

# THE FORESTER

Volume 2 Issue 9

December 1995

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

## NEWS FROM THE PIT



The month of November just flew by with the order of the day mostly meetings. All committees not mentioned in my last month's report are listed on the bulletin board. We have eleven committees with a total of one hundred residents active in all areas--certainly proof positive that our residents care about TFAD and each other.

John Friedrich took over as Caucus Chairman and had his first meeting. Highlight of the meeting was Kathy Crapo's introduction of our new Associate Executive Director, Joel Sontag, followed by her detailed explanation of the procedure for going from Independent Living to Holbrook and Olsen. Following that meeting, each Caucus Chairman will be passing this important information to their residents.

I hope you were able to attend the very important Board meeting on December 12 to hear the review of the 1996 budget and to listen to the top man in our industry present an actuarial review of TFAD. This is one of the most important ingredients in establishing our budget. It was a very informative meeting and should bring us closer to our governing body.

Wishing all of you a very Merry Christmas and a Happy Holiday Season! —Bill Goldthorp

## CONGRATULATIONS!

To the Forest at Duke Community: Residents, Management and Staff, and the Board of Directors on your accomplishments.

**For the year ending October 31, 1995.**

*from Chris Hamlet*

**This is what you have done:**

**Developed** increased openness, understanding, and cooperation among the Board, management, and residents.

**Organized** Executive Council and named Council members as chairs of standing committees.

**Opened** Executive Council meetings to all residents.

**Activated** caucuses as an effective channel for resident concern and communication.

**Welcomed** TFAD Board members Harvard and McMahon to the December meeting of the Executive Council.

**Recognized** that health care is the top priority of residents.

**Created** new TFAD Board committees for Health Care, Building and Grounds, Resident Services, and Benevolent Fund.

**Approved** 1996 Budget with 5.5% increase in the Monthly Service Fee.

**Increased** prepaid days in the

Health Care Center from ten to fifteen days.

**Approved** the purchase of two electric beds for the Olsen Center.

**Set up** the Benevolent Fund as a separate fund with assets invested in a manner appropriate to the purposes of the fund.

**Marked** the Christmas season with lighted trees and other decorations at the main entrance and in the lobby.

**Established** new and more efficient Housekeeping system.

**Renovated** and repainted pool and spa before refilling with fresh water.

**Initiated** billing and collection for Cable TV through TFAD with substantial savings.

**Added** accumulated interest to the Benevolent Fund.

**Opened** "Med Shop", health supplies store.



**See CHRIS on page 6**

**Seasons  
Greetings!**



### Security Notice:

Tom Fourqurean advises residents that a uniformed police officer will be on the grounds of The Forest between 8 pm and 6 am from December 15 to January 1.

**The Forester**

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

Published monthly except July, August & September by and for the residents.

**Publisher:** Bob Dunham

**Managing Editor:** John Tebbel

**Editorial Assistants:**

Charlotte Cassels, Ellen Dozier, Evebell Dunham, Libby Getz, Florence Manning and Jean Weil.

**Art and Word Puzzle:** Bob Blake

**Photographer:** Ed Albrecht

**Publishing Assistants:**

Bess Bowditch, Jane Curry, Madeline Hawkins, Jane Jones and Carolyn Vail.

**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 type-written 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:**

Our TFAD poet, Ellen Dozier, was truly surprised to see the poem, *Grandmother*, written by her granddaughter, Southerlyn Marino, and published in *The Forester's* October issue. Isn't it rewarding for all of us to be gifted with this continuum of talent? And aren't serendipitous "unexpecteds" one of our continuing joys!

--Florence Manning

**To the Editor:**

David Gergen is absolutely right in his question about where the

American people want to go in the next century; we do need to think about this. In an editorial on October 23rd he pointed out that Americans are looking with hope and optimism toward the next century. I look forward to future comments by this thoughtful observer of the American scene.

I differ with him on the number of days remaining in the 20th century on New Year's Eve 1995; he says 1,461; I say 1,827 because the year 2000 belongs to the 20th century, not the 21st. Since there was no "zero year" between BC and AD and a century is 100 years, the year 100 belonged to the first century; hence the "zero years" round off the century and do not begin a new one.

Here at TFAD, let's celebrate the new century at the proper time, December 31, 2000, not a year early. Even "Jeopardy" chose the proper beginning for the new century in a recent show. Apparently David hasn't time to watch "Jeopardy"! —Doris Fields

**To The Editor:**

David Gergen calculated that three and a half million days will have passed between the New Year's Eve that closed the last millennium and the not far distant end of the present one. But that many day's ago lands us deep within the eighth millennium B.C., when I doubt that anyone was celebrating the advent of the New Year. In short, he is off by a factor of ten. Three hundred and fifty thousand days is closer to the truth. --Gilbert Goldstein

**IN MEMORIAM**

Frances Adams	November 25
William Van Brunt	November 27
Emily Mazuy	November 29

**EDITORIAL**

Yes, Virginia, there is a Santa Claus, and he lives on not only in the hearts of children but in the hearts of all the media and marketing businesses. This is the time of year when editorial writers and columnists deliver their annual deploing of the commercialization of Christmas, symbolized by the glorification of Santa Claus. These days only very young children still keep the faith, but it gets harder for them every Christmas.

