

Tobacco Payment Program Signup Ends May 16

Farmers and tobacco allotment owners are reminded that May 16 is the last day to signup to receive payments under the TOPP. According to Giles B. Floyd, County Executive Director, Robeson/Scotland Farm Service Agency, payments will be based on the 2002 basic quota for a farm and will be split 50/50 between quota owners and tobacco farmers. The payment rate is 5.55 cents per pound and is intended to reimburse growers and owners for losses associated with quota reductions, pests and disease. Contact the FSA office for more information.

Acres Report Needed by May 15

Farmers are reminded that May 15 is the last day to report wheat, oats, barley and rye crop acreages to the Farm Service Agency. According to Giles B. Floyd, County Executive Director of the Robeson/Scotland FSA Office, these reports are required yearly for participation in FSA programs. "Beginning this year farmers will be required to account for all cropland on their farms," Floyd said. "This can be a very time consuming visit and farmers are urged to make an appointment." Farmers may contact the FSA Office for more information or to schedule an appointment at 739-3349. The FSA Office is located in the USDA Service Center, 442 Caton Road, Hwy 72 West, Lumberton, N.C.

TUSCARORA NATION OF NC 23RD POW WOW TO BE HELD

The Tuscarora Nation of NC Inc. is holding their 23rd annual Pow Wow May 16, 17, 18, 2003. The public is cordially invited to attend. For more information please contact their office at 910-844-3352.

Chambers Recognize Freshmen Students of Excellence

Six freshmen from PSRC's six high schools were recognized at the meeting of the Public Schools of Robeson County Board of Education on April 14, 2003, as Students of Excellence. Students were highlighted based on their schools and communities. Nancy McBryde, Coordinator for Gifted for PSRC, a collaborative effort with the local chambers and the public schools. Each chamber selects a student from among applications submitted from the high school in their area; students who apply must have at least a 3.0 grade point average. Each chamber honors their students with a plaque and other rewards for their meritorious service and achievement. Fran Ray of Red Springs Chamber of Commerce recognized Crystal Ciera Love who is currently number one in her class at Red Springs High School. Love is co-captain of the JV Cheerleading Squad and a member of the Red Springs High Marching Band. She is a member of the Future Business Leaders of America and Secretary of the USSAH Club. She participates in many church activities and sings in the choir at her church. Love is involved with her community and lead such activities as cleaning up trash in neglected areas. Personal goals for Love include being valedictorian of her graduating class, becoming a pediatrician, and living a healthy and successful life. Love praises her mother for "pushing me to be all I can be...and for expecting her best." Recognized from Purnell Swett High School was Autumn Locklear whose award was presented by Robert Canida from the Pembroke Chamber of Commerce. Locklear is involved in the NASA Club and the AISES Club, and she participates in cheerleading and dance at her school. She is very active in her church as a member of the Youth Group and in her community with participation and leadership in such activities as a Valentine Benefit Dinner, Senior Citizens' Dinner, Mother's and Father's

Day recognitions, the Native American Cooperative Youth Ministry, and the Native American Family Camp. Locklear believes that success is "having reached the goals that you have set for yourself." Her plans are to attend a university such as NC State and to pursue a career in either psychology or astronomy. Sara Hayes recognized the Student of Excellence from St Pauls High, Kelly Fields, whose favorite sport is tennis. She is a member of the St. Pauls Tennis Team and ranks number three as a player and number two as a doubles play. Fields is active in her church and participates in such projects as care packages to rest homes, support at Christmas for children whose parent(s) are in prison, and fund raiser for missions. She believes that you are successful when "you are happy with what you are doing." Though she has not designated a career, Fields is certain that she will graduate from college and have a career which "will ultimately help people and make a difference in the world." Mary Mane Richardson from Lumberton High School was recognized by Ann Chaney of the Lumberton Chamber of Commerce. Richardson is currently ranked number one in her freshman class and is a member of the Future Business Leaders of America and the LSHS Student Council. She is a past President and Vice President of Junior Historian Club and plays violin for the Robeson County Symphony Orchestra. She is an usher and member of Pastor Aide Committee in her church. Her goals include studying law at Duke University and ultimately opening her own law firm. Richardson believes that success is "accomplishing a goal and being content about it." Raymond Johnson of the Fairmont Chamber of Commerce presented the award to David Little of Fairmont High School. Little is involved in the Future Business Leaders of America as a

member, in the Junior Beta Club as Secretary, and in the Future Farmers of America as a reporter. He is an avid member of his church and participates in Youth Fellowship and the Youth Sunday activities. Little is very active in Boy Scout Troop 320 and serves as Senior Patrol Leader and is presently working on his Eagle Scout project—a mini park in downtown Fairmont. He is a member of The Order of the Arrow Brotherhood. Little has collected money in his community for the food pantry at his church and Robeson County Church and Community Center.

