

ALONG the ROBESON TRAIL

by Dr. Stan Knick, Director,
PSU Native American Resource Center

The week beginning 11 September is Pembroke State University's annual Indian Heritage Week! Each year during the third week in September (always falling between the Coharie powwow in Clinton and the Guilford Native powwow in Jamestown), Native American history and presence are celebrated here on campus and in the surrounding community. As usual, several events are planned.

On Sunday evening, 11 September, the Native American Student Organization will present its annual Awards Banquet. This event is the time when the members of NASO recognize individuals who have distinguished themselves. The students nominate and vote for people who embody the principles of leadership and community service to receive the Julian T. Pierce Award and the John L. Godwin Award. This year's award recipients are Arlinda Locklear and Ruth Locklear. The banquet will be held at the Old Foundry Restaurant in Lumberton at 7:00 PM.

On Monday, 12 September, the movie *Geronimo* will be shown in Moore Hall. This film features Wes Studi in the role of the Chiricahua Apache leader who struggled against

the governments of Mexico and the United States at the end of the last century. There is no admission charge for this event, held in Moore Hall (directly behind Old Main) on the PSU campus at 8:00 PM.

On Tuesday, 13 September, activities begin with an Indian storytelling session in the Performing Arts Center. This year's legend keeper is Lumbee writer Barbara Braveboy-Locklear. Also featured during this same session will be traditional Indian flute selections by Tony Clark. Although this program is especially designed for public school students, the general public is welcome. There is no admission charge; storytelling begins at 10:00 AM.

Later that same day, the annual NASO campus powwow will be held in the quadrangle between Old Main and Sampson Hall. The powwow will feature traditional dancing, drumming and singing, plus arts, crafts and food. Host drum will be Stoney Creek (recently pictured in *Native Geographic*), and the Master of Ceremonies will be Ray Littleturtle. Also featured at the powwow will be storytelling by Barbara Braveboy-Locklear, flute selections by Tony

Clark and traditional craft demonstration by John Jeffries. There is no admission charge for the powwow, which begins at 4:00 PM. The public is invited.

On Thursday, 15 September, NASO will hold its annual disco dance in PSU's Chavis University Center. The dancing starts at 10:00 PM, and admission for PSU students is \$1 (\$3 for guests).

Indian Heritage Week activities on the Pembroke State University campus are sponsored by the Native American Resource Center, Native American Student Organization, Performing Arts Center, Office of Student Activities, Student Government Association, Lumbee Regional Development Association and by a grant from the Grassroots Arts Section of the North Carolina Arts Council.

The spirit of Indian heritage is alive and well (and not only in September!) at Pembroke State University. For more information about Indian Heritage Week activities, visit the Native American Resource Center in Old Main Building, on the campus of Pembroke State University.



Contest to be held at Biggs Park Mall

Calling all kids age 18 and under! Now here is something you can do with those grubby, worn-out sneakers! Our panel of judges will judge all sneakers entered into the contest to find the grubbier pair. The first place winner will receive a free pair of sneakers (up to a \$90 value) from Foot Locker in Biggs Park Mall. The second place winner will receive a \$40 mall gift certificate. The third place winner will receive a \$25.00 mall gift certificate. Just pick up a registration form at Biggs Park Mall or at the Lumberton Recreation Department to enter. Entries need to be placed in the container at Center Court in Biggs Park Mall and will be taken from September 12th through 23rd. Winners will be notified and the winning sneakers will be on display at Biggs Park Mall Friday, September 23rd. Sponsored by Foot Locker, in cooperation with Biggs Park Mall and the Lumberton Recreation Department.



Pediatric Pointers

By JOSEPH T. BELL, MD

Many times parents in clinic ask me, "What can I do about my child's behavior? They are in this stage of biting or hitting or something else." Having a four year old at home with a mind of her own, I can sympathize with parents who are distressed by certain early childhood behaviors they see in their children. For that reason I thought it would be good to talk about some of these issues.

Biting is often one of the first behaviors that causes concern for small children by parents. The initial biting episode often occurs when the child is teething and usually the parents are the first bitten, they mistakenly may think it is a cute game. Many parents do not respond until the possibility of penalties that affect them arise, such as when their child bites another parent's child. Adults must be encouraged to have a rule that interrupts the behavior with a strong "No, we never bite people because it hurts them," which can be extended to include pets and stuffed animals. Interruption and prevention before the biting occurs is important. It is not fun for the victim and should not be seen as a game. The child should be praised for not biting.