This year something new seems to have been added. Several pundits (read editorial and op-ed writers) are suggesting we need to Do Something about Christmas. Multiculturalists are against it too. They argue that Christmas is a Euro-Christian-American celebration, leaving out other faiths and societies, all represented in the population. There are those who advocate calling it something else, a name that would be all-inclusive.

Here at The Forest we are way ahead of the critics. We have our Christmas tree, symbol of the Christian faith, despite what some insist are its pagan origins. But we also have our Hanukkah symbols, and atheists are free to reject the whole thing. Some of us go to church. Some do not. Some have still viable families to join, others have only memories. All of us share the holiday with each other, in our own ways. Isn't this what Christmas should be in a democratic society? And didn't the ubiquitous Tiny Tim have it just about right when he famously said, "God bless us, every one"? Only the atheists could quarrel with that.

—John Tebbel

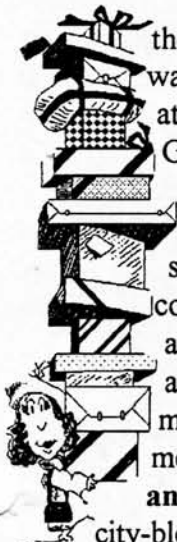


## AD-LIB

BY LIBBY GETZ

*"Money, money, money. I am not necessarily one of those who thinks you holy.*

*But I often stop to wonder how thou canst go out so fast when thou comest in so slowly."*



As you plow through the traffic on 15-501 toward Chapel Hill, turn right at the first stoplight after Garrett Road. There you find an enormous shopping plaza that has blossomed on what was countryside nine months ago. Erupted is probably a better word because many of the stores are mega-sized. Take **Barnes and Noble**, almost a city-block square, with a mind-boggling array of books, videos, and software. There are pockets of comfort in this vast space; clusters of deep-cushioned chairs, an enchanting children's section with storytelling at ten o'clock, and best of all, a cafe that sells marvelous Starbucks coffee. The cafe is a good place to pick up a light lunch, too--chicken salad in a pita, \$2.95; large brownie, \$2.00; coffee, \$1.00.

Remember when a nickel bought a cup? A nickel won't buy much at New Hope Commons, but one place it will go further is **Walmart**. This is a no-frills operation--bare floors, bare walls, stacked cartons. These helped Sam Walton make his billions. The warehouse atmosphere was depressing and I was tempted to withdraw my custom before I had even bestowed it,

but the place is chockful of bargains and I buy a very large carton of Milk Bone snacks for Wonder Dog and an armload of eucalyptus branches. There are other things to buy, including clothing, groceries, and housewares, all at the right price.

**Office Max** offers everything for the office from computers to toilet paper. It has an excellent service desk at the back with copies at four cents, color copies at ninety-nine cents, fax service, UPS, etc. It's a fun place to browse. The electric typewriters were such a bargain that Best Friend pulled out the plastic and I now have one sitting on my desk. It's a Smith-Corona with all the bells and whistles. A dictionary identifies spelling and typing errors, correction for errors on the current line, and a small display of the current line before it is committed to paper. All this for \$89.

**Best Buy** duplicates much of Office Max's merchandise, but seems to be concentrating on CDs and videos. Two items that caught my eye as possible Christmas gifts: a Royal Security Alarm with a piercing 100 db alarm for sliding doors and windows, \$9.99, and a remote telephone answering system for \$29.99.

I trailed Best Friend by the prescribed six paces into **Men's Warehouse**. Unless you're ready for collarless shirts and tapered trousers, this is not your place. Best Friend did linger over some more conservative tweed jackets and patent leather evening shoes.

**Party City** has everything you need to throw a party--decorations, costumes, dinnerware. Even if you don't need the above, you can

find useful gifts at a good price. A pretty deviled-egg plate in clear, sturdy plastic is \$1.69; large bowls of the same material go for \$7.46. These, filled with popcorn, would make a great present or a pitcher, at \$3.39, filled with Hershey's Kisses.

**Michael's** must be the ultimate supplier for those of you into arts and crafts. They have everything needed to fashion a quilt, decorate a Christmas tree, and for the grandfather putting together a doll's house. They, also, have a great selection of picture frames. It's a place that caters to almost every hobby.

**Upton's** is a new name to me in department stores. It's not Saks Fifth Avenue and it's not Rose's. Lots of clothing and gifts. The gifts are of the teddy-bear-kewpie-doll variety, but I saw some microwaveables you might put on your shopping list. For a few minutes in the micro oven and some hours of heat afterwards, there is a huge mug at \$14, and a bread basket (yes, basket) with a pretty napkin at \$25.

