

The Move to the New Health Center

by Judy Jo Small



February 13, 2023 had arrived. It was “the Big Day” at last! Culminating years of planning, demolition, construction, noise, dirt, and countless anxious staff meetings, The Forest at Duke’s new, state-of-the-art, small-house-model Health Center was ready for occupancy.

Since state law required that all the Health and Wellness residents must be moved in just one day, everybody knew that it was going to be a challenge. “All hands on deck!” was the watchword. Transportation had been arranged, suitable for the needs of each individual. Nurses, therapists, and other team members were there to ensure continuing care. Staff from Here to Home Inc., senior move specialists, moved residents’ personal belongings. And Whiting Turner’s Project Manager was on hand to address any glitches in the building’s operation.

Fifty-four resident volunteers in yellow tee-shirts were there to offer personal attention to each person being moved and to provide each with a “welcome basket” in their new room.

There was plenty of apprehension, but when the time came, all the planning paid off. The weather

cooperated, the sun shone, and things went pretty smoothly.

Health and Wellness residents were helped into shuttles at the old building and driven to the entrance of the new, where they were welcomed by team members, the 54 tee-shirted volunteers, and an arch of balloons. You can see from the moving-day photos on pages 6 and 7 that an exuberant **Joan Cohen** relished the day’s adventure.

The new arrivals looked around at their spacious, modern, brightly lit surroundings. Snacks, fruit, and drinks were served in a Cypress neighborhood household, from which respite they were guided to their personal neighborhoods and rooms.

Initial impressions were good. For some it seemed like a fresh start. **Don Chesnut**, a familiar contributor to *The Forester*, emailed “New home = the new Health Center, new attitude, new poem!” and enclosed a new poem, “the first from the new Health Center.” You will find it, “The Hairless Bear,” on page 5.

The move was completed well—all within the required one day window! 🌱

The Forester

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President's Podium



by Carol Carson

The Residents' Association (RA) Board, at its January 2023 meeting, took a significant step: it passed a motion authorizing steps toward the creation of a new RA Board member position and a new standing committee to serve as the liaison between the RA and the TFAD Information Technology (IT) Department.

The rationale for the motion was outlined in a report (available with the Board minutes) prepared by an ad hoc committee tasked with considering how the RA could fulfill its purposes with respect to IT—that is, to represent residents, serve as a liaison with the administration, and assist in the development of programs. The report concluded that, because IT impacts residents in many direct and indirect ways, the RA has reason to devote time and attention to it. Further, IT at TFAD was recently elevated to the status of a separate department, so having a standing committee for IT would replicate the department-committee relation found, for example, with health, finance, and marketing.

The motion included implementation steps.

The Governance Committee was tasked with considering a change to the RA bylaws—the first major structural change in many years—and developing a schedule for gaining the necessary membership approval. The Committee is already at work.

A Special IT Committee, with a chair appointed by the RA President, was commissioned for the interim. The Special Committee will initiate regular meetings with the TFAD IT director and start framing a statement of duties and responsibilities

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In Memoriam

Jane Lloyd February 10, 2023

Nancy Schiebel February 13, 2023

Donna "Jean" Klausman
February 20, 2023

An invitation ...

The editors invite you to share your experiences, your poems and essays, your artwork and photos, and your celebrations of life. Due to space constraints, not every submission will see print, but we will do our best to share as much with our readership as we possibly can. 🌱

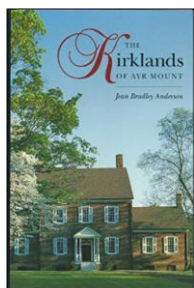
Library Science 101

by Carol Reese

In House Authors

Since the Library's inception, it has been organized into six broad categories: fiction, nonfiction (with an emphasis on American history), mystery, biography, large-print books (all categories), and nonprint. The goal of the collection has been to provide the residents with a wide variety of materials covering the six categories of the collection. With this goal in mind, and since the Library is not a research/teaching library, its policy has been not to accept textbooks or advanced science/technology publications. In addition, due to space limitations, it does not accept cookbooks, travel guides, gardening, or oversized "coffee table" books. This type of information can be supplied by the Durham County Library or the Internet.

