

# THE FORESTER

Volume 3 Issue 5

May 1996

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

## NEWS FROM THE PIT



The most noteworthy event this month was TFAD's entertaining 157 prospective residents for a "show and tell" program including an excellent luncheon in the auditorium, talks by Kathy Crapo, Bill Goldthorp, Lucy Grant and James Crapo, and tours of our superb facilities. The entire agenda went off without a hitch, and from the remarks made by many of our visitors, this exercise will contribute to keeping TFAD 100 percent occupied.

Our Health Care Committee had a meaningful meeting with Board counterparts and important subjects were reviewed. Our Finance Committee had the first of four budget meetings directed at the '96-'97 budget process.

On April 15th, at an open meeting of the Residents' Association, incorporation was approved, making us now TFAD Residents' Association, Inc., and the Executive Council became the Board.

Our Olsen/Holbrook volunteer recruitment meeting in the auditorium on April 17th was very successful, permitting Olsen/Holbrook Activities Chairman, Claudia Wing, to fill in many open volunteer slots. Are we a great group of people, or what?

## ONWARD AND UPWARD WITH THE HEALTH CENTER

When a team from the North Carolina Nursing Home Licensure Review Board made its usual unannounced inspection visit this spring, the Forest was ready to have its health services inspected. It was no surprise (but still a source of great satisfaction) that the team, in half the usual inspection time, was given an excellent, deficiency-free report, the highest rating, and as *The Forester* noted earlier, it was most unusual for an institution less than four years old.

Now is the time to tell something of the story behind this achievement. To those who came here early in TFAD's brief history, it's no secret that nursing care in Holbrook and Olsen was the institution's largest and most vexing problem. In a labor market that was increasingly difficult for all such institutions, it was extremely difficult to find nurses and other staff people who had the proper qualifications, were prepared to work the hours, and could be depended upon to stay. Everyone remembers frantic weekends, particularly, in those earlier days when it was next to impossible to maintain full services. Storm and stress were the order of the day in that period.

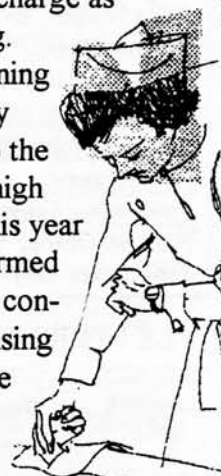
Into this acute problem area, in February 1994, came Diane Long, RN, a soft-spoken Southern

lady with an impressive background in her field to take charge as Director of Nursing.

That was the beginning of a slow but steady progress that led to the Licensing Board's high marks for TFAD this year. The approval confirmed Diane's belief, now confirmed by the Licensing Board, that we have the highest quality facility in this field in the area. How

did it happen? What's the secret of this success? As Diane tells it, the answer is deceptively simple.

It begins with organization, and a set of policies. These are carried out through staff training. The staff has learned that nursing, with all its problems, can be fun in the good sense of the word. In running a health service like ours, training a staff has to be on a daily basis, and that's what happens at Olsen and Holbrook. The object is to implement the right set of policies so that problems can be solved every day in the week. Obviously, this is too much for one director to handle, so Diane has recently acquired two top quality RN supervisors, Shirley Hutty and Mitzie Goodwin. To-



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The Forester

The newsletter of the Residents' Association of the Forest at Duke, Inc., 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, George Chandler, Ellen Dozier, Evebell Dunham, Pauline Gratz, Florence Manning, Jean Weil, Woodchuck 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*.

**To the Editor:**

Please convey this expression of my gratitude to the Residents and Staff of TFAD:

"After Catherine's death you evidenced your love and concern in many ways. Your cards, calls and personal contacts meant more than I can tell you. I was deeply touched by the outpouring of caring and sympathy.

