Is the 'Silent Killer' stalking you?

High blood pressure, also known as hypertention, has been called "the Silent Killer."

The condition, which usually does not produce symptoms and can only be detected by a blood pressure test, affects more blacks than whites and is the leading cause of heart attack, stroke and death.

Lutheran Hospital, 730 Ashburton St., is sponsoring a Community Health Quiz on Oct. 24. where a team of doctors will field questions about high blood pressure and perform hypertension screenings. Dessert and coffee will be served.

The Maryland High Blood Pressure Coordinating Council has prepared a pamphlet, "High Blood Pressure and YOU," to answer questions about hypertension. It was written by Dr. Elijah Saunders, chief of cardiology and director of the Intensive Coronary Care Unit of Provident Hospital.

Weight, salt intake, heridity and environmental factors may cause or aggravate the condition.

Overweight people tend to have more instances of hypertension than people who are not.

Among certain populations where food is highly salted, there is also a high percentage of high blood pressure.

Certain environmental factors, such as inadequate housing, under - employment and unemployment, poor education, may also cause hypertension. Crime, family tension and racial strife continue to be studied as possible contributors.

If one parent has high blood pressure, there is a greater chance that the child will develop the disease. If both parents have it, the odds increase.

The risk of developing hypertension increases as people grow older. Males below age 50 have a higher prevalence than do females, although after age 50 it tends to be as common among women as among men.

The major dangers of hypertension are damage to blood vessels in the brain, heart and kidneys. It can result in heart attack, kidney damage or failure.

Treatment almost always consists of drugs and modified dietary and personal habits. Salt restriction, weight control, exercise and ways to cope with stress and anxiety are used in conjunction with drug therapy.

The most common forms of medication are diuretics, which reduce fluids from the body; drugs which reduce chemicals which stimulate production of adrenalin to the brain and nerve endings, and medication which opens up constricted blood vessels.

Some mild side effects are sometimes reported after medication for high blood pressure is taken. There may be drowsiness, fatigue and muscle cramps, which may be reduced by taking vitamin C or potassium.

Men occasionally reported a decrease in sexuell interest. These reports, however, are rare.

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—Oil talk blows up

(Continued from page 1)

"There's nothing concrete," said Cornell. "But we are looking for a juvenile."

Mrs. Cromwell, who has lived in the house for 12 years, said she has no idea who could have been responsible for the explosion, adding that she gets along very well with her neighbors.

She said she was working as a cashier at Food - a - Rama on Reisterstown Road at the time of the explosion. All her children, except Johnnie Cromwell Jr., were in school at the time.

A neighbor said when she heard the explosion she rushed out of the house to see her son Grafton Gray rush into the front door and bring out the eight year old.

"I'm just glad he's all right," Mrs. Cromwell repeated trying to hold back the tears. "I don't know if I have any insurance and I don't have any idea how this could have happened."

The investigation is continuing.

—Howard

(Continued from page 1)

Judge Howard was nominated by Sarbanes Jan. 16 after President Carter cleared the way for two vacant seats in the Maryland federal court.

Howard said while the excitement of the appointment has been "eroded away by the time" he will be "looking forward to making a significant contribution to the U.S. District Court."

He could not say when exactly he would assume his duties pointing out that he and Judge Jones will be meeting with Chief Judge Edward Northrup concerning the transfer.

He added, however, he believed it would take place "very, very quickly."

A graduate of the University of Washington in Seattle, and Drake University in Iowa, Judge Howard was an assistant state's attorney from 1964 to 1966 and assistant city solicitor before being elected to the bench.

Benefit walk-a-thon scheduled

The National Federation of the Blind, Baltimore Chapter, will sponsor a Walk - a - thon Oct. 21 at 9 a.m. in the Inner Harbor.

The 18 - kilometer walk takes the walker past 11 Maryland Historical sites. Free refreshments will be available at Gino's locations along the route.

The event is being co - sponsored by Gino's Inc. and the Maryland Historical Society.

All proceeds will go to the National Federation of the Blind, Baltimore Chapter.

Pledge forms and NFB Walk - a - thon maps are available on request at Baltimore area Gino's.

