

THE FORESTER

Volume 4 Issue 9

December 1997

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

FOURTH FLOOR THOUGHTS



This is not only being composed in the new office, it is being done on a computer that has been donated to TFAD for use by the Residents' Association. It will take me some time to learn all the features, but I deeply appreciate the gift.

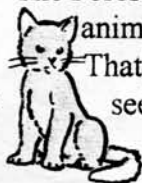
The holiday season has been with us for almost too long. Somehow the season loses some of its joy and cheer when the decorations and music in the malls have been with us since before Halloween. However, I hope that you all may share in the true meaning of the season, in its sharing and its love as most of us did at the Staff-Resident Holiday Party on December 19. It was a chance to thank the staff in person for all that they have done for us in the past year.

This season is also one to be sensitive and aware of the need to be careful and cautious in the realm of personal and community security. The administration is studying and implementing new security features. Lights on the back of cottages along Pickett are just one thing that has been done. Better lighting on the paths is also on the

EXPLORING THE IDEA OF ALTERNATIVE EDEN

A new concept in nursing home care, known as the Eden Alternative, is growing across the country and may soon become part of The Forest's health care if the TFAD Board gives its approval. Leslie Jarema, Director of Health Care Services, has been a tireless advocate of the plan which has been instituted in more than 200 nursing homes across the nation. North Carolina has set up an EA coalition and predicts that this state will join the others.

Basically, EA is a plan to change the environment of nursing homes and health care centers like The Forest's by infusing them with animals, plants, and children. That, they believe---and have seen it proved in practice---will change the feelings



way. Advice has been sought from experts on other actions to be taken. Bids have been received on possible fencing. After all has been analyzed for cost and effectiveness, action will be taken.

I am fortunate to be spending the Christmas holiday with family in the Phoenix area, so I will now wish you all a Merry Christmas and a happy and healthy New Year.

—Peg Lewis

of Americans in recent polls, 70 per cent of whom say they would rather die than be in a nursing home or similar facility.



The idea of changing the environment originated six years ago with Dr. William Thomas, a Harvard Medical School graduate, who became the doctor for Chase Memorial Nursing Home, an 80-bed institution in New Berlin. There he observed at first hand the loneliness, helplessness, and boredom afflicting the patients, even though they had good medical care in a clean, orderly place. To change this environment, he instituted what he called the Eden Alternative, organizing the home around the needs of the residents.

The results were almost magical. Medications were reduced by 50 percent, the mortality rate by 15 percent, staff turnover by 26 percent, and the infection rate by an astonishing 50 percent. If only half of all nursing homes in the United States reduced their medications by only half of what Chase achieved, it would save the national health system \$1.25 billion annually.

Naturally, there has been

See EDEN on page 8

The Forester

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LETTERS TO THE EDITOR

Residents are invited to write letters to the Editor for publication, subject to space limitations. Topics should be of general interest to

our readers. Letters must be signed and should be typewritten and limited to 200 words or less. Views expressed in letters are those of the writer and are not necessarily those of *The Forester*.

To the Editor:

I urge more residents to attend the monthly Executive Staff Update. The December meeting was interesting and very informative. Communication is what it is about! Eighty-five residents attended. Let's double that in January 1998.

—Florence Manning

CHRISTMAS IN THE LOW COUNTRIES

(Editor's Note: For this bit of Christmas cheer we're indebted to Berthe Kuniholm, who was once a docent at the Georgetown house built by Martha Parke Custis Peter. Another member of the intertwined Custis, Calvert family tree--all related to George Washington's Martha--was George Calvert, whose mansion in Riversdale, Maryland, is a historic site. The following story is based on an article in the Riversdale Newsletter.)

At the end of the 18th century in Belgium, there was no tradition of a Christmas tree. The first mention of one was reported in Alsace (Strassburg) in 1521. It was Queen Victoria's German husband, Prince Albert, who introduced the Christmas tree to England in the 1850's. Not until the Great War did the tree find its way into Belgium, where it flourishes now as an ecumenical symbol.

