

THE FORESTER

Volume 2 Issue 1

January 1995

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

WARD'S "LADY KATE" TO OPEN SOON

When "Lady Kate" opens at Page Auditorium on January 20th, it will be the third time around for this much-traveled, charming operetta by Robert Ward, TFAD's Pulitzer prize-winning composer-in-residence.



For those who may be less knowledgeable, Bob points out that this is not opera, like his "Roman Fever", seen last year, but operetta in the genre of "Carousel" and Showboat, musical forms which employ spoken dialogue.

"Lady Kate" was composed in 1964, and first appeared as "The Lady From Colorado," produced as a comic opera by the Central City Opera Association. It was adapted from a novel by Homer Croy, a popular writer of the Twenties, perhaps best remembered for "West of the Water Tower." Bob and his long-time librettist, the late Bernard Stambler (a TFAD resident until his death last year) believed something more could be done with Croy's story. After some talks with the author, "Lady Kate" was the result.

It's a story laid in Colorado Territory, about to become a state. During the festivities, Kate Lauder, an Irish girl, falls in love with and marries Cecil Moon, an Englishman who turns out to be Lord Cecil. He takes her back to England to meet his family. It's an unhappy experience for Kate, who is looked down

upon and patronized by Cecil's aristocratic family. Blunt, the butler, becomes her only friend, and when Cecil takes his disillusioned bride

back to Colorado, the butler accompanies them as Cecil's man. The plot, involved with the emerging state and the race to be the first governor, takes off from the end of Croy's novel.

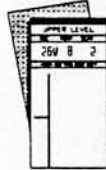
Reborn as "Lady Kate," the operetta was performed last summer by the Wooster (Ohio) Light Opera Company, a professional organization which draws singers and production people from many places. The Duke production will be performed by substantially the same cast and production crew as the one in Ohio, with the original sets, costumes, even the same director, all of whom made the Ohio production a critical and popular success.

The January 20th performance will be in the evening, with a matinee on Sunday, two days later. TFAD will be providing transportation for Bob's many friends and fans, who are advised to sign up with Lucy Grant if they haven't already done so.

-- John Tebbel

Be at war with your Vices, at peace with your Neighbors, and let every New Year find you a better man.

— Benjamin Franklin



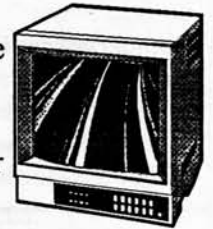
Final Cablevision Update

TFAD management signed an addendum to the Cablevision contract on January 4, which reduces our prices, and with the management's cooperation, goes into effect on February 1. It will appear on your TFAD February statement.

Your monthly Cablevision charge will always be for a month in advance. Because of computer problems, Cablevision will not be able to bill the balance of your January charge until February 1. This is not an extra charge but the fractional unpaid part of their January billing through January 31st. This will be the last invoice you'll receive from Cablevision unless you contract with them for premium services (channels 0, 7, 15, 16), a pay-per-view (which requires a box), or the Cable Guide, all of which will be billed directly to you.

I am pleased to say all systems are go, and I thank you for your cooperation in making this change possible. For the next 90 days, if you have a television question, a bill you do not understand, or an error in same, don't call the office. Instead, please call me and I'll either give you the answer or find the answer for you.

--Bill Goldthorp



The Forester

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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

I wish to express my thanks to all the dear folks at The Forest at Duke for their loving thoughts, prayers and good wishes during my recent illness. May all your days be blessed with good health and joy.

—Lorene Hammel

The Present

Yesterday is history.

Tomorrow is a mystery.

Today is a gift.

That's why we call it "the present."

CHRIS'S COMMENTS

Shortly after the Staff Party in December and a few days before Christmas I received from a staff member a card of appreciation addressed to "TFAD Residents" with the following message:

"No wonder there's such warmth behind the thanks this brings your way—
Your special kindness brought such joy it really made the day.
And when any group of people does the thoughtful things you do,
It's hard to find words warm enough to thank each one of you!"

