



THE FORESTER



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

Volume 5 Issue 14

May 1999

It was during her college years that she first became interested in exercise therapy,

INSIDE THIS ISSUE:

President's Corner	1
Keeping Fit	1
Editorial	2
Poetry Corner	3
Elderhostel Corner	4
Memories	4
Ad-Lib	5
Chuckles	6
An Intern's Life	6
Library Notes	7
Our Studio	7
Clippings	8
Welcome New Residents	8
Booknotes	9
Here's to your health	10
An Exercise in Exor-	11
Bob Blake Puggle	12

I would urge those who disagree with the outline of the new policy to give serious consideration to ways to improve it.

KEEPING FIT WITH SHARON



Everyone at the Forest who's into exercise knows Sharon Simpson, our Fitness Coordinator. The rest of us would feel better and maybe live longer if we did likewise, she believes.

Sharon thinks of herself as shy, but that's not how she seems to those Foresters who grunt and groan, bend and stretch under her expert directions in the classes she conducts. They swear by her too, aching muscles notwithstanding.

Although she looks like one of those Olympic gymnasts we see every four years, Sharon never had time or inclination for the parallel bars. Born in Washington, D. C., she grew up in

Raleigh and did her college work first at the University of South Carolina, then at the University of North Carolina-Greensboro, as well as serving two years in the Marine Corps. It was during her college years that she first became interested in exercise therapy, involving the rehabilitation of cardiac victims. She acquired further professional experience at the Rex Hospital Wellness Center and working for a physical therapy company before she eventually launched her own personal training business.

Sharon lives in Apex with her husband Marty, a computer expert, two cats, and a basset hound named Bailey, well known to everyone who knows Sharon.

What does a woman who devotes her life to keeping other people fit do for her own body? Plenty. She runs an average of 22 miles every

(Continued on page 2)



PRESIDENT'S CORNER



The meeting of the Caucus leaders was given a preview of the new management policy on internal transfers. The charges that were described cover moves from one independent unit to another. It is easy to see that there are costs associated with such moves that must be borne either by the individual making such a move or the community as a whole. The difficulty comes from trying to make a cost schedule that is fair, equitable and manageable. I would

urge those who disagree with the outline of the new policy to give serious consideration to ways to improve it. If you have concrete suggestions as to ways to cover the costs and still be flexible in a variety of situations, please send them to me in writing and I will take them to management. Consideration should be given to the fact that most moves will be to smaller units and that this would result in a lower monthly service fee.

The Residents Finance Committee has met with Steve Fishler and Vicki Barringer to discuss the second

(Continued on page 2)

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.

Publisher..... Bernard Bender

Co-Editors.... Virginia Jones,
Marion Patton

Contributing Editor..... John Tebbel

Editorial Assistants:

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

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

Photographer: Ed Albrecht

Publishing Assistants: Bess Bowditch, John Getz, Jane Jones, Carolyn & Bloss Vail, Dorothy Zutant, Ellen Dozier, Molly Simes, Marion Bender

EDITORIAL

We're confident that each and every resident has a memory or two to share. Casual conversation often yields a fascinating reminiscence. How about sending your recollections in so we can include them in future Foresters?

(Continued from page 1—keeping fit)

week, and lifts weights at least three times in the same period. She's run in several different marathon events.

But it isn't all exercise, though. Sharon lives to read and to cross-stitch. She loves the beach life, too. She and her husband have a trailer at Emerald

Isle, where they spend some lazy times.

How does she rate the Forest's population, fitnesswise? Most of those she sees are fit, she says, but she's convinced that being retired is the hardest work of all.

—John Tebbel

And the Winners are:

The first Forest Round Robin bridge tournament was completed on April 30th. The winners were announced at the May 7th social hour.