Lottery winners

The State Lottery announced the latest Baltimore area residents to win in Lottery games.

They are: Larry Hackman, from Joppa, who won $50,000 on the Maryland State Lottery Show;

Mark Dawson, from Ellicott City, who won $5,000 in the Super 50 - cent game;

John Dunn, from Crownsville and Norma Kotishion, from Woodlawn, both winning $4,000 in the "Big Money Game";

Catherine Druschel, from Baltimore City, who won $2,000 in the "Big Money Game";

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Social Services employees honored

Baltimore City Department of Social Services (DSS) employees, some of whom have worked for the department for 30 years, or more were honored at a staff recognition ceremony held Wednesday, Oct. 3.

Keynote speaker was state Personnel Secretary Theodore Thornton.

Prior to his address, the Rev. Maxwell Johnson of New Life Missionary Baptist Church gave the invocation, follwed by a musical selection by the DSS Gospel Choir.

Ernestine Jones, acting director of Baltimore City DSS, welcomed those in attendance.

Greetings and special remarks were extended by Mayor William Donald Schaefer; Kalman R. Hettleman, secretary, Department of Human Resources; Bill B. Benton, deputy secretary, Department of Human Resources, and Charles Obrecht, chairman of Baltimore City DSS Advisory Commission.

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KEYNOTE SPEAKER — Theodore Thornton, secretary of the State Department of Personnel, delivered the keynote address at the Baltimore City Department of Social Services staff recognition ceremony.

DEDICATED — Ms. Gladys J. Parker (L) receives a plaque from Mrs. Thomas J. S. Waxter for more than 30 years of service to the Baltimore City Department of Social Services.

Chapelle Armstead, assistant director of personnel services, introduced Thornton.

After his speech, Mrs. Maud S. Harvey and Mrs. Thomas J. S. Waxter Sr. presented DSS employees with their service awards.

Dorothy Croswell was honored for 40 years of dedicated service.

Lawrence J. Kane and Gladys J. Parker received plaques for 30 years of employment at DSS.

Twenty - five year employees included Sara Needelman, John B. Sevier, Margaret C. Ogle, Doris A. Pinnic, Gehazer Wilborne, Sonora G. Johnson and Mary Hall.

Louise Hamilton, Bertha Qvigstad, Mary Francis, Gladys Day, Audrey Williams, Grace Johnson, Stanley Steinberg, Rose Russo, Josephine Milner, Frieda Weinberg, Phillip Braxton and Gloria Comegys were recognized for 20 years service.

Employees honored for more than five years perfect attendance include Catherine Barnett, Anthony Bittings, Owen Clark, Lillie Epps, Charles Saunders, Joseph Thompson, Phillip Parker and Viorica Grumberg.

Other staff honorees:

15 Years
Coleslee Wiggins, Irvin Fields, Julia Govans, Francis Meredith, Gloria Alchin, Carmen Gregoy, Robert Jones Jr., Virginia Davis, Florence Hyman, Shirley Thompson.
Ellen Ranson, Arthur Weil Jr., Richard Lubinski, Erma Pope, Marie Price, Drunell Cottman, Elizabeth Parker, Delores Brock, Betty Helm, Reba Thomas.
Sylvia Asper, Bernice Anderson, J. Terre Buscemi, Jane Granitzki, Thomas Cooper, Florence Womack, Isadore Abrams, Joanne Hergenrother, Constance Collier, Audrey Meredith and Jeanette Thomas.

