



# THE FORESTER



A Newsletter by and for the Residents of The Forest at Duke

Volume 5 Issue 15

June 1999

## PROFILE

### DR. ANTHONY GALANOS

If there is any Forester who doesn't know Dr. Tony Galanos,



he (or she) should be sent to bed without her (or possibly his) supper. That makes introducing him to Forester readers something like

unveiling Bill Clinton to a Democratic rally. Dr. Galanos came with the franchise, as they say, hired as Medical Director before the doors were open. Since then, he's become the man everybody knows and loves, a truly caring physician.

He arrived here by a circuitous route, beginning when his remarkable father, Nick, fled his native Greece as a youth during World War II on a ship that was torpedoed at sea. Rescued, he came to Mobile, Alabama, where he later married and raised a family, including Tony, number three of four siblings. Nick, now 80, still lives in Mobile; his wife died recently, as many sympathetic Foresters know.

Tony grew up in Mobile, attending the all-boys University

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*the Residents Association Board has voted to place this matter in the hands of its Nominating Committee*

## PRESIDENT'S CORNER

—PEG LEWIS

There were two pieces of good news from the TFAD Board meeting on May 11<sup>th</sup>. The first is that the Residents Association Finance and the Benevolent Committees were requested to recommend investment policy for the Benevolent Fund. These committees have met and have forwarded their decision to the TFAD Board. It was felt that this fund should be invested in large cap stocks and in high quality bonds. This would mean that the fund would be more conservatively invested than cur-

rently.

The second action that was taken by a vote of the TFAD Board was to add a third resident to that Board. The resolution stated that the Residents should send three names to the TFAD Board and that one of those persons would be selected to represent residents on the Board. The exact language for the by-laws changes needed to accomplish this has not been written. However, the Residents Association Board has voted to place this matter in the hands of its Nominating Committee. Bill Fine chairs this year's committee.

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**The Forester**

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**Publisher**.....Bernard Bender

**Co-Editors**.... Virginia Jones,  
Marion Patton

**Contributing Editor**....John Tebbel

**Editorial Assistants:**

Marjorie & George Chandler, Ellen Dozier, Libby Getz, Pauline Gratz, Jean Weil, Dorothy Zutant.

**Art&Word Puzzle**:.....Bob Blake

**Photographer**: .....Ed Albrecht

**Publishing Assistants**: Bess Bowditch, John Getz, Jane Jones, Carolyn & Bloss Vail, Dorothy Zutant, Ellen Dozier, Molly Simes, Marion Bender, Helen Corbett, Ruth Dillon

**Letters to the Editor****OOPS! SORRY DEPT.**

In last month's Profile of Sharon Simpson, I inadvertently wrote that she had been in the Marines for two years. Wrong. What she did was run in the annual Marine Marathon for two years, which ain't chopped liver either. Sorry, Sharon. I also don't see too well.

—John Tebbel

Forest at Duke residents should be proud to know that 262 people of our cultured community signed the petition to urge that Durham should be the site of the new Performing Arts Center as Governor Sanford wished, and not in Raleigh as presently planned.

Charlotte Cassels

**EDITORIAL****HAPPY SUMMER, EVERYONE**

To all vacationers off to the mountains, the shore, and more exotic parts, and to all who are staying at The Forest to enjoy the great fare prepared by the Activities Office—we wish a splendid summer, filled with all good things. See you in September.

*(Continued from page 1-profile)*

Military School before going to Dayton University in Ohio, where he earned a degree in psychology at this Catholic college, although Tony himself is Greek Orthodox. Returning to Alabama, he took his B.S. in science at the University of Alabama. He completed his medical education at Duke with the class of '73.

As most Foresters know, Tony leads a non-stop life. Besides his three days of office consultation here, with its numerous extensions, he has his duties in the Geriatrics Department at Duke, where he works with the Palliative Unit, and does research in geriatric medicine.

