



Pediatric Pointers

By JOSEPH T. BELL, MD

One Pediatrics diagnoses receiving a lot of media attention these days is called attention deficit hyperactivity disorder (ADHD). This is a disorder first seen in childhood that can effect a child's ability to concentrate, thus causing an attention deficit. Because most of the kids are overly impulsive and active, they are sometimes called "hyperactive."

ADHD is the most common behavioral disorder diagnosed in American children today. It is estimated that approximately 4 to 5% of children 18 years and younger are affected. Boys are diagnosed about 3 times more often than girls. ADHD has 3 characteristic features. 1. The child is easily distracted. 2. The child is very impulsive, and 3. hyperactivity (almost constant movement). Since some kids are not hyperactive, they are labelled attention deficit disorder (ADD).

No one is exactly sure why some kids have ADHD and some do not. There is some medical evidence that the front of the brain of ADHD patients somehow does not function like

ordinary children's.

This is the part of the brain that effects and regulates behavior. There has even been new medical studies that show that the anatomy of ADHD brains is different than brains in patients without ADHD, and that this difference causes the changes in behavior.

The most common treatment of ADHD is called Ritalin. This prescription drug is an stimulant, but instead of making kids more hyper, it actually focuses their concentration so they are less hyper and better able to do school work and other tasks. Children on Ritalin should be followed closely by a physician, since Ritalin can cause weight loss (decreased appetite), insomnia and occasionally, tics. Other medicines used for ADHD include Cylent, Dexedrine (both stimulants) and certain antidepressants.

If you think your child may have ADHD or ADD, contact your doctor for advice on this diagnosis.

Take care, and we'll talk again next week!



Arlene Herring was selected as Teacher of the Year at Purnell Swett High School. Principal Bill James Brewington offers his congratulations.

Teacher of the Year Selected at Purnell Swett High School

Mrs. Arlene Herring has been selected as the 1994-95 teacher of the year at PSHS. She graduated from Pembroke State University with a BA in English and received her Masters degree at Breadloaf School of English at Middlebury College in Vermont.

Mrs. Herring teaches ninth grade English, AP English, and yearbook. Mrs. Herring has been teaching 22 years. She comments, "It's an honor to be selected by colleagues for such a position. I was surprised."

By: Natasha Cummings, Lisha Locklear

Rams Happenings

Some students from Purnell Swett High School attended the Forensic Fall workshop at South View High School. The students who attended are Robert Cole, Kate Locklear, Kristina Locklear, Tracy Locklear, Ryan Locklear, John Cambell, and Tara Jacobs. The workshop began with a welcome from Coach Jaqueline Foote, the forensics coordinator. After the welcome, a Glenbrook National's video depicted what it is like to attend a national convention involving scenery, food, fun, and different forensic competitions.

The workshop was broken down into two sessions. The first session from 4:30 to 5:00 p.m., consisted of topics such as: Original Oratory,

Dramatic Interpretation, Prose/Poetry, Storytelling, Policy Debate, Lincoln-Douglas Debate, Congress, and Extemporaneous Speaking.

The Second session, from 5:00 to 5:30 p.m., repeated all sessions except the Lincoln/Douglas Debate and Policy Debate. Coaches were encouraged to go to one of the student sessions and report to a coaches session during session 2.

After the sessions were over, everyone met in the school cafeteria as coach Foote encouraged students to get involved in forensics.

Afterwards, there was a drawing for door prizes in which three of the prizes were won by Purnell Swett students. By: Charles Oxendine



Students in speech class at Purnell Swett High School attended a full forensics workshop at Southview High School September 27th. Shown from left to right are Robert Cole, John Cambell, Tracy Locklear, Ryan Locklear, Kate Locklear, Tara Jacobs, and Kristina Locklear.

Educational Notes



by Natasha Cummings
Lisha Locklear

PSHS students gathered to share their concerns about teenagers in crisis at 7:00 a.m. September 21, 1994 on the school campus. Student Council President, Shelli Brewington, welcomed the students and guests in front of the ram mascot and stressed concerns about teenage crisis. Shelli gave startling statistics showing teenage crisis involving sex and AIDS. "According to the CDC and Prevention in Atlanta, syphilis among teenagers has increased 232

percent since 1957", shares Brewington.

Lorna McNeil, Miss Lumbee, sang the Lord's prayer. Shelli led the group with a moment of silence and the repeating of the Lord's prayer. PSHS students were not the only ones having this occasion; it also happened all over the United States. This meeting summoned communities to get involved with teenage crisis.

With all sincerity, Shelli pleaded with students to assist and join together to form a young christian organization to influence the lives of others. She left the expression to everyone "To make a difference."

Pembroke Kiwanis Report

Chartered Night was observed Tuesday evening at the Town and Country Restaurant. It is the 33rd anniversary of the founding of the club, on October 17, 1961. The original meeting was in the College Cafeteria with Ronnie Sutton's mother in charge and Ronnie said his mother used to pay him a dollar for helping her. The evening was very enjoyable with each member being recognized by President Bell and responding. The club had 25 members in it's beginning. Many have passed away. The list includes Henry Dunn, Herbert Oxendine, William X Oxendine, Howard Thatcher, Thadis Oxendine, Dorsey Lowry, Gus H Locklear, James H. Paul, Walter J Gale, English Jones, Raymond Hendrix, Tommie Dial, Theodore Maynor, Hughes D. Lowry, Miles S Jones Jr., Lacy Maynor, Marshall Locklear

Also Kiwanians Robert Mangum, James B. Ebert, James A. Jacobs, James Bardin, Adolf Dial, Victor Wolf, Lee Neville, Benny R. Sampson, Samuel Locklear, Martin Brooks, Hughes D. Lowry, all still living but not active members.

Over the years the Club has done many projects including Little league baseball, boy and girl scouts, trips to the Air base, circuses, Christmas toy projects, Thanksgiving and Christmas baskets, home repairs projects, funds for schools and other needy projects, the pancake suppers, litterly hundreds of speakers. All enjoyable projects to the community. And thanks go out to the Indian Voice for their fine support over the years, Thanks Connie

Grady Hunt was installed as next year's President by outgoing President Buddy Bell. Presiding, Buddy Bell. Invocation, Vardell Swett. Song leader, Ed Teets; Reporter, Ken Johnson.

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