

# Martial arts offers alternative to problems of young people

Anti-drug karate presentations are routine for first-degree black belt Kenny Buffalo, who lives in Seaboard but travels throughout the United States to demonstrate his message by example of the positive alternative to the use of drugs and alcohol.

Utilizing more than 20 years training and experience in Oyama-Karate and Thai-Boxing — two powerful and dynamic forms of the martial arts — Buffalo is the North Carolina representative for World Oyama Karate, so it is only natural he prefers exhibiting his talents "closer to home" — whether that be school or civic demonstrations or his occasional private classes.

And that he will be doing in the next several weeks after recently completing a tour to the western part of the state.

The first "neighborhood" demonstration will be at 2 p.m. Feb. 28 at Northwest Halifax High School, one of the few area schools in which he has not appeared over the years. He will be assisted by Steve Garris, a native of Seaboard who now lives in Virginia Beach, Va. and has

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— Kenny Buffalo

been helping Buffalo for nearly 20 years. Buffalo says he's really looking forward to this presentation (approximately 50 minutes, followed by question and answer period) because Northwest has Indian students and, since I am a Lumbee, it gives me another



Kenny Buffalo (center) with students at the Cherokee Indian Federal School after his recent "Anti-Drug Karate Presentation" on the Cherokee Reservation.

opportunity to set a positive example to them, as well as other students".

Buffalo also plans to begin private classes for children (5-12) and teens and adults combined (13-up) in Roanoke Rapids on March 4. Further information on those classes can be obtained by calling 589-4281.

Buffalo is available to present anti-drug karate demonstrations to any groups and can be contacted by calling the above number or writing Oyama Karate, PO Box 615, Seaboard, NC 27876.

Buffalo has been presenting the anti-drug demonstration in public schools for more than five years. The program, which has been recognized by the North Carolina Association of Educators, includes a short video followed by karate demonstrations, a talk about drug use and a period for questions and answers.

However, when he recently demonstrated that routine in Cherokee Indian Federal Schools in western North Carolina, he admitted "it definitely was a new — but rewarding — experience".

As the first karate instructor to visit any Cherokee school, Buffalo said the presentation was well received by the students and teachers.

"They were very interested," Buffalo said. "It was something they never had a chance to do before."

Only American Indians are permitted on the Cherokee reservation, he said. As a member of the Lumbee tribe, which has 56,000 members residing in North Carolina, Buffalo was invited to demonstrate martial arts techniques and discuss the dangers of drug use.

The Lumbee tribe gained state recognition in 1956 to become one of six American Indian tribes recognized by the state of North Carolina.

"My tribe, the Lumbee tribe, has been trying to gain federal recognition since 1958," Buffalo said. Teaching Cherokee students about martial arts is important, Buffalo said.

He said, "One of the reasons I want to be successful is because we need more positive role models, especially for the young people. I want to set a positive example for all American Indians in North Carolina — even the Cherokee Indians. I look at them like we're all one people."

Buffalo's presentation at the Cherokee school was followed by three days of karate classes for the Cherokee students.

Buffalo's style of martial arts combines Oyama Karate, which originated in Japan, with Thai-Boxing. He was trained under martial arts teachers Shihan S. Oyama of Japan and Surachai Sirisute of Thailand.

"Our philosophy of training is different," Buffalo said. "Power, speed and the development of a fighting spirit are more important than the movements."

He said, "We do a lot of spiritual training to build a fighting spirit to never quit or give up. For us it's a true martial art — a fighting art — not just a sport."

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## Your Bible And You

By Daniel Davis



Have you wondered about this thing called prayer? Sometimes it seems almost paradoxical that an all-powerful, all-knowing God would wait to act until there were enough fervent prayers from His righteous! As I think about my children, I cannot imagine seeing their need of some good thing and yet waiting to see if their friends really want them to have it. Yet, that is the picture that some well-meaning, sincere people give us of our loving Father in Heaven.

If God does not need our prayers to inform Him of the needs of His children, perhaps He needs some connection on this earth. Can it be that our God cannot act without some pooling of power or Faith on this earth? I don't believe that the God of creation needs us in order to

accomplish His will. In fact your Bible says that if we neglect to show the world God's Love, the "rocks will cry out." Think of the demons from whom Jesus cast a legion of devils. Who was praying for them? Who felt compassion, but our caring Savior? Who came to bring Jesus to them? No One!

So, our Father needs not our power, He needs not our information. What purpose then does prayer serve? Why did our Jesus spend so much time in prayer with His Father? I believe that prayer changes or effects the one who prays. The real reason for the commands to pray lay within you and I, fellow Christian! The need is ours, not God's! Next time we shall explore just what that need is. In the mean time, stay close to the Father!



## Pediatric Pointers

By JOSEPH T. BELL, MD

Last week we discussed allergies and their causes. This issue we will talk about the best ways to prevent and treat allergy symptoms.

Remember that allergies are the symptoms seen when our immune system is exposed to something we are sensitive to. Some of the common things that kids are sensitive to (called "allergens") are dust, mold, pollen, cigarette smoke, and animal hair. The best way to prevent allergy symptoms is to avoid the allergens as best possible. For instance, if you know a child is sensitive to cigarette smoke, you should keep them in a smoke free environment as much as possible. Here are some suggestions to help avoid the common allergens at home. Keep doors and windows closed during the growing season to keep pollen out. Change filters on dust frequently to prevent dust accumulation. Vacuum weekly in living areas to keep dust levels down. For highly allergic patients, consider an air purifier in the house. Household pets should be banned if a person is sensitive to them.

The moist soil of household plants can increase the indoor mold content, so keep the number of indoor plants low. Children who are allergic should not have stuffed toys unless they are stuffed with non-allergic material or can be machine washed in the hot cycle every few months. Patients who are sensitive to dust should wear a mask while dusting the house. There should be no smoking whatever in the house!

The bedroom is a good place for collecting dust mites, especially in the mattress, carpet, and feather pillows. Some suggestions in the bedroom include: 1. Use dacron polyester pillows, not feathers or foam; 2. Use airtight plastic covers on the mattresses and for springs; 3. Wash bed clothing weekly in the hot cycle;

4. Dust and vacuum 2-3 times a week; 5. Use hard floors or small rugs instead of carpet if you can; 6. Keep pet and plants out of the bedrooms.

When allergy symptoms have started there are some good, safe medications to use. These are called antihistamines. An example is Benadryl or Dimetapp. A few other medicines for kids with antihistamines in them include pediacure, orange triaminic and chortrimeton. Some good prescription antihistamines include pythatan and Tavist.

For teenagers, I sometimes prescribe seldane or hismanol. Remember that some antihistamines cause drowsiness and patients with asthma should take them with caution. Other prescription medications that help with allergy symptoms include nasal steroid sprays (Vancenase, etc.) and cromalyn sodium (Nasalcrom, etc.).

Some kids with allergy symptoms require allergy testing (skin testing) by a specialist. This testing can help pinpoint exactly what the patient is sensitive to. An allergist may suggest allergy shots to help make the patient less sensitive over time. Allergy shots can be helpful, but remember it takes sometimes up to 4 years for these to work in a patient.

Remember, the best way to help with allergies is to keep patients away from what they are sensitive to as much as possible. Educate yourself and the child to what they are sensitive to, whether through experience or allergy testing. Avoid the common allergens, especially cigarette smoke. Try to dust-proof the house and bedroom as much as possible. If medications are needed, use them with caution and consult a physician if needed.

Take care, and we'll talk again next week!

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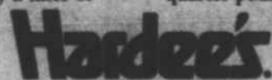


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