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the

C U E

VOLUME II

JANUARY 19, 1968

ISSUE 22

WELCOME--STUDENT NURSES!

Recently a new group of student nurses arrived at the hospital to begin their three month psychiatric training period.

These "angels of mercy" come from several different hospitals; Mercy Hospital in Oshkosh, St. Joseph's in Marshfield and St. Luke's in Racine.

The student nurses spend approximately 200 hours at classes and 271 hours on the different wards. These wards are 2 West Kempster Hall, 2 East Kempster Hall, Sherman Hall 3 and 4 and Sherman Hall 7 and 8.

The students are counseled and instructed by Nancy Anderson - Sherman Hall, Barbara Vanofferan-Sherman Hall, Mary Payne - Kempster Hall, Henry Schmidt - Kempster Hall and the students' director is Miss Mary Bartosic.

In addition to psychiatric training, the students also learn about self-understanding and get a clearer insight of themselves. They teach us but we also help them to understand about mental illness. The contribution you make as a human being toward their own humanness cannot be taught in a classroom.

We the patients would like to take this opportunity to welcome the new student nurses. We know we will profit in numerous ways from their cheerful smiles, words of encouragement, helping hands and warm personalities.

Pat

It is truly not the value but the worth of a thing that is important, as in the case of an inexpensive but strategically placed button.

FASHION KORNER

FASHION KORNER originated in May 1966. The Women's Club of Oshkosh started this project by painting, scrubbing and decorating the floor beneath the Volunteers' Office in the main building. In June of 1966 the club asked for donations from local church groups, stores and other organizations and then opened for business. Clothing donated is new, and second-hand items are drycleaned and pressed to good-as-new appearance.

The new FASHION KORNER, relocated in Sherman Hall, opened in May 1967, offered spacious accommodations for handling more clothing.

The Junior Women's Club of Oshkosh and the Gray Ladies from the surrounding area are responsible for our shopping center. At Christmas time, stores from Appleton, Neenah-Menasha donated numerous articles of clothing for the ladies. The Miles-Kimball Co. donated new dresses, hats, purses, shoes, gloves, etc. And, of course, each lady received a Christmas corsage for the holidays.

The primary purpose of FASHION KORNER is to outfit patients who have none of their own and for special occasions such as job hunting, home visits, etc. An aide from the ward accompanies patients to and from the center. Hours are on Wednesday, 1:30 to 2:45 p. m. for women, and 3:00 to 3:30 for the men.

All merchandise at FASHION KORNER is free of charge. For female shoppers the KORNER has sport and dressy clothes, underclothing, purses, gloves, shoes, hats, coats, boots and jewelry. For the men there are suits, sport clothes, shoes, hats, ties, socks, gloves, and, of course, work clothes.

Editorial

This Monday, January 22, will mark a new dimension in the area of patient responsibility within WSH: the hospital canteen in the Food Service Building will be open from 6-8 p.m. Mondays through Thursdays, supervised by selected patients acting in the capacity of Social Chairmen. This progressive step represents intensive and careful planning on the part of the staff and the Canteen Planning Committee; the CUE feels that while this is not a break with the existing hospital traditions, it is a well-structured challenge for the patients and the staff in terms of individual and group responsibility. Certain questions are bound to be asked at its start:

Who is eligible for evening canteen privileges? Patients who have been granted full liberty may use the canteen facilities as they would any other scheduled optional activity, day or evening. Non- or partial liberty patients may attend the canteen if accompanied by a ward staff member or with their visitors only with their doctor's permission. The head nurse on each ward can answer any questions a patient may have in this matter.

What was the Canteen Planning Committee? It was comprised of seven patients from each service unit within the hospital and it met three times last week with an Activity Therapy staff member. The CUE salutes their hard-driving work towards a well-organized, patient-supervised evening canteen.

Who are the social chairmen? They are ten selected patients representing each service unit within the hospital who have been chosen by their head nurse on the basis of personal responsibility and dignity, group leadership, judgment, tact and the consideration of others. They will supervise the canteen every evening (one male and one female) on a rotation basis, and they will be replaced upon dismissal from the hospital or when other patients are eligible to function as canteen social chairmen. They will be identified with a name tag.

What facilities will the evening canteen offer and what sort of behaviour will be expected of patients with this evening privilege? Juke box playing and dancing within the jukebox area will be featured, along with a variety of games and card playing. General good behavior will be expected of all patients granted this privilege, guidelines and regulations will be posted on each ward bulletin board, in the canteen and will be distributed to each patient who has liberty.

