

Barbour to Manage Lifestyle Center in Red Springs

This summer, the town of Red Springs will welcome a new Southeastern Lifestyle Center. Along with the services provided by the center will come the leadership of Eileen Barbour, who has been named to manage the center's operations.

Barbour has been an employee with Southeastern Regional Medical Center's Fitness Services for three years, serving as coordinator of Lifestyle Wellness and PriviledgesPlus, a wellness program for people age 55 and over.

"The people of Red Springs are excited about this service because it is in their community, where they live and work. They requested that a fitness center be built in their town and the people of the community and SRMC have made it happen," said Barbour.

An advisory committee, made up of residents of Red Springs, has worked to help design the center and to make sure that it meets the needs of the community. The center will not only provide fitness services, but will also offer a Community Health Education Center (CHEC) library as well as rehabilitation services.

"The center will have all new equipment in a brand new building with lots of windows for an open atmosphere," added

Barbour. "Employees will be available to personalize each individual's fitness program."

massage therapy will be offered at the center with spa services to be added in the future. A large aerobic room and lap pool, as well as a hot tub and cardio theatre are also included in the center.

A native of Fayetteville, N.C., Barbour earned a bachelor's degree in physical education from UNC Wilmington, a master's degree in health education from East Carolina University and a master's degree in physical education from UNC Pembroke.

By working with a number of diverse populations during her career, Barbour has prepared for the rewards and challenges of opening a new fitness center. She has taught physical education at the elementary school level and worked as a health educator for the wellness program for Cumberland County government employees. Each of these experiences has exposed her to individuals of differing ages, ethnicities and stages of health. She will be able to draw from these experiences as she manages the center, which will provide services to the diverse population of Red Springs and the surrounding communities.

"Our challenge will be to get people to understand wellness in



general- that it encourages lifestyle changes that affect the individual now and in the future. Our goal will be to teach our customers about healthy living and all the aspects of wellness," said Barbour.

The Southeastern Lifestyle Center of Red Springs, being built on an eight-acre site at 301 Mt. Tabor Road, will provide a total of 15,000 square feet for fitness and recreational activities. For more information about the center and its services or to schedule a presentation about the facility, contact Barbour at 671-5835.

Along The Robeson Trail

by Dr. Stan Kutick, Director, UNCP Native American Resource Center

Last week we began looking at the experiences of John Lawson, one of the Carolinas' earliest historians, and from whom we can learn much about the Native Americans of the region at the beginning of the eighteenth century. Lawson arrived in the Americas in late summer of 1700, and soon traveled from New York to Charleston. By December he had been assigned by the Lords Proprietors of the Carolina colony to make a survey of the inland territories of the colony, which then (from 1663 until 1729) included North and South Carolina, Georgia and northern Florida.

Lawson's first journey inland took him up the Santee and Wateree Rivers; overland into what is now North Carolina to the Yadkin River drainage; up the Uwharrie River to near the present city of High Point; then overland across the Haw and Neuse River drainages; and finally on eastward to the Pamlico River and the coast. This was thus a great 500 mile arc around the land of the Lumbee. On this two-month trip, Lawson encountered many of the tribes known by the ancestors of the Lumbee, some of whom were certainly trading partners and allies of the Lumbee, and some who may have been their enemies. The tribes Lawson mentions by name on this trip include: Sewee, Santee; Congaree; Wateree; Waxhaw; Esaw; Catawba; Saponi; Keyauwee; Eno; Occaneechi; and Tuscarora.

Lawson wrote: "The Indians of North-Carolina are a well-shap'd clean-made People, of different Statures as the

Europeans are, yet chiefly inclin'd to be tall. They are a very straight People, and never bend forwards, or stoop in their Shoulders, unless much over-power'd by old Age. Their limbs are exceeding well-shap'd. As for their Legs and Feet, they are generally the handsomest in the World. Their bodies are a little flat, which is occasion'd by being laced hard down to a Board in their Infancy. This is all the Cradle they have...."

