



The Green Bank Tattler

You better read it, we could be talking about you!

Volume 2, Number 2

April, 1994

An Addition to the Jansky Lab?

Jay Lockman

After a year of uncertainty, it now appears that the Navy is prepared to resume work on their planned addition to the Jansky Lab. We have been informed by members of the Naval Facilities Engineering Command that they intend to put the project out for bids in the next few months.

The Jansky Lab addition will contain offices, labs, and equipment rooms that will support a number of U.S. Navy activities at Green Bank, primarily for the Naval Observatory. The new 20 USNO meter telescope that is under construction here will be operated from the Lab addition. This will probably save the Navy money in the long run because it is likely that we will be able to combine 20 meter operations with other

NRAO activities. The building will also house the tape recorders for the 20 meter telescope in a special environmentally-controlled room. It will be the location of the USNO maintenance center for the Green Bank and Kokee Park (Hawaii) antennas, as well as the maintenance center for their electronics and receivers. In time we hope to locate the USNO masers and other frequency standards in the building addition, giving us a high-quality timing center.

The building addition will also have a small auditorium, several shielded rooms that can be used for operations or equipment development, and offices for visitors. More information on the building addition will appear in future issues of the Tattler.

John Findlay Remembered in Green Bank

John Findlay played an important role in the evolution of a young NRAO - Green Bank and other sites as well. In this article, I list a few of his accomplishments.

Dr. Findlay received the B.A. degree in physics from Cambridge University, Cambridge, England, in 1937, and later, after six years of war service as a Scientist with the Royal Air Force, the Ph.D. degree from the same University.

He was a Fellow of Queen's College, Cambridge, and taught physics in the Cavendish Laboratory for several years after the war. He was

"recruited" to the United States at the end of 1956, to help begin the NRAO under the leadership of Lloyd Berkner. His employee number was 5!

John Findlay was the designer and prime user of the Little Big Horn (from 1959 to 1980 or so). He is credited as being the inspiration for the 300 foot telescope.

According to articles in the Observer, he was the project director for the construction of the 36 foot telescope near Tucson. He and Hein Hvatum were responsible for the upgrade of the 36 foot to the 12 meter as well.

The Internet Interpreted

Ed Meinfelder

The Internet, in one form or another, has been around since the 1970's. However, only in recent times has it gained public attention. Perhaps the rise in computer literacy, the newer, easier to use tools, or the recent media attention has spurred this new popularity. Whatever the reason, as more people use the Internet, it becomes more useful (in the long run).

Many individuals now send email to relatives and friends. In fact, everyone from President Clinton (president@whitehouse.gov) to Beavis (beavis@mtv.com) and Butthead (butthead@mtv.com) have email addresses. Long time friends can converse separated by oceans via utilities like talk. A young dedicated programmer in a desolate part of the country can now order technical books simply by sending email to the publisher.

Despite this usefulness, the Internet is still not for everyone, even if they have access. However improved many internet tools are, it still takes some knowledge to set them up in the first place. Once set up properly and available, information on how to use them may not be available to the casual user who has no desire to learn about the various network architectures and protocols.

In response to this problem, the Tattler will carry a regular feature on using the Internet. Each column will cover just one tool of the Internet in enough detail to enable the reader to begin to use that tool. This time the utility: Finger will be described.

What is Finger? The finger utility is used to obtain information on other computer users. It can be used to dispense other useful information as well. In a related article, see how Finger is used to inform NRAO-GB employees of emergency schedules. Its syntax on the Unix machines is:

finger name

In this case, <name> may be a login name like emeinfel, or a real life name such as Edmond. Login names are the easiest to use. If the name is suffixed with an @ and followed by a host name (like emeinfel@cestus, or fleghorn@TheCoop.warner-bros.com), then another machine is contacted for the information on that user.

