

November is Indian Heritage Month in North Carolina

Indian Heritage Month in North Carolina November 1995
 Governor James B. Hunt, Jr. has proclaimed November as Indian Heritage Month in North Carolina. Activities have been planned to call attention to the more than 10,000-year history of North Carolina Indians, who today comprise the largest American Indian population of any state east of the Mississippi. The NC Commission of Indian Affairs, the only state government agency charged specifically with advocating for the rights and needs of the state's 80,155 Indian citizens, is pleased to present the following list of 1995 Indian Heritage Month activities.

Major Activities:
November 1-30
 Path Makers Exhibit
 Photographic Exhibit of NC Indian Women
 Spirit Square (Charlotte)
 Native Festival Inc.

November 1-30
 "Recollections: Lumbee Heritage" Exhibition
 Guilford Native Art Gallery (Greensboro) 200 N. Davie Street
 Guilford Native American Association

November 1, 8, 15, 29
 Native American Movie Night
 NC State University (Raleigh)
 Sullivan Dorm 5:00 - 7:30 p.m.
 Society of Native American Culture

November 2
 Guest Speaker
 "Political, Educational, & Economic Issues Facing Native Americans"
 Carolina Union 206, UNC-Chapel Hill 7:00 p.m.
 Carolina Indian Circle
 Guest Speaker: Walt Wolfgram
 "Native American Languages with a Focus on Lumbee English"
 NC State University (Raleigh)
 Lee Classroom 7:00 p.m.
 Society of Native American Culture

November 3
 American Indian Veterans of World War II
 50th Anniversary Ceremony & Reception

Charlotte Native American Methodist Church (Charlotte)
 2019 Shamrock Drive 7:30 p.m.
 Charlotte-Mecklenburg Indian Education Parent Committee
 Charlotte Native American Methodist Church

November 4
 GNAA 20th Anniversary Awards & Recognition Banquet
 W. Market St. United Methodist Church (Greensboro)
 302 West Market Street 6:00 p.m.
 Guilford Native American Association

November 4-5
 Indian Heritage Festival
 Town Creek Indian Mound (Mount Gilead) 1:00-5:00 p.m.
 Indian dancers, arts and crafts, speakers demonstrations, foods, Indian traders
 Special Guest: Natasha Wagoner 8th National Miss Indian USA
 Friends of Town Creek Indian Mound
 Richmond Community College Native American Club

November 5
 NC Statewide Indian Heritage Month Kickoff Reception & Art Exhibit
 Metrolina Native American Association (Charlotte) 2601-A East 7th Street 1:00-5:00 p.m.
 Special Guest: April Whittemore Miss Indian North Carolina
 Metrolina Native American Association
 Native American Festival, Inc. NC Arts Council
 United Tribes of North Carolina

November 11
 2nd Annual Native American Cultural Festival
 Greensboro Cultural Center (Greensboro) 200 N. Davie Street 11:00 a.m. - 5:00 p.m.
 Guilford Native American Association
 Traditional Thanksgiving Feast
 Nc Museum of Natural Sciences (Raleigh) 102 N. Salisbury Street 3:30-7:00 p.m.
 Triangle Native American Society
 Veteran's Day Parade
 Flag Raising Ceremony (Pembroke) 10:00 a.m.
 Veterans of Foreign Wars Lumbee Regional Development Association, Town of Pembroke

November 13

Guest Speaker: Winona Laduke
 Native American Activist
 NC State University (Raleigh) Student Center Annex 7:00 p.m.
 Union Activities Board
 Society of Native American Culture

November 14
 Food Drive
 NC State University (Raleigh) Student Center 7:00 p.m.
 Native American Student Association

November 17
 Haliwa-Saponi Cultural Exchange
 Haliwa Indian School (Hollister) HWY 43 and HWY 561
 Haliwa-Saponi Tribe

November 17-18
 Native American Heritage Festival
 NC Indian Cultural Center (Pembroke) HWY 74
 10:00 a.m. - 6:00 p.m.
 Hide tanning, trapping, toolmaking, pottery, quilting, basketry demonstrations
 NC Indian Cultural Center
 Open House & Culture Classes
 CCAIP Center (Fayetteville) 102 Indian Drive
 Cumberland County Association for Indian People

November 19
 Native American Veterans Honoring Ceremony
 State Capitol (Raleigh) 1:00-3:00 p.m.
 NC Commission of Indian Affairs
 POW/MIA Grassroots Association

November 20-22
 Open House
 Waccamaw-Siouan Development Association (Bolton) State Road 1740
 10:00 a.m. - 4:00 p.m.
 Cultural art displays, pow wow films
 Waccamaw-Siouan Development Association

November 25
 Waccamaw-Siouan Blood Drive
 Waccamaw-Siouan Tribal Grounds (Bolton) State Road 1740
 8:30 a.m. - 1:00 p.m.
 American Red Cross

Robeson Health Care to host Bookmark Contest

RHCC to Host Bookmark Contest/Health Fair at Biggs Park Mall
 Robeson Health Care Corporation (RHCC) as part of their 10th Anniversary and Community Health Center Week sponsored a Bookmark Contest in grades Pre-K through 6 at the Public Schools of Robeson County. Health care workers from RHCC dressed as clowns and presented programs at several Elementary Schools on health tips and passed out information on the bookmark contest. Children were asked to draw and color their bookmark showing a way to "Stay Healthy For Life."

