WILL USE THE QUIT SMART PROGRAM

Stop-Smoking Classes Begin June 2 For Health Employees

BY MARJORIE MEGIVERN

Despite the absence of a quorum, the Brunswick County Board of Health had an informative meeting Monday night, with Chairman H.J. Davis, Bill Rabon, Robert Helms, George Young and Dr. Harry Johnson present.

Jan Reichenbach, health educator, reported that smoking cessation classes for health department employees would begin June 2, with seven employees already registered for it.

Trained by the American Lung Association, Ms. Reichenbach is using the Quit Smart program. During the five-session, four-week course, the percentage of nicotine is reduced gradually. Participants are given cigarettes containing 40 percent less nicotine the second week. The next week, that quantity is cut again by 40 percent.

"The third week is quit time," she said.

Ms. Reichenbach said that a positive thinking approach is used after smokers have reached the point of no nicotine.

"They are given a tape to take home to listen to regularly," she explained, "that helps them think of themselves as non-smokers."

Other features of the program include help from two support people chosen by each class member and the availability of nicorette gum or patches and imitation cigarettes with a menthol taste for those who "need to put something in their mouths."

Reichenbach said she had discussed with the county personnel director the possibility of future classes for all county employees and she intends to contact county hospitals about bringing the program to their employees.

Asked about follow-up to the program, she said participants get together for a progress report six months after conclusion of classes.

Responding to another question about success rates, Reichenbach said, "Statistics about this are a little tricky, but overall this program has a 20 percent success rate at the end of one year.

"The best success is achieved by people who say on their own, 'I'm going to quit!' "

The classes are part of the original no-smoking policy adopted by the health department last year.

Health Director Michael Rhodes reported to the board that he had met with County Manager David Clegg regarding the departmental budget.

"It was a brief meeting, not quite 20 minutes," he said, "and I got no idea as to what he'd support. However, he did say he would recommend 2.5 percent across-the-board salary increases. He also said he's suggesting a study of all county employee salaries."

A budget item that must be increased, Rhodes told them, is protective clothing for medical personnel.

"We must meet new Occupational Safety and Health Act (OSHA) standards for blood-borne pathogens," he said. That entails about $3,000 for gloves, shields, linens and other protective items. Another $2,500 will be budgeted for immune globulin, used in case of accidents.

Rhodes said a policy on protection is being developed, to affect all clinic procedures.

Flouridation of the county water supply is expected to begin about July 1, Rhodes continued, as state inspections have just been completed.

He also announced that safe driving classes for health department employees are being considered, to be taught by Magistrate Phil Yount.

"Most of our people drive county vehicles sometime during the work day," he said.

The course, consisting of two one-hour sessions, would be mandatory. Participating employees would receive compensatory time off.

STAFF PHOTO BY MARJORIE MEGIVERN

PEN PALS with students in England, three South Brunswick Middle School students go over their first letters with their teacher Ann Medlin. David Small(left), Kim Padgett (center) and Tasha McClain wrote to their counterparts in a Southport, England, high school, hoping to exchange historical information.

South Brunswick Teens Start International Correspondence

BY MARJORIE MEGIVERN

Some "female friend" in a little English town will soon receive a newsy letter from Tasha McClain, a Brunswick County teen-ager who wants to strike up a correspondence.

Tasha's letter, along with nine others from South Brunswick Middle School (SBMS) students, is part of Southport's celebration of its 200th anniversary this year. Coincidentally, celebration officials found that the town of Southport in England is recognizing a similar birthday and this fact has been publicized in both communities.

As a result, SBMS teacher Ann Medlin is coordinating a pen pal movement in her school, mailing a packet of student letters last week to Stanley High School students in Southport, England.

"I like jewelry and the mall," Tasha informed the "Female Friend" to whom she wrote. She then described Southport's N.C. Fourth of July Festival and Brunswick County weather, noting that "air conditioning is a must."

Still another "Female Friend" was addressed by David Small, who blamed his teacher for the salutation.

"My teacher made us write 'female friend' even though it sounds corny," he wrote. "Things here are going as well as can be expected. It's school, it can't be that good."

