

THE FORESTER

Volume 5 Issue 2

February 1998

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

FROM THE FOURTH FLOOR

by Peg Lewis



Join with me in welcoming the newest member of our staff, Jim Thompson, who is now the Director of Facility Services. Several people have asked me just what he will be doing. He will be in charge of all buildings, including maintenance and housekeeping. He will also oversee the grounds and interact with the Davis Company, which has the contract for landscaping. At the present time, security will report directly to Steve Fishler but eventually Jim Thompson will supervise that function as well.

The Residents Association committees that relate to the above areas have already begun to coordinate with Jim. Bruce Burns and the Grounds Committee will be keeping watch on the work of the Davis Landscaping company, and will monitor any other problems that may turn up in the grounds area, in order to report to Jim. P.J. Burns and the Buildings Committee have asked each caucus to prioritize the two most pressing building and housekeeping issues in their area. These will be given to Jim when they have

STEVE FISHLER SURVEYS PRESENT AND FUTURE

After ten months on the job, our new Executive Director, Steve Fishler, is surveying The Forest's present and future with optimism at the start of his first full year.

At the moment, he is rebuilding his team. With Theo Walker and Jim Thompson already in key positions, the search is on for a Security Director, as plans move forward to improve that aspect of life at The Forest. Steve also points with pride to our remarkable employee safety record—more than 224 working days without an accident on February 9th.

In running a cost-conscious operation, the Director points out, building and maintaining a high-quality staff is not easy. Because we live in a city with a one percent unemployment rate, it is difficult not only to find quality employees but also to retain them—a high-wire act that so far has resulted in no free falls.

Committee meetings this month will begin to deal with the business of Medicare certification, as well as after-hours medical transportation, and the extension of physician services in the Health Center.

A nine-member committee consisting of both Board and resident members will soon meet to make long-range plans for The Forest.

In future planning, Steve notes, the basic problem in institutions of this kind is how to make the transition from unattended living in apartment or cottage to the assisted living and skilled nursing stages as painless as possible. The task is to meet and balance the needs of a wide variety of aging people. That's the problem which the Board's committee, chaired by Alex McMahon, will be dealing with in the months to come.

With a new management team in place, and a resident-management structure working together, Steve looks to the future with optimism as The Forest moves into the second half of its first decade.

—John Tebbel

EMPLOYEE APPRECIATION WEEK CELEBRATED

Forest employees celebrated Employee Appreciation Week this month from February 9th through the 13th, with a special breakfast on Friday the 13th. There were two seatings, one at 7:39, and another at 8:45. The event also included door prizes, entertainment by a magician, presentations of five-year awards, and Employees of the Year were presented with special gift certificates.

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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.

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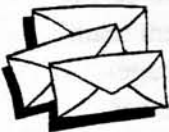
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LETTERS TO THE EDITOR

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:

We are happy to see the listing of residents in the Health Care center or Duke Hospital posted weekly on the Residents' bulletin board. We hope such listings will be updated and continued as a permanent means of communication for their friends.

—Florence Manning

TFAD BENEVOLENT FUND

The Benevolent Fund Committee expresses its appreciation to the residents who have made direct monetary contributions to the fund, or indirect contributions by supporting the Gift Shop, Encore Store, Home Tours, etc. For example, in December, 1997, the fund was increased by \$16,350 contributed by 72 residents, and by \$3500 contributed by the Gift Shop.

Market value of assets, on December 31, 1997, was \$359,108. These assets are available for resident assistance as determined by the TFAD board of Directors, on an individual case basis.

The committee is saddened by the death of John Goshorn in January. John was an active and valued member of the original committee and his wise counsel will be missed.

—R.R. Campbell, Chairman

EVENT PLANNED FOR DUKE GARDENS

A three-day symposium, from March 27th to the 29th, will celebrate the life of Ellen Biddle Shipman, who designed the Terraces at the Duke Gardens. It will be co-sponsored by the Gardens and the Duke Alumni Association.

