

Who is the author of 'Small Steps: The Year I Got Polio'?	Peg Kehret	cover
What did Peg know about polio before she got it?	It killed or crippled thousands of people, mainly children, each year.	Chapter 1
How many cases of polio were reported in the US in 1949?	42,033	Chapter 1
How old was Peg Schulze when she got polio?	twelve	Chapter 1
Where did Peg live when she got polio?	Austin, Minnesota	Chapter 1
In what month did Peg start having symptoms of polio?	September	Chapter 1
What did Peg not want to miss on the the day she started having symptoms?	The Homecoming Parade	Chapter 1
What time did the Homecoming Parade start?	4:00 PM	Chapter 1
What grade was Peg in when she got polio?	7th	Chapter 1
What was Peg's last class before lunch?	chorus	Chapter 1
What song was Peg's chorus practicing for the Homecoming parade?	The lyrics on the inscription on the Statue of Liberty	Chapter 1
What was the first symptom Peg felt of polio?	A twitching muscle in her left thigh	Chapter 1
What happened when Peg walked toward her locker?	She collapsed--her legs gave out.	Chapter 1
How many blocks did Peg have to walk home?	twelve	Chapter 1
What other symptoms did Peg have?	Sore throat, headache, hurting back, tired	Chapter 1
What was Peg's temperature when her mom took it?	102	Chapter 1
What was Peg's family doctor's name--the one who ordered a spinal tap on her?	Dr. Wright	Chapter 1
What is supposed to happen when a doctor hits your knee with a rubber mallet?	You leg is supposed to jerk (reflexes)	Chapter 1
Where was the special hospital for polio patients?	Minneapolis	Chapter 1

What magazine had Peg seen with pictures of polio patients?	Life Magazine	Chapter 1
What organization raised money each year to help polio patients and fund research?	The March of Dimes	Chapter 1
When did polio epidemics usually happen during the year?	warm weather	Chapter 1
To avoid contracting polio, what did parents do with their children?	Kept them out of swimming pools and crowded public places	Chapter 1
How far was the special hospital from Peg's home?	one hundred miles	Chapter 1
Who was BJ?	Peg's dog	Chapter 1
What prize did the 7th grade float win?	second prize	Chapter 1
What did Peg's grandpa do when she left for the hospital that she had never seen him do?	cry	Chapter 1
What was the name of the special hospital in Minneapolis?	Sheltering Arms Hospital	Chapter 1
When Peg woke up on her first morning at Sheltering Arms, what did she discover?	She was paralyzed from the neck down.	Chapter 1
		Chapter 2
What did Peg want to get, but couldn't reach for, on the first morning at Sheltering Arms?	a glass of ice water	Chapter 2
What is 'intercostal expansion'?	The muscles that expand the ribcage when you breath	Chapter 2
What was Peg's official diagnosis the first day at Sheltering Arms	Acute anterior poliomyelitis	Chapter 2
Why were no visitors allowed in to see Peg?	They couldn't risk spreading the disease	Chapter 2
After two days, what other symptoms did Peg have, in addition to being paralyzed?	It was harder to breathe or swallow	Chapter 2
What was another name for the respirators people with polio were put into to help them breathe?	iron lung	Chapter 2

What was the other hospital called--the one with the iron lungs?	University of Minnesota Hospital	Chapter 2
How many kinds of polio did Peg have?	three	Chapter 2
What kind of hospital was Sheltering Arms?	A rehabilitation center for polio patients who are trying to regain the use of their muscles	Chapter 2
What bit Peg on the cheek because she couldn't swat it?	a mosquito	Chapter 2
What is spinal polio?	most common--paralysis in arms and legs	Chapter 2
What is respiratory polio?	difficulty breathing	Chapter 2
What is bulbar polio?	most serious, most rare--impairs ability to talk or swallow	Chapter 2
What did they put Peg inside of so she could breathe easier?	An oxygen tent	chapter 3
How does an iron lung work?	Bellows pump air in and out of patient's lungs	chapter 3
How much older was Peg's brother, Art, than she was?	six	chapter 3
What were Peg's two favorite dolls?	Raggedy Ann and Marilyn	chapter 3
What present did Art buy for Peg?	a teddy bear	chapter 3
Where did Art go to college?	Carleton College	chapter 3
How often did the nurse tell Peg she could be turned in her bed?	Every 30 minutes	chapter 3
Why did Peg want to be turned so bad?	her legs hurt	chapter 3
Because of her fever, it was very important for Peg to do what?	drink lots of liquid	chapter 3
What liquid was NOT allowed for bulbar polio patients to drink?	milk	chapter 3
Why weren't bulbar polio patients supposed to drink milk?	Milk creates phlegm (mucus) in the throat and could make them choke	chapter 3
What were bulbar polio patients not supposed to eat?	ice cream	chapter 3
What was the only thing Peg could eat or drink and that finally made her temperature drop?	a chocolate milkshake	chapter 3
How did Peg get the chocolate milkshake?	Her parents brought it into the hospital	chapter 3

