



THE FORESTER



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

Volume 6 Issue 3

December 1999

"Opening the pages at breakfast, how would America and the world look, just a century ago?"

INSIDE THIS ISSUE:

<i>Waking up in 1900</i>	1
<i>Presidents Corner</i>	1
<i>Congratulations</i>	2
<i>Staff pioneers</i>	2
<i>Poetry Corner</i>	3
<i>Museum half mile</i>	4
<i>In Memoriam</i>	4
<i>Booknotes</i>	5
<i>Clippings</i>	6
<i>Ad-Lib</i>	7
<i>Here's to your health</i>	8
<i>Forester Profile</i>	9
<i>Are we ready for</i>	9
<i>New Residents</i>	10
<i>Library Notes</i>	11
<i>Elderhostle Corner</i>	11
<i>Bob Blake Puzzle</i>	12

"Our goal is to convey to management those needs which are important to the residents"

WAKING UP ON NEW YEAR'S DAY 1900

Imagine waking up on New Year's Day 1900. If you lived in a city large enough to have a morning daily newspaper, and there weren't many of them, you would find your paper nestled behind the bottles left by the milkman. Opening the pages at breakfast, how would America and the world look, just a century ago?



On the front page, war news. That little romp we'd had with Spain in Cuba had been over in six weeks, and no one had dreamed that three years later our men would still be fighting in the

Philippines, not against Spain now but the hapless Filipinos, who had been "our little brown brothers". And there was news from South Africa where the British were having an equally difficult time subduing the Boers. Remembering the Revolution, we wanted the Boers to win.

In much of the news that day, it was clear that the average American viewed himself as an underdog. He couldn't even console his ego with sports pages or comic strips; they weren't born yet.

On the editorial page, there would no doubt be letters to the editor carrying on the argument over when the century actually began, just as there is now.

Turning to more mundane news, women readers found an authoritative statement from a leading

(Continued on page 3)

PRESIDENT'S CORNER

It has been a busy time recently for your association officers and directors. Committee members have been chosen, goals are being established, and new relationships developed with TFAD staff directors. Our goal is to convey to management those needs which are important to the residents and to convince management of those needs which are economically feasible. While answers to some of these needs will not suit either management or residents, we believe that both want to continue the

cooperation which is essential in finding satisfactory solutions.

Within the past few weeks there have been two regional meetings to discuss social accountability and its possible positive impact on pertinent legislation which the state legislature will be addressing - that is, taxation of non-profit organizations. You will be hearing more about this in the weeks ahead.

Some of you have probably met Beth Corning, the new marketing

(Continued on page 6)

The Forester

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EDITOR'S CORNER

From the Forester staff to all the residents



We wish you a Merry Xmas and a
Happy New Millenium!

STAFF PIONEERS

Remember "I Love Lucy Day" last spring when **Lucy Grant** was honored for her 10 years of service at TFAD! We residents appreciate all she has done for us so agreeably and efficiently, first in marketing at the University Drive office and then from her move here as Activities Director.

Now we salute other pioneer staff members who have been loyal team players from the Forest beginnings in September, October, and November of 1992. **Laurie Williams Lach**, Administrative Assistant in Dining Services followed by **Marsha Parker**, originally as Secretary in Maintenance, now in Accounting, and **Glenn Arrington** as Activities Assistant were first. Next came **Annie**

Davis in charge of the Laundry and **Howard Baldwin** with his excellent attendance record as Breakfast and Lunch Cook, **Robin Williams**, Assistant Activities Director, **Carole Lumia**, who started as Receptionist in the Wellness Center, now Executive Secretary and Office manager for Administration, and **Barbara Bradley**, CNA in the Health Center. Finishing the year's hires were **Curtis Fowler** with his specialty in Maintenance plumbing, **Carol Adams** and **Robert (Man) Burnett** in Housekeeping. **Dora Forbes** started with us, left, and returned as CNA in the Health Center.

Your service has been appreciated and we thank you!
--Molly Simes

CONGRATULATIONS

Terry Bronfenbrenner is glowing over the musical achievement of her grandson.. Just 16, he auditioned and won first violin chair with the Baltimore Symphony for a January 25 performance. (He's had his own string quartet for several years!)

