

THE FORESTER

Volume 5 Issue 5

May 1998

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

FROM THE FOURTH FLOOR

by Peg Lewis



This last week has brought good news and bad news to those of us at the Forest.

Let me describe the good news first. The Residents' Association has been given the use of the old Med Shop room, on the third floor near elevator 7, for use as a computer room. Bernie Bender, who has been appointed chairman of the Ad hoc Computer Committee, has already selected a committee of residents and staff. It will be a challenge to turn a bare room into the facility that will be of service to staff and residents.

Right now we need donations of chairs, computer desks, computers and computer equipment with which to get started. The aim is to have four IBM PC clones and one Macintosh with compatible supportive

equipment and software. As a minimum, a donated computer should be a 386 or

newer PC with 4 MB of mem-

PUTTING THE FOREST'S TREES TOGETHER

by John Tebbel

At the top of the Forest's Table of Organization is its Board of Directors and its Executive Director. Beyond that, things get complicated because, as residents may not be aware, it takes nearly 200 employees to keep this institution moving along its well-oiled way.

Pulling all the parts together and making them operative from day to day is Linda Vanneman, Human Resources Director (in distant times past, known as a personnel director). It's her job to solve the multiple problems of personnel on a daily basis. At the same executive level on the chart are the Activities Director, Finance Director, Health Services Director (overseeing the Medical Director and the Director of Nursing), the Marketing Director, Dining Service Director, and the Facilities and Services Director, who is responsible for Maintenance, Housekeeping, and Security.

Through daily contact, *Forester* Profiles, and other means, residents are more or less familiar with the people in these executive positions, but it isn't as easy to visualize the network of employees who make the entire operation operate more or less smoothly from one month to the next. The breakdown would in-

clude 12 in Security, 7 in Activities (including drivers), 11 in Administration, 11 in Health Care (not including Dr. Galanos, who is not employed by the Forest), 6 in maintenance, and 2 in marketing. When housekeepers, wait staff, and kitchen staff, and the staffs of Olsen and Holbrook are added, plus part-timers, the figures come to nearly 200 people, including seasonal and temporary workers.



In a labor market as tight as Durham's, where jobs go begging and pay is at a high level, finding qualified and affordable help is always difficult.

Linda uses the conventional sources—want ads and agencies—but says many of our people come as the result of recommendations by staff members, who tell their friends they've found a congenial place to work. This is particularly true of the wait staff, those teenagers who come from local high schools and colleges. In the kitchen, Linda says, it's a different matter. Cooks are the hardest to find and keep, but the Forest has been lucky enough to have a succession of good ones.

Teamwork is the watchword for the Forest's personnel, and posters promoting it are visible behind the

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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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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*.

**No letters this month.**

I have learned that even when I have pains, I don't have to be one!

I have learned that you shouldn't go through life with a catcher's mitt on both hands; you need to be able to throw something back.

—Contributed by Peg Lewis

Why is it they give you a gold watch now that you don't care what time it is? —Anon.

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ory, a hard drive and Windows 3.1. The hope is for gifts of ink jet or laser printers of any age. Contributions should be to The Forest at Duke, designated "for the TFAD Computer Room," and will be tax deductible. Financial contributions for start-up costs will also certainly be appreciated.

The program, which is intended to be for both residents and staff members, will provide classes for beginners, starting from how to turn on a computer, help for persons with computers who have not learned to use them fully and consultation on technical computer problems for all. Free email can be made available for those who wish to correspond with children, grandchildren or distant friends. Let Bernie Bender know if you have any items that could help to get this potentially wonderful addition to our community up and running.