Grand Prize Winners:

Libby Getz and **ME Stewart** 22,610 points

Division Winners were:

Culbertson- **Dot and Bill Heroy** 21,650

Goren- **Lois Watts** and **Ginny**

Goldthorpe 19,040

Sheinwold. **June Northwood** and

Dot Heroy 18,570

Schenken - **Jenn Vann Brunt** and

Ruth Dillon 17,390

The proceeds --a check for \$470 was presented to **Russ Cambell**, Chairman of the Benevolent Fund.

The sign-up for the next tournament has begun. Entry forms are under the residents bulletin board next to the mail boxes. The completed forms may be put in the bridge score box before the deadline June 30th.

The tournament starts in October and ends in April. We are hoping for some new players as well as those that participated this year. —Betty Gray

(Continued from page 1—fourth floor)

quarter financial report. The committee again expressed concern over the returns on the investments. A letter is being prepared which will go to the TFAD Board Finance Committee before it meets on May 10th. In addition, I will be taking this concern to the full Board on May 11th. The two Finance Committees are scheduled to meet on June 23rd. You can be sure that the Residents Board continues to stress the importance of the best possible management of the Forest investments as a way to try to keep monthly service fees as low as possible.

A number of residents have expressed concern over the census levels in the health facility. It has been nearly full for several months, but every

resident who needed it has been provided with care. The planning for the new assisted living unit is moving ahead and there should be announcements of significant advances in the planning in the near future. When it is time to consider specific plans, such as the layout of rooms and such, there will be focus groups appointed to make sure that there is resident input into the planning of this phase.

Summer is usually a time of relative quiet here, but this summer may be more active as the assisted living unit plans progress. I wish all those who will be traveling a safe trip and suggest you take lots of pictures to share with us on your return.

--Peg Lewis

POETRY CORNER

GOES WITH THE TERRITORY

ellen cheek dozier 4/99



That time of year
is here
When changes
are all around;
Trees and bushes
explode
Fresh, fragrant
flowers abound.

Thoughts of mountain breezes
Yens for shore's salty air,
Creep freely into dreams
As we plan vacation fare.

But, first comes the pollen
Barely beats out shoveling snow;
It's a mess while it's here
Still you know it will soon go.

Wash it off with a hose
Five minutes is all it takes;
No heart attacks for you
No dirty white piles it makes.

For sneezers, no picnic,
I'm a good authority;
Yet folk keep moving south
A touted priority.

But, when the heat shoots up,
Tempers and dogs have gone mad,
I'll be the first to say
"Great spring weather we had."

Senility Prayer

God, grant me the Senility
to forget the people
I never liked anyway,
the good fortune to run into the ones I do, and
the eyesight
to tell the difference.

by Tom Sheppard

MORE EVIDENCE OF THE
POWER OF CHOCOLATE

--George Chandler

THE TOWER OF BABEL

The King of Babylon, Nebuchadnezzar,
Erected a gigantic Ziggurat--
For he knew troops would be able,
From atop this Tower of Babel,
To mount guard upon his store of chocolate.

THE BATTLE OF WATERLOO

When Wellington at Waterloo faced Bony,
He knew he stood at best an even chance;
So to stimulate his men
He fed them chocolate, and then,
They chased Napoleon home again to France.

THOMAS EDISON

Thomas Edison found one of life's frustrations
Lay in searching for his chocolate bars at night.
Neither candle flame nor gas jet
Could illuminate their basket,
So Tom invented the world's first electric light.

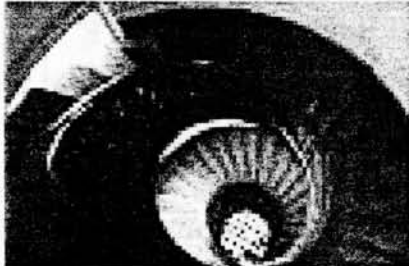
In the province of the mind, what one believes to be true
either is true or becomes true.

John Lilly



ELDERHOSTEL CORNER

MUSIC ANYONE?