The Chus take pride in their daughter's research work as a chemist at the National Institute of Standards and Technology in '99. Pamela's team won the Hammer Award in June, which recognizes their work to make government more efficient. A second award was given to Pamela for leadership and technical achievement.

Commonplace Book

The very concept of the millennium is arbitrary because it is based on the Christian calendar, which was not adopted for worldwide use until the late 1800s.

If we were using the Jewish calendar, this year would be 5759, not close to a millennium year. The Hindu calendar says this is 5101, and according to the Muslim calendar it is only 1377.

--"State of the World"

POETRY CORNER

NURSERY-RHYME NONSENSE

He thought he saw a monstrous troll
 Pretending to be tough.
 He looked again and saw a Bil-
 Ly goat that wore a ruff.
 "It's much too tight," he said. "That must
 "Be why he sounds so gruff."

He thought he saw a giant with
 A patch upon one eye.
 He looked again and found it was
 A beanstalk rising high.
 "Perhaps," he said, "it leads up to
 "The pie that's in the sky."

--George Chandler

MY NOEL

Arise, dear voice;
 Announce with joy
 The Christmas birth
 Of Mary's boy.

"Hallelujahs"
 To heavens raise
 In Yule song
 This Child to praise.

Hail ye the message
 These tidings bring,
 With grateful heart
 My Noel sing!

-ellen cheek dozier
 '99

FAMOUS QUOTATIONS

"Researchers have discovered that chocolate produces some of the same reactions in the brain as marijuana. The researchers also discovered other similarities between the two, but can't remember what they are."
 * Matt Lauer on NBC's Today show, August 22

"I haven't committed a crime. What I did was fail to comply with the law"
 * David Dinkins, New York City Mayor, answering accusations that he failed to pay his taxes.

"Smoking kills. If you're killed, you've lost a very important part of your life."
 * Brooke Shields, during an interview to become spokesperson for a federal anti-smoking campaign

(Continued from page 1--Waking up--)

drygoods manufacturer that shirtwaists would be prevalent by summer because they were comfortable, they would fit any body, and (incredible!) they were mannish.

Men, on the other hand, were given a New Year's greeting from Adolphus Busch, president of Anheuser-Busch Brewing, declaring that the company expected to enjoy a most successful year turning out Budweiser beer, which was still light, not lite.

If your paper happened to be the Raleigh News & Observer, however, you would read that things were not so rosy with hard liquor, since "eight prime young negroes" had died in the city from "impure whiskey". Whiskey was cheap, at 22 cents a gallon, and there was talk of forming an Anti-Saloon league.

Readers looking at the small-print ads saw that whiskey wasn't the only cheap item, with sugar at four cents a pound, eggs, fourteen cents a dozen, potatoes, 35 cents a bushel, and butter 25 cents a pound. Ladies' muslin nightgowns were only nineteen cents.

Potential shoppers that New Year's day found no ads for cars, but you could buy a buggy in almost any kind of shape, size, or color. The few cars on the road that day were commonly called "devil wagons", and their drivers "engineers".

Readers of the Jan. 1, 1900 paper found no news of income taxes, no talk of modernism, or direct primaries, or city managers. There were still only fifteen amendments to the Constitution. Women couldn't vote, and Senators were still elected by State legislatures.

There were no pictures in the newspapers, but plenty of cartoons. The sports stories were mostly about baseball, but croquet was a more popular sport. The most potent political organization was neither major party, but the Grand Army of the Republic.

It didn't take too long to read the paper that day. The nation it reflected was still mostly a vast frontier of uncultivated land, small farms, villages, small towns, and a few big cities. Finishing the paper, there was no news to be had until the next edition. Farewell dear old 20th. It's been quite a trip.

--John Tebbel

MUSEUM HALF MILE

When I made my reservation for a week in New York I didn't realize I would be there during the hottest July on record. Museums had a high priority on this trip even though there were no blockbuster shows. Of the eight museums visited, these were the best.

