

Opinion



REFLECTIONS on Religion and Life

Rev. Dick Newsome
Pastor
First Presbyterian Church

Thank God for freedom

Though it may seem an odd thing in these days leading up to Independence Day to listen to the thoughts of one from beyond our shores, we allow it and even embrace it because we know that the best reflections about America often come from afar. And reflecting upon America was precisely the goal of a French historian of the early 19th century named Alexis de Tocqueville.

Travelling from port to port, reading, observing, listening, de Tocqueville went about the business of capturing a perspective of our most unusual nation. And when his travels were complete, his thoughts were compiled in a wonderful book, "Democracy in Action."

When America first gained access to his thoughts, many had a difficult time knowing whether to love or hate de Tocqueville. In the ways of a great historian, his thoughts are neither exclusively positive nor negative. For instance, in regard to our overactive appetite for all things material he writes,

"The love of wealth is therefore to be traced, as either a principal or accessory motive, at the bottom of all that Americans do." (Part III, 17).

Ouch! But by the same token, he clearly fell in love with the place he saw.

"America is a land of wonders, in which everything is in constant motion and every change seems an improvement." (Part I, 18).

But more than any other element of American life, this Frenchman was fascinated by our deeply-held feelings about the freedom of religion. He found it fascinating that a group of people could have so strong and so compelling a faith in God, and yet be able to restrain their fervor in relation to those who held different views. As a man from a country dominated by one particular way of faith, he was awestruck at the possibility of a place where great enthusiasm and great tolerance could live side-by-side. And in the understanding of how rare that combination is, we must know that de Tocqueville's awe and wonder and thanks should be ours as well.

In this time when the blessings of country come upon us, may we thank God for that freedom. And as each blessing comes necessarily with a responsibility, may we realize again that our freedom means not only our right to practice the religion of our choice, it means also our tolerance and respectful allowance of views other than our own.

TODAY'S BIBLE VERSE

"A good man out of the good treasure of his heart brings forth good; and an evil man out of the evil treasure of his heart brings forth evil. For out of the abundance of the heart his mouth speaks."

