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Aaliyah. I know a lot about my favorite singer in the world. She's the one that had died in the plane crash. She died August 25th on my birthday. She was born January 16, 1979 and she has a brother named Rashad Haughton and her mother and father they never really print out their names but her mother, she looks exactly like her mother and she looks exactly like her grandmother. She's one of the best music people I know because personally, it wasn't like she was really there as in body, you know - to me, but her music - she worked for her music to kind of help me through a lot of things, listening to her music. I still listen to her music and I collect all her posters and everything, because it has sentimental value to me, is what I think it is. She has a new song, *Miss You*. She's in that song, she's explaining about someone that she went with and loved a long, long time ago. But she never really stopped loving this person and they sort of went their own separate ways and she really wants to get back with this person. But then again she faces reality stating that this person has another life and they have to move on with their life and so does she. She sings nothing but music and she sings from the heart. And I know that she sings from her heart because I can feel it. When I feel somebody is singing from their heart you can actually feel - it's a feeling that's very indescribable - but you can actually feel it in your soul. This person is singing from the heart, expressing themselves in distinct detail to you and it's beautiful. **-Darius Franklin**

See also **Music, R&B**

Abstraction. Abstraction and Impressionism, those are what I really like - kind of gives me free reign over whatever I want, you know. I look at something and the way I interpret it is usually much different than the way other people interpret it, and so that's what I like about it so much, you know. There's abstraction and there's abstract design. The abstract design I'm not a big fan of because frankly it takes a little bit more

time and there's other things that are into it other than just painting. Abstract design is like, you know, seeing that table and making a design out of it with the background and everything else. But just regular abstract I always think of it as just saying like okay, you just look at something and - it's really hard to describe. All I can give is examples I guess. Like I painted a portrait of my Mom, an abstraction, and with the way the light was coming on to her face and reflecting and everything it just looked like she had a lot of green and purple in her face. And so, you know, obviously those aren't her skin shades, but that's what it looked like to me. So her face was made up primarily of greens and purples and her nose was, I'd never noticed it before but I guess she'd broke it, 'cause I asked her, 'cause her nose was slightly off-centered so I exaggerated that. A person's eyes are never fully level, they're always a little off so I exaggerate that. I usually exaggerate it a lot. I guess, you know, some people would call that making a caricature, but it's really not because caricature still makes sense to people, whereas abstraction usually only holds importance to the actual painter himself.

-Ryan Nale

See also **Drawing; Pointillism**

Aches. See **Medicine, Alternative**

Acting. See **Oral Interpretation**

Activism.

Opportunities for. I went to deliver humanitarian supplies, basically. I don't know, a group of us, about sixteen of us got together and said well "Let's join the fight on terrorism". And what we did was pack our bags and we took off for the one country where most people say they hate us most. And so we went there. Packed our bags. Instead of putting guns and bombs in them, what we did was put books, and candy, and toys, and medicine, and stuff like that. And we walked - we started from the western edge of Iraq and we walked all the way to Baghdad. Stopping at all

the different villages and towns and cities that we could go to telling everybody what America is and who Americans are and what America stands for. And because we thought people would understand the American ideals that way a lot easier, a lot more - more efficiently than they would from the bay of a B52 or a muzzle of a M16, you know. So if someone is going to hate us, we need to give him reason not to hate us instead of giving him more reason to hate us. Do you understand? **-Maher Bages**

Getting Started. My first thing would be to go into any area that you were planning to provide services and do an assessment. You need to come up with programs, activities, that's tailor-made specifically for that area. I've found that working in areas - what's necessarily good for one area is not going to be good for the other areas. So you go in and you make an assessment. If you need programs for youth, you look toward that. If you need to work with where there's a high unemployment rate, it might be something you need to do in there. Medical needs. Criminal activity. So you need to assess what's going on in the community. Then what I do, I look for the highly vocal, the most boisterous, biggest troublemaker in the area, and those are the ones I begin to pull in and begin to work with - to show the significance of using that type of energy in the community to make social change or change that's geared toward that community. I also explain that maybe it's not a paying job in the beginning, but volunteers are our biggest heroes and "sheroes" in a community. If they really dig in and do the job that is designed for them to do, it brings about significant changes. It helps to, in my view, build self-esteem, helps to develop self-help skills - working toward self-sufficiency. And that's the main thrust of what I like to go into a community and see come about: people working toward changes that they have some control in, controlling their own destinies in their communities.

Solving Problems. One would be, if there was a medical need, you begin to work with the different agencies throughout the city at large. You go to the medical community, agencies, hospital, clinics and see what services they can bring in on-site. I'm a firm believer of bringing programs on-site, as opposed to trying to work to get the people out who normally don't have transportation needs, can't afford transportation in a cab. The buses don't run the hours they should, so we need to get these services on-site.

Approach the medical community, agencies like Catholic Social Services, DACC, the public library, who all go - can and do go - into these areas to provide services as needed. Programs - medical - who have medical mobile who come out and do blood pressure screenings and other medical screenings. The Danville Area Community College has donated books for children and adults. The library here I call an extension library because we've got a set of encyclopedias, we do after-school programs. So the programs are tailor-made for the community - what's needed there - and you work with the agencies outside of that community to bring in services that are pertinent to the people that live there. We also do things like donations, free clothing, furnishings, food items such as cereal - non-perishable items, I should say - to supplement the food supply of the families there.

