

## Paulings Recognized By Family Task Force

By LORA VANDERHALL  
Lifestyles Editor

Building on the Strengths of the Family task force aims to recognize the achievements and positive aspects of black family life.

Nominations for outstanding families are being accepted through March 15.

The task force will sponsor a one day seminar on April 22 for adults and children on various aspects of the family unit.

The committee is looking for families that can serve as role models.

Nominations can be based on outstanding community service, overcoming hardships as a family unit, fostering education and values or families who have successfully reared and educated the most children.

The Pauling family of 229 Jones Street, has been nominated as a role model family.

They have a fairly ordinary family life but they have also overcome some of the barriers of poverty.

Clifford Pauling is a native of Orangeburg, S. C. and he was faced with many challenges as a boy.

"My mother died when I was six years old and my grandmother raised me and my eight brothers and sisters. She raised 15 children altogether," said Clifford.

He left home at age 18 and moved to Columbia and then to Charlotte in 1945. He was also in the Army for two years.

Lucina Pauling is a native of Bamberg, S. C. and she comes from a family of six. She and Clifford got married in 1953.

"When we first got married we lived in a shotgun house," said Clifford.

The Paulings raised their seven children in Fairview Homes, a public housing project, and they were able to keep them out of trouble.

The children are: Curley Nimmons, Lula Pauling Sherrill, Brenda Pauling Palmer, Clifford, Christopher, Phyllis and Tracy Pauling.

"We really never had a lot of problems with the children," said Clifford. "We always knew where they were and when night came I made them come in the house."



Members of the Pauling family pictured (l-r back row): Lula Sherrill, Curley Nimmons, Catherine Nimmons, Clifford Pauling, Jr., Phyllis Pauling, Tracy Pauling, (front row) Clifford and Lucina Pauling.

James Pauling, Brenda Pauling Palmer, (inset) Christopher and Wyvonne Pauling, Marian Pauling and Sheila Fleming.

Lucina didn't work when the children were small and she was able to give them a lot of attention.

"When they were small I didn't go very much besides going to church," she said. "But when they were older I worked...at one time I was working two jobs."

Lucina worked for Wesley's Nursing Home for 16 years.

Clifford worked for the Charlotte-Mecklenburg School System as a janitor for 23 years.

"I would also work a lot of odd jobs," said Clifford. "I would

clean peoples houses and yards to help make ends meet."

All of the Pauling children worked part-time jobs to contribute to the family's income. They did anything from throwing newspapers to caddying on the golf course.

In 1973, the family moved out of Fairview Homes into a new home.

"When we moved out of Fairview Homes it was just starting to get rough," said Clifford.

"We bought our land and had Jim Walter's Home Builders put

up the frame to the house and me and my brothers finished it."

Today, the Paulings are entering retirement. Lucina Pauling has kidney disease and she's been on nightly dialysis for the past four years.

The Pauling household is still very active with some of the 16 grandchildren, including two sets of twins, darting in and out.

"My father was a twin," Clifford added.

The oldest son, Curley, 39, and his wife Catherine have three

children: Christina, 11, Chevonna 9, and Cirsten, 5.

Curley is employed by the Air National Guard and Catherine is employed by Presbyterian Hospital.

Clifford, 34, and his wife, Marian have four children: Tonya 5, Tarian 3, Courtney, 1, Corliss, 1.

Clifford is employed at Southern Aluminum Finishing.

Brenda, 33, and her husband Benjamin, of Hemingway, S. C., have three children: Beverly, 6, Dena, 4, LaToya, 2.

Brenda works for Georgetown

Memorial Hospital and her husband Benjamin is employed by R. B. Pond Construction.

Lula, 31, and her husband Fred have three children: James, 15, Charlene, 5, and Roshannona, 3.

Lula is a fast food manager. Christopher, 28 and his wife, Wyvonne have three children: Tiffany, 2, Christopher and Christian, 5 months.

Christopher is employed by Eartha Grain Bakery and Wyvonne is employed by Greyhound.

Phyllis, 27, is employed by Wachovia National Bank.

The youngest child, Tracy, 26, lives in Durham and she is employed by the Durham Housing Authority.

The Pauling's also have a God-child, Sheila Fleming.

The majority of the family members are members of Second Calvary Baptist Church, where they participate in a variety of auxiliaries.

If you know of an outstanding family call the Charlotte-Mecklenburg Urban League at 376-9834 for nomination forms or coordinator Queen Thompson at 563-7360.

### Nominate An Outstanding Black Family

The task force on "Building the Strengths of the Family" is now accepting nominations for outstanding families in Charlotte-Mecklenburg. The committee is looking for families who can serve as role models. The selections will be based on the following criteria: families that have successfully reared and educated the most children, couples who have been married the longest, families that have weathered severe adversities and have remained committed to each other, the families that have contributed to not only promote individuals within their own families, but have contributed to the success of other families as well.

For further information about the seminar or the Outstanding Families Awards Program, contact Queen Thompson, task force coordinator, 563-7360.

### AIDS Researcher To Speak

CHARLOTTE - One of America's leading researchers on the psychological implications of AIDS will be the featured speaker for "The Faces of AIDS," a one-day conference to be held here on March 20. Walter F. Batchelor, currently a Health Policy Fellow at Boston University, will make the keynote speech to the conference which targets mental health professionals, clergy and others providing psychological support to people impacted by AIDS. The conference is being sponsored by UNC-Charlotte and the Metrolina AIDS Project.

