

THE FORESTER

Volume 3 Issue 4

April 1996

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

NEWS FROM THE PIT



As I am writing my monthly report, looking out my window, the sky is Carolina blue and the temperature is 70 degrees Fahrenheit. Could it be true that spring is finally here?

Some happenings--past, present, and future--are: We were all saddened by Nelson Strawbridge's passing. He helped get TFAD off to a great start. Also, he was my special friend and mentor, and I will miss him very much.

Our program for securing additional volunteers for Holbrook and Olsen activities is moving forward. Marjorie Jones, Peg Lewis, and Molly Simes asked that I get you to mark your calendars for Wednesday, April 24th, at 3:30 p.m., in the Auditorium for a meeting when we, along with Claudia Wing, will outline our game plan and ask for your support.

Our Residents Association meeting on Monday, April 15 included an incorporation presentation by Chris Hamlet, followed by a vote approving the proposal.

A very good exchange of ideas took place on April 1st with the Board and the Residents Association's health care committee in attendance. Peg Lewis reports that all areas of concern were discussed with Dr. Harvey Cohen and Board

Who Are We at TFAD? New Survey Tells All

Or nearly all. What we don't know won't hurt us. Statistics ordinarily make slow reading, except to other statisticians, but a survey of Forest residents provides a cross-section of our population which may contain a few surprises.

No surprise is that women outnumber men, 219 to 120, to make a total of 339. But here's a surprise: 7 percent of the women and the same number of men are single, or to put it another way, 93% of the men are married, and 54% of the women.

How old are we? The average age is 79, and no one is under 65. Most of us are in the 75 plus category, or 85 percent of the men and 78 percent of the women. Youngsters in the 65-to-74 bracket are 15 percent male and 22 percent female.

Where do we come from? The survey shows that 41 percent come from North Carolina, 15 percent from the Durham area, and 44 percent from out-of-state. Twenty-six states and the District of Columbia are represented in our population, with a majority from North Carolina, New York, New Jersey, and Virginia.

What did we do before we came here? A majority were in

NEW RULE ON VISITORS TO THE FOREST

As of April 8th, all visitors to The Forest, including guests and vendors, must register at the front desk before they go to a residential unit or department. A book will be kept at the desk for visitors to sign in. Residents are asked to inform guests, visitors, and vendors of this new regulation, which will further strengthen security at The Forest.

business, but we were also professors, teachers, doctors, scientists, lawyers, engineers, nurses, clergy, librarians, secretaries, musicians, CPAs, members of the military, and many community volunteers.



With such a list of occupations, it's hardly surprising that 74 percent of us have college degrees, 12% hold PhDs, and there is an assortment of MDs, RNs, MAs, MBAs, and LLBs, as well as some honorary degrees. Eleven of us are in "Who's Who in America."

These figures confirm what everyone already knows---that we are a varied and fascinating population, and in spite of the age figures, many residents are still active in the world outside The Forest, either doing what they've done all their lives, or working as volunteers in various Triangle health and cultural institutions.



See NEWS on page 9

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 and September by and for the residents.

Publisher: Bob Dunham

Managing Editor: John Tebbel

Editorial Assistants:

Charlotte Cassels, Ellen Dozier, Evebell Dunham, Florence Manning, Jean Weil and Dorothy Zutant.

Art and Word Puzzles: Bob Blake

Photographer: Ed Albrecht

Publishing Assistants:

Bess Bowditch, 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 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*.

No letters this month. —Ed.

In Memoriam

Lela Jones April, 12, 1996

CRYPTOQUOTE

(Clues on page 4)

X WXBEQY QPVYV
BPHZOBA PG OHV QOAZH
JD QOAZHOB XBPZYYS
WXBEQY

FXITV LYQQYS

by Z. J.

**WELCOME
NEW RESIDENTS**

Herbert and Berniece Stecker
78 Forest at Duke Dr. 419-6362

Came from Pinehurst. Herb grew up in Wisconsin, Berniece in Cincinnati. Herb is graduate of U. of W., Madison (and was in the marching band with Ed Albrecht!). He went then to U. of Cincinnati where he met and married Berniece and got MS and PhD in physiological chemistry. He was in Manhattan Project (A-bomb) in NYC. After WWII they lived in Chicago, then 20 years in Bergen County, NJ, and 21 years in Kona, Hawaii. Berniece likes golf, travel and cooking. Herb's special interests are lapidary and genealogy.

**RESIDENT DIRECTORY
UPDATE**

The following changes should be made to correct your Resident Directory:
Few, Kendrick S., change #3042, to #3043.

Rosenthal, Julian, change to **Rosenthal, Julian and Frances**.
Stecker, Herbert and Bernice, change to **Stecker, Herbert and Berniece** (see above).

If you don't have the new directory, please come to the Administration office for a copy.

EDITORIAL

A familiar byline and column are missing from this issue of *The Forester*. Libby Getz is taking a sabbatical, having temporarily run out of ideas, she says, for her popular "Ad Lib." We're trying to persuade her to become a roving correspondent of goods and services when she returns in the fall. Meanwhile, needless to say, we welcome any such contributions.

