



# MAY NEWSLETTER



## MESSAGE FROM THE PRESIDENT

I hope you are enjoying these glorious autumn days. Come and join us for our weekly walk at Asquith Park on Tuesdays and soak in the sunshine and good company. Or take time to visit the newly renovated Quarry, it is extraordinary. (See photos)

Remember *exercise* and *attitude* are major keys to living with Parkinson's.

We have a busy schedule. Our choir is singing at Regis Aged Care on Thursday 30<sup>th</sup> April, then on the next day, Friday 1<sup>st</sup> May, we have our annual BBQ at Bobbin Head. (A free sausage to anyone who sees a monitor lizard!)

I am very happy to announce that we have been given a Grant of \$3,431 from Lindfield Bendigo Bank under their Great BIG Community Grant Program to provide equipment for our Choir and our Exercise Group. We can thank Dick for his efforts here; they had 65 applications and granted help to 21 community organisations.

It's worth looking at the Shake It Up Australia website where they have announced "a ground-breaking discovery that could pave the way for new treatments to slow or stop the progression of Parkinson's disease". (See Page 10). *SO STAY FIT, STAY POSITIVE*

Rose





## ACTIVITIES / EVENTS

Tuesdays 10.00am	<b>Walking and Social Group</b>	Asquith Park, Mills Ave, Asquith
Thursdays 10.00am-11.30am	<b>Parkinsong</b> (Each Thursday) <i>Except on 30 April (see below)</i>	Turrumurra Seniors Centre Gilroy Rd, Turrumurra
<i>Thurs. 30 April</i> 10.00am for 10.30am-11.30am	<b>Choir - Performance</b> Regis Hornsby Nursing Home	<i>245-247 Peats Ferry Rd</i> Hornsby
Fri. 1 May	<b>Members' Picnic at Bobbin Head</b> (free National Parks pass can be obtained at Services NSW)  Buy your Raffle Tickets - ring Pam Beattie 0435 716 392	Pavilion, Bobbin Head 10.30am - 1.30pm
Fri. 5 June	<b>Members' General Meeting -</b> <i>Guest Speakers from Medtronic</i> <i>Deep Brain Stimulation</i>	Mt Colah Community Centre 6X Pierre Cl, Mt Colah
Fri. 8, 15, 22, 29 May	<b>Exercises Classes</b> (except first Friday of Month)	Mt Colah Community Centre 6X LPierre Cl, Mt Colah
Sat. 6 June 10.30am-11.00am	<b>Market Stall &amp; Choir</b> performing at Berowra Uniting Church <i>(see details below *)</i>	Berowra Uniting Church Alan Road, Berowra
Fri. 3 July	<b>Members' General Meeting -</b> Guest Speaker on <i>Search Dogs</i> , Sydney	Mt Colah Community Centre 6X Pierre Cl, Mt Colah
Fri. 7 August	<b>Members' CONCERT -</b> Angela Hogan from Opera Australia	Mt Colah Community Centre 6X Pierre Cl, Mt Colah

\* The Parky Choir will be performing from 10:30 until 11:00 a.m. Best to arrive around 10am. Delicious scones are available to have with your morning tea/coffee and you can also enjoy a sausage sandwich for lunch to top up your energy levels!!!

**We'd also appreciate any hand made knitted or crocheted garments AND any biscuits, slices or cakes to sell on our stall.**

Diana Sidney



## GREAT BIG COMMUNITY GRANT - HORNSBY KU-RING-GAI PARKINSON'S ASSOCIATION

### *Further Grant details!*

Your Committee is delighted to confirm that Hornsby Ku-ring-gai Parkinson's Association has received a Grant of \$3,431 from Bendigo Bank, Lindfield, following our application for a Great BIG Community Grant. A total of 65 applications with requests for funds were received by the Bank with 21 community organisations receiving Grants.

