

Living Well

Fly by radio
Club holds fly-in
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Daily Spectrum, Monday, February 18, 1991

Dr. Craig Booth

Breast cancer is terror

No other illness produces as much anxiety and fear in women as does breast cancer. This fear is not only constant but also is reinforced constantly by the news.

This fear results partially from the alarming imagery associated with the disease and partially from the misinformation from friends and family and incomplete education from the health care team. However, even the most objective and careful education and explanation cannot significantly reduce the fear for many women.

Mammograms are a major breakthrough in helping physicians detect cancer of the breast associated with the disease but just getting one done can be a major fear for many women. The mammogram is an x-ray of the breast tissue completed by specially trained technicians in the x-ray department.

The films are read by a radiologist and the results are given to the physician within one or two days. Most offices invite the patient to call for the results within two or three days. Making the patient wait longer for the results is cruel and unusual punishment to the breast cancer patient.

Even though mammograms and laparoscopies are tremendous sources of anxiety and worry, they have greatly assisted patients and physicians in more accurately dealing with breast disease.

Breast cancer surgery will be discussed in subsequent articles. If you have any questions or suggestions, write to Craig J. Booth, M.D., 4300 Main Street, Cedar City, Utah 84701.



CEAR CITY — Donally Capchar (left) and John Smith of the Iron Parke Corporation in Cedar City work on a pair of craft projects in the home's recreation room. The IPC acts as a supervised

Choices: Key to freedom

Apartments give handicapped persons a new world

CEAR CITY — "It is the intent of the Iron Parke Corporation to provide a setting and environment wherein the dignity and personal worth of each client will be enhanced," announces the official corporate philosophy statement on the website that will follow human development projects at Cedar City. The IPC provides services to handicapped persons and their families. The IPC provides services to handicapped persons and their families.

As an example, Parke said since one of the IPC residents qualify for driver's license, Wal-Mart has established a special system for them check out items. The IPC also provides services to handicapped persons and their families.

Parke and her staff are aided in their efforts by several technology and "high-tech" services. The IPC provides services to handicapped persons and their families.

"We don't want a free ride, but we are willing to work with us," said Wim of the community program. The IPC provides services to handicapped persons and their families.

Parke is presented with choices that would be available to her in a more traditional institution setting. The IPC provides services to handicapped persons and their families.

Choice is the buzzword of the day for the IPC, and the residents are divided into three separate groups to allow a range of selections.

As Wim is quick to mention, the IPC works to offer an environment in which development can occur while keeping a close watch on the well-being of each and every resident.

"We offer them choice," Wim says simply. "It is structured choice, but it is choice."

"Many of our residents used to be in nursing homes, and this is the first time they have had a place of their own in 70 years. And the reason they can do it is because we help them with the skills they need to be independent."

— Jan Parke, Corporation president

Hot, Hip & Happening

Books
SEEKING KENYA AS A CHILD
NEW YORK (AP) — "Some places are so different from what you expect that you can hardly believe they're there. There are also times when you wish you were never there."

It's not just the capital of Kenya and it's not in the rain forest. It's the capital of Kenya and it's not in the rain forest.

"Kenya, James!" (Hedford Press, \$11.95) follows the young traveler on the family's journey. The young narrative reports on how youngsters in Kenya cheer and wave their hair, and what they do for fun.

"Kenya, James" is the second in the publisher's "Passages in the World" series. It contains text, illustrations, photographs and a learn-along cassette.

THE NEWSROOM BEFORE COMPUTERS
BY THE ASSOCIATED PRESS — Words are his business, and Lewis Grizzard knows them around his coffee to make people laugh. His autobiography is as hilarious as an evening of a comedy club.

"I'll Ever Get Back to Georgia, I'm Gonna Nail My Feet in the Ground" is a humor book about what went on in newsrooms before computers replaced manual typewriters and the glue pots used to paste pages together.

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MARSH WINNERS NAMED
ST. GEORGE — Awards for several pieces of winning art shown from 12 paintings by artists on display at the Fourth Annual Invitational Art Show at the Drake College Craft Fine Arts Center.

MUSIC
COUNTRY SINGLES
BY THE ASSOCIATED PRESS — The following are the top record hits and include popular compact disks as they appear in next week's issue of Billboard magazine. Copyright 1991, Billboard Publications, Inc. Reprinted with permission.

- 1. "Walk on Faith" Mike Ford (Columbia)
- 2. "Brother Jonathan" Mark Chesnut (MCA)
- 3. "I've Got Me To You" Joe Diffie (Epic)
- 4. "Baby's Come Around" Paul Overstreet (RCA)
- 5. "You've Got to Stand For Something" Arnie Tipton (RCA)
- 6. "You've Got to Know How to Say Goodbye" Doug Stone (Epic)
- 7. "I Can See You Leaving" Conway Twitty (MCA)
- 8. "Little Things" Marty Stuart (MCA)
- 9. "Living Blind" Clint Black (RCA)
- 10. "What a Day to Go" Ray Kennedy (Atlantic)
- 11. "Home In" Bill Medley (RCA)
- 12. "Don't Tell Me What to Do" Pam Tillis (Arista)

MISCELLANEOUS
CHOCOLATE TONICS
BY CULBERTSON'S SERVICE — Chocolatons may seem like a sugary chocolate treat, but it's a healthy snack. It's a healthy snack.

Chocobon's cocoa marketing board is studying possible non-traditional uses for the cocoa tree — roots, leaves and all.

Out and About
Duke College musical, "1776," 8 p.m., Graff Fine Arts Center.
"Breathless" Fine Arts Gallery Exhibition, Large gallery, 7-9 p.m., Faculty Exhibit, small gallery — David Smith photography.
"Epic Invitational Art Show," 8 a.m. - 4 p.m., Graff Fine Arts Center.