He served in the color guard for the Fairmont Farmer's Festival Parade. His career goals include attending college, pursuing a study of meteorology, and becoming an excellent meteorologist. For Little, success is "achieving a goal, large or small, and being happy with the results." Recognized by Gayle Adams of the Rowland Chamber of Commerce, Jessica Stutts was

named Student of Excellence from South Robeson High School. Stutts is currently treasurer of the Math Club and an office aide for the counseling department at her school. She is a member of the Youth Choir and Vice President of the Youth Group in her church. She also serves as nursery worker and as lay scripture reader. Stutts participated in a two-week mission trip to Costa Rica where she helped build ramps and put roofs on two houses. After college graduation, she plans to become a first grade teacher and eventually get married and raise a family. Stutts admires her older sister who she says "has taught me how to be a good student and how to excel." All Students of Excellence recipients are recognized at their individual schools, at their area Chamber of Commerce meetings, and officially at the Board of Education presentations.



Robert Canida of the Pembroke Chamber of Commerce presents the Student of Excellence Award to Autumn Locklear of Purnell Swett High.



Freshmen Students of Excellence are (l-r) David Little, Fairmont High; Autumn Locklear, Purnell; Swett High; Mary Jane Richardson, Lumberton High; Jessica Stutts, South Robeson High; Crystal Love, Red Springs High and Kelly Fields, St. Pauls High.

Prospect Class of '55 Reunion!!!!
 Friday Night, July 11, 2003
 At Friendship Baptist Church Fellowship Hall
 For more info, please contact
 Lucille Woods Jackson
 At 910-521-2804.

Terms to Expire for Four Trustees

Pembroke, NC—Four outgoing members of the UNC Pembroke Board of Trustees attended their final meeting May 2 as their terms expire on June 30. MacDuffie Cummings of Pembroke, Dr. Cheryl Locklear of Pembroke, Roger Oxendine of Rowland and Henry Lewis of Lumberton served eight-year terms on the board that hired Chancellor Allen C. Meadors and witnessed record-setting growth of the university's enrollment since 1999. Cummings was appointed by Gov. Jim Hunt. Dr. Locklear, a dentist, Oxendine a farmer, and Lewis, a certified public accountant, were appointed by the UNC Board of Governors. It is a 13-member board. They received plaques for their service and congratulations. Oxendine said it was a historic time for the university and its board. "I think the university is moving in a positive direction," Oxendine said. "This is now a working board, and we have shown that we want to be involved." Cummings, who is Pembroke's town manager, said he will no longer vote but will continue to be involved with the university. His daughter Kresa graduates May 10. Newly elected Student Government President Nadine Hafner was introduced to the board. She will join the board for a one-year term on July 1. other business, Chancellor Allen C. Meadors announced that Dr. Glen Burnette has accepted the new position of vice chancellor for University and Community Relations. "Following our four-year institutional review, we felt that we need to maintain and improve community relations within our region and a new office will assist us in that effort," Chancellor Meadors said. "We have begun a search for a new vice chancellor of

advancement with a goal of filling that position by August." Dr. Burnette was formerly vice chancellor for advancement.
NEW DEAN
 The board approved Dr. Warren Baker as the new dean of the School of Education. Dr. Baker agreed. "It's justified. Parking cost are comparatively low, and students are interested in seeing new parking at the Track and Soccer Complex," Sado said. The university expects to add 180 parking spaces at the complex for the fall semester.

