

The Carolina Indian Voice  
**Editorial & Opinion Page**  
 Send letters to the editor to:  
 P.O. Box 1075, Pembroke, NC 28372  
*The editor reserves the right to edit libelous and/or lengthy letters*

## Flu Shots Now Available at Health Department

Flu vaccines are now available at the Health Department. The cost of the vaccine is \$10.00. Medicare Part B will cover the cost of the vaccine for persons age 65 and older.

Persons interested in getting a flu shot can visit the Health Department each Monday through Thursday during the hours of 8:00 a.m. and 5:00 p.m. Shots will be given until 12:30 p.m. on Fridays. No appointment is necessary.

People who are at high risk of severe illness resulting from the flu include the following:

- \* 65 years and older-Even if you're in great health!
- \* Children 6-23 months old-Children younger than 2 years old have one of the highest rates of hospitalizations from influenza. (The Health Department does not administer flu vaccines to children under the age of 18 without a doctor's order.)

Adults and children with a chronic health condition-Such as heart disease, diabetes, kidney disease, asthma, cancer, and HIV/AIDS

More than 3 months pregnant during flu season-Typically November through March

Contrary to popular belief, the flu shot cannot give a person the flu. Flu vaccines are made from inactive influenza viruses, therefore, the shot does not cause the flu.

The flu is far more dangerous than a bad cold. It's a disease of the lungs, and it can lead to pneumonia. Each year, about 114,000 people in the U.S. are hospitalized and about 20,000 people die because of the flu. Most who die are over 65 years old. But, small children less than 2 years old are as likely as those over 65 to be hospitalized because of the flu.

The flu shot can be given before or during flu season. While the best time to get a flu shot is October or November, a shot in December or later will still offer protection against the flu.

For more information, contact the Robeson County Health Department at 671-3200

## Dole Advocates Health Care options for Small Businesses

Salisbury, NC-U.S. Senate candidate Elizabeth Dole today announced support for expanding health care options for North Carolina small businesses through Association Health Plans (AHP).

"I support allowing small businesses, many of which are owned by women, to join together nationwide to obtain the same economies of scale and bargaining clout available to employees in large companies and those covered by union health plans," Dole said. "I think this is particularly important to women who play an extremely important role in small business."

There are an estimated 170,736 women-owned firms in North Carolina, which account for 26% of all privately-held firms in our state. The number of women-owned firms in North Carolina has increased by 22% since 1997.

North Carolina ranks seventh among states with highest numbers of people without insurance coverage, according to the Census Bureau. Of North Carolina's more than 1.1 million uninsured, 62% have a family head who is self-employed or who works for a business with 100 or fewer employees. Association Health Plans will help bring these numbers down by making health care more available and affordable for North Carolina's small business employees.

The Department of Labor report on Association Health Plans states that small businesses can expect savings averaging 9% to 25% of the cost of their health insurance premiums making it easier for them to provide coverage.

THE CAROLINA INDIAN VOICE  
 P.O. Box 1075 Phone 521-2826  
 Pembroke, N. C. 28372  
 Connee Brayboy  
 ISN'T THIS A  
*Beautiful Day!*  
 EXPECT SOMETHING WONDERFUL  
 TO HAPPEN



## Free Poetry Contest Open to Pembroke residents

Owings Mills MD (USA)-The International Library of Poetry has announced that \$58,000.00 in prizes will be awarded this year in the International Open Poetry Contest. Poets from the Pembroke area, particularly beginners, are welcome to try to win their share of over 250 prizes. The deadline for the contest is December 31, 2002. The contest is open to everyone and entry is FREE.

"Any poet, whether previously published or not, can be a winner," stated Christina Baylon, Contest Director. "When people learn about our free poetry contest, they suddenly realize that their own poetic works of art can win cash prizes, as well as gain national recognition," continued Baylon.