In Antwerp today, between Christmas and Twelfth Night (January 6), children in groups of three go from house to house, crowns on their heads, and one bearing a star mounted on the end of a stick. They sing Christmas songs and expect to be rewarded with sweets or money. In Antwerp, the first Monday after Twelfth

**EDITORIAL**

As a current book title reminds us, Christmas in its non-Christian sense has been with us for four thousand years. The ancient Babylonians had a mid-winter feast and exchanged gifts (couldn't return them, however), and in one form or another civilizations since then have observed the custom in various ways.

When the early Americans condemned it as pagan and forbade their fellow settlers to recognize any such rite, they were correct, but Christmas in the Christian sense was celebrated in other countries before it became a holiday here. Christmas as we know it now, in fact, was not observed in this country until the 1830's, at a time when the advent of New Year's was celebrated on the day itself, not on the night before. That came later.

But however we celebrate it, and for whatever reason, here it is again, the happiest of holidays. And this year that movable feast, Chanukkah, comes the day before, virtually uniting the two faiths in observance. To all our readers, then, the entire staff of *The Forester* says "Merry Christmas and a Happy Chanukkah." If there be any pagans on the premises, mid-winter greetings to them, too.

—John

In Memoriam

Madeline Hawkins November 17

See LOW COUNTRIES on page 9

Forester Profile Carole Lumia Scotland's Gift to The Forest

by John Tebbel

If you think you know all about Carole Lumia, it's probably because she's been here from the beginning and is as much a part of The Forest as--well, name your own favorite part of the establishment.

If you're an early settler, you saw her for a long time at the reception desk of the Wellness Center, a familiar figure to everyone. Then she went upstairs and became Executive Secretary and Office Manager. Today she's a veteran of two administrations and well known to a whole generation of Foresters.

Carole thinks her life isn't interesting enough to make good copy, but try this on for size. She was born in Glasgow, the offspring of a wartime marriage, when the British were complaining that the trouble with American GIs was that they were "over-sexed and over here." But the war ended and two-year-old Carole arrived in America via the Queen Mary, now a California museum. She was educated in two good Catholic schools, but before she could go on to college, she married at 19 and began a new kind of life in Queens and in Port Jefferson, Long Island. She had two children, Jeff, now 27, and Natasha, 21, a name reflecting her father's love for the Tolstoy heroine.

Eight years ago, Carole's

husband moved his family to the Triangle. Stressed out from years of therapeutic work with mentally disabled patients of various kinds, he decided to take up an entirely different kind of work and became a hairdresser. At the moment, he and his father are about to start their own business in that field.

Carole, too, went into the work force here, first in a bank and then selling real estate. When she came to The Forest, it was just opening and she became the familiar face and figure at the window of the Wellness Center that residents saw for several years.

Away from her administrative job, she has another busy life running a home that still houses her two children. Her chief recreation, whenever she has time for it, is reading.

In the constantly changing world of The Forest, it's nice to know that someone so good at what she does is still here, still charming, and not likely to leave.

Here's a start on ways to say "Merry Christmas" in other languages:

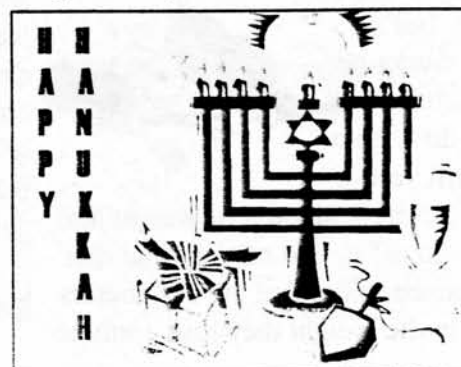
- Polish—"Wesolych Swiat"
- German---"Froehliche Weinachten"
- Italian---"Buon Natale"
- Swedish---"Glad Jul"
- Spanish---"Feliz Navidad"
- Irish (Gaelic)---"Nollaig Shona Dhuit"

Library Bookends by Jean Weil



There is a new look to the Library Annex. We have a new cupboard and working surface. Jane Jones is now back in the Library every day from 11:00 a.m. to 11:30 a.m. There is enough storage space for all the paper and other needs of the copy machine in the cupboard. Julian Price is going to have more shelves made to go over the new work space so that all the material you were used to seeing in the Annex will be back there, such as the books about driving in North Carolina and the tax materials we will all need soon.

