

# ALONG the ROBESON TRAIL

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

In the last three segments we have been looking at some of the different types of structures built by Native Americans in early times — on the Plains and the Plateau, in California and the Arctic, and the various forms found in the Southwest. There are two consistent truths about the traditional Indian architecture we have discussed: that structures were always built with locally-available materials; and that they were always made to suit local weather conditions.

Between the Southwest and the Plateau lies the Great Basin. This arid region (including parts of Oregon, Idaho, Montana, Colorado, Arizona and California, most of Utah and all of Nevada) is the traditional homeland of Shoshonean-speaking nations such as the Paiute and Chemehuevi, and the Hoka-speaking Washo. Since food resources were sparsely distributed in the Great Basin, the people had to keep on the move during much of their yearly cycle. Their housing was ideal for these conditions. In the warm part of the year they built small, roofed windbreaks covered with reed mats. In the cold months they added grass, brushwood, soil and bark to the lining of their shelters. These biodegradable structures could be built

quickly, and were readily abandoned when the group moved on to find new hunting and gathering ground.

On the Northwest Coast things were completely different. In this mild, wet climate lived such nations as the Tlingit, Haida, Tsimshian, Kwakiutl and Makah. Trees were plentiful in this region, and the people mainly lived in the same vicinity all year, so substantial houses were built from cedar. These houses were long, rectangular structures, some of them having gabled roofs and others with sloping, shed-type roofs. Parts of the houses were detachable so they could be used at nearby sites on a seasonal basis. Large log posts were used as supports, and sometimes included carved totem poles.

In the Eastern Woodlands there was a wide range of architectural types. In some areas houses were square, their walls made of poles or cane and mud, lined with woven mats and with a roof made of thatched grass. Some structures were circular, with clay walls, and others were open-ended rectangular buildings. In other, mainly more northerly areas, structures were often the well-known multi-family longhouses — built from poles and covered with bark (elm

was commonly used among Iroquoian-speaking people). Also common in the Eastern Woodlands were domed thatch or bark houses (commonly known by the Algonkian word *wigwam*), sometimes built within stockaded villages, and the conical pole-and-bark houses.

Thomas Harriot wrote that in Coastal North Carolina in the 1580s: "their houses are made of small poles made fast at the tops in round form... in most towns covered with barks, and in some with...mats made of long rushes from the tops of the houses down to the ground. The length of them is commonly double to the breadth, in some places they are but twelve [to] sixteen yards long, and in some other we have seen of four-and-twenty... Their towns are...small, some containing but ten or twelve houses; some twenty, the greatest we have seen have been but of thirty houses; if they be walled [the towns] it is only done with barks of trees made fast to stakes, or else with poles...fixed upright and close one by another."

For more information about early Native American architecture, visit the Native American Resource Center in Old Main Building, on the campus of Pembroke State University.

## News From Robeson Community College

Thanks to a 50-year, \$1.00 lease from Carolina Power and Light for a 20-acre parcel of land near CP&L's Weatherspoon plant on highway 72 in Lumberton, Robeson Community College will soon be able to offer the best possible training for fire, law enforcement and rescue personnel in Robeson county and the surrounding region. Construction is expected to begin by October, 1994, and RCC expects to begin offering courses at the new facility in the fall of 1995. This improvement of all emergency services may attract new business and industry to Robeson County. In addition, better fire departments can mean lower insurance rates for industry, business and private citizens of the county.

RCC development plans for the property include buildings for classrooms, equipment storage, and practical training in all fields of emergency services...professional fire fighting, police emergency response, and emergency medical technician. The facility will include a firearms range, training pads for fire extinguisher practices, truck, rail car and extraction demonstration areas, testing areas for pumping equipment, smoke house and four-story training tower along with two new classrooms. The center will be available to 123 full time law enforcement officers in the eight municipalities in the county, the 95 certified full time officers, jailers and auxiliary officers of the Sheriff's Department, the approximately 700 firefighters, 8 rescue squads and the 62 persons working with the ambulance service along with all emergency services personnel in the surrounding area. All of the above named individuals must have this annual training and all new personnel must receive extensive training.

