

## LRDA IN ACTION

by Garry Lewis Barton  
LRDA Public Relations  
Officer



Arnold Richardson (left), a Haliwa-Saponi Indian from Hollister, N.C., was guest speaker at the Monday, Nov. 29th LRDA staff meeting. He was accompanied by Steve Blake, a Chippewa Indian who works with Richardson at Robeson Technical College. Richardson and Blake are artists and participants in the Visiting Arts Program which is sponsored by the N.C. State Arts Council and the Department of Cultural Resources. Richardson specializes in sculpture, each of his works depicting some type of Indian legend. North Carolina is the only state to have a program like the Visiting Artists Program where the artists literally "visits" an area and is

free to come out to schools, clubs, organizations, etc. to conduct one-day workshops in their particular field. There are musicians, artists, actors, writers, poets, -- practically any type artist imaginable--available through the Visiting Arts Program.

Richardson and Blake have a studio set up at Mobile Trailer M-1 on the Robeson Technical College campus. You can contact them by calling Robeson Tech and asking for them by name.

Both are traditionalists who are interested in regaining lost Native American culture. As Blake put it: "If we lose our culture, we lose our identity."  
[Garry Barton Photo]

## COOKING CORNER

**DELUXE PINEAPPLE-RUM SAUCE**

You'll want to make more than one batch of this mellow-tasting sauce for the holidays. Amber colored and thick with juicy nuggets of pineapple, the rum taste is subtle.

Drizzle a little over ice cream, or cake... or gift wrap a jar for a friend!

**DELUXE PINEAPPLE-RUM SAUCE**

2 tablespoons butter  
1/2 cup packed light brown sugar  
Dash ground cinnamon  
1 can (8-1/4 oz.) Dole Crushed Pineapple in Syrup  
1 tablespoon lemon juice  
3 tablespoons dark rum

Heat butter and brown sugar together in 9-inch skillet until sugar is melted and lightly caramelized. Remove from heat. Stir in cinnamon, undrained pineapple, lemon juice and 2 tablespoons rum. Heat to simmering. Cook, stirring frequently, until slightly thickened, 5 to 10 minutes. Add remaining tablespoon rum and simmer a minute longer. Serve warm or cold. Makes about 1-1/4 cups sauce.

**LRDA'S CFNP PROJECT INITIATE FUND RAISING DRIVE**

With an eye toward eventually expanding the Pembroke Food Co-op located at Revels Motel Complex, LRDA's Community Food and Nutrition Project (CFNP) has come up with a novel approach. Any participant of LRDA's two food co-ops (the other is located in Lumberton) who shops at Food Town Food Store (in Lumberton or Red Springs) can assist CFNP in their fund-raising endeavors. All you need do is sign the back of your cash receipt from Food Town and bring it by CFNP's office at Revels Motel Complex in Pembroke. Each Food Co-op participant is allowed to bring by two cash receipts, so you can bring a friend or neighbor with you to shop at Food Town. If you do this, Food Town Food Stores will give LRDA's Food Co-ops 5% of the total money spent by Food Co-op participants at their store from December 6, 7 and 8, 1982. Remember, each participant is allowed to use two cash receipts for either of the three days (Dec. 6, 7 & 8). So bring a friend or neighbor with you! Then just sign your receipt and bring it by either of the two food co-ops. You will be helping the food co-ops help you.

## LRDA BOARD PROTESTS ADULT VIDEO GAME

At their monthly meeting, the Lumbee Regional Development Association, Inc. Board of Directors adopted a resolution of protest of the manufacture of a new adult video game. The video game, "Custer's Revenge," depicts the raping of an Indian woman by a Caucasian man. "Custer's Revenge" is manufactured by American Multiple Industries of Northridge, California and is distributed by Mahoney Wasserman and Associates of New York.

American Indians view this exploitation of American Indian women as a blatant and disgraceful attack on the dignity and integrity of Native Americans and a demeaning portrayal of American Indian women by the promotion and modeling of violence and defamation of Indian women by rewarding such action.

The following is a resolution adopted by the Board of Directors which has been forwarded to the above industries and distributors. LRDA also encourages local distributors of video games to avoid procurement of "Custer's Revenge" for distribution in North Carolina.

"WHEREAS, American Multiple Industries of California has manufactured a video game entitled 'Custer's Revenge'; and,

"WHEREAS, said video game is blatantly racist and vilely sexist with objective of said game being sexual assault committed upon the body of a tied and bound nude American Indian woman by an Army trooper; and

"WHEREAS, said American Multiple Industries, through its president, Stuart Kesten, has announced plans to flood the Christmas sales market with home cassette units of "Custer's Revenge," marketing under brand name of Mystique Retailing; and

"WHEREAS, Lumbee Regional Development Association, Inc., an Indian agency serving 40,000 Lumbee Indians in Eastern North Carolina, deprecates the rank racist, sexist and sadistic expression depicted in said product; and

"WHEREAS, Lumbee Regional Development Association, Inc., further strenuously objects to manufacture and marketing of "Custer's Revenge" which symbolizes depraved exploitations of American Indian womanhood specifically, and debased violence against women generally;

"THEREFORE, BE IT RESOLVED that Lumbee Regional Development Association, Inc. denounces production, distribution and marketing of "Custer's Revenge" and calls upon Stuart Kesten, President, American Multiple Industries, to recall said product forthwith.