There are other shops and restaurants opening and I will leave them for you to discover.

Though it's been the "in" place in Chapel Hill for the past two years we have only now discovered **Mondo Bistro** (306D W. Franklin). You enter through the bar, where small tables are scattered and then, are led back to a large room that is very French in feeling with peach walls and seductive lighting that brings out the courtesan in a woman. The floor is carpeted to cushion the restaurant clatter and chatter. The wine list is impressive and the service attentive. None of

See AD-LIB on page 6

**BOOK NOTES****by John Tebbel**

If there is anything not in short supply at The Forest it's gardeners, and they have a treat waiting for them in *The 3,000-Mile Garden: An Exchange of Letters on Gardening, Food, and The Good Life*, by Leslie Land and Roger Phillips, coming in January. These two professional gardeners, American and British respectively, met at a conference in New Hampshire, where they shared passions---for gardening, that is. She has country gardens in Cushing, Maine, and upstate New York. He has one in the most unlikely place---a three-acre park in London's Eccleston Square, which he tends when he isn't writing, lecturing, or photographing plants. Naturally, pictures accompany these letters between two people who share a common absorbing interest, as well as many other things.

A promising new novel is J. F. Freedman's *House of Smoke*, about a powerful California family with a closet full of secrets. Advance notices call it "an exciting modern thriller, with a classic feel... smart, detailed, and fast-moving." (January)

This has been a big year for family stories, and especially for books about sisters, one of which is already a best-seller. Eventually there had to be an anthology, and so we have *Sister Stories: Making the Journey Together*, by Brenda Peterson. Well, all right, it's not an anthology, but it is a collection of stories about various sets of sisters and their lifetime relationships with each other. Even if you don't have a sis-

ter, it's fascinating reading. (Jan.)

If you want the real thing, here's *The Season of Women: An Anthology*, edited by Gloria Norris, who is the former editor-in-chief of the Book-of-the-Month Club. Here are fifty stories-- excerpts from novels, memoirs, poems, and essays, organized around the passages of life, from girlhood to old age, which would include just about everything. Currently available, makes a nice Christmas present.

Admirers of John Updike (not including this writer) will be relieved to know that in his new novel, *In The Beauty of the Lilies*, he returns to the rich observation of American life he seemed to have wandered away from. This is a saga of four families beginning in 1910, chronicling their spiritual (and material) progress through decades of shifting values and social change. (Jan.)

*A Talent for Trouble: The Life of Hollywood's Most Acclaimed Director, William Wyler*, is another inside look at the Golden Age. Wyler may not be the most acclaimed director (other candidates suggest themselves), but he produced some great movies, including *Wuthering Heights*, *Roman Holiday*, *Friendly Persuasion*, and *Funny Girl*, among the thirty-two he directed. Moreover, he has fascinating inside stories to tell about the likes of John Huston and Sam Goldwyn, among many others.

All the scandal isn't to be found at the checkout counter. Some much more credible tales are told in *Too Rich: The Family Secrets of Doris Duke*, by Pony Duke and Jason Thomas. Pony Duke is Doris's godchild and Thomas is a syndicated columnist. The stories

are mostly scandalous, with the ring of truth, and bear out the title. (Jan.)

Looking ahead, next month we'll have a new work from Mario Vargas Llosa, the immensely talented Peruvian writer, who gives us here, in *Death in the Andes*, a more serious look than usual at the struggles of his tortured country. Varzas is a powerful writer, and the material fits the style. (Feb.)

**CHRISTMAS BOOKS FOR CHILDREN**

We asked Eleanor Burts to suggest some books that grandchildren and great-grandchildren might like for Christmas. She in turn asked Babs Hickson and Elizabeth Copeland for ideas, and these three knowledgeable people have given us some titles that Forest parents, grandparents and great-grandparents might want to consider. All are available at major Triangle book stores.



For very young children, picture books, beginning with Beatrice Potter, of course! Who else? Then there's Margaret Wise Brown, with these titles: *The Day Before Now*, *Little Fur Family*, *The Dream Book*, and *Four Fur Feet*. Here's William Steig, with *Zeke Pippin*, *The Amazing Bone*, and *Sylvester and the Magic Pebble*. Try, too, Jane Yolen's *Owl Moon*; Wanda Gag's *Millions of Cats*; Robert McCloskey's *Make Way for Ducklings*; Hardie Gramatky's *Little Toot*; Molly Bang's *Ten, Nine, Eight*; Audrey Wood's *Silly Sally* and *The Napping House*. Other possibilities:

**See KIDS' BOOKS on page 6**



## arty facts

by Charlotte Cassels

### CHRISTMAS ART AT ST. STEPHENS

Christmas holds for each of us the happiest of times as well as bittersweet memories as we have attained advanced ages here at the Forest at Duke. We encompass Christian beliefs, Jewish heritage, agnosticism, and a wide variety of other ways to worship a Supreme

focal points to relish. First is the building itself which was designed by church architect G. Milton Small (now deceased), a student of the German School Of Art and Design, which founded the Bauhaus ideals that infused its buildings with simplicity and experimentation.