"We're pleased to provide this land to Robeson Community College," said Al Farthing, CP&L's Weatherspoon plant manager. "We believe the college's new emergency response training facility on this property will be of great benefit to the people in this area and we're just so

glad we can be a part of the community through the educational process."

According to RCC President Fred Williams, the college's partnership with Carolina Power and Light has expanded from initial efforts for the land donation to the inclusion of a 1714 square foot building which will be renovated into a new structure of 5350 square feet to serve as classroom, lab and office space for emergency services training. Further evidence of our solid relationship with CP&L is their additional donation of an 8,000 gallon tank which will be prepared and placed on the training grounds for pump training and testing. Williams added

"We have received such wonderful cooperation from CP&L at all levels as we endeavor to provide superior training and retraining. William said CP&L Chief Executive Office sherwood Smith served as Chairman of the North Carolina Commission on the Future of Community Colleges—a 23 member board that studied the system for over a year and a half to map out the future of the community colleges in the state. "His dedication to this task force proved that CP&L is truly interested in the future of education," noted Williams. Building on this commitment was the great concern and dedication to the emergency services land gift by John Monroe, CP&L Eastern Division Vice-President. Al Farthing, CP&L's Accounting Supervisor and a board member of the Robeson Community College Foundation, Inc., he added. "We can't thank CP&L enough for letting us take their front yard to provide this critical kind of training for the disciplines of fire, law and rescue. It is an ideal location. On behalf of all the citizens of Robeson County, we thank CP&L for making a dream come true for a large group of providers," Williams said.

The gifts of land, tank and structure have been valued at \$50,000 and will be applied to the RCC Foundation's Together We Create Tomorrow Campaign, a 5-year \$3 million fundraiser for the College. Carolyn Watson, RCC Director of Institutional

Advancement remarked. "This partnership is cherished by the RCC Foundation as these gifts are very fitting for a foundation program to accept in that they meet both immediate and long-term need which may not be met otherwise."

Accepting this gift to the Together We Create Tomorrow Campaign, David Weinstein, Campaign Chairman and former Mayor of Lumberton, noted. "Carolina Power and Light has just been an excellent corporate citizen. This gift will affect all the citizens of Robeson County because it will enable RCC to provide training to people who service all the citizens of the county. Robeson Community College and CP&L are taking leading roles to facilitate this vital training. This is truly exciting. It will help everybody by providing a safeguard and probably lowering insurance rates. It is just a wonderful example of working together in partnership!"

In closing, RCC Trustee Chairman John Staton thanked CP&L for the two \$500 local scholarship they provide to RCC students. "We certainly appreciate your financial support to these students. Most of our students stay in the area and go to work in the private sector which adds to our local tax base, so be assured you are receiving a return on that investment," Staton said to Farthing. "CP&L's electricity provides a quality of life that can not be provided by another service. You are the leaders in the establishment of the Southeastern Quality Council and in providing a major financial gift to Robeson Community College Foundation's Capital Campaign. Most important is your major gift of land located at the local Weatherspoon Plant for the Emergency Services Training Center. This facility will provide the setting to teach many of the skills necessary for over 1100 providers of law enforcement, rescue and fire fighting and protection. All of our citizens will benefit. CP&L is truly a leader in improving the livelihood of our people and we certainly appreciate your partnership in this major educational venture."

Like Father Like Son

CHOOSE TRADITION NOT ADDICTION

Know the consequences of alcohol and drug abuse

A message from NIAAA and the National Institute on Drug Abuse

### RICK'S PLACE

I think congratulations are in order! Not just for the winners in the first tribal election, but for all the candidates who ran. It was wonderful to see so many new faces enter the political arena. New faces, new ideas and a new direction for our people. It was great to see people with a common concern working toward a common goal. I wholeheartedly support the new tribal council and our first time tribal chairman, Dalton Brooks.

