

ALONG the ROBESON TRAIL

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

Old Grandmother stands at the end of her garden. The cool morning air repeats what she already knows: winter is not far away, blowing down from northern forests, across Blue Ridge and onto Coastal Plain. The Canada geese have already come by, and the blackbirds flock in their thousands in the big oak tree. The hummingbirds have been gone for almost two months, and the sparrows and finches are beginning to puff up as they sit in the breeze on the old wooden fence.

The last tomatoes have been gathered, and the few remaining beans have grown too woody to eat. But the ones she got were plentiful, more than she and Old Grandfather could eat by themselves, so she gave some to the neighbors who are too busy to keep a garden of their own. Old Grandmother knows it is the Good Way.

The corn is especially sweet this year, and she thinks of how it will taste when she brings some down from the shelf where she "put it up" for the winter. She will have corn soup and corn pudding in

midwinter, when the brown stalks are all that remains standing in her garden. By then the winter squash will have come and been cut from their vines, put to rest in the dry pantry with potatoes and yams. The peppers she has not made into chow-chow hang on a string in the kitchen like a long red Christmas tree ornament. One year she thought of hanging such a string of peppers on the tree as a special decoration, but she decided to use popcorn and dry cranberries instead so the fiery oil from the peppers wouldn't have a second chance to make it from her fingers to the corners of her eyes.

Old Grandmother sees the plants withdrawing — fading or falling or drying back into the Earth as they do every year — as though the Earth were pulling its many green hands and arms back into itself, hunkering down for the cold to come. Old Grandmother looks at her own hands and knows that they too are drying back into the Earth, more slowly than the plants, over many seasons instead of again and again at the end of each garden. Though her hands are still

strong she knows that their strength is less than it used to be. She does not spend much time thinking about this, because she knows there is still a lot to do — meals to prepare, quilts to make, stories to tell, young ones to teach.

She knows that her life is like her garden. She has put herself into it, and she has received herself out of it. Her planning, her toil, her sweat, her seeds have become the products of her labor, and the products of her labor as she has eaten them and fed them to her family have become her and her family — have become the muscle and the bone of her. Old Grandmother knows that seldom is anything harvested that is not planted and tended. Old Grandmother knows that all of Creation circles in this manner — each thing into the next, all connected in body and spirit. Old Grandmother knows it is the Good Way. Old Grandmother stands at the end of her garden.

For more information, visit the Native American Resource Center in Old Main Building, on the campus of Pembroke State University.

Pembroke Housing Authority Seeking Applicants for Affordale Housing

The Pembroke Housing Authority is seeking qualified families for its housing units. The Authority currently has several three and four bedroom units available. The rent is affordable and each family receives free water and a monthly utility allowance. The units are conveniently located within the city limits of the town—just a few minutes from the banks, post office and grocery stores. The local police regularly patrol the developments, thus, providing a high level of security.

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If you wish to apply, applications are taken on Wednesdays from 9-11 a.m. and 1-4 p.m. at the Central Office in Locklear Court. Please bring a birth certificate and social security card for each member of the household. Prior to admission, the Authority conducts a thorough background check of each person age sixteen or older who may reside within the unit.

The Authority does not discriminate on the basis of race, color, national origin, religion, creed, sex, age, or handicap.

If you should need additional info, call (910) 521-9711 or for TDD (910) 521-8765.



Pediatric Pointers

By JOSEPH T. BELL, MD

The Spring and Fall seasons seem to always be the worst for patients suffering with sinus or allergy problems. We discussed sinus infections last spring but I think it would be good to talk about this subject again today.

Years ago, it was medical opinion that children could not get sinus infections. We know now that that is not true. Two of your four sets of sinuses are present at birth and are fully developed by three years of age. These two sets of sinus cavities, the maxillary and ethmoid, are located in the cheekbones and between the eyes. The other two sinus cavities, the sphenoid and frontal, are located behind and above the nose and are fully developed by about twelve years of age. The normal sinus clears its secretions by little hairlike projections called cilia. The cilia beats the secretions towards the cavity opening and to the nose. A sinus infection develops when this natural process of clearance is impaired.

