

Life made easier

# Book helps blind

United Press International

NEW YORK — Humorist Clarence Day once suggested that contracts for architects require them to break their legs before designing buildings so they would understand the need for entrances accessible to the disabled.

A new book called "Making Life More Livable" addresses a related problem: How to help the blind and visually impaired cope with homes, home furnishings, utensils and appliances designed for the sighted.

Many of the author's suggestions are simple adaptations requiring little or no effort or expense — perhaps placing a chair in a different position or painting a wall white or using a stronger light bulb in a lamp.

Many older people create one problem in solving another, says author Irving R. Dickman.

Because they're afraid of falling, they look at the floor as they walk and sometimes run into a door left ajar. He suggests either converting hinged doors to sliding ones or replacing doors with curtains or remembering to open or close doors all the way — and reminding visitors to follow suit.

Dickman's \$5 paperback is printed in large type and published by the American Foundation for the Blind, a non-profit organization serving the blind and visually impaired in cooperation with more than 700 agencies, organizations and schools nationwide.

Dickman's copy and photo illustrations are arranged on a room-by-room basis, showing how to improve

lighting, use color contrast, rearrange furniture, organize drawers and closets and place tape in contrasting colors the width of steps to improve visibility.

The author says many older people have vision problems that cut them off from essential information, such as food and medicine labels, Social Security and Medicare-Medicaid notices, personal correspondence and bills.

Organization is the key to safety with medication, he said.

For example, always keep medicines in alphabetical order in the same place on a shelf or in the medicine cabinet.

If you cannot identify bottles or packages by size, shape or color, mark them in individual patterns with one, two or three strips of adhesive tape, vertically, horizontally or diagonally, or with varying numbers of rubber bands.

In the kitchen, develop the habit of turning off range top burners and ovens before you remove food.

Glare is a major problem for older people, Dickman said. Light, airy lounges in nursing homes may be unoccupied on sunny days because the bright light that looks cheerful to youthful architects, designers and the staff can be painful and disturbing to the elderly.

The \$5 price of "Making Life More Livable" includes postage and handling. Order by title and catalog number PAL115 from: American Foundation for the Blind, 15 West 16th St., New York, N.Y. 10011.