At the Forest, he has seen the Wellness Center, and the Olsen and Holbrook units, mushroom from only a few patients to near capacity as the original population has aged. For him, he says, it has been a learning experience, and an opportunity to study the aging process at a time when it is becoming a major problem where care is concerned.

Tony is a man who loves his job, and whose patients love him, especially rare at a time when managed care is draining old-fashioned personal relationships from medical practice. As

Foresters know, Tony is a doctor who really cares about them, and they reciprocate. At the Wellness Center, he has built a staff whose members reflect the same closeness.

Tony says he loves sports and children too, though not in that order, and he has a pair of his own – Nick, 14, and Rachel, 10, with whom he lives in Chapel Hill. In the sports department he plays softball and could qualify as an older Cameron Crazy, holding season basketball tickets. He's always loved music-- especially singing, ever since his high school days when, as his voice changed, he covered the entire range of the human voice from boy soprano to bass. Later, his tenor could be heard in the Duke Choral Society. Loves to dance, too, especially swing dancing.

But Tony's true love is the study, involving both learning and doing, of end-of-life care. These activities enrich both his life and ours – from the men he eats breakfast with in the café to the stream of Foresters who pass in and out of the Wellness Center and its larger affiliates downstairs. It's a lucky meeting of minds and hearts all around.

—John Tebbel

## POETRY CORNER

## WALKING HOLIDAY

When the path took her close to a sheep,  
Bridget fell to the ground in a heap.

When told there were adders,  
She called for step ladders  
To cross where the heather was deep.

When taking a break by the coast,  
Some walkers encountered a ghost.

'Twas a fisherman's girl,  
Who had dived for a pearl,  
And ended up kippered on toast.

George Chandler

POEMS INSPIRED BY THOSE IN THE LAST  
FORESTER ON THE POWER OF CHOCOLATE

A vicar named Chalk was a Brit  
Who of liquor would not touch one bit;  
But given some gin  
At a small country inn--  
Good gracious, was Mr. Chalk lit.

Old Choco the chef had a date  
With his mistress at quarter past eight;  
But he had to cook  
A meal for a crook,  
And the dinner made poor Choco late.

Edith Duffey

## When I awoke

When I awoke  
the dream stayed with me.  
My lover and I sit on a sofa  
in an unfamiliar room.  
He faces me, my thin white comb  
in his hand. Again and again  
in feather sweeps from center  
crown to brow he seeks  
a line straight enough  
to please his careful eye.

When I was young  
my mother found the perfect  
line on her first try.  
Anxious, I would ask, "Who will part  
my hair when I am grown?"

Susan Rose's poem "When I Awoke" is included in  
the North Carolina Poetry Society's volume, Award  
Winning Poems 1999.

## NO RELIEF

Heat encircles me,  
a solid moist ambiance.  
Ominous clouds roll above,  
emitting shades  
of gray, dark gray, black.  
With hurried steps  
I gain the doorway  
before the heavens explode,  
unloading their burden,  
mountains of rain pour  
upon the parched earth.  
Too quickly it is over.  
I open the patio door,  
a yen for one breath of  
invigorating air,  
but am met with a solid wall  
of heightened heat.  
Another non-refreshing summer storm  
has passed.

--ellen cheek dozier

## Really Interesting Facts

- A ducks quack doesn't echo, and no one knows why.
- A group of geese on the ground is a gaggle, a group of geese in the air is a skein.
- The San Francisco Cable cars are the only mobile National Monuments
- The only 15 letter word that can be spelled without repeating a letter is uncopyrightable.





## MEMORIES

### "Lotions of Love"

Chatting with our newsletter's co-editors over a late dinner, I revealed how, in the summer of '43, I approached, joined, and conversed with a well-known radio commentator of the time. At their request, I shall attempt to write about the experience.

While my husband was on an army mission, I joined my sister in New York City for a short visit. We were escorted about town by a Duke friend wearing his private's uniform. He was a local lad and because of the generosity of a well-heeled father, the sky was the limit, any place we wanted to go.

