

Waldo and paper airplanes soar to top of book list

Ms. Bookmark is determined to build up my muscles by sending me home every week with 15 books or more. I feel greedy lugging out so many books at one time, but a job's a job.

Let's just jump right in and look at a couple of children's books. Actually, I had difficulty wrenching *Emma's Christmas* out of the clutches of the library staff who were passing the book down the line, giggling over Emma's dilemma with her lovesick prince.

Irene Trivas, who presents yet one more rendition of *The Twelve Days of Christmas*, has poor Emma inundated daily with gifts from the prince. By the end of 12 days, Emma's home is crawling with drummers, milkmaids, lords and so on, plus birds, birds, birds.

Martin Handford follows up his popular *Where's Waldo?* with *Find Waldo Now*. Each two-page spread in this large book depicts a time in history, replete with more than 300 people in each illustration.

In every scene

The trick is to find Waldo, who appears in every scene and if that's not enough, Handford gives you a list of at least 20 items per picture that you are to locate. For instance, "Our Tour with the Vikings" features a frightened figurehead, an eagle posing as a helmet, and a burning behind.

Waldo and *30 More Planes for the Paper Pilot* are for kids of all ages (that includes adults). Peer Vollheim, who flies a real plane in his spare time, offers you these ingenious, easy-to-

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construct, tested designs made from everyday materials.

You can fly these models at home, in the office or outdoors. Who knows, this pastime could be a stress reducer if you suffer from high-blood pressure. Nutrition researcher Dr. James Scala, in *The High Blood Pressure Relief Diet*, can provide you with up-to-date information on this deadly disease, and what's more, show you how to fight it without drugs or risk. He says this can be done without denying yourself delicious foods or making drastic lifestyle changes.

Overcoming Depression by Demetri F. Papolos, M.D. and Janice Papolos is a valuable resource for people who suffer depression and manic depression and also for their families and friends. Through this book, readers will be able to recognize the problem, seek the proper diagnosis and actively participate in the treatment plan.

According to Rita Freedman, Ph.D., many women loathe their bodies. She is determined to change the way women think about themselves through *Bodylove*. As well as covering

such external factors as weight and aging, Dr. Freedman explains how to make over the body image from within.

One way you might want to enhance your self-image is by knitting a feline design from *Cat Knits* by Melinda Coss. Every pattern — for sweaters, coats, jackets and one dress — includes a cat. My favorite sweater shows a cat on the front washing its face, a spilled bottle of milk on the back, and along one sleeve the word "Catastrophe".

Earl Murray, the author of many westerns, delves into the paranormal with *Ghosts of the Old West*. He takes us to haunted cabins and hotels, along lost trails, and through old forts. Mr. Murray claims each story is based on fact.

True detecting

William Parkhurst gives us the real thing in *True Detectives* as today's private investigators find missing persons, videotape extramarital liaisons, track con artists, x-ray personal and corporate assets, ferret out bugging devices, and recover stolen art.

Women play prominent roles in the five novels Ms. Bookmark selected for this week's column. Ninety-nine-year-old Lucy Marsden tells her life story and that of her deceased husband to Allan Gurganus, who dutifully transcribes it verbatim into the 710-page *Oldest Living Confederate Widow Tells All*.

A new wrinkle on *Lord of the Flies* has appeared. Marianne Wiggins, the estranged wife of Salman Rushdie, has written a haunting tale

about a young woman, a man and eight young girls who are stranded on an island near Burma. John Doller's atmosphere of menace and doom builds, culminating in shocking scenes of death and survival.

Amy Tan's first novel introduces *The Joy Luck Club*, four Chinese women who meet regularly to play mah jong, invest in stocks, eat dim sum, and "say" stories. One of the women dies and her daughter takes her place in the club, only to find out a secret about her mother.

Dark Star is Marcia Muller's third book in the Joanna Stark mystery series. In this book, Joanna has to confront Parducci, the man she betrayed. A friend also draws her into a mystery about two valuable paintings — where did they come from and to whom do they belong?

