Rhea pleads to community, state to keep her attacker behind bars

**Sherman Galloway to have parole hearing on May 1, 2007**

By Staff
The Gyp Hill Premiere

Jean Rhea is no stranger to being in the limelight. She is the daughter of Darrel and Mary Rhea of Medicine Lodge. She was one of the star players on the Medicine Lodge Girls’ Basketball team that won state in 1973.

Rhea graduated in 1974 and was beginning a promising career in education at The University of Kansas when in 1981, her world changed.

July 8, 1981 Rhea was jogging across the KU campus at about 10 p.m. when a man, later identified as Sherman Galloway, ran up behind her, put a knife to her neck and told her if she made a sound he would kill her.

"I was raped and sodomized with a knife at my throat," she said.

Sherman Galloway was charged with the crimes October 19, 1981 and after a 3 1/2-day trial, Galloway was found guilty of rape and aggravated sodomy.

Galloway was a repeat offender. He was on parole for a violent crime at the time of Rhea’s assault and was also convicted of rape and sodomy in another case that went to trial in 1983. The victim in that case had been assaulted on the KU campus one month prior to Rhea’s rape.

Now Galloway is 26 years into his sentence of 60 years to life. He was denied parole in 1996, 1999, 2004 and will go before the state parole board again on May 1, 2007.

Despite the pain that Galloway has caused in her life, Rhea remains focused and is asking for the community and State of Kansas to keep Galloway behind bars.

“ar choice. I can either mount a last-minute counter attack or I can withdraw, walk away. After a quarter of a century, I am battle-weary, bone-tired. So are my family, and others who have so generously come to my aid all these years,” Rhea stated in a letter and by phone to The Gyp Hill Premiere.

“I am not in any way sorry to say I have done enough. Now it’s someone else’s turn. It’s yours, State of Kansas; I hand it over to you, one Sherman L. Galloway. After all, if he is actually granted parole on May 1, former Inmate 0034138 will be coming home to you, to Kansas.”

The following was submitted to The Gyp Hill Premiere last week by Jean Rhea:

**A Controlling Sentence**

"Now, Therefore, I, Ronald Reagan, President of the United States of America, do hereby proclaim the week beginning April 19, 1981, as Victims Rights Week. I urge all Federal, state and local officials involved in the criminal justice system to devote special attention to the needs of victims of crimes and to redouble their efforts to make our system responsive to those needs. I urge all other elected and appointed officials to join in their effort to make our justice system more helpful to those it was designed to protect. And I urge all citizens, from all walks of life, to remember that the personal tragedy of the victim is their own tragedy as well.”

On July 8, 1981, only three months after President Ronald Reagan had pitched his Proclamation 4831 – Victims Rights Week, I was brutally attacked on the Lawrence campus of the University of Kansas. In a viciously ironic twist of fate, I was raped and sodomized. My life, threatened at knife-point, was almost extinguished. It was only by some miracle that I was able to fight back, live through this violence and, with the support of family and friends and a team of prosecutors and law enforcement professionals, pursue the successful prosecution and incar-
Parole

A fourth generation Kansan, I was raised in small, rural Medicine Lodge, a town I loved and still love. After the trial in 1981, I left it, that town I loved, that community nestled in the state I loved. I left it, the career I had been building, the family I so cherished, the friends I valued. I left it, left them all behind because I was bone-rattling scared, terrified for my life. You should be, too.

I cannot describe the horror that my life became and the challenges I’ve had to face since July 8, 1981. I can say generally that for years I lost relationships, career opportunities, money. I lost my sleep, I lost my faith, my peace, my mind and any hope of having a regular, rewarding life. I can say unequivocally that on that sticky July evening in 1981 when I went out for a fast run, I came back to begin a slow, soul-shattering death. I’ve had to work diligently, purposefully and compassionately ever since to re-enter my life, resurrect it, reconstruct it, patch it back together, piece by agonizing piece.

All of this reconstruction work has been done amidst the chaos and trauma of the on-going parole process. Every time my guilty and convicted attacker, Sherman Galloway comes up for parole, all sorts of fear and pain comes up for me, my family, our supporters. It’s been a wrenching, effortful undertaking to rightfully keep the man behind bars that did so much wrong to me and should not even be considered for parole.