Small was a student of Ludwig Mies Van der Rohe, and St. Stephens is one of the few pure examples of Bauhaus architecture in Durham. It is a contemporary church made of steel, natural stone

then voiced and tuned.

The overall stunning view of the altar and the towering stained glass windows dominate the simplicity of the church itself, a panorama 23 feet tall and stretching 78 feet around three sides of the church. The triptych, which features 39 detailed figures in its portrayal of events in Jesus' life, follows Christ from birth to the Temple, His baptism, the Last Supper, crucifixion, resurrection and ascension.

The windows were designed



Annunciation



Nativity



Adoration of the Magi

Being, which is our searching for a meaning to our lives.

If a restlessness is within you on Christmas Eve, the holiest of times, there is a solution through beauty of surroundings and superb music for soul food, and it's open to the public without charge. You'll find all this at the midnight mass, starting at 11 PM, in St. Stephens Episcopal Church, 82 Kimberly Dr., just off Hope Valley Road at Rugby Road. St. Stephens church is one of the unsung masterpieces of art in Durham. The church was built in 1978, and artistically there are three

and concrete.

If music is your joy, you can hear exquisite notes from the St. Stephens Flentrop organ, played by Jarrett R. Follette, organist, who also will conduct the fine choir for the occasion. This organ was made by the creators of one of the Duke Chapel organs. It is an authentic classical French Plein Jeu, a modern version of an early 18th century instrument, and was designed specifically for St. Stephens church. It was made in Holland, shipped to the USA, and reassembled in the newly completed sanctuary, where it was

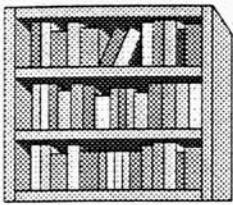
by South American artist Leandro Velasco and the Rambusch Decorating Co. of New York City. In 1978 transparencies of the triptych were exhibited in an Eastman Kodak Co. display in Chicago's Museum of Science and Industry, and during the 1979-80 Christmas season, Kodak showcased the transparencies in New York's Grand Central Station.

You are welcome to come see St. Stephens Episcopal Church any time Tuesday through Friday, but perhaps attending Christmas Eve services might give you a *raison d'être* for the New Year.

## Library Bookends

by Jean Weil

Video tapes are being given to the Library on many subjects.



We have so many that they are now in two places: some under the light switches where they have been and others with the audio tapes. They are not arranged in any particular order. In the future we may separate the fiction from the non-fiction, and we'll try to find a place to put them all together.

For the month of December, the model and plans for the Wandering Path for the Health Care Center will be on display in the Library. Questions about the Wandering Path? Ask Ms Leslie Jerema, HCC Administrator. Her office is around the corner from the Library.

To help in reviewing your investments we have a complete set of *Value Line* for this year, placed in the Library by a resident. We also have some of the Morningstar Mutual Fund information, courtesy of Bob Staton. When it is available in January, we will get the book from the State of North Carolina that lists stock prices for December 31, 1995.

### KIDS' BOOKS from page 4

*The Very Lovely Firefly* by Eric Carle; *Sail Away*, by Donald Crews; *Guess How Much I Love You*, by Sam McBratney; *I Am A Bunny*, by Richard Scarry; *Stone Soup* by Marcia Brown; *When The Wind Stops*, by Charlotte Zolotow; and *Sod Houses on the Great Plains*, by Glen Rounds.

For older children, try *Around the World in A Hundred*

### AD-LIB from page 3

this is important if the food isn't good. I am happy to report our dinner was excellent. Best Friend had the breast of duck cassoulet and I the steak "frites" (translation: skinny, crisp French fries). We split a salad for appetizer and ended with a simply delicious cranberry sorbet and ginger cookies. Their prices are comparable to Nana's and Magnolia Grill. Mondo is only open for dinner and reservations are recommended. Telephone 932-1219.

As you kick the peanut shells out of the way, you realize **Lone Star Steakhouse and Saloon** is the antithesis of Mondo Bistro. Here it all hangs out. A bucket of peanuts arrives with your drinks and you add to the litter. The walls are covered with Remington prints and country-western music is coming from somewhere. The service is brisk, almost too brisk. It's a macho world--the knives lethal, the steaks bloody, the fries the size of bananas. Our filets were tender, the salad excellent and the price right: about \$40.00 for our dinners with drinks. We had fun. It's just over our back fence at 3630 Chapel Hill Blvd., Durham. No reservations.

*Years*, by Jean Fritz; *Cleopatra*, by Diane Stanley; *Eleanor Roosevelt: A Life of Discovery*, by Russell Freedman; *The Hit Away Kid* and *The Dog That Pitched a No Hitter*, by Matta Christopher; and Ellen Switzer's two Mozart books, *The Magic of Mozart*, and *Mozart and the Salzburg Marionettes*.

