

Food for Thought

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man walking past the house and I stopped him. Inquired who he was and where he lived, etc. I took him home and found out he was living with his brother, wife, and several children. Now, there were two families sharing the same shelter of a run-down house.

My wife and I enjoyed visiting these good people, but what we saw touched our hearts. This home was in close walking distance of a large church. I wonder if the people of this church know about these people and are interested in their spiritual and financial welfare.

I don't exactly know how it happened, but someone offered this couple an old small one and one-half room house to live in. So they would have their own place.

They moved in. First thing was to get a water pump. I called a plumber to install a hand pump. Success was good to get water as quick as we did.

The next day the man's old wreck of a car had to be repaired. We got that done.

Then the next day they needed money to buy food-stamps. This was supplied by the Robeson County Church and Community Center.

Well, I could list a lot of other problems which would only take up time, and still not solve anything.

The man and woman worked a few days in the tobacco harvest. Also, he worked a few days at a slaughter house, but for some reason or the other, he didn't keep his job very long. It may have been his own fault. I am not saying I am not sure. I do know this family still has problems, regardless of what they are.

This is a case that needs a follow-up and much study, because these kind of problems are not solved overnight.

It takes kindness, understanding, patience, and love, etc.

Now, this is only one case I am referring to. There are many more in Robeson County the state, and all over our

country that needs someone's help.

Yes, there are some people who care, and help, are still helping. Thank the Lord for them.

I talked with some people of the local housing authority and they are doing a good job, yet they don't have enough room for all of those who apply for a decent place to live.

After all, poor people only want a fair chance to help themselves. They are willing to work, if given the opportunity. I believe it.

One man told me they were too lazy to work. Some others have gotten mad with me because I have shown an interest in this family. I am beginning to wonder myself how to solve these problems.

Fellow citizens, I beg you not to be comfortable when others around us need help from you and I.

You may say the welfare Department, the church, the Robeson County Church and Community Center, the food stamp department, and other agencies, other organizations, such as the Red Cross, etc. are supposed to care for these problems, but none of them is any better than the support given to them by the people of the various communities.

Have you ever stopped to think how much money is claimed on the ten percent deduction of everybody each year at tax time? How many people actually give what they claim to a church? I believe if it was done, we wouldn't need the welfare department or food stamp department at all. The churches would be financially able to care for the needs of its community.

Now, have you ever thought of how many people will claim disability and still keep working, transferring property to someone else's name to qualify for their benefits and then holler because someone else gets welfare or food stamps? Instead of trying to help others, we are trying to get all we can for ourselves.

Well, I could talk a lot

more, but I might get on someone's toes, or hurt their feelings.

One thing, we must remember, we can't take anything with us when we die. We must face ourselves each day in the mirror.

Let us each and everyone search our own hearts.

Lastly, I will say, we must study issues at stake, talk, discuss important items that affect us all.

Don't forget to vote!

Cornelius L. Hocker, Sr.
Rt. 1 Box 299
Pembroke, NC

Thanks from HCC Advisor

Dear Mr. Barton:

May I take this opportunity to thank you for your contribution to the Health Careers Club Officers' trip to the National Convention. It is through the support of concerned business men such as you that we are able to give our students enriching experiences which lead to a total education.

Next, may I invite you to a District IV Rally sponsored by the Pembroke Health Careers Club on October 29, 1976 from 2-4 p.m. at Pembroke Senior High. A buffet style meal will be served following the rally.

I hope you will visit us on this date and see some of the things our local club is doing.

Sincerely yours,
Miriam Edwards, HCC Advisor



BUCK & the Door will be opened

Dear Mr. Barton:

Submitted is an article I felt urged to write as a concerned Lumbee. I have been where the students are; and I know the confusion they feel in preparing for education beyond the secondary level. If you can see the need for such an article, please print it.

Sincerely,
Jo Ann Locklear
227 E. Edenton St. Rm 228
Raleigh, NC 27601

High school students, you

Courthouse Squares



TURN ONS



have made it! You will be entering the working world at an opportune time. The last half century has been kind enough to include among the Lumbee Indians, Indians who were proud to be Indians. They refused to accept a token Indian name, to pretend to be the "long-braid, feather-adorned Indians" of the white man's stereotyped picture, or to hide in a corner and present not to exist in order to ingratiate themselves with the Federal Government - even though it would have assured us of many benefits. Instead, they inched their way up into the white man's political, social, and economic world and took a stand for the Indians. They proved that Native Americans have ideas, talents, and insights that have been suppressed and are only waiting a chance to surface. Now that the way has been cleared, your arrival into the mainstream of life is anticipated. Begin by thinking for yourself some, and to obtaining some education beyond the secondary level.

