

GROWING UP IN ROBESON COUNTY

by Ronald Lowery
Virginia Beach, VA

Since the year 1987 will mark the first one hundred years that Pembroke State University has been providing educational opportunities for its students, I have been doing some cogitating about the way this institution operated in the forties during the World War II era when I received my first exposure to college academia. When I matriculated at then Pembroke State College as a freshman in 1943, most of our able bodied mature boys were serving our country in some capacity. At age 16 I was too young for the draft, and I decided to obtain some college education before my time came to serve my country in the war effort. I wasn't anxious to leave Robeson County as many of the local boys did by volunteering to serve our country, but the draft picked me up before I completed my sophomore year in 1945. I found college to be quite different from high school regarding extra-curricular activities. In high school competition for participation in sports eliminated me from an active role. In high school I did make an attempt to learn how to manipulate the valves on a cornet, after the school's principal took \$15.00 of his own money to purchase the instrument for me. Not being musically inclined, I had some problems in trying to get the air I blew in one end of my cornet to come out the other end as a pleasing sound. When I went out to the crib barn to practice at home, even the mules would cringe their ears in attempts to muffle the sounds coming from the large end of my horn. I even put forth an effort to play my cornet by ear, but I would get notes from "Row-Row-Row Your Boat" mixed up with notes from "Twinkle Twinkle Little Star." And the sounds flowing from my horn would not present a mental picture of a boat blowing down a peaceful stream. When I pressed the valves down on my cornet and blew in the small end, something went round and round, but it

wasn't music coming out the big end most of the time.

The year, 1943-44, on the then campus of Pembroke State College depicted a noticeable shortage of male students. I had no problem with making the basketball team during my freshman year in college because most of those good ball players in high school were now wearing a uniform for our nation. I was even recruited to play instruments in the college orchestra and band, and even agreed to do some stage acting in college plays during my freshman year. I soon found out that that one's status as a freshman put no limits on the amount of extra-curricular activities one could participate in during the forties on the campus of Pembroke State College.

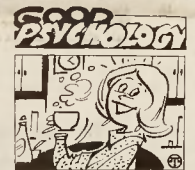
The college president, Dr. Ralph D. Wellons, was an excellent leader and motivator of students, both in group situations and on an individual basis. He was interested in more than just one's educational development. He worked to enhance the moral and social development of college students. I received some individual attention from Dr. Wellons during the fall quarter of sophomore year in 1944 a few months before being drafted into the Army. Before coming to Pembroke State College, Dr. Wellons served as a missionary in India for several years, and became well acquainted with Dr. E. Stanley Jones, a prominent missionary, worldwide speaker and author of religious books and literature. In the fall of 1944, Dr. E. Stanley Jones conducted a series of speaking engagements in the coliseum in Raleigh, NC. Dr. Wellons talked me into attending the opening weekend of these meetings with he and his wife, the head of the music department, and the head of the foreign language and dramatics departments at the college free of charge. Having grown up on a family farm in Robeson County and then a sophomore in college, I had only left the county a couple of times and the farthest I had been from home was Fayette-

ville, NC. I figured it was about time for me to get some experience in city life and agreed to be a member of this trip to our state's capital. Along with the many positive experiences one could gain from growing up in a rural area on a family farm, one also faced some negative aspects in the growing up process. You were isolated to a large extent from the outside world and customs considered to be proper. When I was growing up in Robeson County on a family farm, we practiced a rural type of table manners. The entire family had to be seated at the table before any food consumption took place, and this event didn't start until all the food had been blessed. The prime prerequisite to a meal at our table was the washing of your hands. This was important because right much food came in direct contact with our hands and fingers before being passed on to our stomachs. We seldom got the napkin, knife, fork, and spoon setting at our table, except when special company shared a meal in our home. When I was growing up in Robeson County we never referred to visitors in our home as guests, they were "company" and we had a special bedroom reserved called the "company bedroom" for any visitors who spent the night with us. Even when we had company and a formal meal I didn't get the chance to practice proper table manners because I would be assigned to the kitchen for the meal due to space problems. In my experience under a rural type meal consuming procedure you seldom used the knife. The spoon was the most used utensil to transfer food from your plate to your mouth, and it was used many times when the fork should have been the correct utensil to choose. Like most homemakers in the rural area of Robeson County during the family farming era, Mama was an excellent preparer of tasty food. Most of her finished food dishes had lots of juices and pot liquors which were quite tasty. There were three ways you got these liquids to their destination, i.e., using a spoon, sopping with a hot biscuit, or by drinking the liquids directly from a bowl, saucer, and sometimes even the plate if you were in a hurry and the spoon method proved to be too slow. I was usually reprimanded if I attempted to use the direct drinking method from something other than a cup or glass, I have even seen my Dad, on occasions seen my Dad, on occasions while eating his breakfast, drink his coffee from his saucer instead of the cup when he was in a hurry and had a piping hot cup of coffee by his plate. He would pour some coffee into his saucer, a process which cooled it down fast, then drink the coffee from his saucer.

