

Triple A!—African, American, Activities

by George Williams

One of the remarkable things about our new Activities Program Manager, Meghan Rodriguez, is that she is African because she was born in Africa, in



Tunisia. Her Caucasian parents, active in the Peace Corps at the time of her birth, were then in Africa. She was not for long African—when their stint was over, they moved to Chapel Hill and she became a North Carolinian. She was one year old then, and in Chapel Hill she grew up. She attended the University of North Carolina, the one in

Wilmington. That campus has the virtue of being very near the beach, but she studied hard and graduated from that university in 2006 with a B.A. in Recreational Therapy.

She had had a term as an intern at the Children's Hospital at UNC in Chapel Hill, but her first employment after her degree was at our end of the age scale at Burlington Manor, a retirement community, where she was for one year the Life Enrichment Coordinator (such a title!). Then she worked for five years for the City of Durham and then for three years for Raleigh as a Recreational Therapist, working to encourage people with disabilities to practice therapy recreationally as a means of achieving specific goals.

Recreational Therapy at the Forest might seem to be at the fringes of the discipline in which she was trained, but it is certainly true that our recreations—music, art, lectures, symposia, a rich and full tradition of activities here in the Forest—can be counted as therapy for those of us who exercise ourselves in enjoying their diversity.

She is married to Daniel Rodriguez, currently a doctoral student in biomedical engineering at Duke. They have a daughter, Isabel, who will have attained the mature age of 18 months when you read this. She is named “Isabel” because her mother loved that name, but her middle name is “Rowen,” a form of her great grandmother's name. Meghan and David also have a dog named Phoenix. Meghan believes in regular exercise and in the crafts of quilting and DIY. She is also concerned with the program Pinterest, which provides guides for creating crafts, etc.

Though she is new at her job and admits that she has much to learn, she finds it exciting and challenging. Her fellow workers, Jenna Craig and Glenn Arrington, both received special awards from the Residents Association in July. With this kind of support, we may be assured the program is in good hands. As of now, Meghan says she is “loving it.”



Meghan with Isabel at age 3 months.

The Forester

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Submissions Welcome

The Forester editors welcome submissions from TFAD residents who want to share their special insights, experiences, knowledge, literary efforts, opinions, etc. These should be sent in as digital documents attached to email addressed to George Williams <hpgwiv@gmail.com> and Shannon Ravenel <ravenelhs@gmail.com>. Prose pieces of about 500 words are ideal. Unfortunately, due to space constraints, not every submission will see print, but we'll do our best to bring as much to our readership as we possibly can.

President's Podium



by Dale Harris

Our Residents' Association (RA) Annual Meeting will be at 2 pm on Monday, October 16, in the Auditorium. At that time the upcoming vacancies on our Board of Directors will be filled. We will be voting for a President, Vice-President, and three new Directors who will become chairs of three of our standing committees. If you will be absent from that meeting and want an absentee ballot, please request one from **Carol McFadyen**, our RA Secretary, no later than 5:00pm on Sunday, October 15, 2017.

Those ending their terms on our board are **Jim Shuping, Nancy McCumber, Anne Moore** and I. We are so very fortunate that Jim has been in the leadership position of vice-president. He has brought the perspective of past experience combined with fresh ideas and many contributions to the RA's effectiveness.

Nancy McCumber has served as a board member and as chair of our Resident Services Committee which oversees a significant group of residents' services, including Library, Gift Shop, Encore Store, the Pictorial Directory, the *Forester*, and the New Residents' Orientation Committee. She has done a remarkably effective job at a time when many of these services were in transition.

Anne Moore has also served as a valuable RA board member. She has served as chair of the Caucus Committee and has strengthened the caucuses, increasing the number of caucuses with leaders and getting information out to them. Many, many thanks to each and all of them.

I am enormously appreciative of the privilege this experience has been for me, and express my heartfelt thanks to each and all who have helped foster our RA purposes during my term in office.

* * * *

Helpful Hint

If you find an item in a newspaper or magazine that you want to keep, please make a copy of it using the copy machine in the Connections Room across from the Library. This way other residents will have a chance to read the entire newspaper too.

