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CUE

VOLUME IV

May 2, 1969

ISSUE 5

BICYCLING

As the first signs of spring start to show, green grass, longer day light and generally warmer weather, ones thoughts tend to think of the outside activities as baseball, golf, fishing and of course bike riding.

The hospital grounds are made to order for good bicycling. This type of activity has many benefits but primarily it is excellent for muscle toning improving coordination and balance, and generally for good physical fitness. It is a very constructive outlet for excess energies. Many communities are seeing a growing interest for bicycling and are constructing special riding areas for bicycles only. This not only applies to local governments but to state governments and county governments as well. Just recently the City of Oshkosh mapped out 13½ miles of street as a bike route.

Here at the hospital bicycles can be checked out Monday thru Friday, 8:00 A.M. to 3:45 P.M. at Escort Service located in Ground East Kempster. These particular bicycles are for adult patients only. Other arrangements have been made for children and adolescents.

Along with privileges go responsibilities and here are those unavoidable rules and regulations:

1. Bikes can be checked out for only 1 hour periods.
2. Ride only within limits of normal liberty areas.
3. No check-out after 3:15 P.M.

H.H.A. POOL TOURNAMENT

A Pool Tournament was held at H.H.A.-1-4 Saturday evening the 26th of April at 7:P.M.

There were 16 contestants, all but 4 from H.H.-1-4. These 4 were from GHNP.

4. All bikes must be back at 3:45 P.M.
5. The person who checks out a bike is responsible not only for the bike but the lock and key also.

Any violations of the above could result in the loss of this privilege.

At present there is no bike check out on weekends as there is no staff available for this purpose. Anyone having suggestions as to how to get around this problem, please bring them to the CUE office.

FINAL DESTRUCTION OF MAIN BUILDING

The morning of April 18th was a most memorable occasion at the Winnebago State Hospital when the last remnant of the Main Building fell before the eyes of photographers, newsmen and many others.

There were problems however, because the Dome was scheduled to fall at 2:00 P.M. in the afternoon of the 17th but again due to unavoidable circumstances with the weather as wet as it was and with WBAY TV on the scene, the Dome did not fall. The reason being that the Dome was hit and although it shook, the cable broke and everyone went home.

The Dome did fall at 9:40 on the morning of the 18th. It is a great loss to the memory of the Dome that stood as a guidepost in the front of the institution, leading to the grounds. Sorry to say it is no longer with us. But we are sure it will remain in our thoughts for a long time.

This makes the 2nd time the Championship has been won by the odds. A spectacular performance.

around the grounds

2 WEST THERAPEUTIC ACTIVITY COMMITTEE

A few of the staff personnel expressed a concern over the apparent dull monotony to which the patients are exposed. They spontaneously established a Therapeutic Activity Committee to explore ways and means of relieving this obvious boredom.

The committee consists of six patients with a patient chairman and an attendant as advisor. The initial meeting was met with enthusiasm and many realistic ideas for extra curricular activities were expressed.

Ideas ranged from a trip to the Milwaukee Zoo including the train ride at the Zoo and a picnic to a trip to Cherryland in Door County, a field trip to a Wildlife Preserve, camping at Kettle Morain with various activities, Whitesox baseball game in Milwaukee, Shriner's football game in Milwaukee, visit to a Brewery in Milwaukee, trip to the Milwaukee Museum, trip to the Eau Claire Dells, Movies at Oshkosh, trip to a Department Store to Music Under the Stars in Milwaukee. The activities vary sufficiently to include most peoples tastes.

The staff is currently working with Miss Nancy Norgord, the Coordinator of the Activity Program, to discuss, organize and schedule many of the proposed ideas.

The effectivity of this program will depend considerably on sustaining the interest of the staff. They must be patient-centered versus self-centered if they wish to move from a narrow to a wider horizon for the patients in this mental health community.

