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Lowry receives Doctor's Degree

On May 20, 2004, Jessica Lucille Lowry received her Doctor of Pharmacy degree from the Medical University of South Carolina's (MUSC) College of Pharmacy. This ceremony was held at the Omar Temple in Charleston, SC. During the ceremony, Jessica was presented with the American Pharmacists Association Academy of Students of Pharmacy (APhA-ASP) Senior Recognition Certificate. She was given this certificate for making the greatest contribution to the APhA-ASP chapter at MUSC in the past few years. Jessica also received the Astra Zeneca Award. This award recognized a graduate identified by faculty in the area of psychiatry as excellence in this discipline. On May 21, 2004, Jessica participated in the 175th commencement ceremony of the Medical University of South Carolina in Charleston on the MUSC campus. Approximately 663 students graduated from the university's six colleges. Jessica was also a graduate from Dillon High School's Class of 1998. On July 1, 2004, Jessica will be starting a pharmacy practice residency at the New Mexico's VA Health Care System in Albuquerque. Jessica is the daughter of Mr. and Mrs. Jason Lowry, Jr. of Dillon, South Carolina. She has two siblings, Jake and Jodie Lowry. She is also the granddaughter of Mr. & Mrs. Jason Lowry, Sr., Mr. Luther Hunt, and the late Mrs. Lucille Barnes Hunt. Her grandparents reside in Robeson County.

UNCP announces Native American Incentive Scholars

PEMBROKE, N.C. - The North Carolina Native American Incentive Scholarship provides outstanding students from the North Carolina with a scholarship valued at \$3,000 per year to attend a state institution. It is funded by the North Carolina General Assembly. The following students have been awarded scholarships.

- Hoke County**
Jones, Aaron Wes. Red Springs. Hoke County High School. Byron and Delores Jones.
Goins, Dana Wesley. Red Springs. Hoke County High School. Ernest and Darlane Goins.
- Out Of State**
Houser, Monty Lane. Fontana, Cal. Fontana High School. Monty L. Houser and Helen D.H.H. Hardin.
- Robeson County**
Chavis, Courtney Nicole. Maxton. Purnell Swett High School. Parents: Kent and Doris Chavis.
Collins, Benjamin Kyle. Pembroke. Purnell Swett High School. Jeff and Sybil Collins.
Graham, Jessica Danella. Pembroke. Purnell Swett High School. Jill Harris.
Griffin, Brittney Lucille. Maxton. Purnell Swett High School. Richard Griffin and Sharron Jackson.
Grooms, Amber Elizabeth. Orrum. Fairmont High School. Allen and Vickie Grooms.
Jacobs, Danielle. Maxton. Purnell Swett High School. Jeffery and Jan Locklear Jacobs.
Johnson, William Joshua. Pembroke. Purnell Swett High School. Bill and Julia W. Johnson.
Griffin, Amy Lynn. Lumberton. Fairmont High School. Jeff and Teresa Griffin.
Blue, Matthew Brandon. Pembroke. Purnell Swett High School. Randall and Sylvia H. Blue.
Chavis, Sonya Marie. Lumberton. Purnell Swett High School. Michael and Carolyn Chavis.
Eubonks, Alexandria Angel. Red Springs. Purnell Swett High School. Sengio Eubonks and Norma Eubonks.
Gonzaga, Andrea. Maxton. Purnell Swett High School. Nemencio and Debra Gonzaga.
Hammonds, Celeste. Lumberton. Purnell Swett High School. T.R. and Miranda Hammonds.
Hunt, Keosha Celes. Pembroke. Purnell Swett High School. Cary and Kath Hunt.