Raising Money and Giving Donations. My Human Relations Commission has a fund-raising committee, and during the summer we pick up leftover rummage. We do go in and assess the rummage that people have left, and then we take the better portion of that, I'd say 85% of that, into the communities, and we set it up where we give it to the families. The other part we sell on a weekly basis - a rummage sale - to offset the cost of running our truck, making deliveries, keeping repairs, and that type of thing. We get the rummage from the people that have rummage sales. Ones they don't sell, they want disposed of, and so they call us. I think I may have some information on that. So we pick it up free of charge, and therefore we give it away. There's a lot of good items. There was just a lady here not too long - this is where we just had an article in the paper - that's an ad we have in the paper - so, a lady's taking GED classes at the Fair Oaks Apartments and she was telling me how it was giving her the courage to get up and go every day because she got such nice clothes and shoes and things. It does make a big difference when you've got to ponder over what I'm going to wear tomorrow and I just wore this today, as opposed to going to your closet and looking at clothes that you normally wouldn't be able to afford. We do get the nicer items. We travel as far as Hoopston going north to as far south as Paris, Illinois, to pick up items. We've given out microwaves and toaster ovens - things that families just don't have the money to buy. For the holiday, we've already given out trees and lights and all the donations and things and we do it every year. Also, we do

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fund-raising on-site for playground equipment. We even had the kids involved - "Pennies for the Playground", if you find a penny you bring it to us - we let them put it in a jar. But the adults, we do fund-raising ideas to help contribute. We won't raise enough money but we can contribute and maybe ask the government to match funds. We have an ongoing program at Green Meadows now where we're recycling cans. They drink a lot of pop so, bring your cans in, and we keep those. They have resident monitors where we choose residents from each building and we ask them to take a night and do a fund-raising. They may do a chili sale or we may get a television - used one, of course - but we'll raffle it off. Whatever ideas that a resident comes up with, we try to assist them in raising the funds. They usually come up with their own ideas, maybe just selling food, or doing a raffle, we may even do what we call a fun night or fun day where we have little games and things for the kids to come participate, but it's all very inexpensive so we don't raise a lot of money at one time. The most we've raised at one time was like \$83-something. We may do a rummage sale at the end of the season and we put it right back into the community.

Food Bank. Through my church, the Abundant Life Church, we get donated items from them. The pastor at that church is involved with the Food Bank so we do get things like cereals, non-perishable items, peanut butter, some bread items that we give away on a regular basis to families, and it doesn't - we don't have to ask for income, or if you need it or don't need it, because we know that it's going to supplement the food supply anyway. They get food stamps but we know that by the end of the month that's kind of depleted. So, we're just too happy to provide families with the extras, and we're now looking into even next year doing a community garden, growing vegetables for the families in the area so they can just go get vegetables.

Career Assistance. We do bring in people from the Job Service area to talk about that, but we start out with how do you fill out an application, why it should be completed, it should be neat, we talk about resumes, we start from the bottom working up. The first thing you need to do is to be able to create your resume and not make it so lengthy where they won't read it. Then you need to know how to fill out an application, understand the wording. We found out some of our people didn't understand "sibling". You know, just little simple things that keep them from filling out an

application because they don't understand some of the wording. Well, that used to be. That's about taken care of now.

Voter Education. It's just like voting. Our people don't vote a lot of times because they didn't understand how to use the machine and were too proud to ask, so we brought someone in from the Election Commission, to bring a demonstrator machine in. Go behind closed doors if you must and have them show you how to operate the machine. So you just have to kind of know the people in the area, what their needs are and just ask someone to come in and do it without always having them come and tell you this is what I need, because a lot of times they won't do that. We bring the people in on-site to do their job. *-Gloria Thompson-Brown*

See also Altruism; Protest; Public Housing; Veterans for Peace

Actors/Actresses. *See Autograph Collecting African-American History.* *See History, African-American*

Ailerons. *See Airplane Controls*

Air Force Reserves. *See National Guard*
Air National Guard. *See National Guard*

Airmail. Oh I was fascinated because did you know that the first official US airmail was in 1859? See, long before the Wright Brothers flew. And it went up in a balloon and flew out of Lafayette, Indiana - was supposed to go to New York. The winds that day were wrong and it went to Crawfordsville, Indiana and went the rest of the way by stagecoach. But the United States Postal Service acknowledged that as the first official US airmail and issued a stamp. And that fascinated me because by that time I was working for the museum there in Lafayette and I had seen old photographs of this balloon going up and I read in the Purdue Rare Books Department about this balloonist. He really was something of a scientist and he had a dream of transatlantic flight. And you know it has just been within the last year or so that they have actually been able to circumnavigate the globe in a balloon.

-Mary Blair Immel

Airplanes.

Navigation. On the type I flew it was all manual. There are auto pilots on some small airplanes, but the airplanes I had, they were not that sophisticated. In fact, they were not even as well equipped as today's airplanes. Today they

have global positioning systems on them where you know where you're at. And back in my day we used what was called VOR navigation. VOR is a very high frequency Omni range. And it emanates a signal like the spokes on a wheel, 360 degrees. And you can either navigate to the station or from the station. And that way you can get to any place you wanted to go just by drawing the line on your map and turning on the radio.

