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Cue. Volume IV, Issue 24 February 13, 1970

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CUE

PUBLISHED BY AND FOR THE
PATIENTS BI-MONTHLY

Four Years Old, But New every Two Weeks.

VOLUME IV

February 13, 1970

ISSUE 24

RELEASE PROCESS

In the January 30th issue of CUE, attention was focused on the problems facing the released patient. A community contact program was proposed for former patients without friends or close family ties.

At the present time, there are two similar programs

available to patients upon release from the hospital.

In November 1968, the Winnebago County Foster Adult Project was expanded to include this hospital. Patients ready for discharge and residents of Winnebago County are considered under this program. If approved by a three-member foster care team, the patient is placed in a private home and a social worker will visit the former patient and help him with any problems that may arise. If his adjustment to the community has been adequate and he is gainfully employed, he may wish to find a room or apartment and assume the full responsibility of taking care of himself. On the other hand, he can remain in the foster home permanently if he so desires.

Patients are treated like members of their foster families, eating with them, sleeping in their own rooms, helping with household chores, and going out to movies and other events, or working outside at their place of employment.

Another program available, is the state hospital's "family care" program. It places patients, who have improved enough to leave the hospital but who still need its services in carefully selected private homes, whereas the "foster program" places discharged patients.

(Continued on Page 8)

NEW PRIZE CONTEST

Readers who enjoy contests where prizes are awarded to winners, will be interested in the CUE'S "Win A Prize" contest coming in our Anniversary edition, February 27. Prizes will be awarded every two weeks to the top three contestants.

The challenge is in its name: "Win A Prize!" True or false questions will be published in the CUE, and all you need do is to circle what you believe is true or false and send the answers to the CUE'S editorial office. Ten questions will be published in every issue, starting with the February 27th edition. Everyone has a good chance of winning a valuable prize.

When we say every one, we mean all our readers who

participate in the contest. Prizes will be awarded in a wide variety of categories to insure that, regardless of your education or stock of general information, you will have a chance to win a prize.

This new "Win A Prize" contest is not designed for only high school graduates. Nor will the questions have ambiguous meanings. They will be clear and concise and some will refer to events around the hospital while others will concern names and places.

For complete information on the "Win A Prize!" contest plus helpful hints and how you can be a winner, be sure you read the next issue of CUE, to be published on February 27th.

Answers to some questions to be used in the first contest are contained in this current issue, so read it carefully and jot down what you believe will be the correct answers.

VALENTINE'S DAY

February 18, 1754 - "Last Friday was St. Valentine's Day, and the night before I got five bay leaves and pinned four on the corners of my pillow and the fifth to the middle; and then if I dreamt of my sweetheart, Betty said we should be married before the year was out. But to make it more sure, I boiled an egg hard and took out the yolk and filled it with salt; and when I went to bed ate it shell and all, without speaking or drinking after it. We also wrote our lovers' names on bits of paper, and rolled them up in clay and put them into water; and the first that rose up was to be our Valentine. Would you think it? Mr. Blossom was my man. I lay abed and shut my eyes all the morning, until he came to our house, for I would not have seen another man before him for all the world."

The above letter was recorded by a girl and it reveals one of the curious Valentine customs two-hundred and twenty years ago.

It was about this time, in the middle of the century, that the history of American valentines begins. The verses or messages of these originals were often as homely as the one conceived by this young girl.

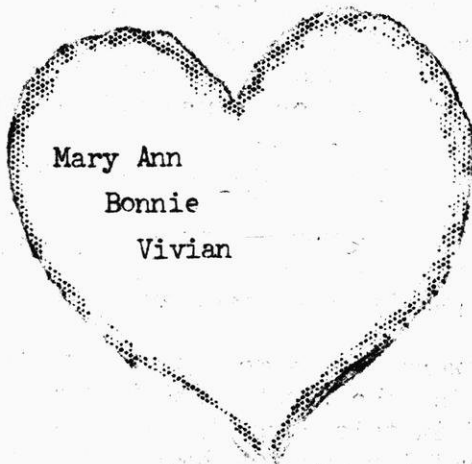
A certain simplicity clung to the style of the sketches, too, though they often displayed a compensatory taste and not a little art.

Valentine writers were imported from England from 1723 on, and many senders were willing merely to copy their verses from these professional models.

