



THE FORESTER



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

Volume 5 Issue 8

November 1998

INSIDE THIS ISSUE:

From the fourth floor	1
Remembering the 30's	1
Letters to the editor	2
Editorial	2
Elderhostel Corner	4
Book Notes	5
Arty Facts	6
Library Notes	7
Poetry Corner	7
Travel Tips	8
Ad-Lib	9
Here's to your health	10
Think WebTv	11
Forester profile	11
Bob Blake Puzzle	12

REMEMBERING THE THIRTIES

by John Tebbel

If there's a common bond binding Foresters together, it's our collective memory. We grew up together in roughly the same part of the twentieth century. It has been an incredible century, and the Thirties, for Americans, was a decade that no one who lived through it can ever forget. The decade began in the darkness of the Great Depression and it ended at the doorstep of the century's greatest war. A recent compilation by Bill Goldthorp's daughter, Patty, provides us with the makings of a quick view as those ten years roll by once more.

At the beginning, in 1930,

Americans were just beginning to realize what had struck them after the Great Crash of 1929. Unemployment was rising sharply as the figures on Wall Street sank lower and lower. We were talking in London about disarmament, with representatives from France, Britain, Germany, Japan and Italy. There were four million people unemployed, although the Dow was up nearly 30 percent since the Crash. Judge Crater hailed a taxi and disappeared. A majority of Americans wanted Prohibition repealed. At the movies, "All Quiet on The Western

(Continued on page 3)

"The Board was generally favorable on the issue of additional resident representation on the Board"



FROM THE FOURTH FLOOR

By Peg Lewis

The letter that all residents received from Dr. Harvard detailed the TFAD Board response to the two issues that I took to the recent Board meeting. They gave serious consideration to each issue. There is a planning meeting scheduled between the Board Executive Committee and Board Finance Committee and the Residents' Board Executive Committee and Finance Committee. This will be to draw up an agenda for an open meeting for all residents to be held in November

if it can be scheduled that soon. If you have questions or concerns that should be addressed at that meeting, please send them in writing to me or come to the meeting with prepared questions on the subject of the finances at TFAD.

The Board was generally favorable on the issue of additional resident representation on the Board, but will consider that in the context of a study of the total makeup of the board. The

(Continued on page 2)

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.

Publisher.....—..Bernard Bender

Editor..... ..John Tebbel

Proofreader ...Virginia Jones

Editorial Assistants:

Marjori & George Chandler, Ellen Dozier, Libby Getz, Pauline Gratz, Florence Manning, Jean Weil, and Dorothy Zutant.

Art & Word Puzzle.....Bob Blake

Photographer:Ed Albrecht

Publishing Assistants: Bess Bowditch, John Getz, Jane Jones, Carolyn & Bloss Vail

LETTERS TO THE EDITOR

To the Editor

Does anyone else feel the way I do about the new carpet in the living room? It is quite simply a disaster.

Elizabeth Getz

To the Editor

Wasn't it fortuitous that Gilbert Goldstein's poem, "Fence," was published in the last "Forester?" I'm sure many of us have sat on a bench by "the cool green pond," and our musings were synonymous with Gilbert's.

Florence Manning

EDITORIAL

JOHN TEBBEL

Christmas began in the stores shortly before Halloween, but for the moment let's try to keep our minds on November, welcomed by everyone except turkeys, of which North Carolina raises more than any other state. (We're talking serious real turkeys now.) There are a few things we should keep in mind about Thanksgiving.

First, in spite of what they told you in grade school, and all those pictures of the first holiday, don't forget it was the Indians who brought the food, just before the Pilgrims declared open season on them.

Second, the first real

Thanksgiving day didn't occur until the Civil War, and a woman started it all. It was grandmotherly Sarah Josepha Hale, Editor of Godey's Ladies' Book who persuaded President Lincoln to declare a national holiday of thanksgiving. The Pilgrims were one-shots.

Third, no one knows how turkeys got mixed up in this, and they're no compliment to the day because anybody who raises them will tell you they are the stupidest birds alive.

Finally, it's a good thing to give thanks, and here at the Forest we have a great deal to be thankful for. Happy holiday!

(Continued from page 1—fourth floor)

expansion of the Board membership is being studied. This issue should be discussed again at the December meeting.