**Spiral Staircase at Friedberg
Concert Hall at the Peabody
Institute**

The Peabody Institute of Music (part of Johns Hopkins) in Baltimore has 96 Elderhostel music courses a year (two a week for 48 weeks) with a great variety to choose from. The one we attended a few weeks ago was on Leonard Bernstein as a conductor and

as a composer. We had three excellent instructors who managed to make difficult things understandable and to give us all an appreciation of this musical genius and his works..

A special bonus were student recitals given to fulfill degree requirements. Our attendance at these recitals (three to five each evening) was welcome. During our week, recitals included piano, violin, vocal, bass fiddle, saxophone, organ and conducting – the student conductor needed an orchestra for this last one.

Finally, there were many good galleries and other points of interest to visit in downtown Baltimore. One night for a change from music, we attended a Shaw play, "Mrs. Warren's Profession" at a fine theater around the corner. Good, too.

-John and Betty Gray

MEMORIES

Loma and Carl Young were married in July 1942 in the chapel at Hamilton Field, California. (Quite a distance from Macon, Georgia)! She described the event in a letter to her parents.

After the reception, "Carl and I...went on to San Francisco where we stayed at the Fielding Hotel. We had a beautiful room up high where we could look out and see all of the city practically.

"We had a marvelous three days. Saturday night we went to an open air dance place where a good name band plays. We enjoyed that though it was cold and I danced with a coat on. Everyone in San Francisco wears winter clothes and it seemed funny to see fur coats in July. Sunday afternoon we went to the Golden Gate Theater and saw a good show and stage show. Phil Regan sang and the Four Vagabonds were on the show also.



We then went on top of the Mark Hopkins Hotel where there is a big room enclosed entirely in glass and the view you get from there of the city is beautiful. We then took a taxi and went

through Chinatown and then to a supper club called the Bal Taberine.

"Yesterday afternoon we went through Golden Gate Park and it is so pretty but so big we couldn't possibly see it all.



**Golden Gate Park
facing the Conservatory of
Flowers**

"San Francisco is a place where you can see most anything. One can't realize how beautiful it all is. The only way to know it is to see it for yourself.

"P. S. I already have a job and begin working tomorrow."

After our honeymoon in San Francisco we returned to Hamilton Field and in a few days I had a job at the Sup Depot (Supply) and we had an apartment in Meadow Park right outside the entrance to the Post. Our rent was \$23 per month which included electricity and water. The apartment had a living room/dining room, kitchen, two bedrooms and a bath.

Loma Young



AD-LIB

Never invest in anything that eats or needs repairing." – Billy Rose

When I was young, you could almost tell one's ethnic background from his profession—Chinese laundered, Italians cobbled, Germans brewed and Greeks opened restaurants. I have been wanting for quite some time to try our neighborhood Greek restaurant, but Best Friend has always growled, "I don't like eggplant any better than broccoli." Best Friend was out of town recently so I grabbed a pal and tried Spartacus. It was a pleasant experience. No glitzy place this. It's family-owned and this is reflected in the comfortable atmosphere, decor and prices. I ordered rack of lamb which was delicious and perfectly cooked. The spanakopita (spinach pie) was a disappointment. This is much better done at Py-wacket. My pal had a pizza (read pita bread) with grilled chicken. She was pleased.

The pizzas are around \$6.95, the mousaka is \$7.95, and I simply cannot remember what I paid for the rack of lamb.

SPARTACUS. 4139 Chapel Hill Blvd., Durham, tel. 489 2848

.....

We have squatters in our cul de sac and their presence was revealed only some days ago when mother duck emerged from the Stelle's shrubbery to present her brood to the world. She paraded her ten ducklings across the street and down to the pond to test the waters. The two haughty geese who seem to have claimed the pond did not intimidate her, and she proceeded to circle the pond, the ducklings following closely in flotilla formation. They sometimes return to our court to bask in the sun and search for insects in the grass. We count them daily. They are so vulnerable and



harm is just around the corner.

At the other end of the Forest the rabbits have taken on the residents and the rabbits are winning. Pansies disappear, tulips are munched, and just wait until the kitchen gardens sprout!

