

The CAROLINA INDIAN VOICE

"Building Communicative Bridges in a Tri-Racial Setting"

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Pembroke Elementary School News

Karen "Dee" Oxendine, Bookkeeper, and Linda K. Sampson, Receptionist attended the 51st Annual North Carolina Association of Educational Office Professional Conference in Greensboro, N.C. recently. They attended many workshops which were very interesting and helpful in their day activities and were able to fellowship with new/old friends.

"I JUST CAN'T SIT STILL"

Kindergarten and Pre-K students were singing and dancing in the seats at the recent concert of Mr. Al in Fayetteville, N.C. On April 12th, these students were entertained by national recording artist Mr. Al with songs such as "Atooty ta," "I can't sit still," "You gotta have hugs," and "The color song." Their exciting day ended with lunch at Burger King and McDonald.

Cafeteria Staff Buzzing Proud of Awards

PES cafeteria staff attended the 14th Annual Culinary and Creative Art Show on April 18, 2002. They entered 14 divisions and placed in the following 6 divisions: 1st Place Dessert Division-Cake 2nd Place Bread Division-Biscuits 2nd Place Fall Decorations 2nd Place Winter Decorations 2nd Place Spring/Summer Decorations 3rd Place Dessert Division-Cookies

National Library Week

Shelia Locklear, Media Coordinator and Bobbie Revels, Media Assistant enjoyed the week of April 15th as National Library Week. These special ladies not only received numerous tokens of love/appreciation but also celebrated the week by presenting each faculty and staff member with "goody bags" encouraging everyone to "Bee Readers." We at PES are sincerely appreciative of their concern for literacy and genuine love for the students.

Professional Secretaries Week

The week of April 22nd was celebrated by showing our "buzzing busy secretaries how much we appreciate the for their hard work. Ms. Linda Sampson, office receptionist, Mrs. Karen "Dee" Oxendine, bookkeeper, and Mrs. Linda Lowry, SIMS operator have the tremendous tasks of helping PES operate smoothly and efficiently. These unique ladies were showered during the week with tokens of love. THANKS AGAIN LADIES!

Off on an adventure

The second grade students, teachers, and assistants at PES recently enjoyed a fun and educational field trip to Nature Adventure in Newton Grove, N.C. Upon arrival, a great picnic lunch was enjoyed under the huge shed. Afterwards, a tractor drawn hay wagon took everyone to the woods to indulge in a scenic nature trail. Along the way the students learned about trees, plants, insects, animals, and the different stages of forest growth. At the end of the trail, students petted and fed barnyard animals and planted their very own flower at the greenhouse. After a refreshing cold drink, the hay wagon rode them to a beaver dam where students explored wetlands and various inhabitants. The adventure ended with a long hayride through the beautiful countryside. What a glorious time the students had!

Mrs. Sarah Hendrix's students are enjoying their reading lessons with many interesting stories. With each story, they create an art project reflecting the main idea of the story. The adventured of Mr. Fig and his friends were a delight for the children! The children are shown proudly displaying Mr. Fig's magical hat.

STUDENTS WIN COUNTY-WIDE COMPETITION OF "BATTLE OF THE BOOKS"

PES is "buzzing" proud to announce that on April 23, 2002, our students won "Battle of the Books" where emphasis is to Read, not necessarily to win. The students worked hard and had fun in preparing for this strategic competition as well as enhanced their reading skills, and we are so very honored to announce the following team members: Elizabeth N. Ellis, Rhonda A. Godwin, Taylor B. Hunt, Casey Jacobs, Destiny R. Locklear, Lakota Locklear, Taylor P. Locklear, Tyler Lockey, Amber D. McDowell, Luke C. Sampson, Jory C. Swett, Joseph P. Dial: time keeper COACH: Shelia B. Locklear, Media Coordinator

Pembroke Pediatrics

Patients of Pembroke Pediatrics are invited to have a **free picture** taken at Bell's Photography for their upcoming **2003 Pembroke Pediatrics Children's Calendar**. Winners of the contest will be featured in the calendar. Call & Make Appointment before May 22, 2002 with Mr. Freddie Bell at 910-521-2560



