

Obituaries

Carlie Chavis
FAYETTEVILLE-Carlie Chavis, 80, of 2496 Hope Mills Road, Lot 4, Fayetteville, died Sunday (March 4) in Cape Fear Valley Medical Center.

The funeral was conducted at 2 p.m. Thursday (March 8) in Galilee Baptist Church by the Rev. Jerry Groves. Burial followed in Hope Mills Cemetery.

Mr. Chavis is survived by his wife, Margaret Chavis of the home; three daughters, Brenda McDowell of Hope Mills and Dede Hall and Betsy Adorno, both of Fayetteville; three sons, Bill Chavis of Lumber Bridge, David Chavis of Rennert and James Chavis of Hope Mills; 11 grandchildren; and 22 great-grandchildren.

Joseph Locklear
PEMBROKE-Mr. Joseph Locklear, 85, of 1032 Locklear Road, died Sunday (March 4) at Southeastern Regional Medical Center in Lumberton.

The funeral was held at 4 p.m. Thursday (March 8) at Mt. Airy Baptist Church, the Revs. Steve Strickland, Michael Cummings and Tony Brewington officiating. Burial followed in Locklear Family Cemetery.

Surviving are his wife, Alberta Locklear of the home; six sons, James S. Locklear, Leo Locklear, Tyrone Locklear and Ronnie Locklear, all of Pembroke, Benjamin F. Locklear of Lumberton and Joseph Locklear Jr. of Charlotte; two daughters, Connie Locklear of Pembroke and Bebe Locklear of Virginia Beach, Va.; a sister, Martha L. Oxendine of Pembroke; 25 grandchildren; and 24 great-grandchildren.

Locklear & Son Funeral Home of Pembroke handled arrangements for the family.

Birdy Cummings
RED SPRINGS-Mr. Birdy Cummings, 81, of 3926 Old Lowery Road, died Monday (March 5) at Southeastern Regional Medical Center in Lumberton.

The funeral was held at 10 a.m. Thursday (March 8) at Welcome Holiness Church. Burial followed in the church cemetery.

A deacon for fourteen years at Welcome Holiness Church, Mr. Cummings is survived by his wife, Veatter Cummings of Red Springs; three sons, James R. and Aston Van Cummings, both of Red Springs, and Michael Cummings of Winston-Salem; four daughters, Shelby J. Oxendine of Pembroke, Nedra Locklear of Red Springs, Kathy Halfter of Baltimore and Bennie Tansill of Corpus Christi, Texas; two brothers, Daniel Cummings of Red Springs and David Cummings of Los Angeles, Calif.; four sisters, Lealla Huggins of Pembroke, Betty Dowell of Baltimore, Martha Oxendine of Shannon and Shirline Mowery of Greensboro; 35 grandchildren and a host of other relatives and friends.

Elma Louise Ater Ransom
ROWLAND-Ms. Elma Louise Ater Ransom, 84, of 4837 Union School Road, Rowland, died Sunday (March 4) at Southeastern Regional Medical Center in Lumberton.

The funeral was held at 2 p.m. Thursday (March 8) at Hopewell Methodist Church, the Revs. James H. Woods, Bryon Oxendine and Patrick Cummings officiating.

Surviving are two sons, Gerald Conley Ransom of the home and Justin Hoyt Ransom of Los Angeles, Calif.; two daughters, Kathryn

Norman Oxendine
FAIRMONT-Mr. Norman Oxendine, 73, of 1399 Marion Stage Road died Wednesday (March 7) in Southeastern Regional Medical Center in Lumberton.

Mr. Oxendine, a sander for Cox Furniture, attended Pleasant View Baptist Church in Fairmont where his funeral was held at 3 p.m. Sunday (March 11), the Revs. Ricky Burnett and Prather Sampson officiating. Burial followed in the church cemetery.

Mr. Oxendine is survived by his wife, Dora C. Cummings of the home; five sons, Walter Oxendine, Harry Oxendine, Gary Oxendine and Larry Oxendine, all of Fairmont, and Terry Oxendine of Baltimore; three daughters, Kathy Oxendine of the home, Penny Hammonds of Rowland, and Junie Hunt of Fairmont; four brothers, Velton Oxendine, Wilbert Oxendine, Carson Oxendine and Freeman Oxendine, all of Fairmont; a sister, Mary L. Oxendine of Fairmont; 18 grandchildren and eight great-grandchildren.

