Volume 5 Issue 3

March 1998

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

FROM THE FOURTH FLOOR

by Peg Lewis



There has been a great deal of discussion about the Eden Alternative for the Health

Center in recent weeks. It must be remembered the aim of this approach is to enhance the life of the residents of the Health Center. Since any one of us may need the services of that facility, it behooves us to have a clear understanding of the goals of the program and the ways that it will be implemented. The basic goal is to provide the widest possible experience for the folk whose boundaries are becoming ever more limited. Those who disagree with some aspects of the improvements should remember this. Those who have yet to see the video about it should try to see it in order to understand the full scope of the program.

The proposed changes and additions to the living spaces in Holbrook and Olsen are being well planned and are being done in well-considered steps. There is full awareness of the issues of allergies to certain

See PEG on page 5

FROM NAVY TO FOREST MEET JIM THOMPSON

Jim Thompson, our new Director of Facility Services, is a man who has been solving maintenance problems all his life, often under difficult circum-

stances, and doesn't expect to find any here that he can't figure out. He's the original "take charge" guy.

Born in Oak Park, a suburb of Chicago, he grew up in the Chicagoland area, graduating from the University of Illinois in 1970 with a degree in civil engineering.

Jim had a career in the Navy, where he saw action in the Gulf of Tonkin and Vietnam, serving on several different kinds

EMPLOYEES OF THE YEAR SELECTED

As the climax of a weeklong observance last month, Willie Caple was named Employee of the Year. Other departmental Employees of the Year included Sharon Simpson, Administration; Paul Ramos, Dining Services; Billie Duncan, Facility Services; Rebecca Grim, Health Services; Rose Harris, Housekeeping; Mitzi Goodwin, Nursing; and Kay Biddle, Seasonal Employee (a new category).

of Navy craft, including the U.S.S. Lexington. His Navy career took

> him to various parts of the Atlantic and Pacific oceans, not to mention the Caribbean, and at one significant

stop, he found himself in the Navy school at Newport, RI. where he met and married a young librarian.

After 21 years in the Navy, retiring with the rank of Lieutenant Commander, Jim took all the maintenance know-how he had acquired to the Servicemaster company, a large operator in the cleaning business--cleaning, that is, of all kinds, including hospitals, health centers and continuing care centers like the Forest. He spent three years at Brethren Village in Lancaster, Pa., an 850 bed institution much like ours. Transferred to North Carolina, he worked for an organization of nursing homes in Greater Raleigh, "Greater" meaning a large part of this region.

By this time, with so much

See JIM THOMPSON on page 3

The response to last month's editorial asking readers to contribute was most heartening, as this edition testifies. As we always say, keep those cards and letters coming. —The Editors

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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Art and Word Puzzle: Bob Blake Photographer: Ed Albrecht Publishing Assistants: Bess Bowditch, John Getz, Jane Jones, and Carolyn and Bloss Vail.

LETTERS TO THE EDITOR

Residents are invited to write letters to the Editor for publication. subject to space limitations. Topics



should be of general interest to our readers. Letters must be signed and should be typewritten and limited to

200 words or less. Views expressed in place to letters are those of the writer and are visit. not necessarily those of The Forester.

GREENHOUSE REMINDER

Residents wanting to put plants in the greenhouse are advised to call Bob Blake first before they do it. He will make arrangements to meet you and decide where to place them. Each plant should bear the owner's name. Bear in mind that certain sections of the greenhouse are not automatically watered, and if plants are placed there accidentally, they may not last long. Don't move other people's plants, Bob requests, and don't remove plants that are not your own without permission. Bob says he's still looking for a plant that disappeared several weeks ago.

Because of problems involving the hibiscus, it has been decided that this plant cannot be placed in the greenhouse.

At this time of year, the greenhouse is operating at full capac-

ity, and residents may find it an interesting



EDITORIAL

At the Forest, as elsewhere, there is green showing on St. Patrick's Day, blossoming here as it does elsewhere on the persons of many people whose closest affinity to the Emerald Isle is Waterford Crystal and a love of cabbage. Some people wear green even though they come from that other Ireland in the north where religion divides the land in blood and hate. Irreconcilable differences, some say, in spite of every effort for peace. At the Forest there are irreconcilable differences too, but we deal with them by silence. We say, "There are two things you can't discuss here, politics and religion." (We could add a third, but never mind.) We get along more or less amicably-heavy on the "more" side.

That's our little island of relative tranquility, in a world where Ireland slides once more toward madness, and irreconcilable differences separate people and nations all over a confused and dangerous world. Of course, not talking about them is not a realistic way to settle these great divisions, but it's nice, isn't it, to live on an island not talking about such differences. That may not be quite in tune with global reality, but it's so relaxing.

