



THE FORESTER



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

Volume 5 Issue 7

October 1998

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"Looking across the bridge to the 21st is already the work of committees from both management and residents."

STEVE FISHLER LOOKS AHEAD TO 1999-2000



As the millennium approaches, looking ahead has become a national pastime, as we build that cele-

brated bridge to the twenty-first century. Here at the Forest, as we hopefully prepare to cross that bridge, Steve Fishler, our executive director, is also looking ahead to see what may possibly be on the other side.

Interviewed the other day, Steve seemed relaxed and optimistic as he began his second year with us. Certainly the evidences of change are everywhere as some staff members leave and new ones arrive. Change is in the air and Steve sees it as an opportunity to pause, see where we are, and look ahead to determine where we might go.

For example, as Lynda Rabon, our resident gerontologist, departs for another position, her job (probably more accurately described as resident social worker) provides the opportunity for a re-examination of just what this office can and should do. For example, how can we best take advantage of the expertise available from Duke's social work faculty and facilities.

In a similar vein, the departure of Christy Arundale as marketing director gives us an opportunity, Steve says, to re-examine the way this department is working. The Forest is already cele-

brated for its hospitality to new residents, but the department's work both in selling and in after-sale procedures may be re-analyzed, the director believes.

In the area of Forest finances, Steve looks forward to devising better ways of informing residents, and through the caucuses, as well as the Residents Association, to creating a better understanding of problems and possibilities.

Looking across the bridge to the 21st is already the work of committees from both management and residents. At the moment the view ahead is limited to the next two years. This feasibility study is directed primarily to the expansion of our nursing and assisted living facilities, as well as how to improve the operations of the Wellness Center, the clinic most residents see. There is no disagreement about expansion needs; the object of the current study is to determine what is most needed and how best to finance the expansion.

Among other matters, Steve noted that recent staffing problems in the dining room are temporary, the result of difficulties in finding workers in an area with 2 percent unemployment. The problem is a temporary one and will be solved, he said. Asked about

(Continued on page 2—Steve Fishler)

The Forester

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

Published monthly except July, August and September by and for the residents.

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Art & Word Puzzle.....Bob Blake

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EDITORIAL

---John Tebbel

With this issue, the Forest at Duke is beginning its seventh year and the Forester its sixth. Both of us are looking a little different. The Forest is (or soon will be) gated and the Forester is ungated, so to speak, having changed its design somewhat at the hands of its new publisher. For those who may think nothing changes in a Continuing Care Center, this is evidence to the contrary.

Here at the Forester we depend a great deal on our readers for changes in content --- that is, if you're tired of seeing the same old

bylines, sit down and write something. We have our hard core of contributors who keep us moving along month after month, but we welcome new voices, new poets, new travel writers, new ideas, new ways of reflecting our life here. We

hope new residents, especially, will give us whatever is on their minds, computers, typewriters, or scratch pads. All of us on the staff look forward to report-



ing another year at this pleasant place we call home.

"Both of us are looking a little different."

LETTERS TO THE EDITOR

To the Editor

Being magnanimous by nature, we are offering as a friendly gesture to present to the next Forest at Duke traveler to Turkey 1,000,000 TLira without strings of any kind whatsoever. Since we do not deliver we would expect the favored person to pick up this largesse at his/her convenience.

The Steckers

Dear Editor:

The Computer Class organized by Bernie Bender is under way. Bernie not only teaches some classes, he has compiled a "text book" for the use of each of the students. The computer teachers are a dedicated bunch who, under the aegis of Bernie, have contributed untold hours of time being taught how to teach these classes--and the actual teaching of same. These teachers are: Julia Chu, Earl Davis, Phil Eshelman, Ethel Foote, Frank Light, Beth Upchurch, and Gene Whittle.

Our grateful thanks and appreciation for all that these volunteers are doing for us.

