

Epileptic Child

Prejudice Complicates Noncontagious Disease

Epilepsy isn't contagious. But prejudice is.

A neighbor won't let her child play with an epileptic child; an employer won't hire an epileptic for fear of possible seizures while at work; a teacher can discuss drug abuse and sex education in the classroom, but doesn't want to discuss epilepsy; parents are concerned about "what the neighbors will think."

Elimination of the prejudices surrounding epilepsy is a major goal of the Comprehensive Epilepsy Program at the Bowman Gray School of Medicine in Winston-Salem.

Pat Gibson, social worker, is associate director of the program. In her job of counseling epileptics and their families, Miss Gibson has found fear, prejudice, and adherence to "old wives' tales" to be her biggest obstacles.

"Even after careful ex-

planation that 50 percent of all epileptics can be completely controlled with medication, and another 30 percent can achieve partial control, parents still are frightened and confused," Miss Gibson said.

Immediate parental fears included possible brain damage caused by seizure and that the child will die during a seizure.

These fears are natural, explained Miss Gibson, because, "Most people don't know how to react to epilepsy."

The term "epilepsy" comes from the Greek word meaning "seizure." The condition has been called the "sacred disease" because its victims included such famous people as Napoleon, Julius Caesar, and Alexander the Great.

Epileptic seizures occur when there are temporary buildups of excessive electrical charges in some nerve cells of the brain. When this

happens, the brain cannot work properly for a time and loses either partial or complete control over differing parts of the body. These parts include muscles, senses, consciousness or even thoughts.

Loss of control results in seizures. The three most readily recognized types of seizures are grand mal, petit mal and psychomotor.

Petit mal, most often seen in children, last from 5 to 20 seconds and may be accompanied by staring and momentary lapse of consciousness.

Psychomotor seizures have a variety of patterns which may include lip-smacking, picking at clothes, or rubbing of hands or legs.

A grand mal seizure, the type most commonly depicted, is when the victim loses consciousness, and usually falls to the ground with general convulsive movements of all or

part of the body.

"The sight of someone having a grand mal seizure can be frightening," Miss Gibson said, "but there actually is nothing to fear."

She explained, "The victim does not know what is happening as he has lost consciousness. He is incapable of intentionally harming anyone, but he can unintentionally harm himself."

Some of the "home remedies" for epileptic seizures which have been reported to Miss Gibson are "absolutely frightening." They include throwing cold water on the victim, shaking him, burning the clothes the victim wore while he or she was having the seizure, and holding the victim still.

The correct procedure to follow is simple, according to Miss Gibson. The victim should not be restrained for the seizure cannot be stopped once it has started. The area around

the victim should be cleared of any sharp objects; nothing should be forced between his teeth. If the person's mouth is open, a folded cloth may be placed between the side teeth to prevent chewing on the tongue. If possible, turn the victim on his side. After the seizure is completed, allow the victim to rest.

"Even though great strides have been taken in the last 10 years in research and education on epilepsy," Miss Gibson said, "they are baby steps compared to the acceptance and understanding of other physical disorders."

It has only been within the last few years that states have changed their laws allowing epileptics to marry without being sterilized.

There are no indications that epilepsy is hereditary. Although there is no known answer to why seizures occur originally, they can result from brain injury

Mrs. Gregory Is Appointed To Committee

Mrs. O. A. Gregory of Marshall has been appointed to the French Broad River Improvement Committee, it has been announced by William M. Ives, chairman, Land-of-Sky Regional Council.

Ives stated that her appointment was based on the strong recommendation of James T. Ledford, chairman Madison County board of commissioners.

Mrs. Gregory is an active member of the Regional Council of which Gerald Young of Mars Hill is a member.

For and about Teenagers

BY PATRICK EDWARD

THIS WEEK'S LETTER: I have a big problem. I'm almost 17 years old and my parents won't let me go out with boys. I like this one guy a lot and he asked me out — but I had to say no. What should I do?

OUR REPLY: First of all, understand that you don't really have a problem. You've got a situation that needs handling. The best way to handle it is to be very clear on what you want to communicate to your parents. For now — at least — you are actually a guest in their home. They pay the bills, they get to make the rules. You've got to accept

that. Once you accept things for the way they are, you can work to change them. Your parents will recognize when you're accepting responsibility. Then, they'll give you more. Make certain you share with your parents exactly how you feel about going out with boys. Your parents love you, you love them. Learn to listen to what they have to say. Get clear on why they won't let you go out with boys. Be truthful and honest with them on why you think it's time you got to go out with your peers. Together, you'll work things out.

(Because of the volume of mail requests for personal replies cannot be accommodated. Editorial panel selects for weekly use, letter which best represents questions and/or comments from readers. FOR AND ABOUT TEENAGERS, BOX 534, FRANKFORT, KY, 40601.)

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Older Citizens Enjoy Lunch Program

Getting together — that's a big part of the Madison County lunch program for older citizens.

And in Hot Springs citizens over 60 have been getting together in large numbers at the recently opened Lunch Club. Forty-five people were present the first day, according to Mrs. Christine Schaffer, program manager. Records kept by the secretary, Mrs. Dossie Holt, show that attendance remains high.

Enthusiasm for the program is evident in more than attendance. Praise for the food is heard frequently, and people taking part express ap-

preciation for the work of regional, county and local officials who helped make the program possible. The group is eager to be active, notes Mrs. Schaffer. When it was found that table covers were needed, participants chipped in to provide funds. Now they are collecting money for a coffee

maker. Appropriately enough, one of the group, Mrs. Leroy Anderson, brought a penny collection in a coffee-jar bank. Following the meal, some groups gather to visit while others bring out table games such as checkers. Seamstresses are at work on a quilt, thanks to the donation of a

quilted frame by Mrs. Jess Moore and of several bags of scraps. Later the group will learn to weave rugs from plastic bread sacks. Plans call for a crafts sale later in the year. A piano will soon be at the site, and Mrs. Mert Burgin will accompany group singing.