From this brief paragraph near the beginning of Lawson's description we can learn several things about the Native Americans of North Carolina at the time. First, they did not all look alike. When Lawson wrote that they were "of different Statures as the Europeans are," he was telling us that there was as much variety in stature among Indian people as there was among Europeans. This should not be surprising, since we would expect there to be a similar amount of variability in all human groups. It does, however, mean that any stereotypical notion about the body type of early Native Americans is just as unfounded as any other stereotype (for example, that "all" Irishmen have red hair, or that "all" red-haired people must have some "Irish blood" in them; in some cases either of these assumptions might be true, but certainly not in "all" cases). Native people of North Carolina never looked all alike.

Second, they did not all have a short life expectancy. When Lawson wrote that they were never stooped over "unless much over-

power'd by old Age," he was telling us that he had encountered some Native people who were well advanced in age. This should not be surprising, since we would expect a similar range of ages in any human population. It does mean, however, that the stereotypical notion that Native people in early times did not live very long lives (i. e., the idea that in the old days the average life expectancy of Indian people was only thirty-five years) is also unfounded. Lawson's account of Native people living to an old age is consistent with archaeological evidence found all over the Eastern Woodlands, which indicates that even though there was relatively high infant mortality, many Native people did live well into old age.

Third, from this passage we get a hint about the use of cradleboards among North Carolina Native Americans. It is widely known that many Indian tribes and nations in the western United States used cradleboards. But because of the much earlier European contact experienced by eastern Native people, there has been little discussion of the existence of this cultural tradition here in the land of the Lumbee.

In the next segment of *Along The Robeson Trail*, we will look further into the writings of John Lawson as we seek more lessons about Native Americans. For more information, visit the Native American Resource Center in historic Old Main Building, on the campus of The University of North Carolina at Pembroke (our Internet address is www.uncp.edu/nativemuseum).

Katherine Greer is the New Miss UNCP

By Gavin Wyse

PEMBROKE, N.C.-- And the winner of the 48th Miss UNC Pembroke scholarship Pageant is... contestant number 5, Miss Katherine Amelia Greer.

Greer, a 19-year-old freshman from Fuquay-Varina, N.C., beat out four contestants to become the new Miss UNCP. She will go on to compete June 22 in the Miss North Carolina pageant.

Greer received a \$1000 scholarship, a 10-career class ring courtesy of the UNCP Bookstore, a free portrait from Kinlaw Studios, a \$500 wardrobe allowance toward the state pageant and, of course, the official crown.

"I was very surprised and excited to win," Greer said. "I really didn't expect to win at all."

The pageant consisted of three parts as well as an interview with the judges prior to the evening. The interview was worth 30 percent of the overall marks, with 15 percent each going for the swimsuit and evening gown competitions. The remaining 40 percent of the score came from the talent show.

It was the talent show that Greer felt gave her a chance to win. She sang a Mozart opera. The originality of the song certainly had some affect on the judges.

"I worked on it with my voice coach and it just felt right," said Greer explaining why she chose Mozart.

A special education major, Greer's platform is that autistic kids should not be separated from other children in the school system. They should all be accepted.

For the swimsuit competition she wore a pink one-piece outfit and for the evening gown competition she wore a long black dress with silver straps.



Newly crowned Miss UNCP Katherine Greer, right, poses with first runner-up Melissa Ann Strickland.

She replaces Jessica Reed whose year and a half reign came to an end.

It turned into an emotional night for Reed who praised and thanked all those who helped and supported her. She made sure future contestants would not forget her by leaving behind a \$100 scholarship in the Reed family name.

The first ever winner of the Jessica Reed and Family Service Scholarship award was Brandi Faye Cutler based on her positive and eager community service work.

The Miss congeniality winner was Anna Lucas, a sophomore from Raleigh, and the first runner-up was Melissa Ann Strickland, who will replace Greer if she is unable to attend any of her future

commitments. Strickland is a sophomore business administration major from Maxton, N.C.

