

Make and Keep New Year's Resolutions

Hospital hosts health fair January 24

Most people make at least one New Year's resolution. Some start the year with a long list of resolutions—to lose weight, stop smoking, eat healthier, or exercise more. Unfortunately, many of these resolutions fall by the wayside shortly after they are made.

If you are one of those individuals who find it difficult to keep your New Year's resolutions, or even get around to making any, there's help for you. Scotland Memorial Hospital's annual "Healthy Resolutions Fair", sponsored by Scotland Memorial foundation, offers assistance through professionals from local businesses and agencies who know how to help you make and keep those resolutions.

"January is a good time for starting anew, particularly after the events of September 11," said Kathie Cox, Scotland Memorial Hospital's community Health Educator. "We want to encourage people to make healthy decisions, to learn to take control of their health and their lives. We see so many people start the year off with great expectations and hopes of sticking to their resolutions and then quickly lose momentum due to inappropriate expectations, poor planning, or just not knowing how to accomplish their goal. Healthy Resolutions will help provide the tools and information needed to keep those resolutions all year long. Many times people don't know where to get the help they need. That's what Healthy Resolutions is all about. We are bringing together approximately 30 agencies and hospital departments to provide information, samples, and most of all, assistance with making and meeting their personal goals."

Among the exhibitors will be hospital departments—Cardiopulmonary, Rehabilitation, Scotland Diabetes Center, Amethyst (chemical dependency), rehabilitation Services, the Women's Center at Scotland Memorial and Scotland Memorial foundation. The Scotland County chapter of the American Red Cross will provide information on donating blood and learning CPR. Participants to their exhibit will be eligible to win a free CPR class. The American Cancer Society and Scotland Cancer Treatment Center will provide education on cancer prevention. Families can learn more about helping those with a chemical addiction at the Amethyst at Scotland Memorial exhibit. The Domestic Violence and Rape Crisis Center of Scotland county and Carolina Psychiatric Services will provide information about mental and physical abuse within relationships.

Several local physicians will be at the fair to provide answers to medical questions. "We expect the "Ask the Doctor" exhibit to be very busy," commented Ms. Cox. "Folks love it when they have an opportunity to ask a physician questions in an informal atmosphere. Dr. Deborah Greimel, internal medi-

cine physician, and Dr. Rich Wolonick, family practice physician, will be available to talk with participants about their health concerns.

"Exercising more and losing weight are probably the two biggest New Year's resolutions," continued Ms. Cox. "We plan to offer several exhibitors with information about exercise options and ways to safely lose those unwanted pounds. Participants can learn how to begin an exercise plan and stick with it all year long. Scotland County Parks and Rec will provide information about activities for seniors."

Quitting smoking also heads the list of resolutions for many people each year. Jill Brown of the hospital's Cardiopulmonary Rehabilitation department can help answer questions about smoking, its effects and how to quit. As a member of the Scotland County Asthma Task Force, she can also talk to parents about the effects of and treatment for asthma.

Maybe this is the year folks want to start continuing education classes or perhaps there's a family member who needs to increase literacy skills. Representatives from the University of North Carolina at Pembroke, St. Andrews College, and Richmond Community College, as well as the Scotland County Literacy Council, will be available to answer questions and provide information to make this resolution a reality.

Perhaps you are considering volunteering your time to a worthy cause or organization this year. You can learn how rewarding this is by visiting the Scotland Memorial Hospital Auxiliary and Habitat for Humanity exhibits. Opportunities abound for those who want to give back to the community.

Dr. Bear Hughes of Scotland Family Dentistry will provide free oral cancer screenings. "Good dental hygiene is important to good health," stated Ms. Cox. "We're excited that Dr. Hughes can join us and will provide these free screenings and information for better dental care."

End of life care and issues confront many of us. Preparation helps make it easier for you and your loved ones. Eileen Seder of the Scotland End of Life coalition and Bunny Lancaster of Hospice of Scotland County encourage participants to visit their exhibit to learn what to do to now to be prepared.

