

Editorial and Opinion Page

Joe Frybread's Holiday Turkey

- 1 turkey, about 11 pounds
- 1 large apple, chopped
- 1 tablespoon of kosher salt
- 1/2 tablespoon of black pepper
- 2-3 stalks of celery, chopped
- 1 large onion, chopped
- 2 tablespoons of butter
- 1 1/2 cups fresh orange juice
- 1/4 cups balsamic vinegar
- 2 cups of turkey or chicken stock

season the cavity with the kosher salt and pepper. Place the turkey in a roasting pan on top of the chopped celery and onion.

Rub the butter over the turkey skin. Mix the orange juice, vinegar and stock, and use this to baste the turkey. Form a loose tent (or Teepee) of aluminum foil over the turkey for the first hour of cooking.

Cook 2 3/4 hours, until the turkey reaches a temperature of about 185 inside the meat, basting as needed....I like to baste every 30 minutes or so.

Remove the turkey from the oven. You will see the most beautiful brown turkey in the world. Place it on a cutting board and let it rest for about 10 minutes to let the juices soak into the turkey before carving. Happy Holidays!

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Upcoming Pageants

Pageant. CGS Productions is now accepting applicants for its 2nd annual Cape Fear Region Miss Christmas Spirit Pageant. Females 6 mos. - and up and Males 6 mos. - 9 yrs. Pageant date December 19th at Lumberton Junior High School. For more information, call 865-5794.

Pageant. CGS Productions presents the 1998 Cape Fear Region Miss Christmas Spirit Pageant at Lumberton Junior High School December 19th. Time: 11a.m. for ages 6 mos. - 6 years and 6p.m. for 7yrs and up. An unwrapped gift is requested in lieu of admission to benefit residents at Greystone Manor Assisted Living Facility.

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Pediatric Pointers

By: Joseph T. Bell

"Smiling Pretty"

"Pediatric Pointers," today's article is done by Karen Hauna, a P A student at Duke University.

Many people have experienced the fear of sitting in the dentist's chair awaiting the noisy drill to repair diseased teeth. Those who do not care for their teeth at all will eventually lose them and without teeth one will have difficulty chewing food, speaking clearly and smiling without confidence. Though preventive dental care, tooth decay and gum disease can be avoided along with the expensive

treatment needed for repair. Prevention is simple and should start at birth.

After every feeding, wipe the baby's gums with a damp cloth to remove plaque. Avoid feeding for a prolonged time and most importantly do not give the baby a bottle during naps and bedtime. Prolonged exposure to sugary liquids causes baby bottle decay and costly future dental problems. If your child needs a bottle as a pacifier, use water as a substitute. Start weaning your children from their bottle around twelve months of age and end bottle use by fifteen months of age or as he or she can hold a cup.

Baby teeth may break through as early as four months of age which begins the process of brushing teeth with fluoride toothpaste and a soft toothbrush. If your child is still breast feeding after six months your doctor may prescribe fluoride drops or tablets, especially if your water source is from a non-fluoridated well. Fluoride makes the tooth surface more resistant to decay and promotes remineralization. Public water supplies and soft drinks usually contain a sufficient amount of fluoride. Consult your physician before taking fluoride supplements because excessive

fluoride intake can cause dental fluorosis, a discoloring of the enamel.

Brushing and flossing are the most important weapons against plaque formation, the film of bacteria and mucus that causes cavities. Tartar accumulates on your teeth when the plaque is hardened. Bacteria in plaque produces acids and toxins which decay teeth and cause gum disease. To remove the plaque, brush in circular motion twice a day for at least five minutes using a soft brush and replace when it becomes worn. In addition, floss with waxed or unwaxed floss between your teeth and sawback and forth around each tooth. Children under the age of five mostly likely do not have the dexterity to effectively brush their teeth and will need daily assistance. Encourage your child to brush their own teeth, but make sure to finish the job.

Regular dental visits are another must in caring for your teeth. The American Academy of Pediatric Dentistry recommends initial evaluation by twelve months of age. Teeth cleaning by a dental hygienist is recommended twice a year. Your dentist may apply a sealant, slippery plastic material, on newly formed permanent teeth to reduce cavities and tooth decay. Contact your insurance company regarding coverage on dental visits or the county health department for assistance.

Preventing tooth decay is easy. With the help of your dentist, take responsibility to care for your teeth with regular flossing and brushing with fluoride toothpaste. All of this will help avoid the torment and expense of tooth fillings or teeth extractions. Early exam and preventive care will protect your smile today and in the future.