Florence Manning

(Continued from page 1---Steve Fishler)

current rumors that the Cafe would be expanded, Steve said there were no immediate plans for such a move.

Summarizing the present state of the Forest, Steve pointed out something observed by many residents, notably the excellent relationships between the executive staff and employees and between all of them and the residents themselves.



From the Fourth Floor

By Peg Lewis

September is the "Back to School" month for many people, and it seems to be "back to the Forest" month for those who were lucky enough to spend this long hot summer in cooler climates. We welcome you back and we also welcome the new members of the community who have joined us in the last few months.

The Long Range Planning Committee has been visiting a broad spectrum of other communities to see first hand what type of facilities have been built recently for the assisted living kind of arrangement. Some of the newer ones had much to offer in the way of ideas for incorporation in plans for the addition to assisted living space here. Interesting as some of these were, I am convinced that we can develop a better unit. If others of you have visited CCRCS or assisted living places in your travels, send me your comments.

The Safety and Grounds committees have solicited input on the use of the land that is now ours to the west. The TFAD Board specifically asked for resident opinion on this. I would welcome all ideas to be included in the report I will take to the Board meeting on October 20.

I join with all of you in

your concern about the monthly Service Fee increase. I have expressed this concern at the meetings of the TFAD Board. However, the Board has an obligation to assure that there will be sufficient financial reserves to provide for the future health care that has been promised to each of us. That requirement has dictated part of the increase this year. The Board has also enjoined management to be as prudent as possible in controlling costs. This has been done. Salaries are a large part of our budget and we must provide competitive salaries if we are to secure staff in the face of the unemployment level of the Triangle area. Part of the increase can be attributed to this. The Resident Finance Committee will continue to work with management and I will continue to relate to the TFAD Board our feelings on this matter. The Board of the Residents' Association has voted to ask the TFAD Board to add a third resident to the Board, since there is a provision in the Board by-laws which would allow it. This request has already been sent to all members of the TFAD Board. I will urge action on the request at the October meeting and I will report the action taken as soon as possible after the meeting.

FLOWER POWER at TFAD

By Florence Manning



Surely you have noticed and enjoyed the flowers around TFAD. Many volunteers provide this pleasure for you. Let's give kudos and thanks to those involved!

The Rose Committee Chairman is Bess Bowditch. Minnie Mae Franklin has pleased us with all lovely rose arrangements you see at the front desk, the fountain, the bathrooms, and the especially beautiful ones on the table going into the library and the dining room. Minnie Mae also takes roses to the public areas in Holbrook and Olsen. She is in the rose garden bright and early and leaves roses in the post office box area for residents to take home. Take only one, please.

There are eight committee members who tend the four rose areas. This can be a painful job as rose thorns can attack with a vengeance. Betty Gray and Jenn-Van Brunt take turns with the red and white rose bed. The pink roses are tended by Dick Watson and Marjorie Jones. Jean Mason takes care of the coral roses in front of the dining room window. Debbie Carey and Bess Bowditch share care of the yellow roses. Ginny Putnam is back-up person for whoever needs her.

The Rose Committee needs returns and donations of bud vases. Please bring them to the front desk.

The Ad Hoc Committee places flowers on the sign-in table by the dining room entrance. Most participants have fixed flowers twice this summer, and some have done it more. These lovely flowers have been gleaned from their gardens, scrounged from friends' gardens, or, in desperation, have been bought. Nature doesn't always cooperate.

Those who have delighted us with their flower and artistic talents are: Joyce Albrecht, Bess Bowditch, Margie Burns, Debbie Carey, Jane Curry, Evebell Dunham, Betty Gray, Mary Light, Dottie MacMillan, Florence Manning and Donna Nordstrom. By the way, Bess Bowditch organized this com-

POETRY CORNER

HOMONYMANIA

By George Chandler

I. Fall-out

An unskillful climber once fell
From the top of a very steep fell.
'Though he was no craven
He shied when a raven
Came down with one swoop that was fell.