As we all know, there are always exceptions to every rule. The Library's exception to this



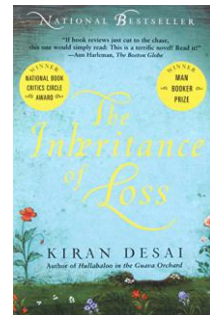
acquisition collection policy is its In-House Authors section. This section contains the written works of TFAD residents. Here you will find everything from novels to memoirs, philosophical essays, and scientific dissertations. For residents new to the area, **Jean Anderson's** books, such as *The Kirklands of Ayr Mount*, might be of interest. Or if your interest is in the scientific process, you might wish to read **Gordon Klintworth's** *Giants, Crooks, and Jerks in Science*, which shows how research misconduct has existed since the beginnings of science and remains prevalent today despite considerable efforts to abolish it. For those interested in neuroscience, you can try the various technical books by **Dale Purves** such as *You and Your Brain* or *Music as Biology*. These are just some of the publications available in the In-House Authors section written by TFAD residents. You will find all of them shelved on the wall next to the Conference Room. You will find it an easy collection to browse and, perhaps, find a hidden gem.



Book Exhibit for March/April: 25 Modern Women Writers

Resident **Carol Goldsmith** has put together an excellent exhibit for March/April which highlights the twenty-five modern women writers that everyone should read before they die. The list includes classic modern writers such as Toni Morrison and Maya Angelou and newer writers such as Jesmyn Ward. Morrison's many awards include the Nobel Prize in Literature (1993), Angelou's include the Presidential Medal of Freedom (2010). Jesmyn Ward, who was born in 1977 and is a professor at Tulane University, has won the National Book Award for Fiction in 2011 and 2017. She is the only woman and only African American to win the National Book Award for Fiction twice.

The list represents a diverse universe of women writers such as Kiran Desai, Anne Tyler, and Isabel Allende. Indian author Kiran Desai's novel *The Inheritance of Loss* won the 2006 Man Booker Prize. Duke alumna Anne Tyler is an American novelist, short story writer, and literary critic who has published 24 novels. She won the Pulitzer Prize for Fiction in 1989. Finally, Isabel Allende is a Chilean writer who is known for novels that are often based upon her personal experience and historical events and pay homage to lives of women. She was inducted into the American Academy of Arts and Letters and, in 2010, she received Chile's National Literature Prize. Carol Goldsmith put a great deal of thought into the development of this exhibit. I am sure you will find many stories to enjoy. 🌿



Podium ...

(Continued from Page 2)

for a new standing committee. **Carol McFadyen** has agreed to chair the Special IT Committee.

What's next? Keep an eye open for developments as the RA evolves with the times and, more specifically, if IT is one of your interests, look to be part of the evolution. 🌿

Welcome New Residents

Gerald & Eileen Richards

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A warm welcome to Gerald and Eileen, two of our newest residents, from Apex NC. Gerald is a native of Kansas City MO and is a graduate of William Jewell College in Liberty MO, with a Bachelor's in Philosophy. He also received a Bachelor's in Divinity from Midwestern Baptist Theological Seminary in Kansas City as well as a Master's in Theology from Duke University. Gerald served as a military chaplain from 1965 to 1988 in the U.S. Navy, and retired as a Navy Captain. His numerous military awards include the Legion of Merit Medal, Navy Commendation Medal with Star, Naval Meritorious Unit Commendation, and Vietnam Service Medal.

Gerald and Eileen were married in June 1967 and are the parents of Kara Richards Baker, who is a lawyers' investigator in Hillsborough, and Andrea Richards, who will be relocating this summer from Los Angeles to Durham and is a nonfiction writer. The family also comprises two grandsons and two granddaughters.

