

Living

TEN MINUTES WITH . . .

Local mentalist hones in on the five senses to create illusion of a sixth

Let the kids hear the music of your youth

I confess. I like elevator music. A couple of days ago I was going through some old storage boxes to thin out and throw away. I discovered a treasure chest of entertainment. CDs of music from the 1950s, country classics, Neil Diamond, tapes by the Canadian songbird Anne Murray.



Murray Bass
Plan to live

I spent most of a weekend reminiscing and enjoying real music with melodies and messages by real artists. A whole lot of singing along went on.

Musical theater and musical films seemed to have died in the early 1960s. Maybe that's about the time that the screenwriters took control of the content of motion pictures. But, that's another column for another time.

Most young folks won't recognize some of these names of artists or their songs.

If you have a chance, tell them about the days when music had harmony and melodies and when performers were really musical artists, such as Kay Starr, one of my favorites. Great voice and great style singing "The Rock and Roll Waltz."

"Sixteen Tons" by Tennessee Ernie Ford. Tony Bennett's "Because of You." "The Banana Boat Song" by Harry Belafonte. Jimmy Dorsey's Orchestra playing "So Rare."

I'm sure that no one wants to just see a list of artists and a few of their hits. This column is really directed at seniors and super seniors who once enjoyed music with melodies and beauty.

The message is that if you liked it once you will probably still enjoy it. And it is all available on the Internet.

Work out a deal with close old friends. Each of you investing in some CDs and pass them around.

Or, have a real music party or dinner and play, play, play. Invite the kids and grandkids and let them find out what real music is about.

It is my nature to say how disappointed I am with what folks are now calling music. Most of it isn't music.

Guitar chords, lyrics that are talked more than sung. No melodies that you can find.

Performers with potentially fine voices who have never learned how to attack a note. Consequently, they slide all over the place. If there is a melody there, it can't be found.

Then there is that stuff called music that seems to me to be nothing but boring, rhythmic, bad mouthing, delivered in a completely obnoxious way. Neither music nor artistry. A culture thing I guess.

I am the first to admit that I may suffer from a lack of understanding of what is going on. I am unfortunate to have had a smattering of musical (vocal) training, which probably makes me super critical.

If you are like me and appreciate music, it isn't too late to enjoy it

As I said, form a music appreciation group, spread the costs and enjoy the social opportunity.

Or just go it alone.

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Editors note: "Ten Minutes with . . ." is a feature that puts a spotlight on people who might never otherwise have their story told in the paper.

By **AMY MAGINNIS-HONEY**
DAILY REPUBLIC

Doug Kevilus grew up as the son of a magician. Then, when he was a teen, he began going through his father's boxes of magic items and came across a book

on Uri Geller written by James Randi, a retired magician who investigates paranormal, occult and supernatural claims.

Kevilus penned a letter to Randi. Shortly after, Kevilus and his father met Randi when he came to Berkeley.

That was followed by an introduction to the Society of American Magicians.

"As a teen, I got to meet all these other magicians and mentalists," Kevilus said. "I knew I wanted to entertain people, that this was more than a hobby."

His first stage show was at Fairfield High

School, in his senior year, as part of a dinner theater program. His father worked alongside him.

Now, it's almost full-time work for the longtime Fairfield resident.

On Jan. 14-15, Kevilus will perform at The California Magic Dinner Theatre in Martinez.

Here's what Kevilus shared in a phone interview with the newspaper.

Q: What are the main differences between a mentalist and psychic?

A: The easiest way to explain it is that a psychic is someone who supposedly speaks to the dead and spirits. A mentalist deals with the human mind and psychology. You use your five senses to give an impression of a sixth sense.

Q: Do people get confused between the two?

A: Generally, most people don't know the difference. I'm asked if I have psychic powers. In my show I make that distinction. I tell the people I have no intention of speaking to their dead relatives and that I have enough trouble talking to the living.

Q: How true is the portrayal of a mentalist in the TV show with the same name and TV's "Psych"?

A: "The Mentalist" is pretty accurate as to what we do. There's a lot of psychology involved, like being to observe how people react and act in general. It seems an accurate portrayal. I have not watched "Psych."

Q: Were you skeptical of the show?

A: I was curious when it first came out to see what they would do. Some other mentalists were upset about the show because it shows how he does what he does.

Q: Why do you think people are fascinated by mentalists?

A: Because most people want to believe in some sort of ability that we haven't fully understood. Everything I do is about the mind. Nothing I do is supernatural. I'm just able to use my mind a little differently.

