

ALONG the ROBESON TRAIL

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

It's November again, and all over the country school kids and their teachers are talking about Native Americans. Some folks seem to think that November is the only time Indians exist, or at least the only time Indian culture needs to be realized. Probably it has something to do with Thanksgiving and the old notion that Native Americans somehow feel more connected to Thanksgiving than to any other holiday. I wonder about that...

But Thanksgiving is coming, so it's a good time to think about traditional Native American cooking (since the original Thanksgiving meal was mainly provided by the Indians). By "traditional" I mean the kind of cooking that went on before European influences replaced the old ways of doing things. Here are some favorite recipes you might try for this year's Thanksgiving.

Sassafras Tea: scrub an eight-inch-long section of sassafras root (Old Grandmother knew it is best to gather sassafras roots in early spring before the sap rises and store them for later use; obviously you can gather the roots any time of year, only the tea isn't quite as good). Cut the root into two-inch sections and combine them with one or two quarts of cold water in a pot. Gently heat the water to a boil, and let it simmer for a few minutes. You can serve it hot or cold. If you like it a little stronger, allow it

to steep for a few minutes before you take it out of the pot. You can sweeten it with a little maple syrup (maple sap which has been boiled in water would do) or with a little honey, if you like it that way. It tastes good, and it's a good tonic for all kinds of ailments.

Hickory Nut Soup: gather hickory nuts (you could use other nuts) and dry them on a rack by the fire. After they dry, crack them open and separate the hulls from the kernels. Pound or grind the nut kernels into a meal (Old Grandmother used a big flat rock and a smaller rock to do this). Form the meal into balls (they will keep in a cool place for several days). Put the nut meal balls in a bowl and add boiling water, stirring constantly. This soup can be made into a meat stew by adding pre-cooked and shredded venison (another meat would work) to the container with the nut meal balls, then pouring hot broth (instead of plain boiling water) over both, stirring constantly.

Baked Pumpkin: pick a small pumpkin and wash it. Bake it on a pan for an hour and a half (medium heat). Cut a hole in the top of the pumpkin (save the top) and scoop out the seeds and loose pulp. Using a mixture of maple syrup and water (you could use honey or brown sugar or butter if you like), baste the inside of the pumpkin. Put the top back on it and bake it for

another forty or fifty minutes (or until the pumpkin flesh is soft inside). You could serve it whole at the table, scooping out individual servings, or you could cut it into pieces to serve. Put a little of the syrup mixture on top when you serve it. When Old Grandmother had lots of pumpkins, she would save them for later use by peeling them, cutting them into rings, then hanging the rings on sticks by the fire to dry slowly. You can store dried pumpkin rings in a dry place until you want to use them, then wash and stew them like fresh pumpkin. Old Grandfather liked to take them along on hunting trips and eat them dried.

Barbecued Fish: clean the fish and cut it into chunks or strips. Skewer the pieces on sharpened sticks and hang them over the fire or stand them up by the fire. Turn them often. Keep them by the fire until they stop dripping. You can eat them hot, or save them for later by hanging the dried pieces by leather thongs, bark or bear grass in a dry place. The dried pieces make a good stew, especially if you add some wild onions and greens, and thicken it with coarse corn meal.

Next week we'll look at some more traditional Indian recipes. For more information, visit the Native American Resource Center in Old Main Building, on the campus of Pembroke State University.

Pembroke Kiwanis Report

The weekly meeting was held at the Town and Country Restaurant with President-elect Bob Lowry presiding. President Grady Hunt had to miss the meeting due to other business commitments.

Henry Ward Oxendine, Program Chairman, presented Mr. Samuel Kerns, Intensive Probation Officer of Robeson County.

"Probation gives a man a second chance," Kerns said. "It is a good concept, thus giving more space in prisons for habitual offenders. The main purpose for incarceration is protection of society, against violent crime. Many people don't know the work of the probation officer, as it is his or her job to see to it that the court's order is carried out. The program is called intensive probation. The person may be monitored, not allowed to leave home. He may be in community work. He may be placed in a rehabilitation camp. The difficulty of house arrest is you can't stop people from coming to his house to see him. Parental responsibility is important for young people but so many come from broken homes thus making churches, school civic clubs, sports programs so badly needed to combat crime. Their influence is especially important. We are renovating a gym to help keep young people out of trouble. Prevention is the most important. Showing young people their importance, training them for occupations for self survival, away from drugs, to become a productive citizen is the goal of Intensive Probation. It is cheaper than building more prisons. There are no quick fixes. An ounce of prevention is worth a pound of cure as Intensive Probation works its way to protect society."

Presiding-Bob Lowry; Song leader-Ed Teets; Reporter-Ken Johnson. As I start my 31st year of Kiwanis reporting, pretty good, huh? It all began in 1964 and this is 1994. 1018 write ups. I don't believe one can break it. I am an old timer alright.

Navy Seaman Recruit Mickey R. Revels, son of Reggie H. and Brenda L. Revels of Rt. 2, St. Pauls, NC, recently completed basic training at Recruit Training Command, Great Lakes, Ill.