Who was Peg's favorite doctor at the University Hospital?	Dr. Bevis	chapter 4
What color hair did Dr. Bevis have?	blonde	chapter 4
What did they do with all Peg's possessions she had in her first hospital room?	burned them so the virus wouldn't spread	chapter 4
What did they do with the beds after polio patients moved?	sterilized them	chapter 4
Who was Peg's first roommate in the hospital?	Tommy	chapter 4
How old was Tommy?	eight	chapter 4
What was Peg embarrassed to do with a boy in the room?	Go to the bathroom in a bedpan	chapter 4
What did Peg tell Dr. Bevis was the worst thing about being paralyzed?	Not being able to paint her toenails	chapter 5
What did Dr. Bevis do to Peg's toes?	Painted them bright red	chapter 5
What was the promise Peg made to Dr. Bevis?	She would come back and walk for him	chapter 5
What knock knock joke did Peg make up with the name 'Wendy'?	Wendy toenails are painted, de patient gets well	chapter 5
What was Peg's favorite TV program?	Lone Ranger	chapter 5
How were Peg and Tommy able to listen to the Lone Ranger?	They brought in a small portable radio	chapter 5
What time did The Lone Ranger come on TV?	six-thirty	chapter 5
What was the call the Lone Ranger made to his horse?	Hi-yo Silver! Awaay!	chapter 5
Who was the Lone Ranger's companion?	Tonto	chapter 5
What did Tommy call Peg?	Kemo Sabe	chapter 5
What does Kemo Sabe mean?	faithful friend	chapter 5
What were the medical treatments that first helped polio patients?	Sister Kenny treatments	chapter 6
Who was Sister Kenny?	An Australian nurse who started the treatments of hot packs and then stretching exercises to stretch muscles back to normal	chapter 6
What happens to polio patients' muscles in the acute stage of polio, when they have a fever?	Muscle spasms tighten the muscles	chapter 6

What is it called when patients do exercises?	physical therapy	chapter 6
What did Mrs. Crab call Peg's first physical therapist?	Mrs. Crab	chapter 6
What did Peg call physical therapy time?	Torture Time	chapter 6
How tall was Peg at the age of twelve?	five foot eight	chapter 6
What were the only movies Peg had ever seen by the time she was twelve?	Bambi and half of Snow White	chapter 6
Why hadn't Peg seen all of Snow White?	She was afraid of the witch and they had to leave	chapter 6
When was the only other time Peg had been away from her parents overnight?	when she got her tonsils out	chapter 6
Who watched Peg when they needed a babysitter at home?	Her grandpa	chapter 6
How tall was Peg's school in Austin?	three stories	chapter 6
What did Peg want to be when she grew up?	Either a veterinarian or a writer	chapter 6
How did Dr. Bevis convince Peg to do the exercises?	He said if she did them, she would walk again, but if she didn't, she probably wouldn't	chapter 6
What exciting thing happened to Peg on October 1st?	She scratched an itch	chapter 7
How long had Peg been paralyzed before she was able to move a little?	three weeks	chapter 7
What could Peg do now that she was able to have her bed cranked up to sitting position?	read books	chapter 7
Why did Peg have to keep her feet flat against a board at the foot of her bed?	To keep them from drooping forward permanently (dropfoot)	chapter 7
What happens to muscles if a nerve center is destroyed?	The muscles controlled by that center are paralyzed forever	chapter 7
How did Peg get polio when she never knew anyone with polio?	Many people had polio with very mild symptoms, so they never knew they had it.	chapter 7
How did BJ sign his get well card to Peg?	a muddy paw print	chapter 7
What did Peg's friend Karen want to do at school?	Change the rules so girls could wear pants to school	chapter 7

