

In Loving Memory

the spirit world last Friday morning. While we are naturally prone to mourn our great loss, we must remember that it is his gain. His life was long and full of blessings, and was a blessing to many of us. His ability to see into the heart of people, into the heart of issues, will not easily be replaced.

But he told us near the end that it was "almost over" and that we should not "confuse the vessel with the source." And even though he, and we, knew that it was going to happen, and that it was best after all, we will still miss him. His calming influence, his profound spirituality, his boundless faith in the Creator, his sense of humor, his willing smile and warm hand, will not be forgotten.

He was our elder brother, our father, our grandfather, our uncle, our friend. He reminded us, and we must now be reminded, that there is a greater power, a greater peace. Seattle, great chief of the Duwamish Tribe, expressed what we feel now way back in 1851: "There is no death, only a change of worlds."

Goodbye, Mr. Cooper, and welcome home.

THE COACH'S CORNER

BY KEN JOHNSON

THE GOLF SWING

From a mechanical point of view "weight transfer" to the "back foot" is the most important physical skill the "Pros" say. The perfect weight transfer means the entire body must move in a perfectly coordinated one piece unit, however, Hogan says, "It is a chain action, one correct movement leading to another correct movement. Then the question comes up-"Which part starts first?" The left shoulder, the right shoulder, the right hip, the left hip, the hands, which? The golfer must be sure that he "just starts it" in one of these parts of his swing will come a

part, his real right decision is to feel the weight if correctly done will enable him or her to really drive off the back foot, the weight being felt on the right back heel. If this weight is not where it belongs, "blocking out" results-a bad pull to the left because the weight did not get to the back right heel. Anxious to hit it too soon will cause it to happen. Strength or lack of it is a big cause for this hitting from the top too soon. Golfers with big hands, big muscles, good coordination are blessed. We others, try to make up by having a "correct swing" and fall way short and wonder "what's wrong?" Answer nothing. You just ain't got it. But we keep on trying.

Thank You

The family of Glenn H. Lowry of Baltimore, MD, formerly of Pembroke, acknowledges with deep appreciation the many acts of kindness and prayers rendered during the loss of their loved one.

The Family
His Wife, Cheri M. Lowry

LOCAL HAPPENINGS

NEW SUPPORT GROUP TO BE FORMED

If you are going through a difficult crisis or emotional pain over the death of your husband, wife, or child, or because of separation or divorce we invite you to meet with us on Thursday night (July 25) at 7:30 at First United Methodist Church. We will be sharing positive ways to deal with our problems.

Call 521-2826 To Advertise

The descendants of Zackariah and Matilda Locklear; also the descendants of Preston and Emaline Locklear are invited to the annual Locklear Family Reunion, Saturday, August 10, at Preston Gospel Chapel in Maxton. Those attending are asked to gather at the church at noon for a brief program and lunch will be served immediately afterwards. Those planning to attend should bring a covered dish to be served at lunchtime. For further information, contact Holly Floyd Locklear at 919/521-4280, or Lillian T. Harris at 919/521-4107.

To Subscribe Call
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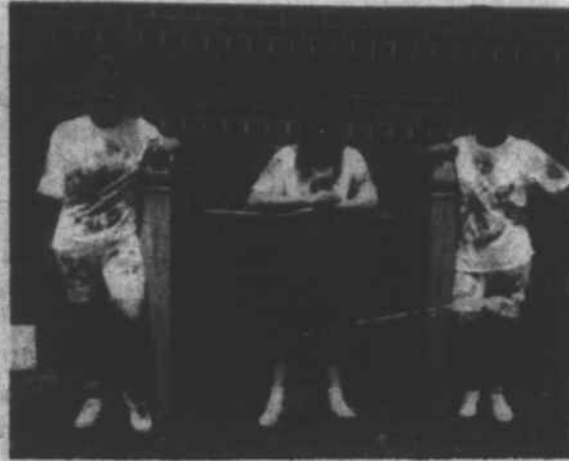
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Upward Bound students enjoy art classes



These three students in the Upward Bound Program at PSI recently finished an art project of tie-dying techniques demonstrated by the clothes they are wearing in the above photo. They tie-dyed their shirts, pants, and socks.

Shown left to right are: April Blue, a rising senior at Parnell Scott High; Minnda Bradley, a junior at Magnolia; and Ronda Jones, a junior at Hoke High. These three students are only a few who are enjoying art classes taught by Mrs. Sheila Godwin, an art teacher with the Robeson County School System. Art classes this summer consist of drawing, pen and ink techniques, ceramics, weaving and designing jewelry. Mrs. Godwin has been the art teacher for Upward Bound for the past seven years and enjoys it more each year. She feels this program is one of the best for Robeson County students in this county.

