



# THE FORESTER



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

Volume 5 Issue 11

February 1999

**"Diane's task was  
how to deal locally  
with a severe national  
problem that shows  
no sign of  
diminishing"**

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recent developments  
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improvement of  
resident and  
management  
relations".**

## INSIDE HEALTH CARE

To many Foresters, our two health care divisions, Olsen and Holbrook, are more or less familiar places, where they do volunteer work, visit friends, or have been patients themselves. To most, however, they represent a comforting assurance that if the day comes when we need them --- they're there.

Olsen, for skilled nursing patients, has twenty beds and eight others for special needs. A floor above is Holbrook, for assisted living, with places for 22 adult care patients, and eight others requiring skilled care. Presiding over this domain is Diane Long, Director of Nursing, who has been on the job more than five years now, almost from the Forest's beginning, and is responsible for its remarkable climb from a precarious "holding on" opera-

tion at the beginning to a well functioning community today.

Diane's task was how to deal locally with a severe national problem that shows no sign of diminishing. Skilled nurses, and assistants as well, are a scarce commodity everywhere in the nation - in hospitals, continuing care centers, nursing homes, wherever they're needed. There are simply not enough of them to go around. Slowly, and sometimes painfully, Diane has finally pulled the Health Center up to a level of admirable efficiency, through ingenuity, persistence, and refusing to be second-rate in spite of all obstacles.

Simply to have the proper number of people on the job when a new shift begins is a primary difficulty in all nursing situations, and Diane is proud of the fact that six of her staff have perfect attendance records. Thirty-seven

(Continued on page 3)

## FROM THE FOURTH



There have been two recent developments that demonstrate the improvement of resident and management relations. First is the scheduling of regular Finance Committee meetings between the finance staff and the Residents Finance Committee. These meetings will be held quarterly after the quarterly financial statement is issued. In addition, there will be two meetings a year between the Board Finance Committee and the Residents Finance Committee. Meetings in and of them-

selves do not solve all our problems, but at least we will stand a better chance of influencing the financial situation if we meet regularly with the staff and the Board.

The second development is one that many will welcome. Two residents, Libby Getz and Jean Mason, have been added to the management decorating committee. This is the first time in which residents will serve on a management committee. The committee will be deciding which areas in the Forest need redecorating or touching up.

(Continued on page 3)

**The Forester**

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

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

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**EDITORIAL**

If there's one thing we all have in common it's memory --- often faulty these days, to be sure, but every individual is a storehouse of memories in infinite variety. Some memories we like to recall. As the old truism goes, "everybody has a story to tell," and most of us, as the very late Jimmy Durante used to say, have "a million of 'em."

The Forester hopes to tap this vast storehouse of memories through a new column scheduled to begin next month, which we tentatively title simply "Memories." We invite your contributions. It can be any kind of

memory you like, and we hope no longer than 300 words. If, for any reason, you want to be anonymous, just say so. Put your contri-

*If there's one thing we  
all have in common  
it's memory*

bution in the editor's box, # 4 0 3 3, and he'll do the rest. We hope this

is an idea that will open many doors. You have only to turn your memory knob, and let us look inside.

—John Tebbel

**LETTERS TO THE EDITOR**

Is it naive at 80 years to still be thrilled with a visit to our nation's Capital? It has been too many years since I last visited there. A few of us TFADers went there on a Southern Leisure Tour, ostensibly to see the VanGogh exhibit at the National Gallery of Art. I did not anticipate the emotional impact that the places we visited would have upon me.

To be sure, our Capital is a mass of concrete or marble, the traffic is noisy and overwhelming, the sky is subjected to almost constant jet roar, and everywhere you go is jam-packed with sight-seeing human beings like me. Still, everywhere you look, there is beauty and grace -- and an awesomeness for all this mayhem represents.

Yes, I felt a spiritual renewal of hope and trust in the future of our great nation, and I am going to dream about another trip there.

