

THE FORESTER

Volume 1 Issue 6

November 1994

A Newsletter by and for the Residents of The Forest At Duke

ROLE OF RESIDENTS IN GOVERNING CCRCs DISCUSSED AT STATE CONVENTION

Ideally, the role of residents in governing Continuing Care Retirement Communities should be an advisory one, Wesley H. Wallace, of Carol Woods, told a convention representing these institutions when they met last month. There are 43 communities like TFAD in North Carolina, with 11,400 residents.

Mr. Wallace, a resident of Carol Woods since 1979 and a voting member of its Board of Directors for the past five years, applied his years of observing this still murky legal area in analyzing "The Ideal Role of Residents in the Governance of CCRCs" for his audience of representatives from these institutions, including TFAD.

Boards are the legally governing body in these communities, Wallace emphasized, but there are ways by which they can involve residents in governing. He emphasized his belief that the residents' role should be advisory, not decisive. Advice, he said, should represent "the best summary judgment of a focused element---that is, those with pertinent knowledge---of a particular portion of the whole frame of governance." Complex problems would require several sources of advice, all of which would be heard and considered, then decided upon by the legally responsible authority, the Board. This has been the suc-

cessful formula at Carol Woods for the past decade, he added.

Recognizing that other institutions might not want to follow the Carol Woods model, Wallace had some words of advice for such residents. They should be sure that their residents' association represents the varied interests of its members, and be sure that knowledgeable committees are appointed to deal with the problems facing management. He defined these problems as finance and planning, health and human resources, community relations, and similar areas, of a kind familiar to TFAD residents. Some concerns requiring committee attention would be internal---the use of common space, controlling outside agencies who want to "make use of a captive, elderly audience". He also listed energy, buildings, and grounds.

Wallace believes that if residents make it clear that their intention is to contribute responsibly to the governing process, rather than adopting a demanding or confrontational stance, participation in governance will be achieved much more easily. Boards will be eager to take advantage of the vast range of experience residents can offer, he asserts. (Other issues covered at the conference will be discussed in a later *Forester*) —John Tebbel

CHRIS'S COMMENTS

First, to the residents of The Forest at Duke I wish to acknowledge and express appreciation for the confidence in me you expressed by electing me President of the Residents' Association. I will do my best to carry out the duties of the office and to meet your expectations for me and for the Association.

At the Candidates Meeting on October 6, I presented the following statement of purpose for the Association to which I am personally committed:

"To initiate the development of a broad consensus among residents with the intention of establishing a more meaningful role for the residents in the life of The Forest (among Board, management and residents) thereby (1) better meeting the expectations of residents, and (2) enhancing the quality of life for the whole community." This continues to be my purpose for the Association and for myself.

In the days immediately following the Annual Meeting and the election, the new officers and all members of the new Executive Council who were then available met and agreed that Council members would serve as chairs of standing committees, and named committee chairs as follows:

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The Forester

The newsletter of the Residents' Association of the Forest at Duke, 2701 Pickett Rd., Durham, NC 27705-5610.

Published monthly except July and August by and for the residents.

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LETTERS TO THE EDITOR

Residents are invited to write letters to the Editor for publication, subject to space limitations. Topics should be of general interest to our readers. Letters must be signed and should be typewritten and limited to 200 words or less. Views expressed in letters are those of the writer and are not necessarily those of *The Forester*.

To The Editor:

The following actual account might well be given the title: "The Noisy Forest at Duke!"

Several days ago I was returning to our apartment shortly before noon when I passed a couple being given a tour. While still within earshot I heard the gentleman ask the guide, "Are they all asleep?"

My wife and I found this rather delightful!

-- J. Bruce Guyselman

EDITORIAL

On September 29th, when most of the lights at TFAD went out, some of us did the right thing and reached for the flashlights which should always be on the bedside table.



Others did the wrong thing, lighting candles to illuminate whatever their next moves might be. Still others were more correct. They pulled up the covers and went back to sleep.

