

ALONG the ROBESON TRAIL

by Dr. Stan Knick, Director,
PSU Native American Resource Center

Last week we saw that, despite popular misconceptions, the tipi was mostly confined to the Indian cultures of the Plains and was more widely used after the introduction of European horses than it was before. What kinds of structures were there among the various other Native American nations? Apparently the only general rule concerning traditional Native architecture was that the structures had to be suited to the local environment — both in form and in the construction materials used.

As with the indigenous people of traditional cultures in every continent, Native people here knew the weather and the seasons very well. People who lived in the consistently warmest parts of the continent built well-ventilated structures. In California, for example, two types were common.

One was a conical building made by leaning poles together and then connecting the poles with a loose thatch of reeds or grass. The floor of such a structure would often be dug out two feet down into the cool earth, and the presence of two openings (a smoke hole and a door) would

encourage a draft to pass through. The other common structure in California was little more than an arbor — a rectangular roof with no walls, supported by corner poles. As with most traditional Native American structures, these were made with materials readily available in the local environment.

Native American people who lived in the consistently coldest parts of the continent made well-adapted structures, too. The cultures most people know as "Eskimo" (who are more properly known by their own names, such as Aleut, Inuit, Inupiak, Netsilik, etc., and who are genetically distinct from "Indians") built various houses depending on where in the Arctic they lived.

In most of north-central Canada, the typical winter home was the well-known igloo, or snow house. This was made from large blocks of hard-packed snow, cut into exact forms so that they would fit together in a spiral which when completed produced a dome-shaped house. A small opening through a narrow passageway then opened into the single room of the igloo, which had a raised central

platform. This combination of packed snow blocks, small opening, narrow passageway and raised living platform acted to preserve the heat generated inside by small whale- or seal-oil lamps and made the temperature inside comfortable. In summer, tents covered with caribou skin were more practical.

Elsewhere in the Arctic, people made different structures. In mainland Alaska, northeastern Canada and Greenland, where there were a few more trees, people made structures from logs, stones and earth. Joists were sometimes made from whale ribs, and these houses also had the familiar raised central living platform to make the people more comfortable. On the Aleutian Islands where there were even more trees, the Aleuts built pit houses using logs packed with earth.

Next week we will turn to other structures built by Native Americans in traditional times. For more information about Native American architecture, visit the Native American Resource Center in Old Main Building, on the campus of Pembroke State University.

Health Clipboard

by Robert M. Chavis, PA-C



I hear that it is hot back home in NC, well it's as hot in Phoenix what little bugs they have are drying up. The weeds in the back yard have dried up and died. You may have read or heard that Feletus and I are the proud parents of a new baby boy. His name is Garrett Dapana 'kire Chavis. This means one who hunts or a hunter. Garrett is now 7 weeks old and is being all a baby can be. He is large 9 1/2 lbs, 22.5 inches long with a big head almost 16 inches. Well enough bragging.

The rate of heart attacks has decreased in the general population, but as remained about the same in the Native American population. This seems to be due to the high incidents of Diabetes and high blood pressure.

The problem appears to be in getting the message out about the risk factors for heart attack. Knowledge and prevention is the key to a healthy life. The Lumbee diet in itself is not totally at fault in causing these medical problems. When you mix that diet with bad living habits this equals medical problems. Most of us do not work as hard today as our people did in the past. Therefore we get less exercise. People usually eat more than they need and mostly eat the bad stuff. There are six heart disease factors that you and I can control in our life. The fat or cholesterol intake and contain of our blood is one risk factor that in talked about today. The other five are **SMOKING, OBESITY, HIGH BLOOD PRESSURE, DIABETES, AND SEDENTARY LIFE** meaning one who does not exercise.

1. Smoking accounts for about 20-40% of the Coronary Artery Disease. It more than doubles your risk.
2. Reduce your cholesterol intake. The desirable cholesterol number now is 200 or less. Decrease fats in your diet.
3. Control your high blood

pressure or try to prevent it. Change your life style to decrease salt in your diet, fewer calories a day, less or no alcohol because most can not control the intake of alcohol, exercise daily.

4. Become active or stay active because exercise protects you from CAD, heart disease. Exercise helps your heart to work more efficiently, reduces blood pressure, decreases blood clot tendency, helps your body to use insulin, helps you handle stress, controls your weight, and may help to increase the good HDL cholesterol.

