

# County Blind Persons Aided Through State Program

## Training, Advice Provided Through Oregon Commission

### Experienced Worker Helped by Volunteers

For the blind to live normal and useful lives in their communities is not always easy. To alleviate the panic, which often occurs as the blind work to make adjustments, the Oregon State Commission for the Blind has three state home teachers for the adult blind working in the field throughout the state. Mrs. Vera Thompson, one of these teachers, makes trips to this area about every two months, instructing in classes and giving individual aid wherever she knows of a blind person in need of help. Mrs. Thompson herself is only able to distinguish light from dark.

### All But Read Mail

"When adjusted to the loss of sight, the blind can do normally nearly everything they did before, except read their mail," she pointed out last week.

In support of her statement that blind persons are able to care for themselves, Mrs. Thompson travels from town to town, anywhere, unaided.

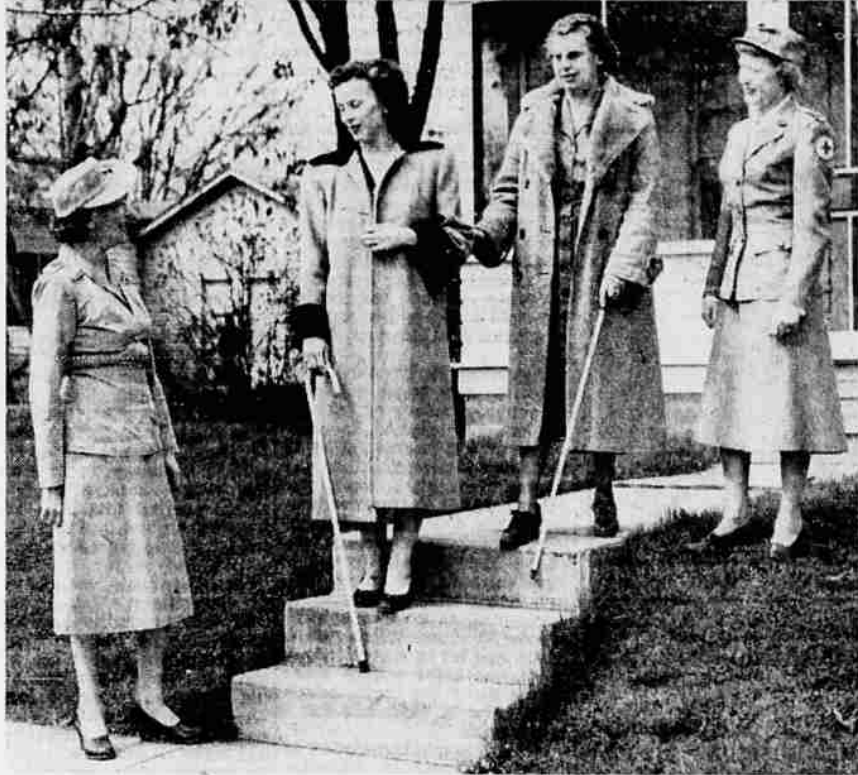
"It is no disgrace to be blind. In fact, those who adjust themselves to normal living are to be admired," the teacher said.

Her local classes, conducted in Medford, Ashland and Rogue River, are small, leading the instructor to believe there are many unaided Jackson county blind adults who should have the help. Perhaps, she said, they fear to come forward. That is why she points out it is no disgrace to be blind.

Or perhaps, she believes, too few blind persons know of the opportunities open to them in the state training program for the adult blind.

### Wide Background

Mrs. Thompson has been in this work for about 16 years. She is a graduate of the Monmouth Oregon State Teachers' college, earlier attending Southern Oregon college at Ashland, and took special courses at the Universities of Washington and Oregon for work in social ad-



### INSTRUCTS IN USE OF THE WHITE CANE

—Mrs. Vera Thompson, above, (third from left) herself only able to perceive light from dark, is shown instructing Mrs. Raymond Gascon (second from left) also visually handicapped in the art of walking with a white cane. Mrs. Thompson is one of three state home teachers for the adult blind under the Oregon Commission for the Blind. She is here about every two

months to conduct classes and give individual aid to Jackson county blind. With the two are Mrs. S. M. Tuttle, (extreme left), and (right) Mrs. Max Peirce, Red Cross volunteer community service workers who assist in the instruction program and aid the blind in this county. The group is shown in the yard of the home of Miss Sadie Pence, 20 West Jackson street, where a recent series of homemaking classes for the blind was held.—(Brainerd photo).

justment and training of the visually handicapped.

She lost her sight over a period of 20 years, and knows the various phases and stages of impairment and adjustment.

Those knowing of visually handicapped persons, whether they are totally blind or only partially so, may have them get in touch with Mrs. Charles Zink, 19 South Louis avenue, or telephone her at 2-8034. Mrs. Zink is a volunteer adviser who can make arrangements for the aid which is free.

