

THE FORESTER

Volume 4 Issue 2

February 1997

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

NEWS FROM THE PIT

by Bill Goldthorp



This month's news from the Pit covers some miscellaneous items that hopefully will be of interest to all Forest residents.

1. Safety Committee chairman Harry Owen and Tom Fourqurean report that they have thoroughly checked out the new van with safety in mind, and the drivers have been instructed to familiarize all riders with the use of the seat belts and other facilities.

2. At our Residents' Association meeting in the auditorium last month, several residents requested information on our communications game plan. Briefly, our monthly board meetings held in the party room at 2 p.m. on the third Monday of the month are open to all residents. If you have an item of concern, please drop me a note before the meeting and I will include it on our agenda. Copies of the minutes of these meetings are posted on the bulletin board in the mailroom within a week following the meetings. Committee meetings are held on a monthly basis and copies of these minutes can be found on the Residents Association shelf (just inside the entrance doors on the right) in the library. If you have questions about any

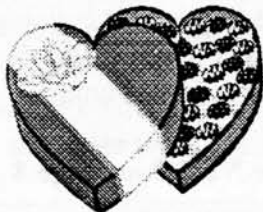
KEY PROBLEM CALLED URGENT

At a recent meeting of the Safety Committee, Tom Fourqurean told members that the key problem was becoming more urgent. As *The Forester* reported last month, the Administration is concerned that the unauthorized distribution of keys that open exterior doors in the Community and apartment buildings has gotten out of hand. Tom reported that people have been seen in buildings who should not have had



keys. He said his office is seriously considering re-keying all exterior doors, even though it would be an expensive operation.

On page 25 of the Residents Handbook, distribution of keys to anyone other than residents is specifically forbidden. The keys themselves are plainly marked "Do Not Duplicate", and reputable locksmiths will not make copies. Lost keys should be reported immediately to the Facilities Secretary, at 419-4030. The Safety Committee has expressed its concern about the key problem, and urges residents not to provide keys to anyone, including family members.



DUKE GARDENS LOOKS AT SPRING

Spring may not be bustin' out all over just yet, but at the Duke Gardens it's waiting there in the wings, ready to come on stage as soon as it gets a little encouragement. Foresters who count it as one of our chief neighboring delights are already looking forward to the first lecture in a spring series under the general title, *Plant Exploration: The East Asian Connection.*

Opening the series on Thursday, February 27th is Dr. Stephen A. Spongberg, horticultural economist at Harvard's Arnold Arboretum. He will speak on "Plant Introductions From Eastern Asia: An Overview and Abbreviated History."

Dr. Spongberg, who is responsible for the creation and development of the Living Collections at Harvard, has been on four expeditions to China, Japan, and Korea, and was a member of the first Sino-American Botanical Expedition in 1980. In his lecture, he will trace the history of plant exploration and the introduction of plants into Western gardens from Eastern Asia, beginning in the eighteenth century and up to the present. The emphasis will be on developing understanding of the diversity of Eastern Asian flora and the historic events that permitted Western botanists and horticulturists to penetrate the vast Asian region.



See NEWS on page 2

The Forester

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

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LETTERS TO THE EDITOR

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

We received no letters for this issue. —Publisher

NEWS from page 1

report, please feel free to call the committee chairman involved in that activity. If all else fails, please don't hesitate to call me in my office (the Pit), 419-4015. If I'm not there, leave a message on my voice mail. 3. About posted notices on the bulletin board--we would much ap-

preciate it if residents would refrain from putting handwritten notes on the margins. Please feel free to write any thoughts, objections, or suggestions in a memo to me and put it in my box (4031) or slide it under my office door. Unsigned notes or memos are disregarded.

4. There will be no increase in Cablevision charges for another year. Their monthly charges will appear on your monthly TFAD statement as before. Cablevision apologizes for the recent disruption in service. They are in the process of going from their old system to a fiber optics system, which will provide much improved quality, and in the near future will allow options for new channels to be added.