What Sorts of Information Can Be Retrieved? Here is a fictitious example to show you the kinds of information available through Finger: (Note that different machines will give different information)

```
% finger 'Bugs Bunny@carrots.warner-bros.com'
```

```
[carrots.warner-bros.com]
Login name: bbunny           In real life: Bugs Bunny
Directory: /home/bbunny     Shell: /usr/local/bin/bash
Last login Fri Mar 11 08:29 on tty3 from LotB
New mail received Fri Mar 11 08:53:49 1994; unread since
Mon Feb 28 16:25:15 1994
Project: A new line of plush dolls designed in my image.
Plan: Ehhhh, What's up Doc?
```

From this, we have learned a fair bit about Bugs Bunny. We now know Bugs Bunny's login name (bbunny), the location of his files, what sort of shell he uses, when he last logged on, when he last received new mail, how long it has been since he has read any mail, and where he last logged in from. Looking at the format of the information that was returned, it would be fair guess that carrots.warner-bros.com is a Sun SPARC.

Finger also has another mode of operation. If a network host computer is specified without a login name and prefixed by an @, the finger tool will inform you of who is currently logged into that computer. We shall try carrots.warner-bros.com again (this is still a fictitious example).

```
% finger @carrots.warner-bros.com
[carrots.warner-bros.com]
```

Login	Name	TTY	Idle	When	Where
tdevil	Tazmanian Devil		1 32	Tue 08:20	
carrots:0.0					
efudd	Elmer Fudd		2 1:17	Tue 10:24	LotB
fleghorn	Foghorn Leghorn		3 1d	Mon 12:02	
TheCoop					

Now we know who is currently logged into carrots.warner-bros.com.

Where Does this Information Come From?
Various system files on carrots.warner-bros.com



Finger: continued from page 2

contain this information. The format and information displayed will change from operating system to operating system. On UNIX systems the login name, directory, shell and the real life name come from the file `/etc/passwd`.

The login name and directory are determined by the Systems Administrator when a person's account is created. The project and plan information are stored in 2 files in the user's home directory. These files are named `.project` and `.plan` respectively. If you want to add or edit information in these files you should know how to use an editor like `pico`, `vi` or `emacs`. If, for example, you were going to use the `pico` editor you would type

```
% pico ~/.plan to edit your .plan file or..
```

```
% pico ~/.project to edit your .project file. The '~/' is just shorthand for your home directory.
```

`Pico` is easy enough to use that you should try it. A windows environment is not necessary - just the `%` prompt.

Getting This Information without Finger:

Finger is a registered service. This means it has the same port on every machine (when used with the standard Internet Protocol). If you had no finger program, but did have `telnet`, you could use `telnet` instead. To use `telnet`, you simply type the name of the host you wish to finger and specify port 79. When you connect, simply type the name of the person you wish to finger, or hit return to see everyone who is on-line at the time. For example:

```
% telnet sadira.gb.nrao.edu 79
Trying 192.33.116.115 ...
Connected to sadira.
Escape character is '^]'.
Bugs Bunny
Login name: Bugs Bunny          In real life: ???
Connection closed by foreign host.
```

In the above example, the user typed 'telnet sadira.gb.nrao.edu 79'. After the connect message was received, the user typed 'Bugs Bunny'. The information returned indicated that no one with the name of 'Bugs Bunny' has an account on sadira.gb.nrao.edu.

You may now be thinking to yourself, "Finger is a wonderful way to intrude upon people's privacy, but what good is it?". Finger is useful if you

suspect someone is on-line, but desire to know for certain. Suppose you sent mail to an individual and are awaiting a response. Finger will let you know when that person last read her mail. Larry D'Addario and Glen Langston place their travel plans in their `.plans`. Joe Brandt, Ed Meinfelder and Ray Creager all have amusing sayings and contact information in their `.plans`. Some hosts modify their finger servers to dispense useful information, or they set up special accounts to store useful information.

In conclusion, finger can be viewed not only as a useful way to spy on your friends' computing activities, but also a simple way to distribute and collect information across the Internet. Due to the nature of the information that is given away, some sites chose to restrict its use, or ban it all together. For more information about finger see RFC 742 available via anonymous FTP on `gatekeeper.dec.com` under `/5/DOC/LF/0742.TXT` for the Unix version and `/5/DOC/CRLF/0742.TXT` for the MS-DOS version.

