

FNS

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QUARTERLY BULLETIN



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Cover Photo: The Pine Mountain Clinic carries on the FNS tradition of bringing modern health care to rural areas.

Cover photo and photos on pages 4, 5 (top), 16, and 25 by Gabrielle Beasley.

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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Dr. Alice Lindsey rides the flood

AND THE FLOODS CAME—AND SO DID THE BABY

The weather was not fit, as they say, “for man nor beast.” That would have excluded horses, if there had been any. But it wasn’t enough to keep FNS doctors and nurse-midwives from going to the aid of a young mother who was about to have a baby but couldn’t get across a flooded river to the Mary Breckinridge Hospital.

Still, even in the days of “nurses on horseback,” horses were never the only means of transportation. Many an FNS nurse and many a doctor, has used a boat to cross the Middle Fork of the Kentucky when it got rambunctious. But in recent years, in these days of flood control and steel bridges, boats haven’t figured very much in medical care at FNS. Not so in May of 1984, however, when spring rains gave Hyden, and many other parts of Appalachia, a merciless drenching that its rivers could not contain.

As the downpour continued, the water rose rapidly to flood level. On Monday morning, May 7th, it was over the road on the blue steel bridge that carries State Route 80 to Wooton. US Route 421, which normally leads to Harlan and points south, was blocked where it passes the Leslie County High School. A car on the Wendover road near the post office was roof deep in swirling

water. There was water on the gymnasium floor at the local recreation center, and upstream a trailer broke loose, floated down the river, and disintegrated near the Route 80 bridge.

Hyden's City Hall, which is actually a trailer, escaped the flood by being towed to higher ground as the water rose. Passers-by had not quite gotten used, a week later, to walking up the hill toward the Leslie County Court House and finding City Hall parked at the curb.

Clearly, this was not the ideal time to have a baby. But Mother Nature was not much concerned with what the jet stream and various cold fronts might be doing to Leslie County. She decided that it was time for Darlene Caldwell to have her baby, no matter what the Kentucky River might be up to.

Kathy Morgan, a secretary at Wendover, had gone down to the bridge to see how much the river was rising, and she gave this account: "We were there only a few minutes when Fred Davidson, State Police, asked if I could stay for a while, that a lady was coming to cross the river and was going to have a baby. He said she was in labor and maybe I could help her in some way.

"Darlene, mother to be, was there in about 10 minutes. Her contractions were 20 minutes apart; she was restless and trying to get some relief from the pains she was having. I went to her then and sat down with her in her car and made her as comfortable as I could. I told her that walking around would only make things come quicker. She was very good, and a shy girl. My heart went out for her.

"Peggy Bowling, a nurse from the hospital, was there to see the river, too. She and I talked to Darlene about crossing the river in the boat. I told Fred Davidson that the boat was not safe enough to get Darlene across, and suggested he get the doctor over to Darlene."

Dr. Alice Lindsey, at Mary Breckinridge Hospital, learned of the emergency when someone called the hospital to say that the police were coming to get help for a woman in labor across the river. Dr. Lindsey quickly gathered essential supplies and equipment. Nurse-midwife Deirdre Poe was alerted, and soon both women were in a police car, which took them to the water's edge. Arriving at the river, they realized that the small boat at hand was not equal to the forces of the flood, and they waited until a larger and more powerful craft could be obtained.



Old-timers can tell of times when the Middle Fork of the Kentucky River went wild in the "hollers" of Leslie County. In recent years, flood control measures have kept the water in its place. But this May's extraordinary rains were more than the system could handle. Here the flooding river blocks the Route 80 bridge to Wooton, making it necessary for FNS medical staff to go to the aid of a mother-to-be who could not get to the Mary Breckinridge Hospital. Normally, the river passes 25 feet beneath the bridge.

Although the river is not wide at this point, the current was swift and threatening. Dr. Lindsey crossed first, and found the mother-to-be in the back of a car. She realized at once that it would not be a good idea to risk taking Darlene across the river in either her or the river's condition. Fortunately, among those gathered at the scene was Ruth Bowling, who lived nearby. As it became clear that Darlene would not make it to the hospital to have her baby, Mrs. Bowling offered her home, and Darlene was moved there at once.

The boat was then sent for Deirdre, who put aside her memories of nearly drowning in Greasy Creek a few years earlier, and quickly climbed aboard. "I did make sure I had a life preserver," she said, and added, "After a quick, but exciting, ride across the current, I hopped into Fred Davidson's car and rode up Hurt's Creek to Ruth Bowling's. Fred said he had never delivered a baby yet and he wanted to keep his record clean."

There had been no indication that the birth would not be routine. However, with mother-to-be and FNS medical staff safely housed at Ruth Bowling's, Dr. Lindsey made a more detailed examination, and this revealed cause for concern and a need for extra planning—it was to be a breech delivery. Dr. Lindsey asked Deirdre to alert the hospital and to request that Dr. Peter Morris come to the scene without delay, bringing oxygen.

Meanwhile, a newly-created team of former strangers got things ready for a not-quite-at-home delivery. Sheets were washed and then pressed with a hot iron to make them as sterile as possible. The women organized to support the young mother and to help the FNS staff with the delivery. Later, when it was all over, Alice Lindsey spoke warmly of how "three very nice strangers," none of whom knew each other, had so freely and generously come together to offer a house and their help. It turned out that Ruth Bowling recalled Darlene as one of her former first grade students, but none of the other women had known her.

Labor progressed rapidly, and about an hour later, Darlene had a 6-pound 10-ounce baby boy, whom she promptly named Gregory Silas Caldwell—the "Silas" in honor of Silas Bowling, Ruth Bowling's late husband, in whose house he was born. Dr. Morris, who had had his own boating adventure, arrived meanwhile with oxygen in time to give the infant a needed "pick-up." So all went well.

High water did not last long, for flood control officials were able to release the worst of it by opening a flood gate. By early afternoon, it was possible for vehicles to use the Route 80 bridge again, and an ambulance was brought over to take Darlene and her baby to the Mary Breckinridge Hospital. Two weeks later, as the *Quarterly Bulletin* was going to press, mother and child were doing fine. The river looked normal. City Hall was back in its usual place. And except for some exciting memories, there was nothing to suggest that anything unusual had happened.

Reflecting on the experience later, Deirdre Poe said, "From beginning to end of this adventure, I thought it would be just the cup of tea for Molly Lee*, who had delivered Darlene's first baby. Not only were we fighting the natural elements and doing a home delivery, but the baby was breech, Molly's specialty. Too bad she wasn't there—she'd have loved it."

*Senior Nurse-midwife Molly Lee has just retired from FNS—see page 16



Rising waters cover the low ground below the Leslie County Court House in Hyden



During the recent floods in Appalachia, Congressman Hal Rogers, helicoptered to Hyden to assess the damage. Here he chats with FNS Director David Hatfield and FNS Medical Director Dr. Peter Morris.



"Kitty" Ernst delights and inspires the graduates with her keynote address

FRONTIER SCHOOL GRADUATES 94TH CLASS AS "KITTY" ERNST DESCRIBES THE PROMISE OF MIDWIFERY

Eleven nurse-midwives and one family nurse practitioner graduated from the Frontier School of Midwifery and Family Nursing on April 28, in ceremonies held at Wendover. It was the 94th class to graduate from the school, which was established in 1939 and is the oldest school of midwifery in continuous operation in the United States. Three of the nurse-midwives joined the program with advanced standing last September. The other nine members of the class entered in January 1983. All were registered nurses and had had several years of working experience before beginning the FNS program.

Julie Rice, one of the graduates, presided over the ceremonies, which began with an invocation by Judy Hoath (also graduating) and remarks by Ellen Hartung, formerly of the FNS nurse-midwifery staff. Class members then received their diplomas from Mrs. Ruth Coates Beeman, dean and director of the school.