Library Science 101

by Carol Reese

Welcome back! Believe it or not, an entire year has gone by since I was asked to be the librarian. It has been a busy one. Over this past year, residents have donated over 5,460 items to the Library. From these donations, we added about 540 items to the collection. In addition, due to various generous monetary donations, the Library was able to purchase 50 new titles for the collection (several of these were recommended by residents).

As well as building the collection, the Library Committee members developed a Suggestion Card. Several residents have taken advantage of the ability to make various recommendations. For instance, one resident asked if the Library could post a road map of North Carolina especially for those new residents who came from other states. The Library was able to get the latest road map from the state and posted it on the wall outside the Conference Room.

Another request was for a list of the new books to be posted at the circulation desk. While a printed list wasn't practical since it could run to several pages, I thought it possible to post a list on the Residents Association (RA) website. A quick discussion with fellow resident Bob Dix (he maintains the site) followed to see if this was possible. Bob was very receptive to the idea so we now add a list of new items to the Library section of the RA website when warranted.

To see the lists of new items:

1. Go to the website **www.ForestRes.org**
2. Enter the user name: **resident**
3. Then enter the password: **RAweb2701**
4. Press **Enter** or **Return** on your keyboard
5. Once the main screen for the RA website comes up, go to **Quick Links** at the top and click on **Library Resources**
6. This will bring up a web page with links to the Library's online catalog, the Durham County Library, and the list of new items added to our Library.

Residents have also used the suggestion cards to recommend specific titles they would like to see in the collection. These were then reviewed by the members of the Library's Acquisitions Committee in order to determine their suitability based on our collection development policies. While not all suggestions were approved, many of the titles have been added to the collection.

Finally, the Library Committee is starting to work on the development of a five-year plan for the Library. Where would you like to see your Library five years from now? What services would you like to see the Library provide by 2023? Any changes, additions that you wish for? Please don't limit your ideas. Just write them up on a Suggestion Card. All suggestions either for now or for five years from now are welcomed. Remember, you will find the cards in a clear plastic box on the wooden table just as you enter the Library. We want to hear from you.

See you in the Library.

In Memoriam

Bruce Pennybacker	June 15, 2017	Susan Shuping	July 19, 2017
Frank Light	June 21, 2017	Eunice Goldner	August 2, 2017
William Oliphant	June 25, 2017	Doris Sommer	September 5, 2017
Virginia Bryan	July 13, 2017	Hans Weinberger	September 15, 2017
Rose Leavenworth	July 15, 2017		

The Ghost of Rhett Butler

by John Howell

During the two months I worked at Twentieth Century Fox, there were only four movies in production: *Daddy Long Legs*, starring Fred Astaire and Leslie Caron; *Untamed*, starring Tyrone Power and Susan Hayward; *The Seven Year Itch*, starring Marilyn Monroe and Tom Ewell; and *The Racers*, starring Kirk Douglas, Gilbert Roland, and Bella Darvi. But there was also a movie in post-production I didn't know about—that is, until I met the star. Though I had recognized James Stewart immediately when I met him in Baden Baden before I came to Los Angeles, I didn't recognize Clark Gable. By 1954, more than fifteen years had passed since his popular roles in *Gone with the Wind*, *It Happened one Night*, and *Mutiny on the Bounty*, and Clark Gable was no longer the same “person.”

I had only been on the Fox lot for two days when I was returning to the office and saw a heavysset man standing by the curb of Fox's main street. He was wearing a dark suit, and I thought he was a Fox executive. When I approached, however, the man turned—and I saw the ghost of Rhett Butler. Unnerved, I pretended he didn't exist and I started past him without acknowledging his presence. Then he began whistling in a deliberately loud and tuneless way. He was forcing me to look at him. And when I did, he smiled and said, “How's it going?” and I whispered, “Fine, sir,” and hurried on my way.

