



THE FORESTER



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

Volume 5 Issue 13

April 1999

*To be a
housekeeper isn't
as simple as
walking in off the
street*

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change for the
Residents Asso-
ciation and are
being tried on
an experimental
basis***

INSIDE HOUSEKEEPING

When Judy Turner arrived here five years ago, she went to work cleaning cottages. A



year and a half later, she found herself running a housekeeping department

1 ment that includes twenty-two house-
2 keepers and two other workers in the
3 laundry. Two are in Holbrook and
4 two in Olsen. Besides these, there are
5 two men. (You can't call a man a
6 housekeeper, so these two are house
7 persons, in contemporary speak, be-
8 cause you can't call a man a house-
9 keeper. Everybody got that straight?)

10 By whatever sex, they are a co-
11 hesive group, with a morale that has
12 slowly strengthened over the years.
From the beginning, Housekeeping,

the department, has had two problems. One is everybody's trouble: finding help in a tight labor market. This situation has improved, Judy says, and at the moment, seems relatively stable.

The other problem is psychological. Housekeepers go into apartments and cottages where they find women residents who were once housekeepers themselves, and they have their own ideas about how to do it. This requires, shall we say, some adjustments, and housekeepers and residents have their own stories. At the moment, Judy says, things are relatively quiet on that front. Order prevails, in general, and relationships are much better than residents thought they could be in early days. Department morale is at its highest.

To be a housekeeper isn't as simple as walking in off the street. First comes a background check, including

(Continued on page 2)

FROM THE FOURTH FLOOR



The Residents' Board at its last meeting agreed to open its committee meetings to interested residents with the following understanding:

Non-committee members may observe and listen at committee meetings but not vote, although they may be called upon to speak by the chairperson of the committee. Committees may consider a specific concern if the issue is presented in writing in advance. If there is sufficient interest in a topic, committees may then hold hearings on the subject. The chair of a committee

may call an executive session if there is a need for it.

These procedures have been suggested as a way to increase participation in the Residents Association and to give residents a chance to observe the committees in action. The committees that have regularly scheduled meetings are:

Activities, 4th Monday at 9 a.m. in the Studio.

Buildings, 2nd Tuesday at 9:30 a.m. in the Classroom.

(Continued on page 2)

The Forester

The newsletter of the Residents' Association of the Forest at Duke, 2701 Pickett Rd., Durham, NC 27705-5646.

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Letters to the Editor

To the Editors:

The March *Forester* told our readers that John Tebbel was laying aside his editorial blue pencil (actually, he didn't really have a blue one). As fairly regular contributors to this paper for the past several years, we would like to express our personal feelings of loss at his retirement as our editorial guide and mentor.

Of course, we look forward to working with the new editors. Jack was a gentle but effective editor and policy guide for *The Forester*. We rejoice that he will continue to be a colleague and will still be contributing articles, but we will miss his editorial touch.

Libby Getz
George Chandler

EDITORIAL

We would like to turn this page over to you, the resident. We invite you to fill this page with letters to the editor.

- Tell us what you like or dislike about our publication.
- Tell us how you think we can improve.
- Tell us of any new columns you would like us to have..

This is your paper and we want it to be as interesting as we can make it. You can help us make it so.

If you like what you see and read



we would also love to hear that. Either way we will consider all criticism constructive.

As usual, we will reserve the right to print or not to print.

correction

We regret the omission of Ellen Dozier's name as the poet (March issue on p.8) of "Earthlings Folly".

(Continued from page 1-fourth floor)

Caucus Coordination, 4th Monday at 2 p.m. in the Party Room.

Food services, 2nd Thursday at 2 p.m. in the Bar.

Health Care and Services, 2nd Monday at 2 p.m. in the Classroom.

Library, 2nd Tuesday at 11 a.m. in the Classroom, every other month

The Budget and Finance, By-laws, Grounds, and Safety Com-

mittees meet when called by each Chairperson. Residents may contact chairs of these committees to find out when a meeting may be scheduled.

These initiatives represent a change for the Residents Association and are being tried on an experimental basis. It is our hope that this will be successful and of use to us all.