In fact, Libby's departure (only temporary, we hope) provides an opportunity to invite readers who may have ideas for columns, stories, or anything else we may not be covering, to let us know. Our editorial door, imaginary though it may be, is always open.

—John Tebbel

**REGULATIONS FOR
OWNERS OF PETS**

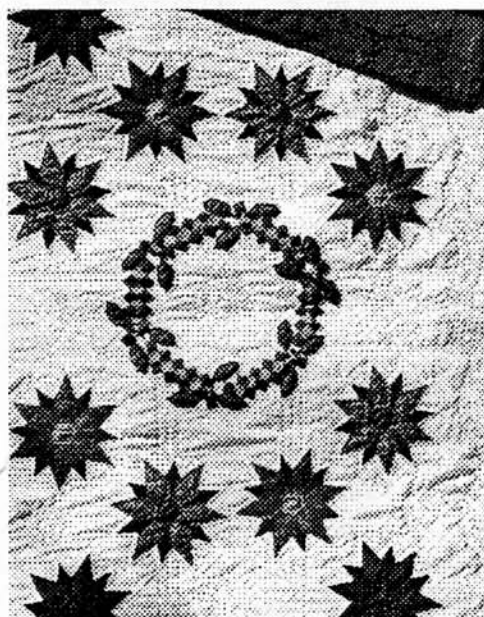
Pet owners at The Forest are reminded that even though their animals are welcomed and needed, some restrictions and regulations still apply. Pets must be registered with the Administration. Inoculations must be up-to-date and documented. Residents who, at any time, might not be able to care for their pet must identify an emergency care person to fill in. Such emergency caretakers, either for long or short periods, are considered responsible for the animal. If a pet has to be replaced by another for any reason, it is considered as "new", and must be inoculated and registered. Residents are also asked to remember not to bring a pet into the Community Center, because other people may have allergies and could experience a serious reaction.

arty facts About Quilting and Quilters

by Charlotte Cassels



I'll bet nearly everyone at TFAD has a "family quilt" or a "collector's quilt", that has been, or will be, passed



"Christmas Quilt"

Other Directions, Aiken, SC

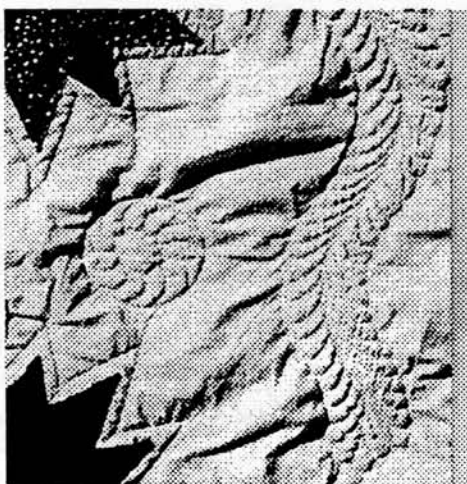
down from generation to generation, each with its own story, and each one reflecting the colorful beauty, originality, patience, and love sewed into each tiny stitch.

If you've wondered about the quilt adorning the piano in our auditorium, it belongs to Ruth Phelps, and it's called a Victorian Crazy Quilt, made probably between 1870 and 1890. This kind of quilting is distinguished by irregular patches made of silks, satins and velvets, sewed together with a variety of fancy embroidery stitches, and with as many as 100 different kinds of stitches on a single quilt.

A contemporary quilt can be seen on the north wall of Holbrook, a formal pattern of blue-and-white design and exquisite hand stitches throughout the entire quilt. Quilts are judged by the regularity and smallness of the stitches. This quilt has been loaned to TFAD by P.J. and Lorene Burns, and was custom-made for Lorene's collection by a quilter in Tennessee.

Most quilts found today date after 1800. They were made in fantastic quantities in every part of America. Early American families were large, many with 12 or 15 children. Each girl in the family was expected to make a minimum of 13 quilts by the time she was married, and both mothers and new brides kept making quilts to use on beds which were usually 8 or 9 feet square. In some cases quilts were used as wall hangings for warmth. As the years went by, quilts would also wear out and need to be replaced. Garments for both men and women were frequently quilted, which goes back to knights who used sturdy quilted layers under their armor for warmth and protection from lances.

The first county fair was



"Christmas Quilt" quilting detail

ABOUT OUR CHERRY TREES

In case spring comes, here's what you might want to know about our cherry trees, courtesy of Master Gardener Edna Wilson. There are three species of these trees on our property: *Prunus virginiana*, or chokecherry, *Prunus x Okame*; and *Prunus Subhirtella* Var. *autumnalis*, or Higan Cherry.

Blossoms of the first two were blasted by the severe freeze we suffered this spring, but the third species' blossoms had not yet come out at that time and were still in bloom in early April. It's a repeater, blooming again in the fall.

held in 1808 in Pittsfield, Mass., and opened the doors to friendly competition of quilters with pride in their quality of workmanship and beauty of design and composition.

The basic elements of a quilt are the top, interlining, backing and edging. The top was made and decorated first, then the three layers of the quilt--backing, interlining and top--were assembled and quilted together. Edges were finished last. The two principal techniques in American quilt making are piecing and appliqueing. Hundreds of books have been written about quilts and quilting for those who continue this fascinating hobby (or business), or who want to learn more about quilts they own.

