Norovirus

by Banks Anderson MD

If you had no diarrhea or vomiting during the recent outbreak you may have been congratulating yourself on a strong physique or good health habits as you went to the café. But consider this quote from the 2011 Center for Disease Control (CDC) bulletin to state and local health departments: "Furthermore, up to 30% of norovirus infections are asymptomatic and asymptomatic persons can shed virus, albeit at lower titers than symptomatic persons."

Because of this and herd immunity, norovirus outbreaks rarely produce diarrhea in more than 50% of a population. Viruses are micron-sized particles that invade cells and take over their machinery to duplicate themselves. They can't replicate outside of a cell but may survive without a cell. The tobacco mosaic virus, for example, can exist for years in a crystalline form and still infect tobacco on contact. Viruses are very fastidious in the cells they control. Both the host and the type of cell in the host are linked to their successful reproduction.

Our outbreak was most probably a norovirus strain adapted to humans and of course it selectively replicates in our gastrointestinal cells. Influenza virus and coronavirus pick on respiratory cells while polio and zoster prefer neural cells.

Researchers wanting to grow viruses then must find cells that viruses can call home. But human norovirus strains won't grow in eggs or in HeLa cells or in other currently available cell cultures or in rodents, and this limits what we know of their biology. It is possible with electron microscopy to see the virus particles, but this is not the same as knowing that these particles are infectious. Norovirus particles can be seen in human feces up to four weeks after an overt infection, but peak shedding with up to 100 billion viral copies per gram of feces occurs 2–5 days after an infection. It has been estimated that as few as 18 viral copies can produce human disease.

It therefore takes only a microscopic fecal-oral bolus to effectively transmit this virus. It is a prince among viruses. It doesn't disable its hosts, facilitating spread. It doesn't induce lasting immunity. After some months, it can use previous hosts again to reproduce. It rapidly spews billions of copies from GI cells, inducing a non-bloody diarrhea that facilitates transmission to the mouths of new hosts. All over the world all age groups are susceptible, although children and adults over 65 seem more affected. And like other viruses it seems able to evolve strains to defeat herd immune responses. To quote the CDC: "Noroviruses are the predominant cause of gastroenteritis outbreaks worldwide." Any cruise ship operator would concur.

So what to do? Soap and water hand washing (which seems more effective than alcohol solutions) for everybody. Food and liquids contaminated by sewage or by food handlers are the major causes of outbreaks, with person-to-person contact secondary. Any food handlers, including tray deliverers, who get diarrhea should be ordered to stay home for a week after their 1–3 day course of illness ends. Salaries should continue during this time. No outside bags, baskets, containers, or personal items should be allowed in food preparation or delivery areas. Impervious surfaces need to be wiped down with bleach. Upstream, poorly treated municipal or well water as well as oysters, raspberries, etc. exposed to contaminated water have been implicated in outbreaks.

Creating the perception that an outbreak is actively being attacked is important. Isolation rules do this. But except for sick food handlers these rules are largely ineffective since so many spreaders are asymptomatic. This virus enters orally and exits anally. Masks only impede respiratory droplets, not the viruses themselves. And lastly, the really dangerous viruses to us are the influenza viruses. Have you had your flu shot this year? ⚜

Banks Anderson, MD, is Professor Emeritus of Ophthalmology at Duke, President of the TFAD Residents' Association, and member of the Health Committee of the TFAD Board of Directors.

In Memoriam

John Marshall   February 6, 2020

President's Podium

by Banks Anderson

It finally happened. The weather gurus forecasted snow for Durham County. Mind you it doesn't actually have to snow for the entire no school, no work, no performance culture to swing into gear. What would seem ridiculous in Madison WI, where my oldest daughter lived for decades, is expected behavior here. The rationale is that we would not want to endanger our children. This is the same rationale that child-care givers, i.e. parents, use to emergently stay home from work. The result is short-handed staffing in hospitals, clinics, and care facilities as working parents' child supervision arrangements are impacted. As a consequence of calling off public school, instances of reduced medical staffing because of workers' child-care priorities may be resulting in injury or death to folks our age. And are the children any safer? If they are out in the snow and ice with or without supervision, perhaps not.

