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Pilot Nutrition Program in Schools

Principals, lunchroom managers, and participating teachers from four schools in the Robeson County System which are involved in a Pilot Nutrition Education and Training Program met recently at the Robeson County Board of Education for an assessment and sharing session.

The meeting revealed that a number of materials and aides had been gathered by the various classrooms involved in the NETP program. An average of five teachers and their classes at each school are now participating. The plan now is for those teachers to help other teachers in their school to start the NETP in their classrooms for the coming year. Some type of training workshop will undoubtedly be scheduled during the summer months for this purpose, according to Mrs. Goins. Hopefully, the following year, the program will be extended to other schools in the system.

One method of teaching nutrition which has proven quite successful is cooking in the classroom, always a recipe that is quite simple, and one that can involve many hands in some phase of the preparation--reading the recipe, measuring, stirring, preparing other ingredients, etc. Equipment for mixing, measuring, cooking, and baking was funded by the SDPI for this purpose. The cooking experience is followed by a 'tasting session,' probably the most exciting of all. Children seem to take a great interest in cooking and eating their own product, according to the teachers involved. A class may cook something nutritious once a week, or no more than once every two weeks -- it is just one of the many ways of learning 'by practicing' good nutrition.

The objective of the program is to teach 'good nutrition' to children at an early age in as many ways as possible in the classroom, correlating it with other subject areas when feasible. Thus, children not only learn the good foods to eat, but at the same time, they may be learning to measure, do fractions, read recipes and other information, observe sanitary measures, write recipes, learn where food products come from, and so on. The resourcefulness of the classroom teacher is challenged to find interesting ways that children can learn good nutrition and thus improve their eating habits.

Mrs. Thomas and Mrs. Goins visited on a recent 'nutrition cooking' day at Green Grove School. Mrs. Lois Lowry's first grade was in the process of measuring, stirring up, cutting out gingerbread men cookies in an assembly like set-up. An interesting sidelight was the fact that all who wanted to take part in the cooking were asked to bring aprons from home. Only the boys remembered the aprons, which they later shared with the girls in the class so that they could participate. The cookies were baked by the lunchroom staff.

The kindergarten class of Mrs. Sylvia Blue made a non-cooked cookie called Orange Balls, which they stirred, formed, and rolled in powdered sugar. This was quite a feat for one teacher and over 20 children, but they all knew the answer to the questions on nutrition they were asked. They also had made apple rings.

Third grade students of Mrs. Nan Parnell made custard and baked it in a small oven in the class, enjoying a taste of it for dessert, hot from the oven, after lunch. The students made their own placemats, and the class demonstrated how the cooking experience in nutrition was related to vocabulary, math, social studies, reading, and good social behavior.

A recipe called "Do It Yourself Modeling Dough"--a cookie that does not need cooking, but requires careful handling to develop into a tasty morsel was the choice of the 2nd grade students of Ms. Cathy Naples. Student reading, measuring, using fractions, and teamwork went into a concoction of powdered milk, honey, peanut butter, and raisins--all foods for good nutrition.

Howard Davis is principal of Green Grove School, and Mrs. Allie Hunt is the lunchroom manager.

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TRIBAL ENROLLMENT CONTINUES

As has been stated earlier Lumbee Regional Development Association has taken the helm in establishing a Tribal Roll for the Lumbee of Robeson and adjoining counties. We are very proud of the response so far, although the program has only been taking applications for a very short period of time.

We would like in this article to address those Lumbees that live outside Robeson and adjoining counties. You are also expected to become enrolled members of the Tribe, however there are certain criteria for you to follow as well. In Baltimore you may see Ms. Oxendine that works at the American Indian Study Center there for your application and explanation of procedure; the Piscataway Indian Center in Waldorf also has applications for those of you that live closer. In Pennsylvania you may contact Ms. Ann Sloan or the United Indians of Delaware Valley Center in Philadelphia for applications. In other places one should contact the nearest Indian Center and have them contact us here at L.R.D.A. to request applications. Each application should be completely filled out and a birth certificate should accompany the application.