Elizabeth Gore
(Housekeeping)"

This card really made my day and helped to make the Employee Appreciation Fund more meaningful as a way of expressing my thanks to the staff for all that they do to make my life at the Forest worthwhile. Incidentally, I think you will want to know that 25 members of the staff received gifts of a little over \$200 and that almost 80 percent of the staff received gifts of \$100 or more.

Let me add one more comment relating to your contributions to the Employee Appreciation Fund. If you deduct such contributions for tax purposes, you will need a receipt or acknowledgment from The Forest only if a **single** contribution in November-December or May-June was \$250 or more. For single contributions under \$250 your cancelled check is all that is needed; you are not required to combine contributions.

With respect to the agenda for the year ahead, I am suggesting



to the
Executive
Council:

Future Directions for the Residents' Association

such as the following:

Survey of Residents-- Where do we want the Association to go?

Survey of other CCRCs;

Establish Planning Process-- Review Purpose/Mission, Determine Goals/Strategies, Update Organization, Update Constitution and By-laws;

Consider Incorporation;

Develop Financial Sources - Dues, Projects, etc.;

Review Employee Appreciation Fund;

Support Accreditation of TFAD.

Whatever the direction we take, I think the year ahead is likely to be a busy one for all of us.

--Chris Hamlet

TFAD TRAVELLERS NOTE

If you have travel plans, as most of us do, you can book your flights and arrange your trips through the AAA Travel Agency on University Drive. Unless your tour operator requires you to book directly with them (e.g. Elderhostel, Grand Circle, Saga) then AAA can usually arrange your trip. When they do, if you tell them that you are a resident of TFAD, they will give 3% of your trip cost to the Residents' Association.

This can be a good source of income for our Association. For example, if a couple books a cruise for \$3000 per person, that's \$180 to help pay for office supplies, the copy machine, etc. So when you travel with AAA, mention TFAD..

AD-LIB

BY LIBBY GETZ

Serendipity n. [coined by Horace Walpole (c.1754) after his tale, *The Three Princes of Serendip* (i.e. Ceylon) who made such discoveries] "an apparent aptitude for making fortunate discoveries accidentally." Webster's New Universal.

What a joy it is to go to a dinner party and come out with the solution to a problem. We were discussing at the dinner table the perils of night driving and the blinding glare of oncoming headlights. As we were leaving, our hostess gave John a pair of yellow-tinted clip-ons for his glasses, adding "See if these don't cut the glare." Cut the glare they did, remarkably so. The next morning I bought a pair at **University Opticians**, University Square, Chapel Hill, for \$10. They were made by Hilco for skiers trying to cut the snow glare.

We were lunching at Parizade (Erwin Square) the other week and discovered the restaurant had a new neighbor, **The Mad Hatter's Bake Shop**. We passed through the looking glass and discovered on the other side the most tempting display of pastries. Alice would have clapped her hands in delight: "Just the thing for a tea party." The pastries are really memorable, but there are also breakfast rolls, the "bottomless cup of coffee," and a soda fountain with honest-to-goodness ice cream sodas. On a nice day, sit at a table in the arcade outside and enjoy your purchases. On a not-so-nice day, while you're



waiting for service, inspect the amusing collection of hats that festoon the walls.

While you're in the neighborhood, discover Perry Street, a small street between Ninth and Broad, first block off Main. There you find the **One World Market**, an interfaith, volunteer-operated, non-profit organization "where your gift gives twice" The store is a colorful bazaar offering wares that delight, made by artisans from 50 countries: jewelry, clothing, weavings, toys and pottery. I found a small well-carved cross from the West Bank for around \$7, and a great tray/ basket from Bangladesh for \$5.



Go a bit farther along Main Street to Brightleaf Square and **Fowler's**, that wonderful fancy grocery with live, living butchers and a great array of wines. They have fresh produce and excellent canned goods, but for me their crowning achievement is their butter croissants. I buy a half-dozen at a time and freeze them. Mornings I pop them in a pre-heated 350 degree oven for 9 minutes. Voila! A warm croissant, a pot of strawberry jam, a cup of strong coffee, and you're back in Paris. All that's missing is the *Herald Tribune* on the breakfast table. Do **not** microwave the croissants.