Shortly after starting out, we were seated at the bar of the Stork Club, awaiting our table. I was thrilled when I saw Walter Winchell sitting alone in a booth. With unsophisticated confidence, I went over, introduced myself and sat down when invited. He was most cordial and attentive, asking questions about my life in Durham and patiently answering the many I asked him about his radio program and especially his newspaper col-



umn. He had recently written about a Durham girl whom I knew slightly, and we talked about her. It was exhilarating for this small town gal, and I still have the Club's postcard signed "To Ellen, Lotions of Love, Walter Winchell." There's more.

I saw "man about town" Tommy Manville sitting with a luscious lady by his side, and as we were leaving, I stopped by Winchell's table with my scoop. I can't remember what I told him, but he kindly jotted it down as if it were important. In hindsight, I should have asked him for a job. Who knows, I might have been his girl Friday and become cosmopolitan – at least until the war was over. Still more.

Years later, in the mid-sixties, while dining with family at the Algonquin Hotel before attending "Hello, Dolly," I spotted Mr. "Music Man" himself, Robert Preston, eating alone. I forgot my food while the women in my party plotted how we could casually walk by his table on our way out of the restaurant. We managed, my college daughter got his autograph, while I noted what he was eating, a piece of broiled fish and a green salad. He asked where we were from and kept us talking because he liked our southern accents. I worried about his food getting cold for he was thin to the point of gauntness, but a most charming man and will always remain one of my favorites from the entertainment community.

—Ellen C. Dozier

### THE BOOKCASE-A REMINISCENCE

Wherever we lived, in whatever house became our new home, I always knew where to find The Bookcase. It was in the hall, beside the grandfather clock, at the foot of the stairs.

The Bookcase was very special. It had been made lovingly, by hand, by my stepfather shortly before he and my mother were married. Made of strong oak boards, stained dark brown, it boasted of two doors which opened from a center post, hand carved in grooves. The glass doors were beveled and were always kept shiny clean.

There were five shelves on each side of the center post. To my young eyes it was a tremendous piece



of furniture. The bottom shelf was higher than the rest to accommodate family Bibles, encyclopedias, photo albums of grim looking ancestors, and an accumulation of National Geographics.

However, it was the contents of The Bookcase that held me enthralled as a child. There were those beautiful red leather bound books of history; a bronze leather set of the D'Artagnan romances; that wonderful big book about "The Last Days of Pompeii" by Edward Bulwer-Lytton (a delicious name!); a complete set of O. Henry (how I loved those stories!); five books by H. Rider Haggard (my very favorite wild adventure tales – they fed my already over-developed imagination); the sea tales of Morgan Robertson – and so many more.

Although The Bookcase itself didn't make it to The Forest, I can still see it in the hall, beside the grandfather clock, at the foot of the stairs, filled with all my old friends. —Ruth Patterson

## More Memories

### GOING HOME AGAIN

In ancient times, when college graduations occurred in June, not May, I went back to my alma mater thirteen years after graduation under what was, for me a unique circumstance. I'd been invited to give the commencement address.

Having covered a number of these events as a reporter, I was not moved to solemn thoughts. Rather, what occurred to me first was that now I would be able to confront two old foes on a different basis than when I saw them last. I looked forward to confronting Dean Barnes, who had freely predicted that I would come to no good end, a prediction inspired by numerous columns and editorials I'd written in the college paper which had made him foam, genteelly to be sure, at the mouth—things like calling for an end to freshman hazing. Then there was Doc, head of the English department, a published writer, who had refused to take seriously my ambition to emulate him because, as he put it, journalists couldn't rise above the junk they wrote. I planned to bring along a copy of my last book and ask him if he'd like me to autograph it for him.

With these distinctly unChristian thoughts, I returned to Central Michigan University, which had been Central Normal when my father went there in 1906. It was still training teachers primarily at the rate of 700 or so a year when I was there, had already grown to three times that size, and today has 17,000 students and pretensions to being the Athens of mid-Michigan.