Locally, one place where you can buy handmade quilts and quilted artifacts is at "Womancraft," a store near A Southern Season in Chapel Hill.



Chokecherry

AMONG THE TREES



Wouldn't the Forest be a healthier place if it weren't for falls? Just ask Louisa Ingram or Jack Persons, among many others for an emphatic answer to this. - - - Have you ever lived any place where so many people have two first names? We have Mary Ruth, Mary Ann, Betty Joyce, Minnie Mae, Mary Frances, W. Holland, Frances Gray, and then there's W.D., P.J., and I.B.. Thank goodness they're all good natured cause it's tough enough for some of us to remember every day one first name and one last name! - - - With such a rambunctious and critical group of residents living in the Forest, didn't think it was possible for a new member of Management to be accepted so quickly and so wholeheartedly as Joel Sontag. Guess its not just the big things but also the little ones such as spending Easter Sunday filling in at the reception desk, and driving the coach over to the Hospital when emergency transportation was slow in materializing - - Clyde and Margot Casady's grandson is graduating from Duke Phi Beta Kappa and has accepted a Fulbright scholarship. Understand that their other grandson at Duke is also a genius. - - Over the past two years the improvement in conditions in our Health Care facilities is dramatic. No need to worry any more about being transferred down there, but would just as soon stay where I am for a while. Another encouraging development is the improvement

in communication between the Forest Board and the residents. Our committees and the Board committees are meeting regularly and having frank and amicable discussions. - - - Wish we all had the energy and drive of the two Bobs, Blake and Dunham. They're both so actively involved in many, many volunteer projects at and outside the Forest - - Speaking of Bobs, probably local golf would be in disarray if it weren't for Bob Guy making course arrangements and keeping handicaps straight. Perhaps he can tell us how soon this year Hal Muncaster will shoot his age and when Hank McKay will be swinging a club on the links - - A note for sports and music fans- Herb Cheek starred in basketball and baseball during his days at Duke and great sounds from the 30's and 40's can be heard in and near his apartment. - - - The big question-is Frank Mazuy a better looking guy with or without the beard? Personally, I think it looks great. - - Margaret Mims sure has a dedicated family. At least one son is over to visit every day. - - If we transplanted Yankees were asked to pick a person we visualized as the prime example of a gracious Southern Lady, believe most would immediately choose Mary Harrison - - - Never saw so many visitors here as we had in the dining room at Easter. The staff were most compete it in handling the overflow - - - If the cigarette companies are to be sued for causing health problems, wonder why not the same for gun and ammunition manufacturers?

—Woodchuck



PLANTS IN THE GREENHOUSE

As the time approaches for taking your plants from the greenhouse to your patio, please don't decide to abandon them. There are still a few orphans there from last year.

We have a new supply of plant markers to put your name on, so drop in and check your plants. If you need a new marker because your name has washed off, or if you have forgotten to mark your plant, now is the time to identify it.

Remember, unclaimed plants, after a reasonable time, are subject to be removed from the greenhouse. And all summer plants (impatiens, geraniums, begonias, etc.) must be out of the greenhouse by May 15.

If you want to place a plant in the greenhouse, please check first with Bob Blake.

REQUEST FOR VOLUNTEERS

There is a need for volunteers to drive cancer patients to Duke for radiation treatments. This is part of the Road to Recovery Program of the American Cancer Society. Bob Blake is the Durham Coordinator and he needs more drivers. Contact him for more information at 490-6750.

Clues for the Cryptoquote:

Y=E

X=A

Q=L

Forester Profile
NILOFER COUTURE:
WOMAN OF THE WORLD
by John Tebbel

Not what you may be thinking, but quite literally. Nilofer, our Nutrition Care Manager and Assistant Director of Dining Services, has lived in places from India to Spain, with numerous stops at far-flung locations in between---a cosmopolitan journey in a life that's only well begun.

Nilofer was born in Darjeeling, India, which makes her Indian by birth, but because her mother was Tibetan and her father Persian, even her basic origin is a mixed bag. Since her father worked for a British tea company, his job led him to various places where tea was growing, which meant that Nilofer's education from the first took place in several locations. She attended boarding school at Mother Teresa's famed Loretto Convent, but she followed her family to Southern India, and later to Jakarta. She took her O- and A-Levels, following the British educational system, in Singapore, but when it was time for college, she chose Michigan State University.

That move to East Lansing, Michigan, was a turning point in her life. She had intended to find a career in hotel management, but at MSU, she developed a new interest, studying to be a dietician, and switched majors over her parents' objections, earning her undergraduate degree in that field. It was at the university, too, that she met her husband, Mark, a humanities student from the small Michigan town

of Mancelona. Before they were married, Nilofer did a one-year internship in Boston, at Massachusetts General Hospital.