The bad news is that Bob Dunham has announced his resignation as publisher of the *Forester*. I hope everyone will understand as well as the staff of the *Forester* does that this is a major loss to the publication and to us all. I recognize that he has given four years to this publication and has earned a rest from its time consuming demands. I trust that we can find someone or maybe several someones to take his place in the production of this important newspaper. He will publish the

EDITORIAL

Put them all together, they don't spell Mother anymore. They spell soccer mom, working mom, single mom, stay-at-home mom, but seldom mother except on their cards. Whatever became of dear old M-o-t-h-e-r, which uncounted tenors wove together in the annual salute? The same thing happened to greeting cards. Once they fairly oozed with sentiment, and although some of these survive, most to treat mother as just one of the girls who happens to have a whole day dedicated to her, a boon to florists and candy-makers as well as the card poets.

Whether guilt-ridden or authentically fervent, Mother's Day has been our most observed national holiday (in terms of commerce) until recently, when it was eclipsed by guess what? Halloween. If there's a moral here, we're not going to look for it.

(Editor's note to the Editor: This is positively the last Mother's Day editorial we're ever going to write, so help us Mom.)

—John Tebbel

June issue, which will give us the summer to find a replacement. To Bob, I say thanks for giving us so much of your time and our appreciation for a job so well done. Few of us will ever know the amount of time you have given to the *Forester*, but all of us owe you and your staff many thanks for giving TFAD such a great paper.



HERE'S TO YOUR HEALTH

By Pauline Gratz

Playing Herbal Jeopardy: Part I.

The bottles, lined up neatly on a shelf, promise botanical wonders from around the world: Bilberry extract; the fruit of Cayenne pepper; Korean ginseng; Valerian root, and Yucca stalk. The shelf, despite what you might think, is not in a health food store. The products are lined up right next to the vitamin C capsules and calcium tablets in many nearby drug stores. Roughly one drugstore in ten now carries a large line of herbs.



Encouraged by widespread interest and relaxed Federal laws, sales of "natural" herbal remedies are sold at \$1.5 billion a year, almost half the amount spent on "regular" vitamins and minerals. These products are classified as "dietary supplements" a grouping that includes plant extracts, enzymes, minerals and at least one hormone, melatonin.

The products range from ground up herbs you may never have heard of (Kava Kava root) to nationally advertised brands (Ginsana ginseng). The pills can cost \$20 a bottle. Some consist of a single traditional medicinal herb like garlic. But others mix a handful. The ingredients of a supplement called "Up Your Gas," a supposed energy booster with perhaps another result, includes ginseng, spirulina, bee pollen, royal jelly, ma huang, guarana,

wheat grass, gotu kola, and Cayenne pepper.

Many people have good reason to be interested in plant products that might improve their health. A number of studies have shown that certain herbs may help people with conditions ranging from headaches to high cholesterol. Some supplements might even have the potential to become the next quinine, aspirin or digitalis, all drugs that were originally derived from plants.

If you decide you want to give herbal remedies a try, you have a formidable task ahead. There is no guarantee that the pills are what they say they are, and in most cases no one really knows what will happen if you take them. It's very difficult to find out which supplements even ought to help you. There is clear evidence supporting a few herbs and dismissing others. But in most cases the clinical evidence is nonexistent.

Many herbs have been promoted on the basis of centuries-old anecdotal evidence; people attesting that a particular root, leaf or berry has helped them. The problem with such accounts is that there is no way to tell what would have happened if the person had not taken the remedy. Most ailments are self-limiting and many more cases are susceptible to the placebo effect. You may feel better as long as you think you've taken medicine.

To distinguish real efficacy from the placebo effect, FDA approved drugs have to rely on the consensus findings of several proper clinical trials. The standard



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scenes. It's an orchestrated operation, and the orchestra plays well together. As the *Forester* has reported, frequent social events are given, along with awards. Of special concern is safety. The Forest staff has an exceptionally low rate of work injuries, and it continues to improve. The staff works together like a large family, and a monthly newsletter keeps its members informed of what's happening.

