

The CAROLINA INDIAN VOICE

Mary Livermore
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Cape Fear Valley Medical Center Wins Award

The Marketing & Outreach Department of Cape Fear Valley Health System has received five Wallie Awards from the Carolinas Healthcare Public Relations & Marketing Society (CHPRMS).

The annual Wallie awards competition is open to the approximately 275 members of CHPRMS, who are

marketing and planning professionals with hospitals and health systems throughout North and South Carolina.

Cape Fear Valley received three gold and silver awards at the CHPRMS annual conference, held on Dec. 6-8 in Charleston, SC. Only three other hospitals received more

awards than Cape Fear Valley, and the health system tied with two other hospitals for the opening of the HealthPlex wellness center.

The silver awards are for the health system's website and its 1999 Annual Report to the community.

Individuals who worked on these award-winning projects include Janet

Conway, Marketing Coordinator; Karen Bulter, Public Relations Coordinator; Kim Mason, Photographer; Sean Fay, Webmaster; and Clinton Weaver, Assistant Administrator for Marketing & Outreach.

Since 1988, Cape Fear Valley Health System has received 18 Wallie Awards from CHPRMS.



Prospect UMC to present Christmas Musical

The Music Ministries of Prospect United Methodist Church (UMC) will present the Christmas musical "Noel Celebration" on Saturday, December 16 and Sunday, December 17 at 7 P.M. This presentation will involve the children, youth and adults in a musical and dramatic celebration of the birth of Jesus Christ. This dramatic musical makes use of both the spoken and sun word of God.

With exciting creative movement and special lighting and sound effects, "Noel Christmas" is a spiritual experience you do not want to miss. Therefore, Prospect UMC invites you to come celebrate with them Jesus Birthday on Saturday and or Sunday evenings, December 16 and 17 at Prospect United Methodist Church, 3929 Missouri Road, Maxton, NC (Across the road from Prospect School).

Prospect UMC is located about five miles northwest of Pembroke, six miles south of Red Springs and seven miles northeast of Maxton. The pastor, the Reverend Bill James Locklear and the congregation would love to have you join them for this great celebration of Christmas.

Christmas

Christmas is here, and it we share. Though I'm here, and you are there. The sun is the same, that we see. As I think of you, and you think of me. Our feelings are in sync, everyday. For we're in one accord, always. Christmas is here, and we are blessed. To be celebrating, with all the rest. As we sing carols, in mind of each other. In continuance, one after another. We know that togetherness, is defined. By the happiness that's yours and mine. Merry Christmas, and Happy New Year. To you whom to me, are always near

-by Jerry Cummings

Pembroke Kiwanis Report

by Dr. Ken Johnson

The weekly meeting was held Tuesday evening at the Jade Garden Restaurant with Arrin Baker presiding. Program Chairman for the evening, Ray Lowry, introduced Pharmacist Hayward Lowry as speaker. Lowry is a 1984 graduate of the Pharmacist College of the University of South Carolina.

"I fill about 500 to 600 prescriptions daily," Lowry said. "So you see it is quite prescription management, especially with so many new drugs. Most local doctors give flu shots and we market them. There is a wide range of treatments and the risk factor can be great so a knowledge of this is important. Patients many times tell you of this. The doctor tells you of the number of refills that are okay for

a patient. The insurance factor has limits of time the prescription can be effective. You must be careful when doing so many a day as anything can turn into a poison. Every over the counter drug has been formerly a prescription drug. We have minimum skill workers who do the typing. I check all prescriptions. It is not done by minimum skill workers. Pharmacists can do a lot to help you out. Prescriptions are 90% of our business. Generics costs less than regular drugs. Doses are standard one, two or three at the doctor's orders." Mr. Lowry's presentation was very spell binding. Song leader-Ed Teets. Invocation-Albert Hunt. Reporter-Ken Johnson. Next week is Christmas meeting with wives invited. Ed Teets is Chairman.