II. C-Notes

There's a pluralist prelate with sees
Both in Rome and at points over seas.
It's his pleasure to seize
Any treasure he sees,
And he scorns banknotes smaller than C's.

A DILLY OF A DRIVE



My sense of direction is
fickle;

My compass ain't worth a
plugged nickel.

Whenever I drive I soon find that I've
Headed straight for that dreadful green
pickle.

--George Chandler

WE'RE BACK

The staff is off and running,
We've christened a brand new season.
But minus residents' input
There is little rhyme or reason.

Fresh blood will be most welcome
All Foresters' ideas bear weight.

FENCE

At the last light of this steamy,
burning day
Come tarry on a bench by the
cool green pond.
Linger, lean back and fall into
a reverie
And stare into the spouting
fountain
While it transmutes into a
Lady's upraised arm
Brandishing a royal sword.
These mallards that rise to-
gether now
In flight from the water's sur-
face
Dissolve into dragons
With some sorceress's chariot

in tow.

Here is a wooden fence close
by
Adorned with coils of razor-
wire, a threat to evil.
Beyond are clamoring alarms
and sirens,
Bullhorns, bulldozers and
malls
And hurtling tractor-trailers on
15-501.
They obtrude upon your fan-
tasy at last.
Nightfall comes on. Get up
and get real.

Gilbert Goldstein

(July,



TIME

Remember when time was cheap? The songs
we sang about it told us that we had time on our
hands,
that time stood still, that tomorrow would be time
enough. And suddenly we find it is not so.

Suddenly times to come have become times past, and
we must hoard it and spend it as cautiously as the
tag ends of a small inheritance -- which is what
it really was all along -- except no one told us!

Gene Hill - 1971

Now's the time to have your say
Leave us not procrastinate.

Take time, study every page,
Peruse this first issue with care,
Critique, praise, it matters not
Just as long as from all we hear.

---ellen cheek dozier



BOOK NOTES

BY JOHN TEBBEL

There are 4,000 books, more or less, on publishers' fall lists, and picking out a few of them for Forest readers every month is no small job. Let's omit the brand-name best seller authors; they don't need extra attention. A survey of the remainder suggests that unless you are into dysfunctional families, interminable memoirs, or books for very special tastes, there isn't all that much to choose from.

Fiction is the most difficult; it's saturated with thrillers and endless examinations of psyches not really worth examining. However, in this initial survey, one new voice can safely be recommended. It's "Pears On A Willow Tree," by Leslie Pietrzyk, coming this month. It's another family saga, true, but ingeniously constructed and tells us a lot about the country we live in. There are sixteen self-contained chapters, each one told by a different woman in a Detroit Polish family, a saga running from 1910 through the 1980's, covering three generations. It's like leafing through a family photo album, one advance reviewer says, and adds that it's a book hard to put down---more than can be said for much new fiction.

Some may think they know all they want to know about Cole Porter's life, but if so they would miss a fascinating biography coming this month.

Cole Porter: A Biography," by William McBrien. This is a Por-

ter we haven't seen before, a complex and groundbreaking portrait, enhanced by many quoted lyrics and 72 pictures. Particularly absorbing for musical theater lovers will be a chapter on the making of "Kiss Me Kate," but readers may be even more intrigued by the story of Porter's devoted marriage to Linda, his figuratively unknissed bride, yet a faithful companion to the end. McBrien tells this and other stories from previously unpublished material.

Whether we like it or not, Saddam Hussein is probably going to be much on our minds in coming months, so it may be helpful, and certainly enjoyable as well, to read Paul Williams Roberts' "The



Demonic Comedy: Some Detours in the Baghdad of Saddam Hussein" (published). This is no solemn academic treatise but an offbeat view, at once hilarious and insightful - a rare look through an unguarded window. Roberts is a Canadian journalist and film producer, with a Ph.D. in Middle Eastern history. He tells of covering the 1990 Arab summit, with a frightening interview with Saddam himself; his on-the-spot view of the Gulf War's devastation in 1991; and a visit to the 1995 International Babylon Festival in Baghdad.

