

Pediatric Pointers

by Dr. Joey Bell, Pembroke Pediatrics

Athletes foot is a fungus infection that grows best on warm damp skin. It occurs most often in teenagers. The infection spreads to the ball of the foot. The rash itches, burns and may become raw and weepy with scratching. The fungus also may cause an unpleasant foot odor. With proper treatment, athletes foot usually clears up in 2-3 weeks.

There are some simple measures that can be done at home to help treat athletes foot. You can buy Lotrimin, Tinactin, or Micatin antifungal cream at your drugstore. The child should rinse the foot in clean water or water with a little white vinegar added and dried carefully, especially in between the toes. The medication should thin be applied to the rash and 1 inch beyond the border of the rash twice a day. If this treatment is continued for several weeks or for at least 7 days after the rash appears to be cleared, the fungus will heal nicely.

Keeping the feet dry is an important part of helping improve ath-

letes foot. Your child should be instructed to dry feet thoroughly after each bath or shower and change socks twice a day. The patient should wear cotton socks, which absorb sweat and keep the feet dry and shoes to allow the feet to breathe such as canvas tennis shoes. Thick leather shoes are the worse for holding in moisture against the feet. It helps to go bare-foot or wear sandals as much as possible.

Foot odor often clears as the athletes foot improves. Rinsing the feet and changing socks twice a day are essential for helping reduce foot odor. You may need to wash the tennis shoes in the washing machine with some soap and bleach to also help get the odor out of the shoes. Athletes foot is not very contagious. The fungus will not grow on dry, normal skin. Your child can continue to take physical education and play sports during the treatment of this rash. That's all on athletes foot. Take care and we will talk again next week.

FROM THE DESK OF THE SUPERINTENDENT

by Dr. Barry Harding
Public Schools
of Robeson County



It was difficult not to feel a deep sense of pride in the 329 students who were recognized as North Carolina Academic Scholars a week ago Friday at a luncheon at the Bill Sapp Recreation Center.

These young people had embarked on a program back in the ninth grade when they had to lay out a plan to earn the necessary requirements to obtain such recognition. It involved earning four units in English, three units in math, three in science, three in social studies and two in foreign languages. They also had to earn one unit in health/physical education, two additional units from among English, math, science, social studies or foreign language and four units in electives. But that's not all. These students also had to maintain an overall four year grade average of "B".

While the 329 students who were recognized for that accomplishment is an impressive figure, I'm not certain that there might not have been more students who could have received such recognition if they had only tried. The key is advance planning. While school

is not normally foremost in students' minds in the summer, it would be a good idea for students to take just a little time to think about what the North Carolina Academic Scholar program could mean to them. For college-bound students, their accomplishment may be included in college applications since they are identified by the end of grade eleven. It's a plus for them. For students not attending college, the seal of recognition on the diploma of an Academic Scholar identifies them as having undertaken and mastered a demanding course of study thus indicating to a prospective employer that they are the type of employee who would be an asset to their business.

The time for selecting and registering for the courses required for being a part of the program may be a long time off, but it's not too early for parents to suggest that their children think about the advantages of getting involved with it. You might remind your seventh grader, for example, who sees high school as a long way off that planning for high school begins in the eighth grade and offer encourage-

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ment to start making plans. Information on the program is available in a pamphlet entitled "The North Carolina Academic Scholars Program", in the "Student Code of Conduct" or the copy of the school calendar that your child brings home at the beginning of the school year.

While you can't force your child to be a part of the program, you should make sure they understand what it can mean to them. Your encouragement could make a big difference. If they think it would be too difficult for them, point out that we have averaged well over 300 North Carolina Academic Scholars each year. Obviously, that means

that more and more students see it as a worthwhile goal. I hope your child chooses to take part.



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