

Primary Care Clinic To Open April 8

The Burnsville Congregation of Jehovah's Witnesses announces a free Bible lecture every Sunday morning, 9:30 a.m. at their Kingdom Hall on old Burnsville Hwy. (by WKYK) by a qualified

minister of the Watchtower Bible & Tract Society.

On April 7, Jehovah's Witnesses invite all to the celebration of the Lord's Evening Meal.

Pollard's Drug Store
Dial 682-2146 Burnsville, N.C.
AND OTHER PHARMACY COMMENTS

HEALTH NEWS

Your Rx Specialists:
Charles Gillespie, Jr., Mike Eudv.
and Ferril McCurry

Are Politics Ruining Health Delivery?

Public sentiment often favors the posting of prescription drug prices. Sounds good, but common sense opposes such action. Why? Because, literally thousands of drugs and their combinations must be recognized before price-posting can be truly effective—an impractical proposition!

Consumer groups and ambitious politicians know it is unreasonable to post, change, and continuously up-date upwards of 20,000 drugs. Yet, to win increased favor with an uninformed constituency, such special interest types continue to press for prescription price posting, despite its impracticality. Furthermore, their gesture to compromise the issue by posting only the "top" 100 drugs is no more than token action with strict political overtones—troublesome to us, yet misleading to an unsuspecting public!

Each week we present the above comments for your information. We very much appreciate your readership and would be especially happy to have you express your views regarding the contents of this space.

The Yancey County Primary Care Clinic will open on Monday, April 8, on the ground floor of the Yancey County Hospital. The clinic will be open Mondays, Wednesdays, Thursdays, and Fridays from 10:00 a.m. to 6:00 p.m.

The clinic, a project and division of the Blue Ridge Hospital System, will expand and intensify the health care services of the Community. Opening staff levels will include Fergus Pope, M.D.; Gale Touger, R.N.; and Norma Duncan, R.N. (Family Nurse Practitioner trainees); and Marie Bledsoe, Patient Services Coordinator.

The introduction of the Family Nurse Practitioner is a key element in the clinic's planning. Both Norma Duncan and Gale Touger are engaged in their preceptorship as Family Nurse Practitioners, having completed the first six months of their training at the University of North Carolina at Chapel Hill. The "FNP" is a Registered Nurse who has studied for a year in a special program which includes academic and clinical experience. The University of North Carolina at Chapel Hill program is designed to enable the "FNP" to function as a Primary Care Practitioner. Their practice is people oriented: the individual, the family, and the community. The Family Nurse Practitioners will do routine examinations and treat common ailments. Working as health team members with Dr. Pope, they will consult with

him or refer the patient to him for more specialized treatment. They will also provide on-going care and consultation not only to the individual but for the entire family. They hope to reach out in the community to provide health maintenance and education.

Gale Touger attended Boston University and Duke University, graduating from the latter in 1972 with a BSN degree. She is a member of Sigma Theta Tau, the nursing honor society. Ms. Touger's prior professional experience includes employment in the intensive care nursery at Watts Hospital in Durham and as a public health nurse in Johnston County, North Carolina.

Mrs. Norma Duncan graduated in 1961 from Rowan Memorial School of Nursing, Salisbury, North Carolina. She is a member of Santa Filomena, a nursing honor society. Mrs. Duncan's prior work experience includes employment at Spruce Pine Hospital; Killeen Clinic in Killeen, Texas; York General Hospital in Rock Hill, South Carolina; and as an E.S., E.A. School Health Nurse in Mitchell County. She is married to Charles P. Duncan of Spruce Pine and has two children, Brynne and Connie.

Mrs. Marie Bledsoe graduated from Greensboro College

in 1969 with a BA degree in Sociology. She was previously employed as a social worker by the Mecklenburg County Department of Social Services. Since moving to the area she has served as a research assistant for Mountain Scenic Planning and Development Commission. She is married to Tom Bledsoe, Consumer Credit Mgr. with NCNB in Spruce Pine.

