



THE FORESTER



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

Volume 5 Issue 9

December 1998

"A core group of thirty people is responsible for feeding us and its responsibility is enormous"

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INSIDE THE KITCHEN

If there's one thing Foresters talk about more than anything else except health problems, it's food. Food talk may often be critical, because that's what we do best., but it's likely to be complimentary as recent events unfold in the kitchen.

In spite of all this attention, food and what happens to it between getting it and consuming it remains something of a mystery to most Foresters, since it takes place out of sight. A core group of thirty people is responsible for feeding us and its responsibility is enormous: To put 600 meals on the table every day, not counting catering services. That takes time -- 12 to 14 hours a day collectively --and patience, besides pure skill and sometime even a little luck.

At the core of the food service operation, under the overall direction of Theo Walker, head of the food service department, are these stalwarts: Paul Schaefer, executive chef; Paul

Ramos, head chef; Roger Andoh, chef; Alison Wilson, chef; Calvin Cherry, salad chef; Tom McKinney, prep cook; Howard Baldwin, breakfast and lunch cook; and Anthony Adams, baker.

It's this staff that plans the meals, puts the menus together, and solves problems. When they meet in their conferences, they talk about yesterday's meals, a running analysis of "Where did we go wrong," and "This was a good thing we did" sort of procedure. Then, of course, they plan meals for the present day and for the following day.

Some Foresters think the menus are pre-planned by Theo's employer, the Culinary Service Network, a division of Morrison Senior Dining, an organization specializing in institutions like ours. In fact, menus are put together from the input of Theo, the chefs, the dietician and the service manager, as well as the residents' Food Services Committee. As a result, in making up menus, the kitchen has a formidable list to draw from: 35 soups, 35 desserts, 35 salads, and 105 entrees.

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FROM THE FOURTH FLOOR

By Peg Lewis



The meetings that were promised last month have now been scheduled. The first between the Finance Committees of the TFAD Board and the Residents' Association was held on December 2. Questions that had been submitted in advance on the investment policies, actuarial funded status, and the budget were addressed. The Residents' committee members strongly questioned the policies in each area. Since the meeting was severely limited in time, it is to be hoped that this kind of meeting can be held more often. The second meeting will be held on December 16, after the regular meeting of the TFAD Board. Written questions should have been given to Steve Fishler or Vicki Barringer by now. This meeting will be an opportunity for all residents to hear from

Board members and a representative of KPMG-Peat Marwick directly, and to ask questions. I urge you to attend.



The Hanukkah and Christmas seasons are upon us, as the decorations all around the Forest clearly demonstrate. I know that most of us have found ways to help those less fortunate at this season. The food drive was a success; the many dolls and wooden toys are being distributed. The mails have been full of requests for contributions to a wide variety of causes. I trust that you have selected with care those that provide the highest percent of aid with the lowest overhead costs.

The annual Staff/Resident party of December 18 should be a highlight of a season that includes many special musical treats and programs. This is a wonderful way to share with

(Continued on page 2)

"The Hanukkah and Christmas seasons are upon us, as the decorations all around the Forest clearly demonstrate"

The Forester

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

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LETTERS TO THE EDITOR**BUG OFF**

The last issue of The Forester suggested a gift for the friend who has everything - 4,500 ladybugs for the garden at a cost of \$19.95. No need to spend money for these. As soon as the weather gets cold, lady bugs will be seeking warmth in our apartments and cottages. Just scoop them up and send them to your friend with the notation that they are beneficial insects. Of course, your friend will not welcome them if he or she does not have a garden!

Edna Wilson

EDITORIAL

At this time of year, editorial writers everywhere are trying to think of one more way to say what they've been saying since long before Frank Church assured Virginia there was a Santa Claus. But it's hard, maybe impossible, to improve on plain old "Happy Holidays---from the entire staff of The Forester." See you next year.