Emergency Operation Status Information

Richard Fleming

In addition to the telephone number 456-2330, I am making available a email address that you may "finger" to see the `.plan` file. I will update this file just as I change the telephone message to announce changes in work schedules due to weather situations. Let's hope I do not need to do any more this year. I'm ready for spring.

The email login is: nraogb

Pretty original, huh?

I usually use gallina. Try "finger nraogb".

Trying Finger:

Ed Meinfelder

Here are some interesting addresses to try with finger:

address:

copi@oddjob.uchicago.edu
help@dir.su.oz.au
info@mtv.com
coke@cs.cmu.edu
info@drink.csh.rit.edu
info@whitehouse.gov
quake@geophys.washington.edu
buckmr@rpi.edu
nichol@stavanger.sgp.slb.com
lesikar@tigger.stcloud.msus.edu
normg@halcyon.halcyon.com
nasanews@space.mit.edu
magliaco@pilot.njin.net
nfl@spam.wicat.com
nfl@spam.wicat.com
aurora@xi.uleth.ca
solar@xi.uleth.ca
daily@xi.uleth.ca
forecast@typhoon.atmos.colostate.edu

service:

An almanac of events for the day
A database of news groups, archives
Info on mtv.com
Status of CMU coke & candy machines
RIT's answer to CMU (*)
President's email address
List of Earthquakes in the USA & World
This week's Pop charts for the USA
Lists FAQs, lists and newsgroups
Lists publically accessible News servers
Weekly Nielsen ratings for TV
News from NASA
Space news, amateur newsletter
NFL scores
NFL line spreads
Auroral activity warnings (*)
Solar activity warnings (*)
Daily Auroral & solar report (*)
Tropical storm forecast

(*) Indicates the service was unavailable when this article was written.

Education Notes

Sue Ann Heatherly

- We have received word through Ludwig Oster that our latest grant has been funded. Still nothing official - but I think we've got it! The date for the summer institute has changed to July 24 - Aug. 6.
- Chautauqua sessions are scheduled for May 16-21st. NRAO is responsible for the first one which runs from the 16th to lunch on the 18th.
- Yes, one of the visiting students from Morgantown broke the gate by the Machine Shop. She tried without success to brake the Checker Wagon. At least she broke the old side. Harley had just replaced the left side!
- Amy Summerfield and Matt McKean will be returning as tour guides. Ben Zeigler has been hired to fill the 3rd position.

What Happened to Free Physical Exams

Sue Ann Heatherly

The Clinton Health Plan is not the only one steeped in controversy. We have a coffee room debate of our own going on. The issue concerns the introduction of the wellness program at NRAO-GB and the loss over the past 2 years of the free physical exams.

In looking back at the start of the wellness program, I don't think it was NRAO's intention to discontinue the physicals at Green Bank. The wellness program was initiated to educate people at all sites about ways to improve their health. However, the suspension of physicals here in Green Bank is coincident with the introduction of the wellness program. In June of 1992, a memo was issued from Richard Fleming which stated: due to the positive feedback about

the wellness program (at other sites) it is possible that the wellness program could replace the bi-annual exams given in Green Bank.

After participating in the detailed health screening in 1992 and the health fair in 1993, some people don't feel they have been given an even trade. Services such as EKG, X-ray and pap test are not offered through the health screening. In addition, the Green Bank site does not receive the full benefit of the wellness program because of its distance from the program provider. Live talks and demonstrations as well as tests for prostate and other cancers can not easily be offered at NRAO-GB. And video tapes of these presentations run a poor

second to the real thing.

Costs may have played some part in the loss of physicals over the past 2 years. In e-mail conversations with Monroe Petty, I asked about the costs of the wellness program at Green Bank. The costs associated with the visits from Martha Jefferson in 1992 and 1993 were about \$5000 and \$2000 respectively. This is considerably less than the cost of the biannual physicals. Richard cites our shrinking budget as a major cause for the suspension of the free exams.

