

## Book watch Dec. 10

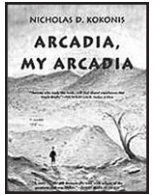
The following books by Greeks and Greek Americans have been published in recent months:

*I'd Like* by Amanda Michalopoulou. Translated by Karen Emmerich, Dalkey Archive Press.



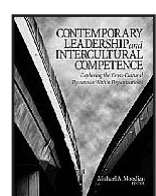
The 13 short stories in this book are Amanda Michalopoulou's latest published work. Born in Athens, Greece, in 1966, she has had a daily newspaper column with Kathimerini since 1990 and is the author of four novels, two short story collections and a series of children's books. In the title piece of *I'd Like*, the narrator, a weary painter trapped in a marriage to an even wearier writer, acts out her frustration upon meeting another, more exalted literary couple whose matrimonial malaise reflects her own.

*Arcadia, My Arcadia* by Nicholas D. Kokonis, St. Basil's Publishers.



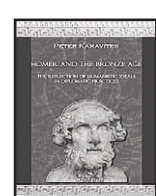
Set in the folds of Arcadia's gray mountains, *Arcadia, My Arcadia* is the story of a poor Greek boy, Angelos Vlahos, who aspires to get educated and escape the dusty poverty of his nameless village in the post-war years. The story also is a portrait of life in Arcadia, and perhaps in all of the Greek countryside, during the hard years of the 1940s and the hopeful decade that followed, when villagers began to emigrate once again in hopes of a better life elsewhere.

*Contemporary Leadership and Intercultural Competence*, edited by Dr. Michael A. Moodian, Sage Publications.



*Contemporary Leadership and Intercultural Competence* is intended for organizational managers, trainers and students and focuses on the evolving world of workplace diversity, applying cultural understanding to organizations and measuring intercultural competence. Dr. Michael A. Moodian, who serves as the editor of the volume, recruited prominent authors Fons Trompenaars, Lee Gardenswartz and Anita Rowe, former presidential candidate Michael Dukakis, and Fox News contributor Marc Lamont Hill to write essays for the book. Moodian is a consultant and assistant professor of social science at the Irvine campus of Chapman University.

*Homer and the Bronze Age: The Reflection of Humanistic Ideals in Diplomatic Practices* by Peter Karavites, Gorgias Press.



In this book, Peter Karavites presents a revisionist overview of Homeric scholarship, whose purpose is to bridge the gap between the "positivist" and "negativist" theories dominant in the greater part of the 20th century. His investigation derives new insights from Homer's text and solves the age old question of the relationship between Homer and the Mycenaean age. Karavites is professor emeritus of Greek and Roman history from Bridgewater State College in Massachusetts.



Dr. Myron Weisfeldt, director of Johns Hopkins University (JHU) School of Medicine, led a delegation to the University of Patras (UP) in Greece in October. Taking part in a reception marking the schools' collaboration are, from left, Dr. Georgiadis, JHU; Professor Makios, UP; Dr. Marinopoulos, JHU; Dr. Dougenis, UP; Dr. Koubias, UP; Dr. Koliatsos, JHU; Dr. Cretikos, JHU; Weisfeldt; Dr. Liatsis, UP; and Dr. Lyketsos, JHU.

## John Hopkins doctors visit UPatras

PATRAS, Greece – A delegation of Hellenic doctors from Johns Hopkins University School of Medicine, led by Dr. Myron L. Weisfeldt, director of medicine, paid an official visit to the University of Patras October 15-16.

The two schools signed an educational and research collaboration agreement on April 11 in Baltimore, Md.

Dr. Vasilis Koliatsos, head of the Hellenic faculty at Johns Hopkins, and the Hellenic doctors, met with University of Patras Rector Stavros Koubias and visited the university hospital.

On October 15, a reception was held at the Great University Hall, attended by government representatives and local authorities.

"This is a tremendous opportunity and great honor for John Hopkins School of Medicine to share new ideas with such an outstanding university, as that of Patras," Weisfeldt said.

