

GRANDFATHER LAW

Southern California lawyer **Jeff Isaac** warns his grandson about *the Wacky World of Laws*, a book co-authored by Isaac and Phil Constantin. In Providence, Rhode Island, it is illegal to purchase a tooth brush and toothpaste at the same time on a Sunday; Idlipops are illegal statewide in Washington; in Seattle, if you want to burn down someone's outhouse, you must first get permission; and in Lehigh, Nebraska, doughnuts are legal, but doughnut holes are not. Remember the "It's the Law!" series in the now-defunct *American* magazine? This nonsense still fascinates.

Wussy or well? Get shot

If you're like most grands, you haven't had a vaccination in decades although a vaccine can be lifesaving (and can reduce the likelihood of illness by 85 percent or more). The Centers for Disease Control and Prevention report that less than 5 percent of us are up to date on our immunizations.

• Whooping cough

Risk factor: Pertussis is making a comeback because the childhood vaccine wears off over time.

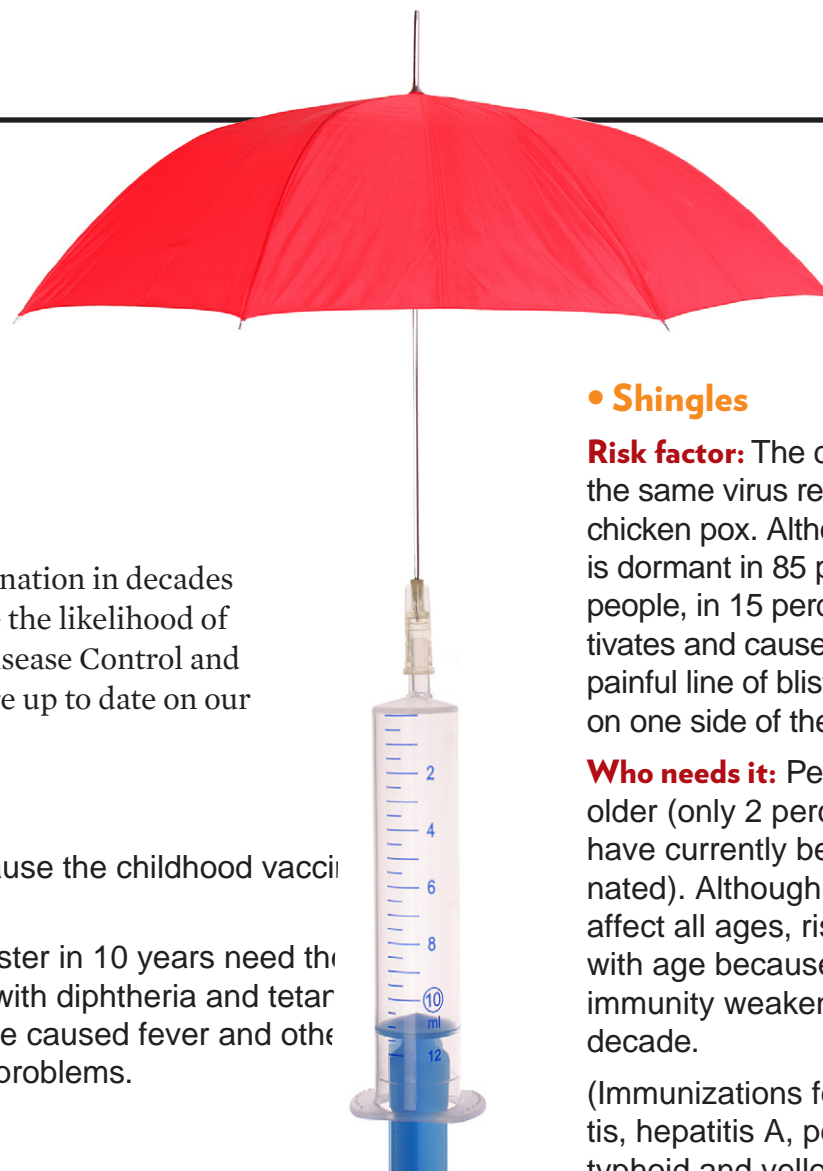
Who needs it: People who haven't received a booster in 10 years need the updated vaccine, generally given in combination with diphtheria and tetanus boosters. While traditional booster shots may have caused fever and other reactions, the new vaccine is less likely to cause problems.

