

## Tax on Gaming An Insult to Tribal Leaders

Tribal Leaders from the National Indian Gaming Association (NIGA) and the National Congress of American Indians today said the Administration's plan to tax tribal gaming revenues to support the international trade goals of the United States is an insult to tribal sovereignty and punishment for achieving economic success. This action comes on the heels of a White House commitment to work government to government with the Indian Nations.

The United States government is expected to lose \$12 billion over the next five years because of tariff reductions under the new General Agreement on Tariffs and Trade (GATT). Because of the lost revenue, the administration proposes taxing tribal government gaming profits, which would generate an estimated \$100 million in tax revenue. The plan does not call for taxation on the profits of gaming operations run by state governments or commercial interests.

"Every dollar of tribal gaming profits goes back into tribal communities, which are located in some of the nation's poorest areas. That money is used to find vital social services," said Rick Hill, chairman of NIGA. "Gaming has given Indian people our first real opportunity at self-sufficiency. Why diminish this resource? What about the commercial casinos in New Jersey and Nevada? We urge Congress to rise up in protest to this unfair and discriminatory tax

on Indian enterprises and interests." Tribal leaders are calling the proposal an unprecedented encroachment on tribal self-government and sovereignty. Federal courts have long held that income earned by a tribal corporation within the bounds of its reservation, shares the same tax-exempt status as the tribal itself.

"At a time when federal aid to reservations continues to decrease at an appalling rate, this tax would severely undercut the tribes' ability to get people off welfare, create thousands of new jobs and provide essential social services such as education, healthcare and housing," Hill stated.

The plan is expected to reach the House Ways and Means and Senate Finance Committees by next week. The administration is pushing for a House vote before the start of the congressional recess on August 15.

The National Indian Gaming Association, established in 1985, is a non-profit organization of more than 100 tribes engaged in gaming enterprises around the country. NIGA is committed to advancing the lives of Indian people -- economically, socially and politically. Operating as a trade association and clearinghouse, it works as an educational, legislative and public policy resource for tribes, policy makers and the public on Indian gaming issues and tribal community development.

## Sara Lee Hosiery Donates \$500 For Health And Fitness

A \$500 donation from Sara Lee Hosiery was presented Wednesday to the Robeson County Council on Physical Fitness and Health.

Tony R. Campbell, dyehouse department manager from Sara Lee Hosiery in Lumberton, presented the check to Dr. Sandra Cross who is serving as the volunteer chair of the county wide program.

"Sara Lee Hosiery is proud to support the Robeson County Council on Physical Fitness and Health in its efforts to improve the quality of life in Robeson County," said Campbell.

"We are extremely grateful to Sara Lee Hosiery for providing \$500 for start up funds," said Cross, "and I hope that Sara Lee Hosiery has set an example that other organizations and agencies will want to follow."

"The Robeson County Council on Physical Fitness and Health is a grass roots effort to generate and address priority physical fitness and health issues."

Cross, an associate professor and coordinator of the Community Health Education Program at Pembroke State University, does not see the council's role as a sponsor of physical fitness activities.

"We see ourselves as facilitators," Cross said, "supporting and encouraging organizations, agencies and groups to sponsor more physical fitness activities."

The State of North Carolina established the Governor's Council on Physical Fitness and Health in 1979. Shelia Pfohl is the executive director of the Governor's council, and James "Bonecrusher" Smith, a professional boxer, is the chair of the Governor's council. Rep. Frances Cummings from Lumberton, a member of the Governor's council, was instrumental in forming the Robeson council.

Together, they contacted Dr.

Tommy Thompson, chair of Pembroke State's Department of Health, Physical Education and Recreation, and asked him to select a member of his staff to assume the leadership role in developing the Robeson County council.

Cross volunteered last fall to chair the council and an organization meeting was held before Christmas. She initially identified key members of the county who would be supportive of the council's objectives and asked them to attend the meeting.

They agreed to serve on the council and immediately petitioned the Robeson County Board of Commissioners for their support. A resolution was passed by the Commissioners and signed by Bobby Dean Locklear, the board chair, on Feb. 7 formally establishing the Robeson County Council on Physical Fitness and Health.

Cross said the council has an active nucleus of approximately 12 county volunteers, including Kim Locklear from the County Health Department who is the council's secretary.

"We developed and appointed members to five subcommittees," said Cross. "We have the school, work site, community, public information and special events subcommittees."

"The committee members are conducting a needs assessment to determine what's currently available in the county to address these issues. We need to determine what's going on and to help set priorities."