David asked questions of his unknown correspondent. "Where do you all hang out at? What do you do in England?" he wanted to know. "We go to the movies, football games and basketball games."

Another letter destined for Stanley High School comes from Kim Padgett, who described her family.

"I have one brother, unfortunately," she observed, "and three cats and one dog, who is a boxer and very friendly."

Kim outlined the school schedule in her letter, as well as her own preferences. Saying she excels in poetry, the SBMS student sent a sample poem to her prospective friend.

Medlin said the exchange began with a letter in February from Stanley's headteacher I.M. Roberts, who had been given the name of SBMS social studies teacher Doyle Brinson by a local newspaper editor as a possible contact between the two schools. Brinson turned over the letter and the project to Medlin.

"As a school, we would enjoy exchanging historical and tourist information about our towns, along with items on school life," Roberts wrote to Brinson. "We are already good friends of the U.S., as for the last eleven years we have had an annual exchange with a school in Connecticut and many of us have visited America. If you would care to forge links with Stanley High School, I would be pleased to hear from you."

Ten letters from Brunswick County, U.S.A., will be speeding across the Atlantic this week, aimed at 10 students in Southport, England, and the writers will be eagerly watching their mailboxes for responses.

Kim, David and Tasha, along with their schoolmates, want to forge teen-age links, learning what England is like, as well as the school and social life of English youth.

Middle School Students Show Overall Gain In Writing Tests

Sixth and eighth graders in Brunswick County middle schools displayed mixed results in writing tests taken in February, in comparison with scores posted by students in the same grades last year.

However, the county made an average gain of eight percentile points on sixth grade tests and a gain of 2.7 points in eighth grade tests. The scores refer to the percentage of students who passed the tests.

Brunswick County tested below both state and regional scores, but individual schools fared better, especially in the case of both sixth and eighth grades at Waccamaw Elementary School and eighth graders at Leland Middle.

The tests, offered every year, demonstrate a student's ability to answer essay questions on an assigned topic. Grammar and punctuation skills are also tested.

Sixth grade essays are required to be descriptive, while eighth graders are to write opinion pieces.

Jean Parker, testing coordinator for Brunswick County schools said, "We're doing a little better this year, but we still have a long way to go."

Above are the comparisons of individual county schools and the county average with state and regional scores.

Grade 6

System/School	1990-91	1991-92	Percentile Change
State	43.1	57.4	+14.3
Region	39.9	52.9	+13.0
Brunswick Co.	33.5	41.5	+ 8.0
Leland Middle	41.3	25.1	-16.1
Shallotte Middle	31.7	56.4	+24.7
South Middle	26.6	35.7	+9.1
Waccamaw	45.3	60.0	+14.7

Grade 8

System/School	1990-91	1991-92	Percentile Change
State	54.8	57.8	+3.0
Region	53.7	53.9	+0.3
Brunswick Co.	53.1	55.8	+2.7
Leland Middle	66.4	60.0	-6.4
Shallotte Middle	51.3	63.8	+12.5
South Middle	42.1	39.1	-3.0
Waccamaw	73.0	73.0	----

Local Students In Honors Chorus

Pattie Jordan and Atheda Lusk-Watson, music teachers at Shallotte Middle School, are pretty excited about a trip to Greensboro May 22-23, when they will accompany the school's first group of students ever chosen to participate in the state honors middle school chorus.

Hope Thomas, Misty Bryant, Heather Hilton, Felicia Morgan, Brandon Hill and Shane Pittman were chosen to be part of a 500-voice chorus from all over North Carolina.

The highlight of their Greensboro weekend will be a performance of the chorus at 3 p.m. May 23 in Aycock Auditorium on the campus of the University of North Carolina at Greensboro.

Two students from West Brunswick High School, Kathryn Murphy and Michael Martin, just returned from a May 7-8 trip to Greensboro where they were honored in a statewide high school chorus. Their director is Cheryl Skaggs.

Thank you for your vote and support in the May 5 Primary.
William D. "Billy" Carter

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Thank you for your support in the May 5th primary. I look forward to working for you and with you.
Paid for by the Committee to re-elect Sen. R.C. Soles Jr.