

FNS

FRONTIER NURSING SERVICE

Volume 57

Number 2

Autumn 1981

QUARTERLY BULLETIN



US ISSN 0016-2116

Cover photo:

Eli Woolf and Mathew Campbell atop a horse led by Molly Lee on Mary Breckinridge Day 1981. Eli is the son of Amandus Woolf and Kathleen Haverfield who is a student in our school.

—Photo by *Gabrielle Beasley*

FRONTIER NURSING SERVICE QUARTERLY BULLETIN
US ISSN 0016-2116

Published at the end of each quarter by the Frontier Nursing Service, Inc.
Wendover, Kentucky 41775

Subscription Price \$5.00 a Year

Editor's Office, Wendover, Kentucky 41775

VOLUME 57

AUTUMN, 1981

NUMBER 2

Second-class postage paid at Wendover, Ky. 41775 and at additional mailing offices
Send Form 3579 to Frontier Nursing Service, Wendover, Ky. 41775

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PIONEER SPIRIT

by Lucia Gardner, Courier '81

The bare autumn trees stood as silhouettes against the purple sky as the sun set over Pine Mountain. My first day spent at the Pine Mountain Clinic provoked an adventuresome feeling in me as I envisioned myself in a similar place at some time in the future. My fantasies of being an independent practitioner in family nursing and midwifery, working in a rural area, and being solitary were being explored with this opportunity to spend a few days with Trudy Morgan, the family nurse practitioner at the FNS Pine Mountain Clinic.

Since taking the position at Pine Mountain in September, Trudy, a quiet small woman with a sense of humor and adventure, has carefully made steps to create a trusting and caring relationship with her neighbors: the Pine Mountain Clinic patients. Through observing Trudy's interactions with her patients, it is noticeable that her patients like and respect her and her work. The comfortable and calm atmosphere of the clinic provides a friendliness which seems important to a district clinic which relies on patients' feelings and opinions for its support.

The clinic sits on a ridge above the Pine Mountain Settlement School, a dark, wood building nestled among pine trees. Inside, the upstairs is the nurse's living area while downstairs is the clinic, kitchen, receptionist's desk, and a waiting room which takes on a comforting feeling of a living room, with straight-backed chairs, a fireplace, toys, and bookshelves filled with interesting magazines. I often sat in this room, talking with people who passed in and out, knitting quietly or waiting to show patients into the examining room. As the patients waited I was affected by the willingness of some to open themselves to me — a stranger, yet possibly just a "friend" connected somehow with the clinic. Again, I felt the gentleness of the language and the ease of conversation shared among people about children, home life, and family that I have experienced at other times throughout my stay in Southeastern Kentucky.

In the late afternoon when the clinic closed I took long walks around the Pine Mountain Settlement School and in the surrounding woods. Usually the sun was setting which produced a striking contrast between the steep mountains in various shades

of gray pressed against the narrow green sloping hills and the muted colors of the sky. The sheep and cows grazing on the hills reminded me of Vermont or possibly Scotland, yet the total picture somehow gave me a definite feeling of "Kentucky." These were the times when my rustic fantasies of life in the mountains took form.

The few days at Pine Mountain have marked a significant place in my experience as a Courier. I was able to pursue some personal interests and remove myself from the role and label of "Courier" which was important in restoring my sense of individual identity. The experience allowed me to observe the extensive role of a district nurse which, besides the responsibility of comprehensive medical care, involves knowledge of budgeting, bookkeeping, and insurance procedures as well as the ability to do general repairs around the clinic. It also enabled me to feel or at least think about the possible isolation one might feel as a practitioner in a remote area, as well as the strength and determination one must possess in order to create a satisfying balance between career and lifestyle. I found that although many of the romantic notions about the Frontier Nursing Service of nurses on horseback and total isolation in mountain areas are outdated, the clinic at Pine Mountain still contains a sense of "pioneering" work and a feeling of reaching out to people who may be restricted in terms of distance or transportation. I got a clear sense that the Pine Mountain Clinic was serving an important need for the people in the area. As a result of the opportunity, my interests in pursuing something similar have been strengthened and my fantasies have taken on a more "real" tone. My "pioneer spirit" is vivid and alive.

Please excuse the typo on page 27 of the last issue: Dr. Zimmerwise should have read Dr. Semmelweis, a Hungarian physician (1818-1865) who was a pioneer in using asepsis and recognized the infectious nature of puerperal fever.

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The *Quarterly Bulletin* is available on microfilm through University Microfilms International of Ann Arbor, Michigan and London, England. As storage space becomes more and more of a problem especially for libraries, microfilm becomes more useful as a way of solving that problem.

THANK YOU, FNS

The following excerpts are from letters sent to Dr. Anne from medical students who came to FNS for their rotation. They are not here so much for self-congratulation as they are to show one of the many ways in which the FNS reaches beyond its own immediate sphere. Besides the formal program of the Frontier School of Midwifery and Family Nursing, the Service is devoted to education: through accepting medical students for rotation, by offering its facilities to the Health Careers Program of the Leslie Co. Vocational School, by training its couriers and volunteers as aides, and financially through the newly established Betty Lester/Anna May January Education Fund.

... It's been nearly a year since my six week experience in Hyden with FNS as a fourth year medical student, and I have **very, very** fond memories of my time at Wooton with you, and at Beech Fork, and with Dr. Allouch in OR, late night calls from the ER, the hikes, the fellowship, the beauty. The train of thought is endless and I hope to visit again in the future. My life now, however, is in a totally different world. I'm a fourth of the way done with my internship at the county extension hospital of UCLA in Los Angeles, California. It truly is a fast pace but my strong ties to Kentucky keep an inner peace sustained that allows me to appreciate both environments.

—Linda D. Wrede

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... Thank you so much for all of your thought and consideration during the time I was at FNS. I enjoyed your instruction so much and really learned some valuable things! I also really appreciated the degree to which you included me at such things as the dinner at Wendover and the Oneida Horse Show. All in all, the time I spent was a fabulous learning experience, but really much more than that. I believe that FNS is a special place and I hope it isn't too long before I can come back!

—Cynthia Shellum

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... I wanted to thank you and the staff very much for the warm welcome that the group of us received the week of July 18th.

You may remember a group of ten people who were . . . interested in health care possibilities and needs in Appalachia. We were ten people in med school and pre-med school who were just wanting to listen and learn, and you people threw out the welcome mat to us. We were very thankful for that and learned a lot from our time around Hyden. We saw the movie of the early days of Frontier Nursing and then had a great tour of the hospital. Later we even had a good country lunch at Wendover. Not only had food for thought, but food for our stomachs. That's a great combination. I just wanted to let you know that we were very thankful for our stay and we hope that the work of Frontier Nursing will continue to flourish. I also think that there is a possibility that a number of the guys who made the trip will eventually give some or maybe all of their lives in service in areas like yours. What I do know for sure is that we greatly appreciated your welcome.

Fr. Mike Caroline, Glenmary Home Missioners

BEYOND THE MOUNTAINS

by Kate Ireland

Cleveland

What fun it was to start off my autumn schedule of city tours by returning to my hometown of Cleveland. The Frontier Nursing Service Chairman, Edie Vignos, and her husband, Paul, hosted a lovely dinner at Gwinn, a magnificent estate on the shores of Lake Erie. Dr. Anne Wasson presented the many facets of health care delivered by the nurses and doctors in joint practice at the FNS. An enthusiastic and interested crowd asked many questions, and Dr. Anne and I only wish that more of them could visit the FNS and see it first-hand.

Chicago

In early October, Taowee Wilder arranged two meetings of our Chicago friends and donors. Our first presentation was in the Assembly Room at the Westminster Home in Evanston. This was also a very convenient location for two of our ex-staff, Darline Wilke, who is now a nursing instructor at Northpark College, and Elizabeth Washak, a member of the faculty at the School of Nursing at Rush University in Chicago. Miss Dorothy Andrews arranged a delightful lunch and it was heartwarming to visit with old friends such as Mrs. Kenneth Boyd, Mrs. William Bacon, Mrs. Ballard Bradley, and Mrs. William Coleman.

The following day, Mrs. Louis A. Smith, opened her beautiful home in Lake Forest. The slide presentation was thoroughly enjoyed by old Couriers and mothers of Couriers, and it was a joy to share the FNS with some long-standing friends who were present, including Katharine Arpee and Barbara Potter, besides several new friends.

Boston

I always look forward to my annual visit to Boston with great relish and once again, my high hopes were sustained. The Boston Committee, under the leadership of Muffin O'Brien and Betty Ann Mead, held a lovely gathering at Pine Manor College to hear about the status of Midwifery in the United States today and the FNS's part in this movement. Unfortunately, due to bad weather, Ruth Lubic, General Director, Maternity Center Association in New York City, and a member of the FNS Board of Governors, was unable to attend. However, Kitty Ernest, ex-staff and graduate of the Frontier School of Midwifery, and on our Board of Governors for over six years, gave a magnificent presentation. Dale Deaton gave details of the Courier Service, and I had the opportunity of discussing some of the new thrusts of our FNS program. Sue and Jack Grandin gave a delightful dinner at the Brookline Country Club after the Pine Manor gathering where I had an opportunity to renew friendships with some of our closest and dearest supporters and workers.

The following day, I had a lovely visit with Mrs. David Dangler, an old Chicago friend and donor, and a personally intimate lunch with Mrs. Roger Branham, devoted mother of wonderful and fondly remembered Courier, Ginny.

I thank Betty Ann and Muffin for all their organization and hospitality.

St. Louis

A new friend of the Frontier Nursing Service, Mrs. Mahlon Wallace, opened her unique Trophy Room in early November for a magnificent gathering of old and new friends of the FNS. Our St. Louis Chairman, Mrs. James Ware (Emmie Coulter - Courier 1940), and Claire Werner Henriques, member of the FNS Board of Governors, helped make the evening a great success. The Trophy Room is in two sections and in the back room, **The Forgotten Frontier** was shown, giving a chance for past Couriers and friends to recount the old days. Later in the evening, I gave an

update of the FNS as it is today with the help of our latest slides. It was rewarding to find so many people intrigued with our program and willing to become supporters.

Washington

The new Chairman of the Washington Committee of the Frontier Nursing Service, Mrs. Hal Harker Newell, has added some members to this committee. Ruth asked me to share with these new members the work of the FNS, pictures of our area, and it was fun seeing old friends besides making new acquaintances. That evening Ruth and Hal gave a lovely dinner party for me and our new Congressional Representative, Hal H. Rogers. Unfortunately, Congressman Rogers could not get off The Hill, but he sent his Administrative Aide, Marty Driesler and her husband, Steve, who is the Administrative Aide to Larry Hopkins, the Congressman from the Bluegrass area. It was particularly fun to see Carrie Lou Morgan — Courier 1966, and George Parker who just had their first child. Marvin Patterson was able to attend, as was Past-Chairman, Ann Becker and her husband, Ralph. Great plans are underway for another Derby Day Party and Mrs. Patterson once again is most kindly lending her house for this grand affair.

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--- AND AT HOME

by Kate Ireland

At the September meeting of the Board of Governors of the Frontier Nursing Service, the resignation of Elaine Pendleton was accepted with regret. Penny has given the FNS wonderful direction for over a year — a leader in Nursing and Nurse-Midwifery and an absolute champion in cost-cutting and adherence to budget. We are sorry that Penny's family problems made it a necessity for her to return to Falls, Pennsylvania and all of us miss her in Southeastern Kentucky . . . members of the community, those on the staff, and the Board of Governors. We say thank you, Penny, for a job well done in helping the FNS go forward.

With gratitude and pride, we say thank you to Dr. Anne Wasson for taking over as Interim Director. Dr. Anne's twelve years at the FNS gave her not only experience in making leadership decisions, but has established a base of love from

patients, members of staff, and Board Members. She has been wearing many hats: Interim Director, Director of the Division of Nursing Grant (therefore, guiding our Frontier School of Midwifery and Family Nursing), Physician in Charge of the Home Health Agency, and as the Primary Care Physician at the Wootton Clinic one day a week. To you, Dr. Anne, we say thank you for what you have done and we appreciate all you are doing to keep the FNS not only on a steady course, but growing.