So, for me, there was the shock of seeing the four-building campus I'd left transformed already into a vast academic shopping mall. When I sought out Dean Barnes to show him how wrong he had been, I found he had retired, out of reach. As for Doc, he contrived to have the last word without saying anything. As I stood in line in the lobby before the ceremonies in the auditorium, along with other

honorees, Doc sauntered by slowly, making sure I couldn't miss him. He was dressed in old clothes, indicating that he had no intention of coming to hear my inspiring address. He cast me a look over his shoulder that said everything and went on down the hall. That was something of a shocker, but then an eminent heart surgeon standing next to me in the line picked up something complimentary I'd said about the New York Herald Tribune and remarked, "You people ought to do something about that Commie newspaper." I made a note to tell that to the paper's owner, Mrs. Ogden Reid, a pillar of the Republican party.

You can see why the event itself was something of an anti-climax. Looking down into the audience, the only people I recognized, except for a few faculty members, were two former girl friends sitting together. I wondered what they were thinking, but



thought it just as well I didn't know. When it was my turn, I gave the graduates a moving plea to read the newspapers, titled "The Right to Know." I wondered if any of them would remember anything I said the next day, let

alone 13 years later. I had no idea what the speaker at my commencement had said, but since he was a United States Senator, that was hardly surprising.

Afterward, the press was on hand to take pictures and I found myself looking at the man behind one camera, a friend with whom I had gone on many assignments in the old days. After the bulb flashed, he came up to me, shook my hand, and said, "Hey, great to see you again. What are you doing now?" For the first time I felt right at home.

—John Tebbel

### ABSOLUTE TRIVIA

"To prevent violence," it was at one time customary at certain phases of the moon to chain and flog inmates of England's notorious Bedlam Hospital."

### IN MEMORIAM

Ada Donohue

May 9

Lorene Burns

May 25

## Clippings

—Rose and Azalea Bush

Not only is spring cleaning taking place in our homes, but also the Greenhouse has taken on a neater look thanks to help from **Bruce Burns, Bob Blake, Evebell Dunham, Noel Freeman, Betty Gray, June Northwood, and Molly Simes**. Check with **Bob Blake** if you need to leave your labeled plants during vacation times. **Edna Wilson** is having new labels made for unmarked trees around our property.

**Shirley Marti, Mark Williams, Theo Walker, and Hal Muncaster** made up the golf foursome contest from TFAD which supported Senior Centers in our area. A score of 80 was OK but not enough to win on that tough Duke course. The next day **Hal** shot an 82 by himself but because of his low handicap he growled because he had to pay **Ray Blackman, John Gray, and Art Watts**.

**Minnie Mae Franklin** once again is cutting and arranging roses from TFAD's beautiful rose garden. **Bess Bowditch** and her Rose Committee keep the bushes neatly trimmed. **Minnie Mae** is also a regular volunteer in the Sarah P. Duke Terrace Gift Shop while **Sarah McCracken** lends her expertise in the office or wherever needed in Duke Gardens. **Jenn Van Brunt, Jean Mason, and Molly Simes** dead-headed roses in the circle before graduation.

It was a beautiful day for residents and friends to visit apartments and cottages for the Benevolent Fund Home Tour. The lovely homes opened for the occasion were those of **Bob and Jill Moyer, Ed Lee, Dot Logan, Mary Jones, John and Betty Gray, Bernie and Marion Bender, Jane Curry, and Martha Wadsworth**.

It's easy listening music time for early morning pool sports, thanks to **Julian Price** who plays such favorites as Sentimental Journey and Over the Rainbow.

63 years ago this month, **Chuck and Doris Fields** were married. It's 64 for **Felix and Dorothea Vann**. Congratulations! But **Bud and Ginny Ferguson** tied the knot in February 1932

according to the record book in the living room. That's cause for celebration. Mentioning weddings, **Keller** is added to **Claudia Wing's** name, and **Laurie Williams** has acquired **Lach**.