- Locklear, Jared Ricky. Pembroke. Purnell Swett High School. Ricky and Jeri Deese Locklear.
- Locklear, Kara-Lynn. Pembroke. Purnell Swett High School. Lindsey and Kim Locklear.
- Locklear, Kyrstel Renee. Rowland. South Robeson High School. Willie and Beatrice Locklear.
- Lowry, Harvey, III. Maxton. Purnell Swett High School. Harvey and Linda S. Lowry.
- Lowry, Shawna. Lumberton. Lumberton High School. Kenneth Ray and Amanda Kay Lowry.
- Lowry, Lindsey Rena. Pembroke. Purnell Swett High School. Gary A. and Lucille Lowry.
- McMillan, Benjamin Joel. Maxton. Purnell Swett High School. Harry Lee and Reba M. McMillan.
- Oxendine, Latasha Elizabeth. Rowland. South Robeson High School. Ricky and Kathy Oxendine.
- Smith, Tala P. Rowland. Purnell Swett High School. Webster and Denene P. Smith.
- Tyler, Brent Mitchell. Red Springs. Hoke County High School. Mitchell and Carol L. Tyler.
- Wake County**
Martinez, Nina Cordell. The North Carolina School of Science, and Math. Lalo A. Martinez and Alisha S. Cordell.



Rev. Bill James Locklear is shown left with Mr. Gurney Hunt.

Prospect UMC to honor Rev. Bill James Locklear

On Sunday, June 20, 2004, Prospect United Methodist Church, located at 3929 Missouri Road, Across the road from Prospect School, will honor and show appreciation to its Pastor of 13 years, The Reverend Bill James Locklear. We will begin with worship service at 10:40 a.m. and conclude after lunch. Brother Bill has retired from the full-time pastorate. He has served Prospect United Methodist Church for thirteen years as Senior Pastor in addition to several of Service as its Associate Pastor when he returned from Seminary of SMU in Dallas, Texas. The congregation invites you to this great day of celebration as we "give honor where honor is due."

All night soft ball marathon

Interested in participating in an all night softball marathon? Get your team ready. Men, women, or co-ed welcome. Will begin Friday, July 16 at 9:00 p.m. and will end on Saturday, July 17 finishing up at 9:00 p.m. Interested teams call Van Sampson at RCRPC 671-3090 to register.

Pediatric Pointers

by Dr. Joey Bell, Pembroke Pediatrics

Your baby's growth and development are very important. You will be making decisions for your baby for many years, and one of the first choices you will have is how you wish to feed your baby. This decision is an important one, and you may talk about your choices with your and your baby's doctor as well as family members. Do you want to breast-feed or use a bottle and formula? Especially if you wish to breast-feed your infant, it is best to decide before he or she is born. This way you can start as soon as you have your baby. When deciding on the method of feeding, you should consider your lifestyle and costs. For example, breast milk is the perfect food for your baby and it is free, but you may find the cost of formula is worth the convenience. This article will hopefully provide you with information to help you to make the choice that is best for you and your infant.

Advantages of breast-feeding:

1. A mother's breast milk is nature's perfect food for helping your baby's body and brain to grow and develop. It is the only food a baby needs for about the first six months. You can even continue breast-feeding after your baby has started on solid foods.
2. Breast milk is easily digested by babies. It helps your baby to have comfortable bowel movements and constipation is rare.
3. Breast milk contains substances from the mother that help a baby stay healthy. Breast-feeding can help protect your baby from diarrhea, ear infections, pneumonia, and other illnesses.
4. The act of breast-feeding can help to develop a close intimate relationship between you and your baby.
5. Breast-feeding may be more convenient. It is the perfect food and it is always with you and at the right temperature.
6. It is inexpensive. One might even say it is free.
7. It may not always be convenient to breast-feed your baby. Breast milk may be stored for use later.

Your diet and health are always important, and especially so when breast-feeding to ensure that your baby is receiving the best possible breast milk. Milk production is influenced by how often you feed your baby and how effectively milk is removed from your breast. It is also affected by your physical well-being, your diet, and how much rest you receive. Some guidelines include:

1. Eat a variety of foods including fruits, vegetables, breads and grains, dairy products, and meats.
2. Drink plenty of liquids, especially water. Limit yourself to 2 cups of coffee, tea, cola, or other beverages containing caffeine a day. Caffeine passes into your breast milk and can make your baby irritable.
3. Taking a daily multivitamin for yourself or include a quart of milk (or an equivalent amount of yogurt or cheese) to ensure that you are receiving enough vitamin D, calcium, and phosphorus.
4. Just as was true when you were pregnant, drugs and medications that you take may be passed to your baby and may be harmful. Commonly used drugs like acetaminophen, ibuprofen, penicillins, antihistamines, and decongestants are safe. If you have questions about any other drugs, please consult your doctor.

