

FREE THINGS TO SEND FOR

(NAPS)—For information on a National Therapeutic Massage and Bodywork certification program, call 703-610-9015 or visit www.ncbtmb.com.

To find out more about the "Pennsylvania is Part of You" campaign, which is calling back former residents, visit the Web site at www.madeinpajobs.com or call 1-888-522-6363.

For a free catalog of Fellowes home and office organizational products, call 1-800-945-4545 or visit the company's web site at www.fellowes.com.

Information about the Montgomery Youth Works program, which helps at-risk youth find summer work, call 1-800-251-7236 or visit the school-to-work website at <http://www.sw.edu.gov>.



There's a lot more to Mensa—the high IQ society—than just being recognized for smarts. For more information about American Mensa's National Testing Day, call (800) 66-MENSA or visit www.us.mensa.org.

For more information about the injectable contraception known as

DEPO-PROVERA, you can visit www.depoprovera.com or call 1-888-844-DEPO.

To learn more about GTE Internet service, visit the website at www.gte.net or call 1-888-GTE-SURF.

For a free booklet about successful auto leasing, in English or Spanish, write to Publication Services, Federal Reserve Board, Mail Stop 127, Washington DC 20551; call (202) 452-3245; or you can visit the Web site at www.federalreserve.gov/pubs/leasing.

Consumers can receive a free booklet from Novartis Animal Health entitled, *Are You Protecting the Ones You Love? A Guide to Reducing the Risk of Parasitic Infections from Dogs to People*, by calling, toll-free, 1-800-763-1200.

NEWS

OF TRAVEL

Finding Family-Friendly Destinations

(NAPS)—According to common wisdom, life is a journey, not a destination. When it comes to family travel, the journey is important but the right destination makes a difference.

"With some research and preparation, you can plan a memorable vacation that's fun for the entire family," said Donna Erickson, creative parenting consultant for Target Travel Club from Target Stores (1-800-794-9879). "Consider the interests and abilities of the entire family and plan your trip accordingly." Below, the author, television show host and mother of three, shares some of her picks for family-friendly travel destinations from coast to coast:

Boston, Massachusetts. One of the nation's oldest cities, Boston is an excellent destination to explore on foot. Walk the Freedom Trail and visit the Old North Church (where Paul Revere signaled by lantern that the British were coming). Visit Boston Common and ride the swan boats in the nearby Public Gardens. The Boston Tea Party Ship and Museum, with its full-size working ship replica, gives kids an exciting look at a pivotal point in history.

Albuquerque, New Mexico. The wide open spaces of Albuquerque are perfect for action-packed family adventure. Every October, the city hosts the world's largest hot air balloon festival. Families can join the high-flying fun any time of the year with one of the area's many hot air balloon services. Keep your feet on the ground with a horseback ride along the Rio Grande river, or shoot the Rio Grande rapids on a whitewater rafting trip. Ride the Sandia Peak Aerial Tramway, the world's longest single-span tramway, for a bird's-eye view of New Mexico's

enchanted landscape.

Charleston, South Carolina. A harbor cruise is a great way to explore Charleston's coastal treasures; such as an Ashley River cruise that includes fishing, shell collecting and a plantation tour. Enjoy the sun on the beautiful, white, sandy beaches so abundant in Charleston. (Don't forget your sunscreen!) A horse-drawn carriage tour is a leisurely way to get the flavor of this beautiful city, including the centuries old pastel-colored homes of Rainbow Row. A walking tour will introduce families to the mysteries of Charleston's historic homes, Civil War sites and local ghosts—bone-tinling fun on a balmy Charleston day.

Mount Rushmore/Badlands, South Dakota. South Dakota offers Old West adventure for budget-conscious families. Enjoy a genuine Western adventure with a ranch vacation, including a trail ride topped with a chuckwagon dinner. Western enthusiasts will want to check out South Dakota's exciting rodeos. Don't miss Mount Rushmore and Crazy Horse, the epic sculptures carved from the mountainside of the Black Hills. South Dakota also is the perfect winter vacation destination for families, offering snowboarding, snowmobiling and cross-country skiing.

"It's a good idea to loosely plan your itinerary," Erickson said. "Gather information about the places you want to visit, such as directions, admission fees and hours of operation, and encourage your kids to help plan your vacation activities." A great resource for planning is the Target Travel Club, which offers free trip routing to its members with maps and information about attractions along the way. It's one sure way to get the most for your mileage. To join the Target Travel Club, call 1-800-794-9879.

• Donna Erickson is a contributing editor to Parents magazine, host of the award-winning television show *Donna's Day* (produced by Jim Henson Company), syndicated columnist and the award-winning author of eight family activity books.