But aside from the excitement of no school or work, there is a benefit to snow on the ground. In the high latitudes where the days are much shorter, as in Madison, snow on the ground and rooftops extends the outdoor actinic lighting ambiance by an hour or so. It is important for good sleep to be entrained in the circadian day/night cycle. We are diurnal animals and daylight at 4500 Kelvin keeps us awake and active. This in turn, it is said, results in better sleep. But actinic bluer daylight is typically shunned indoors where we buy warm white 3500 K fluorescents or LEDs because the "daylight" ones are too harsh and unattractive. Some good research could be done when we move our Health & Wellness folks to a new environment. Accelerometers, even Apple watches, measure duration and velocity of activity. Does the "small house model" actually result in significantly more resident activity? Would 4500 K lighting in all out-of-room spaces result in better sleep patterns? With careful attention to detail and attention to controls, it might be possible to find some answers to these and other important questions. ⚜

LIBRARY SCIENCE 101
by Carol Reese

RECYCLING AND THE LIBRARY

We in the Library strongly believe in recycling. In fact, a large part of the Library's current book collection consists of books that were once part of collections owned by residents. The recycling process for books, DVDs, etc. starts when residents decide to reduce the size of their collections and enlist the Library in the process. Doing so makes it a very easy process.

Simply take your excess to the Library or, if it is a large or unwieldy set of materials, discuss options with me. Once the materials have been received by the Library, the Library's Acquisition committee takes over. They determine, first, if the Library already has the materials and whether it fits within the approved Acquisitions Policy:

"Since the Library is not a research/ teaching library, it does not accept textbooks or advanced science/technology publications. In addition, due to space limitations, it does not accept cookbooks, gardening, or over-sized 'coffee table' books."

Any books that the Library can't use are kept until the shelving in the Library Workroom is filled. Then we invite a local book seller to see if he can use any of the books for which he gives the Library money. This money is then added to our book budget. Once the book seller makes his selections, the Library holds an internal book sale (residents and team members only). All funds we raise go into the Library's supply budget. Any remaining books are packed up and given to the Friends of the Durham County Library for their county-wide book sales.

As you can see, all book, DVD, and CD donations are recycled in one way or another.

MAGAZINES – OLD ISSUES

Unfortunately, the Veterans Hospital is no longer taking back issues of magazines. While residents may still donate fairly current issues to the Library for other residents to enjoy**, if you have older issues please place them in the recycling bins around the building**. If the Veterans Hospital changes its policy, we will let you know. Also, if someone knows of another institution that might be able to use our back issues, please contact Carol Reese at `reese.carol911@yahoo.com`.

COURTESY TOWARD FELLOW USERS

When taking an item out from the Library, **please remember to complete the item's check-out card** and leave it in one of the silver containers on top of the Library's circulation desk. This enables us to tell where something is if another resident requests an item that isn't on the shelf. We would then put a note on the check-out card that this resident would get it next once the item is returned. This way everyone knows they will have equal access to all the library items.

A Quick Reminder: all items go out for three (3) weeks; a resident may ask that their check-out be renewed for another three (3) weeks **unless** someone has placed a request for it.

Your fellow residents thank you.
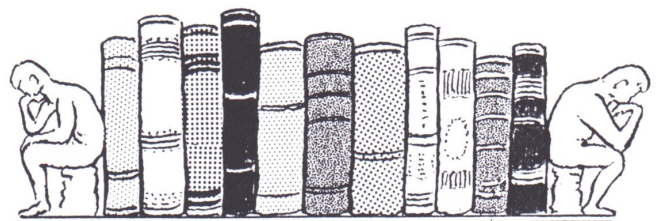
Beauty in Mathematics
by Don Chesnut

Most of us are familiar with the idea of beauty in art or poetry or prose, but not so much of beauty in mathematics. How, indeed, can there be beauty in something that appears to many of us as cold and mechanical? Of course we first need to define beauty, and I find the Merriam-Webster Collegiate Dictionary (10th Edition) helpful in this regard. Is says "Beautiful applies to whatever excites the keenest of pleasure to the senses and stirs emotion through the senses." That works for me for I know of artwork which is a pleasure to my eye and poetry that stirs my emotions.

Another term we need to work with is simplicity. Interestingly this term is harder to define than beauty and takes up more space in the dictionary. Merriam-Webster says that simplicity is something that is plain, uncomplicated, artless, constituting a basic element, unconditional, readily understood or performed. Just as Justice Potter Stewart said of obscenity, "I know it when I see it." I think we know simplicity when we see it.