The featured exhibit at the METROPOLITAN was "Cezanne to Van Gogh: The Collection of Dr. Gachet." Included in this collection were paintings and drawings by Monet, Pissarro, Guillaumin, Sisley, and Renoir, as well as a small number of Gachet's own paintings, and those of his son. Gachet is reputed to have dyed his hair and was known among his townspeople as Dr. Saffron. That color and an intense cobalt blue are used by Van Gogh in his 1890 portrait of the doctor. In spite of the languid posture of Gachet, the vibrant color and heavy brushwork create a powerful painting.



So much to see and so little time – a second visit was a must. Especially remarkable are the spatial changes that have taken place at the Met. It appears to be stretching out and extending. Some years ago, the Temple of Dendur in the Sackler wing opened space to the north. Now the excellent Robert Lehman collection has its own skylit wing in the west. Nearby, and also facing west, is a resting area and small bar whose glass walls bring you into a close relationship with the Central Park runners, skate boarders, and cyclists. Moving upward and weather permitting, the Cantor Roof Garden offers 20th century sculpture, a panoramic view of the skyline, and light refreshment.

New space is also being found within the core of the building. Approaching the second floor special exhibition area, a portion of the wall has been removed which enables you to look down on a garden court filled with 18th century sculpture. And last April the completely renovated and reinstalled Greek galleries opened. This is part of a three-phase expansion of the space devoted to Greek and Roman art.

Adding to the pleasure of seeing paintings that are old friends is the palpable liveliness of the museum's program.

It has been many years since I visited the AMERICAN MUSEUM OF NATURAL HISTORY.



The boundaries of what such a museum may contain seem limitless. Mounted specimens of various animals in a replica of their particular habitat, geologic

displays, pottery and crafts from South America, individual exhibitions including Epidemic: The World of Infectious Disease, The Endurance: Shackleton's Legendary Antarctic expedition, and much, much more compete for space. Like a crowded attic, the museum is filled with surprises.



On an upper floor, the spectacular dinosaurs are especially respected, and their space is generous – a large central area with platform. Yet the dinosaurs are not wholly apart, as a staircase permits the visitor to reach their platform.

And the museum promises even more. Early in 2,000 it will open with what it describes as "the most spectacular addition in its 130-year history – the Rose Center for Earth and Space." Situated inside a sphere, which will appear to float in a glass building, will be the new Hayden Planetarium including "the most technologically advanced Space Theater in the world," otherwise called the "Big Bang Theater."

-Ruth Firm

IN MEMORIAM

Laban Trapp

Nov. 16

BOOKNOTES --John Tebbel

If you're a watcher of the early morning television shows, as many Foresters are, you won't want to miss "Madness in the Morning: Life and Death in TV's Early Morning Ratings War," by Richard Hack. Here are all the characters you know and love - Bryan Gumbel, David Hartman, Joan Lunden, Katie Couric, and oh so many others. Behind the smiles and geniality lies controlled hysteria as these familiar faces struggle for the Nielsen numbers that mean money, fame, and of course jobs. A real behind-the-scenes unvarnished look at an American institution. (Published)



Not all historical novels are bosom-busters or concoctions just one step above harlequin romances. Occasionally we're lucky enough to get one that's a mixture of history and fantasy, and which, as one reviewer puts it, is "tightly woven and fiendishly funny." Such is "The Master of All Desires," by Judith Riley. The scene is France in 1556, and the chief characters are no less than Queen Catherine de Medici and her husband, King Henri II. Who comes between them is Diane de Poitiers, the other part of the Eternal Triangle. Characters like Nostradamus wander in and out of the plot, and there is lavish period detail, along with clever, humorous dialogue. Romantic adventure at its best. (Published)



Here's one certainly not in the holiday spirit, but of interest to many Foresters who suffer one of the most common complaints of old age, failing eyesight. Henry Kornwald has a different and possibly helpful approach to this problem in his "Twilight: Losing Sight, Gaining Insight." The author's particular problem is macular

degeneration, but his book is for everyone with impaired vision. Like most of us, he was always an avid reader, and his disease brought on a sometimes severe depression. Not resigned, refusing even to learn Braille, he explored the parameters of his new life medically, practically, and spiritually. This is not a feel-good book, but an informative, helpful look at one of aging's most common problems, and how to deal with it.

