

RICK'S PLACE



After years of not having. The Lumbee nation stands on the verge of having many things that matter. Our first tribal election is just around the corner. We now have a working tribal constitution. We soon will have a working tribal government that has been duly elected by the people. We are on the edge of Federal recognition. Many exciting and new things are happening to us as a people.

The tribal government races are heating up. Many very good candidates have filed for seats on the council as well as for the tribal chairmanship. I am very excited about the elections. Not only are we voting a new government into place in August, we have the opportunity to vote for Glenn Maynor for sheriff in the November elections. It's a good time to have the right to vote and to exercise that right. Working together, we can create, build and maintain a government that is responsive to the needs of our people.

The coming of the new government brings new responsibilities. New responsibilities for the elected officials and new

responsibilities for the elected officials and new responsibilities for the people. The tribal council as well as the tribal chairman must understand that they have been selected, based on their qualifications, by the people, to handle tribal business to the best of their ability.

The new government must be ready, willing and able to handle the business of the Lumbee people. The council will need to address education, housing, job training and health care just to name a few major issues that are important to us as a people.

As a people, we must put aside petty jealousies, regional and political party alliances to work for the whole tribal good. Instead of looking at how issues effect Pembroke or Deep Branch, or Democrats vs Republicans, we need to focus on how issues effect the tribe as a whole. Let's keep the momentum of the recent landslide election for the adoption of the tribal constitution going. Let's work to make tomorrow better for the children.

VOTE.
Rick Barton

Health Clipboard

by Robert M. Chavis, PA-C



The numbers of over the counter pain medicines are confusing to everyone. OTC meds are the ones that you can buy at the store without a prescription. The makers of these products want you to believe that you need a different pain reliever for every kind of ache or pain. They also want you to think that there are many different kinds of pain relievers. Actually there are only two(2) types of OTC pain relievers: NSAID stands and acetaminophen.

There are only 3 types of NSAIDs on the OTC market, NSAID stands for nonsteroidal anti-inflammatory drugs. These drugs are aspirin, ibuprofen (such as Advil or Nuprin) and a new one to go from prescription strength to OTC status is Naproxen or it's brand name of Aleve. The NSAIDs work in the body by blocking the action of chemicals in the body called prostaglandins. Prostaglandins are formed in the body naturally. Some of these prostaglandins are the force behind the pain you feel after pulling or twisting a muscle or some body part. The new one on the market Naproxen, brand name Naprosyn and naproxen sodium (Anaprox) both have a proven track record in medicine as treatment for arthritis for many years. Because of this good record and very few sides effects the FDA approved naproxen sodium as an over the counter pain reliever. Oh, guess what else naproxen sodium works faster than plain naproxen.

Now what is that long word acetaminophen? Acetaminophen is Tylenol or Panadol. Acetaminophen is thought to act on pain centers in the brain. It is a good medicine when used to combat pain and fever. Acetaminophen is not useful for the aches and pain caused by inflammation from strained muscles, ligaments, tendons or generalized joint pain and or swelling.

Buy generic brands of these medicines and you will save money and still receive a good product. The generic brands of these drugs must pass the same medicine standards as the brand name drugs. Some of the ads on the TV or radio would like to make you think that the generic drugs are of

least quality. Now there are exceptions to this rule. The new medicines like naproxen sodium do not have a generic form out yet because the company that made it still has 3 years on its patent. Your pharmacist can tell you if your medicine is in generic form and if it is OTC.

When buying a pain reliever avoid getting combination drugs because the pain reliever part will generally be at a lesser strength than by itself. If you need something for pain and a cold just buy them separately. For example buy ibuprofen for pain then a decongestant for the cold if you need one. These medicines come in different forms, caplets and gel-caps may be easier for you to swallow. A timed-released drug gives longer relief, which may be better for muscle soreness and other low grade aches and pains. The product Aleve is one of the long acting medicines for pain relief. Alka-Seltzer that contains aspirin has a lot of antacid, which causes the pain relieving part of aspirin to be greatly reduced. Buffered aspirin does not prevent upset stomachs. Enteric-coated aspirin may lessen the problems in the stomach and are easy to swallow. Children under the age of 16-18 with chicken pox or flu symptoms should not take aspirin, because of the risk of Reye's syndrome. The NSAIDs and alcohol do not mix. The two of these drugs together may cause your stomach and or your intestines to bleed. Acetaminophen and alcohol used together can increase and cause liver damage.

Your pain relievers should be stored in a cool dry place and not in your bathroom. People should try to stay with one pain medicine. Low dose aspirin can prevent heart attacks, but you should always consult with your medical provider the medicine as directed on the label. If you have questions ask your medical provider about the OTC drugs you are taking. If your pain continues for a long time and you have to take the pain relievers for an extended time consult with your medical provider. May God bless you and your family.

A message from James A. Hunt, candidate for Tribal Chairman.



I believe the Lumbee Bill is very important to the future of the Lumbee people. That is why I have done everything I can do to aid in this matter.