Free physical exams were initiated in the early days of NRAO-GB in part as a way to ensure that we had a doctor in

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Recreation Association News

Spring Dance for Adults!



NRAO Tour Center
Friday, May 6
8-Midnight
soft drinks, beer and munchies
must be 21 or over to attend
for NRAOERA members and
their dates
rooms and/or rides home
available if needed

MUSIC BY WILDFIRE!!

Teen Dance!

- NRAO Tour Center
- May 14, 7:30-10:30 PM
- for NRAOERA teens 13 and up and their guests.
- music by DJ: Norman Alderman
- decorating party May 14, 10 AM-12 PM

After Work Softball to start
SOON! Watch your Bulletin
Board for details.

NRAO-GB
Annual Picnic:
July 23, 1994



Site News

USNO 20 meter: Those trucks you've seen hauling steel aren't bringing in GBT parts. The new USNO 20 meter telescope crew have resumed construction. Our Works area group have finished laying power cable and fiber optics to the site- the telescope will be completed by fall of this year.

GBT: The outward appearance of the GBT won't be changing much for a while. The alidade is almost complete with only the elevation bearing weldments to attach. The material for the dish has not arrived. Fabrication of the tipping structure was delayed until its design was approved last fall. According to the latest schedule, the dish will begin to arrive some time in July.

The construction crew will still be busy though. In a couple of weeks they will begin erecting a 60 foot tower that will be used to control the construction of the dish. They are currently building an actuator control building (inside dimensions of 26' x 28') that will reside in the backup structure of the dish. Construction workers are also being shifted over to build the USNO 20 meter telescope this summer.

Jansky LAB Fellows prepare to install GBT receivers on the 140 foot: Several Receivers for the GBT are nearing completion, and at least one is scheduled for installation at the 140 foot this month. This receiver operates at a frequency range of 18-26 GHz. One of the reasons for installing it at the 140 foot is to test its performance. If it works well, it will replace the somewhat temperamental maser receiver until the GBT is ready for it. Other receivers slated for installation at the 140 foot are the 8-10 GHz and the 12-15 GHz. All of the receivers will be placed in the cassegrain house located in the center of the dish.

Report from the Laser Rangers: The Laser

Rangers have been trying to calibrate their Laser ranging system and are achieving good results. They want to be able to measure the absolute distance between 2 points to an accuracy of 1 part per million. Right now, they are comparing laser measurements of the distance between 2 concrete monuments in the lab with other ways of measuring. First they compared laser measurements to measurements made with standard surveying equipment. The distances obtained with the laser system were much more repeatable than those obtained with surveying tools. Laser measurements outdid those made with precision steel tape also.

Their final test is to make a distance measurement with an Invar wire, carefully tensioned between the two monuments. They will send their length of wire to the National Institute of Standards and Technology (formerly the National Bureau of Standards) for a very accurate measurement. Keep in mind though that the NIST promises a measurement to within 40 millions of a meter and the Laser Rangers want to be able to measure the distance to within 18 millionths of a meter! It looks like the Laser Ranging System may someday be used for the standard in distance measurement. The Laser Rangers are pretty sure that the distance between their monuments is 18,374,536 millionths of a meter give or take 6 millionths!

The 45 Foot Works! The OVLBI team has their telescope up and running. They are observing radio sources with it in an effort to calculate the efficiency of the telescope.

The Works Area Crew will soon begin connecting all areas of the site with new fiber optics cables, and they have a new toy for digging the trenches for these lines. Called a trencher, it resembles a giant chain saw, and it will be used like one - sawing through the earth to make the trench. Mike Holstine's face positively lit up as he described it!

Mike has also recently been shopping the surplus markets for NRAO. He brought back two military surplus "data analysis" trailers which are now parked beside the paint shop. At least one of them will be used at the GBT site.