"We encourage the entire community to visit the Healthy Resolutions Fair between 5 and 7 p.m. on January 24th," continued Ms. Cox. "Preregistration is not necessary. The Fair will be interactive and educational so participants will have fun and learn at the same time. Refreshments, samples and giveaways will be available." Those who participated in the cholesterol screenings, held earlier in January, can get their results and have them explained by a health care professional. Nutrition experts will be available to provide information about lowering cholesterol and eating healthy. For more information, contact Kathie Cox at 910-291-7552.

From the Desk of the Superintendent

by Dr. Barry Harding, Public Schools of Robeson County

As eighth graders work on their Four Year Plan which sets up the courses they will be taking during their high school career, one of the things they might well keep in mind is how the courses they schedule might affect their college career and, for that matter, the college they attend.

Once upon a time, it wasn't very difficult to get into a college. While it might not be the college that was the student's first choice, there was usually a college that would accept them if their grades were good enough. To get those grades and to be accepted in a college required for a particular career, scheduling should be done before the student enters high school. As for the grades, scheduling at this time gives the student the opportunity to work honors and advanced placement courses into the schedule where possible. Advantages are twofold. First, there is the opportunity to increase the student's grade point average substantially. For example, an A in a course normally earns the student 4 points. In an honors course, it earns 5 points and, in an advanced placement course, it earns him 6 points. You can see the potential of positively affecting the student's overall GPA. That, in turn, makes the student much more attractive to a college going over its list of prospective students. It goes beyond that, though.

With the cost of attending college increasing every year, it stands to reason that any way that might exist to cut into those costs is worth looking at. That's where AP courses can help. Many colleges offer college credit for AP courses taken in high school if the student receives a high enough score on special tests given on those courses. Receiving high grades on those tests means that the student, upon entering college, is not required to take certain introductory courses which results in the student having already received credit for them towards college graduation. Thus the student has the potential of graduating early or, possibly, taking more courses without increased cost. How much can be saved depends, of course, on the college.

Keep in mind, though, that the AP exam must be taken and passed. It's not enough to just take the course. It's interesting to note that, nationwide, only about 40% of students who take AP courses take the AP exam. While that is hard to explain, it's important to note that, whether or not the AP exam is taken, the student's high school GPA is positively affected by taking and passing an AP course. While AP courses are only offered to juniors and seniors, taking them when they are offered is something that college-bound students should think about as they make decisions about schedules in their last two years.

Then, taking the AP exam given for those courses should also be seriously considered. It could be the financial icing on the cake.

Reflections by Alta Nye Oxendine

45 YEARS LATER

In spite of disappointments, like not being able to afford the trip I had hoped to take to Montana, and the loss of a friend, the year 2001 was special for me in several ways.

In June members of the various United Methodist churches that are now a part of the Rockingham District Native American Cooperative Ministry (usually referred to as the "Co-op") were honored for achieving a "first" in one category or another. It was impressive, and personally gratifying, to see how many members of the Indian community from this area have made special contributions within the United Methodist church since my arrival in Robeson County four and a half decades ago to work with the leaders of children, youth and adults in six of the present area Indian churches.

In addition to all of this, it was a wonderful honor to be recognized for staying here to raise my family (and I might add, to help with my grandson) and for continuing to reach out to others in the community on a voluntary basis. (I am one of the fortunate ones. Too often we wait to express appreciation until the funeral eulogy, instead of presenting them with a "bouquet" while they can still smell the sweet aroma of the "flowers".)

I'm still enjoying that sweet aroma, which has given my spirits an ongoing lift. Now I feel that, in spite of mistakes, my life here has also had some positive results.

DECEMBER 23, 2001

I'm sitting in the Huddle House, looking across the field toward the house that Leon built, with help from a professional brick mason and a lot of friends. This is a day of reminiscing. Let's go back a few hours. I am seated in an audience of 600 in a darkened sanctuary. This is Prospect United Methodist church, located a couple of miles away from my present mobile country home.

