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Mrs. Julaine Farrow, R.N.
Nursing

CUE

VOLUME VII

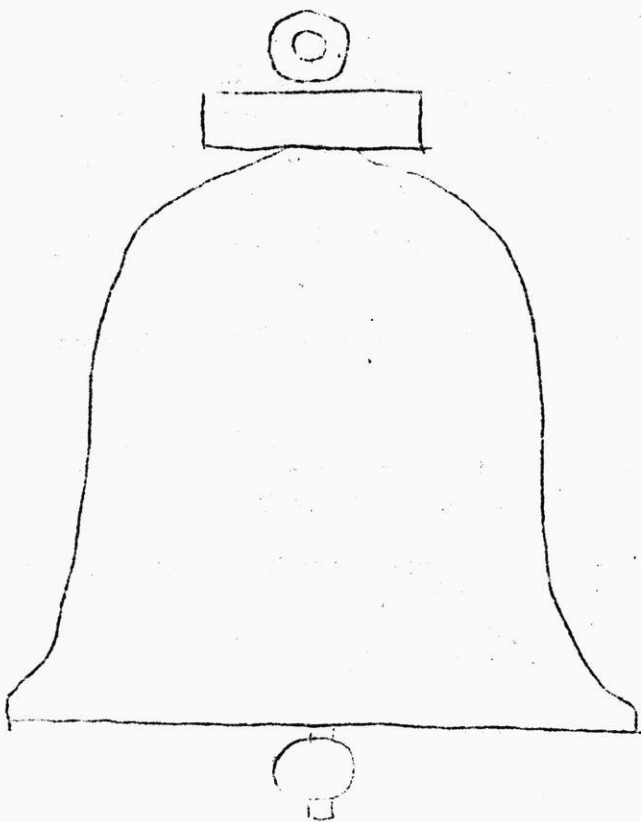
ISSUE 6

MAY 19, 1972

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MENTAL
HEALTH
MONTH



"Cast from the shackles which bound them, this bell shall ring out hope for the mentally ill and victory over mental illness."

CUE'S CREED

It is the individual's duty to hold out for what is right, and Society's duty to listen to him!

HOSPITAL TERMINOLOGY

Social Worker - An individual who has special training in working with people especially in the way they relate to their family and other people in the community. Social Workers are especially adept at looking at various factors in the environment that brought on mental illness such as job problems and marriage problems and also are knowledgeable about resources and agencies in the community to help the individual when they leave the hospital to continue to regain their mental health. Social Workers also work closely with other members of the psychiatric team in developing treatment programs within the hospital.

Physiotherapy - A type of treatment generally for physical disabilities in which modalities such as whirlpool baths, various forms of heat treatment and exercise are used to help an individual recover.

A.T. - Activity Therapy Department - Provides patient treatment through use of a variety of prescribed activities.

O.T. - Occupational Therapy

I.T. - Industrial Therapy

M.T. - Music Therapy

R.T. - Recreation Therapy

Group Therapy - A type of psychotherapy which a person learns to cope with his problems not only from relating to an individual therapist but from relating to other members in the group.

Vocational Rehabilitation - A specialty in which individuals are trained to help other individuals gain competitive employment. Through counseling they work with an individual by gaining a knowledge of their aptitudes and abilities to work toward a specific vocational goal.

Liberty - The individual has the freedom to move around the grounds of the hospital for a given period of time without any restriction.

Pass - An individual has the freedom to go off the grounds of the hospital for a certain period of time.

Half Way House - A living arrangement outside of the state hospital where patients live in a somewhat structured environment which is considered a half way step between the state hospital and living independently in the community.

Escort Service - Service conducted by patients under staff direction, for escorting patients and parcels on the hospital grounds.

A.T.U. - Alcoholic Treatment Unit located at Gordon Hall.

Open Ward - Ward doors open during daylight hours.

Closed Ward - Ward doors locked at all times.

Administration - Those people at the hospital who make policies concerning the overall operation of the hospital and direct and supervise the implementation of these policies. The administration is also concerned with the business side of operating a hospital such as hiring employees, preparing a budget for the institution, and the purchasing of all items needed to run a hospital.

GYNecology - Specialized branch of medicine which deals with diseases of women and especially diseases of woman's uterus, ovaries, tubes and vagina.

The CUE - Hospital newspaper written, printed and edited by patients for the purpose of providing information to the entire hospital community.

EDITORIAL

WHERE ARE WE GOING?

Why does a patient in the Winnebago State Hospital feel it is important to know what is expected of him?

Seemingly a simple question, but the answer to this query encompasses extensive range. One of the wards in Kempster Hall has a sign on the wall that states very simply--STAFF GOAL --PATIENT TREATMENT --PATIENTS' CONTRIBUTION -- HONESTY AND EFFORT. So What? Is the staff honestly concerned with patient treatment and are the patient's goals congruent with what he feels the staff expects of him???

