


**Pembroke State University**

CLARE WARREN  
Director of Public Information



OF THE UNIVERSITY OF NORTH CAROLINA

**SPA EMPLOYEE AWARD FUND ESTABLISHED AT PEMBROKE STATE**

A \$1,000 anonymous gift has been received to establish an SPA (Subject to the Personnel Act) Employee Award Fund at Pembroke State University.

The gift was made by two PSU faculty members.

Last fall a Chancellor's Forum for PSU employees was held at which time views were expressed that SPA employees should receive some type of special recognition.

A committee was formed to discuss ideas presented at the forum and make suggestions about their implementation.

The donors of the \$1,000 gift in a letter to the PSU Office of Development and University Relations said: "After hearing the comments made by the members of the PSU support staff at the Chancellor's Forum, and after discussing the degree to which PSU truly depends on this invaluable segment of the campus community, we would like to make a contribution toward a fund to provide an award (or awards) to recognize the services that individuals among the SPA support

staff--secretaries, administrative assistants, clerical workers, custodians, physical plant workers, and others--afford to the University."

The donors added, "It is our hope that others may follow this lead and add to the fund as time goes by."

They also said, "We understand that a committee has already been formed to consider how such a program might be carried out. We will trust in its good judgment."

**FLOYD NAMED DEAN OF TRUST SCHOOL**

Phillip M. Floyd, who is a candidate for a Master of Science degree in organizational leadership and management at PSU was recently appointed dean of the 25th session of the Southeastern Trust School at Campbell University.

Floyd led the trust group at Southern National Bank as director of trust services.

**GOODNIGHT IS PROMOTED BY FIRST UNION**

J. Steve Goodnight, a Kannapolis native who attended PSU, has been promoted to vice president/branch executive of the Village Office of

First Union National Bank of North Carolina in Kannapolis.

Besides PSU, he attended UNC-Charlotte and the American Institute of Banking.

**ODOM NAMED DIVISIONAL MANAGER BY BELK**

Roger Odom, who attended PSU and graduated from Appalachian State University, has been named divisional manager of men's wear merchandise for Belk stores in the Fayetteville area. The area includes Fayetteville, Lumberton, Laurinburg, Southern Pines, Whiteville, Sanford, Clinton and Dunn.

**TRUMAN NAMED ANSON COUNTY PRINCIPAL OF YEAR**

George Truman, '71 graduate of PSU with a degree in mathematics and a minor in chemistry, was recently named Anson County's Principal of the Year.

He is principal of Central Elementary School in Wadesboro.

Truman has also earned his Master's Degree in public school administration and has since earned his six-year degree in administration.

Truman has served on the Morven Town Council.

**Health Clipboard**

by Robert M. Chavis, P.A.C

**MORE ON DIABETES.**

Hello brothers and sisters. The vacation for 14 days back home was great and I really did not want to leave. I'm so excited about the rebirth of Native tradition back home. The old knowledge from our elders must be held on to, retained as well as learning and grasping the future. I continue with Diabetes because the information is needed throughout our communities. For more information call or write The American Diabetes Association, INC, 149 Madison Ave, New York, NY 10016 (212) 725-4925. Type II diabetes is very common in Indian country. We all young and old need to learn the symptoms of diabetes. Most of the people with type II diabetes have an unknown onset of the disease. The person or the family may have little warning, especially in the person that is obese the warning signs are few. Laboratory testing sometimes is the only way of detecting glucose (a sugar) in the urine or in the blood stream. Some symptoms can come as a chronic skin infection. These people may have feelings of an itching sensation on parts of the body or all over the body. Women with diabetes starting may have repeated bouts of vaginal infections before the reason is found. The glucose level (sugar level) may become very high before the

person finds out that they have diabetes. When this occurs, the warning signs may be nausea and vomiting. People with high blood sugar levels can become very irritable. The person or family members might notice that the person has an increased thirst for fluids and having to use the bathroom to void more often (make water).

The warning signs are few until the disease has progressed making the point of medical check ups important. People with a family history of diabetes need to be examined at least once or twice per year. At these medical visits you will need a blood and urine tests. There is a fasting blood test that measures the level of glucose (sugar) in your blood stream after an 8-10 hour time period without any food. This test is usually done in the morning. Then there is a Random blood glucose test that can be done at anytime of the day. There is also an Oral Glucose Tolerance Test where you consume a diet high in carbohydrates for three days before the test to show how your body reacts to this type of food. Some medical exams use the pin prick method that causes little to no discomfort. The other method involves the withdrawal of blood from a vein. The discomfort

from this method is more but with shorter duration. A bruise may form at the site of withdrawal of the blood. It can take up to a week for the bruise to go away. The procedure does not hurt or bruise everyone, people are different in regards to the pain felt and if any bruising is to happen.

The Fasting and the Random Glucose test take only a few minutes, but the Oral Glucose Tolerance test requires several hours. The results from these test are ready in as little as less than thirty minutes to a day or two. The glucose ranges of 70 to 120 on these test means that your blood sugar is at the normal or average level. The urine test used is just a screening test, kind of like a watch dog. This urine test is a quick tool to give the medical provider an idea if there is the need for further testing. The next article will be on the ways Diabetes is managed and treated. Please get regular checks ups at a medical office, it is not a waste of time or money, I have seen old traditional medicine that is good for the total healing of a person. But I also see the need for the blending of the two ways. This blending makes for even a healthier life.

