

The Way I See It

by Dr. Dean Chavers, President
Native American Scholarship Fund
Albuquerque, NM



DOING THE RIGHT THING

One time I found some money on the school bus on the way home. It was five dollars, a lot of money in 1955. As soon as I got home, I told my mother about my good luck. "You'll have to give that money back, son," she told me. "Someone else has lost it and needs it." We had always heard "Finders Keepers, losers weepers." I guess that was my philosophy of life about that money. It had candy, soda pop, movies, and hamburgers written all over it. But the next day I had to turn that money in to the office. Mr. Elmer took it, and told me a girl had lost it the day before on the first bus.

(We rode the second bus). The money was laying right between the seats, and to this day I don't know why someone else didn't see it before I did. The girl who lost it was going to put it down as her first payment on her yearbook, or graduation gown rental. She was very happy to get it back. We all have had similar experiences. And we have not all done the right thing all the time. We have had plenty of people telling us what the right thing was, however. One of the most influential ones for me was my Aunt Dimple. She was my grandfather's sister, Dimple Revels. But we saw a lot more of her than we did of my grandparents. She and Uncle Lonnie lived right across the swamp from us, less than a mile away.

One time I was mad at my mother about something. I was saying some bad things about her and our disagreement. I don't remember what the subject was any more, it was so long ago. But I do remember Aunt Dimple told me, "Just remember, Dean, she is your mother." That comment stopped me in my tracks. It made me think,

then and a thousand times since, before I said something about somebody. That comment was a wise one. It was about doing the right thing.

We all know the right thing is to build people up, not tear them down. Yet it is very easy to yield to the temptation of passing on a good, juicy piece of gossip. If we stopped and thought that at least 90% of gossip is vicious rumors, half truths, outright lies, and character assassination, we would not pass along very much of the things we hear about people. But we seldom stop and think before we pass it along. But for the past several years, I have taken what I thought of as a perverse pride in sitting on rumors.

When I hear one, I take pride in not repeating it to anyone. At first I thought I could not do it, many pieces of gossip are too juicy. But after practicing it a few times, I learned I could stifle the urge, and keep it to myself. Probably most of that ability I owe to my mother and to Aunt Dimple. It is just a shame that I did not apply it always in my earlier years. Maybe one of the reasons we do not always do the right thing is that we do not understand wisdom.

A few years ago, I looked up the word "wisdom" in the dictionary. It told me wisdom was knowing what was right from what was wrong. It also told me that wisdom was not only in the abstract, but the ability to tell right from wrong in the real world. Until that time, I had thought of wisdom as being something revealed to sages, wise men and women, and the old. But it is not. It is something that all of us need. When we do the wrong thing, we are being unwise. When we do the right thing, we are being wise.

Pediatric Pointers

I'm writing my article this week from the Dallas Fort Worth Airport. We just flew in from Denver and I am (as usual) chasing my daughter through the terminal lobby. Ever been through the Dallas Fort Worth airport? If you haven't you are lucky! If you have been through it, you know what I'm talking about. I had the honor last week of speaking at the annual Native American Family Camp sponsored by the Native American Caucus of the United Methodist Church. This year the camp was at Estes Park, Colorado, located about 70 miles north of Denver in the spectacular Rocky Mountains (ever seen snow capped mountains in July?! Even more spectacular than the view was the family camp itself, with Native Americans from all over this country in one location trying to do something constructive for the future of Native people. From the 84 year old sisters from Cherokee, to the beautiful 4 month old from Michigan, they came together as one—Seminole, Creek, Seneca, Potawatomi, Lumbee, Navajo, Nanticoke, Coharie, Cherokee, Ottawa, Kiowa, Choctaw, Sac and Fox, and more. It was something!

I was asked to speak at the camp on medical issues specific to Native Americans, and I spoke primarily about Diabetes, Obesity, and fetal alcohol syndrome. At the keynote address I told the audience that we as Native people really hurt ourselves by what we put in our mouths; if we could control what we eat and drink, our health would be much better. Better nutrition and

exercise is a great way to control diabetes and obesity and limit the adverse effects they have on our bodies. Of course, decreasing alcohol ingestion would help lower the high rate of alcoholism and fetal alcohol syndrome (FAS) in our communities. As mentioned in one of my March articles, FAS is a birth defect caused by ingestion of alcohol by the mother while pregnant. It may be the leading cause of mental retardation in this country and has its highest rate among Native Americans.

We must remember our responsibility to the unborn child by educating our communities and supporting any individual with a drinking problem. I also had the pleasure of working with the Native American Bone Marrow Donor Program at the Family Camp. As I mentioned in one of my April articles, there is a critical need for Native American donors for leukemia patient in need of a bone marrow transplant. Remember, it is a potential cure for these patients with leukemia. So let's roll up our sleeves, get over that fear of needles, and get registered! My wife and I are. If you can't be a donor for health reasons or age, a money donation would be great, also. For details, call 1-800-654-1247. Remember, some patients don't have the time to wait while you decide whether or not to be a donor!

Well, that's a small sampling of what was happening at the family camp this past week. Again, it was great to see Native Americans from across this country discussing not only spiritual matters, but also health care issues that effects our communities.

God bless H.B. and Shirley Bullard and Carol Carlson of the Bone Marrow Donor Program, the James Jones Family (let's go fishing!), Oscar Jacobs, Mary J. Bell, Dr. Sam Wynn, Cynthia Abrahams, The Church Family from Michigan, the group from Cherokee, the Nanticoke lady with the beautiful voice, Rev. and Mrs. Bob Mangum, and especially the Native American Caucus and the United Methodist Church. Keep up the good work! Well, looks like it's finally time for our plane to board. Hey, where is my daughter? I'd better go! See you next week!