Say you read it in The Carolina Indian Voice

MICROWAVES are for COOKING

SOUP TASTES JUST AS SPECIAL IN A MICROWAVE

by Donovan Fandre

You can get the same taste of soup simmering on the stove, without the hours of time, by preparing it in a microwave. Cook the vegetables and meat first, using very little liquid. Next, add water and cook until hot and the flavors are blended.

CORN SOUP WITH SALMON

- 1 package (10 oz.) or 2 cups frozen cut corn
- 1/2 cup frozen chopped onions
- 2 tablespoons butter or margarine
- 1/8 teaspoon each tarragon, crushed, and pepper
- 1 cup half and half or milk
- 1 can (14-1/2 oz.) chicken broth
- 2 tablespoons dry sherry
- 1 can (7-1/2 or 7-3/4 oz.) salmon, drained
- 1/4 cup chopped parsley
- Dairy sour cream

In large microwave-safe bowl, combine corn, onions, butter, tarragon and pepper. Microcook, covered, at HIGH (100%) 5 to 6 minutes or until thoroughly heated. Stir in half-and-half and chicken broth; microcook, covered, at HIGH 8 to 10 minutes or until liquid comes to boil. Stir in sherry and salmon. Microcook at HIGH 3 to 5 minutes or until salmon is heated. Garnish with parsley and sour cream. Makes 4 servings.

Watch Donovan's weekly series, "Microwaves Are For Cooking," underwritten for public television by the Frozen Vegetable Council and Rubbermaid Inc. To order his cookbook by the same name, send \$9.95 plus \$2.00 for shipping and handling to: Microwaves Are For Cooking, P.O. Box 10467, Dept. M, Oakland, CA 94610 or call toll free 1-800-826-6660. Get this cookbook free when you order the 1-hour video for \$29.95 (specify VHS or Beta).

EVERYDAY



The children are home on vacation—and you're busier than ever! What with their friends running around the house, demands for snacks, answering phone calls and planning outings to the beach or park, you never seem to have a moment for yourself. It's especially rough when the weather turns rainy and everyone's temporarily grounded. After playing games with the children all afternoon, you really deserve a break. Soothe yourself by spending some time in your favorite chair with a good book, nice music and a tall glass of refreshing iced tea. The youngsters are probably a little tired too—why not pour some tea for everyone and take time out for some family conversation? You may wind up sharing some really special moments that could put the sunshine back into your day!

Mattress Sale
In Progress
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North Carolina Indian Cultural Center

1991 Calendar of Events

August 24 - GOSPEL MUSIC FESTIVAL with performances by local and national groups.

September 19-21 - STATEWIDE INDIAN HERITAGE CELEBRATION featuring an old-fashioned dance competition and pow-wow with dancers and singers from tribes along the Eastern Seaboard as well as many arts and crafts and food vendors.

September - October (Tentative) - CELEBRATION OF INDIAN HERITAGE at the Robeson County Museum, Lumberton, N.C.

October 19-20 - OLD-TIME HARVEST CELEBRATION of the rural, agrarian lifestyles of the region in the late 1800's and early 1900's. Activities will include exhibits and demonstration of farm equipment, tools, and skills of that era, such as making lye soap, cooking in large kettles, woodworking, working in a blacksmith shop, and processing tobacco for the market. There will be games from that era, such as a corn-shucking and woodcutting contests.

Month of November - SITE EVENTS TO CELEBRATE NATIONAL INDIAN HERITAGE MONTH TO BE ANNOUNCED

November 22-23 - WILD GAME FESTIVAL will highlight primitive weapons used by Native Americans and foods prepared from wild life and native plants. Activities will include educational programs for students, demonstration of hunting tools and techniques, demonstration of preparing foods, and storytelling. An archery demonstration and contest will be held in conjunction with the festival.

December 13 - A NATURE'S CHRISTMAS will be held as an Inter-Tribal and local community event. A Living/Singing Christmas Tree, a Living Nativity scene, and a special program of Christmas stories and carols will be presented along with Indian storytelling and arts and crafts sales. All items for sale as well as the special tribal tree decorations will be made of natural materials.

For more information on these events and on use of the amenities of the N.C. Indian Cultural Center for individual or group purposes, write or call the:

N.C. Indian Cultural Center
P.O. Box 2410
Pembroke, N.C. 28372

919-521-2433