

# FNS

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Front Cover: When the snow vanished into the streams, Hyden took on that "late winter look" that promised bluer skies, warmer days, and the budding of tree and bush. Here the camera looks out over the 123 steps that descend from the Frontier School to Joy House (at the left), from which point a winding road takes the hiker down a further steep descent to the Mary Breckinridge Hospital, barely visible at the lower right, at the foot of Hospital Hill. The buildings of downtown Hyden can be seen in the distance.

Comments and questions regarding the editorial content of the *FNS Quarterly Bulletin* may be addressed to its Managing Editor, Robert Beeman, at the Frontier Nursing Service, Hyden, Kentucky 41749.

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### WOOTON — A CLINIC TWICE REBORN

There has always been a “romantic” side to the Frontier Nursing Service. Countless stories out of its sixty-year past tell of rescues — of aid brought through blizzards to women in labor, of wounded men carried over rough trails on improvised stretchers to the hospital, of nurses fording rivers to remote cabins to care for children with a dangerous fever.

To those actually involved, little of this was very romantic. It entailed difficulty and danger, anxiety and sacrifice. It was hard work, often at inconvenient times. But it had as its reward the satisfaction of having given care when care was urgently needed.

A few years ago, FNS became involved in a rescue operation of a different kind — it rescued a *clinic*. The rescue itself was not especially dramatic. Participants came, not on horses, but on foot and in cars and jeeps. They drove on paved roads and did not have to swim any flooded rivers. They carried no medicines or medical equipment. What they did may not sound like high adventure, but

in the end they saved for the community of Wooton a clinic that would otherwise have been abandoned.

Wooton is a small community that can be reached by following Kentucky State Route 80 northeast about eight miles from Hyden. The road continues on to Hazard, another ten or twelve miles beyond, and in the early days, Wooton residents were more likely to look to Hazard for support than to Hyden. FNS itself always thought of Wooton as lying within its area of service. It made home visits in this northeastern part of Leslie County for many years, but FNS never built a clinic there. It is not clear why. Possibly the reason was that Wooton seemed to be "on the other side of the mountain." Psychologically, the intervening mountain was indeed a barrier, and even today, Route 80, with its sharp turns and grades, is not easy to drive in bad weather.

A more likely reason is that Mary Breckinridge may have felt that Wooton already had adequate health care. A small clinic had been established there early in the century, in a small log cabin. One resident recalled that the clinic, in addition to providing its other kinds of care, got very much involved with tonsils. His impression was that the clinic was too small to provide recovery rooms for tonsillectomy patients, and on days when operations were performed, patients often rested outside on pallets for a few hours before they were sent home. In any case, Wooton was not without health care when Mary Breckinridge established the Frontier Nursing Service in 1925.

Wooton is one of those Appalachian communities in which a church has been a prime mover in bringing in education, health care, and other services from "the outside." In Wooton's case, the Presbyterian Church was an important force. Over a period of years, the church built a school, a hospital and clinic, and, of course a church building. The Rev. William Buyers came to Hyden in 1912 and very soon began preaching in Wooton as well. Services were held in the schoolhouse. The church also had a demonstration farm, where it taught basic skills, including weaving and woodwork, that enabled the community to set up various cottage industries. For a number of years, the church was active in a number of "social type" ministries.

The Presbyterian Church built its hospital at Wooton within a few years after FNS opened the Hyden Hospital in 1928. Helen

Green, a member of the FNS Wooton Clinic's Advisory Committee, remembers that she was the hospital's first surgical patient. She says that Dr. Collins removed her appendix in an operation performed, as she recalls, somewhere around 1930. But the hospital closed just a few years later. By then, there were improved facilities in Leslie County, not only at FNS in Hyden, but also in Hazard and Harlan. Hyden and Hazard could be reached by Route 80, which was a new road that had not yet been paved and hardly provided for easy travel. Helen Green recalls that "you still had to go into the creek from time to time" — and she says she still has a vivid memory of the smell of the tar that covered its surface. Harlan, farther away to the south, could be reached by a narrow road. Despite some difficulty in getting to these facilities, their presence convinced those in charge that there was no longer a sufficient need for a hospital at Wooton. In any case, with the closing of the hospital, no comparable health services were to be available in Wooton for about thirty-five years.

Interesting accounts of these earlier days have been set down in books written by some of the participants. Mary T. Brewer's



Photo by Gabrielle Beasley

Dr. Jean Sullivan chats with a Wooton patient



Three members of the Wooton Clinic's Advisory Committee get together informally at the clinic: Chairman Mary Alice Murray, Walter Green, and Helen Green

*Rugged Trail to Appalachia* and Nola Pease VanderMeer's *The Tired Country Smiles* are full of interesting history. Beyond a few works of this kind, there is little in the way of official records, and it can be difficult to pin down exact dates and happenings. There is one interesting footnote: If Nola Pease VanderMeer's name seems familiar to people who have never been in this part of the country, it is probably because her husband's nephew, Johnny VanderMeer, made a unique place for himself in the baseball record books by pitching two consecutive no-hit games for the Brooklyn Dodgers some years back.

Eventually, the Mountain Comprehensive Health Corporation (MCHC), an agency supported by federal funds through the Office of Equal Opportunity, built a new clinic at Wooton. The clinic building was made up of two trailers, set side by side twelve feet apart, with one roof covering the trailers and the intervening space. The trailers contained examining rooms, offices, and other facilities. The center area provided a waiting room and reception desk. A third, somewhat smaller, trailer, was added, at right angles, at the back of the building. This subsequently housed a dental clinic. A former employee of MCHC believes that these trailers had been brought in from Pennsylvania, where they had been used as temporary shelter during flood rescue operations.

The MCHC clinic had a large staff, including a doctor, a dentist, two nurse practitioners, nurse aides, a clinic manager, financial advisors, and a van driver who brought patients in from outlying areas in one of several large four-wheel-drive vehicles. MCHC subcontracted with the Frontier Nursing Service for part of the nursing staff. Susan Hull, now Project Director of FNS' Community Health Clinic at Big Creek, worked at the Wooton clinic for about a year, moving on in the summer of 1976. Judy Floyd, a nurse who had graduated from the Frontier School of Midwifery and Family Nursing, also worked at Wooton during this time. Sue Hull recalls that the clinic saw from ten to twenty patients a day.

Toward the end of 1977, MCHC decided to close the clinic at Wooton. This time, the community, having already lost one previous clinic and a hospital, strongly objected to losing another. Lois Baker, who was directing the Wooton operation, called a public meeting at nearby W.B. Muncy Elementary School to explain that MCHC was closing the clinic because of budgetary problems, and to consider the possibility that the Frontier Nursing Service could take it over.

FNS Director W.B. Rogers Beasley, Assistant Director Evelyn Peck, and other FNS representatives attended. They understood the importance of "rescuing" the clinic and agreed to do so if the community would provide the necessary support, which, in the FNS view, required the establishment of an active Advisory Committee made up of responsible local citizens. FNS had no trouble getting such a committee together.

Like the advisory committees that assist the other FNS district clinics, the Wooton committee is composed of dedicated members of the community. Mary Alice Murray, its present chairman, came to Wooton in 1966 to work in Christian education. Walter Green, who, with his wife, Helen, has been a member from the beginning, worked in forestry for the State of Kentucky; at one time, he was involved in putting in some of the first telephone lines in the area. Altogether, the committee averages about eight active members, who meet quarterly.

The Advisory Committee functions as a link between FNS and the community, and it also has been active in raising funds for the clinic. It has bought a copying machine, an otoscope, a doppler fetoscope, baby scales, and other medical equipment. It has also bought a washing machine and dryer, installed acoustical insula-

tion in the project director's office, and built the railing around the front porch. Although FNS provides basic maintenance for the clinic, the Advisory Committee people often help with smaller repairs. Also, it carried out one of Mary Alice Murray's pet projects, which was to replace the formal examining robes with longer and more attractively colored robes. These are color-coded by size, and, in the children's sizes, are cheerfully decorated. Each year, the committee sponsors Christmas parties and buys gifts for the children.

The committee has spent close to \$7,000 on projects of these kinds. The money has been raised by means of spaghetti suppers, yard sales, auctions, country music shows, and by providing food for voters on Election Day.

Once FNS knew that it had the support of the community, it proceeded to organize and staff the clinic in the light of its experience with the other district clinics. It knew that it could not afford the large staff that MCHC had used, and so it organized a smaller staff around Sharon Koser as Project Director. Sharon, a native of Seattle, had come to FNS in 1969. She had obtained her BSN from the School of Nursing of the University of Washington in 1965 and had worked two years in Salem, Oregon and in Chicago. When she first came to FNS, she worked at the Wendover clinic, making many home visits in the Wendover/Muncy's Creek part of Leslie County. Altogether, she was the Wendover district nurse for seven years. During this time, she also completed the family nurse practitioner program at the Frontier School of Midwifery and Family Nursing, graduating in January 1976. After the Wendover clinic was closed, in 1976, Sharon worked at the Beech Fork clinic, leaving in December 1977 to go to Wooton, where she has been project director ever since. At Christmastime this winter, Sharon received a certificate recognizing her fifteen years of service to FNS.