Our safety people have a strong word of caution for the candle lighters. The word is, **DON'T**. As everyone knows, candles are a potential fire hazard in any dwelling place, as burned-out houses often remind us. We who lived in houses before we came here found candles useful when nature put out the lights, or ornamental on holidays. But those were our houses. Now we live in a large building (the cottages are also vulnerable), where many people can be affected by the negligence or carelessness of one individual. We are all responsible for each other, in the large sense. So please, say the safety experts, no candles.

Flashlights may remind us of that long beam across the masthead of Scripps-Howard Newspapers (it came from a lighthouse), and the slogan that ran with it could be our motto: "Give light and the people will find their own way."

--John Tebbel

Epitaph
(from a gravestone in Wiltshire)
**BLOWN UPWARD
OUT OF SIGHT:
HE SOUGHT THE LEAK
BY CANDLELIGHT**

Forester Profile**LESLIE JAREMA****Our Health Director**

by John Tebbel

Looking more like her soon-to-be-a-model teenage daughter than a veteran of the human services wars, Leslie Jarema presides as Director of Health Services at TFAD from her office around the corner from the library.

Her path to this job led straight through a series of positions custom designed to qualify her for what she does. Born in Shelby, North Carolina, Leslie was educated at Lenoir Rhyne College, a Lutheran institution in Hickory, also in her home state. Naturally, she majored in social work, leading to her first job as a social worker in what was then Hickory's Welfare Department. She moved to Durham nineteen years ago but lives in Raleigh now.

After working in Durham County's Social Services Department, followed by a similar job in Wake County's equivalent, the next logical step was the State Department of Human Services, where she surveyed nursing homes. After a term as a social worker in a nursing home, she became Marketing Director in a Raleigh personal care facility, after which she was successively administrator of a rest home and a nursing home in the capital city.

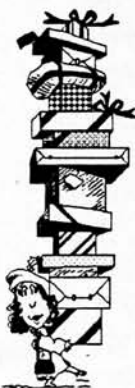
On February this year, Leslie came to her present job at TFAD. "I love it," she says, of both her job and the institution, and she hopes to stay here until her retirement, which seems a long way off. The major improvement in health services at TFAD since her arrival is a testimo-

See JAREMA on page 7

AD-LIB

BY LIBBY GETZ

Have you heard about the **Furniture Medic**? He's a good man to know if your furniture was as abused as ours after our move here. The Furniture Medic comes to you. His van is his workshop. He is Mark Stocking, a quick, courteous and efficient young man. He rebuilt a recliner for Bill Fine, who



passed him on to us. A table I was about to jettison has found a new life and a new leg, and he has a magic formula for removing those white rings from table tops. His number is (919) 210-2916.

Are you one of those grandmothers who writes checks at Christmas time? Shopping can be fun. Did you know that **F.A.O. Schwarz** is opening one of its holiday express stores at Crabtree Valley this month? Even if you don't buy, you can catch the holiday spirit just browsing around this wonderful toy store.

Pier 1, 4215 University Drive, is a great place to buy stocking stuffers. I found a small, well-designed syrup dispenser there for \$4.99, a blue and white cachepot for \$7.99, a travel journal for \$14.95 and some very appealing stuffed animals from Indonesia for \$4.99.

Womancraft, East Gate Plaza, Chapel Hill, will remind you of the Women's Home Exchange and is full of unusual gifts-- hand-knits, elegant vests, smocked dresses for little girls and very imaginative jewelry.

Give an orchid plant to a special friend. Issy, at **Family Garden, Inc.**, 3215 Chapel Hill Road, Durham, has some lovely ones for around \$35.

Do you have beautiful embroidered linens tucked away in drawers and closets, or a wedding dress hanging at the back of a closet? For a creative way to preserve and display these family fabric heirlooms, have them fashioned into a doll. **Pam Forsythe** can do this. She can also make this linen into blouses, tea cosies and small pillows. Pam's number is (919) 833-9091, or she can be contacted through Womancraft.

The Best:

The best chocolate cookies: the double fudge Cookies at A Southern Season.

The best hot dogs: Kohler natural casing frankfurters, to be found in the deli case at Krogers. Do not confuse with the Kohler deli or beef frankfurters. Look for the natural casing.

The best coleslaw: the Tailgate slaw at Wellspring.

The best mushroom soup: at Elmo's diner in Carr Mill, Carrboro. Incidentally, Elmo's Diner is good value eating.