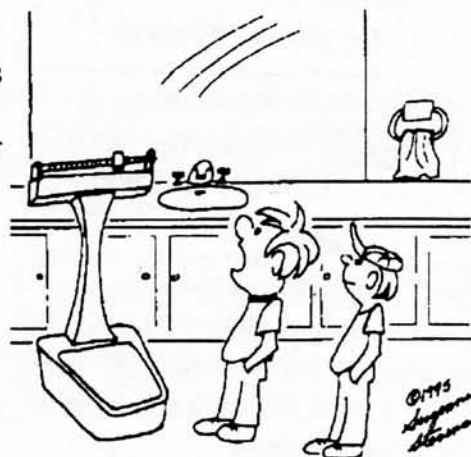
The road ahead seemed clear enough. She would work toward her M.A. in Public Health, he toward a Ph.D. in Romance Languages. But travel still called. Nilofer spent two months with her sister, Aiesha, who was living in Paris. Then, moving to Durham, she began working as a public health nutritionist at a community health center, dealing mostly with children and pregnant women. She also helped write grant applications, and became a lactation educator.

The world called again. Taking a leave, she returned to India for a visit, and also saw Paris again. With Mark, she also visited his brother in Taipei. Interviewed before her travels for the Forest position, she returned to Durham and began working here in July 1992. There have been other travels, however. With Mark pursuing further studies in Granada, Spain, she spent, all told, four months with him there.

Travel and her family background have made Nilofer a linguist. She speaks Nepalese and Tibetan, among others, and could manage Sanskrit if such an unlikely conversation should occur.

Nilofer's work here is mostly in the Health Care Center, where she oversees the tray service, makes sure state regulations are met, and documents nutritional needs of residents, assessing and documenting their needs. She also examines dining room menus to see that they meet the nutritional needs of residents.

Her work has led to an in-



"Well, I'm not sure how it works, but grown-ups stand on it and it makes them angry."

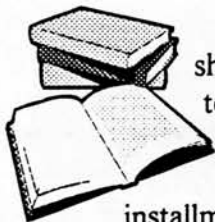
creasing interest in the problems of hunger, and she has been active with the North Carolina Dietetic Association, working with dieticians across the state, who in turn constitute a national network of specialists in this field.

Living in Durham, Mark has been able to complete his studies at Duke, from which he recently took his Ph.D., and is teaching two courses there. Both he and Nilofer like to cook, and they're both music lovers, but there's still sand in their shoes. Nilofer says she sometimes thinks about South America, one of the few parts of the world she hasn't seen.

How long can we hope to keep her tied to The Forest? A good question. She is expecting her first child in July, and there will be a three-month maternity leave. Then? Well, Mark will be looking for a teaching job, and it depends on where he finds it. Meanwhile, if you want to have a little Sanskrit conversation, or perhaps Bengalese or Hindi, Nilofer will make time to talk to you.

BOOK NOTES

by John Tebbel



April brings us showers (or "girlish tears," as a non-PC poet has it), and it also brings another installment in the annual flood of spring books. This season the quantity seems to be well ahead of the quality, but here are some of the better offerings.

A. S. Byatt, whose recent *Angels and Insects* further strengthened her already formidable reputation, gives us *Babel Tower* in May. Until now her canvas has been a small one, but here she's giving us a broad panorama of England in the Sixties. The scene is one of those huge country houses, populated and frequented by the landed gentry. The house's mistress, Frederica, is in a custody battle over her son, which climaxes in a wrenching divorce hearing. It is, as one reviewer puts it, "a riveting account of changing times in England." Told in a mesmerizing style, Byatt shows us a society coming to terms with new values.

We think of Robert Burns as one of those comfortable hearth-and-home poets, but in *Dirt and Deity: A Life of Robert Burns*, by Ian McIntyre, a different portrait emerges of the man who wrote "Flow Gently, Sweet Afton." Before he died at 37, in 1796, our Robbie lived a life unevenly divided between alcohol and seduction. He was a man who merited the word "colorful," and this biography does him full justice. (June)

Followers of PBS's "Washington Week in Review" may want to read a collaboration by two of its

regulars, Haynes Johnson, of the *Richmond News Leader*, and David Broder, the *Washington Post's* syndicated columnist. Their book, *The System: The American Way of Politics at the Breaking Point*, is an ideal election-year book because it won't make anyone happy. They use as a case study the battle over health insurance. There is considerable drama here, as we watch the vicious behind-the-scenes battle waged by insurance companies, conservative Republicans, health providers of various kinds, and the Christian Coalition. The authors regard all this as a splendid example of why so many people don't think the government represents them. (May)

If they don't agree on politics, all Forest golfers will certainly endorse this title: *Golf Is A Game of Confidence*, by Bob Rotella, with Bob Cullen (means he wrote it). Rotella, Director of Sports Psychology at the University of Virginia, hangs out with the likes of Byron Nelson, Pat Bradley, Davis Love III, and Tom Kite, and his book is about some valuable things he's learned from them. Our golfers should be able to shoot their age after reading it. (May)

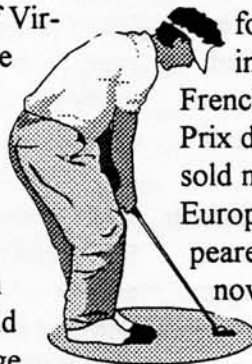
Fiction lovers who want what used to be called "a good read" will find it in a rich, well-paced novel, *Blue Heaven*, by Elaine Kagan. It's about three generations of women: Mollie, 80 years old, who comes from North Carolina but now lives in Kansas City; her daughter, Gillian; and Gillian's daughter, Claire, who is 16 and lives in Los Angeles. That cov-

