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Worried About 'Royal Ham'–King Hussein

TU Student Has Electronic Pair of Seven-League Boots

By TOM WOOD
Of the World Staff

Lex Frieden, a young Tulsan who owns an electronic pair of seven-league boots, is worried about a "friend" of his—King Hussein of Jordan.

Frieden is a ham radio operator who has talked to Hussein twice recently, the last time on Aug. 24. Hussein, in the middle of a civil war, talked over his amateur radio set Thursday night with fellow hams in America and Europe, but Frieden missed him this time.

The Tulsan, a University of Tulsa psychology major who was paralyzed in an auto accident 3 years ago, was introduced to the Jordanian king by Mrs. Mary Ann Crider, Camp Hill, Pa. Mrs. Crider and her husband have become so friendly with the king that they spent nine days in Jordan last spring as Hussein's guests.

FRIEDEN HAS EXCHANGED "call" cards with Hussein and received an autographed photo from the king.

Frieden has a tape of his conversation with Hussein which reveals the monarch as a friendly, but formal, man who speaks English with a British accent. Part of the conversation dealt with when the royal antennae would be replaced.

Although Frieden became a "junior" ham at the age of 14, he lost interest in high school and didn't take up international radioing until after he was injured in an auto accident in Stillwater where he was attending Oklahoma State University as a freshman in electronics.

WB5AFW, FRIEDEN'S 1000-watt station at his home, 6138 E. 53rd St., is as important as his name.

Paralyzed from the waist down and with limited use of his arms, Frieden began to think of ham operation after his injury. In order to get a general class license, he had to be able to send 13 words a minute in Morse code. He now sends 20 words a minute.

"It is like learning to type. You practice to get speed," he said.

FRIEDEN, WHO HAS LOTS of friends at TU and who belongs to a number of organizations, does not use his station as a lonely man's social club.

Much of his air time is spent in contacting people for persons at various points on the globe who desire assistance. Such help may range from a simple act of friendship to a disaster call.

Frieden has talked to hams in 150 countries and has confirmed logging on stations in 110 countries. He operates by code or by voice.

"GIVEN THE PROPER AT-mospheric conditions, I can talk anywhere in the world," he said. His wall is lined with call cards from around the world. He has talked to hams on Pitcairn Island and in the Galapagos Islands, Africa, Asia and points in Western Europe, including Russia.

Hams are pretty chatty. Most of them tell about themselves and their equipment.

"I've talked to hams all over the Soviet Union. They are restricted as to what they can say. They give their location, but it is rare to even get any weather information and they certainly don't discuss politics or social problems," Frieden said.

Many times Frieden has been able to serve people, many of them missionaries stationed in remote areas of the globe.

HE HAS MADE TELE-phone patches from Hawaii and the South Pole, to name a couple of the more exotic points.

Although Frieden does not use WB5AFW as a substitute for live people, it is an important

—*World Staff Photo*
King Hussein (photo on radio) smiles as Frieden operates WB5AFW.

Unopposed Candidate's Campaign Fund Fattened

WASHINGTON (AP)—A $50 per person "Maritime Reception" has helped fatten a $37,000 campaign fund for an unopposed congressman whose House committee handles federal aid for the shipping industry.

Two top maritime officials in the Nixon administration took part in the fund-raising affair this month for Rep. Edward A. Garmatz, D-Md., chairman of the House Merchant Marine Committee.

Garmatz was renominated without opposition in Maryland's primary Tuesday and has no Republican opponent in November. He said the campaign

Garmatz's campaign treasurer in his home district in Baltimore refused to comment on the "D. C. Committee." The Seafarers Union is currently under an indictment for illegal campaign contributions from 1964 through 1968.

Garmatz was named last week in a Justice Department list of 16 congressmen and senators whose campaigns received illegal donations from two San Francisco ship lines.

THE SEAFARERS' GROUP gave $2,500 to a similar "Maritime Reception for Garmatz" in a nonelection year in the fall of 1969 and various groups of

'Hussein on the Mike'

King's Voice Is Confident

LONDON (AP) — While civil war raged in Jordan, King Hussein talked over his amateur radio set Thursday night with fellow hams in Europe and America.

"This is JY One — Hussein on the mike," was the call sign picked up by scores of ham operators.

They reported the king sounded confident and cheerful. He told Gordon Vine, a British ham: "Once in a while we get a bit of a blasting here. We are putting our house in order and soon it will all be organized."

"I'll send you a letter and a photograph. But I've been so very busy — it's a painful process putting our home in order." Crider told the king: "We never did hear anything about the pressed flowers Mary sent you. Did you get them?"

The reply: "I did get them. They were wonderful, and I was very touched. God bless you and thank you very much."

IN CAMP HILL, MRS. CRID-er said the king told them he had had a sleepless night and all was going well. We don't talk

The Criders have talked to Hussein 35 times in the past four months, and spent nine days in May in Jordan as the king's guests.

"We're just friends, but lately we've been concerned for his safety," said Crider. "At least now we know he is all right and where he is." Crider said King Hussein was broadcasting from his home outside Amman.

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More absorbent than cloth diapers. Pampers keep the baby drier. A size or every diapering need.

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YEAR AFTER YEAR, newspaper advertising volume has been greater than the combined volume of all other mediums of sales promotion. Why? Newspapers pay off at the cash register.

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Garmatz was renominated without opposition in Maryland's primary Tuesday and has no Republican opponent in November. He said the campaign fund is being used to help other political organizations in his waterfront district.

SEAMEN'S UNIONS, WHOSE members benefit from the federal aid, have channeled large contributions into this year's campaign fund.

A $3,000 donation from an arm of the Seafarers International Union was given to a separate "D. C. Committee for Garmatz" set up in the nation's capital, a haven that has no laws for local campaign fund reporting.

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The maritime reception's committee has not filed a report on its finances in Maryland, despite state laws requiring detailed statements by any group raising $51 or more for a political candidate.

Garmatz's report filed in Annapolis, Md., in the past week shows $23,547 received from the 1969 reception as well as a $2,500 direct donation from a M.E.B.A. group.

The congressman's Baltimore office said this year's $50 per person cocktail party grossed another $7,900. Its income will be listed on a future report.

6A AMONG THOSE TAKING part in the two-hour money-raising reception Sept. 2 at a Baltimore hotel were Robert J. Blackwell, deputy head of the Maritime Administration, and Helen D. Bentley, a Nixon appointee as chairman of the Maritime Commission.

Garmatz's committee oversees a $200-million-a-year program of federal aid to ship lines, mostly to help pay wages of American seamen.

The Maritime Administration passes out these subsidies. The commission is a regulatory agency for shipping.

Garmatz' state report lists $16,000 spent so far, with about $10,000 of this amount distributed to eight organizations or individuals in his district for "voter registration, distribution of literature, rally and ballot printing."

A longtime maritime friend of Garmatz summed it up as: "Keeping the machine greased."

shop vandevers southroads and bartlesville
friday till 9:00 p.m., utica till 6:00 p.m.

and then equipment.

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HE HAS MADE TELE-phone patches from Hawaii and the South Pole, to name a couple of the more exotic points.

Although Frieden does not use WB5AFW as a substitute for live people, it is an important social thing, he says.

"I can compete on even terms. It promotes friendship. It fills an important need in my life. I can help people in disasters, missionaries in their contacts or servicemen who need to talk to someone.

"I just wish I had more time to spend at it," he said.

Caney Newspaper Sold to Barlians

World's Own Service

CANEY, Kan. — The Caney Chronicle, a semi-weekly newspaper, has been sold by H. K. George, editor and publisher, to his son-in-law and daughter, Mr. and Mrs. Rudy Taylor, Bartlesville, Okla., effective Monday.

Taylor is employed by the public relations department of Phillips Petroleum Co. in Bartlesville. He and his wife will move to Caney to operate the paper.

George, 68, who has owned the Chronicle since 1943, will continue to write for the newspaper on a semi-retired basis. Mrs. George will continue as part-time reporter and as bookkeeper.

Randall Herrod Enrolls in Junior College at Poteau

By a Staff Writer

POTEAU — Randall Herrod, the Calvin Marine who was acquitted of charges of murdering 16 Vietnamese civilians, has enrolled at Poteau Community Junior College.

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They reported the king sounded confident and cheerful. He told Gordon Vine, a British ham: "Once in a while we get a bit of a blasting here. We are putting our house in order and soon it will all be organized."

Hussein has been a regular on the amateur wavelengths since March, when his British-born wife, Princess Muna, now in London, bought him a transmitter as a birthday present.

ONE CONVERSATION MONI-tored here was with an American couple, Charles and Mary Ann Crider of Camp Hill, Pa. They have become friends with the king via the airwaves.

The king told them: "Morale is high. I'm very well and in good shape.

"I'll send you a letter and a photograph. But I've been so very busy — it's a painful process putting our home in order." Crider told the king: "We never did hear anything about the pressed flowers Mary sent you. Did you get them?"

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IN CAMP HILL, MRS. CRID-er said the king told them he had had a sleepless night and all was going well. We don't talk politics and I certainly never would bring it up."

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"We're just friends, but lately we've been concerned for his safety," said Crider. "At least now we know he is all right and where he is." Crider said King Hussein was broadcasting from his home outside Amman.

"At the time that we left, his majesty presented us with two round-trip tickets for a return trip," Crider said, "But now I'm not sure when we'll get to use them."

4 Persons Charged After Drug Raid

Four persons arrested in a raid on an apartment Wednesday night were charged with two drug counts each Thursday.

Charged with possession of marijuana and a narcotic drug were James R. Boyd, 25, of 1443 N. College Ave.; his wife, Sherry, 21; David Earl Miles, 22, of 3336 E. Marshall St., and Charles Deon, 25, of 1210 S. Cheyenne Ave., No. 314.

The raid, made with a warrant, was on Deon's residence.

They were being held Thursday night in Tulsa County jail.

Pipeline for Milk

FORNI AVOLTRI, Italy (AP)—Dairy farmers in the mountain pastures above this village got tired of carrying milk downhill in containers so they built a pipeline to take it more than three miles to the retail market.

TWO FALL TOURS!

1. COLORADO-ASPEN-ROYAL GORGE

Sept. 26-30. Five great days in the splendor of early fall in the Colorado Rockies. See Aspen, Royal Gorge, Air Force Academy, Pike's Peak, Garden of the Gods. Cost: $79*.

2. LAS VEGAS

Oct. 17-22. Two days and three nights in Las Vegas for just $124.50*. Stay at the fabulous Flamingo Hotel. Includes two club shows, one dinner show. See Grand Canyon, Boulder Dam, Painted Desert.

*Includes transportation and room charges

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Ex-Alvan Lex Frieden Tells 'Tale of Two Lives'

EDITOR'S NOTE- Former Alvan Lex Frieden, son of Mr. and Mrs. Dale Frieden who now live in Tulsa, wrote a special article for "Rehabilitation Literature", a publication of the National Easter Seal Society for Crippled Children and Adults. Following is his account of "A Tale of Two Lives."

