



THE FORESTER



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

Volume 5 Issue 12

March 1999

In a recent speech at the Forest, Durham Police Chief Theresa Chambers commended us for our security setup.

INSIDE FACILITY SERVICES

It takes one of those broad and comprehensive labels like "Facility Services" to cover adequately the very large domain presided over by Jim Thompson. What else could describe a department that includes laundry, housekeeping, security, and



grounds. Jim directs the activities of seven maintenance people, 23 housekeepers and laundry personnel, and nine security people, including part-time and full-time.

Overall, of course, the department's job is to keep our large assemblage of complicated buildings in running order. That would be enough in itself, but now there is a new problem. The Forest is in its seventh year, which means, says Jim, that we are entering a new phase in which wear-and-tear becomes a consideration that presents

continuing problems. Meanwhile, individual operations have their own difficulties. Housekeeping, for example, has a running struggle with the tight labor market in order to keep a full work force. Then there are the natural hazards of any employment. Currently, on-the-job accidents and other temporary illnesses have hit personnel.

Jim says the major goal is what he calls "preventive maintenance," meaning to keep operations at their present level of excellence. He is proud, for example, of what Ed Wagner's Security Force has been able to accomplish in a short time. In a recent speech at the Forest, Durham Police Chief Theresa Chambers commended us for our security setup.

After a long history of difficulties with landscape contractors, the new firm of landscapers appears to be moving the campus toward the handsome — appearance envisioned at the begin-

(Continued on page 11)

INSIDE THIS ISSUE:

From the fourth floor	1
Inside Facility Services	1
Editorial	2
Letters to the editor	2
Want to be helpful	3
Chuckles	3
Poetry	4
Elderbosel Corner	4
Ad Lib	5
Clippings	6
Library Notes	7
Profile	7
Welcome new residents	8
Booknotes	9
Here's to your health	10
Cassette Corner	11
Bob Blake Puzzle	12

It appears that the Long Range Planning Process, slowed down in December, is now moving along in a logical manner.

FROM THE FOURTH FLOOR

The Caucus leaders will all testify that Clare Altmann gave them a clear picture of the contributions that she has made at the Forest, and the programs she intends to finish before she leaves. She has organized the Marketing Department in ways that have already benefited us all, and will allow her successor to take off with a flying start. The Welcome Program for new residents now starts before they arrive and carries on into the first months after they move in.

To Clare we all say "thank you"

and best wishes for your future.

It appears that the Long Range Planning Process, slowed down in December, is now moving along in a logical manner. Still in the study phase, it is looking at the needs for more space and the costs associated with them before starting a building program. We do welcome suggestions and recommendations for new space. Space for some activities is now very limited, and there is a need for better assisted living units.

I have had a preview of the "In Memoriam" book which Rheta Skolaut and Dot Kornegay have now virtually

(Continued on page 5)

The Forester

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

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EDITORIAL**CHANGING OF THE GUARD**

After serving as editor of the Forester since its debut six years ago, John Tebbel is retiring with this issue. As a contributing editor, he will continue to write Book Notes, profiles, and other pieces from time to time.

His post will be taken by two relative newcomers to the Forest, acting as co-editors: Virginia Jones and Marion Patton. Virginia has been proofreading this paper for several months. During her career, she acquired newsletter experience when she lived in Princeton. Marion came here from New York, where she was an editor at Doubleday, the venerable book publisher, for many years.

Contributions from residents should now be sent either to Virginia at 42 Willow Oak Court, or to Marion at # 3016.

A source close to the retiring editor quoted him as saying he wished the new editorial team a very successful tenure.

LETTERS TO THE EDITOR

Let's give three cheers and then three more for Bob Blake's delightful, whimsical illustrations on Page 10 of the February Forester. Real gems!

Bob is indeed a man of unlimited and varied talents, as most of us know. For decades, major illustrator of things medical at Duke; painter of the lovely scenes that grace so many of the Forest's areas; patient teacher of Line Dancing to residents with two left feet; caregiver of Forest greenery; author of the Forester's monthly brain teaser; volunteer for many worthy projects in Durham; creator of the Christmas scene in our living room that we enjoy each holiday season; and so much more.

Thanks, Bob. We look forward to more of your illustrations in Foresters to come. And please don't let the *New Yorker* lure you away from us.