As everyone knows, the Forest population includes many ardent gardeners, but they aren't the only ones who would enjoy "My Favorite Plant: Writers and Gardeners on The Plants They Love," edited and with an introduction by Jamaica Kincaid. (October) The 33 essays and poems range from Colette on "Lily" to Karel Capek on "Buds," along with such as Maxine Kumin on non-flowering plants, Ian Frazier on the joys of weeding, and Hilton Als on "Marigold."



Even if you're a Republican, don't turn your back on still another volume by Jimmy Carter because this one is non-political and concerns everybody: "The Virtues of Aging," due this month. Some of us may be skeptical that any such virtues exist, but plain old down home Jimmy is often amusingly convincing.

Constant readers of this column may remember that two years ago we highly recommended Robert Kaplan's "Journey to the Ends of the Earth," a volume which subsequently got much attention and some controversy. Now Mr. Kaplan, one of the *Atlantic's* staff contributors, has been traveling again, this time in America, and the result is, once more, totally absorbing. "An Empire Wilderness: Travels into America's Future," just published, takes us through the American West, contiguous Mexico and Southern Canada. Kaplan sees a nation increasingly splintered into city states, with growing income gaps, a rapidly rising

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ARTY FACTS

BY CHARLOTTE CASSELS

Reynolda House Museum of American Art



Reception Room

"Thou shall not covet" is good advice, but I've just flunked the Biblical injunction. I covet the Reynolda House Museum of American Art. In case you haven't seen it, this American country house is located in Winston-Salem, N.C., 81 miles from Durham.

Built by Katherine and R.J. Reynolds, it is truly a masterpiece of its kind. The main house in which they lived was central to their estate of about 1,000 acres, and is the epitome of very quiet understated elegance and perfection, a low spreading home referred to as "the bungalow." Architect Charles Barton Keen, a native of Philadelphia, used local building materials to create a modern, convenient, functional estate.

Constructed between 1912 and 1917, the house was occupied by the Reynolds for only a short time. Mr. Reynolds, who owned the R. J. Tobacco Co., died in 1918, followed by Mrs. Reynolds' death in 1924. Their eldest daughter, Mary

(Mrs. Charles Babcock), created and supervised the growth of the entire village, which included a church, postoffice, blacksmith shop, and model schools for white and black children (including their own). The estate has its own electric light and power system, and its own orchards, vineyards and dairy, plus houses for 20 families who filled jobs, such as gardeners, plumbers, electricians and house servants. A polo field, golf course, tennis courts, and swimming and fishing places were in constant use.

The differences among American country homes you may have visited are startling. Hearst's San Simeon reflects Hearst himself, who bought artifacts by the trainload, without understanding quality or historical importance. The Vanderbilt Cottage is awesome in thousands of treasures that reflect the importance of the Vanderbilt family. Reynolda house reflects perfection, understanding, and supervision of every single detail. All three have a squash court, bowling alley, indoor swimming pool, shooting range, and pool tables. But only the Reynolds shared it with friends and community as well as their large family.

At Reynolda House Museum of Art, the permanent collection is

brehtaking - masterpieces spread through the 60-room house as pictures would be hung in private homes. The effect is quite startling to those accustomed to viewing such art in museum galleries.

There are 27 special programs which also take place at Reynolda House, many in conjunction with Wake Forest University, which the family helped start on their property. There is a regular staff of 250 docents or volunteers, many involved in library research, hostess duties, flower arranging, and special events.