QUEENS PERFORM: Shown right is Miss North Carolina Lorna McNeill who was the special guest during Indian Heritage Month at Purnell Swett High School. On November 29 she spoke to students about reaching their goals and practicing good morals. Shown left is Swett High Senior Morgan Hunt who sang during Miss North Carolina's visit. Morgan Hunt is the reigning Teen Miss Erwin Denim and will compete in the Teen Miss North Carolina.

Lonnie Revels Appointed to Republican Business Committee

Washington, D.C. Rep. Tom Davis, (R-TX), announced that Mr. Lonnie Revels has been appointed to serve on the Republican Business Committee (RBC) in recognition of valuable contributions and dedication to the Republican Party.

Davis, who serves as the Chairman of the RBC, said, "Mr. Revels will serve the State of North Carolina and is expected to play a crucial role in the Party's efforts to involve top

business people in the process of government reform."

The Business Committee is part of the National Republican Congressional Committee, and is dedicated to making sure that small business has a voice in Washington.

"Mr. Revels, who has long supported Republican ideals, particularly debt reduction and tax reform, will be a key member of the Committee," said Davis.

Maxton Senior Citizens Preview Swan Lake on Ice

by Erwin Jacobs, Maxton Senior Citizen

The Senior Citizens of Maxton got a treat recently and traveled to see "Swan Lake on Ice" at UNC Pembroke on Wednesday, December 6th. A tourist bus from Robeson County descended on Maxton at the Resource Center to take 24 senior citizens to the University of North Carolina at Pembroke, NC at the Givens Performing Arts Center to see the beautiful and well performed show, "Swan Lake on Ice" at a special preview performance.

The show began shortly after 11 a.m. The staging and props took many young and old on a journey to the fictitious Swan Lake where the good and back battled for the beautiful white swan. The scenery and costumes were very elegant to look at. I clapped so hard at the different skits that I lost the turquoise set out of my ring. Not noticing that until one of our folks asked me about where was the stone out of my ring. Quite embarrassed. I took it off and put it in my pocket. Oh, well, that's not the only thing I have lost.

The auditorium was mostly filled with well mannered young school children from various schools throughout Robeson County. They are to be commended for their well behaved manners and their teachers and chaperones did a marvelous job.

Into the show it was suddenly interrupted because their were some technical difficulties. A few spills were looked over as the skaters performed their parts. My most laughter was directed at the court jester and his antics with the old bishop, then the struggle between good (white costume) and bad (black costume) male skaters. We were out by a quarter until 1 P.M. and it was a very well exit by the young and old. The show as well planned and carried out by all of the performers. My hat is off to a performances well done. Many people commented about how well behaved the young school children conducted themselves.

I want to thank the benefactors for a very enjoyable and memorable time spent watching the spectacular event. The young and old enjoyed the show. I'm sure as much as I did. Thank you again and merry Christmas to all!

Along The Robeson Trail

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

Last week we began looking at the teachings of Bear Heart, the modern Muskogee medicine man. His book (with Molly Larkin; 1996) entitled *The Wind is My Mother* recounts his lifetime of learning, teaching and healing. He was trained by more than one Native American elder, but also combines modern psychology (his academic major in college) with a liberal dose of Christianity and a little Zen Buddhism.

His central message seems to be: discover who you are; find your purpose in life; live in balance and peace ("Peace is not the absence of conflict. It comes from the ability to cope with that conflict."). As a member of The Native American Church, he also describes the sweat lodge, prayer meetings and use of peyote as a sacrament. It is clear throughout the book that he is concerned not only with physical health, but also with mental and spiritual health.

He has strong opinions about missionaries, and particularly their tendency to misunderstand what they saw in early Native American communities. "The missionaries thought our Indian people worshipped trees, eagles, the Pipe, and many other things. We didn't then and we don't now — we are monotheistic [monotheism is the belief in one God]. But we do acknowledge these things as gifts from the Creator, put here to help us. When we use herbs such as sage, cedar, and sweetgrass, we're not worshipping these items — we're using them to create an atmosphere where we feel comfortable addressing the Creator, whether we're in need of help or just want to adore His presence."