When I got back to the office I learned he was on the Fox lot to do some final edits for the movie *Soldier of Fortune*, which co-starred Susan Hayward. And I also learned, from my friend George, that Clark Gable was 53, had trouble keeping his weight down, and had a tremor which forced the director, Edward Dmytryk, to shoot him in short scenes and minimize closeups. But I did not learn—until years later—that he was also suffering from angina and aggravating his heart with heavy smoking and repeated crash diets—and there was a grim inevitability to his fatal heart attack on November 16, 1960, ten few days after completing his role with Marilyn Monroe in *The Misfits*, where he insisted on performing violent scenes with wild horses in the Nevada desert, with temperatures hovering around 110 degrees.

John Howell was a professor of American Literature and chair of the English Department at Southern Illinois University. This piece is an excerpt from a memoir in progress.

Where will it all go?

by Ned Arnett

Where will it all go when I die,
This wonderful world I call “reality”
Which leaves me (or which I leave)
When it gives way to sleep,
A descent into darkest nothingness?
Or into a world of dreams,
Generated by the slurry of biochemical
Reactions in my brain,
And carried by a web of nerves
With its own continuity?

Other people agree with me
About our shared “reality,”
In fact, autos would be useless
If we couldn't read
Each other's body language
As we approach
At high speed on a busy road.
We'd all soon be road-kill if we couldn't.

But each of us generates his own
Very private dreams with its own
Feelings of reality and continuity.
We can compare notes with each other
About our dreams
With some degree of mutual empathy.
But we can't share a bit of
Our personal sense of reality,
As each of us goes separately through
time,
Asleep in his dreams.

Ned Arnett is Professor Emeritus of Chemistry at Duke.

MEDITATION: A Vacation from the Mind

by Larry Inderbitzin

“A human mind is a wandering mind, and a wandering mind is an unhappy mind.”—Killingsworth (*Science*, Vol. 330, 12 Nov. 2010)

Most human beings spend an inordinate amount of time thinking, not about tasks or planning, but rather aimlessly about the past and/or future. This thinking is primarily self-referential—I, me, mine—and prevents us from experiencing whatever is actually happening in our lives in the moment. We overlook what is going on not only in the world around us, but also in the potential of our inner lives. We are not present, and do not smell the roses. In Zen this has been referred to as the “monkey mind;” and meditators call it the “blah, blah!”

Neuroscience has designated this activity as the default network (DN), and it is under extensive scientific scrutiny. Recent evidence suggests that it also compromises innovative and creative thinking. Hallucinogenic drugs and meditation practice have been shown to quiet or even stop these wandering thoughts and obsessive ruminations. New studies suggest that elimination of the self-referential thinking is probably not necessary to achieve less unhappiness and more inner stillness and peace. But being less attached to and/or caught up in our thoughts is equally as effective, as Buddhists have proclaimed for centuries.

“What is meditation?” is a question I am rarely asked by those who assume they can’t do it. My usual response is to tell them that it is as natural and simple as breathing, and if they can breathe they can meditate. The main difference is that meditation takes practice and like any developing skill it requires a measure of determination.

Meditation is an ancient eastern practice with a myriad of forms, only a couple of which have been studied scientifically. It was introduced to the West primarily with Maharishi Mahesh Yogi’s

transcendental meditation (TM). Utilizing this method Herbert Benson, a Harvard cardiologist, was the first to study the multiple benefits of the practice and described them in his landmark book, *The Relaxation Response*, in 1971. He described the relaxation response as a physical state of deep rest that changes the physical and emotional responses to stress and is the opposite of the fight-or-flight response, and he found it was beneficial for a variety of problems—hypertension, anxiety disorders, pain, etc.—caused or exacerbated by chronic stress.



In subsequent years there have been hundreds of scientific reports on the many benefits of what is termed “Mindfulness Meditation,” a term popularized by John Cabot Zin. About 800 centers in leading university medical establishments around the world are utilizing and studying this practice. Although I fully endorse the method (practice) of mindfulness meditation, the term “mindfulness” is, in my opinion, confusing at best and misleading at worst; all agree it is a synonym for *awareness* that is the heart of meditation. *Awareness* is a quality that all human beings have even though most have not been advised that they have it and that it is valuable and can be cultivated. Meditation is not about thinking or not thinking, but rather about attending to the *awareness* of thinking.

