



THE FORESTER



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

Volume 5 Issue 10

January 1999

INSIDE MARKETING

"Clare is taking this job into the new millennium."

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"A Mr. Yardeni stated that Social Security was way ahead of most agencies in correcting computers"

A quiet revolution has been going on in the Forest's marketing department since Clare Altmann arrived as director in September, the fourth to occupy that office. Her predecessors had built a solid foundation, but with new organization and the help of technology, Clare is taking this job into the new millennium.

What's happening now in marketing is an expansion and redefinition of its functions and services. To use a homely metaphor, it's like overhauling a car that's running well so it will run better and for a longer time. We now have 240 people on our waiting list, and Clare says they are eager to move in. The Forest's reputation, in fact, is spreading. In the North Carolina continuing care community it already has a reputation for being outstanding in two respects: its activities program and

its food.

But the broad-scale reorganization now taking place is directed not only to marketing but to the welfare of new people after they arrive. Clare has set up priorities. The Admissions process is being studied to see how it can be improved. The waiting list will be evaluated to make as certain as possible that those on it really intend to come when called. Marketing materials are being revised and a Web page has been created for people with computers. A new, solid fact sheet will also help.

An innovation now in the works is a welcome program for those who have arrived -- in a sense, marketing to those already here. In fact, there has been no written overall marketing plan in the past, and to create one is now a major project. In preparing a comprehensive marketing book-

(Continued on page 2)



FROM THE FOURTH

It is good to be back at TFAD and to pick up on the issues that concern us. I have heard much discussion about the "Y2K" matter and how we here should prepare.

Certainly, the phrase "Y2K" is much in the news. The papers have it, magazines of all types talk about it, and talk radio can make your hair stand on end. Therefore I was pleased to hear the "Wall Street Week" year ahead program address this issue. There were several experts on the subject who presented slightly different perspectives on it. A Mr. Yardeni stated that Social Security was way ahead of most agencies in correcting computers, but he expressed reservations about major businesses, especially those that have factory supply chains

that call for parts from all over the world. This could cause a slow down with some economic impact.

John Koskenen who is chairman of the President's Council on Y2K was more optimistic. He foresaw only minor economic impact and stated that the national government agencies would meet their target of having all the computers corrected by March. He was not so sure about smaller cities and towns. Both men emphasized that the important thing for all of us who depend on the agencies and companies that operate these computers was to stay informed. We should know by midsummer how nearly the problem is to being resolved.

The Forest is working on its computer systems and should have them all in compliance in plenty of time. I would suggest that each of you

(Continued on page 10)

The Forester

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

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Publisher.....—.....Bernard Bender

Editor..........John Tebbel

Editorial Assistants:

Marjorie & George Chandler, Ellen Dozier, Libby Getz, Pauline Gratz, Jean Weil, Dorothy Zutant. Bob Dunham, Virginia Jones

Art&Word Puzzle:.....Bob Blake

Photographer:Ed Albrecht

Publishing Assistants: Bess

Bowditch, John Getz, Jane Jones, Carolyn & Bloss Vail, Dorothy Zutant, Ellen Dozier, Molly Simes, Marion Bender, Evebell Dunham

"Steve called and asked if she would be interested in coming to the Forest"

EDITORIAL

When we asked for contributions recently, we didn't expect our readers to be as generous as they turned out to be. We have an embarrassment of riches and a shortage of space, so we extend apologies to those not represented in last month's issue or this one. First of all priority is assigned to articles written by residents themselves. Then the choice can not always be based on merit but on what fits our space. Please be patient. With any luck at all, everything will appear eventually. Thanks for your patience and understanding.

--The Editor

(Continued from page 1)

let, Clare is getting the help of three Foresters: Beth Upchurch, Peg Lewis, and Lois Watts. Foresters will hear more details when Clare speaks to caucus meetings in February.