The new photocopier has arrived and Jane Jones has trained a group of helpers to assist you in learning to operate it. If you have questions about its operation, get help, since it is a bit more difficult to operate. We were fortunate to get this machine in before the old one gave up totally. I urge each of you to remember to deposit the money for your copies. We have been short each month by as much as twenty dollars. This is a significant shortfall. The honor system should work in the community.

You have probably already

heard the term "social accountability." You will hear much more about it because it is very important for this community. If we are to maintain our tax-exempt status, we must show that we have a concern for the wider community outside our fence. But even more important, as individuals and as a community we need to show concern for our neighbors in this area by giving of our time, talents and money. As a community and as individuals, we will need to find ways to let some of our neighbors benefit from the fine facilities we have here. We are fortunate to have Clare Altmann to be heading up this concern. I hope we can all find creative ways to contribute to this effort.

(Continued from page 1—remember when)

Front" was best picture, and we listened to the Mills Brothers' "Tiger Rag" on our 78 r.p.m. records.

When everything went down hill in 1931, unemployment was nearly 16 percent. We read about Wiley Post and Harold Gatty flying "Winnie Mae" round the world in eight days. Hunger marchers were turned away from the White House, and Al Capone got 11 years for tax evasion.

Things got worse in 1932, but Amelia Earhart flew the Atlantic alone. General MacArthur's troops drove out the 12,000 bonus marchers in Washington, and Franklin D. Roosevelt arrived at the White House.

"We have nothing to fear but fear itself," FDR told us in 1933, but the man we had most to fear, Adolph Hitler, came to power in Germany. FDR escaped assassination in Florida, and Chicago's mayor, Anton Cermak, was shot to death. There were bank holidays in Michigan and New York, but everywhere people rejoiced in the arrival of 3.2 beer and wine. Fittingly, the top record was "Stormy Weather."

In 1934, it was the year of Bonnie and Clyde, as the G-men killed John Dillinger in Chicago. Bruno Hauptman was arrested for kidnapping Lindbergh's son.

1935 was the year of the WPA's appearance, while the Supreme Court killed the NRA. Hitler killed the Versailles Treaty and disarmament. Huey Long was assassinated, and John Lewis organized the CIO. At the movies

we loved "Mutiny on The Bounty" and at home we listened to Fred Astaire singing "Dancing Queen to Cheek."

There were Midwestern dust storms in 1936, while in England, Edward, Prince of Wales, succeeded George V on the throne, as Hitler's troops entered the Rhineland. Mussolini conquered Ethiopia and Franco moved toward control of Spain. Lucky Luciano was unlucky enough to get 25 to 50 years. FDR swept back into the White House, and Edward abdicated the British throne for "the woman I love."

We'd been moving out of the Depression but 1937 was a setback, with fifteen General Motors plants closed by a strike. The German dirigible Hindenberg went down in flames at Lakehurst, N.J., and Amelia Earhart vanished over the Pacific. Once again, the stock market went down sharply.

In 1938, things seemed to be looking up because women were wearing non-Depression print crepe dresses, but abroad, Hitler invaded Austria, while Herbert Hoover was advising against European alliances.

In the House, the Un-American Activities Committee was formed, and in the air, "Wrong Way" Corrigan started to fly to California but found himself in Dublin.



As the decade came to an ominous close, with the guns of August, we were

watching "Gone With The Wind" at the movies and listening to Orrin Tucker's vocalist, Bonnie Baker, singing "Oh, Johnny, Oh, Johnny, Oh," while the Nazis invaded Czechoslovakia, and Franco took Madrid. But the New York World's Fair opened on schedule, as Hitler and Stalin were signing pacts. Britain and France declared war on Germany, Poland surrendered, and the long nightmare began.



Remember? We lived through it, but aren't you glad it's over?

AT THE DUKE GARDEN

It's autumn in the Duke Gardens, and Foresters are reminded—once again—that there are many opportunities to volunteer. Hands-on gardeners should enjoy working with professionals, perhaps "adopting" a bed or a planting for their own. Or you can join a propagation team.

