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**A ROSE BY A SHORTENED NAME
SMELLS TOO SWEET**

By Marie Galda, Omaha NPSA Member

I never expected to write an article about semantics. Not that I don't have strong feelings about the matter in respect to us. But I did not intend to write about semantics because Nancy has done so, often and well.

Not, that is, until a recent incident involving a friend who is very well informed about a large variety of matters, and in fact, has read the 1986 issues of GLEANINGS. When I mentioned having a progressive nerve disease due to poliomyelitis, she looked extremely surprised and said, "Nerve disease! I thought you had polio."

With the shortening of the word poliomyelitis to polio, we have probably unwittingly minimized the public's con-

cept of its meaning. While maybe most people could not translate myelitis literally to nerve inflammation, still I believe that the "mye" part does suggest nerves to them.

Most people know that damaged nerves cannot be repaired. And on the other hand, they remember polio as a childhood disease that leaves weak muscles, and muscles can be strengthened by exercise, can't they? Doesn't every magazine scream that message at us?

So let's use the full term poliomyelitis wherever space and time permit. Let's get the disease back in the public mind as a serious matter, one as fully deserving of well-funded research as other diseases whose names contain the syllable "mye".

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We're like tea bags. We don't know our own strength until we get into hot water.

Bruce Laingen
former hostage

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HELP FOR CRAMPING

Drinking tonic water (quinine) has proved helpful for some in easing cramping. Ask your doctor.

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KASS CHIEF CALLER

Leading a terrific team in telephone sign-ups for this year's Omaha area HAPPENINGS sales is Gloria Kass, who, for her efforts, won the Spring flower centerpiece donated by Floral Center, 813 S. 48th.

Others doing an outstanding calling job for NPSA are Maryann Rutten, Mark Fitzgerald, Patsy Kravchuk, Barb Pieper, Nina Mackenzie, Florence Maxwell, Kay Gammel, Margi McPherson, Ann Vanderhart, JoAnn Lehnhoff, and Katherine Taylor.

Our thanks to these persistent phoners who got the ball rolling and, in effect, created our sales force for us.



GLORIA KASS

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HELP FOR PAIN

Tricyclic antidepressants taken in 1/3 to 1/2 regular dosage are sometimes helpful in reducing pain. Ask your doctor.

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**LINCOLN TO SEE
TAPE ON PAIN**

The October 31 meeting of NPSA's Lincoln Area Support Group will feature the Conference tape on PAIN. If you are having post-polio pain, you may find helpful suggestions in this presentation.

Be there at 2 p.m.--
American Lutheran
Church, 42nd and Vine.

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GETTING INVOLVED

by Gloria Kass, Omaha NPSA Member

Previous to this year's HAPPENINGS fundraiser, I've pitched in here and there but have done a pretty good job as a benchwarmer. When volunteers have been asked for, I've found it less strenuous to rest my arm gently on my lap than to lift it into the air and tire all those muscles. This seemed to fit in with the recommendations not to over-tax ourselves, and was much easier for me as I carried on my daily routine and the volunteers did their jobs.

So it was with a little apprehension that I began my "calling list" by starting with the only name I recognized. It's easier to stutter around to someone you know. After the initial call, I continued down the list combining business with a little personal chit-chat along the way.

Pretty soon I began to enjoy it. It was such a rewarding experience, talking with so many members on the phone and realizing what a wonderful membership we have. Everyone was so ready to pitch in to do the best they could for NPSA. There's nothing like getting involved in an organization to get repaid one hundred fold in a feeling of accomplishment.

Now I find myself checking nametags at meetings to find the people I talked with, and oh what a thrill it is to meet someone new! We have a really great group of members!

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IN THE NEWS

Delores Bray, NPSA Holdrege Area Representative, was recently featured in a half-page article in the Kearney HUB. The story recounted Delores' struggle with polio and the death of her daughter from the disease.

