

Fighting colorectal cancer

Continued from page 1B
 followed by an injection of air into the lower bowel) every 5 years.

- a colonoscopy (a procedure that allows the doctor to look at the inside of the rectum and colon) every 10 years.

For individuals over the age of 50, Medicare should cover the cost of these tests. It is very important that you discuss these screening options with your physician. You should also see a physician immediately if you have any of the following symptoms:

- a change in bowel habits such as diarrhea, constipation, or narrowing of the stool that lasts for more than a few days.
- a feeling of needing to

have a bowel movement that doesn't go away after doing so.

- bleeding from the rectum or blood in the stool.
- cramping or steady stomach pain.
- unexplained weakness or fatigue.

Having these symptoms does not necessarily mean that you have cancer, but you should be evaluated to be sure.

Is it curable?
 The standard screening tests often find colorectal cancer at an early stage, thereby greatly improving the likelihood that it will be cured. Cancers found early (stage I or II) have a 75-90 percent chance for cure with surgery, whereas cancers found at a

more advanced stage (stage III or IV) have a less than 50 percent chance of cure and may require multiple therapies such as surgery, chemotherapy, and radiation therapy. Again, early detection often results in less advanced cancer that can be cured. In addition to a healthy lifestyle, routine screening should be done on a regular basis for those over age 50.

Remember, knowledge is power, but it is what you do that makes all the difference.

Contribution by William Blackstock, M.D.
 For information about the *Maya Angelou Research Center on Minority Health*, visit www.wfubmc.edu/minorityhealth. Or, call (336) 713.7578.

School success for parents, students

Continued from page 1B

- Stress
- Disturbances at work (mandatory conferences, etc)
- Feelings of disappointment
- Providing transportation to alternative school

Coleman stresses parents

should "parent with a purpose." "Our children are going to be themselves. We want to raise them in hopes that they will ultimately be healthy and productive citizens," she said. "If you parent with a purpose, you will end up with children who will be raised

with deliberate intentions, self control and self confidence ending up with a child that leads a purposeful life."

For more information, call Coleman at (704) 968-0685, or www.positivechoices4u.com.

Chimney Rock

Continued from page 1B
 After driving through rural areas and dense woods, pass Lake Lure, and you'll arrive in Chimney Rock Village. General stores, shops and restaurants line the streets, leading up to the entrance of the century old park. When it was originally purchased in 1902 (but didn't open until 1916) the park was 64 acres. Today, Chimney Rock Park is 987 acres.

As I entered and crossed the old wooden bridge, I was reminded of the Park from the movie "Jurassic Park," which was not a pleasant thought. You climb as you drive through the park. At the entrance the elevation is 1,080 feet, when you reach Chimney Rock, 1,965 feet, and atop the "Chimney," 2,280 feet. Continue through the woods, through the ticket center, past the area with the 32 foot climbing tower, and keep going until you reach the Cliff Dwellers Gift Shop. You'll know it by the fantastic view of the majestic North Carolina Highlands it faces. Even on an overcast day it was breathtaking and inspiring; I understand now why there are some many watercolor paintings of this region.

I was still not excited about climbing though, yet unsuspecting family became my motivation. Stephanie Mazzarella is a former climber herself, she brought her two daughters to take part, and find strength in the experience. I figured if Alivia, 12, and Alison, 10, could find the courage to do it, so could I.

Director of climbing operations at Chimney Rock Park, Jeremiah Haas, got us suited up, and explained the type of climbing we would be doing is considered "top roping." Do to the morning rain; Haas took us rappelling first, to allow Vista Rock time to dry before we tried climbing. He went over the basics with us, where our hands should be, what type of grip we should have, and how to position our feet. And then, he told us to take that first step. The distance we rappelled was over 80 feet, and the first step is really like stepping off the edge of a page for a cartoon character. Only we weren't cartoon characters.

My first steps were pretty shaky, and then I fell into a patch of kudzu. The kudzu seemed to be our rite of passage, as each of us fell into it. Alison took to rappelling like it was second nature and whizzed down the rock face. Though not as much of a natural as her younger sister, Alivia still moved through it better than I did. The last thing you worry about is if your butt looks big to all the people below you who are watching. You lose all inhibitions because you truly only focus on getting to the bottom without careening into the rock, or just hanging on the line, both of which I did.