I have been trapped behind my own bars, caught up in this parole process for some 25 years, half of my life. I just found out that I will be in the heavy-thick of it once again, for on May 1, my offender, Sherman L. Galloway, KDOC #0034138, has a special parole hearing. It will be Sherman Galloway’s fifth parole hearing since 1996 and his third hearing in just four years.

I didn’t expect this. Didn’t see it coming. Do not understand. How could the Kansas Parole Board and Department of Corrections consider paroling a man who did what he so callously and cruelly did, a man who has repeatedly since then threatened to hunt me down and kill me, my family and my legal team? How could they even think of letting a multiple-convicted, violent sexual predator loose on the world, on Kansas in particular?

Did Sherman Galloway make some convincing confessions, take appropriate responsibility for his crimes. Did he admit to holding me down, sodomizing me, raping me, pressing the knife to my throat? Did he act contrite, show remorse, say he was sorry? I’m sorry, I do not think so, not for a second. And what about that Sexual Offender Therapy Program he recently completed? Was he in earnest, sincere there? Did he say he was sorry? I’m sorry, I don’t think so. I think the only reason he went into this program was to get out, out of prison orange and step into the yellow light of day—his goal all along.

And now, once again, he has a chance. I have a choice. I can either mount a last-minute counter attack or I can withdraw, walk away. After a quarter of a century, I am battle-weary, bone-tired. So are my family, and others who have so generously come to my aid all these years.

I am not in any way sorry to say I have done enough. Now it’s someone else’s turn. It’s yours, State of Kansas; I hand it over to you, one Sherman L. Galloway. After all, if he is actually granted parole on May 1, former Inmate 0034138 will be coming home to you, to Kansas. Since his crimes were committed in Lawrence, Galloway could well be released to Douglas County where it all began back in 1981. Or he could be set free, let loose in some other county, some other city, some other town.

So beware and wary. This 47-year-old violent sexual predator could be coming to your county, your community, your neighborhood. What will you do when he moves in right next door, right next to you? Pray, pray that he never gets there, pray that he serves in full that 60 years-to-life, not the puny 26 he has only served so far. Pray that his controlling sentence won’t end up controlling you, your life, your happiness, your every fitful move and
moment like it has mine and those who love me.

On this the 26th anniversary of the Victim's Rights Proclamation I pray that the victim is served, served up a miracle. I pray that you, my fellow Kansans, take Sherman Galloway off my hands, my mind and your mind by getting involved and taking specific action. Submit a clear and simple request to the Kansas Parole Board stating: "We request that Sherman L. Galloway, KDOC Inmate #0034138, be denied parole and that he be passed for the maximum of 10 years." Send or fax (785-296-7949) your request to the Kansas Parole Board, Landon State Office Bldg., 900 SW Jackson Room 425-S, Topeka, KS 66612-1220. *Your letters have to be to the Parole Board before May 1st, 2007.

You can also contact your local Senator and Representative and ask them to take legal action to right this wrong.

You can also attend the following public comments sessions:

**Monday, April 16**
11:00 a.m.-1:00 p.m.
230 William Street
Room 3080
Wichita, KS

**Monday, April 23**
10:00 a.m.-12:00 p.m.
City Hall
701 N. 7th Street
Kansas City, KS

**Friday, April 27**
8:30 a.m.-10:30 a.m.
Landon State Office Bldg.
900 SW Jackson
1st Floor 106A
Topeka, KS

Help make a verdict vindicate a victim, not make another one. Help make a sentence stick, not to the victim, but to the violator and make a life sentenced a life lived, fully, not fitfully in fear.

Jean A. Rhea
Survivor
Weather sends park opening activities indoors

By ALLEN SMITH
Staff Writer

Riverside Park and Zoo is officially open for the season, but Mother Nature threw organizers of the annual park opening celebration a major curve with less than ideal weather Saturday.

The Friends of Riverside Park and Zoo (FORPAZ) made do with what was provided them, and moved the celebration into the enclosed 4-H Building where the inflatable games were a big hit with the children.