All these art works are done by Americans of the 18th, 19th and 20th centuries. Two from the 18th include Copley and Peale. Chosen at random from the 19th are Cole, Church, and Cassatt, as well as Audubon prints. 20th century artists include Hassam, Eakins, O'Keefe, Benton, and Wyeth, with prints by Close, Bellows, Benton, Johns, Nevelson, and

Rauschenberg. Sculpture is represented by Remington and Calder. The current exhibit features works by Charles Burchfield, who is a Midwestern visionary landscape painter whose watercolors capture his childhood memories and fantasies of the mid-1900's. The exhibit runs from September 11 through November 25, 1988.



Main Entrance

LIBRARY NOTES

By Jean Weil

The Forest at Duke Library welcomes all new residents and invites you to come and visit. Our recreational library has many of the latest books, all donated by residents.

However, if you are looking for the latest on any subject, stop by on the second and fourth Thursdays of each month when OASIS comes to visit. The Durham Public Library brings fifty books, many of them **LARGE PRINT** to our library. If there is a specific book you want, ask the two Public Librarians and

they will try to get it for you from the Public Library collection. Another service of our library is the ephemeral collection that appears on our main table. We have donated newspapers, information about Elderhostels and other travels, various health letters and pamphlets that might be of interest. The newest are two publications about charity giving. If you are at all concerned that the money you give goes mainly to the charitable work, not to pay huge salaries, look at these. National Charities Informa-

tion Bureau's "Wise Giving Guide" has two lists, one of those charities that meet its criteria, and the other tells where the charities fail. The second publication is the American Institute of Philanthropy's "AIP Charity Rating Guide and Watchdog Report." This publication also has a list of charitable organizations by categories, the percent spent on charitable purposes, plus the cost to raise \$100. Please do not take these from the library; you are welcome to read them there.



MEET AMY COOK: SHE LIS- TENS

When something at the Forest isn't working, residents usually call Amy Cook, our new Environmental Services secretary, who recently succeeded the departed Billie Duncan. Amy listens, and things get done, as part of Jim Thompson's team.

You could say that Amy is an all-Carolina girl - born here, educated in its secondary schools, starting her college career at East-

ern, then switching to State where she was a psychology major. At State, she also, as many students do, held down two jobs. One was the usual, waiting on tables, but the other was being a teaching assistant in chemistry classes, just another one of her many interests. Her college career was brilliant, graduating Phi Beta Kappa and summa cum laude in June.

How she got her first job, at the Forest, is a story in itself. Amy's boyfriend is Christian Wagner, son of Ed, our new Security chief. As a member of the maintenance crew, Christian sometimes brought Amy on visits to the Forest, a place she loved at first sight. When Billie's job opened up, she applied and was

hired. P.S.: She and Christian were engaged last month and will be married next year. At the moment she is living alone in her Chapel Hill apartment with her cat, Tigger, but she has a side job doing research for one of her professors at State on a book whose jacket and title page will bear her name as co-author. She also plans in the future to continue graduate studies at State in her spare time. What does she want to do eventually? The field of ergonomics interests her, but there are other possibilities. For a woman like Amy, the possibilities seem endless, but for now, thank you, she's very happy right here.

(Continued from page 5—Book Notes)

Hispanic population, and the slow creation of what he calls "Cascadia Pacific Northwest," which includes that region of America plus British Columbia,

its neighbor. This is a travel book like no other you're likely to see this season.

Eternity

The last 2 minutes of a football game



TRAVEL TIPS

By George Chandler

CHESTER

If you can't remember just where Chester is on the map of Great Britain, find the point at which the north coast of Wales meets the western coast of England. Chester is the gateway to north Wales. The Welsh always having been an independent-minded and somewhat unruly people. The Romans, feeling the need to keep them under some control, made Chester the site of one of their three legionary headquarters. They called the town Deva, and the river which flows so attractively past Chester's walls today is still called the Dee.

Those wonderful walls reflect the fact that the Welsh had not stopped being a thorn in the flesh of even the most powerful of the Norman and Plantagenet kings of England in the middle ages. They built great castles in Wales and made sure that Chester was well protected.