The Wooton clinic has been basically a one-nurse operation, although it has had a second nurse at times. Its current staff consists of Sharon, Charlene Wells (a nurse aide), and Liza Evans (receptionist). Sharon has mentioned, with evident pleasure, that she personally knows five generations of Charlene Wells' family and has cared for four of them.

Although the staff that FNS sent to Wooton was considerably smaller than the one maintained previously, the Wooton clinic soon





Photo by Gabrielle Beasley

Sharon Koser, Project Director of the Wooton Clinic, with a young patient and mother

began to see ten patients a day, and on the days when a doctor went to the clinic, there often were as many as 30 patients.

The first doctor at Wooton after FNS took over the clinic was Dr. Anne Wasson, who is fondly remembered there, as she is throughout FNS and the many FNS communities to which she has given herself. Currently, Wooton is served by Dr. Jean Sullivan, who came to FNS last year from Arizona. Dr. Sullivan visits Wooton two days each week. The staff is assisted also by students from the Frontier School of Midwifery and Family Nursing, who get a certain amount of their "hands on" education through work at the district clinics.

One facility that came to FNS along with the clinic was the dental clinic. This was reopened on November 11, 1979 with a new dentist, Dr. Gregory P. Lynne, who, in the period just before starting his work at Wooton, conducted dental screening examinations in the elementary schools of Leslie County. However, FNS ultimately decided that the dental clinic needed a more central location, and it was moved to Hyden in 1982.

Like the other FNS district clinics, the Wooton Clinic becomes involved in substantial "extracurricular" activity. About four times a year, it sets up a free blood pressure clinic at the post office. It has held classes in diet for the community, and recently it has received a number of requests for "stop smoking" classes. The clinic building is only a few hundred yards from the Muncy Elementary School, and it has assisted the school when called on to help with medical problems. Sharon Koser feels that the clinic benefits from its proximity to the school, since contacts with students and staff extend the clinic's contacts with the community. However, she says, the community is very active. It schedules so many activities that the clinic sometimes has difficulty finding a non-competitive hour for programs of its own that would benefit from community participation.

Wooton's patients come, for the most part, from within a radius of three or four miles, although some patients come greater distances — from Avawam and Cutshin, and other communities ten or more miles away.

Wooton's history has been different from that of the other clinics in one respect: It has never had a home visit program as such. The MCHC clinic had no license to engage in home health services, and it seems to have been content to leave home care to FNS, which provided it from its original base at Wendover. As a result, the community does not expect home visits from the clinic staff. Sharon Koser, however, feels that something is lost when nurses cannot visit patients in their homes. (This view is often expressed by the nurses at the other district clinics.) It is easier to understand and prescribe for a patient's health problems when the health provider knows something of the environment. It is still important, in this mountainous area, to understand whether a patient must carry groceries and supplies across a swinging bridge or up a steep slope, and whether they must depend on other people for transportation.

Sharon commented on Mary Breckinridge's view that if health care begins with a baby — or with prenatal care — it is likely to extend to the whole family. This has proved to be the case, although Sharon points out that the clinic has less contact with men from the time they leave school until they become senior citizens. It remains difficult for working men to get time from their jobs to take care of preventive health concerns. Employers do allow them sick leave for

dealing with serious health problems, but the importance of health maintenance as such is still not widely appreciated. For the rest of the family, however, the Wooton clinic, like the other FNS district clinics, still can offer the continuity of care that the community feels is so important.

In its first years, the FNS pattern was to look for a community that needed a district clinic, and to build one there. Over the years, some of these clinics have moved, have been combined with others, or have been discontinued, mainly for reasons having to do with changes in the environment and the need. In recent years, a different pattern has appeared. At Pine Mountain, FNS revived a clinic that had closed years before. At Yerkes, it took over a clinic that had been closed about a year. At Wooton, it saved an existing clinic from closing. Even in a day of better roads and faster communication, the district clinics still serve a much-appreciated need. The role that FNS assumes today when it needs to move into a new community may be somewhat different from the role FNS grew up playing, but it serves the same objective of bringing care to those who need it.

## BEYOND THE MOUNTAINS

by Kate Ireland

The total commitment of volunteer workers is essential in any major capital fund-raising campaign, and our "Nursing Education Enrichment Drive" has been advanced enormously through the efforts of loyal friends of Frontier Nursing Service.

Special meetings and fund-raising events have been sponsored in many of our committee areas during the three-year campaign, with the most recent occurring on December 12 at the Idle Hour Country Club in Lexington, courtesy of the First Security National Bank and Trust Company.

Helen Mayes, Trustee, and Barbara and Will Rouse helped me gather some Bluegrass leaders to reach FNS friends for the NEED Campaign in the Lexington area. Bluegrass Committee co-chairman Betty Kenan (Courier, 1965), Jim Kenan (Board of Governors), Joan Gaines, and Ruth Roach, who both have joined us on recent "Open House" tours, along with Dr. and Mrs. John P. Stewart, helped us hold a most successful evening of fun and fund-raising. You'll be hearing more about NEED soon.



**The Frontier School's 96th class, with its instructors**

*Sr. Nathalie Elder\** Susan Banks Nancy Fishwick\*

Susan Skinner Wendy Wagers\*

Melanie Gillis Sr. Kathryn O'Meara\*

Barbara Buickus Ann Condie

Brigid Robinson Donna Heller

Mary Semer Anita Wiggam

\*Faculty

## FRONTIER SCHOOL WELCOMES 96th CLASS

The Frontier School of Midwifery and Family Nursing welcomed its 96th class during the first week of the year. This year's class is the first to enter under the new requirement that entrants must have at least a Bachelor of Science degree in Nursing. FSMFN has always chosen highly qualified nurses, but the formal degree has not been insisted upon in every case, since the school has always required that applicants be registered nurses with very substantial professional experience. The new requirement has been established to conform to the position of the American Nurses' Association that candidates wishing to sit for the certification examination as a family nurse practitioner after June 1985 must have at least a BSN degree.

The nine new students have had an average of nearly seven years of working experience. As usual, there are several who have worked overseas.

The FSMFN curriculum offers a twelve-month program to prepare nurses for certification as nurse practitioners. It also offers a sixteen-month program to prepare nurses for certification as family nurse-midwives. Most FSMFN students elect the family nurse-midwifery option.

The new class members are:

**Susan Banks**, Lubbock, Texas; B.A. (Political Science), Texas Technical University, Lubbock, Texas (1975); BSN, University of Texas Health Science Center, San Antonio, Texas (1981).

**Barbara Buickus**, Wilkes-Barre, Pennsylvania; BSN, Misericordia College, Dallas, Pennsylvania (1973).

**Ann Condie**, Saratoga, California; AA (General Education, Science), West Valley College, Saratoga, California (1977); BSN, Biola University, La Mirada, California (1980).

**Melanie Gillis**, Rochester, Minnesota; AAN, Rochester Community College, Rochester, Minnesota (1979); BSN, Winona State University, Rochester, Minnesota (1984).

**Donna Heller**, Brattleboro, Vermont; BSN, University of Wisconsin, Madison, Wisconsin (1976); served as an RN with the Peace Corps for two years in Malawi, Central Africa (1979-1981).

**Brigid Robinson**, Laramie, Wyoming; BSN, University of Wyoming, Laramie, Wyoming (1979); has worked in San Jose, Costa Rica both as an elementary teacher (1970-1972) and as a community nurse (1983-1984); also worked as an archaeological field assistant on Easter Island, Chile, for four months in 1979.

**Mary Semer**, East Lansing, Michigan; diploma, Providence Hospital School of Nursing, Southfield, Michigan (1973); BSN, University of Michigan, Ann Arbor, Michigan (1976).

**Susan Skinner**, Astoria, Oregon; BSN, University of Texas, Houston, Texas (1976).

**Anita Wiggam**, Indianapolis, Indiana; BSN, University of Evansville, Evansville, Indiana (1979).

### WHEN SNOW COMES TO THE MOUNTAINS

The blizzard that assaulted Appalachia in mid-February dropped nearly two feet of snow on the area served by the Frontier Nursing Service. No precise measurements are known to us, but most communities in Leslie and Perry Counties were sure they had received from 18 to 24 inches. At Hyden and Wendover the depth of the covering was probably about 21 inches.

Those who come from the northern parts of this country may see such a snowfall mainly as an inconvenience, severe perhaps, but only temporary. Northerners *expect* snow, and they are prepared for it. Their cities and towns are well equipped with plows, snow throwers, salt, and sand. Snow crews go to work promptly as the snow deepens and can usually keep the important roads open, or make them at least passable within a few hours.

But in the middle latitudes of the United States, even a light snow can cripple a wide area. A city like Lexington, for example, which is 125 miles northwest of Hyden, expects no more than a few inches of snow at a time, and there are few times when the snow does not melt and run off in a day or two. Thus, Lexington can hardly justify a large investment in snow removal forces. Even so, it must sometimes endure a brief period of paralysis after even a light fall, because it cannot cope effectively with snow and ice. Typically, at one major shopping mall, many cars simply could not climb a relatively shallow grade to one of the exits. The snow had melted slightly during the day and frozen again at night, and no one had been able to get to it with a load of salt or sand.

