

HOSA

Happenings

NEWSLETTER

CELEBRATING BLACK HISTORY MONTH



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BLACK HISTORY MONTH: FEBRUARY – MARCH 1

Black History Month is a time to celebrate African-Americans' culture, history, achievements, and contributions. This year's theme is Black Health and Wellness, paying tribute to medical scholars and health care providers. This theme acknowledges Black scholars and medical practitioners in medicine and healthcare. The 2022 theme focuses on activities and initiatives in an effort to maintain the health and wellbeing of everyone.

By: Aditi Nageshwar

*"Education is the Most
Powerful weapon which you
can use to change the world."
-Nelson Mandela*

Health Corner

HEART DISEASE

According to the Heart Foundation, Heart Disease is the leading cause of death for all Americans, but some minority groups are at greater risk than others. Death from heart disease is higher in African Americans and develops earlier in life.

Why Does Heart Disease Target African Americans?

According to the American Heart Association, researchers have found many African Americans possess a gene that makes them much more sensitive to the effects of salt. The gene variant is called the angiotensin converting enzyme (ACE) gene which can greatly influence an African American's sensitivity to salt. Salt increases a person's risk of developing high blood pressure. In people who have this gene, half a teaspoon of salt could raise blood pressure by as much as 5 mmHg. High blood pressure, obesity, and diabetes are the most common conditions that increase the risk of Heart Disease among African Americans.

High Blood Pressure:

High blood pressure means your heart is pumping harder than it should. High blood pressure is also called hypertension. It also increases the chances of a stroke. Fortunately, high blood pressure can be easily detected and controlled through medications, a healthy diet, and exercise.



Know Your Numbers:

See your doctor to learn about your heart disease risk factors. Get regular checkups. Work with your doctor to keep your blood pressure, sugar levels, and cholesterol within the normal range. Watch how much salt is in your diet. Most of the salt we eat comes from processed and restaurant food.

Blood Pressure Stages

Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
Normal	less than 120	and	less than 80
Elevated	120-129	and	less than 80
High Blood Pressure (Hypertension) Stage 1	130-139	or	80-89
High Blood Pressure (Hypertension) Stage 2	140 or higher	or	90 or higher
Hypertensive Crisis (Seek Emergency Care)	higher than 180	and/or	higher than 120

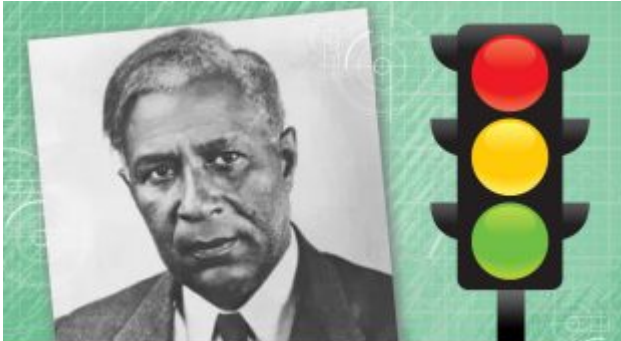
References:

American Heart Association

http://www.heart.org/HEARTORG/Conditions/More/MyHeartandStrokeNews/African-Americans-and-Heart-Disease-Stroke_UCM_444863_Article.jsp#.WzV4mdVKh9M

<https://newsroom.heart.org/news/african-americans-live-shorter-lives-due-to-heart-disease-and-stroke>

Pioneers in Science



1877 – 1963 Garrett Morgan – Inventor of the Traffic Light



1942 – 2019 Dr. Patricia Bath – Inventor of Laser Cataract Surgery



1929 – 2020 Dr. George R. Carruthers

Principal designer of telescope that went to the moon

On NASA's Apollo 16 mission



1956 – Mae Carol Jemison – The first black woman to travel into space



1958 – Neil deGrasse Tyson – American Astrophysicist, Planetary Scientist,
Author, and Science Communicator

5 Ways to Celebrate Black History Month in Houston



BLCK Market – Each Saturday this month, Avenida, Houston will feature 50 locally black-owned businesses to the outdoor market. This includes artists, designers, and entrepreneurs offering a wide variety of products and services.

Every Saturday in February, 1-5pm, on the Plaza of Avenida, (between the GRB and Discovery Green).

Harris County Cultural Arts Council Arts Exhibit – The exhibit will honor and commemorate local Black Artists.

Every Saturday in February, 1-5pm, on the Plaza of Avenida, (between the GRB and Discovery Green).

Ensemble Theatre Presents, The Lawsons – A romantic story of love, and a fight for freedom. The story follows Bill and Audrey Lawson, a Black couple from Houston that participated in sit-ins and protests in the 1950s.

Ensemble Theatre, 3535 Main Street. Throughout February.

Sawari Tours Presents, Black Houston Bus Tours – Learn about the history of significant Black landmarks in Houston. Sawari will feature Houston's Black History and Houston Black Art.

Houston This Is It Soul Food, 2712 Blodgett Street. Saturday, February 26, 10am-1pm, and again from 2pm-5pm. Tickets start at \$35.

Move Into the Future Art Installation and Pop-Up – Together United We Dream and Black Lives Matter Houston will debut an art installation and pop-up in the heart of Third Ward. The shop will include work from Black, indigenous, and immigrant artists.

Emancipation Park, 3018 Emancipation Ave., Saturday, February 26 at 11am. Free

References: <https://www.houstoniamag.com/news-and-city-life/black-history-month-events-houston>

Add Flavor/Style to your Life



Restaurants

Gatlin's BBQ
3510 Ella Blvd
Houston, TX 77018

Soul Food Vegan
2901 Emancipation Blvd.
Houston, TX 77004

The Breakfast Klub
3711 Travis St.
Houston, TX 77002

Crumbville, TX
3409 Emancipation
Houston, TX 77004

Ray's BBQ Shack
3929 Old Spanish Trail,
Houston, Texas 77021

The Turkey Leg Hut
4830 Alameda Rd Suite A/B
Houston, Texas 77004

Businesses

Lilly's Kloset
9000 Hempstead Rd #100
Houston, TX 77008

Brashae's Beauty Supply
11902 S Gessner Rd.
Houston, TX 77071

Melodrama Boutique
5306 Alameda Rd.
Houston, TX 77004

Sole Lounge
5959 Richmond Ave #220
Houston, TX 77057

Premium Goods.
2416 Times Blvd.
Houston, TX 77005

T and C Beauty Supply
3928 Old Spanish Trail D
Houston, TX 77021

Puzzle Corner

H O R R Z O P P I X L G H V P S G S Y K N Z E G
 A B R D T O N I M O R R I S O N E L S B Y M I D
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 N C R I S P U S A T T U C K S U V T R S E U T I
 H G X D R C H A R L E S D R E W L W Y O D Q E W

Toni Morrison

Ben Carson

Mahalia Jackson

Coretta Scott King

Crispus Attucks

Ralph Abernathy

Dr Charles Drew

Hattie McDaniels

Nelson Mandela

Spike Lee

Ethiopian Eunuch

Stephen Curry

James Weldon Johnson

George Washington Carver

Langston Hughes

Harriet Tubman

Sidney Poiter

Booker T Washington

Denzell Washington

Martin Luther King

Jackie Robinson