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. In order to raise funds for a school project, the children began a clean-up campaign to collect aluminum cans. Before these industrious kids were finished, they had collected more than 31,000 empty beer and soft drink cans. At 42 cents per pound, the aluminum cans will go a long way toward helping the school.

The efforts of Marshall's children were recognized last week by Quality Forward, an organization that promotes community pride. The school was presented with Quality Forward's White Glove award for contributing to a cleaner community. We would like to add our thanks and congratulations to the school children for a job well done.

Since the county opened the new garbage collection center in Marshall, we have heard a chorus of complaint regarding the new center. We still believe that the centralized garbage site can work effectively, if Madison County residents will give it a chance. The new centers will work effectively if adults will follow the example set by the Marshall school children.

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. There will no doubt be a great deal of disposable packaging because American products are presented to consumers with bright, flashy packaging that does nothing for the products we buy except contribute to their cost. Most of this packaging is made of paper, a recyclable material.

The garbage will also have any number of empty glass jars and bottles. Glass that can easily be reused if recycled. Then there are those aluminum cans that the Marshall children collected. Again, recyclable at 35 to 45 cents per pound. Table scraps, coffee grounds and egg shells? Start a compost pile and help your garden grow.

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 produce less trash, we'll need to make fewer trips to the trash site, saving gas.

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. History is littered with evidence.

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. We invite comment on any matter of public interest and ask only that it be kept within the bounds of good taste and the laws that protect the free expression of us all.

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...Something has been bothering me, so I thought I might talk it over with you...because it's about me and you.

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 when your daddy saw me coming, he immediately removed his hat and placed it on his left shoulder so that the hand was directly over the heart...remember?

And you, I remember you. Standing there straight as a soldier. You did not have a hat, but you were giving the right salute. Remember little sister? Not to be outdone she was saluting the same as you with her right hand over her heart...remember?

What happened? I'm still the same old flag. Oh, I have a few more stars since you were a little boy. A lot more blood has been shed since those parades of long ago.

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. Then I see the children running around and shouting...they don't seem to know who I am...I saw one man take off his hat, then look around, he didn't see anybody else with theirs off, so he quickly put his back on.

Is it a sin to be patriotic anymore? Have you forgotten what I stand for and where I've been? Anzio, Guadalcanal, Korea, Vietnam. Take a look at the Memorial Honor Rolls sometime, of

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...and I'll salute you by waving back...and I'll know that...you remembered!

ENJOYABLE OCCASION

Judson Edwards and I enjoyed going to Mars Hill Oct. 8, where we participated in a checker "tournament," as part of the allday festivities in conjunction with the Bascom Lamar Lunsford Festival held on the college campus. Several young people and adults participated, but Judson and I were lucky enough to win every game against "all-comers." We really enjoyed playing checkers for about two hours and when there were no opponents left, we attended the Savannah State-Mars Hill football game.

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

his left foot slipped under the to be done about it. Not any of surgical pioneering, it later mower. The mower, insen- more! Skilled hands now sitive as it was - and no readily construct new little respecter of toes - cut off his plastic bones for the ear - the big one and left it on the lawn. hammer, anvil, and stirrup.

back on. Just like that! Within Just like that! a surprisingly short time, my If it is an ear drum that is neighbor was walking comfor- needed, the surgeon will tably; and he said the once er- snitch a small piece of blood rant toe did not hurt him at vein from the patient's body,

some people in the medical install it as a brand new ear profession!

seems that longer strides of marvelous! greater significance than this I know of several people who are almost commonplace.

deep in heavy tissue, in the so am I!

My neighbor was mowing deafness, he remained deaf worldwide attention. At first right preparation, and shrink the steep part of his yard when and there was little or nothing hailed as the farthest outreach those painful tissues! The man's wife immediate- When these are implanted by ly took him and the toe to the a surgeon in a very common hospital 20 miles away where procedure, the formerly deaf a skilled surgeon sewed it person hears again. Snap!

cut a still smaller section into That thrilled me. The skill of the proper shape and size, and drum. It works wonderfully On further consideration, it well, and I think that is

get about quite well on plastic I have a friend, a hips with little or no pain and radiological physicist, who no restriction of movement. can deliver cobalt therapy to The orthopedic specialists of the exact spot where it is need- 100 years ago would have been ween the lens and the retina, reaching developments, and

body. I marvel at such skill! surgical procedure in South suffer pain from the swelling ing to develop a permanent of hemorrhoidal tissues. Just cure for belliakin. developed conduction heart transplant has attracted

was declared unsuccessful because the patients were not routinely restored to full tended periods of time.