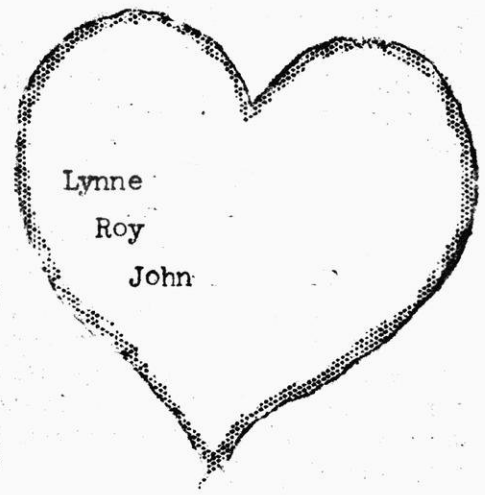
St. Valentine was a Roman martyr and priest who died in the year 270. His name has come to be associated with the pagan celebration in honor of love on February 14. He is regarded as the patron Saint of unhappy lovers; and love messages sent on February 14 are called Valentines after him.

According to legend, an old notion was that birds began to mate on that day and thus arose the custom of young persons of both sexes choosing each other as Valentines for the coming year and sending love messages to each other.

Today, the legends are all but forgotten, though the warm, sincere messages of love through the mail carry on.



Editorial Staff



Greetings To All!

ISSUES & ANSWERS

IF YOU WERE SUPERSTITIOUS, HOW WOULD YOU PREPARE FOR FRIDAY THE 13th?

I am superstitious, but I go about my regular routine on Friday the 13th. I wouldn't walk under a ladder if I could avoid it and I certainly would not like to be surrounded by black cats.

Mrs. Weisenberger
Student LPN

I'd say it is a lucky day. It is a good number for me. Whenever I buy a ticket in a raffle or something like that, I pick number 13 if I get a chance.

Wes Baldry
Aide Sherman 1&2

I'm not superstitious. Black cats are lucky for me.

Mrs. Weber
LPN Sherman 1&2

I'm a realist. If things are going to happen to me, they'll happen on the 3rd day of February as well as on the 13th, Friday, of February.

Bill Ziesmer
Aide Sherman 1&2

I am superstitious. I'd stay away from all contact with people and watch my actions. The last four years I've had nothing but bad luck on Friday the thirteenth.

Harold
Sherman 1

I'd crawl in a hole.

Mrs. Keely
RN Sherman 1&2

I wouldn't walk under any ladders.

Mr. Block
Aide Sherman 1&2

I would get a rabbit's foot and trust it would chase away all bad things.

John B.

I'd get a pretty girl and have her hold my hand for the entire day.

"Mac" Aide Sherman 1&2

I could never be superstitious --

Rick

How can you be superstitious when you don't walk under a ladder and climb stairs all day?

Pete

I can't imagine how it would be to say one is superstitious, but I'm a little leary of black cats and ladders.

Ray J.

I'd take the black cat by the tail and run, run, run!

The Roadrunner

I'd stay in bed and cover my head, and hope for the best.

Al M.

I would hide in seclusion until the 14th rolled around.

Mike

If I was superstitious, I'd keep out of the tunnels and other scary places in this place.

Eileen

I would be on the alert at all times, especially when it grew dark.

Susie

I would get a magic cabbage root and two small potatoes and a big rock. I would peg the rock at any villain who crossed my path.

Jiggers

I'd cross my fingers and be careful.

(Continued on Page 8.)

NON COMPOS MENTIS

MEET YOUR DOCTOR

Dear Non:

I'm an artist. How can I improve my paintings?

Did you ever try a brush with reality?

Dear Compos:

I've been told that I have too much pride. What should I do about it?

Swallow it. It is non-fattening.

Dear Mentis:

I'm a bus driver. What would be a suitable Valentine for my lady friend?

Be my fare lady.

Dear Non:

What best describes a perfect wife?

One who doesn't expect a perfect husband.

Dear Compos:

How can I return a kindness?

You could pass it on.

Dear Mentis:

What are some four-letter words that shock new brides?

Cook, wash and iron.

Dear Non:

Would women make good umpires?

Yes, because a woman never thinks a man is safe when he's out.

Dear Compos:

What is the quickest way to lose your shirt?

Putting too much on the cuff.

(You are invited to submit material for this column. Address your envelopes to the CUE.)

Dr. Joseph James Dzubay was born on November 18, 1937 in Minneapolis, Minnesota. His father came from Austria-Hungary and his mother came from Sweden. He has one brother two years younger than he is. Dr. Dzubay was married on August 12, 1961, and has two boys, ages 5 and 2.

Dr. Dzubay received his A.B. degree from Macalester College, St. Paul, Minnesota, and his M.D. Degree from Creighton University, in Omaha, Nebraska, in 1964. He completed his medical internship at the University of Wisconsin in 1965, and his psychiatric training at the University of Wisconsin in 1968. He began here at Winnebago in July, 1969, because of the quality of the staff and the reputation of the hospital. He began service on Kempster East, and in December, 1969, he was transferred to the Kempster West services.