By Lex Frieden

Preface

"I have looked at life from two sides of a many-sided fence. I do not pretend to know everything about either side, but I have experienced a rather unique situation, and I believe I can, by sharing my experience, contribute a valuable perspective to the viewpoint of others."

Lex Frieden, after graduating from the University of Tulsa in December, 1971, continued with graduate studies. He received an assistantship to continue his studies in psychology at the University of Houston in the fall of 1972.

Man has often contemplated the possibilities of living twice, but few men have ever realized the opportunities of their dreams. Although it seems like a nightmare at times, I have realized an opportunity few men dare to imagine.

In the spring of 1967, I graduated from Alva High School, Alva, Okla., after a fairly successful childhood filled with a variety of enlightening experiences. I was a good student and consequently had the priviledge of leading my class as valedictorian. I was also fortunate to have the confidence of my peers who selected me as Most Likely to Succeed.

I was able to participate in a wide variety of school activities, including music, drama, athletics, and student government. I played first chair trumpet in the band, had the lead in the junior and senior class plays, and was captain of the golf team. Probably my most exciting experience during this time was my selection as the Oklahoma representative to the Student Burgesses in Williamsburg, Virginia.

As a youngster, I was very active in the Boy Scouts, earning Eagle and attending two National Jamborees in Colorado Springs and Valley Forge, Pa. Later, I became a camp counselor and spent three summers teaching boys how to row boats, paddle canoes, and swim.

I always mamaged to keep busy, and the summer of my senior year is a good example. Besides lifeguarding at a municipal swimming pool, I worked part time at a commercial radio station, coached a Little League baseball team, played in a rock band, and earned six hours of credit at Northwestern State College.

After all that, I was ready to make my way off and conquer the great university. I accepted a President's Scholarship from Oklahoma State University and enrolled in an electronics engineering program offered there.

November 20, 1967, was the last day of school before Thanksgiving break at O.S.U. That day I had classes from 7:30 in the morning to 5:30 in the evening. After classes, I went with a friend to a fraternity rush party and then returned to the dormitory. There, I encountered four other fellows with whom I went for a car ride at about 11:30. That night, as we were returning to the dorm, we had a head-on collision with another car.

I was stunned momentarily but immediately regained consciousness and, as everyone scattered from the car, I to the intensive care unit, where I was to be in critical condition for the next 10 days.

My recollections from that period are clouded by much pain and the heavy drugs used to subdue it.

When I awakened, the day after the accident, my mother and father were there with Dr. Rhinehart and an orthopedic surgeon, Dr. Spencer. My head was strung in a clumsy harness and tied to sixty pounds of weights. This traction or constant pressure was to remain on my spine for the next six weeks.

Dr. Rhinehart said my neck had been broken by a whiplash at the fifth vertebra, but he could make no prognosis until he did a laminectomy or exploratory surgery. Dr. Spencer was to do a bone transplant from my hip to my neck and fuse a new vertebra in place of the one that had been shattered. They needed to operate as soon as possible to keep the splintered bone from severing the nerve to my heart and lungs. They had to wait three days for the hemorrhaging to stop in my neck and for the swelling to subside.

On the day of surgery, everyone from a Methodist minister to a Catholic priest came in to pray for me. I was drowsy when the orderly carted me into the operating room, but I remember the glint of the powerful lights on the stainless steel fixtures in the room. Six hours later I emerged unconscious, fused, and inspected.

The next several days were touch and go, but gradually I improved to the point where I could be transferred to a private room.

My last day in intensive care was really quite an experience. It was the first day I had been conscious enough to be aware of much going on around me. The room was always lighted so that you could not tell night from day, and it was filled with the constant and resounding din of respirators and heart pumps. That day I saw one man die of stab wounds and another die of a heart attack. It would be hard for a healthy person to remain so under such conditions, but it seems to be a highly effective method of maximum care.

I was confined to a Stryker Frame rotating bed for six weeks after the operation, and during this time I was rolled from my stomach to my back every two hours. To turn on that contraption was a horrifying experience every time. The procedure required two aides to strap me in between two panels and then flip the bed, so that I landed on the opposite side. It did not always work, and I dreaded the ordeal.

This constant rotating was complicated by the presence of a set of head tongs drilled into my skull. On these tongs were hung the weights that created the traction on my spine. Twice the tongs were pulled from my head and twice they were replaced.

Many of these terrifying experiences may seem to have been unbearable, but my state of mental awarness was so vague that I did not care what was happening. By the time I could actually sense the pain, my body was already conditioned to it.

It was not until a few days before Christmas that I realized the potential consequences of my injury. One night I happened to watch a late movie on television about a soldier who had been shot in the neck and paralyzed. Until then, I had successfully ignored the implications of reality, but now I had to face the truth. The problem was I did not know the people of Alva.

A small city (a little town?) is made up of
Many business and professional people all fierce competitors;

Many churches, each with congregations convinced
That they alone possess the master key to Heaven;

Stubborn political groups who think that there is only their side of any question;

Little cliques and clubs, exclusive and united
For their personal projects and pleasures;

Rows of houses called "homes"
Each centered on "me" and "mine."

But when one family enters a valley between life's mountaintop experiences
All of the business people, professional people, church people, political groups, cliques, clubs, and families
Flow together as at a given signal and form one strong unit,

Expressing love and faith and determination
That with heaven's help "we," not just "he" or "she" or "they,"
SHALL PREVAIL.

This miracle of molding a unit of strength
Is indeed one of God's rich blessings
Both for those who give and for those who receive.

By the middle of January, I had progressed to the point that I could be moved and the doctors suggested that I be taken to a rehabilitation center. After much investigation, deliberation, and many arrangements, I was flown to the Texas Institute for Rehabilitation and Research (TIRR) in the Texas Medical Center in Houston.

There are very few good rehabilitation centers in this country, and among them TIRR is highly regarded. The attitude of William Spencer, M.D., director of the institute, is characteristic of the progressive outlook of the institute. A leader in the field of rehabilitation, Dr. Spencer believes that, "We must try to organize, co-ordinate and manage our efforts to assist the handicapped from his perspective which is, after all, our persespective."

Upon arriving at TIRR, I was taken to a medium care ward, which I shared with five other boys. After a brief physical examination and a bite to eat, it was time to get acquainted.

On my right was Ronnie, a swell guy from Austin, Tex. We were about the same age and had about the same injuries. Ronnie was hurt a few months before I was, in a diving accident. To my left was Bardot. He was a New York boy who had had poliomyelitis as a youngster and had experienced several complicating accidents and illnesses since then. Bardot may have been a bit eccentric, but I enjoyed his piercing questions and natural curiosity.

Accross the room was Scott. Scott had been in the center longer than the rest of us; although younger, he was the veteran among us. He, too, had suffered a broken neck in a car wreck. Next to Scott was Richard, a boy from Louisiana whose neck was broken when he dived into the shallow end of a swimming pool. Richard's rehabilitation had been set back several times by severe infections.

Finally, there was Cowboy. Cowboy was a bronc rider whose physical therapy, where one of eight therapists gave me both active and passive exercises. By the middle of February, I could move my head, shoulders, and arms. There were very few active nerves remaining that I could not control.

Occupational therapy occupied an hour of my time each day. Here, I learned to utilize those muscles that had been restrengthened. The therapists showed me how to substitute working muscles for others and to apply them as replacements in constructive tasks.

After consultation with a leading bone specialist, Dr. Carter removed the brace that helped support my neck after the tongs were removed. Also, he prescribed an externally powered orthosis, or assistive device, for my right hand.

The powered orthosis was first developed at TIRR by Thorkild Engen, Co.o., director of the orthotic department. The device utilizes a tubular muscular substitute fixed on an arm or hand brace and inflated with carbon dioxide. Activated by a specially designed control valve, the orthosis allows me to grip a number of things, including pencils, pens, and eating utensils. After being totally dependent for so long, it is great just to be able to feed yourself again.

The Institute maintains an excellent counseling and social services staff. They try to assist the patient in adjusting his outlook on life to fit his new role. A person must command some degree of self-confidence if he is to find his place in society, and to do this the handicapped person must be able to perceive his norms and goals in the context of his own ability.

I was in a class with 14 other patients that met several times a week to study and discuss the problems of our disabilities. We had the opportunity to visit with specialists from all fields of rehabilitation. These included the real specialists, people who had been hurt like us and who had reentered the mainstream of life as productive and contributing citizens.

Dr. Carter met with us on several occasions. He explained that most of our injuries were the result of spinal cord lesions. These lesions occurred when the bones in our necks were broken, and we were all paralyzed to different degrees, depending upon the point at which our spinal cords had been severed.

When a nerve is cut and hemorrhaging occurs, scar tissue usually forms. If the scar tissue has actually sealed itself across the spinal cord, it is very unlikely that those muscles activated by nerves extending below the severed point will be able to move voluntarily. This set of circumstances creates a more or less permanent disabling paralysis. Naturally, the higher the injury is, the more complete is the resulting paralysis. Since my neck was broken very near the top, I am almost totally disabled and, having little use of my arms, I am classified as a quadriplegic.

I spent most of my spare time visiting with my roommates, but occasionally I took advantage of the recreational therapy program. The Institute believes, and justifiably so, that recreation is a fundamental unit of total rehabilitation. The program provides not only games, parties, and special programs but also frequent field trips to selected social events. While I was there, I saw my first hockey game, my first soccer game, my second, third, and fourth pro baseball games, and simply a matter of sitting a little longer each day.

By the end of March, I had progressed sufficiently so that there was no immediate danger of medical setback. At this point, I was transferred to a semiprivate room on a minimum care station. It was here that I came to know Steve.

Steve had broken his neck in a motorcycle accident two days before my accident. Our injuries were almost identical and our attitudes complemented each other. Steve was married, and his wife, Lyn, was a beautiful girl. Their home was in Florida, where Steve was a medical student.

Besides sharing a room, Steve and I shared our accomplishments, our problems, our hopes, and our dreams. We came to understand each other as friends seldom do. We were released from the hospital on the first day of May. Steve and Lyn went back to Miami and I went back to Alva.

It is difficult to return to an old setting as a new or different persons. People are not sure how to accept you and they do not know what to expect from you. They are often overcautious and consequently awkward, but the people of Alva did their best to make me feel at home.

Two weeks after I got home, I was asked to preside at the initiation ceremonies of my high school's National Honor Society. As the curtains were drawn on the stage, I received a standing ovation. I will never forget that moment, and the only way I can begin to repay those people for the encouragement is to do my best to overcome my handicap.

I was determined to return to school, so without wasting any time I enrolled in summer school at Northwestern State College. After that I had the pleasure of visiting Mexico with four of my lifelong friends. We spent two weeks in Mexico City and Acpulco and had a wonderful time. Those fellows convinced me that I could go just about anywhere and do just about anything I wished.