Dr. Fergus Pope received a BA degree from Colgate University and MB and BS degrees from St. Bartholemew's Hospital Medical College at the University of London. He completed a pediatric residency at the Mayo Clinic. Dr. Pope's work has included a broad range of experiences in Community health, including Director of Community and Regional Services at Appalachian State University and Consultant to the Government of Biafra for the Coordination of American Relief to Children. As Director of Community and Regional Services, Dr. Pope was originator of the Primary Care Clinic and will be working as its only physician under the Appalachian Regional Commission Grant. He and his wife, Ruth, have three children, Francis, David and Clara.

Sink Appoints New Assistant

J. Ardell Sink, General Mgr. of Radio Station WKYK, Burnsville, N.C., and President of Mark Media, Inc., parent company of a group of radio stations in North and South Carolina with central offices located in Burnsville, N.C., announces the appointment of Don Herman as Special Assistant to the President.

Don Herman comes to Burnsville from Bethesda, Md. where he held the position of National Broadcast Sales Manager for

an electronic manufacturing firm. Prior to his last position he was sales manager of a radio station in St. Louis, Mo., and he has also worked in broadcasting in the Washington, D.C. area, in various capacities, with the Mutual Broadcasting System, and Radio Station WOL, WWDC, WABL, as well as the Voice of America and Telereads productions.

Don and his wife, Lue will make their home in Burnsville

Folk-Ways and Folk-Speech

of SOUTHERN APPALACHIA
with Rogers Whitener

Send your suggestions for column material to Rogers Whitener, Box 176, Boone, N.C. 28607



Having just returned from the opening session of a two-week forum on Appalachia at Mars Hill College, I feel greatly encouraged over the burgeoning interest all over our region in its past, its present and its future.

And the good thing about the movement is that it is not limited merely to the college and university leaders but is promoted by the community at large. At Mars Hill, for instance, the forum included speakers and other participants representing such diverse areas as the college and university scene, the North Carolina Department of Mineral Resources, local schools and churches, the mountain political arena, the Blue Ridge Parkway, the Commission on Religion in Appalachia, law enforcement agencies, the North Carolina Department of Transportation and Highways, land development interests and numerous private citizens.

Such forums and other types of meetings are being held

throughout Southern Appalachia. They can bode only good for the region in my opinion, for they represent grass root interest in and support of measures to instill pride in the mountain past and faith in its future.

Readers occasionally send clippings my way which seem appropriate for the column. Mrs. Frankie Brewer, of Raleigh, N. Carolina, recently enclosed an editorial comment from the News and Observer which is self-explanatory, for it relates to an item long familiar to Appalachian residents.

"Television touts many potions and potions for coughs and sore throats, but there is no mention of mullein syrup, a standard remedy in Eastern Carolina when many people had to doctor their own ailments."

"Mullein, of a genus of herbs of the figwort family, grew wild around old fields, and because of its medicinal prowess, some folks permitted it in their vegetable gardens. The big leaves of the whitish-green

plant were boiled down to a pulp. When the brew cooled, apple vinegar, sugar or honey and homemade brandy were added to the mullein water. If scuppernon brandy was added and if the syrup was taken several times a day, a cure was axiomatic. And mullein water was used for sore joints, but without the addition of brandy."

"Lovers of the fiction of the late Bernice Kelly Harris will recall that Tiny Ardley, in 'Sage Quarter,' went to the mullein border and picked a bunch 'for a slow kind of aching she could not put her hand on.' But if mullein didn't work for 'love sickness,' Tar Heels used to bet on its general curative properties, especially when it was laced copiously with scuppernon brandy."

Another reader and I need help. Mrs. H. R. Eggers, of Boone, N.C., recalls a portion of a game called Chicamocomoco. It starts thus:

Chicamocomoco
I went to the well
To wash my big toe.
When I got back
One of my black chickens was gone.
What time is it, old witch?