Trivia Test

by Linda Luckhurst

1. Magazines: How much did TV Guide cost when it was introduced in 1953?
2. The 50 States: Which state has the longest coastline?
3. The Presidency: What are the requirements to become president of the United States?
4. History: When was V-E Day?
5. Nicknames: Who was known as the "Vagabond Lover"?
6. Medals: What phrase is on the Victoria Cross?
7. Movies: Who starred in "Walking Tall"?
8. Music: Who recorded the December, 1969 number one hit single, "Na Na Hey Hey Kiss Him Goodbye"?

Answers: 1. 15 cents; 2. Alaska; 3. natural-born citizen, at least 14 years U.S. residence, 35 years of age; 4. May 8, 1945; 5. Rudy Vallee; 6. For Valor; 7. Joe Don Baker; 8. Steem

Top 10 Movies

1. In The Line Of Fire starring Clint Eastwood
2. The Firm Tom Cruise
3. Jurassic Park Jeff Goldblum
4. The Coneheads Dan Aykroyd
5. Weekend At Bernie's 2 Andrew McCarthy
6. Sleepless In Seattle Tom Hanks
7. Dennis The Menace Walter Matthau
8. Cliffhanger Sylvester Stallone
9. What's Love Got To Do With It Angela Bassett
10. Rookie Of The Year Thomas Ian Nicholas

Say You Read It In
The Carolina Indian
Voice-Call 521-2826



Happy Birthday Lillie

We Love You!

Your Sisters

Bessie, Imogene and Clementine

Prospect Satellites

Sales & Service

Top of the Line Satellite Receivers starting at \$1,595 (installed). Payments as low as \$39 month. Sales & Repairs We service any brand.



Melvin Ellison

Cable Not Available
We Bring Cable Services
To Your Home

Night
Gerald Strickland
521-2385

Prospect Road • 521-3100 • Night: 422-8817

OUR BUSINESS IS YOUR HEALTH AND PEACE OF MIND

Pharmacist
Howard Brooks

Pembroke Drug Center
Dial 881-4888



Distressed by beans?

Beans are a high fiber, high carbohydrate food that health organizations advise us to eat. And though they're available and affordable, they're also hard for some of us to digest. But suffer no more.

We carry products, such as BEANO, which contain a natural food enzyme that breaks down the hard-to-digest sugars in beans, broccoli, cabbage and whole grains that often cause discomfort.

A recent ad in PREVENTION Magazine gives a toll-free number to call for a free sample of BEANO, and we're glad to pass it on. Just call 1-800-257-8650. Helping you enjoy good health is our business!

Ask Your
Friendly Family Pharmacist
We Take the Time to Answer Your Questions

Your Pharmacy

"An Educational American Indian Coloring Book"

This new coloring book represents various scenes from Indian life, past and present. It graphically illustrates life styles of Indian people who once lived in abundance in North America.

Indian people lived in America for over twenty thousand years before they discovered Columbus. They had an advanced life style where they enjoyed their family, animals and nature.

Children will enjoy using this American Indian Coloring Book as they learn facts about American Indians and display their creativity.

Order now. Price is only \$4.95. Satisfaction guaranteed. Full refund if not completely satisfied. Send check or money order to First American Publications, P.O. Box 1075, Pembroke, NC 28372. Great idea for pre-school, day care and kindergarten students.

Carolina Indian Voice

P.O. Box 1075
Pembroke, NC 28372

Published Each Thursday by
First American Publications
Connee Brayboy, Editor



BECK CHIROPRACTIC

Serving Robeson County Over 15 Years

Specializing In Auto Accident Injuries

Most Insurance Accepted

"APPOINTMENT PLEASE"

OFFICE
739-5751

FREE INITIAL CONSULTATION

EMERGENCY HOME NUMBER
DR. WOODROW W BECK JR. 738-3126



LOCKLEAR, JACOBS, SUTTON & HUNT

Attorneys & Counselors At Law

- Auto Accidents
- Personal Injury
- Divorces
- Child Custody & Support
- DWI & Traffic Offenses
- Criminal Trials
- Real Estate
- Wills
- Estates

521-3413

ARNOLD LOCKLEAR
ARLIE JACOBS
RONNIE SUTTON
GRADY HUNT

No Charge For Initial Consultation

203 S. Vance St.
Pembroke

Carolina Indian Voice

Newspaper is Published

Every Thursday by

First American Publications

304 Normal Street-College Plaza
P.O. Box 1075

Pembroke, North Carolina 28372
(919) 521-2826

EDITOR.....Connee Brayboy
OFFICEMANAGER.....Helen Locklear

And Many Friends & Volunteers

SUBSCRIPTIONS

One Year in NC \$20.00

Out-of-State \$25.00

Second Class Postage Paid at Pembroke, NC

PROGRESSIVE SAVINGS & LOAN, LTD.

\$100
MINIMUM BALANCE
CHECKING ACCOUNT
No Service Charge For Checking*

* This \$100.00 Minimum Balance Checking Account Allows You To Write Checks WITHOUT A SERVICE CHARGE As Long As The Balance Does Not Fall Below \$100.00.

If The Balance Does Fall below \$100.00, A \$6.00 Monthly Charge And 30¢ Per Check Is Necessary. This Account Does Not Pay Interest.

DEPOSITS FEDERALLY INSURED TO \$100,000.00
Substantial Penalty For Early Withdrawal - Rate Subject To Change Without Notice

PROGRESSIVE SAVINGS & LOAN, LTD.

308 N. Chestnut 4400 Fayetteville Road 720 Harris Avenue 110 E. 3rd Street
Lumberton, N.C. Lumberton, N.C. Raeford, N.C. Pembroke, N.C.
739-1478 739-1418 876-2488 521-1206