

Links And LPNWW Share Love During Festive Season

Christmas season was three weeks ago but the feeling of love and compassion for our fellow man should flourish throughout the year.

During the holidays, two groups joyously shared with others. The Charlotte Chapter of Links, Inc. sponsored two exciting holiday parties for 200 children at the Anita Stroud Center, located at 222 Edwin St. Also the members of the LPNWW received beautiful gifts and dinner at the home of Mr. and Mrs. Norman Little.

Because 200 children were to be entertained by the members of Links, Inc., two parties had to be given - one for the elementary students, and the other for junior high students.

During the first party, which began at 1 p.m., delicious refreshments were served. The movie, "Little Brown Burro," was also shown and Santa Claus made a surprise visit. Connecting Link Gerson Stroud played Santa Claus.

The second party began at 3 p.m. The junior high students watched "The Night The Animals Talked." Santa was played by connecting Link Eddie Byers.

Each child at both parties received a gift.

This project was directed by the Services To Youth Committee. Lois Byers is president of the Charlotte Chapter of the Links, Inc.



The Charlotte Chapter of the Links, Inc. share holiday love during two parties for over 200 local children.

Chairperson to the Service To Youth

Committee is Thelma Ladd. The Links, Inc. club is composed

of 33 local ladies. "We wanted to do something for the children in the

community," stated Ms. Ladd. "We also have a clothes closet for the youth, we've taken the children to the "Muppet Show" at Discovery Place and we plan to continue several other activities with the children throughout this year."

Also flourishing hearts filled with love were gathered at the home of Mr. and Mrs. Norman Little on Sao Paula Drive. The visit was to all of the LPNWW club members. They were given Oscar De La Renta perfums and soap. There was also a delicious dinner consisting of baked chicken, dressing, peas and carrots, string beans, cranberry sauce, ham, congealed salad, fruit cake and rolls.

Members in attendance included Bleaker Mayfield, Lena Watkins, Mary White, Lorine Potts, Alberta Stowe, Bertha Sowell, Bessie Cairns, Eva Boyd, Quessie Brown, Blandella Simmons and Lucille Fulle. The club would like to thank Mrs. White and her daughters, Debra and Mrs. Little.

SOLOMON LODGE

Solomon Lodge No. 257 brought Christmas cheer to two families. Illustrious Robert Erwin, 33rd Deputy Grand Master for the State of North Carolina and Worship Master for Solomon Lodge No. 257, and Noble Robert Young, Junior Warren for Solomon Lodge 257, made the presentations.

Groceries are given yearly on Thanksgiving and Christmas from referrals made by Social Service agencies.

READ THE POST

FIRST MT. CALVARY
The Young Adult Choir will sponsor a gospel concert Sunday, January 13, at 6 p.m. Featured on the program will be the Marvin and Wesley Chapel Choir, the Union County Men's Choir, the Steels Creek Presbyterian Church Choir and special guest guitarist, Tim Jordan. Proceeds from this function will go towards the purchasing of a church organ. Please come and bring a friend. The church is located at 209 W. 28th St. Woodrow Richardson is the musical director and Rev. James Hawthorne is the pastor.

REEDER MEMORIAL

"Preparing to Build the Kingdom," is the timely theme for the kick-off to Reeder Memorial Baptist Church's building fund program. The program officially starts Sunday, January 13, at 2:30 p.m. at Temple Chapel Baptist Church, located at 900 September Lane. Guest speaker for the event will be Dr. Andrew Chisolm of Gethsemane Baptist Church, Chester, S.C. He is to be accompanied by his choirs and members of the congregation. Reeder Memorial Baptist Church is currently holding services at Metrolina Funeral Home Chapel, 3715 Beatties Ford Rd. Rev. C. Donald Steger is pastor.

Most People Underestimate The "Cure" Rates For Cancer

By Audrey C. Lodato
Post Staff Writer

In 1994 alone, 148,000 people in this country died needlessly of cancer. Put another way, that's approximately one-third of the nation's 450,000 cancer deaths that could have been saved with early detection.

Karen Bohr is Director of Public Education and Information of the Mecklenburg Unit of the American Cancer Society. "The population has a lot of preconceived notions about cancer that aren't true," she declared. Among these are that cancer is contagious, that cancer can be caused by a bruise, that surgery can make cancer spread, and that if you have cancer, you're going to die. These last two are especially dangerous, as they keep people from going to a doctor. "Most people underestimate the cure rates for cancer," she asserted.