EDITORIAL STAFF

Advisor:
Chuck Lemieux

REACTIONS FROM PERSONNEL AND PATIENTS TO THIS PROGRAM:

1. A much needed project and it would increase the moral of all-- staff and patients.
2. I think the patients should have the privilege of trips like these so to take their minds off their problems and also of being locked up indoors.
3. The programs suggested are good-- but we end up with the problem many times-- where's the money coming from.
A. Klamrowski (R.N.)
4. I think the program itself is very therapeutic. At times when attempting to plan activities "you seem to knock yourself against a stonewall".
Mrs. Goggins (charge aid)
5. To hell with the money-- it will preserve our sanity.
6. I think we should do it. I think we deserve something like this. We shouldn't be locked up here all the time. We should get out.
7. I think this is a marvelous idea because it gives the patients something to work and plan for.
Mrs. Frank (nurse-aid)
8. Gives you a
9. I think it will be a lot of benefit to all of us because it will give us more of a feeling of being normal in the sense that we'll be involved with the outside world and this will better prepare us for our discharge.
10. After almost 17 years of service here this is the first time this type of program has been introduced--long overdue.
Mrs. L. Betts (nurse-aid)

around the grounds

CANTEEN CORNER

As we all know, the Canteen is the one place out here in W.S.H. that we all like to visit.

When there, most of us like to relax, either by playing the Juke box-playing cards or possibly just Socializing.

If you have a problem while there ask the Canteen Chairman.

You can find them most anytime, You can usually know them by an Identification Card they wear while on duty.

They are there with one thing in mind, that is to make you as comfortable as they can.

If you happen to have a problem or something is bothering you, you can walk up to anyone of them, they are also good listeners.

They are not there so much to police as they are to try to help you enjoy your Canteen Privileges more.

So next time something comes up at the Canteen, don't hesitate to walk up to the Canteen Chairman and ask about it.

We of the CUE will guarantee, you'll not be sorry.

We are also quite sure that if you enjoy your visits to the Canteen area, you will not mind following the few suggested Regulations that help to keep order and make it better for you.

The Regulations printed on this page are also posted in various areas of the Canteen.

living at the moment is one of the Canteen Chairmen, is what she had to say.

I feel good when I am able to help other Patients to enjoy what the facilities offer.

I think the program is a huge success and I enjoy being Canteen Chairman.

CANTEEN REGULATIONS

Evening Canteen Hours - 6:00 - 8:00---
Monday thru Friday.

All patients must report back to their wards before going to canteen.

1. Behavior of all patients in canteen

1. No feet on furniture
2. No tampering with machines
3. No loud or profane language
4. No running or fighting
5. Pick up after yourself. Throw away cups and waste paper
6. No sitting on heaters or planter
7. Personal radios, etc. will be played so as not to interfere with other patients or visitors
8. No sleeping
9. Dress appropriately
10. General good behavior will be enforced

Failure to observe general good behavior in the Canteen area will be reported to Head Nurse for disciplinary action, with possible loss of Canteen privileges or liberty.

Social Chairman will have the right to ask any patient to show his or her liberty card upon request.

11. Additional Evening Entertainment

Cards and games may be checked out from the Social Chairman.

All games and cards must be turned in at 7:45 p.m. Games etc. must be returned in good order.

Dancing will be permitted in the juke box area only.

Moral seriousness does not resolve complex problems; it only impels us to face the problems rather than run away. Clear-headedness does not slay dragons; it only spares us the indignity of fighting paper dragons while the real ones are breathing down our necks. But those are not trivial advantages.

around the grounds

CUE NEWS SPECIAL

A sing-a-long was staged in the main area of the Canteen on Thursday the 24th of April at 7:00 p.m. Although the movie was being shown in the same time span at Hughes Hall Gym. Forty-seven patients participated. Also the two young ladies behind the counter joined in. All in all, everyone seemed to have a good time.

The organ was played by Mr.

at the start of the festivities.

wish them many happy returns. It was an hour of enjoyable entertainment for all concerned. We hope to see many more such activities in the future. It was relaxing and enjoyable as well. Some of the songs included:

1. Deep in the heart of Texas
2. Me and my gal
3. He's got the whole world in his hand
4. Blue Moon
5. Bill Bailey
6. What a friend we have in Jesus
7. Little brown jug
8. My wild Irish Rose
9. Love is blue
10. Born Free
11. Oh Johnny
12. Now is the hour

We hope to see an even larger turnout next time. These sing-a-longs will be continued every Thursday evening at 7:00 P.M. Everyone is welcome.