What musical instrument did Peg play?	piano	chapter 7
What game did Peg play with Richard?	Monopoly	chapter 7
Why did Peg have to leave University Hospital and go back to Sheltering Arms?	University Hospital only treated acute cases	chapter 8
What did Peg leave for Tommy when she left for Sheltering Arms?	Her radio	chapter 8
Why hadn't anyone visited Tommy?	His family lived hundreds of miles away	chapter 8
What room at Sheltering Arms did Peg move into?	Room 202	chapter 8
How many roommates did Peg have at Sheltering Arms?	four girls	chapter 8
How old were Dorothy and Shirley?	fourteen	chapter 8
Why did Shirley have a double problem?	She had been born with arms that only straightened halfway	chapter 8
How old was Renee?	twelve	chapter 8
What had all Peg's roommates experienced that she never had to?	Been in an iron lung	chapter 8
How old was Alice?	thirteen	chapter 8
How old was Alice when she first came to Sheltering Arms?	three	chapter 8
What condition did Alice have with her feet?	dropfoot -- her toes pointed permanently down	chapter 8
Why didn't Alice's parents want her?	They didn't want to take care of a crippled child	chapter 8
What happened to Alice when her parents abandoned her?	She became a ward of the state and lived permanently at Sheltering Arms	chapter 8
What kind of home did Dorothy have with her parents?	A farm	chapter 8
What did Peg's father do for a living?	Sold meat for the Hormel Company	chapter 8
What did Peg's mother do?	She was a homemaker	chapter 8
What did Peg's grandpa do for a living?	Worked in a print shop, setting type	chapter 8
Who was Peg's physical therapist at Sheltering Arms?	Miss Ballard	chapter 8
What was the big difference between Mrs. Crab and Miss Ballard?	Miss Ballard was careful not to cause real pain during physical therapy	chapter 9
What did Peg name her wheelchair?	Silver	chapter 9
What was the name of the Lone Ranger's horse?	Silver	chapter 9

How often were visitors allowed at Sheltering Arms?	twice a week	chapter 9
When were visiting hours at Sheltering Arms?	Wednesday evenings and Sundays from noon until four	chapter 9
How long did it take to drive from Austin to Sheltering Arms in Minneapolis?	two hours	chapter 9
What snack did Peg's parents bring on their first visit that made all the girls excited?	potato chips	chapter 9
What did the Usems get?	A new car	chapter 9
What did Mrs. Meany do?	Opened an antiques shop	chapter 9
What was Steve Gentle doing?	Taking piano lessons	chapter 9
How many times had Shirley's parents come to visit her?	twice in seven months	chapter 9
How often did Dorothy's parents try to come visit?	Once a month	chapter 9
What happened when Alice's brother visited her?	He saw how ugly she was and never came back	chapter 9
What comic books did Renee ask for Peg's parents to bring her?	Little Lulu or Archie and Veronica	chapter 9
What did Shirley ask Peg's parents to bring for her?	a bag of marshmallows	chapter 9
What did Dorothy ask for Peg's parents to bring for her?	licorice	chapter 9
What did Peg's parents bring for Alice?	pink lipstick	chapter 9
How old was Art?	eighteen	chapter 9
What had a sorority group elected Art?	Campus Dreamboat	chapter 9
Who gave Dorothy a bag of licorice?	Art	chapter 9
What was Peg's one birthday wish?	To walk again	chapter 10
What did Dorothy and Renee give to Peg for her birthday?	a bead bracelet they had made in occupational therapy class	chapter 10
What did Alice give to Peg on her birthday?	A card she had made	chapter 10
What were the names of the nurses at Sheltering Arms?	Willie and Terry	chapter 10

What did Miss Ballard switch Peg to instead of hot packs?	hot baths	chapter 10
What did they do in OT (occupational therapy) room?	crafts and projects to strengthen their muscles	chapter 10
What was the name of the occupational therapist?	Jeanette	chapter 10
What task did Jeanette give Peg to do?	pick up marbles with her toes	chapter 10
What did Peg make in OT?	a coin purse	chapter 10
What did Peg do right before Thanksgiving?	Stood up by herself	chapter 11
What did Peg want to do in Hawaii?	The hula	chapter 11
What is a hula?	A Hawaiian dance where dancers in grass skirts sway their hips to music	chapter 11
How are walking sticks different from crutches?	They end below the elbow and have rings of metal circles at the top	chapter 11
Why did it take so long for the walking sticks to arrive?	They had to be specially made to the right height for each patient	chapter 11
Why was using walking sticks helpful?	It helped strengthen leg muscles	chapter 11
Where were the walking sticks made?	Canada	chapter 11
What did Peg start doing every day once she was able to get from the bed to the wheelchair by herself?	Read to the little kids	chapter 11
What was Peg's favorite thing to do in her wheelchair?	pop wheelies	chapter 11
What did Peg call the place under her bed?	a supermarket	chapter 11
How was Peg able to reach and pull out cookie containers from under her bed?	With the back scratcher Grandpa had given her	chapter 11
How did Miss Ballard describe Peg to Dr. Bevis?	An exemplary patient and very brave	chapter 11
How long was Dorothy sick before her parents could get her to the doctor when she started having polio symptoms?	Three days	chapter 12
Why weren't Renee and Shirley able to start Kenny Treatments as quickly as Peg?	They had to be in an iron lung	chapter 12

