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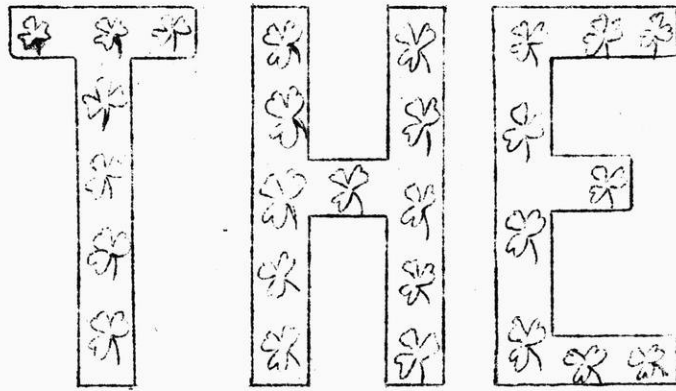
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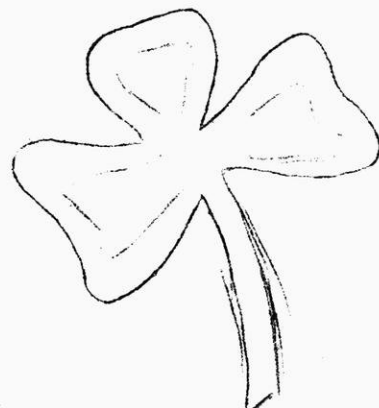
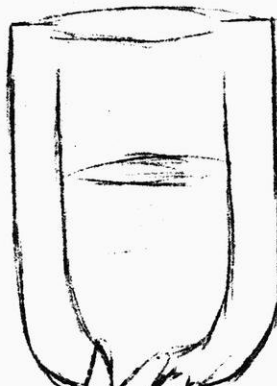
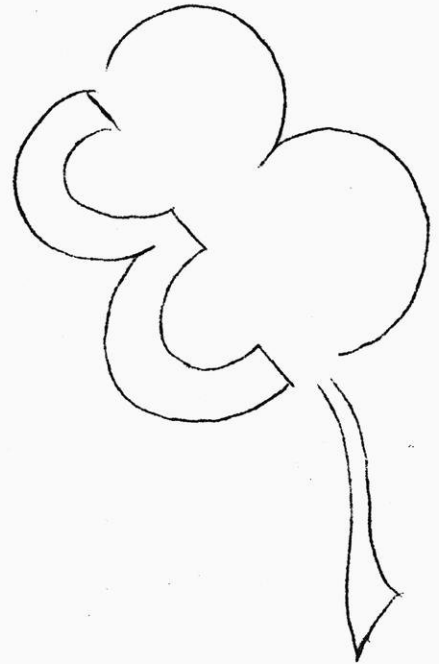
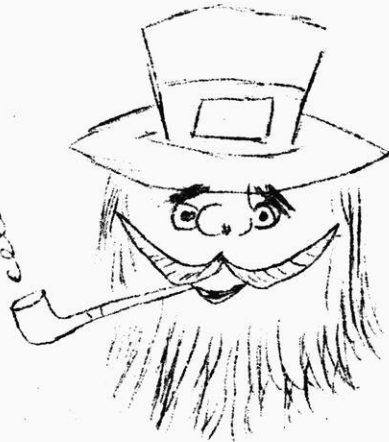
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celebrated



EDITORIAL

It has been brought to the attention of the CUE (see "What's Your Opinion") that many Canteen prices are unreasonably high in comparison to prices at stores in the community.

A few examples:

<u>CANTEEN</u>	<u>ITEM</u>	<u>COMMUNITY</u>
\$.50	Pack of Cigarettes	\$.44
\$1.10	Bugler (can)	\$1.03
\$1.15	Arid	\$.99
\$1.00	Right Guard	\$.83
\$3.64	English Leather	\$2.50

On Friday afternoon I interviewed Mr. Loos, Canteen manager, in the Administration Building. Many items were brought to his attention and he stated that in order for prices to be lowered he would have to eliminate two of the employees in the Canteen, stop night time operations and close the Canteen on Weekends. He also stated that the employees are paid out of the Canteen profits and not on a regular pay system as other employees.

We are aware that the Canteen is operated for our benefit. However, we feel that if some of the prices aren't lowered soon, many of us will be unable to afford to take advantage of these benefits. If we buy these items at other sources the Canteen could be forced to discontinue its service on these items or possibly close altogether, yet rumor has it that some prices will soon be raised again.

A few suggestions which might help to lower prices are as follows:

1. Why operate on a profit? On a break-even basis prices could be satisfactorily lowered.
2. We've always been led to believe that items are cheaper by the number. Could larger quantities of stock be purchased?
3. How about patients assisting behind the counter on a regular work assignment to cut down operational costs?

Hopefully some way something can be done to lower prices. Maybe you have a suggestion. If so, we'd like to hear about it. Send it to the CUE.

