

# Reflections

by Alta Nye Oxendine

As happens more often after more than two decades since he left us, Donny's birthday sneaked up on me again this year. Of course, by the time Flag Day is here, I'm reminded of those long morning hours in 1960 when I watched the clock in the delivery room, and finally decided my first baby was NEVER going to appear. I'm glad the other births are usually easier than that first one! Donny turned out to be our pride and joy until the other two babies came along. Now it's easier to remember each of my children when they were small—even to pick an age for reminiscing—than when they were all going through their teen-age years.

But, instead of being 44, I can't picture Donny as any older than just having turned 20 three weeks before the accident.

I'm still thankful to have had my two boys, as well as their sister, even though they are not with us now. Sometimes I wonder what they would be like, if they were still here. I want to think of them as good Christian husbands and fathers, like my son-in-law, Jeff. But I don't have to be concerned about that now. I can simply be thankful that I have my daughter and her Christian family living next door, looking after me, like I look after their son while they are at work.

### OTHERS WHO HAVE DIED

Leon's distant cousin Ellowyn Brayboy Woods recently left her family. (I have appreciated meeting her daughter, Hildelisa, who has health problems of her own, and would appreciate our prayers.)

Another who has left is our friend Lois Jacobs Chavis. I can still picture Lois and Anita Jacobs walking down Pine Street on their way to the same building where Leon and so many others had also attended high school. Lois and her family became very close friends to Leon, me, and our children when we lived on Pine Street. Since my mother was nearly 3,000 miles away, and my mother-in-law lived at the end of town, I turned to "Miss Lillie" for advice, as my second mother.

The Jacobs family has had a number of deaths in recent years. Lois's husband also lost his father shortly before she died. I was glad to meet Lois's niece, Janie's daughter, Miranda, at the dinner for her brother, Harold, who is retiring as the pastor of Branch Street UMC. Miranda's daughter, Crystal, died as a young girl. When this happens to parents, we can relate to each other.

Let's remember to pray for these families and for many more who have lost loved ones. One is the family of Mr. Marvin Lowry. Now his family is mourning his loss, as well as missing Dwight.

I'm sure there are others I have known. I need to get a better system than just jotting their names down on any piece of paper that happens to be handy. Sometimes I don't even learn of the death of an acquaintance until much later. So, let's pray for ALL the families we know about, and all others who may be going through this kind of trauma, including families on all sides who have lost their loved ones in Afghanistan or Iraq. It must be a lot HARDER to know that your beloved

family member has been beheaded, a method our government has never used, something I find it hard to even force myself to think about!

I'm glad Nancy Reagan, who nursed her husband through his years of Alzheimers disease, has been receiving the result of so many prayers. Once again, let me tell you that all your prayers have really helped me to get on with a happy life!

### NOT DISABLED YET!

A couple of weeks ago my left arm and shoulder began bothering so much that I thought this time I might become partially disabled, along with so many others my age and younger. I am already getting better, although my left arm is still quite sore. Fortunately, I'm right-handed. But that doesn't make a difference, when you're typing on a computer. (In fact, I skipped two weeks of using my computer.)

This makes me realize that I will likely not be able to keep up with all the other activities I've been trying to do, along with keeping one or two children during the day.

Please study for yourself what is really going on around us, for example, when you open a newspaper, have a pen and scissors handy. Check, then cut out, any items referring to Communism anywhere in the world (like Vietnam, North Korea, China, Cuba, former KGB agents (like Vladimir Putin) in Russia, any reference to "People's" or "Liberation" anywhere in the world, or to Social Democrats, Marxists, Maoists (like the Shining Path guerrillas in Peru, and the revolutionary guerilla group supposedly defending the Albanians in Serbia, the guerilla groups in Colombia, etc.

Look up "Communism" and "Communist Parties" on the Internet. Notice the moral deterioration in this country. I finally became convinced that this slide in values has been given a continuing boost by Communists secretly working through the movie industry and other forms of our media, as well as through various embassies in this country, over many decades. Along with Communists who managed to gain positions of influence within our government by the 1940s, (KGB files have shown that the reason Joe McCarthy could not find any "moles" in the government was because they were quickly pulled out as soon as the Communist Party in this country learned that Elizabeth Bentley (who knew too much) had defected. After his defection, Whittaker Chambers wrote "Witness" which describes how he had worked for Moscow along with Alger Hiss (who helped to influence our FDR and his foreign policy in favor of putting more trust in Stalin, then later became the acting head of the United Nations).

I am no longer as afraid of what is going on, as I was when I first started this kind of study. But I believe we remain ignorant, relying only on government leaders and what the TV "experts" tell us, at our own present (or at least FUTURE) peril!

We think terrorism is terrible. But "we ain't seen nothin'" yet!! I'm still convinced that the sophisticated terrorist training by international Communism decades ago somehow aided the al Quaida revolutionaries, at least indirectly.

