

## February Happenings at the PHA Youth Center

Pembroke--Seven youth and two staff spent an evening with Langston and Martin, Monday, February 7, at the UNCP Givens Performing Arts Center. Mr. Felix Justice, a native of Florence, South Carolina who has been acting and directing for over thirty years, began the evening with his critically portrayal of Martin Luther King, Jr. Next, Mr. Danny Glover a native of San Francisco who has starred in many films such as The Color Purple, Silverado, Predator 2, Grand Canyon, A Rage in Harlem, Angels in the Outfield, To Sleep With Anger, and of course, the Lethal Weapon Series. He was also inducted into the Black Filmmakers Hall of Fame in 1991. Mr. Glover performed the theatrical readings from the works of Langston Hughes. He indeed brings to life the uniquely African-American words and rhythms of one of the most celebrated writers. He also shared insights of the many ways Mr. Hughes' writings have touched his own life. Following the performances, the two joined together on stage to answer questions from the audience.

UNC-P was the setting for yet another night of entertainment. On February 18, the production was Curious George, based on the book of Margaret E. Rey. The performance

was presented by Theatre words USA. The Youth Center Staff and several of the younger youth attended the production. Following the program the staff and you visited Pizza Hut and were all served sodas. The staff is anticipating many more nights of Theater in the near future. We feel the productions that UNC-P offers are good cultural exposure for our youth.

Friday, February 18th, girls age nine & up came to the Center at 3:30 to help prepare the Family Night dinner. The youth prepared the salad, bread, seasoned and simmered the spaghetti, and arranged the table setting for the evening. Mrs. Ethelene Scott, Food & Nutrition Specialist Educator with the N.C. Cooperative Extension Service was a huge help with the dinner preparations. The girls that participated in the preparations worked well overtime. They made sure everyone was fed before before they even considered eating. There were fifty-two youth and adults that came to the Family Night. Members of the youth choir and leaders from Mount Olive Pentecostal Church also participated in the evening event. The reason being five of the Youth Centers youth were going with the choir to perform at a local church tonight. Therefore before they went, they performed here at the Cen-

ter. The evening turn out was a lot larger than anticipated, but was indeed most pleasing.

Friday, February 25 twenty-five youth and one resident parent participated in a Birthday Party for the January and February births. The center was decorated with balloons and banners to liven up the atmosphere. Ice Cream and cake was served to everyone that came. Afterwards the youth went outside to play several different games like Pin the Tail on the Donkey, Duck Duck Goose, and Barbarous. While others enjoyed playing Jump Rope, Blowing Bubbles and Hula Hooping. The Youth Center staff and youth would like to once again wish many more birthdays to the following youths: Shenna Locklear, Shonna Locklear, Elizabeth Dugoff of Strickland Heights and Catherine Oxendine, James Oxendine, Talina Patchett of Chavis Park.

The Pembroke Housing Authority has been notified by the Office of Juvenile Justice that want to thank our County Commissioners and the OJJ Crime Prevention Council for exercising their faith in our program. Without these funds, we cannot continue to provide viable alternatives for our at-risk youth. We certainly appreciate their support and solicit our readers support.

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A joint program of the National Institutes of Health and the Centers for Disease Control and Prevention.

## Cong. McIntyre Announces \$125,000 for UNC-P Students

Washington, DC - Representative Mike McIntyre announced today that students at the University of North Carolina at Pembroke affected by Hurricane Floyd have received \$125,000 in emergency financial help. Congressman McIntyre stated, "This is a wise investment of our taxpayers dollars. I am delighted that so many students have these funds available to assist them in their future education. We need to do all that we can to help our young people in their endeavors, and those that were affected by Hurricane Floyd needed special attention. I will continue to do everything I can to assist in educational opportunities for our leaders of tomorrow." In last year's Hurricane Floyd relief package, \$10 million was secured to help students whose family financial situation suffered from floods caused by Hurricane Floyd. As a result, students at North Carolina colleges and universities received nearly \$6.7 million in extra financial aid. Students at Fayetteville State University received \$118,000 and UNC-Wilmington students received \$12,000. Congressman McIntyre serves on an educational task force on Capitol Hill.

## English As A Second Language Training Workshop

The Robeson County Church & Community Center is sponsoring a Free training workshop to train volunteers to teach English to non-native speakers. No knowledge of Spanish necessary! Come and see just how easy it is to teach your language to others!

Training sessions will be held at Robeson County Church & Community Center, 210 East 15th St, Lumberton NC 28358, on March 28 & 30, 2000, from 6-9 pm. Attendance at both sessions is required for certification. For more information and to register, please call Heather Jeeves at 910-738-5204.

## Asociacion Panamericana de Robeson

The Asociacion Panamericana de Robeson meets on the first Tuesday of every month at 6:30 p.m. at Robeson County Church & Community Center, 210 E. 15th St., Lumberton. For more information call Heather Jeeves (910-738-5204) or Pedro Massol (910-737-9640). Sponsored by Robeson County Church & Community Center.

La Asociacion Panamericana de Robeson reúne el primer martes de cada mes a las seis y media de la tarde en la oficina de Robeson County Church & Community Center, 210 E. 15th St., Lumberton. Para mas informacion, por favor llamar a Heather Jeeves (910-738-5204) o a Pedro Massol (910-737-9640). Auspiciado por Robeson County Church & Community Center.

## Power Wheelchairs Available

--The Senior Wheels USA Program makes available Power (Electric) Wheelchairs to Senior Citizens (65 yrs. old & up) and the Permanently Disabled at no cost, if they qualify.

