

Editorial

Recycling Makes Sense

We can all learn a valuable lesson from our children if we follow the example provided by the children of the Marshall Elementary School.

The efforts of Marshall's children were recognized last week by Quality Forward, an organization that promotes community pride.

Since the county opened the new garbage collection center in Marshall, we have heard a chorus of complaint regarding the new center.

We Americans produce more garbage than any people in the history of the world. Poke through your trash at home some time and see what you find.

The garbage will also have any number of empty glass jars and bottles. Glass that can easily be reused if recycled.

If we recycle all that paper, and glass and aluminum and table scraps, there's not much left in the trash can, is there.

If we can only come up with a use for those empty plastic milk jugs, we'll have the problem solved.

Liberty

"Our liberty depends," Thomas Jefferson once said, "on freedom of the press, and that cannot be limited without being lost."

That is a comment worth more than passing thought on this, the last, day of newspaper week.

While Jefferson's reference was to the printed media, it was — and still is — no less true of the public at large.

It is a common misunderstanding that the founding fathers reserved some special privilege to the press. They did not. Their purpose was to guarantee free expression to all people and to all mediums of communication.

No reporter, no editor, no newspaper has any right not given every other private citizen.

Free expression is the strength of democracy. Correctly informed, we can make the decisions necessary to

govern ourselves.. Incorrectly informed, we will stumble, eventually succumbing to those who command the most force.

To foster free expression, to encourage a free exchange of views, is the purpose of the people's forum which runs on this page.

We do not ask any writer to agree or disagree with any view — not with the view of this newspaper, its editor, any writer, or any other individual, group or organization.

Liberty is a precious and fragile commodity.

The first step in assuring it for any of us is guaranteeing free expression for all of us.

The MOUNTAINEER
Waynesville, N.C.,

Heard And Seen

By POP STORY

OUR AMERICAN FLAG

Thanks to Otto Henderson for sending me the following clipping from an out-of-state newspaper that I think is timely and appropriate:

HELLO! REMEMBER ME?

Some people call me Old Glory, others call me the Star Spangled Banner, but whatever they call me, I am your flag, the Flag of the United States of America...

I remember some time ago people lined up on both sides of the street to watch the parade. Naturally, I was leading the parade, proudly waving in the breeze...

And you, I remember you. Standing there straight as a soldier. You did not have a hat, but you were giving the right salute.

What happened? I'm still the same old flag. Oh, I have a few more stars since you were a little boy.

But know I don't feel as proud as I used to. When I come down the street you just stand there with your hands in your pockets, and I may get a small glance and then you look away.

Is it a sin to be patriotic anymore? Have you forgotten what I stand for and where I've been? Anzio, Guadalcanal, Korea, Vietnam.

those who never came back after fighting to keep this Republic free...One Nation Under God...when you salute me you are actually saluting them.

Well, it won't be long until I'll be coming down your street again. So when you see me, stand straight, place yur right hand over your heart...

ENJOYABLE OCCASION

Judson Edwards and I enjoyed going to Mars Hill Oct. 8, where we participated in a checker "tournament," as part of the all-day festivities in conjunction with the Bascom Lamar Lunsford Festival...

We appreciate the invitation by Sharon Carter and Dr. Hal Herzog to be there and take part in the festivities. We enjoyed it.

"KNOW COMMENT" ENJOYABLE

The Rev. Joseph Godwin's weekly column, "Know Comment," printed on this page is a fine addition to this newspaper and is certainly well written.

Last week's column was especially interesting and was so true.

It is my pleasure to add my "Amen" to what Mr. Godwin wrote and I am looking forward to reading his column each week.

Know Comment

By JOSEPH GODWIN



Modern Miracles

My neighbor was mowing the steep part of his yard when his left foot slipped under the mower. The mower, insensitive as it was — and no respecter of toes — cut off his big one and left it on the lawn.

That thrilled me. The skill of some people in the medical profession!

I have a friend, a radiological physicist, who can deliver cobalt therapy to the exact spot where it is needed.

The time was when if one developed deafness, he remained deaf and there was little or nothing to be done about it.

Since it was first begun as a surgical procedure in South Africa several years ago, the heart transplant has attracted

worldwide attention. At first hailed as the farthest outreach of surgical pioneering, it later was declared unsuccessful because the patients were not routinely restored to full strength and activity for extended periods of time.

Now, medical science is taking a closer look — along with the development of artificial, or mechanical, hearts — and our hopes are once more very much alive.

What has amazed me most in recent years is the ability to change the blood supply in an unborn baby when defective or dangerous blood has been detected!

Consider the progress that has been made in the development of miracle drugs, according to the most reliably frequent commercials on television, nobody need ever again suffer pain from the swelling of hemorrhoidal tissues.

right preparation, and shrink those painful tissues!

If anybody suffers from back pain these days, he suffers needlessly. There is a certain pill on the market — or on T.V. — which will relieve that pain long enough for you to go bowling!

But I personally believe that, in spite of all of this excellent and commendable progress, the medical and pharmaceutical geniuses are exerting themselves in the wrong direction.

Instead of worrying about headaches and backaches — and other trivial matters — they should be trying to develop a permanent cure for bellikain.

When that happens, that will be the day!

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If anybody suffers from back pain these days, he suffers needlessly. There is a certain pill on the market — or on T.V. — which will relieve that pain long enough for you to go bowling!

There should never be any more colds, stopped or running noses, nor blocked sinuses. Headache pain is also for those who cannot afford television commercials! I know there are many fool-proof cures for all of these troubles — as well as for loose dentures! Otherwise, the people on television would not tell us so!

But I personally believe that, in spite of all of this excellent and commendable progress, the medical and pharmaceutical geniuses are exerting themselves in the wrong direction. Their priorities are wrong! Instead of worrying about headaches and backaches — and other trivial matters — they should be trying to develop a permanent cure for bellikain.

When that happens, that will be the day!

Living And Growing

By CARL MUMPOWER, MSW
The Asheville Counseling Center

I got the call late one evening from someone who had been in therapy for some months. "I did do it," she said.

It's strange, but there's a tendency among those who have been sexually abused at an early age to blame themselves. Often, they wonder what was wrong with them to lead their father or other men to do this to them.

Only rarely does a sexually abused child reach out for help. Fear of reprisal, or worse, fear of not being believed, can keep a child's voice silenced forever.

cases, it does a tremendous amount of damage. The scars can last a lifetime.

Women who are abused as children have a tendency to generalize their experience to all men. If one's own father would sexually use them, then surely other men have the same, or worse, selfish drives.

God didn't create sex as a bad thing. He doesn't operate that way. He leaves it to us to channel sex into good or bad directions at our own discretion.

Sexually abusing a child or teenager is right at the top of ways to misuse sex. If for no other reason than the far-reaching consequences that it entails.

Fathers who abuse their children immediately cease to be daddy. Girls who are abused, in many ways, lose their childlike innocence, hope, openness, and joy. Incest is a very costly involvement.

Some of you reading this article know exactly what this is all about. If you are on the giving end of this sad type of relationship, make an effort to stop and find out where this kind of drive is coming from.

to you in the distant past, find some professional help. The scars probably run deep, too deep probably for you to repair on your own.

Editor's Note: "Living and Growing" is a community service article provided weekly by this newspaper and the Asheville Counseling Center. If your club, church or civic organization would like to have Carl Mumpower as a speaker, call us here at The News Record. He would be happy to share his "Living and Growing" message.

to you in the distant past, find some professional help. The scars probably run deep, too deep probably for you to repair on your own. The pain of yesterday can be a foundation for the pain of tomorrow if we don't work it through...

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