Noted speakers will appear on a day-long lecture program, including Judith B. Tankard, author of *The Gardens of Ellen*

EDITORIAL

If anyone thought this February essay was going to be yet another Presidents Day editorial, forget it. Wouldn't touch it with an eleven-foot pole. There is far more important business to come to the attention of the country---this Pickett Road country, that is. As constant readers know if indeed they can remember---*The Forester* has frequently pleaded with its readers to offer us their own contributions, whether written or just suggestions. Many have responded, as our monthly issues attest. But a semi-famine has set in recently, and so we again urge our readers to contribute, make suggestions, come up with ideas, whatever, so that *The Forester* will truly reflect Forest life, within obvious limitations. We haven't run out of editorial breath, just getting a little short-winded now and then as we grow older. Readers will understand.

—John Tebbel

Biddle Shipman, and Mac Griswold, author of *The Golden Age of American Gardens*. The symposium will also coincide with the opening of an exhibition of the Shipman Gardens at Duke's Museum of Art. A garden study tour to Winston-Salem is also on the program. Forest residents who want more information may call the Gardens at 684-3698.

In Memoriam

John Goshorn January 20
Margaret Hubbell February 6

NOTES FROM THE POOL COMMITTEE

1. Security - When the apartment entrance locks are re-keyed the inside and outside door locks to the pool can be opened with the same keys. The pool outside doors are always kept locked except during pool classes when these are unlocked temporarily by Sharon. The committee recommended that the two side doors in the pool foyer be fitted with different locks that can be opened only by the maintenance staff. The outside lights mounted on the roof have provided adequate lighting around the pool.

2. Safety reminders - All persons entering the pool or spa are requested to sign the register. Relatives and friends of residents must sign the register along with the name of the sponsoring resident. Employees using the pool in the evening should also sign the register.

3. Babies in diapers are not allowed in the pool or spa. To help prevent health problems, children under 12 years of age should not engage in vigorous play in the spa.

4. Sharon reports that the morning pool classes are well-filled, but her afternoon classes have not been supported. A hydraulic chair-lift to lower and raise physically or mentally impaired people in and out of the pool has been approved in the Health Care budget and will be installed soon.

—Frank Melbolder. Chairman

Forester Profile Meet Theo Walker Our New Dining Director *by John Tebbel*



Theo

That man who's sitting in Ted Garske's old office is Theo Walker, who's been working behind the scenes, more or less, at The Forest for the past four years. He's going to be more visible now in his new post as Director of Dining Services.

Foresters occasionally saw Theo's tall, erect presence moving through the Dining Room, but mostly he was elsewhere. He came here four years ago as Service Manager, then was promoted to Production Manager, then on up the ladder to Assistant Director, and since Ted was promoted by his company to get the Methodist Home's dining facilities into motion, Theo sits at the top of the heap he once contemplated from the bottom.

All this is a far cry from Washington, D.C., where Theo was born and grew up, graduating from Gonzaga High School before enrolling at UNC-Chapel Hill, where he earned a degree in economics.

Economics majors usually go

into business or teaching, but Theo, who was more interested in the economics of food than finance, embarked on a career in country clubs and hotels, including the Omni Europa, in Chapel Hill; the Sheraton University Center (now the Regal), and a Hilton hotel, among others. In these jobs, food was only one of his responsibilities, however, which included being in charge of a variety of hotel facilities. This long training period covered fifteen hotels.

Coming from a large family—he has six sisters and three brothers—Theo is well acquainted with domesticity, but he has only recently embraced it himself. A year ago, he met and married Sara, who came to North Carolina from Puerto Rico... They live in Raleigh, where Theo plays some golf, does a little jogging, works in his garden, and enjoys shopping with his wife. At the moment, all he wants to complete this domestic picture is a dog, and Sara has agreed to add this item before summer.

Is this an American success story, or what?

NEW RESIDENTS

If you are interested in a 4ft. by 8 ft. garden plot, please contact Bruce Burns at 493-2401.

DO YOU NEED A NAME TAG?

You can still order one at the Gift Shop for \$5, clip-on or pin-on.

AD-LIB

Along West Rosemary Street in Chapel Hill is a covey of restaurants that were bungalows in another life. Their small rooms and low ceilings lend a sense of intimacy to these places, one of which is **The Wild Turtle**. The Turtle has the atmosphere I like:



carpet, soft lighting, white linen tablecloths, and just a whisper of music in the background.

