

From the Desk of the Superintendent

by Dr. Barry Harding, Public Schools of Robeson County

As is always the case when I have the opportunity to recognize the accomplishments of students in our school system, I was very proud of the ten young people who appeared before the Board of Education at its May 27th meeting. All of these students, you see, went beyond the confines of Robeson County to gain success in math and science competition going all the way to Albuquerque, New Mexico to obtain it.

They all participated in the National American Indian Science and Engineering Society Science Fair back in March. While six of them represented their high schools, the other four included Chyna Locklear, a fifth grader at Pembroke Elementary, who won first place in Earth Science in the fifth grade division as well as first place in fifth and sixth grade math competition and Kelly Jacobs, a sixth grader at Oxendine Elementary, who won first place in math team competition. Also, Jarrod Bullard, a Prospect seventh grader, finished second in zoology and Tiffany Scott, an eighth grader at St. Pauls Middle, finished in environmental science.

Among the high school winners, Janie Locklear took first place in twelfth grade physics and first place in team math competition for eleventh and twelfth grades and Heather Brewer of St. Pauls High took second place for ninth grade environmental science as well as second place in ninth and tenth grade team math competition. Heather was also an IBM Award winner. Other high school winners include Kimberly Locklear of Lumberton High who took second place in tenth grade Physics and second place in team math competition for ninth and tenth grades; Kameron Richardson of South Robeson who took first place in twelfth grade environmental science and first place in eleventh and twelfth grade team math competition and Elizabeth K. Locklear who won first place in botany at the tenth grade level.

Another student, Justin Deese of Purnell Swett High, won first place in eleventh grade biochemistry and second place in team competition in eleventh and twelfth grade math. He also won the US Air Force Award and American Vacuum Society Award. Justin, however, went further as he became the first Robeson County student to place at the International AISES Science Fair when he received third place in clinical chemistry at the event in Louisville, Kentucky in May. It was quite an honor for a young man who was the only North Carolinian among 1,245 students from 32 countries who took part in that competition. It was also an honor for us to have him represent us - an indication that we have students in the Public Schools of Robeson County who can compete with students from anywhere. I salute Justin and all the others who represented us so well in Albuquerque.

Pediatric Pointers

by Dr. Joey Bell, Pembroke Pediatrics
Breast-Feeding of Your Newborn

Your baby's growth and development are very important. You will be making decisions for your baby for many years, and one of the first choices you will have is how you wish to feed your baby. This decision is an important one, and you may talk about your choices with your and your baby's doctor as well as family members. Do you want to breast-feed or use a bottle and formula? Especially if you wish to breast-feed your infant, it is best to decide before he or she is born. This way you can start as soon as you have your baby. When deciding on the method of feeding, you should consider your lifestyle and costs. For example, breastmilk is the perfect food for your baby and it is free, but you may find the cost of formulas is worth the convenience. This article will hopefully provide you with information to help you to make the choice that is best for you and your infant.

Advantages of breast-feeding:

1. A mother's breast milk is nature's perfect food for helping your baby's body and brain to grow and develop. It is the only food a baby needs for about six months. You can even continue breast-feeding after your baby has started on solid foods.
2. Breast milk is easily digested by babies. It helps your baby to have comfortable bowel movements and constipation is rare.
3. Breast milk contains substances from the mother that help a baby stay healthy. Breast-feeding can help protect your baby from diarrhea, an ear infection, pneumonia, and other illnesses.
4. The act of breast-feeding can help to develop a close intimate relationship between you and your baby.
5. Breast-feeding may be more convenient. It is the perfect food and it is always with you and at the right temperature.
6. It is inexpensive. One might even say it is free.
7. It may not always be convenient to breast-feed your baby. Breast milk may be stored for use later.

Your diet and health are always important, and especially so when breast-feeding to ensure that your baby is receiving the best possible breast milk. Milk production is influenced by how often you feed your baby and how effectively milk is removed from your breasts. It is also affected by your physical well-being, your diet, and how rest you receive. Some guidelines include:

1. Eat a variety of foods including fruits, vegetables, breads and grains, dairy products, and meats.
2. Drink plenty of liquids, especially water. Limit yourself to 2 cups of coffee, tea, cola, or other beverages containing caffeine a day. Caffeine passes into your breast milk and can make your baby irritable.
3. Taking a daily multivitamin for yourself or include a quart of milk (or an equivalent amount of yogurt or cheese) to ensure that you are receiving enough vitamin D, calcium, and phosphorus.
4. Just as were true when you were pregnant, drugs and medications that you take may be passed to your baby and may be harmful. Commonly used drugs like acetaminophen, ibuprofen, penicillins, antihistamines, and decongestants are safe. If you have questions about any other drugs, please consult your doctor.
5. One or two glasses of alcohol per week are okay. Daily or heavy drinking may hurt your baby.
6. Smoking can decrease your milk supply, and nicotine can pass through your breast milk to your baby. As always, smoking in your house can harm your baby's lungs and make him or her more susceptible to infections.
7. Using illegal street drugs is harmful for both you and your baby.