A few new people have joined the Library Committee. Martha Gambill will be in the Library Wednesday afternoons, and Ruth Firm will be there Thursday mornings. We are glad to have them join our staff. There are still vacancies for Friday morning and afternoon. If you can spare two hours at those times, please see me or Georgia Campion. Georgia is the Chairman of the Library Committee and our representative on the Residents' Association Council again this year.





HERE'S TO YOUR HEALTH

by Pauline Gratz

It's holiday time, when all good fancy turns to food and cries of "Eat, eat" ring out. But January soon looms and there is a dash to grasp a diet, and the weight loss-gain see-saw begins.



The Zone diet, the Atkins diet, the Power Protein diet, the Why Women Need Chocolate diet, the Carbohydrate Addict's diet, the Fit for Life diet, the Eat Smart, Think Smart diet and dozens more. Take your pick. All it takes is a catchy name, an energetic publicist, and an inspiring personality and you too can be a successful diet book author.

Any visit to Barnes and Noble will show you shelves filled with popular diet books. They all have compelling testimonials. They all have pseudo-expert authors, thinking they have something new. But none of the diets has longevity for success.

Why so many different kinds of diets? It's because no fad diet really works, at least not in the long run. Any diet, even unbalanced, unhealthy ones, can help you lose weight if you eat fewer calories than you have

been, but no diet works permanently if all you do is go on it until you've lost a certain amount of weight and then go off it. No matter what diet is chosen, more than 90% of dieters regain the weight they lose, only to



be ready to try the next weight loss scheme that comes along.

Still, not all diets are junk. For years, nutritionists have been touting the most sensible ones which have had the same theme: cut the fat and replace it with carbohydrates and you will cut your calories.

Ironclad it isn't, but the evidence that a low-fat diet is the ideal way to lose weight is the best we've got, and weight-loss isn't the entire goal. Eating less fat cuts the risk of heart disease and cancer, and low-fat diets usually have more vitamins and minerals.

However, low-fat diet does not mean fat-free cookies and ice cream. The greatest myth is that fat-free means calorie free and therefore you can eat as much as you like. Fat-free cakes and ice cream are certainly healthier than fatty ones. But soft drinks and candy are fat free, and no dieter would gobble them up without thinking twice. If you eat a low-fat diet and abuse low fat and fat-free foods, you will gain weight.

The bottom line is:

Any diet that helps you cut calories will help you lose weight. Most researchers think that it's easiest on a low-fat diet, but there is no definitive evidence that they are right.

Eat a diet low in saturated and trans fat. That means cutting way back on red meat, most cheeses, whole or 2% milk, fatty chicken or turkey (thighs and wings) and food made with butter, palm, coconut or partially hydrogenated fats.

Load up on fruits, vegetables and beans, not fat-free cakes

NURSING STAFF STUDIES ALZHEIMER'S

Members of TFAD's nursing staff began special classes this month to learn more about the care of patients suffering from Alzheimer's disease. The hour-long sessions in Olsen began on December 4th and continue through January 15th.

Class topics include nutritional needs, and feeding and aspiration precautions, among others.



THE CHRISTMAS STORY ACCORDING TO KIDS

- * When Mary heard that she was the Mother of Jesus, she sang the Magna Carta.
- * When the three wise guys from the East Side arrived, they found Jesus at the manager.
- * Jesus was born because Mary had an immaculate contraption.

and cookies.

Get off your behind and start moving. Exercise is absolutely crucial to successful weight loss. While cutting calories cuts pounds, eating less and exercising is better because it keeps the weight off.

Most people know the most effective way to lose weight and keep it off. No one has to buy a book to figure that out, and experts suspect this common sense advice will be around long after the fad diets have been eclipsed.