On a happier note, the birds have been putting on a wonderful show this winter. Cardinals, finches, jays, mockers, bluebirds and even woodpeckers have been coming to our feeders. The birds have returned with the trees and are again making the Forest their home. A bluebird family has hung up its shingle at the Dunhams—mamma, papa and young. Happiness is truly a bluebird.

Take a walk, open your eyes, and you will see magic everywhere—and don't miss Bernard Peach's glorious row of iris.

For bird supplies try The Outdoor Bird Company where hulled sunflower seed is \$1.29, shelled peanuts- \$1.19, suet - \$2.19 and a feeding platform - \$23.99. Allow an extra five minutes as the proprietor is a great talker.

OUTDOOR BIRD CO., Oak Creek Village, 4600 Chapel Hill Blvd., Durham

.....

Strawberries are delicious now and the best home-grown ones are from JEAN'S, or so my friends claim. Phone ahead if you want them picked (\$2.30 a quart). Or better yet, if you can bend to the occasion, pick them yourself and pay only \$0.95.



JEAN'S Lutter Shop Rd. ¼ mile off 751 (Chatham County) Tel. 362 5800

.....

Have a healthy and happy summer – see you in October.

—Libby Getz



Chuckles

By Dorothy Zutant

Charles mother said, "you won't amount to anything because you procrastinate!"
Charles replied, "Just wait!"

There are three ways to become a millionaire; Inherit it, Earn it, or Sue!

Seconds count especially when you're dieting.

Always behave like a duck: keep calm and unruffled on the surface but paddle like the devil underneath.

Malapropism—Ancient Egypt was inhabited by a race of mummies, and they all traveled by Camelot.

Actual newspaper headlines

Grand Jury to get shooting death

Lawmaker backs train through Iowa.

Bishop thanks God for Calling

Enraged Cow injures farmer with ax.

AN INTERN'S LIFE AT THE FOREST

Coming here in midwinter, Katherine Hayward (Kate, as she likes to be called) was with us only a few months, until mid-April, as an intern with Christine Milburn, our Social Worker. In that short time, she saw more of the Forest's inner life than most of us know at first hand, and her observations outline the personal dimensions of the aging problem in graying America, and of what the specialty she represents is doing about it.

But first, a closer look at Kate. This month she'll be graduating summa cum laude, from North Carolina Central University, with a degree in counseling and a specialty in gerontology.

The road to the Forest, last stop in her preliminary training, included working as senior data technician in the Department of Medicine at Duke Medical Center, where her husband is a surgeon. She was also a Clinical Trials Assistant in the Surgery Department and in the Anesthesiology Department. At the Center, she initiated and facilitated a support group to encourage cohesion and social interaction among residents new to the Center.

Coming here as an intern, Kate's job was to help Christine in performing psychosocial assessments, organizing Care Plan meetings, completing admissions and discharge paperwork, and regularly counseling residents and their families.

Leaving aside all these professional descriptions, what did Kate learn about Forest residents and their problems? The answer: We share (no surprise) the basic problems of people like ourselves everywhere, spending their lives in this and similar kinds of communities. What are the chief problems, aside from the physical ones that plague aging people everywhere? Loneliness, for one. Those who are growing old alone have their own psychological problems, often helped by the counseling of a well-trained social worker. Another is the problem of the caregiver, man or woman, who late in life finds himself or herself acting as the caretaker of a spouse who has physical or mental problems. When that occurs, it's a new role for the aging partner, one that can cause major problems of stress, both psychological and physical, for the caregiver. Again, the social worker is there to help, and often becomes the link to a real world that seems to be slipping away.

Asked how Kate found the psychic health of Forest residents, she gives us a good report. As we know, there is plenty of mutual support here, and professional help is available, although not everyone understands that it's there and what it can do. In the short time she was here, Kate helped Christine make more Foresters aware that such specialized aid was ready and available.

—John Tebbel

LIBRARY NOTES

Just a few interim notes on library machinations to keep you up to date on one of the favorite "drop-by" places in TFAD.