What thread have random comments around the hospital on the new supervision taken so far? Most people (both staff and patients) felt that patient supervision of this type is unusual and should be considered a real privilege; most felt it will be successful only if each patient demonstrates individual responsibility and consideration for the rights of others. Certainly we react to the amount of responsibility given to us, and the world outside the hospital has a right to expect at least this from us. The CUE reminds the hospital that Patient Escort Service, inaugurated several years ago, was considered rather daring at the time and unique even now; it has been highly successful and rewarding. Good luck to the new canteen program and may it flourish into the happy summer months ahead and beyond.

Ellen

EDITORIAL STAFF

Elizabeth
Mary
Jan

Dick

Staff Advisor:
Cluck Lemieux

Chaplain's Message

Employee of the Month

FAITH AND HEALING

People of faith have often called on their faith to help or heal them in sickness. Some even feel that if we have faith enough, we will be healed of any and all ailments. This is too much to wish for, since many men of great faith have suffered illness and pain and death.

A frequent mistake is to count on faith as the healer, to the neglect of regular medical means of health. We do know that God can heal; and among the means He uses are medical means. One function of faith is to use, with trust, the knowledge and materials He has made possible for the physician to have. For not only are these means curative, but they utilize the powers for healing that God has built into our bodies and our spirits.

But faith helps in other ways, too. Faith is in the realm of the spirit, and the human spirit is able to affect greatly the functioning of the body. The spirit that is burdened may produce an ailing body; but on the other hand, what helps the spirit, even in non-religious ways, may help the ailing body. And when the spirit, in addition to its own given powers of health, is teamed up with the universal and eternal powers of God (which are also intimate and personal), we may hope that some beneficial effects will result.

Of course, we should not think of our faith itself as doing the healing; God does the healing. But the presence of faith may make some change more possible, in several ways. Faith makes a difference to us; it asks God in, and drops some of the barriers we have erected that have kept Him from working in us; and it opens the way for more than human laws and powers to operate. Some "faith healings" have been false cures, but there no doubt are cures which are real, genuine, and

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My choice for employee of the month is Mrs. Regina Fink, an aide at North Cottage. During the holidays, I knew I would be staying at the hospital and I looked toward Christmas more with sadness than joy in my heart. Before Christmas I spent several evenings with Mrs. Fink helping to make decorations for the cottage. I soon found myself looking forward to weekends she would be on duty, so I could work with her on our many projects. This helped to fill the evenings which otherwise would have been long and lonely.

I know I speak for many of the girls here at the cottage when I say she has done so much to make us happy. I guess I could sum it up in a tribute such as this--I nominate Mrs. Fink because she renders her services above and beyond the call of duty.

Joan
North Cottage

Mrs. Regina Fink has been working as a psychiatric aide at North Cottage for the past eighteen years.

She is a native of Wausau and prior to coming here worked for eighteen months for Marathon County Hospital and a year and a half for Shawano County Hospital.

Looking back Mrs. Fink remarked, "There has been a great change in the whole institution; particularly over the past five year period. For example, there has been more use of tranquilizers and employees are now working much more closely with the patients."

Continued on (page 9)

Women's

Page

CAN YOU IMPROVE YOUR MEMORY?

Some day you may be able to improve your memory simply by swallowing a pill. And if you would prefer not to be reminded of an unpleasant experience, another pill may help you forget. The possibility that such pills may eventually be developed is closer to science fact than fiction, according to some scientists. In recent years, investigators have probed more and more deeply into the mysteries of memory and other mental processes.

Already, some results appear to have important implications in such fields as education and mental health. At least one drug which is being studied appears to be capable of enhancing memory, while another seems to obliterate it.

Memory is often taken for granted --until it fails. But no mental function is more important. Without the mind's remarkable ability to store information, you would have to learn each task anew. Instead in the course of a month you efficiently remember thousands of things: how to bake a cake, the route to your child's school, a dozen telephone numbers. But sometimes you forget the name of a friend, an overdue bill, an important errand or appointment. Everyone is embarrassed occasionally when his memory fails. And at such times you may have wondered what you can do, if anything to improve your memory.