Editorial Staff

Kris John Greg
 Doris Jim Pat
 Ethel
 Dean

Chuck Lemieux (Advisor)

WHAT'S YOUR OPINION

... OF CANTEEN PRICES?

"I think they're really high—not for food or ice cream for instance, but cigarettes and deodorant and that stuff are too high."

Rosemary

"Why should gum and candy bars be 10 and 15 cents, where they used to be a nickel and 10¢? Why are postal cards so high?"

Bill

"I think the prices are reasonable."

James W.

"I think some prices are too high and some too low."

Ruth

"I think the prices are too high."

Thomas

"I think that the prices are fair."

June

"Cigarette prices should be less, so that it's fair for the patients with little or no income."

Ed

"I think the prices are exorbitant, inflationary and just plain down right ridiculous."

George

"I think the prices are reasonable, especially the hot fudge."

Carol

"I think they could be cheaper, especially the cigarettes."

Dominga

"Cigarettes are too high for patients. Why can't we have lower prices, like VA hospitals?"

Anonymous

"I like the varied things and think the prices are quite expensive for most things, excepting ice cream and popcorn."

Anonymous

"I don't know what to say."

Canteen Employee

"I think the prices are rather high—especially for the patients."

Student Nurse

"I think the prices are very high. Most patients can't afford them. They should lower them."

Student Nurse

"I feel that the prices are fair, except for cigarettes, which are too expensive."

K.

"I think the prices in the Canteen are reasonable enough for what you get."

Rosie

"Canteen prices are too high and should be lowered."

Bill

"I feel that some prices are fair and some are not."

Al

"I think the prices are extremely reasonable, especially the ice cream."

Charlotte

"Prices are as fair as they can be."

Canteen Employee

"I feel that the Canteen should operate as a service to the patients. In other words, on a break-even basis. It should not show a profit irregardless of what these profits are used for."

An Employee

"I think the Canteen prices are exceedingly high, compared to other hospitals, especially on lunch items such as apples, sandwiches ect."

Nurses Aide

"They exceed downtown prices and are twice as high as they should be."

Greg

"I think that they're very reasonable, so much so that I do all my shopping there..."

Sam

Share

The GOOD NEWS

My Morning Prayer

"Our Father who art in Heaven,"
Hear me as I pray!
Take me by thy loving hand
Just for today;

And when I "Hallowed be Thy name,"
In reverence do say
May I glimpse Thy glory, God,
Just for today!

And may I live, from day to day
So close to Thee that some
Wanderer may see and say
"Thy Kingdom come!"

Please may I forever Thy wisdom see
And know the battle's won,
Only when I truly say:
"Thy Will be done!"

E. C. Hungerford

Anger and Depression

My experience in working with people in crisis situations leads me to believe that anger is in many, many circumstances a precipitator of a depressive state. When an individual cannot acknowledge and deal with his feelings of anger, depression usually results. Marital discord, separations, demotions, loss of jobs, etc. all provoke feelings of anger, which, if not expressed, result in depression.

If we want the right to the more "positive" emotions we've got to accept the "negative" emotions like anger. A great deal of mental stress is created by those who feel that to have feelings of anger is "wrong." Anger is a God-given emotion just as is happiness. It is only when we use inappropriate ways of expressing anger that it becomes "wrong."

Time and time again when I have been able to help depressed people acknowledge and then deal with their feelings of anger, their depression is lifted.

Rev. Clyde Shallenberger

Bothel Baptist Sunday Evening Service

6:30 p.m. Sunday, March 4, our Rev. VanDeusen introduced Mrs. and Rev. Volt and their college age youth group of ten. This group came to sing and speak about Joy. Religious poetry and Psalms about Joy were read aloud. A few of the young men and women gave inspirational talks--short testimonials of their faith and trust in God.

The college group displayed a lot of musical talent. Throughout their $\frac{1}{2}$ hr. of fast paced, uplifting presentations, the congregation joined them in familiar old hymns.

You should plan on attending the next service of this lively group. 1st Sunday in April--at 6:30 p.m. in the Chapel. I plan to be there myself to enjoy the music and worship.

St. Patrick's Day

St. Patrick was captured by pirates from Ireland at age 16. He spent six years in captivity, tending the Chief-tain of Ulster's flocks, then escaped to France to become a missionary. He worked hard all the rest of his life in Ireland, founding 300 churches, and baptising 120,000 persons.

Some legends say St. Patrick used the Shamrock to illustrate the idea of the Trinity. Another claims he charmed the snakes of Ireland into the sea, where they drowned.

St. Patrick's death on March 17, 461 A.D. has been observed in the US since colonial days. Irish people throughout the world celebrate St. Patrick's Day on March 17.

High, Wide and Handsome

High and wide and handsome--
That's how life should be;
Wide and high as a prairie sky,
Open and clean and free.

Handsomely giving of ourselves
And that which bears our brand,
Sharing the best of what we possess
With a big and generous hand.