Why didn't Alice get Kenny treatments?	They hadn't been used at all yet	chapter 12
Who did Shirley miss?	Her Grandma who used to sing her to sleep when she was little	chapter 12
What kind of voice did Alice have?	clear, strong, soprano	chapter 12
How did Alice know so many songs?	She listened to the radio a lot for entertainment	chapter 12
What did Peg's parents ask for in December?	Permission to take Peg home for an overnight visit	chapter 12
What kind of car did Peg's parents drive?	A green Oldsmobile	chapter 12
Why couldn't Peg stay upright in the back seat of the car?	Seatbelts hadn't been used yet in passenger cars	chapter 12
Why was it difficult for Peg to get into her house through the front door?	There were two steps in front	chapter 12
What did Peg's mom make for dinner on the night she came home to visit?	macaroni and cheese, green beans, Waldorf salad, and cream puffs for dessert	chapter 12
What did Peg always ask for on birthdays or special occasions to eat for dessert?	cream puffs	chapter 12
What embarrassed Peg when she visited home?	Needing help to get out of her wheelchair and onto the toilet	chapter 12
Where did Peg sleep when she visited home?	On a cot in the living room	chapter 12
What did Peg discover when she tried to play piano when she visited home?	Her foot could not long work the sustain pedal	chapter 12
What kind of instrument did Peg have to learn to play in Occupational Therapy?	an accordion	chapter 13
Why did Peg hate the accordion?	It was heavy and awkward, and pushing it in and out made her arms ache	chapter 13
Why didn't Peg's dad use sheet music when he played piano?	He played by ear	chapter 13
What did Peg's dad learn to play on the accordion?	Beer Barrel Polka	chapter 13
How did Peg's dad learn to play Beer Barrel Polka on the accordion so well so fast?	He rented one from the music store and practiced til midnight every night	chapter 13

Why couldn't Shirley sit up for more than an hour at a time?	She had a weak back	chapter 13
Who was the teacher at Sheltering Arms?	Mrs. West	chapter 13
What did Peg love at school at Sheltering Arms that helped her write?	a desk that attached to the arms of the wheelchair	chapter 13
What adult books did Peg read that the librarian at the Minneapolis Public Library brought?	The Hunchback of Notre Dame, War and Peace, the Scarlet Letter	chapter 13
How did Peg stay up with her classmates at her regular school?	Her mom brought textbooks and weekly assignments for her to do	chapter 13
Why did Peg work so hard to teach herself history and math?	She didn't want to be a grade behind her friends	chapter 13
Why was Sister Kenny called 'sister' if she wasn't a Catholic Nun?	Sister is an Australian military term, equivalent to first lieutenant in the US Army	chapter 13
In what war was Elizabeth Kenny commissioned 'sister'?	World War I	chapter 13
How did Sister Kenny develop her treatments?	In 1903 she put hot pieces of wet fabric on a sick child to relieve her muscle spasms	chapter 13
Why did Sister Kenny know so much about muscles?	Her brother's muscles were weak when he was a child	chapter 13
What was polio originally called?	infantile paralysis	chapter 13
What report did the Australian medical officials publish in 1938 about Sister Kenny's methods?	That they were mistaken and unnecessary	chapter 13
What did Sister Kenny do in 1940?	Left Australia and moved to Minnesota in the United States	chapter 13
What happened to Sister Kenny in December, 1942?	The Sister Kenny Institute, a place where they taught her theories and methods, was dedicated in Minneapolis	chapter 13
What did they do with polio patients before Sister Kenny's treatments?	Put them in splints and casts to keep their arms and legs straight	chapter 13
What is the name of the cramp people sometimes get in their legs?	charley horse	chapter 13