The best fish and seafood market: Squid's in Chapel Hill, just off the 15/501 bypass, on the right, just after Elliot Road. Squid's has a great variety of fish, and they will clean and steam shrimp for you. Don't overlook their takeouts-- good seafood chowder and crab cakes. Best of all, there is a discount for seniors.

The best bookstore: McIntyre's at Farrington Village.

North Carolina Fall Foliage Tour

by Jean Weil

About 22 people went on the North Carolina Fall Foliage Tour, October 21- 23 which was sponsored by The Forest At Duke and led by Margie Maslyn.



Bleary eyed, we all gathered at the Community Center at 8 a.m. on Friday, October 21 to board the Southern Bus that was to be our day-time home for three days. As we drove along I-40, we had spectacular views of the foothills and mountains that were approaching. The fall foliage was at its peak on this weekend and we thoroughly enjoyed the vistas.

A brief stop for lunch at a cafeteria on the way and we got to Cherokee in time to visit the Cyclo-rama Wax Museum where we heard the story of "The Trail of Tears" of the Cherokee nation. Then we went on to the Oconaluftee Indian Village, which showcases re-enactment of daily Indian life.

Then we checked in at the Hampton Inn in Cherokee for two nights, with very nice accommodations. Dinner on Friday was at the Tee Pee restaurant, where we had a typical Southern buffet. On Saturday morning we left for Dillsboro and a ride on the Great Smoky Mountain Railway. After boarding our car at 9:30, we were served coffee or hot cider and crackers. Then we headed for Bryson City. On the way we crossed the Tuckasegee River and saw the remnants of the

See FOLIAGE TOUR on page 9

BOOK NOTES

by John Tebbel

In the movie business, exhibitors are complaining about the lack of big pictures. In the book business, it's the same story. Booksellers are asking, "What's for Christmas?" and coming up with promises, promises, but few big sales. Still the new titles come, by the hundreds. In the last two issues,



we gave you a few of the contenders. Here are a few late and somewhat less publicized entries.

Admirers of Elizabeth Drew's "Washington Letter", running in the New Yorker for many years until Tina Brown arrived, will want to read her new book; "On The Edge: The Clinton Presidency. (Nov.) Tip: It will not be happy reading for Democrats.

Those who have followed James Michener across the map will now find themselves in a Florida retirement community, the scene of "Recessional". If this sounds familiar to TFAD residents, be warned: The Palms is nothing whatever like our happy home. It is a place so grim that it makes the worst areas of a nursing home sound like Happy Valley. Sounds as though Jim had just discovered old age. (Recently published.)

For nature lovers, here's a really delightful book titled, "The Nature of Nature: New Essays From America's Finest Writers On Nature," edited by William H. Shore. The essays range widely, from the Costa Rican rain forest to millipedes, emus, birds' eggs, frogs, and other tidbits. (Nov.)

Lovers of Venice, who are

Gardening in The Forest

by Edna Wilson

This clipping from the *Master Gardener Newsletter* gives some timely tips for plant and garden care for the autumn season:

Now is the time to bring in your houseplants (or whenever the temperature falls below 50 degrees F). Just remember to give them a bath in soapy water or spray them with Safer soap. Bring herb pots indoors. Set poinsettias in a dark place for blooms by Christmas.

It is also a good time to plant evergreen trees and shrubs. This transplant season extends through the winter months. In selecting evergreens, allow space for maturity. Prevent many of next year's disease and insect problems by thoroughly cleaning up your garden. Pull out the dead annuals, top the perennials, and remove debris from beneath all plants, including shrubs.

Get your soil tested now. To avoid the spring rush, now is a good time to take your soil samples. If you have a vegetable garden, you may want to get a nematode assay.

legion, are going to like Rurmer Godden's new novel, which borrows from Browning for its title: "Pippa Passes". The old city lives and breathes in its pages. (Nov.)

One of the most charming picture gift books of the season also has the most unlikely pairing of authors in the history of publishing. "The Wonder of Innocence," a picture-text celebration of that blissful state is by the sultry actress Gina Lollobrigida, but---no joking!--- the foreword is by Mother Theresa. Sort of sacred and profane love. (Dec.)

