

Then and Now..... Pediatric Pointers

by Louise Dimery Weaver

Did you feel while growing up in Robeson County, North Carolina that we Indians were the only oppressed people in the world? When you were in towns other than Pembroke you expected to see the restrooms for three races. I don't even remember if they were unisex. People have been oppressed since the beginning of time. Remember the children of Israel trying to get out of Egypt. How about slaves being separated from family and sold and later dealing with the KKK. How about the trail of tears and all the injustices of inequities up until this very day. My in-laws are first generation Americans from Europe. Tales have been told of when their ancestors first landed at Ellis Island. They were not greeted in the manner they had expected. In fact they sometimes lost their names because phonetically they were given names that sounded okay to those in charge of proving them. No matter what status they enjoyed in Europe, they were usually relegated to employment in the coal mines here in western Pennsylvania. Of course that meant living in company patches, shopping in company stores, which meant keeping a tab which I'm sure you have guessed by now would never get paid off.

These immigrants made sure their children were educated and soon accompanied their parents to the store to make sure the tab didn't grow on its own. Closed minded people have missed so much by shunning other nationalities.

I remember one wonderful summer day my husband and I planned a picnic for special friends. We gave no thought to our menus, just foods we both liked and thought our guests would enjoy as well. In our circle of friends were Germans, Jews, Blacks, Russians, and of course one Indian. Our menu consisted of Ruben sandwiches, potato salad, corn on the cob, watermelon and peach cobbler. When our Jewish friend arrived she looked in the pots as she usually did. She began to giggle. She remarked, "Leave it to you, Louise." She gathered plates and began to set food in front of each guest. In her plate was a Ruben sandwich, in Roy's German plate was Kraut, she gave a Black friend watermelon and of course she gave me an ear of corn. By that time we were all laughing so hard we could not eat. That evening turned out to be one of the most memorable of our lives. All ethnic incidents, good and bad, that had ever happened to any of us were discussed until the wee hours of the morning. Our group was close to begin with, but that day we became family. There were two people present from the same office that day, needless to say, neither of us kept appointments that evening. By the way, if you have never acquired a taste for sourkraut for your Ruben sandwiches this chow chow recipe will take the place of the kraut and relish.

Chow Chow

1 pk green tomatoes
6 large onions

6 red and green bell peppers
large head of cabbage
(I also put in a bit of hot peppers)

Method

Slice all vegetables. Place in crock or stainless steel pot mixed with one cup salt over night. In morning drain. In large stainless steel kettle mix 3 tsp mustard seed, 3 tsp celery seed, 3 tsp turmeric powder, 2 quarts vinegar, 1 qt water, 8-10 cups sugar. Bring to boil. Add vegetables and simmer 15 minutes. Seal in sterilized quart jars. Makes about 12 quarts.

by Dr. Joey Bell, Pembroke Pediatrics

One of the more common infections that strike fear into the hearts of parents is pneumonia. Pneumonia is an infection of the lungs that cause fluid and pus to collect in the air sacs. It is usually a complication of a cold that spreads downward from the nose and throat. Unlike the cold, pneumonia is usually not contagious. About 80% of all pneumonia are caused by viruses and about 20% by bacterial germs.

The usual tipoff symptoms of this infection include coughing, fever and breathing difficulties. Rattly breathing is usually not a sign of pneumonia, but rather comes from mucus in the windpipe. Viral pneumonia is usually milder than bacterial pneumonia; the latter tends to come on more suddenly and produce higher fever and chills. A chest-xray shows an abnormal patch of fluid on the lungs.

Most children with pneumonia can be cared for at home. Fewer than 10% of patients need to be admitted for IV fluids or oxygen. Those admitted are usually young infants or children with large areas of lung infection. There are a few basic suggestions for taking care of the child with pneumonia who does not need to be admitted.

(1) Make sure the child is given the antibiotics as prescribed by the doctor. Remember that antibiotics only work against bacterial pneumonia; because it is sometimes hard to distinguish bacterial pneumonia from viral pneumonia, some children with a viral infection will be given antibiotics as a precaution. Most pneumonia respond to the antibiotics within 24 to 48 hours, but don't forget to give the whole dosage.