Here one comes to dine, not to eat.

We pondered the somewhat pretentious menu and ordered. The onion soup was good but had an unexpected kick. Best Friend opted for roast chicken which arrived on a mound of mashed potatoes. His praises were lukewarm. My filet mignon, ordered medium rare, was bloody but tender. The dessert portions are very generous and our delicious creme brulee arrived with two spoons. (Dinner for two: \$40-\$60) The Wild Turtle, 220 W. Rosemary St. Chapel Hill, phone 932-4841.

A little restaurant tipped into Chapel Hill in late December and set up shop in a vacated spot behind Vespa. A small **En Provence** sign in the window was about all the hoopla that attended the opening.

A French lady dispensing Gallic charm greeted and seated us. The decor does not offend and I suspect is left over from the Middle-European restaurant that once occupied the premises. The French have added copper pots and pans.

We studied the French/English menu. One has to be careful with Provençal food. There is often garlic in unexpected places. Best Friend's onion soup was good. My mini-quiche was not mini and on the heavy side. B.F.'s canard aux olives (duck) was a winner, my boeuf bourguignon, a disaster. It arrived, enough to feed an army, with the added fillip of North African spices! Whoever heard of adding North African Spices to a dish that was perfected years ago by the French? When we return I will order the duck. (The duck \$15.95, bouef bourguignon, \$11.95, side dishes extra). En Provence, 306 W. Franklin, Chapel Hill. phone 933-7444.

Dinner at **The Outback** takes you back to the real world. Here one eats to the beat. Conversation competes with rockabilly and the waitress will ask, "what do you guys want?" The atmosphere is very friendly, lots of beer-drinking students, and for heaven's sake, don't wear a necktie. You're not paying for carpets or tablecloths. Best friend's steak and my ribs were good, not great, the bread warm and the Bloomin' onion, one beautiful blossom.



(the filet \$14.99, the ribs \$11.99) The Outback, 3500 Mt. Moriah Rd. (at 15-501) Durham tel. 493-2202.

For years we avoided The Outback. The parking lot was always crowded. Then a kind friend enlightened us about *Advanced Seating*. At The Outback, here is how it works. On the day you want to have dinner go in person to the restaurant and reserve. That evening when you arrive, give your name and you will be given a wand. When the next table becomes va-

PEG continued from page 1

been collated. Harry Owen will also keep Jim and Steve aware of any continuing safety or security issues. All of this illustrates the degree to which resident concerns are solicited and listened to at this time.

I urge each of you to be active in your caucus meetings since these forums provide the basis for input into each of the areas of The Forest that are so important to our well-being here. Your opinions are valued and important to the Residents Association and its committees and to management. Together we can build The Forest into the community it has always promised to be.

In case all the cold rain has you depressed, spring really is on its way, as evidenced by the daffodils near the pond and the return of the pair of ducks. Both may be early, but they are just a bit ahead of the spring bulbs in my yard. Before you know it, we will be in the loveliest season of the year in this part of the state.



cant your wand will tremble. It works. We had less than a 5-minute wait. Macaroni Grill also has advanced seating but a somewhat different arrangement. You can phone in on the day. When you arrive you are given a disc which lights up when the next table is vacant.

Tip: You need a Chapel Hill phone book and don't want to buy it from the phone company? Go to the Chapel Hill Chamber of Commerce at 104 S. Estes Dr. (between 15-501 by-pass and Franklin). They give them to you for the asking.

—Libby Getz

AMONG THE TREES



The winter Olympics are now in full swing. While not yet Olympians, the granddaughters of Nancy and Lars Larsen are figure skaters of note in Canada and gold medal winners in many competitions---The Woodchuck goofed last month while writing about outstanding swimmer Olga Dorfner Schoenhut--Referred to her as Harry Schoenhut's grandmother, but of course she is his mother. Sorry Harry, you're not that young---Some of us have really adapted and taken up basic southern horticulture. Peg Lewis and Milt and Rheta Skolaut have fig trees growing in their yards---Sometimes feel guilty and frustrated over all the time I waste gazing at the boob tube, particularly when I think about George and Marjorie Chandler who have no television and spend their time on many creative things such as gourmet cooking, crafts, and becoming bridge experts---A suggestion for whenever we have a decent weather day: take a walk to the pond and see the lovely daffodils that John Getz has planted for our early spring enjoyment---Quite a few Foresters will agree that the only proper place for shingles is on a roof---Did you know that Dorothy Kamin used to train guard dogs? And she showed long ago her incipient love of cats by having a pet baby tiger in her home---Good deed awards for the