Marjorie Chandler

As a native-born, lifelong Southerner, I must demur to "Things you'll never hear a Southerner say" in your last issue. Stereotyping is not sophisticated humor. Further, transplanted "furriners" who display such a supercilious attitude show a downright lack of appreciation for our well-known Southern hospitality and the innate good manners which we enjoy along with our individuality.

Mary Ruth Miller

As a born and raised Carolina girl, I've heard many a joke about the perceived shortcomings of Southerners. These little digs usually come from the mouths of transplanted Northerners as they soak up our beautiful weather, enjoy our genteel ways, and eat up our fried chicken, Bar-B-Q and sweet iced tea. I'm all for some good-natured yankee/redneck banter, and since ya'll set a stereotypical tone in "Things you'll never hear a Southerner say" (Forester, Feb. 1999) here goes:

Things you'll never hear a Yankee say:

Please

Thank you.

Let me help you with that.

Go ahead, you were here first.

Please take mine.

I always use my turn signal.

Share the road.

Stacey Rigsbee

WANT TO BE HELPFUL?

Advice for the visually impaired- and for their friends, helpers, and well-wishers - was the subject of the February 12 program of the Forest's Visual Support Group, featuring two representatives of the State Agency for the Blind. The meeting was one of a series arranged by the Forest's social worker, Christine Milburn, and Rene Karmy of the Duke Eye Center.

Deirdre Johnson, who represents the State Agency here in Durham and is legally blind herself, offered a host of suggestions for making life in and around our homes more friendly to those who do not see well. Mike Corbett, Mobility Specialist from the Agency, focused on helping with "navigation" problems.

To repeat a few points for readers who may be in a position to help friends:

1. Never, absolutely never, try to help a visually impaired person by grabbing or pushing. This technique is recommended only when a large truck is rushing full speed toward potential victims.
2. Always ask whether the visually impaired person needs or wants help. If "yes," offer the opportunity to hang on your arm just above your elbow.
3. Then walk a very short distance ahead of the person you are leading and announce whenever you plan to turn, stop, or otherwise change course.
4. Always "anchor" persons you are helping when separating from them. Put them in contact with a wall, a piece of furniture, or other stationary object. Make sure they know where they are and when you will return.

5. Warn the person you are guiding when approaching curbs, steps, or doors. State whether steps go up or down and the direction in which the door opens.
6. When trying to be helpful to visually impaired friends, don't move furniture or objects with whose location they are familiar without a very clear announcement.
7. Mark significant objects - medicine bottles, spice containers, telephone keypads, for example - with something that provides tactile clues,

To repeat a few points for readers who may be in a position to help friends: such as fabric paint or raised dots. Best of all, call Deirdre or Mike for a consultation in your own home. (Appointments with both of them may be made by calling Deirdre's office, 560-8639.) They will give you suggestions that you never thought of. I,

for one, can attest to the value of the suggestions they offer to those of us trying to assist a visually impaired person, as well as to that person.

Readers may recall that in the June 1998 Forester Jean Wolpert gave us clear and helpful instructions for addressing our hearing impaired friends. And in Old Possum's Book of Practical Cats, T. S. Eliot gave advice that applies to addressing almost anyone - impaired or not, cat or homo sapiens - in a good many situations:

With Cats some say one rule is true:

Don't speak till you are spoken to.

Myself, I do not hold with that-

I say you should address a Cat.

But always keep in mind that he

Resents familiarity.

by Marjorie Chandler

CHUCKLES

I Wonder

1. When it rains why don't sheep shrink?
2. Why is the word abbreviation so long?
3. When companies ship styrofoam, what do they pack it in?
4. Why do they sterilize the needles for lethal injections?
5. If the police arrest a mime, do they tell her she has a right to remain silent?

Another answering machine message.

"A" is for Academics.

"B" is for beer.

One of these reasons is why we're not here. So leave your message.

Did You Know

One reason you can't take it with you is it goes before you do.