A new method of administration is being explored by the Board of Governors with the Toomey Company, Inc. of Greenville, South Carolina. The first thrust of this contract will be comparable to a Search Committee in that the Toomey Company will help the FNS locate and hire a new director. They, along with the Board of Governors, will continue to develop the system of nursing outposts, and the Frontier School of Midwifery and Family Nursing, utilizing Mr. Toomey's twenty-eight years of experience and management skills. We anticipate a successful and progressive sharing of ideas.

Statement of Ownership

Statement of the Ownership, Management, and Circulation required by the Act of Congress of August 24, 1912, as amended by the Acts of March 3, 1933, July 2, 1946, and October 23, 1962 (Title 39, United States Code, Section 4369), of

FRONTIER NURSING SERVICE QUARTERLY BULLETIN

Published quarterly at Lexington, Kentucky for Autumn, 1981.

(1) That the names and addresses of the publisher, editor, managing editor and business manager are:

Publisher: Frontier Nursing Service, Inc., Wendover, Kentucky, 41775.

Editor: Dr. Anne Wasson, Hyden, Kentucky 41749.

Managing Editor: Barbara Post, Wendover, Kentucky 41775.

Business Manager: None.

(2) That the owner is: Frontier Nursing Service, Inc., Wendover, Ky. 41775 (a non-profit corporation). Officers of the corporation are: Miss Kate Ireland, National Chairman, Wendover, Ky. 41775; Mrs. A. R. Shands III, Vice-Chairman; Mr. Homer L. Drew, Treasurer, 1 First Security Plaza, Lexington, Ky. 40507; Mrs. John M. Prewitt, Box 385, Mt. Sterling, Ky. 40353, Secretary.

(3) That the known bondholders, mortgagees, and other security holders owning or holding 1 per cent or more of total amount of bonds, mortgages or other securities are: None.

(4) Paragraphs 2 and 3 include, in cases where the stockholder or security holder appears upon the books of the company as trustee or in any other fiduciary relation, the name of the person or corporation for whom such trustee is acting; also the statements in the two paragraphs show the affiant's full knowledge and belief as to the circumstances and conditions under which stockholders and security holders who do not appear upon the books of the company as trustees, hold stock and securities in a capacity other than that of a bona fide owner.

Extent and nature of circulation (average number of copies each issue during preceding 12 months indicated with light face numbers, actual number of copies of single issue published nearest to filing date indicated by bold face numbers): Total copies printed 4500, **4600**; Paid circulation 0, **0**; Mail subscriptions 4,000, **4,100**; Total paid circulation 4,000, **4,100**; Free distribution 300, **315**; Total distribution 4,300, **4,415**; Copies not distributed 200, **185**; Returns from news agents 0, **0**; Total 4,500, **4,600**.

Dr. Anne Wasson, Editor

COMMUNITY NOTES

There are a great number of our readers who have never been to Leslie County and who have only met us through the pictures and stories of those who have worked, studied, or volunteered for the FNS. While well-acquainted with the nursing and medical work of the Service, it must often be difficult to imagine what the community is like and how it works. In an effort to better inform those readers about the county and about how the FNS and the community work together, we will be publishing a short series of articles about different services in the county and how FNS fits into them. In this issue, the article on Mary Breckinridge Day should show how different groups within the community and the FNS worked together to produce a three day festival. Wayne Goulet's article on working with the football team should show one way in which the FNS is involved in school life. Other articles will talk about the the Development Association, the Ministerial Association, the volunteer fire department and ambulance service, for example, or Hope House, or the Jaycees: all hoping to illustrate not how we affect each other's lives individually, but how group effort works for common good and mutual benefit.

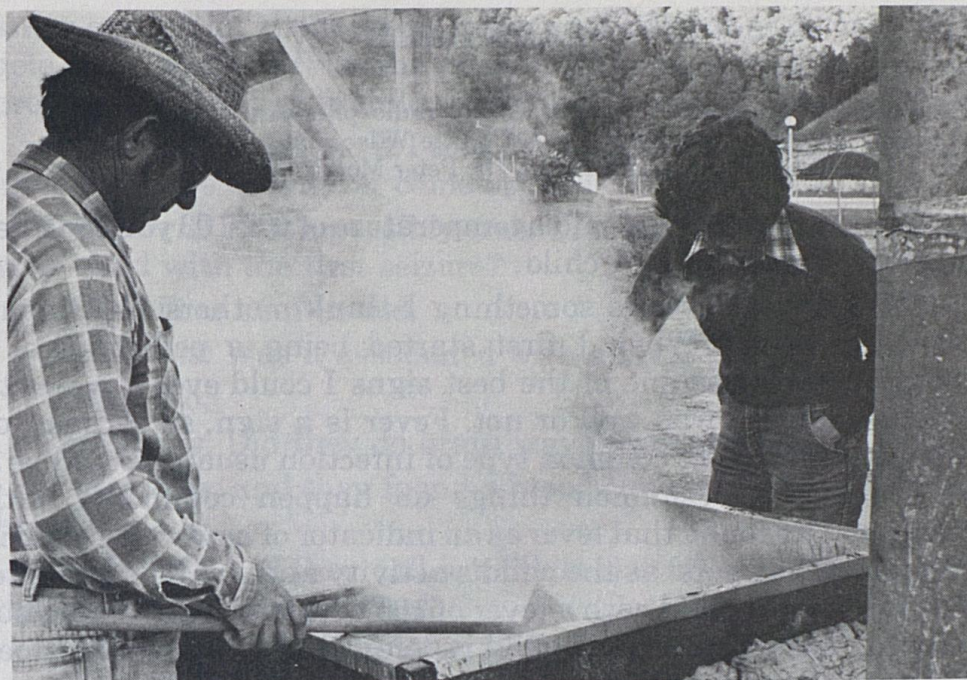
All these groups or organizations are involved in service — providing something which is of necessity or benefit to others. One very obvious example is the Leslie County Public Library. It is a library like all others: it is a storehouse of information ready for use. Whether you want to learn about solar energy, about colleges, or just find a good book, it's all there. But there is also more. Through the inter-library loan system, you can borrow practically any book ever published — on neurology, on gardening, on party games for children, on management or business. For those who cannot travel into town, often the very same people who are our Home Health patients, there is the Bookmobile taking information or entertainment in the form of reading to those who cannot come and get it. The library offers movies and stories for children during its Reading Hour, it offers materials for those who want to tape books for the blind, and you can also borrow regular full-length movies for those long winter nights. The list goes on. Upstairs the library houses a permanent display featuring mining and mining equipment, old and new, herbs and their medicinal uses, and a thorough exhibit on the FNS. This case



Library staff: Mrs. Hamilton, Mason Collett, and Mrs. Hood.

shows among other things the equipment the first nurses used, their uniforms, models of the Big House and the cabin at Wendover. The upstairs room is large enough for conferences, movie showings, exercise classes, the blood drive, craft shows, model shows, and so on. It's a plain thing to say that the library is here for everybody, but if it weren't as good as it is, it wouldn't be the source of enrichment in our lives that it is.

Another well-spring of information is the Agricultural Extension — 4-H Agency. How many children have been helped through raising a garden or chickens, or making models, making speeches, or simply learning about the world around them through what is brought to the classroom or where the class is taken on field trips! The Agency and the FNS are specifically involved in two areas of exchange: gardening and judging. If it hadn't been for the effort of the Agency, the garden at Hurricane Bottom might never have blossomed into the full-scale operation which provides vegetables



Rufus Fugate, county agriculture agent, and Cheryl Lowe, 4-H agent, at the stir-off for the Mary Breckinridge Festival.

for Wendover and the hospital through volunteer work. Part of the garden also goes to the Agency for a demonstration: like the crop of cane raised this year, or showing the benefits of the use of black plastic, or raising new or different kinds of vegetables. The Agency also encourages county children in public speaking. Students of ages eight through nineteen can compete in area, regional, and state speech contests through the 4-H to learn and improve those skills so useful in public life. The FNS is a major source of judges for those contests: its staff members or their spouses take the time to listen to the speeches, judge for prizes, and make constructive comments on possible areas of improvement. Through these avenues and others, there is a great deal that is exchanged between the Agency and the Service — in terms of practical information and culture. The cooperative efforts of the two organizations benefit them both and the community as a whole.

TALK BACK

[Exerpts are taken from the weekly radio phone-in program out of Hazard, Kentucky. The host is Charlie Wilson and the guest for this show was our new pediatrician, Dr. Peter Morris.]

Charlie: Earlier you said a temperature of 102-103 you consider a pretty high fever in a child.

Dr. Morris: Fever is something I think mothers like to ask questions about. When I first started being a pediatrician, I thought fever was one of the best signs I could ever have as to whether a child was well or not. Fever is a sign, sometimes, of infection. The most common type of infection usually would be a viral infection. Common things do happen commonly with children. I've found that fever as an indicator of how well a child is doing is not as good as the child's activity and a child's appetite. You can have a child with a fever of 105 who is sitting on the floor playing, feeling well. That child is doing okay and probably does not need to see a pediatrician.

Caller: I'd like to ask something about seizures. Does the medication that a person would be taking slow down his learning process any?

Dr. Morris: Are you asking this about one of your children?

Caller: Yes, my little boy who's almost two.

Dr. Morris: What medicine is he on?

Caller: Dilantin and phenobarbital.

Dr. Morris: Let me tell you what we know about seizure medication. Seizure, just for those of you who are listening, is usually caused by some irritable spot on the brain . . . If you think of the brain as being run on electricity, there's some spot on the brain which allows the electricity to go wild. Instead of it sending a message for you to move your hand, this information is sent to your whole body to move at the same time. The medicine that treats seizures, or the most common ones used, are phenobarbital and dilantin . . . to try to make that irritable spot on the brain less irritable . . . There may just be a chance that phenobarbital can slow the learning process in older children . . . The danger of having a seizure is probably more than the danger of the very slight problems in learning that it may cause. Your child is two years old and I don't know what caused the seizures — I don't

know quite a lot about it. There's a possibility that as your child gets older, whatever was the cause of seizures, may no longer be a problem and that your child won't have to take those medicines.

Caller: They told me if I took him off the medicines he could have a seizure and never come out of it.

Dr. Morris: That's possibly true. Can you tell me how old was your child with the first seizure?

Caller: Five months old.

Dr. Morris: Was it associated with a fever or not?

Caller: No.

Dr. Morris: Did they do brain wave tests and EEGs?

Caller: Yes, and they found a blood clot on the left side of his brain.

Dr. Morris: Did they call it a blood clot for sure? Did they do those x-rays called a CT scan?

Caller: Yes, Dr. Walsh (did) in North Carolina.

Charlie: Do you know Dr. Walsh?

Dr. Morris: (A graduate of the University of N. Carolina at Chapel Hill.) No . . . I've not seen your child; I don't want you to do what I say, I want you to do what Dr. Walsh said. . . . If it's something that can heal, it's quite possible that a neurologist, several years from now if your child is doing well, growing well, and acting well, might stop those medicines and see how the child does. The scar that caused this may not be there any longer. . . . If you're worried about the long term learning, yes, it may slow it slightly, but it usually doesn't. **Usually** children grow and develop very well. The way you pick it up is on very, very hard to find things in school performances. It does not tend to be a big problem and it does not tend to drop IQ levels any significant amount.

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Caller: I have a problem with my eight year old son. He wakes up in the middle of the night and he's having something like nightmares, and he screams, cries, and goes on, and I try to comfort him, put my arms around him and try to get him to calm down. At times it works and at other times he seems to fight me, push me away. Do you think this is any kind of mental disturbance?