Drop Dead brought down the curtain for Playreaders' season end. **Margarette Nance, Dick Capwell, Ruth and Walt Lifton, Molly Simes, and Ruth Patterson** played to a full house. **Evebell Dunham** directed.

Garden party hats modeled by many residents added a Victorian flavor to the event held May 28 in the rose garden. **Robin Williams** wore a beautiful dress owned by **Lucy Grant's** grandmother's friend!

**Charlotte Cassels** continues to hope that the Performing Arts Center will be located in Durham. City Manager Lamont Ewell, who spoke at the 2701 Club, believes that letter writing would help.

More folks came out for croquet last month to see **Edna Wilson** take the championship from **Betty Gray, Iva Rutenberg, Marjorie Chandler, and Dot Logan**.

Deadline for sign-up for the fall Round Robin Bridge Tournament is June 30, according to **Betty Gray**. **Katie Trexler, Katherine Holton, Melba Wright, Shirley Marti, Phil Pratt, Norton and Frances Beach, and Pat Ringwald** are the latest entries.

Graduation ceremonies brought families of **Margo Casady and Pat Ringwald** here, while **Helen Corbett** entertained parents of her Duke graduate friend from Germany. Spring reunions brought 8 relatives of **Debbie Carey's** to TFAD, **Lib Kern's** daughters from Arizona and California, **Don and Betsy Bernard's** daughter with triplet boys, and **Helen Albrecht's** great grandson and his parents from Pennsylvania. Friends and relatives of **Susan Dees** came from far and near to help her celebrate her 90<sup>th</sup> birthday! **Azalea** and I were away so we missed some comings and goings, but we wish all of you a happy summer wherever you may be!





## THAT'S ENTERTAINMENT!

### CHAMBER MUSIC IN RALEIGH

The Raleigh Chamber Music Guild presents an annual series of concerts on Sunday afternoons at the fine modern theater at the Ravenscroft School. A small group of TFAD residents has been attending these concerts for several years and can vouch for their excellence. A new feature for the coming season will be a second series of concerts, beginning in July of this year. These will feature North Carolina artists and will be held at the North Carolina Museum of Art. Concerts are on Sundays at 4 o'clock.

Next season's program at Ravenscroft will feature three string quartets, including the world-renowned Juilliard, a piano-violin-cello trio and an a cappella singing group. A season subscription costs \$60. At the Museum of Art you can hear Duke's Ciompi Quartet, a saxophone quartet, a soprano and pianist, a piano trio and two other instrumental groups. It's only \$25 for a season ticket.

#### Master Series – Ravenscroft School

October 10, 1999	Juilliard String Quartet
November 14, 1999	New Zealand String Quartet
January 9, 2000	Lionheart, male a cappella sextet
February 27, 2000	Ahn Trio, violin, cello, piano
March 26, 2000	Leipzig String Quartet

#### Sights and Sounds on Sundays – North Carolina Museum of Art

July 11, 1999	Aurora Musicalis
August 15, 1999	Louise Toppin, soprano; John O'Brien, piano
September 19, 1999	Ciompi String Quartet
January 23, 2000	New Century Saxophone Quartet
April 16, 2000	Kramer/Reagin/Ruggero, violin, cello, piano
June 4, 2000	Willis/Troxler/Vial, fortepiano, flute, cello

For more information call the Raleigh Chamber Music Guild  
336 Fayetteville Street Mall, Suite 411  
Raleigh, NC 27601  
(919) 821-2030

-----George Chandler

*(Continued from page 1—Presidents Corner)*

The full committee will be approved at the June meeting. After the full committee is constituted it will ask residents to suggest names for this important position. The committee will select three names and will bring these to all residents at the July 19<sup>th</sup> meeting. The names of the persons approved at that meeting will be forwarded to the TFAD Board in time for its August meeting. This is an important step forward for resident

participation in the affairs of our community. The President of the Residents Association will continue to be a voting member of the TFAD Board if approved by the Board. Currently, Juanita Kreps is also a resident member of the Board.

I hope that you will join me in applauding these steps forward in our relationship with the TFAD Board.