People in this family help each other. In a recent instance, Ruth Bergman, for so long a fixture at the Reception Desk, was stricken with laryngitis. Unable to function at her job, she reported to the kitchen, and for a week performed wherever she was needed. It's this kind of togetherness that makes the Forest staff, at every level, something special.

of such research is the randomized, double-blind trial. Participants are assigned either to take the drug under study or an ineffective placebo. The study is "blinded". Neither the participants nor the researchers are told who received what until the study ends. This rules out any possibility that suggestion might influence the results.

Few supplements can meet the standard. There's little economic incentive for manufacturers to undertake new studies. They can't patent an herb. Some herbal preparations are downright harmful, while some are beneficial and others do nothing. It is difficult to know which is which without some guidance. (To be continued.)



BOOK NOTES

BY JOHN TEBBEL

Time for what was once called hammock reading, and even though hammocks are in short supply these days, the notion of summer reading hasn't changed and publishers are ready to supply the goodies, some of which will be noted this month and next.

Several residents came here from Connecticut, but only one, to this department's knowledge, comes from leafy Greenwich (are you listening, Jenn?). Everyone, however, should enjoy *Greentown: Murder and Mystery in Greenwich, America's Wealthiest Community*, by Timothy Dumas, just published. "Wealthiest" or not, the case concerns 15-year-old Martha Moxley, who on October 30, 1975, was killed with a golf club in her own front yard. Dumas, former managing editor of the *Greenwich News* covered this story for the next twenty years. The tale has an eerie similarity to the Jon-Benet case still simmering in Colorado. A protective wall was thrown around Thomas Skakel, the dead girl's classmate and a nephew of Ethel Kennedy, whose family closed ranks around him when he was mentioned as a suspect. The case has never been solved, and Dumas makes no attempt to solve it, but his account of the devastation of lives caused by this murder is told with unusual sensitivity and clarity.

Foresters will be traveling to

many places this summer, but none are likely to go where Lawrence Millman has gone, a journey he describes in *An Evening Among Headhunters, & Other Reports From Roads Less Traveled*. (Just published) Where Millman went first was Raratonga, capital of the Cook Islands, then on to Micronesia, Honduras, the Canadian North, Greenland, Sark, Indonesia, Corsica, and Plum Island, Maine. Everywhere he found wonder, beauty, and humor. His account displays an immense knowledge of flora, fauna, and history and culture, as well as being a splendid storyteller. Best of all for summer readers, this is a paperback.

If you're looking for fairly light, amusing reading, look no farther than *Bridget Jones's Diary*, by Helen Fielding. (July) Already a big hit in England, this amusing, clever tale is the purported diary of a year in the life of a bright 34-year-old Londoner. She's working for self-improvement, ambiguous about male prospects, and worried about her mother, who's involved with a shady real-estate operator. Her role models are Goldie Hawn and Susan Sarandon. Critics are saying this may be the funniest book of the year. *Vogue* has first serial rights, it's a BOMC main selection, and in a few months the movie version will be playing on a screen near you.

If you're involved in a family wedding, you'll enjoy *A*

More Perfect Union, Edited by Virginia Hartman and Barbara Eastman. (June) The subtitle tells it all: "44 Pieces, Short Stories and Poems About the Modern Wedding." They mean the traditional and contemporary kinds. The pieces run from light-hearted to poignant, and include such well known writers as Ann Tyler, Carson McCullers, Alice Munro, and Ann Sexton.—in short, the gamut of contemporary attitudes.

All this year's best golf books have been about working pros. Now it's the seniors' turn.

Diamonds in the Rough: PGA Championship Golf on the Senior PGA Tour, by Mark Shaw (coming in June) celebrates the fact that the most exciting golfers of the past century (except

Tiger Woods and Greg Norman) are now on that tour—from Sam Snead, 84, to Johnny Miller, 50. Shaw followed these players from January to November in 1997 and tells us about it in a book full of anecdotes and golf insights.