CASSETTE CRITIC'S CORNER

by George M. Chandler



In this space in the October *Forester* I reviewed a couple of books, available on tape, that offered advice and counsel to the visually impaired reader. I mentioned then that I had been unsuccessful in finding any such book that was available on standard, 2-track audio cassette format rather than the 4-track format used by the Library of Congress and Recording for the Blind and Dyslexic (RFB), and playable only on specially adapted equipment. Well, I finally found one such book. It is *If Blindness Comes*, Kenneth Jernigan, editor, produced by the National Federation of the Blind, 1994. It is available in both the 2-track and 4-track cassette format, and in a large-print edition as well. It can also be obtained, in the 4-track format, from the Library of Congress. Copies of the 2-track audio and large-print versions have been placed in the TFAD library. They can be found among other large-print books.

This book provides a brief but thorough review of some of the basic themes related to visual impairment. It provides definitions and explanations of what legal blindness is and describes symptoms and causes of the most common eye illnesses. It offers practical advice on ways in which the visually impaired person can cope with travel, kitchen chores, sewing, and the identification of a wide variety of items from clothing to money and business records.

A much more thorough—even exhaustive—look at these same subjects will be found in *If Blindness Strikes, Don't Strike Out*, by Margaret M. Smith, Springfield, IL, Charles C. Thomas 1987, available on tape from both RFB and the Library of Congress. This book provides as full a coverage of techniques for achieving independent living by the low-vision individual as will be found anywhere, using what the author describes as "practical, problem-solving" approach. It is written in a breezy, anecdotal style that will appeal to many readers.

Both these books emphasize the fact that a visually impaired person, exercising a reasonable degree of care and common sense, can cope with all essential kitchen tasks. A book which concentrates on this subject and which struck me as being particularly helpful and practical is *When the Cook Can't Look*, by Ralph Read, NY, Continuum, 1981, available on tape from both the Library of Congress and RFB. The author, a German professor in Texas, is not a professional social worker. He is a person who lives alone and likes to cook, and happens to be blind. Professor Read's thesis—almost a crusade—is that visually impaired people, and even the totally blind, can learn to carry out, safely and efficiently, virtually all essential cooking tasks. His little book contains a wealth of good ideas about kitchen organization and food preparation techniques which should be easily usable by anyone having a reasonably retentive memory and not otherwise physically impaired.

There are many recipes in

this book, but these are not like those in the standard cook book. Instead of concentrating on lists of ingredients and abbreviated directions comprehensible only to the experienced chef, these recipes stress preparation techniques, leading the visually handicapped cook through the whole preparation sequence in detail, step by step. While the author includes techniques for cooking full dinners for family and guests, he spends plenty of time on the kinds of simple dishes which any TFAD resident might want to prepare for breakfast, lunch, or just a snack. He will even teach you to do things you might consider impossible, such as how to fry an egg "easy over" even if you can't see it. This book can be highly recommended to anyone with a vision problem who has hesitated to approach even those kitchen tasks which used to be so simple when one could see a little bit better. Unfortunately, one thing it will not do is teach you how to cope with the user-unfriendly temperature controls in the TFAD ovens.



After the Madrigal Dinner

The ambiance might have been cozier
But the prospects could not have been
rosier;

For he'd always liked duck,
And he had the good luck
To be seated with Ellen Cheek Dozier.

—George Chandler



BOOK NOTES

BY JOHN TEBBEL

When you've settled down for that long winter's nap, here are a few new titles calculated to keep you awake. Most of these books are just a little off the beaten track, something that's increasingly harder to find.

In spite of its lurid title, *Notorious Victoria: The Life of Victoria Woodhull, Uncensored*, by Mary Gabriel, is the respectable biography of one of the nineteenth century's most remarkable women. There was, of course, one possibly scandalous chapter in her life, an affair (if it actually happened) with that eminent divine, Henry Ward Beecher, but otherwise Victoria's career included being a newspaper editor, a noted spiritualist, a Wall Street broker, and a radical activist for women's rights. In 1870, she became the first woman to run for President (lost, of course). When her crusading days were over, she married a wealthy Britisher and spent her last years in London. Ms. Gabriel tells the story with verve and understanding. (January)

