

Health Clipboard

by Robert M. Chavis, PA-C

The Treatment of Diabetes in Adults

The person with diabetes first of all should be every alert to the things that control their blood glucose levels. You should be sure to obtain the proper education from your health care provider. Maintaining good control over your glucose (sugar) level helps to reduce the serious problems that come from having diabetes. Problems like heart disease, hardening of the arteries, eye and kidney problems to name a few. The blood sugar level should be at or less than 140 checked when you have not had a meal for 6-8 hours. If you have eaten food it should be at or less than 200 (mg per dl).

Good control of your blood glucose (sugar) usually bring along some weight gain of around 1% of a persons body weight. This gain in weight is due to the body getting back to its normal water load and to the bodies normal operating speed or medically called metabolism. The medicine given to treat diabetes like insulin can cause some weight gain. This is one of the reasons to have a good diet and exercise plan, and I mean plan. I feel that the diabetic patient should keep a written record of self-monitored blood glucose a record of diet and a record of exercise and or your plan for exercise. Talk to your health care provider about obtaining and operating an at home glucose monitor. These are better and more accurate than the type that allows you to only guest at the color of a piece of paper. Using the monitor at least three times a week is usually adequate.

The form of exercise should be tailored to the individual with the help of the health care provider. Aerobic exercise, such as walking is one form that most of the diabetic people can perform. But even with this exercise you should wear the proper footwear, inspect your feet daily after exercise, avoid extreme temperatures, and do not exercise if your blood sugar level is not under control, consult your health care provider.

If diet and a good exercise program does not control the blood glucose level you will need to be placed on medicine. Most of the time type II

diabetics start out taking a pill form of medicine. The medical class name for these drugs is sulfonylurea drugs. The first or oldest group of these drugs are the following names, acetohexamide, chlorpropamide, tolazamide and tolbutamide. These are the less expensive of the oral agents (just another way of saying you take these pills by mouth.) There are side affects with these drugs as with any medicine and you should speak to your provider about the side affects. The next or newer drugs are Glyburide (micronase, DiaBeta) are its trade name and glipizide (Glucastrol) these are commonly used today in the USA. A weight gain can come along with the oral medicine but should only be two to three pounds. The diabetic person placed on oral medicine should still remember to maintain a proper diet and exercise program.

Insulin is the next step if the other programs and medicine do not control the blood sugar. Insulin has to be injected into the body by a needle and a syringe or by the new method, implant a pump under your skin. Insulin as with other drugs must be regulated to the individual person. Usually you start out with a dose in the AM and a dose in the evening. Some people are placed on the oral medicine as well as the insulin. I will close now with a few remarks.

Please educate yourself on diabetes, if you or someone you love has diabetes. Ask your health care provider to teach you the basic information about diabetes and the care needed. You need to learn about diet, exercise, footcare, eye disease and the symptoms of heart disease (cardiovascular disease). Self management along with the treatment and education given by the health care provider is the best care and treatment you can give yourself.

Hinshina na'a's yikah (means in Dine) my hope for you is to be alive and to progress forward. The Navajo really prefer to be called Dine which means the people. Navajo is from the whiteman and is really slang and to most stands for slave. So even the western native people have trouble with the so called name game.

are so dedicated to save lives that we just naturally are so ready to make arrests. And we do. We know the night spots where heavy drinking is going on. One out of ten patrons comes out drunk their unsteadiness is apparent as they slump over the wheel, stagger, have incoherent talk. We simply are saving his or her life by the prevention and arrest. It is our most devastating job. It is so pressing when you come upon an accident with terrible dead and injured kids, teenagers and adults, mangled cars, trucks and motorcycles. All because of drunk drivers. As much as the good training we officers have, there is no way you can be trained to handle these situations, you just do. The officers

Ferry Hwy 710 Friday at 12:30 a.m. 75 miles an hour, in a 45 mile zone, a drunk driver. How do we stop that? Mothers against drunk drivers, students against drunk drivers, clubs against drunk driving. All of these groups are trying to educate against drunk driving. We need the help of all against the worse problem we have.