A friend asked me the other day to recommend a barber shop. I didn't feel qualified to answer as I consider barber shops one of the last male preserves. I thought it best to get answers from some of the handsome men at The Forest.

Bloss Vail, who knows a bargain when he sees one, goes to **Super Cuts**, near Krogers. They

charge \$6.95. He warns "watch those girls, because they are apt to take off too much" --hair, that is.



Bob Guy likes **Herman's Barber Shop** (2812 Guess Road, 2 blocks north of I-85). \$6.50 for seniors. "Avoid the middle chair".

Bob Northwood's recommendations are **End Side Barber Shop** (1108 Cornwallis Road). Roy Haigler in the first Chair, \$8. And **University Drive Barber Shop** (3104 University Drive). The owner is an enthusiastic Republican and may pound your ear a bit on politics.

My best friend goes to the **Chapel Hill Barber Shop** (University Square, Chapel Hill). The price there keeps going up and it may soon be in that stratospheric price range with poodle grooming. Some day it may be a toss-up whether man or dog gets the clip. \$12.

Remembering Delilah, some men may be hesitant about committing their locks to the tender mercies of a female. Those brave souls who dare should try the **Beauty Shop at The Forest**. \$8.00.

Add your tip to the above prices.

Are you frustrated by your computer, buffaloeed by your word processor, unable to interpret your manual? **Joe Anderson**, who teaches a computer course at DILR, may be the man to solve your problems. Joe makes house calls and can be reached at 471-4159.



BOOK NOTES

by JOAN Tabbal

It's only January, but already the spring books are emerging. In publishing, "spring" is a season running roughly from January to June. As usual, some titles stand out among the multitude of others and we'll try to track them in this and subsequent issues.

In February comes *Terrible Honesty: Mongrel Manhattan in the Twenties*, by Ann Douglas.



Don't be misled; this isn't a dog story. It's a book about a remarkable decade in New York (and elsewhere) that will bring a barely remembered time to life again.

Admirers of Robertson Davies, the Canadian novelist, will welcome his latest, *The Cunning Man*, which one previewer describes as "wonderfully funny, poignant, and never less than engrossing." What more could you ask? Also February.

In the stores by this time you read this will be the new Amanda Cross mystery, *An Imperfect Spy*. Her fans need no more.

Most readers will remember 1970's remarkable book by Jack Finney, *Time and Again*, that fascinating time travel journey back to old New York. Now comes a sequel. *From Time to Time*, in February, in the same genre. A movie based on the first volume will soon be at a theater near you, starring Robert Redford.

First novels are always a gamble, but one that may be worth your discovery is *The Place of Fallen Leaves*, by Tim Pears, now in the stores. A previewer describes it

as "a piercingly beautiful, fiercely lyrical" work. It recently won the prestigious Hawthornden Prize for Literature.

Don't say you've had enough of books about politics until you've read the forthcoming (Feb.) *For the President's Eyes Only: Secret Intelligence and the American Presidency, from Washington to George Bush*. The author, Christopher Andrew, is a British historian. Everything else I know about this book is classified.

As we all remember, Thomas Alva Edison invented the phonograph (now obsolete) and the electric light (overwhelmingly with us). But there is a great deal more to know about this complex man, and Neil Baldwin's new biography of the genius, *Edison: Inventing the Century*, will tell us more than we knew before. (Feb.)

Finally, another juicy item for mystery lovers, especially those who follow that master crafts-woman, P.D. James. In *Original Sin* (Feb.), we find our old friend Adam Dalgleish poking about in the somewhat musty precincts of the London publishing scene, which is not much like ours.

January Limerick

(you supply the last line)

Well, here we are alive in ninety-five,
Which did arrive with dance and jive.
We cheer the New Year,
Cherish memories dear,

—Florence Henderson

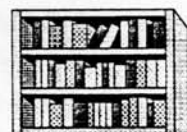
(Entries can be funny, silly or even serious but keep reasonably clean. Send to #41. We'll print them in the next *Forester*, with your permission.)