Most sinus infections in children originate in the nose. A good example is the common cold. Other factors that predispose children to sinusitis include allergies, enlarged adenoids, nasal polyps and cigarette exposure. Most children with sinusitis present with a runny nose (yellow or green mucus), cough and sometimes an ear infection. Unlike adults, children do not usually have headache, facial pain or fever. Of course, the common cold can present with the same symptoms; however, if cold symptoms last for more than ten to fourteen days, it can be assumed that a sinus infection has

developed. The medical treatment of sinusitis begins with antibiotics several good antibiotics include Amoxicillin and Bactrim, and the stronger, more expensive ceflor, augmentin and ceftal. The patient should be on the antibiotic for ten to fourteen days. Recent recommendations by Pediatric ENT physicians suggest that topic decongestants, such as Neo Synephrine and Afrin, can be very effective. These should not be used for more than three to five days in a row. Another safe medication I often recommend is Saline nose drops. There is some controversy as to whether decongestants and antihistamines taken by mouth make a difference in the treatment of sinusitis.

Occasionally you have a patient with recurrent, chronic sinusitis that doesn't respond to maximal medical treatment. These children may require surgery to help open up the opening of the sinus cavities. This surgery is called functional endoscopic sinus surgery and is now the most widely accepted technique for surgical management of chronic sinusitis in children.

As parents we should remember that while kids can get sinus infections, every time the nose runs it is probably not sinusitis. Usually it is the common cold virus or allergic rhinitis. When these symptoms last more than ten to fourteen days, however, it probably is sinusitis and the patient needs to see the doctor.

That's all on sinusitis. Take care and we'll talk again next week!

Report to the Lumbee Tribe From the Chairman

by Dr. Dalton P. Brooks, Chairman, Lumbee Tribe

It was unbelievable, yet true. The Mashantucket Pequot Tribe has accomplished economic strength through work, organization, and co-operation. I visited the Pequot tribe on October 15, and marveled at the large, spacious building that houses their stores, restaurants, and business operations.

The Pequots have had a reservation since 1660, some 1000 acres. The reservation breathes with new life, beautiful streets, lovely homes and manicured lawns. One can just sense the new found pride in their independence and self-reliance.

I was met by Mr. Leon Jacobs. Mr. Jacobs is a Lumbee and works for the Pequot tribe as Tribal Administrator. He treated me with such respect and generosity. Mr. Jacobs introduced me to many of the tribal members as "my Chairman." I really felt that I was there representing all the Lumbees.

Their income is from gaming. They take in at least \$1,000,000.00 a day. The tribe paid the state of Connecticut \$120 million last year. The Pequots are the largest employers in the state of Connecticut.

The building for business operations is a most beautiful edifice - Blue and Turquoise embedded on

the backdrop of a hill. Sixteen settings gives 16 building one of awe-inspiring and a sense of euphoria. How could this be?

Mr. Leon Jacobs took me and Peters family of five to lunch. Mr. Jacobs insisted that he pay for the lunch. The food was plentiful. I have never seen so much food - different varieties of meats, vegetables, salads, fruits, ice cream and so much more.

I could have stayed with the Pequots for a long-time. But it was time for me to leave our friends - the Pequots. The Pequots really love the Lumbees. The Pequots stand ready to help any time we request their support.

I learned that Indian people can be independent and self-reliant. They can build an image of strength, structure, and support for each other. I left feeling that we could not do the gaming but we could build our own stores, restaurants, and shopping areas. It is yet to be seen what God can do for us.

Please take a moment and let me know what you and the tribe can do together. We need to prepare now for our children. Write to:

Dalton Brooks, Chairman
Rt. 2, Box 264
Pembroke, NC 28372

Scholarships For Indian Students At Preparatory Schools

The Dr. Rosa Minoka Hill Fund assists in the placement of capable, motivated Indian students in some of the nation's outstanding private college preparatory schools. Applications are made each year during the period September through December for entry in the school year beginning the following September. Students should apply during their 8th, 9th or 10th grade year. Parents, teachers, counselors and students having an interest should contact the:

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