What happened to people's muscles after they were in casts for a long time?	Their muscles withered (got weak) from not being used	chapter 13
How many steps did Peg take on the first day of learning to use the walking sticks?	ten	chapter 14
What did Peg give up after two weeks of using the walking sticks?	Silver -- her wheelchair	chapter 14
What kind of songs made Peg feel lonely?	Christmas carols	chapter 15
What two groups came to Sheltering Arms during Christmas time with clowns, music, treats, and magicians?	The Shriners and the Aqua Jesters	chapter 15
What did Peg beg to do for Christmas?	Go home for two days - Christmas Eve and Christmas Day	chapter 15
What part did Peg play in the Christmas play?	Mary	chapter 15
Who played Joseph in the Christmas play?	Kenny	chapter 15
Who was the youngest actor in the Christmas play?	A 4 month old boy playing Jesus	chapter 15
What did Alice do in the Christmas play?	Sang a solo of Silent Night	chapter 15
What was Peg's cue word to come out on the stage during in the Christmas play?	taxed	chapter 15
What kind of shoes did Peg have to wear to support her feet?	saddle shoes	chapter 15
Why did Peg need to try to walk on stage as Mary without her sticks?	There wasn't room to walk with them	chapter 15
Who made a decree that all the world should be taxed?	Caesar Augustus	chapter 15
What did Dorothy play in the Christmas play?	an angel	chapter 16
What did they use for gifts the wise men brought for Jesus in the Christmas play?	decorated jewelry boxes	chapter 16

How was Peg able to get upstairs to her room when she visited home during Christmas?	Art and her dad made a chair out of their hands to carry her up and down	chapter 16
Who else got Christmas passes to visit home?	Dorothy and Renee	chapter 16
Who stayed at Sheltering Arms during Christmas?	Alice and Shirley	chapter 16
Why couldn't Dorothy go home for Christmas?	She got pneumonia	chapter 16
What did Peg's dad want to do with BJ because he kept wanting to jump on Peg?	Put him in the basement	chapter 16
What was Peg disappointed about when she got home?	They redecorated her room--it didn't feel familiar and comfortable to her	chapter 16
What did Dorothy get for Christmas?	A watch and a dress from her great aunt in Montana	chapter 16
What exciting news did Alice have about her Christmas?	Her uncle came to visit her	chapter 16
What was 'Clutch'?	The hospital newspaper	chapter 16
What did Peg's mom want to do with her toys and books?	Donate them to the kids in the hospital	chapter 16
Which dolls was Peg unwilling to donate to the hospital?	her Raggedy dolls, Marilyn, and her Story Book dolls	chapter 16
Which books was Peg unwilling to donate?	her Raggedy Ann books	chapter 16
What book did Peg see a boy reading that she wanted to grab from him?	Donkey, Donkey	chapter 16
What book did Miss Ballard put on Peg's head?	The Birds of North America bird identification book	chapter 17
Why did Miss Ballard put a book on Peg's head?	To teach her to stand straight by balancing it	chapter 17
What was the only fashion show Peg had ever attended?	The mother daughter event at the Methodist church	chapter 17
What did Peg get to do in February?	Go home for good	chapter 17
What did the girls in room 202 tell Peg they would miss when she went home?	Her parents and her food	chapter 17
Why did Peg have to go to University Hospital before she went home for good?	To walk for him	chapter 17

What present did Peg's mom buy for Dr. Bevis?	A tie	chapter 17
What did Peg do every morning once she moved back home?	exercised	chapter 18
What activity did Peg continue to do order to strengthen her feet and leg muscles?	pick up marbles with her toes	chapter 18
Why was it harder to walk with sticks at home than at the hospital?	There was furniture and less room to maneuver	chapter 18
What did Peg's want to hear about when they visited her?	What it was like to have polio	chapter 18
Why did Peg stop listening to the Lone Ranger when she returned home?	Tonto and Silver belonged to a different part of her life	chapter 18
How was Dorothy able to move back home even though she wasn't able to use braces?	Her brothers built her a ramp so she could get in and out of the house with her wheelchair	chapter 18
Why did Peg feel safe and comfortable with her friends at Sheltering Arms, and sometimes want to go back?	Everyone there understood what it was like to have polio	chapter 18
What was Peg's first period class?	English	chapter 18
How did Peg sing differently in chorus when she came back from Sheltering Arms?	Her voice had improved, but she used her stomach muscles rather than her diaphragm	chapter 18
How many months had Peg been gone from home?	seven	chapter 18
How long did it take after she got home for Peg to be able to walk without sticks?	one year	Epilogue
What did Peg do after graduating from Austin High School?	Wnet to the University of Minnesota	Epilogue
Who did Peg marry?	Carl Kehret	Epilogue
What was Peg's maiden name?	Schulze	Epilogue
What were Peg and Carl's kids' names?	Anne and Bob	Epilogue
What does Peg Kehret like writing best?	Books for young people	Epilogue
What does Peg still care a lot about and include in her books a lot?	animal welfare	Epilogue
What pets did Peg and Carl take with them around the US in a motor home?	two cats (Pete and Molly) and a dog (Daisy)	Epilogue