Dr. Dzubay feels the hospital provides a therapeutic milieu in which an individual can regain lost stability and confidence. It also provides therapy designed to improve one's maturity and reduce emotional stress. The hospital offers vocational rehabilitation and education up to the 12th grade level. Ideally, the hospital should provide an environment in which patients can learn to help each other through interpersonal relationships.

Dr. Dzubay listed the following as changes he sees coming in psychiatry:

- (1) A trend toward more family therapy.
- (2) The development of community mental health clinics.
- (3) More short term therapy, and less emphasis on psychoanalysis.
- (4) Continual Development of new medications.
- (5) And increased knowledge about neuropsychiatry, heredity and learning as they relate to emotional problems.

Vivian

You Read All The News In The Cue!



GOLDEN

VIEWS

MRS. HERMANN

Mrs. Lucille Hermann is an aide on Sherman 7&8. She had always wanted to be an RN, but did not have the opportunity to go to nursing school. When the family moved to this area in 1954, she applied for work as an aide at Minnebago State Hospital. From that time until 1960 she worked in geriatrics, then in the men's unit at Sherman until 1962. From 1962 until 1964 she worked on the psychiatric unit at Gordon Hall and then in admissions at W Kempster. When admissions moved to Sherman, Mrs. Hermann moved with it.

Mrs. Hermann received in-service training. She attended Red Cross classes, remotivation classes, psychiatric aide 2 classes, and classes on types of mental illness among others.

The mother of four and grandmother of ten, Mrs. Hermann enjoys sewing, knitting, and decorating in the home. She and her husband built their own home.

A lot of progress has been made in the hospital in fifteen years, according to Mrs. Hermann, to make it one of the highest rated in the nation. For one thing more care and understanding are given the patients.

Mrs. Hermann enjoys being with the girls and getting them readjusted. She is that someone they can talk to. She tries to treat them like she would want to be treated and to give as much of herself as she can. She has succeeded.

Lynne

SEND ALL NOMINATIONS FOR THIS COLUMN TO

THE CUE

RADAR WAS DEVELOPED IN 1925 AND THE REVOLVER IN 1835.

JET PROPULSION FOR AIRCRAFT CAME ABOUT IN 1930 AND THE ELECTRIC INCANDESCENT LAMP IN 1879.

BIFOCAL LENS FOR EYE-GLASSES WERE DEVELOPED IN 1760 AND THE LINOTYPE MACHINE WAS FIRST USED IN 1886.

COLOR PHOTOGRAPHY WAS PATENTED IN 1891 AND THE PHONOGRAPH IN 1877.

RADIOACTIVITY WAS DISCOVERED IN 1896 AND ARTIFICIAL RADIOACTIVITY IN 1934.

THE THERMOMETER WAS IN USE WAY BACK IN 1593 AND THE FAHRENHEIT TYPE CAME INTO USE IN 1717.

THE TELEPHONE WAS FIRST USED IN 1876 AND THE CATERPILLAR TRACTOR IN 1900.

YOU MAY BE SURPRISED TO LEARN THAT THE ATOMIC THEORY WAS MADE PUBLIC IN 1803 AND THE SEWING MACHINE WAS IN USE IN 1846.

IS TELEVISION A MODERN INVENTION? NO! THE FIRST SUCCESSFUL DEMONSTRATION CAME IN THE EARLY 1920'S.

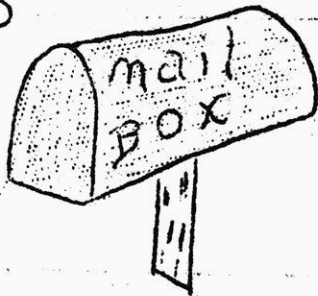
AND FINALLY, WE COME TO THE TYPEWRITER. THE FIRST PRACTICAL ONE WAS IN USE IN 1867.

IN 1728, ONE OF THE FIRST CHURCH ORGANS IN AMERICA WAS INSTALLED IN CHRIST CHURCH IN PHILADELPHIA.

(SEE YOU ON FEBRUARY 27TH)

READER'S

Address all material for this column to the CUE.

HUGHES
NEWS

Do adults understand young people today? Not so, says the young man who visited our editorial office this week.

"Desiderata," in the 16 January issue of the CUE, was described as "source unknown." The author is unknown; the source is an inscription in Old St. Paul's Church in Baltimore, Maryland. This inscription is dated 1691. The CUE published a somewhat shortened and modified version of this inscription. The original version is available in a number of books.