To enter, send ONE original poem, any subject and any style to: The International Library of Poetry, Suite 19915.1 Poetry Plaza Owings Mills MD 21117. The poem should be 20 lines or less, and the poet's name and address should appear on the top of the page. Entries must be postmarked of sent via the Internet by December 31, 2002. You may also enter online at [www.poetry.com](http://www.poetry.com)

The International Library of Poetry, founded in 1982, is the largest poetry organization in the world.

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 A true poet does not bother to be poetical. Nor does a nursery gardener scent his roses.  
 —Jean Cocteau  
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## In the Armed Forces

Thomas D. Brewington has graduated from the Army ROTC (Reserve Officer Training Corps) Leader's Training Course at Fort Knox, Ky.

The four-week course is a world class leadership development experience that qualifies and motivates ROTC cadets for enrollment in the Senior ROTC Advanced Course at their host college campuses. The course is designed to improve leadership potential, build self-confidence and develop initiative through hands-on learning, allowing the Army to observe and evaluate the cadet's officer potential and leadership attributes.

Brewington is the son of Tony E. and Peggy Brewington of Locklear Road, Pembroke, N.C.

He is a 2000 graduate of Purnell Swett High School, Pembroke.

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## HALLOWEEN HINTS

**Put The Haunt In Your Halloween Parties**  
 (NAPS)—If you want your next Halloween bash to be the black cat's meow, try these tips to keep your guests screaming for more.

- **Inviting Ghoulish Guests**—Paint the party details on a huge pumpkin (or line up three smaller ones, each bearing a different piece of information, such as date, time, or place). Take a close-up photo of the "invitation" and send copies to guests in bright orange envelopes.
- **Spooky Decor**—Stores such as Spencer Gifts have a variety of decorations and Halloween accessories that can help make your party a howling success. For example, Mr. and Mrs. Skeleton are decorations dressed to party. Each stands five feet tall. Mr. Skeleton has a top hat and black trench coat with "faux" trim, while Mrs. Skeleton has a "faux" fur cap, pink coat and carries a black and red rose. You can also light your guests' way with the store's Hanging Flame Light. The "flame" is made of silk. A small fan blows it to simulate a moving flame and an orange lamp simulates the glow of a fire.
- **Frightening Food**—Guests may enjoy digging into Spencer Gift's Zombie Chip n' Dip (you fill the zombie's skull with dip and put chips in its skeleton hand). For dessert, make a graveyard cake by cutting sugar cookie dough into tombstone shapes and bake. Use icing to write R.I.P. on the cooled cookies and personalize them with guests' names. Stick



the tombstones into a chocolate cake to resemble a graveyard.

- **Gruesome Games and Fun**—Ask everyone to bring a carved pumpkin to the party (B.Y.O.P.). Set up a special table to display them (this will also enhance your party decor) and provide paper and pens so guests can vote for their favorites. Use a jack-o-lantern as a ballot box. At the end of the night, count the votes and award a sack of Halloween treats to the winner.

For more information visit [www.spencergifts.com](http://www.spencergifts.com) or call 1-866-469-2259.

One trick to make your Halloween party a treat: invite some scary guests.

the tombstones into a chocolate cake to resemble a graveyard.

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the tombstones into a chocolate cake to resemble a graveyard.

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**"Playing Before An Overflow Crowd"**  
 THE STORY OF INDIAN BASKETBALL IN ROBESON, NORTH CAROLINA, AND ADJOINING COUNTIES, 1939-67

The Story of Indian Basketball in Robeson, North Carolina and Adjoining Counties, 1939-67

by Tim Brayboy and Bruce Barton

These were not your run-of-the-mill high school basketball games. In the beginning, games were played outside on the dirt. Instead of sneakers, players wore their work shoes or went barefoot. But from 1939 to 1967, nothing could quell the passion of the Indians of the Robeson County Indian High School Athletic Conference for the all American sport of basketball. The crowds overflowed the sky ran high, and the closeness of a huge Indian community prevailed. Playing Before an Overflow Crowd is a story of both perseverance and passion that will strike a cord in sports enthusiasts everywhere.