No more fences of fear and hate
Dividing the human race;
Giving our minds the run of the range
In Gods' great open space.

High and wide and handsome,
Honest and clean and free,
A young-as-spring, adventuresome thing--
Life should, and life can be!

from Helen Marshall's
A Faith That Smiles

(MORE "GOOD NEWS" ON PAGE 5)

To A Friend

Begin at the beginning.
How shall I start? By saying I'm unhappy.

Being unhappy is after something has happened to make you that way. No one is ever born unhappy. So why am I unhappy, sometimes, a lot of the time, or always? No, not when my thoughts are of you or the good people like you. People who love, really love; the kind of people who smile at you and get involved, trying to help. The kind who think it's a nice day, and they say it. They think it's nice because they're happy just to be alive. Happy people are the kind everyone should be. People that love the world whether it's raining, snowing, hot or cold.

I love the rain. I always will. Rain to me is what gives us life. No living thing can survive without water. Rain impregnates the earth and lets it bring new life into being: trees, fruits, grass, flowers, animals, people--all of God's things need nourishment because God loves so very much what He has made. He sends the love to you and me each and every day in many different forms: like rain, sunshine, snow, and wind. I told you, before I loved the rain, and I do, just as I love God who has made me and all things.

So many times we don't like something, but if we would just stop and realize that it was God who allowed us to grow taller, deeper, or wider, and not Man. Times like this I am not unhappy, but there is always the phone to answer, the unlocked door. Always interruptions. So I barricade the door whenever it is possible, only to have it pushed open. Then I'm asked, "What's this booby trapped for?" (Booby trapped--when all I wanted was to be left alone for a while.) Everyone should have a little time for themselves, don't you agree? Booby trapped--interesting word. Booby trapped in Love, Happiness, Pleasures, Quiet time, Peace of Mind, Tranquility? Well, to be Booby-trapped in these things is mind pleasing.

When I hear people say that they have wasted time, I understand them, though I know I have never wasted time because I am always thinking of something or someone positive and beautiful. I "waste" time thinking of you, a beautiful person, my friend, most of the time.

People who think and give of themselves are the kind that always like being alive, the people that care about God's things. People who give of themselves are never wasters of time. If they think they are, it's only God's way of making them rest awhile. Lay and rest, replenish yourself; rest while God lets his creation be a special part of you.

Rest while God lets it rain into your soul. Lay quiet on the sand and feel the warm sunlight enter deep into your body, to remain there until you need the warmth. Let the blanket of snow cover you like the waves of water cover the sand. And after you have rested, go swing on a miraculous spider web, as you imagine a child would swing in the garden, free and happy.

When God thin you've rested enough, He'll send a gentle breeze to help you jump out. Jump out into life again and begin a New Day. Begin at the beginning of each New Day, for this is the way God has shown us.

From A Friend, Rose

* * * * *

LEARN THE GOOD NEWS

On alternate Monday evenings on 2W Kempster, Reverend David Carlson meets with interested patients for study of pertinent questions concerning our relation to God. Religious thoughts and feelings are shared and the natural need for such discussion becomes apparent. Rev. Carlson's creative and gentle guidance aids us to become aware of not only our own, but of each other's religious attitudes.

We of 2W Kempster wish to thank Rev. Carlson for giving us an opportunity to become alert to such religious needs. We also hope that such study and guidance become a regular policy not only for our ward, but also other wards in the hospital.

I would urge anyone interested in study groups on his ward to speak to one of the four chaplains here.

SERVICES available to YOU

VOLUNTEER SERVICES

A great variety of activities--from office work to repairing and altering clothing for the Fashion Korner--is performed by the Volunteer Services at W.S.H.

The Red Cross Grey Ladies form the backbone of the volunteers. They generously donate time and sometimes money toward worthwhile projects that benefit the welfare of the patients here.

James O'Reilly, who co-ordinates and directs Volunteer Services, said, "The most important thing the volunteers do is to help dispel the stigma that mental patients are under in the community."

With the observance of the hospital's centennial the volunteers have different projects underway. They perform detailed work that is necessary for such an observance.

The volunteers take the bookmobile and games to the wards; work in the library; sew and repair clothing; give ward parties and do office work.

Additional services include manicures, facials, provide playing cards, play games with the patients, and write letters for them.

The volunteers carry the story of hospital needs back to their respective communities and encourage private and public groups to donate services, theatre tickets, money and anything else that benefits the patients here.

"The hospital greatly benefits from the volunteer workers," Mr. O'Reilly said.

E.H.

WIG BOUTIQUE OPENS

A Wig Boutique opened recently at the Fashion Korner in W.S.H. Approximately 500 wigs have been donated by merchants in the city.

A licensed beautician is in charge and sees that the wigs are serviced by taking them home to wash and restyle them.