10 Years
Catherine Barnett, Roberta Hennick, Ernestine Jones, Carolyn Carlson, Jayne Volpitta, Charles Parvis, Vivian Berman, Ursula Burke, Angela Jankiewicz, Estelle Weiner.
Anne Wisniewski, Charles Saunders, Lauretta Anderson, Lillian Augustus, Ruby Bowman, Jeanetta Boyce, Arnetta Johnson, Tinera Lokeman, Barbara Mitchell, Ersnel Reese.
Delores Taylor, Pocahontas Wilkinson, Charles House, Judith Eveland, Dorothy Floyd, Gloria Gale, Mildred Gee, Alease Hurte, Norma Kapplin, Mary Tierney.
Mildred Waddell, Claire Brown, Carol Fletcher, Andrienne Lacey, Donna Stevens, Nellie Brewer, Agnes Brown, Joyce Coates, Ella Hemphell, Esther Jackson.
Gertrude Lipscomb, Anna Pugh, Joan Smith, Myrna Smith, Jannie Washington, Carol Zimmerman, Angela Colaianni, Delores Green, Sally Lynton, Phyllis Merendino.
Anna Murphy, Marjorie Orman, Phyllis Watkins - Bey, Robert Davis, Lyle Garrity, Frances Faris Jr., Joseph Becker Jr., Dianna McCullch, Naomi Schoenbaum, Barbara Speight, Carolyn Cook, Kathryn Zimmerman, Katherine Cook, Sharon Craddock, Arlen Robinson, Pauline Sturdivant, Curtis Webb, Carolyn Boswell, Jane McKnew, Virginia Coleman.
John Rone, Andrew Tsamoutalis, Justine Turner, Mary Woodall, Francis Lewis, Dorothy Alston, Nettie Jones, Jacqueline Richardson, David Nudel, Loretta Knight.
Erma Williams, Flora Wallace, Carol Bannerman, Naomi Cohen, Valoria Johnson, Elizabeth Ross, Marion Thomas, Paulette Young, Justine Fossett, Celestine Gracia.
Mary Lennon, Jane Meister, Rose Smith, Gladys Welch, Sharon Williams, Mildred Pennington, Arthur Stokes, Deborah Boone, Barbara Burks, Gloria Douglass.
Mildred Scales, Carole Stolba, Velma Greer, Arletha Pullen, Betty Webb, Margaret Blum, Yvette Johnson, Joanne Rucks, Patricia Hannum, Rosetta Mayo.
Elizabeth Brunson, Clarice Handy, Eloise Henry, Joyce Jones, Irene Nalman, Louise Paserew, Jeanette Sellers, Gary Johnson, Frances Hamm, Quanta Pierce.
Dorothy Taylor, Barbara Savage, Helen Curley, Lucretia Washington, Barbara Zuravin, Lenora Dew, Joyce Gordon, Audrey Smith, Barbara Fergu, Bernice Mitch, Cherita Moody and Ronald Mitche.

Employees with perfect attendance:

Four Years
Louise Bracco, Raymond Davis, Selma Rozier and Michele Dill.

Three Years
Mario Pizzito, Robert Schein, Otto Jones, Angela Tyler, Deborah McMorris, Bernard Tennyson, Gloria Comegys, Octavia Beverly, Johnnie Smith, Chester Byrd.
Mary Gangi, Donald Horowitz, Vickie Kaneko, Katherine Williams, Judith Graves and June Powell.

Two Years
Daniel Paby, Sanella Kief, John Barton, Betty Charmatz, Preston Jay, Frances Townes, Dudley Warner Jr., Lila Hall, Ilona Calin, Rubie Meekins.
Raymond Reed, Arthur Adolph, Mary Fisher, Paul Sloboda, Anne Townsend, Robert Black, Mollie Sterns and Carolyn Alexander.

One Year
Gloria Fiesa, Sondra Jackson, Melvin Lijewski, James Traglia, Dorothy Rosinski, Claude Arta, Patricia Bailey, Charles Bertram, Mable Deans, Lucie Fell.
Thomas Guinn, Catherine Long, Yvonne Stewart, Lillian Augustus, Brenda Hall, Annie Washington, Lia Crahm, Sandra Deronja, Susan Gerasti.
Barbara Hickman, Lila Meyerhoffer, Stephanie Pettaway, Cheryl Smith, Gertrude Thomas, Alma Walker, Phyllis Valenziano, Robert Jones Jr., Sally Lynton, James Becker.
Leah Mackall, Leslie Hiken, Maria Jones, Jeff Singer, Catherine Valecchi, Arthur Weil Jr., Beverly Black, Mamie Sherard, James Kaer, Hattie Bridges.

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SAVE $31
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Sankyo Dolby Cassette Deck
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Shaves super close and trims sideburns and moustache. $10 trade in allowance you pay 19.99 after trade in!
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