Want to make sure you're poised for growth in the coming century? According to Employment Projections from the Bureau of Labor Statistics, the 10 fastest growing occupations include:

1. Database administrators, computer support specialists, and all other computer scientists.
2. Computer engineers.
3. Systems analysts.
4. Personal and home care aides.
5. Physical and corrective therapy assistants and aides.
6. Home health aides.
7. Medical assistants.
8. Desktop publishing.
9. Physical therapists.
10. Occupational therapy assistants and aides.

Pembroke Housing Authority Has Successful Youth Program

The Youth Center staff located at Maynor Manor accompanied five youth to the Carolina Civic Center in Historic Downtown Lumberton on Saturday, October 23, 1999. The Robeson Little Theatre presented this musical classic "Oklahoma," which was based on the play Green Grow the Lilacs by Lynn Riggs. The Music was by Richard Rogers and the Book and Lyrics by Oscar Hammerstein II. The time was just after the turn of the century and the place was Indian Territory (Now Oklahoma). The youth and staff really enjoyed the creative formats of music, dialogue and dance intertwined together to tell a story. Oklahoma was the first musical to tell a serious story, the first to introduce ballet and the first to receive recognition as a literary drama. The youth were most intrigued by the talents of those involved and the creativity of this production.

On Thursday, October 21, 1999 Ms. Elaine Gillespie and Mr. Robert Smith with the Substance Abuse Services at the Robeson County Mental Health Department returned to the Center to have a party for the youth by celebrating the completion of their program. The youth were served hot dogs, chips and punch. The youth that completed the program received certificates, an Anti-Drug Pledge card, I'm Special coloring and activity book and a key chain saying the choice for me is Drug-Free.

Suzette Salcido Interim, Drug Elimination Coordinator would like to thank Ms. Gillespie and Mr. Smith for being part of a eight week Substance Abuse and Prevention Program for our resident youth. Several of the youth have developed a special bond with Ms. Gillespie and Mr. Smith and are saddened by the closure of the program. Fortunately, the PHDEP and Robeson County Mental Health will be working together in the near future with more drug prevention and abuse programs for both our residents youth and adults.

On Friday, October 22, 1999 twenty-six youth participated in the

Youth Center Activity. Today was Gender Day, meaning the girls dress like boys and vice versa the boys dress like girls. The staff was most pleased with the participation of the activity. Each youth that participated were chosen by age groups. There were three groups, therefore a boy and girl were chosen for each group. The winners were chosen by their gender performance and best dressed. The staff took pictures of all participants and winners. Everyone received a surprise for participating, whereas the six youth that won received something extra from the treasure box.

The Youth Family Night Halloween Party was scheduled Friday, October 29th, 1999. There were forty-nine youth, five parents and three volunteers that participated in the activity. The purpose of Family Night is to get the parents (guardians) more involved by spending quality time with the youth. For it gives the families the opportunity to participate in something together. The Youth Center staff provided the activities for tonight. The youth seemed to really enjoy themselves, especially when the music came on and dancing began. The night consisted of dancing, fun and games. The youth participated in a Halloween contest that was based on four different categories: cutest, scariest, most creative and most liked. The cutest went to Kayla Oxendine, a three year old who is the sister of two of our resident youth. The scariest went Ursula McMillian and Granyella Maynor. The most creative went to Renee' Dugoff. And the most liked went to Dallas McMillian. The Youth Center staff would like to say to all the participants, "You did well and looked great." The staff served cupcakes, cookies and soda to everyone that came. Also, the youth received a bag of candy to take home. For the remainder of the night, we watched the Halloween movie, "Hocus Pocus". "We were most pleased with the participation of the resident youth and parents. Our main goal is to have many parents to participate as we do youth."

The Youth Center Staff accompanied four resident youth to the "Old Style Dance Festival," at the N.C. Indian Cultural Center sponsored by the Lumbee Regional Development Association, Inc./North Carolina Arts Council. The PowWow consisted of Dancing, Drumming, Arts, Crafts and Food. The youth watched the dancers and wondered about looking at all the different items to purchase. After a day spent at the Lumbee Tribe's Fall PowWow the youth were transported home to prepare for a Halloween Night.

The Youth Center's Drug Prevention Workshop held on Tuesday, November 2, 1999 had a great turnout. There were thirty-eight resident youth and seven parents with an additional two UNC-P volunteers that came and showed their support. Ms. Amy Dial from the Pembroke Police Department and Surveillance Officer at Stickland Heights displayed a Drug Kit and spoke on the drugs that were most common in Robeson County and throughout the different housings in which our youth live. There were some comments by the youth, that if ever they saw any of these substances to inform her of these possessions. The youth seem to really like Ms. Amy and we hope if any illegal substances are being used the youth will let her know.