-John Tebbel

To the Editor:

Please? If any of your readers borrowed a Driver's Handbook (Published by the N.C. Division of Motor Vehicles) from the TFAD library, we ask that they entered the 20th century and have please return it so it can be made available to other residents. The booklet contains rules of the road (in N.C.) and has sample questions for the driver's license exam.

Our twelve loaner copies in the library have been reduced to time to watch one of them. Please. one.

-Jane Jones

To the Editor:

While we appreciate the publicity, we wish to inform readers of "Among the Trees," (Forester issue of February 1998) that we have now bought a television set. Since we acquired it, about a month ago, we have watched the final 5 minutes of the Super Bowl game (which took half an hour), have taped three old movies on the built-in VCR, and have found

Marjorie and George Chandler

In Memoriam

William Ingram Elizabeth Bowers Hope Sellers

February 17 March 4 March 7

The Forester



HERE'S TO YOUR HEALTH

By Pauline Gratz

It has long been an article of faith among health conscious Americans that extra doses of vitamins and mineral supplements can cover a multitude of dietary sins. Americans have more than doubled their spending on vitamins and minerals in the past seven years, from \$3 billion in 1990 to \$6.5 billion in 1997. They have also increased the dosages they take, gulping down supplements at 10, 50, and even 100 times the daily recommended levels. Multivitamins taken once a day were originally designed to prevent centuries-old nutritional deficiencies, such as scurvy and beriberi. But now the same micronutrients are being taken in megadoses, in effect, as drugs, to prevent or treat a broad range of illnesses, including psoriasis, tendonitis, cancer, and heart disease.

There is precious little scientific evidence to support the more ambitious claims being made for vitamins, and what evidence there is, is often far from definitive. The quantity of vitamins that an adult should consume depends on many factors, including age, sex, and health condition. Making matters more complicated, nutrients tend to interact with one another. For example, Vitamin C is supposed to act as an antioxidant, preventing damage to the cells. But that same vitamin, in the presence of iron, can act as a pro-oxidant causing, rather than preventing, cell

damage.

Nor do scientists always agree. Folic acid is a perfect example. In 1989, the recommended dietary allowance (RDA) for folic acid was cut from 400 micrograms for all adults to 200 micrograms for men and 180 for women, because that would stave off nutritional deficiencies. At the same time, however, new studies were showing that high doses of folic acid could prevent crippling birth defects during pregnancy and ward off strokes and heart attaches in older adults. The

recommended levels came down

just as the evidence for taking

higher doses was coming in. No supplement has been more battered by conflicting reports than beta-carotene, a vitamin found in fruits, carrots, spinach and other dark green leafy vegetables. Studies in the 1980's showed that people who consume a lot of betacarotene-rich foods show a marked decrease in their risk of cancer. It wasn't until the 1990's that researchers from Finland and the U.S. decided to test the proposition that beta-carotene in pill form could protect smokers from cancer. The results were not what they ex-

pected. As the researchers reported in 1994 and 1996, smokers who took the betacarotene pills actually suffered an increase in cancer rates. Those studies showed just how little scientists know.

TAMIN

Too many people are taking huge doses of vitamins without much evidence that they will do any good, and without considering the harm they might cause. If you have

JIM THOMPSON from page 1

moving around, the Thompsons were ready for a change to something more permanent. They had already tried to cope by setting up a home schooling program for their children that won accreditation in Pennsylvania, where such authority is given, the only state to do so. Once in Raleigh, and looking around the Triangle, the Thompsons liked what they saw and decided to settle down. The result was his new post at the Forest.

Jim says his family is his hobby, although he does like to work in the yard. The family, besides his wife Gail, includes Tory, 19; Shana, 17; and Jenna, 15, all of them still in school but not far now from their own careers. Jim and Gail have decided to take it a little easier after a busy, hardworking life. They've promised each other to go on a two-or three-day trip every month to some nearby point of relaxing interest. There's still time for his computer, and if he could squeeze out any more spare moments, Jim would like to get into model railroading. So far, he says, he can't find any place to squeeze. Meanwhile, his instant acceptance here, and the challenges now facing him, have convinced Jim he's found the right place at last.

-John Tebbel

reason to believe that you are not getting enough of a particular nutrient, you have to know what the risks are before you begin to take a megadose. That may require a consultation with a professional nutritionist and not a conversation with your neighbor or a health food store employee.