The woman responsible for Marketing's new look found her way to it by a devious route, but there was also a certain inevitability about it. When she was born in Hamilton, a small upstate New York town, continuing care centers were far from being the growth industry they now are, and few people thought of careers in that field. Clare moved south after her first year when her father took a new job as development director at the North Carolina School of the Arts in Winston-Salem. She grew up there, attended its public schools, and graduated from North Carolina State. Her first job suggested the future: working for a medical company in Research Triangle Park. After suffering I-40 traffic for a while, however, Clare knew RTP was not for her.

At that point there was a detour. On New Year's eve, 1991, she married Heinz Altmann and went with him to Fall River, Massachusetts, where he was in the textile business. After a year in

TO OUR CONTRIBUTORS

this dying old town, Heinz found a new job in Hickory, N.C., and there the couple lived for five years while Clare worked in development at Appalachian State. Later she worked in her first CCRC center in Newtown, where she was marketing director at the

"The woman responsible for Marketing's new look found her way to it by a devious route, but there was also a certain inevitability about it".

Abernathy Center. That brought her into the statewide circle of people in the same business, and among those she came to know was Steve Fishler. On a summer day last year when both were vacationing with their families at separate beaches, Steve called and asked if she would be interested in coming to The Forest. The rest, as they still say, is history.

Away from the Forest, Clare lives with her husband and two-year-old daughter, Katie Gray, as she's called. Clare loves skiing at the family lodge in the Seven Devils country, and plays tennis in the summer. In between all the above she still find time to read. That's marketing!

MISS DOVE TAKES ANOTHER ROW

When Frances Gray Patton (our own "Fanny") created her fictional school teacher Miss Dove in 1947, she was gratified to see the lady become nearly a household word as "Good Morning, Miss Dove" became a best seller and a movie. But her heroine has turned out to have a long life. She keeps reappearing from time to time, most recently in a Washington Post story about world financial markets by Clay Chandler, who recalls the episode in which the redoubtable Miss Dove saved a run on a local bank during the Great Depression. It was quite simple. While a line of anxious depositors waited to draw out

their cash, which would have precipitated a ruinous run, she simply talks the teller to death while depositing her monthly check, with the kind of familiar small-town small talk everyone can relate to.

By the time she's finished, the banking day is over and the run is averted.

Chandler notes such nostalgic references in this incident as "green baize shades" and the bank's closing at 3 o'clock. "It's enough," he concludes, "to make one pine for the good old days when financial transactions were slow and clumsy. Miss Dove, where are you now?"

"recalls the episode in which the redoubtable Miss Dove saved a run on a local bank during the Great Depression."

SOME THOUGHTS ENGENDERED BY THE WASHINGTON POST AND MISS DOVE

Frances Patton's staunch Miss Dove
Fought her fights without a glove.
In the Great Depression she
Conquered with garrulity.
At teller's window there she was
The crowd behind did fuss and buzz
They wished to take their funds away
But Miss Dove knew they'd rue the day
And do much harm. With her firm will
She saved the bank by standing still.

Unfortunately we today
Have no such heroine to stay
Our cherished funds from being global.
They flit from Rome to Constantinople
With lightning speed the fiscal arrow
Then shoots to Rio de Janeiro
And on to Minsk and who knows where
No one can say "My money's THERE."
Whisk! zoom to Oberammergau
Before we've time to check the Dow.
In theory speed should encourage growing
But where the hell are my assets going?
And oh how much we have to know

Of who said "yes" and who said "no."
And rumors. Can you really tough it
To hear of the scowl of Warren Buffet?

How often does your knowledge come
From thought or "Hrrmph" of a crumb
That fell from lips of some fat clown
Whose murmur shot the market down.
Surely it wasn't God that sent
Long Term Capital Management.
Rebellion rises in my soul
To live unsure is not my goal.

I'll stand no longer the vain chase,
I want my wampum in one place.
Comrades, arise and turn your backs
On Merrill Lynch and Goldman Sachs.
In mattress safe your shekels stow,
Then where they are you'll always
know.
I think Miss Dove would recommend
Such sage advice giv'n by a friend.