• Influenza and pneumonia

Risk factor: Flu can be a serious health threat for people with diabetes or heart disease or anyone with a weakened immune system. Despite heavy publicity each fall, only about half the people who could benefit get the vaccine.

Who needs it: People over age 50; health care workers; people in close contact with children, such as day care workers, teachers and grandparents; and those with a chronic illness are most at risk.

Since new strains pop up every year, as evidenced by the unexpected appearance of H1N1 (swine flu), existing vaccines may not cover every one.



• Shingles

Risk factor: The culprit is the same virus responsible for chicken pox. Although the virus is dormant in 85 percent of people, in 15 percent it reactivates and causes shingles, a painful line of blisters, usually on one side of the body or face.

Who needs it: People 60 or older (only 2 percent of whom have currently been vaccinated). Although shingles can affect all ages, risk increases with age because a person's immunity weakens with each decade.

(Immunizations for meningitis, hepatitis A, polio, rabies, typhoid and yellow fever may be recommended if you travel to certain countries where there is little likelihood of an immunized population, if you have a weakened immune system or if there's a community outbreak.)

—Beverly Burmeier

READERS WRITE

Pediatric Cancer: A Grand Fight?



Doris Sternberg with her grandsons, Jackson (left) and Wyatt

Grandmother Doris Sternberg writes: "I live in Sacramento. I moved here from Los Angeles to be near my grandbabies, one of whom, Jackson Jobe, is affected by this horrible cancer, pineoblastoma. He was diagnosed at just-under 3 years old. Here are some facts: Each school day 46 children are diagnosed with cancer; 1 in 330 children will develop cancer by age 20; in the U.S. 3,000 children die from cancer each year, more than from asthma, diabetes, cystic fibrosis, pediatric AIDS and congenital anomalies combined. In 20 years, only one new cancer drug has been approved for pediatric use. Maybe, with the help of other heartbroken grandmothers, we can shine a light on pediatric cancer and help to make gold ribbons as powerful as pink ones."

Write Doris: huskyresq@sbcglobal.net

CUPCAKE CONES

Prepare a cake mix according to directions—any flavor—and fill bottom ice-cream cones about half full with the batter. Stand the cones in a muffin pan and bake at 375 degrees for 12 minutes. Cool and frost. Top with sprinkles or colored sugar. (This makes 2-3 dozen cones, so prepare to share!)

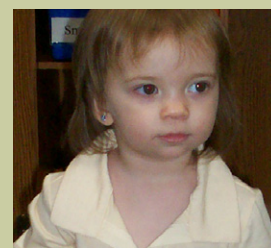
—Cheri Fuller, from her book *Connect with Your Grandkids: Fun Ways to Bridge the Miles*



Chase, NC



Diego, CA



Tavielle Abigail, MN



Christopher, CA



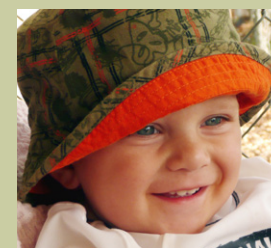
Sophia Isabel, FL



Collin, FL



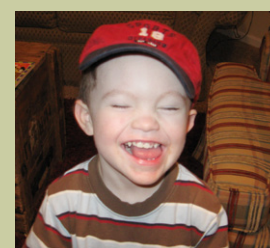
Lara, CA



Colton, CA



Rylee Kate, IL



Connor, MO