, Robert Flowers, Chris Gilliam, Angelo Howard, Kevin Mitchell, Carnell Moore, Garret Mosby, Robert Thompson, Marvin Young, Phillip Young.

New records

DONNA

Donna Summer's new album, "Bad Girls," is a giant step in a brilliant career that has already been marked by ten league leaps.

In its sweep of fifteen songs — eight of which Donna had a hand in writing — she and her producers, Giorgio Moroder and Pete Bellotiee, embrace new stylistic ground. They explore deeply melodic ballads while other cuts add a rock - tinged edge to their solid platinum sound.

"Hot Stuff" opens the album with a raunchy pulse highlighted by the blazing guitar of Jeff "Skunk" Baxter, an original member of Steely Dan and now a mainstay of the Doobie Brothers.

A bouncy, thirties, dixieland feel infiltrates "Love Will Always Find You" while on "Our Love," Donna's steamy vocal, a gospel - R&B chant over swirling synthesizers, finds its roots in her very first singing experiences.

The funky, get - on - up beat of disco still reigns supreme on "Bad Girls" but now serves as a foundation for many stylistic variations, from the hook - laden "Walk Away" to the album's stunning portrait of Hollywood nightlife, "Sunset People."

Side Three offers a change in mood with a suite of ballads that not only display Donna's voice at its most emotional and sensual but also shows her power as an evocative songwriter. From "On My Own Again," which opens the side describing romance as "a gambler's chance" through to the celebrative, rock - influenced closing cut, "My Baby Understands," Donna describes the shades and colors of love in a unique and tantalizing way.

The many facets of Donna Summer's dazzling career continue to multiply: She is without a doubt one of the most important female singers to emerge in the seventies; as her recent SRO stand at the MGM Grand proved, she's become one of the greatest performers of our time; and you can be sure that her universally well - reviewed role in "Thank God It's Friday," will not be her last film appearance.

This spring and summer, Donna will be on a long, world - wide cross - continental tour. Before she comes to your town, give a long listen to "Bad Girls." Nobody runs their fingers through your ears quite the way Donna Summer does.

On Black Classical Music

By Dominique-René de Lerma

While there still are problems being faced by performers and teachers who are seeking music by black composers, one of the major aids available is the special catalog, "Music By Black Composers," issued by Belwin-Mills Publishing Corporation (Melville, NY 11746).

Looking back in history, we find that Harry T. Burleigh appears to have been the first black music editor working for an American music publisher. That firm, Maxwell, then became G. Ricordi, later Franco Colombo, and now is Belwin-Mills. This may not be an accurate description of the name-change process, but it will satisfy our bibliographic curiosity for the moment.

Well, we know that Burleigh must have been an exceptionally fine baritone, but he also was almost single-handedly responsible for the preservation of the spiritual through settings for solo voice and piano — like an art song.

And Maxwell, and then Ricordi, seems to have published all of these. The new Belwin-Mills catalog shows they have retained many of these, as well as Burleigh's choral arrangements.

But there are a lot of other friends in this 30-page booklet: Coleridge-Taylor Perkinson, R. Nathaniel Dett, Ulysses Kay, Hale Smith (who also has worked as music editor); Billie Holiday, Scot Joplin, Lena McLin, Eva Jessye, Rogie Clark, W. C. Handy, Oscar Brown, Duke Ellington, Fela Sowande, Hazel Scott, Oliver Nelson, William Grant Still, Joe White — and that's just a few.

How does it happen that so many black composers were published by this firm? Having Burleigh and Smith around helped. Being interested in the education market helped. Having Don Malin, an education specialist and wonderfully affable and surprisingly ubiquitous gentleman helped.

And Belwin-Mills seems also to have absorbed the catalog of the Edward B. Marks Music Corporation. The Marks family distinguished itself by its interest in and support of black music, and Mrs. Marks (Beatrice Landeck) has published numerous educational materials of value on the subject — most recently, "Lead to read, read to learn; poetry and prose from Afro-rooted sources" (David McKay, 1975).

The catalog has undergone several editions. This newest one includes Willis Patterson's "Anthology of Art Songs by Black American composers" (a milestone and a treasure house), as well as the newest choral works of Adolphus Hailstork, Betty Jackson King, and Laurraine Goreau (yes, the same lady who wrote the biography "Just Mahalia, Baby"!).

Each work is distinctive and looks very readily performable. We'll review these in the near future.

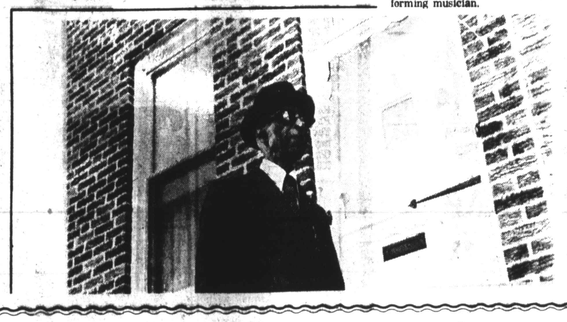
Meanwhile, teachers, librarians, performers and music collectors should get a copy of this stimulating catalog.