Following the presentations, Mrs. Eunice K. ("Kitty") Ernst spoke to the audience about the history of nurse-midwifery and its needs and prospects for the future. She began by pointing out that in 1912, one of the leading professors of obstetrics at Johns Hopkins Hospital suggested that midwifery be abolished, even though his survey of obstetrical practitioners around the country had reported that midwives had "better outcomes" than physi-

cians in the care of mothers and babies with respect to infection, complications, and other common problems.

She noted how maternal and infant mortality and morbidity had been reduced after Mary Breckinridge began, in 1925, to argue for a program that "emphasized prevention, combined with public health nursing and midwifery, working in close collaboration with medical consultation," followed by the practical implementation of that program at FNS and the Maternity Center Association in New York.

It took a long struggle to establish nurse-midwifery in this country, she said. "The United States and Canada are the only two developed countries in the world," she pointed out, "where midwifery was not developed along with the medical and nursing professions, and we paid a high price for the oversight. Our infant mortality still lags behind countries where midwifery is the mainstay of maternity care."

But in the late 60's, a few physicians began to question whether current hospital practices were in fact the best that could be achieved for mothers and babies. There was a turn to more "natural" practices. The term "bonding" came into use, and interest arose in what came to be known as birthing rooms. Central to this trend was a recognition that childbirth practices had to deal with the needs of women, and, in fact, a main force behind the new trend was the concern of educated women. *Parents* (she stressed the word) began to organize.

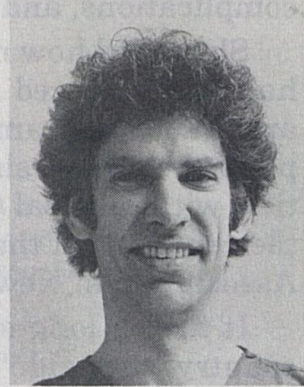
Just the week before, Mrs. Ernst had met with leaders of women's organizations in the Philadelphia area. "They asked me how they could help to establish nurse-midwifery firmly in the health delivery system," she said. "Why were they interested? 'Because,' they replied, 'it has become increasingly apparent to us that nurse-midwifery is the medium through which most of the beneficial alternatives to maternity care have been developed.'"

She then spoke of her concerns for the future: "I am concerned about our potential for myopic vision, failing to recognize that parents — the childbearing public — [are] bringing nurse-midwifery to bloom, and they can clip it just as quickly. I am concerned about societal changes that we cannot control, like health care for profit, birth as a production, and nurse-midwives as a commodity to improve that production. I am concerned, most of all, that there are not enough of us." (Continued on page 10)

Frontier School of Midwifery and



↓ MARLAÏNE (LAINIE) EPSTEIN, Charlottesville, Va., ADN, Santa Fe Community College, 1976. Lainie plans to return to Florida, where she is investigating several nurse-midwifery positions.



↑ WILLIAM (BILL) ATKINSON, originally from Louisville, now from San Francisco; ADN, Santa Rosa Junior College, 1977; MBA, San Jose State University, 1974; BA, Golden Gate University, 1971. Now an FNP in the FNS Hyden Clinic.

↑ ANDREA (TAFFY) ALDROVANDI, Cataumet, Mass., MSN, Boston College, 1982; BSN, Boston College, 1975. Will be returning to the Boston/Cape Cod area, where she worked previously, to make her career in nurse-midwifery.



↓ ERICA GOODMAN, Hyden, Ky., MSN plus FNP certification, Pace Graduate School of Nursing, 1978; BS (Marine Biology), State University, Stony Brook, 1974. Rejoining FNS, where she had worked as an FNP, on the nurse-midwifery staff.



↓ JUDY HOATH, Zillah, Wash., ADN, Kellogg Community College, 1975. Will be returning to Sierra Leone, West Africa, where she worked for a number of years previously, planning to make good use of her nurse-midwifery education.



↑ DEBRA BUCHANAN GOLDSTEIN, Crow Agency, Mont., BSN, University of Oregon, 1976; BS (Anthropology), Portland State University, 1975. With husband, Alan (also a professional nurse), will work in Arizona in nurse-midwifery in the Chinle Indian Health Service.



Family Nursing — the 94th Class



† LINDA JACOBSEN, Olympia, Wash., BSN, University of Washington, School of Nursing, 1977. Will be returning to the Olympia area, expecting to work first in health care and then in nurse-midwifery in the northwest.

† JULIE RICE, Catlettsburg, Ky., ADN, Morehead State University, 1978. Will be going to Baylor University for an internship in nurse-midwifery; plans to return to Huntington, W. Va. to enter private practice with a physician.



† ELIZABETH (BETH) NEWTON, Huntington, W. Va., BSN, Case Western Reserve University, 1974; BS (Biology), Wheaton College, 1972. Has worked in Haiti, and now plans to work with Haitian refugees as an FNP on the Delmarva Peninsula.



† KATHRYN JACQUETTE, Coveseville, Va., MSN, University of Virginia, 1976; FNP, Cornell University, 1973; BSN, Duke University, 1972. Returning to Charlottesville, Va., for midwifery work in women's health clinics.

† JUDITH YANCEY, working for BSN through N.Y. State Regents External Degree Program; studies at Emory and Lincoln Memorial Universities, and elsewhere. Returning in August to Tennessee Health Department; hopes eventually to initiate a birthing center.



† DEBRA PLUIM, Waupun, Wis., Diploma in Nursing, Mercy Medical Center, School of Nursing, 1977. Going to Su Clinica Familiar, Harlingen, Texas, for an internship in nurse-midwifery.



GRADUATION

(Continued from page 7)

She added, "I am concerned that today the education of nurse-midwives is predominantly in the acute care setting, where birth is a medical event, where birth is a disease, in an institution that is the doctor's place of business. And that's nothing against the doctor, because his business is extremely important. It's just not the place for the normal business of childbirth."

Mrs. Ernst recalled her early midwifery experiences after graduating from FNS and drew from them a moral: Describing a young woman from the Kentucky mountains, she said, "She, and the thousands of women with whom I have shared the birth experience since, taught me about normal birth. It is important to remember that women will teach you about normal birth, if you have the eyes to see and the ears to hear."

The speaker concluded her remarks with this charge to the graduates: "Care for your mothers, not just physically, but spiritually and emotionally. Advocate for them. Educate them. Build their confidence to be the parents that they desire to be—parenting takes a lot of confidence, so the more you can build that confidence during pregnancy and birth, the better their chances of being good parents. Concern yourself about the environment that families are living in today, and the economic and political factors that will have impact upon their lives. If you will do this, parents will take care of their babies, and they will take care of you."



Dean Ruth Coates Beeman presenting the diplomas

KATE IRELAND HONORED

Kate Ireland, FNS National Chairman since 1975, has received the 1984 MacDonald House Award, which is given annually by University Hospitals of Cleveland to a person who has made an outstanding contribution to the health care of women and their families. The award honors persons of distinction; last year it was given to Mary S. Calderone.

The presentation was a feature of the 5th Annual Women's Health Day, which is sponsored by MacDonald House and the Women's Committee of University Hospital. This year's events took place on April 25 in Cleveland. The award paid particular tribute to Kate's special devotion to the care of mothers and children and to her lifelong dedication to their cause.

In accepting the award, Kate told her audience something of how her concern for mothers and children grew over the years. She had returned to Cleveland, her home, after a year in college and had started nurses' aide work at University Hospitals. She said that she worked at MacDonald House whenever she could get an assignment there, and that she particularly liked working with mothers.

In due course, she came one spring to the Frontier Nursing Service as a "junior courier" (the distinction between junior and senior couriers is no longer made at FNS). She found herself caring not only for the nurses' horses, but also for the cows and pigs in the area. By necessity, her interest in maternity care began to broaden to include the care of domestic animals. She learned to assist cows in delivering their calves, and to recognize when the births were proceeding normally and when help was required. She realized that there were parallels between these experiences and the experience of the professionally prepared nurse-midwife who can handle a normal childbirth but at the same time is qualified to recognize those situations in which a call to a doctor is required.

"It was then," she said, "that I realized the peacefulness of natural birth, and the beautiful acceptance by the mother that having a child is a normal part of one's physical life."