Eileen was born and grew up on a farm near Mound City MO. She attended Northwest Missouri University in Maryville for her BS in Secondary Education degree. Her major was Business Education; minor was English, and she taught school for three years in North Kansas City MO before becoming a mother and homemaker, as well as church secretary, for fifteen years. Active in her church as a Deacon, she served on various committees there. Both Richards were active in Sunday School and church activities.

Gerald and Eileen both love gardening, hiking, yoga, reading, and puzzles. They look forward to exercise at The Forest, as well as developing friendships with their fellow Forest neighbors. ☘

Jay & Elinor Williams

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Elinor was born in Oak Ridge TN, but has lived in North Carolina since age 11. She graduated from Durham High School, earned her bachelor's degree at Salem College in sociology and psychology, then received her MA in social work from the University of North Carolina.

She has had a varied career in social work that included police social work, child protective services, mental health clinic work, and serving as Clinical Director of Counseling and Psychological Services (CAPS) at Duke before joining Jay in a private psychotherapy practice in Chapel Hill. Elinor founded the NC Society for Clinical Work and was its Social Worker of the Year. She is also a past president of the Mental Health Division of the American College Health Association and is the author of numerous professional journal articles and book chapters.

For those of us who live at The Forest, Elinor has another claim to fame: her mother, **Katie Trexler**, was a pioneer resident, along with **Molly Simes**, **Mary Ann Ruegg**, and **Peg Lewis**, so she knows more about the place than most new residents.

Jay was born in St. Louis MO, grew up there, and came to Duke for his undergraduate degree in psychology. He went on to Smith College for his MA in social work before joining the Division of Child Psychiatry at UNC. He left the Division after ten years to enter private practice, and, later, to return to Smith for a Ph.D. While in private practice in Chapel Hill for 38 years, Jay was also an adjunct professor of social work and psychiatry at both UNC and Smith College.

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The Hairless Bear

by Don Chesnut

A bear that's bare is very rare,
It's awfully hard to find 'em.
But if you could out in the wood,
Be sure to sneak up behind 'em.

Hairless bears are oft embarrassed,
It's not the way they want to be.
For being buff puts everything they have
All out for everyone to see.

Let's salute these hairless wonders,
Said to them all without rudeness.
Though we find it hard not to stare,
We do celebrate their nudeness!

Jay & Elinor Williams...

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Jay is a Distinguished Practitioner in the National Academies of Practice and Past Chair of the Social Work Academy. He received a lifetime Achievement Award in Clinical Social Work from the American Association for Psychoanalysis, and he is a former Assistant Director of the Psychoanalytic Center of the Carolinas.

Both Jay and Elinor are active members of University Presbyterian Church in Chapel Hill, serving as chairs of the Mental Health Committee and Jay continues as chef of the Men's Breakfast. He is also heavily involved in the Eno River Association as a hike leader, photographer, and trail steward. Their daughter, Lindsey, who is married and living in Raleigh, works at Carol Woods and is completing a degree in occupational therapy.

The Williamses are very fit and love outdoor activities including hiking and gardening. Elinor hikes and exercise bikes. Jay is a former marathoner and triathlete who now cycles, hikes, skis, and plays disc golf. And both enjoy travel, cooking, and reading. ‡

Destruction and Reconstruction

by Mary Lou Croucher

Mother Earth—scraped, gouged, ravaged—hear her moan
Giving birth, heaving and acquiescing to the pain
of timeless change
Giving birth, something emerging!
The Phoenix rising—newness, sparkle, state of the art
Attitude adjustment, adaptability—onward and upward
The seasons of life, the tests of time
The fullness of emptiness. Be still and know.

The Wandering Credit Card

by Vi Sa, as told to Irma Kahn

Hi! My name is Vi Sa, and I have a story to tell about my exciting end. I had lived well protected in a special place for a very long time. I had been very useful and had provided many life-saving commodities—food, clothing, shelter, etc. I had been handled with care, never carelessly.