Our family moved to Tulsa in the fall of 1968, since my father had been promoted to vice president of sales for Oklahoma Natural Gas and was transferred to the main office. I was sorry to leave all my friends, but I was glad to have the opportunity to study at the University of Tusla.

This story would be incomplete if I ended it without mentioning my number-one supporters, my family. It is extremely difficult to describe or even list all the help and encouragement they have given me. In this day of prosperity and independence, the family is often disregarded, but, if I succeed in reaching any of my goals, it will be in no small part a result of my family's faith in me.

It has been three years since I was hurt, and I have not yet completely adjusted to my new role in life. At least now, I can look at the future with a sense of security in knowing my own goals. I plan to continue my education, working toward a doctorate in psychology, with the hope that I may be able to serve my fellow man.

My story has not ended, and I do not intend it to end here. I believe my future is just as promising now as it was before I was hurt. I may be handicapped, but any roads that are closed now have simply led me to new horizons.

It would have been easy for me to have stopped living after my accident, but, instead, I chose to accept my experience as an enlightening adventure rather than a disastrous ending.

Bush Library Photocopy Preservation

including music, drama, athletics, and student government. I played first chair trumpet in the band, had the lead in the junior and senior class plays, and was captain of the golf team. Probably my most exciting experience during this time was my selection as the Oklahoma representative to the Student Burgesses in Williamsburg, Virginia.

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I was stunned momentarily but immediately regained consciousness and, as everyone scattered from the car, I discovered that I could not move!

Since we were all conscious, the ambulance company took us to the university infirmary where a single doctor and an incompetent nurse tried to patch up everyone.

The driver of our car had several broken ribs, another boy had a broken leg, and two others had severe lacerations. Since I was the only one there who was not bleeding, I was the last to be examined.

When the doctor discovered I was paralyzed, he immediately diagnosed my injury as spinal shock. At this point, he began taking x-rays in an effort to determine the extent and location of the injury. The startled expression on Dr. Jenkin's face as he looked at the x-rays somehow signaled the severity of my injury.

He immediately telephoned Don Rhinehart, M.D., a neurologist at the Oklahoma University School of Medicine. Dr. Rhinehart agreed to meet me at St. Anthony's Hospital in Oklahoma City. I was still conscious at the emergency rooj, so Dr. Rhinehart took some more x-rays before moving me was really quite an experience. It was the first day I had been conscious enough to be aware of much going on around me. The room was always lighted so that you could not tell night from day, and it was filled with the constant and resounding din of respirators and heart pumps. That day I saw one man die of stab wounds and another die of a heart attack. It would be hard for a healthy person to remain so under such conditions, but it seems to be a highly effective method of maximum care.

I was confined to a Stryker Frame rotating bed for six weeks after the operation, and during this time I was rolled from my stomach to my back every two hours. To turn on that contraption was a horrifying experience every time. The procedure required two aides to strap me in between two panels and then flip the bed, so that I landed on the opposite side. It did not always work, and I dreaded the ordeal.

This constant rotating was complicated by the presence of a set of head tongs drilled into my skull. On these tongs were hung the weights that created the traction on my spine. Twice the tongs were pulled from my head and twice they were replaced.

Many of these terrifying experiences may seem to have been unbearable, but my state of mental awarness was so vague that I did not care what was happening. By the time I could actually sense the pain, my body was already conditioned to it.

It was not until a few days before Christmas that I realized the potential consequences of my injury. One night I happened to watch a late movie on television about a soldier who had been shot in the neck and paralyzed. Until then, I had successfully ignored the implications of reality, but now I had to face the truth. The problem was I did not know the truth, and no one else seemed to either.

I asked everyone, but no one could tell me when I would get over the paralysis. I assumed it would disappear as I recovered from the surgery, but I still could not move anything but my eyes, and that was very discouraging.

My confidence and faith began to wane, and I slipped into a deep state of mental depression. Christmas came just in time to pull my spirits out of the fire.

For the first time in my life, I realized the true value of friends. My home, Alva, is a small farming community of seven thousand in northwestern Oklahoma, but no city in the world could extend as much love as those people did to me.

I received literally trunkfuls of cards, letters, and gifts from my friends and, though often misused and ignored, the sentence, "Our love and prayers are with you," means hope to me. Those people gave me a portacolor television for Christmas, but, not only that, they gave me the courage to face tomorrow.

The following poem was written for me by one of my friends and helps describe the kind of support I received from

[illegible] investigation, deliberation, and many arrangements, I was flown to the Texas Institute for Rehabilitation and Research (TIRR) in the Texas Medical Center in Houston.

There are very few good rehabilitation centers in this country, and among them TIRR is highly regarded. The attitude of William Spencer, M.D., director of the institute, is characteristic of the progressive outlook of the institute. A leader in the field of rehabilitation, Dr. Spencer believes that, "We must try to organize, co-ordinate and manage our efforts to assist the handicapped from his perspective which is, after all, our persespective."

Upon arriving at TIRR, I was taken to a medium care ward, which I shared with five other boys. After a brief physical examination and a bite to eat, it was time to get acquainted.

On my right was Ronnie, a swell guy from Austin, Tex. We were about the same age and had about the same injuries. Ronnie was hurt a few months before I was, in a diving accident. To my left was Bardot. He was a New York boy who had had poliomyelitis as a youngster and had experienced several complicating accidents and illnesses since then. Bardot may have been a bit eccentric, but I enjoyed his piercing questions and natural curiosity.

Accross the room was Scott. Scott had been in the center longer than the rest of us; although younger, he was the veteran among us. He, too, had suffered a broken neck in a car wreck. Next to Scott was Richard, a boy from Louisiana whose neck was broken when he dived into the shallow end of a swimming pool. Richard's rehabilitation had been set back several times by severe infections.

Finally, there was Cowboy. Cowboy was a bronc rider whose head was smashed against the gate when he was bucked off his horse as it left the chute at a rodeo. He was married and had two children, and he loved country music.

It has been a busy day, and I was just about to get some sleep, when an orderly came through the door pushing a huge yellow cylinder. It was the first time I had ever seen an iron lung up close, and I could not imagine what it was. The orderly put Bardot inside it, plugged it in, and turned it on. Without thinking, I imagined they had one of those "tanks" for each of us, and this scared me. Frightened as I was, I eventually fell asleep to the bru-um, bru-um, bru-um of the compressor on Bardot's tank.

The following day I met my doctor, R.E. Carter. A spearhead in the efforts of the Institute to develop the finest spinal cord center in the country, Dr. Carter is highly respected by his patients and associates. After a comprehensive physical examination and evaluation, Dr. Carter started me on an individualized program of intensive rehabilitation.

I spent two hours a day in [illegible] norms and goals in the context of his own ability.

I was in a class with 14 other patients that met several times a week to study and discuss the problems of our disabilities. We had the opportunity to visit with specialists from all fields of rehabilitation. These included the real specialists, people who had been hurt like us and who had reentered the mainstream of life as productive and contributing citizens.

Dr. Carter met with us on several occasions. He explained that most of our injuries were the result of spinal cord lesions. These lesions occurred when the bones in our necks were broken, and we were all paralyzed to different degrees, depending upon the point at which our spinal cords had been severed.

When a nerve is cut and hemorrhaging occurs, scar tissue usually forms. If the scar tissue has actually sealed itself across the spinal cord, it is very unlikely that those muscles activated by nerves extending below the severed point will be able to move voluntarily. This set of circumstances creates a more or less permanent disabling paralysis. Naturally, the higher the injury is, the more complete is the resulting paralysis. Since my neck was broken very near the top, I am almost totally disabled and, having little use of my arms, I am classified as a quadriplegic.

I spent most of my spare time visiting with my roommates, but occasionally I took advantage of the recreational therapy program. The Institute believes, and justifiably so, that recreation is a fundamental unit of total rehabilitation. The program provides not only games, parties, and special programs but also frequent field trips to selected social events. While I was there, I saw my first hockey game, my first soccer game, my second, third, and fourth pro baseball games, and my first formal civic ballet. I am convinced that these field trips are very important from the standpoint that they keep the patient in touch with the outside world so that he does not develop an institutionalized concept of life.

Before I could participate in any of these special events, I had to build up my stamina in general and my sitting tolerance in particular. To assist me in doing this, I was started on a controlled weight-bearing program. Simply, this means standing. Since I could not support my own weight, I was strapped to a tilting board or standing board and gradually raised to increasing degrees. After being prone for so long, your body has to slowly recondition itself to the vertical plane. In the beginning, my therapist monitored my pulse and blood pressure so that I did not go up too quickly.

The method used to build sitting tolerance is similar to that of standing. To start with, I was placed, for a few hours each day, in a wheelchair with a reclining back. Gradually, over a period of weeks, the back of the chair was raised to the normal position. From then on, it was [illegible] time I enrolled in summer school at Northwestern State College. After that I had the pleasure of visiting Mexico with four of my lifelong friends. We spent two weeks in Mexico City and Acpulco and had a wonderful time. Those fellows convinced me that I could go just about anywhere and do just about anything I wished.

Our family moved to Tulsa in the fall of 1968, since my father had been promoted to vice president of sales for Oklahoma Natural Gas and was transferred to the main office. I was sorry to leave all my friends, but I was glad to have the opportunity to study at the University of Tusla.

This story would be incomplete if I ended it without mentioning my number-one supporters, my family. It is extremely difficult to describe or even list all the help and encouragement they have given me. In this day of prosperity and independence, the family is often disregarded, but, if I succeed in reaching any of my goals, it will be in no small part a result of my family's faith in me.

It has been three years since I was hurt, and I have not yet completely adjusted to my new role in life. At least now, I can look at the future with a sense of security in knowing my own goals. I plan to continue my education, working toward a doctorate in psychology, with the hope that I may be able to serve my fellow man.

My story has not ended, and I do not intend it to end here. I believe my future is just as promising now as it was before I was hurt. I may be handicapped, but any roads that are closed now have simply led me to new horizons.

It would have been easy for me to have stopped living after my accident, but, instead, I chose to accept my experience as an enlightening adventure rather than a disastrous ending.

Men In Service

DAVID MIXON

David Mixon of 110 E. Barne in Alva enlisted with the U.S Navy's 1973 "All Oklahom Recruit Company". The specia recruit company, comprised o approximately 90 young Oklamans, entered active service amid ceremonies at the international finals rodeo in Tulsa on Feb. 3, and will all train together throughout recruit training at San Diego, Calif.

The new navy recruit is the son of Mr. and Mrs. Albert L. Mixon of Alva. He attended Alva High School.

Qualifying for the Navy's four-year mechanical specialties category, Mixon hopes to utilize the extensive training he will receive to work as a navy boiler technician.

The League of Nations was dissolved Jan. 10, 1946.