Saving the best for last, Don't Miss This One: "A Ruined Land: The End of the Civil War," by Michael Golay. You don't have to be a Civil War buff, or even a history lover, to be absorbed by this fascinating, superbly researched, absorbingly written account of what few books in the field have treated in such depth. Golay paints



a broad landscape of displaced people - ruined farms and towns, freed slaves with no way to enjoy their freedom. Time covered is the last months of war and the first of peace. Here are Sherman's men heading back North through the ruins they created; here is Richmond evacuated and destroyed; the impact of Lincoln's assassination; and as in all wars, the plight of returning veterans to a world they hadn't intended to make, just as their forefathers did after the Revolution. This is life in the shattered South, seen through the writings of those who lived through it, carefully woven together into a narrative that makes "Gone with the Wind" and any number of other books, fiction and non-fiction, seem puerile. This one is absolutely guaranteed.

All the above have just been published. Happy bookshopping.

CLIPPINGS by Rose and Azalea Bush

Azalea claims that she wields no magic powers to make her namesakes bloom now. But outside the apartment windows of **Betsy Close** and **Mary Wolfe** you'll find a colorful display even in our now chilly weather....Shown on a PBS documentary last month were **Betsy Bernard's** father, Governor Luther Hodges, and **Marcus Hobbs** who were instrumental in the beginnings of Research Triangle Park some 40 years ago....**Vella Johnson** has entertained several couples at dinner where she has served special vintage wines.... Overheard in the dining room were **Marjorie** and **George Chandler** discussing favorite New York restaurants with **Kacy** and **Jack Tebbel**....What would we do without **Jane Jones** who mans the annex copier machine and gathers volunteers for Forest and Community projects....**Helen Albrecht** counts points and distributes money to winners of Thursday night duplicate bridge games, while **Betty Gray** tracks over 64 Round Robin players....**Jean Wolpert** handles Tuesday afternoon bridge....**Chris Hamlet** has been delivering Meals on Wheels every Monday for over 20 years....The **Blakes** and the **Phelps** are volunteers there too....**Bernie Bender** just told Rose that over 160 hours per week are donated by volunteers for various activities outside the Forest! **Ed Albrecht** presented his Duke Gardens' slides with commentary at a Lexington, NC, meeting, while **Molly Simes** has been invited to join the Board of Advisors for Duke Gardens....it's good to see **Jean Melpolder**, **Marion Bender**,

Katie Trexler, **Dick Watson**, **Charlotte Cassels**, **Betty Ropp**, **Julia Chu** and **Marion Atwater** out and about again. Hope **Jane Muncaster** and **Ann Corliss** can do the same soon....And, oh, how they danced--**Hildur** and **Bob Blake** at their grandson's wedding in Charlotte, while **Ginny** and **Bill Goldthorp** flew to Illinois for their grandson's wedding and for a fabulous family reunion! **Rena Graham** has returned from her trip to Italy, **Julia Negley** from her South American opera tour, and **Virginia Jones** from Greece but is off to California to help with her 12th grandchild! Next she'll hear her prize-winning daughter lecture at the Smithsonian. **Hope** and **Dan Lacy** enjoyed their Elderhostel experiences Down Under. The other Lacys, **Fran** and **Creighton**, along with **Jill** and **Bob Moyer**, were in San Antonio for a reunion with some 30 Shanghai, China, schoolmates....Kimberly Williams, beautiful bride in "Father of the Bride" starring Steve Martin, visited her grandmother, **Betty Willis**...Indiana basketball coach Bobby Knight has invited **Ed Cady** to be his guest on the bench at the Wyoming game on December 17.... During Thanksgiving time many residents traveled to visit family and friends, and the empty spaces here were filled with many young, happy faces. Now, the end of the year holidays and Y2K celebrations are almost upon us!

NOTE: Please leave items you would like to see mentioned in in-house Box 38.