By applying sound learning principles and even some memory tricks, you undoubtedly can improve your memory for specific facts. Applying the following principles can help:

- Motivate Yourself to Remember
- Use Mental Images
- Tie New Facts to Familiar Ones
- Use Simple Rhymes
- Say It Out Loud
- Distribute Learning Tasks
- Rest or Sleep After Learning

Good Housekeeping
November 1967

A NOSE IS A NOSE IS A NOSE

Or is it? If it's just a nose, why do so many people want to change it? Frances Macgregor, a nurse and social science professor at the New York Hospital, decided to find out. She interviewed nearly 100 persons before and after they had plastic surgery on their noses. Many patients try to conceal their real motives for wanting operations. They complain of health problems, such as deviated septums, nosebleeds, frequent colds. Afterwards they admit they go through it all for appearances' sake.

Many people have their noses bobbed because they want to look more "American," or, actually, more Irish. "I want a turned-up Irish nose" is an extremely common request.

Others come from practically any background you could name. Like Cyrano de Bergerac--who felt like a great lover--although he did not look like one--many people belie their true personalities. They yearn to "seem what I am--not what I look like."

PINEAPPLE MEAT LOAF

- 1 pound round beef, ground
- 1 8½-ounce can crushed pineapple, undrained
- 2 slices low-sodium white bread, finely cubed
- 3 egg whites
- ¼ cup finely chopped onion
- ¼ teaspoon dry mustard
- 1/8 teaspoon black pepper

- (1) Start heating oven to 350 ° F.
- (2) In a medium baking pan, thoroughly mix together all ingredients. Shape into a loaf. Bake 60 minutes or to desired degree of doneness. Makes 4 servings.

Gertie, the steno, was flashing a big diamond ring. "Where did you get that?" asked the boss.

"Oh," she replied. "Grandma left \$1,000 for a stone in her memory."

Men's

Page

'68—THE BIG YEAR FOR SNOWMOBILES

Snowmobiles can let you and your family have more fun this winter than you've ever had before. If you live in snow country, you've seen your neighbors take to snowmobiling like kids to ice cream. You may have done it yourself. If you're below the snow line, you've probably spotted week-enders heading north towing snowmobiles on trailers.

To find out what's in store for you this winter, let's make a brief visit to some of the leading snowmobile makers.

The manufactures have gotten the wrinkles out of engines, transmissions, bogies and treads. They have good machines and are starting to add extras. This is the year of the electric start, reverse, sturdy hoods, better clutches, improved treads, less weight and lower price.

The most drastic change is in the Johnson and Evinrude machines. The Johnson Skee-Horse and the Evinrude Skeeter have been completely redesigned. Both these companies use 16-hp Outboard Marine Corp. engines. A new motor modification permits easier pulling of the motor-start cord. A compression release valve has been installed in motors not equipped with electric start. Opening this valve means that even a woman can yank the starter cord.

Both Johnson and Evinrude machines have electric start and reverse equipment as options. And to combat the ever-present noise, these two firms have added dual mufflers to cut the high-decibel sound level.

Each company has three models ranging from \$985 to \$1255, depending on size and options.

Those snappy yellow machines you'll see zipping over snow fields this year are Ski-Doos, made by Bombardier of Canada. For 1968, they have really souped-up the Ski-Doo for more speed and power. At the low end of their six-model-line, Ski-Doo is

offering a 255-pound, 10-hp machine for \$695. This is the Olympique—one of the lightest and lowest priced machines on the market. But probably the most popular Ski-Doo will be the Super 370. It's a 300-pound machine with an 18.5 motor that costs about \$995.

A surprising twist can be found at Polaris in Minnesota. Most manufactures will give you a 90-day warranty. But Polaris, this year, is backing up its three different models with a full-year warranty. Polaris has souped up all its models including the snappy little Colt, which has a 15-hp engine and weighs 368 pounds. At the top of the line is the sturdy Super Voyage with engine options from 17-hp to 30-hp. It weighs 447 pounds. Polaris prices run from \$795 to \$1695.

The American Machine and Foundry Co. is marketing the Ski-Daddler—a line of three machines with motors from 10.2 hp to 21 hp. These snowmobiles have steel chassis and fiberglass hoods, plus rear mounting stands for stationary operation in engine warmup. The AMF machines run from \$840 to \$1300.