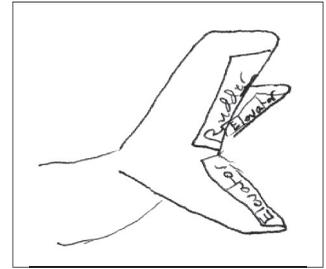
Station Locations. They're all over the place, different frequencies, different stations. Terre Haute has got one, Danville's got one. They're located probably somewhere around 100 miles apart I'd say, maybe a little bit less. **-Louis Lete**

See also **National Guard**

Airplane Controls.

Artificial Horizon Indicator. This one right here is your artificial horizon. It has a little thing that kind of looks like that. That just represents the plane and a ball in the background that moves and it shows the horizon up and down. It is called Artificial Horizon Indicator or Horizon Indicator. It shows how high or low you are above the

this direction - I will be flying with the wind and if I have a tail wind that will say I am going, I do not know, maybe 80 knots. But if the wind is blowing at 20 knots I'll really be going 800 knots over the ground and then if I turn around I will be on 60 knots over the ground. But that will always still say

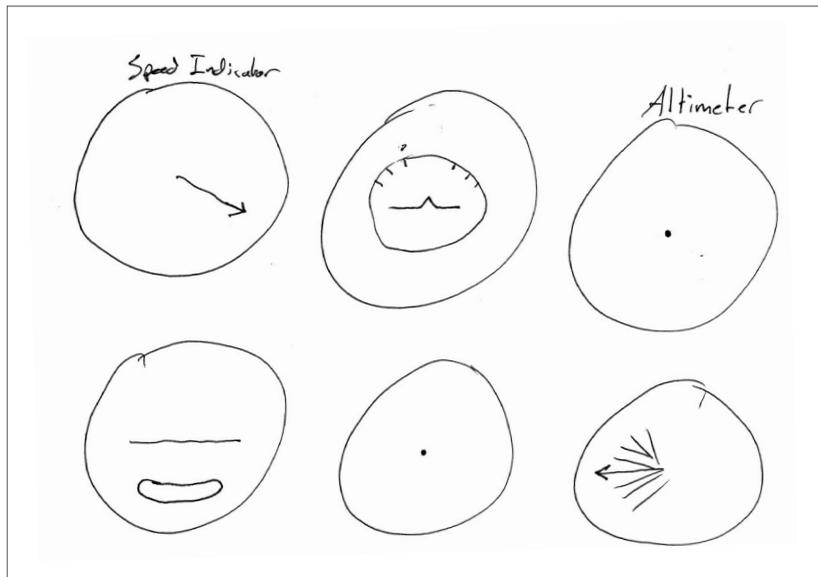


© Paul Rancuret, Airplane (back view)

80 knots and relative to the wind because that is what matters because that is how it is going over the surfaces of the plane. It goes in knots and it depends on the plane. I am not sure how high it goes but it has different amounts. There is a white arc that shows how fast you can be into where you can use your flaps, which you use when landing usually. There are lots of different things that you measure on different speeds, so it is marked with different colors in different areas of it.

Altimeter. This here is your altimeter. This just tells how high you are and that says above sea level, not above the ground.

Rudder. The rudder is like a rudder on a boat. It is in the back of the plane. It is on the plane and it goes like that. You control the rudder with your foot. The rudder also controls - like when you are taxiing the wheel, the nose wheel - it turns the wheel. And you have the brakes on the rudders too. The toes are the brakes and there are independent brakes, left and right



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horizon and it shows the bank of the wings. Oh, another important thing about this one that I forgot to mention, it shows little notches that show you are angle of bank. This would be like 10 degrees, 20, 30...

Air Speed Indicator. This one over here is your Air Speed Indicator and just pretty much shows your air speed. It tells your speed relative to the wind, not to the ground. So if the wind's blowing

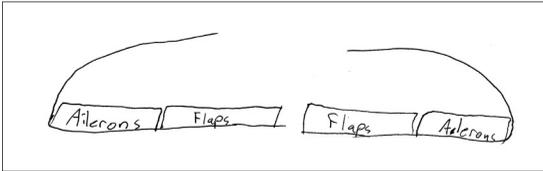
brakes so you can turn pretty sharp that way while you are taxiing. The rudder is how you turn this way and the flaps are how you rotate.

Ailerons. The ailerons are what control the roll, the bank. When you turn right those are at the ends of the wings. If you turn the yoke right, the one on the right side is going to go up and the one on the left side is going to down, so you will

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bank to the right. The ailerons go up or down to turn.

Flaps. The flaps make it so that you can go slower and have the same amount of lift. The wings are like this and when the flaps come down it adds more curve to the bottom of the wings so that they can go slower and still have that lift. The flaps are right next to them like this and the flaps just go down. The flaps they go down to slow the plane down. The flaps are just to slow down. The flaps are different on different planes. Like my



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plane, it is just a bar just like a hand brake in a car pretty much, except there is different degrees on how high you pull it. Usually there is like 3 levels or so of flaps. A lot of planes just have like a little knob or something on the panel.

Elevator. And the elevator's in the back on the tail and that is - the elevator is how you go up and down. These elevators here they just move up or down to make the nose pitch up and down.

