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## LIFESTYLES

## America's dirty little secret

By Daniel Haney  
THE ASSOCIATED PRESS

NEW ORLEANS — A group of researchers has discovered a dirty little secret: Millions of Americans routinely don't wash their hands after using the restroom.

The situation has gotten so bad, contends the American Society for Microbiology, that it has teamed up with a drug

company to teach people how and when to wash.

"Hand washing in this country has become all but a lost art," said Dr. Michael T. Osterholm, the Minnesota state epidemiologist and head of the society's public health committee.

The unsettling news was gathered by watching people in public restrooms. The researchers hid in stalls or

pretended to comb their hair while observing 6,333 men and women do their business in five cities last month.

The public health campaign, dubbed "Operation Clean Hands," includes such tips as:

- Use warm running water and rub your hands together for at least 10 to 15 seconds — about how long it takes to sing one chorus of "Yankee

Doodle Dandy," Osterholm notes.

- Another hint: use soap.

The survey was sponsored by the microbiology society, the country's largest organization of microbe experts, and Bayer Corp., the aspirin maker. The figures were gathered by Wirthlin Worldwide, a survey firm, and released at the society's annual infectious-disease conference.

Manners  
not myth  
for kidsBy Kerri Scholl  
KANKAKEE DAILY JOURNAL

BOURBANNAIS, Ill. — It's probably a dream many a parent has awakened from only to realize, sadly, that's all it was; just a dream.

Their children, little princes of courtesy, charming princesses of demeanor. Hands resting in laps, not pulling pony tails. Doors are thoughtfully opened for others. Children attending dinner gatherings, toeing the line of exquisite table etiquette.

Parents: the Bourbonnais Township Park District, with the help of Chris Crego and Faith Beaupre, has done its darndest to make your dreams come true.

The "Little Lady and Perfect Gentleman" class held weekly sessions this summer for children ages 5 to 10.

Crego said some of the topics she and Beaupre covered included table manners, doorway courtesy, telephone manners, grooming, posture, restaurant etiquette, introductions and handshakes.

"We just teach them how to act," she said. "It's amazing we get as much in as we do."

During each class the children listened to Crego and Beaupre and were given the chance to practice what they were taught.

Mock phone conversations between the students were part of the routine. Crego took it one step further by telling the children that she might be calling them at home to see if they remembered what they were taught (much to the shock of some of her students).

Next, the children learned about answering the door, and then took turns playing the role of mother, child or parcel postman to hone their skills and observe the situation from all angles.

The only disruption in a display of otherwise unalloyed behavior, came when children shared how parents sometimes do not lead by example.

As the children exited, each shook an instructor's hand, and the girls curtsied.

The final exam was a full dress rehearsal, which required students to impress their instructors in the setting of a tea party.

"The last class is a little bit fancier," Crego said. The children were in full dress and navigated the social gathering with newfound adeptness.

Crego has taught manners classes with Beaupre for about 13 years. They have taught many different age groups, including college students and adults, but they concentrate mainly on children.

They teach the class throughout the year with different park districts, and Crego said in her experience, children actually enjoy the classes.

## Breast cancer can't dim recovery

## One survivor's story

By Jeri Young  
THE CHARLOTTE POST

June 27, 1995 is day that Lorraine Massey will never forget.

"It was see about Lorraine Day" she said with a laugh.

Massey planned a big day. She would get her hair cut, have her eyes checked and see the doctor. It was her first day off from her new job at NationsBank.

"I really didn't want to go back to work," she said. "I had my own business, but something just kept saying to go back to work. I didn't have insurance at the time. Thank God, He can see further down the road than you can."

During a routine physical, her physician found a small lump in her right breast. Massey had felt it before but didn't think much about it, she says.

Massey's doctor gave her a referral for mammogram.

"If I would not have gone that day," she said, "I wouldn't be here now."

The lump was a cancerous tumor. An ultrasound mammogram revealed that she not only had tumors in her right breast but two "hidden" tumors in her left that would not have been detected through breast self-examination or through regular mammography.

"I had a series of tests after that," she said. "In my subconscious, I knew that I had a cancer."

Massey's self diagnosis was confirmed on Sept. 12, placing her in a rare classification. Less than 1 percent of all women with cancer in both breasts are diagnosed at the same time. She said she knew it was time to tell her family.

"I went home and told my daughter I needed for her take me for a second opinion," she said. "That is how I told her. She was shocked, but I was calm and I told her I knew I had breast cancer but it would be all right. God would make it all right."

Massey underwent a battery

of tests including a very painful ultrasound biopsy, a procedure in which a needle is inserted into the breast to draw fluid. The test is 98 percent accurate and it confirmed that she had breast cancer.

"I was on the table with tears running down my face," she said. "It hurt so bad."

Tests revealed that the cancer was confined to her breasts and affected none of her vital organs. The test also confirmed what Massey feared, that both breasts would have to be removed.

The surgery was scheduled for Oct. 17.

"I was never angry," she said. "I knew I was in good hands. I had faith in my doctors and that the surgery was right for me."

On the eve of her surgery, Massey sat down to write what she called "My Affirmative Plan for Recovery." Massey accepted that surgery would work out and that her doctors and faith would heal her.

"My breasts have nourished my children and served me well," she wrote. "But it is time for them to go — ridding me of cancer in both breasts and preventing it from spreading. The cancer will be completely eliminated from my body..."