Community Bank  
Lindfield  
**B** Bendigo Bank

Community Bank · Lindfield **B** Bendigo Bank

Community Bank · Lindfield **B** Bendigo Bank

An extract from our Grant Application follows:-

*Exercise is vital to people living with Parkinson's disease and we are seeking \$811 to purchase equipment for our weekly exercise classes held in the Mount Colah Community Centre.*

*Singing is acknowledged as being beneficial for people living with Parkinson's disease and we are also seeking \$2,620 for a sound system to enable our choir to perform at outdoor venues and to improve the quality of sound overall.*

*The exercise equipment was selected by Felicity Neale, our Exercise Physiologist, costing \$811 and the balance of \$2,620 was sought by Peter Sidney for sound equipment to enable our choir to perform at outdoor venues and to improve the quality of sound overall. The Grant will be received by representatives of your Association on 28 April, one of whom will speak about the Association and how the funds will be used.*

*For your information, the Community Bank Lindfield has returned millions of dollars to the Ku-ring-gai community through grants, sponsorships and donations since opening in 2003.*

***The locally owned company, Ku-ring-gai Financial Services Limited (KFSL), that operates the Community Bank Lindfield, has been nominated for a Local Business Award this year.***

***To support KFSL being recognised as an Outstanding Professional Services business, we invite members to please vote using this link: [https://the\\_business\\_awards.com.au/88080/ku-ring-gai-financial-services-limited](https://the_business_awards.com.au/88080/ku-ring-gai-financial-services-limited).***



## CHOIR (Written by Bev Dind, Published in Hills Hawkesbury Community News)

Baulkham Hills has been my home for 30 years. For many, many years I worked for a bank in Baulkham Hills. Those were the days when banking was about customer service. I loved caring for customers and excelled in that role.



Five years ago, I felt something was wrong. I had small symptoms but one day, when babysitting my baby granddaughter, I sang Twinkle Twinkle Little Star and tried to move my fingers to twinkle. One hand wouldn't twinkle at all. Something was wrong! It was as though all the wind had gone from my sails when I was diagnosed with Parkinson's Disease.

I was one of the 50 people each day who are diagnosed with this disease. I found Parkinsong, which is part of the Hornsby Kur-ring-gai Parkinson's Association Inc, when I was thinking of joining a support group. I dreaded the thought of a group who met to discuss the members' illnesses and problems. I joined Parkinsong about 2 years ago. It is a choir run by volunteers. The choir was launched in 2018, Chris Davis being the main force in establishing the choir and is known by both Parkinsong and the Chris Davis Choir.

The group meets weekly on Thursdays from 10am to 11.30am at the Turramurra Seniors Centre, 1 Gilroy Road, Turramurra. Meetings are held in a nice old cottage. The room is cosy and air conditioned.

Parkinsong is an amateur choir. There are no auditions, and a good voice is not a prerequisite. I don't have a good voice, by anyone's standards, but I do enjoy singing. The first day I attended, the volunteers who met me at the door were friendly and welcoming AND I was greeted with a warm, comforting cup of tea.



I wasn't prepared for the fabulous sound the choir made. The combination of male and female voices was fantastic. We sang rounds with the help of words projected on a screen as well as words on printed sheets. All the songs chosen to sing are uplifting. From time to time, we perform at local retirement villages and the Wahroonga Fair, highlights being singing at Government House and the Sydney Recital Centre as part of Singout Sydney.

This is a unique group which is made up of people with Parkinson's, their families, volunteers, carers and friends. Singing, particularly in groups, improves the voice and swallowing mechanisms which are common complaints with Parkinson's sufferers. Singing relaxes muscles and releases tension in the back and neck which is shown to also reduce Parkinson's symptoms like tremor, posture and walking problems.

Coming away from singing, I feel uplifted and I'm often humming along to a tune that has stuck in my head. I also enjoy the friendship and support of choir members.



We have members from the Northern and North Western areas of Sydney amongst our number. I would like to encourage anyone who is interested to give Parkinsong a try.

More information and contact details are available on our website: (see link below)



## EXERCISE CLASSES - MOVEMENT THAT MAKES YOU SMILE

When people hear the word exercise, they often picture something hard, tiring... maybe even a bit unpleasant.

But it doesn't have to be that way.

Last Friday in class, we played a simple ball game. Everyone was seated in two rows facing each other, each person with a yoga ball. The goal? Throw and catch at the same time.

Sounds easy... until you try it.

It quickly becomes a fun challenge of timing, hand-eye coordination, and staying aware of what's happening around you. And the best part? Plenty of laughs along the way.

These kinds of activities aren't just about "fitness" in the traditional sense. They help with:

- Coordination
- Reaction time
- Focus and attention
- Confidence in movement

And because they're enjoyable, people actually want to do them.

You can try something similar at home with a partner—just tossing a ball back and forth and gradually building up to throwing at the same time. But there's something special about doing it in a group. The energy, the shared laughter, and the encouragement all make a difference.

