



# THE FORESTER



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

Volume 6 Issue 2

November 1999

**"If there's  
one thing  
Foresters have  
in common,  
it's eating"**

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**"The  
following  
residents have  
agreed to  
serve as  
chairpersons  
for this year:"**

## PUTTING A MEAL ON THE TABLE

If there's one thing Foresters have in common, it's eating, whether it's dining room, café, Olsen, Holbrook, or special room service. Wherever it's consumed, the food comes out of one place, our kitchen, presided over by Executive Chef



Paul Schaefer. How it makes the long journey from concept to gullet is a process not always understood by those who consume it.

Basic, of course, is the menu. It's the product of a committee that includes Theo Walker, head of the Food Service Department; Chef Paul; Sue Steves, our nutritionist; Laurie Lach, Administrative Assistant, assisted by the food preparers. We have eight chefs, all told, and a prep chef, besides

two hot cooks and a salad cook.

While many dishes are basic to the menu, everyone on the committee (and sometimes off it) contributes favorite recipes. This results in the appearance of items not usually seen on CCRC menus. From this month's menu, for example, there are oysters Rockefeller, chicken Kiev, jambalaya, Rocky Road cake, grasshopper pie, and broccoli Polonaise. Not to mention at other times, quenelles, Dover sole, and baked Alaska. Not forgetting to mention the haute cuisine delicacies served at the Wednesday luncheons, which can be prepared (here, at least) for only a small number of diners.

There is, of course, the ongoing Civil War of the vegetables - Southern or Northern style. The chefs try to strike an impossible balance.

But what are the diners' favor-

*(Continued on page 2)*

## PRESIDENT'S CORNER

I hope that all of you feel as I do - that this is home and it's a great home-place

Thanks for the confidence you have placed in me. With your help, I will do everything I can to make it an even better home place.

The following residents have agreed to serve as chairpersons for this year:

Activities	Lois Watts
Budget and Finance	Robert Guy
Buildings	Lib Kern
Bylaws and Services	Helen Albrecht
Caucus Coordination	Evebell Dunham
Food Services	Beth Upchurch
Grounds	John Friedrich
Health Care	Ewald (Bud) Busse
Library	Aileen Schaller
Safety and Security	Bruce Burns

--P.J. Burns

**The Forester**

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**EDITORS NOTE**

We welcome submissions from all residents. Please send your copy to either V. Jones (#42) or M. Patton (#3016). Suggestions are always appreciated.

**OOPS**

The list of knitters for the Linus project in last month's Forester omitted the name of Martha Freeman. Thanks to Martha for her two afghans!

**LETTERS TO THE EDITOR****SMALL WORLD**

There's a charming North Carolina footnote to a cruise that Fran and Creighton Lacy took recently. But let Creighton tell it.

"As our ship neared Russia, we were pricing in one of the shops a few sets of "Matryoshka dolls", the colorful sets of "humpty-dumpty" figures that fit from four to twelve figurines inside of one another. The manager advised us to wait until we would find a wider selection after we had been in the Russian port. When we returned to examine the new shipment, we found a number with pictures of a familiar lighthouse on each of the dolls in the set. Still more amazing were several specifically labeled in English, Cape Hatteras. Imagine our surprise to have our Norwegian ship take on in St. Petersburg, Russia, a supply of Matryoshka dolls featuring--and advertising--our lighthouse."

Bernie -

I am delighted with the Forester's new look. The contributions by George Williams and Eleanor Kinney were most interesting. Of particular note was the update on new resident's phone numbers. I'm sure lots of people haven't kept up-to-date. There have been so many changes.

Nice format and layout.

Congratulations to all

Jenn G. Van Brunt

(Continued from page 1--Putting a meal--)

ites? Good old tenderloin, followed by ribs and popcorn shrimp. The prize for most unpopular goes to noodles.

The feeding machine moves with maximum speed, and noise, at feeding time. The prep cooks have done their job the day before, and now the hot cooks, the salad makers, and the others are at work, and when the magic hour arrives, the servers swing into action, at least all of those who make it on any given night - at full strength, ten servers in the dining room, four in the café, two in the health centers. In the dining room, things are kept moving by Antonietta Thomas, Dining Room Supervisor, and Shari Mason, our new Service Manager.

