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Love for good health
 Just in time for Valentine's Day; a report on the latest thinking about how your attitudes and emotions can be a force for health - good or bad. In a Harvard study, students who were shown a film designed to inspire feelings of love and caring experienced an increase in an antibody that protects against upper respiratory infection. But on the other hand, rates of illness and death tend to be higher among single and divorced individuals, suggesting that loneliness takes its toll on the immune system. So for good health, we recommend a double dose of love and caring! Have a Happy Valentine's Day!

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The Coach's Corner

BY KEN JOHNSON

The Tyson Tragedy
 This is a real moralistic, tragic story. The simple-knowing the difference between right and wrong is inherent in all of us, including Mike Tyson. Society, too, sets the rules for proper behavior with its laws to protect society, itself. Even though it harbors improper conduct within the penitentiary walls, it doesn't mean to. Getting away with it shouldn't be the norm. Tyson's conscience will pay havoc with him. The validity of his wrong doing was established by jury technique. Jury technique is ancient. For example, the 12 Apostles validated the reality of Christ. The Russian story of "Crime and Punishment" deals with the pain of conscience, causing the murderer to confess. Tyson will have a long time to suffer over this. It's tragic-going from champ to chump. The pain will be insufferable at times. You might say, God has put a conscience in all of us. That is why discretion is the better part of valor. And conscience is our guide, whether or not we pay attention to it. It is mankind's guiding rule for action, we cannot dispute the learning law of effect in Tyson's case. Leaving the greatest rule book, the Bible out of education is a USA tragedy. The 10 commandments are taught only within the Bible. The society is truly guilty of omission, not commission. Tyson used no self discipline. He is truly a tragic figure. And it pains me as well as you. 20-20 hind vision is hard to change, isn't it?
 BY KEN JOHNSON

A Long The Robeson Trail
 By Dr. Stan Knieh, Director PSU Native American Resource Center

With all the beverages available to us today, such as juice, tea, coffee, soft drinks, and so forth, it might be easy to think that in the old days of traditional Indian culture people only drank water. And of course in the old days it was better to drink the water from streams and springs than it is today, since there was no pollution in the water like there is now. But Indian people did drink things other than plain water in the centuries before non-Indians arrived.

Perhaps most common among traditional drinks were the wide variety of teas made from locally available plants. Each geographic region had its own plants, and the people of each region had their own favorite teas.

One favorite tea was made from barberry (*Berberis canadensis*). This plant is a thorny shrub with yellow six-petaled flowers, and deep red berries (which have single seeds). The leaves were steeped in water, and sometimes mixed with juice from the berries, or sweetened with wild honey or maple sap.

Another drink, actually somewhat more like coffee, was made from beechnuts (*Fagus grandifolia*). The beechnuts first had to be husked and roasted, then removed from their shells and dried by further roasting. Then the dried nuts were ground into a fine powder, and added to hot water. Several other nuts were used in a similar manner, including hickory nuts and some acorns.

The leaves and blossoms of many plants were combined to make teas. One such plant, a member of the mint family, is bergamot (*Monarda didyma*, which has red blossoms; and *Monarda fistulosa*, which has lilac or pink blossoms). Leaves and blossoms were put in hot water and steeped for about 15 minutes. Similar teas can be made from borage (*Borago officinalis*, which has blue blossoms, and which is high in calcium and potassium); from clover (various species of *Trifolium*); from colts-foot (*Tussilago farfara*); and from goldenrod (various species of *Solidago*).

Several berries were also made into drinks. These include blackberry and raspberry, but also the somewhat lesser-known dewberry (like the blackberry and raspberry, a member of the rose family), and the elderberry (*Sambucus canadensis*). Juniper berries (*Juniperus communis*) were also made into a drink, which was rather more like coffee in that the berries had to be roasted and ground.

Ferns and lichens could also be made into teas. One is the so-called "Iceland moss" (actually a skeletal lichen named *Cetraria islandica*). Another is the sweet fern (*Comptonia peregrina*). Even some grasses were made into tea, such as sweet vernal grass (*Anthoxanthum odoratum*).

But the better known traditional beverages were made from sassafras (*Sassafras albidum*); wild chamomile (*Matricaria chamomilla*); witch hazel (*Hamamelis virginiana*); wild sarsaparilla (*Aralia nudicaulis*); and the ever-popular maple (various species of *Acer*). Most of these beverages were consumed because of their association with specific effects, but to think that traditional Native Americans drank only water is to overlook a great deal of variety in the daily lives of America's first people. Extreme caution should be exercised in the use of any wild plants, since parts of them may be hazardous to your health.

For more information, visit the Native American Resource Center in Old Main Building, on the campus of Pembroke State University.

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