The Memorial Service was and will continue to be a source of

**WELCOME,  
NEW COLUMNISTS!**

After the rousing reception last month for Woodchuck's "Among the Trees" column, readers of this issue of *The Forester* are being introduced to two new columnists who don't ask for anonymity: Pauline Gratz (page 3) and George Chandler (page 5). Both are writing in areas of their personal expertise on subjects of timely interest to TFAD's population. We hope they'll be regular contributors. Tell us, and them, how you like their columns.

**Guidelines for Submitting  
Material for The Forester**

*The Forester* is normally printed on the Tuesday nearest (either before or after) the 15th of the month. Copy is due one week before printing, usually the 4th to the 10th of the month, to allow time to edit and set up for printing. **To find out a deadline for copy ask any staff member.** Last-minute items can sometimes be worked in but priority is given to timely receipts. Submit copy to John Tebbel, # 4033, typed double-spaced, if possible.

**EDITORIAL**

As the academic year ends, so does *The Forester's*, which runs from June to June. It's been quite a year in our little patch of North Carolina, as always. Good friends have gone, new ones have arrived. The days and nights are full of events—good, bad, but never indifferent.

As usual, we've had our share of crises, large and small, and *The Forester* has given credit to our remarkable staff, mentioning those who have done particularly meritorious service. But looking back, it seems to us that we haven't given enough credit. The fact is that in these times of ice storms and unexpected stresses of various kinds, the performance of The Forest's staff, from the administrative offices, down the corridors and work rooms to Holbrook and Olsen, all of our staff people have done an outstanding job this year and they deserve a round of applause, which is given herewith. It's often said that The Forest's residents are caring people, and they unquestionably are, but so too are those who work for us and with us. They've been there when we needed them most, and we salute them.

—John Tebbel

**In Memoriam**

Catherine Blair	April 17, 1996
Kay Ann Friedrich	April 22, 1996
Sallie Barker	April 27, 1996

comfort. We felt that it was a warm and personal focus on Catherine's loving and outgoing nature, life and faith. Thanks for coming.

My heartfelt thanks to you all."

—Andy Blair

**MEMORIAL GIFTS  
TO OLSEN CENTER**

Knowing that Paul Harmel loved the white birch, Ruth Phelps painted a watercolor for him, "Stand of Birches", which he was able to enjoy for only a few weeks before his death last June. The painting, which now hangs in Olsen Center, and two large ottomans for the use and comfort of the Olsen nursing staff, were given by the family of Paul Harmel in his memory.



**LONG MAY IT WAVE!**

Flag Day is celebrated on June 14 in memory of the day in 1777 when the Continental Congress adopted the Stars and Stripes as the official flag of the United States. While it's not an official national holiday, the President proclaims a public Flag Day observance every year.

At the start of the Revolutionary War, Americans fought under many flags; the first flag to represent all the colonies was called the "Continental Colors," and the British Union Jack appeared at the upper left. This was no longer appropriate after the Declaration of Independence, of course -- so on June 14, 1777, the Continental Congress resolved that "the flag of the united states(sic)



be 13 stripes alternate red and white, and the Union be 13 stars white in a blue field representing a new constellation." Not to

disillusion too many of you, but most historians do not support the claim that Philadelphia seamstress, Betsy Ross made that original flag.

Flag Day was first officially observed in 1877 to celebrate the 100th anniversary of the selection of the "Stars and Stripes" as our national emblem. At that time, Congress requested all public buildings to fly the flag on June 14; the idea was such a popular one that a campaign began to establish Flag Day as an annual national celebration.

That campaign finally bore



## HERE'S TO YOUR GOOD HEALTH

*by Pauline Gratz*

No one needs to be told that good health is important. Without it, the ability to enjoy life is greatly decreased.

Ninety-nine percent of us are born healthy but few of us die that way. Contrary to widespread belief, we all don't have to die of "something".

The likelihood of not dying of "something" depends largely on how we live our lives and care for our minds and bodies. More than 90% of the difference in health between any two individuals results from factors beyond a physician's control: our genetic background; environmental health; and most important how we live—what and how much we eat, our drinking and smoking habits, how much we exercise and how we relax.