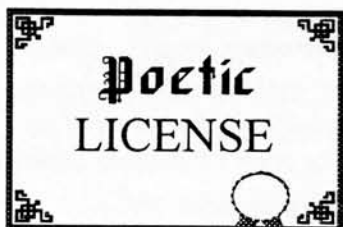
ers the country and the ages, and their intertwined stories cover the emotional gamut of what you'd expect from 16 to 80. Good bedside reading. (May)

Probably there has never been a time in America when people hear and read so much about the law with less understanding of what they're hearing and seeing. Alfred H. Knight, a Nashville lawyer and a former Federal prosecutor, seeks to inform us, painlessly, in *The Life of the Law and The People, and Cases That Have Shaped Our Country, from King Alfred to Rodney King*. After that title, not much more explanation is necessary. (May)

One of the best literary novels of the season is likely to be *Belle du Seigneur*, by Albert Cohen, which a critic has described as "a vast, astonishing satire of modern life." The scene is Geneva in the 1930s, when the League of Nations was struggling to survive in some form or other. First published in France in 1968, it won the French Academy's coveted Grand Prix du Roman and since then has sold more than a million copies in Europe alone. Oddly, it hasn't appeared here in translation until now. A literary event. (May)

Unusually good travel books have been appearing this season, and Anglophiles particularly will welcome *Notes From A Small Island: An Affectionate portrait of Britain*, by Bill Bryson. This is a witty and immensely entertaining trip through parts of England, from Bournemouth to Liverpool and beyond---the kind of detailed observation that could only be done by a man who traveled only in public transportation and on his own two feet. (May)





April

Fickle as April
strewing daffodils
comes beguiler Muse
dangling tidbits
for the tasting.

The while of savoring
sweet bouquet,
the artful temptress
slips away.

--Florence Manning

THE LEAF

Inside the tree by my window
buried deep in branches bare,
aware and eager for renewal
it stirs, impatient for elsewhere.
Ready to sprout when touched
by spring's warm, persistent rain,
the leaf lies snug but alert
on stand-by to appear again.
Man does cultivate for sure
and from this he seldom shirks,
but not until the Gardener above
pulls the switch does it really work.
How can we doubt God's creations?
look around, each and everyone,
as tiny buds turn to leaves
that will shade us from summer's sun.

—ellen cheek dozier



TO FLY

Look at all the different kinds of
birds,
flying through the sky.
Oh wouldn't it be wondrous,
if we knew how to fly.
Soaring above the world below,
choosing whether you go fast or slow.
What would it be like,
to be a bird?
Would it be nice,
or be absurd?
The answer to my questions,
will not be known;
until man, without a plane
has flown.

—submitted by proud Nana,
Ellen Dozier

This poem written by Sarah Dozier, 10,
5th grader at Charlotte Country Day
School, has been sent by the school to a
poetry contest.

GOD, LET ME LIVE

Thank you, God for one more year
In which to reach my goal
Not the goal of gain on earth
But just to save my soul.

I know my progress has been poor,
And I am far behind
As I have failed so many times,
To really use my mind.

As I have disappointed You,
When I knew so much better
And when I should have honored and
Obeyed You to the letter.

Dear God, You have been wonderful
So kind and good to me;
I thank you for my comforts, and
Each happy memory.

Thank You, God, and let me live
Throughout another year.
As now I long to prove to You
My efforts are sincere.
—James J. Metcalfe
(contributed by Margarette Nance)

Chuckles

by Dorothy Zutant



Gallopin' Greenbacks

Dollars being what
they are,
I cannot make them last.
They never go so
very far,
But they go there
mightily fast!
—Stanley Porter, New Berlin, NY

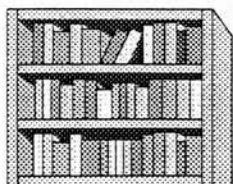
A COLD is both affirmative and
negative. Sometimes the "eyes"
have it, other times the "nose."
—Anon.



Icarus receiving his wings from Daedalus.
(From a Roman relief.)

Library Bookends

by Jean Weil



The Library has received about 20 health videos this month from the Wellness Center, courtesy of Kerr Drugs. The videos include material on osteoporosis, cancer, arthritis and other illness to which we "older" people are susceptible. Come look them over.

Another gift has been many audio tapes of very good music. If you have a tape player you will enjoy these and others that we have. Our collection now has over 100 tapes including fiction and almost anything else you might be interested in. Remember that we have tapes of most of the programs in the Auditorium, including the Humanities Lectures and the Healthy Aging lectures. If you missed a program, you will find that tape in the Library.

There are some new faces in the Library too. Rose is now on duty on Wednesday mornings, while Mildred Hubbel and Lu Erwin are helping with the Oasis visits.

GYNECOLOGIST IS NOW AVAILABLE

Women residents are reminded by the Wellness Center that a gynecologist is available on Wednesdays from 9 to 12.