Cross added that the council was established to help all Robeson County residents. "We want to make sure that every city in Robeson County is represented on the council," said Cross.

"We are concerned about the physical fitness of all Robeson County citizens."

## New Location for Karate Warriors

Pembroke Karate Warriors are in a new location on 3rd St. Pembroke next to LRDA's Main office. Come try our 1st Lessons free! \$30.00 per month per student. Great family program. Instructor has 25 years experience and 3rd degree black belt. Join us Monday through Thursday, from 7-9 p.m. Call 521-1100 and speak with our secretary Denise Woodell for more information.

## To Attend Air Force Academy



Keevin Lowery will be attending the U.S. Air Force Academy with the class entering in July 1994. Lowery attended Purnell Swett High School, Pembroke, NC. He is the son of Mr. and Mrs. Ernie Lowery.

## The Native Americans to Premiere on TBS

Before the first Europeans sailed west across the Atlantic, every corner of North America was alive with indigenous peoples. For more than 1,000 generations, 500 tribes of Native Americans, each with a unique language and culture, existed in what is now the United States. Now, for the first time, the stories of these diverse nations -- from their origins through the devastation wrought by European contact -- are told in their own words and through their own eyes in THE NATIVE AMERICANS, a landmark six hour, multi part documentary premiering in October on TBS Superstation.

THE NATIVE AMERICANS is divided into six segments, each focusing on a different geographic section of the United States, the history of the Native Americans who have lived in that area and the regional problems they have faced in trying to keep their culture alive over the years. Within each segment, a group of Native Americans tribal leaders from that region are brought together as a "council" to act as a bridge to the past, sharing their rich histories and talking about the continuum of values, ideals and culture that survives among native peoples in this country.

Jonathan Taplin serves as executive producer of THE NATIVE AMERICANS, with the Michael Grant and Patricia Foulkrod serving as series producers. Oren Lyons (Onondaga), John Mohawk (Seneca)

and Alfonso Ortiz (Tewa of San Juan Pueblo) are three of several key Native American advisors who have contributed to the overall development of the series.

THE NATIVE AMERICANS is one programming element of Turner Broadcasting's company-wide initiative The Native Americans. Behind the Legends: Beyond the Myths, bringing the Company's vast resources to bear in a series of original dramas, special news reports and a book from Turner Publishing. All these elements combine with THE NATIVE AMERICANS to present an unprecedented perspective on America's indigenous people -- past, present and future.

Can a culture bear the influence of outside values and still maintain its original identity? Can it withstand intermarriage? Can it survive dislocation? These are just a few of the questions examined in this segment, which remembers the poor treatment of Native Americans in the Southeast. Included are accounts of the horrific Trail of Tears, where thousands of Indians were forced to travel by foot in midwinter after being uprooted from their homes in Georgia, Alabama and the Carolinas. Directed by John Borden, Council includes Gary Whitedeer (Chickasaw), Wilma ManKiller (Cherokee), Sara Parker (Cherokee) and Ken York (Mississippi Choctaw).



Tony Campbell, (left from Sara Lee Hosiery, Lumberton, presents a \$500 check to Dr. Sandra Cross from Pembroke State University and chairwoman of the Robeson County Council on Physical Fitness and Health to assist the county-wide program.

## Pembroke Kiwanis

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

Program Chairman Arlie Jacobs presented Purnell Swett's new Football coach, Kevin Hunt. Kelvin graduated from Fairmont High School in 1987. Went to Lenoir Ryan on a football scholarship. Then on to Augusta, Georgia high school where he had excellent success. Coached many fine players including Charley Ward Heisman Award winner out of Florida State and Bobby Bowden Championship Team.

Kevin is very excited about coming to Purnell Swett High School. And is looking forward to working with it's fine students and staff. Working with over 100 students you really become committed and dedicated to them. And I want families, towns people and Kiwanis to support us. I fell blessed to be a football coach at Purnell High to work with these young people, to see them excel academically, to ever remember their God. I know what it is to be on the top and to have experienced being on the bottom.

We have four areas of commitment. 1. Purpose, got to have to do a good job, even if you cut grass you must do a good job. 2. Faith, Spiritually and morally. Values must take a stand, our society is not in our young peoples lives. They want to hear from us, to help make decisions. 3. The family area we love our families and care for them. We can be better dads and treat families better. Treat our wives better. Every bit of help you give is blessed. To do right, share wisdom, to make a difference to encourage them to succeed to pray for them as they surely need us. 4. Academic, can always learn and better yours self and encourage each other. Kids here at Purnell Swett the challenge to do better, the Boosters and all to do better. We want to make a difference. Invocation, Vardell Swett; Song Leader, Ed Teets; Reporter, K.J.