Betty T. Hunt
FAIRMONT-Mrs. Betty Thompson Hunt, 54, of 201 McKenzie St.

died Thursday (March 8) in Duke University Medical Center in Durham.

Mrs. Hunt was a homemaker and a member of Coming of Christ Free Will Baptist Church.

The funeral was held at 3 p.m. Monday (March 12) in Pleasant view Baptist Church, the Revs. Ricky Burnett, Charles Cummings and Lister Dial officiating. Burial followed in the church cemetery.

Mrs. Hunt is survived by her husband, Bobby Hunt of the home; two daughters, Dale Hunt of Fairmont and Gail Nagriampa of Lumberton; her father, Jimmy Thompson of Pembroke; two brothers, James Thompson of Pembroke and Marshall Thompson of Maxton; two sisters, Pattie Deese of Maxton and Vickie Woods of Pembroke; seven grandchildren; and two great-grandchildren.

Veatter L. Cummings
RED SPRINGS-Mrs. Veatter Locklear Cummings, 76, of 3926 Old Lowery Road died Friday (March 9) in Southeastern Regional Medical Center in Lumberton.

The funeral was conducted at 2 p.m. Sunday (March 11) in Welcome Holiness Church, the Revs. Odell Wilkins, Gregory E. Cummings and Eddie Carter officiating. Burial followed in the church cemetery.

Mrs. Cummings is survived by three sons, James R. Cummings and Astor V. Cummings, both of Red Springs, and Michael Cummings of Winston-Salem; four daughters, Shelby J. Oxendine of Pembroke, Nedra Locklear of Red Springs, Berniece Tansill of Corpus Christi, Texas, and Kathy Halfter of Baltimore; a brother, Willie B. Locklear of Pembroke; eight sisters, Gladys Jacobs, Teresa Lowery and Ellia Revels, all of Pembroke, and Vernie Locklear, Catherine Locklear, Mary Ethel Bryant, Lucy Griffin and Mary Sue Chavis, all of Lumberton; and 35 grandchildren.

Trolley O. Jones
PEMBROKE-Mrs. Trolley O. Jones, 74, of 120 Ponce De Leon Road died Monday (March 5) in her home.

The funeral was conducted at 3 p.m. Sunday (March 11) at Island Grove Baptist Church, the Revs. Steve Strickland, Larry Locklear and Jerry Lowery officiating. Burial followed in St. Anna Church Cemetery.

Mrs. Jones is survived by her husband, Thurman Jones Sr. of the home; four sons, Robert W. Jones and Thurman Jones Jr., both of Pembroke, Lara D. Jones of Lumberton and Bobby D. Jones of Wake Forest; two daughters, Yvonne J. Locklear of Pembroke and Eva J. Locklear of Maxton; two sisters, Annie P. Oxendine and Pearlene Oxendine, both of Pembroke; nine grandchildren; and

three great-grandchildren.

Locklear & Son Funeral Home, Pembroke, handled the arrangements for the family.

Levon Henderson
RED SPRINGS-Mr. Levon Henderson, 54, of 12667 N.C. 72 West, died Friday (March 9) at Southeastern Regional Medical Center in Lumberton.

The funeral was held at 2 p.m. Tuesday (March 13) at Heritage Funeral Home in Red Springs, the Rev. Oscar Henderson officiating. Burial followed in Mr. Carmel Holiness Church Cemetery.

Mr. Henderson, a native of Hoke County, a farmer, was preceded in death by his parents, Norman and Lillard Henderson.

Surviving are a daughter, Lisa H. Oxendine of Red Springs; a brother, Anthony Henderson of Red Springs; and a sister, Flora H. Burnette of Raeford.

Mamie Catherine Otey Maynor
PEMBROKE-Mrs. Mamie Catherine Otey Maynor, 82, of 408 Fifth St., died at home on Thursday (March 8).

The funeral was held at 4 p.m. Sunday (March 11) at Mt. Olive Pentecostal Holiness Church in Pembroke, the Revs. Timothy Creel, Johnnie Pollard and Lamar Jackson officiating. Burial followed in Lumbert Memorial Gardens.

