Page 4, The Carolina Indian Voice-Thursday, May 19, 1988



PERPTETUAL MOTION

When my first child, Donny, was born, I was getting close o 33. In the next four and a half years there were two more abies, Wanda Kay and Gordon.

During those years I never got enough sleep, and I always felt physically and emotionally exhausted. When the three were small, I used to say I felt like a hundred, instead of only in my thirties.

Almost from the time he was born, Donny started jumping up and down in my lap. I'd never seen anything like that! Less than five years later, I had three little "live wires". "Why an't they give me just a little of their excess energy?" I asked nyself over and over. Except when asleep, they seemed to be a perptetual motion!

My Turn to "Move"

After the accident, which took my two boys, as well as their Daddy and friend Junior, I decided to register at PSU for a few lasses as a "special student". During registration I nentioned to one of the psychology professors why I was oing back to school.

"You need to start exercising," Mr . Hubbard exclaimed. 'Exercise is necessary if you're going to break the cycles of grief, worry, depression." (Only after I'd taken the Psychology of Parenthood under him, did I learn that Mr. Hubbard had lost his only daughter. He knew what he was alking about!)

Later, when I went to campus counselor Von Beatty, he nsisted that I start walking briskly. I tried it, and discovered that I had more energy, rather than less, as a result of the physical exertion.

Keep Moving

In 1986 I learned about the exercise programs on Channel 40 from 6:00 to 7:00 am. After only a month or less of "Morning Stretch", one day I noticed that I could stretch my left leg all the way out, for the first time since I could remember. So I really made it a point to exercise with Beverly, then Joannie.

But I over did some of the back stretching exercises, ending up with what was likely a muscle spasm. (I also seem to have a little osteo-arthritis in my lower back.)

For a while I barely felt like walking so I left off any exercising. When I finally got better, I started the exercises again--avoiding anything which strained my back.

Keep Moving

Now, at 60, I find I need to exercise to feel good and have energy, not just to keep my weight down. Exercising it seems, is one of the best ways to stimulate the brain to release endorphins, to give us a sense of well-being. This is a natural high, not dependent on introducing drugs into our bodies.

No matter what our physical condition, I think we all need to keep moving ---- at least those parts of our bodies which are still able to move.

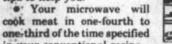
Darrel Lloyd

Finally, nearly a year after Darrel Lloyd was paralyzed from a diving accident, I stopped by his house for a visit. I was happy to see that Darrel, unlike Bryon Locklear, (whom I visited a number of times after he was paralyzed), is able to move his head quite freely and to talk clearly, because he no longer needs a respirator. However, I'm sure he, too would appreciate your prayers and visits.



Microwave Magic With Meat

Did you know that you can easily convert your conventional recipes for cooked meats and poultry to microwave cookery? Here are four tips to help you:









'TIS WISE TO

BUSINESS

car's cooling system properly. Here are four tips to help you avoid the breakdown that could occur if your car's engine overheats.



• It's a good idea to get into the habit of checking the antifreeze coolant in your cooling system as often as you check your oil.

 If the antifreeze coolant looks dirty, have the cooling system flushed and the coolant replaced. If the level is low, add some.

You may want to look for an antifreeze coolant with Alugard (a registered trade-mark of BASF Corporation). Its anti-corrosion formula is found in scores of antifreeze coolants and is approved for use by all major United States auto manufacturers.

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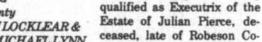
LEGAL NOTICE State of North Carolina County of Robeson

Notice To Creditors And Debtors Of

The undersigned, having qualified as Administrator of the estate of Brenda F. Smith, deceased, late of Robeson County, this is to notify all persons, firms corporations having claims against said estate to exhibit them to the undersigned on or before the 26th day of November, 1988, or be barred from their recovery.

estate are asked to please make immediate payment to the undersigned. This the 12th day of May,

1988 Ertle B. Smith, Administrator





Phyllis Cummings, Plaintiff

the Estate of Elmer William Jenny M. Watts & Hunt, Sr. deceased, late of Henry R. Green, Robeson County, this is to Defendants notify all persons having TO: HENRY R. GREEN JENNY M. WATTS Route 1 Box 106F Lumberton, NC 28358