Take advantage of all the assistance for promoting your postsecondary education that is available to you at a mere request. Teachers, high school guidance counselors, Educational Talent Search counselors, principals, professionals, and your peers are great sounding boards. If you have more than one interest, talk about them. Talk to persons in your area of interest; discover the pros and cons of each career and the schools that offer training for each. After deciding upon a possible career choice, begin making plans to receive the required schooling.

High school counselors have a wealth of information at their disposal that can be very helpful. Ask for fee-waiver cards are benefits that counselors can allot to qualified students. A fee is asked to be enclosed with the application when applying to take the Preliminary Scholastic Aptitude Test (PSAT), or the Scholastic Aptitude Test (SAT), or the Achievement Tests, but these fees can be waived for students of low-income families. No students should let a lack of funds become a barrier in his gaining entrance to college. Ask your counselor about receiving a fee-waiver card before mailing your applications. Once the necessary tests have been taken and the scores have been chosen, you will begin to communicate with that school.

Catalogues are usually available at no charge from all technical institutions, colleges and universities. These catalogues list, describe, and give general information about the institution itself, and the different programs it offers. Catalogues and applications for admission can be secured by writing the Office of Admissions at the school of interest.

If one can gain admission to an institution of higher learning he can obtain financial aid if he is willing to do some paper work. First, the high school counselor of the Educational Talent Search counselor is an excellent source to consult in finding financial aid. Also, write the school that you applied to for admittance and request financial aid information. Another possible channel in securing money for furthering your education is through a person already successful in your chosen field. Ask him if he knows of any scholarship funds for one pursuing a degree in your area of interest. No student should decide against obtaining more schooling because of a lack of funds. Funds can be yours.

Being a junior or senior is undeniably the most exciting, interesting, revealing, yet the most thought-provoking, mind-blowing, frustrating, career-choice time of your life. You must be wise enough to begin to think about your future goals and to prepare for them now if you are to enter the world of work as a confident and happy individual. If you are to give your talents, whether they be in the field of welding, television repairing, nursing, or doctoring, you must take the time to really think about your future as a man or woman and then take the initiative to begin working on a course of action. The way has been paved, so take full advantage of the opportunities that have been made available for you.

Little Variation
Near the Equator, climate varies little throughout the year. Rainfall and temperature in those regions remain consistently high. The absence of seasons means that plants do not display a resting period, while the abundance of warmth and moisture ensures a particularly luxuriant.

from Associate Supt

Purnell Sweet, Associate Superintendent of Robeson County Schools, today released the following statement in an effort to clarify the Indian Student Enrollment Certification Forms for Title IV, Part A, Indian Education Act which have recently been sent home by students of each individual school.

"My concern is that the certification forms will be misunderstood. They are not to enroll anyone in any tribe. The sole purpose of these forms is for documentation. They are only to verify the number of Indian students enrolled in county schools. They will not be used for any other purpose. Once the forms are collected by the Board of Education they will be counted and recorded to give an accurate number of Indian students enrolled, as accurately as possible. After being tallied, the forms will be protected by the Family Privacy Act-which means that no person other than the parent or guardian of the student may inspect the forms. When the student reaches 18, he will have access to his individual form."

"I am duly concerned about parents who have refused to complete the forms. My concern is that the monies received under the Indian Education Act will be determined according to the documented evidence of the accurate number of Indians students in our schools. This accurate documentation will be made via the enrollment certification forms. To refuse to complete these forms is to refuse services, programs, which we have had access to under the Indian Education Act in past years."

"The forms are not required by the Robeson County Board of Education but are being requested by the Office of Indian Education in Washington. To continue to provide needed services to our children under the Indian Education Act, I sincerely urge each parent of an Indian student to complete the enrollment form immediately and return them to their respective school. If there are any other questions concerning these forms, please feel free to call me at my office, 739-3326 and I will gladly discuss the matter with any concerned parent."

Parents with questions concerning IEA monies are also urged to call Mr. Governor Barnes, Indian Education Act coordinator. His office is located at the Robeson County Board of Education.

