

# The Register

## \*A Deep Dive into the Deaf Community: Understanding Their Needs and Challenges\*



By Jennica Pounds (aka: "Data Republican, small r") / Guest columnist  
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The deaf community is a diverse and vibrant group of individuals who share the common experience of hearing loss. While often perceived as a monolithic entity, the deaf community encompasses a spectrum of experiences, needs, and perspectives. This note aims to delve into the multifaceted world of deafness, exploring its history, cultural significance, communication dynamics, and the challenges faced by deaf individuals in various aspects of life.

### The Spectrum of Deafness:

It's crucial to acknowledge that deafness exists on a spectrum, ranging from mild hearing loss to profound deafness. This spectrum influences the individual's communication needs, the impact on their daily life, and their access to resources.

### Communication and Language:

Sign language is the primary mode of communication for many deaf individuals. It's a complex and nuanced language with its own grammar, syntax, and vocabulary. Sign languages vary geographically, with each region developing its own unique system. The existence of sign languages highlights the rich cultural heritage of the deaf community and its independent linguistic identity.

### Historical Context:

The history of deafness is marked by periods of oppression and marginalization. Deaf individuals were often viewed as intellectually inferior and subjected to discriminatory practices, including attempts to force them to speak and integrate into hearing society. The emergence of the deaf community as a cultural and political force has challenged these historical narratives and advocated for deaf rights and empowerment.

### Challenges and Barriers:

Deaf individuals face numerous challenges in navigating a hearing-centric world. These challenges can be categorized into:

- \* **Communication Barriers:** Lack of access to interpreters, captioned media, and accessible communication technologies creates barriers in education, healthcare, employment, and social interactions.
- \* **Educational Disparities:** Many deaf children lack access to quality education tailored to their needs. Limited resources, lack of qualified teachers, and reliance on outdated methods can hinder their academic success.
- \* **Employment Discrimination:** Deaf individuals often face employment discrimination due to misconceptions about their abilities and lack of accommodations in the workplace. This can lead to limited job opportunities and lower earning potential.

\* **Healthcare Access:** Communication breakdowns in healthcare settings can lead to misdiagnosis, delayed treatment, and poorer health outcomes. The lack of deaf-friendly healthcare providers and accessible communication technologies exacerbates these issues.

\* **Social Isolation:** Deaf individuals can experience social isolation due to communication barriers and a lack of opportunities for meaningful social interaction.

### \*A Call to Action: What Deaf People Need from the Government\*

The deaf community, while vibrant and resilient, faces systemic barriers that hinder their full participation in society. Government intervention is crucial to dismantling these barriers and creating an inclusive environment where deaf individuals can thrive. Here's a comprehensive overview of what deaf people need from the government:

#### 1. Accessibility and Communication:

\* **Funding for Interpreters and Captioning:** Increased funding for qualified interpreters and captioning services is essential for equal access to education, healthcare, employment, and legal proceedings. This includes expanding the availability of interpreters in various languages and settings, including remote services.

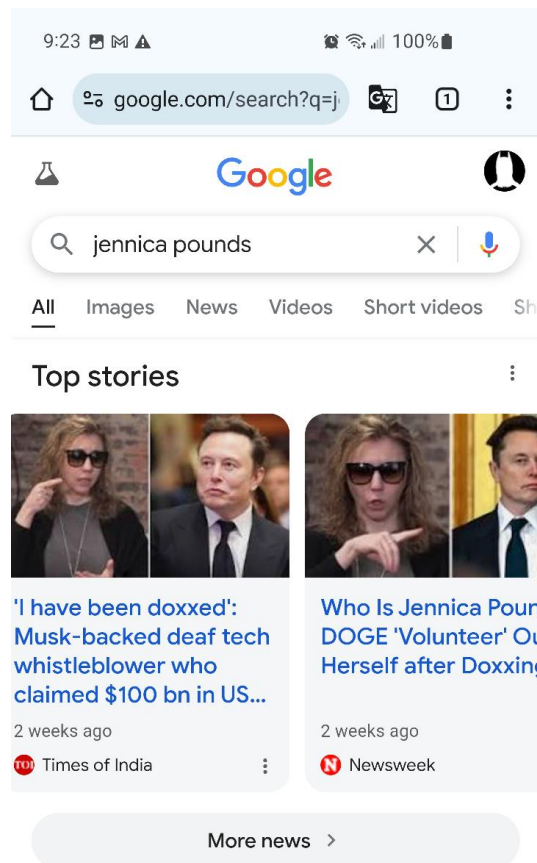
\* **Mandated Accessibility in Public Spaces:** Regulations requiring accessibility features like visual alarms, closed captioning in public spaces, and accessible websites are crucial for independent living and participation.

\* **Universal Design for Learning (UDL):** Integrating UDL principles in education and public spaces ensures accessibility for all, including deaf individuals, by creating learning environments that are flexible, adaptable, and inclusive.

#### 2. Education and Employment:

\* **Quality Deaf Education:** Investment in specialized deaf education programs, qualified teachers, and culturally relevant curriculum is essential for academic success and social-emotional development. This includes promoting bilingual-bicultural education that embraces both sign language and spoken language.

\* **Vocational Training and Job Placement:** Programs that provide vocational training tailored to the needs of deaf individuals and facilitate job placement in accessible and inclusive workplaces are critical for economic empowerment.



\* Addressing Employment Discrimination: Enacting legislation that prohibits discrimination based on disability, including deafness, and enforcing anti-discrimination laws are essential for equal opportunities in the workplace.

### **3. Healthcare and Mental Health:**

\* Accessible Healthcare: Ensuring access to qualified medical professionals who are proficient in sign language and trained in deaf-specific healthcare needs is vital for accurate diagnosis and effective treatment.

\* Mental Health Services: Providing culturally sensitive mental health services tailored to the specific needs of deaf individuals is crucial for addressing the unique challenges they face, including social isolation and communication barriers.