Altogether, this feeding machine, on any given night, finds thirty people in motion in kitchen, dining room, and café. And that wouldn't include Linda Gardler, the morning supervisor, who sets the whole thing in motion.

As we say in the kitchen, "Bon appetit".

John Tebbel

**FAMOUS QUOTATIONS**

Question: If you could live forever, would you and why?

Answer: "I would not live forever, because we should not live forever, because if we were supposed to live forever, then we would live forever, but we cannot live forever, which is why I would not live forever"

Miss Alabama in the 1994 Miss USA contest.

## POETRY CORNER

### SAME TOWN, DIFFERENT TIME

Call it just plain longing  
For the way things used to be,  
I miss my "Daily's" section  
On ladies' society.

The Woman's page was special  
Wedding lists, parties, and such,  
So what if those bridal gowns  
Sometimes were a little much.

Family circles in my home town  
Centered around church and school,  
Reports of social happenings  
Our newspaper's cardinal rule.

Guests, refreshments, decorations  
Pictures of every event,  
Fill my scrapbooks, yellowed from age,  
Nostalgia of times well spent.  
--ellen cheek dozier

### METRONOMIC NONSENSE

A bassoonist who'd eaten too much pesto  
Played all the adag-i-os at presto.  
Said the Maestro, "What a pest!"  
As he thundered forth with zest  
A stern anti-pesto manifesto.

The fiddler used too much rubato,  
And got hit by a vine-ripe tomato.  
"His tempi don't suit,"  
Said the flinger of fruit.  
"I can't stand an unsteady staccato."

--George Chandler

### ODE TO AUTUMN

Joyce Kilmer spoke the truth  
When he wrote his well known  
"Trees"  
For the blushing of the maples  
Is a gift that's meant to please.

Spring's well-worn greenery will  
change  
When nights begin their cool  
down,  
Colors from the Master's brush  
Are suddenly all around.

He further says, fools write  
poems  
How true is such philosophy,  
But talent too is given by  
The King of generosity.  
--ellen cheek dozier

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## NEWS AROUND THE FOREST

### EMPLOYEES CELEBRATE DIVERSITY ON TURKEY DAY

So many different cultures are represented on the Forest's workforce that this Thanksgiving, the annual employees' dinner will celebrate that diversity as well as the holiday itself. Those who attend this year are asked to bring a favorite dish that represents their culture. So this year a national holiday goes international.

### EMPLOYEES GET ACADEMIC HELP

Beginning October 1<sup>st</sup>, Forest employees became eligible for the Tuition and Book Reimbursement Program, available to all employees, whether full-time, part-time, or seasonal, if they have worked here at least a year and are currently employed. A performance appraisal establishes those who qualify.

Course work must be at or above high school level, taken at an accredited high school, technical or community college, university, or the equivalent. Reimbursement for tuition and books is an established amount per employee per calendar year, depending on the budget and the employee's status. To be reimbursed,

students must have a grade of C or better.

### BURNS AND THE CLEMSON SWORD

No doubt our newly elected Association president, P. J. Burns, has influenced a good many people in his long career, but he may not have known until last month that he inspired a young man to be a college president.

When James Barker was named president of Clemson University on October 4, he recalled how he first became interested in the school. "I knew a family from Kingsport," he said, "P.J. and Lorene Burns. Their son Steven and I were best friends in high school. I was in their house one day helping them to move in and one of the things I carried in was a sword that had P.J. Burns' name inscribed on it. He had gotten it as a military cadet leader at Clemson. So I thought what you did at college was to have sword fights. I wanted to go to Clemson to get my sword."

Years later, he got it. He was awarded a sword for service to the college, where he was Dean of the College of Architecture, Arts and Humanities until 1995.



## ADVENTURE IN TRANQUILITY

Early on a beautiful May morning a full bus left the Forest in the safe hands of Glenn and Mary Ann, and the Lunch Bunch travelers were on their way along a shady drive up to Avila, the lovely, well kept Retreat Center.

We were met there by two nuns, dressed in comfortable clothes, who received us so graciously that we were immediately glad we had come. We went directly into one of their conference rooms, and as we entered we all exclaimed, almost in unison, "Rocking chairs!" Yes, we were all seated in big, comfortable rocking chairs –padded too!

