

THE FORESTER



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

Volume 6 Issue 5

February 2000

E

PRESIDENT'S CORNER

In spite of the inability of some staff members to navigate the roads, we were fed, kept comfortable and transported when necessary.

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Did we even think of sending Parental Caution Suggested valentines ~ to our beloveds? Sacrilege! The "no expected accumulation" snowfall measured 15 inches outside my front door (and this



A view from the window of Cottage 38 on the morning of January 25, 2000

was not a drift.) What a challenge for

staff and residents -- especially with no power in the cottages. If all the good deeds were recorded, they would probably take up most of the space in this issue of The Forester. From answering the phone to serving the meals, many residents made themselves available.

In spite of the inability of some staff members to navigate the roads, we were fed, kept comfortable and transported when necessary. When the power went out in the cottages, the staff worked out all the details of scheduling and transporting cottage residents to the main facilities -even to finding

(Continued on page 3)

Remember When

Remember February? It used to be such a comfortable month aside from miserable weather. We honored the birthdays of our two great Presidents, Abraham Lincoln and George Washington, always noting that little calendar glitch about George who was not born on the 22nd of the month. Then there was Valentine's Day when we tried to inform someone of the opposite sex of something they already knew -- that they were indispensable in our lives. Hearts and flowers.

But now, as they say in New Yorkese, "Fahgedaboudid." Valentine's

Day has been taken over completely by the same robbers who absconded with Mother's Day, making love as commercial as Mother. Love is now expressed on the card racks in every conceivable way from the glorified to the NC-17. Did we even think of sending Parental Caution Suggested valentines — to our beloveds? Sacrilege! It's much worse with the observance of George and Abe on the same day, for purely commercial reasons. Two more different men could hardly be imagined. One day isn't big enough to accommodate both of them. If everybody in our time is alleged to have 15 minutes

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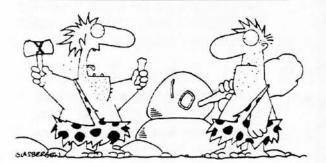
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[&]quot;I just invented the ONE and the ZERO! Let the digital revolution begin!"

The Forester

EDITORS' NOTES

Once more the Forest has demonstrated what kind of unique institution it is. When the snow and ice came, we were trapped, like everyone else, but the way our staff and many of our residents responded was characteristic of this place we call home. There had been rehearsals with previous hurricanes, but, this historic storm brought out an even more splendid response. Many staff members risked their lives on the roads to get here, and some stayed on overnight for as long as three days. And as before, resident volunteers pitched in to serve behind the cafe counter, and wherever else they could be useful. It may not have been the Spirit of '76, but it was close. The Forester congratulates everyone involved and salutes the spirit that made it all possible.

HELP WANTED-

We want to welcome the newest member of our staff, Betty Gray, who will handle all our "growing pains" (see p.5).

The Forester staff is looking for more reporters. Can you sign on for occasional assignments? Contact Marion Patton (419-0406) or Virginia Jones (490-8463.)

LETTERS TO THE EDITOR

To the Editor:

As we watch the ice heavy on the trees, we want to say thank you to the very dedicated staff during this week of ice and snow. Food delivered to cottages; roads, walks and driveways cleared. Warm, wholesome meals provided each day with the food staffs arriving before daybreak. Theo and Chef Paul in the kitchen with shirt sleeves rolled up. With some years of "Emergency Plant" experience behind us, the administration of the Forest has come through with shining colors. To the Editor:

Hats off to the Forest staff for a job well done during the recent "Blizzard of the Millennium!" Thank you one and all for service above and beyond the call of duty. We appreciated the family members of the staff and their friends who also came to our aid.

We'd like to request of Joe that the next time he walks six miles in the snow to The Forest, he wears appropriate clothing, including hat and gloves, as we don't want to lose him to pneumonia.

A round of applause also for the residents who helped in the kitchen and those who made phone calls, for Phil Eshelman who kept us informed on Channel 8, and for Bob Blake, receptionist extraordinaire.

We feel fortunate to be surrounded by such caring and resourceful people.

Evebell and Bob Dunham

Carolyn and Bloss Vail

The Forester

LIBRARY NOTES

The Library has been a very nice place of refuge these cold and snowy days. If you do not want to go out, you can spend an hour or two reading the papers, or looking at the various health letters on the table. However, please don't take the papers until the next day. We thank those of you who get up early and read your papers and then bring them to the Library as we do not have the money to subscribe to all of them.

We have a wonderful collection of mysteries. In fact, our shelves are overflowing. We are trying to find more space for the mystery books, but if we move one group of books to make room for them, we have to find a space for the ones we move!! We're working on it.

(Continued from page 1-president's corner)

apartment residents who had sleeping space for those cottage residents without heat. These are just some of the reasons why I call The Forest "home."

Many of you turned out to welcome the new residents at the Social Hour on January 21. Everyone seemed to enjoy the extras of fun, food and

(Continued from page 1-February)

of fame, certainly each of these giants deserves a day to himself.

Here in North Carolina we need a separate day for George because it might compel us to face the truth about that much misunderstood conflict, the Revolution, which George presided over, more or less. It was the most unpopular of America's wars, and nowhere in the colonies was it more unpopular than in this state. Here there were more Tories than anywhere except possibly South Carolina, and much of the population turned the colony into a battleground between armed citizen militias under no one's command but their leaders'.

There were organized militias, too, in this state but they failed to distinguish themselves. When General Nathanael Greene was pursuing Cornwallis' army in the general direction of Virginia, Greene was outraged by the conduct of the North Carolina militia Our video collection in the Classroom is very eclectic-ranging from health matters of every sort to the latest movies. They all have cards in them, so enjoy!