The idea of beauty in mathematics is as old as mathematics itself. But we want to introduce the topic taking comments from the early 20th century physicist Paul Dirac. Paul Adrien Maurice Dirac (1902–1984) was a wunderkind of the quantum mechanical revolution of the 1920s and 1930s, and while perhaps not as well known as Schrödinger (Erwin Rudolf Josef Alexander Schrödinger, 1887–1961) and Heisenberg (Werner Karl Heisenberg, 1901–1976), he was no less important. He shared the 1933 Nobel prize with Schrödinger "for the discovery of new productive forms of atomic theory."

Dirac is perhaps best known for his 1928 4-vector solution of Einstein's relativistic equations for the electron. The four components of Dirac's 4-vector were divided into two pairs, one pair for a particle of negative unit charge (the electron) and one pair for a similar particle of positive unit charge (the positron), the first prediction of the presence of antimatter. Within each pair of solutions was a new property of both the electron and positron, spin angular momentum, simply referred to as "spin." Because of this, the field of magnetic resonance was born. The positron was observed by Carl Anderson at CalTech in 1932, demonstrating the importance of Dirac's theory that predicted a new particle before it was observed.

Dirac gave a lecture at the presentation of the James Scott Prize on February 6, 1939, and it was in this lecture that we find the text for this article. While in science one usually has adopted the simpler of several theoretical approaches to a problem, perhaps that theory containing fewer adjustable parameters, Dirac said: "The dominating idea in this application of mathematics to physics is that the equations representing the laws of motion should be of a simple form. … The physicist is thus provided with a principle of simplicity, which he can use as an instrument of research. … What makes the theory of relativity so acceptable to physicists in spite of its going against the principle of simplicity is its great mathematical beauty. This is a quality which cannot be defined, any more than beauty in art can be defined, but which people who study mathematics usually have no difficulty in appreciating. The theory of relativity introduced mathematical beauty to an unprecedented extent into the description of Nature."

And his most important point: "We now see that we have to change the principle of simplicity into a principle of mathematical beauty. The research worker, in his efforts to express the fundamental laws of Nature in mathematical form, should strive mainly for mathematical beauty."

Dirac posed that mathematical beauty is of prime importance in recognizing the most appropriate theories.

While there are many examples of beauty in mathematics, I want to illustrate this property with two very important examples.

The Euler Identity.

Leonhard Euler (1707–1783), according to Wikipedia: Euler was one of the most eminent mathematicians of the 18th century and is held to be one of the greatest in history. He is also widely considered to be the most prolific mathematician of all time. His collected works fill 92 volumes. Euler was able to derive his formula that states:

$$e^{ix} = \cos(x) + i \sin(x)$$

where $e \approx 2.71828$ is Euler's (and Bernouli's) constant, i is the square root of -1, and $\cos(x)$ and $\sin(x)$ are the familiar trigonometric functions. For the particular case where $x = \pi$ (π, perhaps the best known mathematical constant), we get

$$e^{i\pi} + 1 = 0$$

which is known as Euler's identity. It has been called "the most remarkable formula in mathematics" by no less than Richard Feynman because of its single use of the ideas of addition, multiplication, exponentiation, and equality, and, more importantly, the singular use of the most important mathematical constants e, π, i, 1, and 0. According to Wikipedia the 1988 readers of

Beauty in Mathematics
(Continued from Page 4)

the *Mathematical Intelligencer* voted it "the most Beautiful Mathematical Formula Ever."

So there you have it. In one short and simple —yes, simple mathematical identity you have stated all the key mathematical manipulations and all the most basic mathematical constants. Beautiful? You bet, friend!

The Pythagorean Tree.

There is a well-known geometric structure called the Pythagorean tree that is based on the Pythagorean theorem, perhaps the best known algebraic result in geometry. It states that the sum of the squares of the sides of a right triangle equals the square of the hypotenuse, the three square areas in Fig. 1. It is thought to have been first recorded in China 500 BCE and clearly has been around for a long time. It is an example of a Diophantine equation, an equation that can have integer roots.