So, here you are--first time ever in a restricted environment -- an institution -- and worst of all it's a mental hospital! Good Lord! What will my neighbors think, the people at work, my many friends, my family? My family; they put me here! Those dirty, rotten... I'm here on this ward with all of these crazy people. They are nuts! I'm all right! I saw that doctor when I came in. A psychiatrist - My God! A psychiatrist. They really do think I belong here. I can't stand it -- I've got to get out of here before I go stark, raving mad! They think I'm insane, Insane??? Mentally ill the papers said in the Courtroom. That Judge -- he put me here. He'll rue the day he committed me to this looney bin. The State Nuthouse -- near Oshkosh. Winnebago, Winnebago.. Thirty days observation. Riding up here in the Sheriff's car. Last night in jail...Me, in jail! Why?

"First Admission Trauma" is a very scary feeling. Many have gone through it, many are going through it now and many more will go through it. You are here -- face that fact -- you are ill, that's reality. Scary isn't it? Now, what are you going to do about it? You're just as responsible for your actions here as you were on the outside -- only more so. You are being observed very closely. It's not shape up or ship out here. It's shape up or stay here! One month, three months, one year, twelve...people have been here that long -- and longer! That is reality! You're in the same boat as that person next to you. He's really off the wall. He's so far out in left field that he's not even in the ball game or better yet not even in the ball park. My God!

As a very cool Sociology professor used to say at the University of Wisconsin-Oshkosh -- let's get down to the nitty-gritty. What does the staff here at the hospital expect of you. Above all --BE YOURSELF, as you feel now is the real you, NOW. You undoubtedly will change as you become better, but you are a PATIENT now -- so be patient! Number one -- OBSERVE WARD RULES to the letter and TAKE THE INITIATIVE IN LEARNING THEM! And there are very many. You won't learn them overnight and you will have confrontations from the staff members, but, grin and bear it. Your tension tolerance will undergo a severe test at times, but remember you are ALWAYS being observed in ALL WAYS. Above all -- Keep Your Cool.

This may be big pill for you to swallow right now, but always keep in mind that from the time of admission the mental health apparatus of the hospital is working for your release. But, when any engine has a breakdown it isn't repaired overnight. Before your vehicle goes down the open road again you want to make damn sure it's in proper working order. The therapeutic team here are the mechanics who will get you back in tune.

Hopefully, you're not here for life -- your ill. If you break a leg it has to heal before you can walk again. Mental illness is no different. Your mind is in for some repairs. The Head Shrinkers (PSYCHIA-

ISSUES and ANSWERS

WHAT DO YOU CONSIDER A GOOD PATIENT? OPINIONS OF THERAPEUTIC SERVICES

I feel a good patient is the same as a good therapist is the same as a good person. I think he is someone who is getting himself together and growing within himself. He is someone who is able to live comfortably with himself. He is a person who can just be himself.

A good patient is one who is willing to work on his problems and is amenable to change.

A good patient is one who tries to the best of his abilities to use the help given him.

I've been asked to respond to the question "What is a good patient?" Frankly I really don't know what this really means. I am reluctant to apply the words "good" or "bad" to any patient. I can say that in the seven years I've worked at W.S.H., I've met many, many very nice people within the so called patient group and I hope that in some small way I have been able to reflect their niceness back to them. Sometimes I've wished that I were treated as well by people outside of this hospital as I am by the patients inside the institution.

A good patient is one that is friendly, understands and helps others to the best of his ability, helps with ward work and attends activities frequently. He usually is very active, recognizes and follows rules and regulations and most of all keeps promises.

In my opinion there is no such thing as a good or bad patient. At times, however, some of us may become concerned about "waves" that a patient might make and forget that he still has the right as an individual to suggest, question or even criticize for that matter. Hopefully these are not grounds to be labeled a bad patient - by even one staff member.

One that is receptive to therapy but not a slave to therapy.

I do not like to judge patients as "good" or "bad", but rather as people in need of help.

The (good) ideal patient is the individual who strives to make the best of the natural and acquired abilities and talents that they possess. When an individual is capable of recognizing and identifying these talents and putting them to use in constructive, productive areas, they once again reach a plateau in their lives when they become responsible members of a society.

One who can accept criticism without anger, advice without his pride being hurt and can give as much as he receives from his treatment here.

Have insight and wants to help themselves.

Pleasant, talkative, cooperative and friendly. Willing to help others, follows rules, participates in group activities and makes suggestions.

A good patient acts himself, he accepts what is done to him and reasons out why. Everyone is a good patient once in awhile. We all have our days.

I have no definition of a "good" patient or of a "bad" patient. I do not approve of those titles for patients.

One who can accept the fact that he is here, that he really does need treatment and is willing to help himself.

I cannot define nor describe an ideal patient. Neither can I define or describe an "ideal" nurse, doctor, aide and etc.. There are indeed some patients with whom I have worked more successfully than others, but this has been determined more to my own skills than by patient characteristics.

OPINIONS OF BUILDING SERVICES

Anyone who cooperates to the best of his ability with those trying to help him.