Performance

November-December 1975

Consumers and Affirmative Action: Confronting the Issue

Consumers gather at Brookings Institution to discuss affirmative action.

CONSUMERS AND AFFIRMATIVE ACTION: CONFRONTING THE ISSUE

IN OCTOBER, CONSUMERS CAME to Washington, D.C. from all over the United States for a special conference on affirmative action. This meeting, sponsored by the President's Committee, provided a rare opportunity for consumers to meet with government planners and give input to a program before it was finalized.

On August 29, 1975, regulations governing affirmative action were published in the Federal Register by the Department of Labor. Once these regulations, concerning Section 503 of the Rehabilitation Act, are published, interested people have 45 days in which to give their comments to the Depart-

Nancy Kowalski from the National Association of the Deaf interprets for meeting participants who are deaf.

ment of Labor. This meeting was held within this 45-day period so consumers could report to groups which they represent and make a response.

Since the Rehab Act was passed two years ago, there has been much confusion surrounding Section 503. This section requires that anyone contracting with the government for over $2500 have an affirmative action program for hiring and promoting handicapped workers. The regulations which apply to this section describe the obligation of contractors and subcontractors, the actions consumers may take, and the government enforcement procedures.

Because the basis of this program's enforcement requires that handicapped people who feel they have been discriminated against file a complaint to start corrective action, it is necessary that consumers understand the regulations thoroughly. Also, because this section of the Rehab Act is so important to consumers, it is of special significance that consumers have a say in formulating the regulations which will govern it.

With these concerns in mind the President's Committee set up an all-day meeting at Brookings Institution on October 6 solely for consumers and officials from the Department of Labor

Don Galloway, consumer participant from Center for Independent Living, Berkeley, California.

who are in charge of Section 503 so they could meet and discuss the portions of the regulations which consumers felt were inadequate.

Representing the Office of Federal Contract Compliance Programs were Ward McCreedy and Dave Brigham. Assistant Secretary of Labor for Employment Standards Bernard DeLury also attended, spoke, and answered questions.

Consumer representatives came from California, Florida, Wisconsin, Minnesota, Massachusetts, Texas, and New York, as well as Washington, D.C. They spoke for members of the American Council of the Blind, the American Coalition of Citizens with Disabilities, the National Association of the Deaf, the United Handicapped Federation, the National Paraplegia Foundation, the Center for Independent Living, Little People of America, and other state and local organizations. Individual consumers also attended.

Consumer representatives were invited because they were well versed in programs which affect the handicapped and because they could report back to large constituencies and get the word out about the program. These consumers met government, face to face, and exchanged ideas.

The entire proceedings were taped.

Pat Thoben speaks with emphasis on Section 503.

Bud Keith talks things over with other meeting participants.

The tape was accepted by the Department of Labor as the official viewpoints of those present, and with the approval of the Solicitor General, it will serve as comments on the program the same as any comments submitted in writing.

The regulations were discussed point by point, with explanations about where changes had occurred and why they had occurred. Much of the discussion centered around the language of the regulations. There was special concern expressed by the disabled consumers about the word "qualified." It was pointed out that the affirmative action programs for blacks, women, and other minorities do not require this descriptive phrase. It was feared by many of those present that the contractors would use the word "qualified" as a basis for noncompliance.

Additional concern was expressed regarding the mechanisms to be used in determining a worker's "qualifications" and who would make such a determination.

Other points of discussion were what was required of a contractor as far as accommodation in order to be in compliance with the regulations, and questions as to whether the severely handicapped would be adequately covered.

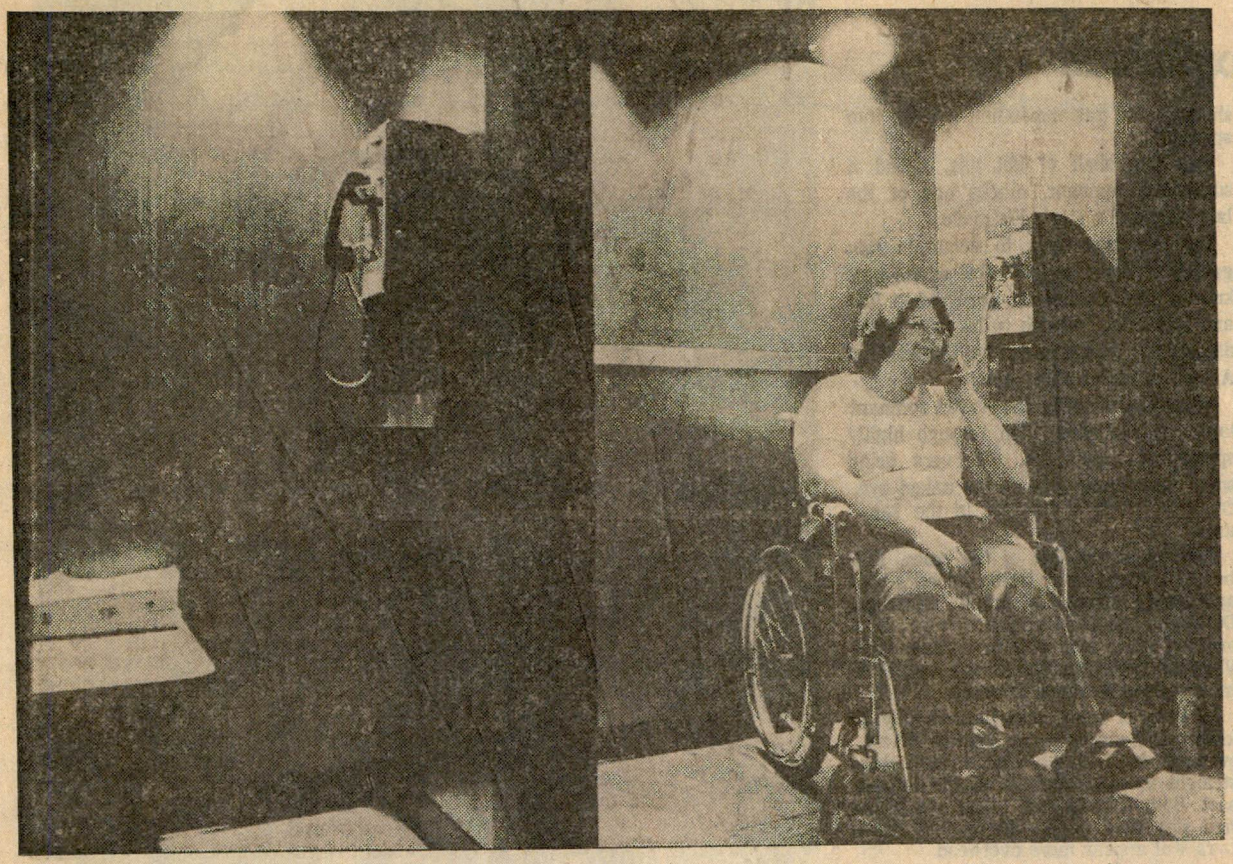
Lex Frieden (right) and his attendent rest during a break in the proceedings.

In addition to the regulations themselves being discussed, government officials were questioned about their own good faith effort as it applies to this program. There was concern on the part of consumers that many people being hired to carry out this program are not themselves disabled, and this may be indicative of how effective the entire affirmative action program will be in meeting the needs of disabled consumers.

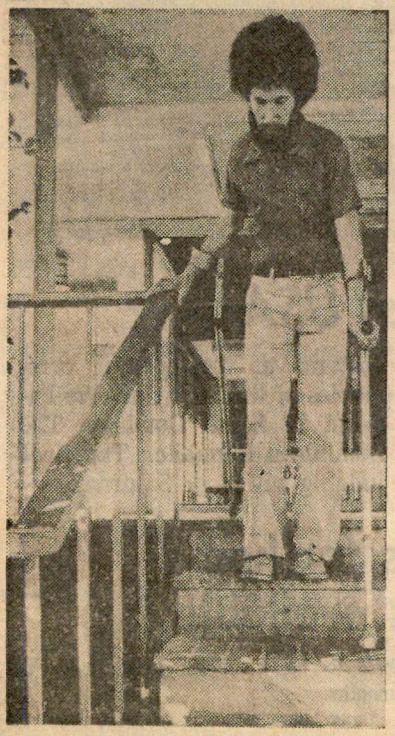
Several of the meeting participants voiced their concerns over the enforcement procedures which they felt left the burden of enforcement responsibility on the disabled person. Several commented that the effectiveness of affirmative action for handicapped people would remain an unknown until legal actions leading to court decisions were taken.

The meeting was an important opportunity for disabled consumers to voice these concerns to the government officials responsible for administering a major program to assist disabled people. By discussing reservations and criticisms about the new regulations, both the consumer and the government gained. Effective programs for disabled people need the contributions of disabled people at each step of the way. ●

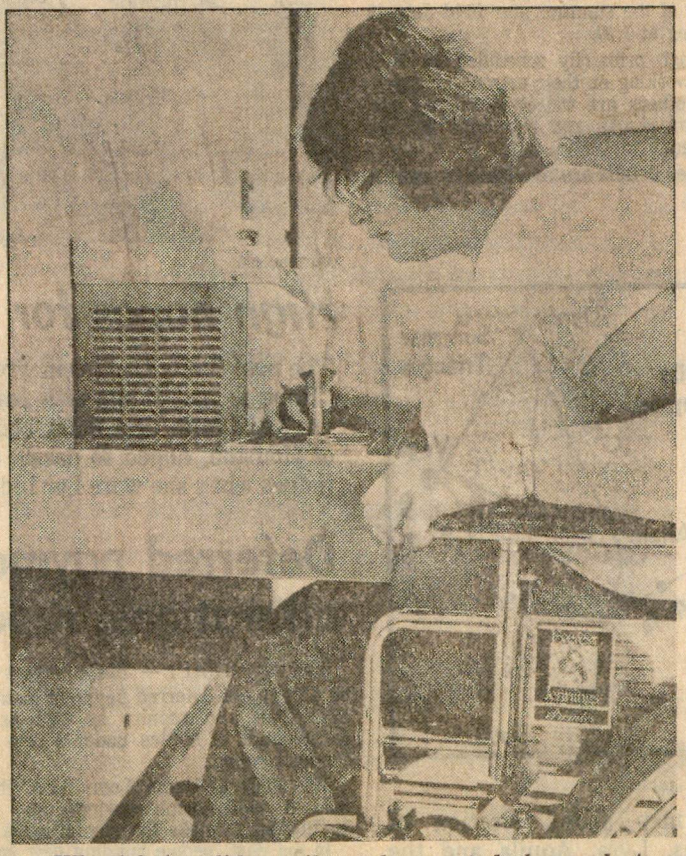
City news



Lower telephones accommodate wheelchair riders like Sue Walbridge at the University of Houston.



Low riser steps help handicapped persons like Robert Kafka, director of the University of Houston Handicapped Student Services, get around the campus.



