

GAIL WINDS

by: Gail L. Roberson

In my hectic life, there exists an oasis that soothes my tired body and soul just by her very presence. She is my step-great-grandmother, but she means as much to me as any blood relative ever could. I love her, and I'm devoted to her, and so . . . for all the years of love and peace she brought to my great-grandfather, and for all the years she's so genuinely given to me, this column today is in honor of her . . . Josephine Leggett, of Route 4, Windsor, N.C., widow of Rev. George D. Leggett, Sr. HAPPY GRANDPARENTS DAY.

Grandma Jo is the sweetest, dearest, most gentle creature the Lord ever placed on the face of this earth. I have never known her to utter a negative word against a single soul, nor to complain through her own sorrows. Her gray hair is now worn in an attractive short style, unlike the bun she once piled at the back of her head when I was a child. "To make it easier and keep up with the times," she smiles shyly. While so many her age fight change with heels dug firmly in the past, Grandma Jo has always preferred, instead, to keep pace with life in what small ways she can. The only thing that haunts her from the past is the undying love she still has for my great-grandfather. As often as we can, the two of us visit his grave. While she puts around it, pulling a weed and rearranging the ribbons on the new wreath, I walk off to check on other sites. She enjoys this time alone with him. While I know she does not long for death, she anticipates the time when the two of them can be together once again.

"Life is good to me, even at 89," she smiles. "Every day I look forward to the beautiful birds and the changes in the countryside. I don't understand how some people live a lifetime without the urge to hold a golden leaf against their cheek or to look for fairies beneath the mushrooms. I find so much beauty in such things. Your grandfather was like that. He showed me the real meaning of life. You remind me of him. Little things you say. The way you look at the sky. I've watched you caress a tree and stand contently in the rain. The way you respond to all of the earth is just like watching him all over again."

Grandma Jo is the only person who has encouraged me to be ME and no one else. She is the only one who understands my dream in the woods and the secret journals only she reads. She never questions anything, not so long as she believes I'm true to myself.

Her depth of preception and her intense knowledge did not come by way of great books or degrees. She gleaned it all from life, and she insists that I do the same.

"You can do anything you set your mind to if you've got it in your soul," she says. "Follow your instincts. Use common sense. And above all else, don't be afraid to dream."

She doesn't have much . . . just three rooms, a rocker on the porch and a recently acquired indoor toilet. One room off to the side is her "store," where a few sparsely stocked shelves of inexpensive items give her reason to continue to work every day.

When my great-grandmother Ella died, Miss Josephine accepted the awesome responsibility of filing her shoes by marriage to a man who was not only much older than she, but also a man of the cloth. It was not always easy, yet it was the best time of her life . . . loving my great-grandfather.

Today, she remains faithfully devoted to all those he left behind. But many in my family have forgotten Miss Josephine. Perhaps, if our blood flowed in her veins, her tiny place would always be filled to the brim with gifts and visits. But, because she was his second wife, some of our family forgets she's there at all. They don't call. They don't write. They don't check to see if she needs anything. Ever.

But, I don't forget. Because no grandmother anywhere could ever be as real to me as this woman. Blood is not everything, and she is living proof. Of all the majestic sermons my great-grandfather ever preached, and of all the wonderful things he did to enrich the lives of others, the best day's work that man ever accomplished was when he married the second time . . . and left me, his great-granddaughter, the legacy of Grandma Great.

Health-Wise

By Dr. Pack Hindsley Jr.

Cancer of the bladder comprises approximately three percent of all adult cancer cases. Males contract bladder cancer approximately three times more frequently than females. Bladder cancers frequently cause symptoms related to the bladder including visible or microscopic blood in the urine, repeated urinary tract infections, irritation of urination, or a shadow on urinary x-rays. Although these symptoms may arouse suspicion of bladder cancer, the x-rays are not totally diagnostic. A final diagnosis usually requires a cystoscopy of looking into the bladder with a scope.

Once a diagnosis of cancer of the bladder is made, it is necessary to "stage" cancer. Staging requires figuring out the nature of the bladder cancer and whether it has invaded deeper tissue like muscles and lymph channels. Staging requires good biopsies as well as performing CAT scans or other studies to see if the tumor has spread.