Bear Heart also has an interesting

view of people who are supposed to be leaders: "A leader must be beyond reproach to hold on to the trust given by each voter who elected him.... He must not let them down. He must use what knowledge he has gained to bring about the betterment of the whole tribe, setting up programs in such a way that those who grow up in the next generation may have all the benefits that will help them economically, socially, and above all, spiritually.

"Those are the things that a good leader always has in mind. When our elders in the past prayed, they always prayed for those coming after them. Not 'What's here now, what can I get from it?' but 'What can I put into this so that it will be long lasting?'"

"The chief in the old days was the poorest man in the tribe. When he came back from a hunt he would give to the widows and the old people who could not go out and hunt for themselves. Wherever there was a need, he gave away willingly. He had very little for himself or his own family. That's how our leaders used to live — for the people, not for how much they could get for themselves. In the Bible two questions were asked to gain entrance to the Kingdom of Heaven: 'When they were hungry did you feed them? When they were naked did you clothe them?' Our leaders could have answered those questions with 'Yes.'"

Above all, Bear Heart's way of looking at things seems to be practical. If something works, that's good. If it doesn't work, try something else. He admits that he may not be able to train everybody to use the same herbs, songs, prayers and ceremonies as he uses, but says there are some things anybody can do:

"...there are traditional teachings that you can use, things that we all have in common. First of all, we're human beings. We also have the sunlight, the directions, and this earth and sky. We make use of all these elements in the art of healing."

He describes the Four Directions individually — what each one represents and what kind of healing each can influence. He also describes fire as a healing element — or more specifically, the spirit of the sun in the fire ("In our Indian way, we say the fire is the sun here with us. The sun shines on the trees for days, weeks, months and years, and the wood absorbs that sunlight. Then the tree is taken down, and when we put a flame to it, that sun is now here with us in the form of fire.").

Bear Heart's teachings mostly seem to make a great deal of sense for life in modern times. He successfully integrates past and present in his worldview, taking the best from each to produce a pragmatic and constructive way of living. It is medicine in the broadest sense of that word, and though some may be troubled by his mixture of Indian and non-Indian perspectives, his desire to help people appears genuine. His many stories add power, and often humor, to the lesson. It is generally such a pleasant reading experience that one can almost forget that one is learning something valuable. Maybe that's the best kind of healing (and learning), after all.

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).

Holiday Hints

Gift Giving With A Personal Touch

(NAPS)—According to a recent online survey, 72 percent of handmade crafts will be given as holiday gifts to friends and family. Keepsake crafts can make a lasting impression, and are often cherished by loved ones for years to come.



Photo by Joe Kay Studios
An easy-to-make centerpiece will add elegance to your holiday table.

The Hobby Industry Association offers these crafting tips to help create thoughtful gifts:

- Design a natural holiday centerpiece with pine cones, fern leaves and silk poinsettias.
 - Collect memorable holiday photos and place into a personalized scrapbook.
 - Fill a holiday gift basket with favorite themed items. Shrink-wrap and beautiful ribbons are available at craft stores.
 - Make the wrapping as special as the gift. Use brown paper tied with raffia and dried florals.
 - Personalize greeting cards in holiday colors with easy-to-use rubber stamps.
 - Start crafting early for a less-stressful holiday season.
- For more holiday crafting tips, stop by craft stores or log onto www.i-craft.com, where online visitors can win gift certificates to local retailers.

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Tuscarora stronghold. Site of decisive battle of the Tuscarora War, March 20-23, 1713, when 950 Indians were killed or captured. Site 1 mi. N.

While traveling eastern North Carolina, I came across their historical marker. It's located on Highway 58, three miles west of Snow Hill. I thought it might be of interest to many in our community. Wishing you a Merry Christmas John Tallbird Warsfrell