

## Pediatric Pointers

by Dr. Joey Bell, Pembroke Pediatrics

In the last week I've had several parents ask questions about headaches. We all seem to get them at one time or another and you've probably heard your child complaining about having one. Here are some answers to the big questions about headaches in children.

In general, children suffer from simple, tension-type and migraine headaches just like those that plague adults. There are many potential causes of headaches. An infection in the body like an ear infection, or sinusitis can cause a headache; so can medications a child is taking. Even things as simple as dental cavities and dehydration can give a kid quite a splitting headache. The pounding, throbbing pain of migraine headaches afflicts some children early in life. If you have an infant or toddler, it's unlikely you'll be able to tell if they're experiencing migraines because he or she won't be able to tell you. Older children and adolescents suffer more visibly from headaches: either migraine with aura or migraine without aura. The aura is a symptom that usually occurs before the onset of the pain itself. It's most often a visual symptom such as the perception of bright lights, flashing lights or black dots.

For the parent, the big question usually is: "when should I be concerned about my child's headaches?" How do you know when the problem is more than worrying about school, home life, or a fight with a friend? Frequency and apparent cause are factors you can use to determine if your child's headaches are reason for concern. Most of the time, you can identify the cause of your child's headache, such as: bumping his head, playing in the sun too long, or getting overtired. Unexplained or recurring headaches over a short period of time, or persistent worsening headache however, may be a concern and should be evaluated by a physician. Another important consideration is whether or not there are other symptoms observed along with the headaches. Nausea is not uncommon to see in children with headaches but parents should be on the lookout for: high fever, weakness, tingling or numbness in the extremities, visual changes, decreased level of alertness and headaches that wake the child from sleep.

Most simple headaches will resolve at home with little medical intervention. Home remedies include having the child lie down in a cool, dark room and giving the child acetaminophen (Tylenol) or ibuprofen (Motrin). When your child visits a doctor and you have questions about headaches, it is helpful to have some information such as: what may have brought them on, their severity, frequency, change over time, what makes them better or worse and family history of headaches. The answers to these questions may provide valuable clues, especially in the case of migraine headaches, which are known to be triggered by things like stress, sleep deprivation and certain foods and beverages.

The two most common diagnoses for recurrent headaches are those of migraine and tension-type headaches. If your child is diagnosed with migraines, treatment will involve identifying the things that trigger the headaches and explaining to your child how to avoid them. There are foods involved: chocolate, nuts, or cheeses. Monosodium glutamate seasoning and caffeine may also be triggers. In some cases prescription drugs are used to treat migraines when they happen, or with severe chronic migraines- to be taken daily as a preventive measure.

Children and adolescents experiencing tension-type headaches often describe the constricting pain they feel as "band like" or "constant pressure around the head." These headaches may be the hardest kind to treat because often they are associated with underlying stress, social or emotional difficulties. Use of pain medicine like acetaminophen or ibuprofen is often helpful but used in large doses or used chronically these medicines themselves can cause headaches. Therefore it is important to develop a treatment plan that may also include non-medical approaches to pain relief, such as counseling, relaxation and stress techniques.

Keep in mind that headaches even recurrent ones are common in children and treatment most often is the old tried and true: lie down, drink some fluids, and take some pain medicine. Now, if only it was so simple for the parents.... Eric Scranton PA-S2

## Search for Truth

by Elder Joseph Bullard

Therefore let us leave the elementary doctrines of Christ and go on to maturity, not laying again a foundation of repentance from dead works and of faith toward God. Heb. 6:1.

In saying this, Paul was not advocating the forsaking of the "elementary doctrines." Instead, he was saying that now that the foundation has been laid, it is time to go to something else, namely, the building of the temple of God on that foundation. Jesus Himself had told His disciples that what they had learned from Him was only the beginning, that the Holy Spirit had much more to teach them.

The apostle Peter referred often to this theme of development and growth. In his first Epistle, Peter uses the figure of church members as "living stones," being fitted into a spiritual temple of God. In his second Epistle, we find what has been called "Peter's ladder," the sequence of steps that characterize the growth and development of a successful Christian.

We begin with faith, which is part of the "foundation" as stated in our opening text, and must be the starting point in any Christian experience. "Without faith it is impossible to please him. For whoever would draw near to God must believe that he exists and that he rewards those who seek him" (Heb. 11:6). Faith itself comes as a gift from God to everyone.

