

Editorial and Opinion Page



From This Side of the Aisle

by Bruce Barton

Come on 54; I'm ready for you!

When one gets to be my age (approaching 54 in October), things that used to seem important ain't necessarily so now. I've been feeling awful of late and went to see Dr. Martin L. Brooks the other day. He scared the bejibbers out of me as he told me that my cholesterol (the scourge of the middle aged Indian male) was too high. It seems my "bad" cholesterol outweighs any good I might have. He recommended a diet outlawing fats, eggs, liver pudding, cheese and just about every food stuff I crave. He also suggested a program of exercise such as swimming or walking, even moderate exercise. And, of course, a pill in the a.m. and another in the evening. Dr. Brooks has been practicing his special brand of family medicine for 38 years. Now a youthful 66, he'd like to cut back his hours but people like me won't let him. He did say, fretfully, as he went over my blood analysis with me that Indian males like me aren't always good patients, and do not always follow his prescriptions. He told me that I could expect to live a reasonably good life within the restraints he outlined; if not, a coronary blow out is most likely on my horizon. With that in mind, my friend, if you see me eating a piece of fat back, or munching on a can of viennas, knock me into next week. Please! My life depends upon it.

I thought about some of these weighty matters last Saturday night when I attended a singing, sponsored by the Youth Choir, at White Hill Freewill Baptist Church out on Highway 74. Prior to the singing, I walked through the church graveyard and came upon, among others, the grave sites of brothers, Billy and Pernel Dial. Both died in the prime of their lives. Billy was 39 when he died in 1978; Pernel was killed in a tragic shooting in 1972 at the age of 30. I remember them well; they were my contemporaries. Both were vibrant in life, and very handsome. Back then, we thought we would live forever. Dr. Brooks' medical prognosis and remembering the Dial brothers reminded me anew that all of our days are numbered. We should live each day as if it were our last, as it very well might be. We ought to be kinder and gentler to one another.

I am thankful to be alive, to be able to teach and write, and help out a little bit at the Carolina Indian Voice in my off hours. God has richly blessed me. I mused and prayed aloud there in the graveyard at White Hill; then I went inside the church and worshipped the Lord in spirit and truth with the fine folks there. As we sang aloud, I thanked God for my life, fragile as it is, and vowed anew to live it one day at a time...less, of course, liver pudding, eggs, fats and other dangerous, to me, delicacies. I even cried, inwardly, "Come on 54; I'm ready for you!"

"No!" may be cure for what ails Robeson

Dear Editor:
The Robeson County Commissioners' recent "No!" to topless dance clubs was wise.
The Board of Commissioners should give the same answer when IEP, Inc., the hog-processing plant, makes a request to bring its filth to Robeson County.
When administered in multiple dosages, "No!" may be a two-letter cure for a lot of what ails Robeson County.

Barbara Braveboy-Locklear

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Drinking and POWWOWS Don't Mix

CHOOSE TRADITION NOT ADDICTION

Know the consequences of alcohol and drug abuse

A message from DWI and the National Institute on Drug Abuse

Along the Robeson Trail

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

Everyone is invited to attend a reception to celebrate the photographic exhibit *Recollections: Lumbee Heritage*. The event will be held on Tuesday evening, 9 May 1995, at 7:00 PM in the Native American Resource Center in historic Old Main Building.

Recollections: Lumbee Heritage is the product of a community-based cooperative venture which involved the Native American Resource Center, the Mint Museum of Art in Charlotte, and the North Carolina Indian Cultural Center. The exhibit was first shown at the Mint Museum, and has now come, "back home" to Pembroke.

At the reception, visitors will have the opportunity to meet some of the people who were instrumental in bringing this exhibit to life. Among those expected to attend are Lumbee photographer David Oxendine and staff members of the Mint Museum of Art including Mark Leach, curator of 20th century art, and Roxanne Lippard (Lumbee), special

events coordinator. Other special guests will include representatives of the exhibition committee, including Rosa Winfree (Lumbee) and Vail Carter (Lumbee). The exhibition committee is comprised of the individuals who selected these forty photographs from among the hundreds we received last autumn. In addition, the members of the Lumbee community whose family photographs were selected for the exhibit are expected to attend.