Anita Brookner, a former Booker Prize winner, gives us a different kind of woman in her new novel, *Visitors*. At 70, Dorothea May has been a widow for fifteen years, leading a dull, comfortable life in London, near two of her late husband's cousins, Kitty and Molly. Her world is turned upside down when Kitty's American granddaughter comes to London to get married, and Dorothea agrees to put up the best man in her flat. The generation

gap opens wide. This bride is a homeopathic therapist, the groom a footloose evangelist. Neither wants to get dressed up for the wedding. What happens right up to the ceremony is a delight to watch. After it, Dorothea is ready for old age, which she calls "a country without maps." (January)

In 1974, Doubleday hired John McCabe to ghostwrite James Cagney's autobiography, *Cagney by Cagney*, which duly appeared. Now with the star long gone, McCabe gives us "Cagney," a somewhat revised view, although an affectionate one, in his own *Cagney*. This is an entertainment in itself, including behind-the-scenes accounts of such episodes as Cagney's monumental fight with Jack Warner, and his friendships with Pat O'Brien and Spencer Tracy. (Just published)

When this book emerges in January, the timing will be perfect because of this month's revelation that scientists not only can but actually intend to try cloning human beings, something that had seemed both problematical in a practical sense and outrageous in a moral sense.

Clone: The Road to Dolly and The Path Ahead, by Gina Kolata,



a science reporter for the New York Times, who first broke the story, gives us, in layman's terms, the inside story of how Dr. Ian Wilmut cloned the famous Dolly. She makes

genetic and cell biology completely accessible to the rest of us. As one molecular geneticist observed at the time, "Now all of science fiction is true."

A novel certain to be talked about when it emerges in February is Joseph Finder's *High Crimes*. Its heroine is Claire Chapman, Harvard Law professor and noted defense attorney, mother of six-year-old Anne. Her husband owns an investment firm and all is serene in Cambridge until the day he's seized by government agents while shopping at the local mall. Turns out his real name is Ron Kubik, who in the 1980's killed 87 unarmed peasants in El Salvador while he was working as a Pentagon spy. Then he went AWOL, had plastic surgery, changed his name, and invented a new life. Guess who's called in to defend him in a military court, in a series of gripping court room scenes?

Here's one that should appeal to nearly every Forester: *How We Remember and Why We Forget*, by Rebecca Rupp. We all know that ants have great memories and that elephants never forget, but humans? Forget it! Ms. Rupp gives us entertaining and easily digested pieces of science, legend, myth and jokes, and also a series of stories about literary, religious, and scientific figures. You'll find out all about both the functions and malfunctions of memory. Oh, I forgot to tell you when it's coming. January -- I think.

Poetic LICENSE

LITERARY ILLUSIONS

He thought he saw Brett Ashley
 In a matador's embrace.
 He looked again and found it was
 A clean, well-lighted place.
 "In such a space," he said, "poor Jake
 "Should face his fate with grace."

He thought he saw a unicorn;
 Her skin was snowy white.
 He looked again and found it was
 A tiger burning bright.
 "I must have strayed," he said, "into
 "The forests of the night."

He thought he saw J. Alfred who
 Was nibbling on a peach.
 He looked again and found it was
 A house in DelRay Beach
 "That beach must be a peach," he said,
 "It's priced beyond my reach."

—George Chandler

Lines on hearing Ruth Phelps' "Handel" lecture, December 12, 1997.

Some said he was somewhat uncouth,
 But the Phelpses have got at the truth:
 "There's none holds a candle
 "To George Frederick Handel"--
 The same can be said of our Ruth!

—George Chandler

The Birthday

Sing carols loud and clear
 Christmas Day will soon be here;
 Raise voices strong in praise
 To welcome this Day of days.
 Drape garlands on the tree
 Wreath the door so all can see;
 Look skyward in the night
 Towards the star that shines so bright.
 Fill every heart with love
 Cherish the gift from above;
 Feel the peace everywhere
 The Baby's birthday is near.