Sister Damian Marie, Retreat Director, is a charming, dynamic personality. From Pennsylvania, she told us how she came to be here. When asked to take over Avila, which was built in 1958 for the Carmelite Nuns and named for Teresa of Avila, the 16th century mystic, her response to the request was: "I will not go to North Carolina. God is not in North Carolina!"

Sister Damian said she had no idea why she made such a remark – she had never been in North Carolina. But the Powers That Be insisted, so she agreed to come just to look it over. As they were driving out Roxboro Road and passed Infinity Road, something happened. She looked down at the ring on her finger, the ring that all nuns of her order wear, and there was the word Infinity engraved on it. Sister Damian decided that maybe God was in North Carolina after all! "Well," she continued, "I dug in and am still here!" Her degrees in religion and physics have been a great help in making the extensive renovations that have been accomplished. After Sister Damian's welcoming words to us, Sister Carol Ann, Assistant Director, also a warm and delightful person, sang a solo for us, "The Story of the Apple Tree," and she accompanied herself on her guitar. We thoroughly enjoyed it, and it sent us off on our happy adventure.

Avila is sponsored by the Roman Catholic Diocese in Raleigh and is greatly helped by donations. The campus sits on 51 acres in Northern Durham County. Fields, forests, streams, and hillsides, as well as a mile-long meditation trail, all add to the peace and quiet one feels. They have

accommodations for single day and overnight guests. They can take care of 54 sleeping guests in the 32 comfortable, air-conditioned rooms. They also provide home cooked meals in the attractive dining room which seats 70. In the main building, along with the well-equipped kitchen and dining room, there are two conference rooms, a chapel, a prayer room, library, and a gift shop.

After the pleasant welcome session in our comfortable rocking chairs, we were invited to roam the campus. One cottage was open so we could go inside to see the very attractive rooms. None of us roamed very far because of the wonderful smells coming from the kitchen area. We all wanted to be near when that big dinner bell rang.

The tables were set for six with a tureen of steaming turkey and noodle soup waiting to be served. When I read the menu back at the Forest, I had visions of loaves of homemade bread coming from the ovens, but I never missed those loaves when the baskets of beautiful, crusty golden brown biscuits were brought to each table. Every one reached for the butter when they smelled those biscuits. A nice green salad and iced tea made a perfect lunch. Good hot coffee and (you guessed it) bread pudding with delicious butterscotch sauce finished our meal.

We all really needed a walk as we slowly left the dining room. And down the hill was a very inviting screened gazebo with a surrounding deck. But Glenn was walking toward our bus; the gazebo would have to wait for another visit.

It was fun, it was relaxing, it was inspirational. It was a beautiful day!

--Ruth Nash

## IN MEMORIAM

**Margaret Altvater**

**Oct. 17**

## MEMORIES

## BLACK BEAUTY

I always liked being read to. Some of my earliest memories are of listening to my mother reading Beatrix Potter, *Winnie the Pooh*, and Kipling's *Just So Stories*. But our tastes did not always agree. She had been horse crazy as a child, while I was a cat person. I wanted to hear stories like "*The Cat Who Walked by Himself*" or "*The Jungle Books*", and she wanted to read *Black Beauty*.



By the time I was 8 or 9 years old I had heard *Black Beauty* at least twice, and I hated it. I didn't have much time for horses—big dangerous things. When one of those traveling photographers showed up with a pony, I refused to mount it. And *Black Beauty* was so sad. I always preferred comedy to tragedy. When my mother announced that it was time to read it again, I decided to take action.

We had what we called a sleeping porch on the back of our house and my parents always slept there in the summer. It had storage space for out-of-season clothes and there were also a couple of cartons of old books that had not gotten unpacked since our last move. I took *Black Beauty* and shoved it down among the other books. The sleeping porch was not heated, and it was locked up and the door sealed every winter. So *Black Beauty* got locked away, too, and after looking for it for a couple of days, my mother forgot about it for the time being.

When spring came and it was time to get out the warm-weather clothes, I was on hand when the sleeping porch was opened up again. When the door was opened, there was a scurry of tiny feet as two or three mice tore across the floor and disappeared. My mother had what was then called a conniption fit and started in to check for damage and to clean up. At first, no damage was visible. The mice had not disturbed the hanging clothes or even a pair of white shoes in a box on the floor.