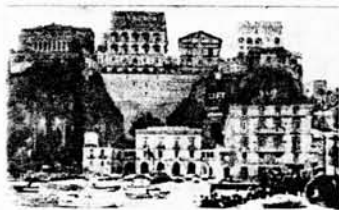
—Dorothy Zutant



ELDERHOSTEL CORNER

Sorrento, Italy

This Elderhostel was one of the most popular at the time and for good reason. Our accommodations were at the old and very posh (for the area)



Hotel Tramontano, once home to Tasso. It is perched on a cliff 200 feet above the Bay of Sorrento with a view across the Bay to Vesuvius. The town itself

was charming and a safe place to walk, with a fabulous gelato shop, a handsome Duomo, and a nightly passagimento of couples around the Piazza.

Our lectures were by exceptional professors from the local branch of Trinity College, Hartford, CT. Lectures preceded and informed us of the next day's tour. Our first lecture was on Greek and Roman architecture, as well as volcanology (in case of an eruption!) The next day we travelled to Paestum, a remarkably well preserved area with temples of Hera, Athena, and Poseidon, all built before the Parthenon.

Our trip to Pompeii the next day was pre-

ceded by a lecture and slide show which helped enormously when we were confronted by such a huge excavation. A lecture on Greek and Roman painting preceded our tour of the Naples Museum. On that tour, we also visited the volcanic area of Pozzuli where the ground was warm and shaky - and smelly- and a stop at Cuna, where the Greeks

established their first colony

Our first lecture was on Greek and Roman architecture, as well as volcanology (in case of an eruption!) in Italy and where Aeneas came to consult the sibyl and descended into the underworld to seek his father. Another trip was to Herculaneum and to the town of Ap-

lontis to see the exquisite

villa of Poppea, Nero's wife, with many outstanding frescoes. Other trips were to Capri and also down the scary Amalfi Drive to Amalfi and Ravello.

Some of the most interesting lectures were on Italian history and present day politics, Italian society, including education, family, housing, jobs, religion and, of course, how the sex life of Italians relates to their professed faith.

I left feeling that I had learned an amazing amount in a short time and seen glorious sights. And met some very nice people

by Jenn Van Brunt

Poetry Corner

WEARYING OF THE GREENS

I. Out of Spinach Again

When the dining room tries to serve spinach,
The supplies always quickly diminish.

Perhaps people our age
Still think Popeye's the rage
And need spinach to fight to the finish.

II. Broccoli Is Substituted

When the spinach turns up missing,
You don't have to start your hissing.

Green grows the broccoli!
There's always something greener still,
Ready-cooked your plate to fill.

Green grows the broccoli!
Eat green veggies; leave no traces:
You'd be in your Mom's good graces.

Green grows the broccoli!
Fibrous stalk and beady bud;
Think you're chewing on your cud?

Green grows the broccoli!
What's that? The brocc'li's off today?
I'll have another steak. Hooray!

To Hell with the broccoli!

by George Chandler

AD-LIB

"A fool and his money are fun to go out with."

If I told you that I'd driven all the way to Raleigh to lunch on octopus some of you would be after me with butterfly nets. Well I have, and it was delicious! A friend had been raving about the calamari (Italian for octopus and squid) at a certain restaurant and there was nothing to do but try it. Not only were the calamari mouth-watering, so was the pasta. I liked everything about this pleasant, simply deco-

It's a topsy-turvy world when you have the Irish running Italian restaurants

rated restaurant and the owner, too, a charming Irishman, Parker Kennedy. It's a topsy-turvy world when you have the Irish running Italian restaurants.

Calamari fritter-\$4.25, Linguini with shrimp -\$7.50,

Pasta Primavera-\$5.95.

Caffe Luna, 1336 E. Hargett St. (corner of Blount) Raleigh, tel. 832 6090.

Dowager Neighbor is constantly making life beautiful for us. Any small occasion brings forth a floral response from Julia - a large bouquet, a few roses, or best of all, a posy. I had thought posies went the way of our grandmothers, but no. Julia has a florist who will gather together just the right amount of blossoms to make this old-fashioned nosegay that sends all the right signal. Her posies come from Paul Holmes, a delightful man who leads a double life - a florist by day, by night the pianist at The Washington -Duke. His flowers are always fresh and well arranged. Posies- \$12.50.