Anyone who does the best he can and really tries to help himself when others are trying to help him.

Continued on Page 5

Continued from Page 4

Do things on their own without too much supervision. Adjust to all kinds of situations.

Try to help you along with the work and ones that talk to you. Not afraid to ask for advice.

A patient that minds his own business and follows orders.

Has neatness and cleanliness.

A patient who wants to be helped and one who is cooperative not only on the ward, but in other areas of the hospital.

A good patient is an individual who cooperates with the hospital staff and accepts his treatment with the knowledge it is for his better health and condition.

Sit down when we are mopping the floors.

One who cooperates with the staff such as, (Aides, Nurses, Doctors, and etc.).

OPINIONS OF AIDES

Someone who can understand that certain rules and regulations are by the hospital and not an aides personality.

Someone who is able to follow rules and regulations and isn't defiant of the staff, but tries to get along with everyone.

Do your work, maintain own personal oral hygiene, Assume some personal responsibilities. Also care toward other patients.

One who is willing to accept treatment to help himself.

I haven't found one yet.

A good patient is a patient who accepts the help he is given. Get out to help pay the taxes.

Cooperates and tries to help himself. Proves himself.

As each patient is an individual and must be treated according to his or her own needs, it is impossible to define a "good patient". If a patient is capable of controlling his or her behavior and also wants help, a "good" patient would cooperate with the staff in achieving their goal. If a patient is not responsible for his or

her behavior, it would be impossible to cooperate. Thus a "good patient" might not be capable of being good.

OPINIONS OF DOCTORS (PhD, MD, ETC.)

A "good patient" isn't the question it's a "good person". A good person is one who is honest and willing to grow with the help of people. It means taking a risk.

One who is sincere and motivated to help himself.

One who is willing to take some risks to help himself grow and will allow some others to help him in this task.

Patient's insight into own problems so as we can cooperate together and do the procedures.

Someone who cooperates with the staff so we can carry out a treatment program.

To me the ideal patient has two attributes - (1) He is honest to himself and with others. (2) He makes an effort to respond to his treatment program.

In my own mind I reword that question to "What do I like to see in a patient?" From that view, a "good patient" is one who truly believes he needs to improve and is willing to work towards that improvement by self application and cooperation with those whom he seeks to help him.

CARD PARTY

A large and enthusiastic group was on hand Tuesday evening, May 9th, at the Sherman Hall O.T. room for a card party featuring Sheephead and 500 Rummy. Cash prizes were awarded to Jan [redacted], 1st. Place, and Sally [redacted], 2nd. Place, in 500 Rummy. Sheephead scores were close with 1st Place going to partners Gilbert [redacted], Lester [redacted]. Second place was tied and cash was awarded to both winners. Eunice [redacted] and Mrs. Arnold tied with Ton [redacted] and Don [redacted] with 54 points.

Refreshments were served at the A.T. department sponsored activity, supervised by Jan Janecek, "Paffy," and Mrs. Ginny Norton.

A good time was had by all! And the success of the party was evident by the request for more of the same - soon!

Patricia

WHAT YOU SHOULD KNOW

HOME VISITS

WHO APPROVES MY REQUEST FOR A HOME VISIT?

Contrary to the printed care in the "Pamphlet" (if you received one), your doctor is the person to see when you desire a home visit. Patients on the A.T.U. make their request through their social worker. While you can contact the nurses' station on your ward for an appointment with your doctor it is usually he who makes final approval of the visit.

CAN ANY PATIENT HAVE A HOME VISIT?

Ordinarily, home visits are granted when your doctor feels that it would be beneficial to you. In case of emergency, however, a home visit will be granted upon informing your doctor of the circumstances.

WHAT ABOUT TRANSPORTATION?

When you ask your doctor for a home visit, be sure you know the method of transportation. Will someone pick you up and return you to the hospital, or will you take a bus. If you are going to take the bus, jot down the following information:

Going NORTH from Oshkosh terminal:
Appleton, Green Bay:

9:45 a.m.
2:45 p.m.
6:00 p.m.
8:00 p.m.

Going SOUTH from Oshkosh terminal:

8:40 a.m.
1:55 p.m.
7:00 p.m.

HOW DO I OBTAIN PERSONAL ITEMS PRIOR TO A HOME VISIT?

If you need clothing or personal items from your stored luggage, contact your nurses' station and they will make out a slip, listing the items required. You take this slip to the Admission and Discharge Office. You should have your doctor sign a money withdrawal slip if you need money from your account in the Cashier's Office.

YOUR JOB HERE

WHY WAS I ASSIGNED A JOB?

If you wonder why you are working at a particular job, it is because the assignment is planned to give meaningful and productive work with the main goal to meet the overall objectives of your treatment program.

HOW MANY PATIENTS WORK?