Finally, for the whole family, don't forget *The Kingfisher Children's Encyclopedia*.

—John Tebbel

### CHRIS from page 1

**Learned** how Dining Services is organized and operates in a discussion with the Director of Dining Services. **Published** revised Resident Handbook.

**Developed** effective program for monitoring operation of the pool and maintenance of the pool area. **Approved** revision of the Residents' Association Constitution and By-laws and the use of Absentee Ballots in the Annual Election. **Installed** fences on East and West property lines.

**Completed** drug testing program to make the Forest a drug-free work place.

**Corrected** roofing problems as identified.

**Received** letters from the TFAD Board chairman following Board meetings.

**Expanded** Library services with the help of dedicated volunteers and added equipment and materials. **Appointed** Residents' Association Benevolent Fund committee.

**Continued** successful and profitable operation of the Gift Shop made possible a donation of \$1000 to the Benevolent Fund.

**Obtained** option on five acres of property on Pickett Road adjacent to The Forest.

**Contributed** over \$6,000 to the Benevolent Fund from the proceeds of a very successful Silent Auction.

*The Publisher regrets that space constraints do not permit publication of Chris' entire article in this issue. The concluding installment will be in the January 1996 issue of The Forester.*



## Forester Profile Ted Garske BEHIND THE SCENES IN THE DINING ROOM

by John Tebbel



Foresters know something about what goes on in the kitchen, but they know less about what happens beyond the kitchen, where Ted Garske, Director of Food Services, is in charge of providing everybody with one to three square meals a day, except on Sunday.

Ted is a man whose life has been intertwined with food almost from the beginning. Born in Brooklyn, he grew up mostly in Connecticut, specifically New Britain, where he graduated from Central Connecticut Community College with a business degree in 1974--definitely not a good year for business school graduates.

Looking around for another kind of occupation, Ted thought of food. It had always been a subject of interest in his family, and unlike most young men, he could cook. This talent had also been a social asset. In his early dating years, he had noticed that when young women found he could operate a kitchen, a different look came into their eyes, visions of kitchen freedom dancing in their heads. Ted wasn't ready for them yet.

Transferring himself across the Hudson River to Sullivan County, in the heart of the Borscht Belt, he enrolled in the county's Community College, financing himself by working in the kitchens and staff offices of the area's numerous

hotels. He was rewarded with an Associate's Degree in Restaurant Management.

His career was launched during a summer working at a Weight Watchers Camp in the Poconos. That led, oddly enough, to Wall Street, where he presided for a time as chef in the offices of Salomon Bros., the eminent brokerage firm.

Moving back to Connecticut, he worked in several restaurants and as a country club chef. By this time, Ted had learned that the food business is not for the faint-hearted. It involves very long hours, many problems, and numerous uncertainties. Institutional jobs appeared to him a better way to go, and so, through a contracting company, he went to work for a UAW plant in Bristol, Connecticut, and later became regional manager for the company. By this time, Ted had married Jane, a girl from New Britain, and they jointly decided in-



dustrial life in the Northeast was sinking by the stern. Looking to move to a more productive part of the country, they studied a map together and decided to try North Carolina. They tested the waters first at Wilmington, but since they were accustomed to a more citified atmosphere, they settled on Raleigh as their next location. Ted found a job as Food Services Director at the Abbott Laboratories plant in nearby Rocky Mount, where he and Jane built a house. Jane went to work for the Carolina Telephone Company where she became an administrative assistant. When the company was bought by Sprint, she was offered a job in Wake Forest, but the couple

## GREENHOUSE REMINDER

Residents are advised that there is an urgent need to control use of the greenhouse. The Buildings and Grounds Committee asks that everyone using the greenhouse observe the following regulations:

All plants in the greenhouse must have the owner's name attached. Those without identification will be removed after February 1, 1996.

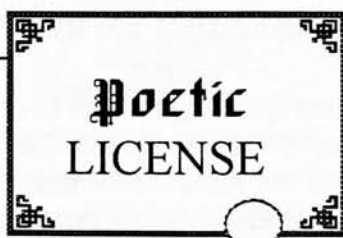
If you want to take plants to the greenhouse, contact Bob Blake(490-6750) so that he can meet you there and arrange for proper location. Owner must assume full responsibility for care of the plant while it is in the greenhouse.

Please don't drop off plants without first talking to Bob Blake. This is essential.

--Building and Grounds Committee

didn't want to move. At that point, Ted began looking elsewhere, and so it was that on July 1, 1992, he came to The Forest, commuting from Rocky Mount.

What does a man who deals with food all day do when he gets home? Why, he cooks, of course. Sometimes, that is, and both he and Jane are experts in the kitchen. Between meals, they're raising Sara, 9, and Michael, 12. They did a lot more cooking before the kids came, Ted says. The family likes taking short trips, to the mountains but especially to the beach. Ted's mother and two sisters are still living in his more or less native Long Island, but he and his family now call themselves Carolinians, and at The Forest, Ted has found the workplace he loves best.