## We welcome these new residents to The Forest



Gretchen Curless 2048  
419-1803

Gretchen was born in Bronxville, NY and retired to New Smyrna, FL. She is a member of the 2nd graduating class from Sarah Lawrence. Gretchen has 2 sons, Don (Raleigh) and Tom (Savannah), 8 grandchildren and 9 great grandchildren. She enjoyed a good game of tennis but no longer plays. Gretchen visited here 4 years ago and decided to come.



Joseph Shoenfeld #80  
489-7061

Joe came to the Forest from Durham and is a graduate of the University of Michigan. He was a Duke math professor. He enjoys board games.



Sally Sheehan #2025  
402-0058

Sally came to the Forest after 23 years in Tampa, FL. She is a graduate of the University of Rochester and has one daughter who lives in Raleigh. She has 2 grandchildren, one is a graduate of Wake Forest and one is a junior at Chapel Hill. She enjoys bridge and golf. Sally chose the Forest after visiting 3 other retirement communities in this area.





## BOOK NOTES

It's summer at long last, and chances are you're going to spend some of those lazy, hazy, crazy days reading books. The publishers certainly hope you do, and they have an unusually solid lineup of time consumers. Here are some of the prospects, from a very long list.

If you've been waiting for paperback versions of high priced best sellers to appear, wait no more. John Berendt's seemingly immortal "Midnight in the Garden of Good and Evil" will make its long-awaited trade paperback debut in July. Already available is the paperback version of Frank McCourt's popular "Angela's Ashes."



Getting back to hardcovers, Thomas Harris' long awaited sequel to "The Silence of the Lambs," titled "Hannibal," will be available this month.

Brand-name authors are plentiful. Patricia Cornwell's new "Black Notice" will be available in July, and Kathy Reichs' "Death du Jour" is ready now, as is Danielle Steel's "Granny Dan" and Jackie Collins' "Dangerous Kiss." Judy Blume's "Summer Sisters" was last summer's surprise hit, and it will soon reappear in paperback.

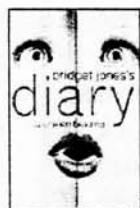
You say you want something a little loftier than this commercial goo? Well, try "The Circus at the Edge of the Earth: Travels with the

Great Wallenda Circus," by Charles Wilkins, just published. In the spring of 1997, Wilkins went on the road with this circus, produced by Ricky Wallenda, whose grandfather Karl was the star of the famous Flying Wallendas. It's like running away to join the circus, with a fascinating cast of gymnasts, animal trainers, daredevils, and assorted wanderers. All the circus lore and history you can eat in one sitting.



Golfers who enjoy reading about the game when they aren't playing it won't want to miss John Feinstein's "The Majors," already and surprisingly on the bestseller list. It's so realistic, readers say, that it's like being a player yourself on the 1998 tour of the major PGA tournaments. And then, of course, there's Arnold Palmer's "A Golfer's Life," already published, that gives you the feeling of what it is was like to play with other legends of the game, and a shot-by-shot perspective on equally legendary matches.

Don't forget, too, that July will bring us Ernest Hemingway's last and already hotly debated work of fiction, "True at First Light: A Fictional Memoir."



Finally, if you didn't read it first time around, Helen Fielding's best-selling "Bridget Jones's Diary" has just made its paperback debut. It will cheer up any rainy day.

—By John Tebbel

### More Really Interesting Facts

- The combination "ough" can be pronounced in nine different ways. The following sentence contains them all: "A rough-coated, dough-faced, thoughtful ploughman strode through the streets of Scarborough ; after falling into a slough, he coughed and hiccupped."
- Emus and kangaroos cannot walk backwards, and are on the Australian coat of arms for that reason.

