

T. CAROLINA INDIAN VOICE

Published each Thursday by First American Publications, Pembroke, NC

VOLUME 23 NUMBER 1

THURSDAY JANUARY 4, 1996

PERIODICALS
JAN 5 1996
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Rep. Frances Cummings files for re-election to District 87 seat



Lumberton, NC--The Honorable Frances McArthur Cummings officially filed her name with the Board of Elections on Tuesday, January 2, 1996, as a candidate for the position of NC House of Representatives for Robeson, Hoke, and Scotland Counties--District 87.

Rep. Cummings said, "I filed for the NC House seat on behalf of the Democrats, Republicans, and Independents of our great District 87 and the state and to continue my willingness to represent ALL people. I have proven my Wisdom and Understanding in the NC House and have been overwhelmingly Successful and Blessed in my efforts to help people and the government at each level."

"I am the same Frances M. Cummings who was elected in 1992. I have not changed my 'Vision' and I still hold the 'Key to Progressive Prosperity' for a more prosperous future for the

children, the elderly, and the disadvantaged."

"As the State Representative for District 87, I am serious about the issues in which the people care about--Education Reform, Crime, Tax Cuts, Spending Cuts, and Welfare Reform. I am confident that I am the Most Qualified, Loyal, and Successful individual who will file for the NC House seat for 1997-98. My record of accomplishments, determined voice, active participation, and successes will stand among the best of the 120 NC House Representatives in the General Assembly."

"The people being confident that I will continue to write, revise, and speak on their behalf must go to the polls and either 'Shade the Oval' (Robeson & Hoke) or 'Pull the Lever' (Scotland) next to the name of Frances M. Cummings for NC House of Representatives. I am determined to achieve Higher Goals of Prosperity for ALL people. The way is clear for a successful re-election. The people must set the pace for the November 1996 General Elections Victory. Not for Me--Frances M. Cummings--but for themselves, their families and friends, thus allowing their 'Conscience To Be Their Voice and Guide.'"

"Political-party Affiliation does not give you Wisdom and Understanding nor guarantee a

qualified candidate. Only the Holy Spirit can give you Inspiration according to Almighty God's Will. I have been Honest, Reliable, Steadfast, and Successful, and now, the choice of who will represent District 87 belongs to the people. The people's votes are for them, their families and their friends. Future Happiness When I enter through the doors of the General Assembly, I step in as the State Representative for Robeson, Hoke, and Scotland Counties--District 87; not as a member of a Political Party."

"If my constituents locate anyone who is more Qualified, Loyal, and can be more Successful than I have been, I say, 'Vote for that Person.' Failing to find a candidate who is Wiser than I, then, Robeson and Hoke County--District 87, 'Shade the Oval'--Scotland County--District 87, 'Pull the Lever' next to Frances M. Cummings for NC House of Representatives. My successes for the people of District 87 have been in exchange for votes. I am willing to continue to offer my abilities, my God-given talents, inspiration, and whatever I can do to promote peace and harmony, self-reliance, and prosperity for the people whom I Love so much and represent. History will be made in the Tuesday, November 5, 1996 General Elections, and people will then sing Hallelujah."



Shown above, left are Robeson County District Attorney and Mrs. Johnson Britt. They are shown with Janet and Herbert Locklear of the Rennert Community who recently sponsored an appreciation dinner in honor of the District Attorney. The event was held at the Rennert Community Club House. And many community people, as well as elected officials were in attendance. District Court Judge John Carter is shown in the background.

New Birth



Delila and Roger Dean Locklear announce the birth of their new baby boy Rodger D. Locklear, Jr. was born November 21, 1995 at Moore Regional Hospital at Pinhurst. He is the grandson of Mrs. Priscilla and Corlie Locklear of Pembroke and Mrs. Mary Alice and Sanford Brooks of Maxton.

Bell publishes article on Lumbee women's diet in national journal

Ronny A. Bell, PhD, a Lumbee and a native of Pembroke, published an article on the dietary habits of Lumbee women in the December issue of the Journal of the American Dietetic Association. The article, entitled, "Dietary Intake of Lumbee Indian Women in Robeson County, North Carolina", was based on the Lumbee Nutrition Study, a two-year study conducted by Bell. The article was co-authored by Dr. Mark Dignan, formerly with the Bowman Gray School of Medicine, and Dr. Helen Shaw from the University of North Carolina at Greensboro.