Many styles of wigs are available to anyone interested in acquiring a second or third hair-do

HAIR CARE

One of the more pleasant services offered to patients is that of the Beauty Shop. There is nothing like a new hair style to boost the morale, and offering their skills in this department are Sharon Zentner and Cynthia Marsh. Sharon and Cynthia are licensed cosmetologists. Together, they have worked here over a total of eleven years.

The beauticians work a five day week in the various buildings. They perform all phases of beauty work, free of charge. Services include permanent waving, hair cutting and styling, straightening combs, and hair coloring. (Hair coloring is done only with the doctors permission and you have to furnish your own hair coloring.)

Customers are accepted after breakfast and up to the middle of the afternoon.

LOCATION AND HOURS OF THE BEAUTY SHOP

Monday: Morning--Gordon Geriatric Pts.
Afternoon--Gordon Hall North

Tuesday: Morning--Sherman Hall 7 & 8
Afternoon---" " 5 & 6

Wednesday: Morning--" " 3 & 4
Afternoon--" " 1 & 2

Thursday: Morning --Sher. H 586, 788
Afternoon--Kempster 2 West

Friday: Morning--Kempster 2 West, 3K
Afternoon--Kempster 1 West

Tellurian Community members can have their hair done on Wednesday afternoons. Residents of Hughes Hall are taken any day by appointment in the beauty shops open that day.

Marv

* * * * *

Things can be understood, if you give other people a fair chance. Try it once, it may just work!!!

Debbie

* * * * *

Things seem so absurd when people don't understand other people.

Anonymous

A "PUZZLER"

TRY
IT

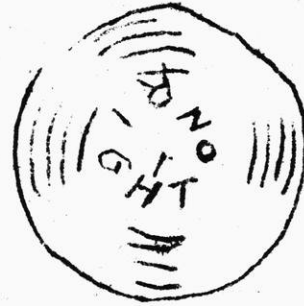
NUTS

Nuts have long been recognized as valuable contributions to our diet; they contain substantial amounts of protein, carbohydrates, and vitamins. In addition, they taste great!

L W C O R P T T T O B D V L
M O A L O K U U T U N . E P
D G S L M K N T T Z R Z E D
Y K H R N O R T O L . C N G
R N E S C U E P I H . O O K
O I W O T R T D H N H V N E
K G C . N O T V C L I W I Y
C N T U N L I Z . R B H P E
I R T E E E . E T D C H O K
H O R S E C H E S T N U T C
U C T T R E B L I F Z I O U
M A L E T E B L P H C E E B

WORD LIST

- | | |
|---------------|--------------------|
| 1. Acorn | 13. Ginkgo |
| 2. Almond | 14. Hazel |
| 3. Beech | 15. Hickory |
| 4. Betel | 16. Horse Chestnut |
| 5. Bitternut | 17. Kola |
| 6. Brazil Nut | 18. Lichi |
| 7. Buckeye | 19. Peanut |
| 8. Butternut | 20. Pecan |
| 9. Cashew | 21. Pinon |
| 10. Chestnut | 22. Pistachio |
| 11. Coconut | 23. Walnut |
| 12. Filbert | |



TOP TEN ALBUMS

1. Don't Shoot Me, I'm Only The Piano Player--E. John
2. Deliverance--Soundtrack
3. Prelude Deodato--Deodato
4. More Hot Rocks--Rolling Stones
5. No Secrets--Carly Simon
6. Tommy--Various Artists
7. Aloha From Hawaii--Elvis Presley
8. Hot August Night--Neil Diamond
9. Seventh Sojourn--Moody Blues
10. The World Is A Ghetto--War

TOP TEN SONGS

1. Killing Me Softly With His Song--Roberta Flack
2. Cover Of "Rolling Stone"--Dr. Hook and the Medicine Show
3. Dueling Banjos--'Deliverance'
4. Dead Skunk--Loudon Wainwright III
5. Lights Out In Georgia--Vicki Lawrence
6. Love Train--O'Jays
7. Big City Miss Ruth Ann--Gallery
8. Rocky Mountain High--John Denver
9. Also Sprach Zarathustra (2001)--Deodato
10. Little Willy--The Sweet

You may have heard of the Blessed Mountain. It is the highest mountain in our world. Should you reach the summit you would have only one desire, and that is to descend and be with those who dwell in the deepest valley.

That is why it is called the Blessed Mountain.

Kahlil Gibran

Sanity IN Bedlam

The plight of the normal person who finds himself committed to a mental institution and unable to convince anyone he is not insane is a standard plot for horror fiction. But in a remarkable study last week, Dr. David Rosenhan, professor of psychology and law at Stanford University, and seven friends reported just such a nightmare in real life. To find out how well staff can tell the difference between normal and sick, they had themselves committed to mental institutions. Their experiment clearly showed that once inside the hospital, everyone is judged insane.