Considering the confusion and hazardous conditions in a city like Lexington, one may imagine what the snow did to the mountainous area where the Frontier Nursing Service is located. These mountains are not high, but they are steep and closely set. Even the main roads (the Daniel Boone Parkway is an exception) have sharp turns, and many have grades that, while short, may be quite steep for brief stretches. Ice or packed snow on a slope only twenty feet long can effectively make a road impassable. Many roads lack guard rails, and there are numerous points where a skid over the edge would launch a vehicle on a precipitous tumble. Moreover, quite a few back roads are not paved at all.

While newcomers are often surprised that mountain schools may close for a week after a light snowfall, anyone who has seen

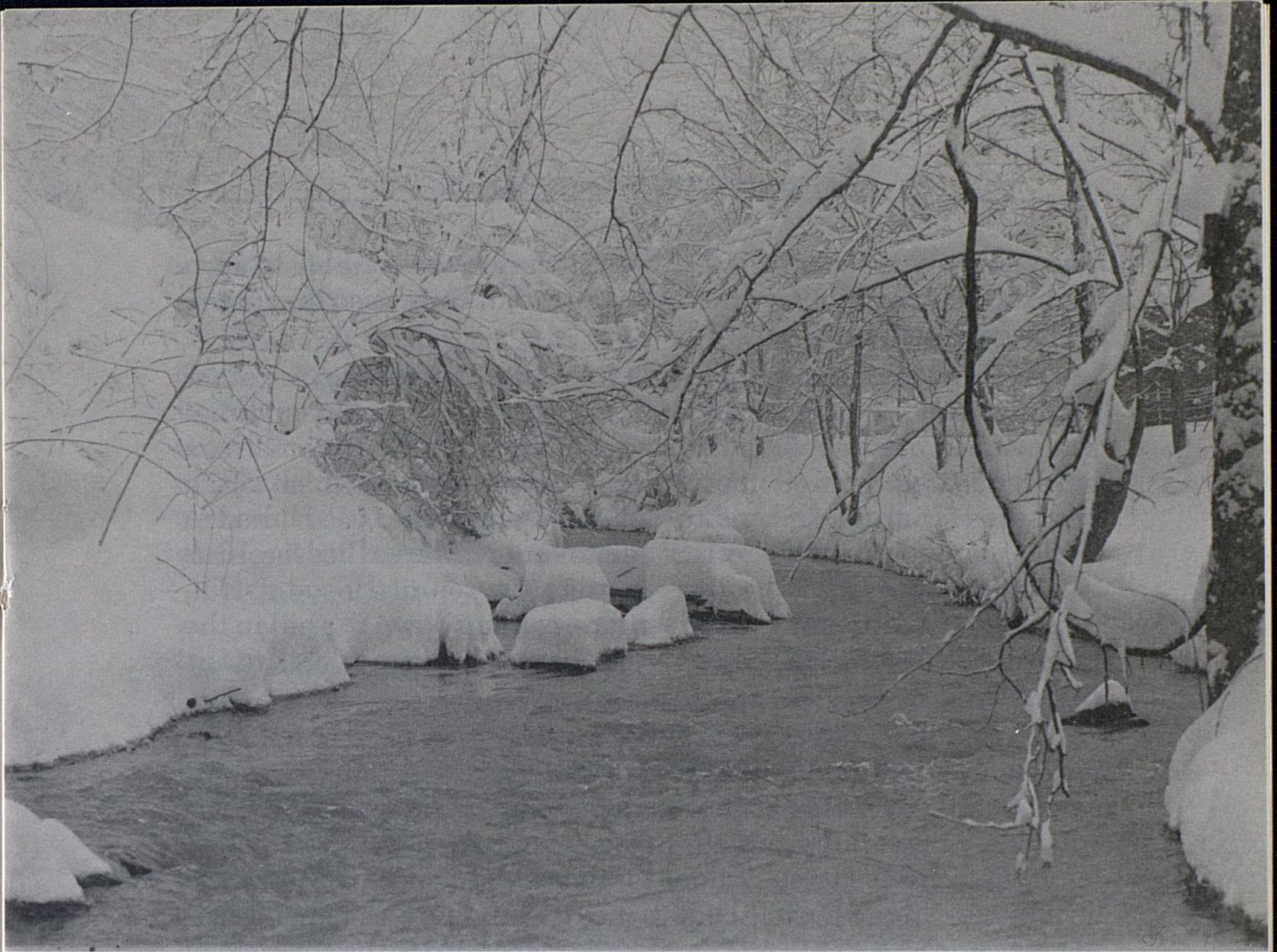


Photo by courtesy of the *Thousandsticks News*

The storm left many beautiful scenes. This one was on Osborne Fork, near Thousandsticks.

these roads in storm conditions, or during the muddy melt-off that follows, will know why school buses cannot use them safely at such times. But this winter, the situation was worse than usual. Leslie County schools were shut for six consecutive weeks, and many other Kentucky schools suffered similar disruptions. To make up for all this lost time, most schools will now have to hold classes on Saturdays, and they will extend the school year into the summer vacation period. Spring breaks have been canceled in most cases. These delays and distortions aside, families also had to contend with the "cabin fever" that afflicted kids who had six weeks of "nothing to do."

The weather had varying effects on FNS. Mary Breckinridge Hospital, which is on fairly level ground with a straightaway approach from the main road, functioned effectively, if not quite normally. In fact, it had an unusually high number of births during the worst of the weather. Also, there was a surge in the number of

pneumonia cases. Some of the district clinics were unable to open for a day or more, but few patients who might have used them were able to travel in any case.

Finding ways of getting to and from the hospital and the other facilities that remained open, however, was anything but a normal routine. Some employees couldn't get to work at all. Some got there but couldn't get home. Some were able to walk to work, which took a measure of courage and endurance, since many who tried it had to trudge a mile or so each way through the snow. Marty Bledsoe, FNS Clinics Coordinator, who lives at the very top of Hospital Hill, turned the situation into an adventure, coming down the hill in the morning on a sled, and then hauling the sled back up the hill at the end of the day.

It was a time for other kinds of improvisation as well. FNS put its jeeps on a routine of driving out to designated locations to pick up employees who could get that far on their own. It rewarded those who came to work by providing free meals from the cafeteria. It found sleeping accommodations for those who could not reach their own homes, in the hospital or other FNS buildings, or in neighboring residences. A number of employees responded to the emergency by working extra shifts, and all the essential jobs got done in spite of Nature's obstructionism.

On Hospital Hill, which rises steeply behind the hospital, the Frontier School of Midwifery and Family Nursing, housed in the old hospital building overlooking Hyden, was largely unreachable for several days. A few determined persons got up or down the hill on foot, but only a few four-wheel-drive vehicles could negotiate the steep road with its sharp hairpin turn. Fortunately, most of the faculty and students live on the hill within walking distance of the school, so the school was able to carry on.

Some sport was had of it all, however. A number of residents discovered the same challenge that Marty Bledsoe had found in the sledding possibilities on Hospital Hill. Many a sled charged down the steep grades, not always on a sure path to a safe destination. More than one sledder was thrown inelegantly from his vehicle, and a number made unhappy contact with a tree, rock, or other unyielding obstacle. For several days, the sled route was marked visibly by blood stains at points where the steering abilities of the



sledders had been overtaxed. But none of the injuries were serious, and the frolic continued in spite of the hazards.

Residents of the back areas learned long ago that if they wanted to have any mobility during the snow season, they needed vehicles with four-wheel drive, and such vehicles are therefore common in this area. But even some of these went out of control and ended up off the road, sometimes at the bottom of a hollow, and sometimes on their sides. In consequence, most people simply stayed where they were and did what they could do without having to go outside.

Fortunately, the area was spared three problems that have had to be endured in other winters. For one thing, there was no failure in the electrical supply. Although electricity did not come to this area until the 1940's, its use is now widespread, and loss of power deprives many residents and institutions of light, heat, refrigeration, and cooking facilities. Power failures are not uncommon, but fortunately this particular difficulty did not arise.

The water supply is also vulnerable, but it too remained uninterrupted. A year ago, during a period of severe cold, many

By the time this picture was taken, the worst of the snow was gone. Still, the camera caught something of the state of things in downtown Hyden, with cars lined up facing the Hyden Citizens Bank.

Photo by courtesy of the *Leslie County News*



householders left faucets open for long stretches in the hope of keeping water pipes from freezing. As a result, there was a period, nearly a week long, in which there was little or no water during the day in some locations. On Hospital Hill, water pipes emptied about breakfast time on the first day of the outage. At night, when demand decreased, the reservoirs would begin to refill. But they could not collect a sufficient supply to last throughout the next day. As the weather began to improve, less water was used, and the supply began to build up. Thus, each day, water remained available an hour or so longer than on the day before, and after about a week, service was back to normal. Fortunately, nothing of this kind occurred this year.

For a time there appeared to be a serious threat of flooding. Residents worried that the entire mass of snow might convert itself into runoff in a short time, which would have overloaded the streams. But, happily, the snow melted gradually, and, although the water levels *did* come up, they remained well below a dangerous level.

By the last week of February, the roads were clear again, and virtually no snow remained, although there was mud everywhere. School was back in session, and a few crocus had pushed through the mud, a few weeks behind schedule.