--The Staff

**VOLUNTEERS**

Many will be shocked to find,
When the day of judgment nears,
That there's a special place in Heaven
Set aside for volunteers.
Furnished with big recliners,
Satin couches and footstools,
Where there are no committee chair
men,
No yard sales or rest area coffee to
serve,
No library duty or bulletin assembly
There will be nothing to print or staple,
Not one thing to fold or mail,
Telephone lists will be outlawed.
But a finger snap will bring
Cool drinks and gourmet dinners
And rare treats fit for a king.
You ask, "Who'll serve these privileged
few
And work for all they're worth?"
Why, all those who reaped the benefits,
And not once volunteered on Earth.
--Author unknown

(Continued from page 1—kitchen)

Making menus for as varied a group as our residents is a no-win situation in some respects: Northerners are going to complain about some Southern vegetables and the tendency to overcook, while Southerners find some entrees strange, if not exotic. Most of the food, whatever its origins, comes from one major supplier, U.S. Food Services of Charlotte.

Price and quality are the chief ingredients in buying decisions, and as Foresters will attest, the quality is usually high or at least above average. The staff dietitian and the service manager are also involved in the whole process, from Charlotte to the kitchen.

--John Tebbel

**WEDDING BELLS**

Amy Cook, our new Environmental Services secretary, has issued what must be the most generous invitation in the Forest's history. She has invited all Forest residents and staff members to her wedding on December 19. This will be an all-Forest affair, since the groom is on our maintenance staff and is the son of Security chief Ed Wagner.

Amy Elizabeth Cook will marry Christian Sean Wagner at 2 p. m. on the 19th, in Sharon Methodist Church, at Poplar Branch, North Carolina. They will spend their honeymoon in Charleston, after which Amy promises to come back to us.

(Continued from page 1—fourth floor)

all of the Forest family the joy of the season. Like many of you, I will be spending Christmas week with my family. I will be at my daughter's home in upstate New York, where the weather will certainly be far different from what we are experiencing now. So I will take this opportunity to wish you all a joyous Christmas and a Happy Hanukkah.

MORE THAN JUST LUNCH

On a perfect autumnal morning, two buses filled with eager Foresters set off, seeking a respite from the daily routine. Skipped by Glenn at the wheel of the big bus, Robin guiding its smaller sister, and led by our versatile Lucy Grant driving a van containing our gourmet meal (catered by our kitchen) we sailed along without a hitch. The Lunch Bunch was headed for Ruth and Leland Phelps' hideaway, a country home located on a 750' high hill in Orange County.

We arrived to find a cozy yellow and white cottage nestled among tall black gum and maple trees. Scattered about the spacious acreage were swings hung from tree limbs. Room for several folk in one of them, but my favorite was a single seater, the kind we had

as children.

Remember "push me higher, higher," etc. There was an inviting hammock but no takers as I recall. Statues of barnyard fowl placed in the garden looked real enough to lay eggs. Bird houses prevailed and invited our feathered friends to take up residence.

The fortunate group spread out in small numbers at picnic tables or in the folding chairs and devoured the Cordon Bleu box lunches, supplemented by Mary Ann Ruegg's homemade pumpkin bread sandwiches. Too soon it was time to head home and say farewell to our gracious hosts' fairy tale house.... the house that has been the scene of three weddings and at which over 2,000 visitors have signed the guest book.

—Ellen C. Dozier

"Too soon it was time to head home and say farewell to our gracious hosts' fairy tale house...."

ANIMAL NOTES: POETRY DIVISION



The following interchange took place last summer between Forest residents Edith Duffey and George Chandler. Edith's opening shot was in response

to a poem by George, published in the June 1998 Forester which told of the perils faced by a rooster who fell in love with a duck.

Edith's opening:

For that glitch where the rooster was pa
There's no need to shout a hurrah
For the kids will commingle
Those sounds that were single
With the hideous cry of UCK-QUA.

But when the young duck was a mother,
She told him, "if I had my druther
"I'd make them say 'Duh!'
Instead of ACK-CLU.
"You can bet that I won't have another."

The cock gave his loud acquiescence
He hated his children's malfeasance,
Especially the noise
That came from the boys,
And blamed it all on concupiscence.

The limerick form is addictive,
Epidemic and very afflictive;
But I've got to quit
This doggerel fit
Or I'll make us all horribly sicktive.

GMC's response:

There's one thing about Edith Duffey:
She certainly can't be called stuffy!
She seems at her best
Writing lim'ricks, in jest,
And it's clear that her mind's not gone
fluffy.