“I hate it the weather turned out like it did, but you know, being inside the building sure made it easier on us,” said Cris Sundquist of Independence, who along with husband Wayne brought son Cody to the park opening.

“We didn’t have to chase Cody around the whole time,” she said, laughing. “He was right here where we could keep an eye on him.”

While the weather did a number on the putt-putt golf tournament, the car show and the merry-go-round and miniature train, the inflatable giant slide and obstacle course were a big hit.

“These kids are having a ball on the obstacle course and slide,” said Chuck Schmidt, superintendent of Independence schools and a FORPAZ board member. “I’ll bet some of these kids have been through there 100 times — they are having a blast.”

“We opened those things at 10 a.m. and there have been youngsters going in and out of there all day,” Schmidt said.

Most all the youngsters who were playing on the obstacle course and giant slide had also been to have their faces painted. The Re/Max Real Estate agents were taking shifts during the event painting faces.

“Everybody at the office has been here at one time or another,” said Joni Gaertner, co-owner of the office. “We have had a great time,” she said.

“Last year we were busy all the time, didn’t hardly get a break at all because the weather was nice, we were outside and the line was long. This is actually kind of nice. It’s busy but not so busy you can’t take a break to get a drink,” she said.

Gaertner said FORPAZ gave the company $300 to provide the labor to do the face painting at the opening day celebration, and the money will be used to assist the Children’s Miracle Network.

“We want that money to be used to help children in our area that are assisted by the Children’s Miracle Network. Most of those youngsters receive services at the University of Kansas Medical Center,” she said.

Although disappointed with the weather, Kyra Mott, a FORPAZ board member, said the day went pretty well and those who were able to come had a good time.

“The children that came today had a great time because they got to get on those inflatable games a lot,” Mott said.

“It’s really too bad we couldn’t have an optional day in case of weather but those kinds of things are hard to plan. We had to move the slide and obstacle course inside or else lose $1,400,” she said.

“But we had a good day despite the weather. Those that did come out had a great time, and the food prepared by the Relay for Life organization was excellent,” Mott said.
History of Santa Fe Trail presentation

John Stratton will present, "A Pioneer Gone: The Life of Charles O. Fuller in Central Kansas, 1855 - 1879." The presentation will take place at the Galva Community Building, located on Main Street in Galva, Kansas on April 16, 2007 at 7:00 p.m.

Charles O. Fuller founded the Running Turkey Ranch, also known as Fuller's Ranch, on the Santa Fe Trail in eastern McPherson County in 1855. Stratton will discuss who Charles Fuller was, the ranch and Fuller's life in central Kansas. The meeting is sponsored by the Galva Historical Association and the Quivira Chapter of the Santa Fe Trail Association.

John Stratton received his bachelor's degree in American History from KU in 1977, and his Master of Science degree in Library and Information Science from the University of Illinois in 1985. From 1985 until 2000, John served as Assistant Librarian and then Director of Wallerstedt Library, Bethany College, Lindsborg, Kansas. Since 2000, John has been a library faculty member at the University of Kansas Libraries, serving as Regent's Center Librarian, co-coordinator of Reference services and liaison to the School of Business and Department of Public Administration. John is a native Kansan with roots in Washington and McPherson Counties and is a charter member of the Santa Fe Trail Association. He has a long-standing interest in the history of the trail in central Kansas.

There is no charge and anyone interested is welcome to attend. This is the second program to be presented at Galva on the local history of the Santa Fe Trail. Last August, Dr. Jack and Patricia Fletcher presented "The Cherokee Trail: A Major Artery to the Santa Fe Trail 1849 - 1864." For more information on the upcoming program, call Linda Andersen at 620-654-3328 or Linda Colle at 620-241-8719.
Runner conquers muscle disease

Marathons are part of his life again after serious illness stopped him in his tracks.

By FRANK TANKARD
The Kansas City Star

Vince Kane had come back, but he hadn’t pushed his body to the edge.

It was last October, Chicago Marathon time. More than six years had passed since Kane’s immune system had started turning his muscles to mush.