Remember and respect our elders and the teachings of Diyin (GOD).

**The Coach's Corner**

by Dr. Ken Johnson

**"Campbell University"**

This morning's headline reads, "Campbell leaving Big South". Where do they go from here, nobody knows. You can say one thing for it, they don't need to be playing seven days a week. It is O.K. to play on Sundays but not as a team, as it denies the players a chance to go to church. It's as simple as that. You can bet the administrators go to church. But why take that away from the players and coaches. They should not.

You would think these "neighborhood" colleges would play each other and save money on travel expenses. But no, they've got to go to Florida to South Georgia and all over. The money saved on travel could be used for minor sports. Campbell has a nice swimming pool as does Pembroke and no amateur swimming teams. Scholarships have eliminated much PE as well as tennis, and women's soccer. You would think administrators would see it is more important to have a losing team than no team at all. But they don't see it that way. They simply don't give the kids a chance.

Kids started to rebel over the Vietnam war, they grew ugly, long hair and many fled to Canada. Forcing SAT scores, cutting out PE makes them feel society doesn't care about them so now it's baggy, ugly pants falling down and caps on backward and even adults who should know better wearing caps in restaurants. Why the rebelling? Society is letting the future generations down, I think. Violence in schools is because kids are not allowed to play sports. NO P.E.

K.J.

**Pembroke Kiwanis Report**

by Dr. Ken Johnson

The weekly meeting was held at the Town and Country Restaurant with President Buddy Bell presiding.

Miss Sandy Sutton, registered nurse of Hospice of Robeson County was the speaker. She spoke of the help Hospice gives to the terminally ill where physical and emotional support is so badly needed.

Hospice provides supervision by a licensed physician and teamwork that includes nurses, aides and counselors specially trained and knowledgeable of the needs of the terminally ill and family. Working as a staff on pain management, symptoms, emotional, social and spiritual and improved home care. Plus bereavement and support and follow-up for one year after the death of the patient.

Hospice is available to patients with limited life expectancy, with a cooperative attending physician, a primary family member who will assume responsibility to work with hospice, a non-profit organization. Funding is done by medicare, medicaid, United Way, insurance, and fund raising activities. The Festival of Trees, etc. Miss Sutton is in administration work with a staff of 16 nurses plus doctors and volunteers. There are 65 cases now being served in Robeson County.

Invocation: Clay Maynor; Song leader, Vardell Swett; Program, Ken Johnson.

**Union Chapel Visits Speaker of the House**

The fifth grade students of Ms. Yvonne Wallace, Language Arts Teacher, Ms. Jerlene S. Hunt, Math and Science Teacher, and Lisa Regan, Art Teacher took a field trip to Raleigh N.C. The trip was related to fifth grade curriculum and fifth grade art curriculum. The students received guided tours at N.C. State Capitol, Museum of Art, and N.C. State Legislature Building.

The highlight of the trip was Mr. Dan Blue, speaker of House, talking with the children about growing up in the Union Chapel community and making pictures with them. (shown left to right: Jerlene S. Hunt, Ms. Yvonne Wallace, Lisa Regan)



Speaker of the House, Dan Blue is seen here sharing some laughs with some students of Union Chapel Elementary School.



Dan Blue and some kids from Union Chapel Elementary.

**REFLECTIONS** by Alta Nye Oxendine

**NEW LIFE IN 1994**

From what I understand, to sin means to "miss the mark". Some of us may feel that we've done a pretty good job of living during the past year. But how many of us have made it through a single day without "missing the mark" at one point or another? Have we REALLY allowed the God who created us to direct our thoughts and actions? If not, I believe we have (at least to a small degree) "missed the mark" for that day, as far as God's desire for our life is concerned.

What if we have allowed ourselves to be controlled by the "demon" of cocaine, or heroin, or alcohol, or some other drug? What if we have committed a crime? What if we have even put an end to another person's life? Is there ANY HOPE FOR US? I believe there IS!

This is NOT a situation to be taken lightly. But when we realize that we have committed a terrible sin, not JUST against another person, but in the eyesight of ONE who LOVES US enough to GIVE HIS LIFE for us, then there is HOPE. We can honestly confess our sins to Him, asking for divine forgiveness. (But I would suggest going to a church service or to a trusted minister for help. Also, at some point, some kind of restitution may need to be made, or some kind of

penalty paid. However, from what I've heard, even in prison a FORGIVEN PERSON can enjoy a SPECIAL kind of freedom even if other people are unable to forgive.

After confessing, we can pray these words found in the last verse of the song, "An Evening Prayer". They were written by C.M. Batersby (music by Charles H. Gabriel).

"Forgive the sins I have confessed to Thee.

Forgive the secret sins I do not see; O guide me, love me, and my keeper be.