Tears are steaming down my cheeks, tears of joy and satisfaction. It's the same old Christmas message. But it's coming across loud and clear, in a manner new to this 74-year-old who has attended an incredible variety of Christmas programs in an assortment of churches from northern Montana to southern North Carolina. Some had to have all their activities in only one room (including the little Twin Bridges church organized by 19th century Methodist Episcopal circuit riders which I attended with my family during my high school years) and the rural Tennessee church where Ethel Ingram and I did our field work as students at Scarritt College for Christian Workers.)

But now I am sitting with 600 other people in this huge "NEW" sanctuary. I can't help remembering the first time I entered the old sanctuary of the largest membership country church I had ever been inside (400 members then—more than twice that many now.) That was 1956. I had arrived in the Pembroke community as a white-skinned outsider, a person who could have been viewed with great apprehension. Instead, I found love and acceptance, and I, in turn, fell in love with the Indian people here. I soon discovered that, along with a multitude of already-developed abilities, these people (all ages) had tremendous UNDEVELOPED talent.

Now it is 2001, 45 years later.

Suddenly, I feel overwhelmed, as today's Christmas program begins with lovely young angels doing a graceful, artistic, liturgical dance of joy in the foreground, while a melodious choir sings quietly in the background. The singing and acting in this performance of the most glorious, fascinating story

in history are SO professional that admission would surely have had to be paid, in ANY PLACE other than a church or school!

Once again, I find myself picturing music director (now also "Rev." Harold Jacobs) as a pre-schooler, the youngest in a family of boys at Sandy Plains, one of the other five churches I began working with back in 1956. As I watched those little boys searching for hidden eggs at an Easter egg hunt the following spring, I never dreamed that this child would grow up to become such a master at bringing out the latent musical ability within farmers, teachers, teenagers, and children in another country church just a few miles from Sandy Plains!

And when I discover that David Oxendine is the narrator, a scene from a 1972 day flashes into my mind, as it has done many times before. I had just driven home from my job at Maxton's R. B. Dean School. I knew my sixth grader, Donny, liked to go to the home of classmate, David, after school. But, as I approached David's yard that day, I heard the sound of a rocket going off. Of course it was only a toy. But, worried that I was, as soon as I got a chance, I asked his parents (both teachers) if they knew our boys were at their home shooting off rockets after school.

Never did I dream that the other young "rocket scientist" would choose drama as his vocation, eventually directing, and acting, in the local Indian outdoor drama, "Strike at the Wind" for a number of seasons, as well as directing community plays at the old Carolina Theater building in Lumberton.

(I suppose I could have been wondering what MY boys would be doing now if they were still with us. But that thought has not crossed my mind today. I am too engrossed in the majesty of the moment!)

A number of visitors are present for the Christmas program, including previous pastor, Rev. Bob Mangum (who has a part in the service) his wife, Neila, and Mrs. Maude Cummings, wife of long-time pastor, Rev. Simeon Cummings. For years I've watched those two pastor couples, as well as Rev. Harvey Lowry and his wife, Myrtle, the present couple, Rev. and Mrs. Bill James Locklear, and other pastor couples here and elsewhere serving together in God's work, as a team. It seems to me that preacher's WIVES need a special tribute from the rest of us, from time to time!

The program is over. I decide I have to say something. Harold tells me to come to the microphone. I try to explain the tears of joy and pride running down my cheeks. I am SO proud of the group of people who have adopted me into their midst, who have been my friends for the past 45 years!

Black Caucus to Observe Dr. King's Birthday

The Robeson County Black Caucus will sponsor their annual observance of Dr. Martin Luther King Jr.'s birthday on Monday, January 21, 12:00 noon at Jones Chapel Baptist church. The speaker will be Dr. Joseph Monroe, Dean of computer Science at North Carolina A&T State University, Greensboro, N.C.

Monroe, a native of Rowland, is a retired colonel from the United States Air Force Academy and former vice chancellor of Fayetteville State University. The church is located on 307 Phillips Avenue in Red Springs, of which, Rev. Chris Edmonds is pastor.