CHAPLAIN'S MESSAGE

Con't

Friend, St. Paul tells us by divine inspiration that "God has not destined us to obtain wrath, but to obtain salvation through our Lord Jesus Christ." 1 Thess. 5,9. God did not ordain us for the purpose of enduring His wrath, for it is not His will that any man should perish. God brought no man into being to elect him to eternal perdition, but that he should obtain eternal salvation. And those who believe in Christ and do His will show that they are elected to eternal life and are heirs of heaven. If we were to obtain salvation by our own merit or efforts we would have little or no hope of it. Our hope of salvation is grounded solely on Christ's atonement and Christ's appointment. We should, therefore, be concerned about God's profit-sharing and accept what He offers us through our Lord Jesus Christ.

Louis A. Winter
Chaplain

* * * * *

ON THE SOBER SIDE CONTINUED FROM PAGE 7

those from homes where alcohol isn't used. True -- despite the tendency for teenagers to turn against their parents ways, the non-drinking parents should speak their views, not forbid their children to drink. Forbidden fruit is always intoxicating--especially if it's alcoholic.

Chaplains Message

Kappy
Birthday

DIVINE PROFIT-SHARING

Trade unions in our day are striving here and there for the right of their members to share in the profits of the company for which they work, And the reason behind their demands, so they say, is the fact that the workers through their labors have provided the profits for the manufactures. Now we know that God says: "The laborer is worthy of his hire", but nowhere does God say that the laborer is entitled to the profits of others. But be that as it may, all we want to point out here is the fact that it is different with God. He opens His hands and shares His gifts with undeserving men. He has, through His Son Jesus Christ, procured eternal salvation for all men without any merit or worthiness on their part. God could indeed keep the benefits of Christ's saving work for Himself, but He does not choose to do so. He chooses to give the blessings of Christ's cross to men as their prized possession. Man does not have to labor to have part in this salvation; yes, he cannot obtain it through the labors of his hands. What God has procured for man through Christ's suffering and death He offers to man as a gift through faith. God shares these things with men.

It is strange, however, and hard to understand, that God must constantly and incessantly beg men to accept the gifts which the Savior has won for them through His vicarious suffering and death. And it is equally strange that men should think that they can gain these gifts through their own efforts! Yes, it is a shame that men should consider these gifts to be of such little value, that He who has procured them for them with His own blood must beg and invite them to accept them as a gift. While man is ready to bring sacrifices in order that he might have a part in earthly profit-sharing, he does not seem too eager to accept the profits which God wants to share with him.

Cont. page 4

WOMEN

- 1- Ro
- Do
- 2- Ma
- Ma
- 3- Ba
- 4- Lo
- 6- Ru
- 7- Li
- Ma
- 8- Ma
- 11-Be
- Co
- Be
- Do
- 16-Ma

MEN

- 2- Da
- 4- Ca
- Jo
- 5- Ed
- Ja
- De
- 7- Le
- 8- Ro
- 9- Ge
- 11-Jc
- 12-Rc
- 13-Ra
- Ra
- Ro
- Wi
- Pa
- 14-Ad
- 15- I
- 16-Do

on the Sober side

WHAT YOU SHOULD KNOW ABOUT DRINKING

Today, whether we like it or not, drinking affects just about everybody.

I'm not talking about alcoholism, but about social drinking done by people who enjoy an occasional cocktail before dinner or a glass of wine with their food.

Alcoholics, as numerous and astragic as they are, account for only about five percent of all drinkers. But according to a recent George Washington University study, "drinkers," meaning anybody whoever takes a drink, represent a whopping sixty-eight percent of the total adult population.

So, even if neither you nor your sisters nor your cousins nor your aunts drink, you're sure to know a lot of perfectly respectable people who do. That's why I think it might be helpful to clear up some of the confusion on the subject.

At one time or another, you've probably heard someone say alcohol is habit forming. Or that it leads to sexual immorality.

Or -- But you can supply your own line. There are hundreds of theories about alcohol. Some are true, some half true, and some myths. Which are which? In a moment I'll give you a little true-false quiz. (Don't panic--I'll supply the answers too.) But first let's take a look at what happens to alcohol in the body.