5. Beginning in October 1995, the Forest began providing retirement benefits to all employees. The plan covers those employees who have at least one year of service and who have participated in the plan for at least six months. During the year ended September 30, 1996, the Forest employer contributions amounted to \$10,659.

6. In the past few months there has been some confusion regarding the "convenience path" put in and routed first by Shirley Graichen's cottage and subsequently by Bruce Burns' cottage. The stepping-stones, paid for by the residents in the immediate area, were allowed to be put there out of the goodness of Shirley's and of Bruce's and Margie's hearts and were intended to provide a more direct access to the main building during inclement weather. While at first there was some confusion and

EDITORIAL

This is the month of valentines and Presidents, a hardly compatible combination this year. We celebrate love in a country with a divorce rate nearing 50 percent of marriages (besides breakups by unmarried couples), and we pay our annual homage to two Presidents-- Abraham Lincoln, whom we know quite well, and George Washington, whose reality is almost wholly obscured by myth.

February this year at The Forest is also a time when we can report with gratitude and thanks



that *The Forester's* public approval seems to have reached a high point, although no polltakers have been around to make it official. There is a reason for this happy situation. At no time in our three-year history have we enjoyed more contributions from readers---ideas, written contributions, whatever--in answer to our frequent pleas. If we're to maintain this dizzying pace, as they used to say in radio, "keep those cards and letters coming."

A contribution particularly welcome is the return this month of Libby Getz's shopping column, "Ad Lib". We welcome her back, and hope she sets an example for possible future contributors.



—John Tebbel

In Memoriam

Lemoyne N. Hall February 4

Emanuel "Mutt" Evans February 8

See NEWS on page 8

AD-LIB

BY LIBBY GETZ

"Old age---a good and pleasant time," someone once wrote. Let's see: you've drunk your last martini, you're no longer twinkletoes on the dance floor, and you ride a golf cart. So what? There are lots of perks around to ease the pain of old age.

If you're over sixty-two, the airlines offer enticing bargains, 10 percent off regular fares or those marvelous books of four Senior Coupons good for a year—to any of 48 states. To confirm seat availability, you must reserve at least two weeks ahead. The program is flexible---if you need to change and can fly spur-of-the-moment standby. Some samples:

- American Airlines coupons are \$596 and can also be used in the Virgin Islands and Puerto Rico.
- Northwest Airlines has \$540 coupons, which include Canada.
- Delta Airlines charges you \$542 for double coupons that permit you to fly to Hawaii or Alaska.
- United Airlines has \$596 coupons for Hawaii.
- Wherever you shop or dine locally, it's not a bad idea to ask if there's a senior discount. They vary. You'll find them at Squid's Fish Market, the Washington Duke Golf Course, Playmakers, and if you hang your gray head out of the car window at the Rosemary Street Car Park. The Chinese venerate old age, and if you find yourself in Hong Kong, you can ride the ferry free.

RESTAURANTS

George's Gourmet Garage is

the newest place to be seen, if not heard. It throbs with music and life. Conversation is on hold. You're surrounded by youth and you hope it's catching. George's antecedents, a garage and the old Wellspring Market dictate the decor. A vast space and exposed beams are softened by sophisticated lighting. Dress is casual.

Only the wait staff seem to wear neckties. Bread arrives in an aluminum bucket. I've never seen bigger forks or more hustle to the service. On one end of this huge place is a takeout market that doubles as a cafeteria at lunch time. The food is not memorable, but George's is not so much a restaurant as a happening. It is very popular. Reservations are recommended. It's at 737 9th Street, call 286-4131.

411 West was created by the group that gave you Squid's and Spanky's. It rightly describes itself as an Italian cafe. The atmosphere is light and lively, the service cheerful and the prices reasonable. The fare is mostly salads, pastas, and pizzas. You can order half-portions, and you are wise to do so. The Caesar salad half I was served could have fed a growing family for a week. The food is good but not great. However, the cappuccino is superb. 411 West Franklin, Chapel Hill.