Emerald Gardens, 3640-B, Shannon Rd, just behind the new Harris Teeter, tel. 286 9835

The college campuses are strewn with students with rings through their noses. I will go to any length to try to understand the young so the other

day I went the length from here to the body piercing salon in South Square to investigate. Passport is a bit of a mom-and-pop operation with mom and pop selling clothing in the front and son, Pete Boston, piercing in the back. His mother assures me Pete has been trained by a New York expert. The price menu for the ring jobs reads like a butcher shop- Ear-\$48, Nose-\$48, Tongue-\$50, Eyebrow-\$48, Navel-\$45. All piercing includes the jeweled rings. A young woman in the shop opened her mouth to display her pierced tongue. A jewel sparkled in its center and on the underside another jewel connected to the first by a small stainless steel rod. Mutilating for beauty has been going on forever - the disc-lipped African maidens, the long-necked Burmese, ringed from birth, and, of course, the Chinese ladies with bound feet, crippled for life. I'm not all happy with what the Lord dealt me but I certainly don't need another hole in my nose.



Passport, South Square Mall, tel. 490 8047.

If you're not intrigued with the idea of attaching a ring, how about a tattoo? The young love them. I sought out a tattoo parlor on Ninth Street. A parlor it wasn't. The walls were covered with hundreds of designs - a butterfly for your shoulder, an asp for your wrist, a snorting dragon for a manly chest or, for the ultimate commitment, a large heart with the loved one's name inside.

It's not easy to back out of a tattoo. George Bush's Secretary of State, George Schultz, was still sporting a Princeton tiger on his derriere forty years later. The minimum price for a tattoo is \$30.

It takes ten to twenty minutes to acquire this life-time embellishment.

Dogstar Tattoo Co., 730 Ninth St., tel 286 5443..

--Libby Getz

(Continued from page 1—4th floor)

completed. The work has been time consuming and detailed. Thanks to the cooperation of many of you, it is now ready to be put on display. The three books will be in the living room. I recommend that you try to stop by to see them. They will bring

back happy, as well as sad, memories. The people thus remembered were part of our lives here, and the books provide us with a history worth remembering.

Thanks to both of them for doing this so well.

-Peg Lewis

Clippings

What wonderful activities we have here at the Forest! For instance, **Glenn Arrington** drove a small group of Foresters to the North Carolina State University Museum of Art and Design. A unique collection of nearly 300 little buildings were displayed. Some depicted elegant dream houses while others could have been replicas of childhood homes, churches, and some complete villages. Fragments of glass, old wood, punched metal, and turned spools were cleverly used - some crude, others intricately detailed. A worthwhile exhibit but it will close before this is published.

The Tuesday afternoon bridge group is a great place for newcomers to break into the game. No sign-up is necessary. Just drop by any Tuesday in the Party Room at 1:15 p.m. One day we saw **Elizabeth Krakauer, Phyllis Darbo, Don Ruegg, Jean Wolpert, Phil Pratt, Ruth Smith, Hal Muncaster, Bob Moyer** and **Marjorie Chandler. Frank and Mary Light** often attend.

Activities Committee members accompanied newcomers **Frances and Norton Beach, Jill and Bob Moyer, Marion Patton, Martha Wadsworth, Marion Geary, Shirley Marti, Miriam Stoneman, Margie Smith, Aubrey Naylor and Lorrie Holmin** to the Social Hour in their honor last February 19. Dining Services provided delicious food and all were made to feel most welcome.

Sharon Simpson oversees residents' programs in the exercise room. **Dot Logan, Bob Dunham, Bloss Vail, Mildred Anderson, Andy Blair, Dick Capwell, and Joyce Albrecht** work out often. Last time we overlooked some regular pool users such as **Virginia Hebbert, Betty Sandler, Dotti Kamin, Jane Muncaster, Tracy Lamar, Charlotte Cassels, Bernice Poliakoff, Evelyn Doyle and Leland Phelps**. And that does not include people in classes!

Jean Wolpert reported that she has been a participant in a 55-year-old Round Robin letter which started during the war! We all know which war.

Ruth Phelps, Ruth Patterson, and Waldo Beach give much inspiration to the Sing-a-Longs in Holbrook on certain Mondays.

On the mend: **John Getz, Bob Northwood, Don Bernard, Lucy Collins, Fey Chu, Helen Guyselman, Helen Albrecht and Beverly Dalton....** After his umpteenth eye operation, **George Chandler** strides around the Forest's paths without that white cane and without his seeing eye wife.