Dr. Morris: Nightmares are fairly common in children. There's something called a nightmare which is sort of a terrifying dream that children have and wake up from when it's over. There's also something called "Night Terror" which is a little bit different from a nightmare because the child usually doesn't wake up from it and can remain very scared or terrified for a period of time and almost nothing you can do can console them. I'm not certain if that's what you're describing to me. They do occur and it's not a sign of mental disease, so you can rest assured about that. They tend to be a phase that children tend to go through and, in a sense, to get over them, the same as nightmares. What I tell parents who come to me with children who have sleep disorders, whether it be nightmares or waking up all the time or night terror, is that oftentimes . . . (there is) something that may have been a threat to the child . . . I ask questions about how things are in the home, how things are at school, is there a scary movie the child may have seen, is there a violent argument that the child may have witnessed. Children are very sensitive to those sorts of things. They often don't tell you about it . . .

Caller: He does have difficulty in school.

Dr. Morris: It may be something in school, some pressure or stress in school that you can talk to the teacher about to see if you can decrease those stresses, and you may find that these nightmares or night terrors go away, but it is usually not a sign of mental disease.

Caller: Both my children have had tonsilectomies and after we had them done, I wondered if I'd done the right thing.

Dr. Morris: . . . I can give you my opinion of tonsilectomies if you'd like. Once they're gone you can't do much about it. The tonsils are actually one of your body's ways of fighting infection . . . The most common cause of infection to the tonsils is viruses. It's not strep throat as everyone thinks, although we certainly do look for a strep throat. The only thing penicilin helps with is not a viral infection of the tonsils but a strep throat. At MBH we culture all throats; we take a little swab and see if we can grow some of those little organisms we call strep. I think we sometimes annoy parents because they want the penicilin right away, but the way I look at it is that we are trying to save you the money and the trouble of having to get a medicine into the baby's mouth four times a day.

Charlie: You're saying that if it's not strep throat, that penicilin won't do any good?

Dr. Morris: That's exactly correct. In fact, if you want a little tidbit and facts, even with the penicilin injection strep throat does not get better any faster. What we're treating is not the sore throat. The reason we treat strep and strep infections is because twenty to thirty years ago there were widespread epidemics of rheumatic fever. Rheumatic fever is caused by the organism we call strep and we treat strep throat to prevent rheumatic fever.

Charlie: That's a heavy statement: you're really not treating the strep throat itself, but you're going to let the strep throat wear itself out, let the body take care of that, but, you're treating the strep to eliminate the child from having the possibility of having, contracting, or developing rheumatic fever.

Dr. Morris: That's correct. That's why we treat strep infections. Now, to the tonsilectomy . . . the way I look at tonsils, they're there to help us against infections. I try to leave them in. Most children will have sore throats, will have problems with sore throats during their early childhood years, mostly after the age of two and in the early school years and again in the early teen years

The show didn't end here. The host, guest, and callers went on to discuss iron and iron deficiency, heart murmurs, the advantages of breast feeding, what to do with a 'mean child' and more. The talk is always lively on Talk Back; it is a real community service program.

URGENT NEEDS

Cardiac treadmill \$8,000.00

This aparatus is used to perform cardiac stress tests and to assess pulmonary rehabilitation, a service for which our patients must now go to Lexington.

Temporary pacemaker \$1,000.00
for emergency use.

For Joy House

Garden tools: lawn rake, garden rake, hoe, shovel,
hedge clippers \$ 50.00
slipcovers and rugs \$ 300.00

FRONTIER NURSING REPRINT A STORY OF TRUE DEVOTION

[Editor's Note: The following article by Thelma Scott Kiser from the July 12, 1981 issue of the *Ashland Independent* is reprinted with permission of the newspaper.]

By Thelma Scott Kiser

"Wide Neighborhoods: A Story of the Frontier Nursing Service" by Mary Breckinridge (University Press of Kentucky, 391 pages, \$19.50 cloth, \$8 paperback).

"... like the banyan tree of the forest, yielding shade and fruit to wide neighborhoods of men." Mary Breckinridge chose her title from this quote and used it to describe the Frontier Nursing Service that she founded in 1925, then "a tiny plant above the ground when its roots began pushing deep into the culture of its native soil. Over the years the plant has grown, throwing out branches as it has sought to become a banyan of the forest..."

I doubt there is a reader of this newspaper who is not familiar with the work of the Frontier Nursing Service or the remarkable woman who founded it, for their "neighborhood" is wide. The Breckinridge name is among the most prominent and respected in Kentucky. Mary Breckinridge's father was U.S. Congressman from Kentucky, and served under Cleveland as American Minister to Russia, and her grandfather was Vice President of the United States. So Mary, born in Tennessee in 1881, spent her early years in Washington, Russia, France, Switzerland and the British Isles.

As a young woman, Mary received several tragic blows. After the death of her young husband and her two small children, she determined to devote her life to helping others, especially children. She resumed her family name and during World War I trained as a Red Cross nurse. She was sent abroad and did relief work in war-torn Europe. She describes her experiences in helping in the restoration of the devastated areas of France — the experience she acquired during her four years in France as a member of C.A.R.D. (Comite Americain pour les Regions Devastees de la France) was to stand her in good stead later in establishing and administering the work of the Frontier Nursing Service and Hyden Hospital.

After returning to the States, she spent a summer in the poorest

and most inaccessible region of the Kentucky mountains and determined to establish a nursing service in that devastated area. She returned to England to train as a midwife and after her training was completed she visited and studied remote nursing facilities in the Inner and Outer Hebrides and other remote areas. Then early in 1925 she returned to Kentucky. "The years spent in getting ready to work for children had ended. It was time to begin." In the then remote town of Hyden in Leslie County, Mary Breckinridge rented the only vacant house, a two-story dwelling in bad repair "... we had no plumbing, but the outside conveniences were decent, and we had a clean well" And here the Frontier Nursing Service began the work that was to spread nationwide.

Later the same year she bought land on Muncy Creek and built Wendover, a large two-story-and-attic log house with indoor plumbing and two bathtubs, which upped to five the number of bathtubs in the entire county! The account of the building — the long haul of materials over the mountains by mule, the ingenuity of the builders — is fascinating.

But all that Mary Breckinridge did is fascinating — and amazing. The FNS she established in Leslie County was the first nurse-midwife service in the United States and served as a model for others throughout the nation. As the FNS nurses began to ride their horses throughout the mountains, the high maternal and child mortality rates, the malnutrition and short life expectancy of that remote area dropped sharply. By 1930 six outpost nursing centers had been established and were covering an area of some 700 square miles in Leslie, Clay, Perry and Harlan counties, bringing modern medical care to thousands who might otherwise have had no care.

Until her death in 1965, Mary Breckinridge was the driving force behind the FNS work. Today the concept of the FNS, through the Frontier Graduate School of Midwifery and Family Nursing which trained hundreds of nurses, has been carried throughout the world.

In 1950, Mrs. Breckinridge appointed Helen E. Browne as assistant director with responsibility for administrative functions, and dedicated two years to research and writing of "*Wide Neighborhoods*," which was first published in 1952. It was well received and widely read and now, to celebrate the centennial of

Mary Breckinridge's birth, it is reprinted by University Press of Kentucky, with a foreword by her cousin, Marvin Breckinridge Patterson. Mrs. Patterson is a photographer and journalist who first spent time in 1928 as a "courier" at Wendover, working throughout the FNS circuit. She returned in 1930, after having studied photography, and traveled over 600 miles to make a 5-reel film, "*The Forgotten Frontier*", a dramatic depiction of life in the Kentucky mountains and the work of the FNS. This film was first shown in New York City, and hundreds of times thereafter, to raise money for FNS. Mrs. Patterson now serves as Honorary Chairman of the Frontier Nursing Service. Historian Dale Deaton, director of development for FNS, in an afterword, reports on the vast work of FNS today. A section of photographs illustrates the work from its beginning — from the 1925 "Big House" Wendover to the modern Mary Breckinridge Hospital in Hyden, opened in 1975, which cares for some 2,300 patients each year.

No Kentuckian should fail to read this story of unequalled dedication, unyielding determination, selfless devotion, resolute courage, and exceptional adventure — mere nouns and adjectives are inadequate to express the profound debt Kentuckians owe to Mary Breckinridge.

STAFF OPPORTUNITIES

Physicians —

Family Practice

Nurses —

Registered Nurses

Couriers and Volunteers —

Senior nursing students

Gardeners and forestry students

God's Presence

by Mary Brewer

God walks upon the hills, I know,
For I have seen Him there.
Each little leaf, each blade of grass
Speaks of His tender care.

I've heard His counsel in the flight
Of wild birds on the wing,
In wily foxes of the night,
In every growing thing.

God walks the valleys, too, I know,
Where stately shadows lie.
I've seen His footprints, heard Him sing
When meadow larks were nigh.

I've heard His sigh upon the wind,
I've seen His face afar
Reflected in the water's calm
Beside the evening star.



Russell Kenefick, 4-H agent, and John Newell, in charge of the parade, at the stir-off.

MARY BRECKINRIDGE DAY REVIVED

“A stir-off? I’m going to make sure my kids and I get to **that!** I bet I haven’t seen one in twenty years. And they may never get another chance.” The sorghum cane had been growing taller and taller all summer long in the garden at Hurricane Bottom as the Agricultural Extension Agency — 4-H demonstration for the year. It got so tall that the boys who came to mow and weed between the rows looked as if they might have been dwarfs working in a corn patch. It towered way over the FNS part of the garden, making our corn, usually visible from the road, look like a pesky weed, and puny, more than the proud master of the field it most often is. Finally, on one late September day, the cane was cut. The giants of the garden, densely packed, hovering it seemed, were being carried off in a pick-up down the road to the field next to the Recreation Center. Suddenly you could breathe in the garden, it seemed to have grown at a bound, and the cane? It was being turned into molasses. Pushed through two turning blocks, the stalk was mashed and the muddy looking juice ran off into a bucket. The blocks were ‘motorized’ by the will power of a mule going round and round all day long. Later, on the third day, a little riding lawnmower took the brunt of the work for the mule, spirited the first day but simply bored by the last.

The buckets of juice were poured into a large vat divided into sections from the fresh juice to the finest deep dark, and, by comparison, clear molasses. As the juice boiled, the scum on the top was continually skimmed with small tea strainers and teaspoons, a tedious task in the hot sun of a fair autumn day.

Why was crepe paper in short supply all fall? Preparations! Preparations for the parade. Some groups worked no less than five weeks making their floats for the parade which would start off the last and fullest day of the three-day Mary Breckinridge Festival. Everyone was making ready; this was a county affair! In fact, preparations had begun long before the buying up of crepe paper at the end of August; no, in January, at the urging of Miss Lester a committee had been formed to draw up plans for the festival — the committee being in large part the Leslie County Development Association and a great many other people active in various groups in the county. Still, the ten months hardly seemed long enough for it had been over two years since the last festival and coffers were low. One thing was for sure: enthusiasm was high. As the group, co-chaired by Dale Deaton and Faye Farmer, got organized. Others got into the swing of it — city and county merchants made donations so the committee could buy ribbons and trophies for the beauty contest, tennis tournament, parade, pet show, and muzzle loader contest. Sub-committees organized craft booths, food booths, an antique car show, quilt show, and horseshoe pitching. The Jaycees put on a fish fry, the LCHS Band Boosters Club sold ham biscuits, John McCutchen came to sing and the J-Town Cloggers put on a show; Wendover had an Open House to celebrate the restoration of the Big House. The schools had floats. The event was the result of a lot of cooperative effort and hard work and it paid off.

It seemed impossible that the fog would clear the morning of October 3rd so that everyone could enjoy the day's happenings. But it did and although it was cool for a while, the sun warmed the air with each passing hour and by afternoon, temperatures were in the seventies. The parade, from the Hyden Elementary School through town, lead off this last day of the festival . . . and Molly Lee led the parade on her horse.