In subsequent years, although Kate's interests expanded to encompass many other worthwhile causes, and although she has given much energy and time in service of many kinds, her devotion to mothers and babies remained central. Although an



Kate Ireland, FNS National Chairman and recipient of the 1984 MacDonal House Award, tells her audience of her devotion to the cause of mothers and babies

accounting of her activities would have to include work with the Kentucky River Area Development District (reviewing government programs in such areas as health, manpower, child advocacy, and aging), the Cleveland Visiting Nurses Association, Berea College (where she has been vice chairman of the board of trustees since 1982), the Kentucky Association for Mental Health, and many others, it has been the Frontier Nursing Service that has provided a focus for her energies and generosity.

After several years of summer work and part time work as a courier, Kate became the coordinator of couriers at FNS in 1961, and she continued in that position until 1975, working out of an office at Wendover. In 1963 she was named to FNS' Board of Governors, becoming its vice chairman in 1968. When Mrs. Marvin Patterson resigned from the chairmanship in 1975, Kate became the national chairman, and she has worked tirelessly on behalf of FNS in that capacity, providing guidance and administrative support in times of need, but devoting most of her energies to obtaining financial support for the causes of FNS. She has always had a special interest in the midwifery program and, in particular, the work of the Frontier School of Midwifery and Family Nursing.

News of Kate's award from MacDonal House was received warmly at FNS. One reaction seemed especially relevant: We shouldn't need Mothers' Day to make us grateful for mothers, nor

should we need the Fourth of July to remind us of our national heritage. But these jogs to memory are appreciated just the same. And although we really didn't need news of an honor to Kate to remind us how much FNS owes her, the news is most welcome, and it renews our deep appreciation of what she means to FNS. We congratulate her and add our own expressions of regard and affection.

The text of the award reads in part as follows:

Presented to Kate Ireland, in recognition of outstanding achievement for health care of women and their families through the Frontier Nursing Service. This organization is known world wide as an exceptional demonstration in family centered primary health care, providing health services, largely by certified nurse practitioners.

A tireless volunteer for many community activities, Kate Ireland continues to use her time and talent to promote a better life for people, and currently serves on the Advisory Board for Nurse-Midwifery Major, Frances Payne Bolton School of Nursing. We applaud and recognize the work of Kate Ireland for these sustained efforts today.

BEYOND THE MOUNTAINS

by Ron Hallman

Our spring activities began on March 14th with a showing of the new FNS slide show to a group of interested friends from the Cincinnati area. The P.E.O., a national philanthropic sorority primarily concerned with the advancement of education, extended an invitation for me to make a presentation about our activities in the mountains. We are indeed grateful to Miss Marion Johnson and her group for providing us with this opportunity to share our work.

On April 15, I was honored to be the guest speaker at the Annual FNS Breakfast in Washington D.C., sponsored by the National Society of the Daughters of Colonial Wars. Each year, the officers of the DCW invite a representative from FNS to speak at their Annual Meeting so that they may learn more about their National Project. It was a pleasure to meet the National President of the Daughters of Colonial Wars, Miss Frances Flanders, and discuss plans for the October, 1984, DCW tour of Frontier Nursing Service. The following day, FNS Washington Committee Chairman, Joan McPhee, Betty Jane Gerber, Elizabeth Olds and I gathered at the home of our Honorary National Chairman, Mrs.

Jefferson Patterson, to finalize our local fund-raising plans for the "Nursing Education Enrichment Drive." The FNS is indeed most fortunate to have such friends who always make time in their busy schedules to help find new ways to support our important work.

On April 17th, FNS National Chairman, Kate Ireland, spoke to a gathering of approximately 100 members of the "The Chatterbox Club" in Rochester, New York. The presentation was arranged by long-time FNS friend, Mrs. Hazelton Brown, and what fun it was to see former courier Tillie Hunting whose opening remarks set the mood for a most enjoyable and interesting afternoon! The night before, our gracious hostess, Mrs. Hubert W. Chanler, joined Kate for a dinner party given by Mr. and Mrs. Hugh Hunter in their historic Rochester home. Faithful supporters of the FNS, Lee and Bill Ford, reminisced about Lee's work with the FNS in the early 1970's, and Kate learned more about an exciting new program Lee is directing for The Commonwealth Fund in New York involving the education of nursing executives.

Frequently, our friends "beyond the mountains" take it upon themselves to promote our work through talks at formal or informal gatherings. An example of this occurred on April 18th, when Mrs. Charles Colby of the Southern Women's Alliance spoke to her south Chicago chapter about our current activities. We would like to extend our official appreciation to Mrs. Colby for her efforts on our behalf and to the members of the Southern Women's Alliance.

April 25th was a "red-letter day" for all of the supporters of Frontier Nursing Service and advocates of women's health care as the MacDonald House Committee of University Hospitals of Cleveland, Ohio, presented "The MacDonald House Award" to Kate Ireland. The award is made annually for outstanding achievement in the field of women's health care. We invite you to read more about this exciting event in the article which appears on page 11 of this *Quarterly Bulletin*.

For the second consecutive year, our Philadelphia Committee, under the leadership of Co-chairmen Bea McIlvain and Bubbles Moore, held their FNS benefit at Radnor Hunt Club on April 29th featuring the magnificent singing of The Orpheus Club. The dedicated efforts which are required to sponsor such a grand

event were truly in evidence this day—right down to the beautiful flower arrangements which were made possible by committee members Susan Cohen and Leslie Hagner. The weekend was a splendid combination of work and fun, as both Bea and Gibby McIlvain, and Betsy and Bob Gawthrop held lovely gatherings for their fellow committee members and friends.

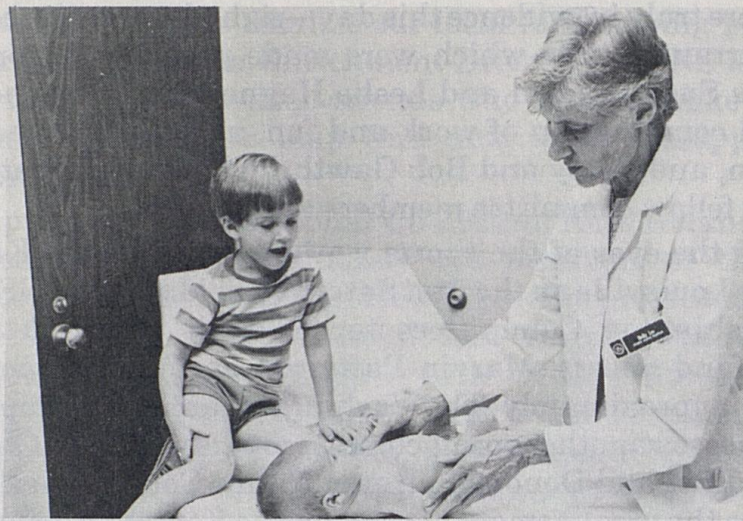
While the eyes of the sports world focused on the Kentucky Derby in Louisville on the first Saturday in May, the FNS Boston and Washington Committees turned their attention to their annual fund-raisers. Marvin Patterson once again opened her home to approximately 200 Washington area FNS supporters, and witnessed another spectacular Derby Day Benefit. Chairman Joan McPhee and Donor Chairman Nancy Cook arrived early to supervise the arrangement of such native Kentucky delicacies as bourbon candies, trappist cheese, beaten biscuits, country ham, and of course, mint juleps!

At the same moment that Kate and I were anticipating the "Run for the Roses" in Washington, our Director, David Hatfield and wife Sharon were greeting our Boston area supporters in Sherborn, Massachusetts. Sally and Dudley Willis offered their home, Charlescote Farm, as the site for the second FNS Derby Day Celebration sponsored by our Boston Committee. We are indeed grateful to Boston Chairman Whitney Robbins and her Committee for their hard work and active stewardship of our Boston area supporters in so many ways.