--Peg Lewis

(Continued from page 1-housekeeping)

a drug test. Then, if the applicant is hired, there are two weeks of training, supervised by Judy. She works closely with Jim Thompson in these and other operations. Once at work, housekeepers are scored weekly on charts, and there are frequent inspections. When the scores are added up, they appear weekly. Most housekeepers score well above 80, and currently one (in Holbrook) scored 97. High scorers get certificates.

The Housekeepers tend to think of themselves as a team, and Judy says most feel that the Forest

staff is like a second family. Judy has her own family too. A Tennessean from Knoxville, she's lived in Durham since 1965 and so it seems like home. She's married, has a stepdaughter and a son.

What does she do for rest and recreation? You won't believe it: yard work. Tending to the lawn, the trees and the shrubs she finds is more relaxing than any standard kind of leisure-time activity. Like her housekeepers, she gets satisfaction from taking care of older people at the Forest, but for a change of problems, there's nothing like eliminating crabgrass.

POETRY CORNER

ODE TO BERNIE

Ginny sent out E-Mail.
Indeed it is a fact.
One to Barb and Mandy,
And one to Pat and Jack.

She's really getting with it
No matter what her age.
She wants to join the senders
Because it's all the rage.

Bernie was her teacher.
He got us all on line.
He drilled and drilled and drilled us
Until everything was fine.

She may not get a computer
But had a real good time.
She learned about the E-Mail
And now is sending rhyme.

And so hats off to Bernie.
We learned so much so fast!
We must retain and use it.
Thanks Bernie, 'twas a blast!

—Ginny Putnam

TIDBITS

If all the people who own cars
Drove them same time around,
They'd circle the globe, compact mass
Forever auto bound.

Springtime cold
Harsh and bold
Turns the soul
Into mold.

Enter elevator
Much tribulation
Floor reached, door opens
Much jubilation.

— ellen cheek dozier

BRIDGE, ANYONE?

—George Chandler

I

If the sexton has tolled your death knell,
And St. Peter's consigned you to Hell,
To escape from this fix,
And to re-cross the Styx,
Call for Isambard Kingdom Brunel.

II

Wotan's fire ring seemed to bewilder
That valiant Valkyrie Brunhilde.
To escape from her pyre
She'd do well to hire
Tom Telford, the famous bridge builder.

III

If you live in a castle remote,
And the woodworm has eaten your boat,
Captain Samuel Brown
Perhaps will come down
And build a bridge over your moat.

IV

'Though Napoleon in exile made frantic
Demands--with his ego gigantic--
On the Roeblings to shape
Some new plan for escape;
Even they could not bridge the Atlantic.

V

There are dentists in Durham named Sapp
Who make bridge building look like a snap.
If you've got the dough,
Then they've got the know-
How to span the most difficult gap.

[Note: Brown, Brunel and Telford were engineers active in Britain in the early 19th century. Brown built the Union Bridge, linking England and Scotland across the River Tweed, the world's first suspension bridge capable of carrying vehicular traffic. Telford built the bridge over the Menai Strait in north Wales, and among Brunel's bridges is that over the Tamar River at Plymouth. The Roeblings, father and son, built the Brooklyn Bridge. Drs. Baxter and Macon Sapp are well known to many Forest residents. They have graciously approved publication here of the final stanza.]



ELDERHOSTEL CORNER

VALLEY FORGE

The Valley Forge, Pennsylvania, Historical Society offers frequent Elderhostels which, not surprisingly, concentrate on the events surrounding the American Revolution and the Revolutionary Army's Valley Forge encampment.



The scene was set for us very capably by a park ranger who gave a review of events leading up to the winter of 1777-78 which the army spent at Valley Forge. Other park personnel and members of the historical society also served as instructors. A tour of the park itself was, of course, provided.

Nearby points of interest include the Wyeth Art Museum at Chadds Ford and the magnificent Longwood Gardens. Our Elderhostel featured lectures on historic gardens, and we had a tour of the Longwood Gardens. In addition there was time for visiting the Wyeth museum and the Brandywine Battlefield.