As we develop the Pythagorean tree it should be clear that the new Forest at Duke logo is a distant cousin. Potential residents who recognize this resem-blance will certainly be welcomed to join the very clever and smart set of residents who live here!
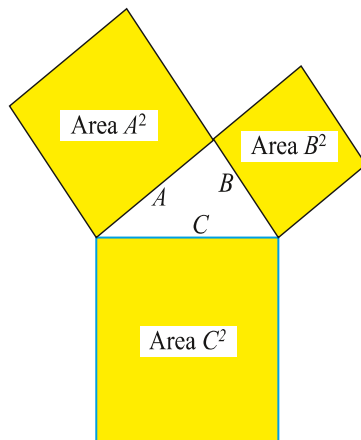
Figure 1. *Pythagorean Theorem: $A^2 + B^2 = C^2$*

Figure 2. *Constructing the symmetric Pythagorean tree (A = B). The size of each new set of squares is reduced from it predecessor by the square root of 2.*

We're now ready to construct the symmetric Pythagorean tree ($A = B$) by the iterative process shown in Fig. 2. In each stage of building the Pythagorean tree we attach two additional squares to those already present. A similar process is used for the symmetric tree shown in Fig. 3a and the asymmetric tree in Fig. 3b. We can perform more and more iterations to show greater and greater branching. As we do, these trees do not spread out more and more

but simply have greater detail at smaller scales. Scaled self-similarity is what defines a fractal, so the Pythagorean trees are valid examples of this unusual and important class of geometrical objects.

So from a simple geometrical construction we have created a geometrical object that is obviously … beautiful! And when you think about the construction itself, it's obviously simple. Simple and beautiful. You've got to agree.

So while there is clearly beauty in art, poetry, and music, there is also beauty in mathematics if we just take the time to look for it. David Hume in his 1742 Essay *Of the Standard of Taste* commented:

"Beauty ... in things ... exists merely in the mind which contemplates them."

So, my friends, open a math book and contemplate! ⚑

Figure 3a

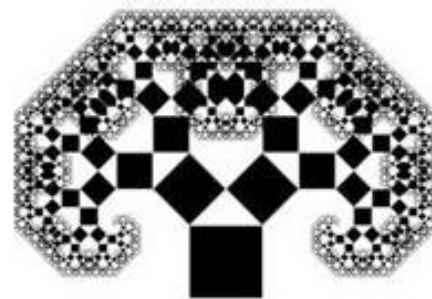**Figure 3b**

Figures 3. *Full construction of the symmetric Pythagorean tree (Fig. 3a) and an example of an asymmetric Pythagorean tree (Fig. 3b) where the ratio of the sides of the newly added squares is 4:3, the example tree element illustrated in Fig.1.*

Don Chesnut—Professor Emeritus of Chemistry at Duke, poet and playwright—is a frequent contributor to The Forester.

Forest Pioneer Talks…

Peg Lewis

Peg Lewis has made excellent use of her almost 28 years at The Forest at Duke. She was the first female president of the Residents Association board (1997–1999). She was a member of the "Big Board" from 1999 to 2002 during which time she succeeded in persuading the board to add a third seat for Residents Association members. And she was on the committee that, working with staff, achieved the first accreditation for TFAD from CARF, the accreditation agency—a long and complex process. (Accreditation must be renewed every five years; The Forest has met these standards each time.) Later, she joined the committee that worked on getting the addition to Health and Wellness planned in 2003-04.

Off campus, she served on the Durham Council for Senior Citizens board that saw to the establishment of the Durham Center for Senior Life near Central Park. Funds provided by TFAD were vital in getting the Center built and we still donate annually.

Both TFAD and the city of Durham are lucky that, in 1992, Peg and her husband, Phillip, a recently retired Episcopal priest, traveled to North Carolina to visit Peg's Oberlin College roommate who had moved

Peg Lewis photo from the 1993 Pictorial Directory

to Carol Woods. While in the Triangle, Peg and Phillip checked out Carol Woods, Carolina Meadows, and the brand new Forest at Duke. It was TFAD that captured their enthusiasm. They sold their house in New York in July 1992 and moved into Cottage 50 that October. Six weeks later, on December 10, Peg lost Phillip to

TWENTY YEARS AGO IN THE FORESTER

Some Great Things About Getting Older

by Gus Eliason

- Finally you can eat dinner at 4:00.
- Your secrets are safe with your friends because they can't remember them.
- Your supply of brain cells is finally down to a manageable size.
- Your investment in health insurance is finally beginning to pay off.
- It's harder and harder for sexual harassment charges to stick.
- If you've never smoked, you can start now; it won't have time to hurt you.
- People no longer view you as a hypochondriac.
- Kidnappers are not very interested in you.
- Your eyes won't get much worse.
- Adult diapers are actually kind of convenient.
- Things you buy now won't wear out.
- No one expects you to run into a burning building.
- There's nothing left to learn the hard way.
- Your joints are more accurate than the National Weather Service.
- In a hostage situation you are likely to be released first.