How many children, grandchildren, and great grandchildren did Dorothy end up with?	seven children, 18 grandchildren, 8 great-grandchildren	Epilogue
What did Dorothy do until she retired?	Senior receptionist at the Courage Center in Minneapolis - a rehab center for people with physical disabilities	Epilogue
What did Renee write after she graduated high school?	A weekly column in the local newspaper and a history of her church	Epilogue
What did Alice do after she graduated from high school?	Moved to a home for adults with disabilities and was secretary for the United Handicapped Federation in St. Paul, Minnesota. She also sang in a church choir	Epilogue
Which sibling did Alice reconnect with and visit with until she died of cancer in 1993?	Her brother	Epilogue
What happened to Shirley?	She died in 1955, five years after Peg left Sheltering Arms	Epilogue
Where did Peg's brother, Art, graduate from college?	Carleton College, and Harvard Business School	Epilogue
Where did Art work as executive vice president?	General Mills	Epilogue
How many children and grandchildren did Art have?	four children, seven grandchildren	Epilogue
Why didn't Peg visit Tommy when she went to University Hospital to see Dr. Bevis?	It wasn't visiting hours, and they were strictly envorded	Epilogue
How was Peg able to find Dr. Bevis years later?	A school librarian who read her book gave birth to a premature baby and he was her doctor. She told Peg where the hospital was and she found his phone number	Epilogue
What kind of doctor did Dr. Bevis become after he worked with polio patients at the Sister Kenny Institute in Minneapolis?	a pediatrician	Epilogue
What was Miss Ballard's first name?	Althea	Epilogue

What stuffed animal did Patricia of Schenectady, New York have when she was a freshman in college?	A monkey named Jojo	Epilogue
What did they do with Jojo so Patricia could keep him?	Cut his head off and washed it with alcohol to steralize it. They burned his blue and yellow body.	Epilogue
What kind of running race was polio compared to?	a marathon	Epilogue
Who invented the first polio vaccine?	Dr. Jonas Salk	Epilogue
Who continued work on polio vaccines and developed an oral one?	Dr. Sabin	Epilogue
What did Jo Auchterlonie, a 5th grade teacher in Wichita Kansas, do with her students after they read Small Steps?	Had them spend half a day in a wheelchair so they could feel what it would be like	Epilogue
What PBS special about polio was shown in 1998?	A Paralyzing Fear	Epilogue
What started happening to Peg 40 years after she first had polio symptoms?	Muscle aches, foot cramps, back pain, fatigue, and weakness in her arms and legs returned----Post Polio Syndrome	Epilogue
What do many form polio patients have to do when they get old?	Return to walking sticks, braces, and wheelchairs	Epilogue
What does Peg's cane that she uses to walk have on it?	cat faces	Epilogue
Why doesn't Peg give school talks any more?	Because of fatigue and muscle pain	Epilogue
When Carl, Peg's husband, died in 2004, how many years had they been married?	forty-eight	Epilogue
What is Peg Kehret's hobbies?	READING, pumping her player piano, browsing in antique shops	Epilogue
Where does Peg Kehret live now?	in a log house on 10 acres of forest near Mount Ranier National Park in Washington state.	Epilogue
How many grandchildren does Peg have?	four	Epilogue
What kinds of animals live on Peg's wildlife sanctuary?	deer, elk, rabbits, and birds	Epilogue
What does Peg's son, Bob, do for a career?	High school teacher and volleyball and trackk coach	Epilogue