AD-LIB

"The best way to stay young is to have a bad memory" --- Miles Davis

Do you ever wonder what others do with their leisure time? If so. go to the N.C. Crafts Gallery that displays and sells the creations of North Carolina artisans. Even if you don't buy, it's fun to wander around and view the wares, in every conceivable medium--- wood, glass, pottery, leather, silver. There are wonderful quilts (\$250-\$300), wooden bowls and pansies imprisoned in paperweights (\$22-30). I was beguiled by the more fantastic creations: a bejeweled birdhouse, the glittering, multi-colored glass boxes (stamps, paper clips? \$24) and outrageous wall hangings. One of these hanging opposite your bed would be a good wake-up call. I went home with a Suzanne Coulta soft-sculpture doll. She---the doll. that is --- is dangling on the blind pull on my kitchen window. With her wild, red hair à la Chelsea, and sequined dress, she is a kindly banshee presiding over the household. N.C. Crafts Gallery, 212 W. Main St., Carrboro, tel. 942 4048

Woman Craft, the oldest craft cooperative in Chapel Hill, offers less fantasy but marvelous stuff nonetheless. The stained glass is impressive: lamps to pierce the dark with sparkling colors; one with peacock feathers that could have been designed by Tiffany (\$320), another by Frank Lloyd Wright (\$298). There are other goodies strewn about: hand-woven shawls (\$95), lovely Denise McQuillin watercolors (\$100-140); and destined-to-be-heirloom vests of marvelous fabrics and intricate decoration

(\$125). If you're a great-orgrandmother, pack your plastic. There's so much to tempt you: enchanting baby bonnets (\$35), quilts for the nursery (\$115) smocked dresses (\$75 - \$95) and—hang on a fabulous christening dress (\$450). Woman Craft, Eastgate Shopping Center, Chapel Hill, tel. 929 8362

I dropped in on The Woman's Center Art Exhibit at the Carolina Club and found a fascinating collection of Carolina artists. Three watercolorists stood out: Karol Tucker, Marriot Little, and Nancy Handlan. Joan Smyly Durden's lovely oils of trees reflected in shimmering water would soften any wall, and I like Ginny Chenet's "Early Snow" (acrylic), startling and reminiscent of Jackson Pollack. There's always a downside to any exhibit-the pictures that disturb. I found two here: one, an in-yourface oil of someone's fat derriere. another of an Alzheimer's patient caught in a web. You wouldn't want to wake up to these, and Clementine Churchill would have stacked them behind the furnace.

The new "place to be seen" in Chapel Hill is The Grill at Glen Lennox. Naturally, I felt that Best Friend should go and be seen. There's a nice buzz to the large room, a feeling that everyone there is leading a busy life, a gathering of yuppies... a no-frills decor with super waiters. The salads are mountainous, one enough for two. Our N.Y. Strips were chewy, the vegetables crisp and the creme brulee another two-spoon job. The coffee arrives in a cup the size of a bathtub. I forgot to take notes on prices but I didn't see Best Friend flinch when the bill arrived. No reservations. The Grill at Glen Lennox, 1201 Raleigh Road, N.C. Route 54 at

What's in a name?

Of the 100 counties in North Carolina, 84 were named for men. Ten have Indian names, Allegheny, Catawba, Cherokee, Chowan, Currituck, Pamlico, Pasquotank, Perquinams, Watauga, and Yadkin. One was named for a country, Scotland. One was named for all the states, Union. And one was named for location, Transylvania (across the woods). There are at least two counties about which there is a dispute over the derivation of their names, Alamance and Northampton. New Hanover might be placed in that class, too.—The State magazine, March 1942, From Ellen Dozier



Scientists have isolated the gene that makes people repeat 'You know' in their conversations...!"

-Contributed by Herb Stecker

Glen Lennox, Chapel Hill.

Helen Corbett recommends a dressmaker: Susan Kargar, 4003 Peach Way, Durham Tel. 493 6294

TIP. When I think of all the years I've lived here and all the money I've spent there, it's incredible that I didn't know A Southern Season gives a senior discount. You must ask for it before they start adding purchases. This is good only on weekdays.

—Libby Getz

AMONG THE TREES



Bess Bowditch had a lovely plant on display outside her apartment with clefts in the foliage. Jane Jones labeled it as a religious icon because of the holy leaves---Duke basketball fans come from far and near. Dick and Mariorie Preston's son lives in Canada and found to his dismay that the Duke-UCLA game would not be televised in his area, so naturally he traveled to North Carolina so as to not miss the contest. And if you didn't know, Marjorie is a Scrabble expert, engaging in weekly matches with various Durham residents---Looks as though Earl Davis is covering all basis by displaying the strength of pyramid power---To keep up with our palindromes consider "Evade me Dave" and "Rats paraded a rap star." Many from here travel to northern Virginia via Route 29. A few miles south of Charlottesville you pass Sweetbrier College where Ruth Firm taught History of Art---Eleanor Kinney travels to Cartagena to hear her son give a lec-