All bookmarks submitted will be on display at Biggs Park Mall on November 4-11, 1995. Three winners will be announced from the following categories: Pre-K-2, 3-4, and 5-6. The winners will be announced at 2:00 p.m. on Saturday, November 11, 1995. Judges for the event are Mr. Joseph Oxendine, Chancellor of Pembroke State University, Mr. Purnell Swett, Superintendent of the Public Schools of Robeson County and Mrs. Brenda Hill, Chairperson of

the RHCC Board of Directors. Winners of the Bookmark Contest will each receive a bicycle. The bicycles were donated by Mr. Donald W. Bullard, Attorney at Law, Mr. Kenny Brisson, owner of Cartridges Ribbons & Toners and Mr. Craymon Strickland, Manager of Pembroke Furniture. RHCC will also reproduce the winning bookmarks for distribution in grades Pre-K through 6 of the Public Schools of Robeson County.

RHCC will also be hosting a health fair at Biggs Park Mall on November 11, 1995 from 10:00 a.m. until 4:00 p.m. Free blood pressure and weight checks will be provided along with health information. Providers will be on hand to answer health questions. Novo Nordisk will be on site providing free blood sugar testing, screening and patient education. The RHCC clowns will be entertaining and passing out free balloons to the children. A special drawing for a boom box, donated by Pembroke Hardware will be held for all children in Pre-K through 6 which are present at 2:00 p.m. If you have any questions, please call Sandra Blue or Denise Locklear at (910) 628-5200.

Rowland Norment News

The cafeteria staff was honored for "School Food Service Employees Week" by faculty, staff and students. The Cafeteria Staff received flowers, cards, letters, banners, and food galore. Everyday during the week a different grade did something to show their thanks for the "Partners in Education" work the staff does by helping to build healthy minds and bodies to prepare students for the future of America's Leaders.

Mrs. Margaret Stephens, Manager of the cafeteria, gave red apples and heart shaped key rings to each employee to show her appreciation for loyalty and dedication and love they portray to their job and to the staff, faculty, and students of the school. Employees Betty Johnson, Mary Hatchell, Dot Jackson, Wanda Hammonds, Annie Oxendine, and Marilyn Britt showed their dedication to Margaret Stephens by presenting her with a gift of money. These employees make a great team.

School

Wanda and Jerry Pagan recently demonstrated their school spirit by donating their precious time doing volunteer work at Parkton Elementary School where their children attend school. The Pagens did not like the way the school activity bus looked and decided to do something about it. Using their personnel tools, Mr. and Mrs. Pagan used a pressure washing process to clean the bus. It took approximately 35 minutes to make the bus look like new. To the Pagens, Parkton would like to say, "Thank you for being such supper parent volunteers."

Celebrate Indian Heritage Month "Give the Gift of Life"

LRDA will sponsor a blood drive on Monday, November 27, 1995 from 1:20 p.m. until 6:00 p.m. Burnt Swamp Baptist Building

For appointment, please call Patricia Brayboy at 738-5057
 "Free T-shirts to the first 30 donors"

Cummings graduates from NC Institute of Political Leadership



Raymond Cummings, Director of Student Activities at Pembroke State University, has graduated from the North Carolina Institute of Political Leadership (IOPL) fellowship program.

Cummings was the recipient of a \$6,000 fellowship from the North Carolina Electric Association of Cooperatives. Cummings says, "The visiting speakers were insightful and informative about political issues and campaigning strategies, however the exchange of ideas and the interaction with fellow classmates was an education itself." The group of twenty fellows was selected from across the state, for training in positive campaign strategies. "I have always been interested in how the political process works, this training afforded me the opportunity to get some valuable hands on experience in techniques of positive campaigning," says Cummings. Candidates should present themselves in a positive and decent manner to their constituents and avoid

downgrading their opponent. More often than not, candidates who run for political office feel they need to run a smear campaign against their opponent, this is not true. This training focused on how to run your campaign without using dirty underhanded tactics. The general public enjoys a clean hard fought campaign.

The IOPL Fellows Program is Leadership Training in Practical Politics. Over ten alternate weekends, Fellows participated in a series of 50 seminars and hands-on training activities. Five of the weekends are in the Research Triangle Park, four are in Wilmington; and one is in Greensboro.