This information may be of some interest to whoever of the CUE staff submitted "Desiderata."

Dr. Gammell

I'm writing to let you know how much I enjoy the CUE. I read news in your paper that isn't published elsewhere, and I get to know the various things I'm interested in, here at the hospital.

John B.

Just a few words to tell you that I work your Crossword puzzle in each issue. I also like the humor and the information contained in your news items.

Paula T.

Thank you for keeping me informed on matters that concern patients. I read every word in the CUE.

Ruth L.

I think your editorials hit the nail on the head. Keep up the ... good work.

Richard T.

I agree that weekends are really boring, especially when you don't have visitors. I hope something can be done about this problem.

L. O.

I wait for each issue to be brought to our Ward...as I know I'll find out something about the hospital that I didn't know previously.

Francis

"The establishment is in such a bind," he said, "that I get a kick out of watching it squirm. I think the hippies are the only exciting thing to come along in years, and why should smug people criticize them so violently with no attempt to understand them? They are only trying to find their way out of the high pressures of present society."

Do you feel there is a generation gap? we asked. "Certainly," he said, "and there's the 'Tween-Teen gap. It's for real and it's here to stay."

He seemed to think the gapping age between the junior and senior teen tribes is about 14. Having survived the rat race to the ripe old age of 15 or 16, a girl begins to look down her nose at the ideals, ideas and idols of the 10-to-14 years who, in his new lofty view, are now "teeny-boppers" and "bubble-gummers."

He claimed that in the early Beatles era teen-agers could be lumped into one think-alike bag. Now the two age groups don't think on the same level and don't see eye to eye on many things. In some ways the younger girls are more conservative than the adventuresome and experimental seniors.

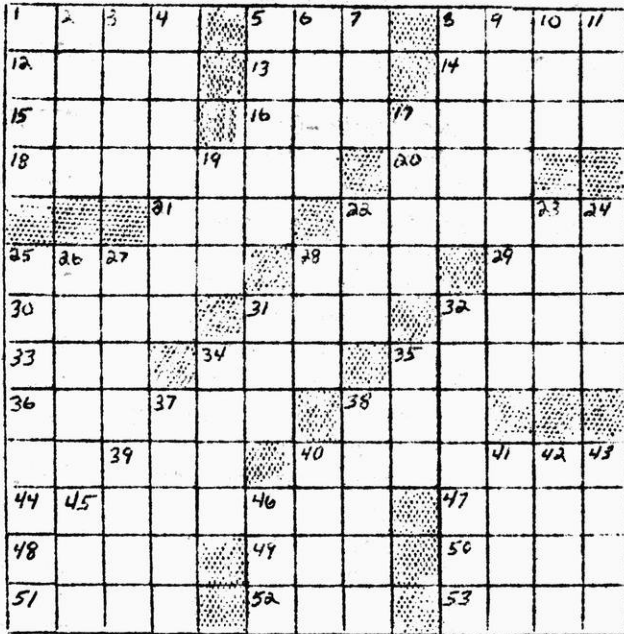
Only the junior tribes are super-loyal to the Monkees, Raiders, Hermits and other very own favorites... Elder teens are seekers of music-makers, unknown or well-known, who are exploring the bold wild unorthodox sounds of soul and rock-n-roll.

He also feels that younger girls blow their minds for "cute" guys with phab physiques. Gals in the last half of their teenhood care a lot less about looks and much more about intelligence, personality, understanding and an ability to communicate, sometimes called "rappat."

* * * *

Coming! CUE'S Anniversary Issue!

CROSSWORD



- ACROSS
1. Ship's wheel
 5. ___ and arrow
 8. Raw metals
 12. Thought
 13. Self
 14. Nevada city
 15. Hue
 16. Pedals
 18. Law
 20. Oahu wreath
 21. Supplement
 22. Girdle
 25. ___ Dame
 28. Enemy
 29. That man
 30. Alack!
 31. Make lace
 32. Present!
 33. Lay the table
 34. Polka ___
 35. Broaden
 36. Warmer
 38. Moving truck
 39. Epoch
 40. Treated
 44. Of fathers
 47. Slippery
 48. Matures
 49. Pub drink
 50. Demolish
 51. Drowns
 52. Obtain
 53. Raced

- DOWN
1. Strikes
 2. Blue-pencil
 3. Miss Horne
 4. Affairs
 5. Miss Davis
 6. Giant
 7. Sorrow
 8. Command
 9. Enjoyed
 10. East-northeast: abbr.
 11. Distress call
 17. African lily
 19. Hawaiian guitar, for short
 22. Small bed
 23. Irish Republic
 24. Treasury agents: comp. wd.
 25. Ogden ___
 26. Margarine
 27. Ragged
 28. Obese
 31. Rocky crag
 32. Obstructs
 34. Mr. Rusk
 35. Pale
 37. Lock of hair
 38. Manservant
 40. Nathan ___
 41. Jump
 42. Otherwise
 43. Tinted
 44. Frying ___
 45. Past
 46. Label

(Answers to appear in February 27 Issue)

WE DO LAUGH HERE

Woman to departing husband: "You forgot to absentmindedly peck me good-by."