—Edith Duffey

"But Miss Dove knew they'd rue the day And do much harm."



ELDERHOSTEL CORNER

SUMMER ACADEMY

You will find in the Elderhostel international catalog descriptions of a number of courses offered by British Universities under the Summer Academy program. These are not Elderhostel

programs. They are developed and run by the universities themselves, with advertising and enrollment being handled

through a central office at the University of Kent in Canterbury. They are made available to Americans by Elderhostel, but can also be subscribed to directly through the Canterbury office.

Because these are actually British-run programs, the majority of the participants will be British, with a sprinkling of continentals. In many instances, Elderhostel is allocated a quota, and the proportion of Americans will be limited. We appreciate this because it means that you will meet many people of other nationalities.

Summer Academy courses are for one week, and the price includes full board and, generally, single-room accommodation with private bath in a university residence. One course is offered, not three as in the normal Elderhostel domestic program. We have found the

courses to be somewhat more academic and comprehensive than those we have encountered on recent Elderhostels in this country. All include lectures by experienced and competent academics, and most feature as many as three field trips. We have found the teaching, accommodation, and food almost universally of high quality.

We can recommend from personal experience Summer Academy courses at the Universities of Exeter, Durham, Sheffield, and East Anglia (Norwich). The Hadrian's Wall courses at Durham and courses on Jane Austen and on the Archaeology of Dartmoor at Exeter were particularly outstanding. We had a superb course in Shakespeare's comedies at Oxford but were not very pleased with the accommodations at Keble College. Other Forest residents have had good experiences recently at York University and the University of Kent.

If you enroll in your course through Elderhostel, their travel agent will arrange for your transportation overseas if you wish. If you enroll through Canterbury, travel arrangements are entirely up to you. Should you wish to arrive at the university before your course begins, or to remain after it ends, you can generally do so on a "B and B" arrangement at a fairly reasonable price.

— George Chandler

"We had a superb course in Shakespeare's comedies at Oxford"

"We have found the teaching, accommodation, and food almost universally of high quality"

READING POETRY AT THE "DO-IT-DOWN-TOWN" STREET FAIR

A poem's not at home in every place,
It needs attention from the passers-by,
Not ones that listen to "Amazing Grace"
Or to the hot dog hawkers as they cry.
A poem needs someone to think a bit
About the message that the poem tells.
It can't compete with drums, that we admit,

Or saxophones, or a balloon that swells
Against its strings to ride the gentle breeze
Above the mall. "Buy Luther's Bar-B-Q."
Buy, eat, you don't have time to listen? Please
Ignore the cloggers, just a few of you.
I've learned a lesson on this pleasant street,
A poem's not for everyone you meet.

— Susan Rose

A NOTE TO 2701 CLUB MEMBERS

When the 2701 Club was conceived six years ago, its purpose was twofold: one, to provide speakers from the local area who would talk on subjects of interest to residents; and two, to provide a social period in which residents could become better acquainted. Thus, the 9:30 breakfast, followed by a meeting, came into existence.

Charges to residents remain the same. Annual dues are \$3 per person. There is also a meeting charge of \$1 per person for members and \$2 per person

for non-members. These charges apply even if residents do not choose to participate in breakfast.

How are the funds of the 2701 Club spent? It should be noted that while the meeting charge for members is \$1, the charge for the 2701 Club is currently \$1.25 per person. Small honoraria and meeting notices are additional expenses. By committee approval, the surplus in 1998 was given towards the purchase of two hand-held microphones, and a "no charge" Christmas meeting.

"How are the funds of the 2701 Club spent?"

POETRY CORNER

NEW YEAR THOUGHTS

As long as men wonder
about flowers and humming birds,
computers and moon trips,
Miss Muffet's whey and curds;
As long as people care
about different folk on the earth
pots of gold at the rainbow's end,
the miracle of birth;

As long as creatures strive
with joined hands, put malice aside,
this old world will keep spinning and
Happy New Years abide.

