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Pediatric Pointers by Dr. Joey Bell, Pembroke Pediatrics

A seizure is the sudden rapid firing of electrical signals in the brain. Seizures may lead to temporary loss of consciousness, abnormal muscular movements, behavioral and emotional abnormalities, or loss of control of bowel and bladder functions. Infants, children, and adolescents are at greatest risk of having seizures. There are primarily two types of seizure- generalized seizures and partial seizures. Generalized seizures involve the whole brain while partial seizures involve only a part of the brain.

Behaviors seen with generalized seizures include muscle jerking and increased muscle tone. Some behaviors common to partial seizures include lip smacking, chewing, swallowing, excessive salivation, and picking and pulling at clothing. A child who has had a seizure may be able to tell his parent and the health care provider whether or not he experienced an "aura" (such as stomach discomfort, a feeling of fear, or an unpleasant sensation) before the onset of the seizure.

The cause of most seizures in children remains unknown. The sudden onset of a seizure may result form a head injury, infection, brain tumor, or certain genetic/hereditary disorders. Lack of oxygen to the brain near the time of birth is the most common cause of seizures in the newborn.

It is important to protect the child from accidentally injuring himself during a seizure. Any child who has had a seizure should be examined by a health care provider. An electroencephalogram (EEG) may be performed to look for characteristic changes in brain waves associated with particular types of seizures.

Many children who have a single seizure do not experience recurrent seizures. Having a single seizure does not mean that a child has epilepsy. Epilepsy is a condition in which seizures unrelated to fever (nonfebrile) recur over time. Partial seizures are the most common form of epilepsy in children. Treatment of epilepsy normally includes the use of anticonvulsant medications when two or more nonfebrile seizures occur within a 6- to 12- month period. If a child's seizures are completely controlled by medication for a period of approximately 2 years, the health care provider along with the parents may consider carefully weaning the child from anticonvulsants. The most vulnerable time for seizures to recur is during the initial 6 months after anticonvulsant medication is stopped.

For most children with epilepsy, seizures are well-controlled with the use of medication and they can be expected to lead normal lives. Knowledge of first aid by family members and others who will be around the child is important so that effective treatment can be initiated quickly if a seizure occurs. Teachers need to be made aware of the child's epilepsy. Children with epilepsy should be encouraged to participate in all of their usual activities. The Epilepsy Foundation of America and local meetings of epilepsy organizations along with the child's health care provider are available to help parents and children diagnosed with epilepsy.

Reflections by Alta Nye Oxendine MY 74TH BIRTHDAY

Last week Aundrea and 1 took her sister back to the Chapel Hill hospital where Sophia was airlifted last fall. After the trauma surgeon checked out her x-rays, and the leg where he had done the most recent surgery, we paused for a few minutes at the gift shop. (Although I love to look around and window shop' in that pleasant little nock. I had not planned to buy anything.) But I did, a birthday present FROM me, TO me!

It's a key 'chain' to wear around the neck. When I saw other women wearing them, it seemed like a very good idea for anyone who spends as much time as I do searching for keys on every trip.

What sold me THIS time was the white lettering stitched on a Carolina blue background, UNC TAR HEELS.

Other times this year when we've been in the hospitals' area of the Chapel Hill campus I've been reminded of the two years Donny spent there.

Now I'll have a positive reminder of my special first son, my very first child. (Of course, each of my three proved to be unique and extra special in a number of ways.) Perhaps I'll be able to find something to commemorate that fact for Gordon and their daddy. Fortunately, I can see, talk with, and give my daughter a hug on a daily basis. But I want to go back to carrying pictures of her, her husband and their Byron, as well the other three, again.

Doing special things over the past 21 years to reinforce positive memories of each of those family members we "lost" has played a tremendous role in healing my emotions. Thanks to people who suggested things like the memorial window in the original First Methodist "League Room" fellowship hall

Especially since the people of this community have showered me with so much of their love all this time, I feel that I must pass on to others suggestions that have really worked for me. This is the main reason I keep writing about them three or four times each year.