—Florence Manning

Those of us who have dogs know that we are responsible for them. We also know that there are a few rules here at the Forest that must be obeyed concerning our animals, namely, they must always be on a leash when taken out and the owner is responsible for cleaning up after them--no exceptions! Someone (?) is NOT cleaning up after their large dog takes a "poop"! I wonder how long it will be before we all have to MOVE our campus because someone refuses to pick up after their dog? I'm getting sick and tired of picking up after YOUR dog. I know who one of you is because I've been watching for you. If you don't start cleaning up after your dog, next time I will name names! Forewarned is forearmed. The only place you don't need to clean

up after your dog is in the deep leaves down around the pond.

The employees who park along the road around behind the main building are very careless in throwing trash out of their cars. Every day I pick up candy wrappers, paper cups, gum wrappers, Kleenex, etc. Please be more careful in the future. Those who work here should feel like those of us who live here. I'm proud of our beautiful grounds and want to keep them looking clean and beautiful! Picking up your trash might be good for my waistline, also the dog poop pickup, but I'm NOT on the Forest payroll and I'm getting tired of being the cleanup person around here. Please do your part to keep our campus pretty and clean.

De Ette Strawbridge

(Continued from page 1—fourth floor)

The professional decorator will make recommendations and the committee will have a say in what ways those suggestions will be implemented. Libby and Jean will report to the Residents Building Committee and will be members of that as well.

I have asked each resident committee chair to discuss with the managers of the various committees recommendations for next year's budget. If

residents have suggestions, they should send them to the relevant committee or bring them to caucus meetings. All chairpersons should send them to the Finance committee by mid-March. This year all recommendations for additional equipment or services and ways of saving money will be channeled through the Residents Finance Committee, which will then coordinate them for presentation to management.

Peg Lewis

(Continued from page 1—health)

of her staff have been with us for more than two years. Where once often unreliable temporary help had to be employed, the Center has had no temps for seventeen months. High performance standards have been set and met.

The Center is not a fix-all for everything, Diane points out. "That is not a nursing function," she says. One such function is to serve food and help patients eat it, if need be---part of an overall purpose to maintain quality of life. Staff members wear name tags and are part of a family, helping each other as well as patients. "Every day," says Diane, "someone goes beyond the call of duty to make things work for the patients." "The bottom line is not how things look but how things work in terms of care," she says. "If we

make a mistake, we acknowledge it, correct it, and go on to the next issue."

***All kinds of incidents turn up in the daily report, but falls top the list***

All kinds of incidents turn up in the daily report, but *falls* top the list. Then there are those temporary patients recovering from hospital stays, and those suffering from long-term problems.

High standards have been set for the entire staff and Diane maintains them with the help of her two supervisors ("excellent" she says, in a tone implying understatement): Mitzi Goodwin and Angela Wynne. "We have a quality team," says Diane, "whose members communicate with each other as well as with the patients."

by John Tebbel



## CHUCKLES

—Dorothy Zutant

### Silly signs seen while traveling.

Auto Repair Shop—Body parts wanted.

Tire Company—Our tires will give your car good traction on wet roads. We "Skid you not."

Sign on Bill Rohrhurst's door (2007)

You know you're getting old when happy hour is getting a nap

A diet is the penalty we pay for exceeding the feed limit.

Now that I've gotten it all together—I've forgotten where I put it.

An epitaph seen in a cemetery in Hartscombe, England

On the 22nd of June  
Jonathan Fiddle  
went out of tune.

Answering machine message:

"Hello, you are talking to a machine.

My owners do not need Aluminum siding, magazines or newspaper subscriptions, windows, hot tub and their carpets are clean.. They give to charity through their place of employment and do not need their picture taken."

(contributed by Peg Lewis)





## ELDERHOSTEL CORNER

### Costa Rica

Costa Rica is a country with no armed forces - no army, no navy, no airforce. The government is committed by law and tradition to conservation and to protecting the environment. In addition, there are many private individuals and organizations working toward these same goals. Does this seem like paradise?

Our recent Elderhostel program (17 in the group) was called

*Our recent Elderhostel program (17 in the group) was called "Managing Paradise."*

"Managing Paradise." We visited several national parks and other natural protected areas, looking for birds, plants and other wildlife. Here's a sample:

Monteverde Cloud Forest: 5,000 feet above sea level, a forest dripping in mist, with ferns and epiphytes galore. We saw the resplendent Quetzal here.