An unusual feature of the tuition at this Elderhostel was use of actors from the American Historical Theater Company in Philadelphia. Three of them spent a couple of hours with us, separately,

and proved highly successful contributors. They appeared in costume and maintained their assumed characters throughout. Thus we met an angry Tom Paine, a statesman-like George Washington, and a diffident James Wilson, a signer of the Declaration of Independence from Pennsylvania. This may sound a bit hokey or, at best, aimed at an adolescent audience but it worked very well as an instructional device for our adult group. Indeed, members of the audience often asked questions as if they were talking to Tom Paine, for example, rather than to the actor before them. Another excellent presentation featured a woman- appropriately costumed - who provided an account of food preparation, preferences, and recipes in Revolutionary times.

Accommodations were at a motel at Chester, Pa., where we found the room quite satisfactory. Meetings were in a lower level room, accessible only by a long and not very well-lighted flight of stairs. This is not a program for the handicapped or severely arthritic elder. Meals were well prepared, served in the meeting room on a buffet table. The food was never quite hot enough, but the good company of fellow students and visiting program presenters made up for such shortcomings.

- George Chandler

FROM THE GREENHOUSE

For the many new residents, here's a review of greenhouse regulations.

Supplies and equipment are kept on hand to rejuvenate the plants scattered throughout the building.

The greenhouse also offers space for plants you may not have room for or those winter-chased in from the patio. Residents are responsible for the care of their own plants.

Plan a trip away? Your plants may be boarded free of charge. Call Bob Blake who will meet you at the greenhouse, show you where to put your plants and take care of them in your absence. All new plants are checked by

him before they're admitted. (No hibiscus, please.) Each plant must be tagged with owner's name.

The automatic sprinkling system covers most of the greenhouse, but certain sections are not covered. The attention your plants need will depend on where they're placed.

--Bob Blake



AD-LIB

"I love to cook with wine. Sometimes I even put it in the food."

Before coming to The Forest we lived in the country where the only excitement was the birthing of the calves and where I felt the real world was way out there someplace else. I am a city girl at heart. I love the bright lights, the traffic's growl and the fact I can hop over the fence to South Square, Macaroni Grill and ABC. There is excitement here in the ever-changing landscape. While my back was turned a nearby hill blossomed with a Harris Teeter and theater complex and like a rabbit out of a hat New Hope Commons sprang into being. Lately when I have gone to fetch food for Wonder Dog, I have noticed a lot of construction at the back of Oak Creek. Something big and wonderful was rising out of the remains of a modest eatery. It could have been the Taj Mahal. It turned out to be an elaborate hacienda housing a new Mexican restaurant. I figured if the food matched the decor we were interested so Best Friend got dragged to yet another restaurant. This was a mistake because we are neophytes when it comes to Mexican cuisine. The menu proved a mine field. Blindly we ordered the Mexican Favoritos - Superior Platter (\$8.25) for Best Friend, Plato do Todo (\$8.25) for me. Some of it pleased, some didn't. We had no idea what we were eating. The Mexican beer was good, the service good. I would have liked mariachi music instead of rock and more space in the booth. I will go back - not so Best Friend.

ON THE BORDER, Oak Creek Plaza (Garret and 15-501)

Something big and wonderful was rising out of the remains of a modest eatery.

There's a building at the corner of Broad and West Markham, Durham, that started life as a gas station. Since the 20s it has gone through several incarnations. Today its humble beginnings are hardly recognizable. It now houses RENAISSANCE, a deluxe gift shop that is a veritable Aladdin's cave of treasures. You will want everything in the place except the fountain by the entrance.. There are antique Japanese kimonos (\$200.00 to \$1150.00). Of course it was the \$1150.00 one that caught my fancy - polonia blossoms embroidered in gold - Rigaud scented candies, European antiques - Caswell-Massey soaps - lots of estate sterling and modern silver plate (a cocktail shaker at \$27.50 and six small plates for \$10.00) elegant pillows, cache pots, silver-headed canes (\$27.50). The item I most wanted was an antique Louis Vuitton wardrobe trunk but the price was in the stratosphere. I

kept thinking my life has gone full circle. I packed just such a trunk to go to Indochina fifty years ago. The owner of Renaissance is James Fathing who also does interior design.