More information about the

program can be obtained by calling Mrs. Schaffer at 622-3411. Manager of the program in Marshall is Mrs. Geneva Ramsey, 649-3748. Mars Hill manager is Mrs. Rachel Morgan, 689-4406. Meals are provided at no charge under Title VII of the Older Americans Act.

Insulation Demonstration Scheduled

Newly insulated homes of 81 low-income families across the Tennessee Valley region will begin serving as demonstrations this winter of measures that can help reduce high winter heating costs.

Insulation and winterizing measures for these homes were carried out this summer as part of the first phase of TVA's home insulation research and demonstration program. Local power distributors and community agencies cooperated in selecting demonstration homes among homeowners with low incomes who had faced high electric heating bills last winter.

In another part of the program's initial phase, TVA provided a truck to blow insulation in the attics of 138 low-income homes already involved in winterizing programs of local community action groups.

The problem of winter heating costs for low-income families with inadequate home insulation shows up

dramatically in the information already collected on the demonstration homes, according to W. C. Whisenant, TVA's coordinator for the program.

Last year average monthly use of electricity in these homes went from around 1,000 kilowatt hours in the springs and summer to about 4,500 kilowatt hours during last January's unusually cold weather and heavy heating requirements for demonstration homes in the upper east Tennessee area, that January average was over 6,000 kilowatt hours, at costs averaging roughly two cents a kilowatt hour.

"Although our program involves homes with electric heat, low-income families with other forms of heating can face similar cost problems when heating requirements are very heavy," Whisenant said. "With today's fuel costs, insulation will pay for itself in lower heating costs and help at the same time in overall energy conservation."

For the 81 demonstration homes, TVA used local contractors to provide attic and floor insulation, caulking of doors and windows, weatherstripping, and other conservation measures. In return, these homeowners agreed to provide information over a three-year period on changes in electricity consumption, family living habits, and home comfort so these homes can serve as field experiments in power conservation results under actual family living conditions.

Costs averaged \$440 for each of the demonstration homes. Whisenant said full attic insulation alone can save as much as 30 percent on winter electric heating costs, and caulking and weatherstripping can save another 10 percent. "That 40 percent saving in heating costs means the consumer's investment in heating conservation can be recovered in about three

years," Whisenant said.

Based on experience gained in the small-scale initial phase, TVA is now developing plans for an expanded second phase of the program to involve power distributors and community agencies throughout the region. This larger program is being designed to mesh with present and prospective nationwide programs to help cut heating costs in low-income homes, and will try out some new approaches in providing assistance to low-income power consumers.

Government Spending
Government spending at all levels — federal, state and local — today accounts for 36 per cent of the nation's total output of goods and services (Gross National Product, GNP). In 1950, it represented 21 per cent of GNP and, in 1930, only 12 per cent.

Culinary Arts Show

Everything from down-home cooking to the fanciest dishes imaginable will be on display at the Asheville Civic Center Nov. 5 and 6.

The event: the first WNC Food and Culinary Arts Show.

The show includes cooking demonstrations, food sculptures, a canned goods competition and booths featuring foods especially important in this area, such as breads, apples, tomatoes and dairy products.

The extension service of 15 Western North Carolina counties are participating in the food show along with the Asheville-Buncombe (A-B) Technical Institute and local businesses.

There will be open com-

petition between students, businesses and hotels in these categories: sugar with cocoa painting, marzipan, patillage, artistic creations with breads, cake decorating, tallow and butter sculptures and table settings.

Members of area extension homemakers clubs will compete in home canning, pickling and jelly making.

Tickets for the Food and Culinary Arts Show are on sale from EH club members and extension office. For only 75 cents you can see what a fine job food producers, local businesses, extension homemakers, and students and staff of A-B Tech are doing in providing food preparation for home and away.

Health News and Views

Bill Powell, Pharmacist
Mars Hill, N.C.



COMMUNITY MEDICAL CENTER PHARMACY

Pill Swallowing Tip Will It Work For You?

If you have a fear of or marginal inability to swallowing pills, take heed of a proven tip and see just how easily "downing" those trauma-producing capsules can be.

First, raise your tongue and place the pill on the floor of your mouth just behind your lower teeth. Then, simply drink a glass of water, completely forgetting the pill behind your teeth. You'll be amazed

how easily the pill will be washed down your throat, and with little or no taste sensation!

Before you forget, try swallowing a vitamin pill this way for practice. Easy, isn't it? Just for fun why not write us a testimonial letter citing your degree of success with our suggestion. Maybe, together, we can convince others to try it, too!

Fred Harrells Are Honored

The Rev. Fred Harrell of Burnsville retired recently as pastor of West Burnsville Baptist Church, completing 15 years. The church honored Mr. and Mrs. Harrell and presented them a silver service. Harrell has now accepted the pastorate of Pleasant Grove Baptist Church, also in the Yancey Association.

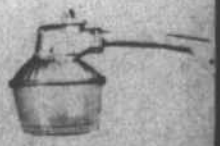
Harrell is the father of Donald F. Harrell of Mars Hill, director, trainee of the Madison County Department of Social Services.

Iced coffee originated in Algeria as a sweetened, cold coffee drink known as mazagan, according to the National Geographic Society.

HAVE A FUN-FILLED, SAFE HALLOWEEN!



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AND THINK TWICE BEFORE CUTTING TREES ACROSS ROADS OR POWER LINES!!



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