ONCE A FLOOD WAS WELCOME

Unlike the flood of 1984, the flood that ended the Great Drought in 1931 was welcomed joyously. It not only brought needed moisture, it made it possible for loggers to float their rafts downstream. Here, from *Wide Neighborhoods*, is Mary Breckinridge's account:

It was not until early April in 1931 that enough rain fell to bring our first tide in two years. When all up and down the rivers word was passed that the waters were rising, the excitement was like the return of troops from war. In a few hours the rivers rose ten feet, then fifteen, and the great rafts, which had lain so long at their moorings, swung out to midstream. The moorings were severed and on a mighty rush of current the rafts started down. As the first ones passed, the men on them began cheering, these quiet highlanders, and the people on shore cheered back and waved at them. Then more rafts followed, over two hundred on the Middle Fork alone, and for forty miles down the river the cheering men were answered by the people on the shores. Women dropped their hoes, men stood at the plows waving their hats. Like a triumphant army the rafts swept on. The drought was broken, the heavens had opened, the harvest was to come.



MOLLY LEE ENDS LONG CAREER AT FNS

Molly Lee, who for so many has been the personification of professional nurse-midwifery at the Frontier Nursing Service, has regretfully decided to retire from FNS. Molly had returned to her home in England last December on a personal leave of absence because of the serious illness of her sister.

Molly came to FNS in 1954, joining, among others, her much-loved fellow countrywoman, Betty Lester, in the FNS nurse-midwifery service. When Betty Lester retired in 1971, Molly became the senior member of the nurse-midwifery staff.

As we said in our last issue: To the many mothers and babies she has cared for, and to the many friends and associates who have known and appreciated her high professional competence and her dedicated, loyal, caring efforts on behalf of others, Molly is the symbol and embodiment of all that is best about nurse-midwifery.

Molly has also become a symbol of FNS itself. Many who never needed her professional care will remember her in her FNS uniform, riding her horse at the head of the annual Mary Breckinridge Day parade through the streets of Hyden. There was something about her presence on these occasions that seemed to bring the values and traditions of FNS' past into the modern age, renewing faith in their continuity and future.

FNS and the community will miss her. We express again our deep concern and sympathy in the circumstances that have made it necessary for her to leave us, and we wish her well.

**FOR A SPECIAL MIDWIFERY ISSUE:
TELL US YOUR EXPERIENCES—IDEAS—NEEDS**

Nurse-midwifery will be the subject of the December issue of the *FNS Quarterly Bulletin*. We plan several articles by well-known experts on this subject. We also wish to examine one aspect of it that is especially close to FNS:

When Mary Breckinridge founded the Frontier Nursing Service, she had in mind something more important than just providing good medical care in Appalachia. She wanted to show that such care could be brought to *any* community, no matter how remote or undeveloped. FNS was to be a model that others could copy — a *demonstration*.

Although FNS has never had the financial means to duplicate itself elsewhere, many of its graduates have carried the FNS concept far from the Kentucky mountains, making it work for humanity all over the world.

Now we want to look at the FNS “demonstration” as it has evolved into the mid-1980’s, both overseas and in other parts of this country. Since our request for information is exploratory, we cannot know in advance what will turn up, nor how best to present it. We eagerly invite those of you who have participated in, or observed, “the FNS demonstration” in any form, to write us. We would like to hear whatever you have to say. Here are some possibilities:

Trends.

Illustrative anecdotes and personal experience.

Problems, needs, and expectations; and actual or recommended solutions.

Views of the future.

Commentary, opinion, and/or philosophical statements.

Anything else you think might be of interest.

We hope for a wide response that will allow us to discern trends and patterns. Even if you feel you have nothing important to tell us, please don’t hesitate to write — you might just happen to provide a missing piece that solves a puzzle or defines a trend.

The easiest address to use is: FNS Quarterly Bulletin, Old Hospital, Frontier Nursing Service, Hyden, Kentucky 41749.

Thank you.

— *FNS Quarterly Bulletin*

FORM OF BEQUEST

For the convenience of those who wish to remember the Frontier Nursing Service in their wills, this form of bequest is suggested:

"I hereby give, devise and bequeath the sum of ... dollars (or property properly described) to the Frontier Nursing Service, a corporation organized under the laws of the State of Kentucky."

HOW ENDOWMENT GIFTS MAY BE MADE

The following are some of the ways of making gifts to the Endowment Funds of the Frontier Nursing Service:

1. **By Specific Gift under Your Will.** You may leave outright a sum of money, specified securities, real property, or a fraction or percentage of your estate.
2. **By Gift of Residue under Your Will.** You may leave all or a portion of your residuary estate to the Service.
3. **By Living Trust.** You may put property in trust and have the income paid to you or to any other person or persons for life and then have the income or principal go to the Service.
4. **By Life Insurance Trust.** You may put life insurance in trust and, after your death, have the income paid to your wife or to any other person for life, and then have the income or principal go to the Service.
5. **By Life Insurance.** You may have life insurance made payable direct to the Service.
6. **By Annuity.** The unconsumed portion of a refund annuity may be made payable to the Service.

The principal of the gifts will carry the donor's name unless other instructions are given. The income will be used for the work of the Service in the manner judged best by its Trustees.

Contributions to Frontier Nursing Service, Inc. are tax deductible under Section 501(c)(3) of the Internal Revenue Code of 1954.

Gifts of stock should be sent to:
FRONTIER NURSING SERVICE
 Mr. Homer L. Drew, Treasurer
 First Security National Bank &
 Trust Co.
 One First Security Plaza
 Lexington, Kentucky 40507

Gifts of money should be made payable to:
FRONTIER NURSING SERVICE
 and sent to:
 Office of the Director
 Frontier Nursing Service
 Wendover, Kentucky 41775

PINE MOUNTAIN — A CLINIC WITH A HISTORY



Once in her early travels on horseback, Mary Breckinridge stopped at the Pine Mountain Settlement School, in southeastern Kentucky, and visited her good friend Katherine Pettit, the school's founder. Whatever these two dynamic ladies may have said to each other, one may be sure that they shared inspiration and commitment and devotion to the cause of bringing a better life to the people of these mountains. Mary Breckinridge would found the Frontier Nursing Service not many months later, and although FNS and the Pine Mountain school pursued separate paths, they had much in common.

The Pine Mountain story may be less well known to friends of FNS than are Mary Breckinridge's accomplishments. Yet, although this history is much concerned with improving educational levels and living standards, it is also a record of the pursuit of better health.

Eventually, the stories of FNS and the Pine Mountain Settlement School came together. The FNS clinic at Pine Mountain occupies a building long owned by the school. In renewing its contact with the school, FNS not only brought in needed care; it also opened a view into a phase of history that may not have been fully appreciated.

The narrative that follows is not just a report on how health care came to this part of Appalachia; it is also a celebration of the vision, purpose, and determination that ultimately succeeded in improving health, education, and the overall quality of life in the Pine Mountain area.

It is hardly five years since FNS opened its Pine Mountain Clinic, and yet this clinic has a history that reaches back to the days before FNS itself came into being. It is an interesting history, and it tells much about the development of Appalachia and the efforts to bring good health care to its population.

It would be difficult to find the site of the Pine Mountain Clinic on any conventional map. There is no Pine Mountain community

as such, at least none with a post office. There *is* a mountain named Pine Mountain, but it appears in different locations on different maps. Some show it south of Manchester, Kentucky, some place it below Hyden or Hazard. Actually, it is a high ridge that runs for more than 100 miles along the southeastern border of Kentucky, about fifteen or twenty miles north of the Tennessee/Virginia line. If one drives south from Hyden along U.S. 421, one will come after twenty-five miles to a side road, numbered 221, and by taking that road ten miles to the east, one will find a turn-off to the Pine Mountain Settlement School. The clinic is a small rustic wood building on a rise above the school. Across the narrow valley, the forested wall of Pine Mountain shuts out the view to the south, as for many years it shut out most travelers.

The clinic's association with the Pine Mountain Settlement School is significant. "In the beginning," one might say, there were mountains and there were mountaineers. The mountains were not high, but they were steep and difficult to farm, and they blocked communication. Mountaineers worked the land for what they could get out of it, or for what they could get it to give to a domestic animal or two. Still, they were able to live on this land without help from the outside.