Library Bookends

From a resident, we have recently acquired many different books about the Civil War. They are in the Military History section at the end of the History collection. The Civil War buffs at TFAD will enjoy them. Included are several books about General Lee, and other participants in the Civil War, World War II, and Napoleon's Wars, as well as a History of West Point.

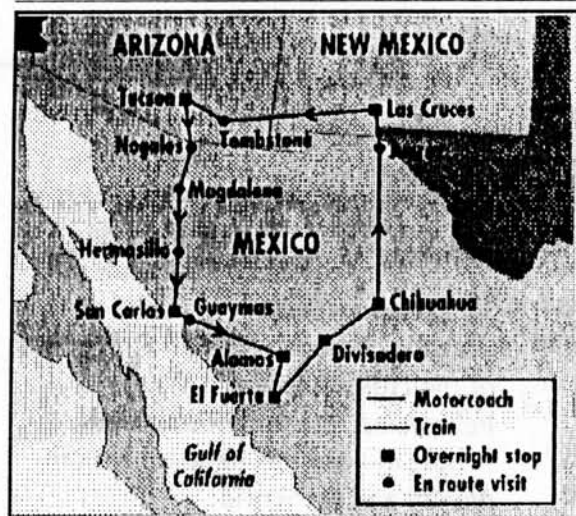
For mystery lovers, when you have read all the mystery books we have, check out the "Detective Book Club" volumes. They are on the bottom shelves near the Mystery stories. There are three complete, unabridged, 250-page mystery stories in each book. We have quite a few, including up-to-date volumes, thanks to one of our residents.

Now is the time to start thinking about your spring gardens. Come and look at all the gardening books we have. Several are about North Carolina plants, etc. The Gardening books are on the wall near the front door. That section also has books about nature, including those about animals.



In that same location, are the Medical books, including several medical letters, i.e., the *Harvard Heart Letters*. If you are ill, maybe you can find something about what ails you there. Also there is information about sources for aids for visually and hearing impaired people.

The Smileys have given us a subscription to *In Context*, a delightful magazine which comes out quarterly. Keith says it has many interesting articles. It will be in the magazine rack. —Jean Weil



TWO TFAD TRAVELERS REDISCOVER SIERRA MADRE

by Helen Corbett and Ruth Dillon

(EDITOR'S NOTE: *There are still treasures in Mexico's Sierra Madre not disclosed by the classic film we all remember, and two intrepid TFAD travelers spent their holidays finding them. Following is a necessarily much-abbreviated account of their expedition, the first of two parts.*)

We were warned. The tour brochure said ominously: "This trip is not for sissies. Read all information before you start. Be prepared for a number of walks during your program, likewise you may experience delays during the rail portion of your trip. If you are adventurous of mind and have a flexible attitude, if you are physically fit and ready for a fascinating travel experience, you'll find this a uniquely rewarding adventure." And so it was--- discovering Copper Canyon in the wilds of the Sierra Madre.

DAY ONE. Oh, for a picture of Helen, compressed between two Oklahoma University football players in the flight from Dallas to Tucson, carrying the Sooners to the

Copper Bowl. Tucson, we found, is a pastel city, with only one building threatening the view of sky, saguaro-punctuated desert and spectacular mountains. Zoning prohibits building high-rises, so the city is spread out between the surrounding mountain ranges. The DeGrazia Gallery-in-the-Sun captures the spirit of Tucson's past in the adobe chapel that the artist built

with his Indian friends in honor of Father Kino, the Jesuit missionary explorer who built some 30 missions in Mexico and Arizona in the 17th century.

We meet our tour group of seven couples and five single women, also our guide, Xavier Marquez, who speaks to us in fluent English with a musical accent.

DAY TWO. This morning we're introduced to the two star players in our game-- our driver, Jim Moore, and Bus 606, a diesel-powered 40-passenger motorcoach, sleek and silvery. Our maiden voyage is to the Arizona-Sonora Desert Museum, famous for its walk-in aviary. That night we eat a huge steak dinner at Pinnacle Peak Restaurant, where they cut off your tie if you're wearing one.

