

Opinion

The fabric of Bertie County since 1832

LETTER TO THE EDITOR

Celebrating lupus day...

To the Editor:

May 10th was considered World Global Lupus Day. May is awareness month, purple is the chosen color and butterfly is the symbol for Lupus.

Every Friday in May we ask supporters to put on purple colors, hang ribbons and wreaths. Many people are not aware of the Lupus disease or the effects it has on patients.

There are several people in the Bertie-Hertford area whom has Lupus. Statistic states 5 million throughout the world have Lupus and mostly women with 16,000 reported new cases each year.

I'm Jackie Lyons-White and I'm a Lupus Warrior.

In March of 2006 my life changed when I was told by my medical doctor that I had been diagnosed with Lupus.

Sitting there in the doctor office that day I was shocked. All I could think about was bad things, that my life was over and I couldn't do anymore activities.

The devil just immediately took over and I lost focus on my Lord and Savior Jesus Christ and the fact God is able to do things exceedingly and abundantly above what doctors or man says. I left the doctor office distraught in tears.

As soon as I got home I continued to pray to God and I began to research about Lupus.

Today I have overcome all fear and doubts. Through prayers and the grace of God this year is my 11th year battling Lupus.

I've been through some changes, severe pains, and 4 surgeries.

I'm very active in the community and support our nonprofit educational and community organization BACA. I'm in the process of opening a Cafe' business in the Bertie community of Aulander, NC by July 2017 as part of the USDA Incubator Program to revitalize the town.

Lupus is an autoimmune disease and Lupus flares or happens when the patient immune system attacks its own tissues called autoantibodies causing inflammation, swelling, joint pain, and organ damage.

Lupus diagnosis or symptoms include fatigue, butterfly rash, joint pain, difficult to walking, fever, shortness of breath, weight gain, and a lupus skin rash or discords of the skin.

Lupus patients should avoid direct sunlight for it causes flares, joint pains and organ failure. Lupus is not contagious, you can't catch it from just being around patients, eating or drinking with or behind them or from a sneeze.

Lupus is genetic from somewhere in your family genes. Genetic testing showed I inherited the Lupus from my paternal side of the family. Lupus is in relation to rheumatology and my father's family had strong genes with arthritis or rheumatology.

Although there's no medical cure for Lupus, there are treatments, medications and lifestyle changes that can help Lupus patients manage the symptoms.

Most Lupus patients doesn't look sick from the eye point of view. Lupus patients suffers internal and hurts on a daily basis.

You can find more detail info about Lupus at the Lupus Foundation of America website lupus.org.

LETTERS TO THE EDITOR

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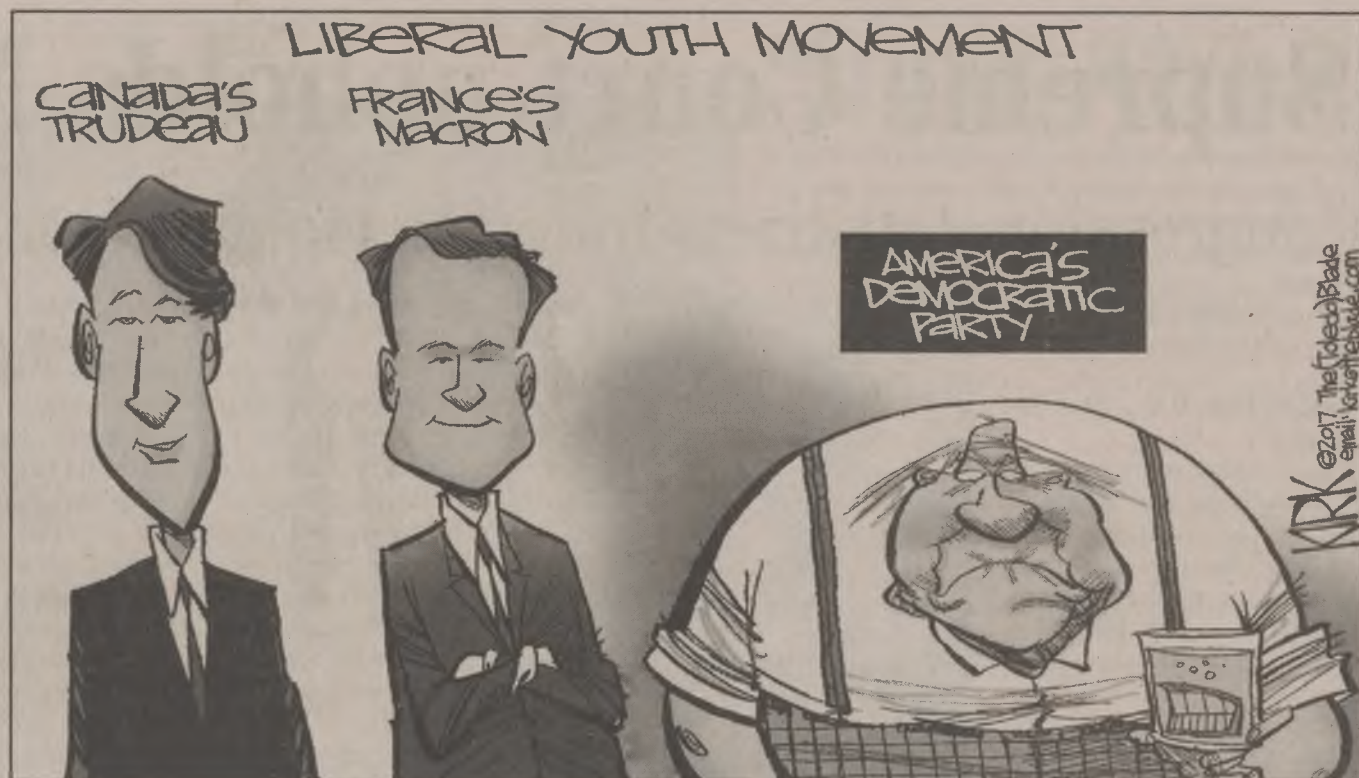
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Bertie Ledger-Advance