He had first wasted away to the point that he couldn’t twist the lid off a pop bottle. Then he had come back slowly, through months of training that started with struggling to lift two-pound dumbbells and exhausting himself with 30-second runs. He had built back up to 70-mile weeks. He had pushed himself too hard, relapsed and come back again.

He proved his doctor wrong by running in several marathons, but he held back. Part of him had been afraid of how his body would respond.

Kane, 27, of Overland Park, first started feeling the effects of dermatomyositis, an inflammatory muscle disease, in 2000. He was a sophomore at Johnson County Community College, a distance runner out of St. Thomas Aquinas High School. His 10K time had fallen behind where it had been the year before, even though he should have been in better shape.

“...The guys I was around on the team were running a minute faster than they had the year before,” said Kane, who works as a sales representative with a software company. “I was running a minute slower.”

In the fall he transferred to the University of Kansas. He had once hoped to join the track team, but he was growing weak and thin and couldn’t run. On Thanksgiving break, he went to a clinic. Probably mono, he was told.

On the first day of the spring semester, he couldn’t walk up the hill to class. He couldn’t even turn his wrist to start his car. He went to KU Medical Center and had a muscle biopsy. His mother, Nancy Kane, said his muscles, instead of looking like meat, were all air and bubbles.

A doctor diagnosed him with dermatomyositis. The disease was causing his immune system to break down his muscle cells.

About 1 in 100,000 people contract the disease, according to the American College of Rheumatology. Women are twice as likely to get it as men, and it most commonly strikes people in the 40 to 50 age range. Kane’s chances of developing the disease at age 20 were Powerball thin.

Kane’s mother asked his doctor if Kane would run again. Yes, the doctor said, but he wouldn’t have the strength to run competitively.

When the doctor left the room, she started crying.

“My, don’t cry,” she re...
called her son saying, "because I am going to run a marathon."
The next several months were slow and tedious. He took a semester off from KU. He took medicine to suppress his immune system, which gave him a puffy appearance. He went to a rehabilitation center, spending time in the swimming pool and doing light exercises. He soon started supplementing his therapy regimen by working out at a fitness center in Overland Park. He started by lifting two-pound dumbbells and running the short straightaway of the indoor track.
He attracted plenty of raised eyebrows. Outwardly, he looked healthy.
"No one was mean," he said, "but people would just kind of look at you funny."
He re-enrolled at KU and started running nearly every day with Erin Leary, a KU freshman with whom he had run cross country in high school. Leary wasn't in great shape when they started their training, so they worked together, going from 12-minute jogs to running more than an hour together by the spring.
They ran the Chicago Marathon together in the fall. Kane felt good and elevated his training to 70-plus miles a week.

One week he ran 92 miles. But when he started tapering his training for another go at the Chicago Marathon, he didn't feel right. He developed rashes on his face, chest and elbows, a sign that dermatomyositis was back.
He ignored the symptoms and traveled to Chicago for the race.
"And it was the hardest thing I ever did in my life," he said. "By the end, I felt like if the wind blew too hard and I got knocked over that I wasn't going to get up."
He managed to finish the race, then took things easy for several months.
He took pills and his symptoms went away. But his spirit was crushed. Running is about testing your limits. And now, it seemed, he couldn't push himself as far as he would like.
"That was probably the hardest part," he said, "running that marathon and then realizing that I wasn't invincible by any means. I was going to have to respect the disease, because it could definitely come back."
Training smarter, with no 92-mile weeks, he continued to run marathons. With each race he got faster: 3:16, 3:07, 3:02. But his one-time goal — two hours, 40 minutes — seemed to melt away. He couldn't train hard enough to get there. Even during races, part of him knew he wasn't pushing himself as hard as he used to.
Then, last fall in Chicago, the hammer fell.
His time was only two minutes faster than what he had run in the Boston Marathon in the spring, and mere seconds from breaking the three-hour barrier. But, for the first time since he got the disease, he hadn't held back.
"The last 100 meters I was gagging and dry-heaving and puking," he said. "So I knew that I absolutely had left it all out there."
After the race, no signs of the disease resurfaced.
Kane ran the Lawrence Half Marathon on Sunday, finishing in one hour, 30 minutes. He plans to enter either the New York City or Chicago marathon in the fall.
He wants to break three hours, and after that, maybe do half-ironman competitions, consisting of swimming, biking and running. Like everyone he races against, he'll be pushing himself — but with limits.
"I just had to make a compromise: 'Hey, you're not going to do those things that you wanted to do however many years ago,' " he said. " 'You can still do things that a lot of people can't do.'"
To reach Frank Tankard, send e-mail to ftankard@kcstar.com.
“I was going to have to respect the disease, because it could definitely come back,” said Vince Kane after battling dermatomyositis, an inflammatory muscle disease.
OLATHE | Annual dyslexia conference

