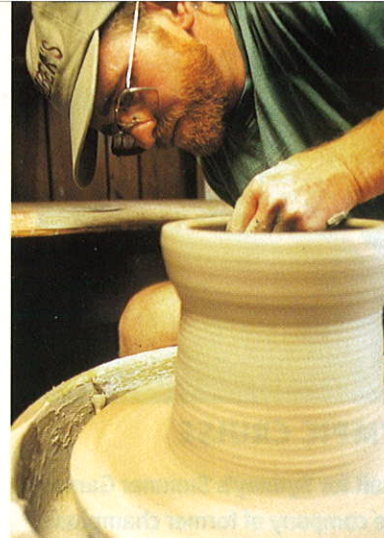


SOJOURNS

LEARN FROM THE PROS

North Carolina artisans share their tricks of the trade

Visit Asheville, North Carolina, and come away with the world's finest souvenirs: ones you make yourself. Every weekend in February and March, the community's renowned artisans will hold **two- to four-hour workshops** in glass blowing, jewelry design, pottery making, and other creative arts. Classes cost \$30 to \$80, including materials. For schedules, call (800) 280-0005. — J.S.



BELLY UP TO THE BAR

Web site directs you to saloons in popular cities around the world

Wet your whistle with a stroke of your keyboard. Virtually, anyway. BarTrek, a Web site sponsored by Heineken, guides you to taverns in sixteen cities worldwide — including Berlin, London, New York, Paris, and Tokyo. Visit www.heineken.com/bartrek, download the directions on a personal digital assistant, link them to a Global Positioning System Compass, then do as you're instructed. Or print them out the old-fashioned way.

— E.G.

Q AND A

HEALTH

Q: HOW CAN I BE CERTAIN THE TAP WATER IS SAFE TO DRINK WHEN I TRAVEL OUT OF THE COUNTRY?

A: Bradley A. Connor, M.D., medical director of Travel Health Services in New York, says: Assume the water's not safe when you travel in less-developed areas outside of North America, Western Europe, Australia, New Zealand, and Japan. Buy sealed bottled water, preferably carbonated. Be wary of resorts that have their own water-filtration systems; if the power goes out, reactivating the system may introduce bacteria.

TECHNOLOGY

Q: HOW CAN I STAY UP ON HOMETOWN NEWS WHILE I'M TRAVELING?

A: Ken Dulaney, vice-president of mobile computing for the Gartner Group, a technology consulting firm in San Jose, California, offers this tip: Use a free service from www.avantgo.com that copies selected news stories and other Web-based information to your hand-held computer. You can then do your reading in any place and at any time. "I can be almost anywhere in the world and still get news and even radio shows from home."

TRAVEL

Q: WHAT'S THE MOST VERSATILE FILM TO TAKE ON VACATION?

A: Professional photographer Rick Sammon, author of Camera Angles (Voyageur Press), recommends: Buy print film; it adjusts to a wider range of lighting situations. To record everything from Caribbean sunsets to church interiors, use Kodak Max films at 400 and 800 speed options, which produce prints that don't look grainy when blown up.

If you have any questions on health, technology, or travel, please send them to us. We can't answer all inquiries, but yours may be featured. E-mail us at americanway@compuserve.com.