to subscribe call 521-2826

Elderly with Diabetes will be studied in Robeson County

Winston-Salem, NC—About 250 Robeson County residents who are 65 or older and have diabetes will be contacted soon and asked about how they manage their diabetes and what kind of help they get. The interviews will be part of a research project called ELDERS by Wake Forest University School of Medicine aimed at finding ways to improve the quality of life for people with diabetes. The information will be collected in the participants' homes by local interviewers who will be trained by the Wake Forest research team. The study will involve African Americans, Native Americans and whites. Diabetes is a chronic condition that is caused by either a lack of the hormone insulin, or by the body's inability to use the insulin that it produces. Diabetes is the seventh-leading cause of death in North Carolina, and Robeson County consistently ranks in the top 10 percent of North Carolina counties in diabetes death rates and diabetes hospitalization costs. An estimated 5,000 adults in Robeson County have been diagnosed with diabetes, and 30 percent to 50 percent more adults may have undiagnosed diabetes. Diabetes greatly increases a person's risk of developing cardiovascular dis-

ease, a lower limb amputation, blindness and kidney failure. "As devastating a disease as diabetes is, there are some things that people with diabetes can do to delay or reduce their chance of facing these complications," said Sara Quandt, Ph.D., professor of epidemiology in the Department of Public Health Sciences at Wake Forest, who will head the ELDER research team. Dietary management, exercise, blood glucose monitoring, regular foot care, and taking medications on schedule are some of the most commonly cited diabetes self-management strategies. Combining these activities with regular doctor visits and eye screenings can greatly improve success in diabetes management. "Even when people know what to do to be successful in diabetes management, there can be barriers in that person's life that makes putting this into place difficult," said Quandt. These barriers can include financial limitations, lack of access to quality health care, lack of social support and other health conditions that need to be addressed. Dr. Mary Black, director of the Diabetes Community Center for Southeastern Regional Medical Center in Lumberton, applauds the

effort of Quandt and her research team. "Diabetes is a major health care concern being addressed through collaborative efforts by members of the Robeson County Partnership for Community Health. Her research will offer greater insight as to the needs of our diabetes population," said Black. The study is funded by a grant from the National Institute on Aging. Quandt recently completed a three-year, federally funded study of nutritional self-management strategies of older adults in Robeson and Harnett counties. "That study was very eye-opening in helping us understand the many issues that older adults face in getting adequate nutrition. We were able to publish our results in several nationally regarded research journals. We were also able to share this information with health care and social service providers in the county," said Quandt.

Assisting her in the study are Thomas Arcury, Ph.D., Mara Vitols, Ph.D., Beverly Mellen, Ph.D. and Ronny Bell, Ph.D., all of Wake Forest University School of Medicine, and Anne Skelly, Ph.D., University of North Carolina at Chapel Hill School of Nursing.



Cafeteria Staff proudly display ribbons.



Reading is Soooo Fun!

Strike at the Wind looking for Sponsors

Robeson Historical Drama Association has announced that it is looking for sponsors for the 2002 season of the outdoor drama "Strike at the Wind" which is scheduled to open on Saturday July 6, 2002. This season the Board of Director are opening the doors to those who wish to sponsor a member of the SATW cast. Corporate Sponsorship Booklets have been created and given out to the businesses and corporations asking for their sponsorship of the cast for the 2002 season. There are various rates of corporate sponsorship and for each one there are several items that they will receive including free tickets, advertising, prints and tickets to the 2002 Art Dinner.

Booklets can be acquired from any member of the Robeson Historical Drama Association or by contacting RHDA President Pearlene Revels at 671-3080 or 865-9838 or Rudy Paul at 671-3090. They can also be obtained by sending an email to strikeatthewind@hotmail.com.

Keeping the Circle Healthy

In honor of North Carolina's Tribes and Indian Organizations the NC Commission of Indian Affairs is holding its Second Annual American Indian Health Summit.

The NC Commission Of Indian Affairs would like to announce the Health Summit which will be held on June 5th and June 6th, 2002 at the Holiday Inn, I-95 exit 49 in Fayetteville, NC. The public is invited to attend. For further information feel free to contact Mr. Buddy Bell at (910) 521-087 or Kim Hammonds at (919) 733-5998

Thanks!

Check Out These Web Sites:

Here are a few Web sites you may want to watch:
National Craft Month at www.craft.com.
BlueMountain.com at www.excite.com.
Computer Associates International, Inc. at <http://www.ca.com/solutions/enterprise/crm/>.
St. Ives Collagen Elastin Extra Relief Lotion at www.stives.com.
Ultra WinCleaner at www.bicorp.com.
The Direct Deposit and Direct Payment Coalition at www.directdeposit.org or www.directpayment.org.
Arkidata Corporation at www.arkidata.com.
The Bread Machine Industry Association at www.breadmachine.org.
Verizon at www.verizon.com.
MSN at www.mobile.msn.com.