Library Bookends

by Jean Weil

Have you seen the New Annex Room at the Library? We acquired some new shelves for the paperbacks and now they are all on shelves and in alphabetical order!

The puzzles have been moved and are all together. The copy machine has been turned around and is more accessible. Our Annex looks more spacious now, thanks to a brigade of workers who moved all the books and puzzles out and then moved them back again, all in one morning. They include Martin B., Millie Campbell, Margo Cassady, Lu E., Bob and Gina F., Dot H., Jane J., Dot K., Berthe K., Bea L., Peg L., Peg McK., Gertrude M., Dot N., Ginny P., and Dorothea V. We thank them very much.



Along with mysteries in our audio tape collection, we have been given a collection of 9 tapes of World Political Hot Spots. If you are interested in what is hot in political circles, try listening to tapes on Colombia, China, or Central America.

Our magazine collection continues to be popular with both browsers and serious readers. We almost need another carousel for them. Some of the magazines that are out of date or duplicates are sent to the Veterans Hospital through the efforts of Lee Phelps, so keep those magazines coming in.

When you do your Christmas book shopping, don't forget that you can get a 10 percent discount at the Regulator Bookstore and The Little Professor Book Center when you identify yourself as a resident of The Forest At Duke.

arty facts

by Charlotte Cassels

Composer-in-Residence BOB WARD



With coat-tails flapping, Dr. Robert Ward streamed through the apartment living room enroute to a ringing phone. And with a gracious smile, he popped down then in a chair for us to begin our visit, with Mary, his wife, hovering to and fro with little matters for him to consider.

How does one describe such a very special person? Composer, conductor, educator, family man --- famous, kind, and a gentleman, born with incredible energy. He has given much beautiful music to the world. Composer of six symphonies, seven operas, one ballet, two concertos, two cantatas, chamber music, songs and choral works (a list you can find in *Who's Who*). At present Ward is creating a musical cycle for the Carnegie Hall debut of soprano Kay Lowe, a Durham resident, to be performed November 12. Asked for a definition of a musical cycle, he says it means a group of songs which are related to one another. This music presents five songs based on the poems of Edna St. Vincent Millay.

Bob and Mary Ward met in Hawaii during World War II. Bob led an army band from which he got together a swing band. Mary was a Red Cross recreation worker and arranged for the band to play for hospital patients. With love at first sight, they married, honeymooned at

Waikiki Beach and eventually became the parents of five children.

Ward was born in Cleveland, Ohio and obtained his first degree from the Eastman School of Music in 1939, followed by a certificate at the Julliard Graduate School of Music in 1946. He taught at Julliard from 1946-1956. From there he became Managing Editor and member of the Board of Galaxi, a music corporation (now E.G.S. Publishing Co.) of Boston. Ward then became president of the North Carolina School of the Arts in Winston-Salem from 1967-1974, and also taught composition there. This job ended when Mary and Bob came to Durham where Bob became Professor of Orchestral Composition until his retirement.



Some of the awards presented to him include a Bronze Star in 1945, the Julliard Publication Award in 1942 for his First Symphony, the Fine Arts Award for the State of North Carolina in 1975, grants from the American Arts and Letters Society in 1946, with Honorary degrees from Duke, UNC/ Greenville, and John Hopkins University, which now houses the Peabody School of Music, and many Fellowships throughout the years. The most prestigious award was the Pulitzer Prize in Music for his four-act opera, "The Crucible," received in 1962.

Derived from Arthur Miller's play of 1953, which he did not see until it was performed off-Broadway, Ward immediately obtained the rights to proceed with the opera. It had not been well received by the critics on Broadway because when

it was produced there, Arthur Miller was being interrogated by Senator McCarthy, as Miller refused to name people who were alleged to be communists in the arts.

The critics seemed to judge Miller and not the play. Miller also was courting Marilyn Monroe while she was filming "The Misfits" but still had enough energy left to work with Bob to produce the Opera. "Crucible" was commissioned by the New York City Opera, and opened in the fall of 1961. The play was renamed "The Witch Hunt" when it became a great hit in Germany. "Crucible" is defined as a vessel to withstand heat, reflected in the play, which is about the trying of a man's soul, and his purification before he is hanged.