The fake patients--5 men and 3 women included 3 psychologists, a pediatrician, a psychiatrist, a painter, and a housewife, all of whom were certifiably sane. During the 3 year study, these volunteers spent an average of 19 days in 12 institutions, private and public, in 5 states.

Each fake patient told admitting doctors that he kept hearing voices that said "empty" and "hollow"--suggesting the patient found life meaningless and futile. All the fake patients falsified their names and occupations. They described their life histories as they actually were. Doing this, they gave the doctors every chance to guess the truth. "I couldn't believe we wouldn't be found out," Dr. Rosenhan said. At 11 hospitals they were immediately found to be schizophrenic, and at the 12th, they were found to be manic-depressive.

As soon as they were admitted, the fake patients started acting normally and denied hearing voices. They tried to convince staff that they ought to be released. Doctors and nurses saw everything the fake patients did in terms of the first impression and diagnosis. The only people who realized that the experimenters were normal were some of the patients. "You're not crazy," said one patient. "You're a journalist or a professor. You're checking up on the hospital."

The hospital, Rosenhan concluded, distorts the perception of behavior. "In a psychiatric hospital," he says, "the place is more important than the person. If you're a patient you must be crazy."

"Never tell a doctor that you're well," said one patient. "He won't believe you. That's called 'a flight into health.'" Tell him you're still sick, but you're feeling a lot better. That's called insight."

"You've got to be sick and say that you're sick," says Dr. Rosenhan, "to be considered well enough to be released."

It took up to 52 days for the fake patients to get out of the hospital, even though most had been admitted voluntarily and the law in many states makes discharge mandatory on request (usually there is 72 hours notice.) of the fake patients walked out of the hospital. The other nine were finally discharged.

The staffers' behavior and insight were controlled by the situation, not by malice or stupidity, concluded Rosenhan. Perhaps, he hopes, alternate forms of therapy, such as community mental health centers and crisis intervention will increasingly replace the hospital in the treatment of mental illness.

Taken from Newsweek
Jan. 29, 73

BIRTHDAY PEOPLE

Men: Jeffery, Ray, John, Rocklin, Rodesto, Richard, John, Gerald, Alfred, Clarence, Craig, Ronald, Craid, Lawrence, Louis, Arthur, Charles, Louis, Joseph, Carl, Robert, Forrest, John, Eugene, Don, Tom, Leon, Robert, Steve, Ken, Larry, Brent, Jeffery, Michael, Donald, Kevin

Women: Sue, Sandra, Ann, Eileen, Rosemary, Helen, Durand, Amelia, Kathleen, Myrtle, Rose, Elizabeth, Tracey, Rebecca, Denise

EXPRESSIONS

A STORY

Once upon a time there lived a man who owned a lot of Kibache. Now Kibache is very important because it puts the zing in frugles. Therefore the man was a valuable asset to any community.

One day several men came to his house to raid his Kibache. Now the man was not totally unprepared for the course of events that followed. He used both Kibesh and Forshebic to ward off prowlers. But alas they came by night during the new moon in eclipse; a time when everything except Kibache is rendered useless.

Now Kibache is only used for good. Thus, when evil forces take control of Kibache, nothing happens. Because only good people have the pure spirit to use Kibache. Thus the only thing that can be done to Kibache is keeping it out of the hands of good people. Now evil always consumes itself and then dies, and storage bins eventually rot and then once again Kibache is set free and the good live happily ever after.

Dean

In a store buying a watermelon
I am surrounded by a wall
of Bounty towels, the super absorbers.
Outside, across the street there's
a river caked with skum.

REMEMBER

"Ask not what your country can do for you
But what you can do for your country."

Cold war Cut 3
There once was a man
Yelling the premier
is nuts.

the (Bull shit vicks) killed
him for giving away a
state secret

"words of wisdom"

Jack

Little boy cool come blow your head
on Horse and bennies and
grass I said.

Acid is wierd, speed is quick
do them with beer and
you'll get sick.

A dream is real
Reality is a dream,
you're a god and you're a worm.
look at the sky and talk to a germ.
your mind is glowing
it's very hot, and
It's from all these microdots.
How many you going to
take before you realize
your mind is baked.

BLOODY REALITY

Sharing another body, bonded by
scattered comparisons.

Inner beauty controlled by an
advanced intelligence.

Loving a puppet of motherhood, and
hating the accepted influences.

Boredom and confusion searching
new flesh.

Urging a sleeping grumbling partner.

Laughing greed and timid giggles.

The need to love hidden away.

The games that cover the turmoil
beneath.

The pain of the past stored in
vivid color.

The glorious dreams shared with
only the clouds and the tears.

Lonliness in me like the blanketing fog.

Lonliness like the pressure in a tank
of air.

The words never come, the golden body

Wrapped around a golden soul never comes

Boredom, hate, suicide; the pain of

lonliness. Alone, until my

mind can take no more.

A THOUGHT OF PAIN

Pain is the breaking of your shell
into something else;

It is expanding beyond the realm of
your own understanding.