Above: Molly Lee leads the parade on horseback and in uniform!

Below: The Leslie Co. High School Band with David Scott, field commander, and Kim Caldwell, majorette.





Above: The prize winning float came from the Vocational School. The theme for the parade was "Speak Up For Education" and here the students demonstrate the various skills they are taught.

Below: Perhaps the float below didn't really belong to the theme, but it was well done and very handsome.





Above: Deidre Lynn Morgan, festival queen.

Below: Candidate Lori Lewis driven by Johnny Keen.





Above: Here the Girl Scouts are well-represented by Cammy Sizemore, Kay Clower, Jolene Sizemore and behind them, Sarah Wells and Diane Hacker, sisters of our PCC manager, Peggy Hacker.

Below: The Boy Scouts were there too: Eugene Howard, Adam Middleton, David Wilson (son of our Diane Wilson, our Home Health director), John Carl Wilson, Terrill Wilson, and Bobby Lewis.





Have you ever seen a Girl Scout cookie? This is Andy Asher.



Above: Mayor Perle Estridge lines up the young one for the tricycle race on Main Street.

Below: The fire truck brought up the rear of the parade, polished and decked with balloons and clowns.



There was a lot going on at the Recreation Center once the parade and spectators had arrived: balloons for sale, crafts, all you could eat and all the soda you could drink, the stir-off, games for children, horse rides given by Molly Lee, and, perhaps the most entertaining event of the afternoon, the pet and dog show run by Ann Cundle and Katie Ireland. There were almost as many categories and prizes as there were pets; they ranged from most interesting or unusual pet (won by a squirrel owner) to best cared for, most well-behaved, and so on. Have you ever seen a singing dog? This show had two, and one that could smile, and some that handled their owners very well, too.



Michelle Hill at the festival grounds. Among other things, she helped drive the small tractor for the stir-off with other members of the Girl Scouts.



Above: Melissa Begley receives a first prize in the Pet and Dog Show from Dr. Anne. In the background to the right is Ann Cundle who organized the show.

Below: Frances Click, Home Health nurse, allows her cat to be "inspected" by the judges: Sharon Koser, Wooton Project Director, and veterinarian Dr. Featherstone of Lexington who volunteered his time.





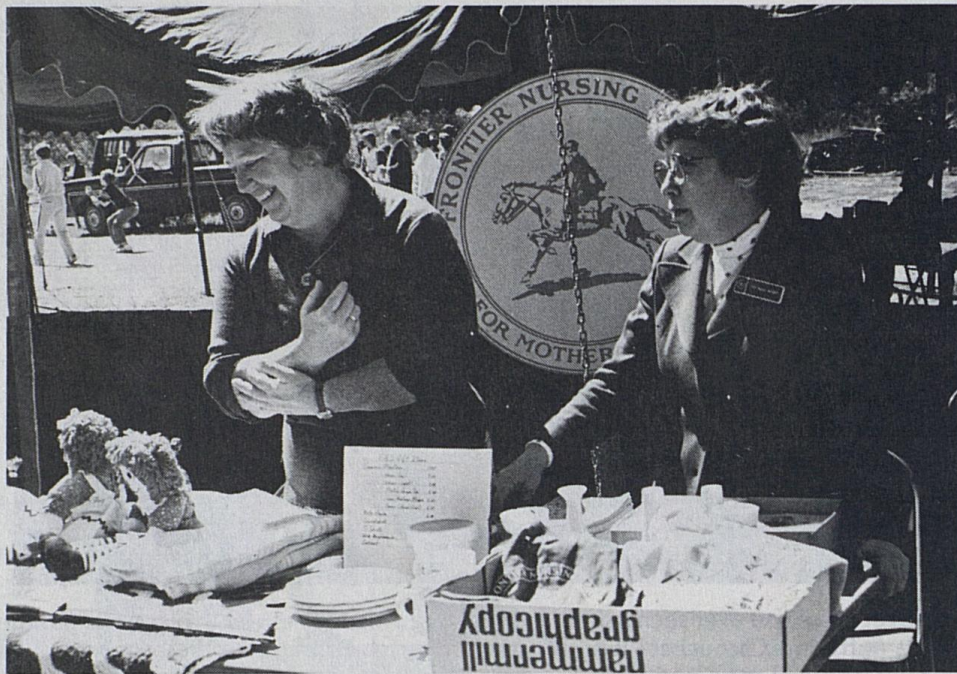
These two are the children of Phillip and Robin Muncy. Their dog won the prize for the "Dog Who Handled His Owners the Best". Eva Pace, executive secretary, with Betty Lester, seated.





Above: Have you ever seen a singing dog? Here are two: Petie with his owner Sundie Cornett (left) and Carmichael with his owner Patrick Pennington. Below: Amy Shell shows off her well-groomed pet.

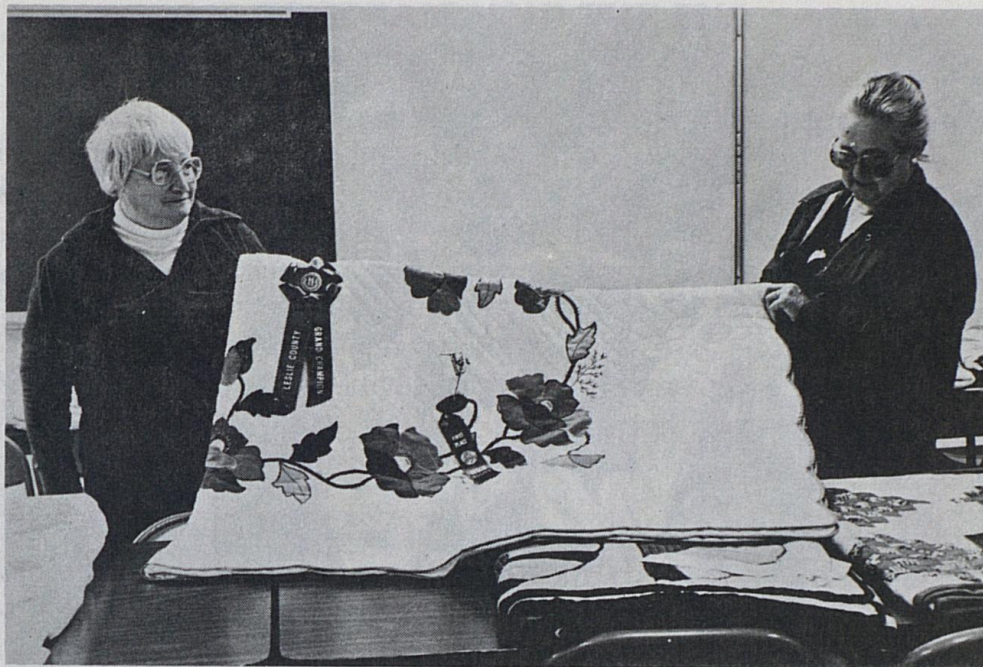




Above: Sr. Virginia Taylor, District Coordinator, with Dr. Anne at the FNS Crafts booth. The afghan and the gun were raffled off and winners drawn at the end of the day.

Below: Alice Basch, Oncology Project Director, at the American Cancer Society booth. The point was to see how many shots with the squirt gun it took to put the cigarette out.





Above: Jean Elam, left, has help showing off the prize winning quilt made by Shirley Fields.

Below: Dale Deaton, co-chairman of the committee, and Lyvonne Asher, who runs the Girl Scouts program, take a moment to rest from selling Pepsi. The proceeds from the soda booth went to the committee to help pay for its costs.





Above: Friends and former staff came from near and far: Lucille Knechtley, known as "Thumper", and Louise Griggs.

Below: The J-Town Cloggers pleased everybody with their dancing.



FOOTBALL AND THE FNS

by Wayne Goulet, P.N.P.

When I was asked to submit an article on my work with Leslie County football, I did not have to think twice about how I felt. I love doing it.

From the first week I arrived, in November, 1979, I was introduced to the football program by Brad Gascoigne (who really started FNS interest in local sports). We got in his jeep and we went over to an afternoon basketball practice, which was sort of like handing-over-the-keys. From that I continued being around Leslie County High School sports and developed a good relationship with Coach Hines (our head football coach) and other coaches.

My role with the team is a rather mixed bag of tricks. I think my most important duty is to coordinate medical needs of this sport scene. This requires continually updating myself on current health problems. I must stay in communication with the Head Coach at least twice a week during the season. Many of our health problems involve minor cuts, infections, sprains, communicable disease (i.e., strep throat) and strains.

I work closely with Jim Click, our Physical Therapist. He is absolutely essential to the care of our more major musculo-skeletal injuries and it is from him that I have gained so much knowledge about sports medicine.

My next most important role is concerned directly with our players. I would like to think that I get along well with them and I am able to obtain honest information as to their health. I try to mingle with them and attempt to gain confidence, allowing me a particularly good vantage point with which to view team morale, injury assessment, etc.

I begin the season with physical exams which act as a review for established players and a baseline for new players. Thereafter, Jim and I attend as many practice sessions as possible and most games. This last year, I went to all varsity games, and most B-team and freshman games, home and away. I loved every game just because I love those kids.

I am not sure just why I enjoy working with the sports teams, but I would say that it gives me a chance to be with those people that mean so much to me. Those kids give me renewed hope and challenge me every day. This is not the only way to help kids, but it works for me and that is what counts.

AWARDS

[As released by the Rockefeller Public Service Awards.]

“DIRECTORS OF CHILDBEARING CENTER WIN ROCKEFELLER PUBLIC SERVICE AWARD FOR INNOVATIVE HEALTH CARE MODEL.”

“Princeton, N.J., November 2 — Ruth Watson Lubic and Phyllis R. Farley, who have developed the Maternity Center Association Childbearing Center in New York City as an alternative to giving birth at home, were today named co-winners of a \$10,000 Rockefeller Public Service Award for providing innovative models for the delivery of health care. They share the award with a physician who has pioneered medical care programs for disadvantaged communities.

Lubic and Farley established the center in 1975. With a dramatic rise in the number of women giving birth at home as an alternative to the increased use of technology and rising costs of hospitals, the two women saw a need for a program combining the comforts and atmosphere of the home with the expertise of a professional staff.

The Childbearing Center has basic emergency equipment, should it be needed, as well as a staff which includes obstetricians, pediatricians, trained nurse-midwives, and others. Care in nearby hospitals is quickly arranged if an emergency arises.

The center is unlike a hospital in significant ways. Natural childbirth is emphasized, family members are trained to take part in the labor and delivery process, and a family room and kitchen facilities are available for those who want to maintain a home setting while at the center. Women generally return home within 12 hours after delivery, thereby cutting the costs of a three- or four-day hospital stay.

Lubic and Farley have succeeded in having their program approved as a diagnostic and treatment center under the New York State Public Health Law, and the center is sanctioned by insurance companies covering childbirth in hospitals.

The Childbearing Center has served as a model for similar programs established in the United States and abroad.

Lubic and Farley share their award with physician Richard A. Smith, director of the Health Manpower Development Staff at the University of Hawaii's School of Medicine, who coordinates a

program to extend health care to areas where doctors are unavailable or in short supply.

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Kitty Ernst, member of the Board of Governors and ex-staff, is the recipient of the Martha May Elliot Distinguished Service Award for Maternal and Child Health from the American Public Health Association. The award was given in early November in Los Angeles, California. Mrs. Ernst was down here last April for the Board of Governors meeting when she showed the then recently released film about midwifery in the United States: *Daughters of Time*.

The Martha May Eliot Award honors outstanding health service to mothers and babies. Mrs. Ernst works as a consultant especially associated with the Maternity Center Association (MCA) in New York City and has worked with the Booth Maternity Center and McTammany Associates in Pennsylvania. She came to the FNS as a district nurse-midwife from 1951 to 1953 and then spent several years on staff at MCA. She has been an Assistant Professor at the Department of Nursing at Columbia University and has written and lectured widely on the subject of nurse-midwifery and maternal and child health.