On October 16, the collaboration initiative was presented in Athens to educational, research and political authorities at a ceremony held at the Kostis Palamas Hall cultural center of the University of Athens.

The ceremony included remarks

by Dr. Stavros Koubias, University of Patras rector; Dr. Dimitrios Dougenis, vice rector and chairman of the Hellenic Johns Hopkins Initiative; Dr. Charalambos Gogos, vice dean, Medical School, University of Patras, Dr. Koliatsos, on behalf of the Johns Hopkins-University of Patras committee; Dr. Weisfeldt of Johns Hopkins Medicine; and a video greeting by John G. Rangos Sr., a member of the Johns Hopkins Medicine Board of Visitors and a longtime benefactor of the School of Medicine.

Greece's vice minister of national education and religious affairs,

Spyros Taliadouros, also addressed the audience and greetings by Minister of Health and Social Solidarity Dimitris Avramopoulos were read. Greek Parliament members Natasa Ragiou and Nick Papadimitos also made remarks.

The agreement comprises an exchange of faculty, students and staff; brief visits of teaching, scientific and research staff; development of undergraduate and postgraduate student training; administrative staff exchanges geared to evaluation and improvement of curriculum; initiation of joint research; and cooperation in cultural and athletic events.

## Happiness

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weight and desirable behavior.

Now they've turned their attention to the emotional realm, exploring how social ties influence our moods and our sense of well-being. Their primary finding: People who are surrounded by happy people are more likely to be happy themselves. And it's not only people in our immediate circles who make a difference – it's the people surrounding the people we know.

Imagine several pebbles thrown into a pool of water that send ripples outward, said Fowler, an associate professor of political science. Each pebble represents a happy person and the waves the impact of that person's mood on others. This impact, his study found, extends through several degrees of separation, to the friends of a person's friends.

Some experts question whether the researchers' statistical methodology can support that conclusion. It's difficult to sort out cause and effect in this kind of research and the authors may not have done so with enough rigor, said Charles Manski, a Northwestern University economics professor who studies how inferences can be drawn from social interactions.

He asks, is it that one person's happiness makes another person happy, or could it be that another factor experienced by both people is affecting both?

Say two friends are watching a TV show together, and one laughs after the other does, Manski said. It may look like the first person's chuckle is the cause of the second, but the jokes on the TV show might inspire both reactions.

Christakis said his research factored out such mutual influences. The study asked the subjects – 4,739 participants in the famous Framingham Heart Study in Massachusetts – to complete a survey including four questions relating to happiness three times between 1983 and 2003. They also provided information about social contacts, which allow researchers to map their connections.

The study found that happy people form clusters and the happiest people are those most centrally located in the clusters.

"If you imagine the fabric of humanity as a patchwork quilt, it turns out if you're happy or not depends on if you're in a happy or unhappy patch," Christakis said.

"We postulate that people who are in closer, more frequent contact with each other are more susceptible to catching each other's moods," Fowler said.

The researchers stress that personal factors such as jobs or marriages also affect happiness and that although happiness may fluctuate, people tend to return to a

personal happiness "set point" over time. It is this relatively stable emotional condition they examined in the paper, not the fleeting moods people experience day to day.

Richard Suzman, director of the division of behavior and social research at the National Institute on Aging, said the line of research holds "enormous promise in helping us improve interventions aimed at helping people change behaviors and improving public health."

Such interventions may involve targeted programs designed to alter social networks that influence behavior. The institute on aging has provided funding for Fowler and Christakis' work.

An editorial accompanying the report in BMJ called its conclusions "intriguing" but advised caution. Framingham, a relatively small community, may prove unique in ways not yet understood, wrote Peter Sainsbury, director of population health in Sydney South West Area Health Service in Australia.

As for whether unhappiness is also spreadable, Fowler and Christakis plan to look at that topic in upcoming papers on loneliness, depression and social networks.

