

# The CAROLINA INDIAN VOICE

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Rear Admiral Michael Holmes

## Lumbee Admiral plays major role in U.S. - China Activities

When Lumbees leave their native Robeson County, it is mostly for better employment opportunities. Whatever the chosen profession, Lumbees are known to excel and no matter where they roam, as a general rule, they maintain their ties to home. So it has been with Rear Admiral Michael Holmes, son of Ms. Aileen Holmes and the late Normie Holmes of the Saddletree community.

Rear Adm. Holmes is stationed in Hawaii. Most recently Holmes was the commander of the Navy's Pacific patrol and reconnaissance force which was held for 11 days in China after a mid-air collision with a Chinese fighter jet. Upon the return of his crew to the United States, Holmes spoke of the event on CNN. During the time his crew was detained, Rear Adm. Holmes

was kept busy comforting the families of his crew and his staff in Japan did much detail work as a prerequisite for the release of his crew. Holmes said that his major role during the period of detainment was to make sure all the necessary people and equipment was available to bring the crew out following the diplomatic efforts to obtain their release.

Holmes stated that the 11-day waiting was filled with anxiety. But he considers the ordeal just part of what he is trained to do.

Holmes is a graduate of Magnolia High School and a 1972 graduate of the University of North Carolina at Pembroke. In addition, he was awarded an honorary doctorate from the UNCP. In addition to many other honors, Holmes is the first Indian to become an Admiral.

## Major Indian Arts Festival to be held May 11-12

The Lumbee Festival and Pow Wow will be held May 11-12, 2001 at the Southeastern Farmers Market in Lumberton.

It will be a two day event that will provide some of the best authentic American Indian arts, crafts, music, and dance in the eastern United States. There will be some of the greatest dealers in Indian arts and crafts at this event. Traders will be selling arts, crafts, Indian silver and turquoise jewelry, pottery, basketry, and paintings representing the arts and traditions of many tribes.

The event will be highlighted by traditional Indian dance and music competitions. With over thousands of dollars in prize money to be given away, we expect to see the best dancers and most attractive Indian Dance regalia. Indian dancers, artists, craftsmen, and traders are expected to come from tribes throughout the United States.

The Southeastern Farmers Market is a prime location to attract a wide variety of people traveling north and south on I-95 and east and west on Hwy. 74. Accessibility and the attractiveness of the site should increase the attendance. This will be an ideal first experience for those who have never attended a pow wow.

Gates open May 11th at 5:00 pm and close at 10:00 pm. Grand entry is at 7:00 pm. On May 12th, gates open at 10:00 am and close at 10:00 pm. Grand entry is at 1:00 pm and 7:00 pm. The general admission for the event will be \$4.00 for adults, and \$2.00 for senior citizens and children under 12. The handicapped and children under 3 will be admitted free. Artists, craft-people, or traders who are interested in sales at the event should contact the LRDA at (910) 521-8602 to obtain an application.

## Charleston, SC Author to be UNCP Commencement Speaker

PEMBROKE, N.C. - Josephine Humphreys, author of a newly published novel on Lumbee Indian hero Henry Berry Lowrie, is the keynote speaker a UNC Pembroke's Spring commencement.

Commencement is Saturday, May 12th at 10 a.m. in the Givens Performing Arts Center. UNCP is expected to confer degrees on approximately 350 graduates.

Honorary doctorates will be given to Ms. Humphreys and Professor Emeritus James B. Ebert, who taught in the Biology Department for 30 years.

A Charleston, S.C. native, Ms. Humphreys has written four books. She is a Phi Beta Kappa graduate of Duke University. She also earned a master's degree from Yale University. She was a Woodrow Wilson Foundation and Danforth Foundation fellow.

Ms. Humphreys' first novel, "Dreams of Sleep," won the prestigious Pen/Hemingway Award in 1984. Her works were named *New York Times* "Notable Books of the Year" three times.

Ms. Humphreys was given honorary degrees from Duke, Furman University and Lander College. She

has delivered numerous lectures and readings worldwide.

Her latest novel, "Nowhere Else on Earth," is set in Civil War and Reconstruction Robeson County. It tells the classic tale of Lowrie's war with the Home Guard and later the United States government. Lowrie's daring escapes and eight-year long struggle are told through the eyes of Rhoda Strong, Henry Berry's lover and wife.