Such as it is with the bud that must
open and blossom into a flower-

subjected to the environment,

So it is with us, that we must know
pain.

Much of your pain is self chosen.

It is the poison that eats you inside.

but that can be cured by you inside.

Therefore trust the inner part of you

that can change your pain into tran-

quility and serenity.

For it will lead you out of the depths
into lighted openness

It will make bearable your pain with
patience and wisdom-

Given to you from the Unseen Power,

Guiding you into the life you yearn for
making all worth while.

Greg

You are a point

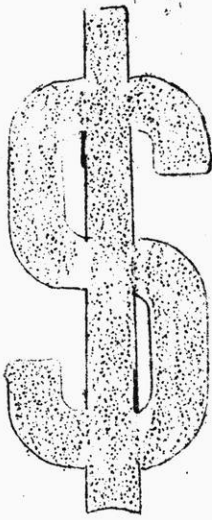
there are millions of points

the points have faces

and belong to races.

when two points meet;

that's communication.



It has been brought to my attention a number of times and has been a discussion amongst many of us, that we as patients should be paid for the work we do. It is only fair that if we should put forth our efforts and time we should have some reward for it other than the therapeutic value.

I'm sure we all need money for cigarettes, phone calls, and occasional cokes, but some of us do not always have the change to pay for these things. We cannot and should not always be dependent upon relatives or friends to consistently give us money when we could just as well receive pay for the work we do and pay for our own oigs., cokes, etc.

Since the purpose of job assignments here is to keep us active mentally and physically and make us responsible for our duties, just as a job "on the streets" does; we should certainly be rewarded by being paid. As the situation is now we are only getting part of what we work for.

Every man and woman serving time in any correctional or penal institution in Wisconsin gets paid 50¢ a day for each day he or she works. In addition there are some jobs whereas a person gets incentive pay. This should apply to all state institutions and it can but something has to be done other than just talking about it. The best way I know of is to write up petitions requesting to be paid for working and submitting them not only to the hospital administration but also to state representatives, Governor Lucey, and state officials that can do something about this. But we have to put ourselves out a little and have faith in the whole idea. One woman has done just this and submitted the petition to Dr. Kelley but we need more of these petitions and sent to the proper authorities. Let's get something going for ourselves.

Greg

LETTERS TO THE EDITORS:

TO HOSPITAL ADMINISTRATION:

A topic was brought to my attention. There is equipment that Central State Hospital has in their possession equipment which they will soon be disposing of. This is printing and newspaper machinery, also dark-room - developing equipment: plate maker, proof desks, Davidson off-set printing machine, and various materials and tools available.

I believe we could have a bigger and better newspaper if we submitted a request or letter to them requesting the privilege of using these items on our CUE newspaper.

What's your opinion? are there any reasons not to ask permission?

Truly yours,

John

* * * * *

TO THE CUE:

I feel that the band, Rodehouse, and the Tellurian Community deserve our special thanks for the fine dance held 7 to 9:30 p.m. on March 13 in the Hughes Hall Gym.

There was a lot of positive response to the talent of the Rodehouse Band, a lot of dancing and footstomping fun going on. I say thank-you to all the people who attended and made the dance a success, as well as thank-you to the band and its sponsors.

Sincerely,

Kristin

* * * * *

TO THE CUE:

The evening of March 11 had to be one of the saddest and yet happiest days of my life. It was a very sad occasion for me because it was my last evening on Sherman 1 & 2 and starting with March 12 I would begin a new job at Winnebago as a permanent night aid. Please don't ask me why I signed up to go on nights because as I am writing this I only know I very much enjoyed working with all of you and I'm going to miss you very much.

(Continued on Page 13)

A T U

The Alcoholic Treatment Unit, located in Gordon Hall North, is a unit set up to help the person with a drinking problem. Their program is based on Alcoholics Anonymous - a fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problem and that they may help other alcoholics to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self-supporting through our own contributions. A.A. is not allied with any sect, denomination, politics, organization, or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics achieve sobriety.

The A.T.U. was opened October 4, 1965, by Dr. Szymanski, which at that time was called G.H.N.P. (Gordon Hall North Psychiatric) Unit. It had 24 beds and a staff of one doctor, one nurse, three aides, a part-time Rec therapist, one part-time industrial therapist, and a chaplain. Their program consisted of lectures, tapes and group discussions on alcoholism and attitudes, and Tuesday and Friday night A.A. meetings.

In February of 1967 the unit was moved to Hughes Hall and housing was increased to 50 beds. In January, 1968 direct admissions were allowed and women were brought into the unit. The program was more intensified and groups expanded. Also there were 71 to 80 extra beds.

In 1972, the A.T.U. was moved back over to Gordon Hall North and housing was expanded to a capacity of 101. As the unit grew the staff also grew to a present maximum of three doctors, five social workers, one vocational rehabilitation counselor, full-time nurses and aides, one part-time occupational therapist, one full-time occupational therapist, and Alan Schuettela--alcoholism counselor.