When the photographs were being collected and copied, oral histories about the people and places in the pictures were recorded by Lumbee writer Barbara Braveboy-Locklear. These oral histories, when they are available, help the viewer to understand not only what is going on in the picture but also what the picture symbolizes. Beyond the descriptive labels based on oral histories which accompany each photograph, visitors may pick up a copy of the printed oral history of the entire collection written by Ms. Braveboy-Locklear. This

collective oral history statement is organized into sections titled: Lumbee Relationship to Balance; Lumbee Relationship To Each Other, To Community and To Family; Lumbee Relationship to the Land; and Lumbee Relationship to Nation.

One of the best things about *Recollections: Lumbee Heritage* is the continuity which is visible between the earlier photographs from the Lumbee community and the later photographs taken by David Oxendine and Mint Museum photographer Robert West. This continuity allows the viewer to see that Lumbee past and present seem literally to flow into each other — a vision which shows that while some things have changed among the Lumbee, many other things have remained much the same.

Join us on 9 May at 7:00 PM as we commemorate and enjoy *Recollections: Lumbee Heritage*. For more information, call or visit the Native American Resource Center in Old Main Building, on the campus of Pembroke State University.

Pediatric Pointers

by Dr. Joseph T. Bell
Pediatrician with Robeson Health Care

Chicken pox is a highly contagious virus infection that is characterized by a very distinctive rash. About 90% of all cases are seen in children less than 10 years of age. The infection is most common from January through May, but may occur at any time in any age patient. The virus is typically spread by direct contact to the rash or by inhaled air droplets. Patients are usually contagious for about 24 hours prior to the outbreak of the rash until the lesions have crusted over (about 6 days). The chance of a second case of chicken pox in the same patient is rare, but it can happen.

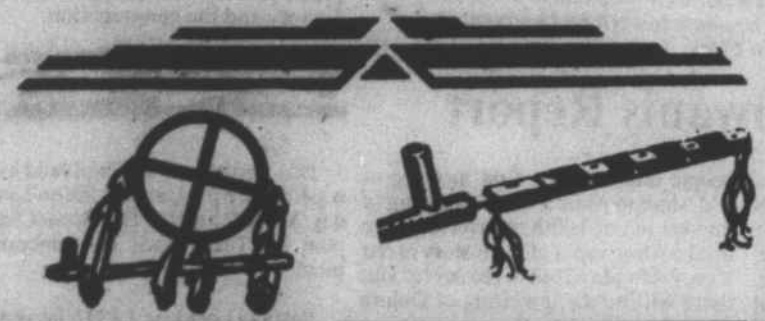
Most cases of chicken pox occur between 11-21 days after exposure to a contagious person. In the typical case, the patient will have symptoms in the 24 hours prior to the outbreak of the rash. These symptoms usually consist of fever, decreased appetite and just "not feeling well". When the rash appears, it usually starts on the chest and back as red bumps and spreads to the arms, legs and face. The bumps quickly become blister-like, then pop and crust over. Some cases are mild, with only a few bumps and low-grade fever, while other cases can be severe, with lesions from head

to toe and higher fever. The bumps are usually itchy and sometimes kids will scratch infection into them.

While the vast majority of cases of chicken pox resolve without difficulty, occasionally patients will develop complications, especially in adults who contract the infection. About 20% of adults who come down with chicken pox will develop a type of viral pneumonia. Chicken pox can affect the eyes, heart, kidneys, liver and even brain in severe cases, usually in adults and rarely in children.

Usually the treatment of chicken pox is aimed at helping resolve the itchiness and fever. Benadryl or other antihistamines are good for itchiness. Calamine lotion and oatmeal baths may help also. Tylenol is best for fever. Remember, never use aspirin with chicken pox; the combination may cause Reye Syndrome, a serious brain disorder. There is a new prescription anti-viral medication called Acyclovir that can shorten the duration of the illness.

There is now a vaccine for chicken pox that will be out in the near future to help cut down on these cases. Hope to see you at the Lumbee Spring Pow Wow may 12-13 at the Robeson County Fairgrounds. TAKE CARE!



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