\* Deaf-Specific Research: Funding research on deaf-specific health issues, including hearing loss, mental health, and communication needs, is essential for improving health outcomes and developing targeted interventions.

### **4. Cultural Recognition and Empowerment:**

\* Promoting Deaf Culture and History: Investing in initiatives that celebrate deaf culture, history, and achievements is essential. Government, we plead with you to act! Fund interpreters and captioning, mandate accessibility, and support quality deaf education. Ensure accessible healthcare and mental health services, and fight employment discrimination. Recognize and celebrate Deaf culture. These are not just requests, but essential steps towards an inclusive society where every deaf individual can thrive. We urge you to answer this call and create a world where deafness is not a barrier, but a vibrant part of our shared humanity.

**\*Dear Government,\***

We are writing to inform you that our organization, has a dedicated account for receiving financial contributions specifically for supporting the deaf community. We are committed to using these funds to provide and ensure their access to vital resources.

Yes any of the lawmakers or staff can reach out to me through [[redacted]]

We believe that by working together, we can create a more inclusive and accessible society for deaf individuals. Please feel free to contact us if you have any questions or wish to explore further collaboration.

Sincerely,

**\*Jennica Pounds.\***

***Jennica Pounds – aka: “Data Republican (small r) Contact her at [DataRepublican.com](https://DataRepublican.com) or [X.com/DataRepublican](https://X.com/DataRepublican) – is an AI software engineer & data expert (The “small r” denotes her unbiased allegiance is not to the Republican Party, but rather to the Republic, in her advocacy to convey an unbiased approach for transparency in exposing & analyzing wasteful government spending by both political parties—and improve efficiency.) She is well-known for providing online resources for the public which she’s developed to expose connections between government grants, NGOs, & spending. She is a deaf, non-verbal activist who uses AI to scrape the Internet to provide detailed data on government spending with an online search portal. Pounds, whose identity was outed & doxxed recently, has been publicly supported by Elon Musk and other prominent figures regarding her research into USAID spending concerns, and she has well-over 600k followers on X/ Twitter. When we recently contacted her by email to thank her for being nonpartisan and unbiased – seeking to expose irresponsible spending by both Democrats and Republicans –***

We recently published a guest column by Jennica Pounds, an AI software engineer & data expert who is



becoming well-known for her advocacy to convey an unbiased approach for transparency in exposing & analyzing wasteful government spending by both political parties—and improve efficiency. However, she is also a totally deaf, non-verbal activist for the Deaf Community – certainly a very daunting task given she's also quite busy fighting both political parties regarding their dangerous pork spending – and this, even, in spite of the fact that she and her entire family were recently doxxed by angry political opponents.

### \*\*\* BACK STORY \*\*\*

When we recently contacted her – simply to thank her for being unbiased – and going after both political parties (not politically easy to be sure) – we didn't expect her to seek our help in advocacy for the deaf community. (After all, she has almost a million followers on her X alone: why would she need *our* help?) Moreover, the needs of disabled Americans is not our normal “beat,” which caught us off guard. That said, her request for support from news media and lawmakers to seek funding, regulatory changes, and general awareness for the Deaf Community, is not without moment. In her emailed response, she asked us to share her private email with lawmakers, their staff, and other news media (which we did), but our internal review of this matter – especially in light of her having been previously doxxed – led us to redact her private email address in our public news and commentary, which we found through our investigative reporting.

### \*\*\* OTHER DISABLED CITIZENS NEED OUR HELP \*\*\*

As readers can see, we published her guest column (see immediately above) – both in our news and commentary arm (*The Register*: [GordonWatts.com](https://GordonWatts.com) / [GordonWayneWatts.com](https://GordonWayneWatts.com)) as well as our nonpartisan advocacy arm, CONTRACT WITH AMERICA: PART II® registered trademark: [ContractWithAmerica2.com](https://ContractWithAmerica2.com)). We **expand** her call for help – not only addressing other types of disabilities, but also seeking a well-rounded, holistic, and multifaceted approach which builds upon synergy, teamwork, thorough research, and hope. Moreover, our “Spending Trackers / Debt Clocks” – a nonpartisan resource citing bipartisan & nonpartisan sources – included her online resources. The deaf community was the focus of Pounds' column – and in private communication with *The Register*, she asks for *additional* assistance from the journalistic community and Federal Government (particularly lawmakers). ***Following is our response.***

**In the United States, approximately 13% of the population, or around 42.5 million Americans, live with some form of disability<sup>1 2</sup>. Here are some of the most common disabilities:**

- **\*Mobility Disabilities\***: About 7% of Americans have conditions that prevent or impede walking, making mobility disabilities the most common type<sup>2</sup>.
- **\*Independent Living Disabilities\***: Around 6% of Americans have physical or mental limitations that prevent them from completing errands or household tasks<sup>2</sup>.
- **\*Cognitive Disabilities\***: Approximately 6% of Americans have cognitive disabilities, such as autism and dementia, which can cause difficulty concentrating or making decisions<sup>2</sup>. (Pounds, who is 100% deaf and nonverbal, has difficulty even using sign language, as a result of a language impairment related to her autism, called “expressive dysphasia,” which affects her ability to construct language fluently in real-time<sup>5</sup>.)
- **\*Hearing Disabilities\***: About 15.4% of adults in the US – including Pounds<sup>5</sup> – have some difficulty hearing<sup>3</sup>.
- **\*Vision Disabilities\***: Around 18.8% of adults in the US have some difficulty seeing<sup>3</sup>.
- **\*Mental Health Disabilities\***: Mental health disabilities, such as depression and anxiety, are also common in the US<sup>4</sup>.