With a name like that, **Fuddruckers** has to be good, but it ain't necessarily so. It's a sort of rough-and-tumble fast food eatery. Rock music blares out of its loudspeakers and squads of kids charge up and down its aisles. Enough

GREAT-GRANDSON CALLS THE SHOTS

Is this really a hotel with self-help room service that we're living in, as some residents say? With the wisdom known only to great-grandsons, one of Marian Everett's has confirmed it. He visited us when he was only three years old, and recently, told he would be coming again, his memory of The Forest and even his great-grandmother was a little vague. "Is this the same lady," he asked his mother, "who uses a cane, lives in a hotel, and has her own restaurant?" (We like to call it the Café.)

said? Not quite. You stand in long lines to place your order, search for a table and wait until your name is called. The hamburgers are good the fries and salad less so. The desserts are eye-popping. When you see them, you know why fat ladies are fat. Fuddruckers is at 1809 Martin Luther King Parkway, in Durham.

HINTS

Do you know about microwave-ready bacon by Hormel? Wonderful stuff. No fuss, no grease, and four minutes in the oven gives you perfectly cooked bacon. Look for it at your supermarket.

If your mohair sweater is shedding, put it in the freezer.

Is your snoring, or your significant other's, a problem? A little item no bigger than a Band-Aid, labeled Breathe Right, could solve this difficulty. Thirty-five cents is a small price for something that could possibly save a marriage. Breathe Right can be found at most pharmacies.





HERE'S TO YOUR HEALTH

by Pauline Gratz

It is the start of the New Year with lots of good intentions. The best advice is to forget New Year's resolutions. Broken resolutions lead to loss of self-esteem. It is more helpful to set long term goals. Changes can be made gradually and are likely to be more permanent than those effected through some crash program. These are some suggestions for 1997.

Take up a new type of exercise. Most forms of exercise increase muscle mass, raise metabolic rate and help to keep weight down. However, each type of exercise has additional benefits. For example, aerobic activity conditions heart and lungs; weight bearing exercise reduces the risk of osteoporosis; tai-chi improves balance and stretching and yoga increases flexibility.

Steer clear of rapid-weight loss diets. Studies of eating disorders have indicated that they often begin with an extremely low calorie diet. Moreover such diets also increase the risk of obesity. Severely restricting calories can result in a metabolic slowdown that can produce a weight gain even if moderate eating is resumed. If you're above recommended weight range, think instead about making changes that can be sustained permanently, such as adopting a well-balanced diet and adding moderate exercise.

Bring variety to your diet. Make a point to get at least 6 servings of grains and 5 of fruits and vegetables as the National Research Council (NRC) advises. Fulfilling these recommendations makes it

easier to hold fat to 30% of calories as the NRC also suggests.

Take note of micronutrients. Calcium and folate (folic acid) requirements are particularly important. The National Institute of Health (NIH) recommends 1500 mg. of Calcium per day for men and women over 65. Skim milk and low fat yogurt are good sources as is orange juice that is calcium fortified. Adequate folate intake is associated with lowered levels of homocysteine, an amino acid that has been linked to an increased risk of heart disease. The NIH recommends 400 micrograms (0.4 mg.) a day. Oranges, broccoli, and dark green leafy vegetables are good sources.

Learn something new. Like the rest of our bodies, our brains benefit from a regular workout. Research into aging and dementia has indicated that mental gymnastics are important in keeping neural networks alive and in forming new ones. Performing tasks that have become rote or exercising a habitual routine is usually not enough to do the job. New challenges are required. These can take almost any form, from taking courses to mastering a new skill.