### RING THOSE BELLS

The glitter of tinsel doesn't shine  
to aging eyes oft times;  
Soft notes of carols seldom reach  
worn out ears, one finds;  
The energy to shop for gifts  
disappears with fleeting years;  
Cherished recipes for home baked treats  
have passed along to heirs;  
Seasonal fetes and galas once loved  
somehow are not the same;  
Card lists grow short as time goes by  
and we forget friend's names;  
It's been that way since the world began  
but Christ's birth is still king;  
Joy comes if we emit it first,  
so, let Noel bells ring.

—ellen cheek dozier



### Chuckles

by Dorothy Zutant

#### WHY WORRY

There are only two things to worry about: Either you are well or you are sick. If you are well you have nothing to worry about. But if you are sick you have two things to worry about. Either you get well or you die. If you get well there is nothing to worry about. But if you die, you have only two things to worry about. Either you go to heaven or hell. If you go to heaven you have nothing to worry about. But if you go to hell, you'll be so busy shaking hands with your friends, you won't have time to worry.

### Christmas Candle

Empty stockings bulge  
Christmas hind-thoughts:

Baking cookies waft  
remembered dough  
on children's faces.  
Bought cards supplant  
cookie cutter snowmen.  
Tinsel displaces  
paper chains and  
child-made stars.  
Lonesome trees  
unfestooned with  
happy laughter.  
On Christmas morn,  
no pre-dawn footsteps  
and excited. whispers.

I light another candle  
for Christmases pending--  
its flame burns  
steady-----bright!

— Florence Manning



### Little Cat

Curled up in your chair  
little cat  
your silky fur  
shining  
in the lamplight  
paws lightly cloven ...  
you please me  
with your look  
of gentle peace.

—Valerie Hawkins

### The Christmas Book

Christmas—such a fun filled time  
With presents under trees  
Placed there by another  
Who only wants to please.

Hopefully—among our gifts  
When 'ere it's time to look  
Will be a very special gift  
That much loved favorite book.

—Valerie Hawkins, CNA

### Black Stones

Apropos of the recent excellent rendition of Georgia O'Keeffe by Helen Hale, there is a story recounted in Terry Tempest Williams' book, *An Unspoken Hunger*. To wit: Georgia O'Keeffe was obsessed by stones, but they had to speak to her. She and Eliot Porter (of photography fame) were exploring Glen Canyon. And, of course, Georgia was searching diligently for a special stone. It was Eliot Porter who found "the perfectly black, perfectly round, perfectly smooth stone." That stone not only spoke to her—"it cried out--". Porter did not give it to her.

Some months later he invited her for dinner at his house. Knowing her proclivities, he placed the stone on his coffee table and left her alone with it. Yes, it disappeared. The next time Porter saw it, it was in Georgia's hand in a photograph in *Life*.

Years ago I gave my grandson my favorite muffin stone for his rock collection. It was my treasure from the shore of Lake Superior, and it was "a perfectly black, perfectly round, perfectly smooth stone." Since I don't know where he hides it, maybe for a Christmas present he will lend it to me for a few years? —Florence Manning



## ADVANCE DIRECTIVES

by Dr. Tony Galanos

Health care and all of its nuances have never been so complex as they are at present. Managed care, technology, Medicare reform all leave us with the feeling that we have little, if any, control over what happens to us in health care settings. An advance care directive is a set of directions you give about the health care you want if you ever lose the ability to make decisions for yourself. North Carolina has two ways for you to make a formal advance directive. One way is called a "living will"; the other way is called a "health care power of attorney".

In North Carolina, a living will is a document that tells others you want to die a natural death if you are terminally and incurably sick, or in a persistent vegetative state from which you will not recover. In a living will, you can direct your doctor not to use heroic treatments that would delay your dying, for example, by using a breathing machine (respirator or ventilator), or to stop such treatments if they have been started. You can also direct your doctor not to begin or to stop giving you food and water through a tube (artificial nutrition or hydration).

In addition to the above, in North Carolina you can name a person to make medical care decisions for you if you later become unable to decide for yourself. This "health care power of attorney" needs to be specified in a legal document. The designated person should know your values and what treatments you would and would not want. It is this person whom the health care

team will consult if the necessary papers are on record.

Currently, we have as much right to refuse treatment as we do to accept it; consequently many people have a documented Living Will to forego aggressive treatment if their condition is terminal or irreversible. Others have designated a Durable Power of Attorney for Health Care (different from a Durable Power of Attorney) to speak for them should their medical condition preclude their participation in treatment decisions. Advanced care directives can be as simple as "Do Not Resuscitate," or can be complex to anticipate the myriad of medical scenarios that can take place in an acute care or long-term care setting.