"ADOPTED this 29th day of November, 1982."

The resolution is signed by Adolph L. Dial, Chairman, LRDA Board of Directors, and Mary L. Locklear, Secretary.

## ADULT EDUCATION STUDENTS TOUR OLD MAIN

The Lumbee Indian Adult Education Project (LIAEP), a component of Lumbee Regional Development Association (LRDA), hosted a tour for the Adult Education students on Oct. 21 of Old Main located on the campus of PSU.

Adult Education classes are held at night so the tour was conducted at night. Linda Oxendine, Curator for the museum, welcomed the students and showed them two films on Lumbee history developed by Indian Education, Title IV Part A. Ms. Oxendine entertained questions after films and then allowed the students to browse freely in the museum.

## STILL ACCEPTING LOW INCOME ENERGY ASSISTANCE APPLICATIONS

According to Bobbie Oxendine, Director of LRDA's Low Income Energy Assistance Program, applications are still being accepted from low income families needing help paying their heating bill this winter. Applications for the one-time payment which will be received in February, 1983, will be accepted until December 10, 1982. The amount of the one-time payment will be contingent upon such factors as the size of the family, heating cost for the month of October, type fuel used, etc.

For more information call 521-9703 and ask for any member of the Low Income Energy Assistance Program staff.

## CLASSES IN ADULT BASIC EDUCATION AVAILABLE FREE OF CHARGE

LRDA offers classes every Tuesday and Thursday night, from 7-10 p.m., in Adult Basic Education. The classes are offered through the auspices of LRDA's Lumbee Adult Education Project, and are open to anyone 16 years and older who wishes to further his education.

Curriculum consists of reading, writing and math. The instructor also will work with you if you wish to obtain your GED (General Equivalency Diploma), the equivalent of a high school diploma. Services are free of charge and transportation is available upon request.

Classes are held at three LRDA-sponsored developmental learning centers located at: Smyrna Baptist Church in Lumberton, Evans Crossing Fire Dept. in Maxton and the Rex-Rennett Day Care/Community Building in Shannott.

Call 521-9703 for more information.

## DICKEN'S CHRISTMAS CAROL TO BE PRESENTED

Students of LRDA's Lumbee River Native American Center for the Arts will be presenting Dicken's Christmas Carol, December 16, 1982, in the spacious and beautiful Performing Arts Center on the PSU campus. There will be two performances that day; one at 10 a.m. and the other at 8 p.m.

Also, according to Janie Maynor Locklear, Director of LRDA's Center for the Arts, there will be a Parent Meeting at the Center for the Arts building (the old Annex building) Monday, Dec. 6, at 7 p.m.

See you there!

## ENROLL IN THE LUMBEE TRIBE TODAY!

Don't forget: LRDA's Lumbee Enrollment Project is nearing the 10,000 mark in their Lumbee Indian enrollment drive. If you haven't enrolled yet, it would behoove you to do so today because you could very well be a lucky winner. According to Ed Chavis, Director of LRDA's Lumbee Enrollment Project, the 10,000th Lumbee Indian to enroll in the Tribe will win a free one-year subscription to the Carolina Indian Voice weekly newspaper. The lucky Lumbee will also receive county-wide media coverage.

The last count I received, there were somewhere in the neighborhood of 9,800 Lumbee Indians enrolled. So, you need to call 521-8602 today. Ask for anyone in the Lumbee Enrollment Project. They will assist you in the simple enrollment process. If need be, someone can come out to your home.

So call today! You could be the lucky winner!

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## PEMBROKE STATE SPORTS

By Gary Splitter  
Sports Information Director



PSU's Barbara Green has led the PSU Lady Braves to a perfect 2-0 Carolinas Conference start. They play at home Thursday (7 p.m.) and Saturday [6 p.m.] this week.

Wrestlers with good records include 150-pounder Alan Davis is 10-0, Heavyweight Derek Edmonds is 9-3, 126-pounder Pat Johnson is 10-2, 158-pounder Scott Shelton is 10-4, and 126-pounder Damon Tobin is 7-3.

The grapplers will wrestle at home on Monday night at 7 p.m. against Hiram College of Ohio. Come out to Jones P.E. Center and see PSU wrestling on Monday. There is no admission charge.