"This is a great honor for me," Bell said. "The American Dietetic Association Journal is a prestigious journal in my field, so to be able to publish an article in that journal this early in my career means a great deal to me from a professional standpoint. The Journal has always had an interest in the diets of ethnic minorities, especially Native Americans. It's great to see the Lumbee people getting this national exposure."

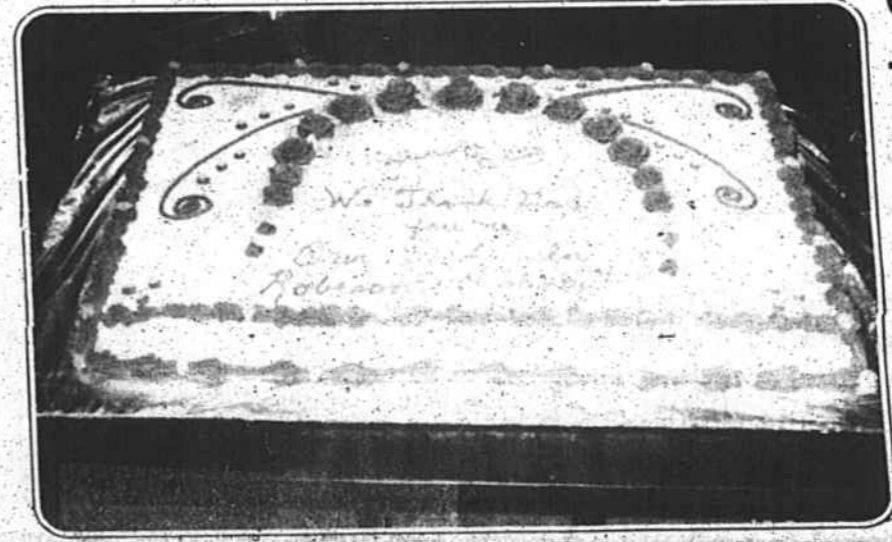
The 3-page article points out findings from the initial stage of the Lumbee Nutrition Study. One-hundred twenty Lumbee women from Robeson County were interviewed about their eating habits. Women were recruited for the study by phone contact, as well as through worksite, and health care facility contacts.

"Basically, the research showed that the dietary patterns of women in this area is not unlike that of women all over the country: somewhat high fat intake, and low fiber and vitamin and mineral intake." Bell's research was designed to see whether the eating patterns of Lumbee women met with the guidelines established by the National Cancer Institute for reducing cancer risk. (1) Lower fat intake to no more than 30% of total calories; (2) Increase dietary fiber intake to 20-30 grams per day; and (3) Increase consumption of fruits and vegetables to five servings per day. "Unfortunately, this research showed that women in this area may be at an increased risk for

cancer as a result of their dietary habits. It is very possible that diet may be culprit in many of the health problems we see among Lumbee people." Bell said Bell also conducted a six-week, nutrition education program to lower dietary cancer risk with 27 Lumbee women as part of his research study.

Bell is in the process of preparing other papers from his research project for publication. He is also planning to mail copies of this article to all the participants in the Lumbee Nutrition Study. "It was my promise to the women who graciously gave their time to this study that they would get the results of it as soon as possible. That's the least I could do," Bell said.

Bell is presently a post-doctoral research fellow in Gerontology at the Bowman Gray School of Medicine where he is pursuing a second Master's degree in Epidemiology. Ronny and his wife, Natalie, live in Greensboro with their sons, Stephen, Benjamin, and Jonathan. Bell is the son of James and Sarah Bell of Pembroke.



This cake was specially made for the occasion.

Celebrates first birthday



Cassidy LecAnn Lowery celebrated her first birthday January 5, 1996. She is the daughter of Cochise and Maria Lowery. Her grandparents are Lec (Bozo) and Chris Locklear of Sterling Heights, Michigan and Allen Jr. and Becky Locklear of Madison Heights, Michigan.

Miss Ada Belle Lowery of Lumberton and Ms. Aletha Tynor of Pembroke, NC are the great grandmothers.

Spitler Scholarship Established at PSU

Pembroke--A scholarship honoring the memory of Pembroke State University's long-time sports information director was established yesterday.

The Gary F. Spitler Memorial Endowed Scholarship will be awarded to a PSU student assistant sports information director.