The public is invited to attend.

Graduate of Texas Law School



Raymond M. Ivey graduated from Texas Tech. School of Law in Lubbock, Texas with a degree of Doctor of Juris-Prudence. He participated in a Hooding Ceremony at Maedgen Theatre on the campus of Texas Tech. Dec. 15, 2001. He is married to the former Michelle Holcomb of Clayton, N.C. They have one child, Erin Elizabeth. He is the son of Mr. & Mrs. Wilton T. Ivey of El Paso, Texas, and the grandson of the late Leuy and Maggie Revels Ivey of Rowland, N.C.

Ten Star All Star Basketball Camp

Applications are now being evaluated for The Ten Star All Star Summer Basketball Camp. The Camp is by Invitation Only. Boys and Girls ages 10-19 are eligible to apply. Past participants include: Michael Jordan, Tim Duncan, Vince Carter, Jerry Stackhouse, Grant Hill and Antawn Jamison. Players from 48 States and 7 Foreign Countries attended the 2001 camp. College Basketball Scholarships are possible for players selected to the All-American Team. Camp Locations Include: Thousand Oaks, CA. Babson Park, FL. Gainesville, GA. Champaign, IL. Greencastle, IN. Dubuque, IA. Hillsdale, MI. Saint Paul, MN. Rochester, NY. Boiling Springs, NC. North Canton, OH. Lock Haven, PA. Bristol, RI. Athens, TN. Commerce, TX. Blacksburg, VA. Olympia, WA. There is also a Team All Star Camp for School and A.A.U. Teams. Team Camp Locations include: Thousand Oaks, CA. Babson Park, FL. Greencastle, IN. Hillsdale, MI. Boiling Springs, NC. Lock Haven, PA. Blacksburg, VA. For a free Brochure, call (704) 568-6801 ANY-TIME.

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You are invited to our RE-SCHEDULED

STORYTELLING WORKSHOP

sponsored by the Lumbee River Fund

Saturday, January 19, 2002
10:30 am-12:30 pm

Indian Education Resource Center, Pembroke, NC

Our last workshop was cancelled because of the snow, but we hope you'll join us for this one! Please come and share your stories and family photographs with others who are interested in the history and culture of Robeson County's Indian communities. Your participation will contribute to a historical photo exhibit that will take place next summer, and to an archive that is being developed for local Indian people. Please invite a friend or family member who has a story to tell.

Bring your old photographs and we will record your story using our audio equipment and reproduce your photos with our copy stand. You won't need to give away your pictures—the copy stand makes a photo negative of your picture, then you can take the photo back home and we can make another copy of it for you if you wish. Be prepared to talk about one of your pictures, or tell a related story.

The Lumbee River Fund has equipment and financial resources for you to use in telling your own story; this workshop will demonstrate those resources and give you the opportunity to get involved in talking about history in your own family and community. We will also discuss how these materials should be stored and used for our community's benefit.

The workshop is free of charge and all materials will be provided. We only ask you to bring one or more photographs and story that you would be willing to share with the group. The workshop will be led by Bruce Barton (Curator, Indian Education Resource Center), Waltz Maynor (Retired Educator), and Malinda Maynor (Graduate Student in Native American History, UNC-Chapel Hill).

PLEASE RSVP by phone or email to:
Hatty Miller, Assistant Coordinator, Lumbee River Fund
phone: 910-521-1511 • email: rlh1000123@ccs.com

The Lumbee River Fund supports the study and preservation of Lumbee Indian history, culture, religion, education, and political life. We seek to preserve the past and improve the future lives of Indian people through interdisciplinary research and education at the university, community, state and regional levels. The Lumbee River Fund is a project of UNC Pembroke in collaboration with PSRC's Indian Education Resource Center, the Center for Documentary Studies at Duke University, and individuals in non-profit and educational institutions in Robeson County and the state of North Carolina.