What does Peg's daughter, Anne, do for a career?	Gymnastics coach and Girl Scout leader	Epilogue
Who are Brett, Chelsea, Eric, and Mark?	Peg's grandchildren	Epilogue
What is Peg most proud of in regard to her book, Small Steps?	Many children say they appreciate their own good health and loving families more than they used to	Epilogue
What city was hardest hit in 1916 when the first major US polio epidemic occurred?	New York City	Photo Gallery
What did some communities do when families with children fled New York City?	Tried to keep them out because they feared their own children would get sick	Photo Gallery
What United States president got polio in 1921 and had to use a wheelchair?	President Franklin D. Roosevelt	Photo Gallery
What is Hilltop Cottage?	The home President Roosevelt built in Hyde Park, New York for his retirement	Photo Gallery
What was President Roosevelt's dog's name?	Fala	Photo Gallery
Who was Ruthie Bi?	The daughter of Hilltop Cottage's caretakers.	Photo Gallery
Who was Ethel Bailey?	Dr. Jonas Salk's research assistant	Photo Gallery
Where was Dr. Jonas Salk's laboratory where he developed the polio vaccine?	The University of Pittsburgh, in Pennsylvania	Photo Gallery
What kind of polio vaccine was Salk's?	a killed-virus polio vaccine	Photo Gallery
Who funded Dr. Jonas Salk's research?	The March of Dimes	Photo Gallery
What did 1.8 million children do in 1984?	Took part in trials of the Salk vaccine	Photo Gallery
What were the children called who first tested the Salk polio vaccine?	Polio Pioneers	Photo Gallery
Who led the trials of the first polio vaccine?	Dr. Thomas Francis, Jr. of the University of Michigan	Photo Gallery
What did all the Polio Pioneer kids get after they tested the vaccine?	A tin button	Photo Gallery

When was the Salk vaccine pronounced safe and effective?	4/12/1955	Photo Gallery
What kind of polio vaccine did Dr. Albert Sabin develop?	a live-virus vaccine	Photo Gallery
Where was Dr. Albert Sabin's laboratory?	at the Univesrity of Cinnccinnati	Photo Gallery
What vaccine replaced the Salk polio vaccine in 1962?	Sabin's live-virus vaccine.	Photo Gallery
Why did Peg's mom destroy all the pohots of her in her wheelchair or with walking sticks?	She didn't want to remember that part of her life.	Photo Gallery
What kind of necklace does Peg Kehret own?	An award necklace with a charm for every one of the 25 states where she's won the Young Reader Award.	Photo Gallery
What stamp did the US Postal Service issue in 1957?	A 3 cent stamp honoring those who helped fight polio	Photo Gallery
What stamp was issued in 1999?	A 33 cent stamp entitled, "Polio Vaccine Developed"	Photo Gallery
What stamps were issued in 2006?	63 cent stamps honoring Dr. Salk and Dr. Sabin	Photo Gallery
		More about Polio
What does a stone carving made around 1500 BCE show?	A man named Ruma, a gatekeeper, at an Egyptian temple, leaning on a staff. He has dropfoot.	More about Polio
In what year was the first clinical description written about polio?	1789 by a British physician	More about Polio
What diseases got more attention than polio until the big epidemic?	diphtheria and smallpox	More about Polio
Why did a German doctor call polio 'infantile paralysis' in 1840?	Victims were often children	More about Polio
Where was the first recorded polio epidemic in the late 1800's?	Scandinavia	More about Polio
Where were 44 cases of polio reported in the United States in 1894?	Vermont	More about Polio

How many cases of polio were reported in the United States in 1916?	twenty seven thousand	More about Polio
How many deaths were reported in 1916 from polio?	six thousand	More about Polio
What is polio caused by?	A virus	More about Polio
How were babies protected even when they were infected?	They were still protected by their mother's antibodies and their immune systems were stimulated, so their symptoms were mild and they developed lifelong protection against polio	More about Polio
What are antibodies?	substances produced by the body's immune system that destroy bacteria and viruses.	More about Polio
Why did children get polio more once sanitation improved?	They were exposed when they were older, so they didn't have their mother's antibodies	More about Polio
What did they capture and kill in New York City in 1916?	72 thousand stray cats	More about Polio
Why did some people only let their children play outside at night, in the dark?	They thought sunshine made children more vulnerable to polio	More about Polio
What part of the body does the poliovirus attack?	Nerve cells in the brain and spinal cord	More about Polio
How old was Franklin Delano Roosevelt when he was diagnosed with polio in 1921?	thirty-nine	More about Polio
Where did President Roosevelt go for rehabilitation?	Warm Springs, a spa in Georgia	More about Polio
What exercise made President Roosevelt stronger?	swimming	More about Polio
What did Franklin Roosevelt and his partner, Basil O'Connor do in 1926?	Bought Warm Springs spa and made it into a nonprofit foundation for polio survivors	More about Polio