GOT A COLD?
HERE'S HELP

For those of us who aren't regular readers of *Women's Sports*, which would include most Foresters, the December issue offered timely help for people with colds, which includes nearly everybody, or so it seems.

While it may be too late for those who survived the recent flu-and-assorted-viruses epidemic that swept The Forest recently, these tips may nevertheless prove handy at some other time, this winter or later.

The magazine's Chris Eboch says the best strategy is "to bat down your immune system" if you want to avoid catching a cold. He goes beyond the usual precautions---balanced diet, plenty of fluids, getting enough sleep, avoiding smoke, moderate daily exercise---even laughter, which may strengthen the immune response.

Beyond all this, the writer says, there are, first, vaccines

past month go to Priscilla Squier, Molly and Frank Simes, and Julia Negley for providing medical transportation to the hospital when it was not otherwise available; also to Doris Fields for helping an incapacitated resident dress---Mary and Frank Light's granddaughter had the thrill of shaking hands with President and Mrs. Clinton and with Prime Minister and Mrs. Blair.

—Woodchuck

and vitamins. The only vaccine for a cold, he notes, is the cold itself; but zinc gluconate lozenges kill germs and multivitamin pills also help fight infection, but beware large doses.



However, Eboch points out, many doctors and nutritionists believe the best way to get your vitamins is to eat a daily variety of fruits and vegetables.

Garlic, he says, boosts the immune system, and has antiviral and anti-bacterial properties. Raw garlic is best, although



you may lose friends. It should always be taken with food and also comes in odorless garlic pills. Other cold

fighters include apples, blueberries, grapes, and green tea. Also, oranges, strawberries, cabbage, tomatoes, ginger and deep yellow and dark green vegetables increase immune functioning.

Herbal remedies, used for centuries, are disease fighters, too, but the author warns against taking large doses of the powerful ones.



That old American Indian herb, Echinacea, fights viruses and bacteria, and helps heal sore throats, but should not be taken for more than seven days at a time, with a week's rest following. There are other homeopathic treatments widely suggested, but all should be used with caution.

You say you've tried all this and you're still sneezing? Pass the Kleenex. We feel your pain.
—John Tebbel



BOOK NOTES

BY JOHN TEBBEL

With 4,000 titles on the spring lists, it should be easy to find a half-dozen that might appeal to Forest readers—right? Wrong. There seems to be a great deal of mayhem of one kind or another, a quantity of memoirs of dubious interest, and some truly far-out new novelists. However, a diligent search has unearthed a half-dozen that should be welcome.

One of the most unusual is William Dalrymple's *From the Holy Mountain: Journey Among the Christians of the Middle East*. In spite of its title, it isn't a religious book; it will appeal to readers of all faiths. Dalrymple is a British travel writer who has gone to the heart of Middle East problems here, which is the conflict between Christians and Muslims. His journey takes him from the Holy Mountain in Greece to Turkey, Syria, Lebanon, Jerusalem, and Cairo. A fascinating and extremely informative journey. (March)

Even more out of the usual run is *Red Blood and Black Ink: Journalism in the old West*, by David Darv (March). From 1808 to the early 20th century, newspapers of a kind never seen before or since flourished in the American West. This is a hilarious, informative, and entertaining sample of what they printed. As one early reviewer puts it: "More fun to read than

an entire year of contemporary op-ed pages." Photographs too.

Everybody remembers Lizzie Borden, who gave both her mother and father "forty whacks" and was the subject of a celebrated murder trial in the 1890s. In *The Borden Tragedy*, by Rick Geary, the author doesn't simply retell the familiar tale but meticulously re-creates small town life in Fall River, Mass., during the Nineties. With black-and-white drawings supplementing his fluid writing, he re-creates the town and the people, making them come alive. Just published.