At this time you can help by sending a check to Ruth Locklear, PO Box 3058, Pembroke, NC 28372 to help with Arlinda Locklear's expenses.

Also pray for me and all the participants working in this bill. We have reached the crucial time.

James A. Hunt

REFLECTIONS

by Alta Nye Oxendine

KELVIN SAMPSON — A ROLE MODEL

Last week after losing to Italy, the USA basketball team won over Russia, 80-71, gaining the Bronze medal. As head coach George Raveling explaining in an ABC interview, the USA team was made up of college students, whereas most of the other teams were composed of professional basketball players. Some of the top college players were not available for this trip. And the team had only about three weeks to play together. In spite of all this, they finished in third place. Congratulations to all the members of our USA team and to each of their coaches, including our own Kelvin Sampson.

When they played the Dream Team on Sunday, after getting back to the states, they were really mismatched. Mr. Ned reminded me that the Dream Team is made up of the best players in the World, so it's no wonder THEY came out with the highest score. Especially since the collegiate team must have been pretty worn out from five times of competing with other teams in Russia in less than a week.

Personally, I find it interesting that so many countries around the world have adopted "American invented" games such as basketball and baseball.

As far as I know, Kelvin does not have the kind of "excess baggage" (alleged problems with gambling and abuse, respectively) that have surfaced to mar the images of two extremely popular sports heroes, Michael Jordan and O.J. Simpson. Kelvin may not be stunning the sports world with unusual height, physical strength, or original achievements on the playing floor or field. But, as he works with young ball

players on a daily basis, he gets MY VOTE as a Lumbee role model for young people everywhere!

CORRECTIONS

In last week's story I made two glaring mistakes. Kelvin and family lived at Pullman, Washington for NINE years, not five. He was the Cougars' head coach for seven of those years. Also, his mother, "Miss Eva", worked for 10 years as a nurse for Dr. Robertson, not "Dr. Robinson". In the past, I've been really upset with journalists who do sloppy reporting. Now I know how difficult and time-consuming it is to check each item out. My Memory let me down as far as Dr. Robertson's name was concerned. It seems to be doing that more and more these days. But I'm determined NOT to let it get the best of me! Which reminds me, I am over 30 years younger than Mother, not over 31 years as I said some time ago! She is halfway between 97 and 98. I haven't quite made it to 67.

POSITIVE REPORTING

For a person who has never taken much interest in sports, I've spent LOTS of time lately consulting with newspapers and four TV stations, to make sure they were aware that our own Kelvin Sampson was involved in this year's Goodwill Games. Why? For one thing, it looks to me like we deserve some GOOD publicity, after all the negative media reports over the past six years. Also, even though I'm not a typical sports enthusiast, I AM interested in the PEOPLE who are involved in sports.

One of the newspapers I called was Butte's Montana Standard. When I mentioned Kelvin's name, sports reporter Hud Willse sounded interested. He said he knew Kelvin

well, and had even met his father, but did not have much current "info" on Kelvin. So I faxed some articles to a man I would likely never meet under any other circumstances.

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'How firm we stand and plant our feet upon our land determines the strength of our children's heartbeats'

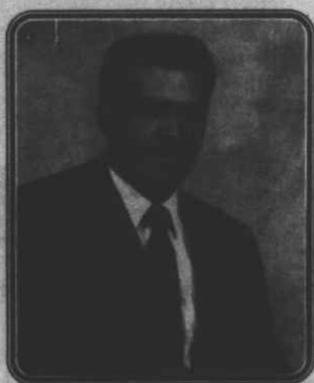
Polly Kowalski

DEDICATED TO STRIVE FOR:

- * Preservation of Tribal Culture
- * Self-sufficiency of the Tribal Government
- * Economic Development to protect the well being, health and environment of the Lumbee People
- * Active involvement by all Tribal Members in Government
- * More opportunities in education for our children, who are the future of our Tribe

"Your vote for me will be a vote toward progress for the Lumbee People."

VOTE GREGORY CHAVIS FOR LUMBEE TRIBAL COUNCIL DISTRICT #8



Vote to Elect Carlee Cummings District # 13 (Prospect Community) Lumbee Tribal Council Saturday, August 27, 1994 6:30 a.m.-7:30 p.m.

"Committed to the needs of the people"



ELECT ZELMA B. LOCKLEAR

Lumbee Tribal Council District 20 (West Lumberton) Lumbee Tribal Council Saturday, August 27, 1994 6:30 AM to 7:30 PM

- Self employed
- Served on Lumberton City Schools Board of Education
- Served on the United Methodist Conference Church and Society Board
- Member of Branch Street United Methodist Church



Elect Sandra Whittemore District 4 (Cumberland) Lumbee Tribal Council Saturday, August 27, 1994 6:30 AM to 7:30 PM



ELECT Alfred Locklear

Lumbee Tribal Council District 19 Britts, East and West Howellville, Wisharts Saturday, August 27, 1994 6:30 AM - 7:30 PM