Dear Lord, Amen" (quoted from the hymnal, Great Songs of the Church, Number Two)

**GOD WASHED THE WORLD**  
If you are a person (of any age) who needs the "JESUS in the Book" to help you "find yourself", once again I'd like to share this little poem that came to me a number of years ago.

**GOD WASHED THE WORLD**  
last night. Today it looks all CLEAN and BRIGHT. How simple it would be If you and I could Stand out in the rain and let Him wash our lives That clean.

But He has planned a better way. We can go to His Son, by night or day. Bow down our souls. Humbly pray. And let HIM wash all our SIN and guilt AWAY!

**Cameron's Comment**

By Paul Cameron

The New Year has begun in ugly sports fashion, hasn't it?

Houston Oilers defensive coach Buddy Ryan throws an "old man" weak right jab at his offensive counterpart, Kevin Gilbride, on national TV. Buddy then keeps in tune with the class act he's always been by not apologizing until the team owner makes him -- "Gee, Dad, do I hafta?"

Next comes the cowardly and unprovoked attack on innocent skater Nancy Kerrigan on the eve of the all important US Figure Skating trials. It gives the phrase "Hit man from Detroit" a sissy connotation. Who would purposely injure an athlete because he or she is good? Apparently, plenty. Monica Seles was stabbed, countless others have been harassed

with threatening phone calls and letters.

Perhaps the day will come when you'll buy a ticket for a game and sit behind a bullet proof plexiglass barrier. Bring your own windex. Autographs? What a joke. Not without barbed wire and a machine gun nest. And fans wonder why athletes seem distant and aloof.

From the just desserts column -- First, Redskins owner Jack Kent Cooke tells the Carolina Panthers to back out Joe Gibbs because he's still under contract. Then, Cooke gets a public reprimand from the NFL about possible tampering with Cowboys assistant coach Norv Turner.

Wonder who asked the league to intervene?

**ATTENTION**

An error in the 1993 Robeson County Yellow Page Directory listed Dr. Mary B. Cummings, as a Prosthodontist. Dr. Mary B. Cummings would like to inform the general public that she is a General Dentist - Dr. Mary B. Cummings, DDS, 521-8991, 102 S. Main St., Pembroke, NC.

**Your Bible And You**

By Daniel Davis



It is the new year, 1994! Doesn't that sound exciting? Think of all the people who didn't make it to their goals last year, that suddenly have a brand new chance. We like to believe that there is a big difference between December 31 and January 1. We, humans, need to believe that the slate is wiped clean and we can begin again. We keep our sports statistics, crime statistics, financial statistics, in fact everything the human race keeps record of, based on the fact that we only must compete within this yearly time frame.

God has given us the desire to have the slate wiped clean and our being able to start over. Sometimes we find it hard to forget those mistakes of the past, but God never does. He "wilt cast all their sins into the depths of the sea." (Micah 7:19) What a precious promise. Our Heavenly Father has promised to cast every sin that we give to Him into the depths of the sea! Now that really does wipe the slate clean. Your Bible says, "Therefore if

any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new." (2 Cor 5:17) Do you, dear reader, really want to wipe the slate clean? Do you really want to "turn over a new leaf?" Then come to the Master and give Him your sinful self. Ask Him to cast your sins in the depths of the sea and make you a "new creature". Let the one who made you in your mother's womb remake you again in His likeness!

If you really want to make this year different from the rest you must have a different view, a different focus, a different source of power. The only source for true change is our loving Jesus. He has promised it to you. In every promise is the power of fulfillment. What is promised you by the Living God is yours if you accept it. Just like the power to run your light is in the wall waiting for you to plug in and use it.

The Savior is waiting, why not talk to Him today!

**Carolina Indian Voice** is published every Thursday by First American Publications  
304 Normal St. - College Plaza  
Post Office Box 1075  
Pembroke, North Carolina 28372  
Phone (919) 521-2824  
Fax (919) 521-1975  
Connie Brayboy, Editor  
Helen Loddiear, Office Manager


Subscriptions  
One year in NC, \$20.00  
Out of state, \$25.00  
Second Class Postage Paid at Pembroke, NC

**FOR SNUFF THAT'S SWEET AS HONEY, GIVE HONEY BEE ATTY.**



Helene Tobacco Company

**In loving memory**



In Memory of William Henry Oxendine: Born 1-6-50 and departed this life on 11-11-80.  
Don't grieve for me for now I'm free. I'm following the path God laid for me. I took his hand when I heard him call. I turned my back and left it all. I could not stay another day. To laugh, to live, to work or play. Tasks left undone must stay that way. I've found my peace at the close of the day. If my parting has left a void then fill it with remembered joy. A friendship shared, a laugh, a kiss, ah yes these things I too will miss. Be not burdened with times-of-sorrow. I wish you the sunshine of tomorrow. My life's been full, I've savored much. Good friends, good times a loved one's touch. Perhaps my time seemed all too brief. Don't lengthen it now with undue grief. Lift up your heart and share with me. God wanted me now. He set me free.  
Dear Brother and son, God loved you and wanted you back home to be with him, and because we loved you so unselfishly, we are happy you finally found peace.  
Love  
Your Family