Wife explaining vegetable dish to scowling husband: "That yellow scum on top happens to be Hollandaise sauce!"

A 14-year-old boy asked, "When you used to listen to the radio at night, what did you look at?" And no one could remember.

Sign in a church vestibule: "If you were on trial for being a Christian, would there be enough evidence to convict you?"

The trucker had just been served his meal in a roadside restaurant when a trio of motorcycle hoods entered the place. One grabbed the trucker's steak, another his salad and the third his pie and coffee. The trucker left his stool, paid his bill and walked out without uttering a word. "Boy, what a chicken!" one hood sneered. "He sure ain't much of a fighter."

"Ain't much of a driver, either," the counterman added as he gazed out of the window. "He just ran his truck ... over three motorcycles."

(Answers to puzzle that appeared in January 30 issue)

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

(RELEASE PROCESS - continued from the front page.)

Those who "need services" placements depend on their doctor's recommendations and the availability of homes. The hospital prefers homes where the family will include the patients in activities and household duties, where he will experience the warmth of a near normal life in which he can regain his sense of personal importance.

The carefully screened family assures the former patient of understanding during the critical period of adjusting to the tempo of modern society.

A volunteer community contact program together with the foster home and family care projects would provide a threefold release plan that would benefit practically all patients ready for release.

DID YOU KNOW?

In 1812, Dr. Benjamin Rush published the first work on mental disorders. It was entitled "Medical Inquiries and Observations upon the Diseases of the Mind."

A new approach to mental illness revealed in Karen Horney's "The Neurotic Personality of Our Time," which stressed cultural factors in place of the traditional factors of heredity. This was in 1937.

On January 8, 1955, the New York mental hygiene department announced a certain amount of success with two new drugs for treatment of mental patients. The drugs were thorazine and reserpine.

On February 5, 1963, a program of federal aid to combat mental illness and mental retardation was proposed to Congress by President Kennedy.

Coffee came into general use in the United States from 1821 to 1836. However, temperance movements directed heavy campaigns against it, and in some quarters it was considered an aphrodisiac.

Look forward to the next issue of CUE with the big Prize Contest!

LIBRARY CORNER

PATIENTS' MISSING LIBRARY BOOKS

Author	Title	Call No.
AIKEN	Twentieth-Century American Poetry	811.08
FERBER	Showboat	Fiction
GARDNER	Hunting the Desert Whale	904
HUGHES	Selected Poems of Langston Hughes	811
HULME	The Nun's Story	921
KING	Why We Can't Wait	323.4
LEWIS	Thirty Days to Better English	428.1
MALTZ	Creative Living for Today	152.44
LYONS	The Island Lovers	Fiction
MOORE	The Horsey Set	Fiction
RASCOE	The Joys of Reading	028
SCHAAP	Turned On	301.47
TREVINO	Where The Heart Is	917.2
WACHNER	English For Adults	428

ISSUES and ANSWERS

(Continued from page 3)

Not being superstitious in the least, I would prepare for Friday the 13th the same as any day. For example, I'd cross my fingers and jump out of bed Dressing quickly, I'd put on the same socks that I've worn for the past 7 months and wear my shirt backwards. Carefully placing a horseshoe in each pocket, I'd eat breakfast as usual--under the table and then head off for work--dodging all cracks!

I'd probably worry about it and make more mistakes than if I had forgotten about it. Actually Friday the 13th is usually lucky for me.

I'd hide in my room and lock the door.

There isn't any way to prepare, is there?

I think I am superstitious. I would be a witch and cast a spell over everybody.

I'd take it like any other day. My youngest daughter was born on Friday the 13th.

I'd stay in bed.



LINCOLN'S BIRTHDAY

Yesterday, Feb. 12, was Lincoln's birthday. In 1892, the Illinois legislature made the anniversary a legal holiday. The legislatures of New Jersey, New York, Washington, and Minnesota followed suit in 1896.