Palo Verde National Park: a dry forest region where, at the end of the dry season, March, the trees have lost their leaves and the grasses are brown - an incredible contrast to the rain forest, only a short distance away. Here we saw croco-

diles, iguanas, water birds (roseate spoonbills, for example) and sloths.

Hacienda Baru: an environmentally friendly private development on the Pacific. The owner has a project to protect the Ridley sea turtles. We were lucky to be there on the day baby turtles (about 70) hatched from their nest, and we were able to release them on the beach and watch them get out to sea. Exciting, believe it or not.

*Everywhere we went, we had lectures and hikes and bird watching,*

Las Cruces Biological Station: Wilson Botanical Garden. This is run by the Organization for Tropical Studies, supported by 33 universities in the United States and Costa Rica, including Duke. Here was an incredible array of tropical plants as well as many colorful birds.

This is just a sample. Everywhere we went, we had lectures and hikes and bird watching, and, for those of you who are interested, as we are, in mundane things, our food was good and lodgings first class.

PS: Some of the birds we saw were humming birds, toucans, fly catchers, motmots, trogons, parrots, hawks and macaws.

by John and Betty Gray

## Poetry Corner

### CUPID'S HIGHWAY

If our paths had crossed years ago  
When young and firm of flesh,  
When the world was ours to conquer  
With ideas brave and fresh;  
Would that trip have been clear sailing  
Or rockier than most,  
Would those untried waters have led us  
To a smooth or dangerous coast?  
But that did not occur till now  
When time is running out.  
Isn't it great we can accept  
Our luck minus all doubt.

-ellen cheek dozier

### LESSONS IN ECONOMICS

Adam Smith  
Dealt with  
Market forces'  
Basic sources.

Said John Maynard Keynes,  
"Whenever it rains  
"Out come the umbrellas  
"And bear market sellers."

Thomas Malthus predicted  
War, famine, and woe  
If the world's population  
Continued to grow.  
He viewed a bull market in babies  
In the way that a dog might view ra-  
bies.

Milton Friedman is known to maintain  
That perfection we cannot attain  
Until our markets have been freed--  
Opened to man's boundless greed.

But these gleaners of chaff economic  
Are not, way down deep, truly comic.  
It's the most dismal science!  
I'd prefer an alliance  
With pursuers of goals gastronomic.

by George Chandler

## The World is your Oyster!



Would you like to be able to "surf the net" but do not own a computer?

Would you like to send and receive e-mail but do not have an e-mail address?

Our computer room will be available to all residents who would like to do either of the above. You need not own a computer.

The computer room will be able to access the Internet and obtain an e-mail address for anyone who would like one. All this is cost free.

We do require that you have some computer skills. Those that do, need not take the course being given in March. We strongly urge those that do not, to sign up for the course.

The signup sheet will be in the signup book for one more week.

We currently have 34 students and 9 instructors preparing to teach. So hurry, hurry, hurry.

## Things you'll never hear a Southerner say

"Duct tape won't fix that"

Lisa Marie was lucky to catch Michael

Come to think of it I'll have a Heiniken

We don't keep firearms in this house.

I just couldn't find a thing at WalMart today.

Trim the fat, off that steak.

Cappuccino tastes better than espresso.

The tires on that truck are too big.

I'll have the arugula and radicchio salad.

I've got it all on a floppy disk.

Unsweetened tea tastes better.

Has anybody seen the sideburn trimmer?

You can't feed that to the dog.

I thought Graceland was tacky.

No kids in the back of the pick-up, it's not safe.

Wrasslin's fake.

Honey, did you mail that donation to Greenpeace? We're vegetarians.

Do you think my hair is too big.?

I'll have grapefruit instead of biscuits and gravy.

Honey, these bonsai trees need watering?

Who's Richard Petty?

Give me the small bag of pork rinds.

Deer heads detract from the decor.

Spitting is such a nasty habit.

Would you like your fish poached or broiled?