*These numbers highlight the importance of accessibility and accommodation in various aspects of American life, from infrastructure and technology to education, employment, training, and public awareness. Sources:*

1. <https://www.pewresearch.org/short-reads/2023/07/24/8-facts-about-americans-with-disabilities/>
2. <http://accessibe.com/blog/knowledgebase/most-common-types-of-disabilities-in-the-us>
3. <https://www.cdc.gov/nchs/fastats/disability.htm>

4. <https://www.erichuntattorney.com/what-are-the-most-common-disabilities>  
5. <https://X.com/DataRepublican/status/1894540234089795908> \*\*\* <https://Archive.vn/uaG8t> \*\*\*  
<https://Web.Archive.org/web/20250226205724/https://x.com/DataRepublican/status/1894540234089795908>

\*\*\* SOURCES OF HELP & ASSISTANCE FOR DISABLED INDIVIDUALS IN THE U.S. \*\*\*

**\*Government Programs, Services / Agencies, Funding / Tax Credits, and Regulations / Laws\***

- **The Disabled Persons and Family Support (DPFS)** program provides financial assistance to individuals with severe disabilities, allowing them to live independently and maintain employment.  
<https://dhhs.ne.gov/Pages/Disabled-Persons-and-Family-Support.aspx>
- **The Aid to the Aged, Blind, or Disabled (AABD)** program offers monetary payments and medical coverage to eligible individuals: <https://dhhs.ne.gov/Pages/Aged-Blind-or-Disabled.aspx>
- **The Social Security Administration** provides disability benefits, including Supplemental Security Income (SSI) and Social Security Disability Insurance (SSDI): <https://SSA.gov> **SSDI:** Provides financial assistance to individuals with disabilities who have worked and paid Social Security taxes. **SSI:** Offers financial assistance to individuals with disabilities who are age 65 or older, blind, or disabled, and have limited income and resources.
- **Medicaid:** Provides health insurance coverage to low-income individuals with disabilities.
- **Medicare:** Offers health insurance coverage to individuals with disabilities who are 65 or older, or have been receiving SSDI benefits for at least 24 months.
- **Tax Benefits: Disability Tax Credit:** Allows individuals with disabilities to claim a tax credit for expenses related to their disability. **Earned Income Tax Credit (EITC):** Provides a tax credit to low-income working individuals, including those with disabilities.
- **Education & Employment: Individuals with Disabilities Education Act (IDEA):** Ensures that children with disabilities receive a free and appropriate public education. **Rehabilitation Act:** Provides funding for vocational rehabilitation programs and prohibits discrimination against individuals with disabilities in employment and education. **Job Accommodation Network (JAN):** Offers free consulting services to help employers provide accommodations for employees with disabilities. **Vocational Rehabilitation (VR) Program:** Helps individuals with disabilities prepare for, find, and keep employment.
- **Housing and Transportation: Section 504 of the Rehabilitation Act:** Requires that all programs and activities receiving federal funding be accessible to individuals with disabilities. **Fair Housing Act:** Prohibits discrimination against individuals with disabilities in the sale, rental, and financing of housing. **Americans with Disabilities Act (ADA):** Requires that public transportation systems be accessible to individuals with disabilities.

**\*Non-Profit Organizations\*** – **Volunteers of America** offers a range of services, including in-home support, case management, and supportive employment, to empower individuals with disabilities to live independently: <https://www.voa.org/services/special-needs-services/> **The Massachusetts Office on Disability** provides information and resources on disability rights, employment, and healthcare: <https://www.mass.gov/info-details/financial-assistance-and-supports-for-people-with-disabilities>  
**Independent Living Centers (ILCs)** offer advocacy and support services, such as accessible housing information and assistive technology services: <https://www.miusa.org/resource/tip-sheets/organizations/>  
**Centers for Independent Living** provide training, information, and support to individuals with disabilities. **The Disability Rights Education and Defense Fund** advocates for the rights of individuals with disabilities. **The American Association of People with Disabilities** promotes equal opportunity and full participation for individuals with disabilities.

\*\*\* CALL TO ACTION: How State & Federal Government can better support disabled Americans \*\*\*

**# Technology, Accessibility, and Communication Access**

1. **\*Increase funding for American Sign Language (ASL) interpreters\*:** Provide more resources for interpreter training, education, testing, curriculum development. and certification programs.

2. **\*Improve video remote interpreting (VRI) services\***: Enhance VRI technology and increase its availability in public settings, such as hospitals and courts.
3. **\*Enhance video captioning, audio description, and subtitling requirements\***: Expand regulations to develop and implement accessibility standards and guidelines and require increased availability and accuracy of timely captioning and subtitling in all forms of media, including online content, website accessibility, cable television, broadcast TV shows, and movies.
4. **\*Update the Americans with Disabilities Act (ADA) – and Section 508 of the Rehabilitation Act\***: Strengthen regulations to ensure that businesses, organizations, and government agencies provide equal access to communication for handicapped & disabled individuals – and to ensure that all electronic and information technology developed or procured by the federal government is accessible to handicapped and disabled individuals. Ensure wheelchair-accessible ramps, large font size printed materials for seeing-impaired, and braille for the blind, captioning for the deaf, TDD – Telecommunications Devices for the Deaf, and assistive technology, including: video phones, alerting devices, and communication access software, etc., for all public settings, such as hospitals, courts, schools (Public Ed), college (Higher Ed), and government buildings.
5. **\*Enhance accessibility standards and features in emerging technologies\***: Research, develop, and implement regulations to ensure that emerging technologies, such as artificial intelligence, virtual reality, and autonomous vehicles are accessible to disabled and handicapped individuals.
6. **\*Research and development\***: Fund research and development of new technologies and accessibility features that can benefit handicapped and disabled individuals.