What may be the best political book of the year, coming this month, is former Congresswoman Pat Schroder's memoir: *24 years of House Work...And The Place Is Still A Mess: My Life in Politics*. Elected in 1972, Ms Schroder served twelve terms in the House. She came to view Congress as a vast college dorm, and in this book we get a down-to-earth view of how



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AMONG THE TREES



Lars Larsen had a long day of sitting a few Fridays ago. During the afternoon he watched *Titanic* which stretches for three-plus hours and that evening attended the Hoof and Horn performance of *Jesus Christ, Superstar* which is good for two hours without intermission. One of the very talented cast's featured singers is the grandson of Margo Casady—Some people have the golden touch with real estate. Margarette and George Nance made a wise investment with their land on Fripp Island—Ted and Betty Ropp had quite an international family reunion with their three sons representing Australia, Canada, and Wyoming—Art Watts ran into a new challenge in building his latest ship model. The directions for assembly are all in maritime Italian. Understand that John Getz came to the rescue—When Thurman Johnson leaves the premises you can count on his wearing a good-looking stylish suit—If you ever become concerned about security while traveling about Durham, remember what former Philadelphia Mayor Frank Rizzo said: "The streets are safe in Philadelphia. It's only the people that make them unsafe."—Phil Eshelman was one of a group of Duke Hospital heart volunteers honored at a luncheon at the University Club—At the same

location the entire top floor was reserved for an upscale dinner to honor retiring Duke Athletic Director Tom Butters. Jack and Elizabeth Persons were among the privileged guests and given special escort there—During his day Julian Rosenthal's father was the best known criminal lawyer in the city of New York—Marion Atwater developed her love of music quite naturally; her mother was the secretary for the renowned Victor Herbert—Hal Muncaster again reached that goal of most amateur golfers, having a score for eighteen holes that equaled his age. Jane is among the many Foresters sorry to see "Seinfeld" leaving the airways. Not that there is anything wrong with that!



—Woodchuck

Puny Puns

There was a man who entered the local paper's pun contest. He sent in ten different puns, in the hope that at least one of the puns would win. Unfortunately, no pun in ten did.

If the English language made any sense, a teetotaler would be someone who counts golf pegs.

When Dorothy Parker was challenged to use the word *horticulture* in a sentence she promptly replied, "You can lead a horticulture, but you can't make her think."

FOREST ROUND ROBIN
BRIDGE
UPDATE

At the end of April, there were forty people signed up for the bridge tournament, which will start in October. The deadline for entries is May 31st. There is still room for more entries. We are encouraging both men and women to enter. If you have misplaced your entry form, there are extras by the entry box under the resident bulletin board, Matches with another pair will be played once a month whenever convenient, in



your home or in the party room (check availability). Rules and schedules of play will be distributed early



in September. If you have questions, call Betty Gray, 493-1241 or Lois Watts, 403-9096.

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Congress really works. There are fascinating remembrances here: how Richard Nixon always wore makeup, John Wayne offering to give her an obscene cigarette lighter (which she refused), coining the phrase "Teflon president" to describe Ronald Reagan, and the right-wing gadfly Phyllis Schlafly, who "always looked like she came out of a Talbot's catalogue." (Women will understand that last.) Schroder's life has often been a sad one, but she had clear eyes, and no illusions.


CASSETTE CRITIC'S CORNER



by George M. Chandler

Moving on from the consideration of recorded books about Mozart which appeared in this space in the April *Forester*, let us look briefly at some accounts of the lives and times of other great composers working in Vienna at about the same time.

Franz Josef Haydn's long and prolific life (1732-1809)

 meant that Mozart was able to learn much from him, and that he, in turn was able to learn even more from Mozart—a debt he readily and frequently acknowledged. Except for his two journeys to England in his later years, his life was not an eventful one, and there has survived nothing like the mass of letters which members of Mozart's family exchanged. But what events there were are well presented in *Haydn. A Creative Life in Music*, by Karl Geiringer, 1968, available on four-track cassettes from Recording for the Blind and Dyslexic (RFB). Professor Geiringer divides his book into two parts, dealing with Haydn's life separately from his detailed analysis of the music.

