



Caring for Kids

A public service coordinated by Dr. Michael Sharp, community pediatrics, University of North Carolina at Chapel Hill, and Susan Russell, Orange County Department of Social Services

CHOOSING A DAY CARE CENTER

Choosing a day care center for your child is an important task. The following suggestions may help you find the best center for your child. Before visiting any centers, think about what you want from a center. What do you feel is best for your child as to daily routine, education, discipline, and meals? Can you consider a cooperative where parents contribute time? Is a racial and economic mix within your child's center important to you? Now is the time to think through these considerations so that you will know what you are looking for. Then ask friends and neighbors who have children in day

care about their centers. Have a list of questions to ask by phone before you visit and also when you visit. Do not hesitate to call again with more questions. Some questions to ask are listed below by topic.

1. Convenience: Where is the center located and what are its hours?
2. Staff: How many children are supervised by each teacher? How many children are in each classroom? How much staff turnover is there? What kind of education and experience do teachers have?
3. Fees: Is there a flat tuition rate or a sliding fee scale based on your income? Are scholarships offered? Is the center federally certified? If it is, you may be eligible for

financial aid based on income and family size.

4. Daily activities: Are there planned activities and free play time? Is there an educational program? Do children nap daily? Are menus posted for parents? Can you visit at lunch time?
5. Discipline: What will a teacher do if your child has a temper tantrum or hits another child? Does the center's discipline policy coincide with yours?
6. Emergency and safety: What will the center do if your child becomes ill or has an accident? Will the center give your child prescription medicine? Does the center carry accident and liability insurance? Are there transportation policies on the use of

seat belts and infant carriers for vehicles?

7. Parents' role: Will there be an initial parent-teacher conference? Are conferences scheduled regularly or whenever a parent requests one? Are parents free to visit any time? Do parents serve on any policy-making committee or on the board of the center? Is the center a cooperative?

Some of these questions may be asked by phone, thereby eliminating some centers from your list of possibilities. Others can be asked when you visit. Make an appointment for your first visit. Try to visit without your child so that you can observe and ask questions without distraction. Take note of how willing the center is to have you observe.

Observe the facilities. Are classrooms crowded or roomy? Is the playground well supplied with safe equipment? Are tables, chairs and bathroom facilities child-sized? Is there a variety of toys and activities?

Observe children and teachers. Are children busy,

happy and interacting with each other and adults? Or do they appear bored, overactive or whiny? Are the care givers smiling, using quiet voices and interacting with the children? Or do they appear tense, rushed or bored? Are there enough teachers to give all children enough attention? How do you think your child would feel here?

Visit more than once and at another time of day. Bring your child with you and notice how he reacts and how teachers greet him. Even if the first center you see seems appropriate, visit at least one other center for comparison. Visiting a second center may make you aware of other questions. You can feel more confident about choosing the right center for your child if you see several.

Be honest with the center in describing your child, his or her needs and yours before enrollment. Ask about fees from the start. Tell the center of behaviors such as aggressiveness, shyness or lack of toilet training. If your child has food allergies or special

medical needs, tell the center. Most centers will try to accommodate special needs. If a center will not, you will want to know before you enroll your child.

This process will be time consuming for you as a working parent, but it is time well spent. It is better to invest your time before enrolling your child than to have to change centers because the first one is not satisfactory. Choosing an inappropriate center can be detrimental to your child's well-being and can make you feel guilty about the care you have chosen. You need to be able to leave your child each morning feeling confident that he or she will have a happy, safe and positive experience.

"When a fellow says, 'It ain't the money, but the principle of the thing,' it's the money." Kin Hubbard

"Whatever your advice, make it brief." Horace

ROBESON TECH ISSUES ANNUAL REPORT

Robeson Technical College has recently released to the public copies of the 1981-82 Annual Report, a publication by which the reader can measure the progress made during the past year at RTC.