The sessions are divided into three categories: Personal Style and Communication; Governing and Public Policy Issues; and Campaigning. The guest lecturers in the Fellows Program would make up a "Who's Who" list of National and State Level Political Leaders. Ten Alumni now serve in the NC General Assembly. More than 50 other graduates hold local elected office...county commissioner, major city council, etc. Cummings has been involved with the community for many years. Some of his projects include: Robeson County's Project Graduation (7 years), PSU Braves Club President, Pembroke Elementary School PTA President (2 years), Pembroke Jaycees, Robeson County Human Relations Committee, Cub Scout Den Leader (2 years) Post #327, Lumbee Constitution Assembly member, selected Outstanding Young Men of America, Top Ten Jaycees in the State (1982-83), Board Member Robeson County Chapter of the American Cancer Society, Captain in the US Army

Reader looks for PSU classmates

Letter to the Editor:
 I received my degree from Pembroke State University in June, 1960. Even though it has been 35 years ago, it seems like it was not too long ago. I would like to hear from any classmates and the many friends I made during the four years I attended Pembroke State University.
 Wymema Archambault Mathews
 One Plaza South
 Box 109,
 Tahlequah, Oklahoma 74465.

Reflections

by Alta Nye Oxendine
 Hello, everybody! I am back home again! Since I left in June, I have experienced a "variety of happenings". In the weeks to come, I hope to share some of these in this column.

the Carolina Indian Voice

Reserves (8 years). Raymond Cummings obtained both his Undergraduate and Masters degree from Pembroke State University, and has begun work on a Doctorate at NC State University. I believe as good citizens it is your duty to give back to your community. Our community needs dedicated volunteers.

Pediatric Pointers

by Dr. Joseph T. Bell
 Pediatrician with Robeson Health Care



One of the things that commonly frighten us as parents is choking episodes in our children. I am scared to death of balloons and rarely ever let my daughter play with one. The following are some suggestions to help prevent choking in young kids:

1. Do not allow young children to play with small objects. Toys for children younger than 3 years should be a minimum of 1 1/4 inches in diameter.
2. When the child is about 2 years old, teach them not to hold objects in their mouths.
3. A child's chewing skills develop about the age of 4 years. Until then, avoid giving them chewable tablets or foods that are hard and smooth or round and smooth that require chewing. Common foods to avoid

include hard pieces of fruits and vegetables, such as raw carrots, peanuts, popcorn, grapes, and hotdogs. If the child is younger than 3 years you or another adult should supervise them while they eat.

4. Do not give young children coins as rewards or play items.
5. Help children to avoid putting large pieces of food in their mouths. Cut or break food into bite size pieces and encourage them to chew their food thoroughly.
6. Encourage children to sit without talking while eating food or candy. Excitement or activity can predispose a child to choking episodes.
7. Keep safety pins closed and away from children.
8. Be aware of small objects around the house that children can choke on. These include small toys, bolts, screws,

nails, earrings, and above all rubber balloons. Do not allow your child to blow up a balloon unless you or another adult is supervising him/her. Once a balloon is popped, discard it immediately.

9. Purchase only age appropriate toys. The label on the toy's package should help you determine if a particular toy is safe for your child.

Next issue we will talk a little bit on how to treat a choking child if that episode was to occur. Take care and we will talk again next week.



call 521-2826

RE-ELECT

CHARLES GREGORY CUMMINGS FOR Town Councilman Tuesday, November 7, 1995

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- Pizza Hut-30 Jobs
- Burger King-30 Jobs
- New Hardee's-30 Jobs
- Daniel's Bakery-200 Jobs
- Fleetwood-500 Jobs

TOWN PROJECTS

- Christmas Parade, Chairman 19 yrs
- Veteran's Day Parade, Co-Chairman
- Lumbee Homecoming
- Pembroke Centennial 100th Birthday
- PSU/Pembroke Day

TOWN REPRESENTATIVE

- Governor's Economic Development Task Force
- Pembroke Industrial Board
- Robeson County Industrial Committee 100
- Pembroke Chamber of Commerce
- Lumbee River Council of Government
- Robeson City Enterprise Committee

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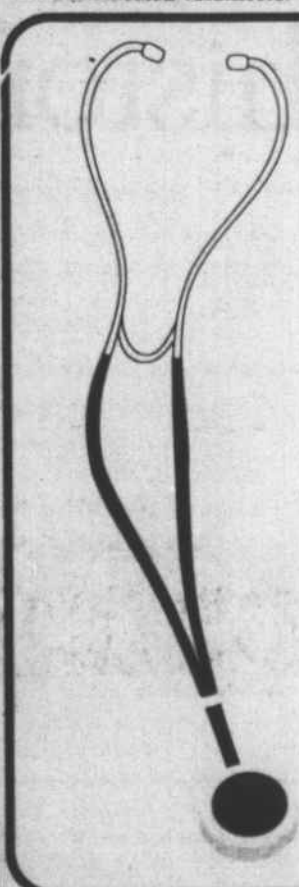
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Riley Jordan, M.D. and Wilbur "Buck" Schrum, PA-C are pleased to announce the association of Pembroke native

Myra Deese Hall, M.D.

with the Family Care Center in Raeford beginning November 8. To make an appointment with Dr. Deese Hall, Dr. Jordan or Buck Schrum call (910) 875-3606.



MOORE REGIONAL Family Care CENTER