—ellen cheek dozier



Distance defined

the miles stretch far
 between
 your house and mine

there is a missing
 of your voice
 and
 the silences we shared

a missing...
 until is mirrored
 your defining
 of the
 miles between

you said,
 I am never farther away
 than your least thought
 of me

—Florence Manning

AMONG THE TREES



With our dining room and cafeteria, it's easy to lose our facility in handling all our kitchen appliances. Jane Muncaster certainly has not lost hers, serving up a sumptuous repast for eight not long after leaving the golf course over the Thanksgiving weekend, while entertaining out-of-town guests--Have always marveled at how an artist can create a portrait in which the subject's eyes seem to follow you wherever you move in the room. Our art guru, Marjorie Jones, learned the secret at an early age---Ellen Dozier says she's going to attend the Civil War sessions until the right side wins---It's unfortunate that we get out of the habit of effective letter writing. Edna Wilson has not, carrying on a correspondence with Dr. Snyderman, head of Duke Hospital, and with Senator Jesse Helms---Ray Fuller had many interesting and funny experiences as a youth while selling Saturday Evening Post magazines on many different runs of the New York subways---Talk about childhood prodigies, Julia Negley first came into the public eye as a three-year-old by singing "The Star Spangled Banner" on the courthouse steps on the Fourth of July---Traveling the apartment corridors a couple of weeks before Christmas, one

is struck by the many lovely wreaths. A few striking displays I noticed: The musical angels at Margo Casady's and Helen Albrecht's, Ed Lee's Christmas bear. As for Santa Claus, a large one can be found at Phil and Clare Eshelman's, six are at George and Margaret Nance's, and he is part of a clever arrangement at Fey and Julia Chu's. There is a stable scene at Dorothy Logan's and at Hank and Janet McKay's. Beautiful live poinsettias can be found outside the homes of Dora Ramm. Susan Dees, Helen Tyree, Grace Draper, and Margaret Altvater. Also on the live side, Edith Bulkley has a pretty Christmas cactus. At Holland Robinson's there's Santa on a bike; at Roy and Georgia Parker's, a Xmas mail box; at Ed and Joyce Albrecht's, angels with candles; a large cane at George and Marjorie Chandler's, and huge pine cones at Jean Wolpert's. The alcove outside of Betty Bowers has been decorated with exquisite taste. These are just a few of the fun things to see, so take the inside trail during this bad weather and take in some of the imaginative sights---It would hardly seem like Christmas at The Forest if we didn't have Bob Blake's intricate, imaginative exhibit.



—Woodchuck



EDEN continued from page 1

opposition. While it is easier to understand the benefit of having living plants in a room, and the controlled presence of children in a nursing environment, animals are another matter. Some people are allergic to dogs or cats, some just don't like animals. However, it has long been known and accepted that elderly people, whether in or out of nursing homes, experience marked health benefits from the presence of an animal, but questions arise. There are answers. First, no patient is required to experience this (or any other) part of the EA program. That takes care of allergies and distaste. As for care, that is a team effort on the part of the staff, and in practice, once a staff sees the marked, sometimes profound, effect of the program on patients, they are more than willing to work together on the everyday details of care.

Nothing succeeds like success, and EA has proved its case in greatly reducing the feelings of loneliness, helplessness, and boredom that account for the bulk of the suffering in nursing homes. Residents and staff work together to make the program possible. Edenizing, in fact, is a process, not a program, and experience has shown that once the Human Habitat, as it's called, is created. Edenizing grows and develops like any other living thing.



—John Tebbel



arty-facts FABERGÉ

by Charlotte Cassels

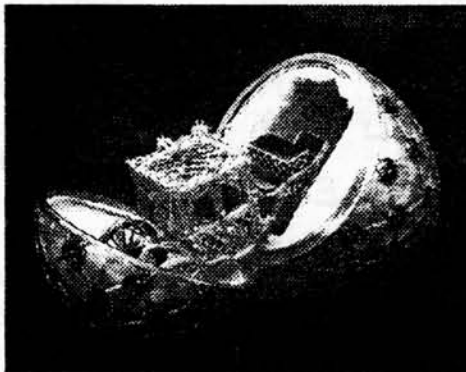
About fifty people met with Dr. Géza von Hapsburg, the Archduke of Austria, on November 22, at the Haydon and Co. Jewelry store to stare with awe at the Fabergé Winter Egg he brought with him. Von Hapsburg is a world expert on Fabergé jewelry and objets d'art created by Carl Fabergé. The exquisitely crafted jewelry, created with fantasy and jewels, included cigarette cases, miniature Easter eggs, picture frames, and table clocks, but today, Fabergé is best known for the Imperial Easter Eggs, for thirty years an Easter gift to Russia's Czarina Alexandra from her husband Czar Nicholas II. Each golden egg, embellished by jewels and enamels, always contained a "surprise"—perhaps a small train, a palace, a golden coronation coach, or even miniatures of the royal family.