Ms. Humphreys' work is meticulously researched, according to Bruce Barton, director of the I.E.A. Recourse Center of the Public Schools of Robeson County.

"This is truly a fine book and well worth reading," Mr. Barton said. "It brings this great story to life. It is beautifully written and very exciting."

A reviewer for *Publisher's Weekly* said, "In a narrative layered with memorable scenes, Humphreys depicts the moral ambiguities that beset Rhoda, Henry Berry and Scuffletown's residents. Ms. Humphreys constructs her intricately wrought plot with understated eloquence, and she breathes life into the landscape of this piney, swampy rural area."

"Most impressively, she illumines a largely unknown facet of the Civil War, finding universal resonance in the suffering and quiet heroism of a beleaguered remnant of marginalized Americans. In its historically accurate delineations of the violence, greed and betrayal engendered by internecine conflict, and of corresponding bravery, sacrifice and heartbreak, this novel makes a powerful statement."

Ms. Humphreys was told the story of Henry Berry and the Lowrie gang by Robeson County natives 30 years ago, and she says she has been fascinated with it ever since.

A contribution from Ms. Humphrey helped establish the Lumber River fund to study and preserve Lumbee Indian Culture and History. Its first project was a historic photo exhibit of UNC Pembroke, which opened Homecoming 2001.

Ms. Humphreys' first book, "Dreams of Sleep" won the 1985 Hemingway Foundation Award for a first work of fiction. Her second book, "Rich in Love," was made into a motion picture, and she has sold option rights to a film of her 1991 novel "Fireman's Fair."



## Happy Birthday!

Bisty Oxendine will celebrate her 77th birthday on May 12, 2001. She is the daughter of the late Mr. and Mrs. Redmond Locklear and resides on the Redmond Road in Pembroke.

Her sister, Louise Barton, will celebrate her 78th birthday on May 13th. Happy birthday to both these lovely ladies!

## Relay For Life held Friday Considered a Success



The Annual Relay For Life event held to raise funds for cancer research was held on Friday. Many individuals, businesses and cancer survivors joined the walk. Honorary Chairman of the event this year was Robeson County Sheriff Glenn Maynor. Among those raising funds was the Robeson County Health Department who raised approximately \$5,400.

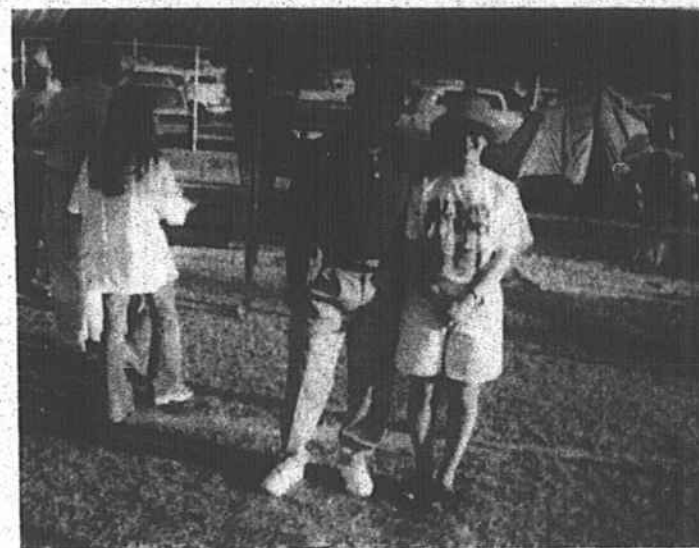
Shown above left to right are Selena Locklear-Drakos of the Robeson County Health Department; Sheriff Glenn Maynor who is receiving a check for \$2300.00 from cancer survivor Madie Rae Locklear; and Tribal Council member Craig McMillian.



Shown are: Craig McMillian; Selena Locklear-Drakos; and County Commissioner Noah Woods.



Glenn Hammonds of the Saddletree community was at the event representing the Public Schools of Robeson County.



Senator David Weinstein is shown with Selena Locklear Drakos at the Relay For Life fund-raising event.

See More Relay for Life photos page 2

# FirstHealth of the Carolinas joins nation in observing May as Stroke Awareness Month

PINEHURST - James St. Marie was playing golf when he noticed the first signs of trouble, numbness in his left arm and dizziness. But he continued to play for six more holes, even paring the last one, before another attack sent him down on one knee.

That's when his golfing buddies decided that it was time to stop the game.