## JOIN THE BRAVES CLUB NOW DEADLINE NEARS

The athletic booster club at PSU, the Braves Club, now has 136 members on the rolls and in order to reap all the benefits, you should join now. Membership fees are \$20 for a booster; \$35 for an individual, \$50 for a family, and \$100 for a business. Call 521-3522 for more details.

## HOMECOMING PLAN NOW TO ATTEND

Homecoming 1983 will be celebrated at PSU on Feb. 3; 1983 as basketball games, Hall of Fame inductions and alumni banquet and much more highlight the celebration.

Plan now to attend all the events on Saturday, Feb. 12, "Homecoming 1983."

## SCHEDULE WINDING DOWN: CHRISTMAS IS ON THE WAY

The fall semester at PSU is about to end and with it comes an end to the 1982 half of the sports year. Only 13 sports events remain at PSU before the Christmas holidays.

The remainder of the PSU sports schedule before Christmas is (Home games in caps)

## BASKETBALL TEAMS OFF AND RUNNING

Both of PSU's basketball teams are off and running into the 1982-83 season. Both hold winning records with the women 2-1 on the year and the men posting a 4-1 slate through their first five games.

Four players are averaging in double figures in Shella Stephens (14 ppg), Barbara Green (14 ppg), Donna Moody (11.7 ppg) and Dee Major (10 ppg). The Lady Braves are scoring an average of 65 points per game and allowing 61. The next game for the women's cage team will be tonight (Thursday) at 7 p.m. when they host Francis Marion. They also play at home on Saturday night at 6 p.m. against Gardner-Webb.

The Braves, not playing at home until Jan. 10, were led by Mike Emanuel (20 ppg), Darryl Martin (19.2 ppg), Ricky Melvin (13.3 ppg), Gray Davis (12 ppg) through the first five games. Leading on the boards is also Emanuel averaging eight per game.

## Yes, basketball is off and running!

## WRESTLING TEAM HAVING USUAL SUCCESS

Coach P.J. Smith's wrestling team has continued the fine athletic tradition PSU has come to know in the wrestling ranks.



A day out of school was a real treat for the school age children who attend Wonderland Child Care Center for after school care. A "vacation" day because of a scheduled "other work day" was filled with going to the Veterans Day Parade in Pembroke, playing at the town and church parks, and spending the afternoon roller skating at Skate World. The school children are already looking forward to another teacher work day!

Dec. 2- WOMENS BASKETBALL HOSTS FRANCIS MARION (7 p.m.); 4-- Wrestling at Livingstone Invitational and Men's Basketball at Francis Marion and WOMENS BASKETBALL HOSTS GARDNER WEBB (6 p.m.); WRESTLING HOSTS HIRAM at 7 p.m.; Men's Basketball at Fayetteville State, Women's Basketball at Pfeiffer; 7-- Wrestling at Elon; 8-- WOMENS BASKETBALL HOSTS HIGH POINT (7 p.m.); and 11-- Wrestling at Appalachian Quad, WOMENS BASKETBALL HOSTS ELON (7 p.m.) and Men's Basketball at Campbell.

Plan now to attend. There is no admission charge to any of these women's home games. SEASONS GREETINGS TO YOU AND YOURS

The Sports Information Office and Braves Club Office at PSU would like to wish you and your family the happiest holiday season this season. May best wishes alike follow you into the new year, 1983. The final PSU Sports Clipboard for 1982 will be next week Dec. 9.



The acre was originally the area a yoke of oxen could plow in a day.



In one year, hens in America lay enough eggs to encircle the globe 100 times.



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**Shoulder And Arm Pain**

Another painful shoulder and arm condition is the scalenus anticus syndrome which is neuritis associated with a spasm of the scalenus muscle. This is caused by a mechanical placement of a neck vertebrae of the first or second rib. With this condition the patient may have many symptoms. Among these may be pain in the shoulder, pain in the chest and arm pit on the affected side and pain in the neck and upper back region. The arm and shoulder gives the feeling of being very heavy and feels as if it will drop off. In some cases there is little or no pain with just numbness as the chief complaint.

The cause of the greatest percentage of arm and shoulder conditions will be a spinal misplacement that is pressing upon nerves. These nerves lead into the shoulder and arm. Dr. Roff adjusts the spinal misplacements thereby relieving the nerve pressure. When this pressure is relieved pain subsides.

**Dr. Roger R. Roff**

There are various types of shoulder and arm conditions but usually all have the same cause.

Bursitis is an inflammation of one of the sacs that are found between joints - shoulder, elbow, knee, etc. - for lubrication purposes. When inflamed, there is pain in the joint with some loss of movement of the joint.

Frozen shoulder is a common painful affliction which is worse more often at night. Motion of the arm and shoulder becomes progressively more limited and there is difficulty in combing the hair, getting the arm in the overcoat, reaching up for anything. This disease is associated with muscle and nerve inflammation.

Many times our business office can simplify your insurance paper work which will allow us to treat your condition of little or no cost to you.

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