My fiancée, Paula Jo, is registered at Tiffany's.

Little Debbie snack cakes have too many fat grams.

Checkmate.

She's too old to be wearing that bikini.

Does the salad bar have bean sprouts?

Hey, here's an episode of "Hee Haw" that we haven't seen.

I don't have a favorite college team.

## DID YOU KNOW?????

If you are ill, tray service is available for one to three days as determined by the Clinic Nurse Supervisor, Nursing Supervisor, or Olsen Charge Nurse. When tray service is for the dinner meal, there will be no extra

charge.

The Forest has a contract for pharmacy services with Kerr Drug. Prescriptions may be filled through the Wellness Clinic Administrative Assistant. Please leave your prescriptions with her to be filled, usually by

## MANY THANKS

.... to talented artist-in-residence, **Bob Blake**. The lively drawings on page 10 are Bob's creations.

the next day.



## Clippings

Flowers of February. Forsythia, daffodils, quince, winter jasmine are all putting forth blooms in our neighborhood.... Lots of Superbowl parties and now we can concentrate on Duke (mostly) basketball.

You might want to take a walk through some of the public rooms here at The Forest to view at close range some of the treasures we have. Donations have played a big part in the decoration of the living room, private dining room, bar, billiard room, and hall ways.

This touching story came from **Walt and Ruth Lifton**, who were at Sanibel Island over the holidays to celebrate significant birthdays for each of them. It seems that their 4-year-old great granddaughter, Mikaela, had been asking persistently for a baby sister. At a family gathering the day before Christmas, a tiny toddler cousin who Mikaela had never met, and who happened to be black, entered the room. Upon seeing this darling baby girl Mikaela, running with outstretched arms toward the child, exclaimed "My baby sister!"

The many holidays in February keep **Audrey Austin** busy changing the motifs on her hall shelf... **Julian Price** plays popular music on his tape machine for early risers at the pool. **Marjorie Jones, Martha Gambill, Mary Ruth Miller, Jean Melpolder, the Blakes** and the **Swansons** are usually there... **Priscilla Squier, Betsy Close** and **Molly Simes** often come just before class time.... Several residents appreciated the fine acting of **Adam Brod**, grandson of **Margo Casady**, in The

## Assassins

The **Dubes** are finally rid of fire ants, which invaded the grounds around their cottage....Although it's a new copy machine, it still needs mothering by **Jane Jones**....**Felix**, the ice sculpture cat by executive chef **Paul Schaeffer** was the centerpiece for an elegant birthday party for one **Felix** resident....

**Roger and Mildred Anderson** and **Frank and Molly Simes** cashed in their casino winnings for a Sunday brunch at the University Club....**Lois Watts** needed a complete new set of keys after a mishap in her bathroom....Playreaders put on a fun production of The Stained Dress (no reference to things present) last month. **Priscilla Squier, Noel Freeman, and Earl Davis**, with **Dick Capwell** directing, charmed a large audience in the Party Room.

Fire has demolished The Forest at Duke West Annex. Yes, it was planned. A few of us rode the bus about 9 o'clock to the site where **Harry Owen** was videotaping the event. We saw **Pat Ringwald, Millie Campbell, Jenn Van Brunt, Bruce Burns, Milt Skolaut** and **Dick Capwell**. Captain Adams, of the Fire Department, led several brigades in the experience of dousing different types of fires. What a sight to see that structure engulfed in full flames around noon of that Saturday, the 18th of January.

Notice the new temporary parking signs? Thank **Peg Lewis** for the idea... **Bud Parmentier** seems to be improving, according to some who have visited him at Hillcrest....**Creighton (Corky) Lacy** and **Jill Moyer** (new resident) attended the same kindergarten class in Shanghai!...Let us know through **Bernie Bender** of other coincidences or news - typed, please.