DAY THREE. Early departure for a nine-hour trip to San Carlos, Mexico. It's Christmas Day and appropriately we visit one of Father Kino's missions, the Mission of San Xavier del Bac, also known as the White Dove of the Desert, a jewel of Spanish architecture. Anyone may worship here, and those who have come for the mass are of all shapes and skins. In a chapel lies a wax figure of St. Francis Xavier,

Legend says that if you can lift his head, your faith is strong. Everyone tries. Everyone succeeds.

Following the route of the original settlers, we cross the border into Mexico at Nogales. Our next stop is the public square in Magdalena, in the center of which is another Father Kino mission, his final resting place. On to San Carlos, a fishing village on the Gulf of California, also known as the Sea of Cortez. It is surrounded on three sides by mountains, one formation of which is graphically named The Goat's Tits. We take a sunset boat ride around the Bay, complete with margaritas. Our hotel has an entrance known as The Cactus Wood (read "Forest"), a collection of huge cactus varieties, close to each other. DAY FOUR. After buying pesos in Guaymas, five to the dollar, we turn inland to the foothills of the Sierra Madre, and on to the historic landmark town of Alamos. Rebuilt after its silver mines closed, it has magnificent haciendas, three of which we visit. The hotel itself is a 250 year-old hacienda, built in the Spanish style around an open courtyard.

Amid all this elegance, just as we're about to convene for a buffet supper, the electricity in the whole town shuts off. Hundreds of candles appear, adding to the glamour and fun. No one misses a beat or a bite. Could this be a regular occurrence?

After a walking tour of Alamos in the morning, we head for another 300-year-old lodging in El Fuerte (The Fort). We learn that



See MEXICO on page 8

arty facts

by Charlotte Cassels

Visiting the North Carolina Museum of Art



If January 1995 finds you restless or bored, there is a special treat that awaits you which doesn't involve money, travel or advance planning.

Her Royal Highness Queen Elizabeth II is sending a Royal Collection of 64 drawings and watercolors of Dutch and Flemish art from the 15th through the 19th Century which will be exhibited together for the first time to the public at the N.C. Museum of Art from January 28th through April 16th.



The exhibition features works by many Low Country artists including Anthony van Dyck and Peter Paul Rubens which are from the Royal Library, Windsor Castle, and are part of more than 35,000 Old Master drawings and watercolors collected over the years by the Royal Family. Up until now, these outstanding drawings have been viewed only by the Royal Family and by scholars who have received permission to study them.

The exhibition includes religious and mythological subjects, portraits, scenes of everyday Flemish and Dutch life, and landscapes. About half of the exhibition drawings are landscapes (a Royal favorite), some freely drawn from nature and others possibly preliminary sketches before use in paintings.

Among the artists whose

works are included are 15th Century Hugo van der Goes, Flemish artists Jan van der Straet (known as Stradanus) who worked for the Medici Court in Florence, Italy, and 17th Century Hendrick Golzius. One drawing sure to attract attention is Hendrick Auercamp's winter scene of a figure in a high crowned hat playing KOLF, a forerunner of golf, on ice.

At 3 PM Sunday, January 29, Professor Christopher White will give a lecture on the exhibit. Admission is free. A full schedule of related events may be obtained by calling the Museum at 833-1935.

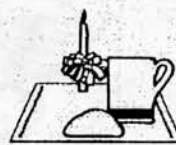
This exhibit is supported by state funds and by private contributions administered by the N.C. Museum of Art Foundation. Additional support is provided by an indemnity from the Federal Council on the Arts and Humanities. The Museum is an agency of the Department of Cultural Resources, Betty Ray McCain, Secretary. This exhibit was organized by the N.C. Museum of Art in collaboration with the Royal Library, Windsor Castle.

The Museum, which is closed on Mondays, is located at 2110 Blue Ridge Road in Raleigh. Travel Highway I-40 east past the Raleigh-Durham Airport and stay in the right lanes. Leave I-40 at Exit #289 (Wade Ave.) then watch for the brown signs for directions to the museum. Exit at Blue Ridge Road and turn left over Wade Ave. The Museum is just past the state prison on the right. Parking is free and plentiful.

