

## Pediatric Pointers

by Dr. Joey Bell, Pembroke Pediatrics

You are bound to get conflicting advice about toilet training from friends, relatives, and experts. Despite what you have heard or the prodding you may feel from well-intentioned relatives, the general rule to remember is: The later you initiate toilet training the more quickly the deed will be accomplished. Of course, all rules have exceptions, but children who are trained too early tend to have more accidents. For the parents, here are some general facts that may help you make your own decisions about when is the best time to toilet train your child: 1) Children begin to gain some control of the sphincter muscle at around nine months of age. 2) Most children have not developed the connection between brain and body to control elimination before the age of one. Simple awareness of the urge to eliminate must come prior to control. 3) Some experts believe that children will train themselves when they are ready. This appears true of some toddlers who have older siblings. In general, though, most children are ready to be trained between the ages of two and three years. They have adequate language and other skills to proceed with success at this time. 4) The order of development usually follows this pattern: nighttime bowel control; daytime bowel control; daytime bladder control and then nighttime bladder control. Girls usually develop control before boys. 5) Toilet training should not traumatize a child for life unless you are unduly harsh and negative. If a child has the readiness skills necessary to learn and you take a positive approach to this milestone, all should go well.

In order to initiate toilet training, you should teach your child the necessary readiness skills to accomplish such a task. The child should be able to identify various body parts, including where urine and bowel movements come from. You should use the names of body parts when you talk with your child, letting him/her watch you go to the bathroom and identify the action. Designate words for elimination, such as potty or poop. Your child should be able to tell you when he is dry or wet and identify if he is soiled. If he does, respond quickly then praise him for telling you. The ability to discriminate between wet and dry or dirty and clean is crucial. Your child should also be able to follow simple instructions, such as flushing the toilet. The child should willingly follow simple di-

rections and should be praised for following them. For coordination and dexterity, your child should be able to walk or run to the bathroom and be able to pull up and down clothing. You should select loose-fitting pants with elasticized waists, practicing to pull them up and down and praise for accomplishing the task. Wait until your young child has long periods between wetting before initiating training. Be patient because children mature at different rates. If your child is afraid of the toilet, overcome that fear before beginning toilet training. Let him practice flushing the toilet. Let him dump his own bowel movements in the toilet, but reassure him that he will not go down the toilet. Explain to your child that urine and bowel movements are made from the parts of what he eats and drinks that his body does not need.

There are several approaches that you can take to begin toilet training. Keep these points in mind: Be enthusiastic. Be positive. Select a child-size potty, potty seat or step-up potty. You may chose the no-pressure method if you don't care when your child gets trained; eventually, a child will train himself. Twice-a-day training is a more direct gradual approach that may take several months. It elicits the use of praise and reward with trinkets or stickers when the child uses the toilet. One-day training is an intensive approach for children with the appropriate readiness skills. It is a day of modeling, training, and then practicing toilet skills with your child. A one-week approach is a positive approach that speeds the learning process, but does so within a reasonable time span. With all of these approaches, don't go back. Stick with it and don't overreact should your child occasionally have an accident. Continue to make her feel good about her progress. After following most of the advice given in this article, your child should be successfully trained before long. However, should repeated accidents persist, consult your child's physician.

### Volunteer Host Families Needed

VOLUNTEER FAMILIES FOR CHILDREN of NC, Inc. is looking for volunteer host families who are willing to offer time and their home to provide short-term care for children who are in emergency or crisis situations for a period of 1 to 21 days. Volunteers receive a great deal of satisfaction knowing they have helped a child through a difficult time. Training and support are provided. Volunteers are needed to serve on the local Advisory Council. Presentations for your staff, organization, or club are available upon request. For more information about VOLUNTEER FAMILIES FOR CHILDREN, call Maxine Geiger at 436-3477.

UNITED TRIBES OF NORTH CAROLINA  
Twenty-sixth Annual North Carolina Indian Unity Conference  
March 14-17, 2001

NORTH CAROLINA INDIAN JURIED ART CONTEST  
Application to Participate

PLEASE PRINT OR TYPE:

ARTIST NAME \_\_\_\_\_  
MAILING ADDRESS \_\_\_\_\_  
CITY/STATE/NC \_\_\_\_\_  
TRIBAL AFFILIATION \_\_\_\_\_  
DAYTIME PHONE WITH AREA CODE \_\_\_\_\_  
ART FORM \_\_\_\_\_

#### Eligibility Requirements:

You must meet the following eligibility requirements and terms in order to participate.