Oldtimers, of course, like to tell how the hardy mountaineers of the past (and, of course, FNS' own "nurses on horseback") defied the weather and made their rounds and met their obligations in spite of it. It probably made some difference that they were used to it and knew how to deal with it. If you don't have to depend on a paved road, you are not going to be delayed just because the road is blocked with snow. If you ride a four-legged "vehicle" that has some sense about where to put its feet, you don't have to worry quite so much about guard rails and snow tires. That's not to say that the oldtimers didn't have to be courageous and sturdy, or that their horses did not sometimes take bad spills, or that the rivers and trails did not sometimes become impassable. Nor does it imply that modern developments haven't brought benefits and made life much easier — at least in normal conditions. But, as we are often reminded, our increased dependence on modern resources does make us more vulnerable when they fail. There are moments when we are forced to reflect that "progress" sometimes has taken some interesting turns.



**Above:** The Daughters of Colonial Wars have long been generous friends of FNS. In a recent visit, DCW National President Frances Vivian Flanders met at the Frontier School with Dean Ruth Beeman and Sr. Kathryn O'Meara (standing) and student Mary Mays, recipient of a DCW scholarship, and Sr. Nathalie Elder (seated). **Below:** Students of the Frontier School teach CPR at Leslie County Vocational School as part of a community project of the Frontier School.



## AN ADVENTURE IN MIDWIFERY The Nurse-on-Horseback Gets a "Soon Start"

by Mary Breckinridge

From time to time, we like to look back to the first days of the Frontier Nursing Service. These revisits to the past help to restore perspective and refocus our dedication. For FNS, there could hardly be a better source of inspiration than Mary Breckinridge herself, who founded FNS in 1925. The following article, which Mrs. Breckinridge wrote when FNS was hardly a year old — and was still called the Kentucky Committee for Mothers and Babies — is reprinted from *Survey Graphic* for October 1, 1926. It won a first place award in a series of awards for public achievement offered through Survey Associates by the Harmon Foundation. In this article, Mrs. Breckinridge describes the beginnings of her program.

Just one year ago<sup>1</sup>, in the early summer, we began. Leslie County is in the heart of the Kentucky mountains, with its ten thousand Americans of the old stock scattered over 375 square miles of such rugged highland that a golf course, or even a croquet set, could scarcely be laid out within its borders. No railway, no highway, no automobiles, no bridges, no physicians — but a people whose wistful appeal comes down the centuries, and forests of alluring loveliness.

All of our work is carried forward on horseback. As our staff has grown we have kept one horse ahead, because horses haven't the resistance of nurses and need more frequent relief. Each nurse saddles and feeds and grooms her own animal, and all the horses must be fed by seven in the morning so that we can get what our neighbors call a "soon start." The riding is always difficult and often dangerous. During the winter, when the cold spells come and the streams freeze over, the horses, shod with ice nails, slip and stumble and often crash through with bleeding hocks. Sometimes a way must be made for them out to the rapids, where one commonly finds the fords, by a chivalrous mountaineer with his axe. When the "tides" come the fords of the unbridged river are impassable. But one night Miss Rockstroh<sup>2</sup> swam the river on Lady Jane — saddle bags and all — to a confinement case, following the father on his white mule.

Our horses are all gallantly responsive to their obligations even when, as a colored mammy of my childhood used to say, "it don't

<sup>1</sup> I.e., in 1925.

<sup>2</sup> Edna Rockstroh and Freda Caffin were the first midwives engaged by Mary Breckinridge for service with the Kentucky Committee for Mothers and Babies.



An early FNS nurse-midwife on a home visit. Many oldtimers recall this simple but effective method of measuring the weight of a growing baby.

ease them none." Teddy Bear<sup>3</sup> leaps a five barred gate for the sheer joy of it. Sandy knew the tree Miss Caffin<sup>2</sup> chose for hitching, by the precipice, wasn't safe, and demurred a bit, but stood by it so well that when Miss Caffin looked back, Sandy and the tree were disappearing over the precipice together. It took nearly an hour to revive him, for the breath was just naturally knocked out of his body. Then he quietly resumed the round of pre-natal and post partum visits which his fall had interrupted.

Auld Reekie, re-christened from Rick, in honor of Miss Ireland<sup>4</sup> of Scotland, whose person he carried faithfully on our initial survey of births and deaths, is affectionate and biddable to the point of obsession. He trumpets aloud his grief if left alone. He it was Miss Logan rode over the twenty-mile trail from the railroad to Hyden when she came in just before Christmas, crossing three mountains and many streams and the Middle Fork with its waters up to the girths — and she never to her knowledge having been on a horse before!

<sup>3</sup> Teddy Bear was Mrs. Breckinridge's favorite horse.

<sup>4</sup> Miss Bertram Ireland.

Like horses, like riders! In offering posts to its workers the Kentucky Committee for Mothers and Babies, Inc., could, with few changes, quote Garibaldi's speech to his Roman soldiers:

What I have to offer you is fatigue, danger, struggle, with risk of death; the chill of the cold night in the free air, and heat under the burning sun; no lodgings, uncertain provisions, forced marches, dangerous outposts — those who love humanity and their country may follow me.

To such an appeal the workers have responded more quickly than we could receive them.

On May 28, 1925, the Kentucky Committee formed (and later incorporated) its organization for the protection of motherhood and infancy in the remoter rural sections of our state, with [Dr.] Alexander J.A. Alexander of Woodford County as chairman, and a membership of less than seventy. The one bond this group all held in common was a love of childhood and the wish to be of service to children. What form should this service take?

Since children die more from causes connected with childbirth than from all other causes, and this mortality, like that of their mothers, is highest in the country districts furthest from medical and nursing aid — then our help, so we reasoned, must rest its emphasis on the pregnancy and childbirth of rural mothers, and on early infancy — treating later forms of child care as valuable but secondary considerations. Next to the newborn baby we must protect the toddler, and when we have met his appeal we can enter the schools. But the home precedes the school.

In realizing our dreams, we have had to keep finances in view, else our work would be self-limited, and we studied and were prepared to profit by the lessons of the rest of the world. Those fifteen other nations who lose fewer mothers from childbirth than we do, is there not a connection between their provision for training and supervising their midwives and their lower maternal death rates? We think there is, and that it isn't accidental that the Queen's Nurses in England and Wales, all trained as midwives and carefully supervised, had a maternal death rate in 1923, in the 54,544 confinements attended by their famous organization, of but 1.4 per thousand live births.

So we declared, in resolutions presented by Mrs. S.C. Henning, of Louisville, that our purpose was to safeguard the lives and health of mothers and young children by providing trained nurse-midwives

for rural areas where there are no residential physicians; and that these nurse-midwives were to work under supervision; in compliance with the regulations for midwives of the State Board of Health and the law governing the registration of nurses, and in cooperation with the nearest medical service. Leslie County was chosen for the beginning, by permission of Dr. Arthur MacCormack<sup>5</sup> of the State Board of Health, because nowhere are conditions more remote or more difficult.

The first summer's work was twofold. We had to gather together representative mountaineers from all parts of the region to form a strong county committee *through* whom, and not *for* whom, the state group functions. At the same time we made a survey of every one of the 1,635 families in Leslie, in cooperation with Mr. Blackerby<sup>6</sup>, the state statistician, to supplement the births and deaths reported since the registration law of 1911. We wanted to know just where we stood at the outset.

Six people were engaged in this survey, under the direction of Bertram Ireland, whose somewhat similar work in the Scottish Highlands had earned the highest commendations from Sir Leslie MacKenzie, and who was loaned to us by the Committee on Maternal Health. In graphic style she has reported her own experiences, and the almost insuperable difficulties of the "tides," snakes and storms, heat and infections, and then the long drought when we often hauled water by a windlass eighty feet or more out of the ground. A little in a hand basin for our bodies and our undies at the close of a day's ride needs must suffice. As for food and lodging, we shared those of our neighbors, whose glowing hospitality made amends for their crowded rooms and meager fare. But for our horses we sometimes had to have feed hauled from the railroad, in advance of our coming, a distance of twenty-five miles or more. We were living close to what Galsworthy calls "nature with a small n" and we felt a Franciscan reverence for her favors. "Praised be our Lord for Sister Water, for she is very humble and clean."

Our county committee held a glorious first meeting in August at the county seat of Hyden, with thirty-five members in attendance

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<sup>5</sup> Evidently a reference to Dr. Arthur T. McCormack, Health Commissioner of the Commonwealth of Kentucky.

<sup>6</sup> Mr. J.F. Blackerby, Chief of the Bureau of Vital Statistics of the Kentucky State Department of Health.

and the courthouse jammed by interested onlookers. There was none of the blase indifference of those who roll to committee meetings in limousines. The district court was adjourned in our honor, the judge taking part in the proceedings, and one of our women members rode all day to be present, with her baby over one arm. Three members of the state committee came up to welcome our first county branch, and ringing speeches were made in reply by the Leslians. Walter Hoskins, of Hyden, then proposed resolutions of active support, moral and financial, which were passed unanimously.

Immediately after this meeting we opened our first nursing center at Hyden, with two nurse-midwives in charge. These first two, Freda Caffin and Edna Rockstroh, are former members of the staff of the Maternity Center Association of New York, and, like the writer, had gone to London to obtain their training in midwifery. Two more nurses, graduates of the Army School and trained in public health at Teachers College and Henry Street, are now also taking their midwifery in the premier schools of the old world, upon their own initiative and at their own expense. Miss Logan goes over later in the year. Miss Halsall<sup>7</sup>, a Queen's nurse and midwife, came to us in the spring. It will take ten, besides a supervisor and a floater, to cover our initial county.