(2) Don't forget to give Tylenol for fever or chest pain if needed.

(3) Give warm fluids for coughing spells. Warm lemonade, apple juice, hot soup or broth help loosen up thick secretions so the child can cough them up better.

(4) Use a humidifier in the child's room at night. Dry air tends to worsen a cough, and moist helps quieten the cough.

(5) Keep the child away from cigarette smoke. We all know that tobacco smoke aggravates a cough and make coughs last longer.

If the child's congestion worsens after being on antibiotics for 48 hours, make sure you check with a doctor, he may deserve a re-evaluation.

A Commoner Comments

by Robert Currie Jr.

The Shame of Southern Heritage was Encouraged by Northern Greed

I read another "it's heritage not hate" letter of support for the Confederate "Rebel" flag recently. The writer simply could not understand why desecration (associated with Hitler's Swastika and burning the Symbol of Christianity during hate-crimes with neither protest nor counter demonstration by Southern Heritage advocates) reduced their symbol of heritage to a symbol of hate and disassociated it with the Civil War. But I read some recent news concerning another flag, which disassociates the issue of slavery with the Civil War as well. A re-stored pre-Civil War Flag with the phrase "Millions for defense, not a Cent for Tribute," is now on display in the Confederate Relic Room at the South Carolina State Museum. A "Confederate Relic Room" is definitely the most appropriate location for the display of such a flag, because the phrase actually identifies the real reason for the Civil War!

Alarmed by the "Tariff of Abomination" in 1828, Vice-President John C. Calhoun wrote, and the South Carolina legislature adopted the "South Carolina Exposition and Protest" deeming the tariff unconstitutional and unjust. South Carolina threatened to secede, causing the "Nullification Crisis." Some thirty years later, South Carolina saw the "handwriting on the wall," and did secede before the absurd Morrill Tariff Act of 1861 was even passed. After all, the tariffs of that day were designed to force the South to sell its cotton to northern manufactures at deflated prices, which simultaneously threw the nation's tax burden on the South!

Now am I just "whistling Dixie?" (Pardon the pun.) Ask yourselves-when the South realized European nations would pay more for southern cotton, and sell manufactured goods to southerners for less, did the northern army raid southern plantations, liberate Negro slaves, and escort them to the north? Or blockade southern harbors from Virginia, all the way around Florida to Texas, attempting to eliminate all southern trade with Europe? You see, European nations had abolished slavery, but European industrialists, who supposedly were willing to go to war in order to free the southern slaves, actually wanted those slaves in the southern cotton fields just as much as the southern planters did! And northern cotton mill laborers wanted southern slaves producing job security in the South, rather than competing with them for jobs in the North!

The politically motivated Emancipation Proclamation, designed to eliminate foreign intervention on behalf of the South, freed only the slaves in the South. The Underground Railroad stopped at the Canadian border-not the Mason-Dixon line! Fugitive slave laws were enforced in the North! For the sociopolitical effect, slave owners in the District of Columbia were monetarily compensated for freeing their slaves, but after the war started. The northern border states were allowed to practice slavery until the Thirteenth Amendment was passed-eight months after the war ended! A profound study of our nation's history proves that the Civil War was not about "cotton-raising slaves," but "slave raised cotton!"

President Lincoln went down in history as the "Great Emancipator," when restoration of the Union, not abolition, was his self-admitted primary goal. The real "Great Emancipator" sacrificed his life over a century later attempting to abolish "redefined" slavery in the Civil Rights Movement. After all, didn't hid immortal "I Have a Dream" speech end with the words-"Free at Last?" Well, free from what? Erroneous verbal history's watered down, sugar-coated account of our nation's Civil War paints a picture of a benevolent North invading a cruel South to free Negro slaves. But since the Revolution was over, does the phrase on an 1833 flag on display in the Confederate Relic Room at

South Carolina's State Museum expose "unjust tribute" as the real reason? Think about it, please!