It isn't too late to see a pair of curious plants that attracted much public attention in the Asiatic Arboretum during the summer. One is the Chinese Windmill Palm, just inside the Tile-Roof Gate, the only palm that is winter-hardy in this part of the country. The other plant is the Japanese Banana, native to the Ryuku Archipelago, an immense herbaceous plant with no woody parts, and so actually not a tree although it's usually called one. Unfortunately, for banana lovers, the fruit is inedible.



ELDERHOSTEL CORNER

Introduction to Elderhostel Story

Most Foresters have been on Elderhostels; some on many. The editorial staff of *The Forester* believes that our readers will enjoy reports of your Elder-

hostel adventures, which we know are widely diverse, both geographically and in subject matter. If you keep a journal of your trips or just have a good memory, consider writing a piece for publication in *The Forester*. Please send your drafts handwritten, typewritten, on a floppy disk

or e-mail and I will put them into form to submit to our Editor. I've started the ball rolling with the following story about the 1992 Elderhostel experience that Evebell and I had in Italy. Caution: don't consider this to be a model format.

--Bob Dunham

Elderhostel in Padua, Italy

--by Bob Dunham

In April and May, 1992, Evebell and I attended an Elderhostel in Padua, Italy. We invited my brother, Dr. Ervin Jerrol Dunham (called "Jerrol" by the family), a retired music professor and a bachelor, who flew to Chicago and joined us for the trip.. We had very pleasant flights on Air France from Chicago to Paris and then to Milan. From Milan we took a 3-hour train ride to Padua, known as the city of St. Anthony, the economic capital of Venetia, and one of the most important art cities in Italy.

Our hotel was the Casa del



Pellegrino (House of Pilgrims). It was built to lodge pilgrims, who still come from around the world to fill it, on pilgrimages to the nearby Basilica of St. Anthony of Padua, locally called "Il Santo" (the Saint). St. Anthony was an illustrious Franciscan priest, known for miracles, who died in 1231, and the church bearing his name, which encloses his tomb, was first completed about 1300. Our hotel was reasonably comfortable after much "modernizing," with small, clean rooms and a challenging shower, and amazingly, still wearing its original seventeenth century facade.

That was the setting of our next two weeks' activities. Our Elderhostel was organized and conducted by Trinity College of Hartford, CT, which also ran Elderhostel programs in Florence and Rome. Our group had forty American participants from all over the United States. Most of our lectures were given by Italians; some were by the American

staff. Most days we had a lecture and a tour. Our tours usually involved walking about Padua,



sometimes guided, often on our own. We also made day trips to Venice, Ravenna and Vicenza, which were a little rushed but still very enjoyable. On a free day, Evebell, Jerrol and I rode the train to Verona for a great all-day outing. We studied the history, art, culture, music and politics of Padua and the Veneto; we attended recitals and concerts; we saw splendid examples of architecture and art: we visited churches, museums, a synagogue, parks, gardens--an outstanding experience. Jerrol kept a detailed daily journal which describes our activities and will be published in our next issue.

BOOK NOTES

BY JOHN TEBBEL



Americans aren't familiar with Barbara Trapido's name—yet—but when her new novel, "The Travelling Horn Player," emerges here in January, she's certain to find a new and enthusiastic audience, adding to her many British admirers. This novel is a masterpiece of architecture, intertwining the lives of a group of people in London, Cambridge, and Edinburgh who become connected by the accidental death of a teenage schoolgirl. It's a tragi-comedy of errors by its star-crossed characters. Witty and acerbic, Ms. Trapido speaks of fundamental things—love, loss, grief, survival. In short the stuff of human life.

Published this month just in time for the holidays, but useful all year, is Robin Freedman Spizman's "The Perfect Present: The Ultimate Gift Guide for Every Occasion." Whether it's Christmas, Hanukkah, birthdays, anniversaries, Valentine's Day, housewarmings, graduations, or whatever, this book has the answers. Also telephone numbers for mail-order gift companies.

Surely the most remarkable story in the history of American popular song is Irving Berlin's. No other composer has matched his record: 451 hits, 282 in the Top Ten. At 23, he had already written 200 hits. His incredible story is told by Prof. Philip Furia, of UNC's English department, in "Irving Berlin: A Life in Song," published this

month. It's a fascinating story, well told here, with scores of photographs, and as a dividend, cameo glimpses of Fred Astaire, Cole Porter, George Gershwin, Florenz Ziegfeld, and P.G. Wodehouse.