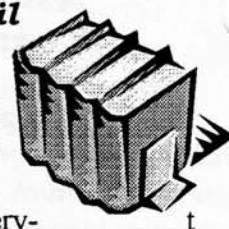
We are fortunate that The Forester offers us opportunities to meet any or all of these suggestions.

DON'T QUIT!

Two frogs fell into a pail of milk. One exclaimed: "Help! Help! I sink, I drown!" The other answered gruffly: "Kick! Kick!, something will surely happen." The first one continued to gasp and moan and finally sank out of sight. The other kicked and kicked until nearly morning when the milk was churned and he walked out on the butter onto dry land. —Contributed by Dorothy Zutant

Library Bookends

by Jean Weil



As you know, in the Library, thanks to the efforts of Jane Jones, we recycle everything that we can. Lee Phelps takes magazines to the Veterans Hospital and some go to Duke Hospital for waiting rooms. The rest we send to recycling at South Square Mall.

Books that we can't use are taken by Ruth Dillon and friends to Duke Hospital for their book carts; others go to the Durham Public Library for their sales. We have also supplied Holbrook and Olsen with some of our duplicates. Newspapers are taken to the trash rooms to be recycled. Recently we've sent extra jigsaw puzzles to Duke Hospital or to recycle. We're looking for a way to recycle waste paper from the copier.

Friends of Lu Erwin, the Up-to-date Book Club, have given us money in her memory to purchase books that she would have liked. A book we are buying is a large-print crossword puzzle dictionary; Lu dearly liked crossword puzzles. The monetary gift allows us to buy something that we would not ordinarily get from our residents.

Our Voyager-Visualtek machine has been fixed. This is the machine that enlarges print so that it can be easily read by people with limited vision. For a while it did not work, but nobody told us. If you have any difficulties with it please tell us so that we can take care of the problem. Edith Duffy uses it often. If you think it would be useful to you, she could give you a demonstration; or talk to Jane Jones or me.

CASSETTE CRITIC'S CORNER

by George M. Chandler



There seems to be a trend in the detective fiction business, stealing along with cat-like tread, to write mystery series featuring cats as detectives, or at least as assistant sleuths. The "Cat Who" series, by Lilian Jackson Braun, is now well established. Eighteen titles are available on tape as part of the Library of



Congress Talking Book Program. The cats in this series, two Siamese named KoKo and Yum-Yum, uncover or devise clues to aid their human, newspaper-man

Jim Qwilleran, to solve the many murders which he encounters. KoKo does this by such activities as turning light switches on and off, pawing at words in a dictionary, playing Brahms on the cassette player, or pulling appropriate volumes of Shakespeare from the bookshelf. In other respects, the behavior of these animals is much what one would expect from Siamese cats.

In two more recently conceived series, however, the animals take a far more active role. Carole Nelson Douglas has created a detective team made up of Temple Barr, a public relations expert who works in Las Vegas, and a cat named Midnight Louie, who is unofficial mouser at a variety of Las Vegas hotels and convention centers where murders inevitably happen. In these books, Louie, the cat, provides occasional chapters in



the first person, to present a cat's eye view of the action. The cat, of course, is the more observant and perceptive of the two protagonists. The first two books in this series, *Catnap* and *Pussyfoot*, are available from the Library of Congress on cassette.

Incidentally, Ms. Douglas has also started another series which sounds interesting in which her detective is Irene Adler, who out-smarted Sherlock Holmes in "A Scandal in Bohemia". Two titles in this series, *Goodnight, Mr. Holmes* and *Good Morning, Irene*, are also available from the Library of Congress.