If a bladder cancer is arising from the superficial lining of the bladder and does not invade the deeper tissues, it frequently can be treated with trimming out the tumor and perhaps introducing anticancer drugs.

For those tumors that invade the muscle and lymph channels, more radical therapy is probably indicated. If there is no evidence of spreading, then either radiation therapy or radical surgery may be recommended. Sometimes a combination is used.

For those tumors that invade the muscle and lymph channels, more radical therapy is probably indicated. If there is no evidence of spreading, then either radiation therapy or radical surgery may be recommended. Sometimes a combination is used.

The cause of cancer of the bladder is uncertain. There have been good relationships established between the use of certain industrial solvents and the development of bladder cancer. There also is a relation-

ship between the use of tobacco products and development of bladder cancer, although this relationship is less certain. Indeed, some persons and families have a higher predisposition toward developing bladder cancer than others. This area of genetic predisposition is the most confusing part of trying to determine what has caused the bladder cancer.

Superficial bladder cancers are frequently described by urinary surgeons as being "good" cancers. It is quite unusual for them to spread from the bladder to other parts of the body and they usually can be treated for many years with periodic examination, trimming out if necessary, and therapeutic drugs.

The invasive of "bad" cancers of the bladder have an approximately 50 percent cure rate if treated early. Improvement in treatments for bladder cancers which have spread from the bladder has been extremely slow. There is very little proof that people with widespread bladder cancer have improved using any therapy that has been developed to date.

To protect yourself, you should be evaluated thoroughly if you detect blood in the urine or if frequent infections occur which are difficult to control. Bladder cancer is a very treatable and potentially curable cancer if it is discovered early; however, late discovery makes treatment much more difficult and sometimes cure is impossible.

Next: Sickle Cell Anemia
This column is provided as a community service for readers of this newspaper by the management team of Beaufort County Hospital and members of its medical staff. Questions and comments regarding this column may be sent to PamlicoCare, West Craven Highlights, 217 N. Market Street, P.O. Box 1788, Washington, N.C. 27889.
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Our Opinion

Assembly May Take Look At Proposed UNC Changes

If North Carolina is falling behind in its support of the university system in this state, then something should and will be done about it. We have every confidence that the legislature will take a good look and some changes might be practical.

UNC-Chapel Hill Chancellor Paul Hardin has made some proposals which give much food for thought, but the legislature is not going to give up its responsibility for the necessary support of the university system, and it hardly will allow the individual institutions to set tuition rates or room rates or allow the institutions to keep all the money it collects for whatever purposes the given institution chooses.

For instance, today in this state the individual institution keeps 65 percent of overhead receipts with five percent going to general administration and 30 percent goes to the state. Why does the state get 30 percent? The question, insofar as we know, has never come up before for public view.

Dr. Hardin says most states allow state-supported institutions to keep 100 percent of overhead receipts. Dr. Hardin proposes that schools be allowed to keep all money coming in by way of research grants. That sounds reasonable, but there might be some reasons otherwise.

The chancellor seems duly concerned about the level of faculty salaries when compared with other similar institutions over the country. And he has a good argument there, if his statistics are correct. He reported that in the years 1981-88 tuition across the nation rose nearly 94 percent. He says that during the same period in North Carolina, tuition rates rose only 15 percent. Maybe the legislature has a good reason for holding back.

At the same time it ought to be pointed out that the state of North Carolina is bearing a hefty amount of money in this matter of educating young men and women at the 16 state-supported institutions. Maybe the legislature has been too slow in raising tuition, but with each raise, some students are eliminated financially from attending college. Has the legislature of our state been duly informed that it has fallen far behind in the matter of tuition rates? Are we charging enough for out-of-state students who attend our state-supported institutions?

One thing is for sure, Dr. Hardin has made an impressive showing in his proposals, but the North Carolina Legislature is not about to turn the 16 institutions loose and give them the freedom to set all rates. To do that would surely mean that the legislature's only responsibility would be to give each one of the 16 universities a sum of money and say, "Spend it as you please." No, the legislature cannot go that far, and the people of North Carolina do not want to go that far.

