

Editorial and Opinion Page

Pediatric Pointers

By: Joseph T. Bell



Change of Season

The months of October and November can be a special time of the year for many people and their families. Fall is upon us with relief from the hot summer. Halloween and Thanksgiving are fun and festive occasions for everyone with Christmas just around the corner. Nevertheless, it is also a time to prepare for the upcoming flu season. The Flu season begins in December lasting to mid-March. There are three types of the influenza virus, which is the cause of the flu. Influenza type A affects all age groups and causes a moderate to severe illness. Influenza B is less severe and mainly affects children. Influenza C usually does not cause clinically significant illness. The virus is spread from respiratory secretions. The aerosolized droplets come into contact with mucous membranes and penetrate the throat and lungs. The virus incubates for one to five days then abruptly causes fever between 101 and 102 F, muscle aches, sore throat, and a cough. Other symptoms that may be associated with infection are headaches, runny nose and eye pain. Symptoms usually last less than five days. Infection with the influenza virus can lead to several complications such as pneumonia. Reye's syndrome, myocarditis and death. From 1972 to 1991 there were ten major outbreaks of the flu that caused over 200,000 deaths, with 90% being 65 years old and older. The rate of death resulting from the flu is about 1 out of 1000 cases. People with chronic medical conditions are 5 times more likely to suffer death as a complication.

The flu shot helps combat illness and fights against serious infection in people susceptible to severe complications from flu. The shot should be given in mid-October or November to allow sufficient time for your body to

develop an adequate number of antibodies to fight the virus. It is about 90% effective in preventing illness in young and healthy adults. It is 50-60% effective in preventing hospitalizations and 80% effective in preventing death. The vaccine lasts for about one-year, therefore requiring yearly shots. Some people experience soreness at the site of injection, which might last for 1-2 days. Occasionally, people may have body aches, fever or tiredness. You can not get flu from the vaccine because the vaccine is made from a dead virus.

Who should get the vaccine?
 *Anyone with chronic heart, kidney, or lung disease.

*Anyone with Asthma or cystic fibrosis.

*Anyone with diabetes.

*People over the age of 65.

*Anyone with a suppressed immune system such as cancer or HIV.

*Kids between 6-18 months on chronic aspirin therapy (i.e. Juvenile rheumatoid arthritis) If they acquire the flu they could be at risk for Reye's syndrome.

*Health care workers or volunteers working with high risk patient in nursing homes, clinics, or hospitals.

Children generally do not get as ill as adults and don't need the flu shot. However, if any child falls into the above categories they should receive the shot. Studies have demonstrated that children have decreased incidence of otitis media (ear infections) with the flu shot. In addition, within the next 1-2 years, the FDA may approve a live attenuated, cold adapted, trivalent intranasal vaccine that could replace the intramuscular injections given in the leg. The intranasal spray is well tolerated and appears to be as effective as the injection.

Article to day by Mark Crews, PA student. Duke

Can you vote? Would you vote If Given the Opportunity?

As Election results in the Pembroke Indian Community are being announced via the "Carolina Indian Voice", I have increasingly become aware of election signs posted all across the state. I've become familiar with many names of people running for the diverse positions.

Voting is one of our greatest responsibilities and privileges as adults. It is a constitutional right earned by our ancestors through their, and our own trials and tribulations endured through the years. In exercising our right to vote, we make a statement. We wish to take an active part in the planning of our future via the officials we elect. To vote is to strategize the destiny of our people, as well as that of the Indian community.

In recent weeks, the Reverend Jerry McNeill was voted in as our new Lumbee Tribe Tribal Chairman. My congratulations go to you sir! The people in the Robeson County Indian community have spoken.

But what about the people living outside the Lumbee Indian community. Were their voices heard? Did they have the opportunity to vote? Was there an effort made by those in charge of the election? I live 135 miles from the Pembroke Indian community and to the best of my knowledge, the answer is no to all three questions.

I am an enrolled Lumbee and no one provided me with any information or opportunity to vote for the candidate of my choice for tribal chairman or on any other matters in the past. I am somewhat bewildered in trying to understand why we "outsiders" are seemingly omitted from this democratic privilege.

Has someone assumed that Lumbees living outside of the Indian community don't have the right to vote or

voice their opinions in respect to tribal matters? Perhaps those living outside of the Indian community are presumed unconcerned.

According to current statistics, Lumbees living outside of Robeson County Indian community number somewhat in excess of 3,190. It is also my understanding that some of these Lumbees are not enrolled and thusly should have no voting privileges. But what about those who are enrolled?

It is documented (LRDA) that 1,038 Lumbees live in Maryland, 652 in Michigan, 500 in Virginia, 500 in South Carolina, and 500 in California or thereabouts of all these Lumbees, surely there are those who would appreciate the opportunity and privilege to vote on matters pertaining to the tribe.

Personally, I do my best to keep up with our community and visit as often as I can. I would appreciate

the opportunity of being one small voice in the election process one small voice living outside of the Indian community of Robeson County.

Are there other Lumbees out there who have been asking themselves this same question for years and didn't know quite how to address the issue? Perhaps there are these who have been waiting for someone else to bring up the matter. I mean no malice to any individual or group. I only hope that something positive can come from my personal appeal that will benefit all Lumbees.

I for one living outside of the Indian community would like to exercise my right to vote on all matters pertaining to our tribe. What about you?