During the cycle, recruits are taught general military subjects designed to prepare them for further academic and on-the-job training in one of the Navy's 85 occupational fields.

Studies include seamanship, close-order drill, naval history and first aid. Although the Navy is getting smaller, the state-of-the-art ships, aircraft and high tech systems in today's fleet require bright, talented young men and women to operate them. The Navy has over 55,000 job openings this year, most of which include guaranteed training.

He is a 1994 graduate of St. Pauls High School.

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Pediatric Pointers

By JOSEPH T. BELL, MD

One of my favorite "grandma stories" is the time a concerned grandmother brought her young grandchild to see me for his being "pigeon-toed." I examined the child as the grandmother and young mother watched, then I reassured them that his mild in-toeing was normal. "I just can't imagine where this child would have inherited this!" replied the grandmother as the family got up to leave my office. Imagine my surprise when they all three walked out--pigeon toed!

Pigeon-toed, or in-toeing, is very common in early childhood. Very seldom does it turn out to be anything serious, and it is usually outgrown. There are three forms of in-toeing that are commonly seen in children. The first form is caused by the front part of the foot turning in. This condition is called hooked foot (metatarsus adductus is the big medical term). Hooked foot is caused by the positioning of the feet while the child is in the mother. This condition generally gets better during the first year of life. If the foot is still very hooked after this period of time, casting the foot may be necessary to straighten it out.

The second form of in-toeing is called tibial torsion. This is when the lower leg bones turn in, thus causing

the feet to turn in also. This condition can be normal for a newborn. The straightening process may be delayed, by the infant sleeping with the feet turned in, especially while sleeping on the belly. Most legs with tibial torsion get better without treatment, but may be helped by turning the feet out at night while the child is sleeping. The easiest way to accomplish this is to sow the heels of the baby's sleeper together, forcing the feet outward.

The third form of in-toeing is called femoral torsion. The condition is caused by the whole leg turning in so that the knee and foot point inward. There is no known reason why this condition occurs in some children but it is more common in girls than boys and is usually most severe at about six years of age. Most children outgrow this with age. Braced and modified shoes do not work for this condition and usually just make the child uncomfortable and self-conscious.

In summary, remember that being pigeon-toed may be normal in infancy and usually corrects itself with simple magic of time. Simple remedies may help tibial torsion, and only a severe hooked foot needs medical attention.

Continue to support our tribal chairman and council. Take care!

Prison in Lumberton to be Dedicated November 5

Governor Jim Hunt and Correction Secretary Franklin Freeman will dedicate the new Lumberton Correctional Institution just outside of Lumberton at 2 p.m. November 5.

Medium custody adult male inmates will be housed in the prison. Inmates may be assigned to the prison as they are promoted from higher security prisons, demoted from lower security prisons or assigned after processing. The first inmates will arrive at the new prison November 28. Lumberton Correctional Institution will have a campus style layout including nine buildings. There will be six 104-bed dormitories, administration building, vocational building and gate house.

The \$10.48 million construction project was funded in July 1992 as part of a \$103 million prison construction program. Lawmakers provided for a 104-bed dormitory addition in the \$87.5-million prison construction program authorized in July 1993. During the Special Crime Session earlier this year, legislators

added two 104-bed dormitories at Lumberton.

Inmates will be put to work on Department of Transportation road squads and will perform maintenance and kitchen duties in the prison. Current plans call for construction of a prison industry plant that will provide additional work.

Inmates will also have educational opportunities. Robeson Community College will work with correction staff to provide classes for basic education skills, preparation for the high school diploma equivalency exam and vocational skills.

S dental clinic will serve inmates at Lumberton and nearby prisons. A security fence with a built in electronic monitoring system will alert correction officers at the prison gate house and in roving patrols to escape attempts.

The prison will employ 183 staff and will have an annual operating budget of \$7.5 million. With the completion of the three additional dorms next year will come an additional 67 staff.



Lumber River Electric membership Corporation has received a certificate of excellence from the Rural Electric Safety Accreditation Program at the National Rural Electric Cooperative Association in Washington, DC. Cooperative employees recently achieved a record 240,000 manhours without a lost time accident, surpassing their safety goal of 220,000 manhours. LREMC Director of Corporate Safety Ray Locklear holds national safety award.



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Seven Hospice of Robeson volunteers recently returned from the Galaxy of Loving Stars National Volunteer Conference hosted by the Hospice of Central Florida in Orlando. These volunteers who include representatives from throughout Robeson County are: Lois Lowery, St. Pauls; Connie Oxendine, Pembroke; Timma Locklear, Lumberton; Cynthia Locklear, Lumberton; Robert and Burnell Moore, Fairmont; and Bobbie Ann Oxendine, Pembroke. Anne Crain, Hospice of Robeson volunteer coordinator, also attended.

While at the three-day conference, volunteers participated in workshops designed to enhance their communications skills and understanding of the needs of terminally ill patients and their families. They also brought back new ideas to incorporate into the local Hospice program and to share with fellow volunteers.

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