We've had some fine verse from E. Duffey
How reward her? Now that's a real
toughie!

In this creative mood
She needs no more brain food,
So we can't send her baked orange roughy

Edith's riposte, 7/7/98:

When you come to rehearse your good
verse
Do you sometimes find it a curse?
The Da da da Da
Gives ME no éclat,
And it's worse when I try to be terse.
(And dammit if I'll give up firs')

"There's one thing about Edith Duffey: She certainly can't be called stuffy!"

About those Speed Bumps...

by Harry Owen, Chair, Residents' Association Safety and Security Committee

Discussions with Jim Thompson, Director of Facility Services, and Ed Wagner, Security Manager, convince me that the response by residents to the installation of two trial sets of speed bumps on Forest at Duke Drive generally has been positive. This is very reassuring that we are on the right track toward improving safety at The Forest. However, we still find some persons are accelerating to well above the 15 mile-per-hour speed limit after they have passed by the existing bumps. This excessive speed is a hazard to all walkers who must take to the street where sidewalks do not exist. To



further emphasize the need for observing our posted speed limit, several more sets of speed bumps will be installed.

It is worth noting that we have at least five categories of regular traffic on the major drives inside our campus. These are our residents, our employees, persons delivering or picking up employees, visitors to residents and to the Community Building for scheduled events, and vendors. As residents, we can do our part to educate others by strictly observing the posted speed limit. In addition, we should all remember to stop and look for traffic before entering Forest at Duke Drive from a parking area or before entering the main entrance drive from Forest at Duke Drive.

"However, we still find some persons are accelerating to well above the 15 mile-per-hour speed limit"



ELDERHOSTEL CORNER

The University of New England

You mustn't judge an Elderhostel by the fame of the sponsoring institution. The University of New England may lack an international reputation, but it gave us one of the best Elderhostels we have attended.

First, there's the situation. The university is at Biddeford, Maine and the campus stands on a bluff overlooking the broad estuary of the Saco River about a mile from the Atlantic Ocean.

This is holiday country near Kennebunkport. It can be reached by public transport. We traveled by bus from Boston to a stop on the south side of Portland where we were picked up by a van from the university.

Then there were the courses. We chose a week of studies whose theme was the late Renaissance period. One was on Italian painters, another explored early opera, and the third, and perhaps most interesting, was on the life of Galileo. The instruction was first rate, with all three teachers being well informed, well organized, articulate, and enthusiastic.

The management proved to be efficient and responsive. We stayed in university

residences, and, yes, the bathrooms were down the hall. But the facilities were ample and there was no waiting in line. A staff member had a room in the dorm building and was always on hand to provide whatever might be needed, such as an extra coat hanger or blanket. She also kept a pot of coffee going in a lounge where we could get together with fellow Elderhostlers. The food was served cafeteria style and proved to be quite good. The entertainment provided in the evenings was imaginative and well run, as was the free-day excursion.

Finally, there was the overall ambience--the feeling that we were welcome and important to the university; that everyone on the faculty and staff wanted us to have a rewarding experience and hoped we would come back.

While we were engaged on our Renaissance studies, another group was taking a course on marine mammals which included several whale watching trips. Those attending that course gave it very high marks. We have also heard the University of New England's course on coastal lighthouses highly praised. All in all, we can recommend an Elderhostel at Biddeford.

—George Chandler

"The instruction was first rate, with all three teachers being well informed, well organized, articulate, and enthusiastic."

"The entertainment provided in the evenings was imaginative and well run, as was the free-day excursion."



BOOKNOTES

You're likely to be hearing a lot about a new novel called "Amsterdam," published this month. It may not be Ian McEwan's best book, but it comes off as an extremely clever examination of ethical issues wrapped up in an absorbing plot. It's set in London, not Amsterdam (which figures later), and concerns two friends: Clive Linley, a noted composer, and Vernon Halliday, a restaurant critic and editor of an ailing London tabloid. As the novel opens, they met at the grave of the lover they shared, Molly Lane, a very busy girl who was also sleeping with the Foreign Secretary whilst (as they say over there) being married to a rich publisher. The story is about art and politics --- and the ethics of both, told with wit and masterful visual detail. Worth your time.