However, they had gotten into one of the boxes of books. A hole had been gnawed in one corner, and when we opened the carton, there were clear signs of a mouse's nest—shreds of paper and rags all bunched together and a lot of droppings. But the books seemed not to have suffered. That is, until we got to the copy of *Black Beauty* I had put there in the fall.

All that was left of *Black Beauty* were the back and front covers and the spine. All the pages had been either eaten or torn up and scattered by the mice. There wasn't a single scrap left big enough to read a whole word on.

I'll never know whether those mice were viciously destructive, like the ones who ransacked the little girl's doll house in Beatrix Potter's *Tale of Two Bad Mice*, or whether they were benevolent mice like the ones who finished the mayor's waistcoat in *The Tailor of Gloucester*. Whichever they were, they had done me a favor by eating *Black Beauty*, and I have had a soft spot in my heart for mice ever since.

--George Chandler

## DID YOU KNOW

Permanent name tags are available? For \$5.50 you can order either a clip-back or pin-back tag from Linda Vanaman, Human Resources Director.

###

In a medical emergency, press your Protect (Alert) Emergency Response pad for at least five seconds. Do not use the telephone after pushing the pad. Do not call 911. If you need other assistance, call the Front Desk- 490-8000.

###

There is an ongoing collection of postage stamps at TFAD - domestic and foreign, plain and fancy - used for Activity creative projects.

A "pocket" is mounted on the Resident-to-Resident bulletin board (near the telephone in the mail boxes area) for easy drop-off at any time.

Please, when clipping stamps off an envelope, be careful not to cut the stamp itself.

## CLIPPINGS by Rose and Azalea Bush

Have any of you noticed that Senior Moments seem to be longer and more frequent? And we each just plain forgot to attend events for which we had signed. **Lucy and Robin** keep warning us.....**Janet and Hank McKay** are probably the last of the summer vacationers to return to the Forest. **Pat Predmore** has worked her way back here after traveling to both the Atlantic and Pacific coasts to visit family. **Nancy Larsen** celebrated her birthday with family in Texas. The annual trip to Mohonk was a success, according to **Herb and Berniece Stecker, Felix and Dorothea Vann, Pat Ringwald, and Bea Lemen.** **Ruth and Keith Smiley** were there to welcome them. Unfortunately **Jane Jones** had to cancel due to illness....**Ed Albrecht** gave us a marvelous pictorial tour through Duke Gardens a few weeks back. His photos can also be seen in the new Garden Guide and the Gardens' 2000 calendar....Members of the Forest Chorus have been practicing in earnest. The **Ruths - Patterson and Phelps** - provide the piano accompaniment. Has anyone heard **Bud Parmentier** tickling the ivories with "our kind of songs" on the living room piano?.... **Andy Blair's** daughter and granddog attended obedience training classes during their visit here....Thanks to **Carolyn Vail** for her years of service at The Encore Shop. And to **Bernie Bender** for his

patience in helping some of us become more computer literate....The Monet to Moore exhibit at the NC Museum of Art has been so popular that three trips were made from here. Too, Duke student actors in Hoof 'n Horn's Sweet Charity played to a full house (more than 30 from TFAD for one performance). Mentioning full houses, our own Playreaders entertain each month to a capacity crowd in the Party Room. **Ginny Putnam** held a cast party after her group performed, but don't expect that each time. **John Friedrich** directed **Ruth Patterson, Dorothy Zutant, Walt Lifton, Dick Capwell, and George Nance** in a fun play! ....**Edith Boroff's** sister, Marie, was eloquent in her lecture and reading from her translation of a medieval poem about Jonah and the Whale....Before the Blue and White Basketball Scrimmage, **Bob Moyer** was given a rousing cheer by students as he was introduced as being the only one present from the first team to play in Cameron Indoor Stadium! **Helen Corbett, Nancy Sokal, the Nances, Bob Blake** and his son cheered, too!.... Oktoberfest with a polka band and atmosphere was followed by a delicious German dinner. Lobster night was good, too.