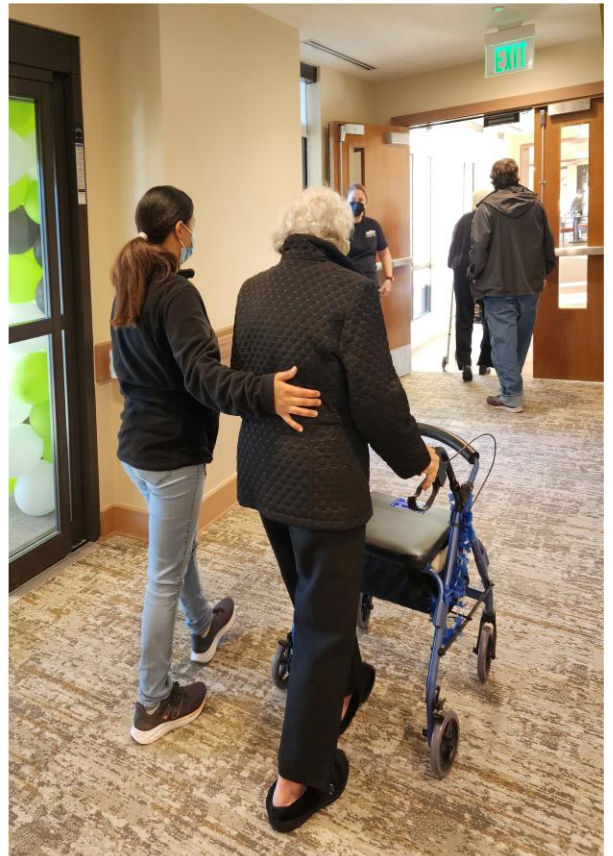
However, on the last Thursday of 2022, I had a rare opportunity to “wander.” I didn't mean to, but I slipped out of my usual place in my keeper's billfold and hid in a place that I never knew existed. She didn't know about it either, and, when it was discovered that I was missing, she was very distressed as she searched for me in vain. Sadly, I was canceled right away, and a replacement was ordered. How sad that after so many years of good service I was no longer useful!

I do hope my replacement will provide many years of extended service. It will enjoy going to places that I can now visit only in my imagination—Nordstrom, Macy's, Talbots, and other special destinations. After a few hours (or days) of imaginary travels, I returned to a new secret spot very near the old one in the same billfold. Several hours (or days) later I was discovered by accident. I know my return was a welcome one even though I could no longer serve my purpose and my days had to end in the shredder.

Still, I can rest in peace in pieces now. I do wish my loving family happy, healthy, successful shopping in this year and many more. Finally, I wish my replacement a long and useful life with no wandering off unexpectedly. ‡

Irma Kahn wrote feature articles for her high school and college newspapers. As an elementary school teacher, she wrote school plays and a newsletter. She enjoys “light writing.”

The Move ...



... To the New Health Center



Welcoming the Stranger

by Lynda Carlson

Elizabeth Gillis and I joined a team at Judea Reform Congregation (JRC) that would be sponsoring an Afghan refugee family. As part of the sponsorship, JRC was responsible for providing the following for each family: furniture, clothing, household furnishing, school supplies, rent and utilities for 6 months, funds for food and household supplies for 6 months, phone and internet services, and transportation support. These provisions amounted to at least eighteen thousand dollars for the family, all supplied by donations from JRC.

Elizabeth was the Queen of groceries, and she really got a workout taking the family for grocery shopping at least twice a week. She took them to Food Lion, Target, and the halal grocery on Chapel Hill Road.

Initially our family, whom for confidentiality reasons, I will call Dick and Jane Jones, with their two children, Sally and Bob, were in Fort Dix NJ. Jane had worked for USAID in Afghanistan for 13 years and had received multiple threats from the Taliban. They had to flee the beloved home that they had built and to leave behind other relatives, taking with them just two plastic bags and \$250. Their other belongings, including mementos and keepsakes, had to be left behind. They had gone from Kabul to Qatar to Fort Dix, where they stayed for three months. Jane was extraordinarily fortunate since she had a Special Immigrant Visa for herself and family because of the work she had done in Afghanistan. This meant that the family will ultimately receive a green card and US citizenship. After much delay, members of our team were able to meet them at Raleigh-Durham Airport with balloons and toys for the children. An apartment was found for them, close to three other Afghan families and a mosque.