Through the exercise of faith, in conjunction with the work of the Holy Spirit in our hearts, we add virtue, or moral excellence. God absolves us of guilt for past sins, and this strengthens our hand for future trials. Then we add knowledge, a practical understanding of God. We study and inquire into God's way in human lives. Knowing God better, we can understand ourselves better, which leads to temperance, or self-control. And the more self-control we can exercise, the greater will be our patience.

As our patience toward our fellow man grows, the more reverence we will demonstrate toward the God who created that fellow man even as He did us. Such reverence, or godliness, will show itself not only in patience with the foibles of others but in actual kindness toward them. The final step will be love, not just for our brethren or fellow believers, but Christian love reaching out to all people.

## From the Desk of the Superintendent

by Dr. Barry Harding, Public Schools of Robeson County

It's been a little over 2 weeks now since the horrific happenings in New York and Washington and, while many activities have gotten back more or less to normal both here and elsewhere, the effect on the minds of people across the country remains. We still find it hard to believe that the events of September 11th ever took place. It takes only the pictures of the destruction wrought by the terrorists' actions to assure us that they did indeed happen.

Whether or not we personally knew any of the victims or their families or friends, we couldn't help but be affected by the toll it took on so many of our fellow Americans. Reactions of horror and incredulity gradually were replaced by feelings of wanting revenge on the perpetrators- essentially an adult reaction.

The concern of the Public Schools of Robeson County was more involved with our students and, of course, it still is. Our first reaction to the events of September 11th was to suggest to our principals that they stay alert for any unusual activities at their schools and to assure students who might have heard the news that there was nothing to be worried about. Anything we heard from Raleigh on the subject also assured us that there was no reason for schools across the state to be concerned. Thus there was no real consideration of closing them. At the same time, it was suggested that Crisis Intervention Plans be reviewed.

However, when students went home, they were consistently exposed to the pictures of the terrorists' actions and, for many, it, unfortunately, had a kind of traumatic effect. Thus, among other things, we made counseling available for those who might need it. It was also suggested that teachers provide opportunities for children to express their feelings so that they might be better able to cope with the crisis. Discussions in class along with providing the children with information which they might not be familiar with also have the potential to help. We, likewise, feel that parents and other adults in the home can still help their children deal with the situation by providing the same kind of support along with the assurance that the family has nothing to be worried about in connection with the publicized actions.

What is extremely heartening to me is how our students - young and older - are reacting to the events after having gotten over their initial concern. Expressions of sorrow and compassion for the dead, the injured, the missing and their families are apparent in all schools. Displays of our flag can be seen everywhere. Beyond that, though, are also the projects that various classes have undertaken to raise money for relief efforts and to help victim's families. They run the gamut from asking for donations down to selling lemonade. Whatever the project, though, they are signs of the concern they have for their fellow man and, to come from youngsters, it's an indication of the American spirit inherent in our young people- a spirit that will make us victorious over any efforts to bring the country down.

## 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.

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## Reflections

**OUR BITTERSWEET BIRTHDAY** by Alta Nye Oxendine  
What really happened on September 11, 2001? All of us are trying to figure this out, aren't we? For those who lost family members, it will, I'm sure, always seem like the cruelest day of their lives. For us "911" babies, it also had a personal impact, a profound effect on the way we experienced the date of our birth this year. (Also upon those who were planning to celebrate their anniversary, or some other special event.) And how we may all feel about September 11 in the future?

As we pray for the thousands of families who lost loved ones on "our" day (or perhaps later that week before they could be rescued), and for the remaining firefighters, police, and volunteers who have risked their lives since the attack, I believe we "birthday people" also need to pray for help in coping with what feels like a violation of our special day.

I am one of the fortunate ones. My family, and of course our God (whether of not I was fully aware of His presence at the time) Have provided me with the SWEETENING I needed to offset the bitterness of our infamous, bitter-sweet, 2001 birthday. I wonder about those who were left only with BITTER memories. They, too, are in need of our prayers.

And, as I shared at our patriotic church service at Pembroke's First Methodist Church following the attack, I believe we also ought to pray for our country's enemies (as Jesus taught in his "Sermon on the Mount"), in the case of terrorists and for those who support them in so many parts of the world. (Whenever I am asking for prayer for some one involved in any kind of negative or evil deed, I am not ENDORSING what they did, but acknowledging that they, too, were created by a God who wants us ALL to come back to Him!)

