

## Are You Ready For A Fire?

Here's what you can do to prepare for such an emergency

Make your home fire-safe  
 \* Smoke alarms save lives. Install a smoke alarm outside each sleeping area and on each additional level of your home.

\* If people sleep with doors closed, install smoke alarms inside sleeping areas, too.

\* Use the test button to check each smoke alarm batteries immediately. Replace all batteries at least once a year.

\* Vacuum away cobwebs and dust from your smoke alarms monthly.

\* Smoke alarms become less sensitive over time. Replace your smoke alarms every ten years.

\* Consider having one or more working fire extinguishers in your home. Get training from the fire department in how to use them.

\* Consider installing an automatic sprinkler system in your home.

Plan your escape routes  
 \* Determine at least two ways to escape from every room of your home.

\* Consider escape ladders for sleeping areas on the second or third floor.

Learn how to use them and store them near a window.

\* Select a location outside your home where everyone would meet after escaping.

\* Practice your escape plan at least twice a year

Escape Safely

\* Once you are out, stay put! Call the fire department from a neighbor's home.

\* If you see smoke or fire in your first escape route, use your second way out. If you must exit through smoke, crawl low under the smoke to your exit.

\* If you are escaping through a closed door, feel the door before opening it. If it is warm, use your second way out.

\* If smoke, or flames block your exit routes, stay in the room with the door closed. Signal for help using a bright colored cloth at the window. If there is a telephone in the room, call the fire department and tell them where you are.

For more information call your Red Cross Chapter at 521-3640.

## FREE THINGS TO SEND FOR

(NAPS)—You can win an all-expense-paid trip to a dude ranch, if your suggested name is chosen in the "Name That Dude" contest. The Dude is a western character associated with French's Worcestershire Sauce. Send your character name and explanation to "Name That Dude," 411 Park Street, Upper Montclair, NJ 07043 (postmarked by October 15).

For free tips sheets on How the Pros Do It: Shopping for Case Goods, Upholstered Furniture, write to: Bernhardt Shopping Tips, 470 Park Avenue South, Suite 10 North, New York, NY 10016. Or visit [www.bernhardtfurniture.com](http://www.bernhardtfurniture.com).

What came as a discovery to scientists conducting a neuropeptide study of the brain and nervous system may be one of the greatest findings for women who thought they had a slim chance of slimmer thighs. Lipofactor is a patented cellulite targeting lotion that has soared to number one in Europe. It is now available in the U.S. via the web at [www.cosmeticscounter.com](http://www.cosmeticscounter.com) on QVC, the electronic retailer; at

Sephora stores; and by calling 800 768-0081.

For information about a "How to Build Ramps" manual and video from The Metropolitan Center for Independent Living, call (651) 646-8342 or contact the American Wood preservers Institute at (800) 356-AWPI or [www.awpi.org](http://www.awpi.org).



For information about flattering fashionable clothes for plus-size women, call Catherines Stores Corporation at (901) 363-3900 or visit [www.catherines.com](http://www.catherines.com).

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## Trade Openings Available at North Carolina Job Corps Centers Located Throughout the area

Job Corps centers in North Carolina have immediate openings available for training in culinary arts, painting, home health services, building and apartment maintenance, retail sales and auto mechanics. It was announced today.

Job Corps a 35-year-old U.S. Department of Labor program has trained more than 68,000 young people in one of 50 trades. At Job Corps economically disadvantaged students ages 16 through 24 receive hands-on training which prepares them to enter the workforce immediately. If students do not have a high school diploma Job Corps prepares them for GED testing.

North Carolina has four centers - Oconaltee Job Corps Center, Kittrell Job Corps Center, Schneck Job Corps Center and Lyndon B. Johnson Job Corps Center.

"Job Corps has a long history of training successful graduates in a variety of fields," said Melvin R.

Collins, Job Corps regional director. "A Job Corps education teaches young people to become a success."

A primarily residential program, Job Corps provides students with room, board and some spending money while they learn. Some centers offer non-residential programs and provide day care students's children.

Job Corps Region IV, headquartered in Atlanta, GA, administrators 18 training centers and oversees outreach and placement activities for students in Alabama, Florida, Georgia, Mississippi, North Carolina, South Carolina and Tennessee. Depending on vocational interest, Job Corps applicants will be assigned to a center in the region closest to their homes.

For more information about joining Job Corps, call (800) 733-JOBS or visit the Job Corps national web site at [www.jobcorps.org](http://www.jobcorps.org).

## SAY YOU READ IT FIRST IN THE CAROLINA INDIAN VOICE!

Lumbee Indian Tribe of North Carolina  
 PO Box 3490  
 Pembroke, NC 28372  
 Telephone: 910-522-1251

### Notice of Finding of No Significant Impact And Notice of Intent to Request Release of Funds

These Notices shall satisfy two separate but related procedural requirements for the activities to be undertaken by the North Carolina Indian Housing Authority.