A team member helped to get the children enrolled in public school, assisting with filling out numerous online forms, test-taking, and

completing health certificates. The children are extraordinarily bright, and this past September they received scholarships to the Triangle Day School. However, since the school does not provide transportation for the children, the job search for their parents has been complicated.

While the family was still at Fort Dix, our team started working with Dick and Jane, via WhatsApp, on developing American-style work resumes. Jane and Dick are different from many other Afghan families who have come to the US. They are both college graduates and speak English, as do their children. They both had Afghan-style resumes, which were very flowery, numerous pages long, and did not really explain what work they had done or their qualifications. Once they arrived in Durham and were settled, I worked with a group to find employment opportunities for them. I had led a large organization and had extensive experience in hiring and interviewing individuals, so I spent a lot of time coaching them on how to conduct a job search and on interviewing skills. It was hard to translate what Dick and Jane had done in Afghanistan to the Durham job market. For instance, Dick wants a “professional” job, but he cannot define what that means.

I was responsible for the first breakthrough for Jane. A large church in Chapel Hill was holding a sale of used goods and invited several Afghan families to come for the last hour of the sale and “shop” for whatever they wanted gratis. I brought Jane, and we were introduced to Stephanie, a church member who would help her. Initially Jane was intimidated, but she quickly got into the idea of free “shopping.” Her “purchases” filled both our cars.

We unloaded at the apartment. Afghan custom requires that guests always get served tea and something to eat. So, while Jane was preparing our lunch, I chatted with Stephanie and found out that

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Welcoming ...

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she works at one of the Duke schools. I indicated that Jane needed a job. Jane showed Stephanie her resume and told her that she had already applied for two positions at her school. Jane did work at the school for two months, but it was not a good fit. Now she is working at a manufacturing facility in Rocky Mount in a position she enjoys, but the travel is a difficult problem with a young family. We are working with her to find a closer job. Fortunately, Dick is working at a night job in Butner that allows him to get the children back and forth from school. But the position has no benefits, so I again am working with him to find a job with both benefits and the flexibility to get the children to and from school.

I was responsible for helping the family get clothes, and we did many tours of Target, Costco, and children's consignment stores in Durham. Also, many people were extraordinarily generous in contributing clothes for the family. **Stuart** and **Ed Embree** provided a huge bag of new clothes for Bob. For Jane, I ordered and returned many different Afghan outfits from Amazon until we found ones that suited her.

A serious frustration for Team Members, and for the family as well, has involved the difference between *knowing* a word's definition and *understanding* what the word means. For example, once Jane got the Duke position, she was faced with a huge selection of various benefits. But since the concept of benefits does not exist in Afghanistan, she did not understand why she should have deductions from her salary for health and dental insurance or for a 401(k). Elizabeth spent countless hours explaining these concepts and benefit choices with her and helping her to make selections.

In addition, Elizabeth has been taking each of the family members to a dentist provided by Medicaid. The children had never been to a dentist and

needed substantial work, the parents less so. In Afghanistan, one never goes to a dentist for preventive work.

Another problem has been transportation. We quickly realized how inadequate the Triangle's public transportation system is. Dick had driven in Afghanistan and readily acquired a driver's license here. But the family obviously needed a car; we were driving them everywhere. Five members of the team chipped in and bought the family a twenty-year-old car that Elizabeth had found. Jane, who had never driven, wanted to learn so that she could be independent, and we very much wanted her to have that capability. It took her three tries to acquire a learner's permit. Elizabeth has subsidized her driving lessons, and we look forward to her success. The family will be responsible for financing the second car.