RENAISSANCE 1805 West Markham at Broad, Durham, tel. 286 5959

Like so many we were given a clock that tells the hour with twelve different bird songs. A charming idea but now the idea has taken off and given birth to other clocks where the hour is proclaimed by wild animals, barnyard sounds and now by barking dogs. I hope to heaven no one gives us the latter - pandemonium would break out every hour on the hour with Wonder Dog defending his territory. In case you are dog-less and would like to order one call Folio 1-800 345 3454 and ask for item 24-63408 \$29.00

—Libby Getz

LIBRARY NOTES

Please welcome three new volunteers in the Library. Katherine Holton will be the new person on Tuesday mornings, Mary Ruth Miller will be there alternate Thursdays when Oasis does not come, and Pauline Gratz will be there Friday afternoons. They will be happy to assist you find to your way around the Library, But remember, they are learning about their new tasks and don't be too hard on them.

Just to remind you, in case of emergency, the Library has copies of many of the Income Tax forms. Some of you may need one or two, but please copy them and leave the originals in the Library for others to use. We do have both Federal and North Carolina forms.

—Jean Weil

Clippings

A beautiful month with warm temperatures and many spring blossoms has begun. Our landscapers have been doing the necessary fertilizing and spraying while residents have been preparing garden plots. Three new benches have been placed around the community to add to those already there for those walkers in need of a rest or to enjoy the surrounding area.

Jane Jones, always the thoughtful one for having a card for the Friday Social folks to sign for those hospitalized friends. Last time it was for **Jerry Button**. We shall miss her and **DeEtte Strawbridge**.

P J Burns, **Ed Cady**, **Gus Eliason**, **Chris Hamlet** and **Andy Blair** are the mainstays of the Men's Breakfast Group which meets each morning in the cafe. Other days they may be joined by **Frank Simes**, **Julian Price**, **Dr. Tony G.**, **Bob Bowditch**, **Tracy Lamar** and **Bill Goldthorp**.

Even those with no Irish connections wore green on St. Patrick's Day. Can you imagine the di-

lemma for dining room servers when they tried to distinguish us to separate orders!

Pictures of many of us Spring Chickens caused much comment. **Rose** and **I** thought that Prince **Herb Stecker** was charming to rescue Cinderella **Berniece**. It was fun to pick out **Ruth Patterson** and **Loma Young** as pin-up girls. **Caroline Long** giggled while reminiscing about being pictured between her two older brothers atop a mule. Weren't we all so young!

On April 1st **Dot Logan**, **Pauline Gratz**, **Mildred Brouwer**, **Gertrude Merritt**, **Katie Trexler**, **Betty Sandler** and **Dot MacMillan** were stalwarts in the Sit and Be Fit group. **Mildred Anderson**, **Eleanor Kinney**, **Delancy Price**, **Bess Raper** and **Dot Schoenhut** are also regulars.

Although there is much talk about celebrating the beginning of the new Millennium at the end of the year, remember it really doesn't begin until the end of 2000. Just count!

— **Rose and Azalea Bush**

CYBERSPACE UPDATE



Since September of last year we have instructed 115 residents in *computer basics* and *word processing* and 48 residents in *e-mail* and the *internet*. Our initial phase is complete and we are ready to start on phase 2.

Phase 2 will be our attempt to get *all* our residents an e-mail account, whether you own a computer or not. This account is free of charge. Once you are signed on you will be able to send/receive e-mail to/from anyone in the world.

If you cannot access your e-mail on your

own computer the computer room will be available.

Starting April 13th the computer room will be open from 10 am to 11:30 am every Tuesday and Thursday for your convenience. During those hours you can sign up for an e-mail account, send & receive e-mail, play solitaire or bridge, or use our word processors to write your biography (or whatever). So come one, come all.

Volunteers will be available to help you get started.

— **Bernie Bender**

GARDEN PLOTTERS

If you planted Crimson Clover or another kind of cover crop last fall, now is the time to turn it into the soil.

If you have not had a soil test in several years, get one now. See the instructions and the boxes on the shelf in the tool house.

If you have been planting tomatoes in the same plot, don't do it this year unless you have had the soil sterilized.