## ELDERHOSTEL CORNER

## THE WORLD OF ANCIENT GREECE

The Athens earthquake, Hurricane Floyd, and a three-page reading list didn't deter me from my two-and-a-half-week Greek Elderhostel. It was stimulating and intense, close to exhausting, but I highly recommend it.

As with all the Elderhostels I've attended, the group was congenial, fun, curious, and unpretentious. (And none of us had gotten far on that lengthy reading list.) Our week in Athens covered many museums, temples, palaces, and archaeological sites from the Parthenon to Cape Sounion.

Four days in Nauplion offered a pleasant small town contrast to Athens - spectacular mountain top fortress, lovely midtown park with families gathered, and a beautiful harbor view. We covered yet more museums and sites, including Mycenae and Epidauros.

Our next adventure was the ferry to Crete. We had dinner and overnight cabins on the "King Minos." Heraklion is a bustling, messy city with El Greco Park a

nice bit of calm midst the hustle-bustle. Again our day trips covered many sites of ancient civilizations and museums. The countryside of Crete is magnificent - craggy mountains and olive trees growing in every inch of possible cultivated space. Some of our group enjoyed swimming in the Libyan Sea the day we lunched on the beach at Ierapetra - the southernmost city in Crete and in Europe, we were told.

Every day we had a chance to eat lunch and dinner in a different taverna. A high spot was our dinner with a Greek family. We were impressed with the ease with which they hosted 38 guests - delicious food, charming family. Overall, the Greek cuisine was terrific - many fresh fruits and veggies, and olive oil on nearly everything except dessert!

Our leader was the greatest - the depth and range of his knowledge of Greek history was awesome, and his grasp of English and sense of humor tops. So in spite of the 90 degree weather (thank goodness for air conditioning) I highly recommend this Elderhostel.

--Virginia Jones





## AD-LIB

"You can lead a horse to water but a pencil must be lead."

Past the Forest's gates turn right and continue some distance along Pickett Road and if you don't put on your brakes at the intersection you will run into an old mansion with white pillars. No, that isn't Scarlett O'Hara coming down the steps, it's a happy lady who has just dined at FOUR SQUARE, the latest restaurant to occupy the house. The ghost of failed -restaurants-past hovers. We cross our fingers and hope this one will last. It has the credentials to succeed. Former chef de cuisine at Fearington House, Shane Ingram and his wife Elizabeth Woodhouse have taken over. We enter. The atmosphere is a bit austere. The walls sport new paint and the tables spotless linen but the huge windows need dressing. (Has Scarlett made off with the drapes again?) There is carpet to cushion the noise. It was blissfully quiet the evening we were there. There may have been music but it didn't intrude. This is important to Best Friend who complains about my "mumbling". We sampled the menu and were delighted. Red bell pepper bisque (\$5.00)--marvelous. The beef tenderloin (\$28.50) could have been eaten with a spoon and the desserts at \$6.50 were mouth-watering. Other entrees - roast pork loin (\$15.50), half chicken (\$16.50). It's a place to save for an occasion. When you leave, your wallet may be flat but your stomach isn't. Welcome FOUR SQUARE to the neighborhood. FOUR SQUARE 2701 Chapel Hill Road, Durham. Tel. 401-9877 reservations recommended..

Michael Jordan's new restaurant "23" has caused a lot of excitement in The Triangle and excitement draws me like a magnet. Last week found Best Friend and me there. Through a glass door, past a small shop selling t-shirts we entered... the restaurant is really quite stunning. We could have been in the salon of a pre-World War II ocean liner. The room seems oval-shaped, one end a wall of windows looking out on Franklin Street, the other of frosty glass tile that gives you a peek at the kitchen. The decor is chic 1930s--black tables, white leather chairs, pale gray walls. (Carole Lombard. could be draped over one of the chairs.) Along one wall are port-hole shaped vitrines which add to the shiplike atmosphere. I am told that four of the panels on the side walls turn into TV screens for important sports events. There may have been music but all that reached my ears was a subdued bleat that gave a pulse to the room. We were seated and immediately attended to--the staff is impeccable. Our waitress had been in training for six weeks before the

opening, the bus boy, four. (Eat your heart out Chef Paul.) The menu favors southern cuisine ... rabbit appetizer (\$7.50), lamb shanks (\$16.50), ham hocks (\$14.00), prime-aged Delmonico (\$26.00). Best Friend had calves liver (\$15.50)--excellent, and I settled for two appetizers--suckling pig (7.50) and mozzarella with tomato (\$6.50)--both delicious. Dinner ended with an apple crisp topped with cinnamon ice cream--wonderful. With drinks it all added up but was worth it. For a couple of hours two old crocks felt like swingers.