If you're a follower of David Attenborough's vivid explorations of the natural world on PBS, you may want "The Life of Birds" as a companion to his 10-part PBS series next year. Replete with superb color photos, it introduces us to an amazing world. How many species of anything can you name who sleep and mate in midair, as the European swift does? Or the vulture who eats large bones like a sword-swallower? Not to mention the male sungrebe, who carries his young in a pouch like a saddle-

bag. This isn't a long book, but it's a rich one. (Published)

If birds aren't your natural delight, try "Every Creeping Thing: True Tales of Faintly Repulsive Wild Life," by Richard Conniff. (Published) Conniff, a science journalist, gives us a funny, informed look at creatures you won't see around this Forest, like the sloth, the bat, and the snapping turtle. And did you know some moles can tunnel fifty feet or more in a day? Nothing profound here, just real entertainment.

If there's anyone in these parts who doesn't know who Reynolds Price is, he should stay after school and read. Price has given us memorable novels and a great deal of other work, but in this book he tells us how he does it, so to speak. "Learning a Trade: A Craftsman's Notebooks, 1955-1997" is just what it says - working notebooks from a writer's life. You'll read how the Mayfield family trilogy was put together, and much other information so that it seems as though we're looking over the author's shoulder as he worked. Along the way, we hear a lot about the publishing business too.

"The story is about art and politics ---and the ethics of both, told with wit and masterful visual detail."

"If there's anyone in these parts who doesn't know who Reynolds Price is, he should stay after school and read"

— John Tebbel

POETRY CORNER

FAMILY TIME

Icicles on our Christmas tree
Were always hung one by one;
Daddy, the foreman, insisted,
On watch till the job was done.
A long and tedious task,
The results were worth the
while,
For covered in silver sparkles
It made even skeptics smile.
Though many years have gone
and Icicles may be passé,
It was family time well spent
As this memory proved today.

---ellen cheek dozier

TOP TEN REASONS
G-D CREATED EVE

10. G-d worried that Adam would always be lost in the garden because men hate to ask for directions.
9. G-d knew that Adam would one day need someone to hand him the TV remote. (Men don't want to see what's ON television, they want to see WHAT ELSE is on!)
8. G-d knew that Adam would never buy a new fig leaf when his seat wore out and would therefore need Eve to get one for him.
7. G-d knew that Adam would never make a doctor's appointment for himself.
6. G-d knew that Adam would never remember which night was garbage night.

5. G-d knew that if the world was to be populated, men would never be able to handle childbearing.

4. As "Keeper of the Garden," Adam would never remember where he put his tools.

3. The scripture account of creation indicates Adam needed someone to blame his troubles on when G-d caught him hiding in the garden.

2. As the Bible says, "It is not good for man to be alone!"

1. When G-d finished the creation of Adam, He stepped back, scratched His head and said, "I can do better than that."

ARTY FACTS

CAROLINA BALLET

North Carolina once again has taken a tremendous cultural leap with the creation of the Carolina Ballet, the Triangle's first professional, classically-trained dance company, after five years of planning and raising money. The Carolina Ballet opened its inaugural season with a gala celebration "Evening with the Stars" on March 29, 1998, with an all-Balanchine program, enhanced by Maurice Kaplow, conductor of the New York City Ballet, who came to conduct the opening gala.

Chosen by Ward Purrington, president of the Carolina Ballet Board and his dedicated committee, Robert Weiss (friends call him "Ricky") became the artistic director. He's



the mover and shaker of the whole project. Seeing the need for such a ballet in this area, Weiss brings his many talents, and a great determination to succeed, to us in the Triangle, which will enhance our growing reputation as an outstanding state which nurtures all arts and the ever-increasing quality of life in North Carolina.

Weiss was a principal dancer with George Balanchine and the New York City Ballet for 16 years. He also is proving to be a superb administrator as well, a rare combination. He is the recipient of two National Endowment for the Arts Fellowships for choreography, and created 20 ballets when he was director of the Pennsylvania Ballet Company in Philadelphia, before he came to North Carolina. He has had extensive

experience in movies and TV and currently teaches master classes at the North Carolina School of the Arts and other schools around the state.

The opening Gala gave balletomanes the flavor of exciting things to come in future years.