Q: Some mentalists also use magic. Tell me about that.

A: Mentalism a form of magic. It's what I could call classical magic. With mentalism you have to have audience members participating. You need other minds to read or you don't have a show. You take something like reciting the alphabet backward and see how long it takes them. Some people say they can't do it. I can teach them in less than 10 minutes and they walk away remembering. A lot of the time your brain is lying to you. It comes to quick conclusions. We know those shortcuts your brain takes.

Q: Where does Criss Angel fit in?

A: He's more of an illusionist. They work on a great big stage where they make things like an elephant or jetliner vanish. When he does his street magic, there's a lot of mental magic involved in that.

For more information about Kevilus, you can visit <http://www.paranormalmind.com>. For details about his upcoming show, visit <http://www.calmagic.com>.



Robinson Kuntz/Daily Republic

Mentalist Doug Kevilus will be performing at the California Magic Dinner Theatre in Martinez on Friday.

Avoid hypothermia, a low-body-temperature level

Recently we went skiing in the Sierra Nevada. Though our fingers got a bit cold -- even under thermal gloves -- we escaped unscathed from a body temperature standpoint.

Not everyone does.

Hypothermia, a low body temperature, can sneak up on you.

The Centers for Disease Control received reports of 14,000 deaths from hypothermia between 1979 and 1998, a number approaching 1,000 deaths per year in our country.

The key to avoiding hypothermia is understanding what it is and how it is caused. Armed with this knowledge, we can all stay safe and warm.

Mild hypothermia is characterized by a core body temperature of 90 to 95 degrees Fahrenheit (32 to 35 centigrade.) Moderate hypothermia means a temperature of 82 to 90 degrees (28 to 30 centigrade.)

Severe hypothermia means temperatures of below 82 degrees (28 centigrade.)

Moderate to severe cases have mortality rates of 40 percent or higher.

Submersion injuries, often associated with near-drowning,

may have different survival statistics. Mechanisms of heat loss include evaporation (sweating), radiation (emitting heat), conduction (transfer of heat through objects) and convection (loss of heat via air currents).



Scott Anderson
Ask Dr. Scott

Persons with underlying medical conditions -- such as thyroid disease, alcoholism, malnutrition and diabetes -- are more prone to a plunging body temperature developing.

Medications, including some blood pressure and psychiatric pharmaceuticals, may endanger temperature control mechanisms of the body.

The homeless, often alcoholic and mentally ill, are quite vulnerable. So are elderly persons in general.

Children are also prone to hypothermia, in part because they possess less heat-producing body mass relative to their heat-emitting body surface area.

Low body temperature can cause a number of problems in the body.

Mild hypothermia often manifests with rapid breathing and heart rate. Once moderate to severe hypothermia develops, the pulse and blood pressure typically fall to low levels.

Cardiovascular collapse, coma

and death may ensue.

Shivering is most noticeable when the body temperature is just starting to drop, abating as moderate to severe hypothermia ensues.

Treatment of hypothermia may involve passive warming in mild cases, but severe cases require admission to an intensive care unit with cardiac monitoring, maintenance of an airway, and intravenous fluids.

Efforts to warm the body may range from warmed and humidified oxygen to more heroic measures including peritoneal lavage (instilling warm fluids into the abdominal cavity) or even hemodialysis (external filtration and warming of the blood).

The goal is to increase body temperature, treat any underlying medical illness and prevent life-threatening irregular heart beats such as ventricular fibrillation.

The gravity of severe hypothermia as a medical condition must always be respected.

What can you do to prevent hypothermia?

■ Let others know of your travel plans, and bring an emergency kit with water, blankets, flashlights and food.

■ Carry cell phones and maintain access to emergency roadside assistance.

■ Check with your doctor regarding your medications and general health conditions before venturing into the elements.

■ Dress in layers. Bear Valley Ski Instructor Jeff Mezzetti tells me he often sees individuals beginning to get into trouble from hypothermia due to dehydration or getting wet.

He recommends removing excessive clothing in the ski lodge before hitting the slopes, so sweat won't soak clothing.

Mezzetti also advocates maintaining adequate hydration before and during ski activities. Those practical tips make good sense to me.

As the winter progresses, keep an eye on all members of your family on cold days.

As a closing observation, however, please recall that you can develop hypothermia during the warmer months of the year as well. All it takes is getting wet and being exposed to a breeze.

The risk for hypothermia persists even when the temperature reaches the 70s.

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