Unlike food, it starts being absorbed into the bloodstream almost instantly.

Once there, it goes to work, within minutes, on the brain. Contrary to popular belief, alcohol is a depressant, not a stimulant. It befuddles the brain's "switchboard," preventing it from making complete sense of the messages received from the body. (It also gives those messages a hard time in getting through--some don't make it at all.) As a result, the senses are confused and muscular coordination gets fouled up -- but worries also seem less worrisome.

In addition, alcohol weakens the brain's power to prevent certain actions--such as telling a nosy neighbor what you think of him or her, or responding too flirtatiously to a handsome or beautiful stranger. It has other results too -- among them, a drop in blood pressure and a rise in body temperature. But it is alcohol's action on the brain that explains most of its effects.

With that much to go on, here's the quiz I promised.

1. Alcohol is relaxing. That's true--but there's a catch. A drink makes you feel rested and less tense because it masks fatigue and suppresses anxiety and fears. But the effect is only temporary. And, according to Dr. Stanley Gitlow, of New York Medical College, once the relaxed feeling wears off, it's followed by increased anxiety and tension.

2. Alcohol makes you fat. Again, the answer is both yes and no. Alcohol contains calories alright -- lots of them. But because it supplies energy much more quickly than food, its calories are used up first and are never stored as fat. However, the energy supplied by food (which the body must have to be healthy) then becomes unneeded, and that does wind up as fat.

3. Beer (and other alcoholic drinks) are excellent thirst quenchers. Don't believe it--though, if a drinker does, that very fact might make him less thirsty; it is the water content of alcoholic drinks that provides whatever thirst-quenching qualities they may have. Alcohol itself has the opposite effect. In large quantities it actually causes the water in the cells of the body to shift to the spaces between the cells, which disappears only when the alcohol in the body does.

4. Alcohol increases the appetite. This seems to be true, as long as the amount drunk is small. By blotting out fatigue and nervous tension, a drink can make food taste better and digest more easily. But not for martini drinkers. A University of North Carolina School of Medicine study finds that any drink with an alcoholic con-

On the Sober side

tent of more than 20 percent (the average martini has 40) tends to take away, rather than increase, the appetite.

5. Alcohol cuts down efficiency. Surprisingly, this isn't always true. Taken in small doses, alcohol can actually improve job performance or the ability to solve problems--though only for a brief period of time. Again, the reason seems to be more psychological than physical -- it has to do with the false sense of renewal and freedom from self-criticism that alcohol can give.

6. Mixing drinks will make you intoxicated. False. It's the amount you drink--and how fast you drink it--that counts. Certain combinations of the non-alcoholic content of different drinks can make you sick--but not intoxicated.

7. It's not so much the quantity you drink that determines whether you'll get high as when and how fast you drink. That's true. Alcohol's impact depends on its rate of absorption by the bloodstream. Since absorption starts immediately, gulping down a drink in a few seconds can make you woozy, whereas drinking it slowly will produce only a relaxed feeling.

The rate of absorption also depends on your weight (a 200-pound man can drink twice as much as a 100-pound woman because he has more body fluids to dilute the alcohol) and the presence of food in the stomach. When liquor is mixed with club soda or any other carbonated drink, it is absorbed faster than when mixed with water or taken straight. Drinking at mealtimes, with family or friends, also seems to have a psychological effect in decreasing alcohol's intoxicating effects.

Once alcohol gets into the body, there's no way of hastening its departure; you just have to wait for it to be used up -- and that takes, on the average, two hours for a normal drink containing one and a half ounces of alcohol. If you confined yourself to one drink every two hours, you could conceivably drink indefinitely without becoming intoxicated.

8. Drinking increases sexual desire.

It's this aspect of alcohol that frightens some people. Actually alcohol doesn't so much increase desire as release it from inhibitions. Some people too, are afraid of showing tenderness of any kind. Alcohol breaks down this barrier and lets them express their feelings. (On the other hand, alcohol can also encourage the nursing of hostilities that harm the marital relationship.)