The current troupe of dancers from all over the world were chosen after interviewing 600 classically-trained dancers, and 21 were selected. Eight in the corps de ballet are advanced students from the N.C. School of the Arts. Eight male dancers, including Special Guest Artist Damian Woetzel, give the group the foundation of balanced choreography. Among the female dancers, Melissa Pocaska (Robert Weiss's wife) leads the group of very talented ballerinas. Their arm work is especially good. Melissa Hayden was responsible for the staging. Since 1942 she was a leading ballerina with Balanchine's New York City Ballet, and has been teaching dance at the N.C. School of the Arts for 15 years.

Overall, it is truly remarkable how the company could perform at the Gala so well after only nine weeks of rehearsals, and bodes well for an exciting future. One difference is obvious: gone are the anorexic dancers --these are truly female dancers! Also, one inheritance from Balanchine is the speed of the dancers, creating an excitement of its own.

The next performance, called "A Very Special Christmas," will be performed with the Ballet and WRAL-TV in the Raleigh Memorial Auditorium on December 26, at 8 p.m. and December 26 and 27 at 3 p.m. Prices for tickets range from \$5 to \$20. With music by Handel, this will be the world premier staging and choreography of the Christmas portion of the Messiah (following carols by the audience), including soloists from the National Opera Company and the chorus of the Raleigh Oratorio Society

— Charlotte Cassels

"The current troupe of dancers from all over the world were chosen after interviewing 600 classically-trained dancers, and 21 were selected"

"Overall, it is truly remarkable how the company could perform at the Gala so well after only nine weeks of rehearsals"

CLIPPINGS

The Thanksgiving holiday has come and gone ever so quickly! Many residents traveled to visit families while others had family members here. 225 people were served a traditional Thanksgiving feast in our dining room. While jingle bells and red, green, and gold decorations were adorning our stores before Halloween, we can now concentrate on the December holidays.

Dolls and dogs and painted and unpainted trucks are on the way to organizations for holiday distribution to area children. Jerry Button and Lou Swanson were in charge of the sewing and woodworking projects....Don't try to stop anyone on his or her way to Computer Class. No one can miss a minute of it. It's a dedicated bunch even if some of our brains can't absorb it all.

Thanks to Bernie Bender and all his computer teachers, from those who participated in the two six-week sessions each Tuesday and Thursday morning, afternoon and evening.

Once again Jane Jones gathered her crew

to assemble the monthly Activities Book... Bill Goldthorp has re-joined the ranks of volunteer patient advocates at Duke Hospital.. Other P.A.'s from The Forest are Ruth Dillon, Bill Fine, Betty Lamar, Frank Light, and Frank Simes...Round Robin bridge players are mixing it up, with 32 teams playing each month. Betty Gray is in charge...Mary Ruth Miller's Mercedes suffered a gas leak recently. For safety reasons, the Fire Department was called to our parking lot, but no action was needed. After minor repairs, the 1971 classic is purring smoothly again... Speaking of classics, Berthe Kuniholm's Honda Civic and Audrey Austin's 1971 Chevrolet Nova, with 188,000 miles, are cherished automobiles.... Russ Campbell and the Lamars are sporting new cars.

Cataract surgery seems to have replaced the tonsillectomies of earlier years. By the numbers of implants here at TFAD, vision must be well into the next century

—Rose and Azalea Bush

"225 people were served a traditional Thanksgiving feast in our dining room"

"Thanks to Bernie Bender and all his computer teachers"

LIBRARY NOTES

Thank Jane Jones. She has successfully introduced the new copier to almost everyone who lives at The Forest. We want all of our residents to feel comfortable using the new copier and all of its embellishments, and Jane has made sure that we know how to make a copy, do both sides of a page, and enlarge (or make smaller) any information. Remember, if you need help, Jane is in the Copy Room every day between 11:00, and 11:30, including Saturdays. The important thing to remember when you pick up your papers to copy, pick up enough money for 10 cents for each page. Don't forget, the copier cost a lot and we need everyone to help keep it going.

As many of you know, Lee Phelps takes magazines to the Veterans Hospital to distribute there. He is par-

ticularly interested in old Smithsonians, New Yorkers, National Geographics, and Women's magazines. If you have too many to carry up to the Library, call him at 489-8718 and he will pick them up.