Rest in Pieces is number two in a series recently begun by Rita Mae Brown and said to be co-authored by her tiger cat, Sneaky Pie Brown. The protagonist, a young woman named Harry Harristeen, is post-mistress of a small town in Virginia not far from Charlottesville. Her menage includes a cat named Mrs. Murphy and a corgi named Tee Tucker, who live in the house, and, in the barn, two horses, a 'possum named Simon, an ill-tempered barn owl, and a hibernating black snake. Needless to say, all these creatures get into the act when the murderer acts up rough at the denouement. These animals do not contribute to writing the story, but they all talk to one another and understand everything said by the humans. Of course, they are invariably smarter than the humans, see more of what is going on, and are constantly frustrated at their inability to communicate important information needed to solve the mystery. Others in this series include *Wish You Were Here* and *Murder at Monticello*.

Chuckles



by Dorothy Zutant

TEN NEVERS IN PHYSICAL THERAPY

From the Physical Therapy Department comes this list of admonitions for exercisers:

1. Never say you can't because you'll do it anyway.
2. Never say "It's easy" because we'll just make it hard.
3. Never say "I want to go home" because you'll just stay longer.
4. Never lose count because you'll start at one again.
5. Never complain because we never listen.
6. Never argue because you'll never win.
7. Never scream or cry because it may encourage us.
8. Never look like you're enjoying it because we'll put a stop to it.
9. Never hold your breath, because if you pass out and die, we'll have to fill out the paperwork.
10. Never lie or cheat because we know the truth and you'll live to regret it.



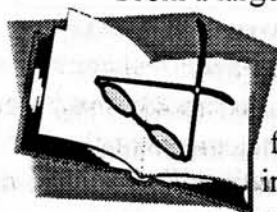
All three are available on cassette from the Library of Congress.

Several titles in Ms. Braun's "Cat Who" series are also available on tape from the Durham County Public Library, and it also has many of them in large print versions. For the other two series mentioned here, only a couple of the titles are available thus far in large print.

BOOK NOTES

BY JOHN TEBBEL

BOOK NOTES



From a large March harvest of new titles, herewith a few worth waiting for—and reading. With one noted exception,

all are due in March and most are probably already in the stores.

Publishers and readers alike are always looking for new voices in fiction, and two forthcoming first novels look especially noteworthy. One is Karin Cook's *What Girls Learn*. No, not what you might think. This story is told through the voice of a teenage girl named Tilden. She has a slightly younger sister, Elizabeth, and a mother, Frances, a fading beauty who is also an incurable romantic. She meets and marries Nick, who takes all of them to his Long Island home. In a fresh and completely absorbing way, Tilden relates what happens then in a voice that will echo and re-echo in most readers' memories of their own lives. Advance readers are high on this one.

Even higher are the anticipations for another first, *The Big Picture*, by Douglas Kennedy, an American journalist who works in London. (This is the April book.) The hero is Ben Bradford, a Wall Street lawyer who lives in Connecticut with his wife and two small children. It isn't enough. He wants to be a photographer. His wife, Beth, is a frustrated novelist. (Aren't all novelists frustrated?) When Ben finds that Beth has a lover, ironically a photographer, he kills the interloper, after which

he takes on the man's identity. The remainder of the book, as one reviewer writes, "grips like a vice." Covering up his crime, Ben, in his new role, moves to a small Montana town and starts over. Not a new idea, but previewers say it has never been done with such care and imagination. More than a compelling read, it's a poignant commentary on life in America. Lots of advance buzz about this one—400,000 first printing, Literary Guild and Doubleday Book Club selections, movie rights to Fox.

Eyewitness to America: 560 Years of America As It Happened By Those Who Saw It, edited by David Colbert, is a fascinating collection of accounts of America's life and times as told by eyewitnesses, from diary entries by one of Columbus's crewmen to a 1994 e-mail message from Bill Gates. The nearly 300 entries are preceded by introductions that set the stage. These are not all "great moments" by any means; plenty of others recall vividly times and places in our everyday lives.

We all know John Wayne don't we? Or do we? In *John Wayne's America: The Politics of Celebrity*, the noted popular historian Garry Wills gets behind the pop icon and discloses what kind of man Wayne really was. As he dissects the myths about the actor, what emerges is an often disquieting account of how heroes are created in our culture. (But John Wayne a draft dodger?—Afraid so.)

