

## Pembroke VFW News

September 15, 1997 the Post met at its Headquarters on Union Chapel Road. Dinner was served at 7:05 p.m. after Rev. Smith Locklear blessed it. The menu consisted of fried chicken, chicken and yellow rice, corn, green beans, loaf bread, sweet potato and pecan pie for dessert and iced tea. The cooks were congratulated for a very well prepared meal.

State Junior Vice Commander Art Shull called the meeting to order at approximately 7:40 p.m. Post Commander Hunt was not able to attend the meeting and asked Mr. Shull to preside. This was a joint meeting with a nice turn out of the Ladies Auxiliaries.

Prayer was by Post Chaplain Archie Oxendine. After he opened the Holy Bible at the Altar he prayed. Rendering honor to the American Flag followed. Mr. Shull welcomed several post commanders. District #8 Commander Rev. Hilton Deese, Mr. Bobby Dean Locklear and others. Rep. Ron Sutton sent his regrets for not being able to attend the meeting due to having a car accident on Thursday, the 11th. The Post wished him a speedy recovery.

Mr. Shull elaborated on the services at the V.A. Hospital in Fayetteville. Way veterans have been treated in the past and what to expect in the future. Things are supposed to get better after he and others descended on the institution with inquiries. As you know the government has cut VA spending way down and the care of veterans was not too good, but lately that

has changed. We have our Congressman Mike McIntyre to thank for his pushing for better veterans treatment at this institution. After several minutes of this discussion, Mr. Shull closed the Bible and the drawing for a beautiful hand made quilt was done. Ms. Melissa Harding of Lumberton won the quilt. Congratulations to her.

At 7:55 the joint session closed for a brief recess.

At 7:59 a closed meeting was called to order. Mr. Shull had recruited a new member, Mr. Albert Lee Bullock, and the post accepted the absent person after his credentials were put before the post.

The meeting of last month's minutes were read by Post Adjutant Mr. James B. Locklear. After the minutes were accepted, Mr. Ardell Jacobs gave his Quartermaster's Report of things that were accomplished and expenditures of monies for them.

Chaplain Oxendine spoke briefly about the upcoming Voice of Democracy contest. Prospects from Purnell Sweet High and South Robeson will be interviewed in the near future to see who the winners will be. The topic will be "My Voice and My Democracy."

The District #8 meeting will be held November 16th at 1 p.m. in Red Springs. Hosts will be VFW Post #1178 located on Highway 211.

The next gospel sing will be at the VA Hospital in Fayetteville November 2nd at 3 p.m. This announcement was made by Hospital Chaplain Locklear.

Don't forget to mail your yearly dues in time to Kansas so a record will each our post that you have paid it.

It was also brought to our attention by Mr. Bobby Dean Locklear that we should remember your new house numbers you received recently. You must get in touch with all people who get mail in the Rural Routes and give them your new numbers or after February 1998 you will not get your mail delivered.

This is a little information that many people are not aware of. I just wanted to pass it along. It is like if you had married and changed addresses. Change of address cards can be obtained at the local post offices.

The next meeting is for October 14th at 7 p.m. Please plan to attend as we have to make preparations for the November Veterans Day parade and fish and chicken fry at the post that day. Tickets can be purchased now from post members for \$5 each. We need your support.

The meeting adjourned at 8:40 p.m.

Erwin Jacobs, Post Surgeon



## PEDIATRIC POINTERS

by Dr. Joseph T. Ball  
Pediatrician with Robeson Health Care

No one can over estimate the importance of parents spending quality time with their children. Even from birth, newborns bond with the individuals who spend the most time with them. This is one reason why breast-feeding is so important. This type of interacting can occur in many ways, such as feeding, cuddling, or talking with the infant. Medical studies show that the more interaction and infant or toddler has, the better they seem to do in school and social situations compared to kids who have less stimulation. There are even reports of orphans in Eastern Europe who were deprived of the basic human interactions that died after only a few years.

Reading is a very important skill that should begin in the home at a very young age. Although most children learn to read during the early elementary school years, they will not necessarily go on to read fluently or with pleasure. Skilled reading is proficient reading and is an end in itself. It is also a means by which other goals can be reached. Studies show that the amount of time children spend reading books outside school is a good predictor of later achievement during elementary school. School success, in turn, widens a child's range of choices for further training and job opportunities. It also provides endless entertain-

ment and education during childhood and adulthood. Here are some basic suggestions to help get your child interested in reading at an early age. Read aloud to your child. Start when they are young. Make reading a family ritual. Fill your home with a wide assortment of books. Make your home comfortable for reading.

Make sure there are good reading lights in the house, especially in the child's bedroom. Let your child see you reading; this is a way of showing by example that reading is fun and important. Join the library and take your child to book stores with you. One way to increase reading time is to decrease television time. The Commission on Reading suggests 10 hours of TV viewing per week.

Encourage your kids to write. One thing we do at my home is to allow our daughter to pick out one of her favorite books to read and establish a bedtime reading period. This gives her the opportunity to go to sleep or stay up for us to read a book together.

Of course, there are many more ideas we could discuss concerning time spent with our children, but hopefully this is a good start. Maybe we can discuss some more ideas at a later issue.

Take care and we will talk again next week!



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