Wheelchairs slide easily under most desks used at the University of Houston.

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All new building
are designed with
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at the university.

See story Page

Photos by Curtis McGee,

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Bush Library Photocopy Preservation

e University of Houston.

Handicapped find barriers at UH removed

The University of Houston (UH) is far ahead of most of the nation's universities in removing barriers that thwart the handicapped person trying to make his way around campus, says paraplegic Sue Walbridge, who works at the UH Office of Handicapped Student Services.

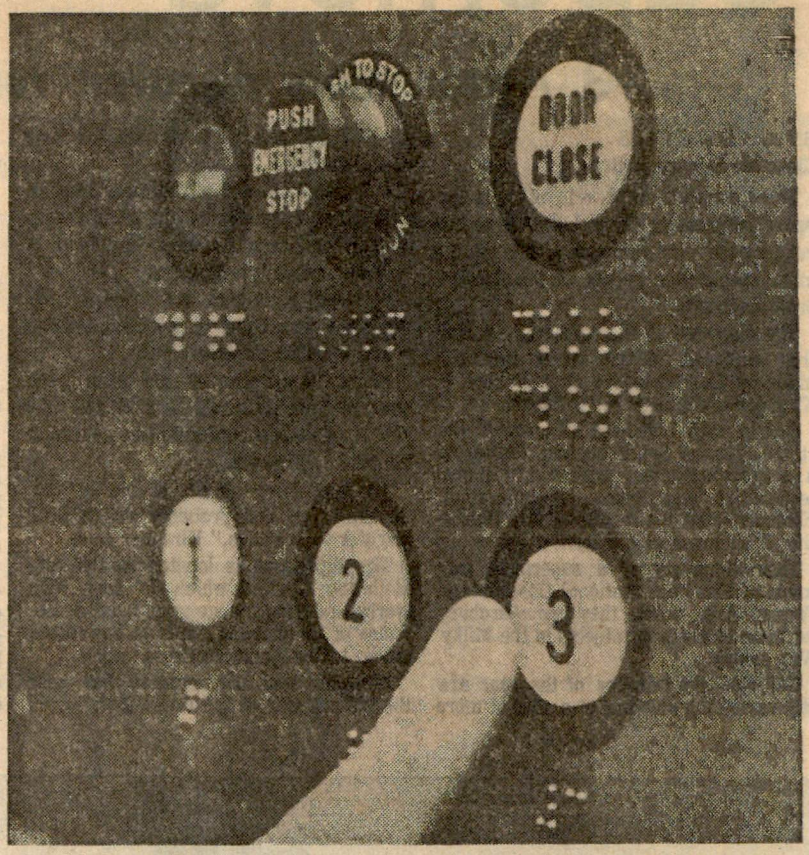
A federal law is now forcing schools to remove barriers that have stymied the handicapped, but UH has been working on the problem since the 1960s.

Common barriers found on campuses include streets and curbs without ramps for wheelchairs, narrow doorways, multistoried buildings without elevators, desks that are uncomfortable for the handicapped, drinking fountains and telephone booths that are too tall.

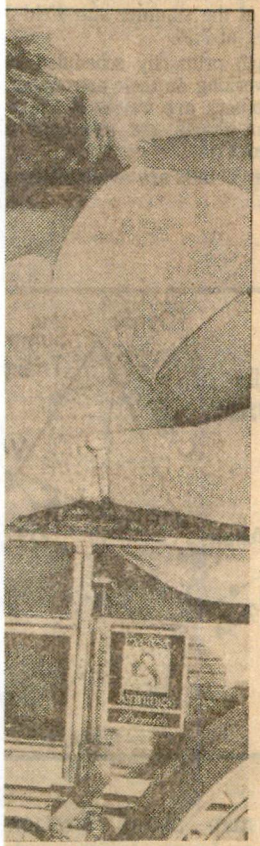
All new buildings planned for UH are designed with aids to the handicapped, says the senior architect at the university.

See story Page 1, Section 1.

Photos by Curtis McGee, Chronicle Staff



Catching an elevator is a breeze for blind students at the University of Houston, where braille guides button selection.



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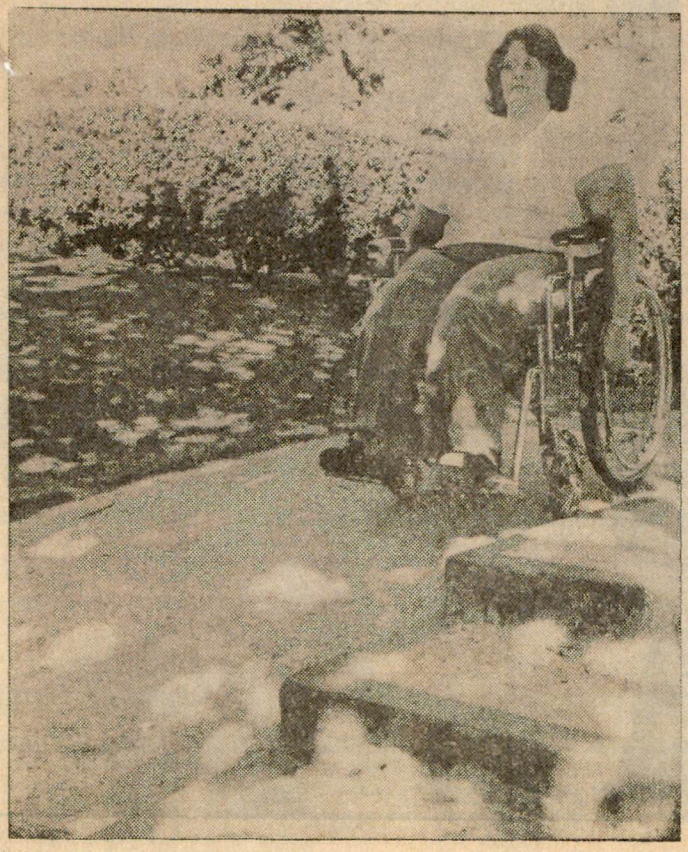
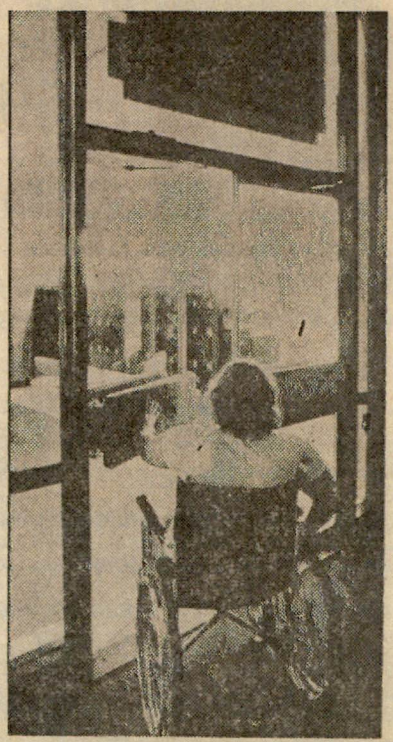


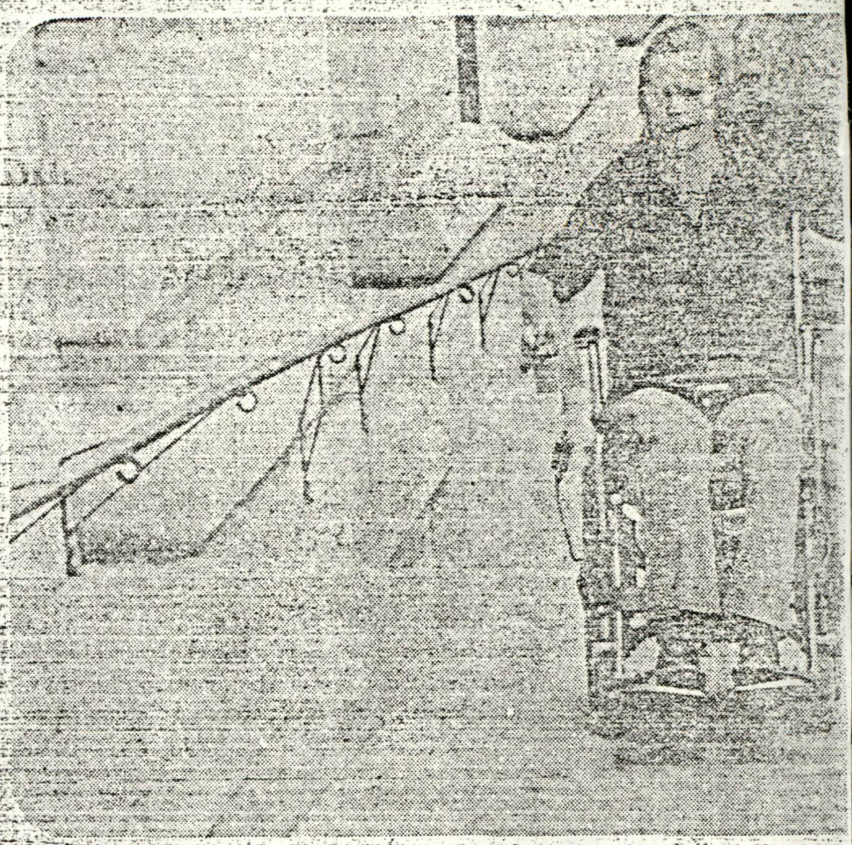
By virtually every set of steps, there is a ramp for the handicapped at the University of Houston.



Most University of Houston buildings have at least one door that has sills flush to the floor, opens easily and is wide enough to make accessibility easy for wheelchair riders.

The Houston Post July 23, 1978 Section Page

Harold Scarlett is on vacation. His column, Your world, will return in next Sunday's Post.



None 'completely accessible'

Buildings crippling handic

By RICK BARRS
Post Reporter

Lex Frieden's van pulled up in front of I Allen Center in downtown Houston, blocking busy midday traffic along Dallas. Amid blaring horns and screeching tires, Frieden's electric wheelchair was mechanically lowered to the pavement.

Frieden, a quadraplegic, found a driveway curb cut and ascended to the sidewalk. A passerby opened one of the heavy glass doors at the base of the skyscraper and Frieden rolled inside.

FRIEDEN'S OBJECT was to get to the eighth floor to see Louis Masek, a handicapped administrative law judge who complained to Joseph Califano, Department of Health, Education and Welfare secretary, about the center's limited accessibility to the handicapped, several of whom work there.

But that appeared to be a tall order as Frieden, 29, who works for the Institute of Rehabilitation and Research at the University of Houston, gazed at the escalators leading to the building's public elevators on the second level.

Frieden was about to give up hope when a janitor came to his rescue, pointing out a small sign pointing to what was said to be an elevator for the handicapped around the corner.

The elevator for the handicapped turned out to be a freight elevator. After a 10 minute wait, Frieden rode up to the eighth floor with a load of discarded boxes and a trash can.

