

## Pediatric Pointers

by Dr. Joey Bell, Pembroke Pediatrics

As the weather begins to change, it is important that parents, children, and caregivers understand asthma and how to treat asthma flare-ups. Asthma is a condition that can block airways due to inflammation. This, in turn, limits air supply to the lungs and causing symptoms such as wheezing, coughing, and shortness of breath. There are medications work, parents can be more prepared to handle a child having an asthma attack.

The most common medication used to treat an asthma attack is **albuterol** (Proventil or Bentolin). Albuterol, a fast-acting beta-agonist, is known as a quick-relief or rescue medication. This is used when a person is having asthma symptoms during a flare-up. This medication opens airways quickly and makes breathing easier. After treatment with albuterol, most asthmatic children will breathe better and have less wheezing. Generally, albuterol can be given every four to six hours as needed. Albuterol should only be used as needed to control asthma symptoms and should only be used under the direct supervision of a pediatrician. Albuterol is available as several dosage forms including nebulizer solutions, inhalers, tablets, and syrup.

**Levalbuterol (Xopenex)** is a new rescue medication for the treatment of symptoms due to an asthma flare. This medication is a special form of albuterol that may be more effective and longer lasting than albuterol. Levalbuterol may be used every eight hours, but it is only available as a nebulizer solution.

The second most common medications used to treat asthma are inhaled and oral steroids. These help control the inflammatory aspect of asthma that can block airways. Inflammation of the airways must be treated adequately to decrease the risk of long-term complications. With the use of steroids, inflammation will be reduced, the incidence of asthma attacks will be reduced, and hopefully the need to use rescue medications will be reduced. Inhaled steroids (Flovent, Vanceril, Beclonort, Azmacort, Aerobid, and Pulmicort) are used to control the inflammation associated with chronic asthma to decrease the risk of an asthma attack. These medications are not rescue medications and should be used daily as directed by the pediatrician. If not used, they may not prevent an asthma flare. Oral steroids such as **Prellone and PrediaPred** are usually used for a short period of time to gain control of an acute asthma attack.

**Montelukast (Singulair)** is a commonly prescribed medication that can help control the inflammatory component of asthma. These medications help block a substance in our bodies called leukotrienes from causing inflammation in the airways. Montelukast should be taken on a daily basis to improve and prevent asthma-associated symptoms. Like steroid inhalers, Singulair is not a fast-acting rescue medication and should not be used in an acute asthma flare.

**Salmeterol (Serevent)** is a medication that is often used in conjunction with albuterol and inhaled steroids to help control asthma symptoms. This medication is a long acting medication that opens up the airways. This is most beneficial in controlling asthma symptoms during the night since it lasts for about twelve hours. Salmeterol can also be given thirty to sixty minutes before a child exercises or participated in sports to prevent symptoms induced by activity. Although salmeterol opened up airways, it is not a rescue medication. Therefore, it should not be used when a child is having an acute asthma attack.

A final medication used in the management of asthma is cromolyn sodium (Intal). This medication is known as a mast cell stabilizer. Mast cells are cells in the respiratory tract that contain inflammatory substances. When allergens bind to these cells, mast cells break open and release these substances causing inflammation. Cromolyn helps keep these cells from breaking open and triggering an asthma attack. Cromolyn can be given as a nebulizer solution and an inhaler. This medication is not to be used to treat an acute asthma flare, but can be used to prevent asthma attacks that are caused by exposure to known allergens.

When managing asthma, it is important to understand when and how to administer these medications. Another important aspect in treating asthma is to remember the correct technique for giving these medications. If the child cannot use these medications properly, it may be beneficial to use a spacer to be sure the child is receiving the maximum benefit from these medications. Remember, albuterol is always used for control of acute asthma symptoms.

## Reflections

by Alta Nye Oxe

### CONGRATULATIONS

Congratulations to Jammi Lowry on becoming Miss Lumbee-- along with all your contributions to the United Methodist Church! Jammi and her family attend Pleasant Grove, a large brick church built across the road from "the little white Church" where members were worshipping when Pleasant Grove was one of the six churches I used to work with, when I first came to the Pembroke area. I enjoyed helping at the present church building in 1981. Pleasant Grove is now the location of the office of the "Co-op" made up of all the local Native American United Methodist churches in the area.