She is survived by three sons, Robert David Maynor of Pembroke, Paul Leslie Maynor of Raleigh and Thara Maynor of Jackson, Fla.; a daughter, Wanda Elaine Roberts of Hope Mills; a brother, Lowell Otey of Salem, Va.; and four grandchildren.

Willie "Sunnyboy" Blanks Jr.
LUMBERTON-Willie "Sunnyboy" Blanks Jr., 68, of 1263 Russ Road died Saturday (March 10) at Southeastern Regional Medical Center in Lumberton.

The funeral was held Wednesday (March 14) at 3 p.m. at Ten Mile Center Baptist Church in Lumberton, the Revs. Earney Hammonds and Ronnie Carter officiating. Burial followed in the church cemetery.

Mr. Blanks was born in Robeson County and worked previously at Burlington Mills. He was also a farmer.

He is survived by his wife, Margie Blanks of Lumberton; three sons, LeGrand Blanks of Buffalo, N.Y. and Donald Dean Blanks and

Mickey Lyne Blanks, both of Lumberton; two daughters, Paula Kay Blanks and Sandra Dee McLaurin, both of Lumberton; a brother, Lamorte Blanks of Lumberton; a sister, Doris Sparks of Independence, Mo.; nine grandchildren; and five great-grandchildren.

Jason Ray Wilkins
LUMBERTON-Jason Ray Wilkins, 23, of 1319 Parnell Road, died Sunday (March 11) at Southeastern Regional Medical Center in

Lumberton, following a car accident.

The funeral was held Wednesday (March 14) at 3 p.m. at Oak Grove Holiness Church, the Revs. Timmy Hunt, Grover Oxendine and Edmond Locklear officiating. Burial followed in Oxendine Cemetery.

Mr. Wilkins is survived by his mother, Merdis Wilkins of the home; two sons, Tyler Wilkins of Pembroke and Austin Elliott of Laurinburg; two brothers, Gregory Dale Wilkins and Kenneth Lynn Wilkins, both of Lumberton; and two sisters, Donna Sue Keir of St. Genevieve, Mo. and Karen Ann Wilkins of Lumberton.

Locklear & Son Funeral Home, Pembroke, handled funeral arrangements for the family.

three great-grandchildren.

Locklear & Son Funeral Home, Pembroke, handled the arrangements for the family.

Mr. Henderson, a native of Hoke County, a farmer, was preceded in death by his parents, Norman and Lillard Henderson.

Surviving are a daughter, Lisa H. Oxendine of Red Springs; a brother, Anthony Henderson of Red Springs; and a sister, Flora H. Burnette of Raeford.

Locklear & Son Funeral Home, Pembroke, handled funeral arrangements for the family.

FREE THINGS TO SEND FOR

(NAPS)—For information on the incidence of respiratory tract infections, or RTIs in your area and to receive a free brochure about treating and preventing RTIs, call the RTIAlert, sponsored by the Bayer Corporation, toll-free at 1-866-RTI-INFO (1-866-784-4636) or visit www.RTIAlert.com.

For information about the healthful, antioxidant qualities of tomatoes and tomato recipes, visit floridatomatoes.org. For a free recipe leaflet, send a self-addressed, stamped business-sized envelope to: Florida Tomato Committee, PO Box 140635, Orlando, FL 32814-0635.

Pediatric Pointers

by Dr. Joey Bell, Pembroke Pediatrics

The croup is a common illness, especially in children less than 3 years of age. It usually lasts from several days to a week, and most often develops in fall or early winter. It is caused by a virus of the upper part of the respiratory tract (or windpipe). The illness is mildly contagious, and there is no way to prevent it.

This infection usually starts as a runny nose with low grade fever. Sometimes it causes the windpipe to narrow, and then the patient may have some difficulty breathing and develop a cough that sounds like a barking seal. This is the classic "croupy" cough. Croup always seems to be worse at night and may wake the child up from their sleep. The best initial treatment for simple croup is to hold the child in the bathroom while running the shower on "hot". Fifteen minutes of breathing in the steamy air will probably make breathing easier. Another good treatment is to take the child outside for about 10-15 minutes.