Scouting announced the Boy Scout Shows will be held in Wilmington, Lumberton, Elizabethtown, and Lumberton on March 19th, 10 a.m. - 4:00 p.m. Tickets are \$2.00 and children under 12 free. Song, Ray Lowry; Prayer, Vardell Swett, Reporter, Ken Johnson.



Gene Brayboy

NAVY. IT'S NOT JUST A SNUFF, IT'S AN ADVENTURE.



Helme Tobacco Company

Pembroke Kiwanis Report

by Ken Johnson

The weekly meeting was held at the Town and Country Restaurant on Tuesday evening with President Buddy Bell presiding.

Clay Maynor, program chairman for the meeting presented the speaker, Sergeant Mike Chavis, a ten year veteran of the North Carolina State Highway Patrol, now stationed in Lumberton. "Drunk Driving" prevention and arrest is our most devastating job. It is so pressing when you come upon an accident with terrible dead and injured kids, teenagers and adults, mangled cars, trucks and motorcycles. All because of drunk drivers. As much as the good training we officers have, there is no way you can be trained to handle these situations, you just do. The officers

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Purnell Swett High Announces Honor Roll for third six weeks grading period

SUPERINTENDENT'S HONOR ROLL "9TH GRADE"

Brewer Bobby Earl, Chavis Amy Cindy, Jones Cheryl Lynn, Locklear Brooke C., Locklear Jada Lynn, McRae Delois J.

"10TH GRADE"

Brooks Timothy B., Cummings Jason Earle, Pickens Jennifer C.

"12 GRADE"

Jacobs Ramon Eduardo, Locklear April Dawn, Locklear Brandon E., McCants Deidra D.

"A" HONOR ROLL 9TH GRADE

Aubin Tiki Kim, Blue Jennifer Kay, Brantley Ellen Denel, Brewington Nanci A., Bullard Barry N., Deese Davena Lyndsay, Dial Danielle, Dial JaDell, Graham Barry Gerard, Harris Bradley S., Hershberger S.L., Hunt Jeanie Jo, Hunt Marcus Andrew, Hunt Penny O'Neal, Jacobs Jackie Levon, Jacobs Katie M., Jones Erin Nicole, Locklear Andrea F., Locklear Damien, Locklear Jessica, Locklear Tressa K., Lowery Amy Loraine, Lowry Myron Kelby, Lowry William B., Maynor Heather B., Miller Shasta Renee, Nutting Shannon N., Sampson Kristy Lynn, Stricklin Heather N., Trice William Isaiah

10th GRADE "A" HONOR ROLL

Bernier Lillian F., Chavis Nikki Maria, Currie Martha Marie, Locklear Andrea S., Locklear Jonathan T., Locklear Marjorie L., Locklear Una Gail, Revels Amy Chanel, Talley Virginia, Woodell Alisha Marie

11th GRADE "A" HONOR ROLL

Chavis Shannon D., Lowry Carlitta Lynn, Sampson Kellie, Warriax Brandi Kaye

12th GRADE "A" HONOR ROLL

Blue Johannah Lynn, Hunt Alisa, Marshall Shannon C., Oxendine Kristy N., Oxendine Roberta Ann, Tyler Phillip Lee

"B" HONOR ROLL 9th GRADE

Allen Leon Jr., Brewer Kimberly Dawn, Bridges Robert V.II, Bullard Tracy Marie, Bullard Winona Ann, Campbell Zachariah J., Carter Lea Carol, Chavis Dexter Jr., Chavis Lezlie Rose, Cooper James, Cooper Rachel L., Cox James Patrick, Deese Jason Corey, Deese Tanya Lynn, Driggers Mary Beth, Frazier Melissa L., Godwin Andrea Bell, Hagans Lance Elliott, Haggans Billy Dean,