When I was growing up in Robeson County we used the "biscuit sopping method" quite often to get liquids, which were not normally considered a cup or glass liquid, into our stomachs. We always had lots of bread at our

house, both the wheat and corn varieties. Many times we used bread as a stomach filler when there was a shortage of meat and other stable type food. My Mama prepared and cooked 36 biscuits every morning, 24 in the big pan and 12 in the little pan. During the months when school was in session the family would consume all those biscuits, which averaged about 4 per family member. Some of us older ones would eat as high as 6 biscuits for breakfast when the appetites of some of the younger ones were below par. Before we got electricity and refrigeration on the farm, we ate non-breakfast type food such as fish for breakfast in order to prevent spoilage. I have eaten some real tasty Lumber River red breast for breakfast which were caught the previous evening. During school sessions some of the biscuits would be used to make biscuit sandwiches for school lunches when I was attending the lower elementary grades in school. Some of the more popular biscuits sandwiches I took to school for lunch included ham or sausage, mashed boiled eggs, peanut butter and jelly, and preserved grape hulls. I really like the grape hull biscuits, because by the time lunch period came the biscuits were soaked with grape juice and were sweet, soggy, and easy to chew. I have seen a lot of different type biscuit sandwiches, but the most unappetizing ones I ever saw occurred when I stayed home sick from school one late fall day while still in elementary school. A man who lived across the river was hired by my Dad to dig stumps out of some new ground we were clearing for farm land. He brought his lunch with him from home that day in a 5-pound size lard bucket. He was invited to eat his lunch at our table during his meal break from work. I saw him take 4 collard biscuit sandwiches with his dinner pail and eat them along with some fat back and sweet potatoes. Collards are a staple nutritious southern dish, and I learned to eat them early in life, but I found them to be more palatable consumed with bread derived from corn rather than wheat.

Continued next week



FOOD PSYCHOLOGY

No two ways about it. Almost every healthy and mobile adult has to devote at least some time to shopping. You are probably among the millions of Americans who spend a portion of their time checking off items on a shopping list, lugging packages, waiting in lines and stocking the larder. Think of how much more pleasant this task could be if you had something cozy and warm to look forward to at the end of it, something such as a delicious cup of hot tea. Put on the kettle as you walk in the house. By the time you've put the groceries away the water will be ready for you to make a soothing cup of tea. Sit back, and relax.

West Robeson Wrestling News

Wrestling fever is still in those fans of the West Robeson Wrestling Team as over 200 were on their feet routing on the Rams to the final bout. The Rams lost a close match last Friday against Scotland County, but that didn't dampen the spirit of the fans as they cheered and stomped all the way to the final bout of the evening. Wrestling fever is still very much alive and supporting the Rams even despite a losing season. It was great to see once again a good crowd of followers, said Coach Bancroft. They really get into the matches and it helps our wrestlers.

Some of the Ram wrestlers that get the fans going are Shane Jacobs, Joshua Malcolm, Marty Locklear and Larry Sanderson. Larry can really turn the crowd on. He is very strong and physical and the fans get behind him.

Joshua is another newcomer to the team and sports a 14-7-2 record. His constant drive and never stop attitude

gradually wears his opponent down. The fans like that his bouts are always filled with excitement. Shane follows Joshua in the line up. He uses more moves and has a cat-like finesse to wiggle and squirm out of unusual predicaments. His opponents are usually worn out and end up pinned. Shane has a 19-2 record with 14 pins.

Finally comes the heavy weight bout. "Our conference has a lot of good hut," says Coach Bancroft. "So the spectators are going to see some pretty good duals and the Rams' Marty Locklear has really surprised a lot of people. His record stands at 10-7 for the first year wrestler. Marty is small for most all he has faced but his aggressiveness and hard work has paid off.

Another crowd pleaser and favorite is Spencer Carter. His record stands at 17-7. Will iam Oxendine is presently holding down Spencer's spot because of injury. William is quick and exciting to watch too.

Freshman 98 pounder Matthew Locklear starts every thing off and presently sports a 16-8 record. He too is another first year wrestler and is beginning to use a lot of wrestling technique. Another freshman Dallas Locklear has also been winning lately. He stands 4-1 in conference and 10-11 over all.

Lloyd Kline, Chuck Locklear, Jack Hunt, Dan Davis, Eric Clark, Matthew Locklear, Rodney Owens, Kirby Ammons, Mark Locklear and Andre Mitchell round out the other Ram wrestlers.