Megan Scott shown left accepts gift from Patricia Locklear.

First LRDA scholarship recipient named

PEMBROKE, N.C.-Megan Scott, a senior education major at Pembroke has been named the first recipient of LRDA's Early Childhood Education Endowed Scholarship. Scott, who is in Birth to Kindergarten Program, will receive \$500 to offset costs of tuition at UNCP. A Pembroke native, she is doing student teaching in the fall semester and will graduate Magna Cum Laude with a 3.83 GPA in December. Recently, Scott got to meet members of the LRDA Child Services Program, who funded the scholarship. Patricia Locklear is the Director of LRDA's three Head Start centers in the county. "We want to focus on helping children in any way we can, and having a scholarship for students in early childhood programs has been a dream of ours for many years," Locklear said. LRDA (Lumbee Regional Development Association) created a permanent endowed scholarship with a \$5,000 donation

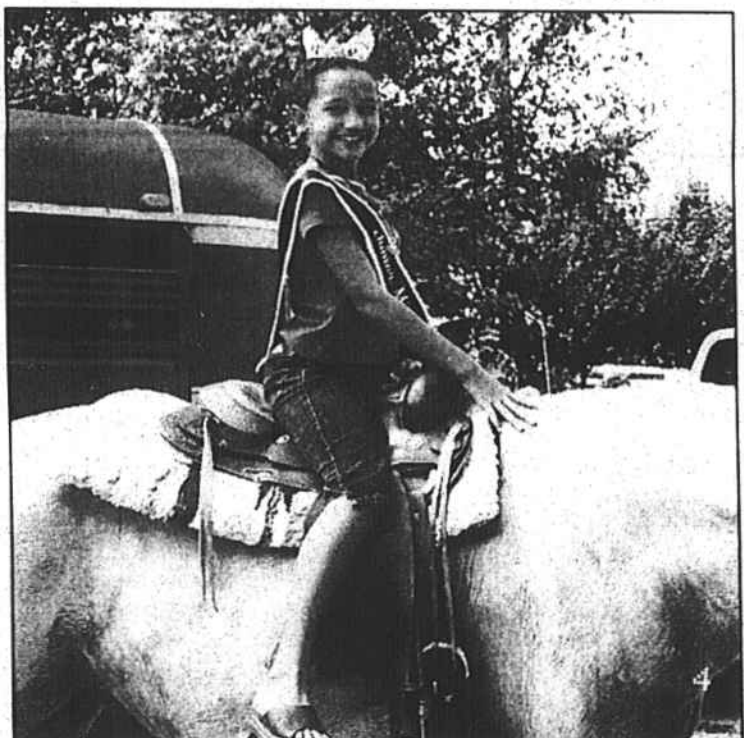
in 2002. They plan to continue contributing to the endowment, Locklear said. "To raise money, we've had yard sales and plate sales, and we are having a raffle right now," Locklear said. Scott said the scholarship has been very helpful. "I was able to pay all my tuition this summer with the scholarship," she said. "It really helps, and I appreciate it." Scott is the daughter of Renferd and Andrena Scott of Pembroke. She attended Purnell Swett High School.

LRDA is a non-profit organization whose mission is to improve the quality of life for members of the Lumbee Tribe. The LRDA scholarship will be awarded annually.

Free photography Contest open to Pembroke residents

Owings Mills, MD-The Children, Sports, Nature, Action, International Library of Humor, Portraiture or OTHER. Photographs based on the theme of "The Photo must be a color or black-and-white print (unmounted), 8X10 or smaller. All entries must include the photographer's name and address on the back, as well as the category and the title of the photo. Photographs should be sent to: The International Library of Photography, Suite 101-2618, 3600 Crondall Lane, Owings, MD21117. Entries must be post marked by March 1, 2004. You may also submit your photo directly online www.picture.com

To enter, send ONE photograph in ONLY ONE of the following categories: People, Travel, Pets,



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