(Continued from page 1--President's Corner)

director. Beth is a native East North Carolinian and comes to us from a new CCRC, Belle Meade, at Southern Pines.

Steve tells us that the new residents' handbook should be out shortly, and that the residents' telephone directory will include E-mail addresses if requested. He also informed us that the long range planning committee, which includes three residents, is meeting every two weeks working toward a final design.

The Eden Alternative will be brought up again for discussion with the residents during the first quarter next year.

You've probably experienced the new speed bumps. The height has been reduced about an inch. They will be painted yellow, and consideration is being given to visual warnings to motorists. Additional outside lighting is also being considered.

The grass seeding and fertilizing has been completed. Pruning and new plantings will be done shortly.

Some of Santa's elves have been busy making toy wooden trucks (653) and dolls (90) for deserving kids this Christmas, including some affected by Hurricane Floyd. And don't forget the New Year's Eve party. Happy Holidays.

--P.J. Burns



AD-LIB

"Be naughty. Save Santa a trip." From a pillow

I have lived in many places, in many houses, but there are only three I keep revisiting in memory: a beautiful old Chinese house in Bangkok, one in the heart of Paris, and a house in Malta built before Columbus discovered America.

The Bangkok house was built by a wealthy merchant who brought with him from China a crew of skilled workers. These artisans carved the lace-like panels that formed the inner walls and added the dragons that decorated the beams in the tall ceilings. The house wrapped around an open, inner courtyard where orchids grew and green tiles glistened on a swooping roof. We had no air-conditioning, hence no glass in the windows, no screens. Birds, bees, and butterflies fluttered through. One day I spied a determined little bird tugging a piece of yarn out of my needlepoint rug. A noisy, giant gecko lived beneath the dining room breakfront, and snakes slithered in from a nearby klong (canal) leaving their shed skins as calling cards. The fauna weren't our only problem. The pretty girl I had hired as laundress moved herself from the servants' quarters in back to the gate house where she was supplementing her salary by the easiest possible means.

Across the world in Paris we had the good fortune to live in the shadow of the Eiffel Tower with a garden adjoining the Champs de Mars. Every morning we could look down from our bedroom at troops of the French army in full array (gleaming helmets, white gauntlets, etc.) exercising their horses. At night we could look up at a twinkling Eiffel Tower. This turn-of-the-last-century house had spacious rooms and turn-of-the-last-century telephones. The basement below was a labyrinth of rooms; a huge old kitchen, a wine cellar, storerooms, and unused servant quarters. During WWII, the Count F., owner of the house and Resistance leader, hid there from the Gestapo. At a later date he disappeared altogether. One day I returned from walking the dog to find the concierge in near hysterics. "Madame, we have to be out of the house tomorrow morning. The bomb squad is coming to remove the explosives the Count buried beneath the basement floors. This must be done before the workmen come to wash the outside of the building". Mind you, Americans had been living in the house since the war's end. Americans were expendable, French workmen were not.

Casa Isabella in Malta had been built in the early part of the 15th century. It was not only historic in age. It was of historic proportions. The walls were three to four

feet thick, the ceilings eighteen feet high. There was a well in the courtyard and a ghost in the gallery. Indoor plumbing was a definite "add on". The only way of accomplishing the space between our bedroom and the bathroom was to descend a steep, spiral stairway to the floor below. There were moments in the dead of night when I was certain I would meet my Maker on those steps. God is alive and living in Malta. Every year the parish priest would come to bless the house, the car, and the dog. He must have had a swipe at the ghost. She never appeared.

We have survived snakes, bombs and ghosts, and I now find myself in a small house in the Forest. I keep feathering this nest hoping to make it something it is not. It has no history, no character. No ghost has materialized, but last week a small miracle occurred. Three ten-inch holes were poked through our ceilings, and sunlight poured into a windowless powder room and into two dark corners of our living room. The magic wand was wielded by SOLATUBE, the makers of this marvelous daylighting system that is more than mere skylights. It's really worth the \$300 plus, charged for each tube. For more information call SOLAR SOLUTIONS at 941-0061.