-The library cart next to the check-out desk holds books recently read by your neighbors—everything from "So Big" by Edna Ferber to the latest Danielle Steel. Thought you'd be interested in the eclectic perusals before they're reshelved.

-Don't forget to check recent acquisitions on top of the island bookcase. New books come in regularly. We leave them there for two weeks before consigning them to the shelves.

-There are two locations for easy-listening audio cassette tapes: the one under the light switches is for books on tape with checkout card inside each box. The other audio cassette location

is outside the door to the copier room. These are single tapes which include pop and classical music plus tapes of many of the great speakers and presentations we have had in our auditorium. These single tapes should be checked out in the sign-out book on the desk, since they are too small to hold cards.

-And a reading note. We now have two copies of the novel "Recessional" by storyteller James Michener, describing adventures at a retirement community. If neither copy is in when you check, ask one of the library angels to put your name on the wait list. It's worth waiting for! —Jane Jones



OUR STUDIO

The Studio is one of the most versatile and utilized rooms in TFAD.

Every Tuesday and Thursday morning you



will find out talented artist at work – either on their own or working with instructors who conduct classes here, and we may see samples of their work on display in the Studio or in the halls of our building.

The Activities Department has classes in crafts of all kinds. These are on a sign-up basis, and anyone is welcome to come try their hand—no special talent required, only a desire to try whatever is being offered. There is usually a sample of what will be done in Robin's office. The classes are limited only by the number that can work on any particular project at one time.

If anyone would like to work on a project at an unscheduled time, it must be cleared with the Activities Department.

All day Friday is open time to do whatever you would like to do. It can be finishing up a pro-

ject that has been started earlier in the week, or something that you would like to do but do not have the room in your apartment or cottage to do it. All non-expendable equipment may be used, although some of it is locked up and must be cleared with Activities.

Every Thursday morning from 11:30 to 12, Sit and Be Fit classes are held in the Studio, because it is closer for people with trouble walking. All are welcome to join and become more supple.

Great Decisions, a continuing class, is being held in the Studio on Tuesday afternoons from now until June 1.

The Studio is also used for civic purposes. All the brochures for nonprofit organizations that have been sent out from here are prepared there by volunteers. The Christmas dolls and the Linus blankets were assembled here also, and one night a week a local girl scout troop meets here.

If you have thought of a project, in all probability it can be accommodated in the studio.

And if all of this isn't enough, at the end of every month a group of volunteers can be seen assembling our monthly activities booklets. Where would we be without them and the Studio?

—Dorothy Kornegay

We welcome these new residents to The Forest



Miriam Stoneman 3049
490-7979

Miriam has lived in Brookline, Massachusetts, Philadelphia, Scarsdale and Palm Beach. An alumna of Radcliffe, she has volunteered with the Boston Symphony, Beth Israel Hospital and the Boston Museum of Fine Arts. She has retired from her career as an antiques dealer and enjoys golf and bridge.

CLIPPINGS

The flower for which I was named surrounded the buildings at TFAD with a gorgeous display this spring. Now the rose garden is coming into bloom to honor the other Miss Bush! On the subject of roses, the plants in the Rose Circle at the Sarah P. Duke Gardens will be in bloom soon, thanks to Foresters **Lucile Blackman, Bess Bowditch, Jennifer Bowes, Evebell Dunham** and **Molly Simes** who removed mulch from the roots on a chilly morning in early April.

How many baby ducks? They are so bunched together, it's difficult to count. **Bill Upchurch** checks each day.

It's amazing how many residents can walk on water! The **Chandlers, Ginny Putnam, Katie Trexler, Sara McCracken, Minnie Mae Franklin, Mary Ruth Miller, Peg Lewis** and **Molly Simes** have signed up to walk to the Bahamas. **Pauline Gratz** plans to ride her bicycle and the **Blakes** no doubt plan to swim!

Bernie Bender's Great Decisions class is very popular with almost 20 participants engaged in animated discussions.