9. Hard drinkers are virile, two-fisted men. Not according to a study made by Frederick B. Parker, a University of Delaware sociologist. Comparing 50 problem drinkers with 50 moderate drinkers, he found that the former were less masculine in temperament; in fact, they tended to be mothers' boys. Incidentally, despite alcohol's role in loosing sexual inhibitions, real alcoholics have little interest in sex. Why? Not only because alcohol decreases their physical ability to perform, but because, as Dr. Morris Chafetz points out, it makes them feel contented and self-satisfied the same way sex does -- without the need to relate to another person.

10. Alcohol reveals character. "In wine there's truth" is an old saying, but not necessarily a true one. Character is a combination of a lot of things -- of qualities we are proud of and try to develop and of others we are ashamed of and do our best to suppress. The "real man" that alcohol supposedly reveals by stripping away inhibitions may, in fact, be as unreal (i.e., as incomplete) as his sober self.

11. Anyone who drinks on a regular basis is an alcoholic, whether he knows it or not. If this were true, drinking like drug taking, would be addictive for everybody who indulges in it. It isn't -- although, like anything else carried on over a long period of time, it's habit forming. Social drinking can become problem drinking, though, and there's no way to predict in advance whether it will or won't.

12. Children whose parents drink are more likely to take up drinking than

WOMEN'S PAGE

MEN, WOMEN and MUSIC

Condensed from The Reporter
FREDERIC V. GRIFFIELD

ONE of the differences between the sexes is that men like their music loud and women do not. "Does it have to be so loud?" a woman will say reproachfully, just as the volume of a hi-fi set has been turned up to a half-way audible level.

The way a woman reacts to loud music may be partly physiological--her delicate eardrums--but the problem is mainly psychological. She likes music so long as it serves her purposes and enhances her own charms (a seat in the Diamond Horseshoe, for instance, or soft background strings for candle-light dining). She dislikes music as soon as it threatens to become competitive--i.e., "too loud." As Freud points out, woman suspects and resents the things that attract too much of man's attention and energy.

If a woman finds herself forced too far into the background, she may become an outright obstructionist. Anna Haydn is said to have used her husband's manuscripts as curlpapers and to line her cake pans and pie dishes. She was merely obeying the natural instincts of her sex when faced with competing claims.

Many great musicians have sincerely believed, at one time or another, that woman was destined to be the muse, the helpmeet, the handmaiden of their art. "You are my sole life, my sole hope and my unique glory," wrote the pianist Franz Liszt to the Countess d'Agoult at the start of their famous love affair. "Make something or somebody out of me!"

Little did he dream that in her secret heart she wanted to silence Liszt as a pianist rather than "make something" of him. She regarded herself as a passionate music lover. It was for art's sake, she said, that she gave up her husband, family and fortune to elope with the young Liszt to the ends of Switzerland. She felt "called by God to be sacrificed to the salvation of this divine genius." And yet...

"And yet," as she confided to her diary, "sometimes I even felt a secret, subconscious warning (I hardly dare say it) that there was something hostile in Franz's music, something inimical to me, that threatened our love." She felt herself pushed further into the background. Something finally snapped one night when she heard him at a public concert in Lausanne.

"His playing disturbed me," she wrote. "His prodigious, brilliant, incomparable virtuosity was indeed there, but I felt it nevertheless as something alien to me. I felt an inexpressible anguish. From that day a change was wrought in my existence." It was, in fact, the beginning of the end of the affair.

Today a hi-fi set is one of the prime symbols of man's condition in the modern world; a means of erecting a bastion of privacy, a sound barrier if you will. From a woman's standpoint, however, hi-fi can never be anything but the last refuge of a scoundrel. To remain mistress of her own living room, she has perfected the art of talking over the music. Her treble may not offset a full 50-watt forte, but so long as it helps push the sound into the background, her unconscious needs are satisfied.

Music apparently triggers a deep-seated mechanism of insecurity in the human female--revives some atavistic memory of the days when the conch shell and the stone glockenspiel were used to sound the alarm among the troglodytes and lake dwellers. A thing like that can take a long time to live down.

LITTLE HELPS

Refrigerate your nail polish and you will be able to use it up entirely without it getting thick.

This spring, "plant" mothballs around your evergreen trees to keep the dogs away.