A far different life but no less absorbing is recorded by Pamela Neville-Sington in her "Fanny Trollope: The Life and Adventures of A Clever Woman," published this month. Fanny, of course, was Anthony's mother. He was prolific enough, as we all know, but Fanny was no slouch herself, turning out 41 books in her lifetime, 1799-1863. She lived two lives, really, the first as wife and mother in England, where she raised six children before she left them all and sailed to America, where she had many adventures, some of which she recounted in "Domestic Manners of the Americans." Returning years later to England, she embarked on another, quieter life. Her remarkable life is told here in a deft, lively, often humorous style. Fanny emerges as a true adventurer, one of the few women of her time to break the barriers.

Here's one that will strike many a responsive chord: "The Mother-in-Law Diaries," by Carol Dawson. (Jan.) It's the story of Lulu Penfield's search for happiness, and it's really a long letter to her son who's just getting married. She instructs him on his responsibilities and how to deal with

mothers-in-law. She should know; she was married four times, in a period from the 1970's to the present. Coming from a middle-class Texas family in Austin, her marriages took her to Palo Alto, London, New Zealand, and Berkeley. Lulu is endearingly fallible, and her story is at once candid, irreverent, funny, and poignant.

In a season, indeed a year, besotted with memoirs, here's a particularly affecting one: John Bayley's "Elegy for Iris: A Memoir." (Jan.) Bayley is the novelist and critic who was married for forty years to Iris Murdoch, who died recently after years of suffering from Alzheimer's. It is an enormously affecting story, showing us that the

SO TIRED!!

"Yes, I would like to do it, but I am just too old."

Here are some interesting statistics that you can think about you ponder that question:

- Picasso painted master works when he was 91 years old.
- Michelangelo was sculpting until he was 90 years old.
- Verdi wrote Falstaff at the age of 80.
- Arthur Rubenstein gave one of his greatest recitals in Carnegie Hall at 89.
- Albert Schweitzer headed a hospital in Africa at 89.
- Tolstoy wrote "Why is Art?" at 88.
- Winston Churchill was Prime Minister at 81.
- Benjamin Franklin effected the compromise that led to the adoption of the U.S. Constitution at the age of 81 years.



ARTY FACTS

BY CHARLOTTE CASSELS

Theater in Durham

Like a fresh geyser in Yellowstone Park, cultural activities are rumbling to create another beautiful eruption in the arts for the Triangle area and even North Carolina itself.

Thanks to the late Governor Terry Sanford, his vision and determination brought forth the first State Arts Council in our nation, the North Carolina School of the Arts, and now the seeds are being sown to build a new performing arts center to rival the Kennedy Center in Washington, even Lincoln Center in New York. A committee of thirty business, political, and university leaders has been chosen to bring the dream to reality, and \$350,000 has been raised to begin the project.

A major player entered the scene before Sanford's death. Tony Randall, famous on both

stage and screen, probably best known for TV's "The Odd Couple," for which he won an Emmy, is the founder and director of the National Actors' Theater in New



York since 1991. He hopes eventually to establish his theater in the Triangle and become an impor-

tant part of the Center.

The Carolina Theater in downtown Durham, restored to its original 1926 elegance, has been chosen to be an important part of this ambitious and exciting project. It has booked "The Gin Game," a production of the National Actors' Theater, the first national tour premier of a first-class Broadway production in Durham since the 1930's.

"The Gin Game" offers

Mr. Randall a chance to evaluate Durham's theater audiences and give its people an opportunity to judge the presentation of the National Actors' theater. If all goes well, the Theater would become established in the Triangle, performing at the Carolina as well as working toward becoming part of the New Performing Arts Institute of North Carolina. Proceeds from a successful completion of the 23-city national tour of "The Gin Game" will provide seed money for Tony Randall's Summer Theater Festival to be headquartered in the Triangle, which will then be a summer fixture like the American Dance Festival. Theatergoers will remember the original "Gin Game," the Pulitzer Prize-winning play by D. L. Coburn. The veteran actors, Hume Cronyn and Jessica Tandy, were its original stars. It played to full houses. What a joy it would be to expect theater like this regu-

COMMON BOND DEPT

A constant reader contributes a story that all Foresters can appreciate. Visitors to the mailroom on Monday, Oct. 26, saw a plea for help tacked onto the mailbox wall. The writer explained that she'd been invited to lunch next day, but had written only "lunch -12" upon her calendar. She had planned to go—but

where, and with whom? There was a note of despair in her pleas for help. It took two residents and Ruth Bergman, on the desk that day, to figure it out. The magic key was a phone number, and after a few calls, the lunch hostess was alerted and a new invitation issued. The relieved guest told the others attending, and the tale drew both laughs and sympathy from fellow memory sufferers.