The museum restaurant serves delicious luncheons from 11:30-2:30 and dinners from 5:30-10 PM each day, except Sunday, when service is from 11 till 3.

Christmas in Old Salem

by Mary Ruth Miller



The Moravian Candle Tea is a Christmas tradition in Old Salem, the Moravian settlement in what is now Winston-Salem. An annual project of the Home Moravian Women's Fellowship, the proceeds benefit people in need throughout the community and the world.

On Saturday, December 10, nine hardy pilgrims from TFAD made the journey to Old Salem with Glen Arrington as driver. Fog, drizzle, and then rain provided a seasonal atmosphere.

Arriving at the Visitors' Center, we enjoyed the bountiful box lunches prepared by the TFAD staff: turkey sandwich, marinated bean salad, fresh fruit cup, cookies, apple juice, and even a mint. Utensils were tied in a colorful Christmas napkin.

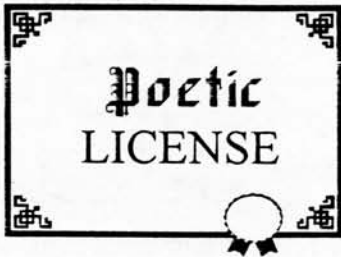
Well fortified, we walked over to join the line leading to the Single Brothers' House, site of the Tea. We could hardly believe it when someone told us the wait would be two hours. Since we were there, though, we would not be deterred.

Gradually the mist became rain, but stand we did under a canopy of dripping umbrellas. As each small group went in, we calculated how soon our group could enter.

Time passed. Some of us looked into the two shops alongside where we stood. (I even completed my Christmas shopping in



See OLD SALEM on page 9



winter

on soft, grey days
I hunker down
into myself

tuck the world
around me

cherish solitude

and renew
my acquaintance

--- Florence Manning

THE NATURE OF THE TYPO

The typographic error
Is a slippery thing, and sly.
You can hunt it till you're dizzy
But it somehow will get by.
Till the forms are off the presses
It is strange how still it keeps;
It shrinks down in a corner
And it never stirs or peeps.
The typographic error
Is too small for human eyes,
Till the ink is on the paper...
When it grows to mountain size.
The boss, he stares with horror;
Then grabs his hair and groans;
The copy reader drops his head
Upon his hands and moans.
The remainder of the issue
May be clean as clean can be,
But the typographic error
Is the **olny** thing you'll see.

- Author Unknown

HOUSEKEEPING UPDATE

A recent investigation has disclosed that seven out of ten houses around the perimeter of the The Forest were dirty. The houses in question, which were receiving their annual heavy cleaning, were bluebird houses.

The cleaning crew was unable to classify the past tenants because we couldn't identify the residual nests. We saw three different type nests but doubt that any were bluebird nests.

Maybe this year.

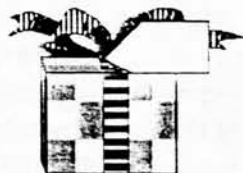
—Evebell and Bob Dunham



THE PRESENT THAT LASTS

The box looked so festive
wrapped in red shiny foil
a gift from a friend of yore,
its contents I knew
were nougats and creams
labeled from a fancy store.
I craved to treat
myself to one piece
but it simply doesn't work that way,
one leads to another, another and one more
and those calories latch on and stay.
But alas I'm just a weak human frail
for that pretty paper is torn on the floor
and the contents of that gaily wrapped parcel
are on my hips forevermore.

---ellen c. dozier



THE CHILDREN'S CALL

The children of the planet are calling;
They speak for all trees that are falling.
From countries both far and near
they are calling loud and clear.

And what do we children say?

"We're a part of the system today.
Hear our message so clear and terse
about the planet and the whole universe.

"We want all fathers and mothers to know
that all nations and families must keep it so.

This earth is your home and our home.

We'll be pilots and crew of this healthy biome."

(With apologies to, and in honor of Robert Frost.)

