



Ricky Massey  
...Top scout

## Scouting Stresses

### More Involvement

By Dianne Simpson  
Post Staff Writer

A few black scouting troops of the Charlotte-Mecklenburg County area sponsored a musical program recently featuring the choirs from the sponsoring churches. This program was held at the Friendship Baptist Church, and was conducted under the theme of "Black Scouts Aiming for the Future."

In opening the program, scouts from all the troops sang a song, then sponsored church choirs rendered musical selections. Ricky Massey, who is presently involved in training and guiding den chiefs, was recognized by Rev. Paul W. Drummond of the St. Paul Baptist Church. Lonnie Graves, scoutmaster of Troop 25 from St. Paul Baptist Church, gave a speech on what scouting is all about.

In a later conversation with Graves he commented that the purpose of the church program and various other programs sponsored is to try to promote scouting in the community. He pointed out that there seems to be a lack of interest in scouting. Many scouting troops in the Charlotte-Mecklenburg County area are no longer in existence and some are inactive. "Thus," Graves states, "the troops that are very active in the Charlotte-Mecklenburg area are Troops 25 of The St. Paul Baptist Church, 73-Mt. Moriah Primitive Baptist Church, 63-Friendship Baptist Church, 71-Little Rock AME Zion Church, 127-Memorial United Presbyterian Church, 131-Rockwell AME Zion Church, 137-Greater Bethel AME Church, 189-Dalton

### "Operation Santa Claus" Scheduled

The Mental Health Association of Mecklenburg County and The Mecklenburg Association for Retarded Citizens are sponsoring a program called "OPERATION SANTA CLAUS" for the 10th year. The project is designed to provide gifts for residents of mental health centers throughout the state.

"OPERATION SANTA CLAUS" is a community project involving churches, merchants, schools, civic groups, and individuals. Last year alone, more than 25,000 gifts

Village Community and 62-First Baptist Church."

He pointed out that within the last 25 years the local troops have produced only 2 black Eagle Scouts, whereas he claims that 2 are produced almost every week by the whites. Thus he proudly acknowledges Ricky Massey as being a black Eagle Scout.

Massey, who has worked in the scouting area for 10 years first started out as a cub scout with Troop 25 where he received the Arrow of Light Award, highest award achieved by cub scouts. After joining the boy scouts he became a senior patrol leader, junior assistant scoutmaster (where he received 34 merit badges), and Den Chief of Cub scouts. He once served on the Brown Sea Double.

Graves goes on to stress the need of funds for the scouts. According to Graves, "Funds help with the upgrading and advancement of the scouts." He comments that troops need camping equipment and the need of funds vary according to the size of the troops. He affirms that every year for the past 3 years the active troops have sponsored toys for unfortunate kids. In the past they have issued toys that had already been used, but now Graves hopes that the troops will issue new toys.

Graves is asking that the public join in with the scouts and give support. Those wishing to become scout patrons can contact Lonnie Graves at 374-0657. The Monthly NEWS-LETTER will reveal the scouts' patron list the latter part of December. The fund raising drive continues until December 23.

Subscribe To The Post

## For The Common Cold

# Health Convocation Discusses Folk Medicine In North Carolina

By Carolyn Portier  
Special To The Post

CHAPEL HILL -- John and Hattie Lee have little use for doctors and prescriptions -- they have their own understanding of sickness and their own medicines.

In raising their 14 children, John and Hattie treated the common cold not with a dose of cherry-flavored cough syrup, but mellein or pine needle broth. A cup of either, followed by sarsaparilla tea and a warm bed, is a sure cure for the common cold, says John Lee.

One of a long line of herb healers in the Lee family of Moncure (Chatham County), Lee's knowledge of herbs, which he shared with his wife, is typical of many rural, North Carolinians who rely on home cures and handed-down remedies instead of doctors and patented medicines.

Recognizing the prevalence of traditional or folk medicine

in the state, this year's annual N.C. Health Convocation, being held this week, Dec. 5-6, in Greensboro, includes pro-and-con-discussion on the role consumers play in the health system. On the following day, Dec. 6, John and Hattie Lee will join Dr. John Stanley and Hawk Littlejohn in a presentation on herbs and healers in piedmont, coastal and mountain North Carolina.

Sponsored by the University of North Carolina at Chapel Hill School of Public Health's office of continuing education and the N.C. Health Council, the convocation is designed to bring together consumers and health professionals concerned with bettering the effectiveness of health systems within the state. The two-day meeting is being held at the Greensboro Holiday Inn-Four Seasons.

In their presentation the Lees will discuss the ways they use herbs like hoarhound,

nightshade, rats vein, boneset, dog nettle, rabbit tobacco and sassafras to cure ailments from headaches and rashes to impotency and rheumatism.

Dr. Stanley will discuss some of the bad experiences he has had with patients who regularly use home remedies in the rural, black, eastern Carolina community where he has practiced family medicine for 20 years.

Representing western Carolina will be Littlejohn, a Cherokee Indian medicine man who works with the N.C. Area Health Education Centers program.

Following their presentations will be reactions from health providers Joe Graedon, a Durham pharmacist, Dr. Teresa Graedon, an anthropologist, and Dr. Nancy Mili, associate dean of the UNC-CH School of Nursing.

The Lees in an interview recently said they are strong believers in the curative pow-

ers of the herbs used for generations by the Lee family. They rely on their own teas, poultices, syrups and powders to fix what ails them. After rearing 14 children, only one of which was born in a hospital, Mrs. Lee is proud to say she's seen a doctor only seven times, one of those times being when her youngest broke an arm.

