

# BILLY ROWE'S Note Book

WRITE SERIOUSLY - Hi' blood pressure is a killer - one which has wasted five times more humans than have been washed away by automobile accidents. Also called hypertension it can damage the heart, the brain, and the kidneys. It is the leading cause of strokes, congestive heart failure, kidney failure, a major risk factor in heart attacks, and is the major cause of death among Blacks. By the end of '73 this silent disease will be the major cause of mortality in America. It will account for one out of eight who die from anything. According to doctors like Aaron Wells and Carlton Goodlett, about 23 million folks are stuck with it. That's like one out of every ten adults, and of course youngsters kick the bucket because of it too. If you're over 50, or Black, look out the odds are even greater you've got it. Since it strikes with no symptoms, you can be Black and beautiful, feel healthy, look white and terrific, and still have it. You don't even have to be uptight to get it, as it hits those who stay loose as well.

Hypertension is the greatest cause of death among urban Blacks. Those who haven't yet checked out their blood pressure are flirting with an early grave. Approximately 3,500,000 brothers and sisters are affected behind the frightening statistics that neigh-on to 3,000,000 of them are either aware, or are not receiving the proper treatment. In fact, half of the folks who have hi' blood pressure, some 11 million, don't know they have it. Out of the 23 million Americans with this problem, only 3 million are getting adequate treatment. That leaves some 20 million with a shortened lease on life. This is an American tragedy that must be faced up to, and thank heavens is, by a new drive set in motion by a far reaching National High Blood Pressure Education Program. Even if you're not in doubt see your doctor because only he can tell and only he can help you control it. Treatment is relatively simple and can, in most cases, effectively control the disease. Check out your blood pressure before your number is up.

The Black Citizens for Fair Media got FCC Commissioner Benjamin Hooks to main-speak their affair in Harlem. The former Detroit Pastor pulls no words regarding his feeling about Black involvement in the media. His theory is that it is time for Blacks to stop getting mad and start getting smart. That "there is no substitute for work, training, and a positive attitude that we can do something to create a better world and community." He also expressed a concern about the lack of TV network news coverage of events important to Blacks since Black children need to be shown that what Black people do is important, and there is a meaningful role for them in American society. He often points out that Blacks participate in significant activities other than sports and entertainment . . . Petite Mary Brown is moving in on her big break as a producer over at CBS-TV. She generals four of the station's new segment, "Closer Look" . . . The drastic decline of tourism has the Virgin Islands law-makers rushing toward a legal gambling bill. Sen. Hector Cintron, the bill sponsor, said that he has taken this as a way to avoid economic chaos anticipated by the big drop in tourism due to the adverse publicity around the violence in St. Croix.

The Task Force Against Racism, of the Council of Churches, is planning a mid-Jan. birthday celebration as a tribute to the continuing legacy of justice and peace of the immortal Dr. Martin Luther King, Jr Lincoln Center, Philharmonic Hall will be the site of the benefit concert . . . Add to your Black history the fact that lawyer-publisher Tom Berkeley is the president of the Board of Port Commissioners, The Port of Oakland, Calif . . . The St. Clair Bournes are planning a trip to Africa. He's a long time member of Gov. Rockefeller's staff . . . Dick Gidron has been elected to the Board of Directors of the Bronx Chamber of Commerce, he owns a Cadillac dealership there . . . Lovely Marion Logan set aside her grief long enough to enjoy Duke Ellington's opening at the posh Rainbow

## Volunteers Needed

Contacting blood doners by phone is one of the many important volunteer assignments available at BAC, the Voluntary Action Center. Typists are needed for this assignment also. Information on volunteer positions in many fields are available by contacting the Voluntary Action Center at 319 South Third Street, the office with the alley entrance and the orange door.

Volunteers are needed to help speech therapists in schools. Swimming instructors are needed to work with handicapped children. These children have various types of handicaps. However, they are eager to participate in the day swim program.