Dr. M. Christie Timmons graduated from the UNC School of Medicine in 1975. She had a post-doctoral fellowship in Medical Genetics in the Department of Pediatrics at UNC and did her residency in gynecology and obstetrics at Duke Medical Center. She was Board Certified in gynecology and obstetrics in 1988.

Dr. Timmons is a fellow of the American College of Obstetrics and Gynecology and is presently a senior research consultant at the Center for Aging and an assistant professor in the Department of Obstetrics and Gynecology at Duke. She is the author of many research papers.

Besides her work at the Forest, she practices at Oxford and Creedmoor, and provides surgical consultations and assistance through the state. Her work at the Forest is part of the expanding gynecological care she is bringing to retirement centers.

Tired of hunting for that elusive channel-to-cable list? Cut this out and paste with rubber cement on the back of your TV remote control.

—B.D.

NO.

- 2 (CH17) WNCN NBC GOLDSBORO
- 3 (CH5) WRAL CBS RALEIGH
- 4 EDUCATION
- 5 (CH30) WRAY IND WILSON
- 6 (CH11) WTVD ABC DURHAM
- 8 TFAD LOCAL
- 9 (CH4) WUNC PBS CHAPEL HILL
- 10 (CH22) WLFL FOX RALEIGH
- 11 (CH40) WKFT IND FAYETTEVILLE
- 12 (CH28) WRDC RALEIGH
- 13 (CH50) WRAY WB RALEIGH
- 14 TBS ATLANTA
- 17 BET (BLACK)
- 18 C-SPAN
- 19 PREVIEW GUIDE
- 20 QVC HOME SHOPPING
- 21 WGN IND CHICAGO
- 22 INSPIRATIONAL NETWORK
- 23 TRIANGLE TV
- 24 C-SPAN
- 25 USA
- 26 TNT
- 27 A&E
- 28 FAMILY CHANNEL
- 29 CNN
- 30 DISCOVERY CHANNEL
- 31 VH-1
- 32 AMC MOVIE CLASSICS
- 33 LIFETIME
- 34 COURT TV
- 35 MTV
- 36 COMEDY CENTRAL
- 37 CNBC
- 38 ESPN 2
- 39 LEARNING CHANNEL
- 40 TNN NASHVILLE NETWORK
- 41 HEADLINE NEWS
- 42 WEATHER CHANNEL
- 43 NICKELODEON
- 44 HOME TEAM SPORTS, FRI-SAT
- 45 FAITH & VALUES

BLAKE'S WATERCOLORS ON VIEW AT DUKE HOMESTEAD

Watercolors by The Forest's Bob Blake are currently on view, until June 1, at the Duke Homestead. They depict Durham at an earlier time in its history. The fifty paintings are on display in the Tobacco Museum at the State Historic Site, in Durham.

Photographs dating back to 1945 were the inspiration for Bob's work, and much of the painting was

done at the sites during a week's vacation in 1959. He had fitted his car truck with a drawing table that, when it was opened, shaded the paper and supplies. He also took many photographs of his subject matter, some of which were found several years later and converted to watercolors only recently.

Since he began working in watercolors in 1943, Bob has averaged seventy-five paintings a year, many of them North Carolina scenes, including both the mountain

and coastal regions, and the Piedmont with its tobacco barns in rural Durham County. Bob also painted the backgrounds for dioramas in the Tobacco Museum.

Homestead staff members are conducting special thematic tours for children, and are hosting other special events during the exhibit's run. Those needing more information should call John Tackett, at (919)477-5498.

HOW TO FAX AT THE FOREST

Residents who want to fax messages and don't have the equipment themselves can use the fax machine in the administration offices.



Faxes can be sent during business hours, from 8:30 a.m. to 5 p.m. They can be received at The Forest 24 hours a day. Those received in the morning are taken to the front desk at noon; those received in the afternoon will be at the desk at 5 p.m. Faxes arriving after 5 p.m. will be taken to the desk at noon on the following working day.

When a fax is delivered to the front desk, the receptionist will put a card in the in-house mailbox indicating its arrival. The office fax machine is able to receive only one message at a time, so that if it happens to be busy when a particular message is sent, it may take awhile for it to be received. When a fax arrives, the resident recipient will be called by office staff. Residents expecting an important message are asked to let the office know.

The charge for sending faxes is \$2.00 for the first page, and \$1.00 for each additional page. An administrative charge of \$3.00 is made for all incoming faxes.

FOREST GETS HIGH RATING

In the midst of memorial services last month for Nelson Strawbridge and "Gibby" Williams, inspectors from the North Carolina Nursing Home Licensure Review Board arrived for their annual unannounced review of this facility. Such inspections usually last three

MEMORIAL FOR "MIKE" SEELY

A memorial service for Mrs. Robert L. Seely, better known to her many Forest friends as "Mike," was held on Wednesday, March 27th, on the ground below the apartment where she had lived. A Swamp White Oak tree was planted, a gift from her sons. The tree, a rare specimen, is expected to reach a height someday that will provide shade for residents on the lawn outside the swimming pool.