Harrington Karese L., Hunt Kimberly R., Hunt Rebecca, Hunt Tonya Marie, Hunt Tonya Michelle, Ivey George Allan, Jackson James Earl, Jacobs Charles D., Jacobs Nerissa Kim, Jacobs Sonya Kay, Jones Patrick Lee, Lancaster Willard P., Lee Lystra Pauline, Locklear April Rena, Locklear Azalea Ann, Locklear Bathsheba, Locklear Billy Ray J., Locklear Brian Keith, Locklear Christy L., Locklear Emma K., Locklear Eric L., Locklear Katrina D., Locklear Laurie Ann, Locklear Luther W., Locklear Nakisha D., Locklear Scottie, Locklear Selena Rena, Locklear Sunsaar, Locklear Tawanna Ann, Locklear Timothy M., Lowery Joseph, Lowry Heather Joan, Lowry Ross Stephen, McDonald Jennifer M., McIntosh Monique K., McKay April Joye, McMillan Paul Andrew, McNair Teresa, Odom Geneda Brooke, Oxendine Brittany S., Oxendine C.A., Oxendine Donnie, Oxendine Lynette R., Oxendine Rembert L., Page Wanda Lanett, Pipkin April Latrese, Powell Andre Antell, Ransom Melissa Carol, Sampson Karen Hope, Sanderson Ollyn S., Smith Annette L., Smith Kenya Shenell, Smith Kimberly Ann, Thompson Holly Shena, Thompson Wendy L., Ware Benson, Warriax Brandon, Warriax Heather A., Woodward Cassandra L.

10th GRADE "B" HONOR ROLL

Alford Franklin Lee, Anderson Leslie Lynn, Barton Charo, Betha Donahue, Boutselis C.S., Bowen Crystal Gayle, Bradford Gregory A., Brown Melinda, Bullard Brandette, Bullard Simmon, Chavis Davina Maria, Chavis Gina Celeste, Chavis Jamie Lynn, Cline Cassandra Lynn, Cummings Cabrina L., Dial Robert Redell, Fields Desmond J., Galbreath Sicily Ann, Gist Steven, Goodwin Phillip Ray, Hammonds Melanie S., Hunt Corey Mack, Hunt David Lee, Hunt Jessica Lane, Hunt Marcus Shan, Hunt Russell C., Jacobs Marsha Renee, Jacobs Rebecca Ann, Jones Nina Gail, Locklear Anthony, Locklear Bobby H., Locklear Bridget L., Locklear Garrison K., Locklear Grover W.S., Locklear Lance G., Locklear Misty L., Locklear Natasha A., Locklear Ronnie A., Locklear Tammie Sue, Locklear Tara Danaill, Locklear Tiffany, Love Emily Autumn, Lowery Diana, Lowry Hannah Leola, Lowry

11th GRADE "B" HONOR ROLL

Brewington Shelli L., Brooks Connie J., Brooks Tanya Tee, Bullard Jolena, Bullard Patrick O., Chavis Beth Candace, Cummings Doshia M., Dial Alisa Lynn, Dial Bridget Ann, Dial Sherry, Gilmore Alexander I., Harris Kevin L., Hunt Amy, Jones Morgan W., Locklear Alice Fay, Locklear Amy Denise, Locklear Cheryl L., Locklear Christina, Locklear Clyde B., Locklear Crystal G., Locklear Erin Joleen, Locklear James Brian, Locklear Judith Ann, Locklear Kristy, Locklear Patrick S., Locklear Ron E., Locklear Tony V., Locklear Vanessa, Lowry Jimmy Kelvin, Lowry Quinn X., McGirt Pecolia, Oxendine Christina, Oxendine Raymond, Parker Tonya Lynn, Sampson Tracey Carol, Strickland Ann M., Ware Jonie

