

Your Diet and Cancer



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Cancer is the second leading cause of death in North Carolina and the United States. Tragically, one out of every four people alive now eventually will have some form of this disease. Cancer is not one disease but a group of over 100 different types.

Your diet affects your chances of developing cancer. Foods (including those "naturally" and "organically" produced) can contain substances that may promote the development of cancer in your body. The American Institute for Cancer Research has developed the following seven Dietary guidelines for Americans.

1. Eat a Variety of Foods
Eating a variety of nutritious foods can help prevent cancer and promote health. The inclusion of different foods in your diet helps provide all the nutrients that are needed. A variety of foods will also help dilute

2. Maintain a Healthy Weight
The relationship between body weight and cancer at specific sites is not fully understood. However, being overweight is linked to certain cancers. People who are obese (40% above their ideal weight) are at greater risk of developing cancer of the prostate, colon, gallbladder, breast and uterus.
3. Choose a Low Fat and Low-Cholesterol Diet
Once cancer begins, fat promotes the spread of it. The average American eats too much fat. It is estimated that many eat the equivalent of a stick of butter every day. Controlling the kinds of fat eaten is also important. Saturated fats, those generally solid at room temperature promote the development of cancers at certain sites in the body. Saturated fats are mostly found in animal products and many processed foods. Read the label on products to determine the amount of fat and saturated fat it contains.
4. Eat plenty of Fruits, Vegetables, and Grains
Fruits, vegetables and whole grains provide dietary fiber and various vitamins and minerals that may act as preservatives to help protect against cancer. These foods are also naturally low in fat, replacing high fat items with these choices is a way to reduce the amount of fat you eat. In addition, they are generally low in calories and can help with weight control. The recommendation is for adults to eat five or more servings of fruits and vegetables each day.

5. Reduce Sugar Consumption
Sugary foods are low in nutrients and can cause obesity. To avoid gaining weight, limit foods high in sugars. Examples include table sugar, honey, fructose, corn sweetener, syrup and brown sugar.
6. Use Salt and Sodium in Moderation
High salt intake and frequent consumption of salt-cured and salt-pickled foods are associated with a higher incidence of stomach cancer. Avoid consuming foods such as beef jerky, salted venison, bacon, bologna, pickled pigs feet, hot dogs and pepperoni and processed foods.
7. Reduce Alcohol Consumption
Alcohol acts a promoter, altering cellular defense against cancer and many other diseases. Alcohol has been linked to cancer of the rectum, breast and pancreas. Often alcohol is combined with cigarette smoking which increases the chances of developing mouth, esophagus, lungs and larynx cancers.

There is enough evidence to show that eating certain foods daily increase your chance to developing cancer. The guidelines are for the promotion of an overall healthier life.

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Gen. Henry H. Shelton Tells Grads Courage, Character are Essential

Gen. Henry "Hugh" Shelton, chairman of the Joint Chiefs of Staff, delivered the commencement address at North Carolina State University on Saturday morning, May 16, at Carter-Finley Stadium. In his commencement speech, "A New World to Be Won," Shelton challenged graduates to seek their role in the world with courage and character.

The general also presented the keynote address during joint Army, Navy and Air Force commissioning ceremonies later in the day at Stewart Theatre on the university campus. Shelton spoke about leadership service to the nation, and the American legacy. He reminded the new officers of the military's proud heritage and of their new responsibilities. Shelton earned his commission through the Reserve Officers Training Corps at NC State, where he graduated in 1963 with a degree in textile technology.

Molly C. Broad, president of The University of North Carolina, and C.C. Cameron, chairman of the UNC Board of Governors, were among the dignitaries who participated in the commencement program.

During ceremonies, Chancellor Larry K. Monteith conferred more than 2,900 degrees -- 100 associate, 2,212 bachelor's, 455 master's, 129 doctoral and 66 doctor of veterinary medicine degrees. He recognized 12 valedictorians, students who have earned a grade point average of 4.0 or better during their academic careers at NC State.

The chancellor also awarded honorary doctor of letters degrees to Shelton and Edgar S. Woolard Jr., retired chairman and chief executive officer of E.I. duPont de Nemours & Co.

Woolard, a resident of Wilmington, Del., and Jupiter, Fla., is a 1956 graduate of the College of Engineering and a longtime advocate of the university. He is a member of the Campaign for NC State Students leadership team, which is seeking to raise \$80 million in endowments for scholarships and fellowships by December 1999. He and his wife, Peggy, have contributed more than \$1 million to endow John T. Caldwell Scholarships at NC State. He also has endowed the Ed Woolard Shooting Guard Scholarship for the North Carolina State University men's basketball team, the first award for a specified athletic position in the NC State basketball program. Woolard received the Alumni Association's 1998 Meritorious Service Award.

Shelton is the first member of the elite U.S. Army Special Forces -- the Green Berets -- to rise to the nation's top military post. The 56-year-old, four-star general became the 14th chairman of the Joint Chiefs of Staff in October 1997. Shelton, an Edgecombe County native, serves as the principal military adviser to the president, the secretary of defense and the National Security Council.

Known in the military as "a soldier's soldier," Shelton served in Vietnam and in Operation Desert Shield and Desert Storm. His awards and decorations include the Defense Distinguished Service Medal, Distinguished Service Medal and the Purple Heart. Shelton is married to former native Carolyn Johnson Shelton. They have three sons, Jon, Jeff and Mark.

In an earlier interview, Shelton said his educational experience at NC State provided a strong foundation that expanded his perspective on the world and enhanced his understanding of today's complex issues. "Education," he said, "is the catalyst that primes your potential."

Student commencement speaker, Patricia Margaret Festin of Raleigh, led the Class of 1998: "It is our poems, our inventions, our cures, our ideas that will one day make this world go round. And we have you, our parents and this, our great university, to thank for helping us realize our potential." Festin received a bachelor of science degree in biochemistry, a master of arts degree in chemistry and in English, and a minor in French. She is the daughter of Mrs. Edna and Eugene Festin of Raleigh.

LEARN NC

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he said. "Secondly, LEARN will offer access to educational resources and lesson plans that teachers can use and adapt to their needs. They will feel more prepared and more successful, which will make them feel better about their jobs."

Applications on LEARN continue to expand, Berlam said, and the final vision of an archived collection of successful lesson plans remains at the program's core. The impetus for LEARN is teachers sharing with other teachers who they have delivered which are exemplary," he said.

Submissions are reviewed by experts to ensure that the LEARN archive contains only top-notch plans. Once a plan is approved in all three categories, it receives a gold star designation, assuring teachers of its quality.

"It took literally hundreds of person days and 12 months to develop the basic structure," Berlam said. "Over the past several months we have been rapidly bringing this model to school systems in the state. Superintendents have been eager to participate. The test has far exceeded our expectations."

For emergency spackling to fill small holes in plaster walls, use a small dab of toothpaste. Let dry before painting.

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George Washington Parke Custis, the grandson of First Lady Martha Washington, became the adopted son of her second husband, President George Washington, and the father-in-law of Confederate General Robert E. Lee.

A civet is a furry mammal that looks like a long slender cat, with a pointed snout, fluffier tail, and shorter legs. Some families in Africa and southern Europe keep civets to rid the house of rodents.