These suggestions come from the Master Gardener Desk of the Durham County Cooperative Extension Service

And if you are not going to use your plot, please let Bruce Burns know.

— **Edna Wilson**

COUNTRY GIRL MAKES GOOD



Linda Bowman describes herself as "just a plain old country girl," but in the three months or so since she took her place behind the reception desk, she's become one of the most popular of the friendly faces who deal with residents and visitors of all kinds, twelve hours a

day.

It's true she lived in the country, on a tobacco farm near Burlington, from the time she was six years old, and still lives not far away, in Graham. A year after she graduated from high school she married the boy she'd been in love with since she was 11, and today they have two daughters, Lisa, 29, and Angela, 27.

Taking courses at a nearby community college, Linda became an Emergency Medical Technician, and in the course of her later life, worked with the redoubtable Max, legally known as Deborah Harrell, our new Environmental Services Secretary. They live near each other now, and it was Max who recruited Linda for the Forest staff, just as she herself was recruited by her old friends, Laurie and Jerry Mitchell. All these families are involved in the affairs of Christ Memorial Christian Church in Burlington.

Asked what she does with her time when she isn't gracing the reception desk, Linda says her other life can be summed up briefly: church and two grandchildren. But then she remembers something else. "NASCAR racing," she says. "We love it!"

-John Tebbel

REMEMBERING NELSON STRAWBRIDGE

by Bill Goldthorp

DeEtte Strawbridge's passing on March 25 has reminded those of us who were present at the Forest's beginnings of how much we are indebted to her husband, Nelson, second president of the Residents' Association. In fact, the impact of the Strawbridge family on this institution, as well as on Durham itself, is remarkable and well worth a place in our history.

Like the rest of us, I was not fully aware of how much we owed Nelson until I succeeded him as Association president and asked him for his files. He gave me two filing cabinet drawers filled with documents. Reading these papers was a revelation because here in one place was a record of his many struggles with management, how he set up the very popular Employee Appreciation Fund with Hal Muncaster, how he worked with the Durham City Council on zoning and tax questions concerning our tax-free status. There were letters to officials in Raleigh and Washington, seeking support for Continuing Care Facilities, and yes--as old residents remember, he even got us a traffic light installed on Pickett Road and Route 751.

Beyond all these details, he provided strong leadership on the Forest's Board of Trustees, trying

to hold down our monthly fees and representing us in other matters. He was never too busy to talk to any of us about TFAD problems, of which there were many in those early years. Nelson took the time to be active in Durham civic affairs, even running for mayor.

All along the way, he had DeEtte's constant support, and at the end, she nursed him through his final illness. All of us loved this lady. Somehow she was able to smile, even after Nelson's death was followed by those of her granddaughter and a son. We're grateful to have had the Strawbridges with us, and we will miss them both.

IN MEMORIAM

Norman Hinton	Mar. 10
DeEtte Strawbridge	Mar. 25
Jerry Button	Mar. 31

We welcome our new resident to The Forest



Betty Willis #3033
403-2002

Betty comes to TFAD from Falmouth Mass and is a graduate of UCLA. She enjoys tennis, arts and crafts, reading and does volunteer work for both a hospital and her church. She has one daughter, Diana Getzelmann who lives in Durham.

CHUCKLES

Actual Laws on Antiquated State Books
Singing out of tune in North Carolina is against the law.

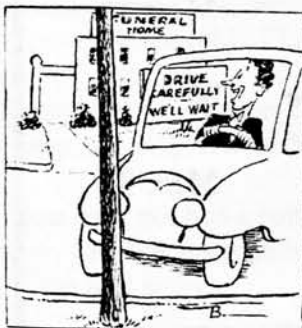


It is illegal to set a trap for a mouse in California without a hunting license.

Quotes Taken from Insurance Forms

In my attempt to kill a fly, I drove into a telephone pole.

A pedestrian hit me and went under my car.



Business Signs

In the front yard of a Funeral Home:
Drive carefully, we'll wait.

FOREST SPROUTS NEW BENCHES

Those taking the perimeter walk will have noticed a number of new benches placed at convenient spots. They will also have noticed that foundations have been prepared for them. As we wondered about this, we sent out our ace investigative reporter to look into the matter.