## The Global Village

If the world's population of nearly 5 billion people was reduced to a village of 100 people, this would be the result:

### Areas

- 58 would be Asians
- 12 would be Africans



- 10 would be Western Europeans
- 8 would be Latin Americans
- 5 would be North Americans
- 1 would be an Australian or a New Zealander

### Language

- 17 people would speak Mandarin
- 9 would speak English
- 8 would speak Hindi or Urdu
- 6 would speak Russian
- 6 would speak Spanish
- 4 would speak Arabic

The rest would speak Bengali, Portuguese, Indonesian, Japanese, German, French or any of the 200 other languages

## In Memoriam

**Mary Plumb**

**Feb. 6**





## LIBRARY NOTES

(our library-continued from last issue)

On the center bookshelves you will find the history and business collections on one side



**Main Library room**

and on the other side the large print books. Humor books and in-house authors (any books we have been given that our residents have written).

Also a great collection

of coffee table books. There are two more rooms to the Library - the Annex where the copier (that is supported by the Residents' Association) is available at 10 cents per page. Jane Jones is available each day from 11 a.m. to 11:30 a.m. to help with the copier.

Also in the Annex we have a great paperback collection which is divided into fiction, mysteries, non fiction and various other groups. The paperbacks may be taken without signing them out. Just



**Annex-puzzles & copier**

return them when you are finished. Our puzzle collection is outstanding. Some of them were made by one of our residents. They may be borrowed by signing your name on the card in the card

file holder.

In the Annex are places where you can recycle magazines, catalogs, and newspapers. Just put them in the boxes so marked. The magazines are taken to the Veterans Hospital by one of our residents; other things are recycled.

Then there is the Classroom. That contains a collection of the Reader's Digest Condensed Books. Also a Group of Detective Story Mysteries.



**Classroom**

Each book contains three complete detective stories. They have cards and can be signed out like other books. Then there is the video collection. Many great videos of different subjects, humor, movies, health related items, etc. Each

video has a card to be signed when you take it out.

We have a Visualtec machine that is useful if you do not see well. It enlarges any material - great for reading letters and other mail. Ask for information on how to use it.

Magazines are on a turntable in the center of the room. They have all been donated by residents and can be borrowed or read in the library. There are volunteers in the Library every morning and afternoon to help you find what you want and to help you with signing out material. If you have any questions, call Jean Weil, 493-764, and I will be glad to help.

—Jean Weil

## Words of Wisdom

If at first you don't succeed, destroy all evidence that you tried.

A conclusion is the place where you got tired of thinking.

Experience is something you don't get until just after you need it.

For every action, there is an equal and opposite criticism.

He who hesitates is probably right.

Never do card tricks for the group you play poker with.

No one is listening until you make a mistake.

Success always occurs in private, and failure in full view.

The hardness of the butter is proportional to the softness of the bread.

To steal ideas from one person is plagiarism-, to steal from many is research.

To succeed in politics, it is often necessary to rise above your principles

Two wrongs are only the beginning.

You never really learn to swear until you learn to drive.

## We welcome these new residents to The Forest



Martha Wadsworth  
#70 489-4794

Born in Durham, one of five sisters and is the daughter of John A. Buchanan. She graduated from Sweet Briar College in 1942 and married Dr. Joseph A.C. Wadsworth of Charlotte that same year.

After WWII they moved to N.Y.C. where Dr. Wadsworth was associated with the Eye Institute at Columbia Presbyterian Hospital.

In NY she graduated from the NY School of Social Work and did volunteer work for which she received the keys to the city.

She was the Exec. Vice President of the NY Junior League and participated in many of their programs.

In 1965 they moved back to Durham where Dr. Wadsworth established the Dept. of Ophthalmology at Duke University.

She helped establish the Nearly New Shop here, and did volunteer service in various areas of Duke and the city.

Dr. Wadsworth died in 1997. They have three children, Martha Haley, Scottsdale, Arizona, Mary White, Florence, Alabama, Joseph A.C. Wadsworth III, Stafford Springs, Conn, five grandchildren and one great grand child.

Bob, a.k.a. Robert Moyer

Born and "schooled" thru High School in Harrisburg, PA

Matriculated Duke, graduated: chemistry (thanks to Marcus Hobbs) 1941

Employed DuPont and "graduated" June 1980 after varied career: Manhattan Project

(wars make strange bedfellows) management: marketing, manufacturing, International, Corp. planning. Translation: had wonderful 39 years with great employer. Currently, Pres. C.W.F. Associates, Management Consultants.



