

V*A FACTS

Q -- May I obtain a VA guaranteed home loan to include amounts for energy conservation improvements and solar energy systems?

A -- Yes. The Veterans Administration will consider the guarantee of energy conservation improvements and solar energy systems, within certain limits, as an additional guaranteed amount. Eligible veterans should contact their nearest VA office for details on specific loan classifications.

Q -- Who is eligible to receive a clothing allowance from the Veterans Administration?

A -- Any veteran who is entitled to receive compensation for a service connected disability for which a prosthetic or orthopedic appliance, including a wheelchair, is worn or used.

Q -- I am a WWII veteran and want to be buried in a national cemetery. How do I reserve a space?

A -- Any veteran whose separation from service was for reasons other than dishonorable is eligible for burial in a national cemetery. Reservations are not accepted. Arrangements for burial in a national cemetery may be made at the time of death.

VA

Renal dialysis has long been recognized as the sustainer of life for those with kidney disease, but it's never been much of a picnic to go through the tiresome process. Now a Veterans Administration social worker has received a national award from Congress for finding a way the blood-cleansing procedure can be not only a picnic but a whole mini-vacation.

Carrol Roy, an employee of the Iowa City, Iowa, VA Medical Center for the past 10 years, realized that even a small break in the home-to-hospital routine could greatly improve patient morale. She developed the mini-vacation dialysis concept -- essentially a long weekend visit to an area resort during which renal patients picnic, go on boat rides and attend plays -- all while receiving supervised medical care.

Coordinating all details, including donation of time by VA medical staff, transportation, preparation of special meals and arrangement of discount accommodations for the group, Mrs. Roy conducted two highly successful mini-vacations. For this and for other innovative work she has done for renal patients, Mrs. Roy received the Congressional Excelsior Award in a Capitol Hill ceremony this week.

She was selected from a nationwide field of federal civilian and military employees to receive the honor, which was initiated last year by Rep. Michael D. Barnes (D-Md.). Congressman Barnes characterized the award as a recognition for "dedicated public servant whose efforts are making a tremendous difference in the quality of service provided to the public."

In addition to her creative work with the renal patients of the Iowa City VA Medical Center, Mrs. Roy has been an active member of the Kidney Foundation of Iowa, serving on its board of directors, as chairman of its patient services committee, and a member of the foundation's speakers bureau. Her expertise and her commitment have been recognized by Iowa Governor Robert Ray, who appointed Mrs. Roy to the advisory board of the Iowa Chronic Renal Disease Commission.

Mrs. Roy has authored and co-authored numerous articles and made major presentations on the social and psychological aspects of renal disease and dialysis.

VOICE EDITORIALS



Education Is Power

By Thomas E. Wilson

SOME DO'S AND DON'TS OF CHILDHOOD EDUCATION

We as teachers, are sometimes prone to take working with children for granted. Without realizing it, we may create problems for the child that will make him/her have a very difficult time relating to the total educational process. For this week we would like to list several do's and don'ts for teachers and others who work with children.

Don't put pressure on the child to learn quickly, as pressure disorganizes rather than helps him/her. If something seems unusually hard for him/her to do, put it aside without calling his attention to the fact that the work is being put aside. Do reward his efforts by approval.

Don't fail to watch for a catastrophic reaction (going to pieces) for severe stubbornness which is beyond his/her control. Do change activities as soon as the first signs of these reactions are seen.

Don't try to make him/her study when he/she is tired or overexcited. Do wait until he/she is calm and rested. Make use of his/her premium time.

Try not to become angry or impatient. Reassure him/her and praise something that he/she has done right. He/she is a child who needs love and affection.

Color clues are very strong as learning tools. Use such things as red for all left signals; green for all right signals.

Don't take a child's work out of his/her without being sure that he wants your help. He/she needs to feel your confidence that learning is possible. Some children think slowly, and their reaction time is much slower than the teachers. Do offer to help the child in a friendly, courteous manner.

