

Clothing bank in Pembroke

Pembroke-Helping Hands for Progress, Inc (HHP), in partnership with the Pembroke Housing Authority, would like to remind you of the Clothing Bank located at 703 Roberts Avenue, of Strickland Heights community. Hours of operation are 1:30 p.m. through 5:30 p.m. each Tuesday and Friday. All clothing is provided free. If you or someone you know is in need of clothing, we invite you to visit our Clothing Bank.

1968 Pembroke High Class to reunite Nov. 28

1968 Pembroke High 35th School Class Reunion will be held November 28, 2003 at the JayCee Club House, Pembroke, NC. For information, contact Robert Chavis PO Box 2482 Pembroke, NC 28372, (910) 521-4518 or Brenda Lowery 4082 Moss Neck Road, Pembroke, NC 28372, (910) 521-2055.

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Send address changes to PO Box 1075, Pembroke, NC 28372.

Along the Robeson Trail

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

[Author's Note: This is part one of a two-part series on "Diet, Sassafras and Isolation: Wisdom from Native America." It seems appropriate to re-visit this topic every few years, because the health conditions described therein are still persistent in the Native American community.]

St. Paul wrote to his friends at Colosse: "For this cause we do not cease to pray for you, and to desire that you might be filled with the knowledge of His will in all wisdom and spiritual understanding." Knowledge, wisdom and understanding are three things which have always been important in Native American culture. Here I want to discuss three other things which at first glance might seem unconnected: diet, sassafras and isolation.

What could these three things -- diet, sassafras and isolation -- possibly have to do with each other, or for that matter with knowledge, wisdom and understanding? The connection is Indian health. If you read with your heart, you will understand.

When Europeans began to arrive here 500 years ago, one of the first things they noticed was how healthy Native Americans were. In one of his earliest letters back home, Columbus wrote about the

excellent health of Indian people. Throughout most of the colonial period, even as Native Americans were dying in large percentage of their numbers in widespread epidemics of smallpox and measles brought by Europeans, numerous colonial writers continued to note how healthy Native Americans in general were (presumably they were talking about the ones who weren't dying in the epidemics).

John Lawson wrote in 1705 that diabetes was completely absent among Indians in North Carolina. But nowadays diabetes is extremely common among North Carolina Native Americans. And on the national level, Native Americans are three times more likely to suffer from some form of diabetes than are European Americans. Changes in Indian diet since European contact are an important link to the high incidence of diabetes among Native Americans.

What do we know about the diet of the Ancestors of eastern North Carolina's Native people? Fortunately, we have very good information -- both from written colonial records and from archaeological discoveries.

Two things stand out about the Ancestors' diet. The first is diversity. Their daily diet was dominated by vegetables, grains, fruits and nuts. They ate

several varieties of corn, several kinds of beans and several kinds of squash, as well as peas and a variety of root vegetables and leafy vegetables; plus sunflower seeds made into bread and soup, at least five kinds of nuts and three kinds of berries, and two varieties of grapes. They also ate, in smaller proportions, a variety of meats and fish: deer, squirrel, bear, rabbit, turkey, dove, crane, goose, crab, oyster, scallop, and several species of both turtles and fish. That's a diverse diet!

The other thing that stands out about the Ancestors' diet is technique. They never fried anything. Everything that was cooked was either roasted, stewed or baked. And remember, they had no diabetes. The fact that some people today think that fried food is 'good old traditional Indian cooking' just shows how long it has been since European culture and European ways of cooking arrived in North Carolina.

Next week we will see the second half of this piece on "Diet, Sassafras and Isolation: Wisdom from Native America."

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 web address is www.uncp.edu/nativemuseum).



Re-Elect
Larry McNeill
for
Town Councilman
Pembroke, North Carolina

Vote McNeill Nov. 4
Thank you for your support!

A Leader Who Listens to all Citizens and is Especially Concerned for the Needs of the Elderly.

A Leader who is Honest, Compassionate and not Afraid to Accept Responsibility.