In several recent columns I've mentioned the stages of grief each of us needs to go through. I wanted to emphasize the fact that it takes a LONG time (in some cases a very long time) to go through all the stages and be able to proceed with our lives. Some people have even expected the persons who are left here to get through their grieving in a month or two. Impossible!

Others allow a whole six months. Impossible! I'm sure even a year is not enough time for most of us. (If you are an impasible. In sure even a year is not it's YOUR TURN to go through this.) Many people get stunted in their ability to live a normal life because of skipping parts of the healing process. One very important part of the process that I forgot last time is dealing with

GUILT and regrets. It looks to me as though the only "survivors" who do NOT have to deal with regret are those who have already spent months or years ater-acting positive way with a loved one who, they already know. is in the process of getting ready to die. After our family's accident I found myself envying families who have a chance to get things settled ahead of time. Not only did my boys and I not take the time to say "good-bye" as they left for the Farmers' Market. We had not been communicating all that well on a dayto-day basis.

Search for Truth

Grown men can take solid food; their perceptions are trained by long use to discriminate between good and evil. Heb. 5:14, N.E.B.

In writing the book of Hebrews, Paul was concerned that the ones to whom he wrote, when they ought to be teachers were yet themselves needing to be taught again the ABC's of the gospel. They hadn't taken advantage of their opportunities to "grow in the grace and knowledge of our Lord and Savior Jesus Christ."

In the early church the apostles went from city to city, raising up companies of believers. When a company was sufficiently strong it was organized into a church, with elders and deacons who looked after the spiritual welfare of the church. Then the apostle moved on to another field of labor. But as the church became more settled, emphasis on evangelism faded and church members began expecting more of their bishop's time.

In the early days of the Seventh-day Adventist Movement, churches were more or less autonomous, served by their locally elected officers. Evangelists made a circuit of the towns in their district; the work of shepherding the church members was done by the local church officers. Now, again, we are seeing a tendency for ministers to hover over their churches, to the detriment of unreached communities.

Part of the responsibility lies on the minister who feels more at home with his own people and ill at ease looking for lost sheep. And part of the responsibility lies with those church members who, instead of growing in grace, demand more and more of their minister's time. New members need to be visited. along with the sick and shut-in. Members of experience should be aiding in this work, rather than requiring visitation themselves to strengthen their faith, assuage hurt feelings, and so on.

'If nine tenths of the effort that has been put forth for those who know the truth had been put forth for those who have never heard the truth, how much greater would have been the advancement made!"- Testimonies, vol. 7, p. 18.

How are things in your church? Or rather, what is your relationship to the gospel? Are you part of the problem, or part of the solution? Is your faith so well grounded that you can help your brother? Are you feeding on solid food or are you still in the milk stage? The latter would be expected of a new believer, but no one wants to stay there always.

From the Desk of the Superintendent

by Dr. Barry Harding, Public Schools of Robeson County The \$100,000 grant received by South Robeson High School from BellSouth a couple of weeks ago was something that has the potential of having a great effect by providing funds to help in the recruitment and retention of quality teachers for the school. Almost as important as the grant is the fact that it is hoped that what this company has done for us will encourage other large companies to follow its lead and provide similar grants to aid in the improvement of education not just at South Robeson but at some of our other schools which may need the help that such grants can provide. For now, though, we are pleased with what the BellSouth grant will allow us

to do. With the shortage of teachers across the country, the grant may be able to provide us with financial incentives that can be used to recruit capable and well-trained teachers in areas of expertise that are pressingly needed. Beyond that, the grant provides funds which can be used to encourage teachers to stay in the system by providing economic benefits to those who complete five years of exemplary service at the school or who earn National Board Certification within three years.

In addition to providing us with an important tool to obtain and retain teachers, the money can also be used to help those teachers to take part in workshops and other ways to improve their teaching abilities thus contributing to the improvement of the educational process at South Robeson.

Since implementing programs that support quality teaching and increased student achievement often require equipment, materials and supplies that cost money which might not otherwise be available, the grant funds can likewise be used for them. Each teacher, for example, would have funds to use in his or her classroom.