To both Ruth Lubic and Kitty Ernst — congratulations!

STAFF NEWS

Suzanne Johnson, 1721 E. 3rd St., Duluth, MN 55812—

Staff and Student

The past couple of weeks have found me in British Columbia back packing on Vancouver Island. Please greet Dr. Wasson for me. I think of you all and KY often, and do have such fond memories of FNS. I continue in my present work as a staff nurse in the Emergency Dept. Can imagine fall finds you all in a maze of color. My greetings to you all.

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Carol Read Andersen, 710 Elizabeth St.,

Carson City, NV 89701— Staff and Student

Sr. Roberta Naegele was out with a friend to see us. **Linda (Kilheffer)** also spent some time with us this summer. We're finding some gold and frustrated by equipment breakdowns. (Like having the light go out in your otoscope right when you're about to cinch the diagnosis.) Mik has made some beautiful nuggets. Gold is pretty! I'm busy canning and freezing a little of Nevada's produce. Plan to take a few classes this fall and maybe work part-time. I miss you all. Hope all is well.

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Tina Guy, P.O. Box 951, Rockland, ME 04841—

Staff and Student

Right now we are doing only home deliveries but the doctor I work with and I are working on getting hospital privileges for CNMs. We will need another CNM in December, 1981 or January, 1982 — anyone interested can contact me. We won't be able to pay much at first because it's very new and money is tight. Hope all is well.

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Paulette Hunt, 1429 W. Gambrell, Ft. Worth, TX 76115—

Staff and Student

I've just been overloaded between classes full-time at the seminary and working every weekend. **Margaret Hill** is now also at seminary. Am continuing to pray for FNS. I'll never forget my training nor all the wonderful people.

Julie Gorwoda, 625 Dorado Place-SE,

Albuquerque, NM 87123— Staff and Student

I saw **Linda Kilheffer** last week for 2½ days. We had a great time escorting her around Santa Fe, and I tried to find her the hottest Mexican food in NM. The kid has a cast iron tongue, matched me bite for bite. Two days before **Mona Lydon-Rochelle** delivered (daughter-Rachel). We took a picture of her, **Rexann Willingham Butler, Iris Rolfe, Sr. Rosemary** and me on Rex's horse, Steinball. All are FNS grads in Albuquerque, except for Steinball.

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Susan Willis, P.O. Box 264, LaConner, WA 98257—

Staff and Student

This has truly been the fastest year of my life I believe (esp. summer as our summer started August 1 and ended August 31.) My parents just visited — their first trip to the Northwest and praise — even the weather cooperated. I am now thick into applesauce, jam and canning season as we are fortunate to have a yard full of fruit trees and berry bushes. We are into fall now and we mostly get rain and only a whiff of crisper air that is reminiscent of fall to me. Coleman Willis just called and he is now a waiter at Sardis' — last week he waited on Allen Arkin. I have a million things to do today and only time to get 100 finished. Love.

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Susan Barry, 207 McGregor, Harlingen, TX 78550—

Staff and Student

I'm preparing for a three month camping/visiting trip out west. From Colorado - Wyoming - Idaho and then down the Pacific coast. Sounds too good to be true. Sandy (Sanchez) is back teaching at Pam Am University. She is very happy. She's a teacher at heart. Sounds like life is never boring at FNS.

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Gail Alexander, 1620 NW 26th,

Oklahoma City, OK 73106— Staff and Student

Almost a year has passed and I still at times painfully miss you all and the clinic. Joshua is three now and so wonderful. We've done well while in OK — he has gone to a Montessori School while I have worked as an FNP in Adolescent Medicine at Children's Hospital. I still long for life in a small community and consequently we are making plans to move to Oregon the end of October. Two weeks ago I suddenly got sick and was hospitalized

for a week with aseptic meningioencephalitis. I'm doing well except for fatigue and fuzziness of the brain.

Phyllis Long, 5129 Eichelberger St., St. Louis, MO 63109—

I'm sure you are all keeping busy, as usual, at FNS. Please give my greetings to Dr. Anne. I keep up with FNS through the *Bulletin* and hope some year to get back for a visit. **Mary Malone** (grad. 1974) is going to St. Louis University for her B.S. I'm applying for a faculty position in midwifery. Warm regards.

**Jan (Tobey) Calos, 9256 Westwood Village,
Houston, TX 77036— Staff and Instructor**

I am working in a federal program — doing health assessments on inner city school children and teaching parents and children about health. Not exactly what I was looking for, but it will keep me off the streets. Kevin is traveling quite a bit this month so have many evenings to myself. Yuk! It should slow down again after this month. Hope all is well at FNS.

**Marcia McDonald, P.O. Box 608, Cobb, CA 95426—
Staff and Student**

Luke is really a sweetie — very affectionate and friendly. He's talking up a storm. Kel is heavy into coaching football — first game was September 11. On October 5 I started a much needed leave of absence — was getting pretty tired — EDD 11-2-81, but I think this one is going to come early. Love to all the old 3rd floor gang.

**Lillian Link Levine, P.O. Drawer #83,
Evington, VA 24550— Staff and Student**

I don't know where I will go to work next. Wouldn't you and Dr. Anne like to relocate in scenic VA? Madelyn practices swan dives from her high chair and delights us with new words. We're hungry for visitors. Hope all is well. Give our best to Dr. Anne and everyone.

**Michele Bouche, 2510 N Warner St., Tacoma, WA 98406—
Staff and Student**

Here we are! Settling into rainy WA. Think we're going to like it. I like my job. My own office, building a nice caseload. Gradually breaking the place into the idea of CNMs. Very conservative staff

— both docs and RNs. Got my work cut out for me! Only the grace of God will see me through — I'm thankful to be able to count on that. Jesse is in preschool, Jonathan is thinking about walking, Frank is looking for work. Love.

Sr. Dorothy Dalton, Box 59, Merigold, MS 38759—

Instructor

Greetings! Mississippi is getting a little cooler weather. I have missed the mountains during this change in season, but know when I hear of your first snow I will be glad I'm in Mississippi. Work is going well. We are busy. We rotate between clinic and hospital call. I like the variety and the challenge of making good assessments. **Sheila (Ward)** is doing well. I stayed in Nashville on my way down with **Ruth Lokey**. JK (Hameloth) will be with me for two weeks. Tell everyone I said "hello" and "hope all is well". Hi to Pi Do.

Patti Rogers, 4316 W Shore Dr.,

McHenry, IL 60050, (815) 395-0744—

Staff and Student

After I left Hyden in June, I went home for a week, got reacquainted with my family; I flew up to Boston to help **Martha** and **Gerry Groggel** get settled in their new home and get to know a very special little girl, their daughter, Gretchen . . . I then took the train to Philadelphia and started a midwifery internship at Booth Maternity Center. I've gotten so much experience and made some life lasting friendships. I can't even start to say how much I've learned in such a short time about midwifery, myself, and a little thing called self-confidence. Absolutely invaluable, one of my better decisions.

Amy Lauffer and Russ Kenefick, 92 Ocean Ave,

Cranston, RI 02905—

Staff and Student

We're all unpacked — well, all but a couple of boxes. We went and got a half cord of wood last week and some coal — we've been living in front of the fireplace! It's real warm here — we still have tomatoes on the vine, and marigolds. The sailboats are out every weekend and we can sit and watch for what seems to be hours. We've taken to going on long walks and sitting in parks. Our phone is (401) 467-2857. Amy has another **new** quilt in the guestroom.

The following article appeared in the Summer 1981 issue of *New Life Now*: "Kennebec Women's Health Center is a privately owned Midwifery Clinic providing prenatal and post-partum care, gynecology, family planning and annual physical assessments to clients over a wide area. We also assist people who want to deliver their babies at home. We view pregnancy as a normal occurrence in the life of a healthy family and feel that with good nutrition and proper prenatal counseling a healthy baby and mother are the ultimate outcome of most pregnancies. All clients who develop complications during their pregnancies are seen by our Medical Director and, in some cases, may be transferred to him for a hospital delivery. The majority, however, have normal healthy babies in the relaxed and comforting setting of their own homes with their families and friends to support them. All our clinics are staffed by a Nurse Midwife and a Licensed Practical Nurse with previous home birth experience and expertise in a Neonatal Intensive Care Unit. Kennebec Women's Health Center, 100 Pleasant Street, Waterville, ME 04901 (207) 873-6197." The center will need a CNM in December, 1981 or January, 1982. Please contact **Tina Guy**, (ex-staff) P.O. Box 951, Rockland, ME 04801 (207) 785-2656.

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From Molly Lee (our Sr. Nurse-Midwife):

"Dr. Beasley saw **Eve Chetwynd** in England on his way home. He asked me to pass on the news that she had open heart surgery for a valve replacement in St. Thomas' Hospital, London, at the end of August and, Eve-like, was climbing stairs on her fifth day post-op! I believe she plans to continue on her trip around the world!"

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As reported in the last issue of the *Quarterly Bulletin*, the Royal College of Midwives in England celebrated its centennial this year. **Nora Kelly**, "one of its earliest members," was instrumental — with the help of Gabrielle Beasley on this side of the Atlantic — in getting pictures to the *Midwives Chronicle* for their November publication. The two pictures that were used were of Mrs. Breckinridge, the same one we used on the front cover of the Summer '81 issue (from a portrait done of her by William Draper), and of fifteen nurse-midwives with Mrs. Breckinridge at the mouth of Hurricane Creek, just up the road from Wendover. The article read as follows: "Fifty years ago this month, on

Thanksgiving Day, November, 1931, Mrs. Mary Breckinridge, Director and Founder of the Frontier Nursing Service and 15 members of her staff, rode in from various centers and the hospital to the FNS headquarters at Wendover, Kentucky, USA. Pictured at the mouth of Hurricane Creek, above Wendover, are Mrs. Mary Breckinridge, Eleanor Hines, Ellen Halsall, Nora Kelly, Dorothy Buck, Ada Worcester, Mary Harry, Annie McKinnon, Nancy O'Driscoll, Isabel Dougal, Mary Williford, Gladys Peacock, Rose McNaught, Edith (John) Mathams, Betty Lester and Bessie Waller. Miss Kelly recalls the lengthy preparations for the photographs on arrival at the creek on that cold, wet morning — 'mere midwives', they were not used to lining up their steeds for photographs, and some of the horses became excited. Finally, the photographs taken, all proceeded to the Big House, Wendover, where the men unsaddled and took care of the horses, while the midwives dined on traditional American Thanksgiving fare. All 16 midwives were British-trained, although some of them were US nurses who had undertaken their midwifery training in England. Only three of the company are still alive: Miss Lester, Miss Worcester, and Miss Kelly, to whom we are grateful for the pictures and her recollections of the occasion."

ALUMNAE NEWS

Rayna Yatsko, 9335 NE Schuyler, Portland, OR 97223

What a weekend I had. Went to Eugene, OR to a three day nurse midwifery pharmacology lecture. It was excellent, but the best part was a FNS reunion. Those present: **Cindy Kaufmann, Ida Laserson, Susan Willis, Catherine Carr, Michelle Bouche** and me. A real surprise for us all to run into each other. Work is busy. I have a caseload of over 100 patients, many are high risk which I either co-manage or refer. My garden is plowed under, and now I'm busy stacking my wood supply. We've been having a beautiful Indian summer — great for the weekend football games.

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Doris Wall, Pipilipai, Box 10920, Georgetown, Guyana

I got home for a month. I was delayed and plans cancelled so I decided to furlough next year and go home for a vacation this year. I spent July at home with my parents and didn't go

anywhere else. This has been a time for accidents. The Indians are cutting their gardens getting them ready to burn. I stitched an axe cut this past week — he chopped his little toe in two. A five year old girl was stung by a scorpion and spent the night with me. This morning I have a delivery (I can write letters during the labor). Here's a case for the books! A young woman (not too bright) was aborting at home. She tugged on the fetal legs and the head broke off inside. She then walked to the clinic. She passed the head the next day. No bleeding, no fever. She spent about four days with me and went home. I never know what I'll see next. Love to Dr. Anne and Molly. I could use their consultations now and then. When I came back (from vacation) our antenna poles had fallen down so we didn't even have radio communication with anyone. So I consult my books and my Lord. I recently heard from **Dr. Gilbert**. She seems to be doing some traveling. Our village captain (chief) has had a nervous breakdown. I have no psychiatrist to fall back on. No program could equip me for all I have to face but FNS sure made a good try! Love.