The basic reasons for the new foundations are the obvious ones: safety, stability and security. A well anchored bench will stay where it has been placed, and will not tip over even if a Forest resident sitting on it suffers a severe squirming fit. Also, these benches are handsome and expensive, and tying them to the ground should foil potential thieves.

But it seems that there is another factor involved here. The new benches are made of a remarkable wood—a kind of *lignum vitae*. Those responsible for bench procurement are convinced that, if firmly



planted, even in relatively poor soil, these benches will soon begin to sprout little benchlets which will eventually grow into full-size benches. Thus the Forest will be assured of a permanent

supply of new benches at little or no cost. These can be placed where benches are still needed, as in the rose garden, or can be used to replace older benches worn out by heavy use or suffering hurricane damage.

—A. Bench Warmer
April 1, 1999



BOOK NOTES

It will be no news to the Forest's female population that "Every Woman Has A Story," and many may find resonance (to use one of today's pop words) in May Ott Underhill's compilation under that title, with an explanatory subtitle, "Many Lessons, Many Voices, Many Lives." These stories were chosen from more than 500 submissions, and they cover the emotional gamut--joy, tears, pain.

The book originated in a chance reunion with high school classmates many years later, where Ms. Underhill heard tales of marriages, pregnancies, motherhood, aging, and events in between. Many of the stories are upbeat--about falling in love, overcoming adversity and such and the narratives are forcefully free of dysfunctional families, drugs, and alcohol---the stuff of so much current fiction and memoirs. Don't expect great writing; much of this prose is mediocre. But it's real--to the last paragraph. (Coming in May.)

Don't be fooled by the title. "Night Gardening," by E. L. Swann, is a novel. The author is better known as Kathryn Lasky, the name she uses on her children's books. She's dealing here with something not seen every day on the fiction lists 60's-something love. Tristan Mallory, a divorced landscape architect is working on an estate in Cambridge, Mass., when he encounters Maggie Willes, widow of an alcoholic and recovering from a stroke. She lives next door to the estate he's working on, and he sees her through a crack in a brick wall, trying to restore her neglected garden. Mal-

Don't be fooled by the title. "Night Gardening," by E. L. Swann, is a novel.

lory climbs over the wall and helps her with the garden at night, and also helps her recover her speech and motor skills. (Don't ask.) True love has eluded these two people for both their lifetimes, but now--. The story is sharply and wittily told, and extra added attractions are the author's line drawings. A most unusual travel book is William L. Warner's "Into the Porcupine Cave, And Other Odysseys: Essays From An Occasional Naturalist." (April) Warner, a former Pulitzer Prize winner, tells of forays to Chesapeake Bay, New England, Terra del Fuego, the Guatemalan jungle, and other places. You'll find him bird-watching in the Dry Tortugas, then camping in the Maine woods. He's as much at home with old lighthouses as he is with howler monkeys and killer whales. It's a narrative that's as entertaining as it is informative.

You can count on less than one hand the number of times a book that has been out of print for 25 years suddenly reappears and seems even better. Such is "Give Me The World," by Leila Hadley (April). And what a story it is! In the 1950's, the author and her 6-year-old son set off to see the world. She was 25 then, and sick of New York. It turned out to be a voyage of self-discovery, among many other things. She signed on a four-man schooner bound for Malaysia, also taking along her big dog. Later, she found herself cruising the South Pacific islands, and exploring India, Pakistan, Dubai, Iraq, and other ports of call. What resulted was a panoramic view of Asia, and more important, a new understanding of her own geography.

--John Tebbel

EMPLOYEES LEARN ABOUT SAFETY



Making the Forest a safe place to work has always been a goal here, and last month another step in this constant campaign was taken when 63 employees took OSHA training through the De-

partment of Labor and Durham Technical Small Business Center.

Max Harrell, of Facility Services, and Mark Williams, from Systems, taped the all-day session so the information could be shared with those who missed the workshop. Linda Bowman registered all the participants at each session. Linda Vanne-man, Personnel Director points out that employees are constantly being trained to understand workplace hazards so proper safety procedures can be observed.