Drop me a line if you know the game and how it is played.

Poppy Poster Contest Set

To help young people be more aware of the meaning of the Poppy as a memorial flower for American War dead, the American Legion Auxiliary of Burnsville will have a Poppy Poster Contest.

The Poppy Poster Contest is open to school children ages 6 to 10 and ages 11 to 17 years. The prizes are equal in each age group. Three dollars first prize and \$2 second prize.

Each poster shall have a slogan not to exceed ten words. The words American Legion Auxiliary should appear on the poster but not as part of the

slogan. The Poppy must have four red petals, center black and green, green stem and no leaves. Posters should be 14" by 20" on poster paper. The person entering the contest should print his name, address, age, parents name and school on the back of the poster.

All posters will be judged at the April 23rd American Legion meeting. Posters can be left at the Town & Country Shoe Store before 5:00 p.m. April 23rd or given to a Legion member to bring to the meeting.

All posters will be displayed in local stores.

To Attend OE Workshop

Harold Bennett of Burnsville will be attending an occupational education planning workshop on Thursday, April 4, at the Regional Education Center in Canton from 10 a.m. until 4 p.m. A. C. Bullard, Associate Director of Occupational Education for the State education agency, is conducting the workshop.

Planning for Occupational Education programs on the local level is necessary to eliminate duplication of effort and expense, says Bullard. By coordinating all occupational education programs, we can make sure there is not a surplus of trained workers in some occupations and not enough in others.

MAY Tech Seminar

On Tuesday, April 9, 1974, Mayland Technical Institute will co-sponsor along with Appalachian State University and Caldwell Community College, a one-day seminar at the Beech Tree Inn on Beech Mountain. The clinic is designed to benefit desk clerks, housekeepers, waitresses, sales personnel and service employees. It will be conducted by Mr. John Baxter from the University of Kentucky.

There will be a \$10.00 registration fee which will cover tuition, booklet, luncheon and attendance certificate. Registration will be from 8:00 until 9:15 a.m. on April 9, 1974.

THE YANCEY JOURNAL
Box 667
Burnsville, N.C. 28714
Ed Yuziuk—Publisher
Carolyn Yuziuk—Editor
Patsy Randolph—Manager
Published Every Thursday
by
Twin Cities Publishing Co.
2nd Class Postage Paid
At Burnsville, N.C.
Thursday, April 4, 1974
Number 14

Subscription Rates By Mail:
In Yancey County
One Year\$4.16
Six Months\$3.12
Out of County or State
One Year\$6.00
Six Months\$5.00

IT'S RAINING SAVINGS

BAYER ASPIRIN TABLETS
100's 79¢ Reg. \$1.17

GERITOL TABLETS
40's Reg. \$3.09 **\$2.09**

DI-GEL
100 Tablets Anti-Gas Antacid
12 Oz. Liquid
Both Products Reg. \$2.10 **\$1.49**

BAYER TIMED-RELEASE ASPIRIN
30's Reg. \$1.05 **79¢**

EFFERDENT TABLETS
96's
NEW! extra strength efferdent DENTURE CLEANSER
Reg. \$2.39 **\$1.77**

NEW FORMULA MICRIN PLUS
6 Oz. Reg. 85¢ **59¢**

POLLARD'S DRUG STORE

What are you going to do with your money this year?

Although there are many investment opportunities available... times are a bit uncertain.

1974 **1974** **1974**

STOCKS **BONDS** **REAL ESTATE**

So Northwestern Bank savings and Certificates of Deposit that pay guaranteed interest look especially good.

BANK SAVINGS **INTEREST** **THE NORTHWESTERN BANK**

CERTIFICATES OF DEPOSIT **GUARANTEED INTEREST**

And our savings rates are the highest in history—the highest allowed by law.

Save your money this year.

THE NORTHWESTERN BANK
Member FDIC