Awareness can be expanded and more appreciated by purposely paying attention without judgment to whatever arises in the present moment from either inside or outside of us. It is this deliberate moment-to-moment attention that can result in our being more fully present in our lives.

Try it and have a holiday!!

Specializing in psychiatry in academic health-care settings, Larry Inderbitzen has practiced and taught at Georgetown University and Emory University.

Welcome New Residents

Martin & Marguerite Kagan

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Martin: DrMBK@yahoo.com

Margot: Margot350@yahoo.com



Martin & Margot Kagan came to the Forest from Fearrington Village, where they had moved a half-dozen years ago from their long-time home on Oyster Bay Cove, Long Island, NY. Their parcel of land—2.5 acres, the smallest permitted by local zoning—was on the former Sagamore Hills estate of Theodore Roosevelt. In addition to the cottage originally on the property, they built a barn and riding ring to accommodate Margot's interests in dressage. The location was convenient to Martin's oral and maxillofacial surgery practice in Manhasset.

Margot was born in multi-lingual Geneva, Switzerland. Seeking adventure, she enlisted in a USAID-sponsored technology education program in Conakry, Guinea, part of the former French West Africa. In the mid 1960s the hospital ship SS HOPE had been scheduled for Vietnam, but because of war conditions it was diverted to West Africa and moored for a year in Conakry. It was during this year that Martin, looking for his own adventures, volunteered to teach a dental surgery course on the HOPE. His mastery of French was sufficient to deliver prepared lectures, but he was less confident of his ability to handle the question-and-answer sessions that followed. Margot, fluent in English and French, was assigned from the shore staff as a translator. This felicitous appointment led in time to romance, long-distance courtship and marriage.

As one might expect from this start, the Kagans

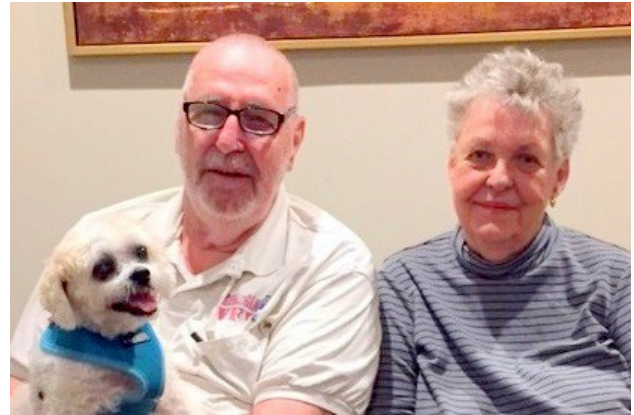
(Continued on Page 8)

Harry Shemery & Beverly Wheeler

Apt 1010 919-973-3552

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Beverly: bevcruises33@verizon.com



Harry, Beverly, and their 13-year-old shichon teddy-bear dog, Snookums, came to the Forest from Port Chester, NY, where Beverly had reared her three children. Beverly herself grew up in cities dictated by her father's sales-management career. Completing high school in New York State, she earned a bachelor's degree from Cornell with a dual major in Food & Nutrition and Child Psychology.

When a master's degree was required to teach long term in NY State, she enrolled in Lehman College. Her thesis proved, with data, the practical importance of teaching personal finance to high-school students. She used her knowledge to develop courses in practical living for high-school students, typically in the 11th or 12th grade. Although her courses on the subject were always oversubscribed, they were dropped when the educational philosophy moved away from "practical" courses in favor of "academic basics," especially as computers became more common. For seven years she wrote a newspaper food column on the side, featuring favorite recipes.

Harry was a US Marine, based primarily in Albany, GA. He was active in Boy Scouts, Little League, VFW, and Moose League. He also developed a proficiency in using computers. It was on the Internet playing one of the world's oldest games, dominoes, that he met Beverly. Besides Internet surfing, Beverly's hobbies span music, dancing, acting, and ceramics.