Just to make it through the season is tough. This is a very physical and demanding sport. Not everyone has what it takes to be a wrestler. I'm proud of each of these young men because they have done a good job. They all work hard in practice and on their own.

The Rams next home match is this Friday night at 7 when they host Hoke County. Hoke is presently in first place in the conference standings. J.V. matches begin at 6:45 p.m.



Flatfish actually lie on their side, and both eyes are on the same side of the head. The eyesless side of the fish stays underwater.



The upper side of the Small Flounder, found in the Gulf of Mexico, imitates for camouflage purposes the appearance of the sand on which it rests.



During the height of the Gold Rush, more than 30,000 men and a small number of women rushed onto the Klondike Region, the west central part of the Yukon Territory of Canada.

Why Lips Become Chapped

Few exposed areas of the body are as sensitive to the elements as lip tissue—indoors and outdoors. "During winter months the lips' barrier function breaks down. Moisture is lost, and the dry, cracked lips are a stage for sores (herpes simplex), soreness and blistering," explains Charles Zugerman, M.D., assistant professor of dermatology, North Carolina University Medical School and consultant to Blister Free. "Soreness occurs because the resulting cracks and dryness open up tender new areas," he says. Dryness is actually the lip's Number One enemy in winter time—whether from the humidity in centrally heated rooms indoors, harsh wind and cold outdoors, or perhaps a nagging head cold. Evaporation of moisture can result in cracking of lip tissue, increasing chance of infection, first degree burning, swelling, and blistering.

Should this happen, the soothing emollients of a medicated lip ointment such as Blistex can relieve soreness and supple again. If cold sores or fever blisters do occur, a medicated lip ointment help soothe the crusts and lieve pain and itching. As Dr. Zugerman advises, be vigilant:

- Drink lots of water.
- Keep a humidifier going in your bedroom at night.
- If you have a tendency towards herpes simplex, avoid excessive exposure to wind, sun and glare.
- If you have a cold, control irritation to the nose and upper lip to protect lips from chapping.

THEN-NOW

The next time you enjoy a style and warmth in your winter coat, woolen scarf, socks or ribbed tights, think of the days when staying warm wasn't so easy. THEN: A prehistoric hunter may have worn the skin of a bear or reindeer for warmth of course he had to catch first so it was also a sign of hunting skill and bravery. Men and women of the Middle Ages wore various kinds of fur coverings. They wrapped their legs in long pieces of cloth or wore long stockings of bright colors. NOW: Many women love to find warmth and style in a full fur hat that accents clothing—and legs. One pantyhose manufacturer offers ribbed opaque pantyhose for cold weather. These Winter Legs pantyhose come in navy, charcoal, black, cream or wine. They're 100 percent nylon and are available in A, B and Queen size. That's not hot fashion news for the millions of women who wear to dress for the cooler weather in style.

Lumberton Wins

PEMBROKE — Mario Lorick led five players in double figures, scoring 17 points, as Lumberton maintained its share of the lead in the Southeastern 4-A Conference with a 78-70 victory over West Robeson in a boys high school basketball game Tuesday night.

Kenny Floyd added 15 points as Lumberton improved to 6-1 in league play and 13-3 overall.

Boys
LUMBERTON (78) — Lorick 17, Floyd 15, Smith 13, Lesane 11, Dail 11, Pipkins 3, McMillan 2, Barnes 2, Cotton 2.
WEST ROBESON (70) — McCoschen 16, Locklear 16, Sampson 11, Colbreath 7, Bethea 6, J. Locklear 4, Bridges 4, Graham 2, McGee 2, McMillan 2.
Halftime: Lumberton 47-22.
Records: Lumberton 13-3, 6-1; West Robeson 5-11, 1-4.

Girls
LUMBERTON (48) — Patterson 23, Harris 7, Tony McNeil & Sotters 4, Tony McNeil & Sotters 4, Glover 2.
WEST ROBESON (27) — Locklear 10, Carter 10, Hommonds 2, Smith 2, Swift 2, Bullard 1.
Halftime: Lumberton 26-9.
Records: Lumberton 21-11, 2-5; West Robeson 6-13, 0-7.
Leading Scores: Lumberton — Crump 17, West Robeson — Kevin Pipkins 12.
Records: Lumberton 21-11, West Robeson 1-12.

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How to record true blood pressure

To record an accurate blood pressure reading, you should sit still for 15-minutes beforehand, without taking your own reading, or having someone else do it for you.

The level of one's blood pressure relates directly to how active one has been just before the pressure is taken. Thus, with proper resting, a much truer and consistent reading will be registered.

In addition, avoid inhaling tobacco smoke from any source, or consuming caffeine for at least one hour before your pressure is taken.

STORIES FROM THE BOOK OF JOHN
14:7) If you had known me, ye should have known my Father; also; and henceforth, ye know him and have seen him.