SENIOR CITIZEN'S CORNER

HELPFUL IDEAS FOR SUCCESSFUL RETIREMENT

Kitchen Considerations
Research studies show that elbow height is one measurement that best determines the most comfortable work height for a person standing in front of a counter, range, oven or sink.

For most activities at kitchen counters, a homemaker needs a work surface three inches below her elbow height. But for motions requiring the exertion of force or holding a mixer or beater, the homemaker needs a work surface six or seven inches below her elbow height. Thus, for more comfortable work in the kitchen, more than one height work surface may be needed.

To find elbow height, stand against a wall and bend the arm usually used for food work at a right angle. Have someone hold a finger where your elbow touches and measure that distance from the floor.

Height can be added to the counter by putting blocks under the cabinet or adding a platform on top. Although counters cannot be lowered easily, a homemaker can find a convenient height elsewhere. The bottom of a sink is one possibility; the kitchen table, a drawer or utility cart are other ways. The legs of a table may be adjusted to correct height.

Ham and Potatoes
Spread slices of canned ham with marmalade, canned sweet potatoes and orange slices; arrange on a double thickness of heavy foil. Seal package, heat on grill over medium hot coals for about 30 minutes and serve it up!

REFLECTIONS by Alta Oxendine

Raleigh, NC
Sat. Oct. 23, 1976

Dear Friends,

After living 23 years in North Carolina, here I am at the State Fair!

During the first five years of those 23 years, I was a rural church and community worker with the women of the N. C. Methodist Conference paying my salary and providing materials for my work.

I'll never forget my first visit to Raleigh, in the fall of '53. Mrs. Davis, the conference treasurer and a Raleigh resident took me to Southern School Supply to pick out a 35 mm camera for my work. After selling the camera, the young man waiting on us very patiently demonstrated how to use it. As I left Raleigh on my way back to Caswell County, my first assignment, I stopped the car and snapped my first pictures-of the then deserted state fairgrounds!

Today I am-at last-actually visiting the fair, along with a few thousand other people from all around the state. For me this is a first, not just for the state fair, but for seeing a president in person.

As he spoke to those of us gathered in the Arena, President Ford seemed friendly, forceful, and energetic. The governor and Robert Dole's wife, a native of Salisbury, both gave him a rousing welcome, as did most of the spectators.

At the Cary booth, I ate Brunswick Stew for the first time in years.

How I wished I had hours to spend in the House of Yester year. I did meet some people from Cherokee and buy two beaded necklaces, similar to the beadwork of the Blackfeet.

Appetites Stimulated
Appetites are certainly stimulated by the aroma of food cooking over an open fire. Cook this one "over the coals." Wrap ground beef patties, topped with raw potato strips, sliced onions and carrot strips, in heavy foil. Season to taste. Place 1/4 slice bacon on top. Seal foil around patties using a double fold. Cook on grate or in hot coals for about 30 minutes, turning often. Fold back foil and serve.

Hot Diggities
Split frankfurters lengthwise, tuck in small amount of sauerkraut or cheese. Put franks in buns, wrap buns in foil and place on grate, turning often until piping hot.



And they brought young children to him, that he should touch them: and his disciples rebuked those that brought them.
But when Jesus saw it, he was much displeased, and said unto them, Suffer the little children to come unto me, and forbiddeth them not: for of such is the kingdom of God.
Verily I say unto you, Whosoever shall not receive the kingdom of God as a little child, he shall not enter therein.
St. Mark 10: 13-15

-Vote-

JOHN BROOKS Democrat For Labor Commissioner

DEAR FRIEND:

While serving in Raleigh I became familiar with the functions of the labor commissioner. I became acquainted with John Brooks four years ago. I believe he is our best choice for labor commissioner. I urge you to vote for him on November 2.

REPRESENTATIVE
HENRY W. OXENDINE

Paid for by Henry W. Oxendine

The Big Country Sound WLAB RADIO 1060

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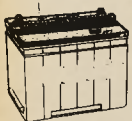
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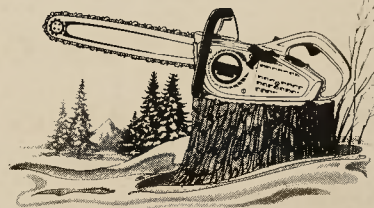
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