Welcome New Residents

Ellen & Ken Barrett

Cottage 96

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Ellen: 803-554-4076 EBarrettSC@me.com



Ken and Ellen Barrett moved to the Forest from Fort Mill, SC, near Charlotte. Between them they have four daughters and seven grandchildren! The closest family is in Morrisville; the others are in Tampa, Knoxville, and Charleston.

Ken—an avid Clemson fan!—grew up in Rock Hill, SC; earned a BS in Civil Engineering and an MS in Environmental Systems Engineering from Clemson; and served with the Army Engineers at the USMA-West Point and in Vietnam from 1970-71. His subsequent career was with HDR Engineering leading the design and implementation of large water and wastewater systems, initially in the Carolinas and later throughout the United States.

Ellen grew up in Baltimore, graduated from Smith College with a political science degree, and married soon thereafter. The following 18 years were spent near Syracuse (Cazenovia, NY), where she raised her children and earned an MS in Environmental Science (with an emphasis on municipal waste disposal) from Syracuse College of Environmental Science and Forestry. For 30 years she worked for large consulting engineering firms developing programs for methane recovery from landfills, analyzing waste-to-energy potential for the five NYC boroughs, and developing a multi-million dollar solid waste plan, including recycling, for the City of Los Angeles.

Ellen and Ken met in 1997 working on a water and wastewater utility optimization project for the

Jo Anne Mooney

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Jo Mooney grew up in Arlington, near East McKeesport, PA, where her grade school had only four rooms. This small start did not deter her from moving on to the University of Michigan where she majored in English, and spent the bulk of her non-class time working on *The Michigan Daily*, becoming a senior editor. She also met Frank Mooney, a law student. She was awarded a guest editorship at *Mademoiselle* magazine at graduation and moved to New York City, planning to stay there for a year at *Mademoiselle*, while Frank established himself in a large Chicago law firm. She lasted a shorter time and returned to Chicago for marriage and family.

While their four children were growing up, Jo did not work, but when she began it was in the publishing world. Her longest position was with the elementary education publisher, Scott Foresman, where she became an associate editor. During her years there she earned an MA in History at Loyola U. She retired in 1992, the same year her husband died. She moved into the city, took her love of painting more seriously, started an illustrated family cookbook, and continued her dedication to swimming. These continue to occupy her here.

Three of her children have PhD's, and the fourth is an MD. The latter, Richard, is a neuroscientist at Duke, and we owe him the pleasure of having Jo at The Forest.



City of San Diego. Ellen had by then joined HDR Engineering, and both had transitioned into the management-consulting practice. They worked together on major utility projects for 10 years until they retired. Golf, international travel, and visits to grandchildren keep them very busy.

Two for Ada Lou

10th Anniversary In Memoriam

by Herbert L. Carson

The Hummingbird

When I first stood in your sugared presence—
Like the hummingbird sipping sweetened water
From the feeder in our fifty-year yard

When I first stood in your sugared presence,
Like the hovering bird by the red feeder
I too danced in delight, danced on the air.

The Bed of Ulysses

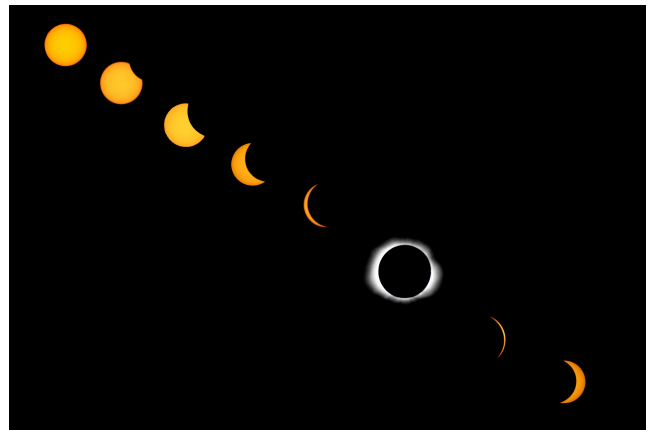
I would give you the bed of Ulysses,
Stern olive tree, full leaved and flourishing,
Columnar trunks heroic in proportions,
Clutching roots digging deeply into earth,
Embracing the anchor of the world.