ture there. She will have to concentrate as it will be in Spanish—Betty Ropp does not have to worry about how her garden grows as she has friends who keep her well supplied with beautiful blooms, especially daffodils—Clare Eshelman does

a most competent job in handling the thankless task of handling and organizing the monthly Saturday night bridge sessions. Phil is putting his engineering and handyman skills to worthy use in remodeling and modernizing his grandson's newly purchased home in Raleigh---Many Foresters saw the Duke Artists Series presentation of Simon Boccanegra, featuring the lovely voice of Susan Dunn. Julia Negley recalls the thrill of attending a performance by Ms Dunn and Pavarotti on a moonlit night in Verona---Jinny Putnam has some excellent pictures of the Panama Canal and Jenn Van Brunt is an expert on the history of the canal and is up on all pertinent facts about it--Recently, two ladies were returning to their apartments after an early morning exercise class at the TFAD pool. They encountered a third lady trying to get into the residents' storage room on the first floor. She told the others that she could not make her new exitdoor key fit into the lock recently placed on the storage room door. Each of the other ladies tried her key, with no success. Finally, the two ladies went on home, and the other called the desk for help. A member of the security staff arrived, turned the handle, and opened the door. It hadn't been locked. Moral: If "Open Sesame" doesn't work, try the door knob.

-Woodchuck



PEG from page 1

kinds of pets. Provisions will be made for persons who are subject to them.

The placing of more green and flowering plants in rooms and common spaces and the planned outdoor raised garden are simple but pleasant additions. Those residents who like to garden are welcome to volunteer to help in this so that the greenery can be kept in the best possible condition. An aquarium will be added soon. Who has not been calmed and intrigued by watching fish swimming? The aquarium will be professionally maintained.

I urge the critics of these changes to remember that any one of us may someday be a resident in the Health Center and will benefit from these plans to make it a more livable place. We will welcome the volunteers from independent living who can help to keep it that way. Let's give it a chance to enhance the lives of our friends who are there now.

The long Range Planning Committee will soon be having its first meeting. Bill Heroy, Harry Owen and I will represent the residents. Although the addition to the Health Center will be a central focus, we will welcome any other ideas you might have. Please give your suggestions and ideas for our future to any one of us.



April is bringing us not only the usual showers but some outstanding books. March and May are also contributing. These titles are unusual in several different ways and merit consideration. Attendez!

One of the best spring novels is sure to be David McCaig's Jacob's Ladder: A Story of Virginia During the War. Need you ask what war? This is nothing like Cold Mountain. McCaig, a Virginia sheep farmer also heard occasionally on NPR, has given us the kind of novel that could have resulted from the improbable coauthorship of Shelby Foote and Margaret Mitchell. It captures the full sweep of the war on our neighbor to the north, in a tale filled with irony and passion. McCaig uses the same narrative device Alan Garganus employed in his Confederate Widow success-that is, a 94-yearold woman recalling her family's Civil War years in conversations with an interviewer, in this case a WPA writer in 1934. There are both fictional and real characters (John Brown, for example), both white and black. It's an absorbing, wrenching family story, but overall it's also an indictment of war's inhumanity.

Totally different but also noteworthy is the just published The House of Sleep, by Jonathan Coe. Imagine a gloomy Victorian manor house, Ashdown, perched on a cliff overlooking the English coastline. In earlier days, it was a

small college dormitory, but now it's a clinic for the study of sleep disorders, run by Dr. Gregory Dudden, a former student at that college. Each chapter is named for the down to a mere hundred people, clinical stages of sleep. The doctor's patients include former student friends: Sarah, once his (now narcoleptic) girlfriend; Terry, an insomniac film critic; and Robert, who has long had a fixation on Sarah. The intricate plot is wild but continuously fascinating. This book bears no resemblance to anything you've read lately.

In nonfiction, April brings another highly unusual volume: The Greatest Benefit to Mankind: A Medical History of Mankind from Antiquity to The Present, by Roy Porter, a professor of social history in London. Obviously there's much erudition here, but Dr. Porter is also a real storyteller as he describes the tremendous advances over the centuries and how they came about. He touches all bases, not just diseases but also patient-doctor relationships, the role of women, the politics of public health, drugs, doctors, and in the end tells us that modern medicine needs to redefine its goals and priorities.