On August 7, 1909, the Lincoln penny, designed by Victor D. Brenner, was issued by the Philadelphia Mint. It replaced the Indianhead penny which had been in circulation for 50 years. (That's why an Indianhead penny is a coin-collector's dream today.)

It was President Lincoln who proclaimed Thanksgiving Day as a national holiday to be observed on the last Thursday in November. (The first public thanksgiving was observed Feb. 22, 1631 in the Massachusetts Bay Colony, although many private celebrations had been recorded before this.)

In 1937, the Lincoln Tunnel, crossing the Hudson river at 38th street in New York, was built to supplement the earlier Holland Tunnel.

The gem cannot be polished without friction, nor man perfected without trials.

WIN A PRIZE CONTEST! Look forward to the CUE'S Anniversary Issue for complete information!



WASHINGTON'S BIRTHDAY

George Washington's birthday falls on Sunday, February 22nd, this year. While countless words have been written about our first president, little was made public regarding his "Farewell Address" on September 17, 1796. Perhaps the reason for this, was the fact that Washington never orally delivered the address before the public.

Written with the aid of Madison and Hamilton, the address presented Washington's reasons for declining to stand for a 3rd term. It also deplored the dangers of a party system, particularly a division along geographical lines. He counseled that the public credit be cherished and advised the nation to steer clear of "permanent alliances" with foreign nations and trust to "temporary alliances for extra-ordinary emergencies. Nowhere did it contain the phrase "entangling alliances" (used by Jefferson in his 1st inaugural.)

His address thus paved the way for the isolationist policy of the 19th century.

When we cannot find contentment in ourselves, it is useless to seek it elsewhere.

You don't get rid of your temper when you lose it!
BIG SURPRISES IN THE FEB. 27th ISSUE!

Chaplain's Message

Happy Birthday

THE MIRACLE OF FAITH

"...But the righteous shall live by his faith."

Habakkuk 2:4

In the verses just read we see the miracle of faith. Try to picture for yourselves this meeting in Egypt. There were some old men called Moses, Aaron, and the Elders. The people were thin, hungry, and afraid. The women's eyes were red with tears as they wept for the dead. The meeting was probably held in secret.

Israel acted that night as a free people. They listened to Aaron's words. They believed that God Himself was speaking through the mouth of His servants. They were convinced of God's presence. He had visited His people. They bowed their heads... and worshipped. They believed they were on the royal road to freedom.

Faith is the miracle of life. It is the conviction of things people cannot see. Israel saw only... their chains, but they believed they were free. They saw only Pharaoh's... army, but they were convinced God was stronger. They saw only Moses and Aaron, but they were assured God was in the meeting. That is faith!

By this law the Christian lives... We see our sins and feel our shame, and know our guilt, but we believe we are righteous in Jesus Christ. We know that we shall not be punished on account of our sins. We see evil grow, but we know that Christ shall conquer. This is the miracle of faith. We hear God's Word, and then we put the full weight of our lives on that Word. In the Word of God we experience the powerful presence of God. Let us today measure life, not by what we see, but rather by what we believe. Faith is the victory which overcometh the world.

Rev. J.B. Windle

Go To Church this Sunday!

LADIES

FEBRUARY

- 1 Jaraldean
- 4 Ruth
- 5 Lucille
- 6 Christine
- 7 Eleanor
- 8 Paula
- 12 Marissa
- 14 Rose
- 16 Esther
- 16 Verna
- 17 Ruth
- 19 Loretta
- 21 Gertrude
- 22 Eileen
- 24 Hilda
- 27 Edna
- 28 Suzanne

GENTLEMEN

- 2 Charles
- 3 Clay
- 3 David
- 4 Mark
- 5 Jeffrey
- 9 Anthony
- 10 Willie
- 11 John
- 11 Wallace
- 12 Joseph
- 13 Cornell
- 14 Bill
- 14 Randy
- 15 Michael
- 16 Gary
- 17 Gary
- 18 Gary
- 19 Henry
- 19 Michael
- 20 Earl
- 20 Joe
- 21 Clarence
- 21 Gary
- 23 Leonard
- 23 Frederick
- 24 John Mueller
- 25 Michael
- 27 Robert
- 28 Leland
- 29 Charles

Readers' RHYMES

Valentine Rhyme

Sweetheart I love you, don't ever
leave
Being left alone and stranded is my
pet peeve.
I wish you were so ever very close,
Your everlasting love is an excellent
dose.