The Kansas-Missouri Branch of the International Dyslexia Association will sponsor a conference, "Language and Literacy: From the ABCs to the SATs," on Friday and Saturday at Ball Conference Center, 21350 W. 153rd St.

Guest speakers will include Hugh Catts, professor at the University of Kansas Department of Speech-Language-Hearing, and Jeanine Phillips, director of Fundamental Learning Center in Wichita.

The workshops will offer information for professionals, individuals with dyslexia and their families.

One-day enrollment is $80 for association members and $95 for nonmembers. Two-day enrollment is $150 for members and $180 for nonmembers. For more information or to register, go to www.ksmoida.org or call (816) 838-7323.

Joyce Tsai, jtsai@kcstar.com
KU students raise money through Rock Chalk Revue

Rock Chalk Revue, the student-run show that mixes song and dance with pop culture parody and campus satire, staged its 58th annual production March 8-10 at the Lied Center at the University of Kansas.

KU students wrote, produced and acted in each of the five original skits that comprised the show, crafting different stories and settings to portray the "Hawk Wild" theme. They competed for individual and group prizes announced during the show that recognized noteworthy student philanthropy as well as outstanding performances, videos, interpretation of theme and other creative achievements.

Considered one of the top student philanthropies in the United States, Rock Chalk Revue includes three nights of performances plus months of volunteering for Douglas County and the Lawrence community organizations, including many of the United Way. KU students from fraternities, sororities, residence halls and scholarship halls handle leadership, community service and fundraising roles.

This year, KU students contributed 12,222.46 volunteer hours to about 30 United Way agencies as part of their Rock Chalk Revue activities.

Since 1991, Rock Chalk Revue has raised more than half a million dollars; United Way has been the recipient of the donation since 1983. The record single-year donation was $52,000 in 2003. The 2007 Rock Chalk Revue gift will be announced later this year, said Ann Eversole, longtime Rock Chalk Revue adviser and assistant vice provost for Student Success. Other, KU staff members in advisory roles are Ruth Stoner, Student Success budget and personnel administrator, business adviser; and Rueben Perez, director of the Student Involvement and Leadership Center, community service adviser.

Winning 11 of the top 14 awards, "'Til Dance Do Us Part" was voted by a panel of judges as best overall show for Kappa Kappa Gamma sorority and Beta Theta Pi fraternity. The show also won top group awards for best production number, best use of costumes, best original song, best script, best choreography and best vocal performance by a chorus and the top four individual awards, including best actor and actress and best supporting actor and actress.

Alpha Gamma Delta sorority and Theta Chi fraternity's "Phantom of the Library" won awards for best set and best interpretation of the theme plus the audience choice award based on $1 votes from show-goers for their favorite among the five skits. "Little Prom on the Prairie" presented by Delta Gamma sorority and Sigma Phi Epsilon fraternity won the best pre-show video award.

Other skits selected for this year's Rock Chalk Revue were "Set in Stone" by Gamma Phi Beta sorority and Delta Upsilon fraternity and "Love Spell" by Pi Beta Phi sorority and Phi Kappa Psi fraternity.

Rock Chalk Revue activities are coordinated by a student-run advisory board that also selected a theme for each year's show. Coed groups interested in performing in the 2007 show began creating scripts in fall 2006, then submitted detailed synopsis notebooks and video presentations to an independent panel of judges. The five shows for the revue were announced in late November.

Cassie Gutman, Eden Prairie, Minn., senior and member of Alpha Chi Omega sorority, received the trophy for the most charitable individual with 677 volunteer hours. Emily White, Lawrence senior and member of Kappa Kappa Gamma sorority, earned the community service most charitable award runner-up with 381 volunteer hours.