The fabric of Bertie County since 1832

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SMALL TOWN GIRL

The last of the first...

It only requires one glimpse of the white dress, the small red gown or the red cap and 2017 tassel hanging on my closet door to bring a tear to my eye.

This week I will be celebrating what I call "the last of the first."

My youngest daughter, Cheyenne Grace, will be graduating from kindergarten on Thursday night.

She will be the last of my four children take a seat on stage, show what she has learned throughout the school year and receive her diploma.

I cannot imagine the emotions I will feel when students walk across the stage for their high school or even college graduation.

Cheyenne Grace will be the last to graduate from kindergarten, which means the events will just continue to get bigger.

Before I know it, I will have children getting driver's licenses, going to prom, graduating from high school and the list goes on and on.

The moment that always hits me the hardest is when the school plays a slideshow of the school year, and I see pictures of how the children have grown.

I guess I always feel guilty be-

"She will always be the baby."

-LESLIE BEACHBOARD



cause I was not there for all of the special moments.

When Cheyenne Grace walks down the isle to take her seat, I will envision her as the little girl she is, but my mind will fast-forward to the future and see her at her high school graduation.

I have done this at each of their graduations.

So while this graduation will be about the accomplishments each student has made and a show of songs and poems learned throughout the year, I think it prepares me for the bigger one down the road.

I remember at Rebecca's graduation, I didn't cry until the end when she received her diploma and the slideshow was presented.

But now knowing that this event signifies that kindergarten is over, and for the next 12 years most of their time belongs to something school related, I feel their tiny

fingers are slowly letting go of my hand.

After the 12 years, each of them will walk across the stage again as high school graduates and be off to college.

While I love watching each of my four children grow up, I have to be honest. This time, with Cheyenne Grace, it hurts a little more.

The reason for my tears is because she is the baby. She is the youngest and she will always be the last of the first.

She was the last pink bow on the mailbox, the last of the first steps and words, the last to start school and will be the last to graduate.

But at the same time, I am dancing with a little joy because I have survived bottles, diapers, potty training, car seats and all the accessories that come along with having a baby.

So after graduation, I plan on eating a big pack of Oreos with the children while we watch cartoons.

To them it may not be anything major, but to me it eventually will be another last of a first.

Leslie Beachboard is a Staff Writer for the Martin County Enterprise & Weekly Herald. She can be reached via email at lbeachboard@ncweeklies.com.

AROUND HERE

The impact...

The reporting of sports news in this newspaper can result in long hours in the gym, at the track, on the field or at the ballpark.

Sports reporters and sports editors not only attend athletic events and to document successes through words and pictures, but they must also choose photos to go with the stories they write.

Usually, all of this frenzied activity occurs while on deadline.

I decided I was going to go into community newspaper journalism when I was still in high school at Hargrave Military Academy.

I was an athlete, and it was disheartening when our team's results were not reported in the local newspaper.

I made the decision then and there that I wanted to do something for the communities I worked in. I was good at writing, so I chose journalism.

Recently it was reported that newspaper journalism was the worst job.

Well, if you factor in the long hours, or the fear that newspapers are a dying medium, or that you often hear more complaints than compliments, then I guess for some people, it is the worst job.

Not for me.

Oh sure, I have had my fair share

"I'm just trying to do my part in my little corner of the world."

-JIM GREEN



of long hours and complaints over the years.

I have had coaches who have given me every excuse imaginable when I ask for information, and even some have bluntly told me they are too busy and don't have the time, or don't care to make the time, to send me information.

I do not sit on the top of some mountain judging anyone for their feelings about newspapers, even if those feelings are negative.

I just want to publicize our athletes in the best way I can. To do that, I need help.

There have been far too many times when I made a stupid mistake, and usually they were because I wasn't thorough enough.

I have thought about quitting many times - just go do something else. Never was that more apparent than in 2012, when I was laid off after more than 25 years in this business.

During that time, I realized that

I loved being around athletes and coaches too much to be away from them.

That, and the fact that this is the only thing I am good at (though some readers will disagree).

This spring, I have had several athletes and their parents tell me what an impact I have made on their child's life. It's happened often, ever since I returned to this area in 2013.

Actually, it is I who should be thanking you athletes and parents.

I am fortunate to have met, and covered, some amazing young men and women over the years.

When a parent says that her child thinks highly of me, or that I have made them feel special, or readers commend my coverage, it warms my heart to know that my doing this job to the best of my ability means something to people.

I'm just trying to do my part in my little corner of the world.

I don't know how much I have touched your lives, but you can be sure that all of you have touched mine.

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