Virtually certain to be a best-seller is *Cave Dweller*, by Dorothy Allison, who recently gave us the highly successful *Bastard Out of Carolina*. Her new novel tells the stories of four women, their pain and epiphanies as they find ways to create lives which are imperfect but bearable. One of them, Cissy, returns from the North to her native Georgia after her husband's death, seeking roots and finding not what she expected. Coming in March; first printing 100,000, and probably to be seen at your favorite cineplex next year.

Certainly destined to be one of the year's most unusual books is *Quarantine*, by the British novelist Jim Grace, due in April. Again, it isn't a religious novel in the usual sense, but it does deal with the forty days Jesus spent in the wilderness, a familiar story that, through the beauty and precision of Grace's writing, provides a

convincing and historical context. Basically, it's the story of six desert dwellers, and how they relate to Jesus. An advance reviewer calls it "spellbinding, superbly crafted."

It's impossible to escape memoirs these days, and here's one worth reading: *Landscape of the Heart*, by the novelist Elizabeth Spencer, who lives in North Carolina (since 1986). She grew up in a small Mississippi town during the Thirties, fell out with her brutally strict family, studied in Italy, where she met and married her British husband, lived in Canada for a time, and along the way knew as friends such writers as Eudora Welty, Robert Penn Warren, John Cheever, Walker Percy, and William Faulkner. It's a story told with wit and charm. Just published.

SINGERS INVITED TO JOIN TFAD CHORUS

The Forest at Duke Chorus is now in rehearsal for a spring program and would welcome more singers. If you have had some experience at choral singing and think you might enjoy honing up your skills, join us at one of our weekly rehearsals. You may find that you can still read the music and enjoy the harmonizing. We rehearse most Tuesdays mornings at 10 in the party room. Both men and women are invited. Come practice a few of our program songs with us; you may decide to keep coming. For more information call Mary Light at 493-9063.



Minnesota Memories

Time-buried sounds
of screeching, crunching wheels
laboring over icy ruts.
The still-felt sharpness of cold,
pre-dawn morning's edge.
The clanking of milk bottles
set on the back stoop.
And the happiness of snuggling
deeper into the warmth of bed,
the while anticipating the first taste
of ice-flaked cream extruding from
the paper bottle cap.



—Florence Manning
Excerpt from *Listenings*

MYTHO-LIMERICKS

If there's one thing that Oedipus knew,
And Juno and Jupiter, too,
It's to marry your mother,
Or sister or brother,
Is not such a smart thing to do!

There once was a handsome Greek satyr,
Whose ambition was sooner or later
To be painted--in red--
While in some lady's bed
To embellish a handsome Greek krater.



—George Chandler

Unwanted Gift

From my ten year old granddaughter
An unwelcome Yuletide gift I received,
The day before returning home
Was to be ours but she coughed and sneezed.
It is a mean bacteria
You hack, ache while your knees turn to pulp,
But even worse for a writer
My creative juices about dried up.
So, here's a favorite poem of mine
I borrowed for this month of romance,
Just don't forget to court your mate
As long as you are given the chance.

—ellen c. dozier



AFTER A WHILE

After a while you learn
the subtle difference between
holding a hand
and chaining a soul
and you learn that love
doesn't mean leaning
and company doesn't always
mean security.
And you begin to learn
that kisses aren't contracts
and presents aren't promises
and you begin to accept your
defeats
with your head up and your
eyes ahead
with the grace of a woman
not the grief of a child
and you learn
to build all your roads on
today
because tomorrow's ground is
too uncertain for plans
and futures have a way of
falling down in mid-flight.
After a while you learn
that even sunshine burns
if you get too much
so you plant your own garden
and decorate your own soul
instead of waiting
for someone to bring you
flowers.
And you learn
that you really can endure
that you really are strong
and you really do have worth
and you learn
and you learn
with every goodbye you
learn.

