


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

Pembroke Chamber is busy with many projects

The Pembroke Area Chamber of Commerce has a number of projects underway and is calling upon business and community leaders in the greater Pembroke area for support.

According to R.D. Locklear, Chamber President, the Chamber is moving forward with an ambitious agenda. There are several beautification projects that are underway in Pembroke. The Chamber is pleased with the openings of several new businesses and the growth of several businesses that are Chamber members. "The face of Pembroke is changing quickly," Locklear said.

Locklear stated, "The annual Chamber membership drive is underway and your assistance is needed. Your membership dues are a major investment that you can make to help improve the quality of life in the area and support the Pembroke Chamber. The PACC offers outstanding benefits to its members and many services to the community."

Locklear noted that the Chamber leaders have worked diligently in recent months on efforts to make major scenic improvements to the central business district. The Chamber has installed 12 street banners which are part of a major effort to improve the appearance of major roads in Town. The Chamber would like to have at least 36 street banners. Efforts are underway to assist the Town of

Pembroke with raising funds to build or improve two large public parks.

Locklear said we are very pleased with the public support had comments that Chamber leaders have received regarding the preliminary plans for improvements. "The Town of Pembroke is very patriotic and we support our veterans. We want to do more to improve town facilities that showcase the contributions of our veterans of foreign wars."

The Chamber is making plans for very large membership meetings and gatherings that may focus on a hot issue that has gotten national publicity. Chamber members are very pleased with the efforts of Lumbee leaders to promote recognition for the Lumbee tribe.

Locklear said the Pembroke Chamber strongly supports federal recognition of the Lumbee tribe and will help raise funds for the efforts to win friends in Washington, D.C.

You are encouraged to join with over 100 other local business leaders who are working to improve commerce in the Pembroke area. For more information contact: Pembroke Area Chamber of Commerce, PO Box 1978, 113 West Third Street, Pembroke, NC 28372. Phone: 910-521-0647.

Joseph Mitchell: A Reader's and Writer's Guide by UNCP Professor Emeritus Raymond J. Rundus

An icon among his colleagues at *The New Yorker*, Joseph Quincy Mitchell (1908-1969) was a staff writer on the magazine (although he published nothing in it after 1964) for 58 years. A native of a small Coastal Plains town of Fairmont, North Carolina, where his family's origins reached back to shortly after the Revolutionary War, he remained while also becoming an urbane citizen of the world-the consummate Southern gentleman.

In the most comprehensive study of Joseph Mitchell now available, Raymond J. Rundus draws upon his extensive and intimate knowledge of Robeson County (which Mitchell called "Black Ankle County" in his fictional work) and upon the ten years he has spent researching, interviewing, and writing about literary journalism, about *The New Yorker*, and about the writers, editors, and photographers associated with Mr. Mitchell. By bringing forward this profile of a masterful writer and a genius in the understanding of human nature, Professor Rundus has created a

guide that will serve the interest and needs of readers, researchers, and writers.

The influence of Joseph Mitchell's two favorite writers, James Joyce and Mark Twain, can be seen in almost everyone of his stories. He took especial interest in the freaks and eccentric and street-level characters of Lower Manhattan. A world-class listener, he would gain their trust, and they would open up to him their most bothersome predicaments and their innermost aspirations. Though toned down to some extent in his later writing, the "imagery in vulgar conversation" especially appealed to him, and he took great pains to get it just right in the dialogue of his characters, such as Cockeye Johnny Nikanov, the self-proclaimed "King of the Gypsies" who was transmogrified into Cockeye Johnny Dembo in the Broadway musical *Bayour*, which was based upon two of Mitchell's *New Yorker* stories. The 2000 film adaptation of *Joe Gould's Secret*, directed by and starring Stanley Tucci with Sir Ian Holm,

paid tribute both to Joseph Mitchell as an author and to the milieu from which he created his greatest work.

Regarded by such disparate commentators as Salman Rushdie and Alec Wilkinson as the great artist/reporter of the twentieth century, Joseph Mitchell (for his 1992 anthology *Up in the Old Hotel*) was one of only two North Carolina writers (A.R. Ammons, is the other) of the past century that Harold Bloom has predicted would survive the "Chaotic Age" and endure in literary posterity.

About the Author

Raymond J. Rundus was reared on a small farm near Blue Rapids, Kansas. He was educated at the College of Emporia, Wayne State University (Detroit), and the University of Nebraska. After serving for two years with the Seventh Army in Germany (where he met Brigitte Obermeyer, his wife of 44 years), he returned to Kansas to teach high school English and French from 1960 to 1965. The next five years he spent teaching and

chairing the English Department at the College Emporia. Named a Professor of English at UNCPembroke, he chaired English and Communicative Arts during his first nine years. During his tenure at UNCP (1970-1996) he acted in several "Little Theater" productions, wrote and directed a number of grants, published widely in professional and scholarly journals, taught courses from Freshman Composition to graduate seminars, and served as an Adjunct Professor in the Union Institute's Ph.D. program.

