

Winding Trails: by Al Hobart

Thursday, July 7, 1966
Illinois Valley News

Out of Work

Desk workers and minor officials have a definite place in our society; in fact, they're indispensable. Besides filling the intermediary niches that lie between the top and bottom strata of our social structure, the majority of them are efficient friendly, and are appreciated assets of their respective communities, attributes that we reasonably expect of any well-educated, intelligent public servant.

But occasionally you'll run across one who is a disgrace to his fraternity, and that makes you wonder about the efficiency of an organization that permits these partially-decayed apples to remain in the barrel with the good ones, where their stench and decay are bound to affect the others.

It has been my misfortune to encounter a number of these social lepers, not enough of them to cause me to lose faith in humanity or to condemn the respective groups to which

they belong; but enough to give me a terrific pain, and not in the heart.

In some cases it's obvious that the hormone, gland, or whatever it is that controls the culprit's ego, has got out of whack. The importance of his newly-acquired position balloons to superman proportions in his off-center mind; he becomes a petty Hitler, a wizened little dictator with nothing in his apparently empty skull except a few hallucinations rattling around. Law enforcement organizations, as anyone knows who can read or turn a knob, often find these misfits in their ranks. Some mistake or weakness, probably in the prospective officer's qualification examination, allows him to assume a responsible and honorable position for which he's utterly unfit. When the shiny badge of authority is pinned on his new uniform and a wonderful, powerful revolver is allowed to dangle ostentatiously from his hip, like a pouter pigeon he begins to swell, and to envision himself as the tough herder of a flock of human sheep.

Eventually these wolves in official clothing are caught up with, and given

appropriate treatment, either by their own department or by an indignant and long-suffering public. The itchy trigger finger and unreasoning club-swinging propensity have no place in a community whose intelligent leaders aspire to helping it become civilized.

The open sesame to an office job is usually some sort of diploma. Now and then one of these beautifully-engraved passports is issued to an individual who is a whiz at accounting, secretarial work, or some such important occupation, but who has a personality and disposition that should guarantee him a long and well-deserved vacation in Antarctica.

A number of years ago I found myself honorably occupied as a mill worker. Then one day my shift was suddenly discontinued and, along with dozens of other workers, I was forced to join the army of unemployed. No other jobs being available, savings being rapidly sucked down the drain, and my appetite undiminishing, I joined the gang at the employment office to pick up the small weekly check the law and my insurance allowed me.

The female clerk I contacted was one of

the characters I've been complaining about. She evidentially used a stereotyped set of questions which, when well memorized, relieved her of the necessity of using her alleged brain. She asked, in a manner of indicating that she couldn't care less, if I tried to find employment in my area. I explained that I had, naming every possible place of employment in the Valley, and, in order to impress her favorably, even adding a few fictitious ones.

The lady listened to my stirring recitation. Then, her gaze fixed on some imaginary object two feet above my left shoulder, probably a vision of the handsome brute who was taking her out to dinner that night; she relieved herself of this masterpiece of inanity: "Well, we expect you to try more diligently." The "well" was smartly clipped; the "diligently" rolled around her tongue like it was something too nice to swallow and that she almost hated to spit out.

And after me just telling her I had tried every possible - - !

I was so mad I was half tempted to get a job and go to work.

ROGUE VALLEY



Food & Friends Menu

FRIDAY - JULY 8

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MONDAY - JULY 11

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WEDNESDAY - JULY 13

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SENIOR SPOTLIGHT

For local resources call the ADRC at 1-855-673-2372

Disaster Registry

You might want to apply to be in the Disaster Registry if - in the case of a flood, forest fire or other disaster you or someone you care for would: 1) need outside help to safely leave your home during a disaster; 2) be in jeopardy if you stayed in your home, without assistance, for three days; or 3) need special notification about the need for evacuation, due to impairment.

The Disaster Registry (DR) provides the names and locations of people who need special assistance to

fire, police, health and rescue workers during disasters. Being on the DR does not guarantee that you'll get help first in a disaster, but rescue workers will know of your need for special assistance.

Please remember that even if you are on the DR you should call 911 in a life-threatening situation.

Also, be prepared for a disaster. In the "Family Emergency Preparedness Handbook," that can be picked up for free at your local county or law enforcement office, there is a checklist you can follow.

If you want to be on the DR please register online at www.jackson.or.networkforce.org/aging/home/index.cfm or call the Rogue Valley Council of Governments at 541-664-6674.

For more information about resources found in the Illinois Valley or connect to local information for seniors and people with disabilities, their families and caregivers you can call the **Aging and Disability Resource Connection (ADRC)** at 1-855-673-2372 or online at www.adrcforegon.org.

Sponsored by I.V. Wellness Resources

The second most common type of arthritis is rheumatoid arthritis (RA). In this instance, the body's immune system attacks the lining of the joint known as the synovial membrane. Once the immune system is triggered, immune cells migrate from the blood into the joints causing inflammation. The inflammation causes fluid to build up in the joint and as the lining expands, it can damage the bone. Rheumatoid arthritis occurs in joints on both sides of the body; such as both hands, both wrists or both knees. This symmetry helps distinguish RA from other types of arthritis. Rheumatoid arthritis may also affect the skin, eyes, lungs, heart, blood or nerves. RA affects everyone differently and can at times, actually go into remission. About 1 percent of Americans have RA and it affects women two to three more times frequently than men, but men tend to have more severe symptoms. The usual symptoms include pain, stiffness, swelling, redness, warmth to the touch, a creaking of the joints and a decrease in the range of motion of the affected joints. With RA, the stiffness is especially worse in the mornings or after sitting for long periods. Fatigue is also a symptom of RA and many have mild anemia. Individuals with rheumatoid arthritis may also have bumps or nodules under the skin. The cause of RA is unknown, but it is thought to be a combination of genetics, environmental and hormonal factors. Your diet can help control inflammation and degeneration of your joints. Last week foods which tend to increase inflammation and promote joint degeneration were listed and should be avoided. Foods which help control inflammation or are otherwise good for joint health are: extra virgin olive oil, leafy green vegetables, broccoli, green tea, citrus fruits, nuts (especially walnuts), low-fat dairy products, whole grains, garlic, turmeric and ginger. Your joints aren't the only parts of you which are negatively affected by inflammation. Inflammation is believed to be an important contributor to degenerative diseases, so these dietary guidelines are beneficial for everyone. Choose organic foods whenever possible. Next week we will discuss potential treatment options. You can contact I.V. Wellness Resources at www.iwellnessresources@gmail.com.



Senior Bulletin

FREE Chair Fitness Classes Monday and Wednesdays from 2-2:45 p.m. at Healthy U at 535 E. River St, 541-592-4888.

If you are interested in becoming a volunteer for the **UCAN Senior Companion Program** please call Carlos at 541-492-3520 or visit www.ucancap.org.

FREE for Seniors

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