Auto Pilot. They use auto pilot just for cruise pretty much. I imagine like when they are in traffic patterns in the airports they are doing it all themselves. I mean, I do not think auto pilot can land a plane. I doubt it. **-Paul Rancuret**

Aliens. It would be so small-minded for me to sit here and say that I think that, you know, humans are the only ones that exist in this big wide universe of ours and that there's no other life forms. Now here's my thing, I don't know what aliens look like, because I've never seen one, but I think that basically they would look like whatever type of environment they come from - just like we take on the shapes that we do. I believe that there might be aliens on Mars and we haven't explored Mars, you know, enough to determine if there's any life forms living on the planet. We're actually getting there though, we're getting pretty close. But especially out there, you know, in the parts that we can't reach to - we can only see what they tell you. They found like seven more planets maybe I think outside of Pluto. They haven't named them yet, but that's what I heard the scientists have - but yeah, I believe that aliens exist. Now are they traveling here, I don't

know. I don't know what their technology is so I don't know if aliens have traveled here. I don't know if, you know, other life forms have been here on earth. We claim that we've seen them, they possibly could have. **-Lee Reed**

See also Multidimensional Theory; UFO's

All-Star Game. See **Basketball**

Alternative Medicine. See **Medicine, Alternative**

Alternative Religion. See **Religion, Alternative**

Altimeter. See **Airplane Controls**

Alto. See **Barbershop; Singing; Sweet Adelines**

Altrusa. This was begun back in 1924, for women who were at the top echelon in their businesses, as a service organization, and it began over in Indiana and spread all over the world. Today we are worldwide, including Russia, including South America, Australia, all over. The largest service organization in the world.

Becoming a Member. We have invited the men to join us and it's been a pleasure to have them - we weren't for many years. We were strictly a woman's organization, but it was a classified organization in that you must be at the top of your echelon, at the top of your, whatever, to qualify as a member. The field doesn't make any difference, the more diversified the membership, the better it is. But you know - whether you own your business or whether you are second in command or whatever, your sponsor - your sponsor would invite you - and this is again invitation to come into the club. There are some people who have made known to other people that they'd like to be a part of Altrusa and certainly if they have the qualifications we get them in. And locally we've been a very active club, I was president for two years and thoroughly enjoyed it.

Fund Raisers. We have two fund raisers per year, one in September which is a giant yard sale, and then we begin the end of October until we finish - we're selling pecans. Every penny we earn stays in the community, none of our bills are paid with anything else other than our dues, we don't touch it for anything else.

Community Service. We have a thousand dollar fund called a Career Advancement Fund available at all times that is a gift - we've had three people in all of the years pay back their money because they wanted to, we don't ask for it. Then our money that stays in town goes toward the Salvation Army, the Center for Children Services,

Habitat for Humanity, Peer Court, for openers. The Laura Lee Fellowship, we just gave them some money on their new building. One of our oldest projects is delivering reading material to the home bound, we had not only the books and the pamphlets and so on but we had the Talking Books, and it was such a pleasure to introduce people to Talking Books. One fellow in particular heard me talking about them and he said, "Tell me, tell me." I did, got him started, he lived over in Covington, they'd drive to Danville to pick up Talking Books for him, and he thought I walked on water and I promised death to anyone who told him otherwise. *-Mary Tipword*

See also **Activism; Volunteering**

America. [On a humanitarian mission to Iraq] We told them the principals this nation was built on. We told them what democracy is - having representative government. We told them that all men are created equal - and women. And freedom of religion, freedom of speech, all these things that most people don't understand. And they think America is just a hateful country ruled by an ignorant few. And the truth is perhaps those few have been misguided, they haven't been truly representative of what the people are about. But, still it's a beautiful place to be here and all. The fact that you know, we can - I can sit here and talk and say the things that I want. I mean, if I was an Iraqi I would be put in prison a long time ago, you know? All of us Americans who went there - we believe in what America stands for. We believe in justice, humanity, and we believe that everybody deserves the same things that we have. And we don't think that just because, I mean just because we're powerful we have to - we have to spread our might all over the - all over the world. Instead we want, we want all the people to know that America is a place of love and a - and a place where people understand each other and tolerate each other regardless of their differences. And those differences actually make us grow rather than hinder us from progressing. So, that's why we went out there and what we did. That's basically what - what I've done for the last two years. *-Maher Bages*

America's Personality. I don't really want to get too critical of the American contrasting view, which is, I think that if you could say that a country had a personality, the American personality would fit - and I did this once - I checked the diagnostic criteria in DSM-4. The American behaviors, the way it conducts itself on the world stage, fits, I

think, at least nine out of ten, or maybe all ten, diagnostic criteria for narcissistic personality disorder. I think in retrospect, the classic illustration of that was the Los Angeles Olympics in 1984, which watching from abroad was just ludicrous. Half the world didn't come. The Soviet - sorry, the socialist world, under the urging of the leadership of the Soviet Union, did not participate in the Los Angeles Olympics in 1984. It might have something to do with the previous boycott by the U.S. However, the Americans went running around waving their flag and saying, "We're number one. We're number one. We've got Olympic gold. We're wonderful. No one's as good as we. Big medal count." Half the world wasn't there. The East Germans weren't there, the Russians weren't there, the Czechs weren't there. The people who have been historically garnering these medals weren't there. And yet it didn't matter. When you watch, say the Olympics, on Canadian television, you watch the Olympics with a focus on Canadian competitors. When you watch the Olympics on American television, you're watching the United States at the Olympics. And you don't see performances by other great athletes if they're not American. Now that's a sharp difference between narcissistic personality disorder of the U.S. and I think a more balanced, but somewhat smug and hypocritical personality, that you might call the Canadian personality. *-Jim Tanner*

Views Toward War. Man, this stuff going on in the world that is just - true enough, we had one of the biggest tragedies ever with the twin towers. And we will never live that down. But, think about it. People in Belfast have been fighting for 100 years every day, every day for 100 years. Israelis every day. I mean it is like so common with them. I remember the Vietnam War, the Vietnamese would say stuff like they would sacrifice their kids. This is how dedicated they were. They would strap their child with a bomb and send him to the American soldiers. Even if it wasn't but a squad, maybe 12 men. They blew up 12 men. They feel like they have done something for their cause. That is where we are weak at. You touch my kid - it is over. That is the way we are. That is how we were raised. That is how we are. So when it gets personal and comes home we cannot have it. We cannot have it.