The response of the Leslians around Hyden, from Hurricane Creek to Hell-fer-Sartin, over Thousand Sticks Mountain to Bull Creek, and over Owl's Nest to Cutshin, was immediate and handsome. The four closing months of 1925, which were the first four of this nursing service, gave the following figures:

<b>VISITS</b>	
Paid in the Homes	Received in the Dispensary
996	1,352
<b>PATIENTS REGISTERED</b>	
Babies	59
Pre-school children	81
School children	230
Midwifery	31
Adults	130
	Total
	531
Cases given general nursing care	45

<sup>7</sup> Ellen Halsall, the first Wendover midwife. Miss Halsall delivered FNS' first baby.



The Frontier Nursing service was founded as the Kentucky Committee for Mothers and Babies. It has brought care and caring into the mountain homes from its very first days.



Photo by Caufield & Shook

Of the midwifery cases registered, twelve were delivered of thirteen live children, and in December we had one registered for as far ahead as July.

At the request of the State Board of Health we gave 362 typhoid inoculations to children and 95 to adults, and toxin-anti-toxin to 160 children and one adult.

Inoculations for typhoid are free from serum supplied by the State Board, but for the toxin-anti-toxin we charge five cents a shot, and in fully three-fourths of the cases it has been paid. Several little girls earned their injections by emptying the dispensary slop buckets.

We have met with no opposition from the native midwives, who are old women in that region — tired and rheumatic, and apparently willing to pass the torch into our hands. One called us in to deliver her own great-grandchild.

Each nurse has two pairs of saddle bags, one for midwifery and one for general nursing. A lantern always stands filled and trimmed by the midwifery bag, for the calls often come at night and the lantern is not only needed for the dark mountain trails but is often the only illumination in the home other than an open fire. Electric torches are carried too, but they are less certain than a lantern.

One of the best things we have been able to do has been to effect a liaison between many of our patients and the specialists and hospitals of Lexington and Louisville. Through the kindness of the

Louisville & Nashville Railroad, and the generosity of the doctors, nine of whom have given their services, we were able, in the first ten months, to offer the best Kentucky has to fifteen of her isolated people, and this second summer several specialists have come up to hold clinics: diagnostic, gynaecological and pre-natal, and eye, ear, nose and throat.

The housing is of the most sorrowful nature. The Hyden nurses are temporarily quartered in an old two-story structure, with all of its rooms opening outside, so that one goes out to come in. The lower veranda is level with the ground, and the horses, for whom there is no separate paddock, walk heavily across it. Elsewhere in the country living accommodations are even more precarious and practically all very much over-occupied, so that the building of small nursing centers must keep pace with our advance. We brood over the legend of St. Donald of Abernathy, who lived in a hollow oak with his nine virgin daughters, all saints, and "they lacked nothing."

The second nursing center, which is also the administrative field headquarters of the committee, and called Wendover, is built entirely of logs and stone, in the heart of the country on the Middle Fork of the Kentucky River, and is a memorial by a Kentuckian<sup>8</sup> to a baby girl and a boy who died at the age of four. Admirably planned for its purpose, through the courtesy of Louis Rush of Philadelphia, and so picturesque in its beech forest overlooking the deep pools of the stream as to suggest the house of the Three Bears when Goldilocks discovered it, we hope Wendover is but the first of several centers to be built during the year to enable our work to follow its normal expansion.

The money for our third center, to be located where Beech Fork and Middle Fork join, ten miles above Wendover, has just been given by Mrs. Ayer of Boston, as a memorial to her Kentucky mother, Jessie Preston Draper.

Construction should shortly start on the permanent building for the Hyden nurses and county supervisor, without which they could

<sup>8</sup>This "Kentuckian" was Mary Breckinridge herself, who lost her son, Breckie, at the age of four and her baby daughter, Polly, just a few hours after she was born. The loss of her children, in circumstances where she felt they might have been saved if medical help had been more readily available, deeply affected Mrs. Breckinridge and was a major force in her determination to provide to other mothers the care she herself had been unable to obtain. The "administrative field headquarters" to which she refers has long been known as the "Big House." In addition to serving the functions she describes, it was also her own home.

hardly face a second winter. The Hyden District Nursing Committee had held a drive and gone over the top with the thousand dollars which was its quota. The rest of the money is being solicited from individuals and groups, mostly in Kentucky, as no large donor of the whole happens to be in the offing.

What are our objectives?

Leslie is a laboratory, our field of research as well as our beginning. We ask ourselves questions like these:

Will our maternal and infant death-rate in rural sections of Kentucky be lowered by this system of nurse-midwives to figures comparable with those of the Old World?<sup>9</sup>

What area and population can be served by each nurse, combining midwifery with generalized public health nursing? What part of her time is claimed by midwifery? What part by generalized nursing? We are keeping very exact daily records in order to answer this.

What will the cost be? What part can be borne locally? In the Hebrides, with somewhat similar population and economic conditions, it was found that about 20 per cent of the costs could be borne locally — in other parts of the Highlands as high as 80 per cent.

Will the people accept this service? Will the nurses do it? These questions we are answering already.

Is it economically possible to provide for this service and from what sources other than local support? Educational work is largely met by endowments. Perhaps we are coming to an era when health will be as well endowed as education. Military authorities speak of our "tiny army," with but one soldier to each thousand of the population. Is the idea of one nurse to each thousand of our rural population inconceivable? In the Hebrides they do better than that.

Can the service extend indefinitely with nurses only? Or must the nurses eventually be used for the supervision of small groups and a class of midwife-attendants trained to work under them? Time will tell.

Meanwhile we take heart, even though the trail is hard in the blazing, because we are seeking answers to our questions in the only place where we believe they are to be found.

<sup>9</sup> Mrs. Breckinridge's hopes were indeed fulfilled. FNS delivered its 20,000th baby in May 1983. At that time, its record showed a loss of only 11 mothers in childbirth (9 puerperal, 2 cardiac) during the 58 years since FNS' founding. No mother has died in childbirth since 1952.

### NURSE PRACTITIONER ISSUE PLANNED

The *FNS Quarterly Bulletin* is planning to devote a special issue to the work of the family nurse practitioner. Publication is tentatively scheduled for the end of this year.

This issue will be similar in scope and approach to the special issue on nurse-midwifery that was published at the end of 1984 (Volume 60, No. 2). We expect the FNP issue to contain articles by key persons in nursing, and we would like also to report on the experiences, views, and wishes of our readers.

The form and content of this special issue have not been finally determined and can therefore be influenced by the opinions and interests of our readers. For this reason, we would be eager to hear what you have to say.

Please let us hear from you. If your response is as thoughtful and fruitful as the response to our last invitation (for the midwifery issue), we can make this project more meaningful to our readers.

Again, therefore, we invite you to get in touch with us. We are interested in hearing about (1) trends, (2) illustrative anecdotes and personal experiences, (3) problems, needs, and expectations; and actual or recommended solutions, (4) views of the future, (5) commentary, opinion, and/or philosophical statements, and/or (6) anything else you think might be of interest.

In preparing this special issue (as in preparing the midwifery issue), we want to look beyond the "state of the art" today. Our interest is not mainly one of historical perspective, nor is it our purpose merely to be bring the record up to date. Our essential concern is, as FNS' concern always has been, to understand *today's* needs and the needs that *the future* will require us to meet. A review of this kind thus helps FNS to look at itself and to understand better the changing world it serves.

Of course, the sooner we hear from you — and the more of you who respond — the more easily we can shape this special issue to your interests. So please don't put off responding.

Please write us at this address: *FNS Quarterly Bulletin*, Old Hospital, Frontier Nursing Service, Hyden, Kentucky 41749.

Thank you.

— *FNS Quarterly Bulletin*



Photo by Gabrielle Beasley

FNS Director David M. Hatfield presents 25-year award  
to Lawrence Bowling at annual Christmas Dinner

### SERVICE AWARDS PRESENTED TO FNS EMPLOYEES AT CHRISTMAS DINNER

Twenty-four FNS employees received pins and plaques in appreciation of their service to FNS at the employee Christmas Dinner shortly before Christmas. Employees with ten or more years of service also received United States Savings Bonds.

Lawrence Bowling was honored for 25 years of service, Juanetta Morgan and Nancy Williams for 20. Fifteen-year honors went to Ann Browning, Wanda Hacker, Mary Rose Hoskins, Sharon Koser, Jewell Sizemore, Virginia Whitehead, and Edith Wooton. Ten-year honorees were Millicent Bell, Claudette Grubb, Ruth Hall, Nannie Hornsby, Wilma Roberts, Judy A. Sizemore, and Alice Whitman. Employees completing five years with FNS were Evelyn Gibson, Debra K. Lewis, Geneva Morgan, Karen Poci, Alice Stidham, Wilma J. Whitaker, and Anna C. Wilder.

The dinner was given at the Mary Breckinridge Hospital. FNS Director David M. Hatfield presented the awards.

**FNS Film at Smithsonian.** *The Forgotten Frontier*, Mrs. Jefferson Patterson's famous silent film on the early days of the Frontier Nursing Service, was included in a home health exhibition at the Smithsonian Institution National Museum of American History in Washington on March 23. This celebrated black-and-white documentary, made nearly sixty years ago, continues to enthrall viewers throughout the world.