Genes may determine what we look like but they rarely are a direct cause of illness. Genes can create a predisposition to illness, but this may never be expressed if genes are not given the proper environment to cause illness. The way we live greatly influences the chance

fruit when President Woodrow Wilson signed a proclamation on May 30, 1916 making Flag Day the annual celebration backers hoped for. It wasn't until 1949 however, when President Harry S. Truman signed the National Flag Day Bill, that June 14th was officially recognized as Flag Day.

that an inherited tendency will become an actual disease. Someone with a genetic predisposition to heart disease may live a full and healthy life if that life precludes cigarettes, excess weight, lack of exercise and a diet high in fat and salt.

Periodically this column will look at ways we can make a difference in the quality of our lives by taking personal responsibility for the good health we were born with by avoiding hazardous behaviors such as cigarettes, excess alcohol and calories; pursuing healthful activities like exercise and a proper diet; and getting proper medical treatment when unavoidable illness strikes.

## BIBLIOMANIA

When Sotheby's held the much heralded Jackie Kennedy Onassis auction a few weeks ago one of the items sold was a French grammar Jackie had used as a girl. It so happens it was published by the David McKay Company of Philadelphia. David McKay was the grandfather of TFAD resident, Hank McKay. The price at auction was thirty four thousand dollars! David McKay, a good Scotsman, would have been pleased and amazed at the elevated price. The original cost was probably one dollar. —Contributed by Janet McKay

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## AMONG THE TREES



While spring in Carolina is the time to be outdoors, for an always-interesting walk, try the hallways in all the apartment wings. The first thing that strikes you is all the lovely paintings by Forest artists. Displayed are works by Margo Langohr, Bob Blake, Ruth Phelps, Loma Young, Jinny Putnam and Dorothea Vann. Next observe door and shelf decorations such as cartoons posted by the Bronfenbrenners, ever-changing seasonal displays by Audrey Austin, Albert Einstein life-size and in full regalia at the end of the hall by Bill Bennett, two election posters, and in case of leaky hallways, umbrellas can be found in stands by the doors of Lib Kern, Mozette Rollins, and Jenn Van Brunt. Also see the shoe cleaner and three welcomes at Phyllis Darbo's, Ed Lee's oriental parchment, Waldo of "Where's Waldo" fame hanging at Beach's, Jerry Button's imposing rabbit, display of patriotic insignia by Jim Matthews, the Chandlers' huge bear, Liftons' stone marker, Aileen Schaller's oriental flowers and calligraphy, Lucy Collins' birds and flowers and the same at Lorene Hammial's, and the unusual and exotic art at the Goldthorp house.

Wandering outside we find among the cottages many master gardeners. Woodchuck was struck on the last trip by the work of Elizabeth Dube who always seems to have something in bloom --- and in the opposite corner of our little acre, the creations of Frank Atwater, especially his espalier. --- If you need to get away from it all and still stay within the confines of The Forest, try relaxing in our gazebo, lovely solitude among the trees and pond and the only sound the singing of the birds--- thank you, Cliff and Juanita Kreps.--- For indoor bloom, inveigle an invitation to the apartment of Ed and Joyce Albrecht; they have fourteen or fifteen orchids in beautiful bloom. ---After a long winter, its good to see back Cynthia Lemmerman and Ralph and Betty Kent.--- Bob Guy started the '96 golf season in spectacular manner by making a hole-in-one on the challenging second hole at Croasdaile Country Club.---If a best-dressed list were to be made, it would have to include Mary Jones, always impeccably and appropriately attired for the occasion --- to observe high-powered energy in action look at Dick Watson ---constantly busy with charitable activities, music, Duke affairs, and early in the morning, delivering papers to cottage doors --- also Helen Corbett with her volunteer work in art, rare books, and at the Primate Center along with her enthusiasm for Duke basketball and NFL football.--- Bet Frances Perry's fa-

## DON'T FORGET THE MED STORE

Peg Lewis reminds us that the Med Store, with its array of devices for residents, is alive and well and waiting for us in its room on the third floor, just beside Elevator Seven (sharp right as you get off), in the East wing.