For many years, the mountain people lived in a difficult but stable relationship with nature. But before the end of the century, this equilibrium began to falter. Trees were cut for building materials, and when they came down, good topsoil washed into the streams. In time, it became impossible to subsist on what the land provided. At the same time, the isolation of the area was breached by new contacts with prospectors and others interested in coal mining, timbering, and other commercial activities. These contacts caused significant changes in people's needs and attitudes.

In this area, as in other parts of Appalachia, a few persons of vision sensed a new need to prepare young people to deal with a changing world. To them, that meant providing education. Schools began to appear. One of the first, at Hindman, Kentucky, inspired William Creech, an early settler in the Pine Mountain area, to press for a school for the region north of the mountain. He persuaded Katherine Pettit, who had founded the Hindman Settlement School some years before, to come to Pine Mountain and establish a new school.



This cabin, now moved from its original site, was one of the first buildings at the Pine Mountain Settlement School.

Looking back on Miss Pettit's work, Burton Rogers, who was the director of the Pine Mountain Settlement School from 1949 to 1973, stressed the significance of the word "settlement." The underlying concept reflected a concern for the needy and an intent to provide opportunities for people, "to do things *with* people, not *for* people." *The Pine Mountain Story*, an interesting history published by the school in 1980, says this of Katherine Pettit's goals: "Traditional schooling was a part of her plan, but she envisaged also a settlement serving a whole community in its economic, health and cultural development. A settlement would not attempt to substitute an outside culture for the indigenous. It would try to strengthen people's faith in their own heritage, making use of both the mountain environment and their unique traditions as media for learning. It would help people to retain a secure sense of their own worth as human beings." Moreover, "the new school must have sufficient acreage to supply the bulk of its own needs. It must be less dependent on the slow, unreliable transportation of supplies by ox wagon through almost roadless country."

The school came formally into being in 1913. Its articles of incorporation declared that the school "shall be dominated by a

Christian spirit and influences, but entirely free of anything of a sectarian or denominational character." Unlike a number of other schools that appeared in Appalachia about the same time, Pine Mountain was not sponsored by a church organization, but its purposes were clearly founded on moral principle.

Burton Rogers said that one of the first persons to be hired for the school — possibly the very first — was a nurse. From the beginning, it was clear that the community needed better health care than it had been receiving, and the new school charged itself with responsibility for helping to provide it. At first, health services were taken care of by a nurse. Subsequently, a doctor joined the staff.

Some six or seven years after the school became incorporated, it built an infirmary on a hillside overlooking the main buildings. This is the structure that, sixty years later and after a varied history, became the Pine Mountain Clinic of the Frontier Nursing Service. It antedates by several years FNS' first district clinic at Beech Fork, and, in fact, it was in operation before Mary Breckinridge built the Big House at Wendover. Mrs. Breckinridge herself visited Pine Mountain School in the days before she had decided where to locate the Frontier Nursing Service. She was a good friend of Katherine Pettit, and one may guess that what she learned from her visit contributed to her vision of serving the people of the mountains.

The Pine Mountain Story says that, "For decades, Pine Mountain provided the only medical services for an area of over three hundred square miles. Many of the present day population were born in the infirmary. Vaccinations and careful enforcement of quarantine stemmed the virulence of smallpox epidemics. Large clinics with visiting doctors helped stamp out trachoma [a chronic and contagious eye disease that few people today remember]. Dental services, hookworm treatment, typhoid inoculations, ear, nose and throat examinations raised the standard of health. Later, in the thirties, a family health association was organized, whereby for an annual contribution a person could insure free medical services for the entire family. Health education was carried on in rural schools and outlying clinics."

The infirmary was the center of these health services until 1949, at which time the clinic was moved to a larger building on the main campus, where it operated as a state-licensed hospital.

For some years afterwards, the former clinic building was used as a residence.

In the meantime, the school itself had passed through a major evolution. It had begun as a school for the younger children, and as *The Pine Mountain Story* reports it, "Of necessity Pine Mountain was a boarding school not only because there were no roads, but because the School needed to have the children in residence in order to give them, along with 'book larnin', an 'education for life.' Keeping the person, the clothing, the dwelling and its surroundings clean and attractive was a fundamental part of the children's education. Farm stock must be kept healthy, the fields productive, the food well-prepared and nutritious, and the furniture of good simple design. So important did this seem that very early in the School's history, a 'practice cottage' was added. Here groups of older girls took turns living on a small budget, keeping their own cow and churning their butter, in a setting with facilities similar to those available in their own homes."

But the needs of the community changed with economic and social development. High school classes were added after a sufficient number of students had finished the eighth grade. Meanwhile the school participated in supervising one-room schools that it had helped develop in the area, and in time the local schools became adequate to care for the education of the



The FNS clinic at Pine Mountain

younger children. Pine Mountain School adapted by converting itself into a boarding high school.

By 1949, the community's educational needs had evolved into a different pattern. In the preceding years, problems facing public education in the county had steadily increased. The reasons were varied, but they included the impact of World War II, the building of roads, the movement of workers (including teachers) to higher-paying industrial jobs outside the valley, and a general lack of funds for maintaining school buildings and faculties. By the late forties, only a quarter of the children in the community were completing the eighth grade and thus there were few who could use the facilities of the Pine Mountain High School. Responding again to a new need, the school recast its program. It proposed to the Harlan County Board of Education that seven neighboring one-room schools could be consolidated on the Pine Mountain campus and so, once again, it became a school for younger children.

Before long, there occurred a curious repetition of history. As the students reached high school level, it became apparent that the overtaxed county high school could not absorb them. Pine Mountain and the Harlan County school system now added two high school courses, one grade at a time, and these classes met the needs of all Harlan County school districts north of Pine Mountain. At the other end of the program, it added an innovative Pre-School to provide youngsters with basic skills needed in order to enter the first grade.

Presently, Harlan County built a second grade school north of the mountain, and late in the sixties it became clear that the two schools would have to be consolidated in a new and more modern building. Since most of the population centered at Green Hills, eleven miles away, the county decided to build its new school there. This decision, of course, ended the need for the program operating at Pine Mountain.

The school then turned to a program of environmental education, for which it is well known today, having had the curious experience of twice passing through a cycle of teaching young children, then adding high-school instruction, and in turn phasing out the grade school and high school programs.

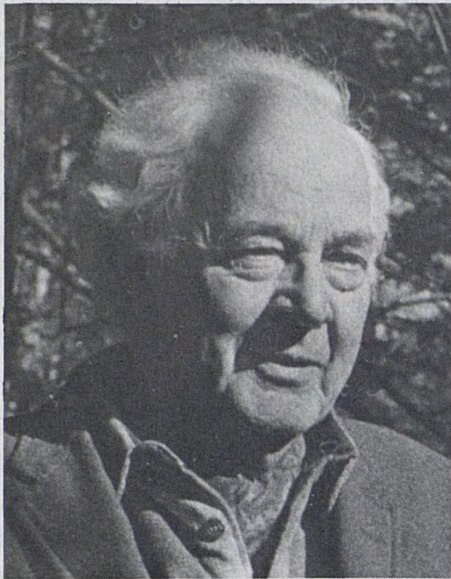
This evolution in the educational program had its effects on the health program. When the school ceased to be a boarding school, it lost the contributions of boarding students who had



Trudy Morgan examines a young patient at the Pine Mountain Clinic

carried much of the burden of housekeeping and nursing. In 1955 the United Mine Workers had built new hospitals at Harlan, Hazard, Whitesburg, and other Appalachian centers, and there were new roads that made it easier for Pine Mountain's former patients to reach the new hospitals. At the same time, Government regulations imposed a burden of expensive structural repairs on hospitals like the one at Pine Mountain, and eventually it became clear that the school could no longer support the hospital. The hospital was closed in 1958 and the clinic in 1960.