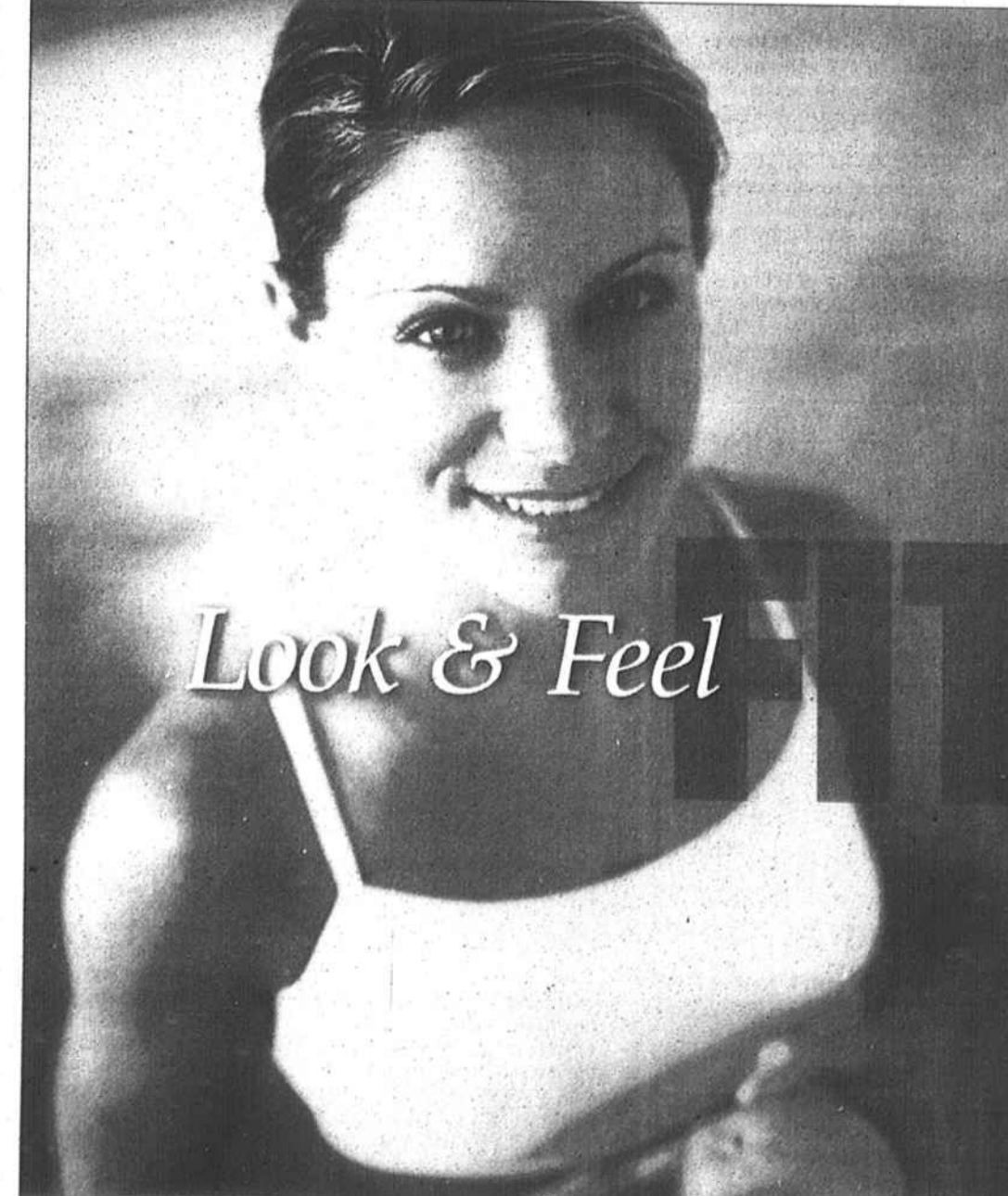
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