### OCTOBER, 2001

Now I realize that it isn't just that others in this country have changed for the better since my INFAMOUS/FAMOUS September 11th birthday. I, too, have changed. Before that date I would not have stayed glued to Rich Burns' PBS documentary about New York City. I would likely not even have started WATCHING such a program. In fact, growing up in the northwest, I picked up a prejudice against Easterners, one of the reasons I was not interested in places like New York.

I have finally come to the surprising realization that I long ago moved from being a proud Westerner who (as a child frightened by huge, incoming waves) cautiously dampened her toes on a San Francisco beach at the edge of the great Pacific Ocean outlining the western edge of this country, to an adult who first caught a glimpse of the great Atlantic in 1954 and who now lives only a little over 100 miles from that ocean, that outlines the EASTERN edge of this great nation.

Since the September 11th attack on the twin towers in New York, I've been taking a special interest in that sorrowful, wounded city.

For decades I've been thinking that **SOME** day I'd like **ONE** day in New York City. But I would **NEVER** consider staying overnight!!

Now, for the first time, I see the residents of New York City as compassionate human beings, basically the same as those of us who live in rural areas all around our country.

Perhaps I may yet visit New York City some day!

### OTHER FAMILIES

There are always **SO** many families to pray for--- **now** including those who were injured or died because of an attack on a Greyhound bus driver in Tennessee.

I have not asked for prayer for Savannah Estes and her family since the death of her husband. Also, let's keep the family of Thelma Hatcher in our prayers.

## Attention Diabetic Patients:

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## From the Desk of the Superintendent

by Dr. Barry Harding, Public Schools of Robeson County

The program held recently at the Farmers' Market is one that I wish wasn't necessary to have. Unfortunately it was. I'm referring to the one held jointly by the Public Schools of Robeson County and the Robeson County Sheriff's department on the subject of suicide.

The man conducting the program knew the subject first hand having had a daughter who had committed suicide. After going through the trauma of losing a daughter that way, Fred Davis, a retired state trooper, and his wife involved themselves with organizations that deal with the problem. Organizations, such as TEACH ("The Teen Education and Crisis Hotline"), S.O.S. (Survivors of Suicide) and ASIST (Applied Suicide Intervention Skills Training) run the gamut of how to become aware of potential suicides, how to try to prevent them and how to help survivors to deal with the suicide of a loved one.

Obviously, the most important effort is locating the person who is contemplating taking their own life and trying to find out why. According to Mr. Davis, there are definite indications. They are encompassed in three main signs. Those signs are verbal, artistic and touch. Verbal has to do with them actually telling others that they won't be missed because nobody cares about them. The artistic sign shows them suddenly becoming artistic in music and writing. Whether in music or writing, the concentration seems to be on morbid themes. Touch has the person withdrawing from people trying to embrace them. You might think that these signs would quickly alert someone that a person is considering such a drastic step. Unfortunately, so many of us are so wrapped up in our own problems that the signs are often missed until it's too late.

According to statistics compiled last year, 4,200 people between the ages of 15 and 25 committed suicide- about one every two hours. That's scary especially when you consider that many of those people could've been spared that fate if only someone had been able to talk to them. One of the organizations that I mentioned earlier- The TEACH Crisis Center- is available to teens suffering from depression or are having suicidal thoughts. It can be called at (800) 367-7287 or by writing to TEACH Crisis Center, P.O. Box 129, Clyde, NC 28721. If a student would rather talk to someone locally, the PSRC has counselors and psychologists available to talk to them.

Mr. Davis had taped comments from teenagers who had failed in their suicide attempts where they talked about why they had wanted to end their lives and how happy they were that their attempts had failed as they realized how permanent their solution would've been.

A study made in 1997 showed that one out of five high school students had considered suicide with one in ten actually attempting it. I'm sorry to say that we have had suicides attempted by our students over the years- some successfully. We try to be alert to those exhibiting warning signs but it takes the cooperation and observation of those in touch with the youngster for us to know of a potential problem. As I said earlier, I wish such a program was not necessary but I feel it is and I would hope that the facts that Mr. Davis pointed out registered well enough to make more people alert to the potential tragedies encompassed by "Suicide - The Silent Epidemic".