12 Grade "B" Honor Roll

Boutselis Alisha M., Boyd Heather, Bullard Bryan Lee, Chavis Jason G., Clark Christa G., Clark Jean Lachelle, Clark Jo Ann, Clark Lanford, Clark Samuel, Collins Iris, Demery Shelly C., Dunn Aimee Elizabeth, Fedor Joseph Patrick, Gillespie George G., Howell Margie L., Inman Taesha Ranelle, Jacobs Anita Lynn, Jacobs Seneca, Johnson Lakisha K.D., Jones Jeremy Bryant, Locklear Calvin, Locklear Darren Ted, Locklear Jonathan, Locklear Laronda, Locklear Mark Allen, Locklear Melanie D., Locklear Misty C., Locklear Rhoda Culli, Locklear Talina Sue, Locklear Tomasina, Locklear Tracie Larue, Locklear Trina Kay, Lowery Ella Olekhona, Lowery Nicklaus, Lowry Christopher D., McCoy Jonathan L., McIntosh Thomas Gene, Nicholson Comeka L., Nobles Scott, Oxendine April Lynn, Oxendine Evalena D., Oxendine Jason A., Oxendine Kimberly M., Oxendine Leslie Rae, Previtte Tammy, Revels Heather D., Revels Timothy Ryan, Smith Burnice III, Smith Dianna Denise, Wilkerson Anya C., Woods Landon Keith.

Pembroke State University



OF THE UNIVERSITY OF NORTH CAROLINA

GENE BRAYBOY ELECTED VICE CHAIRMAN OF UNC SYSTEM COUNCIL ON RESEARCH

Gene A. Brayboy, who is in his second year of serving as director of the Office of Grants at Pembroke State University, has been elected by his peers as vice chairman of the University (UNC system) Council on Research.

Elected chairman of the council was Dr. Japer D. Memory, vice president for the UNC General Administration.

Brayboy will work closely with Memory and the council in research policies and in sponsored program activities for the UNC 16-campus system.

Of his new responsibilities, Brayboy commented, "It is a significant honor to be elected to this council, which will facilitate research at Pembroke State University and the other UNC system institutions. I will be working closely with the other schools and be aligned with each in sponsored program support."

Memory will be on the PSU campus Thursday, Feb. 3, to present a session on grants and will return on Feb. 17 for a workshop, said Brayboy.

Brayboy, a native of Pembroke, returned here 1 1/2 years ago after being away for some 37 years serving in a variety of highly professional endeavors. During his career he held the rank of commander with the U.S. Public Health Service, holding positions of public health analyst, program consultant, and health systems administrator.

At PSU, his work as director of the

Office of Grants has resulted in a 367 percent increase in grant activity in the last year. PSU has submitted 14 grant proposals during time as compared with three at the same time last year. They have been funded in the amount of \$603,678.

"We are going to do better through what is a team effort with our faculty. Our goal is \$1 million for this fiscal year," said Brayboy, a very positive person who maintains an energetic pace in everything he does.

Brayboy, 56, earned his Bachelor of Arts in business management and economics at Shaw University in Raleigh and his Master of Public Health with an emphasis in public health and health care administration at UNC-Chapel Hill.

He has also pursued accredited post-graduate work through the graduate school, U.S. Department of Agriculture in Washington, D.C.; The U.S. Government Western Executive Seminar Center in Denver, Colo.; and the U.S. Army Institute of Administration, Ft. Benjamin Harrison, Ind.

Brayboy was recently a member of the planning committee, a presenter, a keynote speaker, and a facilitator at the Culturally Appropriate Health Care Symposium in Atlanta. His keynote address was on the topic: "Treating a Culturally Diverse Client Population: The Rewards and Challenges."

PSU STUDENTS TO DISPLAY ART WORK AT BASKETBALL TOURNEY

Five PSU art students have been invited to display their art work at the second annual Peach Belt Athletic

Conference Art Exhibit March 2-6 at the Augusta College Physical Education/Athletic Complex.

The art exhibit will occur during the conference's annual basketball tourney in which PSU will be participating.

The five students are Sandi Carter, Red Springs, Marcus Davis, Fayetteville; Melanie Morrison, West End; Sherry Ray, Pembroke; and Lori Summerlin, Elizabethtown.