If faculty salaries at UNC are \$2,520 below the national average, then we do have a real problem there. Full and serious consideration must be given there and we believe it will. We cannot afford to see talented professors leaving because of our salary schedule.

Yes, let the legislature take a good look at the picture.

It Is Good Business

We are among those who feel that we ought to use rail transportation more than we do. If we had more and better rail service, we could alleviate the traffic jams on many of our highways.

The proposal is now being made that the state restore rail service next spring between Charlotte and Raleigh. It is going to take money and it is being proposed that it come from the \$9 billion transportation fund. And when we say "transportation" we do mean more than highway travel.

We'd like also to see a train schedule from Greenville to Raleigh which would connect with the Raleigh-Charlotte schedules. A great part of North Carolina could better be served if we could only realize the need for rail service.

Try To Make Ends Meet On \$605 Monthly Check

A senior citizen in a neighboring county tells us that both he and his wife draw Social Security checks each month. The combined total for the two checks comes to \$605.

According to his own calculations and spending record, he asks, "How can we live in the face of sharply rising costs?" He then outlines what he calls basic spending. He lists hospital insurance for his wife and himself at \$168 per month. He says his electric bill runs about \$150 per month. Then he has to pay for water softener, gas, medicines, taxes, and many other actual necessities. But then he has not listed food and clothing there.

He then says, "The big question I want you to answer is this: How are my wife and I going to eat?"

In a manner of speaking, he tries to answer his own question. He says, "First off, we are forced now to drop our hospital insurance which comes to \$2,020 per year. We'll go to the Department of Social Services to see if any help is available there, but we can no longer sacrifice to keep up hospital insurance."

Then he says, "Electric rates go up at regular intervals, and this last increase of 8 1/2 percent is a sledge hammer blow. We cut off lights when possible, and we are doing all within our power to lessen the electric bill."

He adds, "I had hoped that when we reached these advanced years, we would be able to live comfortably and quietly, but I just do not know what to do now."

The story as outlined above, we believe, can be multiplied several times right here in our Pamlico area. We have no way of knowing how many families are actually in need, but we sincerely believe a lot of elderly families on fixed incomes are in deep trouble.

Another head of a family says that, "I can't go to Social Services for help; maybe I've got too much pride, but I have nowhere else to turn; tell me what I can do."

In a practical sense the most heartbreaking part of this story is that we seem unable to awaken people as to the plight of these senior citizens, many of them on fixed incomes. When they call or come in and when they are told to write a "letter to the editor" expressing their situation, they invariably say, "I just can't."

In today's world or in today's Pamlico area, trying to make ends meet for an elderly couple on \$605 per month is bound to be a rugged experience. Government might continue to raise taxes and electric rates. But the time is here to say that the limit has just about been reached. There must be some serious consideration given now to cutting back on costs and cutting down on spending. A lot of our people right now are in a difficult position. They can't stand much more. Now is the time for our people to stand up and be counted.

Time To Leave

From all news accounts, the picture in Colombia brought on by the crackdown in drugs, is very serious indeed.

With tensions running high as a type of war seems to have developed between the drug forces and the government, dependents of American diplomats there have been evacuated already for the most part. And other Americans living there have been advised to leave, we learn.

From the standpoint of winning or losing, the drug forces appear much stronger than most people realize. Perhaps Americans do not know and do not understand the past history of Colombian drug business. It is strong, and the government there has undertaken a gigantic struggle in the effort to break it up.

The United States helps with money and weapons, the fight is on. Already 48 American students have left for home. Lives are being threatened there, and in some ways the fight there among the narcotics faction can be compared with the fight here at home in the twenties and thirties against the gangdom in big cities of America.

Are you a Smoke Detector Neglector?

Test your smoke detector regularly and change the battery once a year.

A fire prevention message from your local fire department.

Lower the numbers and raise your odds.

Controlling your blood pressure can reduce your chances of heart disease. Have your blood pressure checked. And keep it in check for life.

American Heart Association



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