It carries all sorts of medical supplies, from aspirin to wheel-chairs, and everything in between. What is not in stock can be ordered from the main store. There is a 10 percent discount on small items, and larger ones may be discounted higher.

Those who need something from the store can call several residents, whose names are posted on the door, but if you want to cut them out and post them on your own bulletin board, here they are: Julian Price, Jeb Stewart, Linda Rabon, Milton Skolaut, Marjorie Jones, and Peg Lewis.

... favorite color is red. ---Democracy at work is a great thing, but the proliferation of candidate posters placed all about certainly makes for an eyesore --- don't you feel rather uncomfortable locking your car on a Sunday morning in a church parking lot?---To my ears no sound can be more gratifying than hearing the Duke Chapel choir soprano section lifting its voice in praise.

Woodchuck





## Forester Profile BEHIND THE SCENES WITH LAURIE WILLIAMS by John Tebbel

Foresters see Laurie Williams in short glimpses. Sometimes she appears in the dining room briefly, or she may make an equally brief appearance in the cafe, or in the corridors going to and from the mysterious depths of the dining services, which not many of us have penetrated.

All these comings and goings are part of her job as Administrative Assistant of Dining Services, a blanket title for a bundle of activities. She is responsible for the operation of the kitchen, prepares the bills, compiles the payroll, and helps in planning the menus---among other things.

Laurie's progress is a story that could be duplicated in the lives of many Foresters: a small-town girl who went on to bigger and better things. In her case, the town was Elma, a community near Buffalo. After attending its schools, she went on to college at Alfred University. When her family moved to Florida, she went with them but after three months, she concluded the Deep South was too deep for her. She decided to visit an old girlfriend now living in Raleigh, and what was intended to be a brief visit turned out to be a twelve-year stay to date.

Having studied hotel management at Alfred, she looked around for a job in that field and went to work at the Sheraton in Crabtree Mall, in the Dining Room Service, where she learned the skills she's using now. Later, seeking something better, she read the Help Wanted

ads and found one from The Forest, answered it, and got the job.

Laurie lives in Hillsborough now, where she's been for the past two years. Man's best friend is also hers---a Lhasa named (what else?) Asia. Laurie does her own cooking, and when she isn't home or at The Forest, she has a part-time moonlighting job at Carolina Meadows, working for Mark Maxwell, her former boss here. (Her brother, Joe, incidentally, is on our housekeeping staff.) Laurie doesn't have a great deal of time for recreation, but when she does, she likes to spend it on the beach. What does she want for the future? Simple enough---a family of her own.

### NEWS continued from page 1

The Board's Long-Range Planning Committee, chaired by James Crapo, and including eight residents, had its initial meeting on April 17th. It was agreed that health care, financial responsibility, and future management were still the main topics to follow, and in that order.

Our Volunteer Recognition Program is rescheduled for September, and a chairman will be appointed in time to make proper selections. Later this month, our Employee Appreciation Letter will be mailed to you, and we certainly solicit your financial support, as in the past.

We request your support twice a year (June and December) to show appreciation of our valued employees who do so much for us.

Just got a bulletin on Bob Guy's making a hole-in-one on hole No. 2 at Croasdaile. Had you been there, Bob would have treated you to a drink to celebrate his great shot.

—Bill Goldthorp

## CASSETTE CRITIC'S CORNER

by George M. Chandler



A good many Foresters are either unable, or find it difficult, to read books printed in type of normal size. Many already use the services of the Library of Congress Talking Book Program. For those who are familiar with and are enrolled in that program, here are some thoughts about a couple of new books which have recently been added to the collection and which we might properly place in the "classics" category.

George Eliot's final novel, *Daniel Deronda*, is now available in a superb reading by veteran Library of Congress narrator George Holmes.

*Deronda* is a wonderful and complex novel telling the intertwined stories of two very different people.