Good Luck, Coach Kevin!

## Health Clipboard

By Robin M. Chubb, Ph.D.

### FINDING ENERGY: STRATEGIES TO BEAT FATIGUE

It's no mystery why women get tired. Their workdays are a frenzy of sending homes, families, relationships, schedules and careers. Demands are relentless and expectations are high even by women themselves.

Information about healthy lifestyle choices is plentiful and health-related programs are easy to find, but many women feel too tired or too busy to pursue them. The result can be a steady erosion of health and a growing sense of emotional and physical fatigue.

Women need sound nutrition, exercise and sleep to feel healthy and energetic, but significant obstacles keep many women from getting those basics. Research suggests that the "social ecology" of life circumstances of women typically include barriers to healthful behaviors.

Some barriers may be obvious, such as family demands or responsibilities, or a heavy work schedule. Other barriers may be more subtle, or internal, such as lack of energy, confidence or self-discipline, or perhaps discomfort with the effort required to establish the more healthful patterns of behavior.

In one large study of women who had access to workplace exercise programs, only a small percentage used them. Of those who didn't use the programs, more than one third said it was because they were too tired. Nearly half the respondents said they lacked the self-discipline needed. And 67 percent of the women said they just didn't have time.

The findings illustrate the difficulty women face when they feel too tired to pursue the very options such as exercise which produce greater energy.

A change in eating habits or nutritional choices may be simple on paper. But for many women, the challenge involves family preferences

or practical issues that must be overcome repeatedly, day after day, with every meal or snack.

The challenge for many women isn't knowing what's good for them, but finding a way to do it despite external and internal obstacles.

If a medical check up uncovers no underlying illness as a cause for tiredness, an honest evaluation of lifestyle may find the weak link. Consider these energy boosters: Eat, a low fat diet with an emphasis on fruits, vegetables and whole grains gives the body something to work with. If life's a rush, carry fruit or whole wheat bread for snack food. Avoid sweets, fatty fast foods and other quick fixes. Yo-Yo dieting repeated weight losses and gains stresses the body and takes a toll on energy reserves. Diet right eat sensibly.

Sleep: Healthy sleep means sound, uninterrupted sleep. Individual sleep needs vary, but eight hours is considered a generous average. Sleep disorders are very common, and treatable, but often go unrecognized by the sufferer. If falling asleep is difficult or if a night's sleep doesn't provide a rested feeling, consult a physician or a reputable sleep clinic.

Exercise: Exercise uses energy, but generates even more. It refreshes every part of the body, including outlook. Make time for it. Relax: Everyone's idea of relaxation is different, but to be energizing, relaxation should provide a sense of relief or inner calm. Many women find yoga, meditation or other forms of focused relaxation to be highly effective.

Do It: Many women benefit from counseling or a course in developing coping and stress management strategies. Learning how to respond to life's stresses more effectively can provide a sense of empowerment that is, in itself, invigorating.

## Vote for Virginia Jacobs

District 19  
(East and West Howellville, Britts and Wisharts)  
**Lumbee Tribal Council**  
Saturday, August 27, 1994  
6:30 a.m.-7:30 p.m.  
"Dedicated to Serving Others"

## BECK CHIROPRACTIC CENTER

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



## LRA LUMBERTON RADIOLOGICAL ASSOCIATES, P.A.

Lumberton Radiological Associates, P.A.

209 West 27th Street  
Lumberton, N.C. 28359

Is Pleased To Announce The Association Of

## Valerie L. Jewells, D.O.

in the practice of

Diagnostic Radiology and Medical Imaging

FREEMAN A. BERNE, M.D.  
BOYD B. GASQUE, JR., M.D.

CARL W. HOFFMAN, M.D.  
RICHARD A. PELLEGRINI, M.D.

## LUMBEE GUARANTY BANK

Now Offering Special CD Rates!!!

Certificate Of Deposit Term	Interest Rate	Annual Percentage Yield (APY)
6 month	4.50%	4.58%
15 month	5.00%	5.08%
24 month	5.50%	5.48%

APY's are accurate as of June 28, 1994. Minimum balance to open an account and obtain the APY is \$5,000.00. A penalty may be imposed for early withdrawal.

FOR MORE INFORMATION

CALL:

PEMBROKE 910-521-6707 LUMBERTON 910-736-3200

ST. PAULS 910-665-4188 HOPE MILLS 910-424-0010



Member FDIC