We here in Durham will be able to attend Ward's two-act opera, "Lady Kate", in Page Auditorium on January 20-22. "Lady Kate" was commissioned in 1964 by the Central City Opera Association in Colorado. It was originally known as "The Lady From Colorado" and is based on the life of a nationally known pioneer named Katie Lauder.

High Advice

A man had some legal problems and went to a lawyer for help. The lawyer said, "You can ask me two questions for five hundred dollars."

"Isn't that kind of high?" the man asked.

"Yes," said said the lawyer, "What's your second question?"

—Judge Ernie Wood

Somerset, Kentucky
from "Curing the Crosseyed Mule"
edited by Loyal Jones and Billy Ed Wheeler.

The savvy traveler

by Dagmar Miller

Last May I made my fourth yearly trip to a friend's ranch about an hour's drive from Austin, Texas.



It's an easy flight from here --RDU to Dallas to Austin, or RDU to Atlanta to Austin.

There are many interesting places to visit with that capital city as your base. First, of course, is San Antonio, two hours away. Its famous River Walk winds through the city and can be traversed on sidewalks and over bridges, or on a short boat ride down its length. There are hotels, stores, and restaurants on both shores, and beautifully landscaped gardens. At Christmas, the nightly illumination of the entire area by thousands of twinkling lights is a sight never to be forgotten.

Two other worthwhile places to visit in San Antonio are the Alamo and the Mexican Market. The Market has artisans' shops selling everything from jewelry to food to furniture, and some of the best restaurants are to be found here.



Fredericksburg, 100 miles west of Austin, is an antique-lovers' heaven. Surprisingly, the town has a distinctly German accent. During the period of emigration to the United States in the mid-1800s, a boatload of Germans docked at Galveston and fanned out, settling for the most part in Central Texas. Main Street is lined with historic buildings, antique shops, and restaurants, and not to be missed, is Doolley's 5 & 10 and 25-cent store, in business since 1943.

Not far from Fredericksburg is the Lyndon B. Johnson National Historic Park. Open-air vehicles drive you around the extensive ranch on the banks of the Pedernales River, making frequent stops, including the one-room schoolhouse Johnson attended, the ranch house itself, the family cemetery, and the stables and barns housing the ranch's cattle and horses.

Gruene, a charming town about 40 miles south of Austin, was also settled by German farmers in the 1840s. With its many buildings dating from that period through the 1920s, all of Gruene has been placed on the National Register of Historic Places. The entire town is an antique browser's feast. Outstanding is the Gruene Antique Company, covering 8,000 square feet, and housed in a building designated a Texas Landmark. The nearby Gruene General Store has been in business since 1878.

A charming spot for lunch is the Gristmill Restaurant, on the banks of the Guadalupe River. During the 20-week season starting May 1st, the river is covered with people drifting along in inner tubes.

Sixty miles east of Austin is the Ledbetter Bed and Breakfast Inn, notable for its check-in instructions: "If you arrive between 7 a.m. and 5:30 p. m., you have to check in at the Stuerman Store." This store is on the old pioneer trail and has been owned by the same family since 1891. It is a treasure house, offering everything -- ice-cream parlor, hardware, crafts automotive supplies, livestock feed, groceries, ranch fence materials, a fascinating museum -- and so much more.

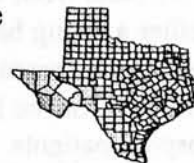
In Austin itself, the main attraction is the Lyndon Baines John-

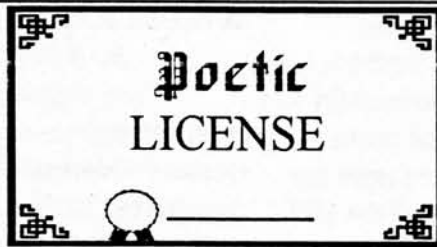
son Library and Museum on the campus of the University of Texas. It is open and free, 9 - 5, every day except Christmas. The library houses 40,000,000 pages of historical documents, used primarily by scholars, and the museum provides year-round public viewing of historical and cultural exhibits. There is an exact replica of a portion of the White House Oval Office on the 8th floor.

