

## Pediatric Pointers

By JOSEPH T. BELL, MD

Last week we talked about issues in Pediatric dentistry, and as promised, this week we'll discuss ways to prevent some of the dental problems that may confront our children.

Cleaning the teeth and gums is an important part of preventive dentistry. Infants collect plaque on their gum pads prior to the eruption and new teeth and will continue to accumulate plaque on the surfaces of new teeth. As mentioned last week, this plaque helps lead to gum irritation and dental cavities. In an infant, the plaque can be removed from the gums using a moist washcloth or gauze pad and running it across the gums. Once the child begins cutting teeth, a soft, multitufted toothbrush can be used. One must remember that a child cannot adequately coordinate a tooth brush for good cleaning until about 6 or 7 years of age. Therefore, it is vital that we as parents assist with brushing until that age.

An important part of infant dental counseling is the issue of pacifier versus thumb sucking. Some recent studies show that using a pacifier probably leads to more teeth malalignment than the thumb. On the other hand, thumb sucking seems to persist longer and is more difficult to stop. Pediatric dentists would prefer neither habit, but when present, consider sucking habits relatively normal, even when they persist to

school age. Allowing the child to stop sucking their thumb or using a pacifier on their own is the best advice.

Fluoride is an important part of preventive dentistry. It has been proven effective in the reduction of dental cavities. The most economical method of fluoridation is through the public water supply, and when that is not available, the use of dietary supplementation. We also can use fluoride tooth paste to help with this prevention.

Any discussion of prevention is not complete without mentioning the use of athletic mouthguards. When worn, mouthguards may prevent injury to the teeth as well as concussion by cushioning the interface between the upper and lower jaws. Mouthguards should be considered mandatory equipment in any sport where contact might be anticipated, including football, hockey, basketball and lacrosse.

That's all on pediatric dentistry. Remember that good care of our kids teeth should be an important part of their overall medical care. Encourage good balanced meals, less sugar and sodas, good tooth brushing habits and routine check ups with the dentist.

Again, don't forget our Lumbee Bill in Washington and the upcoming Lumbee Tribal elections. Pick your favorite candidate and go vote August 27th

## "Quick... get the Sulfodene!"



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## STAY INVOLVED

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4. Whitehouse (Marietta) Precinct
5. Sterlings Precinct
6. Orrum Precinct
7. Part of Alfordville Precinct
8. Columbus County

## Vote

Date: August 27, 1994  
Time: 6:30 a.m. until 7:30 p.m.  
Place: South Robeson High School, Rowland, N. C.  
Woodmen of the World Building, (Iona Church Road) Fairmont, N. C.

## Cultural Center to Have Fundraiser

Can you hear the beat of a distant drum? It is calling you to secure a stake in the future, the future of the North Carolina Indian Cultural Center.

The Cultural Center launched a campaign this week to raise funds to help build and operate a complex that will celebrate the heritage of 80,000 Native Americans in North Carolina.

The fund drive centers on a Woodlands Indian Village theme with its Palisade or surrounding stockade of cypress poles protecting inhabitants. On each of the 1,000 poles can be engraved the names of contributors, five signatures of 35 or less characters on each pole, for a tax-deductible contribution of \$100 per line. Individuals, families, and businesses are encouraged to participate.

The Indian Cultural Center complex in Robeson County off Highway 74 near Pembroke will contain facilities for permanent exhibits on Indian life, history, and culture, arts and crafts displays and sales, a museum and library, nature trails, canoeing on a 100 acre lake, living Indian villages, campsites, conference and Pow-Wow sites. For the past 18 years, the outdoor drama "Strike at the Wind" has been

produced in the Centre's amphitheater.

The Center's Phase I construction goal is \$4.2 million.

The revenue from the Palisade Pole drive will represent grassroots support. Contributions should include a note indicating how the contributors signature line should read, and be mailed to the N.C. Indian Cultural Center, PO Box 2410, Pembroke, NC 28372. For more information, call the Center at 910-521-2433, or contact one of the following Board members in your area: John Brooks (Raleigh) 919-828-4251, Vail Carter (Charlotte) 704-364-3997, Geraldine Clark (Pembroke) 910-521-4204, Dr. Joffre Coe (Chapel Hill) 919-942-4781, Ernest Jacobs (Bolton) 910-655-8271, Jane Jacobs (Clinton) 910-564-4906, John Jeffries (Hillsborough) 919-732-8512, Dr. Grace Rohrer-Huff (Kennebunk, ME) 207-985-7950, Charles Lynch (Hollister) 910-586-4548, Rev. Hubbard Lowery (Pembroke) 910-521-3400, Dr. Helen Scheirbeck (Fairfax, VA) 703-591-8579, Harold Sellars (Whiteville) 910-642-1307, Annie Singleton (Fayetteville) 910-483-9442.