Almost all snowmobiles have tracks that run on bogie-wheel systems. But at Arctic Cat, there are models that use a new torsion-spring suspension system instead of bogies. This new system, the company says, decreases the number of moving parts in the track assembly by 80 percent compared to regular bogie systems. Arctic Cat has the Panther series (which has the new suspension) with five models, and the lighter Cougar series with three models. Prices range from \$795 to \$995.

The brief descriptions above are of only a few of the many machines available in a wide variety of price ranges.

Information condensed
from Popular Mechanics.

Around the Grounds

RECREATIONAL ACTIVITY

One form of recreational activity is dancing. This activity can be engaged in by people from eight to eighty. Yes, it has been known that people in their nineties still dance.

Of all the different types of dances, the so called square dance offers one an excellent opportunity for rhythmic exercise. It also offers one the opportunity to socialize, since it is a group activity which encompasses both men and women. The music for the square dance must have one of the following rhythm patterns: 2/4, 4/4, or 6/8. Music for the square dance can be furnished by one or more musicians. When no musician is available, a record player will do the trick. The reason the dance is called a square dance is that the couples taking part usually form a square on the dance floor, and this requires four couples for each square. A caller is necessary to conduct the square dance in order to put the couples through the routine of the dance. There are many types of square dances. It is usually up to the experience of the caller as to how many different routines are used. It is customary but not necessary for square dancers to dress in bright costumes.

Here at this hospital we are very fortunate that we are able to participate in a square dance once a month. For this opportunity we must thank the Activity Therapy Department and also the Wolf Valley Square Dance Group, which furnishes the equipment to put on such a dance. The Wolf Valley Square Dance Group not only furnishes the equipment and the caller but they also bring along an experienced group of square dancers who are able to teach people to do this type of dance.

If you are interested in taking up this form of recreational activity, by all means remember that the square dances are held here in the Hughes Hall gym the first Monday of each month. You are welcome whether you know how to square dance or not. If you have not reached the age of ninety this reporter is certain the square dancers will be happy to teach you the routine. Remember: it's easy, so let's get with it.

Jim

SATURDAY EVENING FUN

Saturday evening a group of ladies from 2 West visited the men on 2 East. These ladies were Eva Katten, Pat..., Sara..., Les, Norma..., and...

The gentlemen and the ladies played ping-pong, sang songs and danced. Wayne from 2 East played the guitar and sang for the group. Refreshments were served and a grand time was had by all.

MEN'S INTRAMURAL BOWLING

<u>TEAM</u>	<u>W</u>	<u>L</u>
KEMPSTER HALL	3	1
SHERMAN HALL	2½	1½
HUGHES HALL A	1½	2½
HUGHES HALL B	1	3

MEN'S INTRAMURAL VOLLEYBALL

<u>TEAM</u>	<u>W</u>	<u>L</u>
SHERMAN HALL	8	2
HUGHES HALL B	5	5
KEMPSTER HALL	5	5
HUGHES HALL A	2	8

(games played through Jan. 6)

PATIENT LIBRARY

Sherman Hall Basement

Hours

8:30 - 10:30 A.M. 1:15 - 3:30 P.M.

Monday thru Friday

USE YOUR LIBRARY!

ON THE SOBER SIDE

EXCERPTS FROM AN A.A. LIBRARY:
TO KNOW THE DIFFERENCE
 by Albert D. Ullman

Loss of controll...means that as soon as any quantity of alcohol enters the organism a demand for more alcohol is set up which is felt as a physical demand by the drinker.....

This demand lasts until the drinker is too intoxicated or too sick to ingest more alcohol. The physical discomfort incumbent upon this drinking behavior is contrary to the object of the drinker, which is merely to feel "different." As a matter of fact, the bout may not even be started by any individual need of the moment, but by a social drink.

The trouble with having a few drinks now and then, you're bound to overdo it, so the best for you is to stop it altogether. It's not a craving; I don't know whether any man has a craving for it. I don't think they have. If you become bored, you have nothing to do, the first thing you do is to have a drink. You meet friends in there, you know, and you drink worse. If you don't know where to stop when you reach the borderline, pretty soon you'll go over it. You might just see it, but you might be with friends, and you can't stop at that time without making yourself unpleasant or impolite.

At best alcoholics are a nuisance. They take up time, break appointments, borrow money without repaying, lie, quarrel publicly, pass out. Yet they cannot be ignored or eliminated. There are close to five million alcoholics in the United States alone. Even if we ourselves are not among them, we cannot look very far in our circle of friends, relatives and co-workers without finding one. Most are married, have children, hold a job. To take them out of society would represent too great a price to pay for relief from the troubles they cause. Alcoholics are with us. They will be with us in the foreseeable future.