About a year ago the CUE conducted a survey and learned that out of 539 job areas, including, Kempster, Gordon, Hughes and Sherman Hall cafeterias, the Food Service, Bakery and Parking Room. Other areas included the Laundry, Store, Transportation, Outside Truck, Sewing Room, Greenhouse, Larson and Brown's Detail, Beauty Shop, Escort Service, Music Therapy, Offices, Kempster Rec Room, South Cottage, Maintenance, Canteen and the CUE.

WHAT IS THE PHILOSOPHY OF WORK AS THERAPY?

The basic philosophy of work as therapy appears to be founded on the age old belief in the inherent benefit of work. It was Sigmund Freud who said that "work has a greater effect than any other technique of living in the direction of binding the individual more closely to reality: In his work, at least, he is securely attached to a part of reality, the human community."

DO OTHER HOSPITALS HAVE INDUSTRIAL THERAPY?

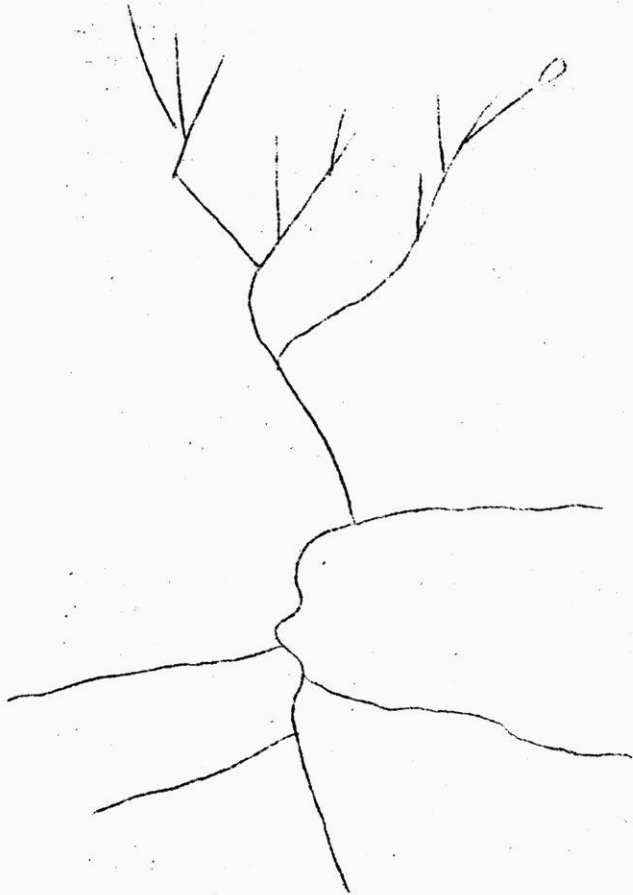
Industrial Therapy was accepted, in a survey, by nearly eighty per cent of the hospitals as being effective enough to justify its existing as a separate department. When an I.P. Therapist gives you a job assignment, it is with the hope that you'll gain more self-confidence in your abilities so you can face the "outside" world with only minimum difficulty. It is the oldest and the only form of therapy that was available to patients here for many years.



POETRY



- ✓ One day a little leaf came out
in search of spring...



Oh, don't you wish that would
happen to everything?

Barbara

Talhairn's Prayer

And grant us, Oh God, Thy merciful
protection
And in protection, give us strength,
we pray
And in our strength, O grant us wise
discretion
And in discretion, make us ever just
And in our justice, may we mingle love,
And with our love, O God, the love of
Thee,
And through love of Thee, the love of
all mankind.

From the Welsh

TIME

Wise was the man who created it,
To mark our span of life,
What a noble, brilliant gesture,
To find ways of measuring strife.

For what clock records the beauty
That nature's birth impart;
What calendar measures the soul;
the mind;
The love within our hearts.

But how well time marks the days
of pain,
The nights of lonely fear,
The months of problemed living,
The death of another year.

I wonder if He has clocks in His
kingdom
And calendars on the wall;
And if glasses of sand are really
What computes us all.

Or is it our deeds that measure us,
The way in which we live,
The grace which lies within our
souls,
The accomplishment we give.

So remember, you friends of earthly
time,
It is with you just to the grave;
For you are its ally in this world
alone,
The watch-full time honored slave.

But as for me I will chose to live
This philosophy so sublime;
"Man who is slave to the clock,
Cannot be the Master of Time."

Patricia

Sunday morning...the pitter-patter
of religious feet...playing in the
street...the sound of boys...bawling.

ON THE SOBER SIDE

THE FACTS AND OBJECTIVES OF TEAM III

What is Team III? There seems to be many different opinions about the Team III program and the patients who are involved in it.

The unit (Team III) can accommodate as many as twelve patients. Most of the time, there is only ten patients who work very closely with one another to help each other to develop their potential to the fullest. The small group of patients, leans to a more relaxed atmosphere where there is more of a positive dialogue between individuals in a group therapy setting. The patients work together as a group where there is much emphasis placed on group interaction. Where strengths and weaknesses are pointed out to the patient in such a way that he sees himself, eventually, as others view him. This can be negative or positive, it is then up to the individual to build on his weaknesses and if at all possible increase his strengths. Patients in Team III learn one very important asset and that is the ability to relate to one another in a positive way.