## **# Education, Employment, and Training**

1. **\*Enhance education, training, and vocational programs\***: Provide more funding & resources to programs for all disabled & handicapped students (blind, deaf, autistic, mobility-impaired, etc.) in schools (Public Education) and colleges (Higher Ed), including teacher training, literacy, and curriculum development. Strengthen regulations to ensure that all educational institutions (Public & Higher Ed) provide equal access to communication, accommodations, and resources. Increase funding for vocational rehabilitation, internship & job training programs to gain work experience & skills, job placement & employment services – including resume building, career counseling, mentoring, interview preparation, & job matching – entrepreneurship & small business planning & development programs, funding, and professional networking assistance, and disability employment initiatives & awareness campaigns.
2. **\*Increased job opportunities, accessibility, and employment protections\***: Implement more effective hiring practices and provide accommodations, such as wheelchair accessible ramps, braille, large font print, sign language interpreters, and captioning, in the workplace. Update regulations to prevent employment discrimination against handicapped & disabled individuals and ensure that employers provide reasonable accommodations and communication access.
3. **\*Scholarships and grants\***: Offer scholarships and grants specifically for disabled students pursuing higher education or vocational training. Better yet, directly fund higher education (college) like we do with public education – thereby providing Higher Ed & Vo-Tech (Vocational Technical) opportunities for *\*all\** students – disabled or otherwise: Getting rid of the “student loan” middleman would not only save students (obviously), but also **save taxpayers trillions** – because colleges would – once again – learn to live within their means, as they did before there *\*\*were\*\** student loans – much less those originated (funded) by taxpayers. Like things were when there *\*was\** no U.S. Dept of Education – created in the Jimmy Carter administration – and states ran things more efficiently (and at less cost to both taxpayers and students). “Direct-funded” higher education ( --#1.as we already do with public ed – and --#2. as we did with mostly free colleges in our grandparents' time – and --#3. as most other civilised countries currently offer with taxpayer-funded college for those who meet academic standards) would abrogate, annul, and eliminate any need for vouchers (public ed) and Pell Grants (higher ed) – reduce overhead & unnecessary “middleman” programs, and “streamline” the system – thereby saving taxpayers – and students – untold billions – possibly trillions. Research by many experts suggests that – short of an unlikely miracle – the *\*only\** means to force down lending – and force back greedy higher ed & lending institution lobbyists – possibly resulting in a more-efficient direct fund model (without the lender “middleman”) – is **reinstatement of Constitutional Article I Bankruptcy uniformity (Art.I, Sec.8, Cl.4, U.S. Constitution)** – which would apply to student loans – thereby offering **Free Market pressures** to disincentive

excessive collegiate debt lending (when borrowers could have bankruptcy availability) – possibly restoring and returning to the efficient, AND AFORDABLE, “direct-fund” model which we had in our grandparents' time before “costs of college” became “out of reach” to ordinary middle-class Americans – **including disabled and handicapped Americans** – in need of Equal Protection and Opportunities to become educated – and “reverse” the present crisis of a shortage of American-educated doctors, nurses, and engineers (a shortage due to the unaffordable costs of college). <https://ContractWithAmerica2.com/#bankruptcy> Mirrors:

<https://GordonWatts.com/n.index.html#bankruptcy> And:

<https://GordonWayneWatts.com/n.index.html#bankruptcy> **Special Note:** As Pounds and other advocates often say, the disability community should not be aligned with either political party – thus the savings to taxpayers (supported by Conservatives / Republicans) and students (supported by Liberals / Democrats) achieved by a “direct fund” model – which we used to employ in our grandparents' day – should be a “bipartisan” or “nonpartisan” **plus** to this tact.

**4. \*Healthcare and Mental Health\*:** Offer direct-funded healthcare for disabled individuals – as elimination of the “insurance middleman” would also cost taxpayers (and patients) less. Many U.S. counties & states already offer healthcare for the indigent & poor using the “direct fund” method, and this seems to work better without an “insurance middleman.” Provide more sign language interpreters, TDD, video phones, captioning, large font print, braille, wheelchair ramps, etc. in healthcare settings, and ensure that medical professionals receive training & education on disabled & handicapped culture, communication, mobility challenges, & healthcare access. Increase funding for mental health services – including counseling, therapy, & support groups – and health education & outreach programs – specifically designed for handicapped and disabled individuals, including health literacy and disease prevention initiatives. There have been prior calls by politicians for elimination of the “insurance middleman” to achieve better efficiency, and save both patients – and taxpayers – trillions – including handicapped and disabled patients. <https://ContractWithAmerica2.com/#middleman>

Mirrors:

<https://GordonWatts.com/n.index.html#middleman>

And:

<https://GordonWayneWatts.com/n.index.html#middleman>

## **# Community and Cultural Support**

**1. \*Increase funding for disabilities & handicapped community organizations\*:** Provide more resources & funding for organizations & centers – and public awareness campaigns media initiatives – that serve the disabled community, including those that promote handicapped & disabilities culture, language, events, festivals, and Disabilities Arts – including programs and services for disabled youth, adults, & seniors. Support deaf cultural events and festivals, including sign language storytelling, deaf theater, and deaf art exhibitions.

**2. \*Establish a national American Disabilities education center\*:** Create a national center to provide resources, training, and support for education, including teacher training, curriculum development, and parent resources for disabled Americans.

**3. \*Handicap & Disability leadership development\*:** Provide training and development programs for disability leaders, including leadership skills, advocacy, and community organizing.

## **# Research and Data Collection – Increase funding for:**

**1. \*Research centers & institutes\*:** Establish research centers & institutes on education, employment, healthcare, & mental health for disabled Americans.

**2. \*Data collection & analysis\*:** Collect and analyze data on American disability demographics, education, employment, and healthcare & mental health outcomes to inform policy and program development.

**3. \*Evidence-based practices\*:** Develop and disseminate evidence-based practices and interventions for disabled individuals, including education, employment, healthcare, & mental health services.