"23" 200 West Franklin, Chapel Hill tel. 960-9623 reservations a must.

This is that time of year I begin my search for "stocking stuffers," those friendly little gifts that say "Merry Christmas" but impose no indebtedness. I have found a few:

PIER 1: Handsome cork coasters with green marble (stone) rims at \$4.00; white over-sized coffee cups and saucers at \$4.00

PACE: To ease the pain of air travel, a kit containing an eye mask and ear plugs at \$5.99. You'll find PACE where 15-501 dips down to 54 at Glen Lennox Center, Chapel Hill.

GUMPS catalogue: A handsome silver-plated ice scoop at \$15.00; telephone 1-800-284-8677. Item fn 105079

HAMMACHER SCHLEMMER catalogue: A microwave flower press that reduces a many-week process to a few minutes. There are ladies who would die for this. \$29.95; telephone 1-800-543-3366; item 75645L

BELK UNIVERSITY MALL: Small Buxton coin purses that open to reveal space for bills--good leather, good price. \$5.95

HARRIS TEETER, Martin Luther King Dr.: Four small splits of California champagne nicely packaged. \$5.99

####

I'm sorry J. Peterman went belly up financially. That catalogue was great reading.

####

Hint. The leaves on your house plants will shine if you use a little mayonnaise.

--Libby Getz



## HERE'S TO YOUR HEALTH

As we age we become physiologically nocturnal, not always in a welcome way. Frequent urination at night called nocturia (knock-too-ree-uh) is a prime example. Some studies indicate as many as 80% of people over 65 report nocturia, making it one of the most common signs of aging in the body.

Nocturia is not a disease but a term used for urinating at night. People must gauge when consulting a doctor when it has become excessive and worth medical attention. One criterion is whether nocturia prevents getting a good night's sleep. The medical literature has reports of people getting up seven times a night, clearly a problem, whereas getting up two or three times may not be.

How much and how many times we urinate is determined by how much fluid we consume and on a host of other factors. In general, healthy people excrete a little more than six cups of urine in a 24-hour period. Urination is the body's way of getting rid of the metabolic waste and excess water and sodium that have been filtered out of the blood by the kidneys. With age, the kidneys do not concentrate waste as efficiently, so we need more water and more trips to the bathroom. Younger people's kidneys are more active during the day. Older people lose this circadian rhythm and produce more urine at night.

For men, nocturia is associated with prostate problems. The bladder can't completely

empty because of enlargement of the prostate, which compresses the urethra like someone squeezing a hose. This impedes the flow of urine and causes more frequent trips to the bathroom.

For women, childbirth and lower estrogen levels cause the muscles of the pelvic floor to weaken. These muscles control urination and weaker muscles mean less control and more interruptions at night to urinate.

Nocturia can be treated. Medical personnel have an array of medical and surgical treatments for enlarged prostates. Women can strengthen their pelvic floor muscles with exercise. Coffee, tea, and alcohol all produce urine, so avoiding them in the evening can mean more sleep and less urination late at night or in the early hours of the morning. Also, people on diuretics should consult their physicians for a one-a-day formulation that could be taken in the morning.

One of the most important things about nocturia is reducing your risk of falling on the way to the bathroom. Be sure there are night-lights in the bedroom, hallways, and bathroom. Take time to put on footwear with non-slip soles if your floors are polished. A loose scatter rug should not impede your pathway. Be sure there are non-slip mats in the bathroom. Most important, sit on the side of the bed for a few minutes before standing to prevent dizziness.

--Pauline Gratz

### 13 Signs That You Have Had Too Much of the 90's

- 1.) You tried to enter your password on the microwave.
- 2.) You now think of three espressos as "getting wasted."
- 3.) You haven't played solitaire with a real deck of cards in years.
- 4.) You have a list of 15 phone numbers to reach your family of 3.
- 5.) You e-mail your son in his room to tell him that dinner is ready, and he e-mails you back "What's for dinner?"
- 6.) Your daughter sells Girl Scout Cookies via her web site.
- 7.) You chat several times a day with a stranger from South Africa, but you haven't spoken to your next door

neighbor yet this year.