Give me a kiss from your sweet mug,
But be ever so careful when you give
me a hug.
Take me away with you forever,
So our future plans we can endeavor,
Vivian

I wouldn't trade you for the world
All the pearls in the sea
All the treasures of a kingdom
That's how much you mean to me

You fill all my sweetest dreams
With the love so divine
You're my precious gems and spices
It's so wonderful you're mine

I love the star light in your eyes
More than you ever realize
I love your tender lips
My heart is at your finger tips

I wouldn't trade you for the world
Or the heavens above
I have heaven here on earth dear
Since you've given me your love
Anonymous

Ode to Klamrowski

Though others may shine as bright
None others can outshine her
light
For in tolerance and understanding
she is right

Ruth Maria

Conflict

Why can't we stop
Before we can no longer see?
Why can't we just stop?
Why?

A banshee screams
A thousand noons
Hurricane
Thunder
Death
Fire of a baleful sun
An instant of regret
Anguish
Burning
Death
Silent is an aftermath

Randy

Love Is a Game

Love is a game of giving
The rules are laid by living
You take and take and give and then
Find by losing that you win
The more you lose bit-by-bit
That much more back you get

Randy

Our Daily Thanksgiving

The simple joys and pleasures of
every-day living
Makes one offer a daily thanksgiving
For the fact that we're very alive
And able to jingle, jangle and jive

We're also able to eat everyday
And go to a job that offers some pay
We walk outside and hear beautiful
sounds
Like the incessant barking of playful
hounds

Children are laughing and playing all
around
Trying to catch snowflakes drifting
to the ground
We all return home at the end of day
To kneel down and thank God
as we pray

Vivian

How does it feel to change your pace
And know in your heart
You're really going someplace
We're Upward Bound, my friend
Going where we've never even been
Anon

POWER IN POSITIVE THINKING

Anybody who needs to make a change in himself and in his life generally can do it by changing his mind, says Dr. Norman Vincent Peale.

Of course, it must be more than a superficial mental change. It has to be a complete change of mental attitude. Because what we are is primarily determined by what goes on in our minds and how we think.

Most of us here have or had a hard situation facing us. Perhaps, we've had unhappy personal relationships. Whatever the problem, we can change it by positive thinking.

For example, take a tough situation and let two men approach it from different points of view. One man takes a negative attitude toward it. It's impossible. There's no way out. So he talks himself out of doing anything constructive about his problem. And naturally he stimulates negative results.

The other man, facing precisely the same situation, asks himself some questions: "What is life trying to say to me in this difficult situation. I will explore it and will think positively about it. I will find the challenge that is in it." This procedure is exciting. And it can produce results.

The greatest adventure stories in the literature of commerce are the Horatio Alger stories of men who solved their problems by positive thinking.

Richard Sears was a mail-order watch salesman when he and Alva Roebuck teamed up to form Sears and Roebuck.

Billy Graham once was a Fuller Brush man.

William Wrigley peddled products door-to-door.

At an age when most men expect to retire, James Cash Penney started over again. He was flat broke and \$7 million in debt. A frail, nervous and physical wreck, he was committed to a sanitarium.

Yet, his fortune gone and his health broken, Jim Penney, at 56, began a comeback.

Today, healthy, happy and 90, he heads a vast empire of almost 2,000 J. C. Penney Stores.

The great industrialist, Henry Kaiser, always said that you must never under any circumstances admit that you can't handle a situation. They used to say about Kaiser that he never realized that there were things he couldn't do. During World War II,

this country needed ships and needed them fast. Kaiser said he could build what they called in those days "Liberty ships." Experienced ship-builders said he was a fool. Why he'd never even built a ship before! He didn't know anything about it! But he became the first man in history ever to make ships in sections and weld them together. At one time he built an entire ship in just 45 days. Why? Because he didn't know he couldn't do it.

So, how can we solve our problems? We can have the courage to improve whatever can be made better, rather than accept things as they are. We can treat our fellowmen as we would like to be treated. We should do today's tasks today...and not put them off until tomorrow.

We should take positive action whenever required and go a step beyond what is required. We should never pass the buck. We can show by our attitude, word and deed, that we care.

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The Pennsylvania Packet and General Advertiser was the first daily newspaper published in the United States. The first issue was made in September 1784.

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In 1849, Elizabeth Blackwell, M.D., became the first woman doctor of medicine in the United States.

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The first U.S. postage stamps were issued in 1847.

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Harvard, founded in 1636, is the oldest college in the United States.