5. One or two glasses of alcohol per week are okay. Daily or heavy drinking may hurt your baby.
6. Smoking can decrease your milk supply, and nicotine can pass through your breast milk to your baby. As always, smoking near your baby or in the house can harm your baby's lungs and make him or her more susceptible to infections.
7. Using illegal or street drugs is harmful for both you and your baby.

Other considerations:

1. If you wish to stop breast-feeding, it should be easy to switch to the bottle. However, it may not be easy to switch from the bottle-feeding to breast-feeding.
2. Breast milk contains all of the necessary vitamins and minerals except vitamin D and fluoride. Consult your doctor about when and how to add these important elements to your baby's diet.

We Didn't Just Fall off the Turnip Truck



by Vinita "Cookie" Clark

Hello there everyone, it's me again and my little old truck just going down the highway of life. It is nice that you have taken the time to stop by to take a ride with me. Is everyone looking forward to the Lumbee Homecoming? I know I am because I want to see all the readers of The Carolina Indian Voice. Be sure to come by my booth and sit down and cool off.

Children sometimes do grow up


I will be the first one to tell you that I am very proud of my son Bucky. He came to me the other day and told me "my friend has a job in California doing sheetrock and if he can get me one. I am going with him." Needless to say "I was stunned." But, then I had to sit back and look at the situation from a positive point of view. In the past several years, the only time Bucky has left my side is when the cops have come to take him to jail. So, I told him not to worry about me. If this is what he wants to do "in the name of Jesus... go" at least he isn't going back to the jailhouse. The group of 7 made it safely to California and is now working. There aren't any jobs around here and everyone judge him by his brother. He needed a new start and a fresh break in life. He states the job will last at least 6 months. And he knows his mom is only a phone call away.

Alex Baker is Back at the Tribal Council

It is really great to see Alex Baker back working at the Lumbee Tribal Council. Perhaps they will place him back in his Public Relations position in the near future. When Baker held this position, everyone knew what was going on at the LTG offices and the services which were being offered. At this point in time, we know very little or nothing at all. Couldn't someone there create a newsletter which could be sent out to the members of the Tribe stating what services are available? After all, it doesn't take a rocket scientist to do this. It only takes someone who can write on a level which the majority of the people can understand and someone who cares and wants the best for the Lumbee people. See you next time!

3. Weaning or switching your baby to a cup will probably happen between 9 and 18 months depending on your baby. If you switch before 9 months of age, switch to bottle-feeding first. If older than 9 months, you may be able to switch directly to a cup.

Your Physician
Your doctor is there for you and your baby to help ensure that your baby grows healthy and strong. Contact your baby's doctor if:
- Your baby does not seem to be gaining weight adequately
- You suspect your baby may have a food allergy
- You have any questions regarding your baby's health



Lumbee Tribe
of North Carolina

District 12 Community Meeting

Evans Crossroads Community Building

June 18, 2004

6:30 p.m.

Tribal Members are encouraged to attend and discuss Tribal Programs with Lumbee Tribal Chairman Jimmy Goins, Tribal Council Member Aggie Deese, and Tribal Council Member Montford Dial

For more information, contact Doug Locklear at the Lumbee Tribal Office at (910) 521-7861

Health Bulletin

Fight Tummy Gas The Natural Way

It's a common problem for many people. It's called tummy gas, and it can be a real pain. But there's a natural way to fight it. The key is to eat and drink smart. Start with your diet. Avoid foods that are high in gas, like beans, lentils, and cabbage. Instead, choose foods that are easy to digest. And don't forget to drink plenty of water. It helps to keep your digestive system moving smoothly. Another tip is to eat slowly and chew your food well. This helps to break down the food so it's easier to digest. And finally, avoid carbonated drinks. They can add a lot of gas to your stomach. So, if you're looking for a natural way to fight tummy gas, these tips are a good place to start.