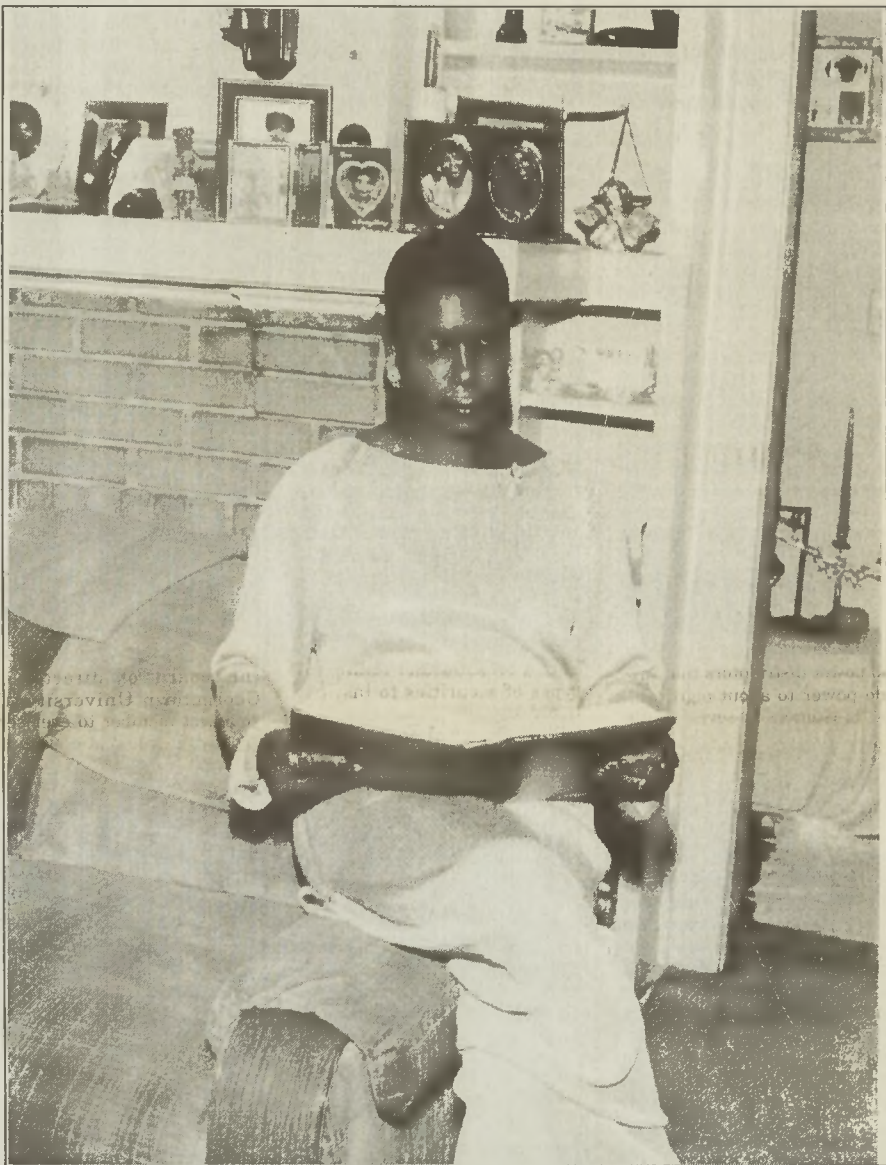
"I will continue in life as a whole person," she wrote. "A person who is a spiritual, emotional and physical human being."

Massey asked that some read the affirmative plan to her before, during and after surgery.

"The fight was between me and my breasts," she said. "I didn't plan on letting the devil beat me."

During the three hour surgery doctors removed 14 lymph nodes from her right breast and 13 from her left. One in the right breast was cancerous, three in the left breast tested positive.

"You see, if it hadn't been for early detection, and that ultrasound mammography," she said, "they wouldn't have found it in my left breast."



PHOTO/SUE ANN JOHNSON

Lorraine Massey depends on her faith and family to help her recover from a double mastectomy. She's shown in the living room of her west Charlotte home.

Massey had surgery on Tuesday and was out of the hospital on Friday.

"They wanted me to leave on Thursday," she said. "But I needed one more day."

Massey's first memory after the surgery was asking the nurse for fried fish.

"The nurse told me not to try it because of all of the anesthesia," she said with a laugh. "I told her don't let me send

one of my friends over to the westside."

On Sunday, she attended church at Mount Carmel. She walked up to the front to testify. She wanted people to know she had not given up.

"I read my plan," she said. "I told them it would be fine — I just needed prayer. People still talk about it today."

Massey said her name missed the sick and shut in

list because her pastor was out of town when she called him.

"That was probably a good thing," she said. "I didn't need to be on the sick and shut in list. I was sick but not shut in."

It was ironic. The church was celebrating Breast Cancer Awareness Month that Sunday by wearing pink rib-

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## A graduate at 102

THE ASSOCIATED PRESS

GLASTONBURY, Conn. — A lot of people might think Thomas Hennessy had it all: long life, a loving family, years of fascinating experiences.

But the one thing the 102-year-old Hennessy did not have was a high school diploma.

He remedied that Friday by getting a diploma from Glastonbury High School, 85 years later.

Hennessy had kept it secret that he never received his diploma. Only his beloved wife Josephine, 25 years deceased, had known.

But recently, Hennessy started telling a counselor at the Hartford retirement community where he lives that he

did not have a diploma.

"Every time I saw him, he'd mention that he was a high school dropout," said Virginia Marchese of Avery Heights.

Hennessy left high school in his junior year to work on his father's tobacco farm, until he was drafted to fight in World War I.

Counselor Marchese heard his story and asked school officials if they could help Hennessy get his diploma. The school granted the diploma Friday, based on his life experience.

"He didn't choose to leave, and his regret in never finishing suggests to me that he values education," said Superintendent of Schools Jacqueline Jacoby.

## Shriners' special guest



M. Carothers Shrine Club fellowship meeting featured Cheryl Howard (sitting, left), volunteer coordinator for A Child's Place