

Bus and Polly Hunt family to gather

If you are a descendant of Bus and Polly Hunt, you are invited to attend a planning session for a family reunion on September 6, 2003 from 3:00-5:00 pm at Sharon's house. Please call Sharon (910-521-4429) or Jackie (910-618-9303) for directions and questions. Please join us.

Commissioner Noah Woods, installed as Association President



makers and bring counties' concerns to the table. He becomes the first Native American to guide the NCACC. Woods was originally elected to the Robeson County Board of Commissioners in 1990. He was elected NCACC Third Vice President in August 2002. He also represented North Carolina by serving a one-year term on the Board of Directors of the National Association of Counties in 1999.

Robeson County Commissioner Noah Woods was installed as President of the North Carolina Association of County Commissioners on Saturday, Aug. 16, during the Associations 96th Annual Conference. He was installed by Robeson County Superior Court Judge Gary Locklear during the associations Annual Banquet, which was held at the Koury Convention Center in Guilford County. As NCACC president, Woods will guide the associations Board of Directors on legislative and administrative issues affecting counties throughout the year. He will have the opportunity to meet with key state and federal policy

Woods was born in Robeson County and dedicated his career to elementary and secondary education in the public school system, serving first as a teacher and then a principal. He received an associate's degree in elementary education from Pembroke State College, a master's of education at East Carolina University and a specialized education degree from ECU.

He began his teaching career in 1962 at Oxendine Elementary School. In 1981, he became principal of a local high school, where he remained until 1994 before switching back to elementary school. He retired as principal of Pembroke Elementary School in 2001.

In The Armed Forces

Christopher G. Oxendine

Navy Petty Officer 3rd Class Christopher G. Oxendine, whose wife, Jessica, is the daughter of Patsy L. Woods of Pembroke, N.C., recently completed a training exercise near Djibouti, Africa while assigned to the 26th Marine Expeditionary Unit (MEU), based in Camp Lejeune, N.C.

Oxendine is one of more than 4,000 Pacific Fleet Sailors and Marines deployed aboard the ships of the USS Iwo Jima Amphibious Ready Group. Oxendine's unit is an expeditionary intervention force with the ability to rapidly organize for combat operations in virtually any environment. MEU's are composed of more than 2,000 personnel and are divided into an infantry battalion, aircraft squadron, support group and command element. With this combination, Oxendine's unit supplies and sustains itself for quick mission accomplishment and for clearing the way for follow-on forces.

LRDA Awarded \$550,000 USDA Loan for new Head Start Building

Lumbee Regional Development Association has received notice of a loan approval of \$550,000 from the United States Department of Agriculture to construct a 13,000 square foot facility for a new Head Start and Early Start center in the Greengrove community of Fairmont.

The loan was processed by the USDA office in Elizabethtown, N.C. and forwarded to their Raleigh office. Mr. Leroy Freeman, Chairman of LRDA, received loan approval notice from Congressman Mike McIntyre's office in Washington, D.C.

In addition to the \$550,000 loan LRDA acquired a grant of \$223,000 from the Administration for Children and Families in Atlanta to help construct the nearly \$1 million facility. A tract of land will be purchased in the community of six acres to house the center.

LRDA has been working on the planning for this facility, which will add the new component Early Start, and combine the existing Head Start center into one new building, for over a year.

The center will serve 75 children once in full operation and transportation will be provided for the children to the site. The center will have 21 employees, 10 of which will be new hires for the agency.

The initial construction loan will be provided by First Bank of Pembroke, N.C. and the USDA loan will repay the bank after the construction is completed and approved by the final inspection. Mr. Leroy Freeman, Chairman of LRDA stated that, "This loan, with the grant, will represent nearly a \$1 million investment by LRDA in the greater community of Fairmont and Greengrove. The jobs and operations of the Center will add another \$452,756 annually. LRDA is proud to help promote not only the educational development of our children this way, but also contribute to the economic growth of our county with such projects."

Mr. Dewey Locklear, executive Director of LRDA, expressed appreciation to the USDA for their help with the project. "We would not be able to do this without the professional assistance we received from the USDA

office in Elizabethtown. Their strong commitment to helping Robeson County was evident in all our dealings with them. They are true professionals to the cause of helping low-income communities."

Patricia Locklear, LRDA's Head Start Director added that, "This new Center will allow us to add Early Start as a new component to Head Start for the overall development of our children enrolled in the program. This will mean that these children will enter kindergarten better prepared for their future educational development. This will be the first ever Early Start federally funded program in our county." Construction is expected to begin on the new facility in November

and should be completed by May of 2004. Services should begin within a few weeks of completion. The Center will be located directly across in front of Greengrove elementary school. The USDA loan will be repaid by LRDA over a 30-year period at an interest rate of 4.25%. The construction bid is expected to be published in September.