**\*SCIENCE, HEALTHCARE, AND TECHNOLOGY\*:** Science has made tremendous progress in recent years, offering innovative solutions to improve the lives of Americans with hearing, sight, or mobility health issues. Here are some exciting developments and historical solutions that can make a positive impact:

## **# Paralysis, Cognitive, and Mobility Issues**

**1. \*Prosthetic Limbs\*:** A traditional and historical method is now being augmented with AI-driven limbs that



sense a person's brain activity with BCI's (Brain-Computer Interfaces) –and myoelectric prosthetics that detect electrical signals from residual muscles, to allow real-time control of prosthetic limbs.

2. **\*Functional Electrical Stimulation (FES)\*:** This therapy implants electrodes beneath a patient's skin to simulate nerve signals from the brain and allow movement and motion after a stroke or injury. As well, spinal cord stimulation has shown promise in restoration of movement and mobility.

3. **\*Transcranial Magnetic Stimulation (TMS)\*:** This treatment is a less invasive type of stimulation is sometimes paired with intermittent hypoxia (temporary therapeutic oxygen deprivation) to facilitate healing, increased electrical activity, and thereby improved motor output and movement.

4. **\*Stem Cell Treatment\*:** Cord blood treatment, “nanomedicine,” and stem cell therapy are used to treat spinal cord injuries and targeting root causes of cerebral palsy, particularly transplanting neural stem cells into a damaged spinal cord area.

5. **\*Virtual Reality (VR)\*:** is sometimes used to help improve memory and regain function for cognitive function.

6. **\*Telehealth for Cognitive Support\*:** allows remote access to therapy and support.

7. **\*Cognitive Rehabilitation Software\*:** This technology are tools that provide personalised therapy and track patient progress.

8. **\*3-D Printed Spinal Cord Scaffolds\*:** These can be implanted at the injury site to support tissue regeneration and formation of new neural connections.

### # Hearing Health Issues

1. **\*Sign Language\*:** Sign language has been used for centuries as a primary means of communication for deaf and hard of hearing individuals.

2. **\*Cochlear Implants\*:** These medical devices can restore hearing in individuals with severe to profound sensorineural hearing loss.

3. **\*Hearing Aids with AI\*:** Advanced hearing aids with artificial intelligence (AI) can improve sound quality, reduce background noise, and even translate languages in real-time.

4. **\*Gene Therapy\*:** Researchers are exploring gene therapy to treat genetic hearing loss, which could potentially restore hearing in individuals with inherited hearing impairments.

5. **\*Sign Language Recognition Technology\*:** This technology can, using AI, recognise and interpret sign language, enabling more effective communication between deaf and hearing individuals.

6. **\*Sign Language Generator\*:** This technology can generate and produce a virtual visual AI assistant to sign words and sentences, enabling those who aren't fluent in sign language to have an alternate means of “speaking” to hearing-impaired individuals – as a backstop or backup to written communication (useful for children or for hearing-impaired people who aren't literate in written language).

7. **\*Educational Software\*:** Software which helps people practice sign language and learn other tips about the deaf community and culture.

### # Sight Health Issues

1. **\*Braille\*:** Braille is a tactile writing system that has been used for centuries to enable blind and visually impaired individuals to read and write.

2. **\*Eye Glasses and Contact Lenses\*:** Prescription glasses & contacts are recent historical developments to correct for myopia (nearsightedness), hyperopia (farsightedness), or astigmatism (curvature anomaly) by use of transparent material (glass, clear plastic, etc.) that has a positive or negative refractive power for light. Reading glasses are convex (have positive refractive power, like magnifying glasses) – and prescription glasses to correct for myopia are concave in shape (have a negative refractive power). Glasses & contacts can be custom-made to correct for specific shape anomalies in the eye.

3. **\*“Ortho-k” contact lenses\*:** More-recently, healthcare science has developed the “Ortho-k” contact lenses via the science of orthokeratology – the use of specially designed gas-permeable contact lenses fitted to individual patients to temporarily gently reshape the cornea – change its refractive power – typically worn overnight – to improve their vision. This non-surgical treatment is mainly used to treat myopia (nearsightedness), though it can be used for hyperopia (farsightedness) and astigmatism.

4. **\*Phacoemulsification aka Cataract surgery\*:** This surgery removes a cataract (the cloudy lens) by creating

a small incision in the cornea by hand, with a scalpel, removes the cataract, and replaces it with an IOL (Intraocular Lenses) – a prosthetic or artificial lens. The refractive power of the IOL is calculated to correct nearsightedness or farsightedness.

**5. \*LASIK\*:** – Laser-Assisted In Situ Keratomileusis (LASIK) is a type of eye surgery that uses lasers to correct for myopia (nearsightedness), hyperopia (farsightedness), or astigmatism (curvature anomaly) by changing the shape – and thereby the refractive power – of the cornea – to help people see better without glasses or contacts. It is well-known for its safety and quick recovery time. This eye surgery removes cataracts and damaged corneal tissue.

**6. \*Stem Cell Therapy\*:** Scientists are investigating stem cell therapy to treat age-related macular degeneration (AMD) and other retinal diseases.

**7. \*Bionic Eyes\*:** Advances in prosthetic vision have led to the development of bionic eyes, which can restore some vision in individuals with severe visual impairments.

**8. \*Gene Therapy for Inherited Blindness\*:** Gene therapy has shown promise in treating inherited forms of blindness, such as Leber congenital amaurosis.

**9. \*Assistive Technology\*:** Advances in assistive technology, such as screen readers and braille displays, have significantly improved accessibility for individuals with visual impairments.

### # Mobility Health Issues

**1. \*Assistive Devices\*:** Assistive devices, such as canes, walkers, and wheelchairs, have been used for centuries to enhance mobility and independence for individuals with disabilities.

**2. \*Prosthetic Devices\*:** Prosthetic devices have been used for centuries to replace or support damaged or missing body parts. (Example: a wooden “peg leg” often depicted in Pirate lore & legend.)