[This piece, "submitted by Gus Eliason," was first published in *The Forester*, Volume 6, issue 6, March 2000, page 6.]

Harold William "Gus" Eliason, MD

Gus (1904–2010) was a "Pioneer," joining The Forest in 1992.

Born in Rowlesburg WV, he was graduated from West Virginia University, St. John's College, and the University of Maryland Medical School. A large and friendly man, his pediatrics practice centered in the western Maryland city of Cumberland. He came to The Forest at age 88 to be near a daughter in Pittsboro NC; he lived actively to age 106.

…with Editor Shannon Purves

esophageal cancer, which wasn't diagnosed until they had been here for two weeks.

Peg and Phillip met at Oberlin College and married in 1948, a year after Peg's graduation (as a Phi Beta Kappa member) and shortly after Phillip had returned from his service in World War II. He had fought at the Battle of the Bulge where he was captured and spent five months in a German prisoner of war camp. He came home weighing only 95 pounds as the camp had been basically without food. Recalling that first year of their marriage, Peg laughs as she remembers the war surplus trailer camp she and Phillip lived in at Oberlin where the latrine was "down the way."

In 1949, with Phillip's Oberlin BA in hand, they moved to Evanston IL where Phillip worked toward his divinity degree which he acquired in 1952. His ministerial career took them first to Chicago and then to two churches in Minnesota for a total of 10 years and, in 1963, to Queens in New York. By that time, they had had four children, three boys and one girl (one is dean of a university library, two are teachers and one is an astronautical engineer). Over the course of their nearly 30 years in New York, Peg got her master's degree in library science from St. John's University, landed a job in which she opened, then developed and ran for 20 years the library at the SUNY College of Optometry. In 1990, Phillip retired and they began thinking of where to spend the next years.

Peg lived on in Cottage 50 alone for 15 years until 2007 when she moved into her lovely 4th level apartment. Asked what she likes best about living at TFAD, she doesn't hesitate for one second —"the people."

Asked what's the biggest change at TFAD in these last 27¾ years, she says, "The fence." Which one? "The iron fence and gates along Pickett Road." The wooden fence that stretches across the back of the property has been in place almost from the beginning, so why was the iron fence such a big change? Because, Peg explains, it's a symbol of separation that should remind us of the importance of keeping up our involvement in the Durham community.

Her advice to new TFAD residents is easy to guess: "Get involved!" ⸙

How Are You?
by Molly Simes

"How're you today?" seems to be the casual and standard greeting when people meet here at The Forest. When asking that question usually an honest answer is not expected. I try to respond with a comment about an upcoming event here or even the weather.

Without much success, I have been suggesting to residents that they say, "Good to see you" or "Good Morning/Afternoon/Evening. Nice to see you." It's friendly and noncommittal.

In no way do I intend to disparage the questioning about someone's health, especially if he or she has been ill or been in an accident. But for the casual greeting how about trying, with a smile, "Good to see you!" ⸙

Welcome New Residents

Patricia & William Thompson
Cottage 54
201-214-4095
patmums@aol.com

Pat and Bill met in college in Massachusetts where they were introduced by Pat's college roommate. Pat grew up in New Orleans LA, and earned her degree in political science at Wellesley College. Bill grew up in Meriden CT, and studied at MIT and Cal Tech. He earned BS, MS, and PhD degrees in Geophysics at MIT.

Bill spent half his working career in the Bell System with assignments at Bell Labs, overseas in Iran, the domestic long distance division, and corporate marketing. His favorite jobs were the first, working on the Apollo Program with NASA in Washington DC, and the last, consulting on quality improvement at Morristown Medical Center in New Jersey.

Pat taught middle school students English literature and social studies for 25 years. She maintained her interest in government and politics wherever she lived and worked.