—Veronica A. Schoffstall



CASSETTE CRITIC'S CORNER

by George M. Chandler



This article completes a series begun in the October *Forester* in which I have tried to pull together a number of books, all available on audio cassette, which provide various kinds of advice and assistance to the visually impaired person. This month's column looks at two books addressing mobility techniques and one which discusses a wide range of available "assistive" devices.

Orientation and Mobility, Techniques for Independence, by Stephen J. LaGrow, and Marvin J. Weessies, Dunmore Press, New Zealand, 1994, available from Recording for the Blind and Dyslexic (RFB), is intended primarily as a text for those who teach mobility techniques to the visually handicapped. However, it contains a wealth of information and suggestions which could be of use to anyone with low vision. For a totally blind person to navigate using a long cane, or even to do so efficiently with a human guide, hands-on instruction from an experienced teacher is essential. For anyone with eye problems who still has at least some vision, however, reading about the standard techniques could provide a lot of helpful hints that can make everyday living easier.

This book has chapters on using the guide services of helpful friends; on basic white-cane techniques; on ways of pro-

tecting oneself from a variety of annoyances, such as running into unseen tree branches; and on navigating in shopping malls, supermarkets and department stores. It also gives hints for dealing with stairways, escalators, elevators, and revolving doors. Personally, I used to find the last of these particularly terrifying, and have profited greatly from this author's advice on how to get through them safely. The visually impaired individual who does not want to give up the enjoyment offered by a variety of forms of outdoor recreation will find plenty of good, practical advice in Robert J. Redington, *On the Move in the Great Outdoors*, 1992. It contains explicit instructions for finding one's way along rural roads and paths, either with a sighted guide or using the long cane. It also contains a good deal of general information which should be useful to anyone whose visual condition is such that he or she finds it helpful to have some form of guidance when venturing into any kind of unfamiliar territory.

You might like to scan this book's chapters on backpacking and camping, tandem bicycle riding, rowing and canoeing, and cross country skiing—if only as examples of what the visually impaired can achieve if they put their minds to it. Copies on 4-track cassette can be borrowed from RFB or purchased from the Massachusetts Association for the Blind in Brookline, MA. I own a copy which I would be happy to lend.

Evaluating, Selecting and Using Appropriate Assistive Technology, by Jan C. Galvin et al., Gaithersburg, MD, Aspen Press, 1996, provides an exhaustive account of what is known in the rehabilitation trade as adaptive and assistive technology. It covers the selection and use of equipment designed to aid persons with all kinds of disabilities—a lot more of its pages are devoted to mobility problems, for example, than to visual impairment. It is intended for the professional counselor as well as the person who might need such devices. If the difference between "assistive" and "adaptive" devices is not apparent to you, consider the users of canes or walkers. Either is an "assistive" device—something specifically designed to aid in coping with a disability. The same persons might be able to arrange their apartments so that there is always a sturdy piece of furniture at hand to provide support so that they can move about at home without using the cane. Such an arrangement would be an example of an "adaptive" strategy.

The authors offer a good deal of practical, common sense advice. Don't buy an expensive new appliance without being sure that it is the right size for you, that you can manipulate it and keep it in repair, and that you are really going to use it. Try what they call "low-tech" solutions before investing in more costly electronic or mechanical devices. For instance, see if you

See CASSETTE on page 9



HERE'S TO YOUR HEALTH

By Pauline Gratz

Mark Twain, in *Tom Sawyer*, wrote, "The old man laughed loud and joyously, shook up the details of his anatomy from head to foot, and ended by saying that such a laugh was money in a man's pocket, because it cut down the doctor's bills like everything."

As a folk belief, laughter and humor have long been thought to be health-giving. A growing number of health professionals, however, are using this uniquely human expression to reduce stress, ease pain, and foster recovery. While most health professionals support laughter as an adjunct to modern medical care, it is extremely difficult to find scientific evidence for its therapeutic value.

It has been reported that laughter stimulates the production of hormones called catecholamines which in turn stimulate the release of endorphins in the brain. It is the endorphins which foster a sense of relaxation and well-being and dull the perception of pain. Catecholamines also enhance blood flow, which may speed healing and reduce inflammation.

Laughter also has an effect on the heart and lungs. When you laugh hard, your normal breathing rhythm is altered. Inspirations and expirations be-

come deeper and spasmodic.