Ellen and Robert  
Moyer #2012  
402-0980

Met "Jill" Magill June 1940, married 9/12/42-

JILL, a.k.a. Ellen Kent Magill Moyer

Born, Kirin, Manchuria, China, educated Shanghai American School till Japanese planes got too close (1935) so graduated from Oak Park and River Forest High School, Illinois. Matriculated Oberlin College (where I got nickname - JILL), Graduated 1941 WCUNC, Greensboro. , met Bob, married him, and presented him "Robin", now with wife and daughter in Manila, Diana with daughter in Tallahassee, and Scott in Los Angeles. Both boys graduated UNC, Chapel Hill

Opened Jill Moyer's Orientations in 1972, officially closed 11/30/98. Enjoy decorating, Restoring antique ceramics, porcelains.



Margaret Smith  
#2001 489-2642

Born and grown up in Atlanta she attended Wesleyan College where she majored in fine arts.

She met her husband at a USO dance during World War II and they had three girls and a boy.

She especially likes the out of doors and working with her hands. She also enjoys museums and social bridge.





## BOOKNOTES

In this millennium-crazed year, every aspect of this historic event has been covered between 1900 and 2000, but Robert Lacey and Danny Danziger have cleverly transported us a thousand years backward in their "The Year 1,000: What Life Was Like at the Turn of the First Millennium," published this month. "An Englishman's World" rounds off the subtitle and indeed that's what it is. Lacey, a popular British historian, and Danziger, a London journalist, take us on a fascinating tour of aspects of daily living in an Anglo-Saxon time. These people were 99 percent illiterate, yet their language would sweep the world. Honey was their currency, but living was smelly because there was no personal hygiene. Most people died in their 40's. After reading this truly entertaining time capsule, its twelve chapters covering the year, you'll be glad you were born a millennium later.

Admirers of Maeve Binchy's novels, of whom there are many, will find renewed satisfaction in "Tara Road," coming in March. It's the story of two women, strangers to each other, one American and one Irish, who trade houses for the summer. Ria, happily married, lives in a great Dublin house. Marilyn lives in suburban Connecticut and has just lost her son. She is drawn at once into the intricate life of Ria's Dublin neighborhood, while Ria brightens the scene in Connecticut. The underlying theme of the book is female friendship as a source of strength, involving feuds, secrets, lies, alliances - in all of which Connecticut pales by comparison with Dublin. This book is a charmer, already No. 1 on the London Times best-seller list.

*It's the story of two women, strangers to each other, one American and one Irish, who trade houses for the summer.*

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During the ongoing circus in Washington, the name of Alexander Hamilton has been frequently invoked reverentially by legislators who obviously didn't know much about him. They can remedy that deficiency by reading Richard Brookhiser's "Alexander Hamilton," due in March. It's easy reading, too, scholarly in content but not in style. Hamilton was vilified by both John Adams and Thomas Jefferson, for different reasons, and he didn't get on well with Washington either --but in each case, not because of his adultery with a married woman. They just didn't like his politics, and Vice-President Aaron Burr killed him in a duel, as we all know. Yet, in the end, it was Hamilton's

ideas that primarily prevailed. This book, short though it is, tells us a great deal about America, then and now.

*Yet, in the end, it was Hamilton's ideas that primarily prevailed.*

It's no longer necessary to go to the movies. You can sit home and read Janice Deaner's "The Body Spoken" (April) and get the same effect. Deaner is a film maker who also writes novels. Opening shot: Hemy Lourde (what a name!) gets on an Amtrak train in Pennsylvania station, bound for California, and at an early point in the journey finds herself sitting next to a man who is, as they say, all ears, because for the next four days, during which they also become lovers, Hemy tells him the story of her life in short episodes. You know he's listening when the first thing she says is that for the past five years she's been living as a man, using her brother's name. The stranger has a good story to tell, too, but they're halfway across America before he can get a word in. In spite of all the above, this is a lyrically written novel, urgently paced, and the stories these two people have to tell are guaranteed to keep you awake if you're reading in bed.