I would give you the bed of Ulysses;
Perhaps, however, our roots go even deeper.

Herb Carson is the author of five books with his late wife, Aada Lou, as well as numerous poems, essays and stories.

The Solar Eclipse of 2017

Photos by Wes & Ebbie Steen



Solar images, taken through a dark filter, about 19 minutes apart — except the sliver left of the unfiltered image is about 7 minutes before totality, that at the right about 2 minutes after. The bright fringe around the sun (and those in the photos below) are from solar corona and surface activity. The righthand photo is a "diamond ring," visible just after totality.

Wes and Ebbie Steen experienced the April 21st eclipse in Andrews, NC. The town styled itself "Totality Town, NC." The center line of the eclipse's path of totality passed directly over the athletic field at Andrews Middle School, with 2-minutes and 38.4-seconds of totality.

The entrepreneurial Middle School rented 30'x30' plots on the athletic field to the public. They engaged amusement vendors to entertain kids waiting for the eclipse, NASA astronomers to present educational programs, volunteers to staff information and safety stations, and local caterers to offer NC pulled pork and other comfort food. A two-day block party!

The weather was perfect. Ebbie and Wes salute the dedicated educators of Andrews Middle School for a wonderful experience.



Kagan

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are international travelers. They love nature and the out-of-doors. They have been bicycling enthusiasts, bicycling even in mountainous Switzerland, where public transport does the up-hill lifting and the down-hill routes are bicycle friendly. Although no longer bicycling, they continue to enjoy gardening, caring for animals, and volunteering.

Edmond Halley and the Solar Eclipse of 1715

by Seymour Mauskopf

The startling and impressive disappearance of the sun and advent of darkness, which many of us witnessed last August 21, has signaled dire monitions for most people in the past—and even the present: Mark Biltz, author of the 2016 book *God's Day Timer*, said the fact that the eclipse's path falls exclusively on the United States means it is a sign that God's judgment is coming to America.

For an historian of science, the varied significance ascribed to eclipses in different times and places is of great interest, but of particular importance is the development of a scientific perspective. This may have been fully articulated for the first time just over three hundred years ago by the English astronomer, Edmond Halley (1656–1742) who successfully predicted the total solar eclipse of April 22 (May 3 in the Gregorian calendar), 1715. This eclipse passed over southern England and Halley produced a broadside map of it in March. In his commentary, Halley contrasted the new scientific perspective with the dire prophetic one:

The like Eclipse having not for many Ages Been seen in the Southern Parts of Great Britain, I thought it not improper to give the Publick an Account thereof, that the suddain darkness wherein the Starrs will be visible about the Sun, may give no surprize to the People, who would, if unadvertized, be apt to look upon it as Ominous and to Interpret it as portending evill to our Sovereign Lord King George and his Government, which God preserve. Hereby they will see that there is nothing in it more than Natural, and nomore than the necessary result of the Motions of the Sun and Moon.

The ominous portent concerned the recent accession to the British throne of the Hanoverian George I; there had been much popular unrest in London. But, as Halley emphasized, a solar eclipse is “nomore than the necessary result of the Motions of the Sun and Moon.”

Seymour (“Sy”) Mauskopf, educated at Cornell, Princeton and Oxford, taught the history of science at Duke for many years.

Heavenly Bodies In the Low Country

by A.M. Mellor

For my recent trip to Charleston I selected a hotel that offers Avis Rent-a-Wizard on days featuring a solar eclipse. The wizard provided, who would not reveal his name, took me well before dawn to a Harris Teeter adjacent to Charleston Harbor where we launched his boat. Our objective was the middle of the harbor, where we avoided both Fort Sumter and some of the spectators crowded on other watercraft.