RESTAURANTS

Mama Dip has been featured on Good Morning America and just last month on A & E. Nothing would do but to have Best Friend take me over to Dip's new restaurant nestled among the bungalows on West Rosemary St. to check her authentic Southern cooking. A matriarchy is in place here - Mama rules all. One daughter keeps an eye on the big bright dining room, another handles the cash, and granddaughter Toyna waited on our table. Chicken, ribs, bbq, and country ham are featured, all served with choice of bread and two choices of vegetables. The portions are very generous and the prices don't require deep pockets. My fried chicken (three pieces, white) was very good and only \$8.75, the country ham also \$8.75, and Dip's has the best pecan pie you have ever tasted.

DIPS. Open breakfast, lunch, and dinner. 405 W. Rosemary St., Chapel Hill, phone 942-5837.

It's a Durham fad to name a restaurant after a grandparent. Nana's, Pop's and now Waldo's recently opened Grille and Tavern on Shannon Road. It doesn't have the coziness one associates with taverns. The décor is sort of what-you-see-is-what-you-get; wood tables, wood chairs, bare wood floor, and hooded light bulbs hanging down from the ceiling. We found the beef

(Continued on page 11)



HERE'S TO YOUR HEALTH

By the time most of us reach age 65, we're likely to have acquired an unwelcome companion, osteoarthritis (OA). OA, like virtually every condition that affects humans, is the product of both heredity and environment. For example, a defect in the genes can result in defective cartilage that does not wear normally. Add to this other risk factors such as obesity, which increases stress on bone joints; injuries to joints, particularly hips and knees; and overuse or repetitive stress and osteoarthritis may result.

OA can occur at almost any joint, a place where two bones meet, but it most commonly affects weight bearing joints such as the hips, knees, joints of the spine, and fingers, thumbs, and large toes. No one knows exactly what sets joint destruction in motion, but scientists have developed a good understanding of what occurs. Cartilage tends to become less resilient and more vulnerable to stress as we age. As the cartilage erodes, large areas of its surface erode. With time it may be lost entirely, leaving bones to rub against each other. In response to constant irritation, the bone ends form irregular growths called spurs, which interfere with joint function, causing pain.

The first symptom of OA is likely to be a mild ache in the joint during use. As the condition progresses, the joint may be painful even when it is at rest. Symptoms of OA vary according to the joint affected. OA in the spine results in neck and back pain as well as pain that travels down the arms or legs. When the hip is affected the pain may be felt in the groin, buttock, knee, or outside of the thigh.

The natural tendency is to avoid using an aching joint, but doing so will allow the muscles surrounding it to weaken and even atrophy until they are unable to support the joint properly. As a result, cartilage or bone is further stressed, beginning a vicious cycle of cartilage wear, pain,

disuse, and joint destruction.

Treatment for OA focuses on reducing pain and stiffness and improving function. Non-steroidal inflammatory drugs (NSAIDs) such as aspirin, ibuprofen, acetaminophen, and naprosin used daily or intermittently treat pain. However, these drugs frequently irritate the stomach; therefore they should be taken with meals and sometimes with an H2 blocker such as Zantac or Tagamet. There are high hopes for a new generation of pain relievers called Cox-2 inhibitors such as Celebrex and Vioxx, which appear to relieve pain as well as the strongest NSAIDs do without harming the digestive tract. There are three dietary supplements that have been reputed to relieve the pain of OA with fewer side effects than conventional medication. These are glucosamine, chondroitin sulfate, and SAM-e. OA buyers need to be aware that they have not met the safety standards that conventional medications must meet. They are also very expensive.

Other treatments for OA include exercise which maintains the flexibility of a joint as well as strengthening the muscles around the joint. A physical therapist can teach you exercises to strengthen muscles and keep joints flexible. Canes and walkers will take some of the load off a painful hip, knee, or spine. If you have pain that is relieved only by narcotics or are disabled by OA, it may be time to consider joint replacement. There is a prosthetic counterpart for virtually every joint affected by OA, but even the best artificial joint may need to be replaced in time.