Ludwig van Beethoven (1770-1827) came to Vienna in time to meet Mozart and to study briefly with Haydn, although the relationship was not a very happy one. Beethoven has been the subject of many biographies, be-



ginning with the monumental 19th century *Life* by Alexander Wheelock Thayer, available from RFB on 16 four-hour cassettes.

More recent and reasonably sized biographies, which I found highly readable, are George Marek's *Beethoven, Biography of a Genius*, 1969, from RFB, and *Beethoven*, by Maynard Solomon, 1977, offered by both RFB and the Library of Congress. Marek's book does a good job of placing the composer's life and works within the context of the momentous political events going at the time—including the bombardment and occupation of Vienna by Napoleon's army—while Solomon may well have said the last word on the identity of the mysterious woman in Beethoven's life—his "Immortal Beloved."

Another biography which makes a point of setting the stage for the composer's musical activities is *Schubert and His Vienna*, by Charles Osborne, 1985. This highly readable book, available from the Library of Congress, devotes alternate chapters to Schubert's life and the events and social conditions of the time in Vienna and the surrounding countryside. Schubert's life was short (1797-1828) and undramatic, much of his time having been spent with his wide circle of congenial friends who met frequently to read their own poetry and play their own music. Osborne's book paints a delightful picture of these social evenings,

BEAUTY SALON'S NEW ARRIVAL

Jewell's Beauty and Barber will have a new beautician this month. Carmen Lund comes to the Forest from Chicago, where she directed the operation of Valentine's, an upscale salon in suburban Arlington Heights. Graduating from the High Fashion Beauty School, Carmen was appointed to the Peoria High Fashion Style Committee and became one of the top styling and grooming authorities in the area within a few months after beginning her career.

In Chicago, she became known as a leading professional, running grooming seminars for TWA flight attendants and advanced training seminars for business employees. She also taught at William Rainey Harper College. Carmen would still be glorifying Chicagoland ladies, Jewell says, if her husband hadn't been transferred to the Triangle.

Actual signs seen in the USA

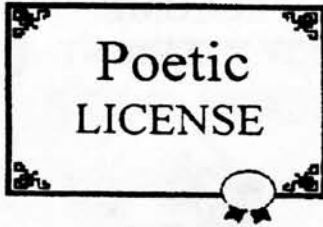
At a Santa Fe gas station: "We will not sell gasoline to anyone in a glass container."

On a long established New Mexico dry cleaners: "Thirty-eight years on the same spot."

In a Los Angeles dance hall: "Good clean dancing every night but Sunday."

In a Tacoma, Washington store: "15 men's wool suits, \$10 each. They won't last long!"

On a shopping mall marquee in Ohio: "Archery tournament--ears pierced."



A better way

high on a hillside,
where yellow fritillaries
and purple grass-widows
flower and bend to the breeze,
lies a "fenced out" corner
of an old cemetery



no marble edifices here...
rather, bits and pieces of love
strewn atop tiny earthen mounds

a young father's basketball trophy
a faded teddy bear
china cups and saucers
a ball, a doll

here.. here on this soft spring day
we mourned the passing of young lives,
yet rested easy in the tenderness
these Indian graves embraced

--Florence Manning

THE EYES HAVE IT

'Though the tar has a patch on one eye, sir,
He can see a lot farther than I, sir.
When told to look sharp
For a large school of carp,
He saluted and answered, "Aye-aye, Sir."

—George Chandler

HAPPY HEARTS

When the sun sets in the evening
I'm oft times ready to fold,
Former passion for late hours
Has cooled down from days of old.



But morning's birth is relished
Although in a senior way,
With the knowledge vigor will ebb
Come the closing of the day.

Still as long as there is music
With its clear melodic ring,
I'll be at ease with passing time
Content that my heart can sing.

—ellen cheek dozier



A MAN FROM OSHKOSH, GOSH.

There was once a young man from Oshkosh,
Who too much enjoyed having a "slosh".

As the years went along,
His good friends rang a gong
Whenever he showed up with a drink, by gosh.

