Editorial and Opinion Page North Carolina

Robeson County Amy Graham Sanborn, **Plaintiff** Dana Emile Sanborn, Defendant

DANA SANBORN, Defendant take notice that a pleading seeking relief against you has been filed in the above action. The nature of the relief being sought as follows:

PLAINTIFF is seeking judgment of absolute divorce. You are required to make defense to such pleading no later than the 24th day of November 1998, which is 40 days after the first publication of this notice. Upon your failure to file a pleading by the above date, party seeking service against you ill apply to the Court for the relief sought.

This the 8th day of October.

Locklear, Jacobs, & Hunt By: Arnold Locklear P.O. Box 99 Pembroke, N.C. 28372 (910) 521-3413 Publication Dates: October; 15;22 and 19, 1998.

To Subscribe To The Carolina Indian Voice Call (910) 521-2826.

Along the Robeson Trail

Lowrie please stand up? Of all the stories we have heard and told here in the land of the Lumbee, which Henry will it be? Will it be Henry the persistent hero, or Henry the vengeful scoundrel? Will it be Henry the reckless outlaw, or Henry the bold freedom fighter? Will it be Henry at the Wire Grass Landing taking aim move further into an understanding of Greek word heros, which originally along the barrel of his Spencer rifle, the Lumbee in context. or Henry at the old homeplace tickling the fretboard of his banjo? Will it be the Henry of fact, or the Henry of fiction?

elements of an approach to situating the Marines and the Akimel O'odham closer look at Henry Berry Lowrie any group of people within the (Pima). Often our heroes are people may help us understand his place in broadest context comes in a view who overcome some human frailty, of their heroes. What sort of person some tragic flaw, or some seemingly also help us understand Lumbee is it who makes the grade, instead insurmountable obstacle. In some culture — the system of meanings of being a hero only for a while sense, heroes need to be different and later losing favor? Whose from the rest of us. accomplishments are talked about at kitchen tables and on front around somewhere, especially the porches in his or her own day, and heroes who last. They make a useful then not forgotten with the passing of years? Whose reputation holds by which to evaluate ourselves and

Will the real Henry Berry thought about it, might seem to be the sound and substance of stories perhaps beyond real mortal told by the elders. We identify with

> the people in the first place, and why does his or her status as a hero persist? When we can answer these queries - or at least comprehend the feasible. import of the questions - we will

Every group of people has its heroes, both the momentary kind and the durable kind. Samson of the Israelites. Crazy Horse of the Lakota. One of the most important Cuchulain of the Irish. Ira Hayes of

Most humans like to have heroes comparison, an instructive standard time into something that, if we really lessons to the children. They become North Carolina at Pembroke.

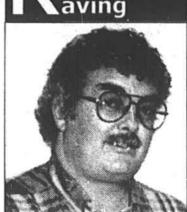
them; and in doing so, they identify What makes that person a hero to us. While they may need to be different from us, they also need to be sufficiently like us to make the comparison between us and them

> We get our English word from the probably meant "to watch over, or protect." We use it to describe people whom we admire for their courage, their nobility and/or their deeds. In a modern world in which there seems to be a shortage of real heroes, a the context of the Lumbee. It may which are learned and shared among the people.

In the next segment we will continue our search for the real Henry Berry Lowrie. For more information, visit the Native American Resource Center in historic Old Main Building, firm - seems only to grow over others. They help us teach important on the campus of The University of

Pass the cornbread and collards

anting and aving



Garry Lewis Barton

many of us are fat and sassy. And one of the most lucrative fads sweeping this country for years has been dieting. So many of us seem obsessed with losing weight, some folk make a good living exploiting our misery. But, I'm reformed. Or chabilitated Or whatever it is we rehabilitated, Or whatever it is we fat folk are when we kick the habit of dieting. Oh, yea! Now, I remember -- hungry! Whether dieting or not, we're always hungry.

I'm what you might call a traditionalist of costs. In other words.

In this Land of Plenty, far too

tionalist of sorts. In other words, I believe in the things that have made this country great-apple pies, hot dogs, and Chevrolets. But since I can't afford a new Chevy, I feel somewhat compelled to double up on the other two. Ergo, the inflated

image you see of me.

up to me and ask, "Hey, Garry, what're you up to?", I invariably have to answer, "260 and gaining."