A completely different view of American life is given to us by Kemp Battle's *Hearts of Fire: Great Women of American Lore and Legend*. Here is a gallery of women who display an astonishing

MUSICAL NONSENSE

He thought he heard "Tintagel" by The late Sir Arnold Bax.

He turned and found it was a bear Who played the tenor sax.

"I think you will agree," he said, "It's grody to the max."

He thought he heard Franz Schubert Hum a fugue by J. S. Bach

He looked again and found it was A shepherd on a rock.

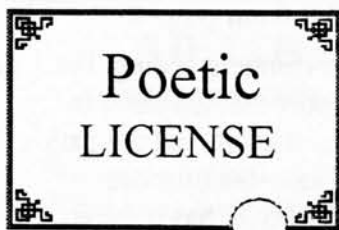
"I'll play my clarinet," he said.

"To charm his foolish flock."

—George Chandler

variety of experiences. They are known and unknown, their lives revealed in memoirs, diaries, letters, legends and historical portraits. They are wives, mothers, frontier women, women at war, lawbreakers, spiritualists, pioneers, known and unknown. If you're disenchanted after John Wayne, this one's a strong antidote.

If you travel book fans have never heard of Tim Cahill, it's because you don't see *Outdoors* magazine or read the British literary quarterly, *Granta*. If so, you've missed one of the very best travel writers in the business. His first collection, *Jaguars Ripped My Flesh*, was amusing and marvelous. His second, *Pass The Butterworms: Remote Journeys Oddly Remembered* tells of his recent adventures in such places as Mongolia, the coast of Honduras, Peru, Indonesia, and the island of Bonaire. His style merits that cliché, "inimitable." If you haven't discovered Tim, pure pleasure awaits you.



CUPID'S FIRST DART

'Tis said you never forget
the first time you fell in love
or that special someone
the partner in the above.



Mine was six feet and blond
eighteen to my sixteen years,
the courtship was certainly chaste
but the memory is revered.

A high school junior was I,
a college freshman, he--
the meeting a football game
at halftime he spoke to me.

On Sunday, he came to my church,
flattered, I agreed to a date--
dinner and then straight home
'cause it was over if I was late.

Four years it lasted, off and on,
for we resided states apart,
but dozens of letters and calls
injected needed jumpstarts.

All good things must end--
but 'tis true as said at the start,
even with much happiness since
he'll ever own a bit of my heart.

—ellen cheek dozier, 1997

TFAD Touchstones

Have you seen:

- the filigreed ice designs on car windshields and hoods?
- the lawns where thick frost melts into flowing abstract designs of gray-green and spring-green?
- the dancing reflections on the weathered fence around the pond?
- the leaf monoprints on the sidewalks?



Have you heard:

- the water music from the waterfall in the Wandering garden?
- the many bird songs any time of year?

Have you smelled:

- the pungency of fallen leaves?
- the sweet piney fragrance from the trees?

Are you graced by:

- the soft touch of a breeze on a balmy winter day?
- the bare bones of trees?
- the sky, the clouds
sunrise, sunset
the moon, the stars
rain, rainbows—



What a plethora of sensations await us here at TFAD!

—Florence Manning

MOUNTAIN CHILD

If I had been mountain born
as a child with muscles taunt,
I could have scaled those jagged peaks
explored those craggy haunts.
Such a wondrous place to spend
a youth sated with curiosity,
amidst deep, mystical folk
emitting self-contained piety.
Alas, I found those regal slopes
framed by Carolina's blue skies
when more than a smidgen too old
to soar as the eagle flies.
For one's roots must be planted
deep in those customs and lore
otherwise, he's allowed the surface,
but can never possess the core.