Viewed by Other Countries. We have a lot of growing to do as people, as a country period. We have a lot of growing to do. We are so materialistic, and we wonder why other countries

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hate us. Sure enough, they do not know you and I personally, and you and I are not personally running the country. We could be styling but we are Americans and we are here and all they know is to dislike the Americans because he is there. That is what they are raised from childhood to do. And we flaunt it and they got no problem about showing it in movies and such. You watch one of these comedies or something and you take a tourist in a foreign country, soon as something happens to them, "I am an American. You cannot do this to me". Flashing their passport "I am American". "So what, you are over here now. We did not like you no way. We just want you to spend your dollars." You know my point. You see what I am saying? That is how you know it is.

-Major Chism

See also Activism; Canada; Military

American Clippers. *See Ships*

American Revolution. *See Daughters of the American Revolution*

Anaplastic Astrocytoma. And then just this past summer in August I was diagnosed with an anaplastic astrocytoma tumor in my brain. In about six to eight weeks I have an opportunity to have the tumor removed, but I'm not exactly sure that I want to have it removed, because the doctors have told me that there's a possibility that if they do remove it that the tumor will still grow back.

Medications. It's actually, I'm faltering now. It's been a very long time. And actually I think that since I had the diagnosis of the brain tumor it's been more difficult. I've been on more steroids now. You know my team is like, they're always like, "You know, you're on steroids now, you should be able to do really well." Since August I've probably had like seven infections and I'm on like six different steroids. And the steroids beef me up, if you will. You know, like before I got sick I was 127 pounds. And now I'm 151 pounds. And it's like, I can't move! You know, I wanna move! I'm not used to being this large. *-Amyzellie Tremelling*

Anesthesia. Anesthesia is many long, boring hours with a few minutes of terror sprinkled here and there. Anesthesia is used mostly to put people to sleep for surgery and requires a lot of depressing medications. The medications depress every function of the body that they touch: respiration, heartbeat, blood pressure, digestion, liver, kidneys, everything. My job

is to give enough depression that the patient will tolerate surgery without giving enough depression to leave them with irreversible harm, which you can do. It is kind of like a balancing act. You have got to be asleep but you have got to be able to wake up at the end. You go to school for a long time.

Administering. There are a tremendous number of medications for a lot of different applications. It is complicated. I wish I could make it real simple for you. It is highly scientific. It is complicated and you have to have a good eye for detail. So, when you are deciding what type of medication to use - I look at a person's medical history, previous surgeries or medical problems, or any kinds of diseases they might have, or medications that they are taking. Also, take into account the kind of surgery they are having. That guides us to a reasonable approach to anesthesia. There are a lot of choices of anesthesia too. Not just the medications but different techniques. If you are having an operation on your hand we can make just your arm go numb and nothing else or one leg or one foot or your hand. Some medications are based on age and weight. Some medications are the same for everybody, like antibiotics. Everybody gets the same dose no matter how big or small you are. Some medications are just totally unpredictable. You do not know how people are going to react to them. So, you give them a little tiny bit and see their reaction and that tells you how much more you can give safely. You put a little bit in to see what happens, a little bit more and a little bit more until you have reached the desired effect.

How to Tell if it's Working. If they are awake they can tell you. If they are not awake then you go by subtler signs. Changes in respiration, heartbeat, blood pressure, flushing of the skin, perspiration and a lot of other little things. It is complicated. If you have got thirty years I can tell you everything I know. *-Gary A. Jones*

Anesthesiologists.

Shortage of. There is a big shortage all across the country not just for veterans but community hospitals also. We have roughly ten percent of our positions vacant because of a shortage of people who do this. So, to attract these people, my national organization has a scholarship fund for student anesthetists who will promise to work for the VA if we get them money. My wife made a quilt that we are raffling off to raise money for that scholarship fund. *-Gary A. Jones*

Angelfish. See Fish

Anthony, Piers. *Fractal Mode* is by Piers Anthony. It's a science fiction series. *Virtual Mode* is actually the first book and it is based on the idea that different worlds exist. Different dimensions exist all throughout the universe and you can open a virtual mode and travel through cyberspace to other dimensions. It is about a girl from, I think, Iowa or someplace, some random spot like the Midwest and a guy on some other world opens a virtual mode and her and a telepathic horse are his companions and they go on a series of adventures. The idea is that every time someone else enters the virtual mode, then one entrance has to close. So, in each book there is a new character introduced and then a character left behind at the end. -**Charles W. Brubaker II**

