

WHAT NEXT???

A friend of ours has written the following letter. He has requested that his name not be used. In an attempt to allow him the opportunity to "get it off his chest," we reprint:

Now that the affluent, elite, sophisticated and educated people have attempted to discredit NAPAC they seem bent on a course of a "snow job" of reconciliation, spiced with arrogance and contempt. While I don't hold any personal animosity toward any of them, I don't condone what they did. NAPAC is the one vehicle that all Indians can prosper with, although it is not sufficient for the group that is trying to bring about its demise. NAPAC was sufficient to elect Dr. Adolph L. Dial to a house term after he had failed in two previous attempts. NAPAC also was sufficient to almost put Mr. Glen Maynor in as sheriff two years ago. napac again was sufficient through the effort of Rep. Dial, Cliff Sampson and Mitchell Locklear, to help create a majority Indian district for the House of Representatives. This was opposed by the group that is trying to bring about the demise of NAPAC. In view of this, one wonders why.

The answer to this is simple, this group has never been a strong pioneer for Indian causes. Their strategy is to move in through the control that they have over poor people and various boards and agencies they control. Just as it was true after the death of Julian Pierce, it has been true in this and other incidences as well. This letter would not be complete without mentioning some of the deceptive ways that are characteristic of them. During the death of Julian Pierce I did not hear a single cry of anguish of spirit from any of them, and I do not recall seeing any of them at the memorial

held for him at Prospect United Methodist Church. However, they were not reluctant on their part to use the memory of this tragedy to get votes in this election. Another deceptive method was that of down playing Cliff Sampson's qualifications. Education alone is not sufficient for anything. I would much prefer a man who has paid his dues to the Indian cause of progress and doing the right thing than to be represented by an attorney with two master's degrees. A person is not truly educated until he can have compassion for his fellowman, until he can be courageous and take a stand for what is right, with no consideration of economics, until he has shown some vision and seen beyond what is in his own personal best interests.... In all these areas, Cliff Sampson was far more qualified than the elected official.

Now that the election is behind us, hopefully the wounds will heal and we can continue to work toward progress as a people and as a part of the population of Robeson County.... There has been much pain and disappointment following this election.... Time will take care of some of it.... In other cases, some folks will refuse to get past the hurt and disillusionment... But change will continue to come to Robeson County and those persons who are arrogant about the election of their candidate will suffer disappointment

in another election.... Some things are just bound into the laws of the universe and as the old folks say "What goes around comes around." In any event, NAPAC is still doing fine and will continue to expand and grow.... NAPAC will continue to endorse candidates and will win

some and lose others... But for the record, NAPAC did endorse Tommy D. Swett for the at-large position on the Board of Education.... NAPAC did endorse Berlester Campbell for county commissioner, as well as Frances Cummings for the District 87 seat in the House of Representatives. NAPAC's endorsed candidates in these positions won.... So there is much to be encouraged about.

And a brief note to the Indian detractors of this newspaper: We are alive and well.... The Carolina Indian Voice endorsed one candidate, Sen. David Parnell.... and he won.... As we consider the overall ramifications of the election, the senate seat was the

"big marble." Some folks did play for all the marbles and lost.... Hopefully, now we will all get over our disappointment, our elation, and set realistic goals for the betterment of all Robesonians.

We are looking forward to some immediate, fast hard decisions on the board of education, as soon as the new board is in place in July. The challenge is definitely out there.

Hopefully, now that the board of education is elected, the decisions made will be reflective of quality education first and political expediency second.... We suggest again that J.C. Humphrey be encouraged

to retire, or that he be dismissed and of course we are awaiting a new superintendent who has some knowledge of and concern for the three races that make up the student population of the Public Schools of Robeson County.

Along The Robeson Trail

By Dr. Stan Katak, Director PSU Native American Resource Center

Last week we looked at the high frequency of diabetes in Native American communities. This week we turn to two other health problems that are also common among Indian people across the country.

One of the most common Indian health problems is gallstones. This problem is so frequent that health researchers in the Southwest have called it "the American Indian's burden" (Sievers and Marquis, Journal of the American Medical Association, Volume 182). The condition, properly called cholesterol gallstones, or cholelithiasis, has frequently been found in Indians to be caused by: 1) high amounts of cholesterol; and 2) low amounts of bile acids which dissolve cholesterol. These two situations result in the formation of "stones" or concretions in the gall bladder or bile ducts. But there are other factors involved.

For example, gallstones are more common in otherwise healthy Indian women than they are in Indian men. This may be because women have relatively smaller amounts of bile acids with which to dissolve cholesterol than do men. In addition, gallstones have been shown to be closely connected with obesity and high urinary estrogen levels (Bennion and Grundy, New England Journal of Medicine, Volume 299).

Another study, done among Pima Indians, argued that the high frequency of gallstones was due to the change from traditional foods to modern diets with more calories and less fiber (Reid et al, American Journal of Clinical Nutrition, Volume 24). But it is still not clear, after numerous studies, whether Indian people have a genetic tendency to develop gallstones, or whether environmental factors are to blame.

Another health problem that affects many Indian communities is lactose intolerance. Lactose intolerance means that the body has difficulty absorbing milk sugar (lactose), which is present in all dairy products. In this case, the health problem is almost certainly genetic in origin.