—Phil Pratt

There once was an elderly priest
Who lived almost wholly on yeast;
"For," said he, "It's plain
We must all rise again,
And I want to get started, at least."

I'd rather have fingers than toes;
I'd rather have ears than a nose;
And as for my hair,
I'm glad it's all there.
I'll be awfully sad when it goes.

—Contributed by John Friedrich

TRAVEL TIPS: ACROSS AMERICA BY RAIL

Forester staff writer George Chandler reports on this conversation with Mary Ann and Don Ruegg.

George: So, your latest trip took you across the country by train?



Mary Ann: Yes, we traveled from Washington, DC, to Los Angeles, with stops at Charlottesville, New Orleans, San Antonio, Santa Fe, and the Grand Canyon. We flew back home from L. A.

G.: Who sponsored the tour?

M.A.: The National Trust for Historic Preservation. They did a good job. The trip was well organized. Those in charge were helpful and kept us up to date on everything we needed to know.

Don: The train belonged to American Orient Express. It had half a dozen bedroom cars, grouped on either side of two diners, two club cars and an observation car.

M.A.: That's where Don spent a lot of his time--with a pair of binoculars, looking out the rear window to make sure the track was all right.

G.: Since it was a National Trust tour I suppose a lot of attention was given to historic buildings.

M.A.: That's right. We had extensive tours and time to explore at each of the stops. At the city stopovers, the tours emphasized the buildings and their preservation.

This involved a lot of walking. The guides were local people knowledgeable about local history and ar-

chitecture, and were almost too enthusiastic. The Santa Fe tour, in particular was really exhaustive--almost exhausting.

G.: Any particular high point?

M.A.: Probably San Antonio, and the wonderful River Walk. We had a river cruise there, too.

Don: And saw the Alamo.

MA.: But the River Walk is now an even more popular attraction for visitors than the Alamo.

Don: It's free.

G.: What about the accommodations? Did you leave the train at night and go to hotels?

M.A.: Oh, no! We lived on the train. And the first time I saw that tiny bedroom, with hardly enough room to hold our suitcases even when we weren't in it, and realized that I only had a few minutes to dress for dinner, I didn't know what I was going to do. But we managed. The only closet was about 6 inches wide, but I had brought a lot of old-fashioned wire coat hangers, and they were narrow enough so that a number of them would fit in that closet.

Don: The food was very good, and well served. Good service, with tablecloths and real china.

G.: So you traveled at night and toured the cities where you stopped during the day?

Don: That's right, except that we had daytime train rides from New Orleans to San Antonio and from there to Santa Fe.

G.: How long was the whole trip?

M.A.: Eight nights on the train plus overnight in a hotel in Washington the day before the tour

WELCOME NEW RESIDENT



Rena Graham

Apt. 3022

402-9670

Ms Graham came here from Washington D.C. where she had lived for most of her adult life. A cousin of resident, Ed Lee, she was born in Goldsboro, N.C., grew up and graduated from high school there. Rena then earned a degree in Occupational Therapy at Virginia Commonwealth University in Richmond, VA. She worked for the city of Washington as an occupational therapist for more than 30 years before her retirement. Rena says she likes people, crafts, boating, traveling, reading, needlework, walking, and other exercise, but especially, she likes people.

started. We traveled to Washington by train from Durham, too.

G.: Did you find the tour group to be good company?


M.A.: Yes, but there wasn't much mingling among those whose cars were located on either side of the diners. By the time we started to get really friendly with other travelers it was almost time to go home.

G.: You enjoyed the trip?

M.A.: Oh, yes. But no more upper berths for me!

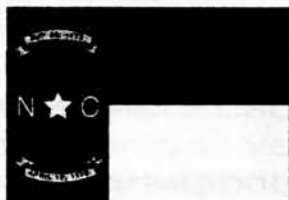
KNOW YOUR STATE

Okay, so it may not be your own state, but we're all living in North Carolina now. Here are some things you may not know about it—things

 that many natives probably don't know either.

