

ALONG the ROBESON TRAIL

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

Last week we looked at some favorite Thanksgiving recipes: sassafras tea, hickory nut soup, baked pumpkin and barbecued fish. Here are a few more to liven up your Thanksgiving menu.

Indian Bean Bread: First you need some corn meal. You could buy this at the store or you could make your own like Old Grandmother used to do. She would collect the roasting ears when they were soft, take off the outer husk (leaving the inner husk on) and boil the ears. Then she would pull back the inner husk and use it to tie the ears together in bunches which she would hang over a slow fire until the ears were dried and partly smoked. These dried bunches she would then hang in a dry place until she was ready to use them. To make corn meal she would shell the corn and boil it again to make it soft, then let it drip dry a little. While the corn was still damp she would pound or grind it into corn meal.

However you get your corn meal, you need about four cups of it to make Indian Bean Bread. Add to the corn meal about two cups of beans which have been well cooked and drained (most any bean would do, like pintos or limas or butter beans). Mix the corn meal and beans together. Make a little hole in the middle of the mixture and put into it one-half teaspoon of baking soda (in earlier times, Old Grandmother would use lye water, made by leaching wood ashes, instead of soda) and two cups of boiling water. Mix it all

together into a stiff dough. At this point you could do one of two things. Either form the dough into balls and drop them into gently boiling water to cook for about 45 minutes, or form them into pones which you wrap with corn shucks and bake in a moderate oven until done. Either way, Indian Bean Bread is good served with cooked greens.

Succotash (from the Algonkian word *misickquatash*): This is an easy vegetable combination that dates back thousands of years. Boil about a pint of lima beans until they're almost done. Boil about a pint of corn kernels until they're almost done. Combine the beans with the corn and cook, adding a pint of tomatoes, one or two chopped hot peppers (depending on how hot you like it), a little minced onion and a little bit of meat drippings. Sometimes Old Grandmother would make succotash with hominy (skinned corn) or pumpkin in it, too.

Quail: Clean and dress the birds, then put them on sticks. Place the sticks either next to the fire or over hot coals. Turn and roast them until they are brown. At this point you could make them into a stew by adding them to a pot of water and boiling them with some corn meal until the birds are well done (you may want to add some salt and pepper). If you prefer, you could just keep roasting them on the sticks until they are well done.

Three Sisters Stew: The three main vegetable crops grown by Indian people all over Eastern North America in the old days were corn, beans and

squash, sometimes called "the three sisters." Here's one way to cook them together that pays tribute to their importance in the lives of so many people for so long.

Lightly brown some chunks of meat with a little butter in a deep heavy pot (any kind of meat would do, deer or bear or even turkey, although ham is easier to get these days and works just fine). Add some coarsely chopped onions and chopped hot peppers after the meat is lightly browned, and continue cooking until the onions wilt. Then add about three tablespoons each of flour (corn or nut meal would work) and butter. Stir and cook these together until the onions and meat chunks are well coated and until the flour starts to take on a slightly brown color. Slowly add two cups of good chicken broth, stirring constantly; bring to a boil. Then add two cans dark red kidney beans with their juice, two fresh yellow squash (coarsely chopped), the kernels cut off of four ears of fresh corn, four tablespoons of molasses, two tablespoons of chopped parsley, two-and-a-half teaspoons of filé (this is ground sassafras, available in the spice section of the grocery store). Bring it all to a boil over medium heat. Reduce the heat and simmer the stew for about 45 minutes. Serve Three Sisters with corn bread.

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

Purnell Swett's ROTC NEWS BRIEF

by Elicia Hunt

The 82nd Airborne Division All-American Chorus performed a variety of songs for a crowd of 1600 or more students, faculty, and staff at PSHS on October 24, 1994.

The 82nd Airborne Division All-American Chorus was sponsored by army recruiter, Staff Sgt. Eric Loflon, and the JROTC department. Mr. Brewington started the program off with the introduction of naming classes and in response he received screams, cheers, and spirited shouts.

Student Government President Shelli Brewington introduced the 82nd Airborne Division All-American Chorus. One soldier, acting as a leader, walked in to call out commands for the remaining soldiers who walked in to call commands for the remaining soldiers who also walked in formation and responded to the calls of the leading soldier. They marched in with military bearing and instimatic responses while chanting, "Here we go all the way".

The program ended with a soldier expressing the need for students to stay in school and to stay away from drugs.

Several musical selections were performed by the chorus which included: My Girl, Board Walk, Stand by Me, Blood Upon the Riders, Tootsie Roll, and God Bless the USA.

Pediatric Pointers

By JOSEPH T. BELL, MD

Last week we talked about the common condition called pigeon-toed. And as promised, this week will discuss other orthopedic problems seen in children.