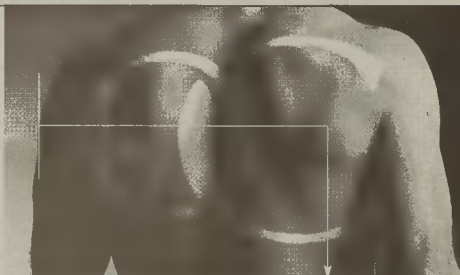
By now the sun had come out, and the rocks were sufficiently dry. We changed our shoes for the climbing portion, and learned from Jeremiah, that climbing in Western North Carolina is more leg than arm intensive. Climbing proved to be much easier once we'd gotten rappelling out the way. I'm not in the best shape, and though I'm not 300 pounds, I'm not 150 either, but I held my own. I heaved, grunted, and sweated my way to the top of our shortened climb, and felt more invigorated when I finished, than I did after the rappelling. There really is something to the idea of "Women Moving Mountains."

I had such a sense of accomplishment when I finished, I called family members and friends to tell them, and recommend they try it.

Your Life, Your Paper, Your Post



Where do you find the leading orthopedic specialists?



OFFICIAL TEAM PHYSICIANS OF THE



With more than 70 highly skilled physicians serving your needs at convenient locations throughout the region, OrthoCarolina offers a level of expertise that comes from years of experience and decades of exceptional care in a variety of orthopedic specialty areas.

From foot & ankle to hand... from spine to hip & knee... from shoulder & elbow to pediatric orthopedics to sports medicine... there's only one name to remember: OrthoCarolina.

OrthoCarolina

EXCELLENCE IN ORTHOPEDICS

orthocarolina.com
 704.323.2000 main

OFFICES CONVENIENTLY LOCATED NEAR YOU

Bellaryne, Chirocree, Gastonia, Huntersville, King Mountain, Matthews, Monroe, Mooresville, Paevalle, Shelby, University

Week of 09/06/06 thru 09/12/06

FOOD LION

U.S.D.A. CHOICE

BUTCHER'S BRAND PREMIUM SELECT

Value Pack
Boneless Top Sirloin Steak
 Without MVP Card Regular Retail

\$4.99
 lb.

MVP

Boneless Chicken Breast Fillet

\$1.99
 lb.

Without MVP Card Regular Retail

BUY ONE, GET ONE FREE

16 Ounce, 41/50 Count
Food Lion Raw, Large Shrimp
 Limit 2 Free

Without MVP Card \$7.99 Each

BUY ONE LB., GET ONE LB. FREE

California Seedless Red Grapes

Without MVP Card \$2.99 Lb.

MVP

Premium, Full Flavor Hot House Tomatoes

\$2.49
 lb.

Without MVP Card \$2.89

BREYERS

48-56 Ounce (Excludes Carb Smart)
Breyers Ice Cream

Limit 2 Free

BUY ONE, GET ONE FREE

Without MVP Card \$4.99 Each

Available In The Deli

Hormel Cooked Ham

\$2.99
 lb.

Without MVP Card Regular Retail

Looking for expert eye care?

You'll find it at
Carolinas Eye Center
 and
Wesley Clement, MD

Well-known ophthalmologist Wesley Clement, MD, is now offering general ophthalmology care in addition to his Laser Vision Correction practice. Dr. Clement accepts most insurances.

Carolinas Eye Center
 704.510.3100
Wesley D. Clement, MD
 Charlotte
 230 East W.T. Harris Blvd., Suite C-13

BUY ONE, GET ONE FREE

Limit 2 Free

8 Ounce Select Varieties
Food Lion Shredded Cheese

Without MVP Card Regular Retail

BUY ONE, GET ONE FREE

Limit 2 Free

8 Count
Pillsbury Grands! Biscuits

Without MVP Card Regular Retail

BUY ONE, GET ONE FREE

Limit 2 Free

64 Ounce
Minute Maid Orange Juice

Without MVP Card Regular Retail

Cinnamon Toast Crunch

14 Ounce Select Varieties
Cinnamon Toast Crunch

\$1.99

Without MVP Card \$3.45

BUY ONE, GET ONE FREE

Limit 2 Free

3 Rolls
Scott Paper Towels

Without MVP Card \$3.79 Each

Minute Maid Crunchy Fish Sticks

18.1-25 Ounce Select Varieties
Mrs. Paul's Fish Sticks, Fillets or Tenders

2/\$6

Without MVP Card 2/\$7.98

We reserve the right to limit quantities and correct typographical and photographic errors. Receipts available on alcohol and tobacco products. All Stores Accept.



Good neighbors. Great prices.