

The Carolina Indian Voice

**Editorial & Opinion Page**

Send letters to the editor to:  
P.O. Box 1075, Pembroke, NC 28372

*The editor reserves the right to edit libelous and/or lengthy letters*

## A Tribute to Ray Littleturtle

Tunkasila Wakan Tanka Wacēcīciye  
Grandfather Holy Mystery I am sending a voice in prayer  
Onsimala ye Omakiya ye Oyate Wani Cla  
Be merciful to me, help me that my people may live  
Mitakuye Oyasin Wakanyan Itoye Wa Yinkta Ca  
For all my relations in a sacred way I will send a voice

Kola (Friends)  
I am not sure how many readers know Ray Littleturtle, or that Ray is the Native American Chaplain for the N.C. Department of Corrections. Ray comes once a month to Central Prison and other units, traveling many miles and making many sacrifices to pass on to us his knowledge and understanding of the ancestors. The traditional beliefs and spirituality.

I have seen Ray's frustration from running into road blocks on our behalf. Even so, he has made great strides in gaining acceptance and understanding of our beliefs and religion.

I have seen his understanding as we have voiced our own frustrations, and the spark in his eyes as he watches someone perceive the meaning of a story. There has been times when I have found myself slipping into a dark hole, and the Creator, through Ray, has pulled me out and carried me through another month, another year.

We have missed seeing Ray over the past few months. Ray has been very ill. We send our voices in prayer that Ray will be well and return to us soon!

As I said above, Ray has made many sacrifices, one of which is his health. It is no secret to those who know and remember that they have made sacrifices from the beginning for all the relations, that they may live to walk the red Road, the path of the Holy Mystery God. When sacrifices are made for all the relations that they may live and walk in a sacred way as the Holy Mystery God intended, then they are in essence sacred, and an honor song should be sung.

Ray is one of the people trying to preserve and teach the ways of the ancestors as they have passed down from one generation to generation. It is not just a matter of preserving culture and heritage, but a way of life which is our belief, our religion, a way which we walk in a sacred manner.

Please send your voices to the Creator in prayer for Ray and his efforts, and lend your help and support to his work that we may live and walk the red Road within the Sacred Hoop, all of our visions are focused on the One who is everything. The Holy Mystery God.

*Mitakuye Oyasin!*  
(For all the Relations)

Donald Scanlon, Ricky Cagle, Raymond Rowsey, Robby Brewington, Daniel Cummings, Jr., Johnny Hyde, Robbie Locklear, Jerry Ray Cummings, Henry Lee Hunt, Rex Penland

## Bluegrass program planned for January 25th

The Lumber River Regional Bluegrass Association in Lumberton will present a program on Saturday January 25th at The Southeast Agricultural Center located at I-95 Exit # 14 Hwy 74 East in Lumberton, N.C.

The program will begin at 4:00 P.M. with a jam session, open stage and membership sign up, with a Concert to follow at 6:45 P.M. The Concert will feature James King and the James King Band and also The Carolina Road Band. Both of these bands tour nationally and are well known in the world of bluegrass music. James King has enjoyed tremendous success with such songs as "Bed By The Window" and "Thirty Years of Farming."

Mandolin player Lorraine Jordan is the leader of The Carolina Road Band and has written many songs including "Mandolin Rose," one of the band's most popular songs. Come on out for the very best in bluegrass music.

Admission will be \$8.00 for members and \$10.00 for non-members. For information, call 910-739-2935.

## Tribal Council considers program successful

The Lumbee Tribal Council is proud to announce its partnership with 18 local, faith based and non-profit organizations to distribute food with the Community Services Partnership Program was a success for the year 2002.

Award grants to the total of \$18,000 was released to the organizations to administer the distribution of food within their communities. A review of the program yielded that together the organizations and the government assisted a total of 8,271 people with volunteer hours reaching almost 3,000.

The Lumbee tribal government would like to thank the following organizations for their help and assistance in the success for this program: Northside Church of God, Cedar Grove Baptist Church, Riverside Independent Baptist Church, Robeson County Church & Community Center, Burnt Swamp Philadelphus Volunteer Fire Dept., Union Chapel Community Baptist, Prospect Ladies Auxiliary, Burnt Swamp Baptist Association, Baker's Chapel, Senior Citizens of Mt. Olive Holiness Church, Antioch Baptist Women, Saddletree Church of God, American Indian Mothers, MT Elim Baptist, and Vision of Christ.

To be eligible for the Lumbee Community Services Partnership Program the organization must be non-profit and organized for charitable purposes and be within Hoke, Robeson and Scotland counties. The organizations must agree to service Indian people that are not members of the organization and that demonstrate need.