Vacationers **Jane Jones, Earl Davis, Mildred Fuller, Ann and Lester Corliss, Sarah McCracken, Helen and Phil Pratt, Dorothea and Felix Vann and Mary Frances White** all reported a fun time on the twin-barge trip up the Mississippi River and tour of New Orleans with **Steve Tuten**.

The Lunch Bunch sampled Ethiopian fare at The Blue Nile. **Mary Ann and Don Ruegg** arranged the outing as usual.

Dottie MacMillan, Betty Gray, and the Fines are some of the residents who have reported seeing bluebirds at their feeders. A huge flock of cedar waxwings were seen stripping holly berries from trees around **Ruth Nierling's** and **Ellen Dozier's** apartments.

Helen Corbett, Nancy Sokal (soon to move to TFAD) and **Margarette and George Nance** attended the ACC games in Charlotte.

Congratulations to **Gus Eliason** and **Ruth Smith** who are now in their 96th year.

A beautiful hymn commissioned by **Susan and Jim Butler** for their 50th wedding anniversary was sung by the Duke Chapel choir on Sunday February 28.

Betsy Close's itinerary shows that she should be sailing between Salvador, Brazil, and Cape Town, South Africa, at this time.

March came in like a lamb. Therefore, according to legend, we should be prepared for bad weather at the end of the month....The Terrace Shop at Duke Gardens opened for the season on March 1. **Molly and Frank Simes** were on duty the first Saturday... **Ed Albrecht's** pictorial souvenir guide book with 60 plus colored photographs should be available in the shop by the end of the month.... The Snack shop across the terraces will be open week ends this month...Public tours in the garden will be led by docents **Bruce Burns** on March 15, **Evebell Dunham** on March 21, and **Edna Wilson** on March 28.

—Rose and Azalea Bush

LIBRARY NOTES

(Our Library - continued from last issue)

Hope everybody followed the tour of the Library that was in the last two Foresters. (If you did not see them, there are copies of the Forester in the library for your use.) One thing was forgotten though. If you take a book from the Library, please sign your name, house number and date on the card in the back of the book, and leave the card in the basket on the desk. No need to sign out paperback books. We think those are ephemeral and need not be returned because we keep getting more of them. If you take out videos, there is a card in each of them, so do the same and leave it in the basket. Some of the audio cassettes do not have cards. If so, there is a notebook on the desk where you can list the name of the cassette, your name and house number, and the date you are taking it.

When you return anything to the Library, please leave it on the desk near the door. One of our nice volunteers will take care of putting the card back in the book and the book back on the shelf. That applies to paperbacks, audio and video material also. We will re-shelve them.

NEW THING is a book cart with some of the books that other Foresters have read. The books will be on the cart for a few days after they are returned so you can see what your friends have been reading.

Incidentally, we do need more volunteers. There are some days when no one is there to help you. Please let me know if you can spend a couple of hours any day of the week in the Library. We will help you get acquainted with it.

--Jean Weil

A CAMPUS IS A CAMPUS IS A CAMPUS

The question has been raised about the use of the word "Campus for TFAD, because it implies a school.

A "school" does not necessarily have to have a building, as, for example, references to "Schools of Thought."

We are certainly in a shared learning experience

PROFILE

DEBORAH HARRELL



"Who's Deborah Harrell?" you may well ask. To everyone at the Forest, and elsewhere, she is simply "Max", a name she's been known by since high school. It's derived from her maiden name, Maxwell. Today Max presides as Environmental Services Secretary in the office next to the Wellness Center. She's the one who sees to it that someone comes to fix your fridge, or your plumbing, or whatever else needs fixing.

Her path to the Forest began in her native Canton, Ohio. She left high school with the intention of being a cosmetologist, but looking for broader fields, she later went to Denver and took a degree at Parks Business School. Her varied career since then has included working for seventeen years in Texas, for the mail-order company PHE, where she was involved with customer service and purchasing as well as being on a resources team. Then later she owned a nightclub in Burlington, back in this state.

Max lives in Burlington now, with her 13-year-old daughter, Tasha, a student at Southern Middle School. She is active in the affairs of Burlington's Christ Memorial Christian Church, especially its youth groups. She also likes camping and boating, and is about to make a serious attempt to learn golf. Like so many other Forest employees, she came here in December 1998 on the recommendation of old friends, Jerry and Laurie Mitchell, who told her it was a great place to work. She couldn't agree more.