- 8.) You didn't give your valentine a card this year, but you posted one for your e-mail buddies via a web page.
- 9.) Your daughter just bought a C.D. of all the records your college roommate used to play.
- 10.) You check the ingredients on a can of chicken noodle soup to see if it contains Echinacea.
- 11.) You check your blow dryer to see if it's Y2K compliant.
- 12.) Your grandmother clogs up your e-mail Inbox, asking you to send her a JPEG file of your newborn so she can create a screen saver.
- 13.) You pull up in your own driveway and use your cell phone to see if anyone is home.



## FORESTER PROFILE

### CHUCK WALKLEY: Security Manager

Foresters could feel secure just looking at Chuck Walkley, our new Security Manager. He looks like a man who inspires confidence, and his record justifies the appearance.



A native of Connecticut (Stamford by birth, then living near New Canaan), Chuck got off to an unusual start in life when his executive father was transferred to Mexico City, where the family spent the first seven years of their son's life. Moving back to the States, Chuck found himself in

Pound Ridge, NY, where he attended high school. He graduated just in time for Vietnam, where he spent 1967 and '68 with the Special Forces. That experience left him with two Purple Hearts, the Bronze Star, and eleven months in an Army hospital. Resuming civilian life, he earned an Associate in Education degree at Lehman College and taught school briefly in Port Chester, NY, before deciding that this was not his career.

Making the decision to go into law enforcement, he joined the New York State Parkway Police, patrolling the highways of Westchester County. Later, returning to Connecticut, he joined the Stamford police force and at the same time resumed his education at John Jay College of Criminal Justice, in New York City, where he earned his M.S. In Stamford, he rose to be commander of the Special

Services Squad, pursuing narcotics offenders and other offenders.

After 23 years with the squad, Chuck retired – for the first time. Switching gears completely, he went into the restaurant business, but 2 years later he was back in law enforcement, working for the American Protection Services, an organization providing security for large organizations. He lived in Florida 5 ¼ years on this assignment, and there he clocked 7,000 hours of security work.

Retiring for a second time, he moved his family back north to Wake Forest, having come to like North Carolina during his service life at Fort Bragg.

But some men just can't seem to retire. Chuck saw an ad for the security post at the Forest, answered it, and was duly hired. He continues to live in Wake Forest with his wife, 12-year-old daughter Erica, and beloved cat, Grady, who won over this former dog lover with ease. In his spare time, Chuck pursues a really useful hobby: building and refinishing furniture.

Chuck says he thinks the Forest is the most secure installation he's ever seen, but nonetheless, he means to improve it, beginning with further training of his staff, much of it directed to moving Foresters safely from one place to another, but also contemplating further improvements, which he says will be forthcoming.

-John Tebbel

## BOOKNOTES --John Tebbel

Time to begin thinking about books as Christmas or Hanukkah presents, for those who can tear themselves away from all the competing screens to enjoy that old fashioned thing, a good read. Assuming you'll know about the brand names and big sellers, here are a few outstanding and otherwise notable books - some you just might like to give yourself.

Of all the books about Christmas itself, and they are numerous, one stands out. It's "Christmas Spirits" by D. J. St. Amant. This will really take you back: eight stories and seventeen poems, originally read to the author's family gathered around the tree on Christmas Eve. Prose and poetry alike are narratives, all homespun, to be sure, and many celebrating the bonds between young

and old. Not for the Computer Age crowd.

If you're a music lover, you must have sometimes wondered what it's like inside a musician's life. A different approach to this fancy is Muriel Nissel's "Married to the Amadeus: Life with a String Quartet." The author is married to Siegfried Nissel, second violin in the much lamented Amadeus Quartet. She traveled with the group from its beginnings just after World War II until its sudden demise in 1987 after the death of a member. She has written a charming account of the quartet's upheavals and triumphs giving us a sense of what it's like to be so talented and so constantly on the move. Any music lover should be delighted with this gift.