## Spiritual and cultural training, recreation for all ages are hallmarks of family camp

At this atypical national church meeting, older adults receive balloons during prayer service, toddlers run the aisles during workshops, the choir dresses in cut-off shorts for Holy Communion, and youth study their heritage through crafts during the day and boogie at night.

Every summer for nine years, Native American United Methodist families have come from all over the United States for a weeklong camp meeting. From fewer than 90 participants at the first family camp, the event has grown to more than 600 at the July 25-30 camp held here.

Sponsors of the event—including the denomination's Native American International Caucus, an advocacy group—attribute the family camp's popularity to an emphasis on intergenerational activities and fellowship and a de-emphasis on legislative and bureaucratic concerns.

According to the caucus' executive director, the Rev. Sam Wynn, a Lumbee of Fayetteville, N.C., Native American traditions honor the contributions of older adults, with particular reverence for grandmothers and grandfathers.

The extended family is a primary arena for passing along cultural traditions and for spiritual training, especially in rural areas where Native American children are reared by a community of parents, grandparents, other adult relatives and friends.

So, at the family camp here, workshops on evangelism emphasized not only how to train church volunteers for outreach, but also how parents can create a Christian home environment as an example for their children.

A session on environmental justice led by the denominational agencies' highest-ranking Native American, the Rev. Thom White Wolf Fassett, emphasized the human family's kinship with and responsibility for all living things. Fassett heads the Board

of Church and Society, based in Washington.

A traditional doll-maker taught Christian storytelling from a Native American perspective to both children and adults, using creation stories adapted from folk tales of various tribes.

Evening activities for the 120 teen participants range from making traditional "dream catchers" (weblike ornaments hung over children's beds to ensnare bad dreams) to filling helium balloons with greeting to parents and grandparents.

At a Tuesday-night dance the youth moved with ease from boogie-ing to making crafts with elders outside the dance hall.

One evening's activities for the whole camp included a traditional meal and worship at Cherokee, N.C., and attending "Unto These Hills," a play recounting the dislocation of Native Americans along the "trail of tears."

The integration of age-level activities and of Christianity with traditional Native American values is what guest preacher the Rev. Joe Dudley, a Sioux, celebrates as "true power."

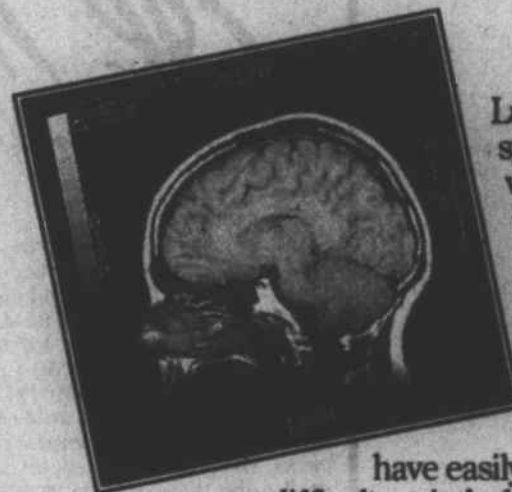
"For followers of Christ, there is no power other than the power to love and to serve others," said Dudley, president of Cook Theological School in Tempe, Ariz.

Funding for family camp comes from the Native American International Caucus, one of four ethnic-minority caucuses related to the United Methodist Church.

Additional grants come from other agencies, including the denominationwide Board of Discipleship, which funded evangelism training sessions for pastors.

M. Garlinda Burton is director of the Nashville, Tennessee, office of United Methodist News Service.

## Sometimes The Most Significant Thing Revealed By An MRI Is Peace Of Mind.



When 6-year-old Luke Britt developed symptoms that were typical of a brain tumor, his parents, Johnson and Fordham Britt, were faced with what could

have easily been the most difficult period of their lives.

Peace of mind is hard to come by when you are waiting...not knowing. The period from discovery of symptoms to accurate diagnosis and selecting treatment can be one of the most agonizing phases of the entire medical process.

Fortunately for the Britt's, this phase was kept to a minimum, thanks to the staff and advanced diagnostic equipment right here at Southeastern Regional Medical Center. A Magnetic Resonance Image (MRI) alleviated the Britt's' worst fears. They are grateful for the results and for the speed with which they were obtained.

"From the initial concerns raised by our pediatrician to the conclusive results of the MRI was less than a week," stated Mrs. Britt. "It's reassuring to know that whatever the outcome of the test, we would have been able to react so quickly...there was great peace of mind in that alone."



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