The cool night air often relieves the problem by reducing the swelling inside the windpipe. Offer lots of fluids to drink and use Tylenol for significant fever. Having a cold-water vaporizer or humidifier to use in the child's bedroom may also be helpful. Most simple cases of croup respond to these basic treatments. There are some cases that do not respond and need more medical attention. You may want to check with your doctor if the following things are happening: 1) The home therapy is not working, 2) Your child looks very pale, seems unusually worn out, or isn't eating or sleeping, 3) Your child seems to have difficulty catching their breath, especially if this is happening in the day, when croup usually improves, or 4) You can see your child's chest wall draw in with every breath. That's all on croup. I hope everyone is having a great holiday. Take care and we'll talk again next week!

Reflections

by Alta Nye Oxendine

The past century produced a "miracle" drug for just about any problem you and I might have. And then, decade by decade, our daily life kept speeding up to the point where it seemed that the only thing we could take time for was extremely FAST food. Long before the turn of the century, cooking at home was becoming practically obsolete for a whole lot of us. Instead of taking three years of home economics like I did, high school girls like my daughter were encouraged to take courses in math and science, so they could compete in the marketplace. In fact, the once-important home economics department at our local university was phased out.

Actually this kind of thing happened to me in mid-century, when staying in a hot (except in winter) second-story apartment, losing much of my once-voracious appetite for food, and planning to marry a southern chef who had trained at a prestigious hotel and restaurant school, combined to convince me that my northwestern way of cooking just could not cut it in the South! As I gave up the dishes I had loved since childhood, I also abandoned my former love of cooking. Preparing meals for my family became a dreaded chore instead of a welcome opportunity. Even now I'm struggling to overcome this block against cooking.

Other mothers may have other reasons for finding it difficult to cook. It's so much easier for all of us to grab something QUICK to calm our impatient, demanding taste buds with the sweets or fats they constantly seem to crave.

The upshot: We now have persons of all ages with all kinds of medical problems that our doctor is supposed to solve through his/her expertise in the field of medicine. Swallow a pill or a capsule, along with a vitamin tablet, and ALL WILL BE RIGHT with your world!

Except that it can't REALLY work that way! These physical bodies, designed by our great Creator, need to run on HIS amazing "medicines"—the fantastic variety of wholesome foods HE has provided to power and preserve our wonderful, but very complex bodies.

I'm convinced that medicines developed by human beings need to be used ONLY when God's natural FOOD "medicines" are unable to tackle the problem, or have been used in the wrong way, or are unavailable for one reason or another.

I am VERY fortunate (and extremely grateful) to be so active in my seventies. Even though I need to get back in the habit of eating more fruits, vegetables, and low-fat proteins, I believe some of the credit for my good health goes to the fact that I've never made man-made medicines a SUBSTITUTE for the natural, healing "medicines" God has provided for us in the form of wholesome, nutritious FOOD.

Except for vitamin and mineral supplements, I take only two pills once a day.

I think it's time for our doctors to remind us that the medicines they prescribe can only work RIGHT if they are used as a supplement, not a SUBSTITUTE, for health-wise daily food!

Revival planned at Assembly of God

Revival services will be held at Pembroke Assembly of God beginning March 19 until March 23rd. Services begin nightly at 7:30 p.m. The church is located on Deep Branch Road and the Jaycee Hut Road. The public is invited to attend.



The substance which resembles human blood most closely is sea water.

When Cancer Hits Close To Home...



We're Here.

Facing a diagnosis of cancer is stressful enough without having to face the inconveniences and hardships of traveling out of town for treatment.

Southeastern Regional Medical Center has developed the Southeastern Cancer Center by collaborating with Southeastern Radiation Oncology and Duke University Medical Center.

This collaboration provides for state-of-the-art technology and some of the finest doctors in the country, right here in your home community.

Southeastern Cancer Center now



offers comprehensive radiation and chemotherapy services five days a week.

We've also recently added an on-site lab, a patient and family courtyard, and the Obbie Lee Community Education Room and Information Resource Center, which contains books, pamphlets and computers with Internet access so you can research the latest information on all types of cancer.

As with all services of Southeastern Regional Medical Center, you can take comfort in knowing that the road to recovery is just down the street.

We've Gone Out Of Our Way, So You Don't Have To.

1200 Pine Run Drive, Lumberton, NC 28358, (910) 671-5730 • www.srmc.org