The Pool Room (not swimming) is busy each Thursday evening with **Dot Logan, Dorothy Pope** and **Jane Jones** shooting it out. We have seen the **McKerrachers, Nances**, and **Blackmans** in heavy competition.

Jane Jones works in many corners of the Forest. She assembled her many elves to affix labels to 11,000 brochures showing samplings of programs for the American Dance Festival, the North Carolina Symphony and Playmakers.

The Knit Wits – **Helen Albrecht, Martha Freeman, Dot Kornegay, Fran Rosenthal** and **Jane Jones**, headed by **M. E. Stewart** – are knitting up a storm by making **Robin Williams'** huge yarn inven-

tory into blankets for children in hospitals. **Mary Ruth Miller** continues her lovely embroidery work during the sessions, while **Helen Francis** joined the group in the hope that she can finish an afghan which she started during her college days.

Iva Rutenberg and **Edna Wilson** had a draw on the croquet court a few weeks back. They'd like more participants. Same with the Yoga group. Mainstays there are **Jennifer Bowes, Berniece Stecker, Mary Ann Ruegg, Hal Muncaster**, and **Ray Watson**.

Have you noticed the floral arrangements at the Count-Me-In-Book and Dining Room Sign-In table? **Betty Gray** and **Evebell Dunham** have made several contributions.

A couple of Garden Plots are still available, according to **Bruce Burns**. **Betty Gray, Terry Bronfenbrenner, Minnie Mae Franklin, Jim Butler, Elizabeth Dube, Bob Moyer, Frank Melpolder, Rena Graham, Bess Bowditch, John Friedrich, the Liftons, the Mannings, Bess Raper, Edna Wilson, Julian Price, Pat Patterson**, and **John Getz** all have names on spaces. At this stage, some are nicely planted.

Dick Watson was on stage again for a part in "Pirates of Penzance." He has performed in all Gilbert and Sullivan operettas except two since the singing group formed in 1967.



"Out to Pasture" by **Effie Leland Wilder** has been making the rounds at TFAD thanks to **Martha Freeman** whose aunt lives at Fair Acres, the setting for the amusing and heartwarming book. The author could have lived here!

BOOK NOTES



In the flood of millennial books, fiction has been more or less forgotten until now. Kurt Andersen's "Turn of the Century" is a brilliantly conceived social satire, which begins on February 28, 2000, and is told in "future present tense." (Don't ask.) Anderson, former editor of "New York" magazine and founder of "Spy," has concocted a tale of millennial madness, including marriage, friendship, the mass media, the computer industry, and other contemporary amusements, moving readers from New York to Las Vegas and at last to Los Angeles--where else? George Mactier, producer of a TV series, is married to Lizzie Zimbalist, who owns her own computer software company. They have three cyber-precocious kids. Liz, in the kitchen, announces dinner to her son in his bedroom via e-mail. Yet, in this ordered world, life seems to be full of disinformation, missed information, and misconnections. But in the new millennium, it seems, the issues are still love, ethics, friendship, and happiness. Moral: the future ain't what it used to be. First serial rights to the "New Yorker." (May)



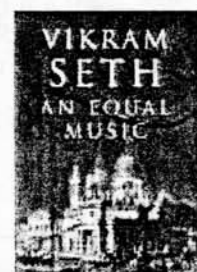
Whenever you see a televised White House press conference, you'll always find, in the front row, the formidable figure of Helen Thomas, the UPI's perennial correspondent. She's seen it all, and now she tells us something of what she's seen in "Front Row at the White House", a book full of first-rate behind-the-scenes stories and intimate views of recent presidents, especially Lyndon Johnson and JFK. Highly entertaining, no matter what your political persuasion. (May)



Next time you buy something from Home Depot you'll see it in a different light if you read "Built From Scratch: How a Couple of Regular Guys Grew Their Home Depot from Scratch to \$30 Billion." The two guys are Bernie Marcus and Arthur Blank, who tell us here how they built the largest home improvement chain in the world, the first of the do-it-yourself breed of merchandising.

