



By WALTER SMITH

Two special guests, Dr. Rebecca Clemenzi and Dr. David Deci (right), were introduced at last week's (Aug. 3) meeting of the Madison County Medical Society by Dr. Otis Duck (center) of Mars Hill, long-time Mars Hill physician and president of the Society. Dr. Deci, a third-year resident in the Family Practice Program of the Mountain Area Health Education Center (MAHEC) in Asheville, spoke to the members of the county Society on the diagnosis and management of Hepatitis B. "It was an excellent presentation," said Dr. Duck, "of very recent developments in this important area of medicine." Dr. Deci is scheduled to join Dr. Duck in family practice at the Community Medical Center in Mars Hill when he completes his current residency next July.

Dr. Clemenzi is also a third-year resident in the MAHEC Family Practice Program. She and Dr. Deci were classmates in medical school at the University of Florida, where they received their M.D. degrees in 1980. She is practicing with Dr. Duck at the Community Medical Center in Mars Hill during August.

The Madison County Medical Society includes all of the medical doctors within the county as regular members and the dentists as affiliate members. Two doctors of veterinary medicine who have moved into the county and begun practice this year, Dr. Rex Allen, Jr. and Dr. Larry Frost, have been invited to join the Society as affiliate members.

## Beat The Heat

Hot summer weather is a potential health hazard for the elderly. Heat can place a dangerous strain on the older body, especially the heart. Older adults are very vulnerable to heat stroke, which can be fatal.

Elderly citizens most vulnerable to heat related problems are those with a weak or damaged heart, hypertension, diabetes, circulation problems, excess weight, or those who have suffered a stroke. Other factors that affect a person's reaction to heat are infection or fever, diarrhea, drinking and skin diseases or sunburn which may reduce sweating that helps cool the body.

Many prescription drugs can also make a person much more vulnerable to the heat. It is advisable to ask the physician who prescribes medication how heat exposure will affect the body. Medication for high blood pressure, nervousness, depression, poor circulation or sleeping problems can cause complications and even death when the patient is exposed to various degrees of heat.

Warning signs in your body take the form of physical and mental changes. Most people feel hot, uncomfortable, and notice a lack of energy or loss of appetite during hot weather. These are mild danger signs. More serious signs are dizziness, rapid heartbeat, diarrhea, nausea, throbbing headache, dry skin, chest pain, weakness, mental changes, breathing problems, vomiting and cramps. Older individuals should pay attention to these early warning signs of heat illness because heat stress can be fatal.

There are facts about heat that everyone should know. Temperatures above 90 degrees can be very dangerous, particularly when the humidity is also high. Crowded living conditions increase this danger. A sudden increase in temperature can cause problems because the body is unprepared for the strain.

People should take steps to lower their body heat if they begin to feel hot and uncomfortable. Heat stress can cause many medical problems including heat exhaustion, heat stroke, and heart failure. Proper precautions can make a person more comfortable, prevent illness, and perhaps save his life.

The best way to keep cool is to observe a few safety rules such as staying in cool surroundings that have fans or air conditioning. Air movement reduces heat stress by helping to lower extra body heat; however, when it is very hot, a fan may cause a rise in body heat by blowing hot air on the body.

The best food sources of One pound of fresh summer size, a trace element, are squash yields two to three servings, most, eggs, liver, ying, legumes and whole grains.

## Donation

(Continued from Page 1)

Home Administration is snagged on technical wording which should be erased by a House bill currently being considered, Plemmons said.

"The new facility will greatly enhance the delivery of medical and dental services in this area," he said.

The goal of the local fund drive is two-fold, he added. "First, the drive generates needed funds and shows that the community is in fact interested and supportive of the project. Secondly, it educates the citizens on the medical and dental services available in the community," Plemmons said.

The facility will be owned by the community and will make the third such building created by the program. The most recent building, dedicated in September of 1980, is in the Laurel Community, while the second is located on Highway 25-70 between Marshall and Walnut.