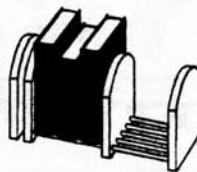
- North Carolina had a newspaper as early as 1758. It was the *North Carolina Gazette*.
- It was not a result of the Civil War, but in 1866, a law was passed prohibiting horseback riding in the halls of the Davie County Courthouse.
- Jesse Jackson is a graduate of North Carolina A. & T. State, in Greensboro.
- More Americans were killed by other Americans in the Revolution than by British forces, and most of this intramural slaughter occurred in North Carolina.
- Candidate for quickest rise to fame in the state was Madison Lindsay, who began as Henry Wadsworth Longfellow's valet and wound up as pastor of the Wadsworth Congregational Christian Church, in Jamestown, which he founded—the church, not Jamestown.
- It wasn't always hogs and tobacco that brought commercial fame to N.C. Between 1720 and 1870, it led the entire world in the production of Naval stores: pitch, rosin, tar, and turpentine.

Raleigh wasn't always our capital. In 1744, it was Bath, where Blackbeard married his thirteenth wife.



Library Bookends

by Jean Weil



The Library at TFAD is doing its job. It is a fine recreational reading room that is available to our residents 24 hours a day, and is busy many of those hours. The collection has been built by donations from residents and is very comprehensive. Our books range from the latest fiction, mysteries, and biographies to history, business, travel and religion. The reference department is quite up-to-date, and especially the medical books and references are kept current. We have a 1997 *Physicians Desk Reference* so you can check up on the drugs you take, and the *Merck Manual* describes most of the symptoms and diseases that you think you have.

When you have your picture taken this week, take time to look around. Our volunteers will be glad to help you with any questions.

We are working to get all of the videos located in the Classroom. They will have special covers on them so that they will be different from the ones you have in your home. When you borrow videos, please try to return them within a week so that others may use them.

- Dolly Payne Madison, James's wife, was born in Guilford County.

—Courtesy North Carolina Trivia, compiled by Ernie and Jill Couch

Chuckles

by Dorothy Zutant

I have noticed:

Everything is farther away than it used to be. It is at least twice as far to the corner and they have even added a hill.

It seems to me that they are making the stairs steeper than in days gone by. And, have you noticed the smaller print they use now in the newspaper?

The material in dresses is so skimpy now, especially around the waist and hips, that it is almost impossible to reach one's shoelaces. And, the sizes don't run the way they use to; the 12s and 14s are so much smaller.

Even people are changing. They are so much younger now than when I was their age. On the other hand, people my own age are so much older than I am. I ran into an old classmate the other day and she has aged so much that she didn't recognize me.

I got to thinking about the poor dear while I was combing my hair this morning and while so doing, I glanced at my own reflection. Really, now they just don't make mirrors like they used to.

—Contributed by Dorothy Zutant

Always focus on the positive: Told during a golf match that it was 105 degrees in the shade, the legendary Bobby Jones said, "Then I'm glad we don't have to play in the shade."

—Ed Kittrell's *Funny Business*

Bob Blake's

PUZZLE

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

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

WORTH HAVING

ABILITY	CONFIDENCE	FUN	JOB	MONEY
AMBITION	COURAGE	GOAL	JOY	PATIENCE
BASKETBALL TICKETS	DAUGHTER	GOOD COOK	JUDGEMENT	PEACE
BRAINS	DREAMS	HAIR	JUSTICE	PETS
BREAKS	EDUCATION	HAPPINESS	LAND	RESPECT
BUICK	ELEVATORS	HEALTH	LIFE	SIGHT
CAR	FAITH	HEAT	LOVE	SMILE
CHARISMA	FAMILY	HOME	LUCK	SON
CHARM	FREEDOM	HUMOR	MATE	STRENGTH
CHILDREN	FRIEND	INCOME	MEMORIES	WITS