What did Franklin Roosevelt do in 1928?	Ran for governor of New York	More about Polio
How many terms did Roosevelt serve as President of the United States?	four	More about Polio
What great things did Roosevelt do as president?	Led the United States to victory in World War II and out of the Great Depression	More about Polio
Why didn't Roosevelt like photographs of him in his wheelchair?	People thought disabled people were weak and unable to contribute to society	More about Polio
What did Roosevelt use when he gave speeches?	high-high leg braces and a can	More about Polio
What did Warm Springs Foundation do to raise money?	Held Birthday Balls in eight cities on Roosevelt's birthday, January 30, 1934	More about Polio
What foundation did President Roosevelt establish in 1938?	The National Foundation for Infantile Paralysis	More about Polio
Who coined the phrase, March of Dimes?	Eddie Cantor, an entertainer	More about Polio
What did Eddie Cantor encourage people to do?	Send bags of dimes to the White House	More about Polio
Who starred in the movie, Sister Kenny, in 1946?	Rosalind Russel	More about Polio
What did a group of women in Phoenix Arizona organize in 1950?	A Mother's March on Polio	More about Polio
What did they tell people to do if they wanted to contribute money to fight polio during the Mother's March in Phoenix?	Turn on their porch light at 7 o'clock	More about Polio
How much money did they raise during the first national Mother's March on Polio?	\$45,000	More about Polio
What did Peg Kehret and her mom do, a year after she came home from the hospital?	Marched in the Mother's March to collect money for polio research	More about Polio

What was the worst year for polio, with 57,879 cases?	1952	More about Polio
How does the poliovirus get into a person's body?	Through the mouth, into the digestive system, then to the bloodstream, and finally to the nervous system	More about Polio
What is the principal of immunization?	Inject a small amount of a disease to stimulate the body's immune system to produce antibodies to fight it. Create enough antibodies without creating a severe form of the disease.	More about Polio
What did they test the polio vaccine on first, before people?	monkeys	More about Polio
What did three scientists in Boston discover how to do with the poliovirus?	Grow it in test tubes instead of live monkeys so they could make enough vaccine	More about Polio
Who were John F. Enders, Frederick C. Robbins, and Thomas H. Weller?	The scientists who invented growing poliovirus in test tubes, and the winners of the 1954 Nobel Prize in Medicine	More about Polio
What did Dr. Jonas Salk do with this polio vaccine that showed how confident he was of its safety and effectiveness?	Injected himself, his wife, and his three sons before he gave it to the public	More about Polio
When did President Franklin Delano Roosevelt die?	4/12/1945	More about Polio
When did they do the field trial for the polio vaccine?	spring and summer of 1954	More about Polio
By how many years did Peg miss the polio vaccine?	six years	More about Polio
What did Jonas Salk say when people asked him who owned the patent on his vaccine?	"There is no patent. Could you patent the sun?"	More about Polio
Within two years of Salk's polio vaccine, polio cases in the United States dropped by what percent?	80%	More about Polio

When was Dr. Sabin's live-virus oral vaccine ready to test?	1959, five years after Dr. Salk's successful trial	More about Polio
Where was Sabin's vaccine trial held?	Russia	More about Polio
How many in Russia were vaccinated with Sabin's vaccine?	10 million	More about Polio
Why was Salk's injected killed virus vaccine replaced with Sabin's oral, live-virus vaccine in 1962?	It was cheaper and easier to administer	More about Polio
What did both Salk and Sabin NOT do which showed how good they were?	They didn't patent their vaccine. They made it available for the public good.	More about Polio
When was the last case of naturally occurring polio in the United States?	1979	More about Polio
Why did the US start using Salk's injected inactivated virus vaccine again in 2000?	In 1998 a group of parents whose children contracted polio by GETTING the vaccine and not being strong enough to produce antibodies petitioned the Centers for Disease Control to stop the use of the live virus	More about Polio
What is the CDC (Center for Disease Control)?	A government agency responsible for preventing infectious and chronic diseases	More about Polio
What did Rotary International, a service organization, do in 1985?	Made worldwide eradication of polio its top goal and raised millions of dollars to buy vaccine and distribute it all over the world	More about Polio
What four organizations now work together to eradicate polio?	1) Rotary International, 2) World Health Organization 3) United Nations International Children's Emergency Fund 4) Centers for Disease Control	More about Polio
Where did they vaccinate 150 million children in one day in 2001?	India	More about Polio
Where were 90% of the polio cases reported in 2005?	Nigeria, India, and Pakistan	More about Polio

Why is it hard to distribute and administer the polio vaccine around the world?	It has to be kept cold and some areas of the world don't have refrigeration	More about Polio
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