

The State Port Pilot Schools

BCC student among essay contest best

Amanda DeStefano, an associate in arts student at Brunswick Community College, has been named one of ten honorable mentions in the fourth annual Kaplan/Newsweek "My Turn" essay contest.

The contest publishes "My Turn. Essays: Student Voices." The student writing volume will be distributed this fall to teachers nationwide who participate in the Newsweek Education Program. As part of her prize package DeStefano will receive a copy of the book and a one-year subscription to Newsweek.

The Supply resident wrote the essay in Kitty McDonough's expository writing class at Brunswick Community College.

Hewett among UNCG Fellows

Rachel Amanda Hewett of Supply has been named a North Carolina Teaching Fellow at the University of North Carolina at Greensboro, where she is a freshman.

She is the daughter of Brenda T. Hewett of Supply. Hewett intends to major in elementary education.

Teaching Fellows receive \$5,000

scholarships renewable for three additional years, provided recipients teach in the state's public schools for at least that many years after graduation. Selection is based on academic achievement, communication skills and leadership abilities.

Hewett is among 61 new Teaching Fellows who have chosen to study at UNC-Greensboro.



HEWETT



Eleventh grader Rebecca Irving learns first-hand what it takes to be a physical therapist as Gene DesLauriers, director of physical therapy at Doshier Memorial Hospital, introduces her to some of the equipment used on patients, like this electrical stimulation device.

'Job Shadowing' Program gets student ready for work world

By Laura Kimball
Feature Editor

Last year she was a pharmacist for a day, this year a physical therapist.

Rebecca Irving, an 11th grader at South Brunswick High School, is planning her future by shadowing people in professions she might like to pursue.

"The job shadowing program lets students see if they want to do something and if they like it," Irving said. "This way they don't waste time and money with something they don't like."

Job shadowing is a program organized by the Brunswick County JobReady Partnership and the Southport-Oak Island Area Chamber of Commerce. The program is designed to provide students with a chance to explore different careers by working with professionals in a field of their choice.

The professions that students explored this year were varied,

ranging from law and accounting to television and radio broadcasting.

Irving is wavering between two fields: Pharmacy and physical therapy. She spent a shadowing day last year at a CVS drugstore, helping the pharmacists fill prescriptions. On Monday she spent the day with physical therapists at Doshier Memorial Hospital in Southport.

She started her day trying out the equipment that's used on patients so she can know how it feels.

Gene DesLauriers, director of physical therapy at Doshier, introduced her to the electrical stimulation device, which uses an electrical current to contract and move muscles, helping patients regain strength.

Irving watched while her lower arm rose from the table involuntarily as her muscles contracted. When DesLauriers applied the electrical current to her hand, forcing her to make a fist, he told her to try to open her hand so she would feel the resistance that a stroke victim, for example, might feel when trying to move.

Within an hour, Irving had watched DesLauriers work with patients and learned how to take a patient's blood pressure.

DesLauriers has had other potential physical therapists spend time in the department for the same reason Irving did, though not necessarily with the shadowing program. He thinks it's a great idea because it can save students a lot of time and money.

In fact, he started out studying chemistry but discovered physical therapy when his father underwent treatment. Though he wasn't shadowing, he learned quickly what it was all about and decided that was what he wanted to do, he said.

"I like the shadowing program because the students get exposure to other disciplines without just looking at a brochure about a program," he said. "I wish I'd had a chance to do it."

As for Irving, she still has a year to decide what direction she will take, but whatever it is, she'll know what she's getting into.

South graduates join WCU band

Three Western Carolina University freshmen from South Brunswick High School are among new members of the WCU "Pride of the Mountains" Marching Band.

The 220-member band, with a growing reputation as one of the top college marching bands in the Southeast, is performing a crowd-pleasing program of soul and rhythm-and-blues classics by James Brown, including "Living in America," "Down and Out in New York City" and "James Brown - YEOW!", a medley consisting of "Papa's Got a Brand New Bag," "Cold Sweat" and "I Feel Good."

In addition to performances at WCU home football games, the band performed at halftime of the

October 18 Atlanta Falcons football game, the Southern Invitational Music Festival in Marietta, GA, and the Bands of America Grand Nationals competition in Indianapolis.

Local student musicians who joined the band this fall are:

Steven Anderson, son of Buddy and Connie Anderson of Southport, who plays the tuba and is an education major; Stephen Lowery, son of Steve and Brenda Lowery of Southport, who plays the tenor saxophone and is a chemistry major; Keith Sellers, son of Keith and Elizabeth Sellers of Bolivia, who plays the saxophone and is a music education major.

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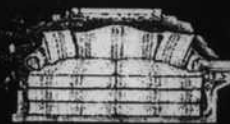
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Views On Dental Health

Larry Hemby, D.D.S.



LITTLE LEAGUE FACE INJURIES

We've written at length about how effective mouthguards are in protecting the athlete from lip, tongue and teeth injuries when participating in contact sports. However, mouthguards alone may not be enough. One recent study linked baseball as the leading cause of mouth, head and face injuries among the 5 to 14 year old little league set.

An article in Pediatric Dentistry advocates the use of face shields as the best way to preventing the more than 50,000 head and facial injuries. Realizing that most little league games are played on hard dirt fields with balls being pitched at 60 to 70 miles per hour, the authors recommended that face

shields be used as a way to reduce injuries.

One type of shield, made from molded, clear plastic snaps onto the ear covers of batting helmets. Another made from wire, fits over the face like a catcher's mask. While the kids may not think they're macho, dentist are raving about them.

Prepared as a public service to promote better dental health. From the office of: **LARRY HEMBY, D.D.S.** 621 Fodale Avenue Southport, N.C. 28461 (910) 457-5026

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