Besides the money provided in the grant by BellSouth, the company also proposes to provide their personnel to work with South Robeson to see how they might be able to provide volunteer resources to the school. Additionally, the company would work with the school administration to see what leadership programs BellSouth might have that could be made available to support the school's goals and objectives.

So you can readily see that, while money is what initially catches your atten-tion, the additional features offered by the BellSouth Quality Teaching Fund have the potential to contribute even more to any achievements that the school might accomplish.

When I first got involved in working to obtain the BellSouth grant, I had in mind what I referred to early in this article - as seeking out other large firms which could become our partners in education. Havi ing a Fortune 500 firm such as BellSouth becoming our first such partner gives me encouragement that others may follow when they see the value to our county of helping young people come out of high school better prepared to take their place in a more technically advanced workplace.



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There are no limits to caring."

Book on Indian basketball nearing publication date ...

As many of you know, Tim Brayboy and Bruce Barton have been working on a book about Indian basketball in Robeson & adjoining counties for some time. And the end is in sight.

They expect to present the book at the second annual meeting of the Indian Basketball Alumni Association, Inc. at the Indian Education Resource Center (located in the old "Indian" Pembroke High School building), next door to the UNC-Pembroke chancellor's residence. The meeting will be held tentatively on December 13, 2001, beginning at 7 p.m. Hope to see you there. More information will be forthcoming in the next few days and weeks. The name of the book is:

PLAYING BEFORE AN OVERFLOW CROWD, The story of Indian basketball in Robeson & adjoining counties between 1939-1967.

The book, now about 90% complete, is a history of "Indian" basketball in Robeson as we remember it. Information is scant, but it was a time of rank segregation although positive currents emanated from the unique social incubator and experiment. The book explores what happened, where it happened, when, how, who, and, most importantly, WHY?

Also, what valuable lessons can be learned from this



by Elder Joseph Bullard A DIET FOR GROWN-UPS

I sometimes wonder if we would have learned to do more positive communicating IF they had made it past the teen years to a stage of life where the older generation could be viewed more nearly as friends who were really on their side. I felt like we hadn't finished our relationship, like it just got chopped in two during one of the stages when it was hardest to understand each another.

If Dr. O'Brien, my first counselor, had not suggested that I write a letter to each of my boys and to my husband, I don't know WHERE I WOULD BE BY NOW! (I wrote lots of letters!) I had to get those depressing feelings OUT of me, even if I could not really DELIVER any message to them! PRETENDING I was talking to them helped me so much!

I've also had to deal with questions about some negative things they had each said to me. Along with letter-writing, through these years God has helped me to gradually forgive THEM, as well as to better understand where they must have been coming from. AND (with my daughter's help) to forgive MYSELF! What a wonderful relief !!!

When you burn the candle at both ends. it goes out too soon

Sleep deprived Americans have a 70% higher death rate.

A lack of sleep can cause marital strife, poor job performance, and more. California Department of Health statistics show that people who get less than the recommended amount of sleep have a 70% higher death rate.*

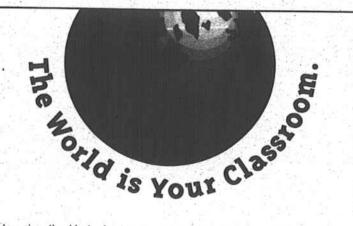


ways are a particularly dangerous place. Sleep problems put drivers at risk for microsleeps. Uncontrollable waves of fatigue where you nod off at the wheel. Each year drowsy drivers cause at least 100,000 crashes, killing more than 1,500 people and injuring another 71,000.**

Sleep help is available. New treatments are helping millions of Americans get the restorative sleep their bodies crave. Now they're rested, happier and more productive, too. Burning the candle at both ends is not only dangerous ... it's unnecessary.

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WWW.SLEEPFOUNDATION.ORG 20% higher mortality in a 9 year follow-up period for people getting 6 hours of sleep or less per night Wingard, D.L., Berkman, L.F., Mortality risk associated with sleeping pattern, Sleep, 1983; 6(2): 102-7.



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