Thereafter, the community suffered a period of eighteen years without consistent local medical service. After an interval, the clinic began to operate on a much reduced schedule, with a nurse coming in every other week. But for more extensive care than could be provided by this limited facility, area residents had to go either to the hospital or clinic at Harlan, across the mountain, or to Red Bird Hospital, 35 miles to the west. A few came to Hyden,



Burton Rogers, director of the Pine Mountain Settlement School from 1949 to 1973, has long been active on the local FNS committee

but it too was 35 miles away, and valley residents of that time felt stronger ties in their own area. All of these facilities were well equipped and medically up to date, but the community felt it needed something closer at hand. They missed the warmth and comfort of the local clinic. The clinic at Harlan was modern and efficient, but it seemed “pressured” to those used to a more relaxed relationship with medical staff. Red Bird was “warmer,” but it was too far away.

The part-time clinic at Pine Mountain had fallen away entirely by the mid-seventies. By 1977, interest in setting up a new clinic had become compelling. The Reverend Alvin Boggs, who had succeeded Burton Rogers as director of the school on his retirement in 1973, entered into discussions with the Frontier Nursing Service about starting a clinic. He conferred with Dr. W.B. Rogers Beasley, director of FNS at that time, and a meeting was announced at the school to consider plans for a new clinic. Mr. Rogers reported that community interest in this was “immense”—about 170 people attended the meeting, an unprecedented turnout for a community of its size. Dr. Beasley and other representatives of FNS were present to talk about what FNS could do to help.

From this meeting came a committee to proceed with re-establishing a clinic. Burton Rogers was asked to join the committee, and he has remained active in its work ever since that time. The committee soon became involved in obtaining funds. Coal severance money from Harlan County was available for use

in remodeling the old infirmary building on the hill. Members of the committee contributed labor, as well as time and money, for such purposes as painting, plumbing, wiring, cleaning, and so on. The work was finished in several months, and FNS opened the clinic and put it into the hands of a competent nurse practitioner, Kim Beck Wooton. The building itself remains the property of the Pine Mountain School, but the school makes it available, rent-free, to FNS. While it is not a large structure, it provides ample room downstairs for the clinic, waiting room, reception, and recordkeeping facilities, and also a kitchen and small dining room. The upstairs contains living quarters for the nurse.

Mr. Rogers speaks of his strongly felt appreciation of the quality of medical care he has personally experienced at the clinic. He feels that this level of care has continued and developed both during Mrs. Wooton's two and a half years at Pine Mountain and after she moved on and turned her responsibilities over to Trudy Morgan, who came to Pine Mountain in August 1981.

Trudy Morgan received her BSN from the University of Kansas in 1967, and she finished the family nursing program at FNS' Frontier School of Midwifery and Family Nursing in 1973. Before coming to Pine Mountain, she had worked at FNS' Hyden and Red Bird Clinics and in a small clinic in Livermore, California.

The Pine Mountain Clinic may trace its history almost to the beginning of this century, but it has had to function, more than other clinics, in the "do-it-yourself" mode of the original pioneering clinics. Basically, this is because it serves a relatively small community that has limited resources. Although the first road was completed over Pine Mountain early in the Great Depression — this is the current Route 2010, which will not show on many maps — the area is still not as accessible as others. U.S. 421, which climbs over Pine Mountain and down into Harlan, is a two-lane blacktop road, but, with its curves and grades, it is by no means a fast road. In any case, it was not built until after World War II, so that the region north of the mountain did not develop as rapidly as other areas.

In this situation, Trudy's work retains some of the characteristics of the duties of the earlier district nurses. She considers herself to be "on call" at just about any hour. If an accident occurs, she expects to go to the scene with the emergency bag she

keeps ready all times, to "hold the fort" until an ambulance can arrive. She makes home visits in emergencies; rather often, she finds her most important function is to decide whether hospital admission is required and, if so, to call an ambulance. She must be prepared to deal with emergency cases that cannot be moved to a hospital, for there can be times in the winter when the road to Harlan ices up and cannot be used for several hours.

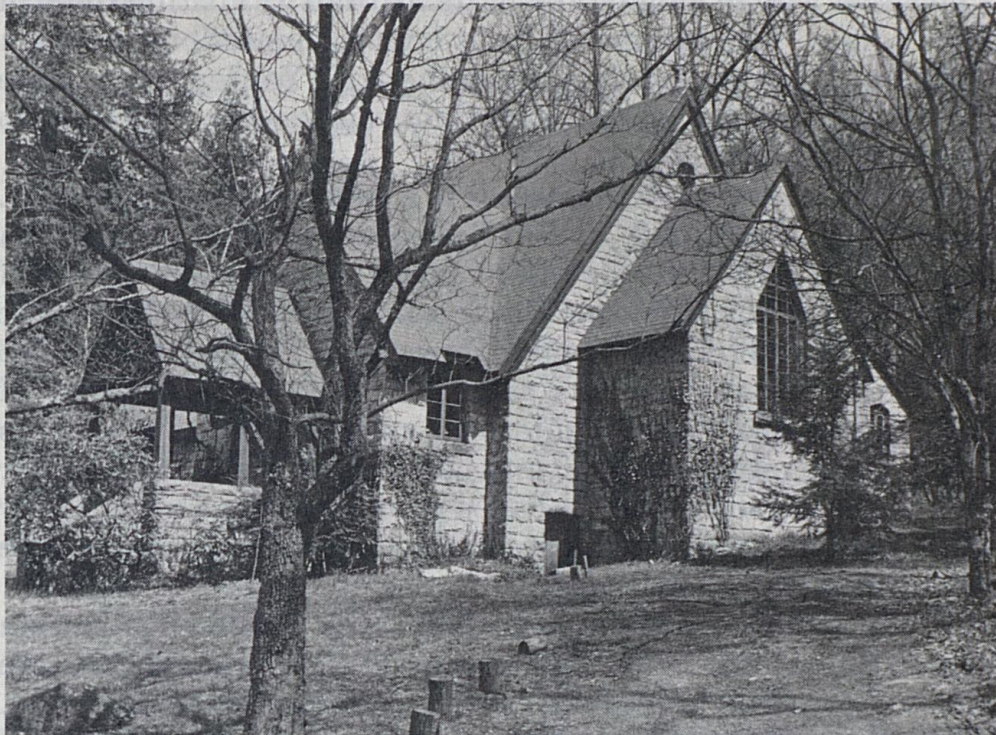
Trudy makes a continuing effort to carry on the preventive health work that is a key principle in the FNS concept of good health care. She will, for example, hold blood pressure clinics, usually at stores. If someone has an elevated blood pressure, Trudy will write the readings on a card and give it to the person with a recommendation that he see a doctor — or come to the clinic if he does not have a doctor.

Last winter, Trudy conducted a program of classes called "Health Action!" intended to disseminate information on preventive health care. Susan Hull, from FNS' Community Health Center at Big Creek, was one of the instructors for this course, as was Martha Blair, from a Harlan HMO (health maintenance organization) called Mountain Trails. Subjects included how to take one's own temperature and blood pressure, how to know when to see a doctor, how to deal with stress, how to stock a medicine cabinet, how to plan and maintain a sensible diet, and so on.

To improve the clinic's ability to serve its community, it recently installed an incubator, to permit screening for streptococcus infections, and a dextrometer, for checking blood sugar. The Beech Fork Clinic also has a dextrometer, but most of the FNS district clinics have to send their laboratory work to the Mary Breckinridge Hospital at Hyden. Pine Mountain's remaining laboratory work is taken to Hyden twice a week by couriers making their regular runs, and when doctors come to Pine Mountain, they take back work to be done at Hyden.

Trudy feels that the community is warm and supportive. She reports a growing interest in midwifery deliveries, with this interest spreading by means of "word of mouth" recommendations. Although in the past, more Pine Mountain patients were referred to Harlan for hospitalization, increasing numbers are now going to Hyden, especially for prenatal work and deliveries.

(Continued on page 30)



The chapel of the Pine Mountain Settlement School symbolizes both its past and its present. Just inside the main door is a plaque that honors the school's founder, Katherine Pettit, who was also the founder of the Hindman Settlement School. It reads:

KATHERINE PETTIT
PIONEER & TRAIL-BREAKER
1869-1936

FORTY YEARS SHE SPENT
CREATING OPPORTUNITY
FOR MOUNTAIN CHILDREN
HERE AND ELSEWHERE

IN LIFE,
SHE EVER REFUSED PRAISE.
IN DEATH
SHE IS TOO GREAT FOR IT.