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Debbie Johnson, 6345 East Eli, Tucson, AZ 85710

Please announce the birth of Emily Rose in the *Bulletin*, and that we'd love to get letters from any of our old friends. You can print our address too. We are doing fine. Emily is growing up so fast and is such a sweetie. I plan to come to Lexington for the ACNM Convention and will for sure get down to Hyden — so will see you then. Hope all is well. Say "hi" to everyone.

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**Lynn Patterson Smith (Mrs. Tom),
2306-C Shadow Valley Rd., High Point, NC 27260**

I'm working as a staff nurse on postpartum in a large Greensboro hospital. We have 250 deliveries a month. There are no opportunities for midwives in this area right now, as there are so many obstetricians. My OB doctor, Ron Neal talked to me last week about setting up a practice with him, another M.D., and his wife, **Mona. Mona (Shepherd)** graduated from FNS in 1977. Tom and I kept busy with softball this summer and his team won second in the state. We moved to High Point from Kernersville the end of August. I'm enjoying a beautiful NC fall. We may go to the Holy Land in December — that would be great fun. Tell everyone

at FNS "hello" for me. Wish we could sit down and chat. Love and prayers.

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Mary Malone, 5129 Eichelberger St., St. Louis, MO 63109

One look at the desk of a student working through "nursing process" for her BSN should give sufficient insight into the problem of lost papers. Greetings to Dr. Anne. I can't imagine where I would be clinically now if it weren't for the FN-I skills I learned with her.

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Kim Beck, 85 Foxcroft Dr., Scarborough, ME 04074

Am very happy here in Maine. My memories (of FNS) are fond and solid. One thing I've realized — that FNS has given me a marvelous base; there is no place like it to learn. I'm working part-time now and Johanna and I have developed a much closer relationship, which is great. I've enrolled at the Shelter Institute for classes in building and designing energy efficient homes. Next step will be finding some land to put my skills to work. We're about 10 minutes south of Portland, ME and 10 minutes from the ocean. It's lovely — though my blood is thin after six years in KY and this winter will be cold.

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**Karen Slabaugh, Booth Maternity Center,
Philadelphia, PA 19131**

Greetings from PA! It is so good to be with Patti (Rogers) a bit — old friends are the best medicine in the world, I think. I came to Booth and will be here till January 29, and am overlapping with Patti three weeks. She tells me good things (about Booth) and after three days of orientation I'm excited about what will happen. It feels good to be moving again. Must be beautiful these days in Hyden — colors everywhere.

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Katie Isaac, Box 91, Minnie, KY 41651

How is life at good ol' FNS? I am here in Knott County, as planned and things are going very well. I am opening an evening clinic and it will be every Wednesday from now on. I have seen a strong need for an evening clinic. Have a good day!

**Mona (Shepherd) Neal, 204 E. Greenway Dr., N.,
Greensboro, NC 27403**

Tell everyone that's still there when I was, "hello". Please announce the birth of our baby in the *Quarterly Bulletin*.

RoseAnn Yoder, 259 Lake Dr., Dalton, OH 44618

I can't believe that I'm writing my first alumni letter. I am basically interested in working with low-income Spanish speaking women in a rural or urban setting or in a midwifery group in the Midwest. Boy, do I miss my "hollar" down-river in KY and those mountains. But it's been such a wonderful time here relaxing and just being with my family again. Say "hello" to the folks at FNS.

Betsy Gruelich, 3177 South 37th St., Milwaukee, WI 53215

If things work out like I plan I'll start working in January. Wish me luck on negotiating to come to KY in April for the ACNM Convention. I am so enjoying this time with family and friends, getting involved in odd jobs — cutting grass, washing and waxing cars, cleaning storm windows — I love it! I'll do anything that doesn't take brain work to do. We have some older folks in the neighborhood so it helps them out too. Say "hi" to everyone for me.

I'll keep you informed of my whereabouts.

**Sr. Linda Bouchard, 130 Duncan St.,
San Francisco, CA 94110**

I applied to medical school and have been accepted. I received 11 interview invites, but after interviewing at UC San Francisco I received an immediate acceptance. This was the school of my choice. School officially starts September 28th and I am eager to get started. UCSF has a well developed department of family medicine which is the main reason I hoped to be accepted here. Greetings to all that I still know there.

Cindall Morrison, P.O. Box 2350, Tuba City, AZ 86045

Chris and I are working on the Navajo Reservation — he in pediatrics and I as a nurse-midwife. Most of my time is spent with our 16 month old — Emma. Expecting another in March. Hi to all.

Ruth Heinsohn, 1100 S. Oak St., Broken Arrow, OK 74012

My love to everyone at FNS. I am presently attending Rhema

Bible Training Center and love every moment of it. I hope you are all doing well.

.
**Sr. Barbara Brilliant, 225 E. 45th ST.,
New York City, NY 10017**

Your letter arrived in NY just as I did for my home visit. I'm doing just fine — very tired, but that's why I'm home to rest. Will be getting another vehicle to bring back and operate another three years in the villages. The work is hard but very needed — it's the government situation that is crazy. Take care. Love to all.

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**Rachel Clough, RD #2, Hill Rd., Box 136,
Verona, NY 13478**

Heard from **Katie Yoder Hershberger** last Christmas and had been married a little over a year to a man with at least three children. She has one she adopted in Latin America. I am so happy for her. I've had a good summer — would like to return to the Indian Reservation to work in a hospital — acute shortage of nurses. If I don't I might think of FNS. Please say "hi" to Dr. Wasson. I think of her every time I make a real mess and start cleaning it up. She never had a big mess, always cleaned up as she went along. I admire that trait, but guess I didn't learn.

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Catherine Carr, 1609 Charnelton, Eugene, OR 97401

I shared news with **Rayna Yatsko, Michelle Bouche** and **Susan Willis** at the nurse-midwife pharmacology conference. There were six FNS oldies there so it was a fun reunion. I had a wonderful bike trip to the Napa Valley a couple of weeks ago. A friend and I drove down then rode around the beautiful countryside.

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Catherine Carr, 1609 Charnelton, Eugene, OR 97401

Eugene is in an economic disaster these days. The only industry is timber and with the housing bust and high interest rates a lot of the mills are closing. Unemployment is 20% and people are leaving by the hundreds. It's a hard place to be just now — especially since Reagan's budget cuts have hit social services so hard. There's going to be a N-M Pharmacology Conference here in October. **Susan Willis, Candace Vanderbeek** and **Sue Keilman** are all coming, so we should have quite a reunion. I've

instructed all our due clients to please deliver before or after that weekend. Wouldn't it be nice if babies listened? Love to all.

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Susan Keilman, 522, 16th Ave., E, Seattle, WA 98112

This weekend I went hiking and camping near Mt. Rainier. It was pretty, but I sure have sore muscles. I enjoyed my trip to KY. Am hoping to return to ACNM Convention in Lexington next year. Work is going well. We've just had four new CNMs join our practice — now we are seven. Eventually we will be opening another satellite clinic.

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**Margaret Wise, 5600 Bayou Grande Blvd-NE,
St. Petersburg, FL 33703**

Ethel (Starck) is still galavanting about the country although she will soon be settling in Minneapolis. I had a very nice summer vacation, but I'm glad to be working. I enjoy my work, especially now that I have started doing some deliveries. Have a lovely fall. I'm afraid I'm going to miss it.

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**DelRose Eisenmenger, 1825 Ford Pkwy,
St. Paul, MN 55116**

I got back to MN with only some additional car trouble (minor). I think the car just got scared of all those coal trucks. We did get to see **Ruth Lokey** — she showed us a good time in Nashville. **Ethel Starck** called when she was in the area — sounds like she'd like to work around here — hope so!

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**Marianne Grisez, 3581 Howard St., Apt. 2,
Los Alamitos, CA 90720**

I had recently applied for a job in private practice — group of nine M.D.s. They turned me down and I them. The reason was their lack of understanding of NPs. They were surprised I was an RN! They offered me the same benefits as the receptionist. I told them they needed to understand I was not just another woman applying for a job but rather a professional. I provided for them a set of protocols, job descriptions and descriptions of a NP. I only relate this story to encourage new grads to research the salary and benefits of that area. The idea of an alumnae association is great. **Genia Morse and Joanne Rizzo** are on a six month trip around the world. They will return 12-81. Keep up the good work.

**Linda Kilheffer, Khanjunpur Mission, via Jaypurhat,
Bogra District, Bangladesh**

I was home for four months this summer and was happy to be able to visit with many FNS friends, including: **Dr. Gilbert, Carol Read-Andersen, Sandy Sanchez, Susan Barry, Julie Gorwoda, Karen Slabaugh, Jean Barker, Nancy O'Donnell, Sister Robert Naegele.** I was sorry I couldn't get down to KY. **Sr. Yvonne deTurenne** attended the International Confederation of Midwives 19th International Congress in England, in September. I wonder if she saw anyone from FNS.

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Sr. Roberta Naegele, Box 814, Martin, KY 41649

We're neighbors! I'm in Martin, KY working at Wheelwright. I do plan a visit to MBH, but have been busy. Saw **Linda Kilheffer and Carol Read-Andersen** in Carson City, plus talked to **Julie (Gorwoda)** this summer. That was a great joy!

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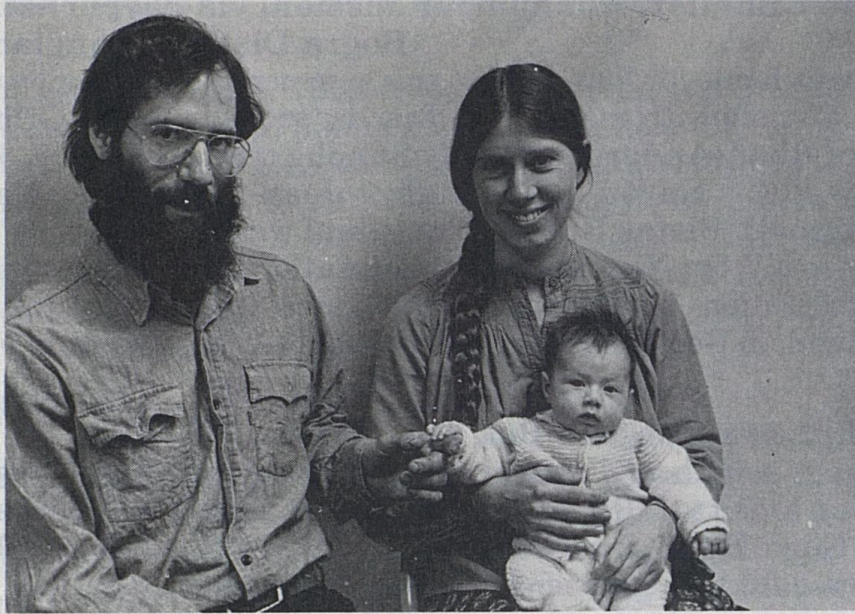
Dianne Lytle, 222 N. 5th St., Reading, PA 19601

We just got back from a week's vacation in Maine, and my mother has been with me for over a month. The practice here continues to grow and we get busier and busier. A new full-time CNM starts the beginning of September and hopefully she'll get oriented quickly and take some of the load off our shoulders.