Nor is there any point in attempting to eliminate alcoholism by attacking

alcohol. When Prohibition came into existence, it was hoped that alcoholism could be wiped out. However, we Americans wanted to drink. With the repeal of Prohibition, we saw that we should have to live with alcohol and alcoholism.

COST OF ALCOHOLISM ESTIMATED

The "cost" simply cannot be calculated, but it is enormous. While 10,500 deaths were officially attributed to alcoholism in 1963, the actual number is believed to be much higher. In addition, excessive drinking is held to be a factor in at least 30 percent of traffic deaths.

In dollar terms, the Secretary cited one estimate that some communities are spending up to \$100,000 on an alcoholic and his family during his lifetime and another that put the cost of alcoholism to American industry at \$2,000,000,000 a year owing to absenteeism, lowered efficiency, and medical insurance.

An Alcoholic's Comment:

I am an alcoholic. I have reached this conclusion by attending AA meetings. I now realize what a clever trap alcoholism is.

Over half my life has been ruled by alcohol. I believe shyness had a great deal to do with my drinking problem.

How foolish I was to think I found courage in alcoholic beverages to cover up my shyness. But I thank AA for showing me the way to recognize and deal with old habits by listening at meetings and seeing what it's doing for others, because their problems reflect on mine.

From PLAYBOY comes news that there's a new organization called AAA-AA for those who are being driven to drink.

Reader's Rhymes

I'm Fine

"There's nothing whatever the matter
with me;
I'm just as healthy as I can be.
I have arthritis in both my knees,
And when I talk, I talk with a wheeze.
My pulse is weak, and my blood is
thin,
But I'm awfully well for the shape
I'm in.
I think my liver is out of whack,
And a terrible pain is in my back,
My hearing is poor and my sight is
dim,
Most everything seems to be out of
trim.
My days, my doctor says, are few.
Every week he finds something new.
And the way I stagger sure is a
crime;
I'm likely to drop almost any time.
I jump like mad at the drop of a pin,
But I'm awfully well for the shape
I'm in.
I have arch supports for both my feet,
Or I wouldn't be able to walk on the
street.
Sleeplessness I have night after
night,
And in the morning I'm a perfect
fright.
My memory's failing, my head's in a
spin,
But I'm awfully well for the shape
I'm in.
The moral is, as this tale unfolds,
That for you and I who are growing
old,
'Tis better to say "I'm fine" - with
a grin
Cause it will surely help the shape
you're in."

William

Sir, I admit your general rule,
That every poet is a fool,
But you yourself may serve to show it,
That every fool is not a poet.

Have you ever been in trouble, and you
didn't know what to do.
You seem to want a someone, to tell
your troubles to.
You know we have a father away up in
the sky.
The reason for his loving us, should
be no question why.
So when you need a helping hand don't
wander all about,
Just fold your hands and pray to God
he'll surely help you out.
There are many kinds of reasons, for
living as we do.
And the reason I'm in here is part of
that living too.

Debbie

Whenever I am troubled and lost in
deep despair;
I bundle all my troubles up and go to
God in prayer.
I tell him I am heartsick and lost and
lonely too;
That my mind is deeply burdened, and I
don't know what to do.
But I know, He stilled the tempest
and calmed the angry sea, and I
humbly ask if in his love, he'd do the
same for me; and then I just keep
quiet, and think only thoughts of peace,
and if I abide in stillness, my
restless mourning cease.

Faye

People

Some people go to church to pray.
Some people to the Lord, say nay.
Children - a gift from the lord - sit
and act very bored.
Baptism, Confirmation and the rest
We should feel among the blessed.
The whole world is a family tree
With God and Everyone you see.

Judy

Continued from Page 3

lasting, which have no explanation possible. We cannot expect that we shall have a sort of magical healing. We can only pray that God will reach us at our very core, help us to the best response of body and spirit that is possible in us, and to comfort and strengthen us, in faith, at whatever level of health we find ourselves.

Chaplain Van Deusen

Continued from Page 3

Mrs. Fink married for twenty three years to her husband, Les, enjoys collecting different shaped bottles to be used for interior decorations. She also enjoys sewing and upholstering. Among her interests are her home and art. She also has a sincere interest in the individual.