The U.S. Department of Health and Human Services, Administration for Children and Families, and the Office of Community Services provide funding for the Lumbee Community Service Partnership.

## Heaven Bound

Mrs. Sylvia Locklear Sanderson  
11-11-1950 12-27-2002



We the family of Ms. Sylvia Locklear Sanderson, would like to express our thanks to everyone for the visits, prayers and support given to us during her sickness and bereavement. We are deeply touched as we acknowledge the food, flowers, cards and words of comfort. Thank you for caring and giving us strength. May God bless each of you.

Thank you,  
The Family

## Pediatric Pointers

by Dr. Joey Bell, Pembroke Pediatrics

Many people have experienced the fear of sitting in the dentist's chair awaiting the noisy drill to repair diseased teeth. Those who do not care for their teeth at all will eventually lose them and without teeth one will have difficulty chewing food, speaking clearly and smiling with confidence. Through preventive dental care, tooth decay and gum disease can be avoided along with the expensive treatment needed for repair. Prevention is simple and should start at birth.

After every feeding, wipe the baby's gums with a damp cloth to remove plaque. Avoid feeding for a prolonged period of time and most importantly do not give the baby a bottle during naps and bedtime. Prolonged exposure to sugary liquids causes baby bottle tooth decay and costly future dental problems. If your child needs a bottle as a pacifier, use water as a substitute. Start weaning your children from their bottle around twelve months of age and end bottle use by fifteen months of age or as soon as he or she can hold a cup.

Baby teeth may break through as early as four months of age which begins the process of brushing teeth with fluoride toothpaste and a soft tooth brush. If your child is still breast feeding after six months your doctor may prescribe fluoride drops or tablets, especially if your water source is from a non-fluoridated well. Fluoride makes the tooth surface more resistant to decay and promotes remineralization. Public water supplies and soft drinks usually contain a sufficient amount of fluoride. Consult your physician before taking fluoride supplements because excessive fluoride intake can cause dental fluorosis, a discoloring of the enamel.

Brushing and flossing are the most important weapons against plaque formation, the film of bacteria and mucus that causes cavities. Tartar accumulates on your teeth when the plaque is hardened. Bacteria in

plaque produce acids and toxins which decay teeth and cause gum disease. To remove the plaque, brush in a circular motion twice a day for at least five minutes using a soft brush and replace when it becomes worn. In addition, floss with waxed or unwaxed floss once a day to remove the plaque a toothbrush can not clean. Simply slip the floss between your teeth and saw back and forth around each tooth. Children under the age of five most likely do not have the dexterity to effectively brush their teeth and will need daily assistance. Encourage your child to brush their own teeth, but make sure to finish the job.

Regular dental visits are another must in caring for your teeth. The American Academy of Pediatric Dentistry recommends initial evaluation by twelve months of age. Teeth cleaning by a dental hygienist is recommended twice a year. Your dentist may apply a sealant, slippery plastic material, on newly formed permanent teeth to reduce cavities and tooth decay. Contact your insurance company regarding coverage on dental visits or the county health department for assistance.

Preventing tooth decay is easy. With the help of your dentist, take responsibility to care for your teeth with regular flossing and brushing with fluoride toothpaste. All of this will help avoid the torment and expense of teeth fillings or teeth extractions. Early exam and preventive care will protect your smile today and in the future.

## McIntyre supports extension of Unemployment benefits

Washington, D.C.-U.S. Representative Mike McIntyre voted today to extend unemployment benefits for the 52,000 North Carolina residents who lost coverage when the program expired in December.

Congressman McIntyre stated, "We must provide help for families! During tough times, it is important to ensure that American families have the stability they need to live health lives. This legislation will help thousands of North Carolinians stay on their feet while they look for employment."

The Emergency Unemployment Compensation Act, which passed the House and the Senate, extends the Temporary Extended Unemployment Compensation (TEUC) program to all displaced workers and families until the end of May. The legislation provides an additional 13 weeks of benefits so that every worker receives 26 weeks of unemployment insurance. Unemployed workers who exhausted their 13 weeks under the previous TEUC program are eligible for the additional 13 weeks.

Congress Mike McIntyre also has a 20-point plan to help revive the economy in southeastern North Carolina.

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**"If I was a patient, I'd rather have it be here in my backyard than go somewhere they don't know you."**

As Mayor of Fairmont, I've met all kinds of people. Friends and strangers. The people at Southeastern have been a vital part of my life. A few years back, I lost my wife and daughter to cancer. Southeastern worked hard to keep them on Earth, but they had to go. The people there are some of the best I've ever met. I couldn't ask for better service.

I'm living witness that people care."

Southeastern Regional Medical Center • Lumberton • 910-671-5000 • www.srmc.org