For opera lovers, we have received a collection of 32 librettos. They are shelved at the end of the music collection and are in alphabetical order by title. Please borrow them as you would paperbacks, signing your name, apartment, date, and the title in the notebook.

—Jean Weil

"For opera lovers, we have received a collection of 32 librettos"

In Memoriam

Everett Hopkins Nov. 21

We welcome these new residents to The Forest



Norton & Frances Beach
13 403-8015



Marion Geary #2005
493-3939



Marie Bremer #3041
403-9257

To your health—

An Irishman walks into a bar in Dublin, orders three pints of Guinness and sits in the back of the room, drinking a sip out of each one in turn. When he finishes them, he comes back into the bar and orders three more.

The bartender asks him, "You know, a pint goes flat after I draw it: it would taste better if you bought one at a time."

The Irishman replies, "Well, you see, I have two brothers. One is in America, the other in Australia, and I'm here in Dublin."

When we all left home, we promised that we'd drink this way to remember the days we all drank together."

The bartender admits that this is a nice cus-

tom, and leaves it there.

The Irishman becomes a regular in the bar and always drinks the same way- he orders three pints and drinks them in turn.

One day, he comes in and orders two pints.

All the other regulars in the bar notice and fall silent.

When he comes back to the bar for the second round, the bartender says, "I don't want to intrude on your grief, but I wanted to offer my condolences on your great loss."

The Irishman looks confused for a moment, then a light dawns in his eye and he laughs.

"Oh, no," he says, "Everyone is fine. I've just quit drinking!"

"Well, you see, I have two brothers. One is in America, the other in Australia, and I'm here in Dublin."

CHUCKLES

They're a perfect match. She's a breath of fresh air, and he's long-winded. (Anon.)

A prayer: I want to thank you, Lord, for being close to me so far this day. With your help, I haven't been impatient, lost my temper, been grumpy, judgmental, or envious of anyone.

But I will be getting out of bed in a minute and I think I'll really need your help then. (contributed by Peg Lewis)

I can still remember the first time I

watched my mother cook a Thanksgiving turkey. It was disgusting. Every half-hour or so, she opened the oven, pulled out the turkey, and stuck a thermometer into it. I told her, "If it's that sick, I don't want any." (Wisconsin Chronicle, 1995)

During Neil's freshman year at Brown University, in Providence, R.I., he occasionally served as altar boy at the Catholic mass in the campus chapel. During one mass, Neil neglected to bring out all the things necessary for consecration of the sacrament. Unnoticed, Neil slipped away to retrieve them but was unable to return before the priest needed him.

The priest looked left and right, then out toward the congregation. "Neil" he said. Immediately the congregation dropped to its knees in prayer. (Friend's contribution to Reader's Digest, 1995.)

Marriages are made in heaven. (So are thunder and lightning) (Attributed to Heartwarmers, 1995)

A man in his beat up old car drove up to a tollbooth. The toll collector said, "two dollars."

The owner of the car said, "Sold!" (Julian Price in America Legion magazine)

— Dorothy Zutant



AD LIB

AD-LIB

"Christmas is a coming and the geese are getting fat. Time to put a penny in the old man's hat."

I love to go to the New World Market at Christmastime for presents that are a bit different. Remember? It's the store run by volunteers that sells the crafts of Third World countries --carvings, weavings, china, toys. What most delighted me recently were the many crèches, and how strongly they reflected their ethnic backgrounds. In one from Buddhist Laos, an artisan has substituted a thatched hut on stilts for a stable, tilted the Virgin's eyes and added a water buffalo. Nepal, at the ceiling of the world, creates problems for another artisan. The Holy Family must be protected from the elements. He has wrapped his nativity figures in thick wooly yarn with baby Jesus so heavily cocooned that only the head is visible. In contrast is a crèche from the Philippines, delicate as spun glass and woven from blonde pineapple fibers. Around the world to Africa, a Kenyan has carved a Holy Family - black, tall, thin and dignified as Masai warriors; a parasol held high in lieu of a stable, and the animals - what else? An elephant and a rhino...And there was a surprise crèche that made me smile: a gourd the size of a coconut and hidden inside, a nativity scene. Some clever fellow in Peru hinged the lid to reveal all. Also from Peru were crèches in decorated match boxes. Crèche prices range from \$3.95 to \$99.95.