Mr. Brooks and the council have more on their plates than they can say grace over. The forming of a new government will take time, patience, hard work and a lot of common sense. We, the Lumbee People, elected these folks into power because we wanted a government that will be responsive to the needs of the people. As a people, our needs are many.

The council needs to address the educational needs of our youth, the employment needs of our work force and the health care needs of everyone. Another major issue that is not dead is the Lumbee Bill. The council should be the fore runner in pushing that effort forward. The passage of the Lumbee Bill will be the most important single piece of legislation relative to us as a people.

I'd like the council to set the time for elections in the future around the Lumbee Homecoming in July. Let the elections be part of the homecoming activity. Make voting as easy as possible for everyone. Maybe that would help generate a high voter turnout.

The first order of business is for the council to set a course, and in direction. The council should prepare an agenda, a set of objectives and work toward that end.

Let's put our minds together and see what we can create for ourselves and more importantly, our children.

## Pediatric Pointers

By JOSEPH T. BELL, MD

Last week we talked about a common infant condition called teething. This week we will discuss another common condition of infancy — the diaper rash.

Almost every child gets diaper rashes. They occur equally with cloth and disposable diapers. Most are caused by contact with moisture, germs and ammonia from urine. Bouts of diarrhea cause rashes in most children. With proper treatment, diaper rash usually improves within 3 days. If it doesn't respond to treatment, it may be a yeast infection. Suspect a yeast infection if the rash becomes bright red and raw, covers a large area, and is surrounded by red dots. This will require a special ointment to clear it, like lotrimin.

The following are some suggestions to do at home to help prevent diaper rash and help heal existing ones.

The key to successful treatment is keeping the area dry and clean so it can heal itself. Change the diaper immediately when wet or soiled. Make sure your baby's bottom is completely dry before closing up a new diaper.

Leave your baby's bottom exposed to air as much as possible each day. Put a towel or diaper under your baby when the diaper is off. When the diaper is on fasten it loosely so that air can circulate between it and the skin.

Rinse your baby's skin with warm water each time you change the diaper. Do not use soap after each diaper change because this will irritate the skin. Wash with a mild soap (such as

Dove) only after bowel movements to remove the film of germs on the skin. Rinse well after using soap. If the diaper area is quite raw, soak the area in warm water 3 times a day. Add one or two tablespoons of baking soda to a tub of warm water and hold your baby in the water for 15 minutes.

During the night use disposable diapers that are made with materials that lock wetness inside the diaper and away from the skin. Do not use plastic pants. Until the rash is better, change your baby's diaper once during the night.

Use creams and powders only when needed. If your baby's skin is dry and cracked, apply petroleum jelly or a barrier ointment such as A and D or Desitin to protect the skin after washing off each bowel movement. A barrier ointment is also needed whenever your child has diarrhea.

Cornstarch reduces friction and can be used to prevent future diaper rashes. Recent studies show that cornstarch does not encourage yeast infection. Avoid talcum powder because it can cause pneumonia if your baby inhales it.

Hopefully these suggestions will be helpful in preventing and curing diaper rashes for your infant.

A special prayer goes out to Mr. James Jones and family. Please continue to support the Lumbee Bill. It is not a dead issue and the folks in Washington need to hear our concerns. Take care and we'll talk again next week!

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**EMMA LEE LOCKLEAR**

Thank You for Electing Me to the First Lumbee Tribal Council. I promise to represent District 13 to the best of my ability. August 27 was a historical occasion for Lumbees. It was our first tribal election. I am touched to be allowed to be a part of this historical council. I will continue to speak out on issues affecting us.

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Preventing constipation

Americans buy many different types of laxatives to help keep them regular. But an unnecessary dependence on laxatives may actually create a constipation problem. That's because bowel muscles can get used to acting on signals from the medication and lose the capacity to perform on their own.

Much more often than not, constipation is merely the result of poor eating habits, lack of exercise, or, sometimes, a too hectic life-style.

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