--John Tebbel

here - about memories, hopes and fears, and life and death. Certainly the varied lectures and other activities available are comparable to those in a university.

So why is it not appropriate to call this a "campus?" It is a short and expressive word, and better than "Institution" or perhaps even community." —Doris Fields

We welcome these new residents to The Forest



Aubrey Naylor #2018
489-4363

Aubrey Naylor, an internationally recognized plant physiologist and James B. Duke Professor Emeritus, was born in Union city, Tenn and has two daughters. He has served as a consultant in his area of botony all over the world.

He has been a visiting professor at Bennett College, University of Texas at Austin and Bristol, England.

His many honors include Fellow AAAS (life member), and Life Certificate of Merit in the Botanical Society of America.

For 10 years he served as chairman of the board of trustees of the American Society of Plant Physiologists. He was the first recipient of the Distinguished Service Award given by the southern section of the society.



Lorrie Holmin #3021
490-1273

After almost 40 years in Sweden, Lorrie has noticed lots of changes in the U.S. The mother of a son, her work experience has covered teaching (ask her about Hugh Hefner), writing and recording for Radio Sweden International, and translation for embassies and the Stockholm Institute of Education. Her current interests include the Nobel family.

MEMORY PIECE

Jack's challenge of "Turn your memory knob" brings to mind the magic of radio and its major influence on our lives in the 30's. I remember dashing home (no matter how exciting the game) by 5:45 p.m., Monday through Friday. It was critical to catch those strains of "Who's that little chatterbox?.." and find out the latest crisis for Orphan Annie.



Sick in bed? Missing school? Turn on the Emerson to catch "Ma Perkins" and "Vic and Sade." Goosebumps would appear when we heard the squeaking door of "Inner Sanctum" or the announcer intoning, "Lights Out..everyone!!"

--Virginia Jones

If I had a direct line
To the Man who lives upstairs,
I'd request his opinion
Of our President's affairs.

As He does not make mistakes
Some human error occurred
Causing this farce to happen
Our Nation's high office slurred.

To rebuke an erring child
Is a matter of debate
A modern question for sure
Seldom practiced much of late.

It was not so long ago
When P.T.A.'s rule was supreme

EARTHLING'S FOLLY

Neighbor watchouts were honored
Obedience was the mean.

It is said what goes around
Will return to us again,
Let's hope that morals and truth
Will become the normal trend.

In Memoriam

Janet Harrell	Feb. 13
Norma Cady	Feb. 21
Frances Perry	Feb. 22



BOOK NOTES

Just when you thought there was absolutely nothing more to be said about families and coming-of-age in them, here is "Last Things" by Jenny Of-fill with a unique novel about these shopworn subjects that will open your eyes and keep them open. Very young Grace Davitt's mother speaks five languages, including Pig Latin, and may have been a CIA spy. Her father is a scientist, immersed in his data banks. With this heritage, young Grace enters a world readers have never seen before.

With great skill, the author treads a delicate line between the whimsical and the sinister as Grace works out her own life in this unique family. She's constantly on shaky ground, but readers will be at her elbow every step of the way. A sure dark horse contender for best new fiction of the year. (April)

Even more unusual and just as absorbingly new is Benjamin Cheever's "Famous After Death," also coming in April. It would be

It's 1988, and Noel Hammersmith is being interviewed in his prison cell by Barbara Walters.

very hard to beat the opening scene: It's 1988, and Noel Hammersmith is being interviewed in his prison cell by Barbara Walters. The remainder of the novel is the story of how he got there. In a pseudo-non-fictional style,

using such devices as journal entries and letters, among others, Cheever tells us how Noel became the Wandsworth Bomber, killing to protest shoddy manufacturing techniques. In his ordinary life, Hammersmith is a mind-mannered, overweight editor of diet books. He has four desires in life: to be thin, tall, loved, and most of all--famous. While this book entertains, it's also giving us a critique of weight, celebrity and success. Thoroughly entertaining.

