

The Way I See It

by Dr. Dean Chavers, President
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**My Favorite Books**

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In the past 45 years, I must have read about 3,500 books. That's what I figure reading 75 books a year would come up to. That does not count the several hundred school and college textbooks I had to read, required.

Someone asked me the other day what my favorite ten books are. I had never thought about it, but it was easy to list them. My list may seem odd; three of the ten are about the Mafia. You don't have to like them. But I thought I would share them with you.

1. **THE LAST MAFIOSO**, by Jimmy Fratianno, reveals the real inside of the Mafia. Absolutely fascinating; how can they get away with this?

2. **IN SEARCH OF EXCELLENCE**, by Tom Peters and Bob Waterman, is the best selling management book in history. By omission, it documents how we have been doing it wrong for 400 years. A must for any manager.

3. **MAN'S RISE TO CIVILIZATION**, by Peter Farb. What do all those anthropology and sociology studies of Indians mean? Farb has the best insight on this of anyone I have read.

4. **BLACK LIKE ME**, by John

Howard Griffin, for the first time let non-Black people know what it felt like to be Black in the U.S. It documented the horrors of racism and discrimination such as no other book has ever done. A must read for everybody.

5. **THE GODFATHER**, by Mario Puzo, is also my favorite movie. It documents the absolute need for loyalty among Mafia members, the punishment for disloyalty is death.

6. **THE GREEN FELT JUNGLE**, by Ed Reid and Ovid Demaris was the first Mafia book I ever read. What have I learned from reading few books about the Mafia? Be absolutely loyal to your friends, kill your enemies, and hustle and work hard. This book tells how the Mafia built Las Vegas.

7. **THE MOTHER TONGUE**, by Bill Bryson. Have you ever wondered why we spell "knife" that way? Bryson explains how we have changed and evolved English over the past 1,000 years. Wonderful stuff.

8. **HACKERS**, by Steven Levy tells how the first hackers, using two-digit binary codes, beat the systems at MIT and Stanford in the early days. It is a really fascinating history of a little-known side of computers.

9. **THE RIGHT STUFF**, by Tom Wolfe. Despite his cutesy-pie writing

style, Wolfe captures the history and life styles of some of my first heroes-fighter pilots. Documents that John Glenn has always been a dork.

10. **SMART SCHOOLS, SMART KIDS**, by Edward B. Fiske. The best book in years on what really works in education. When I called him the other week, his daughter told me Ted was putting his theories into practice in school in Thailand. Good show, Ted. This book is a must for every educator.

That's the list. Why did I pick them? I picked them mainly because they are fun to read. Why are they fun to read? Mainly because they tell good stories.

Why do they tell good stories? Mainly because they tell what happened to people. Many of them are good reads to go back and re-read two or five years later. I am constantly amazed at how much I forget in five years, and how new a formerly-read book is on the second or third reading.

I am glad my three girls like to read. They like it almost as much as I do. Reading is a constant stretching of the mind, a way to learn without going away to do so.

Young and old alike can benefit from reading. Parents, be sure your child reads.

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Pediatric Pointers

By JOSEPH T. BELL, MD



My family and I just returned from a trip out to Oklahoma and New Mexico. We had a great time and had a chance to visit some of our friends from our work with the Indian Health Service in Oklahoma. The Indian Club of Talihia OK presented me with an eagle feather fan for my work with that group and the Choctaw Nation. Of course, I was very honored!

I thought it would be good to repeat an article I did last year on atopic dermatitis (sometimes called eczema). Remember that atopic dermatitis is one of the most common skin problems seen in kids and occurs in about 5% of children under the age of 5. It is a chronic condition that occurs in genetically predisposed individuals. The cause of this rash is unknown. Eighty percent of affected individuals have a personal or family history of allergies. These patients have an increased susceptibility to asthma, hay fever, and other allergies.

The typical rash of acute atopic dermatitis is red, crusted.

or scaly plaques consisting of tiny blisters and bumps. Thickened skin with prominent skin markings is a feature of chronic dermatitis and results from repeated rubbing and scratching. Post-inflammatory skin color changes are common, particularly in dark-skinned individuals.

The distribution of the rash varies with the age of the patient. Infantile eczema (in children less than 2 years of age) usually involves mainly the arms, legs, cheeks, scalp, and trunk. Childhood eczema (2 years of age to puberty) usually involves the wrists, ankles, and folds of the elbows and knees. After puberty, atopic dermatitis tends to have a predilection for the face, neck, hands and feet.

Sometimes eczema rashes get infected with germs and form blisters or pustules. Antibiotics (either by mouth or topically) are usually needed to clear this condition.

Approximately 80% to 90% of children who have atopic dermatitis outgrow the condition by puberty. Of course this is good news for patients as well as parents who are helping treat this condition.

Next week we will discuss the management and treatment of atopic dermatitis. I would like to extend a thank you to Miss Lumbee, Natasha Wagner, for her participation in the Red Earth Festival this past weekend in Oklahoma City. She did a fine job of representing her people at that prestigious event. I hope we continue to allow our princesses to participate with other Indian royalty at these pow wows and festivals; it is good experience for the individual and good public relations for our tribe. See ya!

Like Father, Like Son



Ten Mile Center Church Honors Veterans

Veterans

Pastor Earnie Hammonds paid homage to the veterans of World War II, Korea, and Vietnam at Ten Mile Center Church. The Pastor asked the veterans to stand before the audience and state their names and the wars they served in. Patriotic song, lead by Mrs. Sue Jones, Pray by Rev. Earnie Hammonds, and a poem was ready by T/SGT William P. Revels, a Pearl Harbor Survivor. His poem:

THE BURNING WATERS OF PEARL HARBOR

by Chas. A. Cusseyre

History was made in 1941, on December 7, 1941.