**IN MEMORIAM**

These friends have departed this life in recent months. We wish to express our gratitude for their interest in our work, and our sympathy to their families.

MISS SARAH GIBSON BLANDING  
Newtown, Pennsylvania  
Honorary Trustee

MRS. FRANK BOWLING  
Big Creek, Kentucky  
Community Health Center Member

MRS. ROGER LEE BRANHAM  
Hingham, Massachusetts  
Boston Committee member  
Mother of courier Virginia ("Jinny") Branham (1955)

MRS. W. RANDOLPH BURGESS  
Washington, D.C.  
Long-time friend of FNS

MRS. LAURA CHAPMAN  
Ovid, New York  
Mother of former staff member and alumna,  
Louisa Chapman Whitlock

MISS LAURA C. CHRISTIANSON  
Bloomington, Minnesota  
Former New York Committee member

MRS. JOHN SHERMAN COOPER  
Washington, D.C.  
Honorary Trustee  
and ardent friend of FNS

MAJOR GENERAL HOWARD C. DAVIDSON  
Bethesda, Maryland  
Father of former couriers Mary Davidson Swift  
and Julia Davidson Cheshire

MISS MINNIE GROVE  
Lexington, Kentucky  
Former FNS staff member

MR. ALFRED M. HUNT  
Pittsburgh, Pennsylvania  
Pittsburgh Committee member

**MRS. LAURA STONE WALTON JOHNSTON**

Lexington, Kentucky  
Wife of FNS Trustee R.W.P. Johnston

**MRS. RICHARD P. PAINE**

Medfield, Massachusetts  
Boston Committee member

**DR. JOHN ROCK**

Temple, New Hampshire  
FNS National Medical Council  
Boston Committee member  
and friend of Mrs. Breckinridge

**MRS. WILLIAM W. WOTHERSPOON**

Grosse Pointe Farms, Michigan  
Trustee  
Former chairman, Detroit Committee  
Former courier (Mary Bulkley, 1945)

**MEMORIAL GIFTS**

We wish to express our deep appreciation to these friends, who have shown their love and respect for the individuals named below by making supporting contributions in their memory to the work of the Frontier Nursing Service.

**Miss Margaret M. Gage**

Mr. and Mrs. Roy G. Roberts

**Mrs. Walter N. Haldeman**

Mrs. Benjamin W. Thoron  
Jane Haldeman Hope

**Mr. Alfred M. Hunt**

Mrs. David M. Gilmore

**Miss Minnie Grove**

Mr. and Mrs. Charles M. Isaacs

**Mrs. Philip J. Baugh**

Miss Kate Ireland

**Mr. Glenn Craft**

Miss Kate Ireland

**Mrs. Olive M. Gass**

Miss Lois S. Gass

**Ruth Van Buren Clark**

North Superior Home  
Economics Study Club

**Marguerite Mason**

Faith Phillips Perera

**Mrs. Leonard Bughman**

Mr. and Mrs. William Botzow

**Mr. C.V. Cooper, Sr.**

Mr. C.V. Cooper, Jr.

**Mrs. Charles Beach, Jr.**

Mr. C.V. Cooper, Jr.

**Mr. Raleigh Couch**

Miss Lucille Knechtly

**Miss Laurette M. Beck**

Dr. and Mrs. W.B. Rogers Beasley

**Mrs. William Spencer**

Mrs. Thornton J. Parker, Jr.

**Katharine Helm Halley**

Mrs. Lincoln Roden, Jr.

**Mrs. W. Randolph Burgess**

Mrs. Jefferson Patterson

- Grace Lee Carlile**  
Mr. and Mrs. Carlile Bolton-Smith
- Mrs. Sallie Ann Ormand**  
Mr. John W. Foley, Jr.
- Mr. Edward Holmes**  
Mr. and Mrs. Elmer S. Goheen
- Wanda Hoskins**  
Mr. and Mrs. Max W. Rothpletz
- Marilyn L. Kensill**  
Mr. and Mrs. Elmer S. Goheen
- Mrs. John Sherman Cooper**  
The Republican Party of Kentucky  
Miss Kate Ireland  
Covington & Burling  
Mr. and Mrs. Edward B.  
Burling, Jr.  
Mrs. Peyton A. Lewis
- Mrs. William W. Wotherspoon**  
Mrs. Charles H. Hodges, Jr.  
Mr. and Mrs. Stephen Gardner  
Mrs. A. Chambers Oliphant
- Mrs. James C. Routh**  
Mrs. Jacob P. Farney
- Mrs. I. Lee Miller**  
Mrs. Arthur H. Vollertsen  
Mrs. Schroedel
- Mrs. Harry A. Keitz**  
Mrs. G. Humphrey Bryan, Jr.  
Miss Eleanor Mabry
- Mrs. Henry B. Joy**  
Mrs. William H. Fuller
- Mrs. D. Robert Pierson**  
Mrs. Louis E. Laflin, Jr.  
Mr. and Mrs. C.H. Randolph  
Lyon, Jr.  
Mrs. Herbert P. McLaughlin  
Mr. and Mrs. Calvin D. Trowbridge  
Mrs. F.J. Wrampelmeier
- Mrs. Uri B. Grannis  
Mr. and Mrs. Thomas H. Oliver  
Mrs. Ross J. Beatty, Jr.  
Mr. and Mrs. J. Prince Sebrell  
Bettie R. Thompson  
Barbara S. Beaupre  
Mr. and Mrs. Cecil E. Cantrill  
Mrs. Arthur Dixon  
Mrs. W. Press Hodgkins
- Mrs. Roger Lee Branham**  
Miss Caroline F. Holdship  
Miss Jane Mengel Allen, Jr.  
Mr. and Mrs. William H. Bolster  
Mr. and Mrs. Edwin F. Colby  
Mr. and Mrs. Albion C. Drinkwater  
Mr. and Mrs. Walter L. Houghton  
Hingham Visiting Nurse and  
and Community Service, Inc.  
Ms. Ruth E. Howe  
Mr. and Mrs. Warren S. Lane  
Mrs. Harry J. Murphy  
Mr. and Mrs. James N.  
Rawleigh, Jr.  
Mrs. John D. Strong  
Mrs. Francis S. Wright  
Mr. and Mrs. Jerome Preston, Sr.  
Mrs. Elizabeth Beveridge  
Capt. and Mrs. Henry A. Ingram  
Miss Helen E. Browne  
Mrs. Paul C. Reardon  
Miss Kate Ireland  
Miss Agnes Lewis  
Rowena R. Glasscock  
Mr. John J. Foley
- Mrs. Richard P. Paine**  
FNS Boston Committee
- Mrs. John W. Brindo, Sr.**  
Mrs. Douglas H. Funsett
- Dr. Frederick M. Zerzavy**  
Julius S. Prince, M.D.



### NOTES FROM THE SCHOOL

Nine eager new students joined us just after New Year's to bring our total enrollment to 24 for this spring trimester. Fortunately, everyone got here safely and were somewhat settled in before winter moved in with such ferocity. We found the FNS spirit still alive and well as we met the challenges of a 21-inch snowfall, drifts several feet deep, and icy hills and walks. Communication between the Mary Breckinridge Hospital at the bottom of the hill and the Frontier School and Haggin Quarters at the top of the hill was a daily exercise in creativity. Despite a few adventures, everyone maintained a sense of humor as we generally kept on schedule with classes and clinical assignments. Now we watch the crocus and daffodils appear and realize how quickly the seasons fly by.

In spite of the problems with the weather, nine of our senior students fanned out all over the United States to spend six to eight weeks learning what it is like to apply all the past year's classroom and clinical learning to practice as a family nurse-midwife. How reassuring it is to have such caring and giving professional friends who are so willing to make a place for our students in their busy nurse-midwifery services. Such a network of friends has made it possible for our enrollment to grow modestly over these last few years. There is such a demand for nurse-midwives that we all feel a commitment to try just a bit harder to do more than we think we can.

We continue to develop our programs on many other levels. We are now at full staff, with an especially outstanding and committed faculty. We expect to announce soon the joint appointment of a number of them to the graduate faculty of the Frances Payne Bolton School of Nursing, Case Western Reserve University, where several are also planning to begin part-time study toward their PhD's. We realize that we at the Frontier School must move our program into the mainstream of academic life to maintain credibility and options for our graduates. Fortunately, we can at the same time maintain the traditions of clinical excellence that have evolved out of our long heritage as a program with the independence to be innovative. We have many plans for the future that we will be sharing in these next issues.

We have also ventured into the computer age, and we are all learning the language and behaviors that go with having our very own in-house IBM PC. We're finding it hard to schedule the time to learn as fast as we need to, but we marvel at the potential we now have for additional creative activities.

Meanwhile, we realize how quickly graduation will come, and with it the sense of pride we feel in the accomplishments of this very special group of young women who have given us the opportunity to guide their adventure into a new level of professional practice. At the same time, we begin to prepare for the sense of loss we feel as they leave the campus and we must

give up the daily contact we've enjoyed. This is one of the reasons we look forward to the ACNM convention to be held in Houston this May. We cherish this opportunity to renew our friendship with colleagues and former students.

In our next issue, we hope to share with you some interesting developments that will give our school a very promising affiliation with two universities.