For raising the most money overall, Sigma Phi Epsilon fraternity earned the most charitable organization award with about $5,000 in donations.

Twenty-four organizations won group volunteer awards based on four levels of donated hours per person. The gold award, recognizing at least 12.90 hours per person, went to Alpha Chi Omega sorority and Kappa Kappa Gamma sorority. Alpha Chi Omega was also named the most community service-dedicated organization with 13.56 hours per person. Kappa Kappa Gamma as the runner-up with 12.98 hours per person.

Alpha Gamma Delta won the silver award for per-person volunteer hours in the 11-12.90-hour range. Bronze award winners for an average 9-10.9 hours per person were...
Chi Omega sorority, Douthart Scholarship Hall and Kappa Alpha Theta sorority. Honorable mention citations went to Delta Delta Delta, Delta Gamma, Gamma Phi Beta, Pi Beta Phi, Sigma Delta Tau and Sigma Kappa sororities; Beta Theta Pi, Delta Chi, Delta Upsilon, Kappa Sigma, Phi Delta Theta, Phi Kappa Psi, Pi Kappa Phi, Sigma Phi Epsilon and Theta Chi fraternities; and Grace Pearson, Margaret Amini and Sellards scholarship halls.

Other awards given by judges:
— Best original song: Kappa Kappa Gamma and Beta Theta Pi for “Sweep Her Off Her Feet,” written, composed and performed by Jesse Roberts, Hutchinson junior, for “‘Til Dance Do Us Part.”

— Best actress: Allie Chalfant, Overland Park junior and member of Kappa Kappa Gamma, for the title role of Kim, the bride-to-be who enrolled her fiancé in ballroom dance classes before their wedding, in “‘Til Dance Do Us Part.”

— Best actor: David Price, Salina senior and member of Beta Theta Pi, as Phil, a man whose dance lessons transform him into a ballroom star in time for his wedding in “‘Til Dance Do Us Part.”

— Best supporting actress: Laura Davis, Saint Jacob, Ill., senior and member of Kappa Kappa Gamma, for the role of Maria, who showed off her Latin dance skills with flamboyance and attitude.

— Best supporting actor: Jesse Roberts, Hutchinson junior and member of Beta Theta Pi, for his portrayal of Ivan, an eccentric Russian dance instructor-showman and co-owner with his wife of a ballroom dance school.

This year, the executive directors gave awards for each show’s best individual male and female chorus members and incident-specific awards for each show.

Individual award winners as well as students in lead or revue production roles and those on the advisory board are listed by hometown, level in school, major, parents’ names (when available), high school and Rock Chalk Revue achievement at www.news.ku.edu/2007/april/4/revue.shtml.
Tragedy highlights need for cooperation

From The Kansas City Star

Once again, an April day has brought horrifying images of panicked students and gunfire victims rushed into ambulances. Virginia Polytechnic Institute on Monday became the site of the nation’s most deadly mass shooting, with dozens dead and injured.

The tragedy will be engraved in the nation’s memory as deeply as the senseless killings at Columbine High School in Colorado in April 1999.

Much remains unknown about what happened and why. What’s definite, however, is that college administrators, law enforcement authorities and students themselves must take a hard look at safety on their campuses.

Students at Virginia Tech, a stately campus near Roanoke with 25,000 students and a prestigious engineering program, are right to question why many on campus had not learned about a shooting in a dormitory before more gunfire broke out in an engineering building two hours later.

Lynn Bretz, director of university communications for the University of Kansas, notes that most campuses are public places. They have many buildings, often with numerous entrances.

“It’s really impossible to screen everyone who’s on campus,” Bretz said. “You have to have a system in place to respond immediately should there be an event.”

Campus security forces must be as well-trained as any city police department. They are often responsible for densely populated communities whose residents tend to move around often and in unpredictable patterns.

Monday’s tragedy highlights the need for cooperation between campus security forces and local police agencies.