Always on her toes when it comes to NPSA, Delores saw to it that the HUB printed the address of our state office for others to contact. Hats off, Delores!

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QUOTE OF THE MONTH

Polio people have spent a lifetime denying their level of disability. As a consequence of that, they deny also that they have stresses or that they are not coping well.

Richard Owen, M. D.
Sister Kenny Institute

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ST. PAUL MEETS

The St. Paul Area support group meeting on October 25 will focus on PAIN. A portion of the Conference tape on this subject will be shown, to be followed by a rap session.

Do your bit to make this a dynamic meeting--come to Howard County Hospital at 2 p.m. See you there!

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HAPPENINGS from Pg 1, Col 3

Selling over 20 books are Maryann Rutten, Florence Maxwell, Karen Dulany, Mark Fitzgerald, and the mother-daughter team of Alma Faust and Jeanne Mehser.

We salute these hard workers and the dozens of others who got out there and did the job for us. Every sale counts, and they add up big when we're all working together.

This project brought in over \$6,000 to help us help others learn about the late effects of polio.

I pause to thank you for sending me the GLEANINGS and all the publications in the past. I enjoy reading all the material tht I can get my eyes on. I think it's time to enclose another check toward the Nebraska Polio Survivors.

Armine R. Kuhlman
Lead, SD

CARL & JUDY KELLERMAN, Omaha, NE
DORETTE J. KLEINKAUF, North Platte, NE
ARMINE R. KUHLMAN, Lead, SD
MARBARA KUHLMAN, Ogallala, NE
CHARLES McLEOD, JR., Sanford, NC
ANONYMOUS, Albion, NE
JERRY MEEKS, Germantown, TN
DORIS L. MELVILLE, Broken Bow, NE

Enclosed is a check for NPSA. I have gotten a lot of helpful and important information from GLEANINGS. I have found a doctor who recognizes that I have PPS.

Irma Cornelius
Ogallala, NE

JAMES H. MELVILLE, Bozeman, MT
MARILYN MILLER, Omaha, NE
MARIE K. MITCHELL, Hebron, NE
DUANE & HELEN MOHR, Butte, NE
MAXINE NELSON, Colby, KS
MARY NEWKIRK, Fremont, NE
JOHN OLSON, Olathe, KS
BESSIE PICKEL, Hemingford, NE
LINDA K. PRICE, Fullerton, NE
JAMES H. MELVILLE, Bozeman, MT
MARILYN MILLER, Omaha, NE

Your newsletter is very informative and helpful to me. Thanks. Please add the enclosed check to your fund raising.

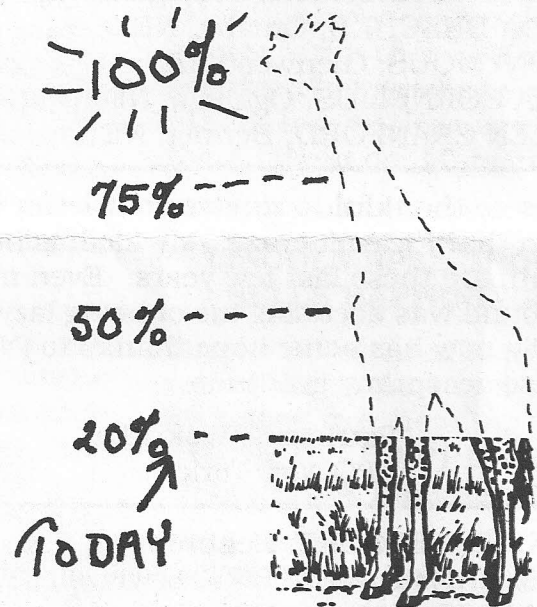
Jerry Meeks
Germantown, TN

MARILYN ROE, Bennington, NE
MARYANN RUTTEN, Omaha, NE
JEANNE & MILDRED RICHARDSON,
Omaha, NE
NICK SCHULTZ (SCHULTZ CONST.),
Imperial, NE

A check is enclosed to help with the work to be done. Your publication GLEANINGS has provided a link to polio survivors, and I hope it can reach many more people and become a powerful tool for survivors.