5. You should keep a healthy weight, the more over weight you are the more you are at risk for heart disease.

6. Avoid or control diabetes, control of the sugar level in your blood helps decrease the risk of heart disease.

7. Hormone therapy may be needed by some women.

8. Low dose aspirin may be needed by some people. 100 milligrams per day is recommended. If you can control your alcohol consumption, one drink per day equals 12 oz of beer per day, 4 oz of wine per day, 1.5 oz of 80 proof alcohol drinks. Women should have one drink per day and men two or less per day. Before starting any kind of program to reduce your risk one should consult with their medical provider on what is right for your individual needs and risk for coronary heart disease. The news from back home is exciting. It is great the way the Lumbee people have taken on this renewed interest in their tribal affairs. We should all stand up and be counted. Then we should all put forth the effort needed to bring the Lumbee nation together and make it a strong one. I truly hope to be able to come home one day and help by improving the health care of our people. Good Luck in all you do and may God Bless Your family.
Robert M. Chavis

Your Bible And You

Glorious indeed is the salvation offered in your Bible. Here are glad tidings of deliverance not only from the penalty of sin but also from its power. And the good news is for everybody, everywhere in every age.

Under no condition should you feel that you are left out, that this provision is not for you.

Your Bible says "God our Saviour will have all men to be saved, and to come unto the knowledge of the truth. For there is one God, and one mediator between God and men, the man Christ Jesus, who gave himself a ransom for all" (1 Timothy 2:3-6).

Over and over again this great truth is repeated. Says the apostle Paul to Titus "The grace of God which bringeth salvation hath appeared to all men" (Titus 2:11).

"We see Jesus," says the writer to the Hebrews, "who was made a little lower than the angels for the suffering of death... that he by the grace of God should taste death for every man" (Hebrews 2:9).

He "delivered him up for us all," is Paul's message to the Romans (chapter 8:32), supplemented by the great declaration that "there is no difference between the Jew and the Greek, for the same Lord over all is rich unto all that call upon him: For whosoever shall call upon the name of the Lord shall be saved" (Romans 10:12, 13).

Dear reader, can you find yourself in these scriptures? God has sent His Son, personally just for you! What wonder, that your salvation was purchased at such a cost!

Cameron's Comment

By Paul Cameron

With the annual Labor Day Southern 500 stock car race at Darlington just around the corner, I'd like to test your racing knowledge—can you name the first Southern 500 winner in 1950. It was Johnny Mantz. Under his Mantz hood was a monster motor for the day—a whopping 75 horsepower. By today's standards, the Mantz Plymouth was a tank. Taller, heavier, longer, and more narrow than today's race cars, Mantz and his rivals might hit a top speed of 80 mph.

While the first stock cars couldn't break 100, today's cars top out at 160 on Darlington's famed "Loop in Black." But it takes more than 750 horsepower to achieve a speed twice as fast as the inaugural event. Of course, stock cars were truly stock under the hoods in the 50's. Even the safety requirement weren't the same in every car. The Flock once told me a Nascar inspector ordered him to install a rollcage in his car. So Flock and his brothers nailed 2x4 boards inside the cab and painted them to look like metal. It worked. Flock ran the race with a rollcage of wood.

The Mantz Plymouth also came equipped a bit differently than a Rusty Wallace Ford might today—Mantz had headlights, wipers, an AM radio, ashtray, windows and door locks. Those were the days when the race car might be called on to carry the family home from the track. It needed to be street legal as well as race ready.

The Coach's Corner

Both sides in the baseball strike are as selfish as they can get. Their lack of "insight" of the consequences on each other is appalling. The players are responsible because they walked out. Sure, management could not get together and prevent the strike, so they too bare the responsibility. Both parties greed hurts the small salaried employees who really maintain baseball. The grounds keepers, the umpires, ushers, sports writers, ticket people, concessions workers, and thousands of fans, etc.

"The sins of the fathers are again hurting the people." This of course is the principle of "inhumanity of man." The terrible sin violates the Bible's precept of the New Testament as it says, "To love thy neighbor as thyself." And put no other gods before me. Management as always gives in so they really promote player selfishness. They want a stop to this player selfishness but the price seems too great, so the losses management suffers seems to be no care on the part of the players.

Trying to be synoptic, that is looking at two sides of this horrible mess again brings out the Biblical principle of money is the root of all evil. This principle athletic scholarships given for baseball ability has spoiled the players as it can for any sport. The NCAA has never been able to handle under the table cheating and never will be able to curb it. It is a sad commentary on sport. Again winning seems to be everything.

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"Every part of this EARTH is sacred to my people: Every shining pine needle, every sandy shore. Every mist in the dark wood. The sap which courses through the trees carries the memories of my people.

The perfumed flowers are our sisters. The shining water that moves in the streams and rivers is not only water, but the blood of our people."

Chief Seattle