## 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 special moment in time?

TO RESERVE A COPY, fill in the blanks and send it to Indian Basketball Book, c/o Bruce Barton, Post Office Box 362, Pembroke, N.C. 28372. Or call 910-521-2054 for more information. We also welcome old "Indian" basketball photographs and memories.

Name

Address

### Town Hall Pembroke, North Carolina Advertisement for Bids

Separate sealed proposals will be received until Tuesday, October 30, 2001 at 2:00 P.M. in the Board Conference room, located in the Pembroke town Hall, 203 West Third Street, Pembroke, North Carolina, for the Construction of the town Hall, Pembroke, North Carolina at which time and place bids will be opened and read.

Complete plans and specifications for this project can be obtained from The Wooten Company, 120 N. Boylan Avenue, Raleigh, North Carolina 27603 during normal office hours after Monday, October 1, 2001.

A Plan Deposit of Two Hundred Dollars (\$200.00) will be required.

A pre-bid conference and site visit is scheduled for Tuesday, October 16, 2001 at 2:00 P.M. All Contractors are to report to the Pembroke Town Hall, 203 West Third Street, Pembroke, North Carolina.

The Owners, The Town of Pembroke reserve the unequalled right to reject any and all proposals.

Town of Pembroke  
Town Manager  
PO Box 866

Pembroke, North Carolina 28372-0866

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## Search for Truth

by Elder Joseph Bullard

### WORSHIP THROUGH BIBLE STUDY

"It is written, 'Man shall not live by bread alone, but by every word that proceeds from the mouth of God.'" Matt. 4:4.

The important role that Bible study plays in the life of a successful Christian may be deduced from Satan's efforts to counteract it. First he tried to wipe out the Bible completely. The pagan emperor Diocletian whipped up such an attack on it that after two years he thought it was gone, every copy destroyed. Yet when his successor, Constantine, looked for a copy he was able to find fifty of them--not bad for a time when all copies were written by hand.

Then the adversary of souls tried to hide the Bible away in monasteries and in forgotten languages. But strong men such as Wycliffe, Tyndale, and Luther risked their lives to translate the Bible and to produce God's Word in languages of common usage. Satan's third attempt was to laugh the Bible into extinction. Clever men such as Voltaire and Ingersoll and other atheists developed elaborate reasonings to disprove or discount the Word of God. But within a couple of decades of Voltaire's death a Bible society was flourishing in the house where he had lived. Since then, the findings of archeology have furnished ever more affirmation of the authenticity of the Bible.

Finally, Satan has tried to destroy the effectivity of the Bible by getting Christians to take it for granted, and then to forget it. How well he has succeeded in this effort!

Today more than ever before we need the Word of God, for ours may be the last generation, bearing the temptations and deceptions of all preceding generations. God is depending on us to stand firm, to demonstrate the principles of His kingdom and character. Even the most advanced Christian needs constant, regular, and thorough Bible study in order to stay in the path of truth. Let's go through that again: Without such thorough Bible study, no one can advance as Christians. "However much one may advance in spiritual life, he will never come to a point where he will not need diligently to search the Scriptures; for therein are found the evidences of our faith."--Testimonies, vol. 5, p. 575.

Jesus used the Word of God as a defensive and offensive weapon. It may be that for us, too.

## Lumbee River EMC

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### Annual Meeting Tuesday, October 9, 2001

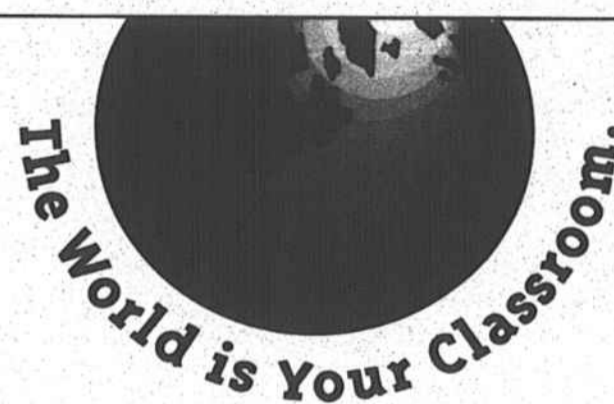
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Annual Report  
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Business Meetings Begins at 7:30 p.m.



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