See also **Aliens; Multidimensional Theory; Spirits; UFO's**

Anti-Social Behaviors. See **Psychiatric Illnesses**

Aperture. See **Lens, Camera**

Arc Welding. See **Welding**

Arthritis, Remedy of. See **Medicine, Alternative**

Artificial Horizon Indicator. See **Airplane Controls**

Assembly Line. Yeah. It was an assembly line and everybody - each individual had their own station and you did something different at your station. But the line I was on, there was six different fork trucks that came down the line. You would get like two of a small S, that's a certain type of truck. You might get two of the laser, then two of a big S. So you did something different to each one, which was kind of good because I enjoyed that job and I think a lot of other people were enjoying their job because you were doing the same thing - but you weren't doing the same thing all the time. You might get two trucks that were the small S and you might have had to tighten a couple of bolts on it. Then the next truck might have been a big S and you might have just put a bracket on it. There are different types of trucks and there were like - some trucks would go different places. They had military trucks that would go be used just for the military. And they had - I think they had some trucks that went to airports and stuff like that. And you did something different, it was like special trucks. But each operation did something different to

each truck. I think there were six different types of trucks on the line. And some days you might not get any of one type and then other days you'd get all of them. You know, you get two here then you get one of this kind and then you get one of another kind. It was - I enjoyed it. It was different. I think they said it was supposed to take, I think they said 13 minutes at each operation. And they started with like operation 10 and ended up with operation 100.

Backing up. So it wasn't like - I never got bored with my job there. I enjoyed it and I think a lot of people there enjoyed it. I did the same thing every day. It really didn't switch but sometimes you learned the operation before you or the one behind you to where you could perform if somebody called in or somebody was sick. Sometimes you'd have - most of the time you'd have two or three trucks waiting on you. But you could also, you could walk down the line a little bit and do your stuff before the operation before you was done with theirs. They help you stay ahead or whatever. Because you didn't want to have three or four trucks sitting there waiting on you and you're working on this one here and there's an empty space here for the next operation - because they didn't like to see that. So you kind of work yourself back so you wouldn't have that problem. But it didn't always go smooth but I enjoyed it. -**Albert Webb**

Attention Deficit Disorder (ADD). There's two types of Attention Deficit now. They always thought in the early theories that it was always related with hyperactivity also. But there is also now Attention Deficit without the hyperactive, you know, part of it. And I fell in that category. Those are harder to diagnose also.

Cause of. Attention Deficit is definitely - you're born with it. It's a birth defect. You know, it's been proven. There's been a lot of theories, but it is a birth defect.

In Adults. It is something that has been associated with children, and until like the last fifteen years, they did not even think that it existed anymore in your adult years. But, you know, they're finding as time goes on that these people are having these symptoms, and as they went into studies and theories they discovered, you know, they had the same symptoms as like maybe their own children had of Attention Deficit. And they do have it. It's just the reason that it seemed to be just associated with childhood is because as you grow up and you become an adult you just tend

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to compensate for your weaknesses, so they're not as prevalent anymore. You're not aware that you have these weaknesses. It's subconscious. You sort of know it, but you have this feeling you're different, but it's not enough difference that you'd really know. And then when you grow up, some of these symptoms are still there, but they have been more diminished because you've - you have just psychologically compensated for your weaknesses.

Symptoms. Okay, the irritability, unexplained irritability, very impulsive. That is one of their main characteristics is impulsivity. Very unorganized, unstructured, usually have problems getting along in relationships somewhere along the way. Not always, but somewhere along the way. Those are probably the strong ones. It's in different areas with different people, but it can be in all ways. Like, you know, having a hard time controlling your tongue, you know, shooting off something right away, and then instantly you're feeling bad that you said that. You know, you should have thought it through first. You know, or going right out and buying something and you should have thought about it. You don't really want to do this, but you just - you do. And then you think. I had trouble with my mouth, with, you know, in some areas. Now I never wanted to hurt somebody's feelings. I had very strong people skills, so I was able sometimes to keep a control over my mouth about hurting somebody's feelings, but thought that I should have - think, "Oh, I shouldn't have said that. Why did I say that?" You know?

Organization. Well, until I became aware that I possibly had this problem, I realize now - like if I would go in a store and all the clothes and things were all bumped together, that would like overwhelm me. And it was like, "Ooh," you know, "Where do I begin?" You know, and it would bother me. And I love to shop, so - but it was like that. My sister then, it was just like for her, she could go through and she could find it. But I would be overwhelmed. Starting a paper, I had the knowledge up here. I knew what I wanted to say, you know, to write, but when it came to actually doing it, it was like putting all these pieces together, you know, organizing it. A room - I didn't actually like it unorganized and disrumbled. But it was - sometimes it was like hard to put it in an organized form. It's - I think that you just don't have the ability, you know, it's something you really, really, really have to work at. You know?

Recognizing the Problem. First of all you really do have to come to a knowledge. You have to admit it. Then you go through a grief process, you know, because it is kind of humiliating to realize you indeed are different. And then you seek help. Because for me, you know, I really don't think I probably would have made it through nursing school had I not come to the conclusion and found out and got help. Because even with it, it was a struggle, and an instructor with keen insight who was very kind and helpful. 'Cause it was a rock bottom - I mean it was a rock bottom story. I mean rock bottom with my life. I felt my home was at the bottom, you know, my life, my family, my co-workers, friends, even teachers, my - everything for a while, you know?

Treatment. It is a symptom forever, you know? It is not something you outgrow. It is forever. The battle is always - I always have to work harder, take more time.