Congratulations Mrs. Fink, may you enjoy many more years of service to our hospital.

Elizabeth

Continued from Page 1

We, the patient shoppers of the hospital take our hats off to all of the volunteers who donate valuable time to make FASHION KORN^R the smashing success it is.

To all of the shoppers who visit our FASHION KORN^R--Happy Shopping!

Pat

ATTENTION LADIES!

Did you know that on Wednesday evening from 6:30 - 8:30, the Gymnasium and bowling alleys are reserved for your use?

All women from 6 - 90 are encouraged to come and participate in activities of your choice. There are mats for tumbling, room for running, volleyball, basketball, badminton and if you desire, (which most of the women recently have been most interested in), skates are available for roller skating. Two bowling alleys, shuffleboard, (floor and table) are also available in the rumpus room. The girls from 2 West have proven themselves very good bowlers--and even better pinsetters!! (Continued)

ATTENTION LADIES! --Continued

There is something for everyone to do even if you just want to be a spectator.

We hope you will come and join us "just for fun" next Wednesday. All are welcome.

P.S. Better wear your "play clothes" in case you can't resist the temptation to enter into the activities.

JANUARY BIRTHDAYS

Women

Verna
Barbara
Mary
Datherine
Clara
Barbara
Theresa
Pauline
Immy
Lorraine
Lillian
Rosemary
Elizabeth

Albert
James
Warren
George
Russell
Willard
John
Charles
Danny
John
John
Alfred
Fred
Alex
Edward

Men

Edward
Fred
Alex
Edward

One young lady in the Kempster cafe told Ray he was as crisp as a cracker. Ray's response: "And twice as crumby!"

A woman visited a psychiatrist and pleaded, "You've got to help my husband. He thinks he's an elevator!"

"You send him in to see me," replied the psychiatrist, "and I'll try to straighten him out."

"Oh, I can't do that," moaned the wife. "He's an express and doesn't stop at your floor."

"I thought I married a good soul but instead I got a heel."

Mrs. Julaine Farrow
Nursing

THE WEEK AHEAD

HOSPITAL ACTIVITIES FOR THE WEEK OF JAN. 22 - 28, 1968

Jan. 22 Monday	2:15 -	4:00 pm	HH Music Rm.	Record Listening
		3:45 pm	GH AT Area	Catholic Mass
		6:30 pm	HHB 1-4	
			OT Area	Wood Working
		7:00 pm	GH AT Area	Bridge Club
		7:00 pm	SH 5-6	Outagamie Red Cross
		7:00 pm	SH 3-4	Alpha Phi Omega
		7:00 pm	HHB 1-2	Gamma Sigma Sigma
	7:30 pm	SH 3-4	Oshkosh Gray Ladies	
Jan. 23 Tuesday	2:15 -	10:30 am	GHS	Lutheran Ward Service
		4:00 pm	HH Music Rm.	Record Listening
		7:30 pm	GHN	Oshkosh Vocational School Homemakers
Jan. 24 Wednesday	2:15 -	1:15 pm	LE	Appleton Red Cross
		4:00 pm	HH Music Rm.	Record Listening
		3:00 pm	Kem. Rec. Rm.	Patients Planning Committee
		6:30 pm	Gym	Women's Recreation
		7:00 pm	Chapel	Lutheran Service
	8:00 pm	HHA-3	St. Vincent DePaul Society	
Jan. 25 Thursday	2:15 -	4:00 pm	HH Music Rm.	Record Listening
		6:30 pm	GHS	Alpha Xi Delta
		7:00 pm	LE	Mercy Hospital Student Nurses #2
Jan. 26 Friday	2:15 -	10:00 am	GHS	Protestant Ward Service
		4:00 pm	HH Music Rm.	Record Listening
		6:45 pm	Chapel	Lutheran Communion
Jan. 27 Saturday		9:15 am	Gym	Volleyball-Sherman vs Hughes A
		9:15 am	Rumpus Rm.	Bowling-Kempster vs Hughes B
			To be announced	Catholic Mass
			To be announced	Catholic Confessions
		10:00 am	GHS	Favorite Hymn Recital
		10:30 am	GHN	Favorite Hymn Recital
Jan. 28 Sunday		8:45 am	Chapel	Protestant Service
		10:00 am	Chapel	Catholic Mass