And I would find it even harder than the fear of terrorism, to live in a place like Cuba, where you are not free to think, talk, or worship in the ways we still do, here in the United States. Having a government "informer" on every corner, plus the fact that firearms were gathered up to win that "wonderful" revolution in order to get rid of the hated dictator, Batista, have helped to assure that non-communist Cubans cannot overthrow their current leaders in that island nation that is our neighbor. Also JFK's promise to Khrushchev NEVER to again even TRY to invade Cuba!! Lifting the embargo sounds like the humane thing to do. But many serious students of how Communism works believe it would only strengthen the power of Fidel and his brother Raul, who is slated to be Fidel's successor. Two people have told me that Raul, who became a Communist earlier than Fidel, will rule even more ruthlessly than his brother has.

Perhaps the only wise course of action for us is to pray earnestly that God will somehow release the Cuban people from their tyranny. Who knows what God will do if we begin to pray earnestly for a complete change of heart for each of the many Communist leaders around the globe!!

# Pediatric Pointers

by Dr. Joey Bell, Pembroke Pediatrics

Atopic dermatitis, also known as eczema, is a common skin condition in children. Approximately one in ten children have eczema. Up to 90% of affected children will have symptoms before the age of five, but the good news is approximately 75% of children will outgrow it by the time they are teenagers. The affected areas of skin will be dry, scaly, often red, and extremely itchy! Sometimes the skin in that area will look thicker and sometimes, because of scratching, there can be open sores. The most common areas it will be found in infants are the scalp, face, chest, and extensor surfaces (knees and elbows). The diaper area is not affected. In older children (4-12 years) it is more likely to be behind the knees, at the bends of the arms, and the hands and wrists. No one knows exactly what causes eczema, but you can think of it as a type of allergic reaction of the skin that sensitive people get. Things like soap, detergents, perfumes, scratchy fabrics (wool) dust mites (found in bed sheets, carpets, drapes), dry air (in the winter), sweat, heat, and stress are just some of the irritants that can cause eczema to flare up or get worse. Children with eczema are also more likely to have asthma, allergic rhinitis, or other allergic conditions. They are also more likely to have a close family member (parent or sibling) with one of these conditions (it runs in families).

### HOW DO YOU TREAT ATOPIC DERMATITIS?

- \* Avoid things that make it worse (some irritants are listed above).
- \* Don't scratch. Easier said than done, but keep from scratching as much as possible.
- \* Keep fingernails trimmed. This helps decrease irritation to the skin, and helps avoid open sores and infection.
- \* Use warm not hot, water when taking baths and showers. Hot water dries out the skin.
- \* Don't use a washcloth on the skin, and when drying off: pat, don't rub.
- \* Apply a moisturizer immediately following a bath/shower, and reapply 3-4 times a day.
- \* Use a mild soap (Dove, Oil of Olay, Neutrogena).
- \* Drink lots of water, it helps keep the skin hydrated.
- \* Wear loose clothes, and avoid synthetic fibers (wool).
- \* Use a humidifier in the winter to help keep the air moist.
- \* Topical steroids (such as hydrocortisone) can be applied to the affected area of skin once, no more than twice, a day. The cream should be applied within a few minutes after bathing, with a thin coat applied to affected areas.
- \* Oral antihistamines can also be used to help decrease the sensation of itching. It is best to use them at night before bed because this is when the itching is usually the worst, and the medicine can make the child drowsy.

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## Skin Care 101

### Skin-Saving Tips For Winter

As the winter months roll in, you're going to need some help keeping your skin healthy, smooth and soft. A dry cold winter can rob moisture and leave it looking flaky and dry. Skin care experts recommend following tips for getting through winter. Wear non-restrictive clothing made of natural fibers to allow your skin to breathe and reduce irritation. Take short, tepid baths and then apply a lotion immediately to lock in moisture. Wash off dry skin cells in the shower using a loofah or scrub. Then apply a lotion or cream for more penetrating moisture. To prevent and replenish moisture, apply a body lotion at bedtime, preferably one specifically for nighttime use, especially for dry feet and hands. Generously apply a rich cream to bedtime and cover in cotton socks or gloves. Help the skin in lotions. For those who have severely dry and chapped skin in the winter, use a product that provides intense moisturization. NIVEA Body Extra Enriched Lotion, for example, helps reduce skin roughness and provides a protective barrier against moisture loss. Formulated with nourishing, antioxidant vitamin E, this lotion can help heal extremely dry skin and dramatically improve the condition of the skin for a smooth renewed feel. In addition, NIVEA Body Original Lotion softens skin and prevents moisture loss. Enriched with natural conditioner, this luxurious lotion maximizes moisture retention for 12 hours. For more information, visit [www.NIVEAUSA.com](http://www.NIVEAUSA.com).

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