The Thompsons have three children. Geoff, who lives in Durham, works in microprocessor design at Cadence Design in Cary NC. He and his wife have three children: one married, one engaged, and one at UNC. Kimberly married an Englishman and lives in Harpenden, England. She is an accountant and property manager. She has two children, both of whom are university students. Hillary lives in Weston MA, and is a teacher. She has two children, both in high school.

Both Bill and Pat pursue personal fitness programs and monitor political issues. They are tennis and bridge players. Bill studies health care issues, and helps others with these. They did a lot of research of CCRC's and found that The Forest was the one that best met their needs. Significant factors were choice of a cottage vs. apartment, on-campus health care, proximity to Duke University Hospital and doctors, and the general friendliness of residents during visits with Marketing. ⚘

Dave & Robyn Sloan
Cottage 51
Dave Cell: 919-357-7935
finance@davesloan.net robyn@sloanglass.com

Dave's early years were spent playing sports in Peoria IL before his family moved to the Washington DC area. Robyn was born in Syracuse NY; her family moved to Lynchburg VA. Eventually they crossed paths at Virginia Tech when Dave was a senior majoring in mathematics and Robyn was a freshman majoring in CTRA (Clothing, Textiles, and Related Arts). Figuring a relationship was worth pursuing, Dave entered graduate school (mathematics) to woo Robyn… it worked! They married in 1973 and moved to Arlington VA where Dave took a job doing economic analysis for the Defense Communications Agency. His career progressed with the help of two more masters degrees (Business Financial Management and National Resources Strategy) as he took supervisory roles in manpower management and cost analysis. When the agency was assigned the additional role of computer systems, it was renamed the Defense Information Systems Agency. Dave went to work for the computing arm, in charge of strategic planning and acquisition oversight.

Robyn pursued her interest in art, earning a Fine Art degree and becoming an active member of the National Capital Art Glass Guild when stained glass became her preferred medium. Robyn taught reading with RIF (Reading is Fundamental), became a Point of Light for work performed for a women's shelter, studied landscape architecture, worked in home construction, and played soccer and tennis. She is also a regular Geezer volunteer at Habitat for Humanity.

Dave lifelong love of sports found him playing basketball and volleyball, as well as in multiple softball leagues throughout the DC area. Eventually the tennis bug got him and Dave was soon playing and captaining teams across the Capital area. Both Dave and Robyn helped establish a new tennis association

Welcome New Residents

Cindie Diehl
Cottage 30
919-489-5607
cdiehl913@hotmail.com

Cindie has been residing at The Forest for about six months, but she has lived in the Durham area since 1972 and knows quite a few folks who live here. Her mother had been a resident at The Forest and had received very fine care. Thus, Cindie has joined us knowing a good deal about the high quality of life here.

Cindie was born in Charleston, West Virginia, and has lived a highly mobile life. She has lived in nearly a dozen states and had attended 19 schools on the way to her degree in health education from Boston University, including her early degrees from The Forsyth School for Dental Hygienists and Northeastern University.

She met her future husband, Ken Diehl, in the romantic setting of the Massachusetts Dental Convention, and they married after he graduated from the Harvard School of Dental Medicine in 1970. She and Ken arrived at Duke University in 1972 when he became a professor of orthodontics in the department of plastic surgery. In 1979, Ken went into private practice and Cindie became a community volunteer. They had two daughters and now four grandchildren, all living near Atlanta.

Cindie has devoted much of her time to volunteer work. She served as a camp counselor for Enoch on the Eno; as Girl Scout Cookie Chairperson for Durham County; as Pines of Carolina board member; in the Volunteer Center of Greater Durham; as a board member of the NC Museum of Life and Science, and as a docent in its space exhibit. She is a member of the Junior League of Durham and has served the league in numerous capacities including president. She is also a member of the Durham Debutante Ball Society. She and Ken were co-presidents of the Appalachian State University Parents Association. She has also been active in the Westminster Presbyterian Church, serving as a deacon, as the Superintendent of its Sunday School, and as chairperson of the Westminster School for Young Children. Cindie has also served for many years as member of the Durham Merchants' Association Charitable Foundation Board. The American Red Cross named Cindie Volunteer of the Year for establishing a Health Room at Hope Valley Elementary School.