Waverly Place by Susan Brownmiller is the fictionalized account of the events leading up to the real-life murder of a six-year-old girl by her adoptive father, a lawyer, who also brutally beat his live-in girlfriend. Ms. Brownmiller tries to imagine how this tragedy might have happened by inventing dialogue, motivations, events and characters based on her understanding of battery and abuse.

Finally, here's one for science fiction fans. Editors John Apostolou and Martin Greenberg collected 13 short stories from 10 authors and put them together in *The Best Japanese Science Fiction Stories*. These stories speak eloquently, insightfully, and at times humorously of the country of their origin.

Dentist finds 'Wealthy Barber' fascinating and captivating

Although job and family commitments take up a major part of his days, Mark Cross, a dentist at Tri Dont Dental Centre at Milton Mall, does manage to squeeze in some reading during his lunch breaks.

When I spoke with him, he had just read a book that had captivated him so much, he had taken it home and finished it on the weekend.

"I know it might not sound too exciting, but it was a book about financial planning. It's called *The Wealthy Barber* and David Chilton wrote it like a story."

He and his friends discover a millionaire barber who, as he's cutting their hair, gives them free lessons in getting rich the sensible way.

"Now I'm reading *Chubb Guide to Home Security* by Michael M. West and Peter Carter. This book gives you pointers on how to protect your home and property from fire and theft."

Dr. Cross reads *Time* magazine, books on golfing (one of his leisure-time activities), and also dental journals that keep him up-to-date on the

Who's reading what???

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latest techniques in dentistry.

At home, he frequently turns to the Bible for inspiration and benefits from the writings of Zig Ziglar.

Ziglar's message is that you can have anything you want in life if you'll help enough other people get what they want. I try to follow that philosophy in my own life.

"I've read Maxwell Maltz's *Psycho-Cybernetics* several times. He talks about self-image."

When Dr. Cross is not working in the evening, he reads to his young children. One-year-old Andrew enjoys colourful board books. For four-year-old Sarah, Dr. Cross chooses to read picture books that illustrate a moral or lesson in life.



Mark Cross



Photo by JON BLACKER

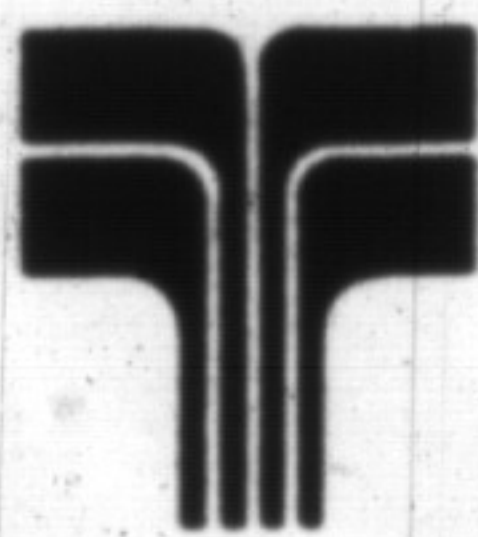
Deep thinkers

Brian McCumb (centre) and James Bell (right) gave some careful thought to their purchases at Friday's Snowflake Bazaar at Robert Baldwin School. The Grade 1 students got some help from Kelly Ivens who is in Grade 5.

Sharing and Caring at Christmas Time

This Christmas, give a gift that helps ensure continuing good health care in our community.

Donations toward new equipment are being accepted by Milton District Hospital Foundation, to keep pace with modern medical technology.



Donations can be assigned toward specific equipment, or donated to the general Equipment Fund. For information please contact the hospital business office, 878-2383.

In Memoriam donations are also accepted, if you wish to commemorate a friend or loved one.

To: Milton District Hospital Foundation,
30 Derry Rd. E., Milton, Ont. L9T 2X5

Yes, I am enclosing a donation for the Equipment Appeal at Milton District Hospital. Please mail my tax-deductible receipt to the address below.

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