**3. \*Exoskeletons\*:** Exoskeletons are wearable devices that can enhance or restore mobility in individuals with paralysis or muscle weakness.

**4. \*Prosthetic Limbs\*:** Advances in prosthetic limb technology have led to the development of more sophisticated and lifelike prosthetics. (Example: A realistic-looking limb – not merely a “peg leg.”)

**5. \*Rehabilitation Robotics\*:** Rehabilitation robots can assist with physical therapy, helping individuals with mobility impairments to regain strength and function.

**6. \*Accessible Transportation\*:** Initiatives to improve accessible transportation, such as wheelchair-accessible vehicles and public transportation systems, can greatly enhance mobility and independence for individuals with mobility impairments.

These are just a few examples of the many innovative solutions and historical practices that can improve the lives of Americans with hearing, sight, or mobility health issues. By combining cutting-edge technology with tried-and-true methods, we can create a more inclusive and accessible society for all.

**\*\*\* GENERAL DIET & LIFESTYLE TIPS \*\*\*** These are universal – but are beneficial for disabled Americans – whose needs are even greater. Please note that it's essential to consult with a healthcare professional before making any significant changes to your diet or lifestyle.

### # Diet Tips

**1. \*Focus on whole foods\*:** Emphasize whole, unprocessed foods like fruits, vegetables, whole grains, lean proteins, and healthy fats. These foods provide essential nutrients, fiber, and satiety.

**2. \*Stay hydrated\*:** Drink plenty of water throughout the day to help maintain energy levels, support digestion, and promote overall health.

**3. \*Consider your specific needs\*:** Depending on your disability, you may require a specialized diet. For example, individuals with diabetes may need to monitor their carbohydrate intake, while those with celiac disease must follow a gluten-free diet.

**4. \*Seek support from a registered dietitian\*:** A registered dietitian can help you develop a personalized meal plan that takes into account your specific needs, preferences, and lifestyle.

### # Lifestyle Tips

1. **\*Prioritize self-care\***: Engage in activities that bring you joy, help you relax, and promote overall well-being, such as meditation, reading, or spending time with loved ones.
2. **\*Stay physically active\***: Regular physical activity can help improve mobility, strength, and overall health. Consider working with a physical therapist or fitness professional to develop a personalized exercise plan.
3. **\*Connect with others\***: Building and maintaining social connections is essential for mental and emotional well-being. Join a support group, participate in online forums, or engage in hobbies that involve social interaction.
4. **\*Advocate for yourself\***: Don't hesitate to ask for help or accommodations when needed. Advocate for yourself in healthcare settings, workplaces, and public spaces to ensure your needs are met and your rights are respected.
5. **\*Rest and Recuperation\***: Quality sleep and rest are both important. Try to avoid excess activity, blue light screen time (TV or smartphone), or excess caffeine immediately before bed. Ensure your bedroom is cool and well-ventilated. Having bottled water bedside is a convenient way to stay hydrated. When working throughout the day, take periodic breaks to avoid overexertion or excess physical or mental stress.

### **# Additional Tips for Disabled Americans**

1. **\*Explore assistive technology\***: Utilize assistive technology, such as mobility aids, communication devices, educational resources (software, websites, & books), or adaptive software, to enhance your independence and quality of life.
2. **\*Create a support network\***: Surround yourself with people who understand and support your needs, including family members, friends, and peers with similar disabilities – and a strong team of medical professionals and healthcare providers – medical doctors, chiropractors, physical therapist, dietitians, etc.
3. **\*Stay informed about disability rights\***: Educate yourself on disability rights, laws, and policies to ensure you're aware of your entitlements and can advocate for yourself effectively.
4. **\*Prioritize mental health\***: Recognize the importance of mental health and seek professional help when needed. Mental health professionals can provide valuable support and guidance in managing stress, anxiety, and other mental health concerns.
5. **\*Prioritize physical health\***: Try eat well (quality food, hydration, supplements as needed), sleep well (aim for a good 7 or 8 hours of quality sleep), and engage in moderate exercise when needed, but “listen to your body”: delay in any of these when needed can impair health, and make recovery even harder – and take much longer than if addressed in a timely fashion.
6. **\*Keep good notes, records, appointment itinerary, etc.\***: Keep sufficient notes on doctor appointments, prescription medications, healthcare and tech notes, and personal work agenda and itinerary – because it's easier to remember if written down than to rely solely on memory – making it easier to address disabilities. (Perhaps bookmark, PDF print / save to hard drive, and/or physically print out these tips, here.)

Remember, every individual's experience with disability is unique, and it's essential to tailor your approach to your specific needs and circumstances. By prioritizing your physical and mental well-being, staying informed, and advocating for yourself, you can live a fulfilling and empowered life as a disabled American.

**\*\*\* Tips for individuals who want to help their disabled friends and neighbors in a personal capacity:**

### **# Communication Tips**

1. **\*Listen actively\***: When interacting with your disabled friend or neighbour, make sure to listen actively and attentively to their needs & concerns.
2. **\*Ask before helping\***: Before offering assistance, ask your disabled friend or neighbour if they need help and what type of help they require.
3. **\*Respect their boundaries\***: Respect your disabled friend's or neighbour's boundaries and don't push them to discuss or engage in activities that make them uncomfortable.

### **# Practical Tips**

1. **\*Offer specific help\***: Instead of saying "Let me know if you need anything," offer specific help, such as

"Can I help you with grocery shopping or cooking meals?"

2. **\*Be patient and flexible\***: Be patient and flexible when interacting with your disabled friend or neighbour, as they may need to take breaks or adjust their plans.
3. **\*Respect their accessibility needs\***: Respect your disabled friend's or neighbour's accessibility needs, such as providing wheelchair-accessible transportation or accommodations.