Highlights of the 1981-82 school year include:

- the addition of the Automotive Diesel Mechanics program and a two-year program in Industrial Electronic Servicing; both designed to meet the demands of the area job market.
- the incorporation of computers in the business and data processing courses, also in keeping up with the employment market demands
- the establishment of adult high school classes at two Burlington Industries plants in St. Pauls in which 22 employees graduated in August with their high school diplomas.
- the renovation of two classrooms at the old J.P. Moore Gym Complex in cooperation with the Lumberton Recreation Department and the Lumberton City Schools.
- the expansion of library services in the new curriculum areas of Associate Degree Nursing, Data Processing and Banking.
- the addition of a second video system in the Audio/Visual Department to relieve the heavy scheduling of the present equipment.
- the appointment of a full-time library assistant in the new Nursing Library at Southeastern General Hospital.
- the expansion of student

counseling services to help uncover the full range of educational, occupational, financial and social resources that a student may use.

- the microfilming of all student records in both curriculum and non-curriculum areas
- the establishment of an Alumni Association with the election of officers and the writing of a constitution.
- the approval of funding for a Cooperative Skills Training Center, with RTC being one of 15 Community colleges out of 58 in the state to have been chosen as a site.
- the overall processing of 14,225 student registrations.
- the provision of 190 Adult Education Classes with 3,128 student registrations and 155 high school graduates
- the provision of 163 Adult Enrichment Education Classes and 2,109 student registrations.
- the provision of 288 Occupational Extension Classes and 5,364 student registrations.
- the administration of employment courses to local fire fighters and rescue/ambulance personnel, special training on finger-printing laws to law enforcement officers, and CPR training to public school teachers.

The highlights cited are only a portion of the progressive events that occurred within Robeson Tech that improved its service to the community. Any interested person may obtain a copy of the Annual Report by picking one up on campus.

Speakers
blast
Dam
Project

Dr. Joy
J. Johnson
to present
Alternatives
to Reaganomics
etc.

Speaking to the Lumber River Basin Committee, Tom Osborne described the Randleman Project on the Deep River as "A waste of prime farmland, a waste of taxpayer's money, and destruction of a unique environment."

Osborne and Tim Swiggert are representatives of the Deep River Citizens Coalition. The group was formed 2 years ago to fight an Army of Engineers project in Randolph County.

The project involves damming the Deep River to create a 3000 acre lake. An additional 7000 acres would be acquired for a buffer zone around the lake and for recreational use.

The impounded lake would supply Greensboro and High Point. The project is estimated to cost \$156 million.

Osborne and Swiggert stated the final Environmental Impact Statement prepared by the Corps underestimated costs and exaggerated benefits.

"They said lost farm revenue would be \$250,000 but we surveyed only 6 farms and found \$3 million in lost income annually," Osborne said.

"The total cost is also ludicrously high. I don't see how they can justify such an expense when everything else is being cut back," he added.

Both speakers commended the LRBC for their efforts to protect the Lumber River.

Come hear and see God's prophet, preacher and pastor, Dr. Joy J. Johnson who will present "The Black Church's Response and Alternatives to Reaganomics--Unemployment--Budget Cuts--Higher Taxes, and the Economy." Place will be the First Baptist Church on North Main Street, Fairmont, North Carolina. Time will be Sunday, September 5, 1982, at 9 a.m. and 11:30 a.m.

The public is cordially invited to attend. The Nursery will be open for small children.

To inform the black community and concerned citizens of the TEN COMMANDMENTS for Blacks' Economic and Spiritual Recovery from Reaganomics, "HELP YOURSELF CLUBS" will be organized in concerned communities throughout the State and Nation. Also, extensive promotion will be done through the media, brochures, buttons, bumper stickers, and Tee-Shirts. The logo imprinted on the promotional material will be "YOU NEED HELP" JOIN "KEEP YOURSELF CLUB." HELP YOURSELF CLUB, INC. is being chartered, in order to manufacture and distribute all the promotional materials for the clubs.

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DEL MONTE SLICED PEACHES

16 OZ. **69¢**

DEL MONTE Peach Halves

16 OZ. **75¢**

PIGGLY WIGGLY CRINKLE CUT POTATOES 2 LBS

89¢

SHOWBOAT PORK & BEANS 15 OZ.

3/1.00

PIGGLY WIGGLY ICE CREAM 2 GAL (LIMIT 1)

99¢

SCOTT TOWELS JUMBO ROLL

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FLOUR 89¢

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