Paul E. Feistner
Omaha, NE

HARRIET A. STARR, Omaha, NE
MARY STEVENS, Clearmont, MO
BERNICE M. TOMJACK, O'Neill, NE
ANN TUTON, Mills, NE
RON WHITE, Anselmo, NE
HORTENSE WILKINSON, Fremont, NE
MR. & MRS. BERNARD YOUNGMARK,
Holdrege, NE
LAURA YOUNGMARK, Holdrege, NE
TIM & WANDA ZINGALE, Rolfe, IA



HELP MAKE OUR GOALS APPEAR

MEMORIALS

IN MEMORY OF

DR. E. J. PARENT

from Mr. & Mrs. Dale Harris,
Chillicothe, OH

IN MEMORY OF

EDWARD (BUD) MENARD

from Mr. & Mrs. Ben Menard,
Omaha, NE

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GI TO VIEW TAPE

by Lorraine Harders

Kathleen Hendrickson, Grand Island Area Representative, announces that the tape on MUSCLE WEAKNESS will be shown at the October 25 meeting, 2 p.m. in the O'Brien room of St. Francis Medical Center.

Barney McGahan, physical therapist, was the speaker at the September 27 meeting.



RICHARD BENNETT

BENNETT RECEIVES NATIONAL AWARD

NPSA Omaha member, Richard L. Bennett, has been named the Department of the Interior's Outstanding Handicapped Federal Employee of the Year, and received the award in a recent ceremony in Washington, D.C.

Dick works as a program systems specialist at the National Parks Service office in Omaha.

Stricken with polio at age seven in 1954, Dick was left with 100% paralysis in his left arm and 90% in his right. As a result, he was forced to come up with ingenious ways of doing things that normally require the use of the arms.

For instance, Dick uses his feet to steer his car. He writes and draws by holding the pen between his teeth. In his work, he operates the computer with the aid of a mouthstick.

Dick and his wife Harriett are avid hunters, and provide enough meat for their family for a year when they go deer hunting each Fall. Dick also enjoys fishing, hiking, swimming, gun collecting, and photography.

A native of Osceola, Dick is a graduate of Wayne State College and is currently active in various church activities at St. Paul's Methodist Church in Papillion.

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NPSA BOARD MEETS, CHOOSES OFFICERS

Nebraska Polio Survivors Association Board of Directors officers for the ensuing term were chosen at the annual meeting of the Board September 27.

They are Nancy Carter, President; Charles Mackenzie, Vice-President; Marcia Bredar, Secretary; and Patsy Kravchuk, Treasurer.

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FOR SALE

E & J ELECTRIC WHEELCHAIR—adult size. Excellent condition. Comes with spare motors, power pack, belts, wand, battery charger. \$1350.00

TWO AIR CUSHIONS

THREE HOYER HOISTS

- 1. Rocking bed size (taller style). \$150.00
- 2. Chrome, regular size, with body sling, regular size slings, and chains. \$200.00
- 3. Chrome, travel size. Folds easily, goes through narrow doors. Comes with body sling, regular size slings, and chains. \$175.00

1979 ARGOSY TRAVEL TRAILER—27 foot. Door wide enough for wheelchair. Double bed and elevated single bed with storage below. Built-in patient hoist. Electric jack, air, furnace, 2 closets, tub and shower. Excellent condition. \$9,900.00

Call or write M. A. Newkirk, 1628 E. Frederiksen, Fremont 68025, 402/721-6531.

FOR SALE

Brand new Rolls electric wheelchair, standard size. \$3500.00. Call or write L. Linenbrink, 4629 Hascall, Omaha 68106, 402/558-7657.