Cindie's home of 30 years in Surrey Green is on the market as she is delighted to be calling The Forest her home. She has a "happy place" in Ashe County and enjoys knitting, walking, hiking, tubing, and swimming in the New River. And she always enjoys time spent with her daughters and their families. ❧

The Sloans…
(Continued from Page 8)

in Arlington, serving in many different roles. Home improvement is their other great love; they virtually rebuilt their home in Arlington—adding a 2-story addition and a garage, then renovating the kitchen.

When Dave became eligible to retire, his parents were living in a CCRC in Cary, so Dave scouted out a great tennis club (Hollow Rock) and they came to Durham in 2005. The beautiful 23-acre property they found belonged to **Bill and Dottie Burns**, who had moved to TFAD, although The Forest was not yet on the Sloans' radar. Home improvement and tennis ensued, with Dave continuing captain and officer roles at Hollow Rock, and establishing the Eno Community Tennis Association.

Active travel involving hiking/biking tours has become the norm for Dave and Robyn's last ten years, with trips to twenty countries ranging from Iceland to New Zealand. With a view toward long-term care needs (and relieving Robyn of cooking meals) they recognized that The Forest would make a great landing pad. ❧

TWENTY YEARS AGO IN THE FORESTER

Resolutions for the Millennial Year 2000
by John Tebbel

New Year's resolutions are historically made to be broken, but we make them anyway because it's the time of year when people make New Year's resolutions, if for no better reason than to admit that we are aware of defects in our characters and would like to do better in the year ahead if it doesn't cost too much or otherwise inconvenience us.

But the millennial year, as you may have read somewhere, is special and demands, or at least suggests, that we make an extraordinary effort to haul ourselves up by our moral and intellectual bootstraps and come up with a few sterling resolutions that also, hopefully, will not be too hard to break when the time comes. So altogether now, join hands, and say: I promise that I —

1. Will not get into any arguments with math majors about whether this is the millennial year or not, and if pressed, will say with world-weary nonchalance, "Who cares?"

2. Promise not to strangle, injure, or otherwise incapacitate anyone during the coming election year who doesn't see what is perfectly obvious to everyone that our candidate for the White House, whoever he is, must be elected or the Republic will fall into anarchy and revolution.

3. Will stop listening to all those book and magazine writers, talk show personalities, doctors, dentists, pharmacists, and television advertisers who tell us that if we do something, take something, think something, or otherwise gear up our failing bodies we will live to be well over 100 and be a likely candidate for the Guinness Book of World Records. This only encourages people to believe that Exit signs don't mean what they say.

4. Will try not to entertain fellow residents with detailed accounts of whatever physical problems may be plaguing us, unless the other person, or persons, absolutely loves this kind of conversation because, at the first pause for breath, it will be a great opportunity to reciprocate.

5. Will try to remember that nothing spreads faster in The Forest than rumor, and will not launch or repeat one unless it's (a) harmless, (b) so outlandish no one would believe it for a minute, or (c) just too good to keep.

6. Will be nice to everybody, even those who drive us up the wall, always remembering that we have the same walls.

7. Will not join the ranks of the chronic complainers, since this may have severe side effects, including nausea, headache, and ostracism.

8. Will not respond to the familiar friendly greeting of "how are you?" with several paragraphs of vivid description but will adopt some variation, if possible of Jane Jones's "Top of the world" or Julian Rosenthal's succinct "managing." And always avoid the familiar, "Couldn't be better," a plain lie.

9. Will promise during the next century to avoid any more resolutions.

1. NOTE: The above are offered as a service to our readers by the staff of *The Forester*. They are not guaranteed to cure any existing problems and should be stopped immediately if any side effects appear, especially cardiac arrest. ❦

[This piece above was first published in *The Forester*, January 2000, Volume 6, Issue 4.]

John & Kathryn Tebbel

Jack (1912–2004) and Kacy (1912–2007) Tebbel were "near Pioneers," joining The Forest in 1993.

A graduate of Central Michigan College and Columbia School of Journalisn and a newspaperman by training, Jack worked in nearly every aspect of publishing, as a reporter, journalism professor, magazine and book editor, historical novelist, and author of more than two dozen nonfiction books. His best-known work was *A History of Book Publishing in the United States* (Bowker), a 20-year undertaking published in four volumes.