Gwendolen Harleth is a spoiled and selfish young woman who follows a disastrous course of action attempting to satisfy her own ego and to rescue her family from financial difficulties.

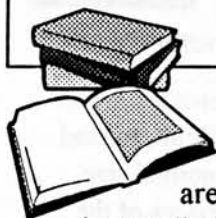
*Daniel Deronda* is a very different sort of young person with an over-developed social conscience. Central to the book is the discovery by Deronda, who has been brought up as a wealthy English gentleman, that he is strongly attracted to Judaism, Jewish friends and the incipient Zionist movement. This is in a period in which British society was intensely prejudiced against and suspicious of all things Jewish.

The other recently issued "classic" novel is Sir Walter Scott's *Heart of Midlothian*. This tells the story of Geanie Deans, a Scottish peasant woman, who embarks on an arduous trip to London to seek a pardon for her sister who has been convicted of

See CASSETTES on page 8

## BOOK NOTES

BY JOHN TEBBEL



As the summer reading season approaches, here are a few more suggestions culled from the spring lists, which are, unfortunately, still short on better quality fiction. We'll keep you informed this month and next until *The Forester* takes its own vacation.

Readers who enjoyed E. Annie Proulx's recent *Shipping News* will probably enjoy even more her novel, again with an offbeat title, *Accordion Crimes*. Her previous book was set in Newfoundland, but this one covers most of America---New Orleans, Texas, Maine, and Iowa, from city slums to a Montana ranch. The people in the story are all ethnic Americans, who (for a change) think of the others as Americans like themselves. Their stories, interlocked, cover a wide range of experiences as well as geography. The title comes from an accordion that holds all this together as it's passed from one family to another. If you're a Book-of-the-Month member, you'll find it a dual selection in June.

This is the year of Atlanta, which is about to host the Olympic Games, but aside from this honor, what we know about the city is that Sherman burned it and Margaret Mitchell re-created it. There's a great deal more to Atlanta's history, as Gary M. Pomerantz tells us in *Where Peachtree Meets Sweet Auburn: The Saga of Two Families and the Making of Atlanta*. Pomerantz uses the device of two families, the Allens (white) and the Dobbsses (black) to tell the city's absorbing

tale. Both were leaders in making the modern city and the tale of what they did and how they did it is a fascinating one. (June)

It isn't often that a first novel is called "stunning" and "a blockbuster read," but that's what early reviewers are saying about *The Deep End of the Ocean*, by Jacquelyn Mitchard, also due in June. "Rich" and "moving" are other adjectives being applied. The story is about a 9-year-old boy's kidnapping from a Chicago hotel room, and the lasting effects it has, nine years after, on his family, his siblings, and extended family. Oh yes, some other advance praise: "compelling," "heartbreaking," "impossible to put down." Viking must believe these early notices because it's printing 100,000 first copies. Hollywood has already bought the movie rights for Michelle Pfeiffer.

Can anybody make sense out of what's been happening in the Middle East? Well, yes, and the reporter who does it is Judith Miller, Cairo bureau chief for the *New York Times*. Her account begins with Sudan's revolution in 1985, and goes on to Algeria, Libya, Israel, Lebanon, Jordan, and Iran. This is a compelling odyssey by a first-rate reporter who has been there and seen everything, and makes this tangled story comprehensible, if not understandable. Already published by the time you read this.

Just in time for Mother's Day, or almost, is *A Mother's Story*, by someone we're not used to thinking of in maternal terms, Gloria Vanderbilt. But this memoir is at once "glamorous, wise, healing, and deeply moving," says an advance reader. Although it was only eight years ago, you may not remember

that Gloria's son, Carter Vanderbilt Cooper, 23, Princeton, an editor at American Heritage---jumped from the terrace of Gloria's Manhattan apartment while she watched. In retrospect, she recalls the other tragic losses she's endured: abandoned by her mother in 1925, brought up by her grandmother and a nurse, the death of her father three months after her mother left, the death of her husband (Wyatt Cooper) in 1978. She believes her son was the victim of a psychotic episode induced by an allergy drug. Vanderbilt tells her story (and that's not all of it) with an intensity which makes this book seem more like a powerful novel.