If you've been putting off exercise because it feels like a chore, this might help you to have a rethink.

Sometimes, it's just a room full of people... a few yoga balls... and a lot of fun.

As always, if you have any questions or comments, please feel free to reach out (*see links below*)



[www.bodymanagementsystems.com.au](http://www.bodymanagementsystems.com.au)

[felicity@bmsystems.au](mailto:felicity@bmsystems.au)

Get weekly tips to stay strong, steady & moving well ...

[Instagram](#)

[Facebook](#)

[LinkedIn](#)

### Felicity Neale

Body Management Systems

Program creator & head instructor

Strength With Purpose

*Evidence-informed strength balance & mobility for real life.*

0400 390 591



## 8 TIPS FOR USING A CELL PHONE WITH PARKINSON'S

By Kate Harrison, My Parkinson's Team, 5 January 2026. (Article submitted by Dick Babb)

Coping with an ongoing medical condition like Parkinson's disease can present many challenges that impact your daily life – including tasks such as using a cell phone. A member of MyParkinsonsTeam, the online community for people living with Parkinson's disease, shared, "I have both essential tremors and Parkinson's. Some days, holding the phone is difficult, let alone answering it or texting with it. What type of phone has worked best for those with tremors?"

Cell phones are a common topic among members of MyParkinsonTeam. Members share difficulties using smartphones and seek advice on the type of cell phone that might best suit their needs. "What tips or advice can you give to someone suffering with Parkinson's who sometimes struggles to pick up a cell phone and struggles to input the initial screen unlock code?" one member asked.

In this article, we discuss why people with Parkinson's disease may struggle to use a cell phone and offer eight cell phone tips that may be helpful to those with the condition.

The nervous system – your brain, spinal cord, and nerves – controls all the processes in your body. It's in charge of both voluntary actions (actions you choose to take), like walking, and involuntary actions (actions you have no choice in), such as the speed of your heartbeat. Parkinson's disease is a neurological disorder – a condition that impacts the body's nervous system and its functions and worsens over time. It often causes abnormal muscle movements, such as:

- Tremors (shaking) that can start in the hands, feet, or jaw
- Muscle rigidity causing difficulty and jerky movements
- Slower-than-normal movements

Speech issues, such as a soft, fast, or slurred way of talking, can also make it hard for someone with Parkinson's to use a phone. "I need a new cell phone. My tremors make things difficult. And some days, voice-to-text will not work for me because my voice is so weak," explained one member.

### Cell Phone Tips for People With Parkinson's:

**1. Use Voice Commands:** Many smartphones have built-in voice command features, which allow you to control your phone with just your voice. When using a voice feature, you can speak text instead of typing it to send text messages or emails. You can also navigate your home screen and different mobile applications by giving verbal commands. This can be very helpful for people with Parkinson's whose hand tremors may make it difficult for them to hold the phone steady or press the right buttons.



## 8 TIPS FOR USING A CELL PHONE WITH PARKINSON'S (Continued)

As one member shared, “My husband with Parkinson’s disease puts his iPhone flat on the table and uses the voice activation to send texts and emails. When he talks by voice, he keeps the phone on the table and pushes the button for speakerphone so he can hear. Keeping it on the table takes away any issues from tremors.” On an iPhone, this feature is called Voice Control. You can enable it by going to Settings > Accessibility > Voice Control. Within Voice Control in Settings, you’ll be able to see a list of available commands, which can vary depending on the app you’re using. People who use an iPhone can also take advantage of its built-in virtual assistant, Siri, which responds to voice cues.

For those using an Android, Voice Access and Google Assistant work in similar ways. To use these, you’ll need to download the Google and Voice Access apps from the Google Play Store. After installing, you can enable Voice Access by going to Settings > Accessibility > Voice Access.

**2. Try a Stylus:** A stylus is a pen-shaped tool designed to be used with touchscreens, such as those on smartphones and tablets. One great thing about a stylus is that it can give you better control when interacting with your screen. For people living with Parkinson’s and unsteady hands, a stylus can help them touch what they’re aiming for more accurately. A stylus can be used for making selections, writing, or drawing on a phone.

**3. Choose Larger Screens:** Choosing a cell phone with a larger screen can also be helpful for people with Parkinson’s. A larger screen provides bigger targets to touch, while a stylus offers more precise interaction with the screen. Both options can reduce unintended touch errors.