John Tebbel



HERE'S TO YOUR HEALTH

About 60 million Americans have high blood pressure, a major cause of premature death and disability in this country. Thanks to genetic inheritance, diet, weight, living habits, response to stress and probably as yet unidentified factors, by age 65 half of us have this silent killer.

Often, high blood pressure, or hypertension, as it is called medically, has no apparent cause. It may develop in a setting of a high salt diet or obesity, but the underlying abnormality is not known.

Hypertension is an insidious problem that may cause no symptoms for decades. But left untreated, it greatly increases the risk of developing three of the nation's leading health problems; heart disease, stroke, and kidney failure. With high blood pressure the heart has to work harder than it should to pump blood, the kidneys have to work harder to regulate the blood pressure and the arteries undergo excessive wear and tear and accumulate abnormally large fatty deposits that reduce their ability to transport

blood. Blood pressure is measured by an instrument called a sphygmomanometer and is recorded in two numbers as a fraction: the arterial pressure when the heart beats (systolic pressure) over the arterial pressure be-



The use of drugs to reduce even moderately elevated blood pressure has been shown to have life-saving effects.

tween heart beats (diastolic pressure). A systolic pressure of 120 mm Hg or lower and a diastolic pressure of 80 mm Hg or less are considered optimal; 120/80 to 129/84 mm Hg normal; 130/85 to 139/89 mm Hg high normal; 140/90 to 159/99 mm Hg Stage I hypertension; 160/100 to 179/109 mm Hg Stage II hypertension; and 180/110 mm Hg or higher Stage III hypertension. As a rule, the lower the blood pressure, the lower the risk of heart disease, stroke and kidney failure.

In most cases, if no underlying cause can be found for elevated blood pressure it will be called essential or primary hypertension. To treat and prevent this condition it is recommended that people eat a diet that emphasizes fruit, vegetables, whole grains, and low fat dairy products. Other suggestions are to stop smoking; get 30-45 minutes of exercise on most days; limit alcohol intake to one drink per day; restrict salt intake to a teaspoon a day; and consume at least 3.5 g of potassium per day. Losing excess weight is also recommended.

In cases where drugs are necessary, doctors start with mild ones least likely to cause long-term side effects, progressing to more potent medication only for those who need it. The use of drugs to reduce even moderately elevated blood pressure has been shown to have life-saving effects.

Recent studies have made it apparent that one size doesn't fit all. When it comes to treating hypertension, the best approach is one that takes into account an individual's medical history and attitude toward side effects of drugs.

-Pauline Gratz

BRIDGE TOURNAMENT WINNERS TO BE ANNOUNCED

April 30 marks the end of the current Round Robin bridge tournament. Grand prize winners and top scorers of each division will receive cash prizes at the May 7 social hour.

Sign up for the next Round Robin tournament (starting in October) will begin May 1. Blank forms will be placed under the residents' bulletin board next to our new score box. Completed forms should be placed in the score box by June 30.

There were 64 participants this year and we're hoping there will be more next year. Groups are divided into different skill levels so everyone will feel comfortable. Anyone is welcome to enter, even local friends. Play is once a month with another pair. We want the tournament to be fun!

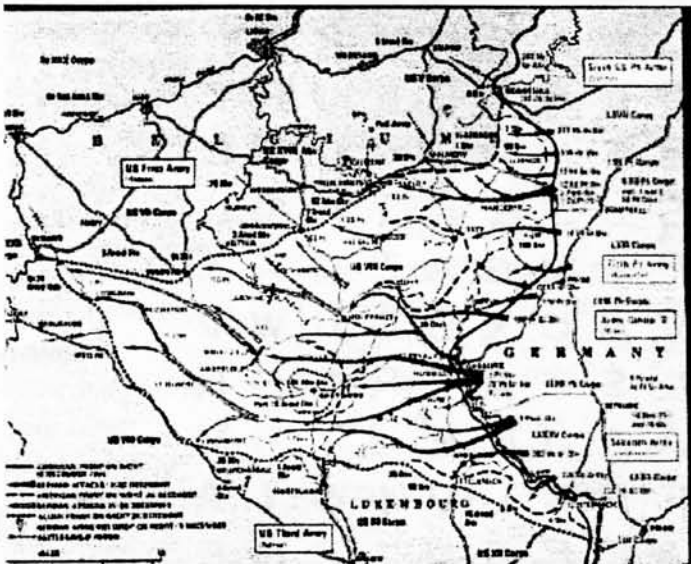
Thanks to P. J. Burns for the handsome score box he made for us in the woodworking shop.