We came there, by train, in early July directly from Gatwick Airport after the overnight flight from Raleigh-Durham. By the next morning, which turned out sunny and pleasant, we were ready to explore.

We had been in Chester before but it had been nearly 30 years ago and we didn't remember very much about it. Of course, we remembered that there were walls

and a cathedral, but we had not remembered how wonderful they are. We remembered the Chester "Rows," the streets with arcades not only providing shelter to pedestrians at street level, but also having covered walkways offering direct access to shops on the level above. And we remembered the black-and-white timber-framed buildings, most of them dating from about 1900, but no less attractive for that.



Our first stop was at what we assumed to be the main city tourist office where we bought a pamphlet with a self-guided walking tour of Chester. We were totally unable to follow it, gave up, and walked to the cathedral, where we knew we would be able to orient ourselves. This proved to have been a good move. We got there in time to take in a good part of the "school leaving" service for the King's School, one of those ancient English public schools founded by Henry VI in the 15th century.

"School leaving" seems to mean not only a ceremony of graduation for those completing their secondary education and moving on--for these boys, largely to a university--but also for those moving up from the primary to the secondary level and those completing the fourth form--about the equivalent of our eighth grade graduation. We saw no sign that they received anything like diplomas or certificates. This

was principally a religious service, for the school is affiliated with the cathedral, and the Dean was presiding. One graduate of a similar institution--the King's School at Ely--remarked that Ely Cathedral was their chapel. We arrived too late for the headmaster's speech, but we heard a talk by a young man who, we found out by quizzing one of the undergraduates, had graduated the year before and had just completed his first year at university. He had a wonderful bass voice, youthful but very deep, with a fantastic West Midlands accent which I identify with Lancashire but which may well have been local Cheshire. I particularly recall how he pronounced "struggle" the way we would pronounce the double "o" sound in book or look. An interesting experience providing a brief look into a culture quite different from ours.

While not one of England's most famous cathedrals, Chester's is very fine indeed. It has good examples of every style from the Norman arches in the north transept to the vast quantities of multi-colored Victorian floor tile in the wildest, most flamboyant, and incredibly varied patterns imaginable.

We had lunch in what had been the old monastic refectory and then walked out through the great abbey gate into Abbey Square. First thing we noticed was the tourist office. Now we knew why we had been unable to follow

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(Continued from page 8—travel tips)

our guided walk. It began at this point, while we had bought the guide at the city visitor center across town. Also on the square was a group of Hungarian teenagers giving a concert. We had seen them in the cathedral, where they were being taken about by a guide who addressed them in French. We had wondered whether this was the French course, or if perhaps a French-speaking guide was the best Chester could offer to Hungarians. Anyway, here they were singing, and very well indeed, to a large and appreciative audience.

We could now follow the walking tour, but not without some difficulty. At one point we were

told to walk to the "top" of Castle Street. We have been in England a good many times, and we like to think we know the language, but what the local citizens mean by the top or bottom of a street or village has often perplexed us. In this case, we found what we were supposed to find at the top of Castle Street--a regimental museum and the ruins of Chester Castle. But then we were directed to proceed "down" Castle Street. Of course we should have realized that, since we were at the "top" of the street, to go "down" we should have retraced our steps, but instead we continued in the same direction.

When we finally found the right turning, it proved to be well worth

the effort. Our route led us down many steps on an attractive, narrow winding street to the banks of the River Dee.

We came out upon a river walk from which we could see a fine bridge and a weir built by one of the medieval nobles of Chester to provide power for his mill. At this point we could get onto the wall. This is a particularly pleasant stretch of the wall walk with views over the river, the bridges, Roman ruins, and flotillas of swans. A lovely spot at which to end a lovely day.