Notes from Jay:

Students At the Observatory

In addition to our regular scientific and engineering visitors, and the teachers and students that come to attend specific programs, we often have various students in residence and employed at the Observatory.

SUMMER STUDENTS. These tend to be very visible around the site. Summer students are undergraduates from schools all over the country who are chosen to work with one of the engineers or scientists for the summer. The NRAO summer student program is very competitive: there are usually ten applicants for every opening. The program is currently funded through a special grant from the National Science Foundation. Many summer students have gone on to successful careers in astronomy or engineering. Some end up returning to use the telescopes or even eventually working for NRAO! Former summer students include Tom Bania, Rich Bradley, Rick Fisher, Jay Gallagher, Martha Haynes, Carl Heiles, Mike Masterman, and Dan Stinebring, to name just a few.

Each summer for the past few years there have been about five summer students at Green Bank, out of about 18 in total at all NRAO sites. Last year our students came from New Mexico Tech, Hanover College (Ky), University of California at Santa Barbara, Worcester Polytech (Massachusetts), and Rice University (Texas). This summer we expect to be host to five more students.

CO-OP STUDENTS. There are a number of universities that have co-operative education programs and that is where the co-op students come from. Co-ops enroll in a five-year degree program, and spend part of their time outside of the school, working in a job related to their field of study. Typical co-ops alternate three months in school with three months of work. A co-op student might work at the Observatory every spring and fall (or every summer and winter) for three or more years. There used to be a lot of co-op students here, but the program was cut back some time ago because of budget limitations. There is now one co-op on site, Tod Pfalzgraf from N.C. State, working with the laser group under Dave Parker.

We hope to be able to increase the number of positions for co-ops at the Observatory so that there will be at least two here at any time.

THESIS STUDENTS. The last phase of a graduate student's education involves research and writing a thesis. NRAO gives some fellowships to graduate students to spend up to two years in residence here while they work on research related to their PhD. thesis. Former thesis students who now are prominent in and about NRAO include Tom Bania, Martha Haynes, Riccardo Giovanelli, Dave Hogg, Mark McKinnon and me. There are no thesis students presently at Green Bank, but two in Charlottesville, Dave Frayer and Ed Murphy, are frequent visitors to the site. When the GBT comes into operation there will probably be an increase in the number of students who come here for a major part of their education.

MENTORSHIP PROGRAM. Two outstanding students from Pocahontas County High School, Chad Peck and Pat Matheny, have joined the NRAO electronics staff for the remainder of their school semester. They will be working at NRAO one afternoon per week.

Under the guidance of Roger Norrod, Chad will be organizing and creating an AutoCad Library of icons. Pat Matheny is working with Mike Masterman on a variety of projects including circuit building. Rick Zeigler is their sponsoring teacher at the high school.

A Second Jansky Fellow for Green Bank

I am very pleased to announce that Dana Balsler will be joining the staff here at Green Bank for a three-year appointment as a Jansky Fellow. Dana, who is now finishing his PhD at Boston University under the supervision of Tom Bania, will be moving to Green Bank in September. Jansky Fellowships are designed to give recent PhDs a chance to do research unfettered by teaching or other duties. NRAO awards about three Jansky Fellowships each year; there are typically 75 applicants for the positions. Mark McKinnon, who started here in the fall of 1993 was the first Jansky Fellow in Green Bank in quite some time. He will now be joined by Dana this fall.

NRAO Bowling

Bob Vance

The Recreation Association of NRAOGB sponsors a team in the Wednesday night bowling league at Elkins. The membership has been devised to include as many members as possible in this activity. The team membership is limited to eight members by the league. The season consists of thirty-six weeks beginning in September and is broken into a first-half and second-half season. Eight members bowl the first-half and then they are replaced by eight new members for the second-half if enough people desiring to bowl are available. Our first-half roster consisted of Roger Norrod, Jim Gibb, Steve White, Dave Seaman, Russ Poling, Sid Smith, Bob Vance, and Frank Ghigo. The team members for the second-half are Bob Simon, Sid Smith, Steve White, Harold Crist, John Shelton, Jay Lockman, Wally Oref, and Ron Maddalena.