There is also a positive emphasis placed on patients and staff members working together as a team. This helps the patients develop trust and confidence with the staff members and the staff members get to know the patients as individuals.

The staff believes that the patients in Team III, who were hospitalized several times, have alot of potential for sobriety if they are willing to work on their assets and defects in a positive manner. The staff wants the patients to feel at ease so the patients can express their opinions and feelings without this affecting their stay in the hospital or the staffs' opinion of the patients. The staff members in the Team III unit are Mr. William Daumueller, Psychiatric Social Worker, Mr. Allen Schuettpelz, Alcoholism Counselor, and Mrs. Betty Baker and Sally Woodland who are both nurse's aides. The staffs' thinking is not what alcohol had done to you, but what could be gained from sobriety. They believe in the idea of dealing with the patient as he is now, not what he was like before. Thru this type of thinking the patient is shown how to live in the present and face reality and how to live with the stresses, frustrations and disappointments which are part of being human and living in the world as it is.

Every Friday of each week there is a process known as the patient and staff ratings. The patient ratings are as follows: "Group Participation," "Willingness to Look at Self Realistically, Honestly and Openly," "Attitude Toward Fellow Patients," "Effort to Apply to What has Been Learned and Strengthen Weaknesses," "Following Rules of Ward and Hospital," "Use of Staff and Hospital Resources," "Effort to Eliminate Manipulative Modes of Behavior Toward Others," "Willingness to Provide Feedback to Other Patients in Group Therapy Situations" and "Personal Appearance." The patient must have a score of thirty (30) or more otherwise they will fail the entire week. The scoring is from 0 to 5 in every category except in group participation; where whatever score a person gets, it is multiplied by two (2). So for example, if a patient receives a three (3), it is then automatically a score of six (6). This is very important because if a patient has less than three (3) in group participation, he also will flunk the entire week. Then the patients rate the staff members in areas such as: Helpfulness, Concern, Partiality, Approachability, Attitude Toward Patients, Sensitivity and Awareness of Patients' Problems, Pro-

(Continued from Page 8)

viding Verbal Feedback to Patients and Keeping Patients Informed About What is of Interest to the Patients in the Team III Program. Naturally, if a staff member gets a low score, he or she will not be placed in a robe and gown or held back a week; but they also learn about their strengths and weaknesses.

The patients in Team III must go thru five (5) groups which usually consist of thirteen weeks or as long as six (6) months, depending on how a patient applies himself to the program. In each group a patient is given more liberty and freedom of movement. While the patient is progressing thru the different groups, he is given more responsibility and is trusted more by the staff and the fellow patients in Team III. This has a positive effect on a patient because this helps a person to grow and develop into a worthwhile being, if the patient is willing to try and help himself. Self-motivation is the key to building a new life. The staff can give the patients the blueprints and the tools to use, but it is up to the individual to use them, to build a more positive, constructive life style.

Team III has been in existence since April 5, 1971 and the results have been very promising.

The staff is hoping to add a follow up service to their program; it would give more accurate results to the program in regard to the patients' sobriety.

The philosophy behind the Team III program is, "to help to give patients a positive rather than a negative attitude toward quitting their drinking."

"What they (the patients) will gain if they quit drinking rather than what they will lose if they continue drinking."

Darwin

* * * * *

The first time she came to my office (I'm a psychiatrist) a patient seemed to have difficulty expressing herself. She didn't know what to say, or was reluctant to say it. This often happens, so I wasn't concerned. I felt sure the problem would work itself out in further sessions. But at the second session, after a long, fidgety silence, she looked at me hesitantly and said, "I don't mean to tell you how to run your business, doctor, but I talk much more freely after four Old-fashioned."

CAUSES OF MENTAL ILLNESS

Mental illnesses are sometimes related to defects in the brain that may result from various causes. Some defects may be congenital. That is they occur before birth. For example, a child may be born with an incompletely developed brain. Or the defects may be accidental, as when brain injury occurs during birth. Such brain defects usually result in mentally retarded children.

Accidental brain damage from injury to the head may also occur after birth and cause mental disorder. Hardening of the arteries, a disease of old age, may harm the nerve cells of the brain, because blood does not flow properly to the brain. Sometimes the brain cells simply wear out as in senility and the mind does not function properly. Poisons from body infections may harm the brain, or infection may occur in the brain itself. Disorders in body metabolism, such as too little sugar in the blood, may affect the way the mind functions. Some experts believe that defects in the adrenal gland may also affect the mind. Other researchers believe that chemical and metabolic disturbances may occur in the brain and cause certain mental disorders.

Most mental illness occurs without any apparent brain damage. Some psychiatrists believe that heredity may cause such conditions. The influence of heredity in mental illness is difficult to prove, however. Other psychiatrists believe that childhood experiences help cause mental illness. They believe that overprotection or frustration during the first year of life, or the first two years of life can make a person maladjusted, or unable to face later difficulties.