Though the program of training is financed and administered by the state, volunteer work and money here play a large part in

### its success.

### Aid Many Ways

Jackson county Red Cross community service volunteers transport the handicapped persons to their classes here and in Ashland, and assist them in numerous other ways—by calling, taking them shopping or delivering and remailing "talking books" which are furnished by the Library of Congress free and without postal charge.

The Red Cross community service, which was originated in Medford, was selected by the Medford Duplicate Bridge club to administer its Braille fund, raised by the club through benefit card parties at Medford and Camp White. This fund is used both for pre-school and adult blind.

Through this local Braille fund supplies for making rugs and mats, lamp shades, creative playthings, script guides (for use of the blind in guiding their handwriting) and Braille bridge, canasta and pinochle playing cards with Braille rules, are purchased. These are only a few of the items available for use of the Jackson county visually handicapped.

### In Three Areas

The series of homemaking classes just completed by Mrs. Thompson were conducted in the home of Miss Sadie Pence, 20 West Jackson street. In Ashland they were held at the home of Mrs. Edith Good. At Rogue River individual aid was given.

Here the women not only keep up a lively chatter, they learn to weave and do other handiwork and to cook. They also study beginning and advanced Braille. Like other women, they are anxious to try out and discuss new recipes, and when they find a worthwhile one, they busily punch it out in Braille and file it away in their own filing envelopes, which they also have indexed in Braille. For those they think particularly good, they make extra Braille copies to exchange with their blind friends.

Compile Cookbook Incidentally, the Jackson

county blind women have become so enthusiastic about their recipes and cookery they are now compiling a Braille cookbook. This will be published and made available through the Braille and Talking Book division of the Portland City library.

In executing their handiwork the Medford women are using frames bought from the bridge club funds. Their present yarn supply was supplied by the public, the result of a recent request published in The Medford Mail Tribune.

In the kitchen, which hums like any other with the egg beater and rattle of pots and pans, there are special "gadgets" they have purchased from the American Foundation for the Blind in New York City.

### Many Gadgets

These include tags for Braille writing to label canned goods, condiments and other supplies and a Braille cookbook. Also available from the foundation are special measuring cups, pancake turners which automatically flip the pancakes, bacon fryers, pressure cookers which can be used safely by the blind, and many other aids which help a blind woman do all her own housework with little or no difficulty.

The "talking books" are obtainable to the Oregon blind through the Oregon commission in Portland, at 645 Southeast Ankeny street there. Detailed information will be provided on request.

They are made up of boxes of records, the side of each record playing for about 15 minutes. There are about 1,100 titles from which to choose, and in-

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### RECEIVE HOMEMAKING INSTRUCTION

—Three of Jackson county's visually handicapped are pictured here receiving instruction in homemaking arts from Mrs. Vera Thompson, Portland. Seated (left to right) are Miss Sadie Pence, 20 West Jackson street, in whose home the recent classes were conducted; Mrs. W. H. Hill, 215 West Jackson street, who has gradually lost her sight over a period of years; and Mrs. Raymond Gascon, 1140 West 10th street. Assisting the women, (standing, left to

right), are Mrs. S. M. Tuttle, Red Cross volunteer community service worker; Mrs. Thompson; and Mrs. Max Peirce, of the volunteer community service. Miss Pence is shown here punching out Braille by use of the stylus and slate method. Mrs. Hill is learning how to weave a table mat, and Mrs. Gascon is knitting. Mrs. Tuttle is inspecting a leather bill fold made by Miss Pence while Mrs. Peirce is untangling a skein of wool for Mrs. Gascon.—(Brainerd photo).

cluded are books on nearly any subject and the current issues of Reader's Digest. Titles on the records are Braille on one side and printed on the other.

Braille Watches One of the most important inventions to help the visually handicapped are Braille watches made with a crystal that pops open so the blind can "feel" the time to the minute.

The typewriter is a "natural" advantage to the blind, because the seeing, like the blind, operate the machine by feel. So those fortunate enough to own a typewriter can write their own letters to their seeing friends, even if they cannot read their own mail.

Machines which type Braille are another boon to the blind. The machines are constructed with six keys and a space bar. It is possible, Mrs. Thompson said, for a blind person to type on a Braille machine at almost the same speed as on a regular typewriter.

Beginning and advanced typing on both the regular and Braille typewriters are taught here by Mrs. Thompson, as well as the beginning and advanced reading classes in Braille. When a Braille typewriter is not available, the blind use the slate and stylus method to write or punch out their Braille.

### White Canes Help

One of the greatest hazards for blind persons is moving about in public streets and stores. To this end, the Oregon Commission for the Blind has recommended the use of a white cane to safeguard the blind abroad. A state law makes it

mandatory for motorists to give the right-of-way to the white cane. However, as Mrs. Thompson pointed out, the blind do appreciate a helping hand as they make their way through traffic and in and out of stores, and for the other courtesies which the seeing can do.

Another recommendation made by the instructor is for sighted persons to continue friendships with those who had the misfortune of losing their sight. Treat them the same and help them when you can, she suggested.