You can change the display size on many smartphones to magnify what appears on screen. On an iPhone, go to Settings > Display & Brightness > Display Zoom. To adjust text size, visit Settings > Accessibility > Display & Text > Larger Text. Android users will find Font Size and Display Size options within Settings.

**4. Adjust Touch Settings:** You can also try adjusting how your phone responds to your touch. Depending on the type of smartphone you have, you may be able to tell your phone to ignore certain interactions and only respond to touches that last a certain time. These features can be helpful for people with Parkinson’s whose tremors may cause them to touch the screen repeatedly without them wanting to.



On an iPhone, these options are under Settings > Accessibility > Touch > Touch Accommodations. There, you can adjust Hold Duration time. You can also enable Ignore Repeats, which can help prevent accidental touches. To adjust touch sensitivity on an Android, try Settings > Display/Advanced Features > Touch Sensitivity/Screen Protector Mode. These instructions may vary based on the brand of your device.

**5. Try Apps Designed for People With Parkinson's:** One benefit of living in a time of new technology is that new mobile apps are being created every day. Some of these apps are made especially for people with Parkinson's. Mobile app offerings for those with Parkinson's disease include:

- *Assistive tools* – Apps that offer support for voice and tremor issues, such as Whispp, which converts **low-volume and impaired speech** into clearer speech during phone calls.
- *Symptom trackers* – Apps that monitor Parkinson's symptoms like tremors, such as Steady Hands and StrivePD.
- *Therapy* – Apps that offer speech and other types of therapy, such as Beats Medical, SingFit, SingApp: Parkinson's, Scrolling Therapy, and Neuro ProActive.
- *Movement and mobility* – Apps that focus on improving gait (your way of walking) and overall mobility, such as Walking Tall and mKinetikos.
- *General well-being and health* – Apps that offer self-care routines and fitness classes for those with Parkinson's, such as PD Buddy and We Are Undefeatable.

**6. Use a Medication Reminder App:** Several tools are available to help you keep track of your Parkinson's medications. Apps that can track your medication dosing and timing include: *MediSafe, YOURmeds, and MyTherapy.*

Apps can remind you to take your medications and follow your treatment plan. One study found that people who used a Parkinson's tracking app were more likely to take their medication than those who didn't use a reminder app.

**7. Set Up Your Emergency Contacts:** Many smartphones let you choose which contacts are notified in an emergency. Parkinson's disease can raise the risk of falls and other emergencies, such as choking or fainting. Because of this, it's important to set up emergency contacts on your phone. Other helpful numbers to add to your phone include:

- The police and fire departments
- Your doctor's office
- A friend who lives nearby



## TIPS FOR USING A CELL PHONE WITH PARKINSON'S (Continued)

**8. Enable Location Services:** Your phone's GPS tracker can be a useful tool if you have Parkinson's disease. When location services are turned on, you can share your location with trusted people, such as family members. This can help them find you quickly in an emergency.

On an iPhone, you can share your location using the Find My app by turning on Share My Location. There are also free and paid apps that let you share your location with people of your choosing, such as Google Maps and Find My Phone – Family Locator.

View 'My Parkinson's Team', 5 January 2026, available [at this link](#).



## PARKINSON'S VOICE PROJECT - HOME PRACTICE SESSIONS

[https://parkinsonvoiceproject.org/home-practice-sessions/?srsltid=AfmBOorX-rSTUmgnuc-nA\\_pKh0h\\_HQoD4kSsfJUEy5O6\\_25Kw0gTZSup](https://parkinsonvoiceproject.org/home-practice-sessions/?srsltid=AfmBOorX-rSTUmgnuc-nA_pKh0h_HQoD4kSsfJUEy5O6_25Kw0gTZSup)

"I complete one of these 20min videos most nights. They change regularly."

*Bev Dind*

*Thank you Bev and all who provide contributions to our Newsletters. With regard to the Voice Project, I just did one of the "home practice sessions" - fan-tastic.*

*There are many contributors to the Newsletters, both with text and also verbally, and I thank them very sincerely on behalf of all Association Members who gain knowledge and understanding of the benefits of positivity and intent which is supported by our Association's promotion of a good 'attitude'*

*Of course, it also makes my life easier!*

*Editor*



## SOLVING THE PARKINSON'S PUZZLE

Professor Kay Double, Shake It Up Australia Foundation 9/4/26

Over 200,000 Australians are currently living with Parkinson's disease. It's the fastest growing neurological disorder in the world, and there is still no cure.