#### REQUEST FOR RELEASE OF FUNDS

On or about August 20, 1999, the North Carolina Indian Housing Authority will submit a request to the U.S. Department of Housing and Urban Development Eastern/Woodlands Office of Native American Programs for the release of Indian Community Development Block grant Program funds, under Title 1 of the Housing and Community Development Act of 1974, as amended, to undertake a project known as NAHASDA for the purpose of renovating scattered home sites for an estimated cost of \$2,500,000.00.

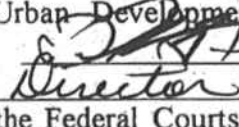
#### FINDING OF NO SIGNIFICANT IMPACT

The Lumbee Indian Tribe of North Carolina has determined that the project will have no significant impact on the human environment. Therefore, an Environmental Impact Statement under the National Environmental Policy Act (NEPA) of 1969 is not required. Additional project information is contained in the Environmental Review Record (ERR) on file at the North Carolina Indian Housing Authority's Office of PO Box 3490, Pembroke, NC 28372, Telephone (910) 522-1251, and may be examined or copied weekdays from 8:30 am to 5:00 pm.

#### PUBLIC COMMENTS


Any individual, group or agency disagreeing with this determination or wishing to comment on the project may submit written comments to the North Carolina Indian Housing Authority. All comments received by August 20, 1999 will be considered by the Lumbee Indian Tribe of North Carolina prior to submission of a request for release of funds. Comments should specify which Notice they are addressing.

#### RELEASE OF FUNDS

The North Carolina Indian Housing Authority certifies to U.S. Department of Housing and Urban Development Eastern/Woodlands Office of Native American Programs that  capacity as Executive Director of NCIHA consents to accept the jurisdiction of the Federal Courts if an action is brought to enforce responsibilities in relation to the environmental review process and that these responsibilities have satisfied. U.S. Department of Housing and Urban Development Eastern/Woodlands Office of Native American Programs acceptance of the certification satisfies its responsibilities under NEPA and allows the Lumbee Indian Tribe of North Carolina to use Program Funds.

#### OBJECTIONS TO RELEASE OF FUNDS

U.S. Department of Housing and Urban Development Eastern/Woodlands Office of Native American Programs (HUD) will accept objections to its release of funds and the Lumbee Indian Tribe of North Carolina's certification for a period of fifteen days following the anticipated submission date of its actual receipt of the request (whichever is later) only if it is on one of the following bases: (a) the certification was not executed by the Certifying Officer of North Carolina Indian Housing Authority of North Carolina; (b) the Lumbee Tribe of North Carolina has omitted a step or failed to make a decision or finding required by HUD regulation at 24 CFR Part 58; (c) the grant recipient has incurred costs not authorized by 24 CFR Part 58 before approval of a release of funds by HUD; or (d) another Federal agency acting pursuant to 40 CFR Part 1504 has submitted a written finding that the project is unsatisfactory from the standpoint of environmental quality. Objections must be prepared and submitted in accordance with the required procedures (24 CFR Part 58) and shall be addressed to U.S. Department of Housing and Urban Development Eastern/Woodlands Office of Native American Programs, Ralph H. Metcalfe Federal Building, 77 West Jackson Boulevard, Suite 2400, Chicago, IL 60604-3507, Telephone (800) 735-3239. Potential objectors should contact HUD to verify the actual last day of the objection period.

  
 NC Indian Housing Authority Executive Director  
 PO Box 3490  
 Pembroke, NC 28372  
 Telephone: (910) 522-1251



# Oncology Update

### Question:

What are some of the side effects of radiation treatments for cancer?

### Answer:

Radiation treatments affect only the parts of the body that are in the path of the focused radiation beam. For this reason, the side effects of radiation treatments depend upon the part of the body that is being treated and may be very different from one person to the next.

For example, patients receiving radiation treatments to the lung or chest for lung cancer often experience temporary sore throats and may occasionally experience some shortness of breath or dry cough. Patients receiving radiation treatment to the breast for breast cancer often experience temporary irritation of the skin of the breast. Patients receiving radiation treatments to the pelvis for cancer of the large intestine (rectum) or female organs often experience temporary diarrhea. Men who receive radiation treatments for prostate cancer frequently experience mild and temporary irritation of the bowel or bladder resulting in discomfort with urination or bowel movements.

Radiation treatments generally do not cause pain. In certain situations, such as treatment of the brain, temporary hair loss can occur. Nausea can occur when treatments include the stomach area. Most patients also feel tired during their course of radiation treatments.

In general, the side effects of radiation treatments are mild to moderate and temporary. These side effects usually clear up within a few weeks after the treatments are completed.

To learn more about oncology services in Pinehurst call (910) 215-1478.

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