



INDIAN TIME

Winter 2007

FROM THE DESK OF THE EXECUTIVE DIRECTOR

The N.C. Commission of Indian Affairs continues to advocate for the needs and concerns of North Carolina's American Indian population through the administration of programs and numerous initiatives that serve our state's Indian communities.

Indian Health as a high priority in the commission's 2010 Strategic Plan. The commission's Indian Health Initiative is directly advocating for dedicated Indian health programs and identifying existing Indian health disparities. Additionally, a number of Indian communities are receiving direct funding for Indian health-related programs such as tobacco cessation and diabetes awareness. These efforts have mostly been funded through the Health and Wellness Trust Fund Commission and the Office of Minority Health.

Another priority is to address the high school drop out rate, which is almost twice the state average for non-Indians. The 2006 Indian Education Report to the State Board of Education indicates that there is much work needed in this area. The commission met with the Dr. Howard Lee, Chairman of the State Board of Education, in 2006 to discuss this issue and has requested that an Office of Indian Education be established at the N.C. Department of Public Instruction.

The commission will continue to monitor the work of the U.S. Census Bureau and its plans for the 2010 U.S. Census. It is critical that the American Indian community is fully counted during the next census because data collected by the census directly impacts funding for Indian programs in our state. As Chairman of the U.S. Census Advisory Committee on American Indians and Alaska Native Populations, I will strive to assure that all Indian communities in the United States are considered during the formation of policies and procedures associated with the 2010 U.S. Census.

Finally, we are pleased to announce that all of the core programs administered by the commission have been funded for fiscal year 2007-2008.



Greg Richardson
Commission of Indian Affairs
Executive Director

WE HAVE NOT FORGOTTEN A Tribute to our Modern-Day Warriors

This edition of Indian Time is dedicated to our American Indian modernday warriors who are serving in the Armed Forces. We especially want to honor two fallen Lumbee soldiers, who loss their lives fighting for our freedom in Iraq: Jamie (James Jay) Hunt and Jeriad Paul Jacobs. Hunt is the son of Harold and Maxine Hunt of Robeson County. Jacobs the nephew of Rep. Ron Sutton of Pembroke.

We thank all of the brave men and women who are serving our country in the Armed Forces.

2006 COMMISSION PROGRAMS AND ACTIVITIES AT A GLANCE

February/March 2006 NORTH CAROLINA TRIBAL RECOGNITION PROCEDURES

The administrative rules that govern the process for state recognition of American Indian tribes were amended, effective Feb. 1. To view the state's tribal recognition procedures in their entirety, please visit:

<http://www.doa.state.nc.us/cia/legal.pdf>

Key factors addressed during the North Carolina tribal recognition process include the petitioning group's ability to trace its ancestry back to American Indian tribes indigenous to North Carolina prior to 1790 (1 NCAC 15.0203[a]); the petitioner's submission of its membership lists ("tribal rolls") of its inter-related members (1 NCAC 15.0209[6] and 15.0202[5]), which must be consistent with submitted genealogical charts and information; and the petitioning group's satisfaction of five of eight criteria that address various aspects of continuous historic American Indian tribal identity in North Carolina (1 NCAC 15.0212).

For more information, contact Elk Richardson (elk.richardson@ncmail.net), Staff to the Recognition Committee.

N.C. INDIAN ECONOMIC DEVELOPMENT INITIATIVE

In February, Wanda Burns-Ramsey of Raleigh was appointed to serve on the Board of Directors for the National Indian Business Association (NIBA). Burns-Ramsey is a board member and current secretary of the N.C. Indian Economic Development Initiative (NCIEDI) and former employee

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of the N.C. Commission of Indian Affairs. She and her husband, Calvin, own Ramsey Realtors Team.

NCIEDI HIRES NEW DIRECTOR

The NCIEDI employed a new director in March. Tony Hayes is a member of the Occaneechi Band of Saponi Nation and a former member of the NCIEDI Board of Directors.

April 2006

NCIEDI 2ND ANNUAL AMERICAN INDIAN BUSINESS SUMMIT & EXPO

The 2nd annual American Indian Business Summit & Expo was held April 27-29 at the Crabtree Marriott Hotel located in Raleigh. Attendees included representatives from the tribes and organizations, business leaders from the private and public sectors. The Summit & Expo provided Indian leaders with an opportunity to address Indian economic development, plan business strategies for Indian communities and set goals and objectives for the NCIEDI.