In the Robeson County area one should contact the nearest L.R.D.A. neighborhood service centers for an application or the L.R.D.A. main office.

The office of the Lumbee Enrollment Program is located in rooms 4 & 5 at the Revels Motel. The telephone number is 521-8253. Our address is: Lumbee Enrollment Program, L.R.D.A., P.O. Box 68, Pembroke, North Carolina 28372.

The staff is comprised of Ed Chavis, Director; Wilma Bryant Benson, Secretary; Jerry Lowry, Severore Kerns, Alton R. Locklear, Enrollment Specialists.

RTI Dean's List

The dean's list for winter quarter 1979-80 at Richmond Technical Institute was released today by Registrar Teri Jacobs. Robeson County students making the dean's list for the quarter were:

From Maxton: Arthur Be-thea, Carpentry; Dagmar Blue, Donald Campbell, Leon McKay, Personal Achievement merit Curriculum; Veronica McGirt, Business Administration; Howard Wood, Accounting.

In order to make the dean's list at RTI, a student must maintain a minimum grade point average of 3.0 with no letter grade lower than a "C" while carrying 12 or more quarter hours.

CORN facts & fancies

A valuable-but vulnerable-crop, corn is attacked by more than 350 insects. Fortunately, properly used soil insecticides help maintain the health of the crop. By carefully following instructions and cautions on use and storage, one can increase an insecticide's effectiveness and decrease the danger of contamination of food or feed products.

An effective insecticide has recently received a broader label to include most of the major soil pests that infest the nation's corn fields. Cyanamid's **COUNTER® 15-G** is now labeled as a nematicide as well as a soil insecticide. It will control nematodes, seedcorn maggots, wireworms, symphylans, Southern corn billbugs, as well as corn rootworms--all at the same low rate.

The corn plant presents an enigma. Incapable of propagating itself as a wild plant or as a recent descendant of a wild plant, corn was cultivated by the Indians long before Columbus's voyage. Yet botanists still have been unable to find its wild ancestors.

In Armed Forces

PVT. SPENCER X. MOORE
FORT BENNING, Ga.--Pvt. Spencer X. Moore, son of Mr. and Mrs. Robert J. Moore, 220 E. Musselwhite Circle, Lumberton, N.C., recently completed One Station Unit Training (OSUT) at Fort Benning, Ga.

OSUT is a 12-week period which combines basic combat training and advanced individual training.

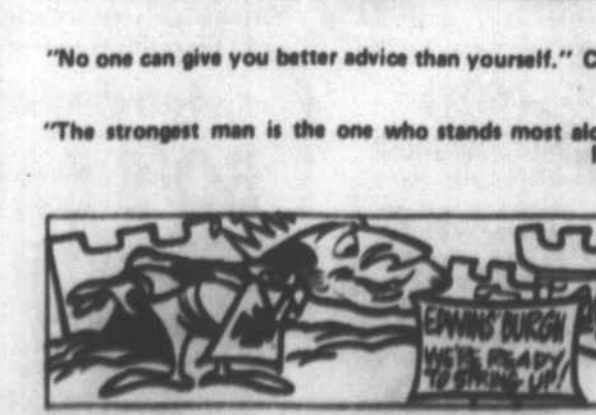
The training includes weapons qualifications, squad tactics, tactical training, landmine warfare, field communications and combat operations. This qualifies the soldier as a light-weapon infantryman and as an indirect fire crewman.

Soldiers were taught to perform any of the duties in a rifle or mortar squad.

Moore entered the Army in November of last year.

MARINE SGT. RONALD WYNN
Marine Sgt. Ronald Wynne, son of Mr. and Mrs. Willie J. Wynne of Route 8, Box 282A, Lumberton, N.C., has been promoted to his present rank while serving with 2nd Force Service Support Group, Camp Lejeune, N.C.

A 1975 graduate of Magnolia High School, he joined the Marine Corps in December 1976.



Edinburg, Scotland, is named for the 7th century King Edwin, around whom the settlement of Edin's Burgh sprang up.