Now, medical science is tak- bowling! ing a closer look - along with or mechanical, hearts - and much alive.

What has amazed me most in recent years is the ability to there are many fool-proof change the blood supply in an cures for all of these troubles unborn baby when defective or dangerous blood has been tures! Otherwise, the people detected! Drain out the bad on television would not tell us blood and supply good blood - so! before birth!

"bad blood" and kept it!) hurry to the drugstore, buy the

If anybody suffers from

back pain these days, he suffers needlessly. There is a certain pill on the market - or on strength and activity for ex- T.V. - which will relieve that pain long enough for you to go

There should never be any the development of artificial, more colds, stopped or running noses, nor blocked sinuses. our hopes are once more very Headache pain is also for those who cannot afford television commercials! I know - as well as for loose den-

But I personally believe (However, I know some peo- that, in spite of all of this exple who made life miserable cellent and commendable profor others because they had gress, the medical and pharmaceutical geniuses are exer-Consider the progress that ting themselves in the wrong has been made in the develop- direction. Their priorities are ed. This may be in the eye bet- astounded at such far- ment of miracle drugs, accor- wrong! Instead of worrying ding to the most reliably fre- about headaches and quent commercials on televi- backaches - and other trivial bone, or anywhere else in the Since it was first begun as a sion, nobody need ever again matters - they should be try-

> When that happens, that will be the day!



Steve Fermison

THE NEWS RECORD

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I got the call late one even- cases, it does a tremendous ficulties. Sexual abuse serves tion. Sexually abusing a child to you in the distant past, find

By CARL MUMPOWER, MSW The Asheville Counceling Center

immediately began to pour out a story about having had sex with her father. It was like listening to air escape from a bailton. All of the bottled up teelings came out in a whoosh of pain. It was a good, but sad phone call. Good because it got part of the pain out. Bad because it symbolized all the type of the pain out. Bad because it symbolized all the type of the pain out of the pain out for the pain out for the pain out for the pain out for the pain of tommorrow are abused, in many ways, lose their children immediately can be a foundation. If you are on the pain of the pai cles, can become magnified and channel sex into good or bad who can thoughtfully help you to all lead to other emotional dif-directions at our own discre-finite way out. If it's happened

I got the call late one evening from someone who had amount of damage. The scars as the foundation for many been in therapy for some months. "I did do it," she said. I lit's strange, but there's a asked her to tell me about what she had done, and she immediately began to pour out an early age to blame immediately began to pour out an early age to blame children have a tendency to the serves as the foundation for many as the foundation for many or teenager is right at the top some professional help. The scars probably run deep, too other reason than the farticulties. Sexually abusing a child or teenager is right at the top of ways to misuse sex. If for no other reason than the fartentage is right at the top of ways to misuse sex. If for no other reason than the fartentage is right at the top of ways to misuse sex. If for no other reason than the fartentage is right at the top of ways to misuse sex. If for no other reason than the fartentage is right at the top of ways to misuse sex. If for no other reason than the fartentage is right at the top of ways to misuse sex. If for no other reason than the fartentage is right at the top of ways to misuse sex. If for no other reason than the fartentage is right at the top of ways to misuse sex. If for no other reason than the fartentage is right at the top of ways to misuse sex. If for no other reason than the fartentage is right at the top of ways to misuse sex. If for no other reason than the fartentage is right at the top of ways to misuse sex. If for no other reason than the fartentage is right at the top of ways to misuse sex. If for no other reason than the fartentage is right at the top of ways to misuse sex. If for no other reason than the fartentage is right at the top of ways to misuse sex. If for no other reason than the fartentage is right at the top of ways to misuse sex. If for no other reason than the fartentage is right at the top of ways to misuse sex. If for no other reason than the fartentage is right at the top of