The tale of another tragic family, the Lindberghs, was told in 1992 by Joyce Milton, in her *Loss of Eden*, perhaps the best account of the family. She turns now to another famous controversial figure, in *Tramp: The Life of Charlie Chaplin*, and again she comes up with a winner. What a complex figure he was, this little actor who left an enduring stamp on Hollywood and the art of acting. Ms. Milton's new biography may be the best we've had yet about the tragic clown. (June)

Still another much debated character is on display in *The Controversial Life of George Armstrong Custer*, by Jeffery D. Wert. There has been a recent revival of interest in Custer and what happened at the Little Big Horn; this may be the most fruitful of the lot. Wert tells us more about the great romance of Custer's life and also adds to the growing evidence that his historic defeat and death were the fault of his own hubris, leading him to fatal

See BOOK NOTES on page 8



## Poetic LICENSE

*My tribute to Erma  
Bombeck whose wry hu-  
mor entertained so many  
"just a housewife," fel-  
low American women.*

—ecd

## Food

The Forest's dining director  
brought charts and slides to show  
outlined figures and facts  
details that residents should know;  
platters of fish and beef,  
dishes of chicken and veal  
ever changing salads and soups  
all there for a delicious meal.  
But, one of these days when I crave  
something wild and for me brand new,  
I'm going to order a bowl of Ted's  
"Chick-pea and Eggplant Stew".

—ellen cheek dozier

## Hair

The recently coiffured hairdo  
stood straight up in the air  
as a sudden spring wind  
came from out of nowhere;  
the gusty blast whipped the trees  
roared by like a train  
but the only thing to cross my mind  
was twenty bucks down the drain.  
Ladies, before you spend your dough,  
get the point of this little story:  
cover your assets from head to toe  
and protect your crowning glory.

—ellen cheek dozier

## FATHERS' DAY IS JUNE 16

He's strength and security, laughter and fun  
A prince to his daughter, a pal to his son  
A great story teller and mender of toys  
Who's seldom dismayed by his family's noise  
He's an "Everyday" Santa who brings home surprises  
The man to consult when a problem arises  
Who wants all the best for his whole family  
As eager a worker as there'll ever be  
He's a loving instructor who struggles to teach  
His child to achieve all the goals one could reach  
And he knows in his heart that it's worth all the bother  
When he hears his child say, "That Man?"  
He's My Father!"

—Royal Oaks(MI) Seniors Paper

There are three  
ways to become a mil-  
lionaire these days: In-  
herit it. Earn it. Sue.

—Philip Lazarus, *National Enquirer*

## Chuckles

by Dorothy Zutant



The three stages of being  
sick: ill, pill, bill.

—Funny Funny World

When I fly, I think about  
only three things—faith, hope and  
gravity.

—Robert Orben

A clergyman was invited to  
give an inspirational talk. He said,  
"As we grow older, we must give  
thought to the hereafter." At the  
conclusion, a woman hurried up to  
him and said, "Reverend, I'm so  
glad you said what you did. I think

of the hereafter almost every day of  
my life. He said, "That's a worthy  
habit." She continued, "I find my-  
self entering a room, stopping in the  
doorway and asking myself, 'Now,  
what did I come here after?'"

—James Michener in *Recessional*

*Editor's Note:* The late Paul Harmel  
penned this in 1946 while serving in  
the Phillipines. It became the fam-  
ily's bedtime prayer.

—Contributed by Ailene Harmel,  
Calligraphy by Robin Williams

*Sun has set in golden glory,  
Kissing Mother Earth good night.  
Birds and butterflies are resting—  
Weary from their day-long flight.  
Flowers softly fold their petals,  
Silvery leaves in moonlight nod.  
As I close my eyes to slumber,  
Bless my loved ones, oh dear God.*

P.R.H.  
1946

## BOOK NOTES from page 6

tactical errors.