The immediate response is horror at the extent of the violence, and the deepest sorrow for the loss of innocent lives in a setting meant to prepare students for life, not for death.
Ford Motor Co. president and CEO, listing a myriad of directions people may turn to fuel automobiles in the future. "Somewhere in here is a solution that we're all going to figure out, because we need to figure it out."

The Lawrence native and Kansas University graduate chosen to revive the struggling auto giant returned to his hometown Monday to deliver the Anderson Chandler Lecture at the Lied Center.

The event was sponsored by KU's School of Business in conjunction with KU's School of Engineering.


"When we come out of this thing, we're going to be a turbo machine," Mulally told the nearly-packed house at the Lied Center.

Mulally, who often referred to his mother, Lauraine Mulally, in the audience, chatted about his early years growing up in Lawrence, working at local businesses, and his young ambitions to be an astronaut.

— The Lawrence Journal World
www.ljworld.com
Music to soothe the savage pain

Does music have charms to soothe the savage beast? Studies suggest it does if the beast is pain. They indicate it is not only helpful in soothing pain but can reduce anxiety in patients suffering medical and psychological distress.

Ancient Greek philosophers believed that music was an aid in curing diseases of the body and soul. Singing and chanting were and are used by American Indians in healing rituals. In Robert Burton’s “The Anatomy of Melancholy,” written in the 16th century, he said that music and dance were critical in treating mental illness, particularly melancholia. U.S. Veterans Administration hospitals during World War II used a more formal approach to music therapy in treating what was then called shell shock.

Music therapy, as presently practiced, has existed since about 1944. Michigan State University initiated the first undergraduate degree program that year. The University of Kansas installed the first graduate degree program the same year. The National Association for Music Therapy was founded in 1950. The American Association for Music Therapy was founded in 1971. They merged to form the American Music Therapy Association in 1998. There are numerous other national and international music therapy associations.

Formally, music therapy is the use of music by a certified professional to reach therapeutic goals such as pain reduction, a decrease in the amount of pain medication needed, improved motor skills, social development, cognitive improvement, self-awareness and spiritual enhancement. It involves therapist-designed music sessions for individuals or groups depending on their needs and tastes. It is, of course, used in conjunction with conventional medical treatments.

Music therapy also may be useful physiologically to affect blood pressure and alter the rate of respiration. Slow, steady music seems to trigger a relaxation response, while music with a faster tempo may be useful to counter depression and chronic pain.

Sessions of music therapy generally last from 20 minutes to an hour. The patient sits or lies comfortably in a quiet room, usually with the eyes shut. Headphones are useful to minimize the effect of ambient sound. The music may be selected by a music therapist or by the patient. There is evidence that it is more effective for the patient who selects the music to be used. Music selected has ranged from country western to classical to jazz or dance music. Surprisingly, some patients chose rap music.

My most recent experience with music was at the National Symphony Orchestra performance on campus. I hesitated to go as arthritic pain was bothering me, and I did not know if I could sit that long without putting my feet up. After the show, my pain was much reduced and the beautiful music flawlessly performed left me in an euphoric state, which persisted through the next day.

There is evidence that music therapy is beneficial to cancer patients undergoing chemotherapy and radiation. Terminal patients using hospice have also benefited from it. No side effects have been discovered, and it is an inexpensive therapy to try. Whether under the direction of a trained music therapist or self-directed, it seems to have many positive results with essentially no drawbacks.

For more information on music therapy, I recommend the American Music Therapy Association Web site, www.musictherapy.org. I became interested in this topic from an article in the Cleveland Clinic Arthritis Advisor of April 2007. A research paper by Sarah Greer of Stephen F. Austin State University, “The Effects of Music on Pain Perception,” found at hubel.sfasu.edu/courseinfo/SLO3/music_therapy2.htm was also interesting. Some information also was obtained from the Web site en.wikipedia.org/wiki/Music_therapy.

Delbert Marshall, Hays, is a member of the Generations Advisory Group.
Area students from the University of Kansas listed on the fall honor roll include: Jordan Herman, son of Joe and Claire Herman; Seth Lofgreen, son of Ron and Elaine Lofgreen; Clark Walter, son of Dan Walter and Cindy Boller, all of Norton, and Jaime Goddard, daughter of Jerry and Ruth Goddard, Logan.