HERE ARE SOME RECENT NEWS-PAPER HEADLINES:

- Red Tape Holds Up New Bridge
- Deer Kill 17,000
- Typhoon Rips Through Cemetery; Hundreds Dead
- Man Struck by Lightning Faces Battery Charge
- New Study of Obesity Looks for Larger Test Group
- Astronaut Takes Blame for Gas in Spacecraft
- Kids Make Nutritious Snacks
- Chef Throws His Heart into Helping Feed Needy
- Arson Suspect is Held in Massachusetts Fire
- British Union Finds Dwarfs in Short Supply
- Lansing Residents Can Drop Off Trees
- Local High School Dropouts Cut in Half
- New Vaccine May Contain Rabies
- Man Minus Ear Waives Hearing
- Deaf College Opens Doors to Hearing
- Air Head Fired
- Steals Clock, Faces Time
- Prosecutor Releases Probe into Under Sheriff
- Old School Pillars are Replaced by Alumni
- Bank Drive-in Window Blocked by Board

SARAH P. DUKE GARDENS' UPDATE

by Molly Simes

Fifteen varieties of roses in the circle are once again in full bloom in the Sarah P. Duke Gardens. While not too many plants are blooming in the Perennial Allee, this is a good time to note the many textures and colors of the foliage. Chrysanthemums are blooming in the Terraces and are showing a beautiful array of colors.

Recent projects at the Gardens include a new bamboo fence that has been installed above the zigzag bridge to deter people from sliding down the hill. Along the same path another fence has been added to protect the moss bank.

IN MEMORIAM

Grace Homeyer	July 20
Regina Andolsek	July 29
Katherine Cook	Aug. 9
Eugene Ringwald	Aug. 11
Ray Fuller	Aug. 24
Joseph Panza	Sept. 11
Eleanor Burts	Sept. 18



HERE'S TO YOUR HEALTH

by Pauline Gratz

Many of the nation's allergy sufferers are fortunate in that they can easily avoid the substance to which they are sensitive. But for many the source of the distress is in the air they breathe. They are allergic to the pollen from trees, shrubs, grasses, flowers and the spores of a variety of molds; victims of allergic or seasonal rhinitis.

Short of living in an airconditioned, hermetically sealed, dehumidified room twenty four hours a day in the allergy season, there is no sure fire way to avoid these substances. However, once you know what you are dealing with, it is possible to reduce your exposure to the offending substance and limit the severity of your response.

Contrary to popular belief, seasonal rhinitis is not only a phenomenon of late summer when ragweed, the principal culprit, sheds tons of pollen grains. For those of us who live in the Southern states, seasonal rhinitis begins in January or February and may not end until November.

Mold allergens have even greater longevity because they are not killed by frost. They can form and shed spores at any time of year that the weather happens to warm up. Consequently, many people have year-round allergies.

An allergy is an overreaction of the body's immune defense system to a substance (allergen) that would otherwise be harmless. The body produces immunological substances called antibodies which at-

tach themselves to immune cells, which in turn release system-provoking substances such as histamine into the respiratory tissues. Histamine causes the runny nose, sneezing, itchy eyes, and wheezing breath associated with rhinitis.



Other allergens that trigger allergic reactions are animal dander (scales from hair, feathers, or skin), grass or tree pollen, and house dust. In some cases, such as allergy to penicillin or insect stings, the reaction is widespread and sometimes life-threatening.

Allergy is frequently a wastebasket diagnosis in which all kinds of symptoms are blamed on allergies to all sorts of substances. The proper diagnosis of an allergy and its causes depends upon a careful history and physical examination, followed by skin tests or a simpler and probably more accurate diagnostic technique called RAST (for RadiAllergo Sorbent Test). It is a blood test that measures the IgE antibody, thus determining what the individual is allergic to and the degree of sensitivity.

Weather, as you might have guessed, has a lot to do with the extent of seasonal allergy symptoms. Hot, sunny, windy days send the pollen count soaring, whereas cool, rainy days often bring relief. However, lots of rain is a great stimulus to mold growth. Symptoms are also likely to be aggravated by rapid

change in temperature and barometric pressure.