—ellen cheek dozier

POETIC LICENSE

Limericks

A zebra who danced on her toes a lot
Fell in love with a middle-aged ocelot.
She is striped while he's spotted,
But still she's besotted;
She's impressed because he thinks he knows a lot.

A loud-mouthed violist named Gino
Had to wear an out-sized Borsalino.
As his head was so fat,
And he talked through his hat,
His wife made him speak *con sordino*.

—George Chandler

TIME TO MOVE

The order has come down from higher up
To us who felt secure in times less lean.
It catches us whose ever-flowing cup
Was running over, so we thought. I mean
The private parking places, hardwood doors.
The pecking order has been shortened so
The lesser number must accomplish more.
I do not know how far the cut-backs go.
Says C.E.O.: "Six levels is enough.
Decentralize in order to improve
Efficiency. The market place is tough.
To raise our stock, down-sizing is the move!"
Nobody spends a lifetime in one place.
I order me to say good-bye with grace..

—Susan Rose

CLIPPINGS

Winter is here! The roses have been trimmed, most trees are bare, but the pansies are blooming. We are all trying to get into the 1999 routine. As of the first of the year, **Sharon** has reorganized her exercise classes. The number of participants has increased. Perhaps we are all trying to rid ourselves of the pounds added during the holidays. And speaking of holidays, weren't the decorations around The Forest, indoors and outside, attractive? Residents in the cottages and in the main building did themselves proud with lights, greens, and red ribbon. There was a festive mood throughout! It was so nice having the families here for the holidays.

Many residents traveled in spite of the treacherous weather. The **Footes** were caught and had to hole-up in a motel on their Nashville trip, but the **Whittles** stayed on the storm's edge, going to Virginia Beach...The **Lights** and **Helen Albrecht** each visited family and friends near Philadelphia, while **Lucy and Ray Blackman** did the same in Buffalo...**Peg Lewis** braved the upstate New York weather, and the **Northwoods** went to their daughter's home in Connecticut...**Amy Simes** came from Frostburg, MD, to spend Christmas with her parents, as did **Greg Kent** from Winter Park, FL...**Betsy Close's** daughter, Liz, from Massachusetts, and Julia, daughter of **Grover and Barbara Smith**, were here...**Ginny Koelle's** daughter and granddaughter arrived safely... The family of **Ailene Harmel** came too...Patrice, daughter of **Carl and Ruth Patterson**, took the prize for the most horrendous journey from Canton, NY, through Ottawa, Philadelphia, Boston, and finally RDU 40 hours later

Betty and John Gray made a quick trip to NYC for the theater, then off to Seattle for Christmas with family...**Phil Sellers** was in Seattle, too...**The**

Fines were in New York...The **Getzes and Louis** cancelled their trip to the Tides Inn in eastern Virginia, but the **Guys** with Toby, and **the Dunhams** without a dog, arrived only to be sent home Christmas Day due to no power, no water, no phones, and thick ice! **Ellen Dozier** skipped her annual train journey to Charlotte but flew to Washington DC to visit daughter Ann instead...**Mary Ruth Miller** and **Jenn VanBrunt** headed south to Florida, as did the **Goldthorps**...**Carolyn and Bloss Vail** had to miss a day at Litchfield Beach due to the weather but managed some golf there later...**Aileen Schaller** was in Alabama with her sister's 11 grandchildren! And **Lois and Art Watts** had a magic 11 here with them...**Chris Hamlet** drove to Asheville...**Azalea and I** stayed right here but we didn't learn of all the goings and comings of Foresters....Can you believe it? **Don and Mary Ann Ruegg** stayed right here but will be off again shortly...**Muncasters** had family here from Detroit, and **Swigers'** group came from Brooklyn.

Mary Plumb's son-in law breezed into the living room one evening at dinner time to serenade us with "I'll be Home for Christmas" on the piano...**Lars Larson** experienced extreme cold north of Toronto, while **Nancy** was just cold in Cincinnati...**Georgia Campion and Mary Walters** included **Louise Goshorn** in their family gatherings...**Stewarts'** son, Gordon and Gret, stopped by on their way to the Peach Bowl in Atlanta...**Jane Curry's** son was here from South Carolina, and **Mildred Fuller** journeyed to Winston-Salem...Dozens of packages, mostly fruit, were delivered by staff to residents. Many of us benefited from the largess.