A group of her friends was present at the site to take part in a service of prayer of thanks for what she had given to those who knew her, and a prayer of blessing for the life of the tree. The service was conducted by Tracy Lamar, a Forest resident who for many years was the priest of the Episcopal Church in Tryon, N.C., where "Mike" and her late husband were residents and members of the congregation. He spoke of her exceptional talents as an artist in needlepoint, and their relationship as fellow members of the Southern Highland Handicraft Guild of the Appalachian Mountains.

After the service, an appropriate marker, mounted in granite, was placed at the foot of the tree.

days, but it took only a day and a half, a record, for the visitors to complete their inspection.

The result was something of a triumph for the Forest. We were given an excellent, deficiency-free report, the highest rating, most unusual to be given to an institution less than four years old. "It was a great team effort, and we are very proud of our staff," said Kathy Crapo.

NEWS continued from page 1

chairman Joe Harvard. Bill Heroy, our Finance chairman, and his committee met on Wednesday, April 3, with Kathy Crapo and Vicki Beringer to set up the 1997 budget calendar meeting. Bill is pleased that his committee will have input as the 1997 budget is put together in April, May, and June, with the completed budget being presented to the Board of Directors for approval at their August meeting.

On a "people" update, our Residents' Association secretary, Creighton Lacy, is recovering from a four-way by-pass, and Jean Weil, just returned from Duke Hospital, had both knees replaced.

On your GTE phone bill, on page four, if you are being billed under "GTE unregulated service" for "inside wire maintenance plan," at a monthly charge of \$1.50 per telephone line, call 1-800-483-3300 and tell them to discontinue this item from your bill. Tom Fourqurean has advised me that TFAD owns the wire and we shouldn't pay this charge. We have Mary Ruth Miller to thank for calling this to my attention.

Marjorie Jones and her committee, consisting of Dorothy Zutant, Martha Gambill, and Ginny Goldthorpe, have received Executive Council approval to have the second TFAD Silent Auction on Saturday, October 26th, 1996, in the Auditorium. Marjorie says "start planning what you can donate to make this extremely delightful event another success. As a reminder, our first silent auction raised \$6,300 for our Benevolent Fund."

--Bill Goldthorpe

NOTES OF AN OCCASIONAL BIRDWATCHER

by Gilbert Goldstein

You may not see a great many species in a single day. Over a long time period, however, Doris and I have spotted about 50 kinds of birds here on the Forest grounds or in the vicinity. A truly avid birder could doubtless have observed many more. Here is a sampling, mostly from among those less frequently seen.

The smallest of birds is the hummingbird. Soon, the **Ruby-Throated Hummingbird**, the only kind we see here, will begin arriving from its winter quarters far to the south. The male, but not the female, has a red throat. They are capable of flying backwards, and on wings that vibrate at high frequency they can hover, seemingly motionless in mid-air, as though defying gravity. Their needle-like bills are designed for sipping nectar. They also appreciate gifts of sugar-water in specially designed feeders.

The **Brown Thrasher** has a long tail, yellow eyes and a striped brown breast. What first draws your attention is the rich brown color of the back and tail.

If you see horizontal rows of small holes in a tree, they are very likely the work of a **Yellow-Bellied Sapsucker**. It drills holes, then returns to feed on sap and small insects. This bird is another kind of woodpecker. The male has a red patch on the throat and forehead.

The **American Kestrel** is a variety of falcon, a bird of prey. It is the smallest and most common representative of this class. It has a rufous back, while the male has blue-

gray wings. It frequently hovers for prey.

The majority of warblers have some yellow; I can't begin to distinguish all the numerous kinds.

But I've had a single sighting of a male **Hooded Warbler**.

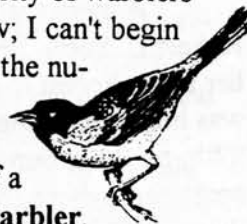
With its black hood, or cowl, completely encircling yellow face and forehead, it is unmistakable.

A **Cardinal** seen in New York City's Central Park is a noteworthy event. Here in North Carolina, it is the commonplace State Bird. But even here, at the time of the blizzard of recent memory, it was a thing of rare beauty to see the bright-red crested bird (the male) framed against a snow-blanketed background. The female has her own lovely colors, with delicate gradations of brown and red, but she is not as eye-catching as the male.

The **Mocking Bird**, known for its expert mimicry of other birds' songs, is seen all over the area. Its colors are two shades of gray, the back darker than the belly, with white patches on wings and tail. From the apex of a triangular roof or from a treetop it delivers a solo performance of various songs that continues for many minutes. If you take the time to look and listen, the effect is entrancing.

Nuthatches are tree-climbing birds, usually going down treetrunks headfirst, but they can also go up and around trees. They search for insects in the bark. The most familiar species is the **White-Breasted Nuthatch**, with its black cap and black eyes. The **Brown-Headed Nuthatch**, less frequent in our area, is a smaller bird.

The **Bluejay** is a compara-



SEX IN THE PULPIT

It's not as scandalous as it sounds when the parties involved are *Arisaema triphyllum*, better known to most of us as Jack-in-the-pulpit, or it might be Jill-in-the-pulpit, Jack and Jill-in-the-pulpit, or even a gender neutral pulpit.