Disability often has as much to do with the state of the spirit as it does with the body. In one study, those who had the highest levels of physical and psychological well-being reported the least pain, regardless of the severity of the disease indicated on their X-rays. In many respects, people who live with OA most successfully become their own doctors, developing the mix of rest, exercise, and medication that works best for them.

--Pauline Gratz

FORESTER PROFILE

SHARI MASON

That blithe sprit you've been seeing move around the Dining Room with a speed and efficiency



not previously known in those precincts is Shari Mason, our new Service Manager.

Shari comes from a small upper New York State town, Malone, so close to the Canadian border it's almost in Ontario. She grew up there and traveled not far away to Plattsburg State College. After graduation, living in Cortland, she commuted to Ithaca, home of Cornell University where she plunged headfirst into the food business, working for the Cornell International Food Network, developing new food products and services. It was truly a creative job, she recalls, starting from scratch in the laboratory and coming up with something new. This was contract work, involving a staff of twenty people.

It was fun, Shari says, but she wanted something different and better. How that led her to the Forest is an unlikely but true story. Eight of her old friends from Malone had settled down in the Triangle, and as one who keeps up friendships,

Shari heard about the region's charms from them and decided to join the club. The Forest job is her first in this piece of Southern heaven.

One of the problems Shari met head-on at the Forest was the perennial difficulty of recruiting dining room servers. She developed her own road show, coming (with permission, of course) to a school just before lunch time and setting up shop in or near the cafeteria. She has a table set with appropriate signs advertising work at the Forest, and with a plate of candy as inducement to pause. Then she goes into her selling act, and in the brief time she's been on the job, has already recruited eight servers.

Shari lives in a Raleigh apartment, and what she does in her spare time you won't believe. She makes elaborate, and delicious, wedding cakes for friends, elaborate productions worthy of a pastry chef. Then - you won't believe this either - this very contemporary woman makes quilts in the old style, 31 of them thus far.

What about the future? She's too busy to think about it right now.

-John Tebbel

ARE WE READY FOR Y2K?

Is there anybody who doesn't know what Y2K is? Unless you've been living in a barrel you will have seen or heard about the computer bug known as Y2K that will or will not flip computers over into the year 2000 or else revert to 1974. Scenarios of failure have already generated predictions of disaster and chaos, causing otherwise reasonable citizens to stockpile food and other supplies, even prepare for a flight to the hills, or anticipate the Apocalypse.

Should Foresters take any of these steps? Our resident expert, Computer Network Purchasing Agent Mark Williams, the man who set up the



Forest's integrated computer system, says not to worry. Everything that operates by computer here is checked and ready. As a result of his many contacts with local utilities, Mark believes the possibility of a power loss is extremely remote. Local banks are ready, too; no need to take out cash reserves. There may be some small pockets of trouble in daily commerce but nothing really threatening. At the Forest, our Emergency Disaster Program is checked out and ready to go if there are any glitches from outside. We have power generators, and the dining department is well prepared for any problems that might occur. So Y2K or no, it looks now as though we're going to slide into the next century as easily as we slid out of the last one. Happy New Year!

--John Tebbel

We welcome these new residents to The Forest



Robbie & Trish
Robertson #9
489-1475

Durham residents for 23 years, Robbie (North Carolina native) and Trish (Washington native) lived in San Diego, Key West, Washington, DC, Newport, RI, Hawaii, and the Philippines during Robbie's 34-year Navy career. Following his retirement he taught at Duke Law School. Both are active Red Cross volunteers. One son lives in Austin, TX, and the other in Columbia, SC. They have three grandchildren.



Collin & Elizabeth
Ostrander #3009
403-5463

Betty and Collin Ostrander met at Macalester College in their home state of Minnesota. Upon graduation, Collin went into the Navy and saw action in six Pacific invasions, while Betty worked in Washington, DC. After their post-war marriage, they remained in the Washington area until going into the Foreign Service to live overseas. Collin's last post was Saigon, after which they retired to Charlottesville, VA. Collin recently served as editor of a genealogy of the Ostrander family, 941 pages, published last month.