But, like most fat folk But, like most fat folk -- hey, don't cringe, fat ain't a four-letter word. And contrary to what some burro-crats might try and tell you,

I ain't horizontally challenged. I'm fat! But I'm always a'dieting. Or doing something to lose weight so I can "pinch an inch" instead of "grab some flab. All this talk of dieting dredges up a painful memory. Yea, I remember it just like it was yesterday instead of yesteryear. My thenwife was helping me lose some excess weight and had me on a diet which included poached eggs, of all things. Now, folk, it seems to me

that if God meant for us to poach our eggs, He wouldn't have given us Crisco. And, thank you very much, I don't care which came first; I like fried eggs and fried chicken! In order to poach an egg, really all you do is bring some water to a boil, crack an egg and chunk it in without the shell.

Just the memory of it gives me flashbacks. I hadn't eaten anything, it seemed, in days. My stomach was gnawing at my backbone. I'd growl a while. Then my ol' belly would growl for a spell. We'd sort

Finally, it got so bad my wife couldn't tell which one of us it was a'growling, so she turned her attentions to poaching that cuss-fired egg. And when she was finished, if I thought that ol' shriveled-up, naked egg looked lonely and forlorn a'floating in the midst of that boiling water, that couldn't hold a candle to how pitiful it looked when she plopped it out in the middle of that big ol' plate, which I was used to seeing overflowing with real fried grees; food

was used to seeing overflowing with real, fried, greasy food.

Then, lo and behold! To add a little excitement to the thus far drab and dismal pitiful excuse for a meal, I dabbed at the yellow of that poached egg with the corner of a slice of toasted bread. And I wish I hadn't a'done it, folk 'cause that ol' yellow commenced to running. And my legs soon followed suit. Destination: the bathroom.

And that's when I discovered one of the truths of the Universe, folk: in order to throw something up, as a general rule, you gotta

have something to be throwed up.

The funny thing is that my wife had been trying to get me to take up running for a long time, all to no avail. But suddenly, when I saw

that of yellow running, I felt inspired and set out a running.

By the time I finished spilling my guts in the commode, my wife was in the bedroom getting ready for bed. So, seeing my opportunity, I slunk over to the frige, grabbed me two sausage dogs and three hot dogs, and dropped 'em into that boiling water. I figured, what the heck! I could always plead temporary insanity, brought about by mal-nutrition, or something. I was too worried about the fate of those hot dogs and sausages, folk, to fret needlessly about repurcussions and such. I wanted food. And danged the consequences! Or anything else, for that matter.

Five minutes later, my wife snuck into the kitchen and caught me right smack dab in the middle of inhaling the last of the sausage dogs, the rest were already a savored memory. I saw right away away there wasn't any use trying to lie my way out of it, since I had been caught

red (tainted by the sausage and hot dogs)-handed anyhow. So I 'fessed right up. But I was still a mite cantankerous,
"I don't know why you're so cuss-fired mad," I railed at her, wiping sausage grease off my chin with the back of my chubby and grubby hand. "At least I poached the dad-blame things!"

Now, I've become resigned to the fact that I'm gonna always be fat and out of shape. And since there's nothing no sadder, anyhow.

fat and out of shape. And, since there's nothing no sadder, anyhow, than seeing an anorexic-looking, 260-pound man a'begging for food, the next time someone slinks up to me and says something snide about my big belly, I'm gonna tell them like my friend Carnell Locklear used to say: "Hey, if you have something of value, you build a shelter over it." (Get'cha minds out'a the gutters, folk, I was a'talking about my new belt buckle.)

We'll talk again, folk. Meanwhile, pass the cornbread. . . And collards. . . And black eved peas. marg'rine. . . And a slice or two of that crispy fatback. . . And a biscuit and some of that there molasses. . . But I'll hold off on that poached egg, thank ya just the same, unless'n it's still in the shell. . And some fried chicken. . . And.

To Subscribe To The Carolina Indian Voice Call (910) 521-2826.