Don't give in to the child's urging to go faster or to take more new work than, in your judgment, he/she can handle. Do praise the child for his/her progress.

Don't pressure children to read or do arithmetic rapidly. Do allow the child to work at his/her own speed.

Don't force the child to read an entire lesson based on a class textbook that is beyond his/her level of successful reading. Do read at least three-fourths of such lessons to him. Help him observe details of pictures, such as social studies, etc., in order to help the child develop vocabulary and understanding of ideas contained in the reading. Discuss the lesson ideas and questions with the child.

Don't emphasize spelling and writing at the expense of reading. Do remember that our goal is to improve the child's reading as a means of getting information and ideas from the printed page, and then to move on to the other disciplines.

Try not to look with disfavor when a child points at the words or uses a liner in reading, spelling, language, etc., when the finger is used while counting his arithmetic, and when using lined paper to write letters. Do allow the child to use learning crutches if you feel that they are absolutely necessary. Usually the child will give them up when he/she feels ready to let go of their help.

Don't emphasize "pretty" writing. Do remember that the goal for the child is to be able to further his education by reading, writing, and all of the other classroom disciplines.

Don't make the child feel inadequate when he/she forgets work that you, the teacher or parent feels that he should have already learned. Remember that what is learned by rote memory is not retained as long as what

is learned as a result of understanding. These do's and don'ts apply equally to all children and to all teachers and others who work with children. However, they apply especially to those who work with Black children and other children who frequently enter school with a background deficiency. It is hoped that these do's and don'ts will help the children with whom we work to grow up and love education.

Happiness Through Health

by Otto McClarrin

PROPER EYE CARE: DON'T LET GLAUCOMA ROB YOUR SIGHT:

Do you have 10 minutes to make sure your windows to the world stay open? That's about how long it takes to have your eyes tested for glaucoma. If you're over 40, it's a good investment.

One woman - let's call her Alesa Brown - had kidded herself about her arms not being long enough to read the phone book. Finally she gave in and visited an eye doctor to see about getting reading glasses. After he tested her eyes thoroughly, he agreed she does need the glasses. But he added the shocking news that she also has glaucoma in the early stages.

Shocking, indeed, for doesn't glaucoma lead to total blindness? Her doctor explained that she was fortunate to have discovered the condition now. While there is no "cure for glaucoma", he can show her how to keep it from destroying her vision with simple medication.

Thousands of people are living normal lives with full use of their eyes despite glaucoma. Yet HHS health specialists say at least another million Americans are gradually losing their eyesight simply because they don't know they have it and are not receiving the sight-saving medication.

Alesa found she has glaucoma almost by accident. Fortunately for her most eye doctors now do the testing routinely for their patients. Many health departments test for glaucoma as part of a screening program as do some companies for their employees. The federal government does it through the HHS Federal Health Programs Service.

Despite the fact that glaucoma can be treated so effectively if discovered in time, the grim fact is that it is the second leading cause of blindness in the United States. It occurs mainly in those over 40.

The damage from glaucoma comes from fluid pressure that builds up inside the eyeball, interfering with the blood vessels and nerve fibers. The fluid is normal, constantly forming and draining off. The increased pressure comes when something happens to impede the draining process.

There are some symptoms, some of them vague, but each can be a danger signal: rainbow-colored rings around lights, narrowing field of vision, difficulty adjusting eyes in a darkened room, blurred vision which clears up only to blur again, vague headaches or eye aches especially after watching TV or movies in a darkened room, no satisfaction from changing glasses.

Since the pressure build-up is usually a gradual process, most people who have glaucoma don't recognize the symptoms until it is too late. That's why an annual check can be your insurance to lasting eyesight.



The median income of U.S. households grew from around \$10,000 in 1970 to some \$16,000 in 1977. After inflation and taxes, actual purchasing power remained about the same.