ONE WORLD MARKET. 1918 Perry St. (just off 9th St., and a block up from Main), Durham

Restaurant News

I keep searching for my ideal restaurant -good French food, intimate atmosphere, attentive waiters, and linen napkins big as blankets. Best Friend gets dragged

from place to place and we have yet to strike oil. Mondo Bistro came close but it folded. Rumor of a new hot dining spot in Chapel Hill found us on West Franklin Street the other evening, sampling what FUSIONS had to offer. The high ceilinged room was a bit large; banquettes lined one wall, a waterfall of ivy the other, and purposeful waiters were hurrying about. The food was somewhat nouvelle (polenta instead of mashed potatoes) but good. BF liked his duck and I my rack of lamb, but only after it had arrived too rare and had returned to the kitchen to have the bleeding stanchied. Nice touches: -freshly baked focaccia passed from time to time, and a live jazz pianist there on a rather erratic schedule.

Both the duck and the rack of lamb were \$17.95.

FUSIONS 454 West Franklin, Chapel Hill. Lunch, dinner and late night menu - Tues. through Sat. Sunday brunch. tel. 933 2411.

Another evening we ventured up Chapel Hill Blvd. to test the waters at OCEAN EMMY'S. What we found was quite surprising. No one! We were the sole customers in an attractive, spacious restaurant with very good food and, needless to add, impeccable service. We settled in and enjoyed an excellent dinner. Best Friend had crab cakes (all crab) and I, crab stuffed shrimp. Why was no one there? The waiter assured me lunch had been busy and after all it was Thanksgiving eve. This is a good place and they could use your patronage.

The crab cakes were \$17.95 and the stuffed shrimp \$18.95.

OCEAN EMMY's - 2505 Chapel Hill Blvd, Durham; lunch Mon. through Fri. and dinner Mon through Sat. Sunday brunch and dinner. tel. 419 1232

"What most delighted me recently were the many crèches, and how strongly they reflected their ethnic backgrounds."

"Rumor of a new hot dining spot in Chapel Hill found us on West Franklin Street the other evening,"

"This is a good place and they could use your patronage."

—Libby Getz



HERE'S TO YOUR HEALTH

Reprinted in its entirety due to a publishing omission.

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 illness. 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. Eventu-

ally, people with Alzheimer's disease may become aggressive or anxious.

A second common form of dementia is known as vascular dementia. Such dementias result from narrowing and blockage of the arteries that supply blood to the brain, or by strokes (infarcts), which cause interruption of blood flow within the brain. People with this type of dementia often exhibit deterioration of mental ability. Paralysis, difficulty with language, and vision loss are usual. These dementias are irreversible.

Depression is often mistaken for dementia in older adults, and conversely dementia for depression. Symptoms of depression include sadness, difficulty in thinking and concentration, feelings of despair and inactivity. When dementia and depression do occur together (which may be in as many as 40% of dementia cases), the intellectual deterioration may be more extreme. Depression alone, or in combination with dementia, is treatable.

There are potentially reversible conditions that may cause or mimic dementia. Among these conditions are brain tumors, head injuries, metabolic changes, thyroid problems, and nutritional deficiencies. Toxins, including chronic alcohol abuse, drugs, or medications may also cause symptoms of dementia.

There are as yet no cures for most dementias, but researchers studying Alzheimer's have made progress, especially in the last five years. New drugs that can temporarily improve mental functions in some people with mild Alzheimer's are now available, and more drugs are being studied. Researchers have also discovered several genes associated with Alzheimer's. In addition, scientists are defining subgroups of dementia and their distinguishing characteristics in the hope of refining treatments.

—Pauline Gratz

"Dementia is the loss of intellectual and social abilities severe enough to interfere with daily functioning"

"New drugs that can temporarily improve mental functions in some people with mild Alzheimer's are now available, and more drugs are being studied"

FORESTER PROFILE

Christine Milburn

If you've been seeing a charming new face in the office across the hall from the Wellness Center, you've been looking at Christine Milburn, our new Social Worker, who came aboard the Forest ship in October.