Carl A. Vigeland, a freelance golf writer, couldn't have picked a better time for his book to be published. *Stalking the Shark: Pressure and Passion on the Pro Golf Tour* appears just after the spectacular nose-dive of Greg Norman at the Master's, and golfers should be fascinated by this first-hand account of what happens on the tour, punctuated with comments, often revealing, by the Shark himself. (June)

Movie buffs will enjoy *The Prince, the Showgirl, and Me*, by Colin Clark, son of the noted British historian. In 1956, Clark went to work as a gopher on the set of *The Prince and the Showgirl*, in which Laurence Olivier directed and starred with Marilyn Monroe. Every night after work, Clark kept an extensive diary, and this book is the result. Not only is it a voyeuristic peek behind the scenes of moviemaking, but offers extremely candid views of all those involved. (June)

## CORRECTION

Either because of a typing error or the editor's poor vision, there was an error in the spelling of a cherry tree species in "About Our Cherry Trees," which appeared in the last *Forester*, thanks to Master Gardener Edna Wilson. *Prunus Subhirtella*, as we had it, should be *Prunus Subhirtella*, Edna tells us. We apologize to her, to Latin scholars, other gardeners, and anyone else who noticed.

## CASSETTES from page 5

murdering her child. The portrait of Geanie Deans is generally considered one of Scott's most successful characterizations. Many Scott critics, including novelist and Scott biographer John Buchan, rate *Heart of Midlothian* as Scott's finest novel. The reader here is Patrick Horgan, whose voice will be familiar to Library of Congress patrons as the narrator of the popular Jack Aubrey series of naval adventures by Patrick O'Brian.

One word of caution. Library of Congress recorded books are complete and unabridged, and both of these novels are BIG books.

Foresters who cannot read normal print and who are not subscribers to the Library of Congress Talking Book Service can find out about the program by calling the North Carolina State Library for the Blind and Physically Handicapped at 1-800-662-7726.

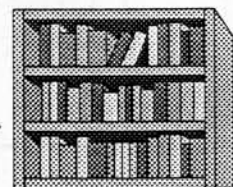
*George Chandler would be happy to share his ideas, experience, and catalog collection with anyone interested in more information about recorded books from the Library of Congress or other sources.—Ed.*

We heard a story that went something like the following. "A heavy fog blanketed the highway. Travel had slowed to a near halt. I could just barely make out the taillights of the car in front of me so I kept them in view as my beacon. Then I noticed I was closing on the car, which had in fact stopped. 'Keep going,' I cried. 'I'm following you.' 'Keep going?' the driver sputtered. I can't go any further. I'm in my garage."

—Fleet Beat

## Library Bookends

by Jean Weil



The Library has been getting some wonderful new books from our residents.

Yesterday I saw a copy of *Primary Colors* on the shelf. The Pulitzer Prize book, *Truman*, was in the other day, and there are many other new and interesting books available. The very latest books to be given to the Library are usually found on the big table, or on the little round table. They are kept there for two weeks after they are received.

If you are going to go to Mohonk in September, be sure to read the history of the Mohonk resort; it is fascinating. The Smileys were environmentalists way back in the 1870s, and through much diligence have preserved large areas in Upper New York State for future generations. The beautiful pictures by Ruth Smiley and others will make you wish you were there now. You will find the book on the In-House Authors shelf.

Our computer is still not viable. We found that it needs more memory and will ask the Residents' Association to help us with that. We are working on the problem.

Don't forget that we have lots of videos available on many subjects. Right now they are in two sections: one near the door, the other near the magazines. Be sure to look at both.

I've seen the lights of Paris,

I've seen the lights of Rome.

But the prettiest lights I've ever seen  
Are the taillights of my kids' going home.

—Fleet Beat



**HEALTH CENTER from page 1**

gether, these three executives carry out the policies and procedures that have been developed to deal with problems ranging from acute care, which demands fast action on a day-to-day basis, down to more routine care problems which permit a slower pace. The range is extensive, from the selection of medications, to laboratory work, to mental problems. For all these, and many more, the daily task is to find solutions that work for each patient.