--ellen cheek dozier (1997)

Forester Profile

JESSICA GRIGGS

by John Tebbel

Everyone knows Jessica Griggs, the charming 24-year-old who greets us welcome into the dining room and often escorts us to a table. But do we know the real Jessica, the girl behind the smile and the melting eyes?

"There's not all that much to know," Jessica says, "I'm just a country girl who came to the city."

Well, yes, but that's not the whole story. Jessica began life in California where her father was one of a unit handling Minute Man missiles at Lompac Airforce Base. Two years later, faced with a choice between reassignment to Minot, North Dakota, and leaving the service, he chose his native Vermont and the family moved there, to Grand Isle, just north of Burlington in Lake Champlain, where the Griggs family are old settlers.

Jessica says it was a good move for her father, the Vermont winters being a little kinder than North Dakota's, but as she grew up, the state that was attracting increasing refugees from the cities held no charms for her. She didn't ski, almost a capital crime in Vermont, and two months of summer were hardly enough.

She found kindred souls in her then boyfriend and his closest pal, and in 1994 the three fled to North Carolina and Durham. Jessica came to The Forest almost immediately, a place she loves so much she would stay forever except that she doesn't know yet just what



she wants to do with her life.

From the beginning, however, she was fascinated by the food business, and after two years at the University of Vermont, she was working in a Grand Isle restaurant at the time she made her Southern move. She's doing some correspondence work in the field now, and of course learning at first hand in The Forest's dining department.

When she's not at The Forest, Jessica seems to be in training to become a wife and mother, although she has no definite plans in that department at the moment. She brought her mother's sewing machine with her from Vermont, and she's getting ready to use it in making decorations for the new apartment in Carrboro she expects to occupy in July-- "the first time I've ever had my own place," she says. She also has a definite affinity for house plants and is nursing some of them along. She shares domestic life with her cat, Dandelion.

One of Jessica's loves is music, and unlike most of her generation, her tastes are so broad they run from classical to jazz and rap. It wouldn't be accurate to say she's never heard a kind of music she didn't like, but she comes close.

Not surprisingly, Jessica is an admirer of Martha Stewart, the grande dame of American domestic life. On her first trip to New York last Christmastime, she viewed the Great Lady's house in the far reaches of Long Island--- unfortunately, only from the outside

In the kind of world her generation is growing up in, Jessica is that rarity, a completely happy person, who may not know for sure what she's going to do with her life but is having a happy time getting there.

NEWS from page 2

some minor misunderstanding, I'm pleased to report that the issue is now understood by all and the path is serving its intended purpose. Since, of necessity, it has to be so close to the Burns' cottage, it would be most appreciated if you would respect their privacy by holding your voices down when you pass their cottage. Many thanks to Bruce and Margie for permitting this path to exist, and to you for your understanding when using it.

7. On January 29, Bill Heroy, Chris Hamlet, Hope Sellers, and I, along with TFAD staff members Ted Garske, Linda Rabon and Tom Fourqurean attended a joint meeting of NCAMPHA (North Carolina Non-Profit Homes for the Aging) and CCCRNC (Continuing Care Community Residents of North Carolina) at Glenaire to exchange ideas and information on grassroots advocacy and 1997 legislative issues. Since the NCAMPHA organization is made up of the executive directors of the 46 care facilities in North Carolina and CCCRNC are comprised of the residents, it is most important that we work in concert with each other on all issues affecting our way of life. We are fortunate to have Hope Sellers as vice-president and Bill Heroy as a board member of the CCCRNC statewide organization. I plan to recommend to our TFAD Residents' Association Board for approval at our next meeting that Bill Heroy chair a TFAD committee representing all CCCRNC activities, and to give us an updated report at our monthly meetings.



ARTY-FACTS

Songs to China from Carolina

by Charlotte Cassels

Foresters have read about the fabulous trip to China taken by the Duke University Chapel Choir, with the Chorale Singers. But not so many know that three TFAD residents were among the lucky ones to be part of that free trip to bring American cultural achievement to the people of China, and incidentally, to give Duke and Durham some international exposure, which may attract some foreign students here.