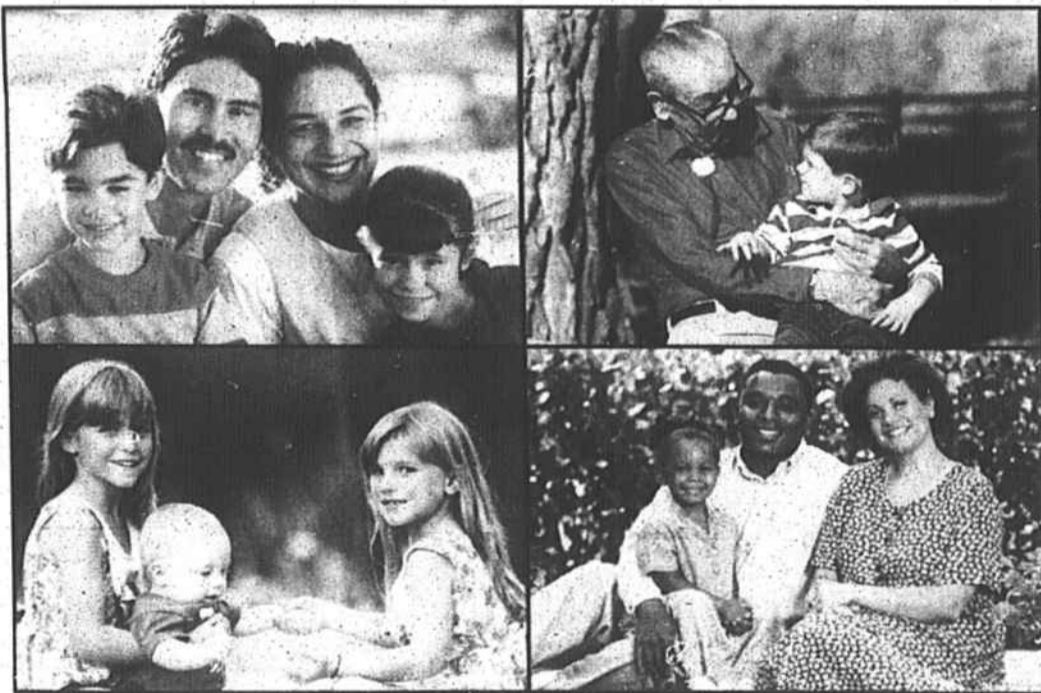
Mrs. Nancy Strickland, Child Advocacy Coordinator with the Robeson County Health Department did a series from Babes World. She uses several different puppets, each known for their different personalities and with this tells a story. The story she told was based on peer pressure. The youth really enjoyed her time and are looking forward to Mrs. Strickland's upcoming visits to the center for the different series of Babes World.

Mrs. Jennifer McLamb, Prevention Coordinator with the Robeson Health Care talked about understanding at-risk behaviors the signs, causes and cures. She also spoke on the different types of addictions. Mrs. Lamb asked questions based on many different things ranging from positive and negative peer pressure, who is at-risk, and etc. She was very motivating and inspirational to everyone.

Ms. Gillespie and Mr. Smith with the Substance Abuse Services at Robeson County Mental Health briefly spoke on addiction and receiving from addiction. Ms. Gillespie introduced Ms. Francis Hammock, a recovering addict who volunteered to tell about her life and how she got help. Overall, with the participation of the youth, parents and speakers the night was a huge success.

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America The Beautiful—At Risk

(NAPS)—America's national system of parks is in danger, according to a report just released by the National Park Trust.



To protect our national parks, citizens need to ask the government to purchase the private lands being held inside national parks.

This report, based on public documents from the National Park Service, shows that 200,000 of the total 6 million acres of privately-held land within the boundaries of our parks are in danger of being lost to development or sale and neither federal nor state park agencies can do much to protect it.

"The danger that this land could be sold for development, bulldozing, clear cutting or for other destructive purposes constitutes the single greatest threat to the nation's cherished system of national and state parks," said Paul Pritchard, president of the National Park Trust (NPT).

The NPT is the only land conservancy dedicated to preserving America's national system of parks, wildlife and historic monuments.

By helping fund park land purchasing by environmental groups and encouraging the government to buy land inside its parks as well, Americans can be part of the solution.

For a free copy of a report, "Saving the Legacy of the National System of Parks," write to Susan Hawley, National Park Trust, 415 2nd Street, NE, Suite 2310, Washington, D.C. 20002; call 202-548-0500; or see www.parktrust.org.