ON ROLLING OUT of the elevator, he found Masek hobbling down the hall on his crutches.

"This building is better than it used to be, but it's still not accessible," Masek related, saying handicapped persons "have to compete with every janitor in the building" for use of the freight elevator, which has broken down several times.

"When it breaks down, you're really in trouble," Masek said, adding that the joke among handicapped persons in the building is that the elevator, because of its trash hauling function, "is for the handicapped and other garbage."

Several federal government offices are housed in the center, including those of the Treasury Department, the Small Business Administration and Masek's Social Security Administration Bureau of Hearings and Appeals under HEW.

I ALLEN CENTER, which leases the space for the offices to the federal government, is not alone in Houston in its limited accessibility to the handicapped.

Frieden, in a day-long jaunt around town to test the accesibility of five major buildings housing federal and state offices, found only one that approached total accessibility — a new building leased by the state at 7100 North Loop East.

Even there, parking for the handicapped, though available, was not marked, and Frieden had to make his way up a loading dock and navigate through a maze of packing crates, cardboard boxes and clutter to get inside.

Inside, however, the building had bathroom stalls large enough to accommodate a wheelchair, water fountains low enough for wheelchair users and even a blinking light alarm system, along with the traditional siren system, for the blind.

THIS WAS A FAR cry from the downtown U.S. Post Office building at 401 Franklin, where it took Frieden 30 minutes of looking and asking to find a bathroom inside a U.S. Public Health Service Clinic large enough to accommodate his wheelchair.

Again, there were no signs marking the bathroom and several employees of the outpatient clinic did not know of its existence.

Outside the Post Office, there was no reserved parking for the handicapped, forcing Frieden's wife, also in a wheelchair, to circle the block in their van while he was inside.

There was, however, a long ramp along the front of the building for wheelchair users. And the elevators were large enough for Frieden to roll easily inside.

In addition to postal offices and the health clinic, the Post Office building contains the testing center and job infor-

Telling it briefly

Lex Frieden, a quadraplegic, traveled around Houston for a full day last week to test the accessibility to the handicapped of five buildings housing government offices. There is nothing illegal about what he encountered, but Frieden claims there is something immoral.

Frieden, below, stopped short at Bureau of Labor offices, but the downtown Post Office building, left, has a ramp for wheelchairs

— Post photos by Tony Bullard

ıpped

ıtion offices of the U.S. Civil Service mmission.

E.E. VANDIVER, AREA public build-gs manager for the U.S. General Serv-s Administration, said when Frieden rived at Houston's main federal build-at 515 Rusk that there were no build-gs housing federal offices in Houston ıt are "completely accessible" to the ndicapped.

Federal law requires that buildings ned or leased by the federal govern-nt be accessible to the handicapped if y were built after Jan. 1, 1969. This ans they must have entrance ramps, aille markings on elevator buttons, shing fire alarm systems and accessi-bathrooms, water fountains, and tele-ones, among other things.

And federal law requires that any ilding leased by the federal govern-nt be accessible to the handicapped if lease agreement was signed after n. 1, 1977.

NONE OF THE buildings Frieden ited containing federal offices were in olation of either of these regulations ıce they were built or leased before the tes the laws went into effect.

Likewise, buildings leased or built by e state before Jan. 1, 1972 are exempt om accessibility requirements similar those outlined in federal law. Vandiver id the GSA has a voluntary program, wever, to make "all federal buildings" cessible by 1979. He said no work has en done so far in Houston because of e massive expense involved.

It would cost nearly $1 million to bring bathrooms in the main federal build-up to accessibility standards outlined by the GSA, he said.

"Congress simply hasn't appropriated enough money to do what we need to do," Vandiver said. He said he did not think the money would come soon.

THE MAIN FEDERAL building, which contains local congressional offices and the federal courts among other things, has no parking for the handicapped, no accessible bathrooms and "really no good features for the handicapped," Vandiver said.

There is reserved parking for each federal judge and congressman "and there just isn't room for any more," Vandiver said, despite the fact that handicapped persons work in the building.

Frieden found the federal building's one positive feature to be its sidewalk level entrance, something that was missing at a leased building housing State Bureau of Labor offices at 4199 Bellaire.

There, Frieden was stopped at the foot of two flights of stairs leading to the offices which process child labor and wage law complaints. Those offices are moving in August, however, to a more accessible building, office manager Karen Hughes said.

Frieden prepares for Houston meeting
— Post photo

Convention plans for handicapped

By BILL COULTER
Post Reporter

Special plans are under way so 100 or so severely handicapped scientists will have an easier time in Houston next month at the annual convention of The American Association for the Advancement of Science.

Wheelchair bound scientists will be whisked about to points of interest in lift-equipped vans, blind scientists will be given guides and deaf scientists will be provided trained interpreters during the six-day conference beginning Jan. 3.

"The AAAS more or less pioneered this whole notion of providing a special service for handicapped persons during the last three years," claimed Lex Frieden, a wheelchair confined quadriplegic who knows the numerous problems encountered by handicapped persons during travel.

Frieden, 29, is vice chairman of a Houston subcommittee making preparations for the conference, which is expected to attract more than 5,000 scientists from the nation's most famous research, educational, industrial and governmental staffs.

Efforts also will be made to enable handicapped Houston area children to meet with nationally prominent handicapped scientists during what conference enthusiasts call the "World Series of Science."

A social psychologist, Frieden was left without the use of his legs and with limited use of his arms after he received a broken neck in a 1967 car accident.

He went to the University of Houston after the accident because of its advances as a barrier free institution for handicapped persons. Frieden is research director of the New Options program of The Institute for Rehabilitation and Research.

"It's important to realize that handicapped people can compete on an equal basis with everybody else if we make appropriate accommodations," Frieden said.

Since the AAAS began offering special assistance to its handicapped guests and members, other major organizations have taken up the idea, he said.

"We're talking about people with three particular kinds of disabilities," those confined to wheelchairs, the deaf and some who are blind, Frieden said.

To facilitate accommodating handicapped scientists, a resource center will be operated by AAAS.

For wheelchair bound scientists, vans equipped with hydraulic lifts will be coordinated to pick them up at the airport and take them to their hotel. The center will provide shuttle service between convention sites and also take the scientists in van tours of interesting points such as the Houston Ship Channel, the Johnson Space Center and a refinery in Baytown.

The center will have spare wheelchairs and a wheelchair repair service in case someone has a flat tire. It also will be able to tell the scientists which restaurants don't have wheelchair ramps and such things as where are the most convenient places to sit at public facilities.

Volunteers will assist blind scientists by helping orient them to their hotel rooms and locating bathrooms and steps in their strange surroundings. They will be available to read copies of speeches made at the conference.

Trained personnel will be provided deaf scientists who will be able to interpret conversations and speeches by sign language or oral interpretation, he said.

"Oral interpretation is the art of repeating without voice the words of a speaker so that a deaf person can lip-read," he said. "Most people involved in scientific and technical fields do read lips. Some know both."

One thing Frieden is excited about will be the opportunity of Houston area handicapped children to meet and talk to out-

Frieden prepares for Houston meeting — Post photo

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Familiar Faces

Betty Olson, Dr. Robert Meier's secretary

Betty Olson

Someone once started to ask Betty Olson, Dr. Meier's Secretary, why she works so much overtime. But before he could finish his sentence, Betty was interrupted by six telephone calls. Finally he walked out of her office without finishing the question. He had gotten his answer.

"I can't ever plan to do anything because I'll never get to it. But I love my work. Dr. Meier is great and the job varies from day to day. Most of my patient contact is by telephone and on Tuesdays I make chart rounds with Dr. Meier."

After a long busy day at work, she relaxes at home by painting, sketching or making stained glass pieces. "I make flat pieces to hang on the window. Now I am working on a stained glass box and I wish I had more than two hands. They say it's better if you have six hands. But my real dream is to build a glass dollhouse."

She also collects antique dolls and miniature glass or china shoes. "I started collecting these three or four years ago. I have some of my mother's dolls and most of my own childhood dolls."

Ahead of the times, she built her first terrarium 20 years ago. "All of my friends thought I was crazy. But 15 years later terrariums came out in the stores."

Prior to joining our staff five years ago, she had a plant shop for one year and later opened a candle making business.

She has a daughter in England and has visited Europe several times. "I go there everytime I get a chance. We do some sightseeing in England and France."

Lex Frieden

As the research director of New Options, Lex Frieden evaluates the overall effectiveness of the program for the severely handicapped persons in the project. "About half of the people who have participated in the program in the past two years are now living more independently and are involved in a work activity," said Frieden.

He is also co-director of independent living research. In this position, he gathers information from all over the United States on independent living projects for disabled persons. "Houston is one of the most accessible places for disabled people in the country."

Actively involved in the local Coalition for Barrier Free Living (CBFL), Frieden also belongs to the American Coalition of Citizens with Disabilities (ACCD). He is the chairman of the ACCD's nominating committee and on a task force to recommend ways to implement the rehabilitation act.

He has worked in rehabilitation workshops and visited many rehabilitation centers in the country. "TIRR is more progressive than most other rehabilitation centers in the nation."

A native of Oklahoma, he earned his bachelors degree in psychology from the University of Tulsa. He received his masters at the University of Houston and is now working on his doctorate degree in social psychology in rehabilitation.

Frieden and his wife, Joyce, who is currently president of the CBFL, were married one year ago in Washington, D. C.

Lex Frieden, research director of New Options

After working at TIRR for two and a half years, Frieden says, "I like the people I work for and with. My office is in the Annex and I like the Annex better than the main building because it's quieter and more orderly."

TIRR Research Recommended

A system developed by the behavioral ecology department to measure behavioral outcomes of rehabilitation has been recommended to become a routine procedure for spinal cord injury centers in the nation. The recommendation came from a report written by Roberta Trieschman, Ph.D., project director of Easter Seals of Los Angeles County.

Behavioral ecology's project had two key objectives. One was to provide understanding of psychological, social and vocational adjustment of spinal cord injured persons.