TAKE NOTICE that a pleading seeking relief against you has been filed in the All persons indebted to said above-entitled action. The estate will please make imnature of the relief being mediate payment to the unsought is as follows: Monetary damages for pe sonal This the 26th day of April, injuries and property damage arising out of the above-Mr. Elmer William Hunt, Jr. described motor vehicle acci-

dent. YOUR ARE REQUIRED to make a defense to such pleading not later than the 21st day of June, 1988, said date being forty (40) days from the first publication of this notice; and upon your failure to do so the party

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Robeson County JOYCE ANNLOCKLEAR &

Brenda F. Smith, Deceased and

All persons indebted to said

Robeson County The undersigned, having

claims against said estate to present them to the undersigned on or before the 3rd day of November, 1988, or this notice will be pleaded in bar of their recovery.

dersigned.

North Carolina

1988.

covery.

dersigned.

April, 1988.

qualified as Administrator of

P. O. Box 729

Pembroke, NC 28372

LEGAL NOTICE

All persons indebted to said

estate will please make im-

mediate payment to the un-

Ms. Susan Chavis

Route 3, Box 126B

Red Springs, NC 28377

Locklear, Brooks, Jacobs

& Sutton

Attorneys at Law

P. O. Box 999

Pembroke, NC 28372

Telephone: [919] 521-3413

FOR RENT

This is the 26th day of

in your conventional recipe Tender meats should be microwaved on high while less tender meats that may require longer cooking time should be microwaved on medium.

• The liquid called for in your conventional recipe should generally be reduced by onethird. · Add salt to taste after

the meat has been cooked in order to prevent the juices from being drawn out.

Here's a juicy meat recipe made especially for microwaves.

HOLSTEIN MEATBALL STEW

In a large bowl combine: 1 1/2 pounds ground beef 1 potato, pared

- and grated
- 1 egg
- 2 teaspoons salt
- 1 teaspoon **Gravy Master**
- 1/2 teaspoon poultry
- easoning 1/4 teaspoon seasoned

pepper Shape meat mixture to form 2 dozen meatballs. Place meatballs in single

Ah-choo! Sniffle, sniffle. Sounds like your child has a cold again. But be alert: That 'really bad cold" could actually be a much more serious medical condition.

Respiratory Syncytial Virus (RSV) is a viral infection that afflicts a large number of infants and preschoolers in the United States each year, especially in the winter and spring. It's the most important cause of lower respiratory tract dis-ease in young children. Symp-toms are so similar to colds and flu that RSV infection can often be overlooked until it progresses to pneumonia. Those symptoms include lowgrade fever, coughing, labored breathing, nasal congestion and wheesing.

Babies are most vulnerable to serious RSV infections. To determine whether your baby has an RSV infection, in-fluenza or just a bad cold, see your doctor immediately. He or she can conduct laboratory tests that quickly identify the

and see all the

Use your microwave to a juicy meatball make stew.

layer in baking dish. **Microwave 12 minutes. In** 3-quart casserole combine:

2 onions, sliced 1 apple, diced 2 tablespoons vegetable

oil **Microwave 3 minutes.** Add:

1 1/2 cups beer 1 cup thin carrot slices 1 cup diced yellow

turnip 1 cup water Microwave 5 minutes. Add meatballs; cover. Microwave

10 minutes. If thick stew is desired, combine: 1/2 cup water

3-4 tablespoons flour

well blended. Microwave

Makes 6 servings.

Dept. MR, 16 Business Park



2

See your doctor if you're

RSV virus. In most cases, **RSV** is a mild infection that

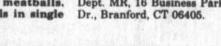
scribe a drug called Virazole known generically as ribavi-

Just a cold? Could be. Most cious baby's health.

Add to stew; mix until

50 seconds; let stand 10 minutes, stirring several times before serving.