- You must be a member of a North Carolina State or Federally recognized tribe.
- Artwork must be original and professionally done.
- Artworks entered in prior years are ineligible.
- You may enter up to 3 pieces.
- Artwork must have been completed within the last 2 years.
- All artwork entered will travel to the Guilford Native American Art Gallery.
- Prints must be framed and each piece of artwork must be packaged for shipping to Guilford Native American Association following the conference.

Deadline for receiving artwork is March 13, 2001.

#### Disclaimer:

The Indian Juried Art Committee reserves the right to disqualify any artwork deemed inappropriate and or unprofessional from the competition.

By signing your name below, you agree to abide by all the above rules and eligibility requirements.

Signature: \_\_\_\_\_ Date \_\_\_\_\_



## Reflections

by Alta Nye Oxendine

### SOME THOUGHTS TO TRY OUT

'She checked out all the channels, and refused to panic. (PARAPHRASE of what Chuck Swindoll said about the life of Abigail, in his Moody Bible Network program broadcast on February 21, 2001. Advice for women, from Billy Graham's wife, Ruth: "Don't nag your husband. It's your job to love him. It's God's job to make him good." For men and women (PARAPHRASE of one of Adrian Roger's points): Another point: "Don't be a dictator. Jesus if our Lord, not our dictator. He does not force us to follow Him. (From the radio program, Love Worth Finding, same network, same date.)

### THOUGHTS NOT TO TRY OUT (PHONE SEX)

I dialed ( I thought) the toll-free number for Love Worth Finding, and had a new, unwanted, introduction into phone sex, with the steamy "lady" on the other end( recorded, though it sounded like she was right there) giving me a number of low-cost phone Numbers to actually participate. NOW I know these things are for real! And I'm not a bit happy about this! Just think of what our kids are being subjected to, from every direction, during so many of their waking moments! We must keep praying for our children and young people on a nonstop basis.

### ANOTHER MOLE

As I keep saying again last week, we must stop AUTOMATICALLY accepting as the TRUTH what we are hearing others say. OUR LEADERS, NEED TO DO THIS, as well as to you and me. I can understand why you are sick their Communist accomplices, have been doing to our world.

HOW can we wake up our leaders to the reality that we may STILL be fighting a "cold war" without knowing it? and tired of reading this same thing over and over in this column. But we've just GOT to start facing REALITY! Sometimes, I'm convinced that we must have been deliberately brainwashed. In the back of our minds, I'm sure that most of us Americans, for over a decade, have been holding those two slogans we've heard OVER and OVER from the media and other so-called "experts". At first it was: "Communism is DEAD!"

With our conscious minds, we NOW know that is not true. But even our government leaders, during the 1990's, seem to have swallowed the second slogan: "The Cold War is OVER!"

Former presidents Reagan and Bush have taken credit for this achievement. The Clinton administration certainly seemed to put their faith in what I believe has been a lie all along. (By the way, remember that I finally came to my current decisions myself, by following Paul's advice in Timothy: "Study to show thyself approved..." as I've said, I did not want to believe all this NEGATIVE stuff, either. But the more I studied, the more impossible it became to reject the idea that a long-range plan to replace republics like ours is STILL in place.

### Religious poems sought in poetry contest

A \$1000.00 grand prize is being offered in a special religious poetry contest sponsored by the New Jersey Rainbow Poets, free to anyone who has ever written a poem. There are 28 prizes in all totaling over \$2000.00. The deadline for

entering is April 7, 2001.

To enter, send one poem only of 21 lines or less: Free Poetry Contest, 103 N. Wood Ave., PMB 70, Linden NJ 07036, or enter on-line at [www.freecontest.com](http://www.freecontest.com).

"We think great religious poems can inspire achievement," says Frederick Young, the organization's Contest Director. "Our desire is to inspire amateur poets and we think this competition will accomplish that. North Carolina has produced many wonderful poets over the years and we'd like to discover new ones from among the Pembroke area grassroots poets."



## Elk-Locklear wed in evening ceremony

Kristen Ronnette Elk of Pembroke and Jimmy Patrick Locklear of Huntsville, AL, were married at 5 p.m. on December 2 at Prospect United Methodist Church. The Rev. Timothy Creel and the Rev. Bill James Brewington officiated.

The bride is the daughter of Mr. and Mrs. Ronnie Elk of Pembroke. She is the granddaughter of Launa Elk of Pembroke and the late Ray Elk, Myrtle Jacobs of Pembroke, the late Astor Jacobs and the late James Calvin Chavis.

The groom's parents are retired Sgt. Maj. and Mrs. Henry Locklear of Huntsville. He is the grandson of the late William Henry Locklear, the late Roseann McMillan Locklear and the late Arnold and Bama Guthrie.