Other considerations:

1. If you wish to stop breast-feeding, it should be easy to switch to the bottle. However, it may not be easy to switch from bottle-feeding to breast-feeding.
2. Breast milk contains all the necessary vitamins and minerals except vitamin D and fluoride. Consult your doctor about when and how to add these important elements to your baby's diet.
3. Weaning or switching your baby to a cup will probably happen between 9 and 28 months depending on your baby. If you switch before 9 months of age, switch to bottle-feeding first. If older than 9 months, you may be able to switch directly to a cup.

Your Physician

Your doctor is there for you and your baby to help ensure that your baby grows healthy and strong. Contact your baby's doctor if:

- Your baby does not seem to be gaining weight adequately
- You suspect your baby may have a food allergy

Kelvin Sampson Named Red Earth Ambassador of the Year

Red Earth Board of Directors named University of Oklahoma basketball coach, Kelvin Sampson, Red Earth Ambassador of the Year. The Red Earth Ambassador of the year award was founded in 1991 to promote pride in Native American heritage and to recognize individuals who have made significant contributions in presenting a positive image of Native Americans. It is represented by a magnificent bronze sculpture of a proud young warrior holding a coup stick. The sculpture, entitled "To Count Coup" is by Cherokee artist Troy Anderson. Counting Coup is considered the ultimate in bravery if the warrior can touch the enemy with his coup stick and escape without injury to either party.

Sampson, of Lumbee heritage, was chosen because he is an exceptional role model for all young people, not only Native American youth, showing what can be accomplished with perseverance and dedication. His skills in motivating young people to do their best are considerable. He exemplifies the role model for young Native Americans to believe they, too, can excel in their chosen field. Win or lose, he maintains his dignity on and off the court and extols his team members to be good citizens.

This year, he led his team to the Big 12 Championship and on to the Final Four. The National Association of Basketball Coaches honored him as the NCAA Division I Coach of the Year and the CBS Sports Production staff voted him Chevrolet Coach of the Year. Sampson's first year coaching at the University of Oklahoma earned him three National Coach of the Year honors in 1995 from the Associated Press, United States Basketball Writers Association and Basketball Weekly.

He won Coach of the Year award twice during his winning tenure at Washington State and twice at Montana Tech. He was inducted into the Montana Tech Hall of Fame in 1996 and into the Pembroke State Athletic Hall of Fame in 1998.

In the sports world, Sampson is a national figure. He was head

coach of the United States Junior National Team at the Junior World games in Athens, Greece in 1995 and in 1994 he coached at the Goodwill Games in St. Petersburg, Russia. He was head coach of the West Team at the United States Olympic Festival in San Antonio, Texas in 1993 where his team won the Silver Medal.

At a young age he was already an achiever, an outstanding student and athlete. He was captain of his basketball team at Pembroke High School where his father, John W. "Ned" Sampson was his coach. Sampson also played baseball as a catcher and outfielder and was a quarterback on the football team.

At Pembroke State, he continued to excel in both basketball and baseball. He also made the Dean's List each year and received the Gregory Lowe Memorial Award as the school's outstanding physical education major in his senior year.

Sampson was born October 5, 1955 at Laurinburg, North Carolina. He and his wife, Karen, have two children, daughter Lauren and son Kellen.

Sampson received the prestigious 2002 Red Earth Ambassador of the Year Award in a 2 p.m. ceremony June 7 at the Red Earth Festival celebration at the Cox Business Services Convention Center in Oklahoma City.

Previous winners of the award are actor Kevin Costner for his sensitive portrayal of Native Americans in "Dances With Wolves," award-winning author Tony Hillerman; Richard West, director of the Smithsonian's National Museum of the American Indian; William Allen, editor of National Geographic magazine; television magnate Ted Turner; Native American film actor Wes Studi; Pulitzer Prize winning author N. Scott Momaday; Olympic athlete Billy Mills; and Charles Chibitty, of the elite Comanche Code Talkers during World War II.

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