Temper tantrums are one of the

most predictable activities for children in the 18 months to 3 years age group. These often herald the beginning of the "terrible twos" in the minds of parents. Problems often arise because of the manner in which parents respond, with mistaken rewarding of the behavior despite vigorously protesting of how unhappy they are with the situation.

It is important for parents to understand that they have not caused the situation that is normal but unacceptable development. The adults need to develop consistent methods of handling these situations. Any type of attention can be rewarding. The parents must understand that ignoring the child, continuing what they are doing, and not maintaining verbal or physical contact such as promising, bargaining with, or threatening the child is the best treatment. Using "time out" in these situations is a good idea.

Next week we will discuss some other behavioral problems of childhood. My wife Vicki (who is Coharie) and I hope you will join us in Clinton this weekend, September 9-10 for the Coharie Pow Wow. Let's support our local Pow Wows and don't forget the Lumbee Bill. See you next week.

Reflections

by Alta Nye Oxendine

38 Years
Well, I've just observed ANOTHER special anniversary! Labor Day marked 38 years since that extremely HOT STICKY Labor Day when I arrived at Pembroke with all my belongings, after working for three years in Caswell County (near Danville, Va.).

I had rented a nice upstairs apartment near the post office from Mrs. Stubbs. But it like most houses back in 1956 had no air conditioning. And I didn't even own a fan. When my present one-story house gets HOT now, I wonder how I managed to survive summertime heat in that UPSTAIRS apartment.

67
This Sunday is another personal anniversary, 67 years since I entered this world at the tiny town of Clyde Park, Montana. That day was also Sunday. I don't remember how many times my birthday has come on Sunday. But my fiftieth was one. At church that day I waited for a family member to mention it. But no one did. So the congregation sang "Happy Birthdays" to the others and left me out. To me 50 was a special landmark. Now I make sure people know when I'm having a birthday.

Singles Group
By the way, in our Singles Group we sing "Happy Birthday" to those having birthdays during the month. As far as I know, we'll be meeting this

coming Tuesday, at 7:00 p.m., at First United Methodist Church in Pembroke. The group was started by three of us members there, ten years ago. But it is open to ANY single who would like to visit, and perhaps become a part of the group.

Dreaming of a White Christmas
Ironically, the first time I ever heard Bing Crosby sing "White Christmas" was on what I THEN considered a HOT summer day, in Montana in the forties. That song about snow seemed TOTALLY out of place for summertime. But THIS July the idea seemed pretty good! As I went from one room to another, I tried to remember how COLD the house felt last winter when the oil furnace conked out, and I had to depend on the wood-burning heater that Leon started using in the winter of 1979-80, with a little extra help from a small electric heater.

Attic Fan
As you may remember, in July of 1976, my very FIRST Reflections column began with a tribute to our attic fan.

"Roar On, rambunctious attic fan, till this heat wave is past!"

It's 18 years later. I still don't know WHAT I'd be doing without that trusty attic fan. But now, I'm not only dreaming of a COOL "White Christmas" but of central AIR conditioning, along with a new central HEATING system for next winter!



Health Clipboard

by Robert M. Chavis, P.A.C.

Carpal tunnel syndrome is the medical term given to a condition of the hand and wrist that causes pain, numbness, tingling, stiffness in your hand, wrist and sometimes in your arm. The pain and other symptoms that you feel with this condition come from the nerve of the wrist called the median nerve. The median nerve supplies sensation to your fingers and controls the muscle of your thumb.

I picked carpal tunnel to write about since carpal tunnel syndrome is seen in many of our people in Robeson County. This condition is seen in most of our factory workers that work performing manufacturing tasks that required repeated hand movements or use of the same type of motion over and over again. Carpal tunnel syndrome is seen in people who use computers, typists, pianists, and meat packers go into the same boat as the factory workers performing frequent repeated motions. Rheumatoid conditions and arthritis, injury to the wrist, Acromegaly, a rare disease that makes the hand grow abnormally. Diabetes, a tumor on the median nerve, work or hobbies that cause you to use a firm grasping or pinching motion with your hand, Thyroid Disease, the use of birth control pills or pregnancy both of these cause water retention and hand swelling.

Let's talk about the symptoms of carpal tunnel syndrome. You get pain, tingling, and numbness in the thumb, index, middle and ring fingers. This condition leads to swollen fingers or the lack of blood flow to the hand. Your arms can have a shooting pain with carpal tunnel syndrome. This syndrome makes the handling of small objects difficult and decreases your ability to grasp objects. All of these symptoms become worse at night or when you awake from sleeping. Those symptoms are caused by direct pressure on the median nerve in the wrist, where the nerve passes through the tunnel formed by the bones of the wrist called your carpal bones and a large ligament of the wrist. The pressure is caused by inflammation and swelling surrounding tissues of

the wrist at this median.

