

Purnell Swett High School News

Special Olympics was held May 5th at Purnell Swett High School. The following organizations or groups participated Student Council, ROTC, psychology class, citizen education class, Art Club, girls' softball, and



Purnell Swett Students participated in a poetry reading and art show March 8th at the Indian Education Center. The event was sponsored by Yvonne Barnes Dial, Greg Sampson, Delora Cummings, and Emily Crain.

the Living History Club.

Ericka Dillenger was selected as Student of Excellence. HOSA, allied health, and med science held their banquet April 27th at PSHS.

The varsity baseball team won the Slug Fest at UNC-Pembroke. Corey Locklear received MVP. The lead players included Sandy Jacobs, Derrick Bullard, Chris Oxendine, Bryan Graham and Steven Moore.

The prom was held May 4th with the theme "Today's Dreams Tomorrow's Memories".

The National Honor Society Induction Ceremony was held April 30th. Abigail Barton, Andrew Barton, David Mason, and Laura Oxendine participated in the 21st annual Western Carolina Honor Band, April 6th under the direction of Chris McIntyre.

The Red Cross blood drive was held April 11th. Mrs. Patty Ledwell organized the event.

The Visual Arts students visited Brookgreen Garden April 25th.

The Drama Club participated in "Only Seventeen" and "Girl in the Mirror" at the Carolina Civic Center. The Club traveled to Triton High School in Erwin, N.C. March 29th to perform.

Mr. Archie Oxendine and Commander Schull spoke to Mr. Leo Locklear and Mrs. Susan Maynor's US history classes March 22nd. The discussion centered around World War II, the Korean War and Vietnam. A presentation of the proper procedure for folding a flag was demonstrated.

FTA members and teacher cadets from across the state attended the annual Teacher Cadet Conference in Raleigh March 9-10.

The ROTC Military Ball was held March 24th at the National Guard Armory in Lumberton. Porcha Patterson was selected as queen and Robert Green was selected as king. Major Augustine Vendetti, Sgt. Major Barney Rasor, and First Sgt. Phillip Bynum organized the event.

Mrs. Connie Locklear's Algebra II honors class completed their math projects. Mrs. Locklear and art teacher, Emily Crain paired together to help students. The students selected a piece of Native American, African American, or a geometrical art work. They researched their design, and wrote a one page paper on the work. They sketched the work and found five parallel and five perpendicular lines. Finally, the work was placed on poster board for display. Mrs. LaRonda Locklear's geometry students developed a calendar for the month of March. Students were given a list of concepts. From the list they developed a problem and if the answer to the problem was four, they would place that particular problem on March 4th, and so on.

Ericka Dillenger (technology), Elizabeth Karrie Locklear (earth science).

Charlotte Johnson (biology), and Ashely Locklear (physical science) participated in the UNC-P annual Southeastern Regional Science Fair. Karrie placed second and Charlotte placed third in their divisions. Karrie participated in the state competition April 27th.

The JROTC Raider Challenge was held April 7th. The Superintendent Academic Awards Banquet was held May 1st. The Athletic Banquet was held May 7th. The Academic Excellence Dinner will be held May 14th. The Spring Concert will be held May 15th. NASA Day was held May 3rd.

The North Carolina Native American Youth Organization conference will be held June 13-15 at the Holiday Inn in Fayetteville.

The Varsity girls softball team will participate in the state playoffs. Students in the vocational/Technical fields went on a field trip touring Robeson Community College April 25th. Chaperones included Boss Locklear, Jack Gibson, and guidance counselor, Carnell Lamm.

Pediatric Pointers

by Dr. Joey Bell, Pembroke Pediatrics

One of the more common illnesses I see in the clinic is diarrhea. The most common cause of diarrhea is a viral infection of the intestines. The symptoms of diarrhea usually last about 3 days, but may last up to 7 days. The frequent diaper changes can be a hassle, but most cases of diarrhea are uncomplicated and do not cause a threat to the health of the child. If lots of fluids are lost during a bad diarrheal attack, however, a child may run the risk of dehydration. Dehydration can have serious medical consequences, but it is relatively easy to prevent by making sure that the child drinks enough of the right kinds of liquids.

A good choice of fluids for infants with diarrhea include the oral rehydration solutions, such as Pedialyte or Infalyte. These have a combination of salt, sugar and water to replace that which is lost in the bowel movements. These solutions will work much better than plain water, or fluids that have a lot of sugar in them, such as soft drinks or juices. Lots of sugar tends to make diarrhea worse. If you use

these liquids, make sure they are diluted with water.

Children with diarrhea need about twice as much to drink as they normally need. For instance, a one year old with diarrhea should drink about 6 to 8 ounces every 2 hours. It is good to not allow a child to stay on an oral hydration solution only for more than 24 hours. It is important that your child returns to a regular diet as soon as possible.

Although your child may not be interested in solid foods during the first 24 hours of their illness, it is important to begin feeding again as soon as possible especially after 12 hours without food or formula. At that point, continue with breast-feeding or the same formula the baby is on. If the child is eating solids, try bland foods such as noodles, crackers, oatmeal, rice, vegetables, bananas or yogurt. Avoid fried, fatty foods of foods with a lot of sugar, such as ice cream or sweet cereals.

Well, that's all on diarrhea. Take care and we'll talk again next week!