## Legal Service Available

Pisgah Legal Services, which gives legal aid to low-income people in non-criminal cases, has changed its interview schedule for Madison County. Beginning Aug. 19 a legal assistant will be at the Opportunity Corporation on Main Street in Marshall on the third Thursday of every month from 1 to 4 p.m.

Anyone who has a civil legal problem but cannot afford a private lawyer may come at that time to apply for services and talk about the problem. In all cases, people who need assistance are asked to bring any pertinent papers or information with them to help the paralegal or lawyer know the facts of the case.

The staff of Pisgah Legal Services includes four attorneys, four paralegals, an investigator, a community education coordinator, and a five-member administrative staff. They give assistance in problems of housing, including landlord-tenant disputes; domestic law, including family violence and spouse abuse; consumer; public benefits; and law for the elderly. The income guidelines for eligibility, which vary according to family size and other special factors, are set at 125% of the federal poverty level.

Because the program receives limited funding to serve the needs of over 70,000 low-income residents of six counties, staff members will not be able to represent everyone who applies for service. In many cases, the applicant will be given instructions about how to help themselves or will be directed to another agency, service, or private attorney for help.

In addition to the Madison County services, residents of the county may come to the Asheville offices of Pisgah Legal Services Mondays and Wednesdays from 9:15 to 11:30 a.m. and 1:15 to 4 p.m. to be interviewed, or may call the Asheville office for information at 253-0406.

## Tepton Wins Free Trip

Hildreth Tepton of Route 1, Box 106, Marshall, has won a free vacation along South Carolina's Grand Strand.

Tepton won the vacation during a visit to the resort area's exhibit at the 1982 World's Fair in Knoxville, Tenn. Myrtle Beach area sponsors will give away two free Grand Strand vacations daily until the Fair closes in October.

The Grand Strand, primarily a family-oriented vacation destination, offers 55 miles of broad ocean beaches; 38,000 accommodations; 12,000 campsites; 35 18-hole championship golf courses; over 700 restaurants and nightclubs; 150 tennis courts; and a wide variety of amusements.

Vacation information is available free of charge by writing to the Myrtle Beach Area Chamber of Commerce, P.O. Box 2119 WF, Myrtle Beach, S.C. 29577.

Acting Program Administrator John Grater reported that in all facilities combined, a total of 18,900 people required treatment or sought aid last year. In the Hot Springs-Spring Creek communities, 4,800 visits were recorded last year.

Commenting on the donation to the clinic, Rev. Frank Reese, pastor of the Chapel of the Redeemer, said it continued the Church's concern for holistic care-The Retreat Center cares for the spiritual needs while the clinic cares for the physical ones.

To get the most for your tax dollars, use tax-supported facilities when possible. These include library and school facilities; educational, law enforcement and consumer protection agencies; and parks and recreation areas.

## Conservation Notes

By RUSSELL C. BLEVINS

It looks like a fine crop of tobacco is beginning to be harvested throughout the county. Many farmers will notice that their fields have lost a lot of soil due to the rains this summer. The time to install needed conservation practices to protect crop fields and insure continued high production potential is right after the crops are harvested.

Many times, soil erosion problems can be solved with little added expense above normal management costs. For example, in drainages where water concentrates and causes a gully effect, a permanent strip of grass could be established. This is called a grassed waterway. After the waterway has been established, crop rows could be aligned to empty into the waterway at nearly level grades. This practice is called contour farming.



These practices are extremely important when the land is ridged. These two practices can save anywhere from 1/3 to 1/2 of the current soil loss, depending on the field.

Fertilizers and various

chemicals are better kept in place making it more available for plant use instead of ending up in our streams and rivers, where it causes problems with water quality.

Grassed waterways and contour farming are just two

of many conservation practices available to farmers which offer low-cost solutions to soil erosion problems. For more information on ways to protect your crop fields from the damages of severe soil erosion, contact the Soil Conservation Service in Marshall.