NC renews commitment to statewide connectivity

RALEIGH, N.C. (Aug. 18, 2003) - Gov Michael Easley signed into law House Bill 1194 late last week, reaffirming North Carolina's commitment to improving economic opportunity and quality of life by addressing technology needs. The bill creates the e-NC Authority, which will continue the work of the existing Rural Internet Access Authority for three more years, beginning January 2004.

The current authority has led efforts to connect all North Carolinians to the Internet and a better future, with emphasis on rural areas, since 2001. Much like the current authority, the e-NC Authority will be a unique hybrid organization, creating as a state authority, funded through private and federal dollars, and operated out of a private nonprofit. The bill recognizes the Rural Internet Access Authority's successful accomplishment of its goals and spells out key reasons for continued vigilance.

"Through the e-NC Authority, North Carolina's leaders are assuring the state's economic competitiveness by ensuring it keeps pace with technological changes," said Dr. James Leutze, chairman of the Rural Internet Access Authority commission. "The legislature has recognized high-speed internet and its applications as the platforms that support emerging sectors of great economic promise, as well as the competitiveness of traditional industries."

North Carolina's technology efforts are part of a nationwide trend to extend connectivity and the economic opportunities it provides to all communities. In November 2002, the U.S. Department of Commerce saluted the authority's efforts as an excellent model for rural connect-

tivity and technology-led economic development—a model other states have begun to follow.

The current authority has made significant strides in increasing Internet awareness, access, training and use in North Carolina, most notably by contributing to the availability of high-speed internet access to 75 percent of households by the end of 2002. The authority estimates 2002 marked the biggest deployment year the state has ever had. In one year alone, the authority helped drive a 20 percent increase in computer ownership.

The new e-NC Authority will build off the existing authority's work, safeguard its financial and programmatic investments across the state, provide continued leadership for technology-led economic development, and expand the role of this central planning body for the state's Internet access policy. Key differences between the old and new authorities are the inclusion of distressed urban areas and the use of the Federal Communications Commission definition of high-speed going forward. The FCC currently defines high-speed as the ability to receive 200 kilobits of data or more per second.

About the Rural Internet Access Authority and the e-NC Authority:

The Rural Internet Access Authority leads grassroots efforts to connect all North Carolinians to the Internet and a better future, and will be continued as the e-NC Authority beginning January 2004. The authority has supported nearly all projects to date through \$ 30 million in private funding committed by MCNC (formerly the Microelectronics Center of North Carolina), a self-supporting nonprofit organization since 1998, and through cash or in-kind contributions from more than 80 other organizations. For more information, visit www.e-nc.org

LRDA Community Services holds Diabetic Workshop

Over 30 people learned about diabetes prevention and control in a workshop held Thursday, July 24, 2003 at the LRDA Office Complex in Pembroke, NC.

Ms. Joyce Orban, RN conducted the enlightening workshop. Ms. Orban is an employee of the Diabetic Center of Southeastern Regional Medical Center in Lumberton.

"We are very pleased with the turnout," stated Ms. Shirley M. Locklear, director of Community Services for LRDA.

Also attending the workshop was the reigning Miss Lumbee 2003-2004 Morgan Hunt. Morgan's

platform for this year is diabetic awareness. "Diabetes is very prevalent in Native American communities. My family has lost several members to diabetes. The more we can educate and the more prevention that can occur, the better off our communities and tribe will be. It is my goal this year to actively work and bring diabetes awareness to the forefront of Lumbee health issues."

For more information about diabetes, community services or the LRDA, please visit our website at www.lumbee.org or call (910) 521-8602.

Saddletree Community Pow Wow September 5-7

Saddletree Community has hosted a community POW WOW for the last two years. This year will be the third annual POW WOW and we are working to make it the best ever. There will be a host of activities throughout the three days such as dancing, car show, bike show and 50/50 raffle. There will be food, drinks, vendors, Arts and Crafts. No drugs, alcohol or weapons allowed.

LOCATION: Hwy 301 North of Lumberton, near Robeson Community College.

CONTACTS: Vendors-Henry Brewer (910) 739-0712, Robert Carter (910) 843-1704
CAR AND BIKE SHOW: Robert Carter (910) 843-1704, Melba Brewer (910) 738-2357

Master of Ceremony: Tony Clark
Head Man Dancer: Robin Jacobs

Head Female Dancer: Pam Locklear
Host Drum: Southern Sun
Free admission all three days to the public. All welcome to participate in fun and activities.
Saddletree Community POW WOW T-shirts for sale \$15, limited quantity-all sizes
Friday: Vendors setup all day-\$150 for three days setup.
6PM Grand-Entry dancing
Outdoor big screen movie "Thru Native Eyes" like the old time drive-in.
Saturday:
Grand Entry at noon 12PM., Dancing
50/50 Raffle
Car show 3-6pm
Bike show 3-6pm
WKML 95.7, Don Chase hosting
TV13 Tasha Oxendine
Sunday:
Grand Entry 1pm., Dancing, Food, Fun, Awards given to participants.