The win/loss record for the first-half was 31 wins/41 losses for a 43% win average. The current standing of the second-half team is 14 wins and 26 losses for a 37% win average.

High game for the season to date belongs to Roger Norrod with a 234. High series to date is Roger

Norrod with a 615. The members bowling over a 500 series to date are: Roger Norrod(7), Bob Vance(5), Sid Smith(2), Bob Simon(4), and Jay Lockman(1). Over 200 games include: Roger Norrod(4), Bob Vance(1), Jim Gibb(1), Bob Simon(2), and Jay Lockman(1).

The Elkins Recreation Center is located 50 miles from Green Bank. Each Wednesday evening, at 5 P.M., the team leaves for Elkins to bowl regardless of weather. This year, we have traveled through rain, sleet, snow, flood waters, and even have gone when electric power was being conserved. One night, four teams from Elkins could not make it to the bowling alley, but the Green Bank team made it before the start time of 6:30 P.M.. The trip consumes one hour of time and allows for lively discussions about any topic. The recreation association pays the sponsors fee and each member's sanction fee. Each member pays his share of the league bowling alley cost each night. Prize money is returned by the league after expenses based on games won. In the past, we have had a picnic with the returned money after the season is over. It appears that we will settle for a covered-dish picnic this year!

Look What's Cookin'



Sunday Lunch Menu

April 24: Beef Stew w/
Cornbread

May 1: Meat Loaf w/ Gravy
Mashed Potatoes, Lima Beans and
Buttered Carrots

May 8: Turkey Roast w/ Gravy,

Mashed Potatoes, Green Beans
and Buttered Corn

May 15: Ham and Cabbage
Baked Apples, Candied Yams and
Buttered Peas

May 22: BBQ Beef Sandwich w/
Cole Slaw, Spinach, Harvard
Beets and Parsley Potatoes

May 27: Pepper Steak
Macaroni and Cheese, Broccoli
Spears w/Cheese Sauce and Peas
and Carrots

June 5: Baked Chicken, Noodles,
Succotash and Stewed Tomatoes

June 12: Hamburger Steak in
Gravy, Mashed Potatoes,
Brussel Sprouts and Buttered
Corn

Family Pizza Night

Thursday April 28, 1994
4:30-6:30

Cheese Pizza ... \$5.00
Pepperoni, Sausage,
Mushrooms, Green

Peppers, Onions available
for \$. 50 ea.

Tossed Salad... \$.70

Chef Salad... \$1.75

Place your order for pizza
and salad to Cafeteria by
4:30 pm on Tues., April 26.

Tattler Tales.....

Congratulations to Katy Clark for achieving two merit scholarships for college. She is one of four recipients of the AUI Trustees scholarship award. In addition, she was chosen to be the Lucy Haynes Chatham scholar at Salem college (in Winston Salem, NC). Only two incoming freshmen are selected for this honor each year. Well Done Katy!! And Mark, I guess you'll get to hold on to your gold fillings for a while!

The guys at the Interferometer have long enjoyed cookies during Maintenance Day. It was suggested at a recent coffee break that, as the newest member of the 140' team, Chuck Jr. should bring cookies during 140' maintenance!

From now on John Payne may be affectionately known as Johnny Ramp Seed by those who had the olfactory pleasure of being near him on his last visit to Green Bank. After all these years in and out of Green Bank, John partook of his first mess of ramps. So taken was he by the taste, aroma, and restorative power of our WV spring tonic, that he vowed to sow ramp seeds from here to Tucson!

Congratulations to the Gums, and welcome home to Nicholas Gum!

A rumor has been whispered that part of the new building (see page one) will be the new headquarters for the Ivy Road staff at NRAO-CV. For details, see Gregg Morris.

Errata: The Tattler apologizes to Winston for misspelling his nickname: It is not Boogs, it is Boug.

