

# Community

## Local health professionals go back to school

CHAPEL HILL—During World War II, 24-year-old Navy pilot Ralph Boatman flew regular noontime bombing runs through heavy anti-aircraft fire over Japan and could handle just about any plane the Navy had. Many's the day his B-24 Liberator landed on Iwo Jima after a raid with flak and debris holes in the fuselage.

But today, he says, somebody would have to be nuts to go flying with him.

"Everything's changed, and I haven't flown for years," says Boatman who now has a Ph.D. and is director of continuing education in health sciences at the University of North Carolina at Chapel Hill. "I wouldn't know enough about comput-

ers, navigation, instrument and high-altitude flying or the jets themselves without going back for a lot of re-training."

Similarly, he says, people risk their health when doctors, nurses, dentists, pharmacists and other health professionals don't keep up with evolving treatments and technology. Who'd want to be treated by a doctor, for example, who'd learned nothing since graduating from medical school in 1950?

Last year, Boatman and his colleagues at UNC helped 16,513 North Carolinians from every corner of the state return to the classroom to sharpen their health-care skills, increase their knowledge and, sometimes, get better jobs.

Ten of them live in Perquimans County.

"Continuing education has become the fastest growing segment of higher education and will assume increasing importance in the years ahead as more and more and more adults go back to school for training or just for pleasure," Boatman says. "Judging from the amount of money that industry is putting into it, continuing education is really big business now."

Last year, UNC offered 866 courses that involved 10,160.5 instructional hours for health practitioners, he said. That translates into 197,229 hours of contact between health faculty and individual students and doesn't include instruction in educa-

tion, law, government or any other discipline.

Since some people attended more than one course, there was a total of 28,569 participations in the health classes.

"It's noteworthy that of the 866 courses we conducted last year, 600 of them were offered in the practitioners' own communities."

Three major factors, two positive and one negative, contributed to the courses being held off campus.

"A lot of health professionals can't afford to be away from their practices for days or weeks at a stretch," the educator said.

"For that reason, we try to arrange training as near as possible to where they live and work."

In addition, UNC is headquarters for North Carolina's Area Health Education Center program which was specifically designed some 14 years ago to spread health education throughout the state. Today, AHEC centers are located in Asheville, Charlotte, Fayetteville, Greensboro, Greenville, Raleigh, Tarboro, Wilmington and Winston-Salem.

"More than 73,800 health professionals attended lectures, consultation clinics, workshops and conferences at the regional centers last year," Boatman said.

The negative reason is that there simply isn't enough classroom space on the UNC campus to meet the growing demand for continuing education, he said, especially during the

academic year when regular classes are being held.

Courses range from pain management, cancer treatments and computer literacy to building one's career and how not to get sued, Boatman said.

They can be as short as one hour for a doctor who wants to learn what to look for a particular when examining a healthy young athlete or as long as 295 hours for the nurse who's planning to re-enter the profession after raising a family.

Pharmacists can study almost anything from the latest drugs to maintaining cash flow in the pharmacy business. Dentists learn, among other things, how to better handle time, stress, employees, patients and the new dental sealants.

### Community calendar

#### Benefit supper planned

The Winfall Volunteer Fire Dept. are sponsoring a Barbecue Chicken Supper for Josiah Smith on August 2,

1986 at the fire department. Tickets are \$3.50 each and can be purchased from any department member.

#### Pagent date set

The District 1-B Senior Citizen's Pageant will be held Friday, July 31, 7 p.m. at the Albemarle Commission, located on Church Street, Hertford. Contestants will be judged on talent,

street and evening wear, and a question and answer response.

Admission is free and the public is invited to attend.

#### Booths available for festival

All craftsmen, artists or food vendors who wish to have a booth in the Perquimans County Chamber of Commerce Indian Summer Festival please contact the Perquimans County Chamber of Commerce at 426-5657 for an application. Booths

are available for food, arts and crafts. A 12x12 booth is \$15.00; a 12x24 booth is \$20.00. The day for food and crafts is Saturday, September 13th from 9 a.m. to 5 p.m. The deadline for having your name printed in the brochure is August 11, 1986.

#### Club meeting set

Happy Day Senior Citizens Club will be meeting on Wednesday, July 30, 1986 at 2:30 p.m. at Bay Branch A.M.E. Zion Church in Belvidere,

N.C. For further information you may call Mrs. Marian Frierson at 297-2438. All are welcome.