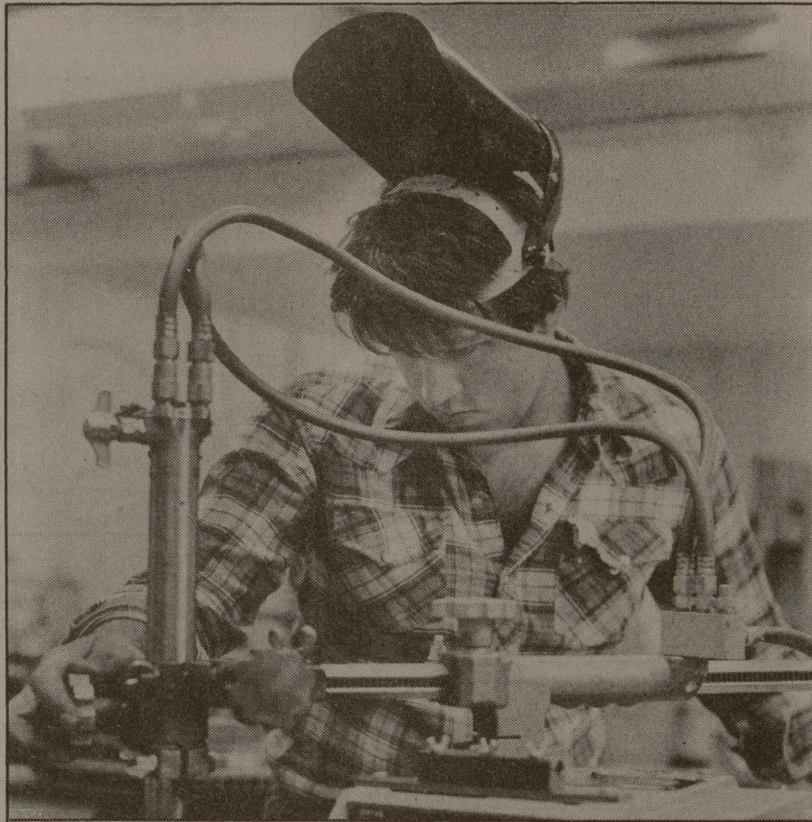


Photo by Dean Saito

## Cutting torch adjustments

Kelley Adamson, graduate civil engineering major from Houston, Monday afternoon adjusts the tip of a cutting torch which is used to cut metal plates. The plates will be used to fabricate model connections, which are used in the Houston Convention Center, for engineering analysis. Adamson uses one of the fabrication labs in the Engineering Laboratory Center.

# Tiddlywinks returns

United Press International

GAITHERSBURG, Md. — The next time you get down in the dumps and need some perspective, just think of tiddlywinks, the Rodney Dangerfield of games.

Much maligned by the masses as a silly diversion for children, the game that like Dangerfield "don't get no respect," is taken very seriously by a chosen few adults in Great Britain and the United States, including members of the North American Tiddlywinks Association.

"People think of tiddlywinks and they think of the kids' game," said Larry Kahn of Gaithersburg, head of the association and the world's reigning singles and doubles tiddlywinks champion.

"But," he said, "it involves a very high level of strategy. It's a combination of chess and billiards. There's a lot of thinking and a lot of physical shots you have to make."

Why, then, does the general public think of tiddlywinks as simply a kids' game?

"Because it is a kids' game," Kahn said.

Indeed, tiddlywinks was invented in the late 1800s as a game in which children shot winks — small round discs — into a cup.

It wasn't until 1954 that tournament tiddlywinks was developed by two Cambridge University students who, it has been written, were not athletic and thought it would be good for their resumes to have competed at something — particularly against Oxford.

The tournament game came to

the United States in the mid-1960s when schools such as Harvard, Massachusetts Institute of Technology and Cornell formed teams.

Today, Kahn said, there are "serious types ... tournament-type players" who might participate in the annual Continentals Tee Championships, held in February.

"In this country most of the people who play are very mathematically oriented ... probably because we've recruited players in the (type) schools," said Kahn, 30, a MIT graduate and an ocean engineer in the Washington, D.C., area.

Like most games, tiddlywinks opened a lingo all its own.

"Potting" is to put a wink in the cup. "Potting out" is to put all your winks in the cup, one way to win. "Squopping" is shooting a wink on top of an opponent's wink, another way to score points and win.

Finally, a "squidger" is the place a winker uses to shoot. They come in different sizes, depending on the shot desired — "like golf clubs," Kahn said.

"There's no tiddly," he said.

And, to this day, there is no great interest in tiddlywinks.

Kahn and his American counterparts are hoping they will get publicity boost like their friends in Britain got when tiddlywinks was coupled with Prince Philip in a satirical news article — but they're holding their collective breath.

"People just don't take us seriously," Kahn said.

# WHAT ARE YOU DOING

## AFTER HOURS

# THIS SUMMER?

REGISTRATION JUNE 7 ROOM 225 MSC  
9:00 am — 6:00 pm

### BEGINNING COUNTRY & WESTERN DANCE

Learn country & western dancing at the Texas Hall of Fame. Be ready to learn the two-step, polka, waltz, cotten-eyed joe, schottish, and jitterbug, plus stay free and dance after the class. Enrollment receipts from this class will enable students to get in the Hall free on Wednesday and Friday.

Instructors: Ford & Sandra Taylor  
Fee: \$15  
Meets: Wednesday, 6:15-7:30 p.m.  
Begins: June 13, 1984  
Weeks: Five

### ADVANCED COUNTRY & WESTERN DANCE

Learn to do continuous turns and jitterbug moves for the two-step, polka and waltz. Also, advanced jitterbug moves will be taught. This class meets at the Texas Hall of Fame and students must know basic steps. Receipts will enable students to get in free Wednesday, Thursday and Friday at the Hall of Fame.