The opinions of Frank Goose, aka Frank Ghigo, expressed in the last issue of the Tattler are not necessarily those of NRAO, or the Tattler.

Speaking of retirees: I was looking through old Observers and I found out that last year was not the first time Bob Viers fell off a ladder. Apparently, in 1965 he fell off one and broke a couple of ribs. Gee Bob, you're not getting old... You're just clumsy, that's all!

On the subject of Talks, Seminars and Colloquia and old Observers:

Since Jay has been director, we have seen a resurgence of informative talks : from colloquia given by visiting astronomers to the new technical seminar series put on by our own employees.

On at least one occasion I have noticed heads nodding off in the middle of someone's talk. (not to mention any names, Bob). It's not that the talks are boring, it's just that people are tired from all the thinking they do around here. I'm not the first person to notice this tendency to doze. In fact, our director wrote some words on the subject when he was a student in 1968! Here are some of them, taken from the Observer, v 8, #1, March 1968.

1. A Symposium should be held in an area with a "homey" atmosphere. One overstuffed sofa should be available for each participant, enabling them to relax as papers are given and catch up on a little sleep during "less interesting" discussions. If sufficient numbers of the participants are permitted to nap undisturbed, time spent on questions, discussion and short contributions will be greatly curtailed.

2. Cocktails should be served before the theoretical papers, in the hopes that the topics presented would be more readily understood

and the merits of the theoretical proposals be more easily judged.

3. In the event of disagreement between two or more theories, which cannot be resolved on the basis of existing experimental evidence, provisions should be made to furnish weapons to the opposing factions and conduct a duel immediately.

Physicals - cont'd from page 4

the clinic across the road. In recent years it has not been necessary to assist the medical practice in that way. And not all employees were satisfied with the physical they received over at the clinic anyway. I remember someone suggesting that "coupons" be issued to employees so that they could seek the physical of their choice. This is not cost effective, however. Our exams cost as little as they did because we received a bulk rate. You'd get less for your dollar if you were shopping as an individual patient.

How important are free bi-annual physical exams to you? They may not be a thing of the past if you think they are important and if funds can be found in the Green Bank budget to cover the cost. Take a few minutes to answer the survey questions accompanying this article. Turn them in to me and I'll publish the results in the next issue of the Tattler. The number of surveys returned will mean as much as the responses tallied on them so if you have an opinion, be sure to turn one in!

Oh, by the way - it is not true that we ever got free physicals instead of free coffee! It is true that the cost of our physicals was slightly less than the amount spent on free coffee at the AOC.

Health Options Survey

All references to physical exams refer to bi-annual exams offered by Deer Creek Clinic as in the past unless stated otherwise. Circle the number that most accurately reflects your opinion: 1 = strongly agree, 4 = strongly disagree

- | | | | | |
|--|---|---|---|---|
| 1. I want bi-annual free physicals to be reinstated. | 1 | 2 | 3 | 4 |
| 2. The wellness program serves my needs better than a physical exam. | 1 | 2 | 3 | 4 |
| 3. The wellness program has helped me become a healthier person | 1 | 2 | 3 | 4 |
| 4. Both the wellness program and the physical exams should be offered. | 1 | 2 | 3 | 4 |
| 5. The exams should be reinstated but given by another local doctor. | 1 | 2 | 3 | 4 |
| 6. The wellness program would be an adequate substitute for the physicals if cancer screenings were added. | 1 | 2 | 3 | 4 |

What features of the physical exam were most important to you?

- | | | | | |
|---|---|---|---|---|
| Routine Examination | 1 | 2 | 3 | 4 |
| EKG | 1 | 2 | 3 | 4 |
| Exam for colo-rectal cancer | 1 | 2 | 3 | 4 |
| Blood work (HDL, LDL counts, triglycerides etc.) | 1 | 2 | 3 | 4 |
| X-ray | 1 | 2 | 3 | 4 |
| Pap test | 1 | 2 | 3 | 4 |
| Other _____ | 1 | 2 | 3 | 4 |

What tests/screenings should be added to a physical or wellness program?