Kacy, a Wellesley College graduate, was a copy editor for Doubleday for 60 years. Both Jack and Kacy were early contributors to *The Forester*.

CAROL'S CORNER

Shonda Magee – Administrative Assistant
by Carol Oettinger

Shonda began her work at The Forest in 2016. In the Administration suite on the second floor, she does helpful things for residents, team members, and visitors. She is a font of information about things that are happening or are about to happen at The Forest. What else does Shonda do? She provides administrative support to RA committees and activities. For example, she supports residents J**ackie Casey** and **Marilyn Hogle** as the online buyer for the Gift Shop, purchasing the scarves, kimonos, greeting cards, candy and jewelry that are sold to help support the Benevolent Fund. She assists **Carol Reese** by processing orders for library books and supplies and **Abby Saffold** by creating flyers for the Encore Store. Shonda helped to update and produce the standard work procedures and reference manuals for the Receptionist Desk, where she also works daily for break relief. She helps write and edit the articles published weekly in the *Forest Forward*. She produces and distributes mailings for annual fundraising and donation acknowledgments. She is the go-to for our mailing and shipping: residents count on Shonda for processing certified mailings, international mailings, and shipping packages through USPS, UPS, and FedEx. She orders supplies for the administrative departments and produces weekly reports for the leadership team.

Shonda was born in Kinston NC, but her family moved to Hampton VA when she was three years old. She remained in Hampton until graduation from high school and went on to the University of Virginia, majoring in English Literature.

When asked about her work experiences, Shonda explained that as a child, she always wanted to work in an office. At the age of 11, she received the Christmas gift she had hoped for—a manual typewriter and an instruction manual on how to type. Always a quick study, Shonda taught herself how to type after school and began typing all of her homework assignments and book reports.

Shonda graduated from high school in 1991, having very little experience with the use of computers. She participated that summer in a transitional learning program at the University of Virginia, whereupon she completed training in basic programs for word processing and spreadsheets prior to her freshman year. This experience ignited her lifelong love of all computer programs. She eventually became a Microsoft™ Certified Trainer (MCT) for the Richland County School District Adult Education Program, located in Columbia SC. In cooperation with the City of Columbia Housing Authority's Welfare-To-Work Program, Shonda worked part-time in the evenings teaching welfare recipients basic office computer skills such as keyboarding, word processing and spreadsheets.
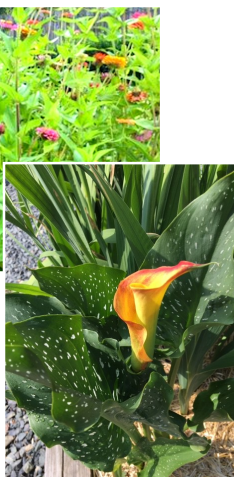
Aside from administrative tasks, Shonda's hobbies and interests include reading novels, childcare (particularly caring for children of friends), mentoring youth, pampering her two dogs, writing, and learning about environmental protection. She is immensely proud of her only child, Caleb Elijah Magee, who is serving in the United States Air Force in Germany at Spangdahlem Air Base, located near the city of Trier, Rhineland-Palatinate. She is equally proud of her sister Rhonda Magee. A law professor and author, Rhonda is an internationally recognized thought and practice leader on integrating Mindfulness into Higher Education, Law, and Social Justice.

Shonda loves the interaction she has with the residents here at the Forest and feels valued and appreciated. We are so glad to have her as part of our Forest family. Who else would fax our letters, mail our packages, and give us that wonderful smile? ⚜

Photos by Bennett

Forest Gardeners Dream of Spring

Clockwise from top left: Harold Dunlap's giant sunflower; Lois Fussell preparing to start her seedlings March 15; the Gardens in midsummer; butterflies on Kathleen Allen's zinnias; Craig Daniels and Edo pore over seed catalogs, insets show "Flame" calla lily and Benary's Giant Zinnias "Lime" that Craig grew last year; Mary Lou Croucher with her winter garden. The Community Gardens can be reached from Forest of Duke Drive by a blacktop path between Cottages 68 and 70.

"A stop on my daily walk, meeting Mother Nature at my garden . . . my Happy Place. The mustard is going to seed, but continues to provide nutritious leaves! The little, lone cabbage plant has high hopes of becoming a sassy, succulent slaw!"

Page design by Jo Mooney