--Keith Smiley



Notes From Saudi Arabia

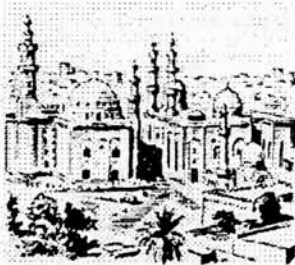
by Phil and Helen Pratt

Early in August 1994, we learned about our invitation to do some medical teaching in Riyadh, Saudi Arabia. The prospect was irresistible, even though it meant a temporary abandonment of our most enjoyable life of retirement at TFAD. The King Faisal Specialist Hospital and Research Center has an arrangement With Duke Medical Center and four other U.S. university medical schools to send faculty

members there for a few months each to teach the fine points of patient

care in a number of specialty areas, such as pulmonary critical care, pediatric oncology, organ transplantation, laboratory medicine, and even pathology, which is my specialty. Indeed, they wanted to give extra attention to pulmonary pathology, which has been my special interest throughout my entire practice.

We knew this trip would mean going back to work for both of us-- a regular schedule of hospital attendance for me and regular housekeeping for Helen. They would provide us with a nice bedroom villa and hospital shuttlebus, and, an occasional car with driver on request, but not other services. Still, it did not take us long to decide we had to accept the offer. The opportunity to see and experience such a different culture seemed well worth any potential hardship. As it



turned out, there was scarcely any hardship at all, and we learned much about life in perhaps the most conservative kingdom-state in the Islamic world.

For teaching, I took along my lifetime collection of more than a thousand 2x2 slides illustrating the entire gamut of bad things that can happen to people's lungs, from infections to tumors to malformations to occupational damage. I say "tools," but I didn't actually take them myself. We had learned that customs officials in S.A. are very careful to prevent importation of "objectionable" pictures, and they might well decide they had to look at every one of my slides before letting them in. That could well have meant they wouldn't arrive until after we had left the country. So we arranged with the Embassy office in Washington to send the slides in a diplomatic pouch. They did get there intact within a day or two of our arrival.

Needless to say, we were much aware that both men and women had to be very conscious of their clothing when out in public. For women, it was necessary always to wear a black coverall and to keep a head scarf available. One of the other faculty wives who had been to S.A. loaned Helen one of her abayas, and she put it on before leaving our plane at 1:30 in the morning in Riyadh. The friend is noticeably larger than Helen and so we felt a need to buy another one on our first day in town. There was no difficulty finding one, but we did learn later that the price was two or three times as high as it would have been at a shopping "Souq". There are several of these in S.A., selling everything from

clothing to daggers to rugs to baskets to gold, frankincense and myrrh.



There are many stories to tell and, of course, we took lots of pictures during our travels in S.A. Later, we will show these and tell you about some of the other details of our life there. It was a great experience from start to finish and we are very glad to have had the opportunity to see this extraordinary country. Having never been in that part of the world, we also set up a visit to Greece on the way over and to Egypt on our way back. The contrasts are incredible for a group of countries with historical cultures going back thousands of years. We hope during the next few months to illustrate some of these differences for any TFAD members who may decide to attend our picture shows.

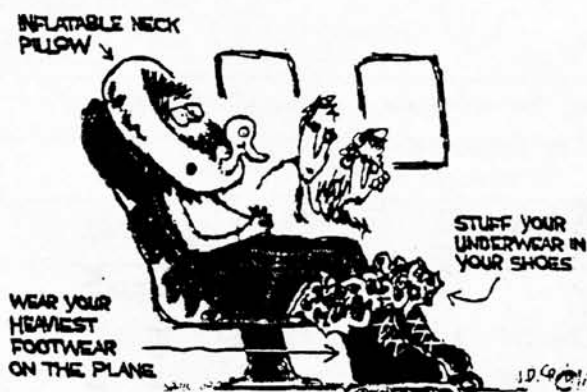
MEXICO from page 5



many Americans spend their winters in this area, where living is gracious and cheap, and the weather is pleasant.

So far everything's been perfect---glorious, clear days; moonlit nights, excellent accommodations. Then: Bingo! The night before we're to board the train for Divisadero, a torrential rain causes a mudslide which washes out a section of the track through Copper Canyon, stopping all trains from going either in or out. In short, there is no choo-choo to Chihuahua! Bus 606 is now our only resource.

