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AND OTHER PHARMACY COMMENTS

# HEALTH NEWS

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

## Flabiosis Plagues America

If inflation is the nation's number one economic concern, then inflation-of-the-waistline must be our number one health concern.

Physical flabbiness (Flabiosis) literally plagues our land. It seems the more tired our bodies become the more we think we need rest. Exactly the opposite is true! Lots of exercise, taken in gradually increased doses, revitalizes the system giving it unknown energy. Energy begets energy!

Everyone should want to die as young as late as possible. The road to achieving this goal is through exercise. It's fun. It's healthy. It's invigorating. Physical fitness, individually or as a family, young or old, is beautiful. Buy the paperback, *Aerobics*, by Kenneth H. Cooper, M.D., read it, and recharge your batteries!

Remember: A rolling stone gathers no fat.  
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.



Mini-Bus Aids Child Development Programs

## Yancey May Get Mini-Bus

A fleet of mini-buses soon will be much in evidence on the highways and back roads of Western North Carolina.

The 38 little buses will play a major role in the delivery of child development programs and other human services throughout the 29-county area of the State served by the Appalachian Regional Commission, according to an announcement by N.C. Governor Jim Holshouser.

Yancey County qualifies as one of these areas, and according to Social Services Director Ruby Smith, a mini-bus would surely be welcome. "We have two child development centers in Yancey County," she said. "The one in Burnsville has one vehicle to transport children but the other one in Bald Creek has no transportation facility." Mrs. Smith also indicated that Child Development and

Day Care Centers are badly needed in other areas of Yancey County, but lack of transportation is a great drawback in serving the rest of the county.

Yancey County is part of Region D, which contains seven counties. Since seven of the mini-buses are to be allotted to this Region, presumably Yancey will receive one of the mini-buses.

The buses were acquired by the North Carolina Office of Child Development (OCD) in the Department of Administration. The OCD administers federal-state funds from the Appalachian Regional Commission (ARC) for a child development program which is currently serving over 2,700 children.

Holshouser said ARC funds for the purchase of the mini-buses were made possible by savings accomplished thru a

new management system initiated in January by the OCD.

"This new system is a business-like way to pay a certain amount per child per month for services provided, and it rewards high enrollment and good management," the Governor said. "As a result, the average cost per child per month has been reduced from \$300 to \$185, with no reduction in services."

"Lack of transportation long has been identified as a serious impediment to effective human service delivery in the Appalachian region," Holshouser added. "Therefore it was decided that we could use these savings to alleviate this problem by purchasing these mini-buses."

The Governor noted that rural transportation is an important need throughout the state. "We're making a strong effort to find ways to meet this need in North Carolina," he said. "When these funds opened up, it gave us the opportunity to meet the special needs of some of our people in this part of the State."

The 38 mini-buses cost approximately \$280,000, representing funds saved from January 1 through June 30.

They include 31 buses with a 16 passenger capacity and seven 12 passenger buses equipped with hydraulic lifts to enable handicapped children to ride in the buses.

Fees collected through child development projects covered the 20 per cent matching share required of local governments by the Appalachian Regional Commission. Holshouser pointed out that the buses will be available for a wide variety of human services programs when they are not needed to transport participants in child development programs.

"For example," he said, "they can be used to transport elderly citizens to receive meals provided in nutrition programs. Or they can be used to transport high school students getting practical work experience in child development centers under manpower programs."

"This," he added, "is another example of cooperation made possible through the coordination of various human service programs by local governments working through their Lead Regional Organizations."

Last May, Governor Holshouser initiated a new Intergovernmental Human Services Program which is a mechanism designed to achieve effective and efficient delivery of human services. Under this program, the LROs, functioning at the multi-county level as instruments of local government, administer the federally funded human service programs on a regional basis in a manner that provides local control and encourages integration of the various services.

Child development services include quality day care centers; family-based programs; and coordinated health, social and educational services.

### CAP Meeting

Mt. Wilderness Civil Air Patrol will meet every Monday night at 7:30 p.m. at the Mountain Wilderness Office, Pensacola, N.C. Anyone interested in joining this group will be welcome to attend any Monday night meeting. All visitors are welcome.

### THE YANCEY JOURNAL

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Six Months ..... \$5.00

## Reunion

The Annual Penland Reunion was held Sunday, September 1st at the B. B. Penland home place, now the home of their daughter, Mrs. Sol Harris in Bolen's Creek. Approximately 50 relatives and friends attended.

## REAL ESTATE FOR SALE

30 Acres all wooded in Little Creek bordered on two sides by National Forest - Nice Stream, good future timber potential.

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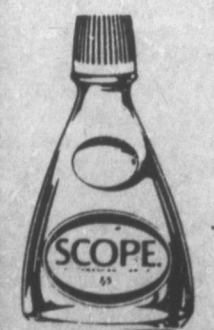


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