### # Emotional Support Tips

1. **\*Validate their feelings\***: Validate your disabled friend's or neighbour's feelings & experiences, and avoid minimizing or dismissing their emotions.
2. **\*Offer emotional support\***: Offer emotional support and a listening ear to your disabled friend or neighbour, as they may face unique challenges and stressors.
3. **\*Celebrate their successes\***: Celebrate your disabled friend's or neighbour's successes & achievements, no matter how small they may seem.

### # Education and Awareness Tips

1. **\*Learn about their disability\***: Take the time to learn about your disabled friend's or neighbor's disability, including its effects and how to provide support.
2. **\*Avoid stereotypes and stigmas\***: Avoid perpetuating stereotypes and stigmas surrounding disability, and instead promote inclusivity and acceptance. Understand that disabilities vary in both type and severity.
3. **\*Support disability awareness initiatives\***: Support disability awareness initiatives and events, such as Disability Pride Month or the International Day of Persons with Disabilities.

By following these tips, you can build stronger, more supportive relationships with your disabled friends and neighbors, and help create a more inclusive and accessible community for all.

4. **\*Other Educational Resources\***: Here are additional educational resources that may be helpful in offering guidance on health issues – *for further reading*:

**((A-)) “Consumer Products Advisory”** – USA faces cancer epidemic and slipping rankings in life-span rankings, while Type-2 Diabetes, previously known as 'Adult Onset Diabetes' \*now\* appears in children in alarming rates. This paper gives a brief overview, documenting that Communist China and Socialist Japan have longer life spans, lower cancer rates, less fertility disease, and offers diet & health tips, which include how caloric restriction (cleansing fasts) may help; dangers of “consumer products,” including artificial sweeteners (such as Aspartame aka NutraSweet); and, how milk (particularly processed cow's milk) is associated with cancer and lowered fertility rates. Mirror-1: <https://GordonWatts.com/consumer.html> \*\*\* Mirror-2: <https://GordonWayneWatts.com/consumer.html>

**((B-)) LIMB REGENERATION RESEARCH**: Research in tissue & limb regeneration – both in animals and humans. Mirror-1: <https://GordonWatts.com/regeneration.html> \*\*\* Mirror-2: <https://GordonWayneWatts.com/regeneration.html>

**((C-)) BOOK REVIEW**: *The Register* gave a book review to 4 books written by Kevin F. Montague, scholar, scientist, & two-time a guest on Coast to Coast: AM: (1) The Master's Key to Unlocking and Mastering Chronic-Disease (2) Take Back Your Power: Review of Dr. Robert C. Beck's micro-currents research; (3) Special Healthcare Report: How to clear/control Rosacea, skin blemishes, & aging spots naturally, as well as address Nasal & Ear Colonics naturally with common household items; and, (4) PROSTATE RELIEF NOW! (ebook)

Mirror-1: <https://GordonWatts.com/montague-book-review.html>

Mirror-2: <https://GordonWayneWatts.com/montague-book-review.html>

Author website: <https://KffmEnterprises.com/the-masters-key/>

Official Coast To Coast: AM guest page: <https://www.CoastToCoastAM.com/guest/montague-kevin/103510>

### FUNDING NEEDS REDUX:

Besides public awareness and regulatory help from the City, County, State & Federal Government, funding needs exist for disability needs – thus – while it is outside the scope of this paper to address in detail the precarious nature of the every-increasing U.S. Debt crisis – it is Sine Qua Non “required” to put a stop to



dangerous excess spending – lest an economic crash impede and prevent needed funding for disability needs.

In short, the excess spending (you and I must live within our means, so why do lawmakers refuse to put a stop to spending more than our income?) – and excess currency printing by The Fed (which devalues ALL moneies in YOUR bank account) – must be addressed in a bipartisan or nonpartisan manner to fund disability needs. If you need help here, imagine them printing a million dollars for every American: what would the money in your wallet (or bank account) then be worth?

It is well known that America goes One Trillion (\$1,000,000,000,000.00) Dollars in debt every 90 or 100 days. (A trillion is a million millions – a lot!) a brief overview on national debt and its potential impact on the economy – including disabled America needs:

#### **# Causes of the National Debt – The national debt is primarily driven by:**

1. **\*Budget deficits\***: The government spends more than it takes in through taxes and other revenue sources.
2. **\*Entitlement programs\***: Social Security, Medicare, and Medicaid are mandatory spending programs that are not subject to annual appropriations.
3. **\*Interest on the debt\***: As the national debt grows, so does the interest paid on it.
4. **\*RESOURCES\***: A compilation of resources on tips to cut pork: <https://ContractWithAmerica2.com/#pork> Mirrors: <https://GordonWatts.com/n.index.html#pork> And: <https://GordonWayneWatts.com/n.index.html#pork>
4. **\*RESOURCES\***: A compilation of Spending Tracker Websites – includes popular U.S. National Debt Clocks: <https://ContractWithAmerica2.com/#tracking> Mirrors: <https://GordonWatts.com/n.index.html#tracking> And: <https://GordonWayneWatts.com/n.index.html#tracking>
5. **\*TIPS – SPENDING CUTS\***: Spending must be cut in all areas – both those dear to Democrats / Liberals (foreign aid, for example) and Republicans / Conservatives (fossil / oil, military / defense budgets, for example) – and emphasis should be made to eliminate unnecessary “middlemen” (healthcare middlemen, taxpayer-funded “student loan” middleman, etc.), while keeping critical needs (infrastructure, roads, bridges, satellites, GPS, Internet, utilities), food stamps, nuclear workers, air traffic controllers, and emergency services, like 911.
6. **\*TIPS – RAISING TAXES\***: Raising taxes “on the rich” – a common proposal to address income inequality and generate revenue to reduce the national debt – has its limits and can not fully solve a budget deficit: the relationship between taxation and debt reduction is more complex:

#### **Theoretical benefits:**

1. **Increased revenue**: Higher tax rates on the wealthy could generate additional revenue for the government.
2. **Reducing income inequality**: Progressive taxation can help reduce income inequality by redistributing wealth from the top earners to lower- and middle-income households.