Like the subject of his book, Professor Rundus has in his "retirement" become active in several civic and professional groups and an avid golfer with a single-digit handicap, he has had leadership roles in several golf associations. He is a charter member of the "Community Advisory Board" of the *Fayetteville Observer*, a post requiring the publication of several "Op-Ed" essays.

St. Pauls Christmas Parade set for Dec. 5

The 48th annual St. Pauls Chamber of Commerce Christmas Parade will be held in St. Pauls on Friday 5. It will begin at 4:30 p.m.

Entries are now being sought. The entry fee for queens and kings is \$25. The fee for commercial entries is \$50. There is no charge for non-profit groups.

To enter, please call the Chamber at 865-3489 or The St. Pauls Review newspaper at 865-4179 and ask for Paul.

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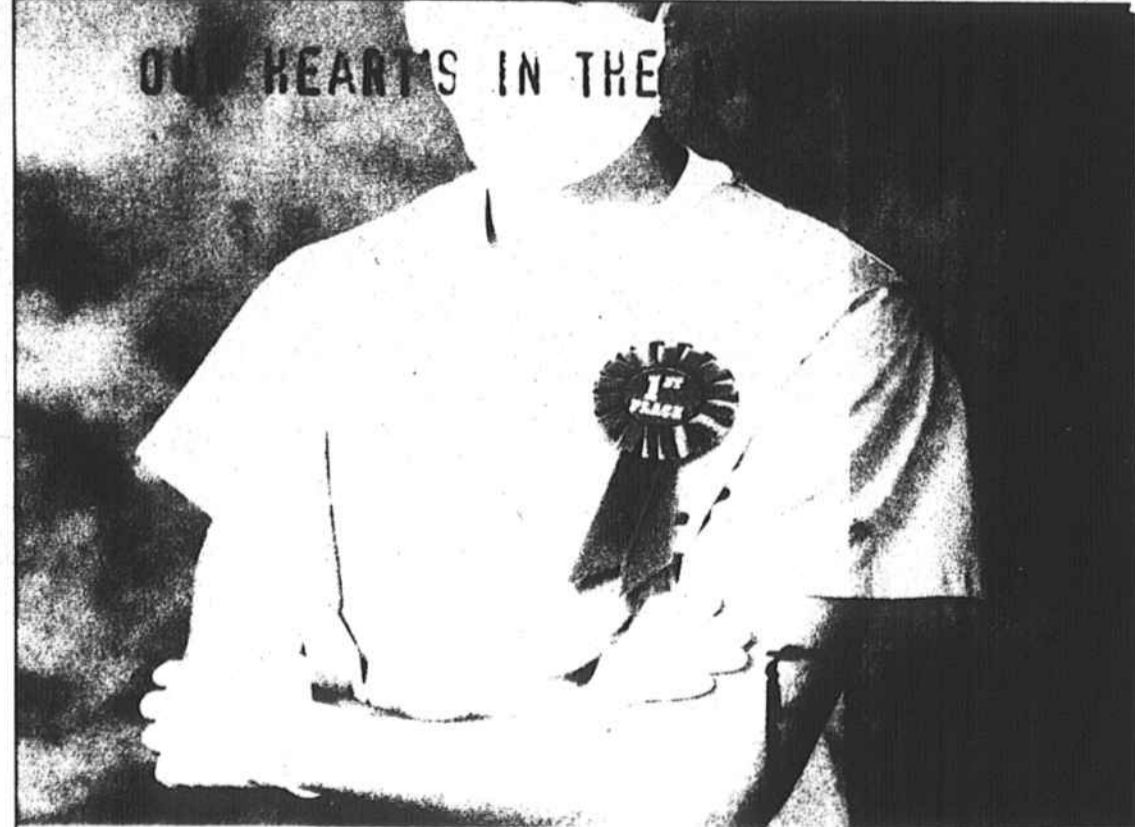
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Shown left to right: Robert Candido, Dr. Allen Meadors, Angela Chavis, McDuffie Cummings, and new Pembroke Chamber Street Banners.



OUR HEARTS IN THE

Best in Show

The blue ribbon panel checked us out from every conceivable angle. The skill of our surgeons. The compassion our staff exhibits. Training...technology...clinical research. And what was the judgement of the independent study* commissioned by Business North Carolina? FirstHealth Moore Regional was awarded first place for being the best hospital in the state for heart care. Why settle for anything less than excellence?

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*Rankings based on Medicare data and adjusted for age, mortality and complications

Along the Robeson Trail

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

[Author's Note: This is the concluding part 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. In the first segment, we saw that the concepts of knowledge, wisdom and understanding can be connected to diet, sassafras and isolation in terms of Indian health. We learned that the Ancestors had no diabetes, that their diet was very diverse, and that they never ate fried foods.]

We also know from various historical sources that these same Ancestors had a very highly developed traditional medical knowledge. There were specialists in every Indian tribe and nation who knew the medical uses of hundreds of plants. For every ailment, there was an appropriate treatment.

