

What can you do to QUIT commercial tobacco?

- Speak to a pastor or spiritual leader in your community
- Go to a sweatlodge, traditional healer or medicine man
- Schedule an appointment to talk to your doctor about options to quit
- Call American Indian QuitlineNC for culturally appropriate help and FREE resources: 888-7AI-QUIT (888-724-7848) or visit www.quitlineNC.com or text READY to 34191

If you are ready to QUIT, QuitlineNC is a great resource:

- All services are FREE and CONFIDENTIAL (information collected will not be shared)
- Trained QUIT tobacco coach will help you make your QUIT plan
- Available: 24 hours a day, 7 days a week
- Free nicotine patches and gum or lozenges mailed to your home



Meherrin Indian Nation of North Carolina
PO Box 274
Ahoskie, NC 27910
252-398-3321

Physical address:
852 NC-11 South
Ahoskie, NC 27910

Website: <https://www.meherrinnation.org/>



NC DEPARTMENT OF
HEALTH AND
HUMAN SERVICES
Division of Public Health



NC Department of Health and Human Services
Division of Public Health
Tobacco Prevention & Control Branch
www.tobaccopreventionandcontrol.ncdhhs.gov

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MEHERRIN
INDIAN NATION

HONOR WHAT IS SACRED



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History

The Meherrin Nation is a state recognized tribe of the Native Americans in North Carolina. To this day, they have remained in small communities near the North Carolina and Virginia border, in Hertford, Gates, Northhampton and Bertie counties in North Carolina.

Meherrin people refer to themselves as *Kauwets'a:ka*, meaning "People of the Water." They are an Iroquois nation – close relatives of the Haudenosaunee (Iroquois Confederacy) with whom they share deep historical and cultural ties. Please explore and learn about their rich culture and unique history.

As Iroquoians, Meherrin people are closely related to the Tuscaroras and Nottoways. They were once one people and shared a common language- Skaru:re (possibly with different dialects). Today, most Meherrin Tribe Members have Tuscarora ancestry tracing back to the nearby Indian Woods Reservation. In 1761, Meherrins were incorporated into the Tuscarora Nation. As the community disbanded and relocated, they moved back to the area of Meherrin Town.

The word, "Meherrin" is the Anglicized version of an Algonquin word, used by their neighbors to describe them. The colonists used their word to refer to the tribe, and this is why they are still called Meherrin.

Commercial vs. Traditional Tobacco

Traditional (non-recreational) – the tobacco that grows and is collected in the wild, specifically for ceremonial or medicinal uses.

Examples of medicinal/ceremonial uses:

- Health: lungs, stomach, nose, cuts, wounds, animal/insect bites
- Spiritual: prayer tool, gift, offering

Plants used as medicine:

- mullein
- cedar
- sage
- sweet grass
- red willow bark



Commercial (recreational) - the tobacco that is farmed and manufactured for profit. Manufactured tobacco contains more than 4,000 chemicals when lit. Smokeless forms of tobacco (chew, snuff, dip, e-cigarettes, and vaping) also contain cancer causing agents.

HONOR WHAT IS SACRED: Our Bodies are Sacred

The Meherrin people know our bodies are temporary, but our spirit is eternal. Smoking commercial tobacco contaminates our body but sacred use of tobacco purifies our mind, body and spirit.

HONOR WHAT IS SACRED: Our Children are Sacred



When you QUIT:

- Fewer wrinkles on your face
- Healthier gums and fewer cavities
- Breathe better & have more energy
- Less chance of getting cancers, COPD and emphysema
- Save money for a car or house
- Children not exposed to secondhand smoke
- Live longer for yourself & loved ones
- Lead by example for the next generation