The heart rate, blood pressure and muscular tension increase. But when laughter subsides, these levels often drop temporarily to below normal levels, leaving you very relaxed. Hence we frequently characterize laughing as "breaking up". This sense of deep relaxation may be beneficial in treating heart disease, high blood pressure and depression.



Laughter, however, is hardly a replacement for traditional medicine. Nor can it be ignored. How, then, can it be incorporated into the work of reducing stress, easing pain, and fostering recovery? When visiting someone who is ill, consider bringing a funny book, a humorous audiobook with a miniature tape recorder, or a funny movie if a VCR is available, instead of flowers or balloons. Some people appreciate comical "get well" cards or funny cartoons, or scenic posters to look at. If the individual wants to talk, LISTEN, but don't tell your own story, terrible or not. If the individual is up to it, relate a short, funny story they might enjoy.



Anecdotal evidence indicates that some people have used their sense of humor as a very positive and adaptive response to their illness. This suggests that there may indeed be something therapeutic about humor just as folk belief has long assured us.

CASSETTE from page 8

can get along with a hand-held magnifier before buying a closed-circuit television reading device like the one located in the TFAD library. The authors discuss assistive devices that would be of temporary help during periods of rehabilitation therapy, following a stroke or operation, for example, as well as those designed for more permanent use.

This book was published less than two years ago, and it can provide the visually impaired reader with tip-to-date information about the many remarkable devices that are just now becoming available. Their variety and sophistication will amaze those who are unaware of the advances that have been made in this field. Reading machines which can scan a printed text and read it aloud, in a variety of what have recently become quite acceptable synthetic voices, are available in stand-alone models or as accessories to computers. Many standard computer operating systems—such as Windows 95—now include special features to aid the visually impaired user, including text enlargement capability.

Modern electronic technology has gone a long way beyond the talking wristwatch or fever thermometer or the beeping liquid level indicator. This is a book which can tell you all about it.

TABLE LINENS WANTED

Since 1963, when it was opened to the public, dozens of women's groups have enjoyed the commodious and elegant facilities of The Hill House on Duke Street. The Junior League of Durham has been designated as administrator of this facility that John Sprunt Hill established as a memorial to his wife, Annie Watts Hill. The terms of his will "permit the physical use of said property and it's improvements by a women's non-political and non-sectarian civic organization or organizations as a center of it's or their community cultural, educational, and/or eleemosynary activities in and about the City of Durham".

The DUMA docents are among the beneficiaries of the Hill's philanthropy. They have for many years held their Holiday Luncheon at The Hill House. Which is how we know that this beautiful period mansion is lacking table linens for the banquet size table that graces the dining room—12 feet long by 5½ feet wide.

Among us at The Forest, there could well be someone who has a cloth that size who couldn't find an appropriate home for such a special possession. Please consider making it a donation to an active and much appreciated Durham landmark.

Contact Claire Britt,
Hill House Administrator,
682-0449.

WELCOME NEW RESIDENTS



Jennie Ruddell
Apt. 3034 402-0305



Marian Krugman
76 Forest at Duke Dr. 402-1405

Publisher's Note: Both our new residents are away from The Forest at press time and their biographical information is unavailable. We're publishing their photographs so that you can get to know them sooner. In the next issue of *The Forester* we'll try to include their bios.

Chuckles

by Dorothy Zutant

MORE ENIGMAS

Isn't it a bit unnerving that doctors call what they do "practice?"
When sign makers go on strike, is anything written on their signs?
When you open a bag of cotton balls, is the top one meant to be thrown away?
Where do forest rangers go to "get away from it all?"
Why isn't there mouse—flavored cat food?
Why do they report power outages on TV?
What should you do when you see an endangered animal that is eating an endangered plant?
Is it possible to be totally partial?
Would a fly that loses its wings

be called a walk?

Why do they lock gas station bathrooms? Are they afraid someone will come in and clean them?

If the funeral procession is at night, do folks drive with their headlights off?

If a turtle loses his shell, is he naked or homeless?

Why don't sheep shrink when it rains?

Should vegetarians eat animal crackers?