#### Center plans activities

July 24, Bible Study, 1:30-3:30; July 25, Blood Pressures Checked for free, 9-12 noon and 2-5 p.m., July 28, Trip to Lost Colony, July 29, Early

Bird Breakfast Club at Hertford Cafe, 8 a.m., Bible Study, 1:30-3:30. July 30, Bingo, 2-4:00 p.m. and July 31, Bible Study, 1:30-3:30.

#### quilters plan events

Perquimans Quilters will not meet in regular session during July and August. A trip to Greenville to view a quilt exhibit is planned for July 28th. Members will meet at the County Office Building at 8:00 a.m. to pool

rides. On August 6th a "Quilt In" is planned at the home of Stella Nash in Snug Harbor. Those attending are asked to bring a quilt project and a salad for the lunch buffet.

#### Holmes Students Win

For the second straight year, driver training students of Tyrone Spellman at John A. Holmes have advanced to the state finals in student driving competition.

This year, two of Spellman's students walked off with awards in the competition held at Garner, N.C. on April 24-26. Capturing fourth place was Charles Cross, 16, a sophomore, who received \$200 and a trophy. Winning an eighth place was Eric Hayes who was presented a trophy. They competed with 17 other students from across the state.

The driving meet was sponsored by the N.C. Driver Traffic Safety Education Association and the N.C. De-

partment of Transportation. The contestants were all top drivers from their areas.

Events included on-street driving; a speech on specific topics such as the new state seat belt law; and a written test on driving laws. Judges for the event include state highway patrol officers and driver education teachers that had no students entered in the competition.

Spellman said of his students, "I appreciate the hard work these kids put into preparation for this competition." He said that his students had earned a total of \$1,375 in cash and scholarships from area, district and state driving meets.

### Recipes for squash

Two squash casserole recipes for your abundant supply!



#### CAPTAIN WAFER SQUASH CASSEROLE

- 36 Captain Wafers (approx.) see "Note" below
- 1 medium onion, chopped
- 1 small bell pepper, chopped
- 3 eggs
- 8 oz. mild cheddar cheese, grated
- 1 pint yellow squash, pre-cooked (2 cups)
- 1 tsp. salt
- 2 tsp. black pepper
- 1 dash garlic (optional)
- 3 tablespoons flour
- 1/4 cup cream
- 2 tablespoons butter or margarine

Preheat oven to 375 degrees. In a small mixing bowl combine onions, bell peppers, squash and eggs, blending well. Set mixture aside. In another small mixing bowl, blend flour, cream, salt, black pepper and garlic until you have a semi-thick batter. In a deep casserole dish, make a double

row of Captain Wafer crackers on the bottom; add some butter. Next add a 2-inch layer of the squash mixture; then add a 1-inch layer of grated cheddar cheese. Repeat process until all ingredients are used. Pour batter on top of casserole and spread butter on top. Crush remaining wafers and add on top of casserole before baking. Bake for 20-25 minutes until bubbly and top is golden brown.

Note: Captain Wafers may be substituted by using Ritz or Tuc crackers, but Captain Wafers give this casserole the best flavor. Captain Wafers are a registered trademark of the Lance Co.

#### ZUCCHINI CASSEROLE (SQUASH)

- 4 to 6 medium-sized zucchini squash
- 1 teaspoon salt
- 1 1/2 cups shredded cheddar cheese
- 3 tablespoons flour
- 3 eggs, well beaten
- 1 tablespoon margarine
- 1/2 of large onion chopped

Shred enough of the unpeeled zucchini to make 4 1/2 to 5 cups, lightly packed into the cup. Put in a bowl and mix with salt. Let stand 1/2 hour, then mash out liquid and drain. Combine zucchini, cheese, flour, onion and eggs. Stir until well blended. Put in 1 1/2-quart casserole dish that has been well greased. Put margarine on top and bake at 350 degrees for 30 minutes or until custard is set. Makes 8 servings.



Many people believe that we owe the comfort of the rocking chair to Benjamin Franklin. No proof of a rocker prior to his has come to light.



Left over egg yolks can keep for two to three days covered with water in a tight-lidded jar and refrigerated.

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