— *Ruth Beeman*

### COURIER NEWS

**Debbie (Ray) Dawson, '70** had a baby, Tessa Somerset Dawson, on October 12. Debbie is the daughter of FNS New York Committee member Mrs. William F. Ray.

**Cheryl (Feuerhelm) Kruse, '84, Madison, Minnesota** — "We got married June 2. My husband Pat is the manager of a lumberyard here — United Building Center. I'm working as an RN at a small hospital about 12 miles from Madison. We're expecting an addition to our family September 25 — it's a ways off yet, but so far I'm feeling good."

**Whitney Pinger, '82, New London, Connecticut** — "Life here is busy. I'm over half way through here (Yale Graduate School of Midwifery) — presently doing births on Labor and Delivery five days per week. I'm still working in a home birth practice here, too."

**Doug Smith, '83, New Orleans, Louisiana** — "I am now in college in Loyola University in New Orleans. For once in my life I like all my classes and teachers. I send my best to everyone."

**Steve Leuty, '83, Interlochen, Michigan** — "I am working at Interlochen Arts Academy. The school is pretty neat. It's a boarding school and the kids are great. I'm learning so many skills in handling them. I'm also having fun as the supervisor of the yearbook's photography. With almost unlimited freedom and funds. I'm able to learn more about the art of photography."

**Tia Casertano, '84, Cheshire, Connecticut** — "I had a nice month and a half of work and time with my family but have decided to go to the Mideast in February. In just two weeks I'm going to India and Bangladesh. Things look very exciting and interesting and I am grateful and very lucky to have such a nice year off. I miss Kentucky a lot and think of you often."

**Maria Fernandez Gimenez, '84, Milwaukee, Wisconsin** — "I am in school part-time and currently holding down three jobs. The most interesting among them is a position as a counselor in a group home for chronically mentally ill adults. I'm also doing child care in a bilingual household and working as a clerk/typist in the Spanish Speaking Outreach Institute at the University of Wisconsin in Milwaukee."

**Becky Booth, '84, New York, New York** — "I went to school part time last semester and got a job as a 'Mental Health Therapy Aide' at the NY Psych. Institute on the children's ward. I also did a neat volunteer job with the Red Cross on hypertension education for elementary schools in Harlem."

**Lorna (Miller) Eckian, '64, Orlando, Florida** — "I have been working full time as a visiting nurse for the VNA here in Orlando. I basically love the work — the Medicare requirements are increasingly onerous as you must know, and take something out of it. We continue to be so impressed by the job being done."

**Marian (Lee) Mikesell, '41, Arivaca, Arizona** — "Things have changed since I was there in about summer 1938. Am raising Black Angus cattle, pug dogs, a small orchard. Am located approximately 70 miles S.W. of Tucson. Great memories. I enjoy the Quarterly."

#### FIELD NOTES

December was a busy month for many at the Frontier Nursing Service, as much preparation went into the Christmas parties planned for the FNS community. Thanks to the generosity of many of the donors who supply clothing, toys, and money to buy the gifts, we were able to have our usual Christmas parties for the children at each of our five outpost clinics. Each clinic planned its own party, and Santa Claus arranged his busy schedule so he could also be included in the festivities and fun. The children living in the Wendover area presented the Christmas pageant to a full house in the Garden House basement. The idea of having the children portray the Biblical story of Christ's birth was begun by Mrs. Breckinridge, and the staff at Wendover have tried to carry on the tradition when possible.

All of the FNS employees were treated to a Christmas Dinner during the holidays, and the employees' children were invited to a party that included a special show presented by the Lexington Children's Theatre.

The very cold temperatures in January and February, along with the large accumulations of snow (17 inches dumped on us on February 12!) made activity nearly impossible for many of the Leslie Countians. Due to snow and icy roads, many of the FNS employees worked long hours to cover for those who could not make it to work.

Tom Woods, a photographer from the *Lexington Herald-Leader*, came for two days in early January to photograph one of our Home Health nurses, Glenna Allen. His pictures, along with a full page article on the Frontier Nursing Service's Home Health Agency, appeared in the Sunday edition of the paper on January 27.

Mr. Jack Payne, an instructor at Lee's College, Jackson, Kentucky, brought his Human Growth and Development class for a tour of the Mary Breckinridge Hospital and lunch at Wendover. Mr. Payne has found that

the information the students learn from the day spent at FNS is helpful in his teaching of his course. A group of five students from Union College, Barbourville, Kentucky, also came for a tour of Wendover and discussion on the Courier and Volunteer Service. These students are in an Appalachian Studies course and were interested in learning about the history of the Frontier Nursing Service and the volunteer opportunities available through FNS.

In February, the local Board of Governors were invited to a dinner at Wendover to meet the students who have begun their training at the Frontier School of Midwifery and Family Nursing. This dinner is held each year to give the students a chance to interact with some of the local board members, and to allow the members to welcome the students.

The couriers have been plentiful and helpful during the past months. Many hours were spent helping the staff prepare for the many Christmas parties and activities that were planned to make this a special holiday season for FNS patients and families. The couriers have also spent a lot of time working at two of the outpost clinics, Shopp Folk Health Center and Beech Fork, and at the Mary Breckinridge Hospital, in the women's clinic, physical therapy department, and finance department. Needless to say, a lot of energy was also expended scooping snow along the pathways and driveway at Wendover! The pre-school that was started this fall in the Garden House basement is now averaging ten children, and plans are in the making to hold summer health day camps at each of the outpost clinics this summer.

The couriers who volunteer this year will all be involved in another huge undertaking: that of making four single quilts for the Big House bedrooms. Many of the couriers are interested in learning how to quilt, so this project is providing that learning experience. Two neighbor ladies, Lois Morgan and Alabam Morgan, former Wendover cook, are helping with the teaching. The couriers who have volunteered during the past few months include Debra Bowers (Keuka College), Newark, New York; Brenda Kooiman (Augustana College), Edgerton, Minnesota; LaDonna Raak (Augustana College), Maurice, Iowa; Jill Lefers (Augustana College), Corsica, South Dakota; Nathaniel Howe III (Brooks Academy), Greenwich, Connecticut; Tracy Elmer (Miami Valley School), Dayton, Ohio; Douglas Bugbee (Hamilton College), Greenwich, Connecticut; Caroline Herter, Manchester, Massachusetts; and Kenneth Yanik (Western Washington University), Greenwich, Connecticut.

We welcome the following new employees: Wendy Wagers, RN, MSN, CFNM, nurse-midwifery instructor; Roberta Brashears, nursing assistant; Patsy Pruitt, front desk clerk; Alechia Lewis, GPN; Coleen Wold, RN, FNP; Lucy Lewis, GPN; Janet Lipps, RN; Judy Harkins, secretary (Yerkes); and Evaleen Bowling, pharmacy technician.

We bid farewell to Gail Asher, RN; Lora Gail Wells, pharmacy technician; Kay Hollifield, RN; Carolyn Bowling, secretary; Marietta Maggard, posting clerk; Rhonda Rhodes, nursing assistant; Pliney Jane Whitehead, front desk clerk; and Lenora Kay Campbell, LPN.

— by *Danna Larson*

#### NEWS OF FORMER STAFF

**Hope Muncy, Danville, Kentucky** — “As long as I am able, I want to keep alive the dreams and work of a wonderful, warm, caring person. How better is the world for her having been in it! I have been reading in the papers about the proposed housing for the elderly and low-income people. I’m glad it will be named Mary Breckinridge Housing, Inc. It’s a wonderful thing for the people of Leslie County and surrounding counties.”

**Laurel Erzinger, Nome, Alaska** — “Life here in Alaska goes well! It certainly is beautiful country — the wilderness — well, ‘I reckon’ — it is just about unparalleled. The vastness and expansiveness of it all are quite overwhelming. The countryside at Nome is quite a switch from Leslie County — very open, lots of tundra, the Bering Sea, and *no* trees. Summer was gorgeous — lots of bright green, flowers and fish and 24 hours of sunshine! Autumn was spectacular—the tundra exploded in golds, reds, oranges and oodles of berries! . . . I’m working in Village Health Services here, doing a lot of teaching/training of the native health aides and involving village travel. All the native villages are accessible only by small plane. The job is interesting and challenging. I’m learning a lot.”

**Marion Hickson Small, Grinstead, Sussex, England** — Last fall, FNS received a card from Trink Beasley with a clipping from the *East Grinstead Courier* telling of a song recital given by Marion Small in aid of the East Grinstead and District Mentally Handicapped Society. Marion was on the midwifery staff at FNS in the late fifties. Later she returned to England and took up singing. Her recital, which ranged from Rogers and Hammerstein to Beethoven to Ponchielli, earned a very complimentary review.

#### IN BRIEF

**ANA Certification Examinations** will be held on October 5 at 67 testing sites throughout the United States and in Guam and the Virgin Islands. Examinations will be held for certification in the following fields: Community Health Nurse, Adult Nurse Practitioner, Family Nurse Practitioner, School Nurse Practitioner, Gerontological Nurse, Gerontological Nurse Practitioner, Maternal and Child Health Nurse, Child and Adolescent Nurse, Pediatric Nurse Practitioner, High-Risk Perinatal Nurse, Medical-Surgical Nurse, Psychiatric and Mental Health Nurse, Clinical Specialist in Medical-Surgical Nursing, Clinical Specialist in Adult Psychiatric and Mental Health Nursing, Clinical Specialist in Child and Adolescent Psychiatric and Mental Health Nursing, Nursing Administration, and Nursing Administration, Advanced. Information can be obtained from Marketing, American Nurses’ Association, 2420 Pershing Road, Kansas City, Missouri 64108.