According to Chancellor Joseph B. Oxendine, the establishment of a memorial scholarship is an appropriate way to honor Spitler. "This is the kind of program Gary dedicated his life to," said Oxendine. "His legacy will continue and will be enhanced by bright, young students who follow in his footsteps. They will continue to be inspired by his life and work."

Dr. Ray Pennington, PSU Athletic Director, said the scholarship is a fitting way to honor Spitler's work. "Gary has developed many young who have gone on to work in sports information at other universities."

Pennington said, "Spitler suffered a heart attack and died on December 1, 1995 while on his way to check on several PSU student-athletes involved in a traffic accident."

Spitler served 17 years as the University's sports information director, and was elected the National Association of Intercollegiate Athletics Sports Information Director of the Year for 1987. He was inducted into the NAIA Hall of Fame for Meritorious Service in 1992.



Grandchildren Bryce Wardlaw and his sister, Kyndall, watching their grandpa crack open a pecan without breaking up the good part.

Program to be presented at Harper's Ferry

Harper's Ferry Baptist Church will repeat their Christmas Program "Hallelujah, Jesus Christ is Born", on Sunday, January 7 at 6pm under the direction of Robert Cummings, Music Director. The performance is being presented in response to numerous requests. The public is encouraged to attend.

Eureka! Eureka! Pecans at Last!!

by Ronald H. Lowry

Growing up in Robeson County on a family farm following the Thanksgiving Holiday period, our pecan trees were ready to begin surrendering their matured crop. I recall us having 7 trees, one in the front yard, another in the back yard by the water well, and the remaining 5 were located in the orchard located between the chicken coop and tobacco barn. All the trees were transplanted about the same time, but one tree in the orchard outgrew the other ones and we referred to it as "The Big Pecan Tree". In my opinion the tree by the water well produced the best tasting pecans. This tree would have what we called "Paper Shelled" pecans, because they were easy to crack open and get the edible portion out without breaking it apart. After 2 or 3 killing frosts and some wind to rid the trees of their leaves, the pecans would break out of their hulls and be ready for the limb-shaking process to get them on the ground. During the early years our Dad maintained a very tight control over the pecan harvest. We were allowed to gather and consume pecans after they fell to the ground as the result of natural events, but we could not climb the trees to shake them down or use sticks to knock any off the trees. The tree-climbing and limb-shaking process took place under controlled conditions. The pecan

harvest would be bagged in tow sacks, and hung from the ceiling in the packhouse to protect them from the rats. This usually was enough protection from the 4-legged rats, but the 2-legged kind would sometimes get inside the hanging tow sacks without proper clearance.

In 1961, one year after moving to my present location, I bought 2 pecan trees. I planted one in the backyard and the other one in an area my vegetable garden would occupy. After a few years the tree in my garden began casting too much shade affecting my garden produce and it had to be sacrificed. The other tree grew to gigantic size giving shade to all the back yard all day which met with my approval, but its pecans never reached maturity. On the family farm we did not have any problems with squirrel eating our pecans. Being a source for food, their population was controlled, and they did not venture from natural habitats to many farms seeking a food supply. From the time my tree began producing fruit, in addition to a squirrel problem, I had a bird problem. Grackles, large blackbirds having glossy iridescent black plumage, socialize together in large numbers. In addition to robbing food placed outside for dogs and taking over the bird feeders, these birds like to consume pecans when they start forming on

tree branches. These birds would attack my tree at first daylight and being messy eaters, lots of immature pecans did not get past their beaks. They always left the ground covered with chewed bits of pecans as their trademark.

As the years passed, the grackles would leave an increasing number of pecans which got too tough for them to eat. This was the time when the squirrels became interested in what was left. This year, after some 30 previous years, my tree had a bountiful crop. Due to the size of the tree and its production this year, the birds did not take their usual percentage. As the result of trapping and transporting out of the area 29 squirrels, a smaller quote did not deplete all the mature pecans leaving a small percentage for human consumption. I am somewhat excited to be receiving a small percentage of the crop this year. I was probably not as excited as Archimedes, the Greek mathematician, after he discovered a law of physics while taking a bath in a tub of water. It is said he was so pleased with his discovery, that he leaped from the tub to parade in the street shouting "Eureka!" over and over. Some have said that being so excited, Archimedes had not dressed properly for public appearance. I am content with introducing a couple of grandchildren to the use of pecans.