If the cops arrest a mime, do they tell him he has the right to remain silent?

Why do people who know the least know it the loudest?

If vegetarians eat vegetables, what do humanitarians eat?

Contributed by Julian Rosenthal
from George Carlin

REMEMBER WHEN DEPARTMENT: Brainy Beauty

A nostalgic resident with a good memory, and who also wants to see justice done, has called *The Forester's* attention to a recent article by *Chicago Tribune* staff writer Ron Grossman about that scandalous beauty of our early days, Hedwig Eva Maria Kiesler, better known as Hedy Lamarr.



Hedy Lamarr in
Samson and Delilah, 1950

You remember Hedy. She was the movie sensation of 1933 when her first picture, "Ecstasy," was shown in this country and drew a barrage of condemnation and some suppression. Never mind that she later became a Hollywood star in such films as "Ziegfeld Girl." Her name almost always brings back memories of Vienna-born Hedy rising nymph-like from the waters of a lake, nude to the waist, and naked (although not visible) below. In another shot she is seen, dimly, running through a grove of trees in the same condition. "Ecstasy" would barely (!) rate a PG-13 today.

But on to justice. The facts are that although Hedy was a sexy temptress on screen, she was in fact a brainy woman with far more respectable credits. Hedy knew a great deal about weaponry from listening to her first husband, Fritz Mandl, an

armament manufacturer and a Nazi collaborator, from whom she fled to London, then on to Hollywood where she had made many movies by the time the Americans entered WW2.

She offered her services to the war effort and sold millions of dollars in war bonds through sultry performances on stage.

Hedy had an abiding hatred of the Nazis and kept trying to think of a more direct contri-

bution that she could make toward their defeat. She remembered overhearing conversations discussing the problem of naval torpedo guidance. These underwater missiles were directed to their targets by a single-frequency radio signal which could be easily blocked. She realized that if the signal jumped from frequency to frequency quickly (like changing channels on a TV or radio) and both sender and receiver changed in the same order, then the signal could never be blocked by someone "listening in" who didn't know how the frequency was changing.

One day, while sitting at the piano with her friend, composer George Antheil, they were alternating playing chords in different keys. The idea struck Hedy that this could provide the solution she was seeking. After she explained her idea to Antheil, he suggested using some-

thing similar to identical piano rolls, like those used in player pianos, to keep both sides in synch. Together, he and Lamarr patented the "Secret Communication System" in 1942 and offered the idea free to the U.S. Navy. The admirals evidently thought that using paper rolls was too cumbersome to be practical (or too unmilitary) and pursued the idea no further.

When the transistor became available in the 1950s, the Navy used Hedy's frequency switching idea in secure military communications, and when transistors became really cheap the idea was used in cellular phone technology. By that time the original patent had expired so that Lamarr and Antheil never received any royalty payments for their idea. In 1997 Ms Lamarr was honored with an award at the Computers, Freedom, and Privacy conference for "blazing new trails on the electronic frontier." Hedy Lamarr is 85 and lives in Florida.

So when you pick up your cell-phone now, think of Hedy, fully clothed and speaking at the other end. Justice is served.

—John Tebbel

Two middle-aged men were talking ; "It's finally happened," said one of them.

"This morning when I was getting dressed, my knees buckled but my belt didn't."

Contributed by Dorothy Zutant

Bob Blake's

PUZZLE

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

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

ACCOLADE	CHAPEL	GOSPEL	POSTLUDE	SESSION
ADVENT	CHRISMONS	GOWN	PRAISE	SONG
ALTAR	CHORUS	HYMN	PRAYER	SPIRE
BAPTISM	CREED	INTROIT	PSALMS	STAINGLASS
BELLS	CROSS	NARTHEX	RACK	SYNOD
BENEDICTION	DEACON	OFFERTORY	RESPONSE	TEACHER
BIBLE	DIRECTOR	OFFERING	RITE	TESTAMENT
BLESSING	DOXOLOGY	ORGAN	ROBE	TITHE
BOOK	ELDER	PARDON	ROSARY	VERSE
CANTATA	EPISTLE	PEW	SCRIPTURE	WORSHIP
CHALICE	FONT	PLATE	SERMON	