



# D.A.W.N., Inc.

## Membershid Notice

August 2000

### **FYI**

*OOPS* !- My apologies for some of the problems in last months notice. Although you may have heard of Christmas in July, I don't believe anyone has heard of June in August. Soooo....the date for the August dinner out is on Tuesday, August 15th.

### **Junk Mail & Telemarketing**

Are you tired of recycling all that junk mail? Have you just had it with the telemarketing call that comes just as you sit down to have dinner? You can stop junk mail by writing to: Mail Preference Service, Direct Marketing Association, P O Box 9008, Farmingdale NY 11735-9008.

To stop the telemarketing calls write to: Telephone Preference Service, Direct Marketing Association, P O Box 9014, Farmingdale NY 11735-9014.

Be sure you print or type your full name, (and variations of your name by which you receive mail) address, city, state, zip code. For telemarketing you need to also give the telephone number with area code.

### **Member's request:**

Mr. Ed Donn would like Dawn members to contact Dennis M. Lyons - Executive Editor, Daily Record, P O Box 217, Parsippany NJ 07054 and "request that he have his reporters write more articles on disability issues." He feels that "if Mr. Lyons receives enough requests he will see how important it is."

Also, he would like to made you aware of the EPVA's printed warnings that state: Parking here for "Just a Minute---"---is 60 seconds too long! These are "placed on vehicles illegally parked in reserved areas, to educate able-bodied people about the necessity of accessibility." If you would like to receive some of these warnings (come 30 per pad) call 1-800-444-0120. Although there is no cost, if you can make a donation it is appreciated.

### **NYC Consortium for Independent Living**

The consortium will be holding a Spirit of ADA Torch Relay on August 6 & 7. This will be a five-borough, New York City commemoration of the 10th anniversary of the Americans with Disabilities Act. This is the grand finale of a cross country, 24-city relay of the ADA torch to promote equal opportunity, full participation, independent living and economic self-sufficiency for all people with disabilities. Celebrate the contributions of the 54 million children and adults with disabilities. Demonstrate your commitment to an America that works for everyone. Share the excitement of participating in an historic, national event.

*Grand Opening:* Bronx 10 a.m. Bronx VA Medical Center Manhattan 12 Noon 125th St & Adam Clayton Powell Jr. Blvd. Queens 2:30 p.m. Playground for All Children Flushing Meadow Park

*Grand Finale:* Staten Island 9:30 a.m. Staten Island Borough Hall Brooklyn 12 Noon Metrotech Center Manhattan 2:00 p.m. United Nations Dag Hammarskjold Plaza

*The national host is:* the American Association of People with Disabilities.

*The national sponsor:* Volkswagen of America.

Local sponsors are: Able Newspaper, Artists with Disabilities, Group Corp., Banco Popular, Eastern Paralyzed Veterans Association, FEDCAP, HSBC, Independent Care System, and WE Media. For information on becoming a torchbearer: call (718) 658-8956, TTY 658-4720 or visit their website <http://www.nycilc.org>

## 5 Cool Ways to Use Rubbing Alcohol

1. *Drown Swimmer's Ear* - combine equal amounts of distilled white vinegar (not cider or wine vinegar) and rubbing alcohol in a clean, empty eyedropper bottle. After a swim place a few drops of the blend in your ears. (The alcohol may sting a little.) It helps to tilt your head and gently pull the ear back and up to straighten out the ear canal. One application after a swim may be all it takes to cure swimmer's ear and prevent it from happening again. CAUTION: Do not use this remedy if you've had ear surgery (this includes children with tubes in their ears) or if you've ever punctured your eardrum.
2. *Spot-Treat Annoying Pimples* - Using a cotton ball, dab pimples with rubbing alcohol. It helps dry the skin and shrink pimples. But limit to once a week, more often may be too drying and could worsen acne.
3. *Soothe Insect Bites and Stings* - To take the pain out of a bee sting, dab it with rubbing alcohol. Works wonders for mosquito bites too! CAUTION: If you've been stung and experience an allergic reaction (nausea, chest or abdominal pain, or difficulty breathing or swallowing), get to the ER right away. You could be having a potentially dangerous allergic attack.
4. *The Tick Myth* - Think that covering a tick with rubbing alcohol will suffocate it and make it back out of the skin? Think again! ...ticks do not back out when covered with rubbing alcohol, petroleum jelly, or nail polish. ..ticks breathe only a few times per hour, and when they do, they get all the oxygen they need from your blood. To properly remove a tick, grasp it with a fine tweezers as close to the skin as possible, and gently pull it straight out without any twisting motions. Afterward, wash your hands and disinfect the tweezers and the bite site with rubbing alcohol.
5. *Prevent Poison Ivy* - If you're exposed to poison ivy, poison oak, or sumac oil, the best thing you can do is gently clean the skin immediately with rubbing alcohol, which will dissolve the resin. 'Beer or other alcoholic beverages will help to dissolve the resin if rubbing alcohol is not available.' Soap works too, but not as well. After applying the alcohol, rinse thoroughly with water. It takes about 15 minutes for the resin to begin to bind with the keratin layer of the skin, starting the inflammatory process. But if you can't tend to exposed areas right away, you may still be able to minimize the rash by treating it within 2 hours. The resin sticks to clothing too, so wash thoroughly with hot water as soon as possible.