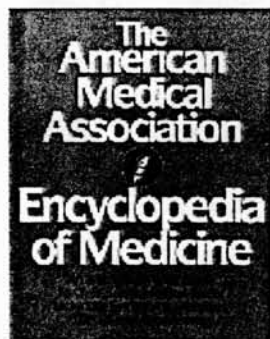


## HERE'S TO YOUR HEALTH

—Pauline Gratz

When it's time to buy a new car, most people know where to turn for information. However, when it comes to a medical problem, we are frequently at a loss. Medicine has its own jargon that we often struggle to understand. When we are under stress, the difficulty is compounded. In an era of the shrinking office visit under managed care, doctors are pressured to see more patients and consequently are not able to spend enough time with each client. Therefore, extensive consultations with your doctor are next to impossible. Where can you go for help?

Most public libraries have a collection of medical reference books and journals. Some also offer computerized databases that you can use to search for health information. The reference librarian can familiarize you with the medical resources available and help you get started. For an excellent overview of just about any medical condition, the



"American Medical Association Encyclopedia of Medicine" is suggested. For nutrition questions, try the "Nutrition Bible." If you need information about a drug, turn to the "Complete Drug Reference." You can learn about complementary therapies in "The Alternative Health and Medicine Encyclopedia."

When you can't find enough information in general books, it's probably time to turn to the textbooks which the public library is likely to stock as well. A good medical dictionary such as "Mosby's Medical Encyclopedia" can help you make sense of unfamiliar terminology. "The Merck Manual" is a compendium of almost every known disorder and describes causes, symptoms, laboratory tests, diagnosis, treatment, and prognosis. The "Physician's Desk Reference" lists more than 3,000 prescription drugs and is updated annually.

Many voluntary health organizations such as The American Cancer Society, the Alzheimer's Association, The American Heart Association, the Arthritis Foundation, and the American Diabetes Association can be reached at no charge. For a list of toll-free numbers for health information write to the National Health Information Center, P. O. Box 1133,

Washington, DC 20013-1133.

Databases that you are likely to find at a public library include "Infotrac" which indexes hundreds of popular magazines and newspapers as well as the "Journal of the American Medical Association," "The New England Journal of Medicine," and other medical publications. Using a computer you can search using keywords or subject headings. Often the full text of the article is available.

If you'd rather stick to the printed word, turn to the "Consumer Health and Nutrition Index" or the "Readers' Guide to Periodical Literature" for articles on health and medicine that appeared in popular magazines. For listings of articles in medical journals, consult "Index Medicus."

With a computer and a modem, you can turn your home into a library at all hours of the day. You can consult bulletin board services, search "Medline" or explore the Internet, which links more than 20,000 computer-based networks.

Once you are connected, the next problem is sorting out what's on it. It's estimated that the World Wide Web (WWW), which contains the most medical and health resources, doubles in size every four months. Most web sites offer colorful graphics and "hypertext," a search tool that allows you to click on highlighted words and be immediately shunted to another source containing more information. Web search software enables you to search for a topic using key words or phrases.

When surfing the Internet, it's important to remember that you shouldn't believe everything you see on your monitor. Unlike articles published in peer-reviewed medical journals, there is no guarantee that information on the Internet has been checked for accuracy or even up-dated regularly. Some sites are set up by pharmaceutical companies or manufacturers of nutritional supplements and exist primarily to sell products. Be cautious and double-check the information that you find.

Last but not least, entire books have been written about how to do your own medical research. If you want to arm yourself with more information before heading to the library or upgrading your computer, pick up "Infomedicine: A Consumer's Guide to the Latest Medical Research."

## TRAVELOGUE

Garden week in a Virginia is a very special time. The azaleas abound in many different colors, the white and purple lilacs are so fragrant, the dogwood are everywhere - in the woods and gardens. We spent three days in the Tidewater area visiting the homes and gardens that are open to the public for just this special time, hosted by the Virginia Garden Clubs.



A plantation house near the James River built between 1723 and 1738.

The lovely old Georgian homes are situated on the James River, which was the main method of transportation in colonial times. They are surrounded by hundreds of acres of farmland which are cultivated to raise soybeans, peanuts, wheat and corn. Tobacco used to be the main crop but it has been abandoned. I found it fascinating that one very large farm employed only three men

to do all the labor. The miracles of modern machinery!