Physicians at FirstHealth Moore Regional Hospital later determined that St. Marie had suffered a light stroke. Later, as he was undergoing a cerebral angiogram, he had a major stroke.

Including his post-stroke rehabilitation, St. Marie spent 34 days at Moore Regional, a stay that he now thinks he might have avoided if he had heeded earlier symptoms that his neurologist believes were mini-strokes.

"Men always feel like they're Superman," he says. "We overlook the most obvious signs of things. Women tend to be more practical about these things."

May is stroke Awareness Month, a time when FirstHealth's award-winning Stroke Care Team highlights the risk factors, symptoms and treatment of stroke, as well as the rehabilitation and support services provided by the FirstHealth Centers for Rehabilitation.

Someone in the United States has a stroke every 53 seconds, and someone dies from stroke every 3.3 minutes. The third leading cause of death behind heart disease and cancer, stroke is the leading cause of serious, long-term disability. But awareness of stroke symptoms can lead to early intervention and the opportunity for emergency room staff to administer treatments that limit the damage.

When a person suffers a stroke, brain cells begin to die because either a blocked vessel or a hemorrhage has denied blood to a section of the brain. Within the next few hours, the stroke, or "brain attack," can affect an increasingly larger area, causing more cells to

die. The size and location of the affected area determine the type and severity of impairment the patient suffers.

An individual showing symptoms of stroke should seek medical attention immediately. The most common symptoms include sudden numbness or weakness of face, arm or leg; sudden confusion, trouble speaking or understanding; sudden trouble seeing in one or both eyes; sudden trouble walking, dizziness, loss of balance or coordination; and sudden severe headache with no known cause.

If a patient is seen within three hours of the time the stroke starts, and if it is determined that a clot and not a hemorrhage caused it, he may be able to be treated with a clot-busting drug called t-PA. This drug can clear the clot away, restore blood flow and often restrict brain damage to a small area.

When brain cells die, abilities once controlled by that area of the brain - such as speech, movement and memory - are lost. The specific abilities lost or affected depend on

where in the brain the stroke has occurred and on the extent of brain cell death.

Someone who has a small stroke may experience only minor effects, such as weakness in a hand or arm, while the patient who has suffered a major stroke may be paralyzed and/or lose the ability to express and process language or even die.

"Stroke is the leading cause of disability in the country and the third most common cause of death," says Bruce Solomon, D.O., medical director of the Inpatient Center for Rehabilitation at Moore Regional Hospital. "But we know that most strokes could be prevented by eliminating or controlling the biggest risk factors."

Some risk factors, such as age, race, family history of stroke or personal history of diabetes, cannot be controlled; but others can. These include high blood pressure, high cholesterol, obesity, smoking, heavy alcohol use and stress.

"We need to make people more aware that they can reduce their risk of stroke through diet, exercise, not

smoking and controlling high blood pressure and diabetes, and we need to work harder to prevent second strokes," says Dr. Solomon. "Once people have had a stroke, we need to convince them to take better care of themselves."

St. Marie entered Moore Regional's inpatient rehabilitation unit on the 12th day of his 34-day hospitalization and then spent another month working with therapists in the outpatient Moore Rehab program.

"I can't say enough about the people in the rehab unit," he says. "They were just wonderful."

Many people partially disabled by a stroke experience some degree of spontaneous recovery for up to six months following the stroke. Sensation may return to parts of their body, and they may regain the ability to use their arm or walk on their own.

"In most cases, those gains can be maximized by therapy," says Linda DeYoung, director of Rehabilitation Services at Moore Re-

gional Hospital. "They can often make more gains and faster gains than they didn't have therapy."

Stroke survivors may also benefit from their participation in the Stroke Club, a support group that meets the second Saturday of each month in Moore Regional's Administrative Conference Center. The 10:30 a.m. sessions, which include discussions on such subjects as current treatment, diet and depression, are free. Registration is not required. Anyone wanting more information should contact Bob Steward at (910) 695-0051 or Jean Tighe at (910) 692-6462.

St. Marie, who retired to Pinehurst five years ago after 40 years with Allstate Insurance in Annapolis, Md., continues to see physicians about continuing numbness in his left side, probably residual damage from his stroke. He also tries to keep fit by working out occasionally at the Center for Health & Fitness in Pinehurst.

"I'm back playing golf, not well, but I'm playing," he says. "I'm still weak, but I threw away the cane."