

Along The Robeson Trail

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

One of the most recognizable symbols of Native American culture is the totem pole of the Northwest Coast. It is a symbol which is so familiar in the American experience that we hear the words "totem pole" being used in a context which has nothing to do with Native Americans—in the phrase "low man on the totem pole." But what do we really know about "totem poles?"

First, what is a "totem?" The English word comes from an Algonkian word (*ototeman*) which means "his relations." It is used to describe an animal or other natural being which, in traditional cultures, is believed to be related by kinship to a particular group of humans. Thus, the Bear Clan People would be kin to the bear, and we would call the bear their "totem" (= their relation).

However, the "totem" of a clan or group is more than just a symbol. In traditional cultures it also helps to define social relationships among people. For example, in the culture of the Haida Indians, the Raven

People are generally more jovial and talkative than are the Eagle People.

Now, what about "totem poles?" The best-known ones are made by Northwest Coast Indian nations such as the Kwakiutl, Bellabella, Bella Coola, Haida, Tlingit and Tsimshian. Each nation, and each artist, had (or has) individually distinct styles of carving. In the days before European trade goods, wood carving was done using mainly stone tools. With the introduction of metal tools, wood carving among the Northwest Coast nations became even more elaborate.

There are actually four different kinds of "totem poles", distinguished by where they are erected and the purpose for which they are intended.

The first kind is a memorial column, erected in front of rows of houses, or sometimes near cemeteries. This is intended to commemorate someone who is deceased, and may include a single human figure and/or various animals and birds.

The second kind is called a "house frontal pole." This type generally

has a larger diameter than the memorial column, and is erected in front of a specific house (sometimes attached to the house itself). In some in-

stances, a large opening is cut through the base of the house frontal pole, which then becomes an entrance into the house. The carvings on this type of pole include family totems and depictions of family myths.

The third kind is called simply a "house post." It is erected as a supporting post inside houses, and is common to virtually all of the Northwest Coast nations.

The fourth kind is called a mortuary column, because it was used as a final resting place for certain high-status people. The honored dead was placed inside an opening in the mortuary column, or in a coffin at the top of the column. Since the coming of European religion, this kind of pole is rarely used any more, but a number of them are still standing as reminders of the old ways.

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

Words of wisdom from the Creator

Isaiah 61:1-3

The Spirit of the Lord God is upon me; because the Lord hath anointed me to preach the good tidings unto the meek; he hath sent me to bind up the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to them that are bound; 2. To proclaim the acceptable year of the Lord, and the day of ven-

geance of our God; to comfort all that mourn;

3. To appoint unto them that mourn in Zion, to give unto them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they may be called trees of righteousness, the planting of the Lord that He might be glorified.



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New Health Care facility begins medical practice in Pembroke

On July 27, 1992, Health Plus began its first regular week of medical service. As a former employee of Robeson Health Care, with clinics in Pembroke, Maxton and Fairmont, Leverage Locklear, PA, request that former and new "Patients are welcome."

1. Health Hints: beware of spider bites of all kinds, but especially black widow and the recluse or "Flidder" which hatches its young in areas of extreme heat. Make lots of noise when entering hot buildings and attics/lofts. If bitten apply a cool compress and seek medical attention as a deep ugly ulcer will occur, muscle ache, fever, and possible kidney failure. A patient was treated recently which required two shots.
2. Allergy and sinus suffers: The season for ragweed pollination and several other trees and grasses are upon us. A helpful form of care is to place two to three drops of water in each nostril daily and "snort". Benadryl and pseudoefed may be purchased for initial care. Read warning labels regarding high blood pressure and / or eye problems.
3. A weight reduction program is scheduled to begin August 25, 1992, to reduce. Walk regularly- half mile (during the cool of the day, eat slow 20-30 minutes for a large meal, less salt, fatty foods particularly pork sweets and bread. Reduce not more than ten pounds per month.
4. Listen to pleasant Gospel or classical music, read your Bible and / or religious literature daily. I would like to dedicate the following song to the patients. "I go to the Master".

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A SNUFF,
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ADVENTURE.**



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Former pastor to speak at Prospect UMC

On Sunday, August 16, at 10:40 a.m., The Rev Robert L. Mangum will be the Guest Speaker at Prospect United Methodist Church during the worship service. Rev. Mangum is

the former pastor. He is now the Executive Director of the Southeastern Jurisdiction Association of Native American Ministers. Everyone is invited to attend.

Ranting and Raving The 'Marlboro Man' dies of lung cancer at 51

by Garry Lewis Barton
I'm proud to be a Native American but I'm not proud that, as Ross Perot might say, "my people" gave the world tobacco.

Many folk seem to have trouble accepting the obvious - cigarette smoking causes cancer. And cancer is one of the leading killers of people.

I don't smoke but my wife Lisa does. So I get excited whenever I hear about someone quitting. If they can, I figure, perhaps one day she will.

Wayne McLaren quit smoking. A rodeo cowboy, actor and stuntman, he was probably best-known as the male model who portrayed the very popular "Marlboro Man" in countless

commercials and advertisements for Marlboro cigarettes. He smoked as much as a pack and a half a day for 25 years.

But he quit. Of course, he quit living too. He recently died of lung cancer at the still-young age of 51.

Diagnosed with advanced lung cancer in 1990, McLaren said his habit finally caught up with him, as habits have a habit of doing. The ruggedly-handsome "Marlboro Man" successfully projected the macho image that smoking cigarettes was a manly thing to do.

But I dare say that image would have been shattered if folk could have seen him shortly before he died. At the end he didn't look anything like the "Marlboro Man"

who was usually depicted sitting astride a horse in the very popular advertisements.

Cancer is not kind to its victims. The once ruggedly-handsome actor had wasted away to skin and bones and his body was constantly wracked with pain. He spent the last month of his life in an incubator and admitted before his painful and untimely death that smoking was not worth it.

He became an anti-smoking advocate after being diagnosed with advanced lung cancer in 1990, making countless public appearances nationwide to warn about the dangers of smoking.

I want my wife to quit smoking. But I don't want her to have to follow in McLaren's footsteps to

do it. I want her and everyone else to know that smoking cigarettes is a deadly habit. And that far too many people end up kicking the bucket in order to kick the habit.

I don't want my children, friends or loved ones - or yours - to take up the nasty habit.

So, to all those who smoke, and all those who are considering taking up the cruel and nasty habit, let me share Wayne McLaren's last words with you.

"Take care of the children," the emaciated, once ruggedly-handsome actor said on his dying bed in between intermittent stabs of pain. "Tobacco will kill you, and I'm living proof of it."

Alas! He was living proof. And he was right - dead right!

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Name that itch...
Though often confused with dandruff, another scalp condition, called *seborrhea*, can cause scalp redness and itching. In the scalp this condition is characterized by very oily hair, and it is common during the teenage years. Frequently the forehead, nose, cheeks, and upper chest are also involved.
The most effective shampoos for seborrheic dermatitis contain topical corticosteroids and can be obtained by prescription.
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