CLEVER PACKING TIPS



OLD SALEM from page 6

pleted my Christmas shopping in one.) Not only did we watch and talk with fellow standees, but we enjoyed seeing two buggies of ancient vintage circulate on the streets, drawn by beautiful brown and white draft horses guided by top-hatted drivers cloaked in black capes. We saw only three people taking advantage of their sightseeing service, though.



After we had endured the chilly rain for a full two hours, our turn came

to enter the warm house. A young woman costumed in a long gray dress with apron and bonnet appropriate to the 18th century welcomed us. She explained that the Single Brothers' House, built in 1769, was the home, not just the dormitory, for single men of the community from age 14 until they were married. There they learned trades and spiritual discipline in their workshop and chapel, both parts of their House.

In the chapel, where we sat on wooden benches without backs, we were introduced to the pipe organ, which originally had to be pumped

by hand for the air needed to operate it. Another young woman, appropriately attired, played for us to sing Christmas carols.

Next, we were invited into the old dining room, which was set up for candle-making. A group of women and children were making candles from beeswax

and beef tallow--forming the wicks, pouring the melted wax and tallow into the molds, trimming and then decorating them in preparation for the Christmas Lovefeast. (They were also available for sale.)

In the old kitchen, we again sat on benches to be served sugar cake, of German origin, and the traditional Moravian lovefeast coffee. That repast really revived us.

Then we went down to the sub-basement, where the Christmas "putz" was set up. (A putz, which rhymes with "foots," comes from the German "to decorate.") An old European tradition, it had two parts. The first was an elaborate miniature reproduction of the town of Salem as it was at the turn of the 19th century. The scale was one inch to ten feet. Many of the houses were lighted, and the scene was covered with marble dust snow.



The second, and most important part, was the Nativity scene, showing both Bethlehem and the surrounding countryside as well as the manger, the angels, the shepherds, and the wise men. The visitors' brochure says, "The Candle Tea gives emphasis to the religious significance and the timelessness of

Rules for Dieting Under Stress

1. If you eat something and no one sees you eat it, it has no calories.
2. If you drink a diet soda with a candy bar, the calories in the candy bar are cancelled by the diet soda.
3. When you eat with someone else, calories don't count if you don't eat more than they do.
4. Food used for medicinal purposes **never** count, such as hot chocolate, brandy, toast and cheesecake.
5. If you fatten up everyone else around you, then you look thinner.
6. Cookie pieces contain no calories; the process of breaking causes calorie leakage.
7. Movie related foods do not have additional calories because they are part of the entertainment package and not part of one's personal fuel, such as Milk Duds, buttered popcorn, Red Hots and Tootsie Rolls.
8. Things licked off knives and spoons have no calories if you are in the process of preparing something. Examples: peanut butter on a knife making a sandwich and ice cream on a spoon making a sundae.
9. Foods that have the same color have the same number of calories. Examples: spinach and pistachio ice cream, mushrooms and white chocolate. NOTE: chocolate is a universal color and may be substituted for any other food color.



Christmas."

As our group journeyed home through the magic of fog, we listened to a tape of Christmas music and hummed along with it, our own hearts happy with the Christmas spirit.

Bob Blake's

PUZZLE

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

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

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OUR AILMENTS

| | | | | |
|------------------|--------------|--------------|---------------|------------|
| Abrasion | Boil | Fever | Infection | Shingles |
| Abscess | Chill | Fracture | Lame | Sore |
| Ache | Colic | Glaucoma | Melanoma | Stress |
| Aging | Constipation | Gout | Mumps | Sunburn |
| Alzheimers | Cough | Hematoma | Nausea | Tendonitis |
| Arteriosclerosis | Cramp | Hemorrhage | Pain | Tension |
| Arthritis | Croup | Hernia | Pneumonia | Tumor |
| Blind | Cyst | Hives | Prostatitis | Ulcer |
| Bronchitis | Diarrhea | Hurt | Ruptured Disk | Vertigo |
| Blood Clots | Dizziness | Hypertension | Sprain | |