How did they do it? They lay out the fourteen principles that guided them, of which the foremost seems to be imbuing employees with the idea that they must go out of their way to serve customers. If this sounds dull, it isn't. You'll never look at a Home Depot in the same way again. (May)

One of this season's forthcoming surprise novels could also turn out to be one of its best. "An Equal Music," by Vibram Seth, is (as one reviewer



puts it) "a lyrical, ravishing tale of star-crossed lovers." They are Michael Holmes, violinist member of an English string quartet, and Jolia McMichael, a talented pianist. They've broken up but meet again later in London. By this time she has married an American banker, by whom she has a son, and Michael has a live-in girlfriend, a French violinist 15 years younger. Nevertheless, the former lovers start all over again. However, a new element appears. Jolia is growing deaf, something that will destroy her world. The action moves to Vienna, Venice, and northern England, in this world of deafness and performing artists. A classy novel, intelligent and sensitive, well worth the time even if you're not a music lover.

By John Tebbel



HERE'S TO YOUR HEALTH

Exercise is the best way to get something for next to nothing. It is an all-around tonic for body and mind. The physical and psychological benefits of exercise could go a long way toward reducing the need for medical care and improving the quality of life, whether you are sixty, seventy, eighty, or beyond.

Regardless of age, accumulating evidence indicates that you can delay or reverse many of the deteriorating effects of age through exercise. The benefits can be experienced even by those confined indoors or to wheelchairs or otherwise limited in physical ability.

Exercise is certainly not the fountain of youth. But to appreciate some of its demonstrated benefits, it helps to understand what happens to your body as you grow older.

As you age, the heart's ability to pump declines about 8% each decade after adulthood. Blood pressure increases with age, as fatty deposits clog the arteries (atherosclerosis). Lung capacity decreases and the chest wall stiffens, reducing the amount of oxygen available to your body tissues. The skeletal muscles (as in your arms and legs) gradually lose strength, and endurance for muscle activity is reduced. Consequently, your body's capacity to do work, such as walk, climb stairs, etc., declines by age seventy-five to less than half of what it was at twenty.

Studies of groups of older people have shown that exercise can significantly enhance vigor by increasing the body's work capacity. This means the person's heart can deliver more oxygen to body tissues for longer periods. Exercise can also slow the loss of muscle tissue and the conversion of lean body mass to fat. Exercise can halt the loss of bone and even increase the size of bones, thereby strengthening them. Contrary to popular belief,



exercise prevents joints from wearing out. Research shows that older people who exercised were

found to have less arthritic changes in their hips than older sedentary people.

Exercise can serve many purposes. It can enhance skills, improve flexibility, build muscle strength and tone, relieve tension, help lose weight and maintain the loss, and improve the body's general physiological condition. In choosing an exercise, it's important to know what you hope to get out of it and whether that choice will help you achieve your goals.

At TFAD there are a variety of exercises that can meet your needs, such as Liquid Dynamics in which water exercises benefit the cardiovascular system by increasing muscle strength, improving balance, and preventing osteoporosis. Strengthen and Stretch conditions all of the major muscle groups of the arms, legs, shoulders and trunk. Sit and Be Fit does much of the same, but is geared to those who find standing a problem. Lastly, Yoga can increase strength, balance, and flexibility.

Exercises that do not help are climbing the walls, dragging your heels, grasping at straws, skipping your meals, tilting at windmills, spinning your wheels, jumping the gun, passing the buck, kicking yourself, pushing your luck, stretching the truth, and running amok. (Courtesy Dorothy Zutant)

You can take herbs and supplements in the hope that you'll feel younger and have more energy, but the fact is exercise is probably the closest way to help you achieve your goal.

-Pauline Gratz

In Memoriam

Mary Beach	Apr 13
Elmer Larson	Apr 16
Cynthia Lemmerman	Apr 18
Mary Latin	May 4
Grace Draper	May 5

AN EXERCISE IN EXORCISM

Brother Stephen came to full consciousness with a start. He must have dozed off during his prayers. Oh, well. This was a venial sin and could be dealt with with a few extra Aves and Paters.