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Pgs 175-177

### Web-Sites –

Came across some more sites that may be of interest.

[www.njskylands.com](http://www.njskylands.com) Tells you what is going on in our corner on New Jersey. Tourist / event information and calendars.

[www.family.com](http://www.family.com) To find out about the best roller coasters, museums, national parks and other destinations. Also, lists events, camps and kid-friendly restaurants.

[www.lonelyplanet.com](http://www.lonelyplanet.com) Information from well-known guide books about off-beat destinations.

[www.tpoint.net/neighbor](http://www.tpoint.net/neighbor) Will link you with garden experts. Tools and supplies are shown there are non-commercial links.

[www.hungryminds.com](http://www.hungryminds.com) Listing of on-line learning opportunities. Topics range from free instruction to accredited courses.

[www.tide.com](http://www.tide.com) For detailed instruction on how to combat stubborn stains.

[www.doityourself.com](http://www.doityourself.com) If you feel its not done right unless you do it yourself try this site. It has information on decorating, lifestyle, in & out of doors, etc.

[www.mediconsult.com](http://www.mediconsult.com) Articles by Dr. Levy and others on antibiotic-resistant infection and how to beat it. - -- (I like this one.)

[www.microbe.org](http://www.microbe.org) This site answers questions about bacteria, fungi, and viruses.

[www.aafp.org/healthinfo](http://www.aafp.org/healthinfo) Information from your Family Doctor is from here, or you could try

[www.healthanswers.com](http://www.healthanswers.com)

If you don't have a computer of your own why not visit your local library? There generally is one expert handy who will be able to help you get started.

*The following article is reprinted with permission of MOCEANS (Monmouth & Ocean Counties Center for Independent Living).*

## **PUPPIES FOR SALE**

A candy storeowner was tacking a sign above his door that read "Puppies for Sale." Signs like that have a way of attracting small children. Sure enough, a little boy appeared under the storeowner's sign. "How much are you going to sell the puppies for?" He asked. The storeowner replied, "Anywhere from \$30 to \$50." The little boy reached in his picket and pulled out some change. "I have \$2.37," he said. "Can I please look at them?" The storeowner smiled and whistled and out of the kennel came Lady, who ran down the aisle of his store followed by five teeny, tiny balls of fur. One puppy was lagging considerable behind. Immediately the little boy singled out the lagging, limping puppy and said, "What's wrong with that little dog?" The storeowner explained that the veterinarian had examined the little puppy and had discovered it didn't have a hip socket. It would always limp. It would always be lame. The little boy became excited. "That is the little puppy that I want to but!" The storeowner said, "No, you don't want to buy that little dog. If you really want him, I'll just give him to you." The little boy got quite upset. He looked straight into the store owner's eyes, pointing his finger, and said, "I don't want you to give him to me. That little dog is worth every bit as much as all the other dogs and I'll pay full price. In fact, I'll give you \$2.37 now, and 50¢ a month until I have him paid for." The storeowner countered, "You really don't want to buy this little dog. His is never going to be able to run and jump and play with you like the other puppies." To this, the little boy reached down and rolled up his pant leg to reveal a badly twisted left leg supported by a big metal brace. He looked up at the storeowner and softly replied, "Well, I don't run so well myself, and the little puppy will need someone who understands!"