When most humans are infants, they have an abundant amount of the enzyme called lactase in the small intestine; it is this enzyme which helps the body absorb milk sugar (lactose). However, in most human populations there is a rapid decrease in the amount of the enzyme lactase in early childhood, which makes it more difficult to absorb milk sugar as they get older. The only exception to this rule is the white population that originated in northern and western Europe, probably because these Europeans domesticated cows earlier in history than anyone else (and thus

have had a longer time to develop the ability to absorb lactose later in life, because they ate more dairy products). Most non-European populations simply have not been exposed to dairy products for the number of centuries it apparently takes to develop lactose tolerance in adulthood.

Thus, many American Indian adults experience lactose intolerance, especially if they consume more than a small amount of dairy products (for example, 1 to 1-and-a-half glasses of milk). This "intolerance" occurs sometimes even when the person doesn't realize that they have the problem. This is because there are various levels of symptoms of lactose intolerance: from minor discomfort or "indigestion," to difficulties like diarrhea and intestinal cramping, and even to more serious symptoms.

Several studies have shown that American Indians who have partial European ancestry, sometimes as little as a single white ancestor, are much less likely to experience lactose intolerance. This fact supports the notion that lactose intolerance is indeed a genetic condition.

For more information, visit the Native American Resource Center in Old Main Building, on the campus of Pembroke State University.

READERS' FORUM

Seeking genealogical roots

Dear Readers:

My name is Burgandy Lee. My mother's dad side of the family came from Robeson County and is Lumbee Indian. I am doing a genealogical research on my family. I was hoping that one of you, the readers, would know a member of my family or would be member of my family. It's very important to me that I find my family and I would also like to know of any medical history of the family

as well.

The family name is Collins. My grandfather was Roland Prentis Collins, but he was known by everyone as Sam. His parents were

Rollins Collins and Sarah Anne Burnett Collins. Sam had brothers named Neil and Wilbur and an uncle named Jack who was a minister. If anybody knows anything, good or bad, please let me know as soon as

possible. I would like to know who my cousins are and if there are any aunts/ or uncles still alive I would like to know them. Please contact me. I can't express the feeling I have to want to know more about my family. The more relatives I have, the better. Thank you!

My address is: Route 7 Box 180H, Fayetteville, NC 28306. Burgandy Lee

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A CALL TO ACTION . . .

The average politician does the things that will keep him or her in office, while the voters want to see the Government run with the same sound business principles that a business man or woman must use in running their business, so we don't think like the politicians do. We want to see good economical government.

To get that good government the voters must stop making demands on their Members of Congress for grants, hand-outs and loans. The Government has no money except what they collect from you and me. Karl Marx is supposed to have written in the communist manifesto, "democracy cannot last indefinitely because the

public will soon learn that they can vote themselves large sums of money from the public treasury." If Japan, Russia, European countries and many other countries think it is of value to send lobbyists to Washington to influence our Congress, which they do, can we afford to sit idly by and see the greatest country on earth go bankrupt and our freedoms go down the tube?

Wouldn't you agree that it is high time for a "Call to Action?"

By David N. Adamson
Founder and Chairman

National Write Your Congressman, Inc.
12115 Self Plaza
Dallas, Texas 75218

Dear President Bush:

Our country was built on a strong family unit with a belief in a Supreme Being — men of their word, and men who gave a day's work for a day's pay. I guess that's what the upcoming election in November is all about. When is it going to be "government by the people, for the people" again?

Raymond C.
Professional pilot
Canton, Michigan

The American people — not some government bureaucrat — should be free to make important decisions affecting their lives. That's why I'm fighting for reform in education, health care, and child care based on a family's freedom of choice. That's why I'm fighting to reform our judicial system and our federal government. We need to streamline the oversized beast called "the government" and put responsibility back where it belongs — in the hands of the American people.

Americans have not forgotten the values of faith, family, and freedom that are the foundation of our nation. These bedrock beliefs do not fade with age. They will continue to guide our nation. If we preserve them by protecting the family unit and by promoting individual responsibility, we will never lose our bearings.

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Dear President Bush:

What actions will your administration take to improve the health and education of America's children?

Jill G.
College student
Washington, D.C.

Children are America's most precious resource. That's why reform of our health care system and our schools are two of my top priorities. We must start our children off on the road to safe, secure, and successful lives.

My "healthy start" initiative will reduce infant mortality rates by up to one-half in five years. My immunization initiative will assure that, by the year 2000, 90 percent of our children under the age of two are immunized.

We have developed strategic plans to eliminate lead poisoning, advocate AIDS education, and streamline and improve programs for both children and families.

I've proposed a 27-percent increase for Head Start and Early Childhood Development. That's good news for both the education and the health of our children.

Our children's education is key to our country's future. America 2000 is my plan to reform and, indeed, to reinvent our nation's schools — to achieve educational excellence. We are continuing the fight to ensure that every child is prepared to succeed in this increasingly complex and technological world.

Dear President Bush:

Does the United States still rank first economically and technologically?

Isa I.
High school pupil
Union Gap, Washington

American workers and American technology are the best in the world. That's why we should not shy away from competitive free trade. America is the world's leading exporter. United States exports have accounted for 70 percent of America's economic growth and 1.8 million jobs since I took office in 1989.

For America's success at home, America must lead abroad. This means opening more markets overseas for American goods, which creates more jobs and allows American workers to compete with our trading partners.

Some suggest that we can hide in a cocoon of protectionism and pretend to benefit from competition. We just can't have it both ways. Open trade is vital to the United States — every bit as vital as my administration's efforts to reform education, health care, government, and the administration of justice.

Prepared by Bush-Quayle '92, Washington, D.C.

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Pharmacist
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