Once at our destination the wizard turned to an Antikythera Machine which I had failed to notice in the darkness. He checked the time and looked to the skies. Our long day began. My anonymous wizard explained that a happening determined by the laws of celestial mechanics would occur at each of the times listed below, but only for Charleston, SC, and only on August 21, 2017. He counseled me to be observant as the day wore on and to identify each occurrence.

6:31 am	6:47 am	8:13 am	1:16 pm	2:09 pm	2:47 pm	4:09 pm	7:57 pm	8:04 pm
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In spite of a bit of seasickness, then sunburn—but less than normal for any other cloudless August day on the sparkling water—I managed to clarify what happened at each time listed. How many can you identify? Hint: Which time corresponds to sunrise?

Forest colleagues who submit perfect answers to the Resident Astrologer no later than 8:04 pm on October 21 will be recognized in a future number of The Forester and receive their next six issues free!

Arthur (“Mac”) Mellor grew up in New York and New England. He is a graduate of Princeton and a Fellow of the Professional Aerospace Society.

Oh, Sleep! It is a Gentle Thing

by Don Chesnut

Sleep. What is better after a long day's traipse thru life than to relax in one's bed and slowly and gently go to sleep. We can't do without it, although many of us find it difficult to readily and restfully achieve. Sleep is, indeed, a gentle thing, as Samuel Taylor Coleridge states in *The Rime of the Ancient Mariner*:

Oh sleep! It is a gentle thing,
Beloved from pole to pole!
To Mary Queen the praise be given!
She sent the gentle sleep from Heaven,
That slid into my soul.

Sleep that reinvigorates our body and the mind, that prepares us for another day. One of my favorite descriptions comes from Shakespeare's *Macbeth*:

Sleep that knits up the ravell'd sleeve of care,
The death of each day's life, sore labour's bath,
Balm of hurt minds, great nature's second course,
Chief nourisher in life's feast,

It's strange that this beautiful definition of sleep comes from tormented Macbeth who painfully prefaces this wonderful phrase with:

Methought I heard a voice cry 'Sleep no more!
Macbeth does murder sleep,' the innocent sleep,

It makes the characterization that follows all the more painful for this man tormented with guilt.

Shakespeare's Hamlet also was wary of death's ultimate sleep:

... To die: to sleep.
No more; and by a sleep, to say we end
The heart-ache, and the thousand natural shocks
That flesh is heir to, 'tis a consummation
Devoutly to be wished. To die: to sleep.
To sleep? perchance to dream. Ay, there's the rub;
For in that sleep of death what dreams may come,
When we have shuffled off this mortal coil,
Must give us pause.

Macbeth, like Hamlet, equates death with ultimate peace.

... Better be with the dead,
Whom we, to gain our peace, have sent to peace,
Than on the torture of the mind to lie
In restless ecstasy. Duncan is in his grave;
After life's fitful fever he sleeps well.

I confess that for many years I've prepared for rest with a libation or two. For many years Jack Daniels and I were good friends, but of late it has been Vladimir Smirnoff with whom I associate nightly as a way to relax and prepare to have my ravell'd sleeve of care knit up. One must, of course, properly prepare for this.

Nap and Nip

In afternoons I take a nap,
It's something I would never skip.
I do it so when evening comes
I'll be awake to take a nip.

And for those of you who disdain such sleep preparation as this, I quote the last verse in my poem *A Bit of Toddy*.

And if you're criticized for drink,
Tell them what you really think!
Tell them medical work has shown
What for years you've always known:
A bit of toddy is good for the body!

All of us desire a peaceful ending to our day. As Falstaff comments to Prince Hal in *Henry IV* just before battle:

I would 'twere bedtime, Hal, and all well.

Overall I think the key to being able to restfully sleep is being at rest with one's self, knowing that, indeed, all's well.

Now I Lay Me Down

It's late at night and I must sleep,
Those undone things will have to keep
Until the early morning dawn,
When I shall rise and carry on.
I've often had a sleepless night,
Not having done those things I might,
Those little things I didn't do,
That good intent not carried through.
The fallen child and friend I passed
Without a nod or handshake's grasp.
A thank-you card I failed to send,
Those fences that I didn't mend.