Some individuals have had an attorney draw up their "Living Will". That is appropriate given that it is a legal document, but make sure you know what your Advance Directives say. Also, if it can be done, discuss your Advanced Directives with your family and others close to you so that there are no surprises when you become ill. It is a good idea to keep a copy in a safe place where your family can easily access it, but it is advisable to share the contents of your advance directives with your family, doctor, and the person designated for decisions by your health care power of attorney.

This may not be an easy topic for you to bring up with your spouse, family, or doctor, but the potential benefits are great. I hope this essay has proven to be of benefit for you. I and Lynda Rabon stand ready to assist you in this matter in any way we can.

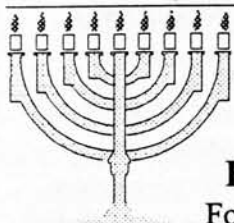
## Woodworkers Create 200 Trucks

You didn't read it here first if you saw the *Herald-Sun* on November 25th, but it's more than worth mentioning again that the display of oldfashioned handmade wooden toy trucks seen recently in our lobby will make 200 needy Durham children very happy this Christmas.

The trucks were the product of our Forest woodworkers, whose guiding spirit was P.J. Burns, ever mindful of his own nine grandchildren. Other workers on the project were Phil Eshelman, Gene Ringwald, and Henry McKay. These veteran woodworkers turned out an entire fleet of 200 trucks in the Forest's woodworking shop. Initially the project called for a hundred trucks, which the Salvation Army had said it would be happy to get. Working from a magazine article pattern, a prototype was constructed first, but the men realized they would have to specialize to save time. Employing an assembly line process, the woodworkers learned to specialize. Using donated oak boards and a drill press, and a belt sander, Eshelman found he could produce a wheel in about ten minutes. McKay developed a dipping and dripping technique to apply a coat of poly-urethane, and he also suggested rounded corners on the trucks to avoid sharp edges that might hurt children.

The second hundred was much easier to produce. The Durham Rescue Mission said it could use seventy-five and the pediatric unit of Duke Medical Center said twenty-five of its small patients

**See TRUCKS on page 11**



## SETTING THE TABLE FOR HANUKKAH

For Christians of the world, it's Christmas, and for Jews it's Hanukkah, which this year comes on December 17th. For both faiths, it means (among many other things) a time to set a festive table.

In both faiths, it is traditional to eat certain foods. For Jews, as one writer puts it, it's "a way to honor the story of the struggle even while you're having a good time eating."

At the top of the list in many Jewish households is potato latkes. Latke is the Yiddish word for pancake. They take hours of hard work in the kitchen, but the result is worth it. Grated potatoes and grated or chopped onions are the primary ingredients. They're held together with eggs and flour, and fried in oil. Oil symbolizes the victory of the Maccabees, who paradoxically had never heard of potatoes, which grew wild in South America but were not known in Europe until Pizarro, the Spanish explorer, brought them back. They soon became plentiful, a common food for Eastern European Jews, who began making pancakes from them in the 1600s. They were made, however, in a festive way, although there's no one way to make latkes. Every cook has his (or her) own method. It's a big job and people have found it's more fun to do it together. Peeling the potatoes alone is a large chore. Recipes tend to be passed down in families. Sour cream and applesauce usually accompany the latkes.

There are also Hanukkah

## FALL "EXTRAVAGANZA" IN HEALTH CARE CENTER IS A HIT

A Fall Extravaganza was held in the Health Care Center on November 18, 1995. The event was dedicated to the late Dr. Kenneth Johnson who had planned to participate but died November 7. The combined talent and fashion show was presented by and for the staff and residents of the Center.

The program opened with group singing of a familiar hymn, led by staff member, Ms Donna T. Mebane, who conceived the event, a prayer by P.J. Burns, and reading of a psalm by Ms Mebane. Diane Long then read "Light," a poem by Valerie Hawkins, Olsen staff member. Then Chrisean B. Fuller, young son of Ms Mebane, presented carnations to all the ladies as he sang "This Land is My Land."

A fashion show followed with residents and staff as models. Ms Patrice Powell was mistress of ceremonies. First of the residents was Evelyn Best wearing a black dress with a small white stripe and a beautiful black lace collar. Next came Betty McCullen in a three-piece black outfit with a holiday sweater embroidered with poinsettias. Carol Hansen appeared in a cream suit accented by brown leaves embroidered with seed pearls across

desserts, especially sugar cookies, and other foods traditionally eaten for the holiday, including roast goose, which Eastern Europeans knew was best eaten in winter. Sauerbraten is another favorite, and in Spain, on the sixth night of Hanukkah, when there is a new moon, the special dinner includes couscous. —John Tebbel

the shoulder and front, completed by a rhinestone necklace and earrings. A hostess gown of pink and blue patterned brocade, with ruffles at the wrist, was shown by Serene McLean. Dorothy Nauman wore a lovely black print dress with roses and sheer sleeves, and Jeanne Wrenn completed the residents' participation wearing a two piece green sequined dress and gold and pearl earrings.