We have learned many lessons from our experiences working with this family. Elizabeth and I became very fond of them. Despite continuing frustrations with their lack of understanding of various concepts, we've gained new understanding of the plight of refugees: to flee a homeland with little hope of return; to live indefinitely in tents; to move to a strange city where they know no one and few speak their language. As Elizabeth continually reminds me, we can never fully appreciate all they've gone through. But we have learned to feel how hard it must be to move to a country and culture so completely different from one's own.

We feel that in "welcoming the stranger" we have been living according to the moral principle set forth throughout the Torah and the Bible. †

Lynda and George Carlson moved to The Forest from Arlington VA in October 2019. Lynda's career was in the federal government, specifically two federal statistical agencies. Her final position was Director of the National Center for Science and Energy Statistics in the National Science Foundation.

FOREST SPEAKS—REPRISED

In Case You Missed *Dan Blazer* on "Cognitive Decline" ... or Can't Quite Remember What He Said

Reprinted by Phil Baer

Dan Blazer, Professor Emeritus of Psychiatry at Duke and new TFAD resident, spoke on the topic, Cognitive Aging: What Every Older Adult Should Know, at the January 23rd ForestSpeaks presentation. The Forest Forward promo for his talk mentioned: "All older persons experience some cognitive aging ... brief memory loss ...more time to think through a problem ... different from dementia in both symptoms and biology ... what we can do to maximize our function with aging." It was clearly both effective advertising and a topic of great interest, as evidenced by the standing-room-only, deeply-involved, and highly-appreciative crowd in the auditorium. The following is a brief summary of Dan's key points.

Cognitive aging is a gradual, lifelong process involving changes in cognition, the mental functions involved in attention, thinking, understanding, learning, remembering, solving problems, and making decisions. Although highly variable between individuals, it is experienced to at least some degree by all who age. An important point to keep in mind is that cognitive aging is not a disease, not dementia, not mild cognitive impairment, and NOT Alzheimer's disease. Cognitive aging is, however, of growing prevalence and concern to society. In the USA in 1900, only about 5% of the population was 65+ years of age; that figure now stands at 15% and will approach 25% by the year 2050. This is a world-wide trend, as more and more countries report that their populations are rapidly aging.

The anatomical and functional changes underlying cognitive aging include decreased connectivity between neurons and alterations in neurotransmitters, leading to decreased neuronal function, but not, however, characterized by neuronal death or decreased number of neurons. Testing for cognitive aging shows decreases in short-term memory and executive function, such as remembering instructions, planning and initiating tasks, and time management. Tasks that might become more difficult due to cognitive aging include filling out tax forms, preparing a meal from

a recipe, and downloading and using online apps to do things like renew drivers' licenses or car registrations. Adaptations to cognitive aging might include making more lists, using memory tricks, slowing down, and concentrating.

So, what can people at our stage of life do, or not do, to minimize cognitive aging? The most important three actions to take are: (1) be physically and socially active; (2) embrace healthy habits—stop smoking, get enough sleep, take prescribed anti-hypertension medications, manage diabetes, and don't abuse alcohol; and (3) avoid polypharmacy—taking multiple drugs prescribed by multiple physicians; make sure every physician you see knows about all the drugs you're already taking. Other choices include getting treatment for hearing loss, which contributes to depression, a factor in cognitive aging, and avoiding excessive chronic use of anticholinergic drugs, such as diphenhydramine (Benadryl), which have been shown to be associated with cognitive impairment (Out of curiosity, I did a Google search on "benadryl cognitive decline" and got 109,000 links).

How about brain stimulation activities, brain games like crossword puzzles, Wordle, Sudoku, or stimulants such as caffeine or amphetamines, or transcranial electric stimulation? None of these has been shown to be consistently, or persistently, effective. You get better at the games, but that improvement doesn't transfer to other measures of cognitive function.