In our 'Solving the Parkinson's Puzzle' series, we speak to leading Australian researchers to find out how their work is helping to slow, stop and ultimately cure Parkinson's disease.

Researchers at the University of Sydney, funded by Shake It Up Australia, have made a groundbreaking discovery that could pave the way for new treatments to slow or stop the progression of Parkinson's disease. The team, led by Professor Kay Double, have identified a fault in a protein called SOD1, which normally protects brain cells but becomes dysfunctional in Parkinson's disease. We spoke to Professor Double about the findings, what's next for this research, and what it means for people living with Parkinson's disease.

### **What did this research project involve?**

As a research team, we were looking to see why some people develop Parkinson's, and others don't. We know that one of the important things that happens in Parkinson's disease, is that there is something wrong with some of the proteins in the brain. Instead of doing what they're supposed to, they change and can become toxic. This can affect the survival of brain cells. There is one protein in the brain, alpha-synuclein, that is known to be involved in Parkinson's. There has been a lot of research into this protein and whether we can treat Parkinson's by modifying this protein.

Even though we have learned a lot about alpha-synuclein, and how it forms clumps called Lewy Bodies in the brain, research is still ongoing into a treatment that slows down or stops Parkinson's. We believe that Parkinson's is such a complex disease, that we probably need to be treating several things at once, rather than just one. Our research project was based on the idea that looking at multiple proteins in the brain and treating multiple things at once is likely to be helpful for people with Parkinson's.

### **What is the SOD1 protein and what did you discover about it?**

One of the things that we discovered in our group is that another protein called Superoxide Dismutase 1, or SOD1, goes wrong in the brain. This has not been previously studied in Parkinson's disease but SOD1 has been studied in some forms of motor neurone disease, particularly the type commonly known as ALS. We know that changes in SOD1 can cause people to develop ALS (Amyotrophic Lateral Sclerosis)



## SOLVING THE PARKINSON'S PUZZLE (Continued)

When we studied the brains of people who had lived with Parkinson's, we saw similar changes in the SOD1 protein. This made us consider, is SOD1 also contributing to the death of brain cells in Parkinson's disease?

Then, we had a hypothesis that was a very different construct for looking at Parkinson's disease. We recreated what we see in the brain of people with Parkinson's disease in a mouse model. In the brains of these mice we saw the same abnormal changes in the protein, and the death of the dopamine cells that control movement. When SOD1 malfunctions, it clumps together and damages dopamine-producing neurons, causing the hallmark symptoms of Parkinson's, including tremors, stiffness, slow movement, and poor balance.

This demonstrated that if the SOD1 protein goes wrong, it is enough to damage the dopamine cells in the brain. So, we thought, maybe we can treat Parkinson's by decreasing the amount of the faulty SOD1 protein.

We targeted the faulty protein in the brain with a treatment containing a special copper-containing compound. We saw a significant improvement in the mouse models that received the treatment; the treated mice had hardly any brain cell death or movement problems.

### **What do these findings reveal about potential future treatments for Parkinson's?**

This was a hugely exciting discovery, as it indicated an opportunity to prevent Parkinson's disease from progressing.

Ultimately, we need to find a treatment that is even more effective, so we are planning to trial a combination treatment, where a two-pronged approach will try and correct the SOD1 protein with two different mechanisms.

It's important to understand that the abnormal SOD1 protein is toxic, but the protein in its normal form is actually a very important, protective protein in the brain. It can help us as we age. So, what we're aiming to do with this treatment is restore the protein back to its normal form.

This is a brand-new mechanism of disease, and a brand-new way of looking at Parkinson's, what causes it, and how we could treat it.



### **What is the potential impact of this research 10 years from now?**

This new mechanism might provide us with a new way of treating patients, to either slow or stop the death of the dopamine cells.

For people already diagnosed with Parkinson's, it's a way of slowing down the disease. If we were able to identify people at risk of Parkinson's, before the cell death starts, and treat those people, we could potentially even prevent them from getting it at all. That's the ultimate goal.

First, we need to work out how to identify people in that stage. There is a lot more research happening into risk factors for Parkinson's, as well as modifying disease progression, so the two types of research happening in parallel is extremely important.