Lewis's Seafood Restaurant

Come In and Dine With Us



BUFFET

Lunch Mon.-Fri. 11:00-2:00 PM Dinner

Thurs., Fri. 7 Sat. Dinner 5:00 PM until 9:30 PM

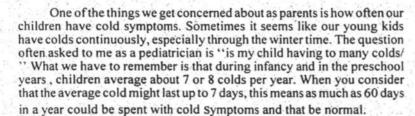
Lunch Buffet-Country & Seafood Mon., Tues., Wed, Thurs., Fri. 11:00 AM until 2:00 PM \$4.95 with Tea & Tax

Country Buffet & Nightly Seafood Buffet \$5.99 Thurs., Fri. & Sat. 5:00 PM until 9:30 PM Bev. Refill.

We book parties for all occasions and also Luncheons

LOCATED on Hway 1515 St. Anna Road (Straight Behind UNCP Beween St. Anna and New Hope) Pembroke, NC (910) 521-0023

Pediatric Pointers



The main reason kids get so many colds is that they are constantly being exposed to new viruses as young infants. There are at least 200 cold

viruses he is being exposed to and the less protection his immune system has against it. Children who attend daycare, nurseries, or preschool are directly exposed to more infections than children who don't. Infants kept in home based daycare rather than large daycare centers tend to have less complications during the first year of life with common colds. Children with older siblings in school also have more indirect exposure to cold viruses. The older siblings catch colds and then bring them home. Colds are thus more common in large families.

The rate of colds triples in the winter when people spend more time crowded together indoors breathing re-circulated air. Smoking in the home increases a child's susceptibility to cold and coughs as well as ear infections

, sinus infections, croup, wheezing, and ashtma. Some parents worry that a child who has frequent colds has some

serious underlying disease. Children with immune system diseases do not get any more colds than the average child. Instead, they tend to get the more serious infections often, like pneumonia, meningitis, sinus infections, and

Some parents worry that in some way they have neglected their child or done something wrong to cause frequent colds. On the contrary, having a lot of colds is an unavoidable part of growing up. Colds are the one infection we cannot prevent. From a medical stand point colds are an educational experience for your child's immune system.

That is all on colds today. Next week we will talk about dealing with frequent colds. Take care. We will talk again next week.

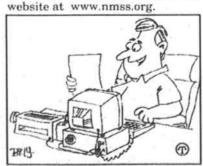


You hope no one in your family will ever need CPR. We hope you're right.

American Red Gross Help Can't Wait*



(NAPS)—For information about multiple sclerosis, including ways to manage daily life, contact the National Multiple Sclerosis Society at 1-800-FIGHT-MS, email info@ nmss.org or visit the website at www.nmss.org



If establishing a Web site for your small business is a step you're considering, you have plenty of company. An estimated 900,000 small businesses launched Web sites in 1997, and industry observers predict the total number could reach two million this year. To learn more about small business computing solutions, visit the Intel website at www.intel.com/business/small.

Injured At No Fault Of Your Own? DON'T RISK BEING VICTIMIZED TWICE!



ARNOLD LOCKLEAR ARLIE JACOBS **GRADY HUNT BRIAN K. BROOKS** MARK LOCKLEAR

Your Winning Team

LOCKLEAR, JACOBS & HUNT

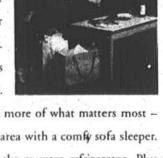
is only a Phone Call Away - Attorneys Committed To Your Interests 203 SOUTH VANCE STREET - PEMBROKE, N.C. 521-3413

Room to do Nothing.



Time with family. Time with friends. Time for yourself.

Introducing the Best of Times Weekend from Sumner Suites.



A weekend designed to give you more of what matters most time. You'll have a roomy living area with a comfy sofa sleeper. Wet bar. Coffee maker. Under-the-counter refrigerator. Plus a cozy separate sleep area. And complimentary, expanded continental breakfast buffet. Splash in our swimming pool. Work out in our fitness center. Or just do nothing at all.

Whatever you like. The weekend is yours. Call about our special Best of Times Weekend rate.*



Sumner Suites . Charlotte Coliseum 4119 South Stream Blvd. • Charlotte, NC 28217 704-357-8555 * Fax: 704-357-1488

CALL 1-800-74-SUITE FOR RESERVATIONS www.sumnersuites.com