Power Wheel Chairs Available for Senior Citizens and Disabled

The Seniors Wheels USA Program makes available Power (Electric) Wheelchairs to Senior Citizens (65 years old and up) and the Permanently Disabled at no cost to the recipient, if they qualify. The Power Wheelchairs are provided to those who cannot walk

and cannot self-propel a manual wheelchair, and who meet the additional guidelines of the program. No deposit is required. If the patient's need is for use in the home, please all for more information to see if they qualify. all toll free 1-800-246-6010.



This past week I worked on five or six articles, but didn't get any of them really "wrapped up." Lately I've been trying to be realistic, even though I still hope to be around for about 30 more years. In case, something should happen to me before I get my articles finished, perhaps it would be a good idea to share them as soon as they are partially finished.

Here goes a subject I've written about before.

GOD'S FOOD OR MAN'S FOOD?
It was good to talk with Tommy Schwartz after church the other Sunday. I remember when he and Olivia were dating. I they were both students at Pembroke State College, what our present university was called back then.

He told me that he reads this column from time to time. "You write about a lot of different things," he said. "But I've never seen anything about food."

"I'm concerned about most people using too much sugar," I told him. I've written at least one article already, and I've got more on my computer that I plan to follow up on." Now I'm starting another new article on food.

I have this theory, that one of the main reasons for such a dramatic increase in diabetes in recent years, is not just the obesity boom, but that the extra emphasis on eating plenty of carbs, in place of fat, meat, has given a green light to sweets-lovers to eat ALL THEY WANT! The Food Pyramid actually has two sections for carbs, the large carbohydrate section on the bottom, recommending five to 11 servings of carbs a day, and the tiny section on top, urging only small amounts of sugar, as well as small amounts of fats and salts.

Instead of suggesting that it's okay to eat as many as 11 servings of carbs, plus at least one concentrated "sweet" a day, I honestly believe I would try to find a sure-fire way to get this harsh but truthful message across:

On a day when we're eating lots of other carbohydrates (including fruits with natural sugar, we need to skip sweets completely!!! Remember that even natural carbs will turn into sugar in our bodies. Actually, according to three recent classes I have taken, a serving of a "carb" is just 1/2 cup. (That would mean only 5 and 1/2 cups of carbs altogether.)

Perhaps the Pyramid would be SAFER to follow if this had been made CLEAR in the very first place!!!

In the past, like when I was young, a lot of people used to skip sweets on a lot of days. In fact, I wonder when the idea that you haven't eaten a meal if you didn't have some kind of dessert got started. Do you believe that the Indians on this continent (at least the migrant Plains Indians) were saying to one another: "I just can't be satisfied

with this meal unless I have something sweet My day just won't be right without it!!"

One thing I appreciated about Leon was the fact that he did not expect me to prepare a dessert when I cooked a meal.

(I enjoyed making desserts until my weight ballooned the summer before I started college, and I began to just resign myself to being fat for the rest of my life. Though I hadn't thought about in all these 58 years, I suppose I moved in with "Cousin Ivy" (to work for my board and room so I could attend the university in Missoula) at just the right time!!

It was truly a miracle (in so many ways) that God opened up the way for me to be able to go on to college right after high school graduation! And then He must have been behind helping me to lose weight, after all.

The doctor had put Cousin Ivy, an alert "middle-aged" lady (likely in her fifties) on a diet for her health. She cooked good meals, but super-time desserts were limited to some kind of fruit she had "put up" in a canning jar. I didn't have the money to buy candy, even if I had had a sweet tooth. And there were no vending machines around the campus. We were lucky back then. I'm serious!! (And I had the good fortune to have a temporary problem that required the doctor to put me on thyroid. That made it much easier to feel full, to gradually lose weight, and to improve my metabolism.)

Of course some of our decades-long cultural changes have made a lot of us (and even more so our children) into couch potatoes. Our whirlwind-paced daily lives, added to the daily fears we now face, have stressed us out to the point where we are grasping anywhere and everywhere for relief. Other changes (like the idea of doing what you feel like doing when you feel like doing it) have tended to make our bodies (and those of our children) into depositories for whatever tastes good in our mouths and triggers our brain to produce a wonderful sense of contentment.

SUGAR DOES BOTH!! No wonder it is the drug of choice for so many otherwise totally responsible people, including devout Christians!

Robeson County Teen Court to hold volunteer training

The Robeson County Teen Court program will hold a volunteer training session on Saturday, September 6th for students who want to participate in Teen Court. The training will begin at 9:00 am and last to :00pm. It will be held at the Robeson County Courthouse in Lumberton on the 2nd floor in courtroom 2A.

school from the 8th grade through the 12th are eligible and encouraged to participate in Teen Court. Students are trained to act as attorneys, bailiffs, clerks, and jury members in cases referred from juvenile and district court. For more information about Robeson County Teen Court, please call Palmer Prevention, Inc. and ask for Mary Locklear at (910) 522-0421.