EMPLOYEES' THANKSGIVING

Residents aren't the only ones who'll be celebrating here with the usual feast. Employees, too, are having their own celebration on Tuesday, November 24th, at the annual Thanksgiving Lunch Buffet, held in the employee lounges. TFAD supplies the turkeys, and everyone's invited to bring a favorite dish.



LIBRARY NOTES

By Jean Weil

THE NEW COPY MACHINE IS IN THE LIBRARY ANNEX. Come up and get acquainted with it. Jane Jones (who selected it with loving care) has decreed that there will be someone available to help you to learn how to use it EVERY DAY during the month of NOVEMBER from 9 a.m. to 6 p.m. Those who know all about the copier, A-TEAM MEMBERS, are Jane Jones, Georgia Campion, Dick Capewell, Doris Fields, and Jean Weil. if for some reason no one is in the Library, call one of those people, they will be glad to help you. (Jane does eat sometimes and has appointments).

During November the copier will be turned off evenings and nights to make sure that everyone who uses it is familiar with it. It is

simple to use, easier than the old copier. You can learn how to make copies on both sides of a piece paper, how to copy checks on both sides, how to copy from books, etc. Do it NOW ~ come up and find out how easy it is.

All VIDEOS are now stored in the Classroom. We ran out of space in the Library so they had to be moved. There are many movies, including a lot of James Bond, some comedy, several about your health problems, Charles Kuralt, even a couple for children. Videos can be checked out- just like books. Each video should have a card inside of the box. Leave the card in the Library basket please. The audio collection of books to listen to on cassettes is still in the Library, under the light switch. There are some fascinating books there also.

A collection of Detective Mystery Stories is in the Classroom. It is a series of books that hold THREE complete mysteries in each book. Each book is white with the three titles on the spine. You will see all them when you go into the Classroom. If you have already read all of those previously on the shelves, we have just received about 20 more. They can be checked out anytime.

We have noticed that there are some books that have been checked out for a long period of time. Will you please check your shelves for books that are marked "THE FOREST AT DUKE", or have pockets in the back, and return them to the Library. We need to clear out our card file!

POETRY CORNER

HE PROVIDES

An acorn falls
gently
on the ground;
released,
fully grown,
from its parent,
the mighty oak tree.

A mother squirrel
scurried

to the chosen spot,
gathers the nut,
darts away,
food for family
in the bare winter.

It's a good thing.
~ellen cheek dozier

LIMERICK

A hunter names Ross
Found out to his loss
That the grizzly he'd cornered
Was the wrong bear to cross.
~George Chandler

Questions with no answers

if you are born again,
do you have two belly
buttons?

If all the world is a stage,
where does the audi-
ence sit?

If the No. 2 pencil is so
popular, why is it still
No. 2



Barkis and Peggotty

We caught our first sight of *Barkis* and *Peggotty* on a warm afternoon in August. No, we weren't on a nostalgia trip into the land of Charles Dickens. *Peggotty* was not David Copperfield's old nurse, nor was *Barkis* her ever-willing husband. They were river boats.

We had spent four busy weeks in Britain—a week of walking and sightseeing in north Wales and three weeks of summer courses at English universities. We had planned a week's cruising on the Great Ouse River in East Anglia with a view to rest and relaxation.

Colin, the boats' owner and skipper, had met us in London and driven us the 60 or so



miles northeast to Brampton where we found the boats moored side by side in Pepys' Pond, a backwater off the Great Ouse named for the famous diarist whose ancestral roots were in Brampton.