"I often wonder about how healthy my children were when they were growing up," she said, "and I believe the herbs had something to do with it."

Catnip was one of the most used herbs when the Lees' children were babies. "It was good for them," Lee said, "because it made them sleep well and kept them from having colic." He added that catnip also soothes hives and diaper rash.

The tradition of herb healing in the Lee family goes back more than 100 years. Lee's

mother was midwife and healer for both blacks and whites living between Sanford and Pittsboro. She taught John, her youngest child, all she had been taught by her mother about caring for people who had no doctors but great faith in herbs.

"Everybody around here knows some herbs," Lee said, "but I don't know of any others who actually practice using herbs besides us. We use what we talk about. A lot of people know herbs and talk about them but what we know about we have used in our family."

Many of the plants used by the Lees grow by the Deep and Rocky rivers located near their home. Two such plants, the most popular of the folk cure-all herbs, are sassafras and sarsaparilla. People still come to Lee for these roots, commonly taken in a tea-form for arthritis, diabetes, ane-

mia, skin rashes, aches and pains, and impotency.

Other herbs used by the Lees include: boneset for fevers and colds; rabbit tobacco for asthma; dog nettle as a purgative; cherry root as a sedative; and pokk berry for rheumatism.

The juicy, purple berries of the "garden nightshade" plant which the Lees grow in their backyard and use to dry up poison ivy, is different from the poisonous "deadly nightshade" plant. But, as Lee said, "If you know what you're looking for, you know what you're getting."

There are other more hazardous aspects to folk medicine besides picking the wrong herb, according to Dr. Stanley. The family practitioner has seen another side of the use of home remedies and herbs: the mental and physical side effects of what can be very powerful drugs.

**ADVERTISED ITEM POLICY** Each of these advertised items is required to be readily available for sale at or below the advertised price in each A&P Store, except as specifically noted in this ad.

# GREAT A&P QUALITY AT GREAT PRICES!

PRICES EFFECTIVE THRU SAT., DEC. 10 AT A&P IN CHARLOTTE

**\$1000 cash bonanza**

**WIN UP TO \$1000 CASH**

**\$500,000 IN CASH PRIZES!**

**213,580 CASH PRIZES WINNERS**

**6 GREAT GAMES TO PLAY!**

A&P is a butcher shop

A&P QUALITY HEAVY WESTERN GRAIN FED BEEF

**BONELESS SIRLOIN**

WHOLE (9-13 LB. AVG.)

**\$1.59**

CUT FREE INTO BONELESS SIRLOIN STEAKS!

**R.C. COLA**

OR DIET RITE COLA

**4 BOTTLES 99¢**

OFFER GOOD ONLY IN CHARLOTTE

**ANDRE CHAMPAGNE**

OR COLD DUCK

**\$1.99**

OFFER GOOD ONLY IN CHARLOTTE

A&P picks the best groceries

**TIDE**

LAUNDRY DETERGENT

LIMIT TWO WITH COUPON BELOW AND ADDITIONAL 7.99 ORDER

**88¢**

**DUNCAN HINES CAKE MIXES**

• WHITE • YELLOW • DEVIL'S FOOD • BUTTER • LEMON

LIMIT TWO WITH COUPON BELOW AND ADDITIONAL 7.99 ORDER

**2 \$1.00**

A&P picks the best Frozen Food

A&P QUALITY

**LOOK-FIT ICE MILK**

1/2 GAL. CTN.

**79¢**

A&P picks the best baked goods

**PEPPERONI PIZZA**

EACH PKG.

**79¢**

**JANE PARKER 100% WHOLE WHEAT BREAD**

16 OZ. LOAF

**39¢**

**DUNCAN HINES CAKE MIXES**

SAVE 30¢

**2 \$1.00**

**TIDE LAUNDRY DETERGENT**

SAVE 51¢

**88¢**

**EIGHT O'CLOCK INSTANT COFFEE**

SAVE 40¢

**\$4.29**

A&P is a butcher shop

A&P QUALITY HEAVY WESTERN GRAIN FED BEEF

**CHUCK ROAST**

BLADE CUT

**59¢**

CHUCK STEAKS LB. 69¢

A&P picks the best produce

GOLDEN YELLOW DOLE

**BANANAS**

Dole BANANAS

**18¢**

A&P picks the best dairy products

**FLAKY BISCUITS**

**3 \$1.00**

**GREEN CABBAGE**

FRESH TENDER

LB. **18¢**

A&P country farm pork shop

**BAKING HENS**

4 TO 7 LB. AVERAGE

**59¢**

**SMOKED PICNIC**

WHOLE ONLY OR FRESH PICNICS

**69¢**

A&P picks the best canned fruits

**PORK CHOPS**

FRESH PORK

LB. **\$1.09**

**SPARE RIBS**

SMITHFIELD BRAND

LB. **99¢**

A&P picks the best canned fruits

MARVEL YELLOW CLING SLICED PEACHES

**2 88¢**

**At Hair Original**

**Every Dollar Spent**

**On Your Hair Care**

**Goes Toward The**

**Purchase Of Your**

**Christmas Gifts.**

**Cuddle Up to Those Savings!**

**JEWELRY**

**TOILETRIES**

**WIGS**

**POCKETBOOKS**

**SKIN CARE PRODUCTS**

**SUPER LINE OF HAIR FASHION COMBS**

Come In And Let LIZ TYLER Give You A New Look For The Holidays.

**Hair Original Beauty Boutique**

2523 N. Graham St. 333-2721