Dr. de Lerma is professor of music at Morgan State University. He also hosts "Melodies, Lyrics and Notes" on WEAA-FM, Sundays, 11 a.m.

Belwin-Mills has its act together

Dr. Kerr, 91, city's oldest performing musician

Dr. T. Henderson Kerr, retired pharmacist, who marked his 91st birthday May 7 may well hold the city's record as the oldest performing musician.



A well - known violonist, Dr. Kerr was soloist on Palm Sunday at Heritage United Church of Christ, where he had also been featured previously on Christmas Eve and last Father's Day.

Dr. Kerr's musical career goes back to his high school days when prior to graduation he organized Kerr's Society Orchestra. He financed his college education by playing at dances and other social affairs at night and commuted daily to the Howard University School of Pharmacy from which he graduated in 1912.

In addition to playing the violin, Dr. Kerr is an accomplished pianist and flutist. He has scores of original piano compositions to his credit. Following his retirement in 1960, Dr. Kerr took violin and flute lessons at Peabody Institute.

During the '30s Dr. Kerr was concert master of the Baltimore City Colored Orchestra of which the late Charles Harris, director, was succeeded by the late W. Llewellyn Wilson, Douglass High School music teacher.

Night Scene Seen

Club Climax

Began this week's Scene at the Club Climax on Warwick Ave. and Baltimore Sts. Happy to report that the quality remains up in the club, with a steady, regular clientele.

Chatted with Ethel Goines, who is assistant day manager, and told me of the Seafood Festival planned for the weekend. It's to start at noon tomorrow, (Saturday) and continue for three days. They will have all of the standard seafood items, clams, crab cakes, steamed crabs — you name it.

Starlite Lounge

Up the road a piece to Franklintown Rd. and Fairmount Ave. to the Starlite Lounge. 'Twas early Wednesday evening when we arrived, so the crowd was understandably thin.

Talked with Gregory Leonard who is holding down the management chores while his mother, who is known as Miss Bell, recovers from a slight indisposition.

Just wanted to make sure that the standards of the place are maintained — and they are. Things were spotless, and the goodies well stocked. Naturally, had to lease them a bit by ordering our usual drink of Ferrier water. Gave us a nasty shock too.

Roots Unltd.

To Smallwood and Vine Sts. for another visit to Roots Unltd. Last time we visited, they were furiously trying to complete renovations. Can report that the new front bar section is in operation.

There is a new front entrance and a more or less divided bar, since it necessitates walking up a couple of steps to get to the area which used to be the main bar.

Again, it was early evening on the day of our visit, but even then a goodly crowd had assembled. Don't know whether or not it was by accident or design, but all of the accompanied females, and well - dressed singles seemed to congregate in the new section.

Joans is the barmaid who handles the chores at this end. Got a bit of a start when we spied the other barmaid who turned out to be Gail Highsmith, who was pictured on these pages last week as working at The Closet.

The scene at Roots seemed to have undergone a few slight changes. Although it is still packed every night, the crowd seems to be just a wee bit dressier and more reserved than on our previous visit. We'll have to check the late night Scene at this spot.

Mary Brown
Garrison Lounge

Carrie Bailey
Duck's Black Satin

Mostly for Music

Andy Ennis is heading up a group at the Sportsman's Lounge for the Saturday afternoon jazz setto, with Carlos Johnson on hand for the Fri. and Sat. night stints.

At the resurging Sunday night sessions, John Lampkins will be on hand, with what he is calling a concert jazz ensemble, featuring Harold Adams, on tenor sax, plus a rhythm section consisting of Leroy Hawthorne and Mark Bradshaw.

The Bandstand is featuring Billy Mitchell, another Detroit jazz scene tenor saxman, who was a mainstay in the Basie band of the late 50s. He'll have Charlie Covington, on piano; Keter Betts, bass, and Hugh Walker, drums.

Happy to see some of the local musicians getting work at this Fells Pt. spot, and according to Mike Binsky, there will be a lot more of it. Charlie and Hugh, are Baltimoreans. Keter hails from D.C.

Speaking of local musicians, the Left Bank Jazz Society is presenting two of Baltimore's top sax men in concert, Arnold Sterling and Marvin Cabell will be fronting a quintet, with Reggie Johnson, bass; Reuben Brown, piano, and Dude Brown, drums.

This is another of those "sleepers," and it will be interesting, since Arnold is mostly a mainstream bop player, and Marvin is into the blended jazz - fusion bag.

But, they've gotten together previously, and it all worked, so we recommend it.

At The Closet, it will be longtime favorite Mickey and Shirley Fields for the weekend, along with Jimhi Johnson, drums, and Terry Plumeri, bass.

Henry Baker informs that they have now opened a restaurant next to the Closet proper, and promise to check it out for Night Sceners. It's open for lunch too, we are told.

Might check out WBJC - FM this weekend, for the birthday of Miles Davis is today (25th) and Robert Ford plans to devote the entire "Third Ear" late nite program on Friday and Saturday to music by the trumpeter. The LBJS program - "Jazz Extravaganza" with Benny Kearse, will also play 3½ hours of Miles Davis Saturday night beginning at 7:30.