**We welcome these new residents to The Forest**

Viola White 4021

Viola White was born and raised in Cleveland, Ohio, and attended Cleveland College. After her marriage she moved to Pittsburgh, where she lived for over 50 years. She likes reading, painting, and dramatics. Her daughter, who lives in the Los Angeles area, was a Duke graduate, and Viola has grandchildren and great-grandchildren living in Durham.



Gene &amp; Phyllis Magat

Phyllis was born in Massachusetts and attended Rutgers. Gene came to the US from Paris, France, at age 19. They met as graduate students at MIT. Gene joined Du Pont in Wilmington, DE, where Phyllis became a school administrator. They retired first to Springfield, VT, where Phyllis was School Superintendent and Gene a Visiting Professor at U. Mass. They came to Chapel Hill in 1983 to be near their son, a Duke Professor. They are active in DILR and Elderhostel and visit OR and MA to see their daughters.



Elaine Wise 2038

Former high school teacher of the arts and English in her native New York, Elaine Rivise Wise also did graduate work in reading and writing remediation. Her major interests include world affairs, politics, the fine arts, literature and varieties of humor. She has one daughter who lives in Durham with her husband and two children.



## LIBRARY NOTES

Welcome back to Library Notes after a summer off. The Library is still one of the great assets of TFAD. Last spring the layout of the Library was described, and if you need to refer to that at any time, there are copies of the Forester in the Library. Now, however, there are some housekeeping details to remind everyone about.

The newspapers in the Library are placed on the table by some of our dedicated residents for everyone to read. (The Library does not subscribe to newspapers; it is too expensive.) They should be available all day so that residents can read them. Sometimes some of the papers disappear early in the day, and that is not fair to those who need to use them. If you want any part of a newspaper, please wait until about 8 o'clock in the evening before you take it home with you. By that time, most of the residents will be finished reading it, and you will be welcome to take the section that you want.

Please be sure to sign out any material you take from the Library. We like to know where items have gone. There are cards in many of the books and in all of the videos and audio tapes. We want you to sign your name, house number, and the date on the card and leave it in the basket on the desk. You do not need to

sign out magazines or paperback books as they are ephemeral and can be replaced. If there is not a card in the book or video that you wish to take, please sign your name and note what you are taking in the notebook on the desk near the door. When you return anything to the Library, please leave it on the desk near the door. It will be sorted out by our wonderful volunteers.

Incidentally, we have many cards in our file which have been there for a long time. If you took books out anytime this year and they are still in your home, please return them when you are finished. Some of the books given to us by resident authors have also disappeared. If you have them, please return them soon.

-- Jean Weil

### HELP WANTED

As expressed at the annual residents meeting in October, the need for TFAD volunteers in the community is urgent.

For as little as an hour a week you could make a difference in a child's life (and add to TFAD's good works). Hope Valley elementary school needs "reading buddies". Call 560-3980 Joy Gornto (x331) or Cindy Eubanks (x330) to offer.

### Volunteers Brighten Lives

We can now document an average of 90 1/2 hrs a week of volunteer work by our residents.

If you haven't filled out a form and you do volunteer work for non-profit organizations please fill one out.

Please list all volunteer work you are currently doing and return this listing to in-house box 38.

This form will appear periodically and can also be used to remove your name when you leave a task. To remove your name fill out information and draw a line through it.

NAME

Apt/Cot

Tel #

Name of Organization	Location (community)	Dep't (if applicable)	Days/wk	Hrs/day



Bob Blake's

## PUZZLE

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

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

THANKFUL FOR

AIR	CATS	HEALTH	LAUGHTER	SMILE
AUTOMOBILE	CHILDREN	HELP	LIGHT	SOCIAL SECURITY
BALLOONS	CHURCH	HOME	MEDICINE	SONGS
BANKS	CLOUDS	HOSPITAL	MINISTER	STARS
BASKETBALL	COMPUTER	HUG	NIGHT	SWIMMING POOL
BED	DAWN	HUSBAND	NURSE	TELEVISION
BOOKS	DOCTORS	KIDS	PLANTS	THE FOREST AT DUKE
BREAD	DOG	KIN	RESTAURANTS	WALKING
BROTHER	ELECTRICITY	KISS	SHELTER	WATERCOLOR
CAR	EMPLOYMENT	KODAK	SKY	WIFE
				WIND