

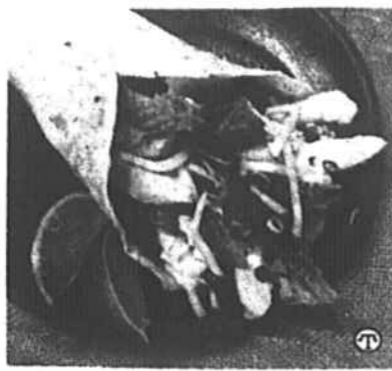
Buttermilk Wraps Up A Popular Meal

(NAPS)—Faster than you could say "wrap it up," the latest food fad hit the streets. Flavored tortilla wraps filled with gourmet and ethnic combinations have been popping up in trendy food joints and featured on restaurant menus across America. This handheld food is going mainstream because of its versatility, nutritional value, and ability to roll up a whole meal.

Though wraps are ideal for grabbing on lunch breaks and ordering out, they're fun and easy to make right in your own kitchen. Amy Thompson, Nutritionist at Saco Foods, suggests making homemade tortillas for the freshest and most flavorful meal. "Preparing your own tortillas gives you the flexibility of adding fresh chopped cilantro for Mexican wraps or sundried tomato flakes with basil for an Italian wrap. The possible combinations are endless," Thompson says.

As with tortillas, the fillings lend themselves to creative cooking. Chicken salad with buttermilk lime dressing or Tex-Mex beef with Monterey Jack cheese are favorites among the unlimited options. "The best wraps have fresh ingredients, pleasing combinations, and a balanced assembly. Ingredients should complement each other, contributing to the entire theme of the wrap," Thompson says. "The right amount of spice, crisp greens and tangy sauce can make or break the final result."

With the notion that most any salad or sandwich can be transformed into a wrap, Thompson offers her own tortilla wrap recipe based upon the popularity of buttermilk bread and biscuits. The following Buttermilk Flour Tortilla recipe can also be turned into a dessert. Simply substitute two teaspoons of sugar and one half



teaspoon of ground cinnamon for the chopped herbs, and fill with your favorite fruit filling. Wraps put a tasty twist on traditional turnovers.

GRILLED CHICKEN WRAPS WITH SOUTHWEST BUTTERMILK DRESSING

Buttermilk Flour Tortillas
 1 1/2 cups all-purpose flour
 1 Tbsp. fresh herbs, chopped
 2 Tbsp. Saco Buttermilk Blend
 1/2 tsp. salt
 2 Tbsp. canola oil
 1/2 cup warm water

Mix dry ingredients in food processor. Add oil while pulsing processor. Add water slowly, pulsing until dough forms a ball. Knead for about 1 minute on lightly floured surface. Wrap in plastic wrap and allow to rest for 2 hours. Divide dough into 6 pieces. Roll out 8-inch circles. Cook in large skillet 2-4 minutes on medium heat until brown spots appear. Turn over and cook on other side, approximately 1 1/2 minutes longer. Remove with spatula; stack on plate until ready to fill wraps

with filling. If not using immediately, wraps can be frozen for up to 2 months. Fill wraps with desired filling, fold and serve. Note: Wrap dough can be flavored with other spices when mixed; sun-dried tomato flakes or ground spices to taste.

Southwest Buttermilk Dressing

1/2 cup sour cream
 Juice of one lime
 2 cloves garlic, minced
 1 1/2 tsp. cilantro, chopped
 1/2 cup water
 3 Tbsp. Saco Buttermilk Blend
 2 tsp. prepared taco seasoning
 1 Tbsp. parsley, chopped

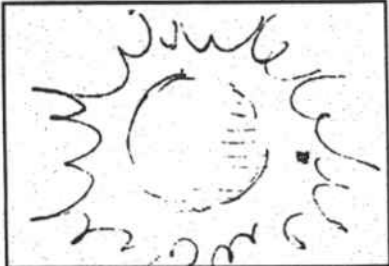
Combine all ingredients in a jar. Shake until mixed well.

Wrap Filling

4 boneless, skinless grilled chicken breast halves
 Southwest Buttermilk Dressing
 1 Pkg. mixed salad greens
 1/2 cup Monterey Jack cheese, shredded
 Green onion to taste

Slice chicken in 1/4-inch thick bite-size slices. Toss greens with dressing. Fill each wrap with 1/2 cup greens, top with desired amount of chicken and sprinkle with cheese and onions. Fold in corners of tortilla and roll.

For a FREE sample of Saco's cultured Buttermilk Blend, coupons, or more recipes, visit their new Web site at www.sacofoods.com, or call the Bake Your Best Hotline at 800-373-SACO (7226) during business hours, CST.



The hottest place on earth is Dallol, Ethiopia, with an annual mean temperature of 94 degrees.



The term flagstone comes from the Norse word flagga, which means to flake. True flagstone is a hard stone that is flaked into flat pieces for paving.

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Along the Robeson Trail

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

Where does Art come from? We imagine the artist: solitary, alone in a garret, or on an island; searching the soul for whatever feelings or dreams or memories may be hidden there — which may be pulled out through creative abandon, out by hard work and blistered hands, or stained hands, or crippled hands — pulled out of stone, of paint, of beads, of clay — pulled out, given life, set free into the collective consciousness — set free from loneliness to a plane where everyone can see. Art can be a very private and personal thing.