INTRAMURAL RESULTS

Hughes Hall	550	Winner
Sherman Hall	503	
A.T.U.	539	Winner
Kempster Hall	506	

HIGH INDIVIDUAL GAMES

Marv	(H.H.)	124
Gerry	(A.T.U.)	137
Sherman	(K.H.)	121

TOP TEN

From John Herbert, manager of radio station WOSH-FM, comes the Top Ten for the current week:

1	No Time	Guess Who
2	Venus	Shocking Blue
3	I Want You Back	Jackson 5
4	Yester-Me Yester- You Yesterday	Stevie Wonder
5	Arizona	Mark Lindsay
6	Blowing Away	Fifth Dimension
7	Who'll Stop The	Creedence
8	Midnight Cowboy-Ferrante & Teicher	
9	I'll Never Fall In Love Again	Dionne Warwick
10	He Ain't Heavy He's My Brother	Hollies

Here's the current top 10 of Country music:

1	Its Just A Matter Of Time	Sonny James
2	Honey Come Back	Glen Campbell
3	A Week In A Country Jail	Tom T. Hall
4	That's When She Started To Stop Loving You	Conway Twitty
5	If I Were A Carpenter	Johnny Cash & June Carter
6	One Minute Past Eternity	Jerry Lee Lewis
7	There's A Story (Goin' Round)	Don Gibson & Dottie West
8	Take A Letter Maria	Anthony Armstrong Jones
9	Thinking About You Baby	Billy Walker
10	Brown Eyes Handsome Man	Waylon Jennings

John Herbert takes requests for Country music every morning from 7 to 12 noon just by calling 235-2211. Ralph Emery, the top C&W DJ in the country music world comes your way from 12 noon till 6 P.M. daily, and its Melvin the mechanical monster from 6 P.M. to 12 midnight.

COMING

SOON

The birth of the CUE occurred on March 11, 1966. The first page highlighted the Archery Tournament, the Intramural Volleyball League and team standings in Dartball.

The first issue was limited to two pages, the second page being devoted to the Sheepshead Tournament and a short news story on the Sportsmens Club.

Chuck Lemieux, present CUE advisor, was also advisor for the first issue. He has continued in that capacity ever since.

The CUE grew from two pages, as years passed by, to fourteen and sixteen pages as needs warranted. This issue contains fourteen pages.

On February 27, we will publish our 4th Anniversary edition. That issue will contain several top-notch articles by former editors that may bring a degree of nostalgia to you, especially if you have been here since 1966.

Be that as it may, you can look forward to our Anniversary edition as it will chronicle a span of four years, when a great deal of building was in progress.

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NEW VENDING MACHINES

A new vending company will soon take over the coin-operated vending machines in the Canteen. Residents can be assured of fresh merchandise at all times when the transfer is made... and the machines will always work.

SPECIAL GREETINGS from

Beverly

Loretta

L.

Advisor:

Chuck Lemieux

GO HAPPY! BE HAPPY! STAY HAPPY!

THE WEEK AHEAD

HOSPITAL ACTIVITIES FOR THE WEEK OF FEB. 16 - FEB. 22, 1970

February 16

Monday

	2:00 pm	2-E	Kings Daughters
2:30 -	4:00 pm	HH Music Rm.	Record Listening
	4:30 pm	GH Classroom	Canteen Social Chairmen Dinner Meeting
	6:30 pm	Scout Barracks	Woodworking
	7:00 pm	SH 1-2	Outagamie Red Cross

February 17

Tuesday

	10:30 am	GHS	Lutheran Ward Service Rev. Winter
2:30 -	4:00 pm	HH Music Rm.	Record Listening
	6:30 pm	Chapel	Catholic Mass - Fr. Nelson
	7:00 pm	SH 1-2	Gray Men
	7:00 pm	HH Gym	Movie - Warning Shot

February 18

Wednesday

	1:15 pm	SH 7-8	Appleton Red Cross
2:30 -	4:00 pm	HH Music Rm.	Record Listening
	7:00 pm	Chapel	Lutheran Service Rev. Winter

February 19

Thursday

	10:00 am	GHS	Protestant Ward Service Rev. Windle
2:30 -	4:00 pm	HH Music Rm.	Record Listening
	7:00 pm	Canteen	Sing-A-Long
	7:00 pm	1-E	Business & Professional Women

February 20

Friday

2:30 -	4:00 pm	HH Music Rm.	Record Listening
	6:45 pm	Chapel	Lutheran Communion Rev. Winter

February 21

Saturday

	10:00 am	GHS	Favorite Hymn Recital Mr. Korn
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BOWLING

	9:00 am	Kempster vs ATU
	10:00 am	Sherman vs Hughes

February 22

Sunday

	8:45 am	Chapel	Protestant Service Rev. Windle
	7:00 pm	Chapel	Catholic Mass Fr. Nelson

*Lucy
Mrs. Julia J. J. J.*