To solve the most pressing problem she confronted initially, acquiring the right staff people, Diane began a long and difficult process of networking and referrals, based on her own extensive knowledge of the local field. The result has been a steady improvement. It's painstaking work. Diane does all the interviewing and selection of personnel. The result has been remarkable. On the present staff, half of the nurses have been here more than a year, and so have 30 percent of their assistants. It hasn't been easy to find such good people, Diane says, but this basic problem, which haunted TFAD for so long, is as near to being solved as it's possible to achieve. No one works here who hasn't been certified by the State or else is otherwise in good standing with the health authorities. "Good people will do a good job," Diane says.

When she uses the word "policies," she isn't just whistling "Dixie." Those through which the Center operates are codified in writing, and in Diane's extensive files, they take up a 300-page book titled "Policy and Procedures in Nursing." Much of this text has to do with procedures, but in the beginning the

**REMEMBER OUR TRAVEL REBATES**

Some residents may have forgotten that we have a rebate arrangement with the AAA. If you've forgotten, or never heard of it, Julia Lewis reminds us that Triple A contributes to our Benevolent Fund 3 percent of the price of all travel tickets booked by TFAD residents at its office on University Drive, just east of South Square. To make sure The Forest gets this contribution, travelers must identify themselves as TFAD residents when they make travel plans with an agent.



Between February 1992 and April 1996, TFAD has benefited by \$1,931.15. Foresters can thank Marion and Bernie Bender, and Rheta Skolaut, who negotiated the agreement with the AAA.

Anyone who has a complaint about the service, or would like the name of an agent, should call Julia Lewis, at 489-5183.

Center didn't have an admissions policy. It has one now. As for the procedures, they cover virtually anything that can happen, so that if a staff member encounters something unfamiliar, or one where further information is needed, it's possible to get the needed information instantly. Changes in health care are carefully tracked, so that the book is always up-to-date.

If Diane Long was running a football team, you could characterize her coaching style with one word: Leadership. As any fan can tell you, that's the magic word behind championship teams.

—John Tebbel

**The Intrepid Tourist**

by Bob Dunham

**The Ten Commandments for Travelers**

1. Thou shalt not expect to find things as thou hast at home for thou hast left home to find things different.
2. Thou shalt not take anything too seriously for a carefree mind is the start of a good holiday.
3. Thou shalt not let the other travelers get on thy nerves, for thou hast paid good money to enjoy thyself.
4. Remember to take half as many clothes as thou thinkest and twice the money.
5. Know at all times where thy passport is, for a person without a passport is a person without a country.
6. Remember that if we had been expected to stay in one place we would have been created with roots.
7. Thou shalt not worry for he that worrieth hath no pleasure and few things are that fatal.
8. Thou shalt not judge the people of the country by the person who hath given the trouble.
9. Remember thou art a guest in other lands and he that treats his host with respect shall be honoured.
10. Blessed are those who can wait and smile for they shall surely enjoy themselves.



Bob Blake's

**PUZZLE**

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

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

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**ANATOMY**

ANKLE	CORNEA	LIVER	PERICRANIUM	TARSUS
ARM	COSTOCORACOID	LIP	PROSTATE	TENDON
ARTERY	EAR	LUNGS	RECTUM	THYROID
BONES	ELBOW	MOUTH	RIB	TIBIA
BROW	EYES	MUSCLE	SACROILIAC	TONGUE
BURSA	HIP	NERVE	SCAPULA	TOES
BRONCHI	HEMORRHOID	NODE	SKIN	ULNA
BREAST	ILEUM	OPTIC	SPINALCORD	UTERUS
CEREBELLUM	JAW	OVERIES	STERNUM	VEIN
CHEEK	KIDNEY	PALATE	STOMACH	VERTEBRA
CLAVICLE	LARYNX	PATELLA	SUBMAXILLARY	WRIST
COLON	LENS	PELVIS		