In addition to Mr. Batchelor's address, the conference will offer concurrent workshops that include such topics as dealing with grief, AIDS and adolescence, pastoral care, and addictions and AIDS. Conference hours are 9 a.m. - to 5 p.m. on March 20. All sessions will be held at the Cone Center on the UNCC campus.

Beginning his work in the early days of the AIDS epidemic, Mr. Batchelor has been a pioneer researcher into the psychological aspects of AIDS; he recently edited a special issue of "American Psychologist" entirely devoted to the subject of AIDS. Dr. Bob Barrett, a psychologist, member of the UNCC Human Services Department and conference organizer, says, "Because relatively little medical treatment for AIDS is available, the psychological impact of the disease is severe. Predictions for AIDS infection rates indicate that within the next two years, we will need a significant increase in the number of mental health professionals who are trained to provide services to people affected by AIDS. The nature of the work requires the counselor to become involved in a much more active way in the client's life."

For more information, contact the Metrolina AIDS Project, 333-AIDS.

### INTERVIEW

## Nurse McLurkin Speaks On Health Issues

By LORA VANDERHALL  
Lifestyles Editor

Pauline McLurkin was recently named Mecklenburg County Employee of the Year by the Charlotte Chamber of Commerce. McLurkin has been a nurse with Mecklenburg County for the past 31 years. She also worked for the N. C. State Division of Venereal Disease Control for three years in the late 1940's.

McLurkin has a keen knowledge of the health problems which face black Americans. For the past eight years she has been a county field nurse, visiting the homes of low income families.

In this exclusive interview with The Charlotte Post, McLurkin speaks on some of the problems that are prevalent in the black community.

C. P. : What are some of the health myths and misconceptions that exist in the black community?

MCLURKIN: In some of my home visits to expecting mothers there is still a lot of misinformation. They think that they can do without prenatal care and that's just not true. I try to educate them on the proper way to take care of themselves and their babies.

Proper nutrition is also a problem. Sometime the mothers try to put their babies on solid food too soon. They believe that a fat baby is a healthy baby.

Another misconception concerns high blood pressure. Some people believe that once they feel better they can stop taking the medication...and that is simply not true. Once you start the medication it should be taken as prescribed. Some of us still try to use home remedies such as epsom salt, garlic or vinegar instead of the prescribed medication and these things usually have a high con-



McLurkin

tent of salt in them.

We should always watch what we eat so that we do not consume too much red meat, pork and saturated fats. Changing our eating habits is not that hard to do.

We also do not have regular physicals... and we should. Physicals should be done on a regular basis whether or not we are feeling bad or not.

The majority of the patients I see are on Medicaid or Medicare and they can get physicals for free or practically free but they just won't go and have them done.

Some of the mothers who have nutritional deficiencies are put

on the WIC (Women Infants and Children) program to help supplement their dietary needs.

C. P. : What can be done to combat these myths?

MCLURKIN: We have to learn to utilize our health department services. We have nutritionists, doctors, nurses and health educators available to serve the community. There are a lot of handouts and pamphlet available.

C. P. : Is there adequate cancer awareness in the black community?

MCLURKIN: We need to be much more aware of the problem. At the first sign of something wrong we should have it

"...statistics are alarming in the black community and it is reported that blacks are exposed to the virus through drug use more so than whites."

checked out. There are several clinics available for cancer screenings. Early detection is vital.

C. P. : What are some of the reasons for the shortage of nurses throughout the country?

MCLURKIN: Long hours, not enough pay, stress, not enough adequate day care and sometimes the location of the hospital is a problem. The shortage of nurses is not only in the hospitals, but its in the clinics and schools as well. I'm a charter member of Chi Eta Phi Sorority, an international nonprofit service organization of registered nurses, whose purpose is to recruit more nurses. We also sponsor health fairs and clinics.

C. P. : In all of your 34 years as a nurse, have you ever seen anything like the AIDS virus/disease?

MCLURKIN: I have never seen anything like it. The statistics are alarming in the black community and it is reported that blacks are exposed to the virus through drug use more so than whites. A lot of research is being done...but I just don't know. I feel that they will probably find a treatment for it within the next few years, but I can't really say.

C. P. : Have you seen an increase in those with the AIDS virus over the past year?

MCLURKIN: I've seen an increase within the past six months. I believe a major cause

for the increase is poor management of sexual urges. We tell our teenagers to say no to sex and drugs but we sometimes forget to tell them why they should say no. Protection, the threat of disease and unwanted pregnancy should be discussed as major reasons.

C. P. : What can be done to combat the problem of teenage pregnancies?

MCLURKIN: Sex education should be taught in the home because it cannot be properly taught in the schools. Children need special attention from their parents because the decisions they make can shape the rest of their lives. Raising a child is an enormous responsibility. There are a lot of grandmothers raising their grandchildren but a child needs the love and attention of its parents. Love is no good unless you give it away. Children need to be stimulated so that they will be encouraged to strive.

C. P. : Are there adequate resources for the elderly?

MCLURKIN: There is a lack in communications about what is available. Some of the younger people in a family should take an active interest in the well being of an elderly family member and find sources that will help them. Sometimes we find out too late.

C. P. : What can be done to strengthen the black family?

MCLURKIN: We don't spend enough quality time with our families. We have to start doing more constructive things together...if its nothing but having a family picnic. Its important to talk with family members and set realistic goals so that we will have something constructive to think about and work toward. If we work toward having a stronger family unit, I believe that will combat a lot of the problems that exist in our society.