Anything that interferes with normal development of the ability to face life can cause later trouble. Such trouble may not occur unless the person meets a particular crisis in later life. Depending on our past experiences and current problems, we all have weak spots. Anyone can reach a breaking point

---Taken from World Book Encyclopedia.

In my opinion, a person that is hurt severely in life, may become mentally ill. Forces such as neglect and hatred do work upon the personality. The person tries to react to meet the situation and end up doing negative things in their life.

John Moffet

ON ADOLESCENT SUICIDE

Suicide is common among adolescents. In 1965 one authority estimated that there were 60,000 attempted suicides in young people under age 20 each year in the United States. The period is particularly difficult, because of the change from dependency on parent to independency on parents to independence and the powerful influence of dramatic changes in the body.

The adolescent frequently needs a counselor outside the family, which our society fails to provide. Most parents whose child attempts suicide are usually greatly surprised and didn't even realize that their child was in distress. There are similar patterns in adolescents who attempt suicide. It is not just that they come from a broken home; because there a lot of children who have this experience but don't attempt suicide. More important, a divorce or remarriage occurs in the teenage years. Parents who are separated and don't remarry have children with a lesser incidence of attempted suicide.

The basic problem is continued repeated stress with elements in the environment that tend to cause the individual to feel isolated and alone. A precipitating factor can be a terminated romance. Such unsuccessful romances are particularly difficult because of the estrangement that often exists between the child and parents.

The best thing for an adolescent to do is to have, "your own," doctor. It is difficult to find help outside the family that you can depend on. Sometimes ministers do an excellent job in this role. Uncles and aunts sometimes do and I have often wondered if this is one of the roles that grandparents used to furnish. It is unfortunate that parents can't fill this role, but frequently they are so closely involved in the situation that they don't recognize the problem. It is much the same difficulty we have in evaluating ourselves and, after all, families are merely an extension of one's own being.

If you can't talk about this with your mother or father, perhaps you can find a mature and intelligent adult you can trust and with whom you can establish a meaningful dialogue.

Allen
Kempster Hall

ARTIST PAGE



Heidi

One virtue stands out above all others:
the constant striving upwards, wrestling
with oneself, the unquenchable desire
for greater purity, wisdom, goodness,
and love.

GOETHE

The CUE staff wishes to encourage
ART contribution from our readers for
reproduction in the future issues.

library corner

NEW BOOKS

THE WHOLE PERSON IN A BROKEN WORLD (Tournior, Paul)

In this book the author seeks to illuminate the ultimate meaning of the confusion of our age. He compares the spiritual crisis of today's world with the defiance of adolescent youth, revolting against the tutelage of the past, yet unable to find the freedom and independence of spiritual maturity.

DISCLOSING MAN TO HIMSELF (Jourard, Sidney M.)

The book's goal is to help man enlarge his grasp of his situation, to make him more conscious of his freedom and of his capacity to grow in awareness. There are suggestions for some new dimensions for psychological research and some new ways to be a psychotherapist.

PSYCHIATRY: WHAT IT IS: WHAT IT DOES (Klagsbrun, Francine)

The author gives a simple, easily understood explanation of psychiatry, how psychiatrists work, what kinds of patients they treat, and what they hope to accomplish with these patients.

FIDELITY AND INFIDELITY (Saul, Leon J.)

This is a book about real and familiar marriage problems. It was written to serve two purposes. First, for the married, who may be approaching a difficult phase in their union, recognition of the potential danger areas may relieve problems that seem insurmountable and, in many cases, help to avoid these hazards altogether. For the single, who plan to marry one day, he offers the "ounce of prevention" in a guide to the basic elements that are necessary to assure what he calls a "harmonious marriage".

LIBRARY HOURS

9:00-11:45 A.M. and 1:00-4:00 P.M.
Monday thru Friday

LETTERS TO THE EDITORS

To the CUE:

Yesterday, May 9 was a drab day for Mrs. Robin. After building and rebuilding a nest she finally laid her four eggs, which she will not hatch. Some thoughtless individual who evidently did not appreciate birds, destroyed the nest and the eggs broke when they fell to the platform. Considering the effort expended and the dedication exhibited, one wonders why such destruction is tolerated.

An observer.
W.G. Raatz
Store

A MUSIC FIRST

Mr. Weber is proud to announce that arrangements have been completed with Larry Klause, one of the music directors of the Oshkosh High School to have the Oshkosh High School Chorus appear here at our Canteen on Thursday evening, May 25. Don't miss this concert, is this writer's advice.

Clarence Weber

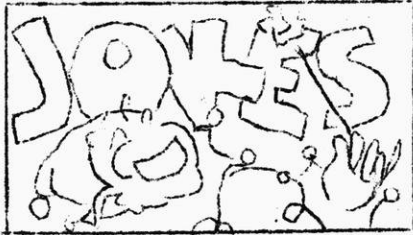
GET WELL JACK!