Before continuing the show Ms Mebane recognized the gracious attendance of Mrs Kenneth Johnson, who was warmly applauded.

From the staff, Diane Long appeared in a green holiday dress with pearl buttons accented by pearl and gold earrings. Chris York modeled a blue and white print empire waist jumpsuit. A two piece red suit with gold accents was worn by Carol Adams. Cynthia Bobbit modeled a formal black taffeta and velvet dress with a black rose at the neckline and her grandmother's pearl necklace and earrings. Diane Long next appeared in a soft pink satin robe and gown with dark pink accents. Patrice Powell modelled a black pants suit with a black and gold sequined vest and gold accessories, then introduced her children: Taquorya, 8, in a lovely black velvet dress with white accents and a pink rose, Julius Jr., 4, and DeMarcus, 3, in black and white pin-striped suits with white shirts and bow ties. Chrisean B. Fuller was handsome in a black suit and white shirt with bow tie. Donna Mebane was elegant in a blue sequined blouse with a full black skirt. Diane Long closed the fashion show attired first in a black velvet hostess gown with cream lace at neckline and wrists, and later in a cream satin pant suit

See FASHION Show on page 11



## WELCOME NEW RESIDENTS



**Mrs Peggy Altvater**

**Apt. 3041      403-9030**

Native of Tennessee, lived many years in Colorado and came here from Denver. She's a true Dukie; she, her husband, their three daughters, three sons-in-law and 2 grandchildren all graduated from Duke.



**Mrs Verna Boteler**

**Apt. 2023      403-9348**

Grew up and raised her family in Maryland. She's now enjoying living in the same city as her sister and her daughter. She is usually called "Bo." Enjoys reading and working cross-word puzzles.



**Mrs Mosette Rollins**

**Apt. 4020      489-4289**

Is a native of Durham and has been active in community service. Historic preservation and conservation have been and continue to be her special interests. She is nicknamed "Mo." She enjoys travel.

### EDITOR'S WIFE SMITES PROGRESS

In the electronic dark ages - about ten years ago--we bought a VCR. The owner of the shop hooked it up and gave me a couple of lessons in how to operate it. It was very simple: you pushed four or five buttons and Eureka! Next day there was a resplendent *Jewel in the Crown*. Alas, our lovely toy broke. "... can't get parts ... easier to jettison it and buy new ..."

We visited Circuit City's plethora of goodies and after assuring the salesman that a three-year insurance policy might well outlive us, we carted home a little Japanese-made-in-China VCR. Bernie Bender most graciously connected wires and showed me how it works.

Now we have to turn on the TV with one remote, turn to a second remote, perform fourteen functions by pushing little rubber pads

### SAVE THE STAMPS, NEVER MIND THE WHALES

For future craft projects, now in the dreaming stage, residents are asked to save stamps that arrive on the mail, especially during the holidays. Please cut off the upper right hand corner of the envelope and leave the stamps in the collector pocket of the resident-to-resident bulletin board, or in Jane Jones's in-house mailbox, #4024.

These stamps will be used for montage book covers, notebooks, jewelry, tray favors, cards, and other projects to be created by our crafty people.

on a flimsy remote control and hope.

Jack says I'm improving. I failed to have hysterics yesterday. This is called new and improved simplified operation. I say, "This is progress?" —Kacy Tebbel

### FASHION SHOW from page 10 for evening.

Ms Powell and Ms Mebane thanked Sue Fesel and the Alamance School of Cosmetology for make-up and hair-dressing for residents in the show, to staff who had helped, and to Jean Boulrier, Pianist, Bob Dunham, Video, Jean Weil, Reporter, and Claudia Wing, Activities Director.

The event closed with punch and cookies, provided by Dining Services, and a beautiful coconut cake, baked by Jackie Bolds. Many family members and friends attended the festivities. —Jean Weil

### TRUCKS from page 9

would be delighted to have trucks. All orders were filled. Next year: dolls for the girls, and in a Christmasy PC spirit, Ringwald says trucks will be available for both sexes. —John Tebbel

Bob Blake's

**PUZZLE**

Each word below can be found by either reading  
up, down, forward, backward or diagonally

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

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**A FEW FIRST NAMES OF MALE RESIDENTS**

Andrew	Creighton	George	John	Paul
Authur	Dan	Gilbert	Jullan	Ralph
Bernard	Dick	Gosla	Kenneth	Richard
Bernie	Don	Grey	Laban	Robert
Bertram	Douglas	Harold	Lester	Roger
Bob	Earl	Harry	Marcus	Roy
Bill	Edwin	Henry	Marlin	Theodore
Bud	Elmer	Herbert	Milton	Thurman
Carl	Emanuel	Howard	Mitchell	Tracy
Chuck	Eugene	Hubert	Nat	Waldo
Claude	Everett	Hugh	Nelson	William
Clifton	Fey	Jake	Norman	
Clyde	Franklin	Jim		