The change raised anew a question some Foresters who have never needed this service have often asked: "What does a social worker in a continuing care center do?"

The answer is, what social workers everywhere do -- that is, help people who need help.

At the Forest, that covers a broad range of activity, from helping people in various ways during times of bereavement, to arranging the nitty-gritty details of medical care, especially when it involves hospital trips. It's a job requiring patience, superior understanding, knowledge in several fields ranging from psychology to medicine, infinite patience, and (so to speak) a bedside manner that says TLC is available in whatever quantities may be needed.

If anyone was ever cut out for this job, it's Christine. From the time she was growing up in her native Rochester, N.Y., she knew that the only thing she wanted to be was a social worker, and she drove straight toward that goal.

After getting her bachelor's degree in the subject at SUNY Brockport, the state college

near Rochester, she obtained her master's in the field at Adelphi University, on Long Island. Coming back home, she acquired experience as a medical social worker, working especially with children but also involved in other areas.

As has been the case elsewhere on the Forest staff, we owe Christine's presence here to love. Her fiancé, Jeff Gebhard (they'll be married in July) had friends and relatives in this area, and decided he wanted to go into training for the Durham police force, which meant moving here.

At home in Woodcroft, her spare time interests are rollerblading and crafts, but at The Forest, her interest is what's going on in our lives. Her work is divided about 60 to 40 percent between residents with health care problems and the concerns of those who are continuing independent living. Consequently, her job takes her from Holbrook and Olsen to the apartments and cottages. She works with such groups as the one involved with visual problems, and with caregivers. Sometimes the work is with those going through a period of grieving with all its problems, emotional and practical. At other times, it may be matters of adjustment for a new resident. She works with both the Wellness Center and area hospitals. When her telephone rings, as it does so frequently, she knows it will probably be a call for help. To use a contemporary catchphrase, the idea is that no resident needs to feel "at home alone," because help is available. And that, of course, is what social workers do.

"What does a social worker in a continuing care center do?"

KNOW YOUR SECURITY STAFF

Jerry Mitchell



That large, amiable man you see on the 4 to 12 shift is Jerry Mitchell, already known to some Foresters because he is the husband of Laurie, our much admired bus driver.

Jerry's story is one of a hometown boy who traveled halfway around the world, took part in a nightmare event, and soon will wind up

back where he started.

That would be Alamance County, where he grew up, went to school and, still a teenager, went to work in the textile mills for which Alamance is well known. All that changed in 1968,

when he was drafted and shortly found himself serving in Vietnam with an artillery company.

Jerry survived the horror of that conflict better than many other veterans, and after fourteen months in the service, returned home to begin a new career as a truck driver on long distance rigs.

His routes carried him through 48 states, in all kinds of weather and road conditions. Then he found a less rigorous life working in a rock quarry near Chapel Hill. After his marriage to Laurie, the two ran a country store and later were involved in other enterprises before he came to the Forest last June.

The Mitchells have been living in Chapel Hill with their dachshund Oscar, but sometime after the first of the year, they'll be going to a new home in Alamance County and Jerry's odyssey will have come full circle

"Jerry's story is one of a hometown boy who travelled halfway around the world"

Bob Blake's

PUZZLE

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

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

IDEAL CHRISTMAS GIFTS

APRON	CHINA	GLASSWARE	PAINTING	SKIS
ART	CLOCK	GLOVES	PAJAMAS	SLACKS
AZALEAS	COMPUTER	GOLF CLUBS	PEN	SLED
BED SPREAD	CRYSTAL	GUITAR	PILLOWS	STEREO
BLENDER	DETECTIVE NOVEL	HANKIES	PIPE	SWEATER
BLOUSE	EARRINGS	HAT	RACKET	TELEVISION
BOAT	FILM	HOSE	RAZOR	TELEPHONE
CAMERA	FLATWARE	LAMP	RECORDER	TRICYCLE
CANDLESTICK	FRAME	LINENS	ROBE	TIE
CALCULATOR	GAME	LUGGAGE	ROSES	TOASTER
CASH	GIFT	MUG	SHIRT	WALLET
				WATERCOLOR