May 2006

RICHARDSON APPOINTED TO N.C. INSTITUTE OF MEDICINE

Gov. Mike Easley appointed Greg Richardson to serve as a member of the N.C. Institute of Medicine (NCIOM) for five years. This organization meets annually to discuss important health topics and healthcare issues presented by a panel of experts, including those affecting the state's American Indian population. NCIOM will create various task forces to study health issues facing the state and make recommendations for the NCIOM Journal.

June 2006

NEW EMPLOYEE IN COLUMBUS COUNTY WIA FIELD OFFICE

The commission employed Carolyn H. Crocker as a Workforce Development Programs Coordinator (WIA Manpower Developer) in Columbus County. The position

is based in the commission's field office located at the Waccamaw-Siouan Tribal Center in the Buckhead community near Bolton.

Crocker will be coordinating N.C. Commission of Indian Affairs workforce development services in the Waccamaw-Siouan tribal community and Columbus County. She will also coordinate WIA Section 166 program services in the surrounding areas including Brunswick, Carteret, Onslow and Pender counties, as well as serve as the commission's liaison to the Columbus County Job Link Center, located at Southeastern Community College in Whiteville. Crocker can be reached at 919-655-8708, e-mail at nccia@bellsouth.net, or mail at P.O. Box 336, Bolton, N.C. 28423.

NCNAYO YOUTH CONFERENCE

The 27th annual N.C. Native American Youth Organization youth conference was held June 6-9, at the University of North Carolina at Chapel Hill. The annual conference provided an opportunity for 300 American Indian students to learn more about their Indian heritage, explore educational opportunities, and work together on issues and concerns of Indian youth. Other special events included a college fair, pow wow, Mister and Miss NCNAYO pageants, talent show, basketball tournament, an awards banquet, and art and essay contests. Highlights of the conference were the numerous career panels, during which American Indian professionals spoke to the youth about their educational and career paths and about their everyday work lives.

July 2006

LOWERY-TOWNSEND APPOINTED SCHOOL SUPERINTENDENT

Rose Marie Lowery-Townsend was appointed superintendent of the Cherokee Central School System for the Eastern Band of Cherokee Indian tribe in July. Lowery-Townsend previously served as assistant superintendent of the Robeson County School System. She has been an educator since 1975, serving as president of the N.C. Association of Educators in Raleigh.

HIGH SCHOOL SURVIVAL SKILLS WORKSHOP

The Educational Talent Search Program sponsored a High School Survival Skills Workshop for rising 9th graders July 5-7 in Charlotte. The workshop focused on high school orientation, study skills development, learning styles inventory and a review of high school graduation/college admission course requirements. Students were also treated to a day at Carowinds Amusement Park.

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UNITY CONFERENCE IN BUFFALO

Sixteen Educational Talent Search participants traveled to Buffalo, N.Y., to attend the annual United National Indian Tribal Youth (UNITY) conference held July 14-18. Joshua Locklear of Hoke County was awarded the Hilda Cook Memorial Scholarship in the amount of \$1,500.

COLLEGE SURVIVAL SKILLS WORKSHOP

Forty-three high school seniors participated in a July 19-23 trip to Cherokee and Gatlinburg, Tenn., to the College Survival Skills Workshop, which focused on providing information to ensure a successful transition from high school to college life. While in Cherokee, the students attended the Cherokee Tribe at the outdoor drama, "Unto These Hills." and toured the Oconoluftee Indian Village, the Museum of the Cherokee Indian and the Cherokee High School. In Gatlinburg, they toured the town and spent two days at Dollywood Amusement Park.

EDUCATION TALENT SEARCH PROGRAM

The Educational Talent Search Program received notice on July 27 from the U.S. Department of Education that the program was funded for four additional years. The N.C. Commission of Indian Affairs will receive \$283,754 annually to serve 600 participants in Columbus, Halifax, Hoke, Sampson and Warren counties.

September 2006 UNC ESTABLISHES AMERICAN INDIAN CENTER

The University of North Carolina at Chapel Hill announced on Sept. 7, the establishment of an American Indian Center. Greg Richardson is a member of the search committee to select a Director for the Center.