Shelly Strickland receives Udall Foundation Scholarship



Shelly R. Strickland, double majoring in biological and biomedical engineering at North Carolina State University (NCSU), has been awarded the prestigious Morris K. Udall Foundation Scholarship in the maximum amount of \$5,000. She is one recipient of 82 from across the United States selected for this scholarship. As part of the application criteria, Shelly was nominated by NCSU based on her leadership potential, commitment to Native American issues, academic standing, and personal attributes. She maintains a 4.0 GPA at NCSU. As a Udall Scholar, Shelly will attend a scholar orientation weekend to be held in Arizona during August, 2002. Each year the Foundation awards undergraduate scholarships of up to \$5,000 to American juniors and seniors in fields related to the environment, and to Native American and Alaska Natives in fields related to health care or tribal policy.

The Morris K. Udall Foundation was established by the U.S. Congress in 1992 to honor Morris King Udall's thirty years of service in the House of Representatives. Morris Udall's career was distinguished by civility, integrity, and consensus, as well as a commitment to preservation of the nation's natural environment. Consistent with these values, the Udall Foundation is committed to educating a new generation of Americans to preserve and protect their national heritage through studies in the environment, Native American health and tribal policy, and effective public policy conflict resolution. The Foundation's activities are supported by the interest accrued in a federal trust fund and by contributions from the private sector. The Udall Foundation is an executive branch agency. The President of the United States appoints its board of trustees with the advice and consent of the U.S. Senate.

Mr. Udall was one of the most productive members of Congress in the latter part of the century. Chief among his accomplishments was the Alaska Lands Act of 1980, which doubled the size of the national park system, and tripled the size of the national wilderness system.

The bell tower on the campus of NCSU was lit in Shelly's honor on 1 May 2002. Shelly is the daughter of Ronald and Sandra Strickland. She is a 20000 graduate of Purnell Swett High School, Pembroke, NC.

LRDA Homecoming Golf Tournament planned

LRDA Homecoming Golf Tournament is pleased and honored to invite you to come and enjoy yourself on the green.

Tournament format: Four Man Best Ball; Shotgun Start; Prizes for Longest Drive; Prizes for Closest to the Pin.

Grand Prize is a Hole-In-One with two GMC 2002 Trucks. Compliments of Bleecker's Oldsmobile, Buick, GMC, Inc., Red Springs, NC. Tournament location is the Fairmont Flag Tree Golf Club, take Highway 41 south through Fairmont to 130 bypass turn left go approximately 1/2 mile on left is golf course.

Tournament schedule: registration: 7:30 a.m.-8:15 a.m. Tee Off Time: 8:30 a.m. Awards Reception: 1 p.m. Deadline: Pre-Registration June 15, 2002.

Entry Fee: \$50 per individual; \$200 four person team. Fee includes 18 holes of Golf, golf cart, awards reception, great food cooked on the grill.

Hole sponsorships available for those interested. Call Mr. William Locklear at 910-521-9761, LRDA, Pembroke, NC.

Indian basketball Book's publication date in sight ...

As many of you know, Tim Brayboy and I have been working on a book about Indian basketball in Robeson & adjoining counties for some time. And the end is in sight.

We expect to present the book at the second annual meeting of the Indian Basketball Alumni Association, Inc. at the Indian Education Resource Center (located in the old "Indian" Pembroke High School building), next door to the UNC-Pembroke chancellor's residence, some time in December. There's our goal anyway! We can say with absolute certainty that the second banquet will be held when we have completed the book. At the meeting we will also disclose our long range plans, and present our non-profit corporate status to Indian basketball adherents. More information will be forthcoming in the next few days and weeks. The name of the book is:

PLAYING BEFORE AN OVERFLOW CROWD,

The story of Indian basketball in Robeson & adjoining counties between 1939-1967.

The book, now about 90% complete, is a history of "Indian" basketball in Robeson as we remember it. Information is scant, but it was a time of rank segregation although positive currents emanated from the unique social incubator and experiment. The book explores what happened, where it happened, when, how, who, and, most importantly, WHY?

Also, what valuable lessons can be learned from this special moment in time?

TO RESERVE A COPY, fill in the blanks and send it to Indian Basketball Book, c/o Bruce Barton, Post Office Box 362, Pembroke, N.C. 28372. Or call 910-521-2054 for more information. We also welcome old "Indian" basketball photographs and memories.

Name _____
Address _____