While there is little you can do about the weather, you can manipulate your environment. If you are sensitive to pollen and mold spores, you can avoid treks through woods and fields, plan vacations carefully, stay in an airconditioned environment and keep your bedroom free of dust and whatever else can trigger an allergic reaction. Those allergic to animal dander should avoid furry or feathered creatures and discard down pillows. If these measures fail to bring adequate relief, treatment with antihistamines and decongestants helps a great deal. If drug treatment is not sufficiently effective and the allergy is long lasting, immunotherapy to desensitize the sufferer can.

CHUCKLES

by Dorothy Zutant

A college student walked into his ornithology class and found five birds with bags over their heads, until only their feet showed. "What's this?" he asked.

"It's an exam," explained the professor. "Your job is to identify each bird by looking at its feet."

"What a stupid test!" complained the student.

"What's your name?" demanded the irate professor.

The student pulled up the legs of his pants and answered, "You tell me." (Anon.)

THE LATEST ADDITIONS TO TFAD



Grover and Barbara Smith
2 Silver Maple Court
493-4828

Grover and Barbara Smith are longtime Durham residents. Grover was born and grew up in Atlanta, GA. He served in the Army during WW2 and was educated at Columbia University with a Ph.D. in English. He taught at Rutgers and Yale before coming to Duke in 1952 where he was Professor of English Literature until his retirement in 1993. His scholarly works include books on T.S. Eliot and the edited letters of Aldous Huxley. Barbara was born and grew up in South Wales, U.K. where she attended University. She met and married Grover in London where he was studying during a sabbatical in 1965. They have a son and a daughter. Grover is a voracious reader. Barbara is active in volunteer activities including the Durham Sister Cities organization and the Nearly New Shop, and she enjoys reading.



Virginia Jones
41 Willow Oak Court 490-8463

Ginnie, as she prefers to be called, came here from Princeton, NJ. but is no stranger to Durham, having lived here 24 years. She was born and raised in Minneapolis, Minnesota attended the University of Minnesota, married and moved to Boston where her late husband studied at Harvard for a Ph.D. in psychology. He came to teach at Duke in 1953 and left to teach at Princeton in 1977. Ginnie has six children, four daughters and two sons of whom five were born at Duke Hospital, one in Boston. She has eleven great-grandchildren. She enjoys travel, reading sewing, quilting, music, and TFAD exercise classes.



Jennifer Bowes
Apt. 4051
490-6703

Jennifer came to Durham from Brewster, Putnam County, NY. She was born in Ainsdale, Southport, Lancs., England. During WW2, she served in the Women's Auxiliary of the Royal Air Force. She came to America in the 1940s, living first in Kansas City, MO, then in Syracuse, NY and finally in Brewster where her late husband was a dentist for many years. Jennifer has a son and a grandson. She enjoys golf, golf and golf, and off the links, reading and watching murder mysteries.

A 50-plus friend more than half way up the ladder of years sent along the following:
*God grant me the senility to forget the people I never liked anyway,
the good fortune to run into the ones I do.
and the eyesight to tell the difference.*

C. P. SNOW

Bob Blake's

PUZZLE

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

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

HURRICANE

AID	CLOCKWISE	FEAR	OCEAN	SUSTAINING
AIR	COAST	FRONT	OVER LAND	TREES DOWN
ANXIETY	DAMAGE	GUST	PATH	TROPICAL
APPROACH	DANGER	HELP	POWER	UPROOT
BEACH	DEBRIS	HIGH	PREPARE	VELOCITY
BEWARE	DISASTER	INLETS	RAIN	VOLUNTEERS
BLOW	EMERGENCY	LATITUDE	RED CROSS	WARNING
BOARD UP	ELECTRICITY	LONGITUDE	RESCUE	WAVES
BONNIE	EVACUATION	LOW	SAND	WEATHER
BROADCAST	EYE	METEOROLOGIST	STORM	WIND
CALM	FAITH	NEWS		