An entirely different history is James Reston, Jr.'s The Last Apocalypse: Europe At The Year 1,000 A.D. So what was it like a thousand years ago, when the world faced a new millennium? Reston. writer-editor son of the late New York Times columnist, says it was a turning point in human history, when people of the Christian West confronted heathen (to them) Vikings, Magyars, and Moors. And what a story it is: revenge, murder, treachery, rape--just like today. Re-

THE FINAL VILLAGE

If some force now unknown should shrink the earth's population with existing human ratios unchanged, what would it look like? Dot Heroy, quoting an unidentified source, gives us the answer:

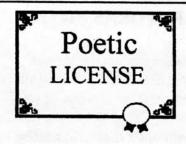
- By race, 57 Asians, 21 Europeans, 14 from the Western Hemisphere, eight from Africa.
- Fifty-one females, 49 males.
- Seventy non-white, 30 white.
- Sixty-six non-Christians, 33 Christians

Eighty would live in substandard housing, seventy couldn't read, half would suffer from malnutrition, one would be near death and one near birth, only one would have a college education, half of the wealth would be in the hands of six people, and all six (surprise!) would be American citizens.

(Note: Don't try this at home.)

ston pieces the story together from poems, folktales, sagas, myths, legends and holy chronicles. What emerges is a host of odd, outsize, memorable characters, Christians and heathens alike. (April)

Finally, in this list of most unusual books is Africa: A Biography of the Continent, by John Reader, also due in April. It is another enthralling narrative. Reader is a British photojournalist who has spent nearly all his adult life in Africa, and it shows. He gives us a perspective that demonstrates his familiarity with the continent from its earliest origins to recent events in Rwanda. It's an eye-opening and riveting excursion, illustrated with Reader's own stunning photographs.



UN-CAT-EGORICAL NONSENSE

He thought he saw a pussycat
Who chased a bird named Tweety.
He looked again And found it was
A tiger tough and meaty.
"I recommend," he said, "That we
Send out for old Clyde Beatty."

He thought he saw Pyewacket on a
Broomstick with a witch.

He looked again and found it was
Some software with a glitch.

"I'd press Ctrl or Alt," he said,

"If I knew which was which."

—George Chandler

Gift

City folk they were, this man and wife...
they flew in from New York City to the Texas plain,
disembarked, rode bus and mail truck
to the Big Bend Park one day in March.
And there they trudged, in heat and wind...
birding, along dusty roads and canyon trails.
We saw them...battered hats, expensive boots,
binoculars and book.
We shared some thoughts and quenched their thirst

We shared some thoughts and quenched their thirst, and drove them several miles in our air-conditioned car.

In exchange, they pointed out a rare, red bird... then quickly walked away. We don't even know their names.

—Florence Manning

Soliloquy

If all should end tonight I am content, for I have known The budding promise of spring. The lush fulfillment of summer. The gay denouement of autumn. The bleak, cold color of winter, And, having known, how could I be Aught but content, If all should end tonight.

-Ruth Patterson

His Touch

Silent beauty.
Look around.
Shards of winter
cast their unique shadows
upon the landscape,
still at rest,
re-charging.
Juices simmer within,
the growth clock ticks
as it awaits the alarm,
the pace set
for its awakening.
All is ready
when God touches the button.

-ellen cheek

February musings on our "Golden Pond"

Now is the time to visit our pond and check on spring's emergence. Of course those early daffodils are abloom. Tree buds are fattening and the greening of leaves has begun. Bird-song is increasingly melodic to the counterpoint of the water music of the fountain.

On a sunny day, settle on the wooden bench on the west side of the pond. Feast your eyes on the ever-moving reflections across from you. Some spiral down the tree trunks like old-timey barber poles. Others race horizontally along the silvery fence rails with the precision of a line of ballerinas. The motion is mesmerizing. The fountain ripples are everwidening outward. Surely ripples bring back youthful memories of skipping smooth, flat stones on a lake eons ago.

The ducks are back, the urge to put fingers in the good earth is upon TFAD gardeners. Soon the lovely bare bones of the trees will be green-clad and flower seeds may be safely tucked into the soil. And March, no doubt, will blow in.

-Florence Manning

Library Bookends



by Jean Weil

Video tapes in the Library are going to move to the Classroom from the wall near the Travel books. We have cleared shelves for them and have more videos to add to the collection. They will be shelved by subject; that is, under headings such as History, Sports, Fiction, Music, Movies, etc. There will also be a list of the tapes available to browse. It will take some time to get them ready for circulation, but please bear with us.

The video tapes will be circulated the same as books: each will have a card to be filled out with your name, the date, and your unit number. Put the filled-out card in the basket used for book checkout.. Please rewind each video before returning it so that the next borrower will not be frustrated. Additional gifts of video tapes are welcomed under the same proviso as books: we will use them if we can; if not, we will sell them if possible, or give them to the Durham Library and other needy places.

The Library Committee is pleased that so many residents use our recreational Library. If you have questions about the Library, our volunteer staff will be glad to help. Someone should be in the Library 10-12 AM and 2-4 PM. If no one is available, call me at 493-7641, or Georgia Campion at 490-3275. We will be glad to assist you in any way we can.