At last, a biography of Robert Frost that gets as close to the real man as we're likely to see. In "Robert Frost: A Life", Jay Parini gives us a sympathetic, balanced portrait of this troubled poet whose 125th birthday we observe on March 16th. Parini quotes from the poems freely as he describes Frost's struggles with depression, anxiety, self-doubt and confusion. No wonder he was so often described as "difficult", and a man so prickly the people he loved most had trouble living with him. It was, no doubt, genetic. Frost's father, his sister, and several of his children suffered from deep depressions, lives sometimes marked by suicide or early death. Yet, out of it all, came some of the finest poetry America has produced. Parini's biography sheds a great deal of light on why and how that happened. (April)

Don't be fooled by the title. Anna Pavord's "The Tulip" is not just for gardeners. It's a witty, extravagant history of a flower that has played a cultural and historical role for centuries. Pavord, who writes about gardening for London's daily, *The Independent*, begins in Turkey, where guests of royalty dressed in colors to match the royal tulips. Tulips caused a mania in Holland

between 1634 and 1637, when the price of bulbs soared astronomically. French ladies once wore expensive tulips like jewels. Abundant pictures with the text cover five centuries of tulip art and artifacts, and altogether, this is a book designed to dazzle both browsers and botanists, not to mention gardeners. Do tulips still have a broad appeal? The publisher thinks so: he's ordered a 50,000 first printing. Just published.

--John Tebbel

KNOW WHAT YEAR THIS IS?

Using addition and subtraction, which of the following accurately says 1999 in Roman numerals?

M=1,000, D=500, C=100, L=50, X=10, V=5, I=1

1. MDCCCCLXXXVIII
2. MDCDLXLVIV
3. MDCDLXLIX
4. MDID
5. MIM
6. MCMIC

Interested?
Call 403-0279



HERE'S TO YOUR HEALTH

For millions of years human beings and their primate ancestors consumed no salt (sodium chloride) except what was naturally present in foods. Those primitive people, whose diets were primarily fruits and vegetables, were on what now amounts to a severely restricted low-sodium diet. Even the meat eaters among our forbears consumed at most a quarter of the amount of sodium that we eat today.

Use unsalted butter and margarine.

Actually, our taste for salt is acquired. No salt needs to be added to the diet to meet the body's need for sodium, which amounts to only 220 milligrams a day. The Senate Select Committee on Nutrition and Human Needs recommended that instead of the 10 to 24 grams of salt consumed by each of us per day, we should eat at most 5 grams. This supplies 2,000 milligrams of sodium, more than enough for almost everyone. Other health care providers recommend even less salt, below 2 grams a day, which supply 800 milligrams of sodium, to protect the genetically susceptible from developing high blood pressure. The Food and Nutrition Board of the National Academy of Sciences suggests a range of 1,100 to 3,000 milligrams of sodium daily, with an average consumption of 2,200 milligrams.

To lower your own salt intake, start by not adding

RESIDENT INVADDED BY FLYING OBJECTS

And you thought the new gate had made us secure. So did Ed Wagner our Security chief, until he got a frantic call from Katie Trexler one recent morning. "Something's flying around in my washer-dryer closet," she told him. "I don't know what it is." Ed, whose office is close by, came running and by that time the avian visitor -- for it was, indeed, a bird -- had gotten out of the closet and into the hall where Ed adroitly bagged it and set it free.

Calm was restored but next day there was a repeat performance. The bird turned up in a different place, again Ed was called, again he symbolically clipped the visitor's wings. Next day, when a housekeeper was shaking out a drape, another bird flew from it, and once more Ed came to the rescue.

Was it the same bird or three different birds?

salt at the table and never before tasting your food. There's a world of new taste sensations waiting for you to explore. In place of salt, try seasoning your foods with spices, herbs, onion, lemon juice, bitters, and fruits. Don't substitute soy sauce, MSG, hydro-

lyzed protein, or bouillon cubes, since all are high in sodium.



Cut down on salty foods and others high in sodium, including canned soups and vegetables, prepared dinners, processed cheeses, and cold cuts. Fresh meats and fresh or plain frozen vegetables are best. If you use canned vegetables, drain off the

liquid and heat them in tap water. Use unsalted butter and margarine.

If you have high blood pressure and are taking drugs to control it, remember that the drugs are most effective when your salt intake is below 5 grams a day (the amount in one level teaspoon). The less sodium you consume, the fewer drugs you need. Add exercise and you may even be able to bring your blood pressure down to normal without any medication at all.