New Year's Eve seems so long ago! Those of us who attended Casino Night in the Auditorium had a great time,

"Many residents traveled in spite of the treacherous weather"

"There was a festive mood throughout! It was so nice having the families here for the holidays."

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(Continued from page 6—clippings)

thanks to **Lucy, Robin, Glenn, and Sharon. Bruce Burns, John and John Friedrich Jr., Gene Whittle, P.J. Burns, Evelyn Doyle, Earl Davis, John Grant, Ray Blackman, Steve Fishler, and Vicki and Cheyenne** with their husbands acted as dealers and croupiers at the roulette, blackjack and craps tables. Las Vegas- watch out! Dining Services arranged elegant food, and Fidgety Feet provided "our kind of music" before **Lucy Grant** awarded the many prizes. **Ruth Nash** was the big winner of a bottle of champagne plus \$100 off on an upcoming travel adventure. The **Heroy** family provided the symbolic Father Time and '99 baby.

While all of this was going on here on New Year's Eve, the **Benders** were in NYC attending the wedding of their son....**Priscilla Squier** was off to Hawaii for her sister's wedding....**Jennifer Bowes** will soon be leaving for a stay in

Florida...Elderhostlers **Jean Mason and Betsy Close** enjoyed all that Williamsburg had to offer...**Margarette and George Nance and Helen Corbett** are in their glory with basketball season in full swing...Some residents go out on the town to view movies. Three days in succession for one buff. Rose and I searched the screen showing "Patch Adams" to find **Eleanor Kinney and John Friedrich**. Too bad if they are on the cutting room floor...Good use is being made of the bar these days. One evening an overflow crowd moved to the PDR, while another time, a group settled in the living room...**Edith Bulkley, Bob Northwood, John Getz, Don Bernard, and Jean Weil** have had or hope to have replacement bones!...Let us hope that all those folks who were under stress during the holidays can breathe a sigh of relief now that the rush is over.

—Rose and Azalea Bush

"Dining Services arranged elegant food, and Fidgety Feet provided 'our kind of music' before Lucy Grant awarded the many prizes"

LIBRARY NOTES

I have been asked to write an article about the Library for new residents so I will do the same for everyone. Maybe you do not know all the interesting information in our Library.

The Library is a recreational reading Library, not a reference Library, so don't expect to be able to search for esoteric material here. We do have a computer that will connect you with the Duke Library or the Durham Library if you really need to know.

As you enter the Library you see a lovely room full of many books. All of the books have been donated by our residents. Some of the books are old, but many of them are modern "best sellers."

The central table is for ephemeral material such as newspapers, pamphlets, etc. You may look at whatever is there, take it with you (no need to return) or read it in the room.

On the right as you enter the room are two sections of books about nature, flowers and animals. Next to the nature books is a collection of audio tapes. Some books, some hu-

mor, even the Bible are in this group.

Then the next group of books are the fiction books. At the end of the fiction books are the mysteries. The back wall has a collection of biographies that have many recent best sellers.

Next on the back wall there are groups of books about art, music, antiques, military history, and short stories. For Civil War buffs and other military people, this is important. Going along the right side wall we have English literature, sports, cooking, philosophy, religion, North Carolina information, and travel books. Behind the desk on the right side are the reference books, encyclopedias, dictionaries, atlases, and general information.

—Jean Weil

(continued in next issue—)

"As you enter the Library you see a lovely room full of many books."