Everything to this point in the article has come from Dan's presentation. I'd like to add just one thing that I plan to do. Now that I know so much more about cognitive aging, about how it presents itself and the risks it poses, I'm going to ask all friends and family who have known me for a decade or more, and who are familiar with my cognitive abilities, to be forward and frank when they see those abilities decline. It's a normal process, not something to hide or be ashamed of. But it can lead to bad decisions and bad outcomes, so I'm going to ask for help. Join me if you wish. Maybe we can start a club. 🌱

Two Unusual Experiences

by Jeffrey Collins

Upon completing my PhD at Harvard Medical School in Microbiology and Molecular Genetics in 1972, and being single and “footloose and fancy-free,” I had decided that this was an excellent opportunity to do my post-doctoral training abroad. I was fortunate to receive three very attractive offers to post-docs outside of the U.S.—from the Imperial Cancer Research Fund Laboratories (ICRF) in London, the Karolinska Institute in Stockholm, and the Weizmann Institute in Rehovot, Israel. For a variety of reasons, I decided to accept ICRF’s offer and headed off to London in August of 1972.

As it turns out, ICRF is the only one of the three national cancer research organizations in the United Kingdom. to have the royal family as its official patrons. For this reason, when a new wing was opened at the ICRF Laboratories a month before my arrival, it included a special bathroom/toilet that could be used only by Queen Elizabeth II should she ever deem to visit ICRF and need its use. Then, lo and behold, shortly after I arrived it was announced that the Queen would, in fact, be visiting in a few months to officially dedicate the new wing of the lab building. Following this announcement, we spent weeks of training as to how to interact with the Queen (e.g., how to bow/curtsy, how to address her, etc.) should one meet her directly while she toured the building. In addition, despite the fact that this was a brand new addition to the lab building, it was thought necessary, in light of her impending visit, to completely repaint the walls of the new wing. (The Brits loved their Queen!).

As luck would have it, when the actual visit took place, the Queen did end up coming into my lab on her tour and did come up to my desk, where I put my training to good use, bowing and addressing her appropriately and even shaking her hand when she offered it to me. What stood out to me was the incredible amount of makeup she had on her face, looking almost like a mask in person but showing up as a perfect complexion that night on BBC TV news reports on her visit to dedicate the new wing of the ICRF Laboratories.

With this unusual experience behind me, I went

on to complete my post-doc at ICRF, even staying an extra six months beyond my original 2-year fellowship to complete the cell biology project I was working on. During that time, I was negotiating junior faculty positions with different universities in the United States and ended up being recruited to join the group at the Duke University Medical Center (DUMC) headed up by **Dani Bolognesi** (who recently moved into TFAD) focused on the immunotherapy of virus-induced leukemia using a mouse model system. I left London and moved to Chapel Hill in December 1974 to take up my new position as an Assistant Professor of Experimental Surgery and of Microbiology and Immunology at DUMC.

This led to the second unusual experience. In early 1979, *US* magazine decided to do a story on the “35 Fastest-Rising Americans Under 35.” As part of this effort, they contacted the Public Relations office at the Duke Comprehensive Cancer Center concerning a researcher at Duke who they were considering for this story. The PR office informed them that this faculty member had recently left Duke, but that there was another faculty member at the Cancer Center doing very interesting work on the immunotherapy of virus-induced cancers who had recently been awarded a large multi-year grant from the National Institutes of Health (NIH) to support this work whom they might want to consider for the story. This led to my long phone interview by *US* magazine and the eventual decision to include me. The story appeared in the July 10, 1979, issue of *US* magazine (with Jackie Onassis on the cover) along with a photograph of me in a white lab coat with a lab mouse running up my arm while I held it by the tail. I was still under 35, but by less than a year. Also included in this group of 35 Americans were Bill Clinton (then a very young Governor of Arkansas), actress Sigourney Weaver, and multi-gold medal-winning Olympic swimmer Mark Spitz. I think I may have pulled down the “fame average” of this collection of people, but I nevertheless enjoyed my “15 minutes of fame.” †

Jeffrey Collins, who grew up in New York, has degrees in bacteriology, microbiology, and molecular genetics from Cornell and Harvard. Jeff is currently Chair of the RA Dining Committee.