Jacks can change their sex from season to season: male one year, female the next or vice versa. Gender switching is relatively rare in the natural world, and Jack's story is a curious one that has to do with energy and environment.



To permit you to impress your friends as a sex expert of sorts, we offer you this clue for telling whether it's Jack or Jill: males have one leaf, females have two.

—Evebell Dunham

tively large crested bird, with blue wings, head and tail. The plumage is especially brilliant when the bird is seen in flight in bright sunshine. But don't expect melodious notes from this one. Its raucous cry seems inconsistent with its showy feathers.

How do you attract birds? You feed them. Other than the aforementioned hummer diet, we

set out a choice of bread, black oil sunflower seeds, thistle seeds, peanut butter and suet. It's not really us they love, just our food.





The Intrepid Tourist

by Bob Dunham

Many of us who travel long distances in crowded planes find that we suffer fatigue, stiff necks, aching backs and general bodily discomfort which make getting there very little fun. This "seven-forty-seven syndrome" attacks our bodies even before jet-lag does its number on our heads.

Help may be on the way. Ruth Firm, a well-traveled Forester, has told us about a physical therapist, Ms Ruth Ann Aust, and an orthopedist, Charles LeRoy Lowman, M.D., who have co-authored a paper entitled "Exercises for Travelers" that describes nine exercises which may help us avoid some of the discomfort of long flights and which you can do without disturbing a snoozing seatmate. Besides relieving specific discomforts, these exercises perform some basic physical functions. Some of them activate muscles that keep the trunk erect, others lighten the heart's blood-pumping work. For best results, Ms Aust and Dr. Lowman advise that you do the exercises in the order listed; do them approximately every hour; don't wait until you are really uncomfortable.

One word of caution: If you have a heart condition or special medical problems, get your doctor's approval before you do these nine exercises:

1. To maintain good posture and prevent fatigue: Straighten body. Flatten back of neck against seat back. Sit "tall." Inhale deeply,

but not until you are uncomfortable. Exhale forcibly. Relax all trunk muscles between breaths. Repeat three times.

2. To ease back muscle tension, especially between shoulder blades: Stretch upward. Think "tall." Keep neck lifted, chin in. Keep back straight. Now press elbows against seat back until your body is forced forward at least three inches from seat back. Hold as you count five. Relax.

3. To take out "kinks": Put both arms on the seat arm rests. Try to bring your shoulder blades together in back. Keep them back. Keep elbows bent. Now press both elbows down. Use them as levers to lift body. Hold as you count five. Relax slowly.

4. To improve circulation of internal organs: Squeeze buttocks together, hold as you count five.

5. To return blood from legs: Put right hand on left knee. Press as you try to lift the knee. Press so hard you cannot lift it. Relax. Repeat with opposite hand and knee.

6. To exercise leg muscles and restore circulation: Place hands on top of upper thighs. Press feet firmly against floor. Push on your hands as if trying to get up. Hold as you count three. Relax slowly.

7. To relieve cramping: Straighten knees and extend legs as much as possible. Press heels against floor. Hold as you count three. Relax.

8. To improve circulation in feet: Put heels on floor, knees bent. Turn soles of feet inward. Visualize grasping an object with the feet. Press soles together. Relax.

9. To relax shoulder and

neck tension: Stretch one arm up high, as if trying to reach an overhead light. Repeat with other arm.

As Ms Aust took more trips she evolved some general *Dos* and *Don'ts* of travel.

DO put your feet up any time you can. When you wait in that lavatory line, rise up and down on your toes. It all sends the blood back to your heart.

DO stop reading every half-hour or so. Change position and look around.

DO support the body when you sleep. Put pillows under your head and behind your back. Muscle strain sets in when the body tries to maintain its position without support.

DO have a physical checkup before you take a long trip, and tell your doctor you plan to travel.

DON'T sit in a slumped forward position. It not only causes muscle strain, it puts an extra load of work on the heart.

DON'T wear round garters, tight girdles or panty girdles, or stockings that are tight above or below the knee.

DON'T wear tight pantyhose. They shut off blood circulation all the time you're sitting.

If you should run across Ms Aust somewhere in your travels, she will tell you another important fact about sitting exercises: "They are not for travel only. Every sedentary older person - unless some special condition prohibits it - should do the exercises every day. Even if you are strictly an armchair traveler."



Bob Blake's

PUZZLE

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

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

WATCHING THE WEATHER

AIR	CYCLONE	FRONT	MOISTURE	SQUALL
AGITATION	DAMP	GULLYWASHER	MONSOON	STORM
BLAST	DISTURBANCE	GUSTY	NIMBUS	SUNSHINE
BREEZY	DOWNPOUR	GUSTS	NORTHERLY	SULTRY
BLUSTER	DRY	HAZY	OVERCAST	SWELTERING
BRISK	FAIR	HOT	PRECIPITATION	TORNADO
CALM	FLURRIES	HURRICANE	PRESSURE	THUNDER
CLEAR	FOG	ICY	RISE	TWISTER
CLOUDY	FORECAST	LOW	RIDGE	WETTER
CUMULUS	FREEZING	LIGHTNING	SHOWER	WEATHER
			SNOW	ZERO