It is 35 miles to Hyden, 19 to Harlan, but because of the climb over Pine Mountain, the drive to Hyden usually takes only about 15 minutes longer.

Like other FNS district nurses, Trudy Morgan feels that there is no better way to understand patients than by visiting them in their homes. Limitations of time impose limitations on such visits, but Trudy makes them when she can. "You learn a lot more about a patient from a home visit than you do when they come to the clinic," she said.

The clinic now has more access to a doctor than formerly. Dr. Andre Lijoi, who came to FNS at Hyden last summer, is making a point of getting to Pine Mountain once a month to see OB/GYN patients. The Pine Mountain Clinic is the only FNS district clinic with only one permanent nurse. However, a number of the FNS couriers are nursing students, and Trudy is often able to get one of them to come to Pine Mountain to assist in routines such as taking temperatures, pulses, and blood pressures. Also, another FNS nurse can sometimes be called in on those days when Trudy is holding blood pressure clinics in the community, or needs to be absent for some other reason.

Trudy speaks of the special advantages patients can obtain from a clinic of this kind. The community clearly appreciates the personal care the clinic gives, as well as its greater accessibility. The patients feel they know the nurse and are given personal attention. The clinic environment makes possible more effective teaching of preventive health measures. There can be real "continuity" in the care. Essentially, the work of the clinic is a living example of the "joint practice" (nurses, doctors, and other medical staff working as a team) that FNS feels is so important. Trudy says she is happy working with people, and she "doesn't get bored looking at sore throats every day."

The Pine Mountain Clinic is FNS' newest clinic, and yet it is older than FNS itself. Although it had no ties to FNS until five years ago, it has had ties to its community, in spite of the lapse after 1960, for close to 70 years. Yet, for all that history, it needs to function more in the manner of a district clinic of earlier years, because it has to solve a lot of problems that most clinics today can refer to other agencies. It is dedicated to the kind of personal care that has been a key part of the FNS tradition throughout its history. It is this history that gives Pine Mountain Clinic that special quality of "the new friend who has always been there."

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 Marguerite T. Woolley

Mrs. Thornton J. Parker, Jr.

Mrs. James W. Henning

Mr. Lunsford P. Yandell

Mr. George B. Berger

Miss Kate Ireland

Mr. John D. Kling

Miss Kate Ireland

Mrs. Robert Murr

Anne A. Wasson, M.D.

Mr. Golden Roberts

Mrs. Alice E. Whitman

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Miss Peggy G. Elmore

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Mr. J.E. Elmore

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Mr. Walter C. Begley

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Mrs. Julia Begley McEwan

Mrs. Bill Morgan

Eleanor Gehrig

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Mr. W.K. Allen Ferguson

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Virginia Branham

R. Adm. and Mrs. E.H. Batcheller

Patricia Simmons

Mr. and Mrs. Eddie J. Moore

Katherine ("Kippy") Liddle

Mr. and Mrs. John M. Prewitt

Mrs. Clifton R. Breckinridge

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Mrs. Robert S. Gawthrop, Jr.

FNS Philadelphia Committee
Members

IN MEMORIAM

We wish to acknowledge our appreciation and personal gratitude to those friends who, by including FNS in their wills, have made a continuing affirmation of interest and belief in the care of mothers and babies and their families by the Frontier Nursing Service. Such legacies are added to the Endowment Fund.

MRS. VERNA M. POTTER

Port Richey, Florida

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 EDYTHE G. BALSLEY

Kennett Square, Pennsylvania
FNS Philadelphia Committee member

MRS. SHUBAEL T. BEASLEY

Memphis, Tennessee
Mother of former FNS Director
Dr. W.B. Rogers Beasley

MRS. JACOB BREZEC

Cleveland, Ohio
Mother of FSMFN alumna
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MRS. JOHN (GEORGIA ATKINS) BUTTRICK

Concord, Massachusetts
Former courier (Dec. '60-Mar. '61)

MRS. DOROTHY COLEMAN

Melbourne, Florida
Mother of FNS Director of Operations
Charles Coleman

MISS KATHERINE ("KIPPY") LIDDLE

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Daughter of Dr. and Mrs. Harold V. Liddle
(Mrs. Liddle was a courier in 1950—
Katherine ("Kitty") Palmer

MRS. DONALD S. McBRIDE
Shaker Heights, Ohio
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Mother of FNS Donor Secretary
Ruth O. Morgan

MR. GOLDEN ROBERTS
Hyden, Kentucky
Father of FNS staff member
Mrs. Edith Wooton

IN BRIEF

ANA To Hold Continuing Education Conference. The American Nurses' Association, Inc. has announced that the 1984 annual conference sponsored by its Council on Continuing Education, entitled "Innovation in Continuing Education: Strategies for Excellence," will be held October 10-13 at the Sheraton-Century Center Hotel in Oklahoma City, Oklahoma. The keynote speaker will be William Lewis Holzemer, Ph.D., coordinator of program research and development, and associate professor, Department of Nursing Services, School of Nursing, University of California, San Francisco. Information is available from Marketing, American Nurses' Association, 2420 Pershing Road, Kansas City, Missouri 64108.

28% of Registered Nurses Hold College Degrees. According to figures recently issued by the American Nurses' Association, there are 1.3 million registered nurses who are currently employed, and nearly a third of them hold college degrees. About 300,000 have bachelor's degrees; another 65,000 have received master's degrees, and 4,000 hold doctoral degrees. ANA also reported that, "While 66 percent of all registered nurses work in hospitals, others care for people in a wide array of settings — industry, school systems, corporate health care facilities, neighborhood clinics, independent practices, health maintenance organizations, and specialized organizations dealing with alcohol and drug abuse and family counseling."

Patience White, M.D., a vice chairman of the FNS Board of Governors, and her husband, Jonathan Silver, announce the birth of a son, Nathaniel White Silver, on February 9.

NOTES FROM THE SCHOOL

The class of students that entered the day I began as Dean and Director has just graduated, and I suppose that marks a milestone in my tenure here in this position. Another class has now moved up to senior status, and we are busy planning for their off-campus clinical affiliations. We are rebuilding our faculty with strength, and feel very optimistic about the future. We realize we must begin to evaluate and plan for future directions for the School. To accomplish this, we plan to have several long weekend retreats with the faculty of the Frances Payne Bolton School of Nursing, Case Western Reserve University, to review, revise, and restructure our curriculum. This will be hard work, but exciting, as we define the future educational direction for our students.

I was recognized at this past convention of the American College of Nurse-Midwives as one of the three charter members present. All three of us were videotaped for the archives and thus become a permanent part of nurse-midwifery history. What a privilege I have had to be a part of the pioneer spirit that has shaped professional nurse-midwifery practice! And what a privilege to be here at Frontier Nursing Service to be a part of the educational future of the oldest and most famous nurse-midwifery program in the country! I have tried to impart some of my excitement, enthusiasm, and optimism to our students—or maybe they engendered these feelings in me.

It has been particularly rewarding to visit the nurse-midwifery services in Texas and Georgia where our students have been placed for an integrated nurse-midwifery practice experience. Preceptors have been so impressed with the knowledge, skill, and professionalism of our senior students—a real testimony to the strong motivation to excellence within the group.

—Ruth Beeman

FIELD NOTES

It seems like it has been nothing but rain, rain, rain for the last long while, so much so that the long overdue tide came through like a whiplash the first weekend of May. Houses and gardens were flooded, trees came down, the Red Cross came in, and in the midst of it all, a baby was born on Hurt's Creek (see special story). At Wendover, the swirling muddy Middle Fork rose up over the road, entirely covered an abandoned car, and then took the lower fence from view. The waters receded, leaving debris high up in the trees — and also a thick layer of river silt. Like the annual flood waters of the ancient River Nile in Egypt, this tide, with the difficulties and hardship it caused, may yet bring some benefit.