In a 1940s college class comparing world religions I became convinced that, of all the different faiths we examined, Jesus' way of life does actually offer the MOST for each of us human beings (and does require the MOST from each of us). This conclusion began showing up as we developed an objective-type chart comparing the various components of each of those religions, highlighting both the individual person's relationship to the OBJECT of his or her worship and that person's relationship to other people in the world around him or her.

In Christianity this is often characterized by the idea of entering a house of worship to BEGIN, or RENEW, our relationship with God, and leaving that place to serve others. Some church bulletins remind us: "Enter to worship. Depart to serve." My own denomination tends to place emphasis on everyday service to those around us. Another Christian organization I admire is the Salvation Army, which has served thousands of meals to the Trade Center rescue workers.

Perhaps it is Christianity's strict requirements that have turned off so many people who do not consider setting aside even a PART of one day a week for worship, and/or do not want to give up the pleasures of the MOMENT. Plus the fact that most of us who call ourselves Christians fail (on a daily basis) to live up to the POSITIVE examples of worship, moral life, and service that Jesus set for us during his earthly life.

Even though I am still totally SOLD on Christianity, I do not believe that I should look down on, avoid, or in any way harm, a member of a different religion, or a person who seems uncommitted to anything other than self. Now it is paining me deeply to face the fact that some Americans have already taken out their hatred toward the attacking terrorists on innocent Muslims within our county. (Our family has had a GOOD friend of the faith ever since the sixties.) Most Muslim Americans have become positive, contributing citizens to the welfare of this country.

I was glad that a Muslim religious leader had a part in the Prayer and Remembrance service at the National Cathedral in our nation's capital, along with a Jewish rabbi, a Catholic priest, and two Protestant church leaders, Billy Graham and an African-American Methodist pastor who has, reportedly, for some time, been one of our president's closest friends and advisors.

**GOOD OUT OF EVIL**  
Immediately after the Tuesday tragedy, we began to see GOOD arising out of the ashes of what many will continue to view as "evil" acts that took place on our Birthday. Watching the coming together of Democrats and Republicans, along with people of a variety of faiths and colors, for that Friday service, will always be one of the most vivid positive events in my own memory!

But there have also been the "helping hands" (an ongoing effort to do all they can to make the situation better for others still suffering, including those who have attempted to locate missing persons, those who continued digging through rubble for possible survivors, those who lovingly put flowers and home-made cards in public places, those who set up services of prayer and remembrance all around our country). Also an out-of-the-ordinary display of U.S. flags, and the determination of stock market financiers and many others to get back to work, making clear to the rest of the world that our American way of life has not been DEFEATED, even if part of its superstructure may have sustained permanent damage.

The "911" attack and its aftermath have created a rare test of courage and will for the people of New York City, and the American people as a whole. With only a few exceptions so far (such as the hate crimes mentioned above and some scams involving donations for the suffering) I believe we have surprised ourselves by PASSING this test.

I hope the REST of the world has been taking note!  
Now I realize that searching through my own thoughts and emotions about the impact of events that nearly spoiled my 74th birthday, while I was getting them out of my own upset psyche and onto paper (like writing those "letters" to each of our three "men" after our family tragedy) has provided one of the most THERAPEUTIC activities in which I could have engaged! In the aftermath of an event too horrific for most of us to contemplate ahead of time, a week of listening to daily analyses from others and personally reflecting on this situation, I am beginning to see my 911-01 birthday as the start of something NEW and GOOD for our country internally, as we reach out to one another and get down to the basic cause of what life here on earth is really all about.

In July of 1980, and again on my 2001 September 11 birth date, I was acutely reminded the THIS world is not my home, that I am merely a "pilgrim passing through". I believe my present earthly life boils down simply to two things: my personal relationship with our Creator and my relationship with every other woman, man, boy and girl whom this Great and Glorious Creator has brought into being, and continues to care about, with a HEART overflowing with love, and a MIND requiring both temporal and everlasting justice.

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Left to Right: Will Brooks, General Manager; Howard Brooks, RPH, President; Tim Brooks, Home Health Administrator

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