Hypertension is silent killer

It sometimes is referred to as the silent killer because it has no obvious symptoms.

Hypertension, commonly called high blood pressure, is a time-bomb which ticks away inside the bodies of an estimated 20 to 45 million Americans, a disproportionally large number of whom are black, and as many as half of whom do not know they have the disease.

Left untreated, this condition weakens the blood vessels and may eventually result in heart failure, kidney damage or stroke.

"There is a tendency in people to shy away from wanting to know about it," said Jackie Burrell, health educator at the East Baltimore Medical Plan on Eager St. She said the tendency is exceptionally dangerous because the condition has no obvious symptoms, and may exist for years or decades before striking its victim.

Hypertension, or high blood pressure, occurs when the heart pushes too hard while circulating blood throughout the body, causing the pressure in the vessels to rise. Like a garden hose, the vessels become damaged and sometimes burst if the pressure inside them reaches a critical point. Kidney failure and stroke result from damaged vessels, and heart failure may be precipitated by the strain on the heart in having to push so hard.

Sometimes, fatty deposits collect on the insides of the vessels narrowing the passage and forcing the heart to push harder to get the same amount of blood through them. This and other factors may result in high blood pressure.

Unfortunately, no nerve endings exist in the vessels to signal damage done by hypertension, and no pain or other warning symptom alerts the victim of this condition.

Modern medical practices allow patients to find out if they have hypertension and to control its effects, Burrell said. It can be detected painlessly by a quick and simple test and may be treated by dietary improvements, physical activity, the adoption of a less stressful lifestyle, the elimination of tobacco, medication or a combination of these approaches.

The diet of many blacks increases the incidents and severity of hypertension in the black community, Burrell said.

Washington Metro derails

By Jay H. Handleman

A subway train jammed with home bound government employees derailed Wednesday, killing at least four persons and injuring a dozen others, officials reported.

The Orange line train bound for New Carrollton, Md., from National Airport in Northern Virginia derailed while switching tracks between the Smithsonian and federal triangle stations, said Metro Spokeswoman Marilyn Dicus.

The derailment came less than hour after an air Florida liner crashed into a bridge over the Potomac River, killing at least 40 peole.

One train passenger was dead on arrival at Washington Hospital Center, where emergency room personnel were also busy with victims from the plane crash.

One of the victims was identified as Marian Hastings, whose husband told officals that "two people were crushed to death right beside her," a spokeswoman said.

Two of the injured were firefighters who received minor injuries when a hydraulic line being used to pry open one of the metro cars broke and hydraulic fluid

Spokeswoman Donna Arbogast said 11 persons were admitted to the hospital in either fair or good condition. Three people were in satisfactory condition at Howard University Hospital.

A Fire Department spokesman said there was no smoke or fire at the scene, and the passengers were easily evacuated. Ms. Dicus said passengers walked through the subway tunnel back to the Smithsonian Station.

Douglas Frazelle, a Fire Department ambulance medical technician said he counted four dead at the scene.

The train was travelling less than 1 miles per hour and changing tracks when it derailed, Ms. Dicus said. She said the cause was not known.

Metro Spokesman Cody Pfanstiehl said the train was "heavily crowded. We had all the federal and district government workers coming home early because of the snowstorm when this thing happened."

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OUR WORLD

★ PARTYLINE ★ PACESETTERS ★ PEOPLE

Chipperettes host annual holiday party—a gala affair

(AFRO Photos by Roman Hankewycz)

CHIPPERETTES HOSPITALITY — Seen enjoying the Chipperettes' annual holiday party hosted Sunday, Jan. 10 at the S & R Banquet Room, on the Alameda are (front row, L to R): Ms. Virginia Johns, James Harris, Mrs. Inez Watson, Mrs. Louise Bradford and Mrs. Mildred Harris. (Back row, L to R): Samuel Hairston, Alvin Watson and spouse, Anita Watson (a Chipperettes' member) and Basson Bradford.

MORE PARTY FUN was had by (seated, L to R): Mrs. Tina Parker, Mrs. Jewel Marsan and Mrs. Tillie Pair; (standing, L to R are): Charles T. Parker and Henry Freeman.

CHIPPERETTES GUESTS AND MEMBERS out for the afternoon of holidaying are (left panel, front row, L to R): Mrs. Nikki Randolph, Cabbie Adams, Mrs. Bertha Forte, Mrs. Bernadine Harrison (member and hostess) and Mrs. Anne Johnson; (back row, L to R): Mrs. Dorothy Wood and hubby John Wood, Mr. and Mrs. William Griggs (Rebecca); (Right panel, front row, L to R) include: Mrs. Maxene Higginbotham, Reginald Young, Mrs. Elise Clarke and William E. Selby; (back row, L to R) Mrs. Vashti Jude, Samuel Blackwell and spouse Pauline Blackwell (member) and Edward Williams.