In profile *Barkis* and *Peggotty* looked like the "narrow

TRAVEL TIPS

By George Chandler

boats" which have worked on the rivers and canals of Wales and the English Midlands for over 200 years. A low, flat-roofed cabin fills virtually all of the 60-foot hull except for 5 or 6 feet at the bow and stern. Their 12-foot beams, however, make them twice as wide as the narrow boats. *Peggotty* has five small but very efficiently laid out double cabins, and *Barkis* is equipped with a lounge, dining room, galley, and quarters for the owners.

Colin, of course, is the skipper, while his wife Stephanie is first mate and ship's cook—and a very good cook indeed. We enjoyed gourmet meals with unlimited supplies of excellent wine. The owners live aboard all year, having no other home. The other permanent crew member is Ben, a handsome, friendly 7-year-old springer spaniel, who is in charge of security. Two young people waited at table and took care of the cabins.

I said we had looked forward to a relaxing week, and that's what we had. The countryside through which we cruised is not without drama. Consider the great mass of Ely Cathedral looming on the horizon, rather like a tall ship on an otherwise empty ocean. But there is a lack of dramatic contrasts. In a word, East Anglia is flat. Much of it is below sea level and was marshland before fen drainage began in the sev-

enteenth century.

And it's green! As I sat in *Peggotty's* bow on our first afternoon aboard, surrounded by sky, water, and a wall of trees of every conceivable shade of green, I felt as if I had fallen into the middle of a Hobbema landscape.

So what kept us occupied?

—Cruising quietly, first upstream about a dozen miles, then downstream for perhaps 20 miles. As can be seen, we did not cover a lot of territory.

—Negotiating the seven locks, with an average lift being about 6 feet on the stretch of river we covered. There are no lock keepers on the Great Ouse. Boat operators are supplied with cranks to operate manual gates and with keys for electrically operated ones. Most locks had a pair of hinged gates, swung back and forth by hand cranking, and a lift gate operated by an electric motor. Crew, human and canine, usually assisted by some of the passengers, alighted to open and close each lock.

—Enjoying shore leave. We moored overnight at a tiny village called Eton Soccam, where there was beer in a waterside pub. We moored for two nights at the attractive small town of St. Ives. This is Oliver Cromwell country, and St. Ives is one of only two towns in Britain with a statue of the Lord Protector. In Hunting-

(Continued on page 10)



AD-LIB

Restaurant news:

Pumpkins turn into coaches, frogs into princes, and now Fowler's Fancy Grocery has been touched by a magic wand and emerged as one of the most popular restaurants in the Triangle, Brightleaf 905. A well known group is behind this transformation: Maggie Radzwiller, former owner of Pops; Brack May, former chef there; Gary Wein and Harold Tharrington, of Savory Fare. The atmosphere is pleasant, with low-key lighting and carpet to soften noise. There is wonderful



spacing of booths and tables; you don't find yourself sitting on a stranger's lap here. A lot of nice touches, too: bright tableware with plates as big as the moon, cocktails shaken at the table, and Chinese-style doggie bags. You will find no filet mignons or breast of pheasant on the menu. The food is more down-to-earth and quite eclectic - French, Mexican, Chinese, and American. For instance, lamb shanks; shrimp, crab, and chorizo enchilada; grilled salmon. Prices range from \$10 to \$15.50 for an entree. The lunch menu is tempting, with unbelievably low prices. Grits and veal grillard, \$6.00, smoked chicken Cobb salad, \$6.95.

Brightleaf 905 - Brightleaf Square,

905 W. Main St., Durham. Open for lunch Tues.-Fri., dinner, Tues.-Sat. Reservations - Telephone 680-8848.

P.S. Fowler's Fancy Grocery is now one block over on Duke Street.

Remember Aurora, that good Italian restaurant that used to bookend Carr Mill Mall? It has moved closer to Durham and is hanging its hat in space vacated by Slug's and Pines on NC 54. There was a friendly atmosphere in the Carr Mill place that didn't travel with Aurora. In the new location, you are bowled over by the noise. The high ceiling in the dining room amplifies the clatter and chatter of the restaurant, and patrons find themselves shouting. To me, one of the pleasures of dining out is good conversations with friends, and this is not possible here. Turn off your hearing aids or retreat to the low-ceiling bar. The food and service continue to be first rate. All the Italian specialties - ravioli spinaci, \$11.50; grilled salmon, \$16.95; scallopini vitello, \$17.95.

