

RICE DIET NEWS

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Winter 1999

Winter Recipe



ORZO PASTA WITH RED PEPPER COULIS

By Chef Enzo JR Soviero

12 ounces of orzo pasta
1 teaspoon of olive oil
½ cup of leeks, diced large
½ red bell pepper
1 ounce of fresh basil
½ cup leeks, diced large
1 ounce of fresh basil
¼ cup water
2 cloves minced garlic



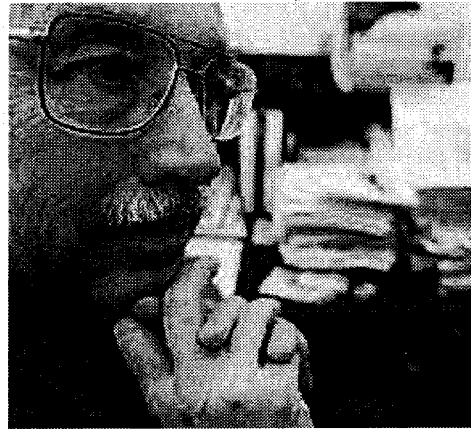
Submerge orzo in boiling water for 12 minutes. Sauté leeks and garlic in olive oil for 60 seconds over high flame. Puree red pepper in blend adding water. Add pepper mixture to sauté. Cook for 5 minutes. Add basil. Serve over orzo pasta. Serves 2.

Calories (kcal):	284.6 per serving
Total fat (g):	3.5
Cholesterol (mg.):	0
Dietary fiber (g)	2.9
Protein (g)	9.1
Sodium (mg)	12

Doctor of Letters

Our own Dr. Francis A. Neelon can be seen in the pages of the News and Observer, in their October 30, 1998 issue.

"We treat disease and we treat the hell out of it. Medical students see one focus right now. Stop the bleeding. And there's a time and place for that. But I'm more concerned, just as concerned, with how we treat the whole human being".



The article traces Dr. Neelon's life from his childhood growing up in Boston, through his studies at Harvard Medical School, and his arrival at Duke in 1962. It was there, according to this article, that Dr. Neelon "was introduced to a philosophy of medicine developed by Canadian physician William Osler, who emphasized the importance of the physician-patient relationship and encouraged physicians to have a life beyond medicine, to write and read literature." Something in the philosophy of medicine having a deep, intellectual side clicked for Dr. Neelon, who has, for the past decade, been one of thirty Duke physicians involved in a Roundtable of interested readers and writers.

Duke University Medical Center received a grant in 1987 to introduce poetry to cancer patients. Recognizing that the healing effects of poetry would extend to the physician as well, Dr. Neelon, along with Janice Palmer, head of the Medical Center's Cultural Services, created the Roundtable.

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Rice House in the News

Duke Hospital received the recognition it so richly deserves when it was featured in an article entitled "A Week in the Life of a Hospital", in the October 12, 1998 issue of **Time Magazine**. The writers, who spent seven days visiting different areas of the hospital, described Duke as "one of the crown jewels in American medicine," and said that "to walk these halls is to watch medicine as it changes before our eyes." You can read the article, and see what the writers had to say about the Rice Diet Program, on line at www.time.com.

See recent alumnus, Nina Landow-Smith in December issue of **Walking** magazine, in the article "Heroes on Foot". Nina walks over 4 miles per day, and has maintained a 100 lb. weight loss since being at the program March 1997. Congratulations, Nina on a job well done.

Phil Jordan was featured on January TV show **Hard Copy**. Phil was originally featured in our Autumn 92 newsletter after losing a whopping 249 lbs. He started the program in May '90 and has maintained his weight loss and health all these years. Way to go, Phil !!

The Durham Herald Sun, December 23rd, told of Ann Marie Hancock's success at the Rice House. She said, "she found a cure" for her life threatening sodium sensitivity here.

Our very own Dr. Susan Head is quoted in the February 99 issue of **ELLE** magazine.

Exceptional Staff Additions – by Kitty Rosati

We are thrilled with our latest staff additions, and are sure that you too will be impressed. **Kathy Vokaty** has a Physician's Associate degree (magna cum laude) from Duke, as well as a B.S.N. in Nursing and Psychology from Marquette University, and a M.P.H. in Health Education from University of North Carolina at Chapel Hill. Her personal life accomplishments are also noteworthy; she has, thus far, survived a 13 year old daughter and 9 year old twins (a boy and a girl)!

Oh'm also thrilled to report that I now have a nutrition colleague, **Susan Montgomery**, with academic accomplishments that are equally admirable. With a B.A. in psychology from Colgate University and a M.P.H. in Nutrition from University of North Carolina at Chapel Hill, she is well equipped for the challenge. As important as these credentials is the fact that she walks her lifestyle talk. With these wonderful new talents on board here, our blessings are obvious during this holiday season. Here's to our ongoing healing in 1999.

Rice at the Alter

Dodging a shower of rice, rather than eating it, Shirley Martin was married to G. William Allen on October 11th in Stoney Creek, Connecticut. Shirley reports that friends and family came from as far away as China, Montana, and Florida to help her celebrate her big day. Shirley and Bill celebrated their honeymoon in Botswana and Zimbabwe all of November.

Our congratulations also go out to Karen Lang, who was wed to Gary Van Proogen on September 27th, 1997. Karen reports that, after her 140-pound weight loss, she could be wed in her dream dress. *We wish a lifetime of health and happiness to all of the newhewed.*



Karen and Gary



Kathy Vokaty



Susan Montgomery



Rice Diet Program Staff
Holidays 1998