The Mistress of Ceremonies for the evening was current Miss N.C. Ashley Nicole House. There was some other great entertainment on hand.

The opening dance number set the mood as the UNCP dance team and the contestants dance in the "jungle," which was the theme for the night. There was also a performance by David Broomhead, who won the UNCP talent show and Reed danced to Charlie Daniels' "A Devil Went Down to Georgia."

But the night most definitely belonged to Greer, the new Miss UNCP.

Gavin Wyse is a senior journalism major at UNCP.

Sending a Call for Local Poems

Pembroke-A \$1,000 grand prize is being offered in a new poetry contest sponsored by Celestial Arts, free to everyone. A whopping \$50,000.00 in prizes will be awarded during the coming year! "Even if you have never entered a competition before," says Poetry Editor Michael Thomas, "this is your opportunity to win big. Even if you have written only one poem it deserves to be read and appreciated. Beginners are welcome!" To enter send one poem 21 lines or less: Celestial Arts, PO Box 1140, Talent, OR 97540. Or enter online at www.freecontest.com. Be sure your name and address is on the page with your poem. The deadline for entering is April 20, 2002. A winner's list will be sent to all entrants.

UMC Holds Spring Revival

PEMBROKE - Sandy Plains United Methodist Church will hold its spring revival Sunday, April 7th through Wednesday, April 10th. Services will start at 7 o'clock the first night and at 7:30 each of the remaining nights. Guest preachers will be Rev. Harold D. Jacobs, Rev. Harold Hunt, Rev. Marshall Locklear, and Rev. S. Dufrene Cummings. There will be special music each night and a nursery will be provided. Rev. David Malcolm, Pastor at Sandy Plains UMC, invites everyone to attend. The church is located at 2468 Union Chapel Road, 2 1/2 North of Pembroke

Pediatric Pointers

by Dr. Joey Bell, Pembroke Pediatrics

The croup is a common illness, especially in children less than 3 years of age. It usually lasts from several days to a week, and most often develops in fall or early winter. It is caused by a virus of the upper part of the respiratory tract (or windpipe). The illness is mildly contagious, and there is no way to prevent it.

This infection usually starts as a runny nose with a low grade fever. Sometimes it causes the windpipe to narrow, and then the patient may have some difficulty breathing and develop a cough that sounds like a barking seal. This is the classic "croupy" cough. Croup always seems to be worse at night and may waken the child up from their sleep.

The best initial treatment for simple croup is to hold the child in the bathroom while running the shower on "hot". Fifteen minutes of breathing in the steamy air will probably make breathing easier. Another good treatment is to take the child outside for about 10-15 minutes. The cool night air often relieves the problem by reducing the swelling inside the windpipe. Offer lots of fluids to drink and use Tylenol for significant fever. Having a cold-water vaporizer or humidifier to use in the child's bedroom may be helpful, also.

Most simple cases of croup respond to these basic treatments. There are some cases that do not respond and need more medical attention. You may want to check with your doctor if the following things are happening: 1) the home therapy is not working, 2) Your child looks very pale, seems unusually worn out, or isn't eating or sleeping, 3) Your child seems to have difficulty catching their breath, especially if this is happening in the day, when croup usually improves, or 4) You can see your child's chest wall draw in with every breath.

That's all on croup. I hope everyone is having a great holiday. Take care and we'll talk again next week.

Free Health Checks in Marietta

Free health screenings will be held Thursday, April 4 from 1 p.m. until 6 p.m. at the Marietta Civic Center, 2799 Marietta Rd. checks for total cholesterol/HDL, blood pressure, blood sugar and glaucoma will be offered to all adults 18 years and older. Only one fingerstick is required. Results are available in five minutes. These free screens are sponsored by Robeson County Partnership for community health. Call 671-5595 for more information.



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