"Let's Keep the Town of Pembroke Headed in a Positive Direction."

For Continued Growth and Progress

RE-ELECT

Milton R. Hunt
Mayor, Town of Pembroke



During my tenure as Mayor of the Town of Pembroke, the town has undergone tremendous growth. It is the envy of many other towns and communities. It has been my pleasure to have been a part of this growth. To continue to have a progressive town government, you must have elected officials who are planning and preparing for the present as well as the future of our town. I have always supported growth for our town. Here is a partial listing of the growth in the Town of Pembroke during my tenure:

- A new town library
- A new Water Treatment Plant
- A new Maintenance Building
- A new Town Hall
- A new water system

New Wells and New Treatment Plants
Expansion of our service through grant services
A new town recreation complex which will be complete in the next two or three years.

A \$250,000.00 grant was received to start this project.
Lumbee Bank-The town is very pleased to be home of the Corporate Offices of Lumbee Guaranty Bank, a very successful bank.
Three additional financial institutions: Progressive Savings and Loan; FirstBank of Pembroke; and the State Employees Credit Union.

- Colony Plaza
- Food Lion Shopping Center
- The Huddle House
- Pizza Hunt
- Burger King
- Kentucky Fried Chicken
- Pembroke Fast Lube
- CarQuest
- NAPA
- Kerr Drugs
- Fox Glove Complex
- An apartment project valued at \$6 million is coming to better serve our UNCP students
- The Corporate Offices of the Lumbee Tribal Government
- Linda's Restaurant
- TBS Complex
- Cyna's Jewelers
- FirstHealth Medical Complex
- Dollar General
- U.S. Post Office
- Corporate Headquarters of Healthkeeperz
- Mikoto Express
- Mae's Complex

Your vote and support on November 4 will be greatly appreciated



Re-elect

Gregory Cummings
Pembroke Town Council

"Leadership of the Town Council has seen tremendous growth in the last four years:-Residential-Commercial-Institutional-Recreational.

"Working together for a safer community and brighter future"

Vote **Cummings** November 4
I humbly thank you for your continued support

10TH ANNUAL
NATIVE AMERICAN CULTURAL FESTIVAL

WE DANCE AND SING BECAUSE WE CAN...
ECHOES OF OUR PEOPLE!

Saturday November 1, 2003
11:00 am - 3:00 pm

Greensboro Cultural Center at Festival Park
(200 N. Davle St., Greensboro, NC)

Open To The Public ~ Admission Free ~ Free Parking / Church St. Deck

Appearing in two concert performances.....
Floyd "Red Crow" Westerman, Sisseton-Wahpeton Dakota Sioux
World Famous Actor and Musician
Willie Lowry, Lumbee Tribe - Roberson County, NC
Well-known Musician, Composer and Music Director
Ulali, First Nation Women's A capella Trio
Featuring Pure Fe (Tuscarora), Soni (Mayan/Apache/Yaqui)
and Jennifer (Tuscarora)

SCHEDULE OF ACTIVITIES

- 11-11:25 a.m. The Xirnali Family of Aztec Dancers
- 11:35 a.m.-12:05 p.m. Ulali
- 12:15-12:35 p.m. Dance
- 12:45-1:15 p.m. *Hoop, Jingle, Fancy, Shawl & Traditional Willie Lowry & Floyd "Red Crow" Westerman
- 1:25-1:50 p.m. The Ximali Family of Aztec Dancers
- 2-2:20 p.m. Dance
- 2:30-3 p.m. *Hoop, Jingle, Fancy & Traditional Ulali, Willie Lowery & Floyd Westerman
- 11a m -3:00 p.m. Gallery Exhibit Warriors, Navajo Code Talkers Demonstrations by Roger Willie, Navajo Visual Artist & Co-star of Windtalkers Crafts by ARTQUEST Storytelling Face Painting Traders & GNAA Art Gallery Gift Shop Food (Indian Tacos & Fry Bread)



Festival Information
(336) 273-6605 or 373-2044