Winners in Drug Awareness Contest

Three students in the Public Schools of Robeson County have been announced as this year's winners of the Gertrude Oxendine Locklear Drug Awareness Contest. Kensley Oxendine, a second grader at Union Chapel, Eden Locklear, a fifth grader at Rex Renner and Brittany Hunt, in the eighth grade at Littlefield, each won a \$50 savings bond for their entries in the poster contest with the anti-drug theme. Funds for the bonds are provided from the endowment fund established in the name of Mrs. Locklear, a kindergarten teacher at Piney Grove School, who died as the result of breast cancer in 1994. She was deeply involved with the "Just Say NO" to drugs at Piney Grove and in the country working diligently in that project and with students identified as "At-Risk."



PLATE SALE AND CHRISTMAS BAZAAR: Greystone Manor Assisted Living Facility will be holding a Bar-B-Que and Chicken Plate Sale along with its 1st annual Christmas Bazaar on December 12th. Featuring crafts, games, entertainment food and much more. 10am to 3pm. Please come and enjoy the festivities before the Red Springs Christmas Parade. For more information call 843-3333.

Putting the buggy before the mule

Ranting and Raving



Garry Lewis Barton

philosophy of fighting drugs. In fact, I would take it a wee bit further by encouraging judges to "Just say no!" too, especially when a convicted drug dealer asks if he'll ever get out of prison again.

I have no sympathy for folk using drugs either. I say throw the book at them too. Or anything else handy. But only after they have been convicted of a drug crime, folk.

Recently, the Supreme Court ruled that it is constitutional for law enforcement folk to confiscate the property at the scene of a crime from someone charged with committing a drug crime.

But I think the law is unconstitutional. It contradicts the constitution whereby it assures us that folk are innocent until proven guilty.

Yet, when it comes to drugs, the opposite seems to be true. Folk accused of a drug crime can be punished at the scene by allowing the "law" to take their stuff.

That ain't right, folk!

I have no love or respect for anyone involved in any aspect of illegal drug activity. In fact, my wife, from whom I'm presently separated but still admire and respect highly, is a police officer in nearby S.C. She risks her life every day fighting crime, the majority of which seems to be centered around illegal drugs. Indeed, the confiscation law is the only area in which we disagree as far as law enforcement is concerned. She thinks it is necessary in the war against drugs. I think the law is unconstitutional.

Think about it, folk. As it stands, if Ol' Lady Justice was caught smoking a joint, the law enforcement folk could take her blindfold, robe, and her scales of justice too, right on the spot. Without a trial. And that unfairly tips the scales of justice in the favor of law enforcement folk. Sure, it sounds justified since they oftentimes have the thankless job of fighting the drug war that is being waged in this country.

No doubt, any type of illegal drug activity is wrong. But taking the stuff belonging to folk accused of a drug crime is wrong too. And two wrongs don't make a right, no matter how justified it may seem.

If we want to remove the blindfold from the eyes of "Ol' Lady Justice, we need to do so by refusing to continue to turn a blind eye to the rights of ALL people, even the ones operating on the wrong side of the law.

As it is, Justice seems to be spelled "Just us," when referring to folk caught committing a drug crime. And that's not right, folk, no matter how fed up or exasperated all of us, myself included, might be with the cancer called drugs that is slowly killing this country. Justice should be spelled and dispensed the same for everyone.

There's nothing wrong with getting tough on drugs, folk. But let's do it within the confines of the law, instead of passing special biased laws that infringe upon the rights of folk charged with a drug crime.

It's alright to take the property of drug criminals. But let's do so after they have been convicted of a crime. Not before!

Once convicted, then take away their stuff, their freedom, or anything you want to. But let's not lower ourselves to their standard by taking their stuff before they are allowed to exercise their constitutional right to a trial.

Sure, I know a person's stuff is returned if he is found not guilty of committing a drug crime. But that's sort of like locking the gate after the mule has escaped. It's also like the age-old question, "which came first, the egg or the chicken?" Only, in this case, it's "which came first, the punishment or the trial?" As it is, we are putting the wagon before the horse by punishing them before they're convicted. And that ain't how our Founding Fathers meant for justice to be dispensed.

We may never solve the mystery of the egg and the chicken. But all of us know there is a right and a wrong way to do something. And it's wrong to punish folk, like the confiscation law does, before they are convicted of a crime.

Give them their day in court, folk. And give them their stuff until that day. Then, if convicted, take everything they have, if you want to. With my blessings! But I have a problem with taking away their stuff first, which in essence takes away their constitutionally-guaranteed right, before they are convicted.

We'll talk again folk.

Injured At No Fault Of Your Own? DON'T RISK BEING VICTIMIZED TWICE!



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