TWO COUPLES seen laughing it up are (L to R): Mr. and Mrs. Fred Medders (Mae) and Mr. and Mrs. Reginald Matthews (Dorothy).

By Pattie Hodges
AFRO Women's Editor

The Chipperettes were out in full force to entertain their guests at their annual holiday party held Sunday, Jan. 10.

The Chipperettes, a 40-year-old card club hosted this year's celebration at the S & R Banquet, on the Alameda.

The theme for their affair was "Wine, dine and dance" and that's what the party was all about.

Guests, who came out for the fun at 2 p.m. got into the spirit of the festivities with the cocktail hour which began at that time.

There was much animated conversation and party chit-chat and before you knew it the opening sipping time was over and it was on to the feast — a sit-down dinner which got underway at 3 p.m. — oooh, delicious.

During dinner, the gala mood of the afternoon had moved many to get up and dance to the music provided by the S & R Banquet Room musicians.

And afterwards, the gala spirit prevailed, as members and their guests continued the merriment and danced the rest of the afternoon away — ending a lovely evening at 5 p.m. with happy memories to take home with them.

WATCHING THE ACTION are Mrs. Elsworth Rhetta (member and hostess); Joseph Walker (standing) and Mrs. Vivian Pendleton.

OUT FOR THE FIRST BIG ONE — Casually treading through the first big snowfall of the season is Mrs. Ernestine B. Jones who was caught by the AFRO photographer on North Howard St.

Holiday Wrap-Up

Heart-warming Yule celebration hosted for SSD residents

By Pattie Hodges
AFRO Women's Editor

One of the most heart - warming of all holiday celebrations was the Yuletide Party hosted Saturday, Dec. 19 from 7 till 11 p.m. for clients at the SSD Corporation, a resident home at 1927 Park Ave. for the adult mentally retarded.

The client residents of each apartment were responsible for contributing one dish toward the feast — and what a feast it was.

There was an abundance of food — cole slaw, ham, potato salad, friend chicken, chili, a special cheese and fruit platter, cakes, pies and punch. There was also the traditional holiday candy and nuts.

All clients, who were under the supervision of their program counselors, were 'togged to the teeth' in their best finery for the occasion.

To join them in their festivities, they had invited guests from the Maryland Home Training Residence.

What a great time they had — dining on the edibles and drinking the punch with gusto, singing Christmas songs with pride and joy, dancing to the 'Top 40' tunes and playing games.

The party was hosted by Mrs. Sylvia Hill, head of the SSD Corp. and her staff members, including counselors Daniel Tovar, Joyce Cates, Vivian Boone, Shawn Neal, Roland Colbert and Virginia Backmon.

Volunteers who helped with the hosting were Mr. and Mrs. Willie Boone (Ietta) and Mrs. S. Thomas.

There are 11 clients at this residence. Some go for training to the Baltimore Center for the Mentally Retarded (BARC), others to the School of the Chimes.

Their party wasone of the lovelier openings to the holiday season and an especially nice way to close 1981 — "The International Year of the Disabled."

Xmas Eve Open House

From 3 p.m. Thursday, Christmas Eve until 3 p.m. Friday, Christmas Day, Mrs. Jean Boone entertained her friends at a 24 hour Open House hosted at her Bonnie Ridge apartment home, and what a festive time it was for all.

Guests who came and went continuously for the entire 24 hours feasted on delectables from regular to soul variety, including a dessert buffet with allkinds of sweet - tooth goodies — and all prepared by Jean, who is a private - duty nurse.

Along with the palate pleasing menu, there were sippables of all kinds and there was lots of lively party patter, dancing and games — including card playing and backgammon.

Among the guests coming and going for Jean's holiday hospitality were Minnie Saunders, Theodore Shaw, Albert Johnson, Eleanor Johnson, Tammy Johnson. Charles Brown, Kitty Hairston and Rodney Hairston, of Atlanta, Ga. and Kim Hariston;

Also Viola Hill, Shari Hill, Deidre Hill, James "Jay" Hodges, Shelly Johnson, Clorine Johnson, Shana Johnson, Dave Branch;

Also the Johnson family — Jerry, Andre, Myron, Anthony and Angela, of Lexington, Md.; Irene Wilson, of New York; George Anthony, Carrie Locks, Arlene Williams, Patricia Exum Gevyn Anthony, Rudolph Carter;

Also Dewitt Johnson, Sue Scott, Rosalee Shaw, of Philadelphia; Inex Carroll, Romi Carroll;

Also Bryant Johnson, Kathy Johnson, Bryan Johnson and Brandon Johnson, all one family; Joe Jr., Cookie, Marcie and

(Continued on Page 14)