PARKING FEES
 The board approved a parking fee rate hike of \$15 across the board. New rates are: evening

Conservation Reserve Program Signup

Giles B. Floyd, County Executive Director, Robeson/Scotland FSA Office, said there will be a signup for the Conservation Reserve Program (CRP) through May 30, 2003. The CRP allows landowners and farmers to take land out of agricultural production by planting longleaf pines in exchange for receiving annual rental payments from USDA for up to 15 years. "This program is getting very popular as more and more landowners are using this program as a way to receive income on non-productive as farmland," Floyd said. Land eligible for the CRP must have been planted to row crops, 4 of the last 6 years, or devoted to permanent pasture or hayland. FSA will pay half the cost to establish the pines and yearly rental rates average around \$45 an acre. For more information or to schedule an appointment contact the FSA office at 739-3349.

students—\$40, commuter students—\$60, resident students—\$70, faculty/staff (hourly)—\$71, faculty/staff (salaried)—\$81 and adjunct faculty—\$48. "Compared to other universities, this is still a bargain," Chancellor Meadors said and SGA President Koji Sado has served the university in many capacities, including as director of admissions, Teaching Fellows, University-Schools Program and Institutional research. He is currently interim dean and a professor in the School of Education. "Dr. Baker has built many, many excellent partnerships for the university throughout the region," said Dr. Roger Brown, provost and vice chancellor for Academic Affairs.

Mother's Day Ideas

Making Mom's Day
 (NAPS)—Mother's Day began as a day to honor mothers. Today, the day also honors women who are special—grandmas, aunts, wives, even friends and co-workers who "mother" and nurture you.
 One of the most traditional and widely appreciated gifts on this special day is a blooming plant. The floral gifting experts at 1-800-FLOWERS.COM suggest having the kids decorate the flowerpot for an extra special touch.
 Plant a smile on Mom with a personalized flowerpot.
 You'll need a terracotta pot and a few simple art supplies. Oil pastels work best for writing and coloring on the container, but markers, crayons, glitter and ribbon also make a lasting impression.
 First paint the pot with two coats of acrylic paint, letting it dry overnight. Sketch a design on the container in pencil, filling it in with color or glitter. Finish off the gift with a flowering plant, such as a gardenia, azalea, hydrangea or rose plant.
 Visit www.1800flowers.com for the Handbag with Blooming Plants, and other beautiful ways to celebrate Mom.

May is Blood Pressure Month: what you don't know could kill you

Could you be the next victim of the "silent killer" that claimed the lives of nearly 43,000 Americans in 1999 alone? I am referring to high blood pressure, or hypertension, a disease with no identifiable symptoms. According to the Centers for Disease Control and Prevention, about one in four American adults have this condition; and over 31 percent do not even know it. We all experience things that send our blood pressure soaring from time to time; in fact, our blood pressure rises and falls throughout the day. For many Americans, however, those highs are too high and last too long, and can be life threatening. High blood pressure increases the risk for heart disease and stroke, two leading causes of death in the United States. In addition to the deaths directly attributable to hypertension, this silent killer contributes to more than 200,000 deaths a year. Optimal adult pressure is 120/80 mm Hg or lower. The top number, the systolic pressure, represents the pressure while the heart is beating. The

lower number, or diastolic pressure represents the pressure when the heart is resting between beats. A consistent systolic pressure of 140 or higher or diastolic pressure of 90 or more is considered high blood pressure. The higher the pressure rises, the greater the risks. So it is important to measure and monitor your blood pressure. The Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure recommends adults have their blood pressure checked at least every two years. If you have been diagnosed with hypertension, check your blood pressure more frequently. Seeing your physician is crucial. Recent studies show that taking prescribed blood pressure medication can lower your pressure and postpone or prevent cardiac problems. As in the case of many health conditions, we can reduce our risk of high blood pressure through healthy lifestyle choices. If, like me, you know your day is going to be pressure-filled, you

might want to explore stress-management techniques. And yes, the basics apply. Smoking and carrying around excess weight put you at greatest risk for high blood pressure. Start exercising and eat healthy foods. The DASH Diet (Dietary Approaches to Stop Hypertension) found on the National Institutes for Health (NIH) website is low in salt and sodium and rich in fruits, vegetables, and low-fat dairy foods. (<http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/newdash.pdf>). As we are telling federal employees through our *HealthierFeds* campaign, better health begins with personal responsibility. So do not forget to exercise, eat right, and get that blood pressure checked. You do not want to be the silent killer's victim.

 Kay Coles James is the Director of the U.S. Office of Personnel Management (OPM), which oversees the federal workforce and manages the Federal Employees Health Benefits (FEHB) program that provides coverage to eight million federal employees, retirees, and their dependents.

Sunday, May 11 is MOTHER'S DAY
 If your mother is living,
 doing something
 very special for her.
Happy Mother's Day
 from the staff of the Carolina Indian Voice