The mission of this new Indian Center will be to bridge the richness of North Carolina's American Indian cultures with the strengths of UNC's research, education and teaching. This effort will establish UNC-Chapel Hill as a leading public university for American Indian scholarship and scholars and make Native issues a permanent part of the intellectual life of the University.

COMMUNITY SERVICES PROGRAM

On Sept. 18, the Commission of Indian Affairs' Senior Program and the Department of Social Services departments in each of the counties served by the Community Services Program (CSP) agreed to enter into a working agreement for the next two years. This agreement outlines how each entity will work together to serve older adult seniors and the disabled.

More and more of our senior citizens will require assistance in the coming years as baby boomers are now retiring and their parents are needing in-home aide assistance. CSP is positioning itself to improve current services as well as plan for future expansion.

Community developers are seeking educational programs for seniors as well as their participation in senior adult activities in communities. For example, the Harnett County Senior Center is successfully progressing as more and more seniors in Harnett take part in the activities. The center has excellent volunteer leadership to energize and promote the activities of the center.

CSP has elected to administer the Low Energy Assistance Program in-house rather than contract it out as we have done in the past for many years. This decision was made as a result of careful study and analysis in collaboration with the funding agency. Commission staff members Sadie Barbour and Dee Patrick have been assigned additional duties and will carry out all work associated with this program, with the assistance of two out reach workers. This program covers the Cohaire, Halilwa-Saponi and Waccamaw-Siouan Indian Communities.

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November 2006 N.C. INDIAN SENIOR COALITION CONFERENCE

The N.C. Indian Senior Citizen Coalition (NCISCC) is a long-standing non-profit organization chartered specifically to address issues of concern for North Carolina's Indian senior citizens. On Nov. 3, the organization held the 26th annual N.C. Indian Senior Citizens Conference in collaboration with the commission. The commission provides staff support and technical assistance to the coalition each year during the conference planning process and relies on the tribes and organizations for additional support. Please contact Kimberly Hammonds at 919-733-5998 for more information about the NCISCC.

AMERICAN INDIAN HEALTH INITIATIVE

The commission held a Community Diabetes Forum in Pembroke on Nov. 18. During the Forum, community members learned about issues associated with diabetes from Dr. Ronny Bell, a professor and epidemiologist at Wake Forest University. Dr. Martin Brooks was the moderator and speakers from the Robeson County Health Department and the Southeastern Regional Medical Center made presentations regarding the need for exercise and dietary guidelines for diabetics.

January 2007 NEW FISHING LICENSE REQUIREMENT

Effective Jan. 1, anyone age 16 years and older fishing in North Carolina's public waters must possess a valid North Carolina fishing license. Licenses may be purchased online at www.ncwildlife.org by telephone at 1-888-2HUNTFISH (1-888-248-6834) or from any license agent.

HIGHLIGHTS AND ANNOUNCEMENTS

COMMISSION EMPLOYEES RECEIVE SERVICE AWARDS

The following commission employees received service awards for their dedicated years of service to the state of North Carolina.

Tiffany Graham-Locklear	5 Years
David Grigsby	10 Years
Missy Brayboy	10 Years
Barbara Young	25 Years
W.C. Groves	30 Years
Ruth Lynch	30 Years

"IN THE HEART OF TRADITION" VIDEO RELEASED

The N.C. Commission of Indian Affairs in collaboration with the UNC-Pembroke announced the release of "In the Heart of Tradition," a 28-minute DVD that provides an overview of the eight state-recognized tribes in North Carolina. This is the first in a series of videos planned to provide information about the state-recognized tribes and organizations of North Carolina.

To obtain a DVD copy of "In The Heart Of Tradition," contact the Native American Resource Center, UNCP, 1 University Dr., Pembroke, N.C. 28372, call 910-521-6282, or email nativemuseum@uncp.edu. The cost is \$15 (includes \$3 shipping). The commission also has copies to loan out to schools, tribal officials and others who are interested in doing presentation on North Carolina Indians.