In Memoriam

Marian Everett **Dec. 9**

Ruth Watson **Dec. 19**

We welcome these new residents to The Forest



Marion Patton #3016
419-0406



Shirley Marti #3032
402-1878

BOOK NOTES

Not many first novels get the kind of international sendoff that Julie Parsons' "Mary, Mary" is about to achieve. It isn't due until March in this country, but it's already in print in the U.K. and Ireland, and will soon appear in Germany, Spain, Italy, Sweden, and Japan. So what's all the excitement about? Parsons, an Irish television talk-show producer, is giving us a moving, completely absorbing story about the relationship between mothers and daughters. It's the story of Dr. Margaret Mitchell, a well known Dublin psychiatrist, who emigrates to New Zealand where she founds a mental health center, then returns to Dublin to care for her dying mother, only to have her own daughter, Mary, disappear. What happens then is told in beautifully paced and plotted scenes, with shifting viewpoints. The fresh plot is full of vivid episodes. It should be worth waiting for.

With so much of our time spent glued to the tube these days, it's always refreshing to read about what's happening on the other side of the screen. Viewers who see Lesley Stahl on CBS's Sunday night "60 Minutes" may be curious about the woman behind that lovely face. They

can find out in "Reporting Live," her just published memoir. This fast-paced narrative not only tells us about Lesley's personal life, but her view of the history she's covered that began with President Carter and continues today.



Basketball fans, who seem to be as numerous as biscuits in this part of the world, are going to have this month something to keep them occupied and happy when March Madness ends. Just published is

"Four Corners: How UNC, N.C. State, Duke, and Wake Forest Made North Carolina the Crossroads of the Basketball Universe," by Joe Menzer, a sportswriter for The Winston-Salem Journal. Menzer's prose may not be literary, but then it shouldn't be, and he will tell you everything you ever wanted to know about basketball in North Carolina. It's all here---the great coaches, the great teams, the great moments, the great madness. Golfers may pass by on the other side

"Four Corners: How UNC, N.C. State, Duke, and Wake Forest Made North Carolina the Crossroads of the Basketball Universe," by Joe Menzer

— John Tebbel



AD-LIB

As I hurtled through space, one thought kept running through my mind — every part of this capsule was supplied by the lowest bidder." John Glenn

Here on earth I am concerned with a more mundane form of transport - the bus. For this I needed to pick Rose Leavenworth's brain. Some pick! Rose is very knowledgeable about many things, and she is certainly our point lady on the Durham bus system. As a young teenager, Rose said, the Chicago buses opened new worlds and she has been bouncing around on buses ever since: in Vancouver, California, and Texas. She was appalled when she came here to find there was no bus service in the vicinity of The Forest. Nelson Strawbridge had tried. Lucy Grant had tried. Then Rose tried and tried and tried. Finally, last August, a lovely DATA bus stop sign blossomed right outside our gates.

For 35 cents, a senior can ride from Pickett Road to South Square, up to Martin Luther King Drive and down 15-501 to New Hope Commons, Lowe's, or Blue Cross/Blue Shield. Transfers can take you to Chapel Hill or Raleigh. For more information there are pamphlets under the mailboxes, or engage Rose in conversation. Two qualifiers: you must be able to climb the hill and hop the bus.

Noticed in the Forest confines, two clever vanity plates: "Heavens 2" - car owner Betsy Barnard "XXXIII" - car owner Don Ruegg, Cottage 33

Hint: Those of you making greeting cards on computers might like to know that Kinkos (9th Street) has envelopes that fit the cards.

Restaurant Notes:

SITAR INDIAN PALACE

Curry is not for the timid gourmet, but those of you weaned on Tex-Mex should be able to handle it. We were delighted to find an excellent curry restaurant in the neighborhood last week.



When you cross the threshold of the Sitar India Palace, you sense you're in another, slightly exotic world — soft lighting, soft atmosphere, with a hint of curry in the air and an echo of sitar music in the background. Anthony, the Indian co-owner, arranged the service and explained the menu. The fires are banked for mild curry, but stirred up for the medium-hot and hot. A small dish of pappadams with dips is placed in front of you while you order drinks. Our curries, which arrived with rice and mango chutney, were excellent. These we washed down with native beer. Next time, and there will be a next time, I want to try some of the Tandoori special dishes. Incidentally, the Indian for curry is vindaloo.