--Betty Gray

MEMORIES

The Fortunes of War

Since the Normandy invasion in June the sky had been our roof, the ground our bed. It was not idyllic. My company, which had mostly operated as separate platoons attached to divisions in combat, was back together and with its battalion headquarters for the first time. In December we had moved to an old German barracks, in Aachen, I believe.



With the Germans pushed back across the Rhine, it looked like a fairly comfortable place to spend the winter.

But one night our First Sergeant roused Privates for outpost guard duty to supplement our standard guard. It was suspected the German army might be up to something and we were to watch for it. Actually, the only activity I observed was an apparent rocket going up until out of sight -- possibly the new German V-2 on its way to England.

Before long we received orders to move back west of Liege, Belgium, as there was serious German activity in the Ardennes area just south, and we could be cut off. We were assigned to trucks by military unit, and I threw my duffel bag on what I believed to be my truck. But the men already there said, "We're full. You'll have to find another truck." That I did, but leaving my bag and thinking that social groups can still come ahead of military ones. I knew I wasn't really "one of the boys." At 30



and a near Ph.D., I was overage and over-educated for my rank (buck private).

The convoy halted near Liege -- probably so the battalion Colonel could see that all was well. There was a very loud, sharp explosion, seemingly just off our side of the road, followed by screams from an adjacent shopping area. Then I heard that one of our trucks had received a hard shrapnel hit -- two men killed, several wounded. I never knew what had hit -- a German rocket, an accidental bomb drop from an Allied plane, a German plane dropping its last bomb on a minor target while trying to head home? Several days of clouds and fog had given way to clear skies full of planes -- mostly Allied which we believed would stop the German advance.

The explosion had jarred me out of my usual boredom, bordering on depression, and for the rest of the trip I was fully alert -- as soldiers are supposed to be. That evening we unloaded in the courtyard quadrangle of a Belgian farm. As I took my bloodstained bag from the shrapnel hit truck, I had reason to be thankful there had not been room in it for me. I could sleep on a mattress cover but I wasn't ready to be put in one.

**"We're full.
You'll have
to find
another
truck."**

Afterthoughts: The Battle of the Bulge was to become one of the most famous of WW II. It is said one of Hitler's objectives was to drive to the Atlantic splitting the English from the Americans physically and diplomatically. In this he was partly successful. Montgomery (English) was in charge to the north. Patton brought his Third Army armor up from the south and wanted to cut off the German "bulge" at its base, then destroy it. Both Montgomery and Patton were hard to manage. Montgomery insisted on full command in killing the German advance. After all, he had been the first to defeat German attacks in North Africa. For whatever reasons, Eisenhower gave Montgomery command. Montgomery relied on heavy use of artillery and infantry. He did push the Bulge back, but winter and "no retreat" orders of the Germans caused very heavy losses to the Allies.

Editor: The author is a FAD resident who prefers not to be identified.

Bob Blake's

PUZZLE

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

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

TRIP TO THE MOUNTAINS

AIR	CREEKS	LAKE	PISGAH	SNOW
ALLEGHANY	CRAFTS	LAUREL	RANGE	SPRINGS
ANIMALS	FENCE	LEDGE	RETREAT	STONE
APPALACHIAN	FISHING	LODGE	RIFT	STREAM
BIRDS	FLOWERS	LORE	RISE	TIMBER
BLUE RIDGE	GAP	MOUNTAINEER	RIVER	TOP
CABIN	GOAT	MUSIC	ROADS	TRAIL
CAMPING	GRANITE	NATIONAL PARK	ROCKY	VALLEY
CAVE	HIGH	ORCHARD	SCENIC	VIEW
CHEROKEE	HIKES	PASS	SKIING	VILLAGE
CLIMBER	KNOB	PEAK	SMOKY	WATERFALL
				WILDLIFE