The Power Wheelchairs are provided to those who cannot walk and cannot self-propel a manual wheelchair, and who meet the additional guidelines of the program. No deposit is required.

If your need is for use in your home, please call for more information to see if you qualify. Call toll free, Leon Johnson at 1-800-246-6010.

E-mail the editor at [brayboyconnee@hotmail.com](mailto:brayboyconnee@hotmail.com). Tell the Carolina Indian Voice what's happening with you.

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## Pediatric Pointers

by Dr. Joey Bell, Pembroke Pediatrics

It seems like anytime is a bad time for flu and stomach viruses. One of the main symptoms that has gone along with these two illnesses has been vomiting. Vomiting is the forceful ejection of a large portion of the stomachs content through the mouth. It occurs when strong stomach contractions push against a closed stomach outlet, forcing food upward through the food tube and out of the mouth. This is different from spitting up which is the effortless spitting of one or two mouth fulls of stomach contents that is commonly seen in babies less than one year of age.

Most vomiting is caused by a viral infection of the stomach or if a child eats something that does not agree with their stomach. Lots of times vomiting caused by a virus is also accompanied by diarrhea. Vomiting usually stops in 12-24 hours as the virus begins to leave the body. There are some simple recommendations that can be done at home to help kids with vomiting. The first is to give clear liquids without solids for about 8-12 hours. No milk should be given during that time. For vomiting without diarrhea, the best fluid is usually water or ice chips. For older children, soft drinks or kool-aid are acceptable. The key is to give small amounts until the vomiting subsides. The one-swallow-at-a-time approach rarely fails.

After a child has gone 8-12 hours

without vomiting, bland foods can be given if the child is hungry for solids. For older children, start with foods such as saltine crackers, white bread, soups such as chicken noodle soup, rice and mashed potatoes. The child usually can be back on a normal diet within 24 hours after stopping vomiting. Not eating much solid food for a few days will not hurt the child as long as they are drinking fluids.

For bottle fed infants less than one year of age a good liquid to drink is Pedialyte or Ricelyn. This could be given for 8-12 hours. After this period of time without vomiting the child can return to regular formula. Once the vomiting has subsided for at least 8 hours, infants can get back to eating cereal and strained bananas and can return to a normal diet within 1-2 days after the vomiting starts.

For breast feed babies, the key is to provide breast milk in smaller amounts than usual. This would mean feeding the baby for a shorter period of time on one breast instead of both. After a baby has gone 8 hours without vomiting, the child can return to nursing on both sides. If the vomiting continues despite shorter periods of breast feeding, the child should be placed on water or Pedialyte. As soon as four hours has passed without vomiting the child may return to nursing, but again in smaller amounts.

## Native American Census Complete Count Committee Town Hall Meeting

The Census 2000 Complete Count Committee will hold the Native American Census information kick-off at the Pembroke Town Hall on March 18, 2000 from 9:00 A.M. until 12:00 P.M.

Representatives from the U.S. Census Bureau will be on hand to answer questions and to provide information on the Census and its importance.

Join this great process, name your Tribe to be counted and ensure that your community gets the vital services that it needs such as:

- Funding for schools;
- Funding for Emergency Services and Equipment;
- Highway and Infrastructure Development;
- Targeted Federal dollars for specific community needs;
- Rural social and economic development funding and;
- Many more services that we depend on in our community.

Join in and do your part, because the next generation of our people deserves to be noticed!

U.S. Department Commerce  
Economics and Statistics Administration  
U.S. Census Bureau

## Are You At Risk For Osteoporosis?

Osteoporosis is painless and silent in its early stages. A simple, quick bone density of the heel is measured by ultrasound to determine if you are at risk.

Scotland Memorial Hospital offers free bone density screenings on Scotty on the following dates from 10 am-2 pm:

**Tuesday, March 21  
at Pembroke Family Practice Center**

- This screening is for women age 45 and older.
- No appointment is necessary.
- Participants must provide the name of their primary care provider at time of testing.
- This screening requires the removal of one sock and shoe. No pantyhose, please.
- Screening results are provided that day.



**SCOTLAND MEMORIAL HOSPITAL** For more information call 910/291-7550

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**David R. Allen, Jr. M.D.** joins us from Detroit, where he completed his residency in orthopedic surgery. He specializes in sports medicine, arthroscopy and joint replacement surgery. Allen Orthopedics, 725 Oakridge Blvd., Lumberton, (910) 738-3358.



**Stan P. Dajczak, M.D.** is an orthopedic surgeon originally from Canada who completed his residency in Ottawa, Ontario. He also completed an orthopedic fellowship in arthroscopy, sports medicine and surgery of the shoulder and foot. Robeson Orthopaedic Center, 500 W. 27th St., Lumberton, (910) 618-0441.



**Dixon W. Gerber, M.D.** comes to us from a multi-specialty clinic in northern Michigan. Dr. Gerber, who took his residency training at Cincinnati General Hospital, specializes in trauma management, arthroscopy, total joint replacement and sports medicine. Robeson Orthopaedic Center, 500 W. 27th St., Lumberton, (910) 618-0441.



**Staley T. Jackson, M.D.** became an orthopedic surgeon after serving as head football coach at Bowie State University in Maryland. Though his special interest is sports injuries, he also practices arthroscopy, total joint replacement, endoscopy for carpal tunnel syndrome, and treatment of industrial injuries. Southeastern Orthopaedic Clinic, 4348 Fayetteville Rd., Lumberton, (910) 618-0700.



300 W. 27th St., Lumberton, NC 28358 (910) 671-5000 [www.srmc.org](http://www.srmc.org)