In closing, remember to get out and vote on election day, November 3, 1998. This is your opportunity to voice your opinion and have input in the destiny of your community and livelihood, wherever you live. If you are 18 years of age or older and have not registered to vote, I encourage you to do so immediately.

May the warm winds of love, joy and peace blow upon you forevermore.

AHO.....
 John "Tall Bird" Marshall
 Rocky Mount, NC



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Ranting and Raving



Garry Lewis Barton

Keep your daughters, sisters and mothers under lock and key, folk. I seem to change wives more often than some folk do their underwear, my latest wife and I having been separated a year come December. Though not dating or actively seeking wife #4, it might be wise to keep tabs on your female acquaintances 'cause the word out is that we Barton boys love women almost as much as Peter loved the Lord. But it ain't our fault. If ya'll knew my daddy, and his daddy before him, ya'll would know it's sort of a family tradition. Truth is, you can't get cucumbers off'n a watermelon vine.

As wives go, I guess you could say I've had some pretty good 'uns. Although, if I might be allowed the luxury of being a wee bit critical, all of 'em have been a wee bit more independent and strong-minded than your general run of the lot. And that might be attributed to the fact that it takes a strong person to put up with a Barton no matter what our gender. But don't y'all tell my siblings I said 'cause handling criticism, rather constructive or destructive, ain't one of our strong suits. So keep that under your hat, okay?

So, women, beware!
 I ain't looking for a wife, but I do crave female companionship over male -- sorry, fellas. Personally, I don't care what two consenting adults do behind closed doors. And I know gay folk are gaining political clout, and all that stuff. But as for me, I'd rather kiss the south end of a diarrhetic mule walking north than a man. I don't know what that makes me. But I suspect we have narrowed the field somewhat.

Of course, if the truth be known, I ain't never set out to get hitched; it just sort of happened to me on three different occasions in my life. I was minding my own business and the next thing I knew, I was down at the Marriage Chapel in Dillon saying "I do," when in fact I had no notion what I was consenting to "do."

So, if I end up spending any amount of time with any of you gals in the foreseeable future, slap my face if I look at y'all with anything akin to an "I do" gleam in my eyes. But don't be too quick to fry my jaws, otherwise my face will stay so red it'll look like I'm wearing rouge, or whatever it is you gals wear on your faces to make it look like y'all are perpetually blushing. You see, it's hard to differentiate between that "I do" gleam in one's eye and lust.

Actually, I'm afraid to enter the dating game at my ripe ol' age - hey! I'm 39 and holding. And anyone glibble enough to believe that, I have some ocean-front property in Elrod I'd like to sell y'all.

Really, I've reached the ripe age where if I had to decide between sharing a woman's bed or her rocking chair, it would take me considerably longer to decide than it would have ten years ago. Indeed, ten years ago, I thought I was gonna have to change my name from Garry to "Randy." But, like the Bible promised, that too passed.

Anyhow, let me hush before I talk myself out of another wife. After all, I need all the help snaring another wife I can get. You see, in the past, my hair was thick and my stomach thin. Now, alas, my hair is thin and my stomach thick. Oops! Perhaps I ought not 'told that. Contrary to what some would have you believe, sometimes the truth does hurt.

Suffice it to say, ladies, that I'm on the prowl again. So if I happen to saunter up to you a staring and a grinning, fear not. I'm not a lecherous ol' man, or anything like that. It's just that after three wives and countless shackles (those I lived with without taking them to the hitching pole in Dillon first), looking and grinning are about all I can afford to do anymore.

So, fellas, keep your daughters, sisters and mothers under lock and key -- ol' Garry's on the prowl. And any potential female companions out there, be forewarned: like most men, I'm only looking for one thing out of a relationship -- MY WAY!

Considering my track record with women, perhaps it would behoove me to consider buying a pet dog to keep me company sitting around the fireplace on those impending cold and lonely nights.

Nah!
 On second thought, if God made anything any finer than women, He must have kept it for Himself. They're so nice to look at... And so soft to the touch... And such enjoyable company... And...

Oh, no! While lost remembering all the wonderful women in my life, including my wives, a vision of Dillon popped into my head. And like my sister's father-in-law said happened to him while standing naked in his bedroom along with an equally naked woman and watching his wallet flying out the open window, "All my (de) sires left me."

Wonder if there's a dog pound around these parts anywhere. Nah, with my track record, I'd probably choose a rabid dog.

I guess I'll continue the family tradition of loving and lusting after women until I get it right. Of course, looks like I'll have to live to the ripe ol' age of 139 before that happens.

We'll talk again, folk.

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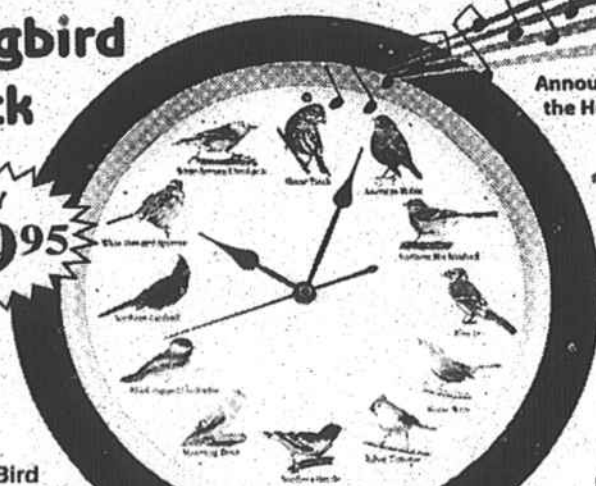
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