

Grand Rapids, MI group at Christ's Outreach for the Blind

The challenge: Proverbs 3: 5-6 and the theme "Lean on Me." Would you be ready to step up to a challenge like this? Well, nineteen people from First Cutlerville Christian Reformed Church did! The pastor, Dan Griffler (51 and holding), challenged himself and the rest of his volunteer mission group to lean on God throughout their week of work at Christ's Outreach for the Blind.

The group was geared up to come on this mission trip. When asked why they wished to come, the group responded that they came in order to serve others and God, to get out of their comfort zone, and for a travel experience. Personally, I believe that they did accomplish all of this! The First Cutlerville Group helped with

moving rocks to help build the retaining wall around the pool, fence in the garden, unload a truck of tile, and planted trees.

This volunteer group truly worked as a team. David Terhaar remarked that, "We all learned new trades. We learned how to do different things to benefit others and the group." Holly Hoolesma also said, "As a group, we got a lot closer than when we first arrived - we learned how to work together."

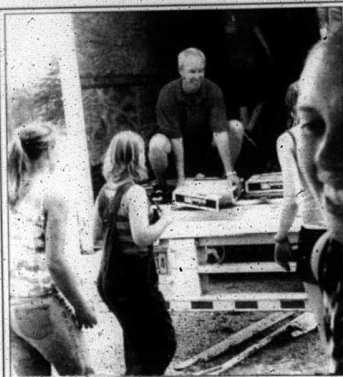
If you have any questions about our needs, or would like to find more out about the camp, please contact Mike Gates at 1-606-256-8888, or visit our website at www.bhfind19.com.



Emily Bosma, Heather Davies and Pastor Dan Griffler planting trees.



Roger Sterk wiring the Garden House.



Dave Fennema and group unloads tile.



Emily Bosma, Jess Steenwyk and Holly Hoolesma digging a trench for wiring of greenhouse.



Emily Bosma and Holly Hoolesma cleaning the pond.

Colposcopy: A great tool for cancer prevention

A colposcopy is one of the tests that can help determine the exact cause of an abnormal Pap test. The following is adapted from information provided by Adrienne Dague-Cooke and Adrienne Carlisle, who write for Teenwrite.org.

A colposcopy is often performed to find the reason for an abnormal Pap test, although this is not the only reason colposcopy is performed. And in case you're wondering, the colposcopy does not hurt! The colposcope shines a bright light on the cervix and magnifies it so that the cells are easier to see. Sometimes, a small sample of the cells must be taken, in a procedure called a biopsy. The sample of cells is then sent to the lab. The colposcopy is important because it offers a more definitive reason for an abnormal Pap test.

The results of the biopsy are classified according to the degree of cell changes that exist. It's important for women to get the results of their colposcopy and biopsy explained to them and to keep a record of the dates and category of any abnormal results. It is also essential to get follow-up Pap smears as often as your health provider recommends.

If the biopsy confirms that cervical cell abnormalities require treatment, there are several choices available. Most abnormalities can be removed in a simple, in-office procedure that usually requires no anesthesia. If abnormal cells are destroyed or removed either by freezing (cryosurgery), burning (cauterization), using a laser (laser therapy), or using an electric wire (electrosurgery). If abnormal cells get into the canal of the cervix, a surgical procedure in which a cone-shaped piece of tissue is removed from the center

of the cervix may be recommended. If invasive cancer is present, surgical removal of the uterus, called a hysterectomy, may be necessary.

Cervical cancer is one of the most preventable of all cancers because Pap tests can detect cell changes long before they progress to cancer and the colposcopy can help determine how severe the changes are.

If your health provider recommends colposcopy, don't put it off for months. Go ahead and schedule it. Most of the time everything is fine. But if it isn't, you don't want to delay treatment any longer than necessary.

And if you smoke, have a history of genital herpes or human papilloma virus (HPV), or have more than one sex partner, it is especially important because the risk of cervical cancer is increased.

So remember: An abnormal Pap test usually does not mean cancer.

Ask questions about how your Pap test was classified and what the results mean.

Make sure you know what options are available to you.

If colposcopy is recommended, get it.

Visit your health care provider for all follow-up appointments.

This article is brought to you by Mountain Maternal Health League Planned Parenthood, Inc. with support from the United Way of the Bluegrass and the Berea College Appalachian Fund. We provide reproductive health services for both women and men. To find out about clinic services or our continuing education program, contact the Berea office at 986-2326, or e-mail carol.gilliam@ppfa.org.

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Early Attractions

Thursday, July 31, 2003 - Dairy Show

Rockcastle County Only

Enter Cattle - 5:00 • Judging 6:00

No Admission

Friday, August 1, 2003 - Beef Cattle Show

Enter 5:00 • Judging 6:00

No Admission

Saturday, August 2, 2003

Go-Cart Races - 8:00 p.m.

Admission \$2.00

Sunday, August 3, 2003

Horseshoe Pitching Contest

1:00 p.m.

Fun Horse Show 1:00 p.m.

Monday
August 4, 2003

6 p.m. ... Midway Opens

8 p.m. ... Truck Pull

Tuesday
August 5, 2003

Special Family Day

12 noon - 4 p.m.

No Gate Admission

Rides 25¢

Admission Begins at 4 p.m.

10 a.m. - 1 p.m.

Enter Exhibits

2 p.m. ... Judging Exhibits

6 p.m. ... Midway Opens

6 - 9 p.m. ... Exhibits Open

8 p.m. ... Truck Pull

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7 p.m. ... Garden Tractor Pull

Thursday
August 7, 2003

6 p.m. ... Midway Opens

6 - 9 p.m. ... Exhibits Open

8 p.m. ... Truck Tug of War

Friday
August 8, 2003

6 p.m. ... Midway Opens

6 - 9 p.m. ... Exhibits Open

8 p.m. ... Mud Sling

Saturday
August 9, 2003

10 - 11 a.m. Check Out Exhibits

6 p.m. ... Midway Open

7:30 p.m. ... Mud Sling