It's still raining, as it has all spring. The earlier months of the season were slow. February brought the Medical Records Department to Wendover for dinner, and here to help were couriers Mary Higginbotham,

Katie Harrington, and Tacy Trump from the Purnell School, and Lisa Jacob from Wilton, Connecticut. Nina Karnovsky of Commonwealth School, Boston, swelled the ranks in March as the social calendar began to fill in: There were dinners for the medical staff and the FNS Advisory Committee, and luncheons for the Leslie County Development Association and the University of Kentucky School of Nursing.

April brought Doug Hsaio, also from Commonwealth School and brother of former courier Rod Hsaio; Elissa Spinner; Becky Booth; Holly Bull; and our first local courier in a long while, Randy Wilson from Bledsoe, Kentucky. The Board of Governors was here the weekend of April 13-14th. We had an Open House the following weekend, and the work group from Afton-Nineveh returned the 23rd to 27th after a hiatus of two years. The Laurel County Health Careers class came for their annual visit. We entertained staff from the Marshall Medical School, celebrated graduation, and enjoyed meeting Joan McPhee and Gordon Fry from the FNS Washington, D.C. Committee.

The most important event of May was (and still is!) The Tide, but that hasn't held back our regular friends and visitors: Rufus and Jane Fugate brought their Wildflower Show one night. Then there were several UK nursing students, and visitors from the Hazard Appalachian Regional Hospital. We also served the Old Timer's Dinner and a send-off dinner for the seven UK Allied Health students and Sandy Graves (their instructor and a former member of our staff), who had been here for three weeks. We also welcomed Col. Ken Yamanouchi, administrator of Ireland Community Hospital at Fort Knox and Capt. Paul Kiehl, administrative resident at the hospital. Dr. Bratcher and his staff came at the end of May for the ENT clinic. Joining the April couriers in May were Joanne Jaffin, Walter Robinson (who came back a second time — as a volunteer this time), Darla White, Art Vasen (volunteer), Sally Johnston, Liz Crotty, and Joan DeVitry; and for three weeks, to work in the lab, our Morehead student this spring was Martha Brown.

We would like to welcome seven new employees: Remonda Nantz (Beech Fork Clinic); Carol Morgan, RN; Laurel Erzinger (Home Health Agency —temporary); Kathy Campbell, LPN; Lisa Robinson, FNP; Vicki Gillian (Pine Mountain Clinic); and Sonya Burkhart, RN (Home Health Agency). We bid farewell to Dorothy Ivy (Home Health Agency); Mildred Minix, CFNM; and Molly Lee, RN, CNM.

One thing that all will notice who come to Wendover is our new fences. J.G. Morgan has rebuilt the fences along the driveway by the Garden House, made a new roof for the Tool Shed, and rebuilt the railing from there to the Big House. It's handsome and sturdy and made to last another sixty years! Barbara Post (former Wendover staff) came to help put in the garden and do some weeding and planting of flowers, and former courier Doug Smith returned for a long weekend of making a new

ditch cover, painting stairs, and building steps to the lower door of Pebble Workshop. Now if it would only stop raining long enough, we might be able to get some mowing done, finish putting in the garden, and chop down more weeds and see our way to the road!

COURIER NEWS

Betsy Bret Harte, '77 — Betsy's mother, Diane Bret Harte, writes: "I do want you to know that the FNS is always much with me. Particularly is it in my thoughts when I look at Betsy and her dear husband and their lives. They've spent the past couple of years owning — managing — restoring an old downtown residential hotel and gathering an unbelievable fund of stories. But instead of writing the sequel to Hotel Baltimore they're going into the Peace Corps, to be stationed in the Dominican Republic for two years beginning in April. Please know how I treasure what all of you did for my girl. She has always been nifty, but the FNS gave her so much and showed her how to give in return."

Steve Leuty, '82 and '83, Kalamazoo, Michigan — "I am applying for an agricultural program, called 'The Tillers' Program'. If I get the job, I'll be working on a small (10 acre) subsistence farm as well as doing various other projects — like an heirloom garden (using the old, original seeds instead of the hybrid seeds developed for large fields of the same vegetable) and restoring farm tools of the early agricultural revolution for use on the farm to determine their advantages/disadvantages on small farms and also for third world nations which need to increase their food productivity without being dependent on the expensive machinery of industrial nations."

Julie Cristol, '83, Philadelphia, Pennsylvania — "I've just found out that I am on the waiting list at Yale. They only accept seven people and put seven more on the waiting list. It seems unlikely that I will get in so I'm applying to two other places — Pace and the Univ. of Tennessee. I'm cooking most of the week at a fancy restaurant and working one day a week in a women's health clinic which is very interesting."

Doris Stone, '84 Afton-Nineveh Volunteer, Afton, New York — "We arrived home safely Saturday P.M. tired but happy reflecting on our stay with you. I trust your graduation went smoothly with no rain (but electricity). Thank you for letting us come and help out in our individual ways. We enjoyed your hospitality and are thankful we got our tasks accomplished. We love you all very much and hope to see you again."

Mary Carlyle Carter (Mrs. Charles Heinle), '65, Needham, Massachusetts, sends word of the birth of a son, John Andrew Carter Heinle (7 lbs., 11 oz.), in Newton, Massachusetts, on April 9. Mrs. Heinle, who is known to her friends at FNS as Carlyle Carter, is treasurer of the Boston FNS Committee.

Andy Erdman, '82, '83, and '84 has written as follows:

"The first time I came down to Kentucky was December 1982. Not knowing what my job would be as a courier, and not knowing anything or anyone in the area, I was a little nervous. Upon meeting my supervisor, Danna Larson, I relaxed. Danna, along with the other Wendover staff and other couriers, made me feel at home.

"I worked at many different jobs, including Hope House [a program for mentally retarded adults], X-Ray [at the Mary Breckinridge Hospital] and the [MBH] business office. I worked in the Emergency Room a few evenings and also had the chance to observe a few operations. The staff at the Mary Breckinridge Hospital were very understanding, always taking the time to answer all of my questions.

"I liked meeting the crafts people of Leslie County. It was interesting, hearing what it had been like growing up and working in the area. It was a challenge driving on the narrow roads while at the same time dodging the coal trucks that were on the road as well.

"In the spring of 1983, in addition to working at the hospital, I also worked around Wendover at many different jobs. These included cutting the grass, gardening, painting, and washing windows.

"I left Wendover in May of 1983. I returned to FNS in January of 1984. I have worked at many of the same jobs I did during my last stay here.

"Coming to the Frontier Nursing Service has been a rewarding and enriching experience for me. One of the most enjoyable aspects was getting the chance to meet couriers and volunteers from all different parts of the country."

ALUMNI NEWS

This is one of those times, which occur twice a year, when the *Quarterly Bulletin* goes to press simultaneously with the *Alumni Newsletter*. As always, the *Newsletter* is filled with news of alumni and of activities and developments of interest to alumni. In this situation, the *Quarterly Bulletin* naturally defers to the *Newsletter* in presenting alumni news. We will, of course, continue to publish this kind of information when we can do so without upstaging the *Newsletter* — that is, every other issue.

The *Alumni Newsletter* is distributed to members of the FNS Alumni Association. For information, write to either:

Alice Whitman, Registrar
Frontier School of Midwifery and Family Nursing
Hyden, Kentucky 41749

or

Ronald G. Hallman, Director of Development
Frontier Nursing Service
Wendover, Kentucky 41775

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FNS has an urgent need for the items listed below and hopes that its friends will wish to contribute toward their purchase. Donations should be sent to the Development Office, Frontier Nursing Service, Wendover, Kentucky 41775, where they will be gratefully received.

6 oxygen regulators @ \$95

A variety of operating room instruments, totaling \$300

Fire protection equipment for Wendover:

2 post-type fire hydrants @ \$330

8 sections of fire hose @ approximately \$70

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, Mary Breckinridge Hospital, 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).

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FOR YOUR PARTICIPATION



The Frontier Nursing Service
Wendover, Kentucky 41775

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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