But Art also expresses more than any single artist. It expresses a culture, an idea, a universe of symbols and shared meanings; a certain time, a particular place, a specific history. In a sense everyone in that culture, in that time and place and history, is responsible for creating that Art — everyone responsible for lending it whatever meaning or value or purpose it may have. If no one sees it as Art, what is it then?

And what is Indian Art? Is it shell beads and bone and feather? Is it clay brought up from underground by loving, straining hands? Is it carved on the face of a rock, on a cliff, in a cave? Is it locked in time, only to live in the past when cowboys and Indians rode the Plains? That is Indian Art, but is that all?

When the modern Indian takes up an airbrush, or computer graphics, raku or batik or silk-screen print, and tries to find in it some piece of herself, or some peace for himself — some expression of her spirit, some venting of his soul — is that not Indian Art too? I say it is.

For if we would bind art into a narrow box where only certain things

can fit, where only certain definitions would apply, who then would get to say which things were Art and which were not? Not I. Not you. Then who?

Art must be like Freedom, either free or chained — either Art or nothing. Does it express? Does it refine? Does it uplift? Does it make beautiful? Does it captivate? Did an Indian make it? Then it is Indian Art!

And what is the difference between Art and Craft? Craft is what we use — Art, what we enjoy. It seems so simple, but is that all? How if we enjoy what we use, or use what we enjoy? How if we make a basket beautiful, or make a painting instructive? How if the beaded moccasins have such a glow they almost dance without their feet? Are they not Art? And if not Art, what then is Art that we should want to see it?

Webster tells us Art is "creative work, making or doing things that display form, beauty and unusual perception;" and that Craft is distinguished from Art "in its application to a lesser skill involving little or no creative thought." There, that's clear enough.

But be careful what you call "a lesser skill" or "creative thought" lest you find yourself back in that narrow box where Art and Freedom cannot live.

The ancient Aztec tell us: "The artist — disciple, abundant, multiple, restless, capable, practicing, skillful; maintains dialogue with his heart; meets things with his mind; draws out all from his heart; works with delight; makes things with calm, with sagacity; works like a true Toltec; composes his objects; works dexterously; invents; arranges

materials, adorns them, makes them adjust."

So what is Art? The Art of any culture tells us stories of the people. It tells about their past, what kind of world they come from, and how what happened in that past has shaped the present. It tells what is important — what symbols they uphold, what they cherish, what means something to them. It shows how they feel.

Indian Art is a vast and mysterious mosaic. In it we see patterns of what is and what is yet to be. It is a vision of a culture, or at least a glimpse of their collective vision of the world within and around them. It is a vision as old as the land itself.

Art is a window into the room of culture. It is a window with many panels, representing the many media and styles used by the artists. The vision gained into that room of culture is a vision of many angles, of different points of view. These many perspectives must be seen as a whole in order to illuminate much of that inner, cultural, room. No one person, no single point of view, can adequately describe everything within that room.

Each of us is left to make his or her own final interpretation. Art holds a light beside the window, and calls people of vision to look inside.

Where does Art come from? The spirit. What is Indian Art? The spirit. What difference between Art and Craft? The spirit. What do we see in Art? The spirit.

For more information, visit the Native American Resource Center in historic Old Main Building, on the campus of The University of North Carolina at Pembroke (our Internet address is www.uncp.edu/nativemuseum).

Did you know that a fish called the climbing perch can sometimes live out of water for two days? They can also climb trees.

The rank of Brigadier General refers to an officer in command of two regiments that are organized into one brigade or second in command of a division.

FREE THINGS TO SEND FOR

(NAPS)—Information about the World War II Memorial can be obtained by visiting the web site at www.wiimemorial.com or by calling 1-800-639-4WW2.

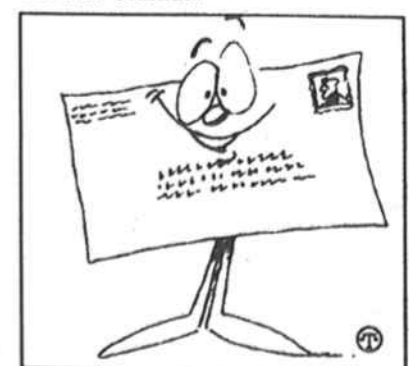


To learn more about the charitable organization called Catholic Extension, call 1-888-4R-FAITH or visit the web site www.catholicextension.org.

For a free brochure on Rheumatoid Arthritis, from the Arthritis Foundation and Hoechst Marion Roussel, call 1-800-282-7800.

FREE THINGS TO SEND FOR

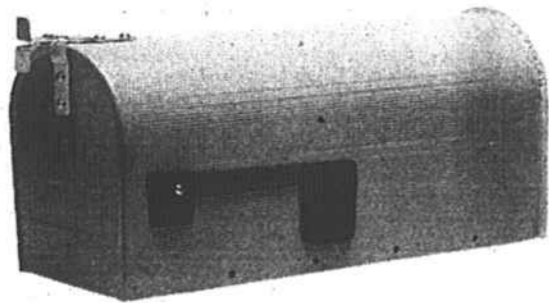
(NAPS)—If you know a child who needs free medical treatment for burns or orthopedic problems, the Shriners Hospitals can help. Call 1-800-237-5055 in the United States and 1-800-361-7256 in Canada.



For great recipes, visit the Nestlé Carnation website at www.carnationmilk.com. Or, for a free brochure, write to Carnation "Recipes of the Century," P.O. Box 6443, Young America, MN 55558-6443 by January 15, 2000.

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