Jack, a member of our Editorial Staff, is doing a stint on 3K. We understand that Jack over-did himself in a volleyball game the other day and now is flat on his back. Get well quick Jack. WE NEED YOU.

CUE EDITORIAL STAFF

Barbara
Patricia
Tom
Don
Dan
John
Gary
Jack

Advisor:
Chuck Lemieux



SPORTS

My husband is the proprietor of one of our town's bowling establishments. Faced with an unusual number of personal problems, he decided to seek the counsel of a local psychiatrist. After a number of weekly sessions he seemed more cheerful. "Honey," I asked, "Do you think the Doctor is helping you?" "I'm not sure yet," he replied, with a grin. "But I've got the Doctor bowling now.

One stomach specialist I know has a simple formula for disposing of patients with nervous indigestion. He asks them if they play golf. If they say, "yes," he orders them to stop. If they say "No," he orders them to start.

Absent minded Professor: "Haircut. Please,"
 Barber: "Certainly, sir but will you please remove your hat?"
 Professor: "Of course, I didn't know there were ladies present."

A plumber was trying to placate a woman in her flooded kitchen. "Listen, lady," he said, "crying only makes it worse."

A cold drizzle darkened the streets. To keep her tiny dog warm, a woman put him under her coat, letting only his alert little head protrude from the opening between two buttons near her waistline.

While they were waiting at a bus stop, a small boy, who had been looking her over for some time, finally went up to the woman and asked, "Are you a kangaroo?"

We are all faced with a series of great opportunities -- brilliantly disguised as insoluble problems.

O

When a flood washed out the railroad to a small city where he was scheduled to make an address, the late Vice-President, Charles G. Dawes, telegraphed the chairman of the committee: "Cannot arrive on time. Washout on line."

He was nonplussed to receive the forthcoming answer: "Never mind wash. Buy another shirt at our expense and come anyway."

INTRAMURAL SOFTBALL OPENING GAME

Kempster Hall turned out the victory over team 3 in the opening game of the Intramural League on May 10th with a score of 29 to 14. , the first base player from Kempster, brought home 4 runners and came up with a homerun in the 5th inning. and each brought in 4 runners. Each batting 4 for 4. got his triple of the game in the 1st inning. Two more homeruns, by and cinched the evening game.

The second game in the softball league between Sherman Hall and ATU showed Sherman Hall the strongest, with a score of 17-0. Sherman's pitcher, allowed ATU only 4 hits in 5 innings. After the 1st inning, Sherman lead by 6, getting only 5 hits. At the end of the game both and were 4 for 4, with scoring 3 runners. , had a good evening, hitting two triples and two doubles.

Gary

Continued from Page 3

TRISTS) do the best job they are capable of in getting your head on straight. They lead the team. Cooperate! Cooperate! That's the name of the game. That's your part of the mind-mending process. You have reservations -- I know -- I did. I still do, but that's another story!

When that Apple Pie In The Sky Day comes and the Medical Staff starts the Release Machinery in motion your condition is improved -- it JUST THAT! Improved! You are not CURED, but you are well along the way to recovery. Conditional Release, Direct Discharge-- they sign or you do -- whatever, listen to the advice -- and take it. Experts in the Behaviourial Sciences have brought you this far. Don't goof off. Don't good up. Stay away from the beautiful Shores of Lake Winnebago if you can -- but, if that's not possible bring your Ship into Dry Dock. It's not the End of the World.

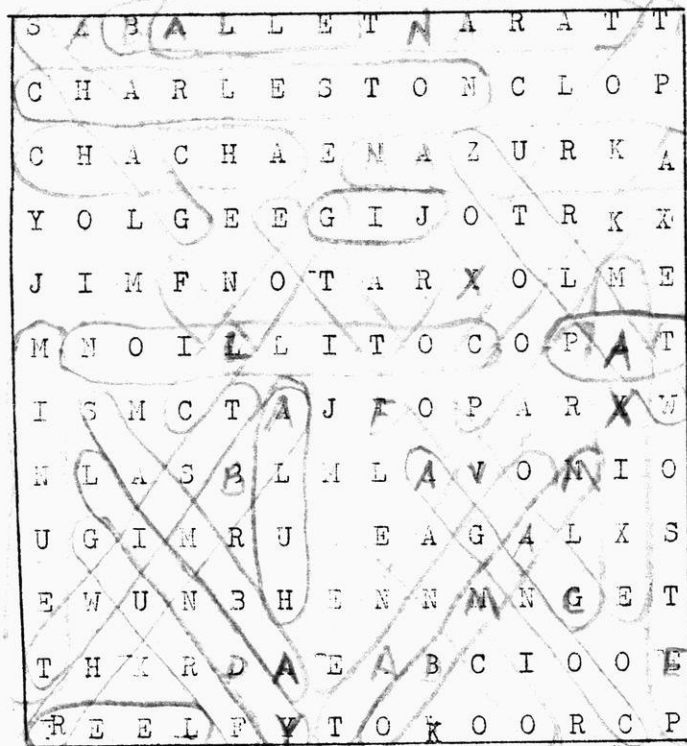
There is only one place known to Mankind where people have no problems-- and neither you or I are ready to push up Daisies! (Daniel

PUZZLE PAGE

WORD SEARCH

DANCE TIME

Welcome to many hours of Word Search fun. You're off to a lively start in this beginning puzzle where you are to find the names of 29 dances in the diagram on the opposite page.