Betsy Close, a professional singer before she came to The Forest, and James and Susan Butler, who have been singing in the Duke Chapel Choir for fifteen years (that's fifty, count 'em, fifty performances of the *Messiah*!) were our lucky representatives from The Forest.

The 216 members of the group were gone eleven days, from January 3 to 15, traveling by train, plane, and bus to perform concerts in Beijing Nanjing, Hangzhou, and Shanghai. The trip was the gift of Keith Brodie, Duke president emeritus, and his wife Brenda. In 1992, they financed a similar tour of Poland.

Rodney Wynkoop, leader of the

group, is director and conductor of the Duke Chorale and music at Duke Chapel. He is also on the Duke teaching faculty. Program director and assistant conductor was Donna Sparks. Organist and composer David Arcus coordinated the music used for performances. Tour expenses came to nearly \$500,000.

A wide variety of music was presented and each concert began with the Chinese and American national anthems. The singers' repertoire included English, Russian, German, and Spanish music, plus American folk songs, popular music, spirituals, and jazz, plus several Chinese folk songs.

All three Foresters on the trip have been ill

since they returned, but Betsy shared some personal views of the trip. She said all the guides were excellent and spoke perfect English. They were up to speed on current pop music, and took their American student visitors to discos after performances. One guide even obtained wine and bread for Christians to take communion---in his hotel room. The guides said China needs money, and warmly welcomed tourists, as well as joint-venture investors to build new hotels, offices, and businesses. It was still Christmas in the stores, Betsy said, and Western traditional Santas, trees, and lights were still in evidence.

A NOTE TO ANGLOPHILES

If you're someone who likes a really authentic orange marmalade and haven't been able to find one since you left London, here's a do-it-yourself suggestion, courtesy of Harry and Phyllis Owen. Yes, friends, your own marmalade without having to buy sometimes dubious imported varieties simply by using a Spanish product called "Mamade".



Mamade is prepared from the essential Seville bitter oranges, without sugar, and it is available at Fowler's Food Store in Brightleaf Square. Cost? About \$6. It comes in a 30-ounce tin, either in thin-cut or thick-cut form, as you prefer. To make about six pints of truly authentic marmalade, add four pounds of sugar (four-pound bags are available at Kroger's), three-fourths of a pint of water, after which you only need to add a large saucepan and thirty minutes of your time. If it doesn't come out right, complaints may be addressed to Harry and Phyllis Owen.

Betsy also reports that all the towns were gray with smog, because only soft coal is used. Several concert halls were not heated. But the hotels were beautiful, with private baths in each room, and ballrooms for the many rehearsals.

The young guides were very proud of China, and none of the touring group felt threatened, as some had in other countries. The food left something to be desired, however. The visitors ate in Chinese restaurants only and were expected to be familiar with chopsticks. But everyone came home thrilled with the entire trip.



Bob Blake's

PUZZLE

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

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

WINTER

BLAST	DEAD BATTERY	FEBRUARY	JACKET	SLEET
BLIZZARD	DRENCH	FOG	JANUARY	SLIPPERY
BLOW	DRIFTS	FREEZE	LEGGINGS	SNOWMAN
BOOT	DRIZZLE	FROST	LONG UNDERWEAR	SNOWSHOES
BREEZE	EARMUFFS	GALOSHES	LONGJOHNS	STALL
BRISK	EMERGENCY	GLOVES	MILD	STORM
CHAINS	EXPOSURE	HAIL	MITTENS	TEMPERATURE
COLD	FAIR	ICEBERG	OVERCOAT	TOBOGGAN
CRISP	FLANNEL	ICE CUBES	RUBBERS	WARM
DAMP	FLURRIES	ICE SKATING	SHOVEL	WINDY
				ZERO