The Aurora, 1350 Raleigh Road (NC 54), Chapel Hill. Telephone 942-2400 for reservations.

The ideal airline passenger should have no legs, no watch, and no appetite. Most of us don't fit that description and must adjust to the appalling, existing conditions. But wait, I have found a magic airline that, since August, has been flying into RDU: Midwest Express (not to be confused with Midway). It's too good to be

true. There are no classes aboard. Everyone has a wide leather seat with generous leg room. The seats are two-by-two, no one squeezed in the center and overflowing into your space. Meals are served on real china with real flatware and real linen. A nice touch: one corner of the napkin had a buttonhole for attaching to your shirt. If you fly early, you are given a morning newspaper, champagne on the house, and a hot-cooked breakfast. In a supper flight, I had grilled chicken, two salads, roll, cheese, cut fruit, and, best of all, two simply wonderful warm chocolate chip cookies



baked on board, the aroma of which wafted through the cabin while we dined.

The hub for Midwest Express is Milwaukee, so it limits destinations for us here but works well if you are flying to the Midwest, West Coast and Denver.

Sample cost round trip to Los Angeles, 14 day advance booking: \$424, minus your 10% senior discount. For more information call 840-2371.



That gift for your friend-who-has-everything. Try sending him/her 4,500 ladybugs for the garden.

They are voracious eaters of aphids and spider mites. Cost, \$19.95. To order, call 1-800-499-



HERE'S TO YOUR HEALTH

by Pauline Gratz

More than four million older Americans suffer from the most common form of dementia, called Alzheimer's. That number is expected to triple in the next 20 years as more people live into their 80's and 90's. Although Alzheimer's disease is the most common of the dementias, there are many types of dementias, some reversible and others (like Alzheimer's) irreversible.

Dementia is the loss of intellectual and social abilities severe enough to interfere with daily functioning. For centuries, people called it senility and considered it an inevitable part of aging. It is now known that dementia is not a normal part of

the aging process and that it is caused by some underlying factor.

Symptoms of dementia vary in severity, order of appearance, and with the type of dementia. But all dementias involve some impairment of memory, thinking, reasoning, and language. Personality changes and abnormal behavior may also occur as dementia progresses.

Of the diseases that produce dementia, Alzheimer's is the most frequent. The disease was named after Alois Alzheimer, a German physician. In 1906, Dr. Alzheimer noticed changes in the brain tissue of a woman who died of an unusual mental ill-

ness. He found abnormal clumps (plaques) and bundles of snarled fibers (tangles). Other changes in the brains of Alzheimer's patients include a loss of nerve cells in the areas of the brain vital to memory and other mental functions, and lowered levels of chemicals in the brain that carry complex messages back and forth between billions of nerve cells important to thinking and memory.

The first sign of Alzheimer's may be mild forgetfulness. The disease progresses to affect language, reasoning, understanding, reading and writing. Eventually, people with Alzheimer's disease may become aggressive or anxious.

(Continued from page 8—Barkis)

don, we visited a small Cromwell museum, housed in what was once part of a medieval priory, and later a school attended by Cromwell during his childhood.

One afternoon we left the boats for a walk through fields and villages of thatched "cottages." I put the word in quotes because many of these

"cottages" approached the Newport, Rhode Island, variety, being suburban residences for the well-to-do from Huntingdon and Cambridge.

On other afternoons, there were excursions by land to visit Cambridge and Ely. On our last full day, Colin drove the other passengers to Burghley House, an Elizabethan stately

home in Lincolnshire. I had had enough sightseeing and conversation and opted for a few hours of privacy in the cabin.

While having thoroughly enjoyed our week on *Barkis* and *Peggotty*, I, at least, was ready to move to roomier quarters with some space that I could call my own.

No Aerial Artist

I'm amazed at the dangerous
places cars can go,
As depicted by the commercials I see on TV;
But I think the auto
makers ought to know
Those are places I don't
want to be!
-Dan McMillan.

Homogeneous

Sit-coms premiere and go;
They fail the ratings test.
But why they're scrubbed
I'll never know-
They're no worse than
the rest.
-Harold Emery.

IN MEMORIAM

Gilbert Goldstein	October 9
Henry Bane	October 14
Frank Mazuy	October 26

THINK WebTv

by Tracy Lamar

If you think a computer is beyond your ability to master, and more than you want to spend for the system, think WebTv.