Arthur Barlowe recorded in the 1580s that among Indian people in eastern North Carolina one of the most commonly used plants was sassafras. A hundred and twenty years later, John Lawson reported that the most commonly used medicinal plant among eastern North Carolina Indians was still sassafras -- used as an effective treatment for a variety of things, from cuts and bruises to reduction of fevers and even purifying blood. Two hundred and eighty years after that, my research among the Lumbee showed that sassafras was still the most commonly reported traditional plant remedy, although only

about ten percent of the Lumbee said they still use it.

We also know that one of the ways Native Americans in North Carolina stayed alive through the colonial period was a survival by isolation. Being an Indian in colonial North Carolina was a very unpopular thing to be. Native people were driven off their lands, enslaved and even killed just for being Indian. Native communities were able to survive into modern times in many instances because they remained geographically and culturally isolated -- in "The Meadows" in the land of the Saponi; among the swamps in the land of the Lumbee; in the pines in the land of the Waccamaw.

And while being isolated helped them to survive and remain the vibrant Native American communities they are today, that same isolation also had negative consequences on their health. Health care and health education were limited. The common Native American diet became much less diverse, and often high in sugar and fat. Poor economic conditions were common in these isolated rural communities, conditions which had their own negative effects on health and nutrition. The overall health of surviving Indian communities suffered, and Indian people became increasingly susceptible to diseases which in traditional times they had not experienced -- for example, diabetes.

What should we understand from all of this? First, it reveals that there are important lessons to be learned from looking at modern Indian health through a

traditional and historical lens. What do you think would happen to the high rates of type II diabetes among North Carolina Native Americans if more people returned to the diverse diet and healthy cooking techniques of the Ancestors? It could be done. We know what they ate, and how they cooked it. This same kind of traditional and historical perspective can be useful in understanding other modern health problems -- hypertension; substance abuse; fetal alcohol syndrome and others.

Second, it tells us that traditional Native American cultural knowledge and cultural wisdom have not entirely disappeared -- even if they have been partly hidden by the passage of time and the invasion of other cultures. Traditional knowledge of plant remedies like sassafras and willow, and traditional wisdom about health -- for example that the health of the whole person and the whole community requires spiritual balance as well as physical balance -- such knowledge and wisdom about health are still available to us.

Traditional Native American cultural knowledge and wisdom can be used to promote better health now and in the future -- if we understand, and apply, what we can learn from the past.

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).

...The amazing thing, of course, is the speed at which it works... New High-Speed Diet Formula Used By Top Fashion Models Produces An Extremely Fast Weight-Loss!

...contains an enormously-effective ingredient from the Himalayas now available in the U.S. for the first time!

If you are overweight, this is the most important message you will ever read. Here is why.

There is now an all-natural (and ultra-fast acting) diet formula which destroys fat... even if... you cheat or refuse to diet. News of this "killer" fat-fighting product (it's from the Himalayas) is spreading like wildfire from one top fashion model to another... all over the world!

Why? The answer is easy. You see, even though this product is extremely bio-active, it contains no drugs whatsoever... and... according to very impressive anecdotal evidence...

It Burns Off More Fat Than Running 98 Miles Per Week!

This product contains several highly-unusual ingredients (three of which are extremely hard to find) which are combined together... in such a way... that scientists call it "synergistic." This means... all... of the ingredients... are... much more effective at producing a high-speed weight-loss. This is because of the way each of the ingredients interacts with each of the other ingredients. Thus, this unique formula produces a safe "thermogenic" (fat-burning) effect which is... so effective...

Adipose Tissue (Body Fat) Is Almost Immediately Destroyed And Flashed Right Out Of Your Body!

Why does it work so fast? The secret is in the ingredients and the ingenious way they are combined. The main ingredient (the one from the Himalayan Mountains) maximizes and optimizes your body's natural metabolic process. Therefore, it promotes the utilization (burn-off rate) of body fat and prevents it from being stored.

Another works as an insulin mimic to normalize your blood sugar level. (Note: This is very important... because... it is a low blood sugar level which causes intense food cravings.)

Another ingredient is a potent antioxidant which enhances your immune system and provides "insurance" your metabolism remains at a continuously high level.

The other ingredients influence the thyroid gland, assist in vitamin and mineral absorption and reduce cravings for sugar and fatty foods.

Warning!

Obviously, this is not an ordinary diet product. It is truly extra-ordinary. If you follow the simple instructions and use the product with water as directed... YOU WILL... reverse years of overeating! However, there is a trend in this country (especially among attractive women) to want to be dangerously thin. Therefore, before you start any weight-loss program (especially one which works as fast as this one) you should get advice from your physician on how fast it is safe for you to lose weight. Also, you and your physician... together... should determine your personal, perfect weight goal.

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How can AVS Marketing make such a guarantee? How can they offer a Lifetime... double-your-money-back... guarantee? Well, you can only make this type of guarantee... if... you are 100% certain... your product is going to... almost force... people to lose every single pound of all their excess weight.

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The name of this product is the "Himalayan Diet Break-through" and, it is easy to order. All you have to do is call 1-866-202-3837 ext. M101 and order with your credit card. This, and its toll-free number (it won't cost you a penny) and you can call anytime... 24-hours per day... 7-days a week.

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