

Health News

Back, Leg Pains Will Get Worse Before Better

BY DR. ROGER R. ROFF

An estimated half million people will be disabled this year by spinal defects which cause low back and leg pain. What is being done to correct this problem?

Our research indicates that most low back pain and associated leg pains are caused by truly mechanical defects in the alignment of one or more segments of the lower spine.

These spinal segments may be displaced by a fall, accident or back strain. Another frequent cause is chronic posture decay.

It's reasonably simple. When a spinal segment is displaced, the supporting muscles and ligaments may be stretched or torn causing acute and disabling back pain. When a segment is displaced beyond a critical point it partly closes the nerve openings between adjacent segments. The result is excruciating pain, which needless to say, is anything but reasonable.

The spinal nerves which supply the legs pass through the openings between adjacent segments of the lower spine. You see, when one of the segments is displaced, the nerves to the legs might be pinched or irritated. This brings about the

nerve pain that extends down the leg. What can be done for the person with low back and associated leg pain?

Chiropractic experience shows that individuals with



Dr. Roger R. Roff

acute and chronic problems of this nature respond extremely well. And, I might add, early detection of the problem adds to the effectiveness of care and prevention of progressive spinal defects.

Low back and leg pains often amount to needless suffering, in my view. If you suffer from these problems contact Dr. Roff at 239-0693 and he will be happy to discuss your problem with you; or call 739-0693 for a convenient appointment.

**MOST ALL INSURANCE COMPANIES PAY OUR CLAIMS.**

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Lumberton, N.C.  
Phone 739-0693

FREE BLOOD PRESSURE CHECKS

Robeson County Ambulance Service Association will be taking free blood pressure checks for those interested in having their blood pressure checked in Pembroke from Maynor Manor from 11 a.m. until...The date will be January 12th.

BOOSTER CLUB TO MEET

The Pembroke Senior High Booster Club will hold its December meeting at Big Mo's Restaurant on U.S. 74 near Harpers Ferry December 21, 1981 at 7:00 p.m. This will be a dinner meeting with the members responsible for their own meal. Each member is cordially invited to bring their spouse to this meeting.

All those who plan to attend should call Mr. Roy Maynor or Mr. Bill Brewington at the high school (521-9464) no later than Monday morning in order to let them know the number to be expected.



Copper gets its name from the island of Cyprus where it was first called cyprium. It's a red metal, found in a pure state.



Children from Pembroke Lumbee Longhouse Learning Center visiting Santa at Cross Creek Mall.



If an omelet sticks to its pan, you may be able to get it out easily by giving the pan handle a sharp rap with your fist. Be careful not to touch the hot metal.



Does your dog hate baths? Rub baking soda into his coat thoroughly, then brush off. It deodorizes as well as cleans.

Does Alcohol Control You?

By the loss of control, I do not mean that a person gets drunk everytime they drink, but that they drink more than they intend to. And they get drunk with increasing frequency. Anyone who "Just has to have a drink, no matter when, at lunch, after work, before dinner, at bed time is in danger of becoming dependent upon alcohol." From dependence upon alcohol, it is not far to addiction.

It is true that the need for a "Morning Drink" is one of the symptoms of the crucial or chronic stages of alcoholism. But simply because one does not crave a drink in the morning does not mean that they are free from the disease of alcoholism. Again, it is the loss of control that determines whether a person is an alcoholic or whether alcohol is causing him continuing trouble in some department of your life. In fact, if someone in your life is insisting that your drinking is excessive, that is one of the best signs that it really is a problem. And you ought to do something about it. Your trouble is never going to get better as long as you drink, it will only get worse.

Dr. Harold Herring, Director  
Fairmont Optometric Clinic  
announces an increase in office hours at  
**Pembroke Eye Clinic**  
College Plaza (across from P.S.U.)  
Telephone 521-9744

Tuesdays, Thursdays & Fridays  
Thursdays beginning January 7, 1982

Dr. John Adams, Optometrist  
Mrs. Helen Lowry, Receptionist-Secretary

A VISIT WITH SANTA

As Christmas approaches, we begin to think snow, hopefully, and cold weather. Another thought that enters our mind is that Santa is busy at the North Pole. It is impossible for Lumbee Regional Development Association to send all the children in their Lumbee Longhouse Learning Centers to the North Pole, so the next best thing is to send them North to Cross Creek Mall. The Mall made arrangements with Santa to have him sleigh down for a few hours each day to take Christmas request.

The trip North was one of much anticipated excitement about visiting with Santa and also to see some of his helpers that are on loan to the Mall until Christmas. The helpers include his reindeers which talked with the children and joined in singing Christmas songs. Many of the children had never had the exposure to talking reindeers.

A small toy workshops was in operation at maximum capacity turning out toys to meet the request of all the children. The elfs were busy painting, molding, and packaging all the toys. They seemed a bit shy during the day with all the people watching. They really work faster at night when everyone is sleeping.

The last stop was to sing songs with the singing bears. The singing bears heard the children practice their Christmas songs which they will sing in their upcoming Christmas performances.

Before the trip South, the children were treated to lunch at McDonalds. The lunch provided enough energy for the long journey home.

This visit to Santa was made possible by the Lumbee Indian Education Project and the Parents and the children enrolled at the Lumbee Longhouse Learning Centers located in Fairgrove, Magnolia and Pembroke communities. This program was funded through Lumbee Regional Development Association by the United States Office of Education.

OBITUARY

DORA RANSOM

Funeral services for Dora Ransom were held Tuesday, December 15, 1981 at Prevatte's Funeral Home. Burial followed in Lumbee Memorial Gardens. Rev. Johnny Chavis was the officiating ministers.

Mrs. Dora Ransom, 80 years old, died Sunday, December 13, after an extended illness.

She is survived by one daughter, Pearl Mae Hunt of the home; one son, Archie Ransom of Pembroke; 12 grandchildren; 19 great-grandchildren; four sisters, Mrs. Eva Hammonds of Lumberton; Mrs. Maggie Hunt, Mrs. Bessie Hunt and Mrs. Cora Lee Jacobs, all of Fairmont; three brothers, Sylvester Hunt, Walter Hunt and Howard Hunt of Fairmont.

SPECIAL

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