But if he had been asleep, something must have awakened him. Then he heard what it was, a ghastly, agonizing groan. No, more than a groan. Much more! It started down at the bottom of the bass clef, not loud, but distinct and expressive of excruciating pain, and then proceeded up the register gaining volume and pitch until it ended as a horrible treble screech.

It sounded, Brother Stephen thought, as if some soul in torment were being tortured by a whole army of devils. Well, he ought to be equipped to deal with that! He was a fully licensed exorcist in the Diocese of Rouen.

Moreover, should the problem prove to have rational rather than supernatural cause, had he not had modern scientific education at the feet of the great Friar Roger Bacon himself? And he had the degree to prove it—he was Magister Baconii Administrationum from one of the world's great universities. In modern times, and this was, after all, he reflected, the year 1299, a natural explanation of the weird phenomenon was the more likely.

But if no rational explanation was forthcoming, he was not without experience. His last post had been at the Castle of Otranto where he had found ample opportunity to exercise these talents. He still recalled with horror the chill of fear that had overtaken him at his first sight of that horrible gigantic black helmet which had appeared mysteriously in the courtyard of the castle. His success in helping to clear up the Otranto mess had led to his appointment as exorcist to the Duke of Durham here at the Castle of the Forest Primeval.

Brother Stephen quickly summoned the key members of the castle staff: the Warden of the Cas-

tle Precincts, the Chief Steward, and the Captain of the Guard. Together they moved hesitatingly toward the source of the horrible groans, which had in no way diminished in intensity. They went down one flight of stairs after another until they reached the very bowels of the castle.

At last they came to a locked door, from behind which the sounds of suffering could clearly be heard. They were no longer loud, but had become more of a continuous moaning as if the victim no longer had the strength to cry out any louder. There was a window filled with some translucent material which showed a light but permitted no view of the interior. In addition to the moaning a faint babble of what sounded like conversation seemed to be coming from the interior.

Of course, as all members of the rescue party were executives, none had a key to the locked door. A junior warder was soon summoned, and Brother Stephen cautiously entered the room. As he did so, he seemed suddenly to come out of what must have been a dream state.

He was not Brother Stephen. This was not 1299; it was 1999. This was not the Castle of the Forest Primeval; it was the Forest at Duke, in the United States of America, and he was its CEO. This was not a medieval torture chamber. It was a modern one—the exercise room at FAD, and the



groaning victim he had set out to rescue was a resident, who preferred to remain anonymous, voluntarily tormenting herself on a treadmill. And the babble of conversation in the background was CNN News grinding out its unending message from the TV in the corner.

--George Chandler

Actual Classified Ad Blunders

A superb and inexpensive restaurant. Fine food expertly served by waitresses in appetizing forms.

Dinner Special - Turkey \$2.35; Chicken or Beef \$2.25; Children \$2.00.

For sale: an antique desk suitable for lady with thick legs and large drawers.

Now is your chance to have your ears pierced and get an extra pair to take home, too.

Bob Blake's

PUZZLE

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

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

I HEAR MUSIC

ACCORDION	CHOPIN	FIDDLE	NOTE	SYMPHONY
BAGPIPES	CHOIR	FIFE	ORCHESTRA	TONE
BAND	CHORUS	GUITAR	ORGAN	TROMBONE
BANJO	CLARINET	HANDEL	OVERTURE	TRUMPET
BASS	CLEFT	HARMONICA	PIANO	UKULELE
BEETHOVEN	CONCERT	HARP	PICCOLO	VERSE
BELL	CARD	LISZT	RING	VIOLA
BUGLE	CYMBAL	LUTE	SAXOPHONE	VIOLIN
CALLIOPE	DRUM	MANDOLIN	SING	XYLOPHONE
CELLO	DUET	MELODY	SOUND	WHISTLE
CHIME	DVORAK	MOZART	STAFF	ZITHER