When an admission is brought in the unit, he or she is housed in a separate closed screening ward for five days where tests are made and he or she is educated on the principals of A.A., and about the treatment program the unit has to offer. The program consists of 20 to 25 different individualized

treatment groups guided by nurses, aides, doctors and social workers. Seven of these groups are run by outside A.A. members. The group members learn and talk about the Twelve Steps of A.A. (listed at the end of this article), and at the same time relating interpersonally with each other.

The unit also gives lectures and shows movies on alcoholism in the day-room. Not only does the A.T.U. help the alcoholic to recover from the dreaded disease of alcoholism, but also helps those associated with the alcoholic by helping him or her to become a sober, free and respectable person. We should all be thankful for the doctors, nurses, social workers, therapists, and A.A. groups for wanting to treat the disease of alcoholism that once was classified as the "monster" that only struck the "derelicts and bums." Alcoholism is a disease that affects all the phases of one's being physically, mentally and spiritually, making the person powerless over alcohol. But with the knowledge of alcoholism today and with the help from doctors, social workers, and working the 12 suggested steps of A.A., the disease can be arrested and the alcoholic can live a normal, sober and happy life. They may also help YOU if you take the word alcohol out and replace it with your problem.

THE TWELVE STEPS

1. We admitted we were powerless over alcohol--that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as WE UNDERSTAND HIM.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people whenever possible, except when to do so would injure them or others.

continued on page 13



Dear Granny,

Dear Granny: I'm a baseball player. I don't use deodorant and I catch a lot of flies.

Uptight

Dear Uptight: Doesn't the buzzing bother you?

Dear Granny: Why are there so many squirrels around WSH?

Rocky and friends

Dear Rocky: There is a large supply of nuts there.

Dear Granny: I am of Italian descent and all of the people at WSH make fun of my nationality.

signed "sensitive"

Dear Wop: I think it's all in your imagination.

Dear Granny: If I stay at Winnebago, will they cure me of my neurotic games?

disturbed

Dear disturbed: No, but they'll make you more effective at them.

Dear Granny: What was the President's name in 1940?

Historical

Dear Hist: The same as it is today, Mr. President.

Dear Granny: Since my wife came to WSH and began taking medicine, she is always overcome with passion toward me. What can I do?

Wornout

Dear Wornout: Take lots of vitamins and hang in there.

Dear Granny: My doctor told me I have homosexual tendencies. What is a homosexual?

Wondering

Dear Wondering: That's someone with a little of each and not enough of either.

Dear Granny: People tend to stay away from me because of my repugnant smell.

Castaway

Dear Castaway: They've just come up with a new invention. It's called soap.

Dear Granny: I have an uncle who thinks he's a cow. What should I do with him?

Mixed Up

Dear Mixed Up: Keep him around. It'll cut down your expenses on milk.

Dear Granny: What was the name of the terrible food we had for dinner Friday?

Alka Seltzer

Dear Alka: It was called "If we have not used it by Thursday, put it in."

Dear Granny: I've been at WSH for a long time and everybody feels I'm ready for society. Why don't they let me out?

Lifer

Dear Lifer: After careful research we found you are ready for society, but society isn't ready for you.

* * * * *

After returning from a group outing with a State car, Dave Rudolph was asked, "How much gas was left in the car?" He replied, "The gauge read halfway and I don't know if that means the tank is half empty or half full."

* * * * *

DOCTOR: "36 from 72, what's the difference?"

PATIENT: "That's what I say, what the hell's the difference!"

LETTERS TO THE EDITORS
(Continued from Page 10)

The reason this evening was a very happy one was, of course, the terrific party you great kids put on for me. How can I ever thank you enough for that. To put it mildly, I was absolutely stunned. No one has ever gone out for me in my life and you'll never know how much that meant to me. I can promise you one thing; I'll never forget what you did for me, and I'm sure it will remain one of the highlights of my life.

Again, I want to thank you all for all the effort and planning you put into this evening. Good luck to all of you in whatever you do and God bless you all.

Al

EDITORS NOTE: Were always happy to print a letter like this one. To bad we don't get more of them. Good job Al and good luck to you.

A.T.U. (Continued from Page 11)

- 10. Continued to take personal inventory and when we were wrong, promptly admitted it.
- 11. Sought through prayer and meditation to improve our conscious contact with God as WE UNDERSTAND HIM praying only for knowledge of His will for us and the power to carry that out.
- 12. Having had a spiritual experience as the result of these steps, we tried to carry this message to alcoholics and practice these principles in all our affairs.

Greg

WHAT DOES IT MEAN TO YOU?

Many of our holidays, but mainly St. Patrick's Day, have been celebrated with inebriation or social drinking with associates or friends. I think this way of celebrating a holiday makes us forget the real meaning of St. Patrick's Day.