Instructors: Ford & Sandra Taylor  
Fee: \$15  
Meets: Thursday, 6:15-7:30 p.m.  
Begins: June 14, 1984  
Weeks: Five

### JITTERBUG AT THE HALL

Learning to Jitterbug can be fun! Class will begin with the very basics and advance as the ability of the class progresses. A variety of spins, turns, pretzels, slides, dips, aerials, etc. will be taught at the Hall of Fame -- with plenty of personal attention.

Instructors: James & Helen Curry  
Fee: \$11  
Meets: Friday, 6:15-7:45 p.m.  
Begins: June 15, 1984  
Weeks: Four

### AEROBIC DANCERCIZE

This class will consist of a warm up stretch routine, aerobic dance routines, floor stretches and cool down exercises. Join the fun and get in shape!

Instructor: Susan Leach  
Fee: \$17  
Meets: Section A: Mon/Wed 5:30-6:30 p.m.  
Section B: Tues/Thurs 7:00-8:00 p.m.  
Begins: Section A: June 11, 1984  
Section B: June 12, 1984  
Weeks: Six

### AEROBIC WORKOUT

This class is designed to promote total cardiovascular fitness. It will include a warm up with choreographed fitness routines, floor exercises and a warm down period.

Instructor: Paula Blakely  
Fee: \$13  
Meets: Section A: Mon/Wed 4:30-5:30 p.m.  
Section B: Tues/Thurs 8:00-9:00 p.m.  
Begins: Section A: June 11, 1984  
Section B: June 12, 1984  
Weeks: Four

### AEROBICS FOR FUN & FITNESS

This class is designed to strengthen the cardiovascular system, burn calories, decrease body fat, and improve muscle tone. In the process, exercising will reduce stress and tension as well as improve self image and fitness.

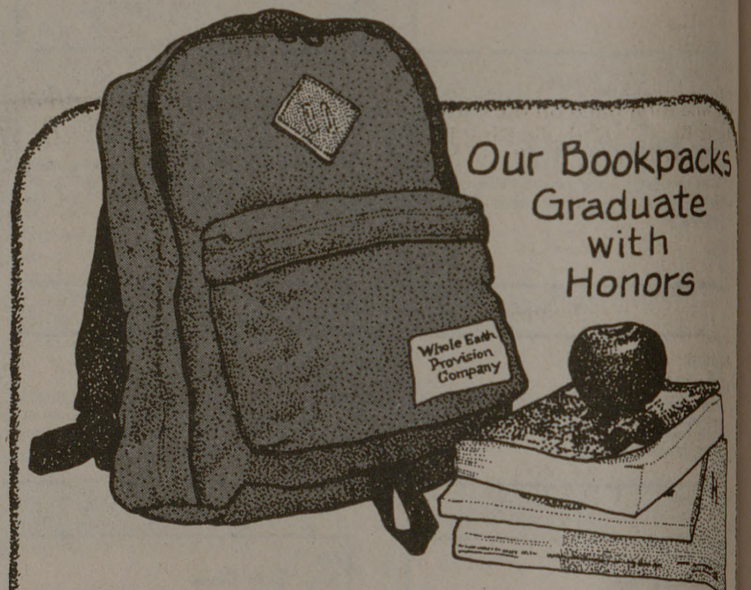
Instructor: Lori Cox  
Fee: \$17  
Meets: Section A: Mon/Wed 7:30-8:30 p.m.  
Section B: Tues/Thurs 5:00-6:00 p.m.  
Begins: Section A: June 11, 1984  
Section B: June 12, 1984  
Weeks: Six

### EXERCISE & DANCE

Have fun getting into shape! This program combines dance like routines which increase and strengthen the endurance of the heart, lungs and circulatory system.

Instructor: Stephanie Campbell  
Fee: \$17  
Meets: Tues/Thurs 4:00-5:00 p.m.  
Begins: June 12, 1984  
Weeks: Six

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