#### **Practical limitations:**

1. **Elasticity of tax revenue**: Higher tax rates can lead to decreased economic activity, reduced tax compliance, and increased tax avoidance strategies, ultimately resulting in lower-than-expected revenue gains.
2. **Tax base erosion**: Wealthy individuals and corporations may respond to higher tax rates by relocating assets, income, or entire businesses to lower-tax jurisdictions.
3. **Economic growth impact**: Higher tax rates can reduce incentives for investment, entrepreneurship, and job creation, potentially slowing economic growth.
4. **Distributional effects**: Tax increases on the wealthy might have unintended consequences, such as reducing charitable giving or increasing tax burdens on small businesses and family-owned enterprises.

#### **Real-world examples:**

1. **France's 75% tax rate**: In 2013, France introduced a 75% tax rate on incomes above €1 million. However, the measure generated only a fraction of the expected revenue and was eventually repealed.
2. **Sweden's high tax rates**: Sweden has a high tax-to-GDP ratio, but its economic growth has been sluggish in recent years. Some argue that high tax rates have contributed to this slow growth.

## Conclusion:

While raising taxes on the rich might seem like a straightforward solution to reduce the national debt, the reality is more complex. It's essential to consider the potential economic and behavioral responses to tax increases and to weigh these against the potential benefits. A more comprehensive approach to addressing the national debt might involve a combination of:

1. Moderate (and regressive aka “pro-rated”) tax increases which tax the rich at higher rates (they can afford more taxation).
2. Sustainable spending reductions See above: excess spending –not anemic taxation– is the main problem).
3. Tax reforms that promote economic growth and fairness.
4. Entitlement reforms to ensure long-term solvency.
5. Investments in human capital and infrastructure to boost productivity and growth.
6. Reduced regulatory burdens that reduce excess regulations make operating a business less business less burdensome This multifaceted approach can help address the national debt while minimizing unintended consequences and promoting economic growth.

## **# Consequences of the National Debt – Excessive national debt can lead to:**

1. **\*Inflation\***: Excessive money printing can erode the purchasing power of the dollar.
2. **\*Higher interest rates\***: Increased borrowing costs can slow economic growth.
3. **\*Reduced credit rating\***: A high national debt can lead to a downgrade in the US credit rating.

## **# Strategies for Survival – To mitigate the potential effects of the national debt:**

1. **\*Diversify investments\***: Spread investments across asset classes, such as stocks, bonds, and commodities.
2. **\*Build an emergency fund\***: Save 3-6 months' worth of living expenses in a readily accessible savings account.
3. **\*Invest in inflation-indexed instruments\***: Consider investing in Treasury Inflation-Protected Securities (TIPS) or other inflation-indexed instruments.
4. **\*Develop multiple income streams\***: Diversify income sources to reduce reliance on a single income stream.
5. **\*Stay informed and adaptable\***: Continuously monitor economic developments and adjust strategies as needed.
6. **\*Stores of food/ water/ off grid solar/ battery backup\***: By using “off-grid” or “Hurricane Preparedness” strategies, one can be prepared for natural – or economic – disasters.
7. **\*RESOURCES\***: At the bottom of this online resource (“Protecting the Grid” legislative advocacy) is a subsection offering Hurricane Preparedness and Off Grid “Recommendations for citizens”: <https://ContractWithAmerica2.com/#grid> Mirrors: <https://GordonWatts.com/n.index.html#grid> And: <https://GordonWayneWatts.com/n.index.html#grid>

## **CONCLUSION**

Pounds, in her column, seeks to use a teamwork strategy to “create a more inclusive and accessible society for deaf individuals,” but also speaks of periods of oppression and marginalization for Deaf individuals, “who were often viewed as intellectually inferior and subjected to discriminatory practices.” This is often quite true, however, for *citizens of all types of disabilities* – not just hearing impairment or deafness. Our response column – obviously – is quite a bit more lengthy and detailed – both as to addressing other types of disabilities as well as offering additional subtle nuances and solutions which could, obviously, not fit in her 937-word (6,760 characters) guest column. That said, her call for all stakeholders to work together, and evoke the spirit of teamwork, is timely – and needed. To that end, The Registrar calls upon app parties to work together and support each other – by, for example, sharing similar, but distinct, advocacy for each other – example: Deaf Awareness websites sharing advocacy for blind or mobility-impaired citizens; Sight-impaired advocacy groups sharing links, funding needs, or advocacy needs for the deaf community, etc. – for citizens to speak to lawmakers and news media (letters to the editor, guest columns, interviews, etc.). Lastly, the inclusion of

“budget hawks” and “fiscal Conservatives” to ensure we cut dangerous surfeit and pork are needed to ensure the budget has sufficient funding to address the needs of all handicapped and disabled Americans. “Together we can.”



*The writer is editor for The Register (GordonWatts.com or GordonWayneWatts.com), a former candidate for the Florida House of Representatives, and Natl Dir of CONTRACT WITH AMERICA: PART II® registered trademark (ContractWithAmerica2.com), whose main claim to fame was almost winning the Terri Schiavo case (the famous handicapped girl who passed away in 2005) all by himself, with his narrow 4-3 defeat in the Florida Supreme Court, where he sought to be Schiavo's “next friend” aka guardian—which was better than the similar 7-0 loss experienced by former Florida Governor, Jeb Bush, who sought the same thing before Florida's High Court. Currently, Watts advocates Conservative fiscal principles to protect both taxpayers, students, patients, and the economy in general. Watts also studies health, science, theology, and solar weather (CME's, solar flares, and cosmic radiation as they impact earth's protective geomagnetic field and our fragile power, Internet, & telecommunications grid).*

**Contract With America: Part II®** URL: <https://ContractWithAmerica2.com>

MIRROR-A: <https://GordonWatts.com/n.index.html>

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