Medication. They start you out at a mild dose, and you have to - and you're monitored very close. That's the other thing. There are so many similarities, other diagnoses that are similar, and it's very important to be very sure that it is Attention Deficit you're dealing with, not - for one thing bipolar has a lot of similarities, some forms of schizophrenia, you know? And it will not help. So I think it's very important to get a definite diagnosis. And then they started me on the medication, Ritalin. I started at 10 milligrams three times a day, or two times a day. I think three because I was in school studying. And then I had to come back in two weeks, you know, and then it was closely monitored until we were sure. And then I had physical, you know, tests to make sure I wasn't having bad reactions and - or other problems. It gives you the ability to concentrate and focus, but that's not gonna change a lifetime of habits and behaviors. I feel very strongly you also have to be involved in a behavior modification; learn to change these habits and these behaviors. Because medicine is not gonna change that, you know?

Behavior Modifications. When I'm wanting to do my best job, I think about it, you know, where I'm going, what I'm gonna do today, write it down, you know, and go by that. As adults, you become, as you get older and you mature you're able like to simmer it down, you know? Like you might be able to simmer down being quite so unorganized. You might, you know, subconsciously think, "Now I got to take a little more time for this, you know, and slow down." Or

you might be able to sort of control impulses. For me I might have to sit down and write everything down, you know, and then go about it. I have to have a road map. I can't just decide in my mind, "Well, I'm gonna do this." And I get easily off the course, you know, distracted.

Journaling. I also journal. ADDers not only have medication, which makes a big difference, that gives you the ability to stay focused, but that's not the whole answer. You still have to work on these behaviors that have been a lifetime. You know, and so that is a behavior modification, that journal is. Because we as adults, you have this feeling. You feel guilty, you feel bad, you feel like you shouldn't do these things. Or you'll be very impulsive, you know, and your behavior is inconsistent. One minute you'll be all high and the next minute you - and it helps me to get some - to see on paper what I'm thinking, what is happening at the moment, because I journal what I'm thinking, what's happening, how it makes me feel, you know? Then I go back and look at it and it helps me calm down and get a better grip, you know? And it's sort - it's a behavior modification.

Effects of Medication. Medication, it was an instant change for me, it gave me the ability to understand - like when I would read a book, finally I could understand what I read and it didn't take me five times too. And I wanted to read. And it was like I didn't know that was gonna happen to me. I just had this book in front of me that was very complex that we had to read. And I was sitting and reading, and at the end it was like all of a sudden, the light of illumination; "Oh, I've read the whole thing. And I know what I read." And it was so complex. I understood what I read. And it was like, "Oh!" I was excited.

Dealing With. And then later on, as I personally researched it, for one thing, I was sort of bothered that I had a brain problem, but for me it was such a change and such a difference that I felt elated and thrilled to have a diagnosis put to these things. But there really was a reason and that I could go from that - I felt re-born. I felt like I had a new chance and a new hope in life, you know? And I took it from that point of view and it was - although it was still rocky, and many difficulties along the way, and still is, it still was more bright, hopeful - but you've got to be - it's not gonna just happen. You've got to want to, you've got to have a strong desire, you've got to accept, and it's got to be forever, you know? It's not going to go away, and you have to take it in your own hands, you're responsible yourself and

- but the light at the end of the road is worth it. **Constant Struggles.** And then still today it's, you know, I am a nurse but I still struggle with confidence, you know, feeling confident that I can challenge anything. I still struggle with time limits. I have to work on it. I still struggle with organization, but I do have very - most of us have a strong area, and I have strong people skills. I interact very well with others. And I see others, what they're not saying. If they're really troubled, but they're trying to make me think that - I can always, pretty much I can spot it in a minute. And so that's a plus for me. And I'm very observant. I see a lot. And so I use that. I try to focus on what I do well, you know? And then I usually tell my - after a while my boss, you know, "I have weakness in this area, but I'm really gonna work and try hard," you know? And I'm a very honest person, so it helps. And I like what I do, so - and then I also am much more compassionate. I'm more understanding of other people with weaknesses, especially children, misbehaved children. I had no compassion for that. And just this week, I have had some kind of a long time period off of work. And it was like, "Oh, my gosh." I was starting to feel like I'm losing my ability and my strength, you know, and it's like I get back on track. And I thought, "I'm really glad that this came up and the timing was perfect." 'Cause it was like I need to review what worked and what - and it was like, "Oh, my." I've flipped. It's like I was aware again of what I always have to work on. And anybody with Attention Deficit, adults, always are gonna have to work at it. That's - it's not just gonna go away, 'cause being in the work field. But they can. There's hope for them. And it's not the end of the road and they don't have a future. They do. And I think I'm a good example. **Suggestions and Strategies.** They called and wanted my input about suggestions, you know, for future students. What would I suggest for them to be successful? Even if they didn't have Attention Deficit, just if they had difficulties, what did I feel was real important? And I said, "For one thing they got to really want to and determine they're going to work at it, take advantage of any opportunities, study extra, you know, pay attention, you know, determine they're going to, and if they do have Attention Deficit, get the medication." But you can't blame it on other people, you know, you really can't. You can't use it to take advantage. That'll get you nowhere.

-Chris Robertson

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Attitude. I like to get people's reaction. They ask me how old I am and I say "Well, I'm going on 75". They say really? "Yeah, in another six years I'll be 75." Well, I do that just - I mean I get tired of walking around town or wherever and seeing people frown, walking around with a bad look on their face. I mean it really bothers me. There's no reason for that. If you can get out of bed in the morning and see and hear, you haven't got any problems at all compared to what other people have, you know. **-Jack Goodner**

See also **Caring; Love**

Autograph Collecting. I do autograph collecting. I have been collecting for over ten years now and I have over a thousand autographs of mostly movie stars but I also have some political autographs, some singers, and a few artists. If I find something interesting I will see if I can find an address or I will buy one if the person is deceased or if they are just too difficult to get. It is a lot of fun.