What is WebTv? It is a very simple system of Sony designed equipment, at a moderate



cost of \$288, that can be used to bring the picture and your E-mail messages to your TV screen.

Once you have the "box," connected to your phone line, with a remote control and a keyboard that comes with your purchase, you can enjoy the following:

ACCESS THE WORLD-WIDE WEB! Find out the theater offerings in New York and

London; preview the cities that you will be visiting in your travels, and much, much more.

Decide what you want to watch, explore, search, and ask for what you want to see, with your home page menu.

SURF THE WEB, EXPLORE THE INTERNET with a remote control from your favorite chair where you watch TV.

SEND MESSAGES BY E-mail with your keyboard to your children and grandchildren, wherever they may be, with their E-mail address, and they respond immediately! Much more fun than snail mail!

What about a printer? One can be purchased and attached for about \$200. But you don't have to buy one unless you want to print the messages. You can store your messages for future use; you can put your messages in a system that you can recall when writing letters; you discard what

you don't want to keep.

Once you turn on your Home Page you can E-mail, explore, have favorites, and search for what you want. You can also get the weather for a week; get the day's news; find out sports scores!

If you are interested, the Bill Fines, Betsy Close, Lois Watts, Ruth Dillon, and yours truly have WebTv and would be happy to share our experience with you.

Circuit City is the only distributor in Durham. If you wish to explore a purchase ask for Charles Postlethwait to help you. He is not only a salesperson but also has WebTv.

We commend the time and effort that has gone into the computer program here at the Forest. With all the interest, those of us who have WebTv feel that this is a possible alternative to present. Give us a call if we can share our system and experience with you.

FORESTER PROFILE

Know Your Security Force:

If you're looking for a security officer who's always helpful and has the friendliest of smiles, you should look for Eric Reid, seen around these parts on weekends during the daylight hours.

Eric is a Durham man, born and bred, as they used to say. He was born here, went through the public school system, and graduated from Hill-

side High in the class of 1987.



Eric Reid

After graduation, he went directly into the Navy, where he served for the next four years on

the aircraft carrier Enterprise. This duty took him to many ports in the Western Pacific, and a few others elsewhere.

Back home, Eric was soon a busy man. He's not only a single father with a young son to take care of, but he holds down jobs with the Duke Medical Center and the Postal Service besides his work here. We see him here every other weekend, from 7:30 a.m. to 4 p.m. In his spare time, if any, you'll find him rooting for the UNC teams, wherever they are.

Bob Blake's

PUZZLE

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

YFYAWTSONHGNietsnie
CNMTXSECRETSSSZSFB
ROIONAPUJBXWRGHI
EIKTOEPHPOAJEZURET
MSEDSBISFLMLKQEMOW
NSRYLEELTTASNNOHUE
IAIRARDUCAAYAOSJEI
EPSURLONYXRHBGZNYV
TFEJIRYWEJSDNAOXDA
SODYDITTTWDNOUZCFJH
NNSAEGSAOELUTSYKNT
EOLWCDIZGCNOGXTCWI
KSIAIRRTNIHEGOKIOW
NAVNGIHEODUJVSHTTM
AEEUAHCCCEHTRAESRO
RSDRMTTELRACSXRVUO
FECIRPSNOISSAPFBOR
TOHSLLIKNWODKCONKL

PAPERBACKS IN OUR LIBRARY

AZTEC	DECIDER	KILLSHOT	MOO	SEASON OF
BANKER	DEVILS DESIRE	KIM	ONYX	PASSION
BEAST	EARTH	KNOCKDOWN	OUT TOWN	SECRETS
BOLT	EINSTEIN	LEGS	OUTLAWS	SHANE
BOOMER	EPPIE	LONGSHOT	PASSIONS PRICE	SHOGUN
BRAVE NEW	FIRM	LOVES GOLDEN	PLAYBACK	STARDUST
WORLD	FRANKENSTEIN	DESTINY	ROOM WITH	STICK
CHRISTY	GHOSTWAY	MAGIC	A VIEW	THIRD GIRL
CLIENT	HOT ZONE	MAX	RUNAWAY JURY	TEXAS
CONGO		MERCY	SCARLETT	