The grounds around the houses are beautiful, though the gardens are no longer kept up. The old trees are stunning. Some of them are more than two hundred years old. There is much fragrant old boxwood lining walks and one maze we saw had lovely statuary hidden within.

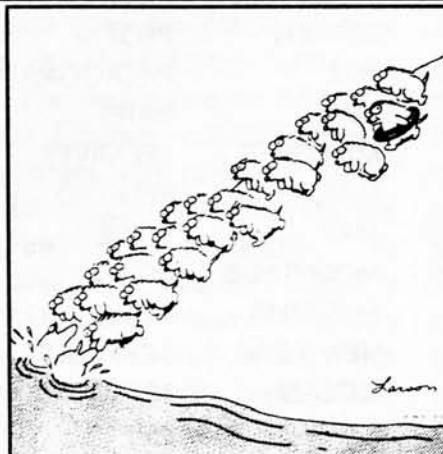
The houses themselves are exquisite. Some of

them are very old but one was still being built! The main entrance is on the river side with the back being used for horse and carriage traffic. Only one that we saw was occupied by the original family ( we heard that was for seventeen generations) but the new owners through the years have diligently kept and restored them. Most of the beautiful furniture was of the period, although there were some more recent European imports. Many family portraits hang on the walls painted by itinerant artists of the time. Some of the fabrics used for upholstery were needlepointed by ladies of the house. All of the houses are lived in by the owners.

Our meals, most notably luncheons, were taken in various places. One of these was in a replica of a colonial tavern on the grounds of Belvedere plantation. The other was catered in the basement of the local church dating from the early 1700s. We were urged to go into the church to inspect two Tiffany windows. There were little surprises like this all along the way. One of the most startling was in a small museum near the house- in a room all to itself was a huge model of a horse in complete armor and a suit of armor laid out on a truck.

The weather was mostly sunny and warm. I shall treasure my memories of Tidewater Virginia, which is truly unique.

—Priscilla Squier





Bob Blake's

## PUZZLE

Each word below can be found by either reading  
up, down, forward, backward or diagonally

S B H D N O I S R U C X E N I H R R  
E L S E J T E H K E D U N E S U Y O  
V I I X R K U D C S S F Y W S V H U  
I A F A A J E N M U S I K Y D B E T  
T M V L R P A U I E T E U O R A C E  
A E J E A T E T A R S L P R A G N B  
L L F R S S C S A L E P I K C G A U  
E U T I U A H I J A T O H W B A R N  
R D D M S O N P F V A E S K M G U A  
S E A E R C A Y A I R P L A N E S D  
R H T E P L T T L R C J H K Y D N S  
I C E I A E L R L R G A O X L A I N  
N S R S S T A A S A B O P S F O N R  
E T K C S O S P J O B Z T H R R A E  
V A Y A P H S D N A L S I O T A E V  
U M E M O R I E S T A O B W H U C A  
O M A P R M O U N T A I N S V P O C  
S G N I T H C A Y S T S I R U O T S

VACATION

AIRPLANE	COAST	INSURANCE	PASSPORT	SHOP
ALASKA	CRUISE	ISLANDS	PEOPLE	SHOWS
ARRIVAL	DANUBE	JOB	PHOTOGRAPHS	SOUTH PACIFIC
ATLAS	DATE	LAKE	RATES	SOUVENIRS
BAGGAGE	DEPART	MEMORIES	RELATIVES	SUITCASE
BAHAMA	DISTANCE	MAIL	RELAXED	TOURISTS
BOAT	DUNES	MAP	RHINE	TRAIN
BOOK	EXCURSION	MOUNTAINS	ROAD	TRAILS
CAMP	FALLS	MUSEUMS	ROUTE	TRAVEL
CAR	FISH	NEW YORK	SCHEDULE	TRIP
CARDS	FLY	OCEAN	SEASHORE	YACHTING
CAVERNS	HOTEL	PARTY	SHIP	