Volunteers Brighten Lives

We can now document an average of 160 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



Our Library is a pleasant place to spend some time if you want to get away from the hectic holiday preparations. We do have a large collection of coffee table books which you can look at in the Library or take home to read at your leisure. There are several that have the title "A Day in the Life of--" that have very interesting pictures, including some that the son of one of our residents took.

Tom Brokaw's book "The Greatest Generation" is in our collection and would be very interesting to those of you who served in WWII. Brokaw takes important people and tells what they did in the armed forces at that time. We also have Peter Jennings' book, "The Century" which is a good read.

There is a book called "Stealing Time, The New Science of Aging," by Fred Warshofsky, in the medical section, which explains the process of aging in terms we can all understand. It comes down to keeping mentally and physically fit and having a

realistic idea of what we can or cannot do.

In the Classroom we have a great collection of videos -- some educational, but many entertaining. They have been given to us by our residents. There are also many "Detective Story Mystery" books. Each book contains three full-length mystery stories. Many of our residents subscribe to the "Reader's Digest Condensed Books" and there are lots of those in the Classroom. Each book has four condensed books in it.

Don't forget that OASIS comes to the Library twice a month. It is an outreach of the Durham Public Library, and they bring about 50 books each month. About half of them are LARGE PRINT books and most of them are best sellers. They come the 2nd and 4th Thursday of each month. Do visit them when they are here.

--Jean Weil



ELDERHOSTEL CORNER

The northernmost county in the United States consists of about 700 islands, called the San Juan islands, 100 miles north of Seattle, WA. At high tide, the number of islands is less than half that number. The county courthouse in the county seat of Friday Harbor has a portrait of Kaiser Wilhelm prominently displayed. No doubt this reflects his ruling in favor of the U.S. when in the 1870s he arbitrated a long-standing dispute (called the "Pig War") between Great Britain and the U.S. over the ownership of the islands.

At a recent Elderhostel program sponsored by the Skagit Valley Community College at Friday Harbor, we learned about many of the fascinating bits of history like this from a local "character", one of whose hobbies for many years has been to take down oral histories from long-time residents. We also studied the wildlife and natural history of the area. There are, for example, three pods of Orca whales who frequent these waters (some Minke whales, too) and some 85 pairs of nesting eagles. Finally, in contrast, we learned about writing and publishing a book from two authors and a publisher's representative who live on the islands.

The first lecturer in the book course was John Robert Dann (Bob) who spoke on "What is Creativity?" He wrote his first book in 1995, "The Good Neighbors", an historical novel set in the 1920s, and has written eight novels in all.

The next lecture was by Alice Acheson who has worked for a number of publishers including McGraw-Hill and Scribners. Now she lives in the Islands and works freelance. She described the book-marketing timetables. Another speaker was Janet Thomas, editor of Spa magazine and a poet. One day the three lecturers formed a panel and answered our questions. A very informative session. All in all, an enjoyable week.

--John and Betty Gray

(Continued from page 7--Ad Lib)

excellent, the vegetables well cooked, and the service good. We will return. Petite fillet mignon \$16.95 with salad, roll and vegetables. Open for lunch and dinner.

WALDO'S GRILLE AND TAVERN, 3642 Shannon Rd., Durham, phone 403-6509

Did you know BRIGHTLEAF 905 was named by Esquire one of the best ten new restaurants of 1999 in the U.S.?

--Libby Getz

Bob Blake's

PUZZLE

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

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

PARTS OF THE MILLENIUM

AUTO	DARK AGES	EPOCH	MONTH	SEASON
ANTEBELLUM	DATE	ERA	MODEL T	SECOND
BICENTENARY	DAWN	FALL	MOVIES	SETTLERS
CENTENARIAN	DAY	FLAPPER	OVER THERE	SESQUICENTENNIAL
CENTURY	DEPRESSION	HOMESTEADERS	RADIO	SWING
COLD WAR	ENLIGHTENMENT	JACOBIAN	RENAISSANCE	TIME
COLONIAL	ELIZABETHIAN	KOREA	REFORMATION	TUDOR
CRUSADES	EON	MEDIEVAL	ROMANTICISM	VICTORIAN
		MILLENIUM		WEEK