TAKE MY MEMORY, PLEASE

They said good-bye to Henny Youngman the other day at Riverside Chapel, and his friends from Broadway and the borscht belt shared with other friends at nearby and the Friars Club came around to say good-bye, and even told jokes because it seemed the right way to remember Henny. Many Foresters who grew up listening to the King of the One-Liners might have wished to be there too. In Hollywood, the aged Milton Berle, master joke stealer, sent his regrets and promised that Henny's jokes would live on in Berle's own routines. (Yes, he's still doing it.)

Like Jimmy Durante, Youngman had a million of 'em-those one-liners he could fire off like a machine-gun. Tony Hiss recalled that when he took Henny to see the ballet for the first time, and the ballerina line came on stage en pointe, Henny whispered to Tony, "Why don't they just get girls with longer legs?"

We can hear his raspy voice now:

"I just came from a pleasure trip-took my mother-in-law to the airport."

"My doctor told me I was fat. I said I wanted a second opinion. He said, 'OK, you're ugly, too."

"A guy calls his lawyer. He says, 'Can I ask you two questions?' Lawyer says, 'Yes. What is the second one?""

And always the immortal, "Take my wife. Please." She endured the joke for fifty-eight loving years and never complained. Maybe that was the biggest joke of all.

—John Tebbel

MARDI GRAS NOTE

At the Mardi Gras dinner last month, Elizabeth Copeland surprised her guests with a box of traditional King Cakes which she also tables.

Everybody knew that the cakes were traditional, but nobody knew much about them. Elizabeth's were a present from New Orleans friends. Further research discloses that January 6th is King's Day, although some Christians call it Epiphany (or Little Christmas). This day has been observed since the third century as the one when the Wise Men arrived at the manger.

The cakes themselves are oval, decorated in yellow, green, and purple, representing the gifts of the Wise Men. A small baby is placed in each cake as a symbol. When the cake is cut, everyone looks to see if his or her piece contains the baby. The one who finds it is the honored guest, designated king or queen for that day. This lucky person is required to bring a King Cake to the next celebration, on the next day, giving someone else the chance to become king or queen. Unfortunately, no babies were found in Elizabeth's gifts.





Protect the birds; the dove brings peace, the stork, tax exemptions.

If you laugh a lot, when you get older, your wrinkles will be in the right places. -- Heart Warmers, 1987

Contributed by Dorothy Zutant

The Forester

St Patrick's Day

The first St. Patrick's Day celebration in America was in 1737 hosted by the Charitable Irish Society of Boston. The second was established in 1780 by the Friendly Sons of St. Patrick in Philadelphia.

It is not known if March 17 is celebrated because it is the date of St. Patrick's birth or his death. Some claim it is both, others say neither. As to St. Patrick's birthplace, the only definite statement is that he most certainly was not born in Ireland. He founded 165 churches and started a school with each one. St. Patrick is widely acknowledged as the patron saint of Ireland. Engineers also claim him as their patron saint. He is one of the best known saints in Catholicism.

Ireland thanks to St. Patrick. Legend says that it was on the mountain, Croagh Patrick, in county Mayo, that St. Patrick pounded a drum (or rang a bell) and banished the snakes as the population of Ireland looked on,

The shamrock is seen every-

where on St. Patrick's Day. St. Patrick used the shamrock when he preached the doctrine of the Trinity as a symbol of its great mystery. Today, it is widely worn in Ireland

and America to celebrate Irish heritage. In fact, several million shamrock plants are grown in County Cork, Ireland, and shipped all over the world for St. Patrick's Day.

WELCOME NEW RESIDENTS



Ortrude "Ort" & Ewald "Bud"Busse 25 Old Oak Court 489-0247

They're longtime Durhamites. Both were born and grew up in St. Louis. Ort graduated from Missouri U. in Education and taught Physical Ed. Bud graduated from Westminster College and got his MD from Washington U. in St. Louis. They There are no snakes in all of lived in Temple, TX and Denver before coming in 1953 to Duke Medical where Bud was Chairman of the Department of Psychiatry. He later was Dean of the Medical School and started and headed the Department of Gerontology. Ort was a founder and is still active in The Nearly New Shop. Bud is still involved with medical affairs and

consulting. They have three daughters, one son and 8 grandchildren They enjoy travel and Duke sports.

A photograph of Marian Krugman appeared in the February issue of The Forester. Biographical data ,not available last month, are included here. -Publisher

Marian Krugman 76 Forest at Duke Dr. 402-1405

Marian was born in NJ and grew up in Brooklyn. She served in the Marines in WW2, later attended LIU where she met her late husband, Arnold. They married in 1947, attended NYU and the U. of Kentucky where Marian got an MS, Arnold, a PhD in Psychology. They lived in NY, IA, and WV before coming in 1964, to Durham for 10 years and were neighbors of the John Friedrichs. While here, she earned an MS in Library Science at UNC; Arnold was Chief of Psychology at the V.A. Hospital. They then spent 22 years near Princeton, NJ where she worked as a V.A. librarian. Her husband died last year. She has two sons, two daughters and seven grandchildren. She enjoys bridge, travel, and book clubs.