For a free recipe booklet with tips on microwave cookery, write: Gravymaster, Inc.,



Could Your Baby Have RSV?



worried about your baby's "bad cold."

does not require specific ther-apy. If your baby is hospitalized, however, the doctor may pre-

rin, from ICN Pharmaceuticals. It is administered by means of an aerosol which is inhaled into the lungs. It has been proven effective in treat-ing RSV patients.

parents would agree, how-ever, that if doesn't pay to take chances with your pre-

 A 50-50 mixture of anti-\$30,420 (Monthly freeze coolant and water provides good protection against overheating. Once you've taken care of your car, take care of yourself on the road too: buckle up for safety and comfort. Dental ODE HINTS By Marilyn Miller DDS Here's news to smile about: scientists say that everybody



Brushing twice a day with a fluoride toothpaste can do more to protect your teeth from decay than avoiding certain foods.

Cavities are caused during a process called demineralization. That's what happens when calcium a. d phosphate, in the presence of bacterial acid, leave the tooth surface. Over a period of time, this can result in cavity formation. The reverse of this process is called remineralization. That's when calcium and phosphate from the saliva, in the presence of fluoride, are encouraged to enter the tooth and make it healthy and strong. Here's a fact that may make

older folks smile: The older you become, the more resistant your teeth are to decay. This is because over a period of time the tooth's surface picks up various minerals and substances which cause it to become more resistant to decay.

You can protect your teeth by eating sensibly and not too often. Research suggests that what you eat is not as important as the number of times you eat.

For approximately 20 minutes after you eat, when plaque is present, acid is formed on the tooth's surface. After this period of time the acid begins to disappear, and in the presence of fluoride, tooth remineralization is enhanced. Teeth need time to remineralize. So for healthy teeth, eat in moderation, brush with a fluoride toothpaste, floas to remove plaque, and visit the dentist regularly. \$1,890). Minimum Training and Experience:Graduation from a four-year college or university and two years of experience in large scale purchasing; or an equivalent combination of education and experience. Must possess strong communicative and leadership skills, also a thorough knowledge of purchasing policies and procedures. Duties: involves the management of purchasing, inventory and surplus property. Responsible for the procurement of all equipment, supplies and services for the University. Application Deadline: May 27. 1988. Address state application to:Ms. Kate Locklear, Personnel Officer, Old Main Building, Pembroke State Uni versity, Pembroke, N.C. 28372. Affirmative Action-Equal **Opportunity** Employer

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HUSBAND, MICHAELLYNN LOCKLEAR, Plaintiffs,

persons having claim against -218said estate to present them to MARYS. GRICE AND the undersigned on or before MELVING. MOORE, the 3rd day of November, Defendants. 1988, or this notice will be TO: MARY S. GRICE pleaded in bar of their re-**45 Bradford Street**

Lumberton, NC 28358 MARY S. GRICE 316 Edwards Lumberton, NC 28358

TAKE NOTICE that a pleading seeking relief against you has been filed in the above-entitled action. The nature of the relief being sought is as follows: Action for personal injuries and loss of consortium arising out of a motor vehicle collision on July 15, 1986 in Robeson County, North Carolina.

YOU ARE REQUIRED to make a defense to such pleading not later than the 28th day of June, 1988, said date being forty (40) days from the first publication of this notice; and upon your failure to do so the party seeking service against you will apply to the court for the relief sought.

1988 LOCKLEAR, BROOKS, JACOBS & SUTTON

Attorney For Plaintiff 203 South Vance Street P.O. Box 999 Pembroke, NC 28372

Two bedroom mobile home for rent. \$100 deposit. \$160 per month. Located just outside the city limits on Hwy 711 E. Call after 5 p.m. 521-9006. FOR RENT 3-bedroom house for rent. Has range. Located on Mc-THIS the 12th day of May, Ginnis Street, Pembroke. Call Glenn or Betty at 521-4297. \$250.00 per month. By: Dexter Brooks, HELP WANTED

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seeking service against you unty, this is to notify all will apply to the court for the relief sought.

This the 3rd day of May, 1988.

LOCKLEAR, BROOKS JACOBS & SUTTON by Dexter Brooks Attoney for Plaintiff 203 S. Vance Street P.O. Box 999 Pembroke, NC 28372

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