UPCOMING EVENTS

The Celebrating Women of Proud Nations Conference will be held Jan. 18-21 at Wake Forest University in Winston-Salem. For information visit <http://www.wfu.edu/humanities/celebratingwomen>

The N.C. Indian Unity Conference will be held at the North Raleigh Hilton in Raleigh on March 15-17. The N.C. Commission of Indian Affairs quarterly meeting will be held at 9 a.m. March 15 at the North Raleigh Hilton.



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DIET, EXERCISE, AND DIABETES

From The Maya Angelou Research Center in Minority Health

Diabetes is a growing problem in our country. According to the latest statistics, nearly 21 million people have diabetes, many of whom don't even know they have it. American Indians are almost three times as likely as other groups to die from diabetes.

There is some exciting news when it comes to preventing Type 2 diabetes. A recent major national research study known as the Diabetes Prevention Program showed that people at high risk for diabetes can greatly reduce their risk of developing diabetes. Participants were selected for the study because they had pre-diabetes, a condition where blood sugar is high, but not high enough to be diagnosed as diabetes. By reducing their body weight by about 5 – 7 percent (for example, about 10 – 15 pounds for a person weighing 200 pounds) through exercise and cutting back on calories and fat, these study participants with pre-diabetes reduced their risk of developing diabetes by more than half.

While American Indians suffer greatly from diabetes, the recent findings are extremely encouraging. Taking control of blood sugar, cholesterol and blood pressure can make living with diabetes easier, and simple steps such as exercise and dietary change can reduce the risk of developing diabetes. Talk with your health care provider about what dietary changes are best for you.

Contribution by Ronny Bell, PhD, MS

DIABETES 101

Roughly 18.2 million Americans have diabetes, and more than one-fourth of them don't even know that they have it. According to the Indian Health Services, American Indians are almost three times as likely as other racial groups to die from diabetes. This article will address some frequently asked questions about this disease.

Q: I hear a lot about diabetes these days. What is diabetes?

A: Diabetes is a disease in which the body cannot produce or cannot properly use insulin. Insulin is a hormone produced in an organ called the pancreas, which is located just behind the stomach. Insulin is needed for the body to break down carbohydrates (such as sugar) from food. When insulin is either lacking or not functioning properly, as is the case with diabetes, glucose ("sugar") builds up in the blood and can cause many problems.

Q: What is the difference between Type 1 and Type 2 diabetes?

A: Type 1 diabetes occurs when pancreas cells do not function properly; as a result, the pancreas cannot make insulin to control blood sugar. Type 1 diabetes usually affects children and young adults and requires insulin therapy. Most cases of diabetes are classified as Type 2 diabetes. Type 2 usually begins with insulin resistance, or the inability of the body to use insulin. Over time, the pancreas may also fail to produce insulin in Type 2 diabetes. While it used to be most common in older adults, it is becoming an increasing problem in adolescents and even children.

Q: I've been told my blood sugar levels are too high. What does that mean, and why does it matter?

A: Remember that insulin is the hormone that helps your body properly store glucose, or "sugar." When your body fails to produce insulin or becomes insulin-resistant, it can no longer do its job. Therefore, too much glucose accumulates in your blood. It matters because high glucose levels can damage blood vessels and result in damage to the eyes, kidneys, and nerves. In addition, blood vessel damage increases the risk of heart attack, stroke, and peripheral vascular disease (poor circulation). Diabetes is a leading cause of blindness, amputations, and kidney failure.

Your doctor can measure how high your blood glucose is by using a glycosylated hemoglobin (HbA1C) test. According to the American Diabetes Association, your HbA1c should be less than seven percent to prevent diabetes-related complications like heart disease, kidney failure and visual problems.

REMEMBER: Diabetes can be controlled with a combination of proper nutrition, exercise, and medication management. Your doctor can help you determine the treatment course that is right for you.

For more information about the Maya Angelou Research Center on Minority Health, visit its website at <http://www.wfubmc.edu/minorityhealth>. Or, for health information, call toll-free 1-877-530-1824.

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Cumberland County Association for Indian People

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Eastern Band of Cherokee

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Metrolina Native American Association

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Paul Brooks

Speaker of the House Appointee

Ray Littleturtle

YOUTH EX OFFICIO

N.C. Native American Youth Organization

Elizabeth Qua Lynch

N.C. Native American Council on Higher Education

Vacant

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