You can have chicken, lamb, beef, shrimp or goat vindaloo. Prices range from \$10.95 to \$14.95. The restaurant is also open for lunch, with Indian buffet.

Sitar Indian Palace - Regency Plaza, 3117-D (two doors from Kroger's) Tel. 490-1326.

JOE'S CRAB SHACK



If you're looking for intimate atmosphere, this restaurant is not your bag. We've chalked up our visit there as an adventure in eating. Alice-like, I felt as though I had fallen down a shaft and landed at the bottom of the ocean. A huge, white rubber shark and other sea creatures floated near the top of the ceiling, and crabs, lobsters, and shrimp threatened us at eye level. Where there wasn't a creature there was a net. Our table decor was a large tin bucket and a roll of paper towels. Unrelenting rock music pounded our ears. The atmosphere was one of studied chaos. Somehow a waiter materialized, then dinner. Best Friend liked his shrimp. My lobster tail was tough. I suppose if you're young and want to eat cheap this place is for you. You can have dinner - fish or seafood, fries and slaw - for \$8.99. They do not take reservations. Expect a pretty long wait to be seated. Leave your necktie at home and bring your ear plugs.

Joe's Crab Shack, 3724 Chapel Hill Blvd., Durham, Tel. 402-8820..

—Libby Getz

*"you sense
you're in an-
other, slightly
exotic world —"*

*"I suppose if
you're young
and want to eat
cheap this place
is for you"*



HERE'S TO YOUR HEALTH

HERE'S TO YOUR HEALTH

Although we are approaching the prime season for falls, among older people falling is a year round hazard that can be costly, frightening, debilitating, and sometimes life-threatening.

One in three adults 65 or older falls each year. Among those over 75 who live independently, a quarter of the falls result in a serious injury. Falls are the immediate reason for 40% of all admissions to nursing homes, and they are the sixth leading cause of death for people over 70.

Even when an older person is not hurt by a fall, the result may prompt a restriction of activity and mobility due to a loss of self-confidence which leads to a decline in independence. Restricted activity also leads to a decline in physical strength which further increases the risk of falling.

Research indicates that nearly a quarter of falls occur at night, usually when people leave their beds to use the bathroom. Another quarter of falls were attributed to physical conditions like arthritis, loss of balance, dizziness, and knee buckling. Many older people have poor vision or some chronic ailment that can contribute to the risk of falling either directly or indirectly. In addition, medications given to many older people to counter depression or insomnia can result in disorientation, grogginess or coordina-



tion difficulties that add to the risk of falling.

Many measures to help prevent falls are easy to put into effect. To fall-proof the environment, be sure scatter rugs are tacked down; keep walking areas clear of obstacles like shoes, footstools, and wastebaskets; avoid slippery fabric on beds, chairs and sofas; wipe up all spills on floors immediately and thoroughly; equip the commode with grab bars; cover the floor of the tub or shower with a large bath mat or glued-on nonslip strips; place night lights along the route from the bed to the bathroom and leave a light on in the bathroom during the night.

Symptoms like dizziness and loss of balance should be brought to a physician's attention. If the symptom is due to illness, getting proper treatment may reduce or eliminate it, and if to medication, changing the dosage, administration schedule, or type of drug will often help. The correction of sensory defects such as vision impairing cataracts or hearing loss is also helpful.

The best way to prevent falls and fall-related illnesses is to minimize the loss of muscle strength and flexibility that occurs with age and infirmity. To rebuild the strength and flexibility of older people, studies show that strength training like lifting weights can be invaluable. Older people, even with multiple chronic ailments, can significantly increase their ability to climb stairs, rise from an armless chair and walk relatively briskly through strength training.

— Pauline Gratz

"One in three adults 65 or older falls each year. Among those over 75 who live independently, a quarter of the falls result in a serious injury."

"Research indicates that nearly a quarter of falls occur at night, usually when people leave their beds to use the bathroom."