Teachers aides are needed to work with children in schools. Everyone who is planning to donate gifts of toys or food to needy families for Christmas is requested to contact the Salvation Army. They are operating as a clearing house to assure that each family who needs assistance will receive gifts. They are striving to assure that no one family receives many gifts and some families receive none. Contact them whether you are planning donations individually or with an organization.

VAC has volunteer assignments open for workers in many categories. Contact the Voluntary Action Center at 319 South Third St.

Room. Her late husband was his medic, but Duke was playing before the Queen of England when he was buried . . . The champagne set will honor Ruth Bowen and Aretha Franklin with a soul food ringing out of the old in the Starlite Room of the swank Waldorf Astoria . . . STAY LOOSE.

## DOOLITTLE LEAGUE

Elementary Basketball League forming. Registration is now underway for the Las Vegas Recreation Department Doolittle Center Elementary Basketball League. Parents are urged to bring their children to the Center at Lake Mead and "J" Street to register for the League. Games will be played on Saturday mornings.

Every Thursday evening is Girls' Night in the Gym at Doolittle, so all you ladies that need some exercise to tone up and slim down, hurry in on Thursday evenings 7-10 p.m.

**Breakfast Anytime**

2 Eggs (any style)  
Choice Of  
Ham  
Bacon  
Sausage  
and Toast

**49¢**

**Lady Luck**  
CASINO & SALOON

DOWNTOWN 3rd. and OGDEN

B + MON/RA. STR.

**BROWN DERBY**  
INVITES YOU TO PLAY  
**"KOTCH"**

FRI • SAT • SUN • MON • TUES  
Dec. 28 • 29 • 30 • 31 • Jan. 1

**\$20.00 RAISE**  
For A.B.C. KOTCH

**Pool TOURNAMENT**

\$50.00 1st Prize - 2nd & 3rd Prize  
\$2.00 ENTRY FEE **Sign Up Now!**  
DRAWING FOR DOOR PRIZE

**MERRY CHRISTMAS . . .**  
From Glynn, Teda, Family & Staff

**ALL SEATS \$1.00** Cont.  
Now Showing Thru Sun - Sat & Sun

**ANTHONY QUINN • YAPHEÏ KOTTO**

**ACROSS 110<sup>TH</sup> STREET**

BONUS FEATURE United Artists

Story Of A Great Fighter!

**"HAMMER"** FRED WILLIAMSON

Closed Xmas Eve.  
Starts Xmas Night  
"Mash" And "Last American Hero"

RANCHO CIRCLE THEATRE 648-9254

Raleigh Hughes'

**EL RIO**  
CASINO-CLUB

• KENO  
• "21"  
• SLOTS  
• POKER  
COCKTAIL LOUNGE

1905 "H" ST. at DOOLITTLE 648-1515

**DO YOUR CHRISTMAS SHOPPING**  
at your friendly . . .

**SILVER NUGGET**

HUNDREDS OF ITEMS WILL BE GIVEN AWAY HOME ENTERTAINMENT CENTERS CONSOLES T.V. SETS, AMANA RADAR OVENS, RADIOS, BLENDERS, CASH ENVELOPES, IDEAL CHRISTMAS GIFTS . . . SO BEFORE YOU SHOP YOUR HARD EARNED MONEY AWAY COME TO THE FRIENDLY SILVER NUGGET NOW YOU MAY WIN CHRISTMAS GIFTS FOR EVERYONE ON YOUR CHRISTMAS LIST

THE FRIENDLY SILVER NUGGET WANTS YOU TO HAVE A VERY MERRY CHRISTMAS

Reminder . . .  
FREE NEW YEAR'S EVE PARTY  
Make plans now to attend the Gato Silver Nugget New Year's Eve Party. Free Champagne. Free Hors d'Oeuvres. Fun for all Party's here!

REMEMBER! BREAKFAST CLUB BINGO. MONDAY 11 A.M. 52-100  
PROGRESSIVE COVERALL 55 NUMBERS OR LESS

Those who know go **SILVER NUGGET**  
2140 LAS VEGAS BLVD. NORTH 642-9494