St. Patrick was the son of a minor Roman official born in western Britain at the turn of the 5th century. He was captured by Irish raiders at the age of 16 and spent six years in Ireland in slavery, working as a shepherd. He eventually escaped to France where he trained as a cleric. He returned to Ireland in about 432 AD and spent

30 or so years preaching and founding churches. In 433 AD, he challenged the High King of Tara, Laoghaire, by lighting the paschal, or Easter fires, on top of the Hill of Slane against the pagan king's command. Laoghaire was so impressed with Patrick's devotion and sense of purpose that he let him continue his mission unimpeded.

Back in the early history of The Forest, we had a lecture by a descendant of Edward de Vere, 17th Earl of Oxford, arguing that the authorship of plays and sonnets attributed to William Shakespeare rightfully belongs to de Vere. As usual, Foresters were divided in their convictions. The following article by resident Edith Duffy, published uncut, makes a case for the Earl of Oxford. Readers can reach their own conclusions

SHAKESPEARE WASN'T The two T's at the bottom we SHAKESPEARE AFTER ALL the book through publication.

by Edith Duffy

People who believe that Edward de Vere, the 17th Earl of Oxford (1550-1604), took the penname of William Shakespeare and wrote the famous plays and poems won their bet last week when THE ELIZABETHAN REVIEW came out with an article by an English research scientist, Dr. J. M. Rollett, an old hand at cryptograms, anagrams, cyphers, and the like. He happened on a copy of the first publication of the Shakespeare sonnets of 1609 and was much struck by the oddity of the Dedication. The words were formed in the shape of three inverted triangles, one above the other; all the letters were capitals; the Dedication's statement was written backwards; and the words were awkward and unclear. Between each of the words was a dot. As follows:

TO.THE.ONLIE.BEGETTER.OF.
THESE .INSVING. SONNETS.
M.W.H. ALL.HAPPINESSE.
AND.THAT.ETERNITIE.
PROMISED.
BY.
OVR. EVER-LIVI NG. POET.
WISHETH.
THE .WELL-WISHING.
ADVENTVRER . IN.
SETTING.
FORTH.

The two T's at the bottom were the initials of Thomas Thorpe, who saw the book through publication.

Knowing that there is a strict rule in cryptogram-making, that the concealed message, name, or date must refer or relate in some way to the open larger writing in which it is encased, Rollett believed that, if a cryptogram were found, it would reveal the name of HENRY WRIO-THESLEY (pronounced Rizley), the 3rd Earl of Southampton, to whom, all scholars believe, the sonnets were written. And, having heard of no competitors, he assumed that the writer of the sonnets was William Shakespeare of Stratford-on-Avon.

Rollett then rewrote the Dedication in normal form, from left to right in eight lines of eighteen letters each.

TOTHEONLIEBEGETTER

OFTHESEINSVINGSONN

ETSMOWHALLHAPPINES

SEANDTHATETERNITIE

PROMISEDBYIOVREVERL

IVINGPOETWISHETHTH

EWELLWISHING ADVENT

VRERINSETTINGFORTH

I have put a black line to the right of the significant letters, so you can see that WR--IOTH--ESLEY does appear. Read 10TH from bottom to top.

Rollett then made another block of the words of the Dedication in rows of 15 letters:

TOTHEONLIEBEGET
TEROFTEESEINSVI
NGSONNETSMIWHAL
LHAPPIMESSEANDT
HATETERNITIEPRO
MISEDBYOVREVERL
IVINGPOET

Here, the word HENRY is easily discernible in the 7th column. Thus we now know that Mr. W. H. of the Dedication is the 3rd Earl of Southampton, family name Henry Wriothesley. One would think that the words HENRY WRIOTHESLEY (even with the latter cut up into three parts) in so short a statement as the Dedication (36 words) would

Continued from page 10

be acceptable as a genuine cryptogram. But no. Rollett explains that words of 2, 3, and 4 letters are not allowed as they occur everywhere by chance. Words of 5 letters are also discounted because, although they occur very infrequently by chance, they do occur. But Rollett adds that from a mathematical viewpoint the odds for these two words occurring together by chance in the Dedication are 1 in 320 million

But our decoder was not vet finished. He wanted to find a message. To do this he had to find a key. He finally found it in the number of lines of words in each triangle. He counted them and discovered three numbers: 6 2 4. Now, starting with the first word of the Dedication, he counted the sixth word, then the second after that, and the fourth after that, and so on. and this is what he discovered:

Rollett was disappointed. He had expected to find a WILL or some other part of Shakespeare's name. This group of words made no hidden message and tell the world. sense-until a friend told him of the competitor for the authorship: Edward de Vere, the Earl of Oxford. The friend also explained that Oxford sometimes played word games with his readers by using such words as EVER and EVERY and expecting them to understand that he is referring to himself. For example, in sonnet 76 the first line is "WHY WRITE I STILL ALL ONE, EVER THE SAME" and line 10 ays "THAT EVERY WORD DOTH ALMOST TELL MY NAME." The reader has to substitute VERE for the EVER and the

Chuckles

by Dorothy Zutant

It was a beautiful morning, and four high-school girls decided they'd skip school for a while and ride around. At noon they reported in and told their teacher they had a flat tire enroute that morning. The teacher informed them that they had missed a test, but they could take it right then. She told them to take seats apart from one another. "now get out your notebooks, and write down the answer to this question: 'which tire was flat?'"

> -The State magazine, April 1975, Contributed by Ellen Dozier

EVERY.

And so, the world's greatest literary mystery has been solved, the mystery of "who wrote Shakespeare." We will never know for sure who the cryptologist was. Rollett believes that the cryptologist THESE SONNETS ALL BY EVER must have thought that in two or three decades, when concealing Oxford's name was no longer necessary, someone would decode the He could never have dreamed it would take 400 years.

> And will this information end the battle between Oxfordians and Stratfordians? By no means. The Oxfordians, in their ebullient delight, will go at their researches with renewed energy for there is still much to learn about their man. The Stratfordians will deliberately not read Rollett's article or, if they do, they will declare that it is a trick, a hoax, and should not be considered as relevant to the authorship question. The controversy will rage on.

Humorous Medical Definitions

Aerobe- a garment worn around the house.

Atom- a male turkey.

Autoeroticism- necking in a car.

Bruise - a way of preparing coffee.

Burger's disease- from eating in too many fast-food restaurants.

Cardiac- someone crazy about old

Conjunctivitis—prisoners littering their cells with trash.

Croup- place for chickens.

Dental- something requiring an auto-body shop.

Eustachian -where you catch the "U" train

Flatulence - a belief that the Earth is not round.

Flocculation— admired by a group of birds.

Gargles - Quasimodo's friends. Genotype - the kind of girl Jeno dates.

Gynecology - goin' away to college Homogeneous- a brilliant gay. Ingrown hair- rabbit raised indoors. Injection- opposite of rejection. Isodense - I ain't too smart. IV- a leafy, climbing vine. Lymphocytes- where people with

sore legs can walk. Melancholia- a breed of dog that eats cantaloupe.

Patella- to caress one's female companion.

Porphyrins- acquaintances who ask to borrow money.

Sciatica- a town in upstate New York.

Sebum- a surfer.

Twins- womb-mates who become bosom buddies. Urinalysisdifferent than my analy-

sis.

Urogram-finally your son has had a child. - Internet, AnnMarie Walsh

Bob Blake's

PUZZLE

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

AACNRETNIOPEERHTTF LPEIHEPCFTUOEMITOD AEGFSKTOAQVSKIDROE GNRTJRGKOMIUTVWRHF EAAEUNNURHEKHAEJSE LLHOPEIEMAGRRVDFHN LTCUNELOTSUDO'IGIAS YCKQREBMJANWNCMUE STARTCVKAFRMIROWKM QNCDESAEEUDDZTAXCP KELRKSRKTMLKNJCQOE DMIACATUMOIAYMHI EANO IPYDH JMT VINKBB KNIBTCEBSCORETNECB LRCKUMIQPRESSBSDJI AUICLOFFENSEHJKOUR WOBAFLUOFSEKATSIMD TPBGTNENOPPOSTAPK

BASKETBALL ANYONE?

ACC	DRIBBLE	MISTAKES	PRESS	TEAM
BACKBOARD	DUKE	MOST VALUABLE	RIM	TEST
BLOCK	FORWARD	NCAA	RUN	THREE POINTER
CAMERON	FOUL	OFFENSE	SCORE	THROW
CENTER	GAME	OFFICIAL	SCREEN	TICKET
CHARGE	GUARD	OPPONENT	SHOOT	TIMEKEEPER
CLINIC	HOLDING	PALMED	SKID	TIME OUT
COACH	HOOP	PASS	STALL	TOURNAMENT
COURT	ILLEGAL	PENALTY	STADIUM	TURNOVER
DEFENSE	JUMP	POINTS	STAR	TRAVELING
		POST	STOLEN	WALKED