A good place to eat in Austin is Threadgills, a nationally-known eatery where Janis Joplin, among others, got her start. They still have live music one night a week, and the food is hearty, good, and inexpensive.

If at all possible, don't miss Austin's Central Market. I have seen my share of food markets in all the corners of the globe, but this is the ultimate -- acres (or so it seemed to me) of food, food, glorious food, homegrown as well as flown in from distant places.

By this time you are probably wondering about the Texas of today and tomorrow -- the new, the brash, the progressive. Well, Texans leave that to Dallas and Houston. To spend time in this Central Texas Hill Country is to feel immersed in yesterday. History is everywhere. Old buildings, old ways of living, and old values are ever present. There is no feeling of artificiality or of an attempt to impress tourists with the "old world." It is old, very real, and worth a visit. I am told that when the bluebonnets bloom in April, (sometimes as early as March), it's the next best thing to paradise. That's for my next visit.





THANKSGIVING AFTERNOON by the sea

the repast over, I stroll
to the end of the pier and find
sea oats, brown and stalky, bent nearly double
by the volume of the stiff, cold wind,
sand, whirling and drifting into dune like mounds;
an army of gulls standing at attention awaiting
the remains of the last harvest meal, soaring aloft
when a hiker tosses crumbs from a bag into the air,
their squeaks echoing through the crisp November atmosphere,
then landing, once again in military formation
until the next provider appears;
children calling to each other, romping with abandonment,
unshod, wearing layers of warm garments over faded summer togs,
parents following, hunched against the cold, sated
by the feast of turkey and fixings;
the ocean's dusky, ominous hue relieved by the white caps
breaking upon the uneven shoreline, wave, after wave, after wave;
blue-gray sky dotted with puffy, stationery clouds,
shades of pink seeping through, letting one know
the sun is making a last hurrah before lowering its head,
preparing for night's appearance of
the three-quarter autumn moon, hovering in the east,
waiting to make its debut.
I close my pad, gather my belongings, fulfilled,
giving thanks that my family awaits.

— ellen c. dozier

REMORSE

I endured 'til
summer's end,
and yearned for peace
from cicada throb,
for brisk days
and darker nights.

I endured
'til summer lessened and
relinquished its green-grasp.
Impatiently I waited
for flamboyant fall.

And now that it is here,
I feel remorse
for every leaf that falls.

--Florence Manning

JAREMA from page 2

nial to what she's already accomplished, working with Diane Long, Director of Nursing Services---a formidable team.

Leslie is the truly proud mother of three daughters: Nicole, 25, who lives in Washington, D.C.; Mariah, 19, still in school, and the beauteous 15-year-old Natalie, who was introduced to the Ford Modeling Agency in New York recently, and was told to come back when she's sixteen, the age for a modeling career to begin if you're not a child.

Leslie is a many-talented woman. An artist, she does commissioned portraits, and a striking example of her non-portrait work hangs on a wall of her office. On another wall is still another facet of her talent, one for planning in her field. Dealing with the urge many Alzheimer's patients have to stray, Leslie is proud of an architect's sketch of a "Wandering Garden" for these people, which TFAD hopes to build soon on ground adjacent to Olsen. A new concept in the field, this innovative design provides these patients with a visually charming place to guide their wandering footsteps, with provision also made for touching and feeling various surfaces ---small anchors to whatever is retained of reality. Leslie says the garden will be part of a planned future expansion of both Olsen and Holbrook.





Thanksgiving Revisited

Everyone knows the story. On the school-room walls of our childhood we saw the First Settlers, with their tall hats, guns slung over their shoulders, obedient wives trailing behind, on their way to church to celebrate the first Thanksgiving. After church they cooked the First Thanksgiving Dinner for the grateful Indians, some of whom were probably Pequots, whom the First Settlers later tried to exterminate. Only now have the Pequots gotten their revenge by running the biggest casino operation in America and stashing away the proceeds.

As historians know, or believe, the meal for the first Thanksgiving was probably furnished by the Indians, who were in a better position to provide it. Who cooked it is a matter of conjecture. We assume the cooking was successful because in the scant literature on the subject, there are no reports of indigestion. Since Maalox had not yet been invented, this was just as well.