The exhibit will attempt to show the relationship between athletics and academics. Chair of the PSU Art Department is Paul Van Zandt.

PSU BOARD OF TRUSTEES TO MEET FEB. 4

A quarterly meeting of the PSU Board of Trustees will be held Friday, Feb. 4, at 1:15 p.m. in the Board Room of PSU's Sampson Hall.

Trustee committees will meet at 10:30 a.m. that day. All trustees will be guests for lunch in the Chancellor's Dining Room at noon.

FOLK MUSICIAN TOM CHAPIN TO BE AT PSU FEB. 7

Tom Chapin, a folk musician and children's entertainer, will present a concert Monday, Feb. 7, at 7 p.m. in PSU's Givens Performing Arts Center.

He is the recipient of awards ranging from an Emmy to a Parents' Choice Award to a New York Music Award for Best Children's Album.

His performance at PSU is sponsored in part by WQSM-FM of Fayetteville and Pate's Supply Company.

Tickets are \$6 for adults and \$4 for students and children. Call (910) 521-6361 or 1-800-367-0778 to order tickets or for more information.

Say you read it in the Carolina Indian Voice

Reflections

by Alta Nye Oxendine

A SPECIAL FRIEND

Once again I let Cathy Maynor Oxendine's birthday slip up on me. Maybe next year I'll actually remember that it's coming up on January 31, one month and three days after Gordon's, and seven days after

I did remember to call Cathy, and she came by on her birthday. As always, we had a good visit.

Over the years we've shared some very special occasions. In 1980, shortly before what would have been Gordon's sixteenth birthday, Wanda Kay and I happened to meet Cathy and her mother after an impressive Christmas program at my mother-in-law, "Miss Lizzie's", home church, Burnt Swamp Baptist. I learned that Cathy had written a poem about her friend and classmate, our Gordon. On New Year's day Donnie Carter went with Wanda Kay and me to visit Cathy and her family. I gave her a Gideon New Testament of Gordon's. (Now, as it happens, Cathy and Donnie both work in the Food Stamp department at Social Services).

Right away I felt like God had sent Cathy into my life to help fill the void left after my "baby", Gordon, and the other two were gone. It was Cathy who had helped Gordon with notes from their eighth and ninth grade classes after the 1978 accident that bruised his brain and left him with some temporary memory loss. During those two years they became close friends. When Cathy, Wanda Kay and I met, we were all going through a period of shock and grief over that final, fatal accident.

Even though we could not help Gordon celebrate HIS sixteenth birthday, I did have the privilege of being with Cathy on HER sixteenth birthday. And I'll never forget the long walk that I took with her and two of her teen-ager friends. Only God and Wanda Kay can know how much Cathy has meant to my life through the months and years since then!

Once more, a belated HAPPY BIRTHDAY to Cathy, a very special friend!

OUR PRESIDENT

Let's remember to pray for our president, who has had to continue performing one duty after another, ever since his mother's death. President Clinton, his wife, and I disagree on a number of different policies. But my heart goes out to him as he goes through this period of grief over losing the person who was his best friend since boyhood days. Also, of course, Hillary recently lost her father. And that makes two grandparents less for young Chelsea. All three need, and deserve, our prayers. Also, of course, all other families, in this area and elsewhere, who are going through grief or some other kind of crisis.

SINGLE AGAIN

If you are in the Single or Single again category, you may want to attend the February meeting of our SINGLES group. For more information, contact president Grace Locklear, or one of the other members. We in the Singles group miss Henry Smith, who helped to organize the group and was one of our most faithful members, as well as serving as president as long as his health permitted.

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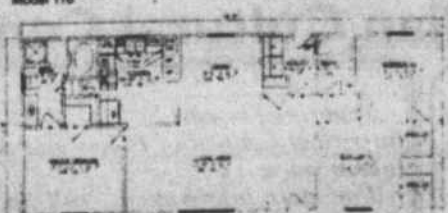
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