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Oh, Sleep!

(Continued from Page 10)

Today I was in better style,
I stopped to raise the fallen child.
The stranger now returned my smile,
I did those things I knew worthwhile.
I told a friend how much I cared,
Recalling joys that we have shared.
I did those things that mean so much,
A friendly wave, a loving touch.
Now as I lay me down to sleep,
I think of those my name will keep
Close to their hearts so to assure
Fond memories will long endure.
And if I'm not to rise from rest,
My comfort is, I did my best.
I know that things will be all right,
And I'll sleep calmly through the night.
I'll sleep most calmly through the night.

Whatever method we employ we hope to find rest.
As Horatio says at the end of *Hamlet*:

Now cracks a noble heart.
Good night, sweet prince;
And flights of angels sing thee to thy rest!

Visualizing a flight of angels is not such a bad image
to view as we prepare to sleep.

And, as Juliet to Romeo:

Good night, good night!
Parting is such sweet sorrow
That I shall say good night till it be morrow.

So, good night, sweet dreams, sleep tight, don't let the
bedbugs bite! And may flights of angels sing you to
your rest.



Don Chesnut, a frequent contributor in prose and poetry, is Emeritus Professor of Chemistry at Duke.

Alzheimer's Plea

Do not ask me to remember.
Don't try to make me understand.
Let me rest and know you're with me.
Kiss my cheek and hold my hand.

I'm confused beyond your concept.
I am sad and sick and lost.
All I know is that I need you
To be with me at all cost.

Do not lose your patience with me.
Do not scold or curse or cry.
I can't help the way I'm acting,
Can't be different, though I try.

Just remember that I need you,
That the best of me is gone.
Please don't fail to stand beside me,
Love me 'til my life is done.

This poem was a part of the Celebration of the Life of Susan Shuping, organized by Jim Shuping, held in the Auditorium on September 3, 2017. The author is unknown.

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Durham Savoyards

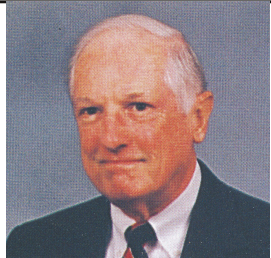
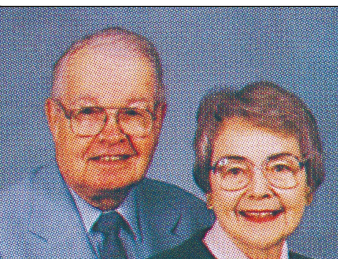
The **Durham Savoyards**, one of The Forest's Community Partners, has been busy in our Auditorium preparing its next show, a double billing of Gilbert and Sullivan's *Thespis* and *Trial by Jury*. Performances October 12-15, 2017, at East Chapel Hill High. All seats \$25. Sign up in *Connections* for the Forest bus for Sunday afternoon, October 15.

**Bernie & Marion Bender****Bob & Hildur Blake****Edith Borroff****Jimmy & Susan Butler****Georgia Campion****Bert & Elizabeth Dube****Bob & Evebell Dunham****Dick & Ethel Foote****John & Louise Goshorn**

Still Pioneers after 25 Years

As part of the celebration of the 25th Anniversary, the Forest sponsored a Luncheon on September 21 for the original Pioneers still resident with us. The photographs of those twenty-one, dating from 1992-1993, were made available from the Archives of the Forest by the imagination and enterprise of Jim Shuping. The names in italics designate spouses—Pioneers in their time—now no longer with us.

Four members of the staff (not shown) are also Pioneers: Carol Adams, Glenn Arrington, Laurie Lach, and Eric Reid.

**Marjorie Jones****Ed Lee****Peg Lewis****Mary Ruth Miller****Velma Neel****Harry & Phyllis Owen****Don & Mary Ann Ruegg****Aileen Schaller****Frank & Molly Simes****Milt & Rheta Skolaut****Priscilla Squier**