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**Barbara Evans, Bach Christian Hospital,
P.O. Qalandarabad, Hazara, Pakistan**

It is good to be back and I am anxious to start working. I am assured of much experience to come. For a while I will only work half-time as I will do some language study too. We have two M.D.s, a foreign midwife and two national midwives. The foreign midwife is teaching our national nurse aides to deliver normals and they hope I will be able to help in this area also. There is a lot of work available and many, many needs in the area. We have had to stop seeing new patients because there is too much for us to handle. This leaves a lot of really sick people turned away which is sad, but no other way. I remember you and FNS fondly and hope to return some day for a visit. Soon I will know how well prepared I was by FNS. Greet everyone for me. I hope to get a news letter out soon. Say "hi" to Dr. Anne for me.

OCTOBER IS FOR . . . BABIES!

Hannah Kirsten born October 16th to Lisa and Dick Ratico. The dark haired, blue eyed girl weighed in at 7 lbs. 8 ozs. Lisa was a Home Health nurse and Dick works on carpentry at the Pebble Workshop, Wendover.



Bryan David, at 9 lbs. 4 ozs., to Barbara (Front Desk) and David Howard of Camp Creek, on the 26th. Barbara's mother, Ruth Morgan, has worked in the Donor Office for some time. With them are their two daughters Amy and Julie.



Jason Ryan, a full 9 lbs. 7 ozs., was born the 20th to Teresa (Nursing Care Coordinator) and Lonnie Napier.



Neil Jeffrey to Mark and Janet Buchanan on the 28th for all of 8 lbs. at a very successful home delivery.

Laura Margaret born the 24th to Marcia and Keller MacDonald (ex-staff and coach and teacher respectively) 7 lbs. 9¼ ozs., and 21 inches. Long live FNS West!

James and Deborah Johnson, 6345 East Eli, Tuscon, AZ 85710, on June 3rd, a girl — Emily Rose, 7 lbs., 10½ ozs.

Dr. Ron and Mona (Shepherd) Neal, 204 E. Greenway Dr., N., Greensboro, NC 27403, on August 1st, a girl — Haley Amanda, 7 lbs., 5½ ozs.

Bill and Ellen (Prueher) Brennan, 2426 Pleasant Hill Rd. #1, Pleasant Hill, CA 94523, on March 22nd, a girl — Rebecca Erin.

Ron and JoAnn (Jackman) Evers, MFI-Worldteam, P.O. Box 15665, W. Palm Beach, FL 33406, on September 6th, a girl — Annette Christine, 5 lbs., 10 ozs.

Miriam (Early) and Scott Nelson, 3142 Girard Ave., S., Minneapolis, MN 55408, on October 23rd, a girl — Maari Cedar, 5 lbs., 9 ozs, and 20½ inches.

To all the parents, new or otherwise, we send hearty congratulations.

COURIER NEWS

Peter Marshall '79, Nashville, Tennessee—

Things have been pretty busy lately. I spent all of last summer traveling around the country, figuring it may be my last chance to take a three month vacation for quite some time. I had a fine time visiting friends and relatives in New England and Wisconsin; then headed west to hike in some national parks and see some friends. I spent over a week in Seattle and finally climbed Mt. Ranier with beautiful weather. It's a big mountain, no question about it — with glaciers and crevasses, even avalanches, but we had no problems. Also, while in Seattle, while shopping at a mountaineering and camping store, I happened to spot a woman who looked an awful lot like **Ethyl Stark** (midwife — class of '81, spring). Naturally I wasn't sure. It seemed like too much of a coincidence. But, sure enough, it was Ethyl. We had a good time talking FNS old times in a mountaineering store 2000 miles from the Kentucky hills. I've since received a card from her. She has mused her way north this past month through much of southern Alaska. Meanwhile, I'm back at school in my third year of med.

school. I'm in Obstetrics now. My first night on call I saw ten births and even got to catch one baby. Now I know what the midwives were up to back in the maternity ward. Unfortunately we have no midwives at Vanderbilt but perhaps I will work with them farther on down the road. . . . I'll see you for Thanksgiving again — that'll be #3. I just can't stand to let Molly get lost. I'm also looking forward to seeing the rejuvenated Big House. Thanksgiving at Wendover is like coming home for me now.

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**Stewart Babbott '80, Box 692, Manhattanville College,
Purchase, NY 10577—**

Greetings from the north country! I hope all is well in Kentucky. I'm back at school doing some graduate work. I'll eventually get my masters in Anatomy (two years) and I'll reapply to medical schools then. I'm at New York Medical College Graduate School in scenic Westchester County. It's quite a change from the other places I've lived. I work on an ambulance squad part-time and I've come in contact with lots of different types of people. I haven't had that much emergency work, but every little bit helps me become a better EMT. The work gives me a bit of spending money and a chance to meet people.

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**Theresa Miano '79, 25 Smith Ave.,
White Plains, NY 10605—**

My life is going along just fine. I am taking Chemistry and Physics — they are both really tough. I feel like I spend my life studying for them but then again I don't feel like I spend enough time on either subject. But I have to take both before the Physical Therapy departments even look at me. I have applied to about seven or eight schools I'm working as a waitress at a place called "Yogurt Yes" — I think it will slow down once winter really comes on I spoke to **Jenny (Sulger '79)** last month — she's working at the hospital and going to nursing school. It seems impossible we were in Kentucky two years ago!

**Joan Davis '81, 3822 19th Ave. NW #201,
Rochester, MN 55901—**

I start work along with Nancy Kocer '81 at St. Mary's Hospital in Rochester (Minnesota) on August 3. Cindy Asplin '81, starts work in Minneapolis — she's presently living with her grandmother until she finds a roommate and an apartment. Molly Beaver '81 is in Iowa City and I haven't heard a word from her since graduation in May. I love getting the *Bulletin* and keeping up on all the news.

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**Betsy Frazier '80, 2868 Plymouth Road,
Pepper Pike, OH 44124—**

I'm in Anchorage, Alaska now but on my way home soon. I've been up visiting Doug (we've postponed the wedding) and it's been super fun. The country is incredible; huge snow-capped mountains, the ocean, tundra. I even saw a bald eagle once. I helped Doug build a cabin on a small lake for an OB-GYN here. We worked in weather of an average temperature of 25° (F) and beautiful! Northern lights every other night . . . saw the pipeline and had a few helicopter rides, but now I'm on my way home to Cleveland to a job to earn a little capital. I hope all is well.

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**Beth Reukberg '80, Baldwin, Smith College,
Northhampton, MA 01063—**

School is going along well. I'm having a great senior year for the most part. I decided not to student teach for several reasons. The most important one was that for the past several months I had lost some of my initial enthusiasm for it. That is a crucial element. Thus far, I have not regretted the decision. There are few things more detrimental than an unenthusiastic teacher (aside from an incompetent one). Anyway, I manage to stay busy. Aside from my classes and internship, I am co-directing a musical show for February. Also I'm training to be a potential coxswain in the spring.

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**Mary Warrington '81, 8625 Camargo Club Drive,
Cincinnati, OH 45243—**

This summer was wonderful! I worked in the craft shop (at a camp in Wyoming) during the boys' season and then I was a

counselor for girls' season. It is gorgeous there in the Tetons Now I'm back in Cincinnati, living at home, going to the university and trying to do as much as possible on the weekends. . . . I've heard from **Christina (Bugbee '81)** and she seems to be doing well, living in Vermont and working as a nurse's aide (I think).

. . . .

**Eden Bermingham '79, Indian Summer Farm,
Cabot, VT 05647—**

(From her mother, Mrs. William E. Bermingham) Yesterday when I talked to Eden at Dartmouth about our Thanksgiving plans, she mentioned the wonderful Thanksgiving in Kentucky which was her first holiday away from her family. Barbara, Molly, Dr. Imbleau and everyone made it a lovely day. Eden's short stint with FNS was a memorable one. Her brother has joined her at Dartmouth this year. She will be spending the winter term in France at the University of Toulouse. Her event horse broke his leg Easter Day so the summer was bleak horse-wise for her. We have two more young ones but it will be years before they reach the performance level. She did have a good time working as a groom for a harness horse we have racing at Saratoga. Remember us to everyone, especially Molly and Dr. Imbleau. We often talk about their devotion to people.

. . . .

**Carolyn Cavalier '81, 105 Beaver Rd.,
Sewickley, PA 15143—**

School is going all right though the work is incredible. This week is the last before the first quarter is over, and the teachers are really piling the work on! I have decided to take a paramedic course starting in January, so I will only be taking two courses at school second semester, and will be working in our hospital the rest of the time. I hope **Jennifer (Mumma)** and **Angie (Vance)** enjoyed their time at FNS and that everything went well. I know that I really miss it! Next week I'll be going on a college trip to Massachusetts and Vermont so I will get to see **Mabel (Churchill)** definitely and, hopefully, **Jill (Anderson)**. Say hello to everyone.

**Jill Anderson '81, 21 Old Westport Rd., N.,
Dartmouth, MA 02747—**

Glad to hear that Mary Breckinridge Day went well . . . So far I'm satisfied with what I've encountered in the nursing program, particularly from the perspective that this program takes a holistic approach. I've never before, however, been involved in so many projects nor spent a majority of my life in the library! I also have a work-study job at the school health center working with the nurse practitioner, so it's giving me more experience and exposure. Tonight and tomorrow I take an instructors CPR course to help her teach classes . . . yikes!

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Deb Trefts '81, 3 River St., Bethel, VT 05032—

I've been accepted as a research fellow at the Environmental Law Center of Vermont Law School and after I take 30 credits and write a paper of "publishable quality", I'll receive a masters in Studies in Environmental Law. I got the information about the program the weekend after I got home from Kentucky, so I filled out the application on the double. The Center wants two or three fellows to write papers — they recently got a grant for this. They prefer candidates with graduate degrees, but somehow I got by.



Lula Begley, Faye Farmer, and Clara Moore all of the MBH Womens Auxiliary at the November 20 Craft Sale which netted \$800.

ORDER FORM

The following items are available for sale at the Mary Breckinridge Hospital or through a mail order. The proceeds from all the items except *Wide Neighborhoods* and the *Medical Directives* go to the District Craft Fund for continuing education for the district nurses.

- FNS Cookbooks \$3.50
- Note Cards of the Big House, Wendover ... \$2.00 (8 to a pkg.)
- T shirts with FNS logo \$4.50
- Sweatshirts with FNS logo \$10.00
- Prints of Carolyn Williams drawing of the Big House ... \$4.00

For all items above, please add \$1.00 per item for postage and handling.

Wide Neighborhoods

- Cloth \$19.50
- Paperback \$8.00

Medical Directives \$10.00

For the two items above, please add \$1.25 for postage and handling per item.

Checks or money orders should be made payable to the Frontier Nursing Service. All orders should be sent to:

Office of the Director
 Frontier Nursing Service
 Mary Breckinridge Hospital
 Hyden, KY 41749

Please include your name, address, and zip code.

MEMORIAL GIFTS

We take this means of expressing deep appreciation to our friends who make a supporting contribution to the work of Frontier Nursing Service as a way of showing love and respect for their friends.

Mrs. Thomas Sprunt
Mrs. John W. Moore

Dr. Lois G. Lobb
Mrs. Beatrice Tupman Prothero

Mrs. Jessie Rice
Alpha Omicron Pi - Rochester Alumnae

Miss Eileen Robinson
Mr. and Mrs. Sewell C. Williams

Mrs. Anna Lee Morgan Jennings
Mrs. Homer A. Biggerstaff

Mrs. Sally Roberts Hall
Mrs. Homer A. Biggerstaff

Mr. John G. Holteen
Anne A. Wasson, M.D.

Mr. R. Livingston Ireland
National Society, Daughters of Colonial Wars

IN MEMORIAM

We acknowledge our appreciation and personal gratitude to those friends who have, by including FNS in their wills, 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. WILLIAM C. ROBINSON, JR.
Sewickley, Pennsylvania
Former Trustee.

MISS MARY CORKER
West Hartford, Connecticut

This friend has departed this life in the past few months. We wish in this manner to express our gratitude for his interest in our work and our sympathy to his family.

