

Doctors Urge Self Examination For Breast Cancer Signs

Women in North Carolina are going to find it easier than ever to learn how to check their breasts for possible cancer signs.

The state's public health departments are sending 300 public health nurses to Duke University to practice teaching breast self-examination.

Nurses from 52 counties have already completed the course. When nurses from the remaining 48 counties are trained, a woman anywhere in the state will be able to arrange for a free demonstration from a course graduate by calling her local health department.

SELF-examination involves watching for unusual changes in the breasts and feeling with the fingertips for suspicious lumps. If a woman finds a lump, four times out of five, it will not be cancerous. But medical tests are necessary to make sure.

If the lump does turn up cancerous, the sooner the woman has gone to the doctor the better off she will be.

Rural women stand to benefit most as a result of the training program, said Dr. Josephine Newell, coordinator of the Breast Cancer Detection Demonstration Project at

Duke where the nurses are learning. Most women visiting public health clinics in North Carolina live in rural areas, she said.

No matter where women live, they're going to have more peace of mind after a graduate of the course teaches them, said Don Batts, manager of the state Division of Health Services Cancer Detection Program.

The nurses teach by examining women themselves, Batts explained. So women taught by the specially-trained nurses are "going to be more sure that if something is there, the nurse is going to discover it," he said. If a public health nurse happens to find a suspicious lump or other sign during the teaching session, she refers the woman to a physician.

The state Cancer Detection Program paid for a training building at the project site. The National Cancer Institute is providing the money for training expenses.

Public health nurses spend two days at the project near the Duke Medical Center campus. They first review breast function and diseases with instructor Connie Jones, a registered nurse. Then they examine as many as 25

patients with Miss Jones.

In the past, public health nurses learned breast self-examination by finding lumps in soft plastic models. But according to one course graduate, Ann White, of the Pittsboro Health Department, "You need practice with actual patients to develop self-confidence."

Another graduate, Nancy Kelley, of the Carteret County Health Department, got so self-confident after training that she insisted on teaching self-examination to women who didn't want to learn it. The woman turned out to have breast cancer.

"If I hadn't had the course, I might not have examined her on that visit," Mrs. Kelley said.

"Any mass in the breast," said Miss Jones, "any thickening, dimpling, color changes such as a very red area or a bruised area, any change in the size or shape of the breasts."

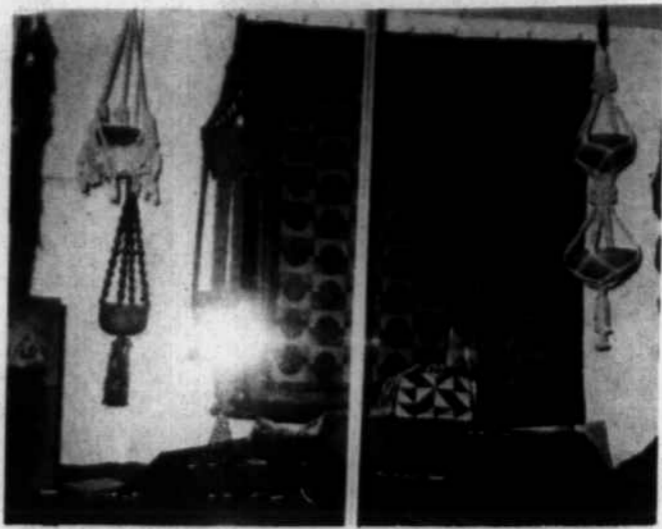
The nurses also watch for fluid coming from the nipples and for enlargement of the lymph nodes under the arm and above the collar bone, the instructor said.

Next they learn how to feel for lumps with the pads of the fingers. "We have the patient lie down flat on her back and we examine like spokes on a wheel, feeling from the outside into the center," she said. Miss Jones said she has patients and nurses feel a knuckle as an example of how a breast lump feels.

The training program has won praise for the 25-year-old instructor, according to Dr. Newell, her boss.

"I have a whole folder of letters of appreciation from nurses who've been through the program," Dr. Newell said. "And they're not solicited. Connie is an excellent teacher."

Others think so too. The North Carolina Association of Occupational Health Nurses has hired Miss Jones to teach breast self-examination seminars to its members on Saturdays. A total of 133 occupational health nurses have attended the sessions so far with more seminars scheduled.



JEWELRY AND MACRAME by Susan Turner are on display in the left library window. Using a mushroom pattern quilt as a backdrop, Mrs. Turner has jewelry (necklaces, bracelets, and earrings), bags of patchwork and leather, and macrame baskets and flower pot hangers. The jewelry is made from stone, shells and metals from Africa, Greece, the Philippines and Italy. The turquoise and silver findings are from Arizona.

Mars Hill PTSA To Meet

The regular meeting of the Mars Hill School P.T.S.A. will be held on Sept. 13, at 7:30 p.m. in the school auditorium.

Following a brief business session, there will be an open house which will give parents an opportunity to visit the classrooms and talk with the teachers. Punch and cookies will also be served in the school cafeteria.

During the business session, the annual fund-raising project will be discussed. The project for this year will be the Roberts Bros. 3-ring circus from Sarasota, Fla. which will be performing on the athletic field at Mars Hill School on Sept. 20 at 6 and 8 p.m. Each performance will last approximately one and one-half hours.

Tickets may be purchased in advance for the price of \$2.50 for adults and \$1.50 for children. They may also be purchased at the gate for the price of \$3 for adults and \$2 for



Sweet potatoes are best if they taper at both ends.

Stork Shower

Mrs. Edwina Tweed entertained at a stork shower at her home on Sunday afternoon honoring Mrs. Malcolm Reeves.