Along The Robeson Trail

by Dr. Stan Knick, Director, UNCP Native American Resource Center

We have taken Abenaki storyteller Joseph Bruchac's first two steps on the road to good storytelling: listening and observing (from his book *Tell Me A Tale: A Book About Storytelling*). This week we move on to his third step — remembering.

Memory may be the most important, and yet the most taken-for-granted, function of the brain. If the ancient human beings had not had memory, they would not have been able to develop diverse and adaptive cultures, systems of social organization and kinship, ways of looking at things, beliefs and values and most of the rest of what makes us distinctly "human." Very little would be possible without memory. As Bruchac says: "Without memory, there would be no history."

But most of the time we don't even think about memory. Memory is like culture, in the sense that most of the time we don't think about it, we just live it. Both memory and culture are so "built-in" to our everyday lives that we don't need to think about them on a conscious level. As long as they are there in our heads and working properly, everything goes along in an ordinary fashion. They are usually only conspicuous in their absence. If something is missing from our culture or from our memory, we may be upset or we may not know what to do. Bruchac says: "The only time we seem to remember memory is when we actually do forget."

But memory is not just about the past. It is also tied to the present and the future. Bruchac writes:

"Knowing the past can protect the future. And story is one of the best ways to make those memories of the past come alive. Memorizing names and dates can be boring and difficult.

Remembering the stories associated with those names and dates, however, can be exciting and interesting. If names and dates are the bones of the past, stories are the flesh and breath that make those dry bones come alive again."

Bruchac and others have argued that human memory works best when it is in the form of a story. The brain is capable of storing so much information that it is like a very powerful computer. Often when we can't remember something, it is not because that thing is no longer in our heads but rather that we are not using the right pathway or access code to get at it:

"As with a computer, we just need to know how to access the right file. Storytelling is like a powerful password.... Information in our mind that we shape into the form of a story is much easier to remember.... One memory device is to think of the story like a joke. After all, most jokes are just very short stories that are intended to make people laugh! So... look at the structure of the joke. A joke can be divided into three parts: the setup, the development, and the punch line.... If you have ever known anyone who can't tell a joke, it is probably because he or she either forgets one of the three elements... or tells them in the wrong order."

Here is Bruchac's example of a good three-part joke:

The Setup: "A man was driving his brand-new car down the road. No one else was on the highway, and so he decided to see how fast the car could go. He pushed the accelerator all the way to the floor, and before he knew it that car was doing over 120 miles an hour. All of a sudden, something passed his car as if it were standing

still. It was a chicken with three legs!"

The Development: "The man had never seen anything like that before. He followed the chicken as best he could, even though it was getting farther and farther ahead. Suddenly it turned off onto a dirt road that led up to a farm. The man followed. When he reached the farmyard and stopped his car, he got another surprise. That farmyard was full of chickens and everyone of them had three legs. He saw a farmer sitting on the porch and decided... to ask him about those chickens. But before he could say a word... the farmer said to him, 'I bet you want to know about those three-legged chickens.' 'That's right,' said the man. 'Well,' said the farmer, 'my wife and my son and me, we love to eat chicken. The problem is that all three of us love drumsticks. Now most chickens have only two legs, so we bred these chickens to have three. That way, whenever we have chicken, we can each have a drumstick.'"

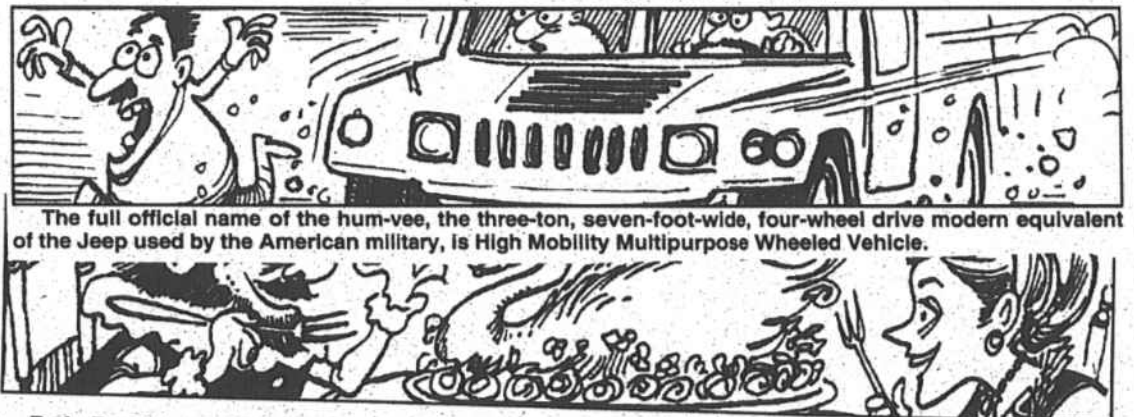
The Punchline: "'Well,' said the man to the farmer, 'that is really something. But tell me, how do those three-legged chickens taste?' The farmer shook his head. 'I don't rightly know. We've never been able to catch one.'"

It is easy to see why Bruchac believes that memory is an essential element in storytelling. Not only would there be no history without memory, there would be no funny stories either.

Next week we will look at the fourth and final step on Bruchac's path to good storytelling. For more information, visit the Native American Resource Center in historic Old Main Building, on the campus of The University of North Carolina at Pembroke (our Internet address is www.uncp.edu/nativemuseum).

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