Ms. Bohr provided some information on cancer in Mecklenburg County. These estimates are based on projections from national averages.

- In Mecklenburg County, 4,000 people are alive and cured of cancer.

- The estimated number of cancer cases under medical care in 1984 was 2,100.

- Approximately 750 people in the county died of cancer in 1984.

- About 1,300 new cases of cancer were found in 1984.

- Four hundred and eighty-eight people were saved from cancer in 1984.

- At present rates, it is estimated that 112,000 (or one out of four) Mecklenburg County residents will develop cancer at some time in their lives.

- If present rates continue, 72,000 county residents will die of cancer.

Bohr stressed that cancer rates are subject to change. If we make some changes in our lives, "It's estimated that smoking accounts for 30 percent of all cancers," she remarked. "If people stopped using tobacco, about 30 percent of all cancer would disappear." But tobacco use is only one factor in the

Second in series

cancer story.

"Personal lifestyles make a significant impact," the cancer educator stated. "Some early estimates of research on diet indicate that 30 percent of cancers are caused by diet." Bohr added that the research would not be complete for several years yet.

Meanwhile, there is still much that individuals can do to help prevent cancer or to find it early enough for treatment to be successful. "It's true with just about every type of cancer, that the earlier it's found, the greater the chance for cure," Bohr pointed out. Among the things people can do to help themselves, according to the Cancer Society, are to stop smoking or using chewing tobacco, avoid overexposure to the sun, modify their diets, know the warning signs of cancer, perform self-examinations, and take early detection tests. Bohr noted that 75 percent of colorectal cancer patients could be saved by early detection.

The American Cancer Society has put out two new pamphlets, "Cancer Facts for Men" and "Cancer Facts for Women," which cover high incidence cancers in both sexes, highlight risk factors for these

cancers, and discuss specific tests for detecting the disease before symptoms appear.

Both leaflets cover lung, skin and colorectal cancer; the leaflet for women adds cancer of the breast and uterus; the men's version includes prostate and testicular cancers.

Lung cancer is the leading cause of cancer deaths among men, and according to present rates will soon surpass breast cancer across the nation as the number one cancer killer of women. Both "Cancer Facts..." emphasize that not smoking is the best preventive measure against lung cancer. In fact, approximately 83 percent of lung cancers in men and nearly 50 percent in women can be attributed to cigarettes.

Another high-incidence cancer in both sexes, colorectal cancer is responsible for approximately 30,000 deaths a year in women and 28,000 in men. Yet, according to "Cancer Facts..." three out of four of these patients could be saved by early detection and appropriate management. Early detection tests include the digital rectal exam, stool blood test and sigmoidoscopy exam.

Breast cancer, discussed in "Cancer Facts for Women," is the leading cancer killer among women

in this country, accounting for some 37,000 deaths per year, and an estimated 115,000 new cases.

Since about one in 11 women will develop breast cancer in her lifetime, breast self-examination (BSE) should be learned and practiced beginning in a girl's teenage years. The leaflet describes mam-

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ADAMS-METROPOLITAN AME CHURCH

500 Yorkmont Road Charlotte, N.C.
Reverend Mayo L. Rich, Pastor

Miracle-85: Adams-Metropolitan AME Church will begin its "Charter Membership Drive" Sunday, January 13, 1985. If you are living in Charlotte, and would like to become a part of a growing spiritual institution, Adams-Metropolitan AME Church invites you to come and worship with them at their special "Charter Worship Service" beginning Sunday, January 13, 1985, at their 11:00 o'clock morning worship services. Sunday School is at 9:45, Bible and prayer service, Wednesdays, 7:30 p.m. These services are now being held in their new Church facilities located at 500 Yorkmont Road. A friendly Church. A Church where everybody is somebody. Your friendly Pastor is Reverend Mayo L. Rich.

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For whosoever shall call upon the name of the Lord shall be saved.

-Romans 10:13

Greater Mt. Sinai Baptist Church

1243 W. Blvd.

Sunday School: 9:45 a.m.
Worship Service: 11 a.m.

Rev. Norman E. Kerry - Pastor

"Where Christ Is Preached, As He Is, To Men As They Are"

332-2163

Friendship Baptist Church

Dr. Clifford A. Jones, Sr. - Pastor

3391 Beatties Ford Road

Sunday Schedule:
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9:45 a.m. - Sunday School
11:00 a.m. - Morning Worship

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