Reader's RHYMES

NOW I SET ME

Now I lay me down to sleep,
 And from the nightstand buttons peep:
 Electric Blanket set on cutoff,
 Electric clock on delay shutoff,
 Sleep-maker set on medium tension,
 Radio set on voice suspension,
 Burglar alarm on activate,
 Carport light for son'who's late,
 Coffeepot on percolate,
 Furnace on at ten of eight.

Bless our all-electric castle;
 Let no errant fuse defile it.
 I'm wide-awake from such a hassle;
 I have mate, but need copilot.

BICYCLE

Spokes all
 one moving gleam

the shine
 the pure line of going

to lean
 to make the corner clean

while the sun melts
 on the chrome a moving mercury

the whish of wheel on tar
 and the going

the holding on
 a power of knowing

how fast fast is
 as the hill hisses past

and tar slurs
 to a soft rubber stop

only to start up again
 the going, the greased ease

of red-chrome, three-gear
 going, going, going.

LINES COMPOSED IN HASTE

Lonely wayfarer of the road,
 Whither goest thou with such a load
 Upon thy back in such a mode?
 Chance to have thy progress slowed,
 By infernal ruts and muck since it
 snowed.
 Time and circumstances goad,
 Memory recons, the future beckons,
 Alas; The doorpost of thy very own
 abode;
 At home in thine own;

WRITERS BRIEF

Next year the names in print will
 be us.
 We sit now, and moon;
 Reading our influences;
 Playing with alphabets; feeling our
 soul.
 It is a long pull; a girl is solid;
 and now.

Is it worth all this; what a question
 For one who intends to be famous to ask.

WE get along; a job here, a poem sold
 there;
 We know that others went through the
 same thing.

Nice homes and babies don't mean as
 much to us
 As someone we don't know saying we
 ought to be read.

We are the artists, teacher, the un-
 sullied lads.
 Martyrs looking down on the filthy-rich
 hacks.
 Other things matter to us besides money;
 Bicycles, nightmares, insects and the
 state of mind
 Of Mr. Pound;
 We'd give worlds to know what he thinks
 of.

THE WEEK AHEAD

HOSPITAL ACTIVITIES FOR THE WEEK OF MAY 5 - MAY 11, 1969

May 5 Monday	2:30 - 4:00 pm	HH Music Rm.	Record Listening
	6:30 pm	Barracks	Woodworking, HHB1-4
	6:30 pm	HHB1-2	Lucy Shamrock Home-makers
	7:00 pm	SH 7-8	Outagamie Red Cross
	7:30 pm	Gym	Wolf River Square - Dancers
May 6 Tuesday	10:30 am	GHS	Lutheran Ward Service
	2:30 - 4:00 pm	HH Music Rm.	Record Listening
	7:00 pm	2-W	Gray Men
May 7 Wednesday	1:15 pm	1-W	Appleton Red Cross
	2:30 - 4:00 pm	HH Music Rm.	Record Listening
	2:00 pm	NC	Oshkosh Catholic - Women's Club
	3:00 pm	Kem.Rec.Rm.	Patients Planning
	3:45 pm	Auditorium	Catholic Mass
	4:30 pm	HH Cafe	Canteen Social Chairmen
	7:00 pm	Auditorium	Dinner Meeting Lutheran Service
May 8 Thursday	10:00 am	GHN	Protestant Ward Service
	2:30 - 4:00 pm	HH Music Rm.	Record Listening
	7:30 pm	GHSP	Mercy Student Nurses
	7:15 pm	Gym	MOVIE - Wicked Dreams of Paula Schultz
	6:30 pm	Kempster Wards	Library Book Cart
May 9 Friday	2:30 - 4:00 pm	HH Music Rm.	Record Listening
May 10 Saturday	10:00 am	GHS	Favorite Hymn Recital
	10:30 am	GHN	Favorite Hymn Recital
	6:00 pm	Auditorium	Catholic Confession
	6:30 pm	Auditorium	Catholic Mass
	2:30 pm	HHA-3	Women of 1st English Church
May 11 Saturday		HAPPY MOTHERS' DAY MOTHERS	
	8:45 am	Auditorium	Protestant Service

*Mrs. Julaine Farrow, R.N.
Nursing*