After the first big meal, celebrating Thanksgiving was an extremely moveable feast, the annual rite performed at whatever time after the autumn harvest suited the celebrants. Its significance, however, remained far more religious than gustatory. Turkey is the modern symbol of Thanksgiving, but it was much later before it became the standard symbolic fare. Prayer, however, remains the one theme that has persisted from the beginning to the present.

As many people know, Thanksgiving as a national holiday was the result of one woman's inspi-

ration. The woman was Sara Josepha Hale, editor of *Godey's Ladies' Book*, the first successful magazine for women, the prototype for all those that followed until the Ms. era. Mrs. Hale, one of the 19th century's great editors, who looked like everyone's grandmother, was in some ways a paradoxical character. She refused to say anything at all about the Civil War in the pages of her magazine, yet astonishingly it had a substantial circulation among soldiers on both sides. Yet it was Mrs. Hale who appeared in President Lincoln's office one day and suggested to him that the nation (that is, the North) ought to pause on an agreed day and give thanks that its people had survived the horrors of the war. Lincoln agreed, and the first Thanksgiving Day was proclaimed.

Americans liked the idea when the war was over, and Thanksgiving became a national holiday, although it was still a moveable feast, celebrated on different days, until President Franklin D. Roosevelt established it as the third Thursday in November.

Cultural historians have recorded its progress, from the late 19th century stereotype of "over the river and through the woods to Grandmother's house we go," when it was the classic American feast day, annually celebrated on the cover of the *Saturday Evening Post* and most other mass magazines. Things began a slow change in the Twenties when sports and commercialism began to be a part of it, until today Thanksgiving Day parades in New York, Philadelphia and other cities mark the beginning of the Christmas shopping season.

A MOST RARE PHENOMONON by Bob Blake

The night-blooming cereus in our greenhouse outdid itself in October. Normally, it will put out three to ten blooms three times a summer. Each bloom will open about 10 p.m. and close and die at sunrise. This year it bloomed five times, for the first time in October. During the second week, five blooms opened, and as usual by 7 a.m. they were closed and drooped. On the following night, seven more blooms opened but the most unheard-of thing occurred: they were still in full bloom at 8 a.m. They had never been open in daylight before, so I ran home for my camera, thinking they would be closed by my return, but were still wide open until almost 10 a.m.

Eight residents can attest to having seen a night-blooming cereus blooming in the daylight.

I called the Botany Department at Duke, where they have several of this kind of plant in their greenhouses. They agree that this is most rare. The best explanation is the cool temperature. Their plants bloom twice a year, the second time in August.

Thanksgiving Day and the long weekend that follows it is now a giant celebration of buying and selling, sports and partying, with religion still present but hanging on by its spiritual fingernails. Prayer and turkeys still unite us with the wilderness First Thanksgiving, but the rest is commerce. At least, we are still free to be thankful for whatever pleases us, something denied to much of the rest of the world. That makes Thanksgiving our unique holiday.

—John Tebbel

FOLIAGE TOUR from page 3

train wreck scene in the movie, "The Fugitive." The landscape along the Tuckasegee was very picturesque. The cars on the train were old and some of us had to sit going backward, but on the way back from Bryson City, we were going forward, since the engine went from one end of the train to the other in Bryson City. It turned around; we did not.

Our afternoon in Dillsboro was somewhat of a disappointment because it is a two-street town. Every old building has been made into a new gift shop and unless you are an avid shopper, the stroll down the two streets is very repetitious. However, some of us were able to do a little Christmas shopping along the way.

Dinner that night was at the Jarrett House, a B&B, one of the oldest inns in North Carolina. The food was good, but the ambience was not the greatest. We were served in a big room that would accommodate about 100 people and the meal was served only half family style. We were served plates of either country or sugar-cured ham or chicken, potatoes and vegetable. Then there were bowls of fried apples, coleslaw, and pickled beets on the table. Also the lightest biscuits; everyone raved about them. There was even honey for the biscuits!

After dinner we headed back to the hotel for an hour and then went to a "Smoky Mountain Jam-boree," where we heard a band play wonderful old songs and country western music. Our feet were tapping. Some of the audience joined in the clogging and the singing, but we were all too tired for the clogging.