MR. LOWRY WATKINS
Louisville, Kentucky
Father of old courier, Mrs. Porter Watkins Stone.

Lord of all hopefulness, Lord of all joy,
Whose trust, ever child-like, no cares could destroy,
Be there at our waking, and give us we pray,
Your bliss in our hearts, Lord, at the break of the day.

Lord of all eagerness, Lord of all faith,
Whose strong hands were skilled at the plane and the lathe,
Be there at our labors, and give us we pray,
Your strength in our hearts, Lord, at the noon of the day.

Lord of all kindness, Lord of all grace,
Your hands swift to welcome, your arms to embrace,
Be there at the homing, and give us, we pray,
Your love in our hearts, Lord, at the eve of the day.

Lord of all gentleness, Lord of all calm,
Whose voice is contentment, whose presence is balm,
Be there at our sleeping, and give us, we pray,
Your peace in our hearts, Lord, at the end of the day. Amen.

—Jan Struther, 1933

FIELD NOTES

The fall colors didn't seem to last as long this year as last and certainly the weather was more changeable. The first weekend of October was warm and sunny and so was Thanksgiving, but in between it seems we had two Indian Summers and a small bout of winter as well. The beginning of October ushered in the Mary Breckinridge Festival and the first official open house of the Big House — both of them happy and successful events. The Daughters of Colonial Wars came again for their semi-annual meeting which is held in Hyden every three years. Their three day stay included visits to the districts, the new and old hospitals, and Wendover, and a dinner at the motel to which several staff were invited. Dr. Anne gave a short talk at the dinner on the FNS and how the various parts of the Service fit and work together. She took as her central metaphor the tree — an idea we used in the annual appeal this year, borrowed from Mrs. Breckinridge. Dr. Anne pointed out that there are two ways of looking at the tree — one, with its main branches and off-shoots: its growth, and the other as a cross-cut showing the rings of the tree. Wendover, the Courier and Volunteer Service, Promotion and Development, and the *Quarterly Bulletin* might all be seen either as the core of the tree, the historical center of the Service, or as its outermost ring: the ring that binds and that touches the outside world. The other rings include the Mary Breckinridge Hospital, the Primary Care Center, the Districts, Home Health, and the School — all of them interdependent and working with each other. Each ring might have a number of sections, too, for the ways in which our outreach works through guests, training students on internships, the Oncology and Respiratory Care Projects, for example. Whether its growth is measured in its height and branches or by looking at its rings, its parts all work together for the life of the tree and for what the tree can offer life around it. How many squirrels do you suppose have come and gathered nuts from our tree?

Jennifer Mumma, New York and Angie Vance, Montana were joined by Lucia Gardner, Vermont and Polly Morrow, Washington in October to get all the Courier chores done. Polly leaves in early December and before she left at the end of November, Lucia's parents, the Rev. and Mrs. Gardner, came for a



Daughters of Colonial Wars and their spouses at the Pine Mt. Clinic are, left to right, Mrs. George E. Tucker, Mrs. Richard Moncure, Mrs. Stanleigh Swan, Mr. Edward J. Sybert, Dr. H. David Hickey, Mrs. H. David Hickey, Mr. William A. Starritt, Jr., Mrs. William A. Starritt, Jr., Mrs. Robert L. Klaren, and Mrs. Edmund Pence.

visit. Rev. Gardner celebrated Communion for a small group in St. Christopher's — a special occasion for him and his daughter. Melanie Schulenburg, Princeton, New Jersey will hold down the fort alone in December until she gets help from Lynne Isaacs, Georgetown, Delaware in January. Phyllis Zimmer, FNP, Seattle, Washington came for several weeks on an internship and worked primarily at Wooton with Sharon Koser and in the Primary Care Center.

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Thanksgiving was as bright, cheerful, and sunny as it was last year, and perhaps a bit warmer. The hikers made a record and arrived at the Big House long before most of the guests. Hurrah for Molly! Even though there were only about 35 or 40 people this time, we still had four generations present and a very relaxed and congenial time. Most everyone sat in the sun on the terrace to eat turkey and ham, and sweet potatoes, and pumpkin pie, and more, and Peter Marshall (Courier '79) did make it for his third Thanksgiving in a row!

The month of December is, of course, filled with Christmas preparations and doings. There will be parties at Wooton, Beech Fork, and Community Health, and the FNS Employees Christmas Party is planned for the evening of December 17. More of that in the next issue.

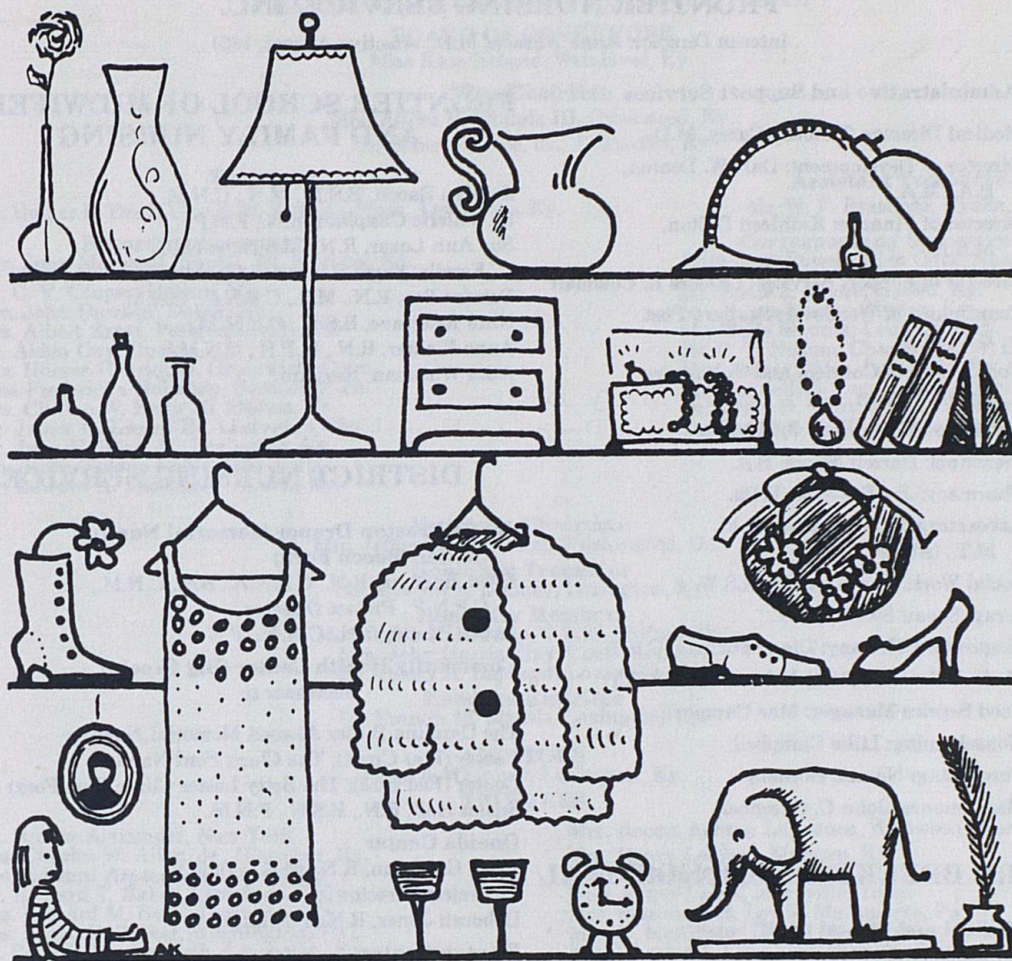
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The new staff and employees who will be celebrating Christmas with us this year are Christine Collins, Housekeeping; Jo Sue Couch, Nursing Assistant in Maternity; Karen Davidson, part-time Lab technician; Mary Beth Gilbert, RN, Med-Surg; Mary Ellen Walker, MD, Family Practice; Ermil Mattingly, Respiratory Therapy technician; and Evelyn Wyman, RN, Med-Surg. This fall we have also had to say goodbye to a number of old friends: Opal Morgan and Marilyn Hoskins at Wendover; Patti Rogers, most recently at Beech Fork; Carol Wilson and Carolyn Schuessler from the School; Robert Turner and Helen Couch in Housekeeping; Edith Begley in Laundry; Brenda Barger in Respiratory Care; Carl Maggard, Peggy Wooton, and Billie Day from Med-Surg; Betsy MacMillan and Sara Bowling from Maternity; Kim Farmer in Dentistry; and Barbara Holbrook in Accounting.



Susie Baker, FNM, and her son Riley Clay selling balloons on Main Street.

WHITE ELEPHANT



DON'T THROW AWAY THAT WHITE ELEPHANT
 SEND IT TO FRONTIER NURSING SERVICE
 1579 Third Avenue, New York, New York 10028

You don't have to live in or near New York to help make money for the Nursing Service at the Bargain Box in New York. We have received thousands of dollars from the sale of knickknacks sent by friends from sixteen states besides New York. The vase you have never liked; the ornaments for which you have no room; the party dress that is no use to shivering humanity; the extra picture frame; the old pocketbook; odd bits of silver; old jewelry—There are loads of things you could send to be sold in our behalf.

If you want our green tags, fully addressed as labels, for your parcels—then write us here at Wendover for them. We shall be happy to send you as many as you want by return mail. However, your shipment by parcel post or express would be credited to the Frontier Nursing Service at the Bargain Box if you addressed it

FRONTIER NURSING SERVICE
 1579 Third Avenue
 New York, New York 10028

FRONTIER NURSING SERVICE, INC.

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Administrative and Support Services

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 Director of Development: Dale W. Deaton,
 B.A., M.A.
 Director of Finance: Kathleen Dalton,
 M.B.A.
 Director of Support Services: Charles R. Coleman
 Coordinator of Wendover: Barbara Post
 B.A., M.A.
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 Danna Larson
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 Personnel: Darrell Moore, B.A.
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 X-ray: Susan Swartz, R. T.
 Respiratory Therapy: Diane Fortney, C.R.T.
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 Family Nurse Education Coordinator
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 Nina Redgrave, B.S.N., C.F.N.M.
 Anne Richter, R.N., M.P.H., C.N.M.
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Center (Beech Fork)**

Ellen Hartung, R.N., C.R.N.A., B.S., C.N.M.,
 C.F.N.P., Project Director
 Laura Pilotto, R.N., C.N.M., F.N.

**Community Health Center (Big Creek)
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Oneida Center

Erica Goodman, R.N., M.S., C.F.N.P.,
 Project Director
 Deborah Jones, R.N., F.N.M.

Wooton Center

Sharon D. Koser, R.N., B.S.N., C.F.N.P.,
 Project Director
 Sr. Virginia Taylor, A.N.P.,
 District Coordinator

Pine Mountain Center

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District Records: Nancy Williams**Oncology Project:** Project Director Vacant**HOME HEALTH AGENCY**

Frances Click, R.N.
 Laurel Erzinger, R.N.
 Sandra Gross, R.N.
 Anna Lisa Palmquist, R.N.
 Carolyn White, R.N.
 Diane Wilson, R.N., Coordinator

Frontier Nursing Service, Hyden, Ky.

606 672-2901

Frontier Nursing Service, Wendover, Ky.

606 672-2317

F.N. indicates nurses who have completed post-graduate education in Family Nursing
 C.F.N.P. indicates family nurses who have taken and passed the national certifying examination.

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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 the 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.

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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.

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 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



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 in Kentucky and elsewhere, 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 midwifery training schools for graduate nurses; 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 ameliorate economic condition inimical to health and growth, and to conduct research towards 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, whether 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.

Articles of Incorporation of the
Frontier Nursing Service, Article III.



Deidre Poe, FNM and instructor, with Otis selling balloons for the Volunteer Fire Department.

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FOR YOUR PARTICIPATION



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Wendover, Kentucky 41775

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