The bride wore an ivory silk faille sleeveless gown designed by Christos. The square neckline was accented with a beaded rope braid. The drop-waist, A-line skirt had a panel front and was adorned with venise lace scroll work and braid. The box-pleated back of the gown fell into a chapel-length train. The bride carried a cascading bouquet of rubrum lilies and Veronica roses, accented with English ivy and stephanotis. Her fingertip-length veil was two tiers of ivory illusion on a custom Christos headpiece adorned with scrollwork and braid.

The bride was escorted by her father. The patron of honor was Robin Lowery Woodell of Pembroke. The bridesmaids were Carla Barnes of Shannon; Faline Locklear, Sophia Oxendine and Amelia Locklear Elk, all of Pembroke; Shannon Chavis Lowry of Garner; and Torrey Warriax of Lumberton. The flower girl was the bride's niece, Kelsey Rae Elk of Pembroke. The ring bearer was the groom's nephew, Tyler Gilmore of Littleton, Colo.

The bridesmaids were attired in sleeveless floor-length navy silk chiffon gowns. The gowns featured a high, round neckline and a scooped, draped back. The patron of honor was attired identical to the bridesmaids. The attendants carried English-style hand-tied fresh bouquets of rubrum lilies and Laminuete roses accented with tulle netting. The flower girl wore a floor-length, white sleeveless silk organza gown. It featured a hand-tied waist sash at the back accented with a handmade rose silk flower. She wore a matching silk flower in her hair. The best man was the groom's brother, William Henry Locklear of Huntsville. The groomsmen were Kelvin Ray Elk, Rev., Horace Oxendine and Brian Woodell, all of Pembroke; Ted Gilmore and Wade Blacketer, both of Littleton; and Daniel Barnes of Shannon.

The wedding was directed by Barbara Braveboy-Locklear. The wedding musicians were pianist Tommy Cox, trumpeter Donavita Chavis and James Kent Chavis on the bass strings. Vocalists were Gina Maynor Revels, Lambert Locklear, Quae Cummings and Bruce Swett.

Following the ceremony, the bride's parents hosted a dinner reception in the Grand Ballroom of the Holiday Inn in Lumberton. Music was provided by Jim Chaves Classic Jazz Band of Charlotte.

The rehearsal dinner, held at Meadow Manor of Lumberton was hosted by the groom's parents.

Social events prior to the wedding included a lingerie/bath linen shower hosted by Carla Barnes and Robin Woodell at the Woodell home in Pembroke. A china dinner party was hosted by Madie Rae Locklear and Glenda Chavis Locklear in Lumberton. Annie B. Baker, Lorena Chavis and Glenda Chavis hosted a miscellaneous bridal shower in Pembroke. The bride's mother hosted a bridal luncheon at the Magnolia Inn of Pinehurst.

A "honey-do" dinner party and shower was held in honor of the couple and hosted by Mr. and Mrs. Kelvin Elk and Mr. and Mrs. Davey Corey Lowery at the Elk home in Pembroke. A Christmas shower was hosted by Carol and Susan Young in Pembroke.

The bride is a graduate of Purnell Swett High School in Pembroke and received her bachelor's degree in business administration from the University of North Carolina at Pembroke on December 20.

The groom attended Sparkman High School in Huntsville and the University of Alabama at Huntsville. He is currently serving in the United States Marine Corps and is stationed at Cherry Point.

After a honeymoon trip in January to Hilton Head Island, SC and the Grand Floridian Resort in Orlando, FL, the couple are residing in Pembroke.

## Applications being accepted for Summer Basketball Camp

Applications are now being evaluated for The Ten Star All Star Summer Basketball Camp. Boys, ages 8-19, and Girls, ages 10-19, can apply. Players are selected by invitation only. Past participants include Michael Jordan, Tim Duncan, Vince Carter, Jerry Stackhouse, Grant Hill, Bobby Hurley, Antawn Jamison, Christian Laettner, Tom Gugliotta, and Trajan Langdon. Camp locations include: Boiling Springs, N.C., Redlands, Ca., Thousand Oaks, Ca., Sackville, N.B. Canada, Babson Park, Fl., Gainesville, Ga., Champaign, Il., Macomb, Il., Greencastle, In., Atchison, Ks., Midway, Ky., Hillsdale, Mi., Saint Paul, Mn., Fayette, Mo., Rochester, N.Y., North Canton, Oh., Lock Haven, Pa., Bristol, R.I., Lebanon, Tn., Commerce, Tx., Fort Worth, Tx., Blacksburg, Va., Olympia, Wa.

Colleg Basketball Scholarships are possible for players named to The All-American Team. For an evaluation form call (704) 578-6891 ANY-TIME.



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