# FAMILY DOLLAR 23rd Anniversary Sale

**1.29** Each  
**Men's Screen Print Tee Shirts**  
100% cotton tee shirt with transfers and screen prints. Includes popular sayings and prints. Slightly irregular. Sizes S,M,L,XL.

**6.99** Each  
**Ladies' Pullover And Novelty Tops**  
Knit tops in solids and stripes. Boat, crew and v-neck styles. Fall colors in sizes S,M,L.

**7.99** Pair  
**Ladies' Corduroy Pants**  
Selection includes 4-pocket western style, pleated front and back pocket stitching in pinwale corduroy. Sizes 5-16. Fall Dresses .... 7.99

**7.99** Pair  
**Men's Western Jeans**  
Durable 100% cotton jeans. 5-pocket western styling with straight leg. Sizes 28-38.

**\$1** Box  
**65 Oz. Arm And Hammer**  
Heavy duty laundry detergent that deodorizes as it cleans your wash. Limit 2.

**69¢** Pack  
**4 Roll Pert Bath Tissue**  
Soft, absorbent Pert bathroom tissue. 400 1-ply sheets per roll. Limit 2.

**4 \$1**  
**Bars**  
**Gentle Touch 3 Oz. Soap**  
Beauty soap in convenient 3-oz. size bars with baby oil. Limit 4 bars.

**1.99** Boys' 2-Pack  
**2.69** Men's 2-Pack  
**Famous Maker Underwear**  
100% cotton briefs or t-shirts. Slightly irregular. Sizes S,M,L,XL. Pro-Ked 3-Pk. Socks .. 2.66

**9.99**  
**Ladies' Lightweight Nylon Jackets**  
Nylon jacket in hood and collar styles. Flannel lined with zipper front. Year round colors. S,M,L.

**88¢** Qt.  
**Texaco 10W40 Motor Oil**  
Fuel economy tested Havoline supreme motor oil. Limit 5.

**2.99** Each  
**Vinyl Knapsacks**  
Adjustable straps, variety of colors. Canvas ..... 4.99 Nylon ..... 6.99

**69¢** Pack  
**200 Count Filler Paper**  
Fits two or three ring binders.

**3 \$1**  
**60 Count Composition Book**  
Spiral bound notebooks for school.

**Compare At 8.99!**  
**\$6** Pr.  
**Men's, Ladies' And Boys' Action Joggers**  
For sports or just for fun! Lightweight nylon or vinyl joggers with action trims and sturdy soles. Sizes for men, boys and ladies. Children's Sizes ..... \$5

**\$1** Each  
**Boys' Screen Print Tee Shirts**  
100% cotton with humorous action prints. Slightly irregular. Sizes S,M,L.

**5.99** Pair  
**5 Pocket Denim Jeans**  
Boys' 100% cotton denim jeans with 5-pocket styling. Regular and slim, 8-18. Sizes 4 To 7 ..... 4.99

**1.88** Reg. 2.39  
**Ladies' Fashion Bras**  
Variety of plain or lace bras in white or pastels. Ladies' Panties ..... \$1

**5 \$1**  
**Boxes New Freedom Anyday Pads**  
Fast fresh all day with pantliners. Trial size box of five.

**2.79¢** For  
**Love Affair Disposable Douche**  
Convenient, ready to use, pre-mixed douche in strawberry or cherry.

**2 \$1** For  
**Vidal Sassoon 4-Oz. Shampoo**  
Original salon formula, adds body to hair. Oil free and pH balanced.

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**1.88** Reg. 2.39  
**Ladies' Fashion Bras**  
Variety of plain or lace bras in white or pastels. Ladies' Panties ..... \$1

**\$1.50** Big Bars  
**5 Pack Hollywood Candy Bars**  
New Larger Size. Choose Pay Day, Zero, Butterball and Milkshake.

Prices Good At All Family Dollar Stores Through The Weekend. Quantities Limited On Some Merchandise. No Sales To Dealers. Madison Shopping Plaza Marshall By-Pass Open: Mon. - Sat. 9-5 Sunday 1-5