St. Patrick suffered in bondage and worked hard and diligently his entire life establishing churches and baptising people--bringing spiritual meaning into the lives of many people. In this context I feel we should celebrate St. Patrick's Day in this way: be thankful for our churches, the people that started them, and most importantly, being thankful for ourselves, for others, and for the many good things we have (No matter how small they may seem.)

Instead of selfishly celebrating by wanting to feel "high", devilish, or just plain "out of it", celebrate with inward feelings, not silly actions.

Greg

LETTERS
TO THE
EDITORS

PAT'S

with
GREEN
PILLS



"How does that
make you feel?"

PING PONG

tournament

SHERMAN HALL REC. ROOM

KEMPSTER REC. ROOM

MARCH 21, 1973

Wed 21

5:45 Harold 1-2 vs Don 3-4
 5:45 John HuA vs Rose 2-2
 6:30 Penny 1-2 vs Ethe-yn -
 5-5
 6:30 5-5 vs Terry
 7:15 Keith 5-5 vs Steve
 7-8
 7:15 Ivan 1-2 vs Ron

Wed 21

5:45 Terry 2W vs Bill
 6:30 Kathy HuB vs Cindy
 7:15 Bob GN vs Laurie
 HuB

Thur 22

5:45 Jim 1-2 vs Harold
 5:45 Randy HuA vs Mike
 1-2
 6:30 Judith 5-5 vs Cindy
 1-2
 6:30 Arnold HuA vs
 Greg 7-8
 7:15 Walter GS vs Bob 7-8
 7:15 Scott HuA vs Guy 5-5

Thur 22

5:45 Bill 2W vs Fred
 holds 2E
 6:30 Durana 2W vs Linda
 7:15 George GN vs Ron

Mon 26

5:45 Jim HuA vs Dick 1-2
 5:45 Robert HuA vs Dean
 3-4
 6:30 Mike HuA vs Tony
 7-8
 6:30 Bill 1-2 vs Richard
 HuA
 7:15 Perry HuA vs Glen
 5-5

Mon 26

5:45 H. T. 2W vs Jim
 2E
 6:30 John 2E vs Aaron
 Larry GN

RULES

1. Winner is determined by 2 out of three games.
2. Both competitors must keep score.
3. Each game will go to 15 points rather than the usual 21.
4. Starting server will be determined by volunteering for serve. Ball must cross the net 3 times.
5. Report for your match 10 minutes before you are not ready to play at your scheduled time, match will be forfeited to your opponent.
6. Tournament schedule and results will be posted daily in the canteen. Each competitor is responsible for knowing when and where he or she is scheduled to play. Report on time.
7. Trophies will be given for the 1st, 2nd, and 3rd places.

THE WEEK AHEAD

HOSPITAL ACTIVITIES FOR THE WEEK OF MAR. 19 - MAR. 25, 1973

March 19 Monday	9:00 am - 4:00 pm 2:30 - 4:00 pm 1:30 pm 6:30	4:00 pm HH Music Rm. 2E HH Barracks	CANTEEN OPEN* RECORD LISTENING Kings Daughters Woodworking
March 20 Tuesday	9:00 am - 4:00 pm 9:00 am - 11:00 am 1:30 pm 6:30 pm	4:00 pm -11:00 am 2W GHS	CANTEEN OPEN BOOK CART - ALL Wards Winn. Co. Medical Auxilliary Business Women of Oshkosh
March 21 Wednesday	9:00 am - 8:00 pm 1:15 pm 1:30 pm 2:30 - 4:00 pm 6:15 pm 6:30 pm 6:30 pm 7:30 pm	8:00 pm SH 7-8 GHS HH Record Rm. Canteen SH 1-2 GHS Chapel	CANTEEN OPEN Appleton Red Cross LUTHERAN WARD SERVICE Rev. Winter RECORD LISTENING SING-A-LONG Lourdes High School Students Group #1 Lourdes High School Students Group #2 LUTHERAN LENTEN SERVICE Rev. Winter
March 22 Thursday	9:00 am - 8:00 pm 3:45 pm 6:30 pm 7:00 pm	8:00 pm Chapel Canteen 2W	CANTEEN OPEN CATHOLIC MASS Fr. Barrett DANCE - Orville Koplitz Circle K Club
March 23 Friday	9:00 am - 8:00 pm		CANTEEN OPEN
March 24 Saturday	10:00 am 12:00 am - 8:00 pm	GHS	Favorite Hymn Recital Mr. Korn CANTEEN OPEN
March 25 Sunday	8:45 am 10:00 am 12:00 am - 8:00 pm	Chapel Chapel	PROTESTANT SERVICE Rev. Carlson CATHOLIC MASS Fr. Barrett CANTEEN OPEN

*ALL activities in CAPITAL LETTERS are for all patients.

PATIENTS LIBRARY, SH Basement: Open 9-4, M thru F

Mrs. Gulsine Farrow, R.N. Nursing