

Activities from Pembroke Health Clip Board Housing Authority

On May 17, 1966 the Youth Sports/Cultural Program attended a Pow Wow at the Tuscarora Nation in Maxton N.C. The youth had a wonderful time and enjoyed the many Indian Artist, Craftsmen and Traders. The youth also enjoyed many different types of Native American Foods.

PEMBROKE HOUSING AUTHORITY WILL BE HAVING A DRUG AWARENESS DAY IN THE PARK AT STRICKLAND HEIGHTS IN JUNE 12, 1996

We are planning to have some great speakers such as Mayor Milton Hunt, Sheriff Glenn Maynor and

others. We will also have games for everyone and a cook out for lunch. Mr. Carmel Locklear will be performing along with other local groups" says Mitchell "Bosco" Locklear PHDEP Coordinator

The Carolina Indian Voice



by Robert M. Chav...

Staying in shape while you are working is one thing, but staying in shape as a pregnant working mom takes a special effort, especially if you have other children at home. Some would suggest that the only shaping a pregnant woman should do is get out of shape. Perhaps this attitude can be dispelled by examining some of the commonly asked questions concerning staying in shape during pregnancy? How will pregnancy affect your body's response to exercise? Is it O.K. for everyone to exercise during pregnancy? What are the benefits and are there any dangers associated with exercising during pregnancy? In our health conscious society, exercise for many has become an

important part of one's daily routine; becoming pregnant is not synonymous with halting the exercise process. It is very possible for a woman to stay in shape through diet and exercise during pregnancy, reaping both mental and physical benefits. You should discuss the topic of exercise with your obstetrician or mid-wife, but if you already have an exercise routine you probably will be able to continue as long as you feel comfortable. On the other hand, if you are not active you may want to consider beginning an exercise routine such as walking or swimming, which will get you in shape through the low-impact route. Recovery from childbirth is easier for a woman that is toned and in good physical condition.

The body adapts to pregnancy by undergoing a set of complex physiological changes. A broad understanding of these changes can help you determine what kind of exercise you should expect your body to perform while you are pregnant. While the body's response to pregnancy is very complicated, for our purposes it can be broken down into the following general categories: *heart related changes, *lung and breathing changes, *mechanical changes involving the skeleton, *body temperature changes, *metabolic changes.

First, as the baby develops and grows, your body requires a larger volume of blood which requires your heart to work harder. Because of this, you should avoid exercising flat on your back after the first trimester, because because your growing baby can press against vessels returning blood to your heart, making your heart work harder. The increasing size of your abdomen, coupled with an increased need for aerobic exercise, so don't be surprised if you find yourself decreasing the intensity of your workout.

Moving to mechanical changes, you probably wouldn't be surprised to know that as your uterus and breasts enlarge, your center of gravity changes--this seems pretty obvious. What is amazing is how unbalanced and uncoordinated your body can become. Remember this

Hunt family to hold reunion

The descendants of the Lucion and Ader Hunt, originally of the Barker Ten Mile area, will hold a family reunion on Saturday, May 25, at the North Carolina Indian Cultural Center beginning at 9 a.m. and lasting until... Family members and relatives are encouraged to attend and bring a covered dish. For additional information, call Lucille Carter at 910-671-4673.

and avoid exercises where a loss of balance can be detrimental to you or the baby, especially during the third trimester. Other changes occur metabolically, as your body produces more heat during pregnancy.

There does not appear to be an increase in the number of birth defects in women that exercise vigorously during early pregnancy, suggesting that protective adaptations may protect the fetus.

While you exercise during the first trimester, be especially careful to drink plenty of fluids, wear appropriate clothing and exercise in a good environment. During pregnancy your body needs about 300 extra calories per day. If you adjust your diet accordingly this

should not be a major problem. In fact many of us would love to have an excuse to eat more! Many of the changes mentioned above continue for four to six weeks following delivery. Make sure and resume your pregnancy exercise routine gradually.



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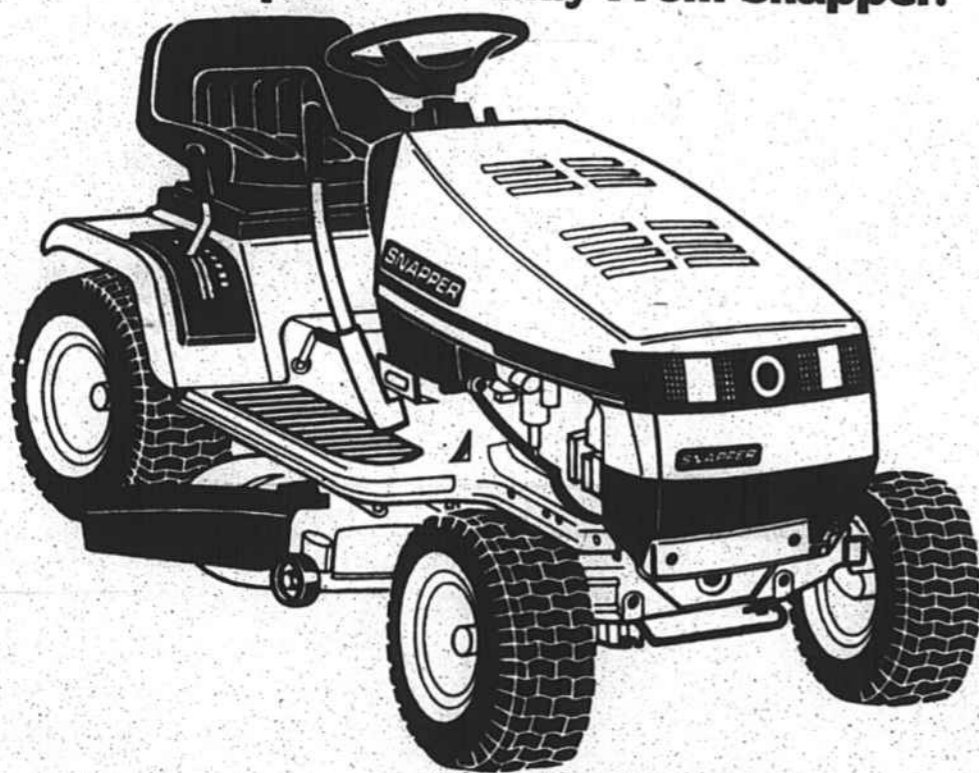
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NOVEMBER 5, 1996

STATE GENERAL ELECTIONS

ROBESON COUNTY VOTERS: "SHADE THE OVAL"

HOKE AND SCOTLAND COUNTIES VOTERS: "PULL THE LEVER"

NEXT TO THE NAME, "FRANCES M. CUMMINGS" -- NC HOUSE

Written by Yvonne Maria Leow

Paid for by Cummings for NC House Committee