In 10 years, my hope is that we will be able to reliably identify people who are in early or pre-clinical stages of the disease. This treatment of the SOD1 protein could be part of treating people at that stage, preventing them from developing Parkinson's completely, or delaying the onset of the disease for a significant period of time. This would give people back a lot of functional years, which has a huge impact on quality of life.

### **What's next for your research?**

The exciting thing about the combination treatment we are planning to test is that the two treatments are already being used safely and effectively in other diseases. We already know that they are safe – not just in healthy populations but also vulnerable groups such as older people. Depending on the results of our initial tests, we are aiming to go into clinical trials with Parkinson's disease patients and be able to move through the early trial stages faster, with a view to get this into the clinic where people with Parkinson's can be prescribed with the treatment.

Ultimately, our research identifies faulty SOD1 as a critical target for Parkinson's therapies. By restoring the normal function of this protein, we may be able to slow, or even halt, the progression of the disease. While further studies are needed, these findings open an exciting new avenue for treatment development.

*'Solving the Parkinson's Puzzle with Professor Kay Double, Thursday, 9th April 2026,' available [at this link](#).*



## WALKING & SOCIAL GROUP

STEP OUT AND FILL YOUR LUNGS WITH FRESH AIR at Asquith Park, Mills Avenue, Asquith! Not in the mood for a walk? No worries – come for morning tea and a friendly chat. Grab your thermos, settle in, and enjoy the company. The laughter, the stories, and the fresh air make a perfect combo that always brightens the day. There are tables and chairs in the park, but a folding chair is a smart move for extra comfort.



## COMMITTEE MEMBERS

- President, Rose Parkin
- Vice President, Michael Parkin
- Treasurer, Ian Madden
- Public Officer/Membership, Dick Babb
- Welfare Officer, Pam Beattie
- Event Co-ordinator, John Moore
- Music Co-ordinator, Peter Sidney
- Asst. Music Co-ordinator, Diana Sidney
- Secretary, Helen Jordan
- Assistant Secretary, Keith Kennedy



**The Committee welcomes advice or suggestions regarding the Association's activities. Please don't hesitate to contact any of the Committee Members as feed-back and new ideas are important to ensure we are addressing the needs of our members.**



## HAVE A STORY FOR THE NEWSLETTER?

Please send to the Newsletter Editor, Helen Jordan ([keithandhelenjordan@iinet.net.au](mailto:keithandhelenjordan@iinet.net.au)) or phone: 0425 339 841 -

- any tips or ideas for inclusion in the next Newsletter;
- any news and photos you would like to share.



## WELFARE CALLS

Please advise Pam Beattie, our Welfare Officer, if you know someone who would welcome a call from Pam - 0435 716 392



## JOKES OF THE MONTH

Click this link to watch the Facebook video. It's called "There's only two things to worry about".

<https://www.facebook.com/share/r/1E3CRgvtXK/>

And take a look at these signs 😊

*Did I read that sign right ?*

TOILET OUT OF ORDER. PLEASE USE  
FLOOR BELOW. -----



In a Laundromat:

AUTOMATIC WASHING MACHINES: PLEASE REMOVE ALL YOUR CLOTHES WHEN THE  
LIGHT GOES OUT.

-----

In an office:

AFTER TEA BREAK, STAFF SHOULD EMPTY THE TEAPOT AND  
STAND UPSIDE DOWN ON THE DRAINING BOARD.

-----

Outside a second-hand shop:

WE EXCHANGE ANYTHING - BICYCLES, WASHING MACHINES, ETC.  
WHY NOT BRING YOUR WIFE ALONG AND GET A WONDERFUL BARGAIN?

-----

Spotted in a safari park: (I sure hope so.)

ELEPHANTS, PLEASE STAY IN YOUR CAR.

-----

Seen during a conference:

FOR ANYONE WHO HAS CHILDREN AND DOESN'T KNOW IT, THERE IS A DAY CARE ON  
THE 1ST FLOOR.

-----

Newspaper headlines:

PANDA MATING FAILS; VETERINARIAN TAKES OVER  
What a guy!

-----

RED TAPE HOLDS UP NEW BRIDGES

You mean there's something stronger than duct tape?

-----

And the winner is...

TYPHOON RIPS THROUGH CEMETERY; HUNDREDS DEAD

-----