—Jack Tebbel

## PLANS FOR MEMORIAL BOOK

Beth Upchurch and Lucy Grant have appointed Rheta Skolaut and Dot Kornegay co-chairpersons for "The In Memoriam Book." Included will be photos obtained from several sources, obituaries and the curriculum vitae from the notebooks in the living room. It would be ap-

preciated if any resident, family or friend would donate a photo or obituary. Please contact Rheta Skolaut, Cottage 34, 489-2539 or Dot Kornegay, Cottage 16, 493-1290. Or the information may be left with Lucy Grant or Robin Williams. The notebooks will be placed in the library within a few weeks and the project will continue into the next century.



## HERE'S TO YOUR HEALTH

Will you be lying awake tonight for hours, wondering and worrying whether you will be able to sleep? Join the 25,000,000 Americans who suffer from insomnia.

Insomnia can take different forms and have many causes. People who have trouble falling



asleep may lie awake for an hour or more after going to bed. They may wake up one or more times during the night and have difficulty going

back to sleep. Or they may wake up very early in the morning and lie in bed for hours trying to get back to sleep.

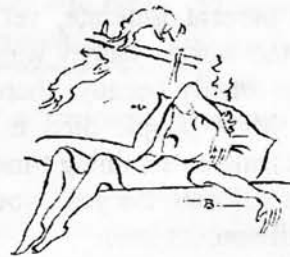
None of these sleep patterns is really a problem unless it is chronic and interferes with daily activities. Insufficient sleep for one or two nights is not debilitating. It is the worry of not having slept that can be debilitating.

The most common cause of insomnia is no cause at all. As one ages the sleep requirement diminishes. Newborns sleep eighteen hours a day, young adults average seven to eight hours, and elderly people require only four-and-a-half to six-and-a-half hours of sleep. Consequently, as people age, they may continue to go to bed at the same time and lie awake for hours, or else they may wake up in the

wee hours of the morning and be unable to go back to sleep simply because they have slept all they need to.

Real chronic insomnia may be caused by a variety of medical disorders, such as pain, sleep apnea, nocturnal myoclonus (muscular twitching in the legs), anxiety and depression. Anxiety and depression are the most common causes of sleep loss.

For garden-variety uncomplicated cases of insomnia, many of the time-honored remedies remain the best. Get some exercise during the day on a regular basis.



Refrain from caffeine-containing beverages (coffee, tea, colas) after noon. Just before bedtime, take a relaxing hot bath, drink a glass of warm milk (the tryptophan in milk

is said to have a sleep inducing effect), read a difficult or boring book or count sheep. Whatever you do, don't try to fall asleep. The more you try to sleep the more aroused you become and the less likely you'll be able to fall asleep.

Experts agree that an automatic prescription of a sleeping pill to millions of Americans who complain of insomnia is highly inappropriate, self-defeating, and sometimes dangerous therapy. A far better remedy is to try exercise, relaxation techniques, meditation, or self-hypnosis. The best remedy is to stop worrying about not sleeping.

—by Pauline Gratz

## ENCORE SHOP SAYS THANKS



To the many residents whose generous donations have made 1998 another successful year, the Encore Shop extends its thanks. The shop gave a check for \$3,786.45 to the Benevolent Fund, and also wants to thank its

loyal customers, both residents and employees, for their enthusiastic support. The shop is open for sales on the second Wednesday of each month, from September through May, from 11:30 a.m. to 1:30 p.m. and from 4 p.m. to 5 p.m. Anyone wishing to make a donation of household items in good condition, please call any member of the committee: Deborah Carey, 493-9255, Evebell Dunham, 419-0635; Ginny Putnam, 489-3477; DeEtte Strawbridge, 493-2958; Carolyn Vail, 490-0868; and Jenn Van Brunt, 493-4780.

## KNOW YOUR SECURITY FORCE

MALCOLM MITCHELL

We're familiar with "connections" at the Forest --how everybody seems to be related in some way to everybody else -- and our Security Force is no exception. Take the Mitchell brothers, for example.