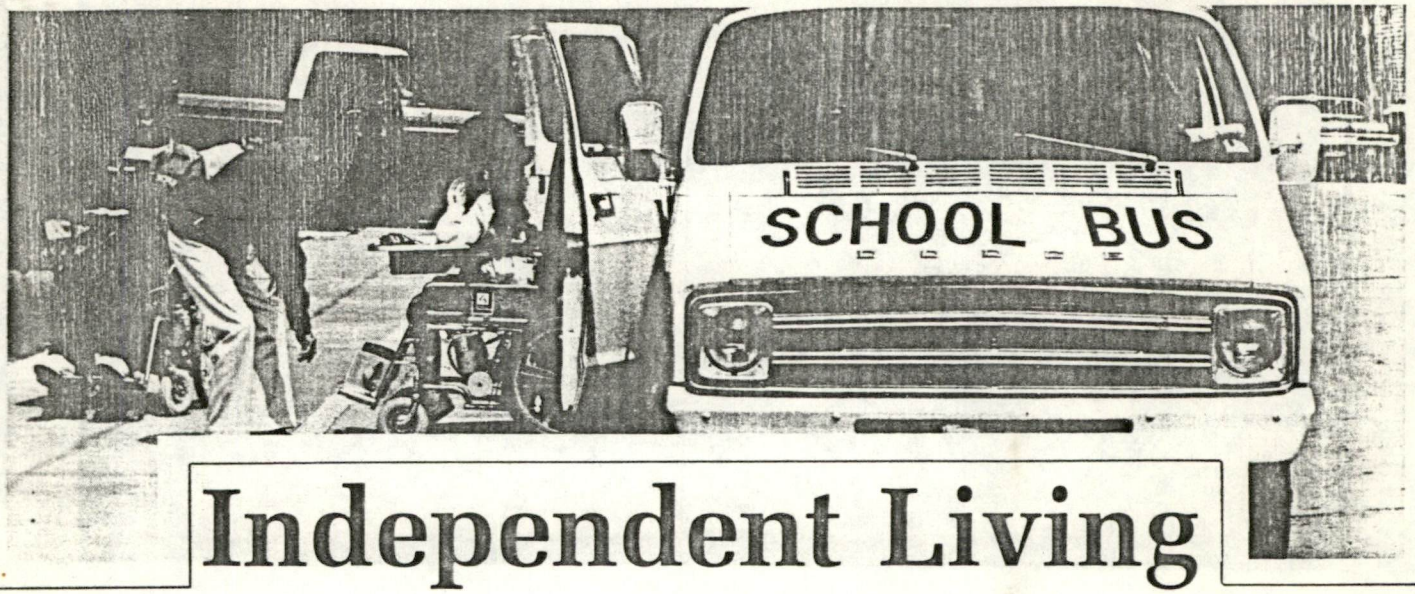
Second, it was to provide the Rehabilitation Services Adminis-

continued on page 5

ORS REGION V • CENTER for CONTINUING EDUCATION

continuing education news

VOLUME 5 NUMBER 3 FEBRUARY 1979



Independent Living

By Mike Flynn, Region V CCE Staff

In 1972, Lex Frieden was residing in a dormitory for severely physically disabled persons, a cooperative living project, while attending graduate school. The residential program was the first of several developed with the assistance of The Institute for Rehabilitation and Research (TIRR), Houston, Texas, and the forerunner of a comprehensive effort towards expanding independent living (IL) services for the severely disabled. Seven years later, Frieden has become co-director of The Independent Living Research Utilization Project (ILRUP) at TIRR, along with Dr. Jean Cole, and the program has expanded to the point of national and international prominence.

During a recent interview following a presentation at a conference of the 10 Regional Rehabilitation Continuing Education Programs, Frieden outlined the major goals of ILRUP. The pinnacle of current involvement, he said, has been activities emanating from an independent living research utilization grant from the Rehabilitation Services Administration, the only one of its kind in the country. It has led to the following past and future projects:

- Production of a 62-minute videotape, **Independent Living Six Model Program,** which describes six projects designed to facilitate independent living. Distribution of this program has begun.

- Convening of an international advisory committee on independent living, including representatives from Sweden, the United Kingdom and the Netherlands, in addition to the United States.

- Sponsorship of the second national conference on independent living, held last September in Houston.

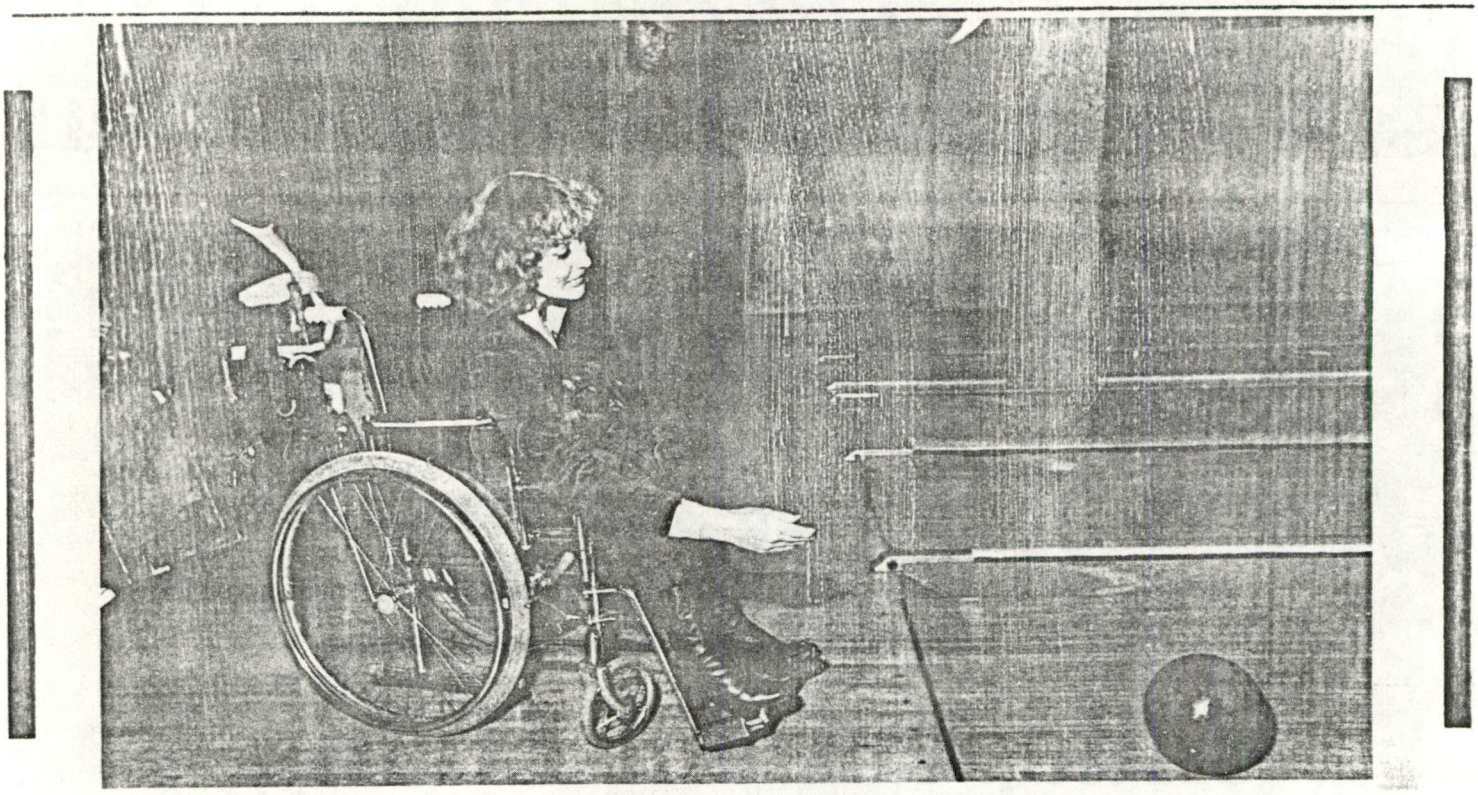
- Production of a handbook on independent living, which includes information on such subjects as funding IL projects and involving consumers. **It includes a series of definitions related to the concept of independent living and a registry of IL programs in the United States.**

- Conducting five educational forums on IL in cooperation with the Council of State Administration of Vocational Rehabilitation. **Chicago is among the sites selected for a 2½ day forum, which will focus on state and local programming for independent living services (more information will be carried on this in a future newsletter).**

In the near future, Frieden said he expects to be involved with obtaining funds to support IL projects authorized by recent federal legislation, and also working with RSA to produce regulations to govern such activities. Regarding the former, he said "$80 million was originally proposed for independent living projects, but rumors circulate that Congress will only allocate between $2 and $10 million. You can't develop programs without financial support, and we will be lobbying to secure sufficient funding."

Frieden, who is currently a Ph.D candidate in social psychology at the University of Houston, said he has seen the independent living movement "spring from the roots of consumer discontent with the (rehabilitation) focus on

"Sometimes we get so concerned with bricks and mortar that we forget about the many other services needed to make independent living a reality. Equally important are transportation, financial counseling, legal services, social skills, political advocacy and recreation, as well as readers, interpreters and attendant care for those so in need."



career goals as opposed to general goals for one's life. This reached maturity with the recent legislation when, for the first time, independent living projects were authorized without specific ties to vocational goals. This symbolizes the peak of consumer involvement — directed and initiated by handicapped people themselves."

The movement towards barrier-free housing and attendant care, according to Frieden, used to evolve around the question "should it (housing) be designed for groups in large houses or for individuals or a few people in small residences?"

"The answer turned out to be 'don't worry about it,' " Frieden continued. "If handicapped people have the skills and information required to be independent, they can assess their own (living) options and find their own solutions."

Noting that "sometimes we get so concerned with bricks and mortar that we forget about the many other services needed to make independent living a reality," Frieden stressed that living arrangements are but one aspect of independent living.

Equally important, he said, are transportation, financial counseling, legal services, social skills, political advocacy and recreation, as well as readers, interpreters and attendant care for those so in need.

How about work or vocational training?

"The research we have available indicates that (handicapped) people who are able to live independently eventually become good candidates for vocational rehabilitation. Contrarily, they may not be good candidates until their independent living needs are met," he responded.

Another major TIRR activity in which Frieden and Cole are involved is New Options, a transitional living program designed to foster independent living among the severely disabled and enable them to become part of their community. The program consists of a six-week cycle of instructional modules emphasizing the skills required to live and work independently. Since its beginning in 1976, 85 people have completed the program.

Besides TIRR's programs, Frieden is also involved in the Coalition for Barrier-Free Living, a local organization of disabled individuals. The coalition is working with the city of Houston to construct a $3 million dollar building which will have social and recreational activities for the handicapped. This project, the first of its kind of such magnitude, was spearheaded by both handicapped groups and public and private rehabilitation agencies.

As independent living has come alive and matured in the seventies, it is up to handicapped people themselves to keep it from sputtering, Frieden stressed, adding "we have a long way to go." Individuals and organizations wishing to exchange information with Frieden on independent living can reach him at TIRR, 1333 Moursund, Houston, Texas, 77030, 713-797-1440.

Editor's Note: Independent living is among the major topics to be addressed at the March 26-28 "A Chance To Do Business" conference (see Pages 4 and 5).

Bill's article on
2 distinguished
alumni.
(Lee was Pres of MYF
at Alva before his
accident.)