(Continued from page 1—4th floor)

ask the companies and agencies with which you deal about their progress in converting computers for the millennium date. Several articles have mentioned that one should be sure to keep records of all financial transac-

tions this year. Make sure receipts are legible or make a note of such transactions if a receipt is not given. The key is to stay informed and to keep alert to the information coming from both the government and private companies. —Peg Lewis

KITCHEN: II

When he was only three years old, our new Executive Chef, Paul Schaefer, found himself in the family kitchen. Already he knew what he wanted to do. He wanted to cook. Blessed with an understanding mother, he began learning at an age when most youngsters are battling for indigestible cuisine. Not Paul. He simply loved food and the preparation of it.

Consequently, it was something of a shock when he graduated from high school, went into the Army, and found himself assigned where he'd always wanted to be, in the kitchen, but in one where Spain a l'orange was not even a possibility.



Out of the Army at last, Paul still had his dream of cooking real food, and his intent was to travel around Europe learning the secrets of foreign kitchens. Instead, he got married, but nevertheless began the usual apprenticeship. Before long, he had

worked in the kitchens of three of the best restaurants in Washington, D.C. later he moved farther south to our neighborhood, where he was chef at the Carolina Country Club, the University Club, the Raleigh Hilton, and three years at the Croasdaile Country Club before he came to the Forest six months ago.

Paul likes this job better than any of the others because he has something he never had before - every other weekend off and this year will be the first Valentine's Day ever that he hasn't worked. All this means more time to spend with his wife, Holly, and their three-year-old daughter, Courtney, who is the apple (to use a culinary metaphor) of her father's eye.

At The Forest, Paul presides

over a staff that includes eight chefs and twelve highly skilled utility workers, besides the dining room personnel. When this staff is in full swing, The Forest kitchen is like the fabled Inferno, minus Dante. The noise is ear-rending as the chefs perform their duties and the utility workers move supplies from place to place, doing "an incredible job" as Paul says. A waiter or waitress moves back and forth from ear-shattering seeming confusion to the orderly quiet of the dining room--two vastly different worlds.

Most Foresters agree that Paul has already made a difference in our cuisine and he still has dreams. Realistically, he knows it's unattainable, but he would like to make eating here a dining experience equal to that of a first-class restaurant. Some of the ingredients to make the dream come at least partly true are already there. For example, the quality of food is high, and contrary to some beliefs, only 5 percent or less is pre-packaged. Most of the cooking is done right here, with carefully selected ingredients from trusted providers.

As those who have met him are well aware, Paul is good at communicating with his clientele and hopes to work toward his goal with the help of residents who contribute recipes, criticism or whatever. The renovated salad bar has been a forward step, and we can count on further improvement all along the culinary line as time goes by. Everyone knows that the problem of getting and maintaining a staff at necessary levels is a major problem in this tight labor market and we'll have to live with that problem for a while. But overall, the ship Paul is running seems headed toward new shores of culinary delights that will make eating at The Forest like well, maybe not the Magnolia Grill, but a country mile away from institutional food..

—John Tebbel

"Out of the Army at last, Paul still had his dream of cooking real food"

"The renovated salad bar has been a forward step"

Bob Blake's

PUZZLE

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

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

HAS THE MAIL COME?

ADS	COIL	LABEL	POSTERS	SERVICE
BILLS	COMMEMORATIVES	LETTER	RATE	SHEET
BOB	DELIVER	LICK	RECEIPT	SIGN
BOX	DON'T BEND	LOST	REGISTER	SLOT
BUNDLE	DESTINATION	MAIL	RETURN	SORT
CANCEL	FORWARD	METER	RURAL	SPECIAL
CARDS	FRAGILE	OFFICE	SACKS	STACK
CLAIMS	HANDLE	OPEN	SCALE	STAMP
CLASS	HEAVY	PACKAGE	SCHEDULE	TRUCK
CLERK	JUNK	PERMIT	SEALED	WEIGH
COD	KEY	PLATE BLOCK	SEPARATE	WRAP
				ZIP