Requesting Autographs by Mail. The Library has a couple of books in the Reference Department with addresses. Most of those are addresses for agents or publishers but there are some books that you can buy that have home addresses. Just the basic list is going to be about fifty dollars then they go up the more in-depth. If you want sports figures as well as actors and actresses it can go up to seventy-five dollars or a hundred dollars for the list. It is usually people who live in California or in New York City and this is what they do. They find out the addresses and they publish them and people buy them and that is really their job. They make a business out of it. Anybody, sports figures, actors, actresses, writers, directors, just about anybody. Star Archive has addresses and they are very good addresses and they are tested. They have people that come in and put in comments - if they receive something, what they received, how long it took to get it. They give you the address. They will tell you if you have to send something to get signed. It is probably one of the best ones out there. It is www.stararchive.com and it is a great site. It is wonderful. It is very informative. I have it book marked on my computer. That is probably the best place to start or go to your local library and get the books there and look up some of those addresses and start with those. The best ones I have gotten through the mail, I got Ginger Rogers who was one of my early ones and she is probably one of my favorites. I also have Vigo Mortenson.

What to Send. If you have a picture like a glossy

or an 8"x10" you can put that in. You always send a return envelope, a self-addressed, stamped envelope and you have a lot more success with the older actors and actresses but there are some younger ones that will actively sign anything they get in the mail. It might take a while because they are so busy making films. Like Mary Elizabeth Mastrantonio, she was in *Robin Hood Prince of Thieves* with Kevin Costner. She was the female lead and it took two years to get hers back. I had given up on it and then one day it came. You also have people who do doodles and little sketches for you. I know some people have actresses put their lips in prints on index cards and they collect those. One guy had them trace their hand and he would send them all the stuff and they would need to trace their hand and sign it and send it back. Some people come up with some strange stuff.

Sending Letters to a Movie Location. If you can find addresses where they are shooting a film it is your best chance to get a newer actor if you can write to the location they are filming or the hotel they are staying in while they are filming. Those are really hard. Actually, I am still investigating it because that is something new that I have just started to look into and you can write someplace in California where if you request a list of places where they are shooting films they have to give it to you but I know they charge a small amount. It is like twenty or thirty dollars but I am still investigating and trying to find the address to write to so I can get the list. You can get those from New York for Illinois if they are filming anywhere, you know California or any state. Usually, especially if they are in a small town it is pretty easy to figure out. You know, if they were filming here, it is probably going to be easy to find. If they are filming in a larger city, sometimes they will have it published if the whole crew is staying there and sometimes not. It is pretty difficult to find those shooting locations but I found one in Canada where they are shooting - I cannot think of it but it has got Halle Berry in it. She plays Storm. It is a thriller, comic book film.

Requesting Autographs in Person. I have met some in person. You go to conventions and that is a good way to get them, like sci-fi conventions or horror movie conventions. They usually have a big one in Chicago every year and they have some down South. They are usually two days long, usually like Saturday or Sunday. You can meet all kinds of celebrities and usually they charge a small fee but that just covers the price for the cost of the picture. I have photos when

I meet them in-person - I take candid photos of them signing.

Taking Care of Autographs. I have them in binders and I have some framed, a lot of them framed and hanging up. Some of them I have taken special care with because they are going to be pretty valuable. You should get acid-free paper because if you do not it can damage your autographs. Say if you frame it, mat it and frame it, you should get acid-free mat and then frame it with that or you can damage it over a period of years. If you put them in binders, you should try to keep them out of the sunlight, the direct sun, because direct sunlight can hurt them also and make them brittle and dry them out.

Buying Autographs. There are a lot of websites of people who collect autographs through the mail and, of course, there are numerous websites of people who sell autographs, buy autographs, and sell lists. There are certain - you have to do some investigating. You should not buy just off of anybody because they say "Oh I saw them sign this". Some of them take pictures of the person signing. You know, two people will go together and one will have the signatures done and the other will take photos. Then they will come with a Certificate of Authenticity and usually those are the reputable sellers and they are members of the UACC, which is an autograph collectors' club that has been around for a long time. So, you just do some investigating. Usually, they have a website and you can look at all of their credentials on the website and they will send you certificates with every autograph you get and it is a lifetime money-back guarantee. There is one whose name is - why did you ask me that? God, they just go right out of my head. Safak and Braak Autographs out of Florida and the other one is out of New Jersey and his name is Mike Drummond and they send out catalogs and they have the pictures and everything.

Selling Autographs. I will give a Certificate of Authenticity with it. If it is something that I buy through another dealer and then resell, if they give me a certificate with it then I will pass the certificate along. If not, then I just tell them that I do not have a certificate with it, but I am getting to be a pretty reputable dealer.

Rare Autographs. Greta Garbo, Rudolf Valentino, Marilyn Monroe - those are the three most expensive autographs. Rudolf Valentino, if you find one it is going to go for thousands. The same with Greta Garbo - it is going to go for thousands if it is a signed picture. Marilyn Monroe usually averages about five thousand if it is unscribed

and a glossy photo. They are worth a lot. -

Jacquelyn Craft

Auto Pilot. See **Airplane Controls**