-Luke 7:45

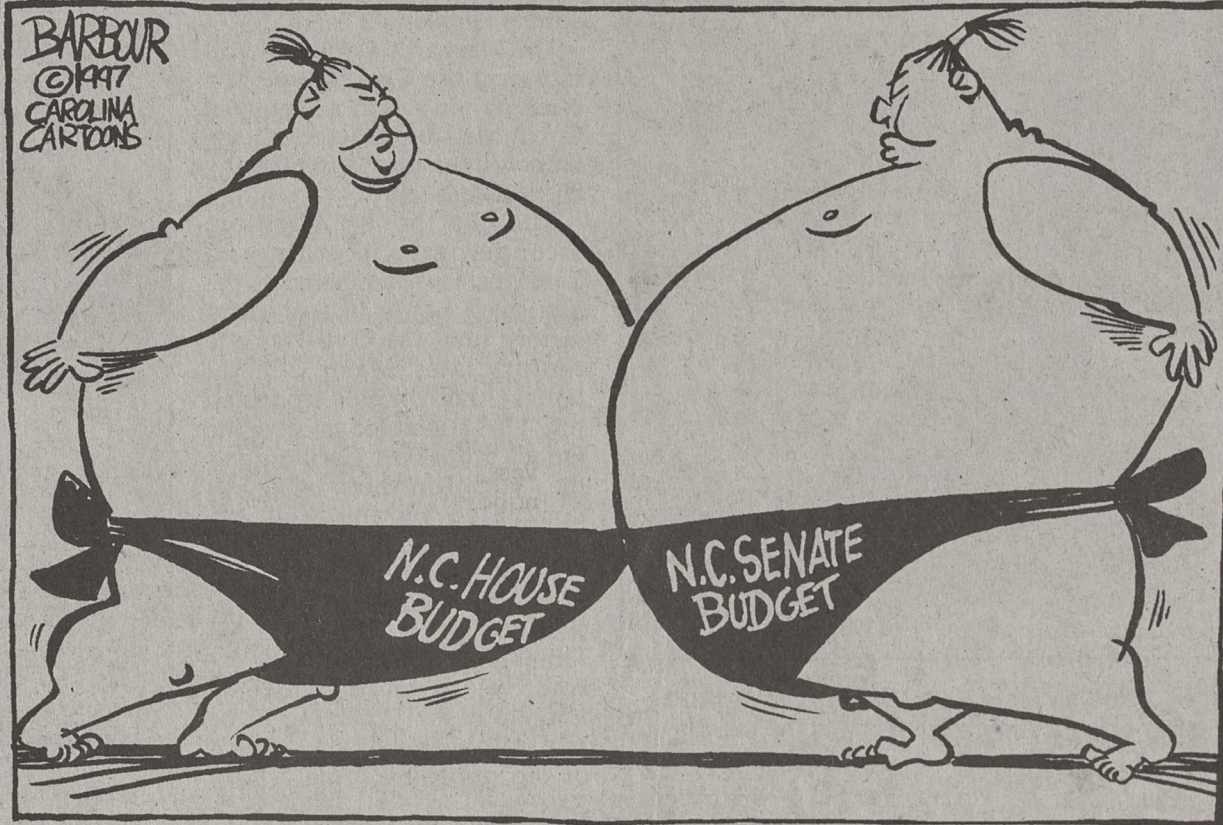
HERALD NEWS DEADLINES

The Herald welcomes your news for publication in each Thursday's paper. We ask that you observe these deadlines:

■ Deadline for A section news such as city and county government news, obituaries, and sports is 5 p.m. Monday. Reports on meetings and games held on Tuesday night will be accepted until 10 a.m. Wednesday.

■ Deadline for B section news such as women's news, club news, birthdays, school news and church news is 12 noon Monday. Items received after 12 noon Monday will run in other sections of the paper if time and space permit; if not, they will be published the following week.

Cartoonitorial



Cancer prevention and screening

The advances in living standards and health care has markedly improved the life expectancy of most Americans living today to about 80-90 years. Our life may be cut short by a fatal accident, an incurable modern infection or a terrible cancer detected too late to be treated effectively.

The fight against cancer still marches on with a steady reduction in death rates from cancer over the past 5 years. This is the result of advances in cancer prevention, screening, early diagnosis and much more effective treatment. There is still a lot that we do not know about cancer. Genetics or inheritance and the state of the immune system is very important in the growth and spread of most cancers.

Cancers in children, the breast, and the blood stream (leukemia and lymphoma) have much improved survival rates from improved treatment protocols. Widely available prevention education screening plans for cancers of the lung, cervix, breast, large intestine, prostate and skin have led to early detection and treatment and resulted in significantly reduced death rates.

Lung cancer - Never smoking or quitting smoking is the best prevention against lung cancer. Antismoking programs have markedly reduced the cases of lung cancer in adult males. Unfortunately, the increasing use of tobacco in women and teenagers has led to and will maintain an increase in lung cancer incidence and death rates in these groups. Screening for lung cancer with serial chest X-ray and sputum tests for cancer cells have been ineffective.

Cancer of the cervix - The participation of sex at a young age and multiple sexual partners increases one's risk for this cancer in addition to sexually transmitted diseases. The pap smear is a very effective screening tool for the early detection of this cancer leading to reduced death rates from early and effective treatment. Yearly pap smears are recommended for almost all women except those who have had hysterectomies.

Breast cancer - The early detection and cure of breast cancer has been significantly aided by the screening mammogram. The current recommendation for a screening mammogram for women between 40-50 years is every 2 years, and for women over 50 is every year. Women with a strong family history of breast cancer need an earlier and more frequent screening as determined by their doctor.

Colon cancer - This can be prevented with a high fiber, low fat diet and correct barbecuing methods to avoid the generation of cancer caus-

HEALTH

DR. CHRISTIAN ANDERSON
ER Physician, KM Hospital
Internist, KM Walk-In Clinic



ing chemicals in food.

Annual screening tests for very small amounts of bleeding in the bowels help in the early detection of polyps and cancers in the large intestine (colon) and about a 30% reduction in the death rates from colon cancer. If the test is positive for blood, a sigmoidoscopy or a colonoscopy (looking inside the colon with a light) is a good diagnostic tool.

Prostate cancer - This has become a common male cancer over the past 10 years since screening blood tests are commonly used. It is estimated that there will be 334,500 cases in 1997. This early detection before the cancer can be felt with the finger on rectal examination ("DRE") has led to early treatment and great survival rates. It is recommended that men 50 years and over have an annual DRE and PSA blood test

Malignant melanoma - This skin cancer is increasing in incidence due to the increased unprotected sun exposure at work, play, sunbathing and tanning. 40,300 new cases and about 7,300 deaths from malignant melanoma will occur in 1997. Melanoma and other skin cancers arise from healthy skin or from other skin lesions which are flat, asymmetrical, with an irregular border and color.

This can be prevented by limiting unnecessary sun exposure and any kind of tanning and using effective protective sun blocks. Screening is by annual complete inspection of the skin and the biopsy of any suspicious skin lesions for early diagnosis, treatment and cure.

Genetic testing as a screening procedure for cancers still has a long way to go in its interpretation to resolve the puzzle of future cancer risks in individuals.

To achieve our expected long life span and to reduce deaths from cancers requires a healthy lifestyle, and complying with the various cancer prevention and screening protocols including the ones listed above.