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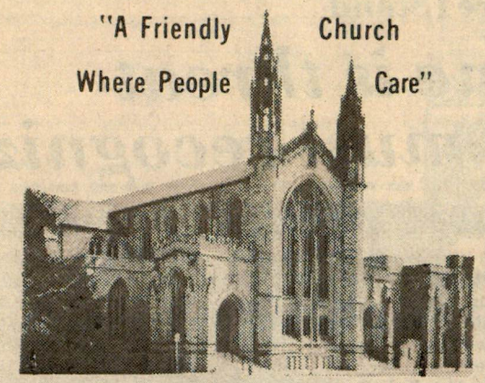
"A Friendly Church Where People Care"



FIRST UNITED METHODIST CHURCH
11th & Boulder Tulsa, Okla. 74119

THE UNITED METHODIST REPORTER

PAGE 1-L

Send P.O. Form 3579 to Box 221076 Dallas, Tx. 75222

OCTOBER 12, 1979

Come And Celebrate "Laity Sunday" With Us This Sunday!

From Your Pastor

The Bible says that the secret to a church being dynamic and effective is for each member to function properly. To help us understand this truth, Paul compares the church to a human body. He says a healthy body is where each member is functioning properly, and an unhealthy body is unhealthy because the members are not functioning right.

In my current series of sermons, "A Journey Into Discipleship," I pointed out in Discipleship Lesson #3, on September 30th, that my primary job as your pastor and the primary job of the other clergy on the Staff is not to minister; but rather it is to equip you, the members, for ministry! This is often confusing because of the custom of calling the clergy staff "ministers" and everyone else "members," and that terminology is so entrenched that it would be foolish to try to change it; but we can change our mind-set about the proper function of minister and members. All of our ministers have been working hard developing ministry opportunities for you, and preparing themselves to equip you for these ministries. This week I want to tell you about one of them. In future weeks I will tell you about others.

The one I want to tell you about this week is **"FRIENDSHIP VISITATION."** Jesus said, "You are my friends. At the heart of Christianity is the breaking down of all barriers and becoming genuine friends with our fellow Christians. For this to happen the mature Christian must take the initiative, just as God has taken the initiative in coming to us in Jesus Christ. This is the idea behind **"FRIENDSHIP VISITATION."** Each Sunday we have between 350-500 visitors in our worship services, and experts on church growth tell us that one of the most important things you can do to help these

Our Speakers For Laity Sunday

Larry Voight — Priscilla Campbell — Gail Runnels — Agnes Johnson

Two Of Our Members Named Distinguished Alumni Of Great Universities

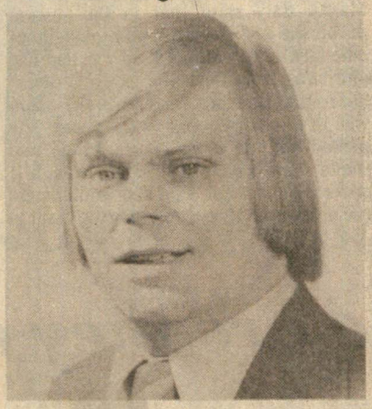
Four Of Our Members To Give Their Personal Witnesses At Both Worship Services

Officers Of Our Church Will Lead The Worship Services

In The United Methodist Church one Sunday each year is set aside to emphasize the ministry of the laity, and this Sunday is called "Laity Sunday" (formerly called "Laymen's Sunday"). Those who are familiar with Methodist history know that in the beginning only John and Charles Wesley were ordained clergy, and all of the other "ministers" were laymen. Throughout the history of The United Methodist Church a very large percentage of the pastors of local churches have been lay pastors. This is still true today. And as important as this is, this is not the primary meaning of "Laity Sunday."

The meaning of Laity Sunday is to emphasize that every church member is called to be a minister (See this week's "From Your Pastor"), and the primary calling of the ordained clergy is to equip the lay membership for ministry. No person ever saw this truth more clearly, or did more to make it a living reality than

Two of Our Members Named Distinguished Alumni Of Great Universities



Lex Frieden
University of Tulsa

Robert L. Parker
Texas University

Lex Frieden, a former member of our church and the son of our church treasurer, Dale and Mrs. Frieden, was chosen a "Distinguished Alumnus" of the University of Tulsa this month. Dr. Thomas said, "Lex Frieden is one of the most unusual and outstanding young men I have ever met. He was the victim of a tragic car accident his freshman year in college at O.S.U. which severed his spine and left Lex without the use of his arms or legs. But instead of defeating Lex, it became a challenge to him, and today at the age of 30 he has reached goals and accomplished feats that most of us with all of our limbs will never accomplish in a lifetime. I saw this 'something special' in Lex when he was chosen to be the speaker for our College Student Recognition Sunday when he was a senior at Tulsa University. Although he sat in his wheel chair to speak then, you could see that here was a giant of a man! What he has done since then is even more evidence of that fact. The citation from the University of Tulsa lists a few of those things."

He received a B.S. Degree in Psychology from the University of Tulsa cum laude in 1971, and went on to do graduate work in social and rehabilitation psychology at both the University of Tulsa and University of Houston, where he is now a Ph.D. candidate in social psychology. He has taught at both Baylor and University of Houston and is now the New Options Research Director at The Institute for Rehabilitation and Research (TIRR) in Houston. He is presently developing a broad range of alternatives to institutional living arrangements for the physically disabled in Houston. Lex is a prolific writer on this subject and has published articles in a number of magazines and journals including "Rehabilitation Literature," "American Rehabilitation" and "Volume One: Awareness Papers from the White House Conference on Handicapped Individuals."

Lex Frieden has also spoken at more than 20 national and state-wide conventions since 1976. This list includes annual meetings of the American Congress of Rehabilitation Medicine, the American Psychological Association and the American Association for the Advancement of Science. He is also a consultant and has offered his services to more than 30 local, state and national organizations since 1975. Prominent among these groups is the U.S. House of Representatives, the Departments of HEW and Housing and Urban Development, along with the National Science Foundation. Lex is now currently involved with fund-raising to support federally authorized independent living projects, designed to identify life-style options for disabled individuals.

Lex, we your fellow Christians and church members congratulate you, not only for this latest honor, but also as one of the best examples we know of the great Biblical truth that when we permit Him that "God always works for good in everything," and say to you: "You are a giant of a man!"

Robert L. Parker, a longtime, active member of our church was honored this past week as a "Distinguished Alumnus" of the University of Texas. Former Governor John Connally, who received the award in 1961, was the master of ceremonies at the award ceremonies for Mr. Parker last weekend.

Bob Parker has been in First United Methodist Church all of his life, and has held almost every office in the church, including Chairman of The Administrative Board, and President of the Board of Trustees. He is currently Vice President of The Board of Trustees, Chairman of The Long-Range Planning Committee, and Vice Chairman of The Building Committee for Vision I.

Bob graduated from the University of Texas in 1944 with a Bachelor of Science Degree in Petroleum Engineering, and after three years with the U.S. Army in Germany, joined Parker Drilling Company in 1947. He became manager of operations in 1951 and was named president and owner in 1953. He is now Chairman of the Board and Chief Executive Officer of the company, which is the largest land drilling company in the world.

In 1969 Bob received the Distinguished Engineering Graduate Award from the University of Texas. He is a board member of many of the leading businesses in Tulsa and the United States. He is very active in civic affairs and was named Citizen of the Year by the Tulsa Civitan Club in 1978, and Oil Man of the Year at the Permian Basin Oil Show in 1976.

But above all Bob Parker is a witness for his Lord Jesus Christ and an active churchman. He is a teacher in our Adult Curriculum and regardless of his busy schedule is almost always in his pew every Sunday morning!

Bob, we your fellow Christians and church members congratulate you, and say it couldn't happen to a better guy!

Immersion Baptism

A service of Immersion Baptism will be held on Sunday, Oct. 28, at 6:00 p.m. If you are interested please call Connie at the church to make arrangements.

Willard Home Aims For Air Conditioning And Cottage Refurbishing

The home thanks you for your past generosity. Keep those green stamps and old newspapers coming! You may bring the stamps to the Home or church, and bring papers to the church. Please put newspapers in the ground floor elevator room. Please do not include junk mail or magazines. Call Marjorie Spees for information or pickup, 582-4558.

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John Wesley. So, how appropriate it is that each year we set as
in the calendar of The United Methodist Church to emphasize t

For several years now, on this special Sunday, we have been
of our members to fill the pulpit and give "My Personal
exception each Laity Sunday has been one of the most ex
Sundays of the year! It promises to be that again this year, f
four committed and "turned on" Christians to share wit
witnesses this year. These four represent a cross-section of ou
of membership, age, male/female, married/single. They are:

1. Larry Voight. Larry is married and his wife's name
have a fourteen-year-old daughter named Monica
construction and he owns his own company, Voight C
active member of the Builder's Class and one of o
ushers.
2. Priscilla Campbell. Priscilla is single and works a
Oklahoma Osteopathic Hospital. She is a member of
which is our youngest singles class. She is actively inv
of the church.
3. Gail Runnels. Gail is married and his wife's name
have a teenage daughter, Beth. Gail is an attorney and
firm of Holliman, Langholz, Runnels & Worwart in t
downtown Tulsa. Gail and his wife, Virginia, are the te
couples class, The New Covenant Class. Gail and h
church this past year, but have been leaders in the Ch
Tulsa for many years.
4. Agnes Johnson. Agnes is single and a very active me
Class, which is the oldest Church School class in our c
Agnes is retired and lives at University Village, but
retired in serving our Lord and His Church! Look aro
Agnes witnessing for her Lord and serving our church.

Look at the pictures of these four speakers adjoining this ar
what a good cross-section of the church they represent a
Sunday that Laity Sunday is going to be! Come and join us in
may worship at either 9:30 or 10:50 a.m.

Harry Spege To Be Spea At Keen-Age Luncheo Tuesday, October 16, Park

Harry Stege, prominent civic leader, will speak at the
Tuesday, October 16, luncheon in Parker Hall. He holds the
Bachelor of Law degree from the University of Tulsa, and was
appointed Chief of Police, city of Tulsa, 1978. Officer Stege
holds several honors, is active in civic and professional
organizations, is the author of many periodicals. Starting time
is 12:00 noon, the cost is $2.00 per person, and transportation is
available for those who need it. Sign up now if you want to
come. Following the program, a free blood-pressure chec
Registered Nurse.

Notice Single/Divor

Prayer and Share each Tuesday evening 7:30 p.m.:
Classroom.

UMW Groups M

The following circles will meet on Monday, October 15, at 7:30
Mary-Esther — Mrs. Clarence Leonard, 3435 S. Gary
Susanna — Mrs. Paul West, 5156 East 27th Place

Infant Baptis

LEFT TO RIGHT:
Stephanie Michelle Dickson, daughter of Mr. and Mrs. Les I Shelton, son of Mr. and Mrs. Charles Shelton.

Infant Baptism

The next **Infant Baptism** will take place on November 4 at
a.m. Services. The one after this will be January 13, 1980. If y
November 4 date, please call Connie at the church to make arr