--Pauline Gratz



No one could be sure but the situation called for a semi-critical investigation, and after duly conducting one, Ed discovered that a bird (or birds) had pecked a hole through an opening from the outside wall of the washer-dryer. But what was the magnet that drew him (or her or them) to go

to such trouble? Katie thought of the answer to that one. In the closet she had stored some bittersweet. Birds love the little berries that go with it, and apparently they won't stop at breaking and entering to get them. Case closed.

--John Tebbel

CASSETTE CRITIC'S CORNER

It was with pleasure that I read recently that the Library of Congress was beginning to reissue, in its Talking Books series, the classic detective novels of Raymond Chandler (no relation). I was less pleased when I listened to one of these tapes--The Long Goodbye. The reader presents Chandler's P. I., Philip Marlowe, as an aggressively loud, rather nasty type, whereas I had always thought of him as sarcastic but laid back and laconic. Be that as it may, those who must rely on recorded books for their reading will be glad to have Marlowe back.



It must be conceded, too, that The Long Goodbye is not the author's best book--not, for example, up to The Lady in the Lake, released by the Library of Congress at the same time. Other titles are on the way, and it is good to know that these prime examples of what may be America's unique contribution to world literature--the tough-guy, private-eye crime story--are still appreciated and are back in circulation.

If these comments start you on a nostalgia trip, take another look, too, at the half dozen novels by Dashiell Hammett. The Maltese Falcon and The Thin Man are, of course, the best known, because



they became famous films, but I have always been partial to Red Harvest, perhaps the murder story with the most corpses of them all. Or try Hammett's The Glass Key, a truly American story of corrupt local politics, written in the clean, lean prose that certain American writers of far greater reputation strove for with less success. All of Hammett's novels are also available in cassette form

from the Library of Congress to readers with visual disabilities.

The Library of Congress is also issuing all of the highly popular Nero Wolfe mysteries of Rex Stout. They have been coming out thick and fast for the last several years. The first of the series, Fer-de-Lance, includes an appendix which describes the floor plan of Wolfe's famous Manhattan brownstone.

Any one of these books is still capable of providing mystery fans with a mighty good read, or an equally good listen.

by George Chandler

(Continued from page 1--Inside Facilities)

ning --this with the help of the residents' grounds committee and the work of individuals.

How the Facilities department operates can be seen, for example, in the day's work of Michael Greene, the man in charge of the complicated electrical system that holds us all together.

Michael arrived here last October, after working for an electrical contractor, involving him with all kinds of problems. At the start of every work day, it's Mike who gets the work orders resulting from residents' requests for help. And it's Mike who makes sure the fire alarm system works and that the basic electric supply systems are functioning, as well as making sure your lights are replaced, fridges are fixed, and appliances put in working order - among many other things. He is in charge of data inspections and keeps up with a good many other details.

All the Forest's equipment is tested weekly and monthly. And, as Maintenance Supervisor, Mike must keep everything he does within the limits of the budget.

If you've been reading about the unknown possibilities for disaster when the year 2000 arrives and thousands of computers don't know what year it is and go mad, you can stop worrying about the Forest. Mike reports that the computer systems we can control here are in order and will know it when the new century dawns. As for the major work, about local power failure, Mike says that Duke Power & Light has foresightedly been working on what is known as the Y2K problem for at least a half-dozen years and everything appears to be under control. Barring something completely unforeseen New Year's Day dinner at the Forest will be served as usual --under lights.

-JohnTebbel

Bob Blake's

PUZZLE

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

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

EXERCISE CLASS

ABDS	CRUNCH	FORWARD	POSITIONS	STRENGTH
BACK	COUNT	GRIPS	PULLEYS	SWIM
BALANCE	DEVELOPMENT	GYM	PUSHUPS	TONE
BANDS	DIPS	LAPS	REACH	TREADMILL
BARS	DOWN	JOG	ROWING	TRAINING
BENCH PRESS	DUMBBELLS	LIFTS	RUN	TRICEPS
BENDS	ENDURANCE	MATS	SCHEDULES	TURN
BICEPS	EXERCISES	MOVE	SETS	WEIGHTS
BICYCLE	EXTENSION	MUSCLES	SITUPS	WALK
BREATHE	FITNESS	MUSIC	SQUATS	WORKOUT
CHINUPS	FLEXION	POINT	SQUEEZE	