RA Website 2.0

by Beth Timson

Forest residents may not be taking advantage of the Residents' Association website for various reasons: "I don't see any reason to," or "I don't touch my computer except for email; my daughter got it for me." But if you can email, you can use the site. And if you haven't seen a reason to visit the website before, this new version has features you will enjoy.

This "RA Website 2.0" has expanded information, and navigating the site is easier and similar to other well-used sites. The site is rich with historical and current information about The Forest itself and features topics to inform Forest residents about their concerns. For instance, you can learn about the construction of the campus from its origins until today if you want some history. Or you can access the latest minutes from various residents' committees for more current data. Information is easy to find with a new "Google-like" search box on the front page.

Features for use as well as information include links to on-site resources (such as Viibrant, channel 1390, TFAD library holdings) and links to off-site information (such as Triangle shopping and services, Duke's OLLI course offerings, UNC's public humanities programs).

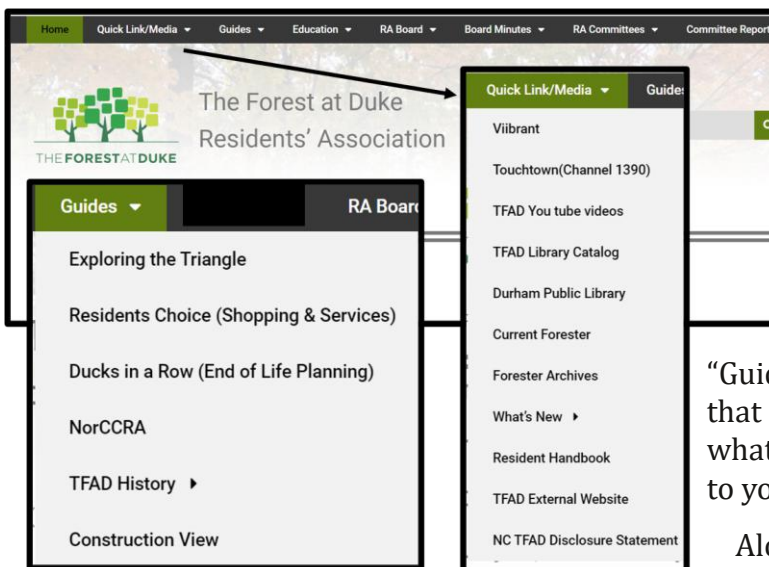
And, yes, you will find it simple to use, even if you're not a computer expert. Resident **Lowell Goldsmith** has led the update of the website and offers us the following guide for using it.

The site went live on March 1. You will need to log in with a unique password and username. For simplicity, your username will be your email

address. Your password (created by you) will be chosen the first time you log in and will be your password entry after that. The only requirement will be meeting some requirements about the number and kind of characters in the password. The site address is www.ForestRes.org to log in.

The site will open to the front page, and you can click on the relevant tab to get to the specific information you want, or you can enter a category into the search box on the top right-hand side of the page.

Suppose you are interested in "TFAD History" from the "Guides" tab—just click on that word and you can see what information is available to you on the subject:



Along the top menu bar, there are besides the tabs shown—"Quick Links/Media" and "Guides"—tabs for the RA Board and its minutes and resident committees and their projects as reported in their specific minutes. Try out the site, and you'll be impressed with the resources you can easily tap into, from end-of-life planning documents, to the holdings of the Durham County Public Library, to past *Foresters* you may want to read again.

Many TFAD residents will remember that **Bob Dix** started the original RA website in 2013 from scratch, doing a remarkable job with the technology available at the time. We can thank Lowell Goldsmith for this current revamping of the RA website to increase its usefulness to residents. In his enthusiasm for the site Lowell has offered to explain how you can set up your username and password if you need assistance. Contact him at Lowell_Goldsmith@med.unc.edu. ☎