- | | |
|----------------|-----------------|
| ✓1. Ballet | ✓16. Mazurka |
| ✓2. Cha-cha | ✓17. Minuet |
| ✓3. Charleston | ✓18. Pavane |
| ✓4. Clog | ✓19. Polka |
| ✓5. Conga | ✓20. Reel |
| ✓6. Cotillion | ✓21. Rhumba |
| ✓7. Flamenco | ✓22. Samba |
| ✓8. Fox trot | ✓23. Shag |
| ✓9. Frug | ✓24. Tango |
| ✓10. Cavotte | ✓25. Tap |
| ✓11. Hula | ✓26. Tarantella |
| ✓12. Jig | ✓27. Twist |
| ✓13. Lindy | ✓28. Two-step |
| ✓14. Mambo | ✓29. Waltz |
| ✓15. Maxixe | |

Learn to think, listen and speak more effectively. Join TOASTMASTERS!

See Mr. Weber - Music Ther.

FROM

BART STARR

(Editors note:) In response to a letter written to Packer Quarterback, Bart Starr, Jack and the CUE received the following, which we would like to pass along to our readers.

May 12, 1972

Mr.
"CUE" Editorial Staff
Box H
Winnebago, Wisconsin 54985

Dear Jack:

In reply to your nice letter of May 1st, please permit me to write as concise a reply as possible, since I don't believe in long, drawn out speeches.

I think the most appropriate comment I could make to your people there would involve the word "ATTITUDE", because to me, sooner or later, everything that we do in life is directly related to our attitude.

I honestly believe that any individual who seeks to better himself and to make a genuine contribution to society must develop a good outlook (attitude) toward life.

If you would stress this one point to your people it will be hard not to remember and perhaps by keeping it simple, they will retain much of what you've said.

In closing, one of the finest comments I have ever heard which follows this line of thinking as well, was made by Coach Lombardi in a meeting with us one day when he said, "The quality of a man's life is in direct proportion to his commitment to excellence."

Hope this will be of help.

Best wishes.

Sincerely,

Bart Starr

THE WEEK AHEAD

HOSPITAL ACTIVITIES FOR THE WEEK OF MAY 22 - MAY 28, 1972

May 22 Monday	2:30 - 9:00 am - 4:15 pm	HH Music Rm.	CANTEEN OPEN* RECORD LISTENING Book Cart Canteen Social Chair- men Dinner Meeting Woodworking Outagamie Red Cross CARD CLUB
	3:00 pm	2-W	
	4:30 pm	GH-AT Area	
	6:30 pm	HH Boys	
	7:00 pm	SH Wards	
	7:00 pm	GH-AT Area	
May 23 Tuesday	2:30 - 9:00 am - 4:15 pm	HH Music Rm.	CANTEEN OPEN RECORD LISTENING Book Cart
	3:45 pm	2-E	
May 24 Wednesday	9:00 am - 8:00 pm		CANTEEN OPEN Toastmasters Club Appleton Red Cross Lutheran Ward Service Rev. Winter
	8:45 am	KH-AT Area	
	1:15 pm	SH 3-4	
	1:30 pm	GHS	
	2:30 - 4:00 pm	HH Music Rm.	RECORD LISTENING Book Cart
	3:45 pm	2-E	
	6:15 pm	Kempster Field Main Ball Field	Softball: KH vs ATU Team III vs HH
	7:30 pm	1-E	St. Vincent DePaul
May 25 Thursday	2:30 - 9:00 am - 8:00 pm	HH Music Rm.	CANTEEN OPEN RECORD LISTENING SOFTBALL: ATU vs SH Trinity Lutheran Youth OHS CHORUS
	6:15 pm	Main Ball Field	
	6:30 pm	GHS	
	7:00 pm	Canteen	
May 26 Friday	2:30 - 9:00 am - 8:00 pm	HH Music Rm.	CANTEEN OPEN RECORD LISTENING
	4:00 pm		
May 27 Saturday	10:00 am	GHS	Favorite Hymn Recital Mr. Korn
	12:00 pm - 8:00 pm		CANTEEN OPEN
	6:30 pm	Canteen	RECORD HOP
May 28 Sunday	8:45 am	Chapel	PROTESTANT SERVICE Rev. Winter
	10:00 am	Chapel	CATHOLIC MASS Fr. Barrett
	12:00 am - 8:00 pm		CANTEEN OPEN

*ALL activities in CAPITAL LETTERS are for all patients.

PATIENT LIBRARY, SH Basement: Open 9:00-4:00 M thru F