A day in mind that I will always remember.

Enemy planes could be seen way up in the sky.

then bombs rained down and many would die.

Airfields and ships were hit and fires broke out.

We were in a war that was never a doubt.

Ships were open. Harbor waters burning from oil.

IN a very few moments teh surface started to boil.

Service men blown off their ships and into the water.

Smoke and fire out of control, and things got much hotter.

Battleship Arizona, destroyed and beyond repair.

Half of its crew died with the ship & they are still there.

To the hospital went the servicemen wounded and dying.

While enemy kept on shooting and flying.

Two hours of disaster on a ounce beautiful Sunday morn.

Now this paradise of an Island became tattered and torn.

That night, planes flew in, people were very nervous.

They'd never been in a war before, since entering the service.

The planes were our planes and most were shot down.

The once blue skies were now smoky and brown.

Upward Bound Students Participate in Summer Food Program

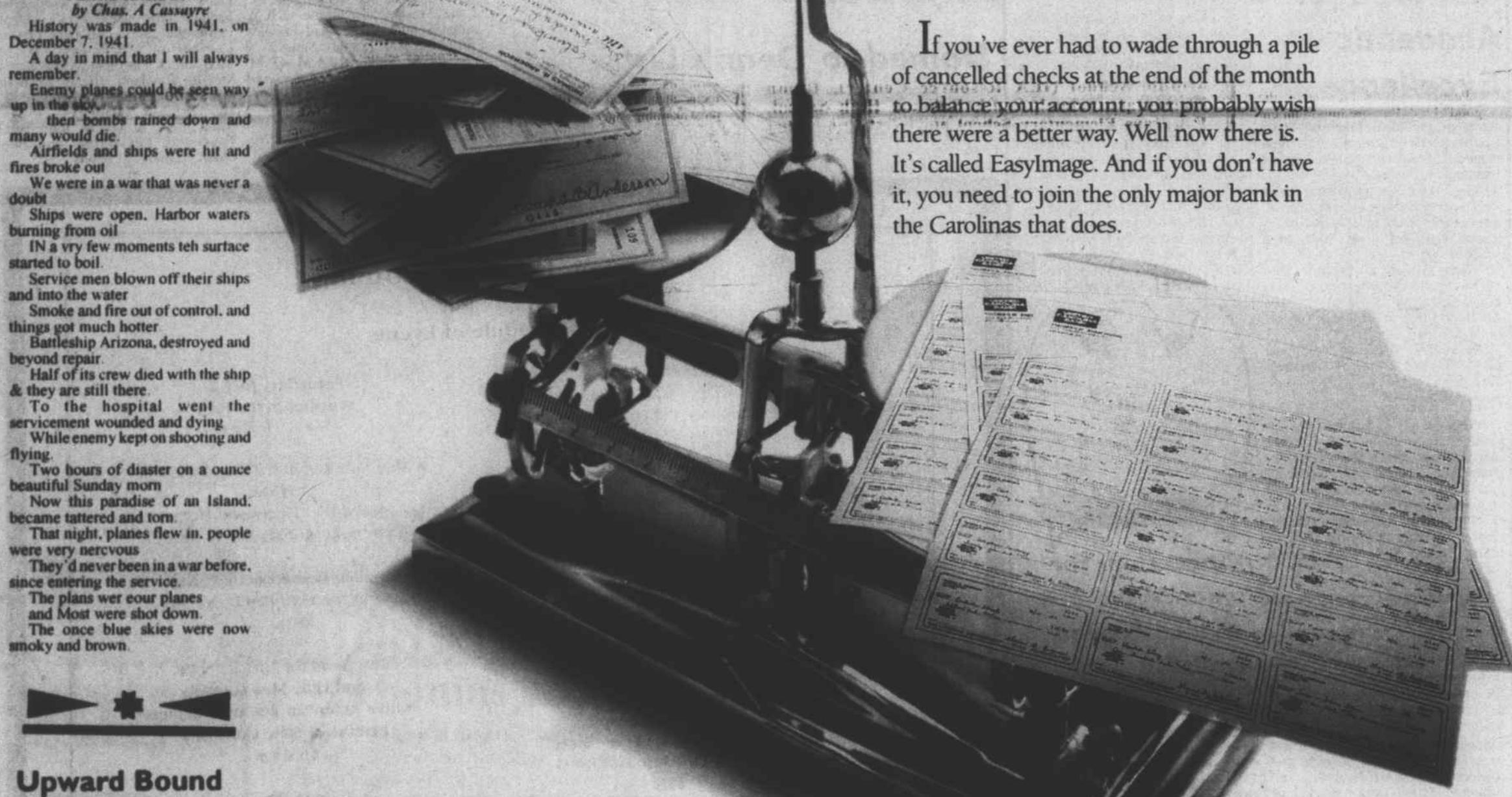
The Upward Bound Project at PSU will participate in the North Carolina Department of Public Instruction Summer Food Program for Children, along with its regular activities. The Food Program is sponsored by the North Carolina State Board of Education, Department of Public Instruction, and provides nutritional meals for children through age 18 or younger who are determined to be eligible. All students will be served the same meals without regard to race, color, national origin, sex, age, religion or handicap. Students who are members of food stamp households or AFDC assistance units are automatically eligible to receive free meal benefits.

The Summer Food Service Program for the Upward Bound participants began June 12 and will end July 22.

For further information, please contact Larry L. McCallum, Upward Bound Coordinator at 910-521-6276.

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