Very often I see children brought to clinic by parents concerned about the shape of the child's legs. The two most common conditions are bowlegs (*genu varus*) and knock-knees (*genu valgum*). What I try to remind parents in clinic is that either condition can be normal for that particular child. Remember that infants generally have bowing of the legs during the first year of life. By about 12 to 18 months the legs begin to straighten out and may even progress to mild knock-knees. Usually by 6 or 7 years of age the alignment of the legs are set for good.

To determine how bowed or knocked the knees might be, I have the child perfectly straight with their ankles touching. If there is a gap between the knees, then they are bowlegged; if the knees overlap, they are knock-kneed. This test can be done at home. To reassure parents, I stand in front of them in my office and show them I am bowlegged and mention that my 4 year old daughter is knock-kneed. I also try to remember to tell parents that some

of the fastest runners are slightly knock-kneed. (Dads really love to hear that about their children!) Only if these conditions are severe or occur only on one side does a doctor need to be consulted.

Let me briefly mention one other orthopedic condition seen in kids—flatfeet (*pes planus*). Flatfeet are normal in infants and young children. The arch will develop whether the goes barefoot or wears shoes. One out of every 7 children will never develop an arch and this is usually because the foot is loose jointed. The arch flattens when the are standing. Buying special shoes or using arch supports for these kids is usually bothersome to their feet

and a waste of the parents money. It is when the flatfoot is stiff, painful or very severe that it needs medical attention or special shoes supports.

Remember that the good Lord made us in all different shapes and sizes, and if measured, no one would have perfectly straight legs.

Congratulations to Glenn Maynor, our new Sheriff! Let's support his efforts.

Take care and we'll talk again next week.

The Carolina Indian Voice



Reflecting on Season Changes

Dear Ms. Connee:

Well November is here, the trees have lost a good part of their leaves. The nights have started to get longer, you know the only thing I like about the changing of the time is we get back the hour we lost. If you have ever traveled much back and forward between time zones you know what I mean. Just one hour can really make a difference, which brings me to the reason I'm writing. We all will be spending the next couple of months being very busy doing all sorts of things, during the holidays. But let's not forget the real reasons we celebrate these holidays, take Thanksgiving, how many of us think of how much we have to be thankful for during the holiday or are we to busy worrying about the Turkey or if all the family will show up or not? Are we thankful for our homes, because there are homeless, are we thankful for our jobs, because yes there are people who are unemployed.

For me I'm thankful for our Little Church, Triad Native American United Methodist even after almost

two years, it's still growing in many ways. It may not be growing in leaps and bounds (NOT YET), but I do like the way it's developing. I listen to our Preacher Kenneth Locklear and see how he is developing in so many different ways. I watch those who were not active at first become leaders in their own quiet way. I see the children developing leadership skills in front of people who really care for them. I'm thankful for my health, because so many people are sick; I may not be a rocket scientist and some may disagree but I think I have a good mind. I'm thankful for all my friends those who I have small talk with and those that together we solve the world problems (IF THE WORLD WOULD ONLY LISTEN TO US), I'm even thankful for the hour I get back that spring takes away from us.

I'm thankful for my home Robeson County a place where, when I'm there I feel my spirit pick back up. It's a place that I not only grew up in, but as a child I went to school here and played there. I run into childhood playmates who look a lot

different now but when they laugh it sounds like time hasn't really changed, we still laugh about the same things.

I hope this gave you some things to think about and be thankful for. What I would like for us to do is use that hour we lost in a wise way take some time to think. When you're in the middle of the holidays trying to do everything under the sun and trying to please everyone, remember this, WHY WE HAVE HOLIDAYS IS MORE IMPORTANT THAN WHAT WE DO WITH THEM. So during Thanksgiving be thankful and during Christmas let's remember the Christ Child and the hope he has brought to the world. You know when I really think about it, if you don't have Jesus then you really don't have much to be Thankful for do you? Maybe that's why some people act the way they do, they got an extra hour on their hands and can't think what to do with it, I'll leave you with that one. I'm sure you'll come up with something. Take Care.

In the True Way, Derek Lowry.

Scouts Ready Food Appeal

This weekend, Robeson County Boy Scouts and Cub Scouts will spend their Saturday, November 12th, helping feed the community's hungry. As their first step in the Scouting for Food Good Turn part of a nationwide appeal being undertaken by the 5.2 million member youth organization local Boy Scouts, Cub Scout, and Explorers will visit area neighborhoods in Robeson County to distribute food bags door-to-door.

Any troops or packs that need bags call Jim Blake 739-7146. The following Saturday, November 19th, Scouts will be returning to pick up those bags filled with food. Please have your bag outside of your front door on Saturday morning by 9:00 a.m.

The local Scouting for Food drive is being conducted by the Central district, Cape Fear Council, Boy Scouts of America under the leadership of Jim Blake.

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