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## Canellos

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### Founding director

Canellos was recruited to Dana-Farber – then the Sidney Farber Cancer Center – in 1975 by then director Dr. Emil "Tom" Frei III, to build and direct the program in medical oncology, the study and treatment of cancers in adults. Only a few years earlier, the Institute's charter had been revised to include the treatment of adult patients, and medical oncology itself was still viewed with some skepticism by the medical establishment. (It was only in 1973 that it came to be formally recognized as a medical specialty.) Other than surgery and radiation therapy and a handful of chemotherapy agents, little was available to offer most adults with cancer.

Canellos' challenge was not only to attract a corps of clinical researchers who believed in science's ability to roll back adult cancers, but also to attract enough patients to make a clinical service viable. It was a tough assignment. For one, many adults with cancer believed their condition to be hopeless and didn't seek treatment; for another, Canellos needed to convince doctors across the region that Dana-Farber could provide the same level of care and research for adults that it had long done for younger patients.

"In the early 1970s, the composition of the patient population at Dana-Farber was almost the reverse of what it is now: 10 percent were adults and 90 percent were children," said Dr. Arthur Skarin, a longtime colleague of Canellos.

"We gave conferences at every hospital in New England," Canellos also recalled. "We let community doctors know we had the wherewithal, both intellectually and physically, to look after adult patients."

Dana-Farber specialists routinely sent letters to referring physicians, letting them know how their patients were faring. When Dana-Farber researchers published studies of clinical trials involving adult patients, Canellos saw to it that reprints of the studies were sent to the community physicians.

Gradually, as new and better treatments came on line and Dana-Farber's reputation expanded, the adult service gained momentum. A key factor was the creation of a fellowship program that almost instantly began attracting some of the country's brightest young cancer researchers and physicians. For many of them, Canellos became a model of the principles and temperament needed by a scientist and caregiver, longtime colleagues say. "He conveys a genuine sense of

selflessness; he gauges his own success, in part, on the accomplishments of his trainees," Mayer said. "He doesn't have the insecurity of those who always need to be in the limelight. The limelight comes to him because of the admiration and respect of those who have worked with him. That is a rare quality in an environment of ambitious, competitive, brilliant people."

### Sound advice

Canellos describes his message to oncologists-in-training as one of balance.

"I talk to clinical fellows about the art of detached compassion," he said. "Be a physician, be compassionate, but be able to keep things in perspective and have a life outside of work."

For someone who entered medical oncology convinced that the "future of oncology lay not only in surgery and radiation therapy, but in medications for cancer," Canellos is bullish on the field's future.

"The science is galloping ahead of the practice of treating this disease, which is at it should be," he said. "One of the things that is most reassuring is that we know so much more about the cancer cell than we did in the past that this knowledge can't help but pay off in better therapies in the future."

## How to ... reduce holiday stress

By ALISON JOHNSON  
Daily Press

The thought of trekking from store to store to buy gifts can raise anyone's blood pressure.

Local therapists share some stress-reducing tips:

Start now. Going to stores early in the season – and early on weekday mornings – is the best way to avoid big crowds, disorganized shelves and sold-out items. On the other hand, you may tap into more savings at the end of the season.

Make a list. Jot down the names of everyone you need to buy for, along with any gift ideas you have. Once you get someone

a gift, write the item next to the person's name. That will save you from having to remember what you've already bought, as well as reduce impulse buys.

Set a budget. Decide what you can comfortably spend and stick to it. Remember that "expensive" isn't the same as "thoughtful."

Consolidate shopping trips. Choose stores that are likely to have something for almost everyone on your list. Churches and schools also may have craft bazaars where you can find unique and inexpensive gifts.

Buy duplicates. If you find a nice gift, get it for multiple people on your list (especially those who won't cross paths with each other). Use the Internet. Shopping

online always means no lines or crowds.

Embrace gift cards. They're easy to buy and send, and people are guaranteed to like and use them. Wouldn't you?

Use gift-wrapping services. They're often free, and they'll save you from one time-consuming holiday task.

Draw names. If you have a large family or group of friends, consider picking names out of a hat so you're responsible for just one or two gifts. You also can set spending limits together.

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