

# 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 pinto 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 *musickquatash*):** 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 file (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 Lofton, 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 Shellie 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 formation and responded to the calls of the leading soldier. They marched in with military bearing and instinctive 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 Risers, Tootsie Roll, and God Bless the USA.

Photo by



## Pediatric Pointers

By JOSEPH T. BELL, MD

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 consult.

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 got 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.

**Carolina Indian Voice**  
is published every Thursday by  
First American Publications  
304 Normal St. - College Plaza  
Post Office Box 1075  
Pembroke, North Carolina 28372  
Phone (919) 521-2826  
Fax (919) 521-1975  
Connee Brayboy, Editor  
Helen Locklear, Office Manager

**Subscriptions**  
One year in NC, \$20.00  
Out of state, \$25.00  
Second Class Postage Paid at  
Pembroke, NC

## Indian Heritage Month Festival Set

Everyone is invited to attend the 4th Annual NATIVE AMERICAN WILD GAME Festival to be held November 18-19, at the North Carolina Indian Cultural Center. Activities will start at 10:00 a.m. and continue until 7:00 p.m. Tribe from across the State will come to share Indian history and survival techniques. The festival will feature authentic American Indian arts & crafts, traditional foods and Gospel singing. Your invited to sample some of the Wild Game traditional foods that were an essential part of the Indian heritage.

For Indian people, Fall was historically the season for harvest and storing food for the winter. This included hunting and preparing wild game. Come and bring the entire family for food and entertainment. Friday morning Channel 13 will have "Breakfast with Fred" live at 6:00 a.m. prior to the festival starting at 10:00 a.m.

Admission is FREE on Friday for Senior Citizens, \$1 for Children under 12, \$2 for Adults. Free for Children five and under. For more info, contact Ernie Bulifant, Site Administrator at (910) 521-2433.

Hiren Patel, M.D.

announces the opening of his office

for the practice of Internal Medicine

(Specializes in treatment of diabetes)

3009 N. Elm Street

Lumberton, N.C.

FOR AN APPOINTMENT CALL:

(910) 739-9227

On staff at SOUTHEASTERN REGIONAL MEDICAL CENTER

## 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.

## PROGRESSIVE SAVINGS & LOAN, LTD.

\$100  
MINIMUM BALANCE  
CHECKING ACCOUNT  
No Service Charge For Checking\*

\* This \$100.00 Minimum Balance Checking Account Allows You To Write Checks WITHOUT A SERVICE CHARGE As Long As The Balance Does Not Fall Below \$100.00.

If The Balance Does Fall below \$100.00, A \$6.00 Monthly Charge And 3% Check Is Necessary. This Account Does Not Pay Interest.

DEPOSITS FEDERALLY INSURED TO \$100,000.00

Substantial Penalty For Early Withdrawal • Rate Subject To Change Without Notice

PROGRESSIVE SAVINGS & LOAN, LTD.

408 N. Chestnut Lumberton, NC 28348

4400 Fayetteville Road Lumberton, NC 28348

4700 Morris Avenue Lumberton, NC 28348

410 N. 2nd Street Lumberton, NC 28348

555-3200

ATTORNEYS & COUNSELORS AT LAW  
**ARNOLD LOCKLEAR**  
**ARLINE JACOBS**  
**RONNIE SUTTON**  
Consultation **GRADY HUNT**  
Pembroke **521-3413**

**BECK CHIROPRACTIC CENTER**  
Serving Robeson County  
Over 15 Years  
Specializing In  
Auto Accident Injuries  
Most Insurance Accepted  
"APPOINTMENT PLEASE"  
OFFICE 739-5751  
FREE INITIAL CONSULTATION  
EMERGENCY HOME NUMBER  
DR. WOODROW W. BECK JR. 734-3126

OUR BUSINESS IS YOUR HEALTH AND PEACE OF MIND

Pembroke Drug Center, Odem and W. Blvd, Pembroke, NC. Dial 521-4888

**Pharmacist**  
**Howard Brooks**

**PETBROKE DRUG CENTER**



Serious sniffles

Sniffles can start for many reasons. Tobacco smoke, wood smoke as well as other airborne particles like dust can impair your nose's natural ability to filter out bacteria.

If your runny nose hasn't cleared up after five days, or if your nasal mucus is thick and yellow or green and you feel sinus pressure and pain, you may have an infection... time to see your doctor. He can prescribe antibiotics, the only effective way to kill the bacteria that are making you sick.

As your Personal Pharmacy, we can help you enjoy the best possible health. We care about you!

call toll free 1-800

Friendly Family Pharmacist

We Take the Time to Answer Your Questions

Your Pharmacy