### Since 1947

She has been assisting the blind in this county since 1947 when the Pythian Sisters were her first hosts here and helped in the project. Mrs. Edna Bryant was one of the Pythian Sisters who was especially helpful. Mrs. Zink also spent much of her time canvassing blind persons and assisting the workers for the commission with transportation.

Since then many Jackson county blind have been aided through the state's program. But it's still not enough, Mrs. Thompson believes.

### CALIFORNIA WEATHER

North California Coastal fog and increasing cloudiness through Saturday night; rain in north of Ukiah, spreading to Monterey and Stockton Sunday and Santa Maria and Fresno by Sunday evening; slightly warmer over interior, but cooler north portions Sunday; north west winds 10-20 off coast becoming southerly 12-25 north of Point Reyes.

### Portland Man Named Air Division Leader

Tokyo—(U.P.)—The Far East Air Force announced Saturday that Brig. Gen. Chester E. McCarty, Portland, Ore., has been named commander of the 315th air division, combat cargo. Gen. McCarty left Portland with the 403rd air wing recently for overseas duty.

## SUNDAY HEALTH CHATS

By Dr. Frank J. Hanses

Before I proceed any further with these weekly health talks, I believe it would be well to explain just what Chiropractic is and what conditions we are qualified to treat:

Chiropractic is that system of healing that treats disease by returning to normal the impaired nerve supply to the diseased part. We do this by correcting any abnormal positioning of the vertebrae in the spinal column. Why should the vertebrae move out of position and how could that cause disease? Well, basically, the spinal column was designed as a very sturdy beam, but when we assume the upright position it becomes a rather weak column and the vertebrae may become fixed in their range of motion. Now, because the nerves branching from the spinal cord and passing between these vertebrae are dependent on the size of the opening between the vertebrae to transmit normal nervous impulses, it can be seen that if the size of the opening is decreased the nerve supply to a part will be disturbed. It has been shown that when normal tissue is deprived of its nerve supply the tissue function will be greatly decreased. This can easily be illustrated by the wasting of poliomyelitis. In a true case of polio the nerve supply to a part, such as the leg, is either partially or wholly destroyed and without this nervous energy the leg will become withered and functionless.

A Chiropractor is licensed, by State Law, to treat acute and chronic diseases (bronchitis, measles, gastric ulcers, etc.), to do minor surgery, to deliver babies and to sign birth and death certificates. We were not licensed to do these things by mere chance. The laws were passed only after we had shown that our education qualified us to diagnose and treat sick people.

Within the past few years the Chiropractic profession has become the second largest healing profession in the United States. We could not have reached this position if our method of treatment had not proved itself to be beneficial in the prevention and treatment of disease.

Dr. Frank J. Hanses, Chiropractic Physician, 138 Oak Street, Central Point, Ore.—Adv.

## New 'Rogue Room' Opened by Hotel In Renewal Project

Asa I. Arnsberg, owner of the Medford hotel, Saturday announced the opening of the "Rogue Room," most recently-completed portion of the extensive program of remodeling and redecorating now under way at the hotel.

The room, formerly the fireplace room across from the lobby desk, can accommodate gatherings of up to 50 persons, according to Hotel Manager Harry Watson, and is also adaptable for the use of individual parties and smaller groups. The room is decorated in a modern style with western outdoor themes.

### Five Rooms Available

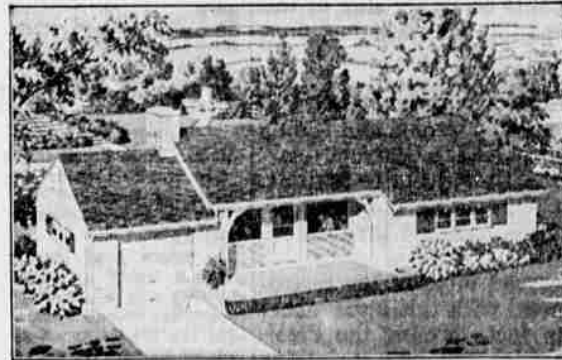
Watson reported that the hotel now has five rooms available for banquets and meetings.

Other phases of the remodeling program which will be completed soon include a new entrance, marquee and marble front; a new cocktail lounge which will serve food until 2 a.m.; a newly redecorated lobby and new rest rooms, a modern new lobby desk and interior fixtures, and 20 additional showers and baths for guests.

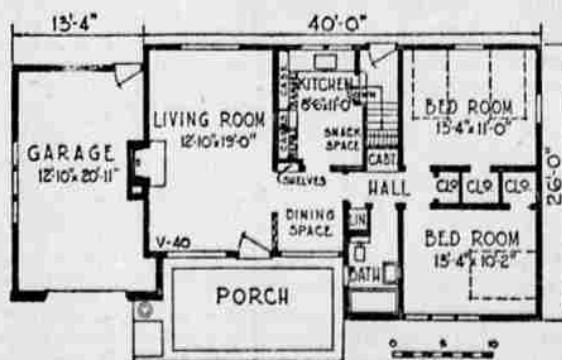
Architect's plans and drawings of the complete program, which began last year, are on display in the lobby.

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