Malcolm Mitchell, whose large and comforting presence is with us from 8 a.m. to 4 p.m. every day, is the brother of Jerry, on the weekend



shift, profiled here last month. Both boys grew up in Alamance County, and both still live there, but their paths have diverged widely. Jerry, five years older, left home at 17 to join the Navy; Malcolm left at 23 for Lynchburg, Virginia,

where he intended to study for the ministry at a Baptist institution there. To finance his education, Malcolm got into security work and found a home. He didn't have the calling he thought he had for the pulpit, but he was able to study police science at

his school, Liberty University, and put into practice what he was learning after hours in institutional and community work, as well as private investigation.

In 1989, he learned that his father was dying of cancer on the old family farm in Alamance County, and went back home to take charge. After his father's death, he worked at various jobs for a time until his brother told him about the Forest,

"Malcolm is a happy camper here."

where he was already working as a bus driver. What Malcolm heard sounded good, he came for an interview in security, and was hired in May 1997.

Malcolm is a happy camper here. He loves his job, he's getting to know his brother again, and on Valentine's Day last year, he finally found, as he says, the girl he'd been looking for. After 45 years he married Sandy. They live on the old family place, where he can be near his aging mother, and he drives the 28 miles from there to the Forest. He finds the commute relaxing, because at both ends of the line, when he gets there, he finds himself very much satisfied with his life.

—John Tebbel

## FOREST FRIENDS GIVE PRIZES

TFAD Activities enjoy support from a diverse group of friends. Lucy Grant wrote thank you notes to thirty-nine "Friends of the Forest" who contributed prizes for our New Year's Eve Casino Night. The "Friends" are:

Southern Leisure Tours; Dr. William Gates (our dentist); Jackie Jalszynski (our audiologist); First Union Bank; Duke Chronicle; Ocean Emmys; Emerald Garden Florist, Chandler's Florist; Friendly Florist, Siena Hotel; Washington Duke Hotel; Colonial-Inn, Hillsborough; Floral Dimensions; Logos (our physical therapy provider); Jane Hamilton (works with Logos); Sweet Jane's; Beauty Quest; Neil Medical Group (provides medical supplies); Family Gardens; Tharrington's (clothiers for gentlemen); Dr. Henry

Greene -Academy Eye Associates; Perry Upchurch; Sandy Winchester Hair Styling; Brame Paper Goods; Pitney-Bowes (our computer, etc.); TFAD Gift Shop; MCI; Eco Labs; University Club; Poseidon Foods; U.S. Foods; Duke Stores;

UNC Alumni Headquarters; Fire Mountain Gems; Perfection (pedicures); Jewel; New Impressions Hair Styling; Advance Tailor; Guglhupf & Patisserie (German Bakery).

Evelyn Doyle and Mary Ann Ruegg, members of the Residents Association Activities Committee, are commended for finding the most Casino prizes.

The Casino night on New Year's Eve was a great success. Thanks to all the volunteers and staff, from Beth Upchurch.

*Lucy Grant wrote thank you notes to thirty-nine Friends of the Forest who contributed prizes for our New Year's Eve Casino Night.*



Bob Blake's

**PUZZLE**

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

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

## U.S. PRESIDENTS

ADAMS  
ABE  
ARTHUR  
BUSH  
CALVIN  
CARTER  
CLEVELAND  
CLINTON  
COOLIDGE  
EISENHOWER

FILLMORE  
FORD  
GARFIELD  
GRANT  
GOVER  
HARDING  
HARRISON  
HARRY  
HAYES  
HOOVER

JAMES  
JEFFERSON  
JIMMY  
JOHN  
JOHNSON  
KNOX  
KENNEDY  
LINCOLN  
LYNDON  
MADISON

MARTIN  
McKINLEY  
MONROE  
NIXON  
POLK  
PIERCE  
QUINCY  
REAGON  
ROOSEVELT  
RUTHERFORD

RONALD  
TAFT  
TAYLOR  
THEODORE  
TRUMAN  
TYLER  
VANBUREN  
WASHINGTON  
WILSON  
ZACHARY

note misspelling