Fabergé employed about 500 artists and craftsmen at his workshop in St. Petersburg. Gustav, the father who started the business, was followed by his son Carl, who was the creative genius as well as a businessman and administrator. Two artists, Perchin

and Wigstrom, headed the two departments that made each masterpiece.

Come the Revolution in 1918 and the execution of the Royal family, communism took over Russia. The Fabergé Company fled to France and then to England, and is still actively selling beautiful things—but never again Imperial Eggs.

Of course, as money was short, people began selling their treasures, including the Imperial Eggs. In 1928, fifteen eggs were sold to American collector Dr. Armand Hammer for a total of about



\$7,000. Mrs. Merriweather Post then started buying them, and hers are now on display at Hillwood, her home in Washington, D.C.

But the most avid collectors were those who started buying in 1960 for the Malcolm S. Forbes Magazine Collection. Over 150 priceless objets d'art are on display at the Forbes building, 5th Ave., New York City.

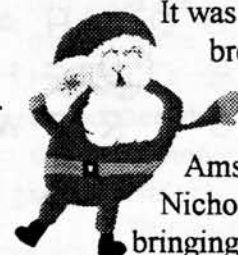
Now, if you are interested in obtaining a newly-created egg masterpiece, "Spring Egg" (\$46,000) and "Winter Egg" (\$62,000) can be purchased as soon as they are finished by Fabergé, at the Haydon and Co. Jewelers, 1803 Oberlin Road, Raleigh (781-1293). Other artifacts by Fabergé are also available, for between \$700 and \$100,000.

LOW COUNTRIES from page 2

Night is called "Lost Monday." Both workers and employers take leave from work, and their patrons give them brioches, garnished with sausage.

In Belgium, December 6th is St. Nicholas Day. In the old days, children left their shoes in front of the fireplace with a carrot and turnip. St. Nicholas was supposed to arrive riding a donkey and followed by a black servant. Like our Santa Claus, he rode on the roofs of houses, throwing toys and sweets down the chimneys as he passed. In the morning, presents stood by the empty shoes.

Today, St. Nicholas is prevalent in department stores, usually sitting on a throne, as Santa Claus does here. The sweets he dispenses are white or brown chocolate figures of the Saint himself, and biscuits represent him with mitre and crozier.



It was the Dutch who brought St. Nicholas to Belgium in the 16th century. In Amsterdam, St.

Nicholas arrives by boat, bringing oranges from Spain to the children. It was Dutch Protestant immigrants who introduced the Saint to America in the 17th century, and there he became Santa Claus. In France, this peripatetic old chap is the same fellow, but they call him Pere Noel.



Merry Christmas!

Bob Blake's

PUZZLE

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

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

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ITEMS IN MY CHRISTMAS FARM SCENE

| | | | | |
|----------------|-------------|------------|----------------|------------|
| ANVIL | CHURCH | FENCE | KINDLING | STORE |
| APPLES | CHICKEN | FISH | LADDER | SLEIGH |
| AX | CORN CRIB | FLOWERPOT | LIGHTNING ROD | SWING |
| BABY RUTH SIGN | DART BOARD | GOURD | MAILBOX | TABLE |
| BARN | DEER | GRAPEVINE | MILKCAN | TENT |
| BIKE | DINNER BELL | GREENHOUSE | NATIVITY SCENE | TOMBSTONES |
| BOAT | DOE | HAYRAKE | PIG PEN | TROUGH |
| BRIDGE | DOG | HEDGE | PLOW | WAGON |
| CEMETERY | EASEL | HORSE | POND | WELL |
| CHAIR | FARM HOME | ICE | PUMP | WINDMILL |
| | | | SNOWMAN | WOODPILE |

SEE HOW MANY YOU CAN FIND IN THE DISPLAY
IN THE LIVING ROOM