Your Right to Say It

Thanks, Central Methodist

To the editor:

We would like to let the community of Kings Mountain know about the generosity of Central United Methodist Church.

The church has given the use of their fellowship hall for the Adult High School Class of Cleveland Community College. Six of our students received their high school diplomas in May, and four more will receive their diplomas in August.

The church and its members have helped these ten students and the others involved in the program gain a better way of life and achieve their goals. We want to thank the members of Central United Methodist Church for their support and community spirit.

Rochelle Dellinger
Barbara Franklin

Support Right to Know Act

To the editor:

What if Congress were presented with legislation that would prevent toxic pollution, enhance Americans' knowledge of toxic hazards in their communities, and save companies money all at the same time? Representatives Henry Waxman (D-CA) and Jim Saxton (R-CA) recently introduced such a bill, the Children's Environmental Health and Right to Know Act.

The theory is simple: Require companies to tell the public what toxic chemicals they use in manufacturing. Where it has been tried under state law - in the major manufacturing states of New Jersey and Massachusetts - this approach has been a huge success.

New Jersey reports that its industries have cut their hazardous waste generation by 50 percent since 1987. Massachusetts recently reported that state industries have reduced their use of toxic chemicals by 20 percent and hazardous waste generation by 30 percent in the last five years. Meanwhile, for the nation as a whole these types of hazardous wastes have increased for the past five years.

At the same time the laws have saved millions of dollars in New Jersey and Massachusetts. A recent survey of New Jersey companies found that for every dollar spent on additional reporting, companies saved an average five to eight dollars in reduced chemical use or reduced toxic waste. A comprehensive analysis conducted in Massachusetts found that companies had saved \$14 million as a result of their Toxic Use Reduction Act.

Nevertheless, since 1989, the chemical industry spent more than \$31 million on political candidates to maintain industry's addiction to toxic chemicals.

Congress should swiftly adopt the Children's Protection and Right to Know Act and protect the people they are elected to serve. Representatives Myrick and Hefner should join the Rep. Clayton from this state who has already signed on to support this important legislation and making it a top environmental priority in this Congress.

Debra Lynn Berry

HERALD LETTER POLICY

The Herald welcomes your letters to the editor for publication in each Thursday's paper. We ask that you use the following guidelines:

Keep letters brief and to the point. Letters in excess of 600 words will not be published. Type and double space them, if possible; if not, write legibly. Letters must be signed in ink and include the full name, address and telephone number of the author.

The Herald reserves the right to edit letters for spelling, good taste, libelous or slanderous statements or any other reason; and the Herald reserves the right to reject letters for any reason.

Mail letters to the Editor, P.O. Box 769, Kings Mountain, NC 28086; fax them to (704) 739-0611; or bring them by the Herald office on East King Street at Canterbury Road.

Kings Mountain Herald

Published every Thursday • Second Class postage at East King Street at Canterbury Road, NC 28086
USPS 931-040 by Republic Newspapers, Inc.
Postmaster, send address changes to:
P. O. Box 769, Kings Mountain, NC 28086
• Phone (704) 739-7496
• Fax (704) 739-0611
Office: 824-1 East King Street, Kings Mountain, NC 28086

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Mail Subscription Rates
Payable in Advance.
All Prices Add 6% NC State Sales Tax.

	1 Year	6 Months
Gaston & Cleveland Co.	\$18.02	\$10.60
Other NC Counties	\$20.14	\$11.66
Outside NC	\$23.32	\$13.25

Sidewalk Survey

• By Elizabeth Stewart

How do you plan to spend your summer vacation?



PAULA JACKSON
Homemaker

"I plan to spend time with my three children."



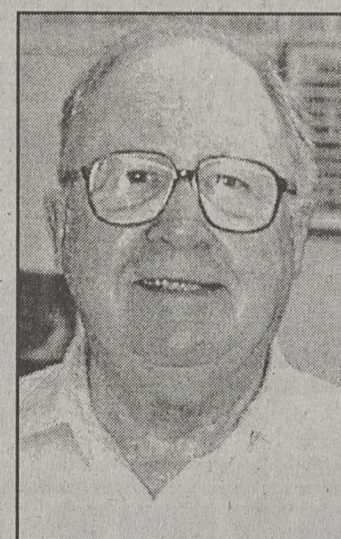
ANGIE BORCHERT
Police dispatcher

"I plan to take my two kids to the beach."



TINA WOOD
Drug store employee

"I plan to spend time with my family."



WILSON GRIFFIN
Retired druggist

"Enjoy summer in KM and catch up on home chores."



MELISSA GORE
Student

"Doing stuff with youth at East Gold Wesleyan Church."