Contest prizes were won by Mrs. Joe Penland Jr. and Mrs. Rennie Davis, and the prize was won by Jane Rice.

Those attending were Mrs. Rennie Davis and Tasha; Mrs. Libby Woodruff and Jennifer; Mrs. Kathy Greater, Amanda and Gabrielle; Mrs. Barbara White and Tracy; Mrs. Malcolm Alechko and Seth; Mrs. Penland Jr. and Nate; Mrs. Rice; Mrs. Rosemary Treadway and Katie; Mrs. Lois Ramsey and Marshall; Mrs. Barbara Franklin; Mrs. and Mrs. Steve Rice and Molly; Mrs. James Stork; Mrs. Jane Reeves, mother-in-law of the honoree; Mr. Malcolm Reeves; and Mr. Mrs. Ray Tweed.

Yard Sale

A yard sale will be held at the home of Mr. and Mrs. Walter C. Brown on Skyway Drive, near the radio station in Marshall on Saturday beginning at 9 a.m.

EPSILON SIGMA ALPHA SORORITY (Beta Omega Chapter) has scrapbooks, trophies, certificates of merit and awards of excellence displayed in the right library window of the library; some were awarded on the state and international level. This service organization has sponsored projects in the community like the walk-a-thon for band uniforms and a bike ride for Children's Research Center. This year's project is a baby contest for the research center. Their purpose is to unite women throughout the world in a dedicated pursuit of excellence resulting in self-fulfillment and meaningful service to others.

Girl Scouting Alive

The Madison County Girl Scouts have had a very active year during 1976-1977. The number of girls served is 90 and in addition, more than 20 adults were actively involved in the weekly troop meetings, service team, camping and other special activities. "In the next year we hope to start new troops all over Madison County to introduce more girls to the world of Girl Scouting," Judy Bartlett, field executive for Madison County, stated.

Girl scouting exists in the United States today because more than half a million adults — 536,000 is a closer count — devote time, energy, and dollars to serving as leaders and helpers of the movement's 2,623,000 girls. They are the persons who take to heart the challenge to keep the movement firmly rooted in its values and yet sensitive to change and flexible in response.

Dr. Gloria D. Scott, Girl Scout national president, expressed her beliefs this way: "... we reaffirm the commitment of youth to building the future of our country and the commitment of adult volunteers to helping today's girls grow into tomorrow's leaders of community, state, and nation." One way Girl Scouting helps girls grow is through its moral values. Girl Scouting is built on — and young minds are shaped by — the inspiration of its promise and law. The promise is: On my honor, I will try to serve God, my country and mankind and to

live by the Girl Scout Law. The Law is: I will do my best to be honest, to be fair, to help where I am needed, to be cheerful, to be friendly and considerate, to be a sister to every Girl Scout, to respect authority, to use resources wisely, to protect and improve the world around me, to show respect for myself and others through my words and actions.

Madison County Girl Scouts are served by the Pisgah Girl Scout Council, Inc. which is supported by United Ways and Council Campaigns.

Births

To Mr. and Mrs. Ronnie H. Payne of Marshall, a daughter, Aug. 30, in Memorial Mission Hospital.

To Mr. and Mrs. Ronnie D. Baker of Marshall, a daughter, Aug. 30, in Memorial Mission Hospital.

To Mr. and Mrs. Robert H. Payne of Marshall, a daughter, Aug. 31, in Memorial Mission Hospital.

Box Supper

The Greater Ivy Community Association will sponsor an old-fashioned box supper this Saturday night at 6 in the community center (old Beech Glen School) near Mars Hill.

There will be cake walks, a talent show and dance teams. "Gals, bring your boxes, and gents, bring your pocketbooks," one member said.



MR. AND MRS. DEWEY BULLMAN of Route 4, Marshall, celebrated their 40th wedding anniversary Tuesday. They were married Sept. 6, 1937. They have one son, Rollan, and two granddaughters, Fara Lynn and Connie, of Greensboro.

Personal Mention

The Rev. and Mrs. Gordon Ball and their three children returned last week to their home in Nampa, Idaho, after spending some time visiting his parents, Mr. and Mrs. Edward Ball, of Route 3, Weaverville, and her parents, Mr. and Mrs. Andrew Grindstaff, of Route 1, Mars Hill. While here they also visited other relatives and friends. The Rev. Mr. Ball was pastor of the Belva Baptist Church in this county prior to their moving to Nampa last fall.

Mr. and Mrs. Charles R. Cabiac and sons, Samuel and Rice deBanne, of Winchester, Mass., left Friday from a week's visit with Mrs. Cabiac's parents, Mr. and Mrs. Jerry Rice Sr., her brother and family, Drs. Jerry Jr. and Pauline, and son, Jerry III, at Cullowhee. Other guests of Mr. and Mrs. Jerry Rice Sr. were Mr. and Mrs. Frank Roberts of Morristown, Tenn., and Cpl. and Mrs. Teddy Dill, who were enroute to Camp LeJeune.

Flea Market

The Hopewell-Walnut Gap Community Development Club will hold a flea market and bake sale in the parking lot of Madison Grill on Sept. 10, from 9 a.m. until 5 p.m.

Mrs. Jeanette Plemmons is coordinating plans for the flea market, and Mrs. Zora Rice is coordinating plans for the bake sale. Proceeds from the sales will be used for community development projects.

The week of Sept. 12 through 17 has been designated as Community Clean-Up Week.

Revival

A series of revival services will begin Sept. 18 at the Antioch Baptist Church, Route 1, Marshall. Services will be held nightly at 7:30.

The Rev. J. C. Cathey Jr. of Asheville will be the visiting minister.

The Rev. C. C. Fisher, pastor, invites the public to attend.

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