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MAGIC FINGERS SOOTHE AND RELAX TIRED MUSCLES

by Marcia Bredar

Panic set in. I had won the drawing! Now I had no excuse not to try "it." The "it" was a body massage. I was in a state of shock for about a week, but finally got up my courage to schedule an appointment.

As I arrived at 11:00 a. m. on a Saturday, I was immediately put at ease by the pleasant surroundings and relaxing music.

After waiting only a few moments, I was escorted to a room where I was to disrobe in order to sit in the whirlpool. The whirlpool was very soothing and was regulated at approximately 105°. You can stay in as long as you want.

After the whirlpool, I had an epsom salts rub to rid the body of impurities, and then sat in a steam cabinet for as long as I wanted.

Finally it was time for the massage. I was rubbed from head to toe and it felt wonderful. I was so relaxed, and time just seemed to stop. If I had my way, it could have gone on forever. It did last one hour. The whole experience was sheer delight!

My massage was made possible by Carol Kangior, Utopia Holistic Health Club, 5115 Leavenworth. It is accessible, and one can get the "works" or any part wanted.

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COMPUTERIZED LISTING LOCATES NEEDED PRODUCTS

ABLEDATA is a computerized listing of over 10,000 commercially available assistive devices. Each listing includes brand name, manufacturer, cost, product description, and evaluations and user comments when available.

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PVA cont. from pg. 1

nization, they try to help other handicapped groups, too. "We're advocates for all the disabled people in Nebraska and Iowa," says Dave.

The two 24-unit accessible apartment complexes which the group brought to Omaha are open to anyone with a handicap. The group has provided local nursing scholarships and has donated to medical research. They worked tirelessly on the state's handicapped parking legislation.

Of great interest to our polio survivors association, Great Plains Chapter has allowed us the use of their copy machine, giving life to this newsletter. They and the PVA Auxiliary, headed by Marian Seidel, have also provided funds for postage, which has helped us stay afloat.

"Helping others is a big part of what we do here," says Joe. Thanks to this generous attitude, untold numbers of handicapped persons benefit from the activities of the P.V.A.

The comprehensive list is cataloged in such a way as to help locate specific items needed easily.

If you have been unable to find certain products or are not sure exactly what is available, this may be one approach for you. Minimum search (up to 100 citations) costs \$10; \$5 for each additional set of 100.

Write to ABLEDATA, Catholic University of America, 4407 Eighth St., N. E., Washington, DC 20017 or call (202) 635-5826.

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PARKING cont. from pg. 1

the main entrance of a single building or centrally located in lots that serve several buildings.

Care must be taken so that the handicapped don't have to wheel or walk behind parked cars. Curb cuts are required adjacent to the handicapped stalls, and the parking spaces must be clearly marked with signs displaying the accessibility symbol.

How well does your area comply with this law? Look around you and note places doing especially well or especially poorly.

We will appreciate learning about your findings. Send information to Architectural Barrier Committee, Box 37139, Omaha, NE 68137.

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GABY'S GLIMMERINGS  
by Cynthia Gabrielli Haag

MASTERS & JOHNSON ANSWER  
QUESTIONS ABOUT SEX

I remember a man saying to me once that the only people he didn't like were those who tried to rain on his parade. He meant that he wanted the sole control of his own life. I understood deeply what he meant as I had struggled long and hard to be in complete control of my life. I wanted to be the master of my own ship driving to my self-chosen destiny.

sens and my muscles weaken, I find I am less in control of this ship than I had thought.

William Masters, M.D., of the Masters & Johnson Institute in St. Louis, has announced a new service. Professionals at his institute will answer on the telephone any questions for the handicapped regarding sex or sexuality. The number to call is (314) 361-2377.

Somewhere along the line I encountered a real snag in the effectiveness of this philosophy. The snag I finally had to deal with was the fact of my handicap. I somehow began to see that my destiny was to some degree controlled by my physical limitations. Though a Mozart I might want to be, my crippled left hand simply was not going to go skipping along a piano keyboard!

As I have grappled with this, I have suffered emotional pain. It is the pain of letting go of something that had been very important to me for a very long time. I have rebelled against the facts crashing in on my life. But rebelling against that which you cannot change is an excruciatingly painful, futile battle.

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AFTERNOON OUTING PLANNED  
BY OMAHA SUPPORT GROUP

I am finally beginning to ask this question: Is it necessary to be in total control? I am thinking now that perhaps it isn't. Perhaps there is more contentment and peace in accepting life as it comes rather than trying to mold it into my image.

Start marking your calendars, picnic lovers. The Omaha group is planning an outdoor gala at their regular meeting time in August.

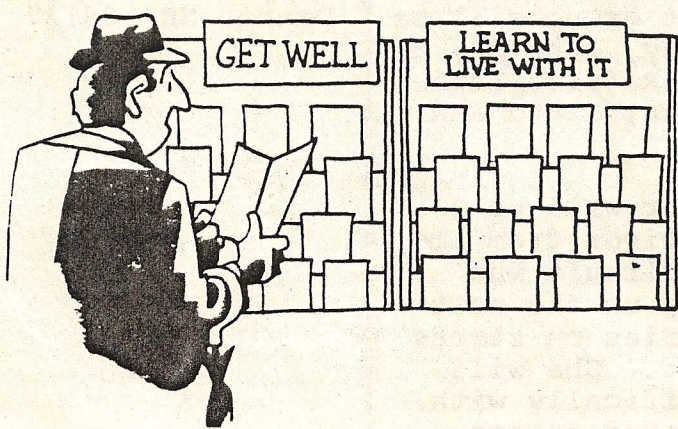
Grab a few hot dogs, shove your families and friends in the car, and meet us all for an afternoon of fun and frolic. See next month's newsletter for details.

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GET IN THE SWIM!  
Call Fran at 391-9401

I guess I was about 14 when I resigned myself to this fact. But I still felt that there were so many options left that my channel wasn't narrowed much. For some reason I felt I could still carve out my own destiny and steer my own ship.

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GREETING CARDS



As I have gotten older, the channel keeps narrowing. I never reckoned with further deterioration in my condition. What I had, I thought I would keep. But as my endurance les-

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