Now if you think some of these symptoms fit the kind of problem you are having, please see your medical provider. He or she can perform some very simple physical tests to diagnose CTS (carpal tunnel syndrome). Some medical providers are now using a diagnostic test called thermographies. This test detects temperature increases at the median nerve compared to the non affected hand. If there is a one degree difference in tissues of the non affected or well hand you have CTS. Your medical provider may want hand x-rays and or blood tests to rule out other problems.

Treatment for CTS usually starts with conservative measures like neutral or slight extension splints. These splints are worn during a work day and at bedtime. This treatment is usually tried for three months. Just enough to last a good fishing season. You can apply ice to the wrist for the first 24 hours after the symptoms start. Then you want to use moist heat at the same location for 10-20 minutes out of an hour for 24 to 48 hours. Although you might want to sleep some so you do not have to use this every hour on the hour. I had a fellow one time tell me "Boy, Doc, I didn't get any sleep last night." I asked him had it been hurting that much worse. He said no, he had just been doing what I said to do and had been up 26 hours already. NSAIDs like aspirin and Motrin help reduce the swelling and pain of the median nerve region. There are some exercise that you can learn to ease the pain. Other meds like water pills (diuretics) and vitamin B-6 reduce the swelling. Sometimes and injection of steroids at the carpal tunnel location relieves the pain and swelling, if the other meds are not helping. Surgery is saved for the severe cases and takes only an hour on an outpatient visit. The rate of success of the surgery now is greater than 90%.

The next article will be on the prevention of carpal tunnel syndrome. "O, Great Spirit, bless my people with wisdom and courage for the task at hand."

LRDA Establishes an Indian Veterans Outreach Office

by James Hardin, Executive Director, Lumbee Regional Development Association

The Lumbee Regional Development Association, Inc. recently announced the establishment of an American Indian Veterans Services Outreach Program.

The project was established to implement a needs study of American Indian Veterans in the LRDA services region and to identify individual veteran client needs and to provide one-to-one assistance in linking Indian Veterans to existing county, state, and federal veteran services.

The needs study will also be used to collect data on the social, economic and education status of Veterans which could be used by the tribe upon passage of the Lumbee Bill to design specific services for Lumbee Veterans.

The Lumbee Bill in its present form requires a needs study of the Lumbee community which upon passage would be used to determine which services are provided to tribal members.

If the bill should pass the date collected would be used to seek grants to provide special social, economic and educational services to meet the unique needs of American Indian Veterans in the LRDA service area.

The project is staffed by a veteran and will seek to establish an American Indian Veterans Planning and Advisory Committee. The staff will assist veterans seeking employment and training and other services in their respective counties.

Lumbes have a longer history than most tribes in volunteering to fight in

wars and conflicts to defend this country.

The project is designed to honor veterans' sacrifices for this country through involvement and recognition in LRDA tribal events such as powwows, homecoming and sponsorship of attendance of delegates to other tribal veteran functions such as the National Congress of American Indian Veteran activities at the NCAI Convention in Denver, Colorado in November.

Four American Indian Veterans will be sponsored through the project to attend the convention in November to represent the Lumbee Tribe in the veteran Tribal Ceremonies.

Mr. Adolph Blue, Chairman of LRDA's Board of Directors, stated, "This project is designed to serve and honor our veterans who have sacrificed for their country and no one deserves honor and recognition more than them."

The Executive Director of LRDA, James Hardin, stated that "this effort by LRDA is long overdue and has the potential to be a model program in Indian country for how tribes should reach out to honor and recognize their Indian warriors who sacrificed for all of us."

He further stated that "the programs will assist American Indian Veterans groups in the region to plan, implement, and carry out their annual events and to help with their annual Veterans Day Memorial activities including the annual parade."

For more information about the project all American Indian Veterans are encouraged to call 910-521-0190 in Pembroke, NC.

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Calcium ~ don't lose it

You probably already know that calcium plays a key role in building bone density and preventing the bone-weakening disease known as osteoporosis. Here's some tips to help boost your calcium absorption rate: **Modify caffeine intake.** Each cup of coffee causes about a 6 mg. calcium loss. **Cut back on smoking and drinking.** Both speed bone loss and hinder calcium absorption. **Time calcium intake carefully.** It's best not to take a calcium supplement with a high-fiber meal, since fiber can interfere with calcium absorption.

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