## ALUMNI NEWS

**Clara Jefferis (1975) Port Sudan, Republic of Sudan** — “After a bout of probable dengue fever, I’m back to Eit. Dengue fever is a nuisance, temperature of 101 degrees F and then a rash on the palms and soles of feet, which itches! There has been some rain in Port Sudan but here in Eit just once for about 20 minutes. So we are still praying. In the last two weeks there have people moving into our area from further West, some walking ten days and children that are malnourished. Grain, which is the staple diet, is scarce and expensive (what was 40 Sudanese pounds last year is 150 this year). We hope to get some supplemental milk from the health department soon.”

**Rayna (Yatsko) Joshu (1980), Fairbanks, Alaska** — “Andrew is a delight. He loves to watch in the mirror, loves a tub bath and smiles a lot. He sleeps 4 to 5 hours a night, and he is gaining weight. We go for a walk every day to prevent cabin fever — he rides in the Snugli under my parka. We go to the P.O., store, library, for visits, etc.”

**Stephanie Schultz (1983), Moline, Illinois** — “Everyone here is fine though the flu is going around and hitting people pretty hard. Our weather has been unusually cold and snowy, with lots of below zero days and two or three weekends of minus 20 with 30 mph winds. Schools have been closed out in the country so much they don’t know what they’re going to do. Enjoyed the Alumni Newsletter. It’s fun to read about how everyone is doing and interesting to read about those who are overseas, even if I don’t know them.”

**Karen (Knapp) Alves dos Santos (1973), Vilhena, Brazil** — “Kaleen is already walking and saying a few words, especially calls her sister’s name. Karla is quite bilingual and gets along real well. At present we are at my parents here in Campo Mourat, Parana. We are packing this week to return to Vilhena — the day Kaleen will be one year old. We will be living in Vilhena for one more year and then will be transferred to another one of our churches. We will be opening a new preaching point in another area of town at the home of one of our members. To get from here to our home in Vilhena we travel by bus, takes two nights and one day straight thru, so it is far away, but is better now that the road is all asphalt from Cuiaba, Mato Grosso to Porto Velho, Rondonia — we are half way between those two places. The girls are good travelers, for which we are thankful.”

**E. Elaine Douglas (1961), Sebring, Florida** — “The FNS was very special to me: a great year of training and experience; a year of tremendous Christian fellowship and serving the people of Leslie County. There were seven in our class: six went to Africa and one to South America. We’ve kept in touch somewhat: mail services permitting. What a change for me to be in geriatrics instead of obstetrics. But I love people of any age and there is joy in serving Jesus in any place. Greet all I know at FNS.”

**Paulette (Hunt) Meister (1979), Calais, Maine (New Brunswick, Canada)** — “Graduation time in May came and we both received degrees from the seminary. It marked the end of a great deal of work and the beginning of ‘life out of school’ again for both of us. It became more and more clear to us that

Andersonville United Baptist Church in New Brunswick was the right place and we began to plan accordingly. One of my greatest joys was a trip through KY, where I trained as a nurse-midwife and family nurse practitioner. We toured the hospital and spent several days renewing friendships. After a long trip (Texas to New Brunswick) — during which time we treated ourselves to a day at Niagara Falls — we arrived at the Canadian border on August 16, 1984. The entry process was smooth, thanks to the Lord. Folks were waiting to greet us at Andersonville. A meal was ready, many hands to help us unload the trailer, a house clean and ready to move into — all this made the arrival a good experience. Life has been full since then."

**Margaret Wise (1981), Treasure Island, Florida** — "I took my final in statistics. Boy, was I glad to get that class over with. No more academic courses until the summer when I'll be taking biostatistics at San Diego State University. I'm looking forward to going back to school, but I'm also looking forward to a more relaxed pace these next six months."

**Karen (Kern) Armstrong (1980), Pasadena, California** — "Another year has flown by. Things are busy as ever at our house. Ed is still working on his master's degree in computer science, taking one to two classes a semester. I am still working as a nurse-midwife at LAC/USC Medical Center — up to about 500 deliveries and still going strong. A new class of midwifery students starts in January and I am still challenged by the task of teaching various aspects of the program. Being a wife and mother with a crazy work schedule gets hard at times, but having days off during the week has advantages, too. Paul just celebrated his 11th birthday before Christmas. His favorite activity this year is break-dancing, and we're told he's pretty good at it! He's in public school this year and it's only three blocks away. Fortunately he makes friends quickly — phone calls are always for him. The highlight of our year was a week vacation in Banff, Canada in April, where we fell in love with the Canadian Rockies. We got to ski and after our "never ever" lessons the first day, Paul declared himself a pro. The ski bug definitely has bitten us."

**Debbie Plum (1984), Bowling Green, Kentucky** — "Hope all is well there. Work is going OK. I'm hoping to see Beth (Newton) by the end of the month if all goes well. Please say hi to all for me."

**Mary Hermiz (1974), Indianapolis, Indiana** — "I'll be graduating from Indiana University in May 1985 with a master's in Community Health. I've enjoyed getting into the 'books' again, but am missing the 'bush.' I hope to leave for Kenya, Africa next summer (1986). I've enjoyed receiving the Alumni Newsletter and the FNS Bulletin."

**Valerie Chaplain (1977), San Antonio, Texas** — "Finished a delightful course in geology this fall and now look forward to astronomy this spring. Now I'll not only be talking to all my pet rocks, I'll be mumbling to the moon and stars! Have had a few visitors. Ann Richter stopped by on her way to Mexico. I flew down to meet her and we toured Mexico by car from Acapulco to Brownsville, TX. Had a great time at very little cost. Diane Alvies and Sr. Dorothy Twellman, M.D. stopped by. Sr. Dorothy has been playing Rent-A-Doc in Alabama and they are looking to settle in the Southwest, maybe TX."

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### URGENT NEEDS

The Frontier School of Midwifery and Family Nursing has an ongoing need of videotapes for training purposes. Specialized tapes of the kind required tend to cost about \$400 apiece. The school also needs a suturing simulator for instruction in basic suturing, at an approximate cost of \$85. Contributions toward these purchases would be greatly appreciated. Donations should be sent to the Development Office, Frontier Nursing Service, Wendover, Kentucky 41775, where they will be gratefully received.

### COURIER/VOLUNTEER COORDINATOR NEEDED

Danna Larson, Coordinator of Wendover and the Courier/Volunteer Program, has decided to return to college for graduate studies next fall. Although she will be with us for several months more, we need to begin immediately to find a qualified replacement. This is a position that should appeal particularly to individuals who would enjoy working in a rural setting with young people of high school and college age, who is willing to devote additional time in managing the happenings at Wendover, and who is interested in preserving Wendover as a historical site. Inquiries should be addressed to Darrell Moore, Director of Personnel, Frontier Nursing Service, Hyden, Kentucky 41749.

### OTHER STAFF OPPORTUNITIES

Because text for the *Bulletin* must go to the printer several weeks before publication, it is not possible for any issue to contain an up-to-date list of job opportunities. Instead, we list types of positions that are most likely to be available and invite anyone qualified and interested to write for current information.

**FNS Staff.** Openings may occur from time to time in both the professional and technical staffs, with opportunities for certified nurse-midwives, family nurse practitioners, registered nurses, family practice physicians, laboratory technicians, X-ray technicians, and others. For current information, write Darrell Moore, Director of Personnel, Frontier Nursing Service, Hyden, Kentucky 41749 (phone 606-672-2901).

**Couriers and Volunteers.** This program has an ongoing need for all types of people, with all types of skills. The program is not limited to those interested in a health career. It encourages applications from anyone who is willing to volunteer for a 6- to 8-week minimum period and would like to be exposed to the work of the Frontier Nursing Service. ("You tell us what you can do, and we'll find a job for you.") For current information, write Danna Larson, Coordinator of Wendover and the Courier/Volunteer Program, Wendover, Kentucky 41775 (phone 606-672-2318).

## FRONTIER NURSING SERVICE, Inc.

Its motto:

“He shall gather the lambs with his arm  
and carry them in his bosom, and shall  
gently lead those that are with young.”

Its object:

To safeguard the lives and health of mothers and children by providing and preparing trained nurse-midwives for rural areas where there is inadequate medical service; to give skilled care to women in childbirth; to give nursing care to the sick of both sexes and all ages; to establish, own, maintain and operate hospitals, clinics, nursing centers, and midwife training schools for graduate nurses; to carry out preventive public health measures; to educate the rural population in the laws of health, and parents in baby hygiene and child care; to provide expert social service; to obtain medical, dental and surgical services for those who need them, at a price they can afford to pay; to promote the general welfare of the elderly and handicapped; to ameliorate economic conditions inimical to health and growth, and to conduct research toward that end; to do any and all other things in any way incident to, or connected with, these objects, and, in pursuit of them to cooperate with individuals and with organizations, private, state or federal; and through the fulfillment of these aims to advance the cause of health, social welfare and economic independence in rural districts with the help of their own leading citizens.

From the Articles of Incorporation of the  
Frontier Nursing Service, Article III.  
as amended June 8, 1984