CHRIS from page 1

Activities, John Friedrich;
Building and Grounds, Julian Price;
Budget and Finance, Bill Heroy;
Caucus, Bill Goldthorp;
Constituon and By-Laws, Clyde Casady;
Food Services, Walter Lifton;
Gift Shop, Helen Albrecht;
Health Care, Ethel Foote;
Library, Peg Lewis;
Safety, Creighton Lacy.

At present, committee chairs are at work setting up their committees. Any resident interested in serving on a standing committee should without delay make his or her interest known to the chair of the committee involved. The membership of all committees will be announced as soon as available.

Looking ahead you are reminded that all Association and Executive Council meetings are held on the third Monday of the month at 3:15 p.m. Association meetings are held in the Auditorium in January, April, July, and October. Council meetings are

held in the Party Room in all other months. All Council meetings are open meetings which any resident may attend. The next Council meeting will be held in the Party Room at 3:15pm on November 21.

Of special importance is the more active role for caucus groups planned for the coming year. An organizational meeting of caucus leaders was held on October 31 by Bill Goldthorp, chair of the Caucus Committee. The committee will meet next on November 28 at 3 pm in the Party Room.

It is anticipated that the caucuses will soon be actively involved in assisting residents with unmet needs and problems. Meanwhile it is suggested that assistance normally available from The Forest staff be handled directly with the appropriate department or individual. If you get no results you should then get in touch with your caucus chair.

On a closing note I hope you share with me the feeling that **The Forest is now Home**. I like it, and I believe we can all work together to make it an even better place to live.

--Chris Hamlet

Next morning we left the mountains and went to Asheville and the Biltmore Estate. We had lots of time to tour the house and then we went to the winery for "tasting". The mums in the gardens were outstanding and the views from the Biltmore just took our breath away. We were blessed with a sunny morning.

In the late afternoon the bus began to be quiet as some of us napped, but others stayed awake to appreciate the beauty of the fall foliage. The sun was behind us and as

we drove eastward, all of the trees seemed to sparkle just for us.

All in all, it was a good trip and, for those of us who had never seen the fall foliage in North Carolina, it was a revelation. Northerners seem to think that nothing can rival the Vermont mountain scenery in fall, but North Carolina can hold up against any state.

Publisher's Deadline Day Lament:

Yesterday is only a faint memory;
Tomorrow is but a dream;
But today was a *real bitch!*

Bob Blake's

PUZZLE

Each word below can be found by either
reading up, down, forward, back-ward or diagonally.

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E R O M A C Y S Y L I L Y A D X F B
L A L L B G E A S O N I M F T H I O
P L I A A L V S H D A B J C U A N H
P P Y P M S K L O P I N E P N C C K
A O E T E Y L O S R E N I V R E P Q
U P W Y L A W A C X B U C K E Y E L
N N E L A D R H B A Z A E B T F C H
J R O C E E R E N I M S A J T I A E
B H E R A H L A I U E U K L U N L L
F Q A F D N P A G O N R S M B P I T
C H E S T N U T Z Y I E Y O A U L R
S I G I F N E P S A V P B M I S A Y
A C N B D E H D E C N I U Q R E D M
R K A D W I L L O W I N N H E Q O E
F O R S C R F H I D J U S O T U O P
A R D P P I L U T B O J P R S O W A
S Y Y R C F O R S Y T H I A I I G R
S G H U K L I N D E N F R D W A O C
A L N C P A L A R U A L E E B H D P
S Q S E B X O P S B C F A C D F J L

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Apple
Aspen
Azalea
Balsa
Beech
Birch
Buckeye
Butternut
Cedar
Chestnut

Crepe myrtle
Day lily
Dogwood
Elm
Fern
Fig
Fir
Flax
Forsythia
Hickory

Holly
Hydrangea
Juniper
Jasmine
Linden
Lilac
Maple
Mimosa
Oak
Olive

Palm
Pear
Pecan
Pine
Poison Ivy
Poplar
Quince
Redwood
Rhododendron
Sassafras

Sequoia
Spirea
Spruce
Sumac
Sweet gum
Sycamore
Tulip
Vine
Willow
Wisteria

TREES AND SHRUBS