Of course there are the Reader's Digest books in the Classroom. The collection goes back to 1980, so if there are any books you missed reading in those years, you will probably find a condensed version available.

Our Library is a great place to spend time--all of the books, papers, magazines, videos, audio tapes, and CD's have been donated by our residents. We have a special group of residents. The Library would not be the same without them. --Jean Weil

entertainment -- especially the video of The Forest "Rockettes." A hearty welcome to each of our new neighbors!

As January 2000 ends and the ice and snow melts, we eagerly look forward to the next century's snowfall occurring right on time! -- P. J. Burns

who turned and fled in one of the battles. Of course this was not uncommon among state militias. If their tour of duty expired in the midst of a battle, they often quit the scene and went home.

So February is not a good time in North Carolina to remember George and the Revolution he led to a rather inglorious conclusion.

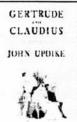
Maybe it would be best to forget about Presidents' Day altogether. It doesn't pay to look too closely into the memory of politicians no matter who they are. Why not stick with Love which, as everyone knows, is eternal. Let's roll Valentine's Day and Presidents' Day into one big glorious celebration, arranged to give us four days of shopping, say from Friday to Tuesday. You think that wouldn't be popular? Ask your nearest Walmart manager. -- John Tebbel

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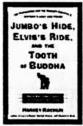
Having exhausted the possibilities of suburbia, John Updike has turned his attention to -- Hamlet. Not the familiar classic itself, but an imaginary recreation of what was going on in that gloomy Dan-



ish castle before the play's beginning. "Gertrude and Claudius," his new novel, explores what led up to Hamlet's "to be or not to be" dilemma. It is an intelligent, sensible, even sweet view of imaginary events in which Queen Gertrude emerges as a truly sympathetic character. She doesn't

understand the brooding Hamlet, but then who does? Her basic problem is that she's married to a complacent husband but just happens to be in love with his brother, Claudius. At the novel's end the play begins. (Published this month.)

If you like historical artifacts, an easily ac-



quired taste, you'll be amused and absorbed by Harvey Rachlin's "Jumbo's Hide, Elvis's Ride, and the Tooth of Buddha: More Marvelous Tales of Historical Artifacts." Rachlin has a marvelous grasp of this rich historical material and he's a born storyteller. Here you'll discover Freud's couch,

George Washington's copybooks, peace pipes from 1814. Beethoven's ear trumpets, and the first computer (1846.) (February)



If you think there's nothing more to be said about Jackie, try "Jacqueline Bouvier Kennedy - A Life" by Donald Spoto. She has at last found her best bi-

Did You Know

The Forest cannot assume responsibility for the loss or theft of valuables from your unit. However, please make the Executive Director aware of any disappearance, so that he can assist in the investigation and recovery of such items. First Union has safe deposit boxes available in the branch in the community center for your convenience.

The Residents' workshop is available for use

ographer in this sympathetic and admiring but unhesitatingly candid portrait. There are also 32 pages of photographs. (March)

Art lovers who admire Vermeer's "Girl With A Pearl Earring" may have wondered what that young



woman's world was like. Tracy Chevalier's new novel, "Girl With A Pearl Earring" (what else?) has made an absorbing novel out of speculation. He imagines the girl as 16-yearold Griet who lives in 16th century Delft. In colorful, descriptive lan-

guage, he takes readers into her world, inhabited by Vermeer himself and his wife. There have been several recent novels based on Vermeer's paintings but, as one reviewer tells us, this is "a beautifully written tale that mirrors the elegance of the painting that inspired it." (Published)

We don't usually recommend paperbacks, but if you're looking for laughs in a dreary winter, try "The Onion Presents Our Dumb Century: 100



Years of Headlines From America's Finest News Source." The Onion is a cult publication that satirizes American life. Here you'll find headlines like, "A1 Gore Caught in Love Tryst With Endangered Tree Owl," "Pentagon Develops a Bomb-Resistant Desk," and "Reagan May

Have Been Elected, Doesn't Recall." Something to amuse and offend everybody in these 192 pages. (Published)

by Residents according to the hours posted on the workshop door. This workshop is maintained and run under the Workshop Committee of the Residents Association. To be sure that equipment use is limited to residents familiar with the equipment, please contact the chairman of the Committee. Please carefully review the safety procedures and rules posted in the Workshop. Any problems with equipment in the workshop should be reported by calling the Facilities Secretary at 419-4030.

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Growing Pains --Betty Niles Gray

Keeping The Forest green takes planning and effort from many of us as well as from professionals. Now, before spring comes, is a good time to comment on a few of these activities.

<u>Rose Garden</u> Bess Bowditch's committee regulars are ready for the coming season but she would like, from time to time, some additional help to groom the roses. Give her a call.

<u>Garden Plots</u> Frank Melpolder has been in touch with last year's plot users and would like to know who else wants a plot for the coming season.

<u>Greenhouse</u> Most of us, including the new greenhouse committee chaired by Noel Freeman, are concerned about making sure a replacement is in place when our current greenhouse is demolished in connection with the new construction. Call Noel if you have an idea you want considered.

<u>Landscaping</u> Chad Salladay of Capital Landscaping has done a first rate job in improving the beauty of The Forest grounds in the short time he has been here. The good news is that his contract has been extended for three years.

<u>Forest Plants</u> In the main Forest building there are 90 or so indoor houseplants of all sizes, shapes and kinds that add immeasurably to the attractiveness of The Forest. We are greatly indebted to **Bob Blake** for his tender loving care of all these plants. Someday, but 1 hope not soon, we may have to arrange for some additional help especially when we have additional plants in the new construction.

One last thing - kudos for our new florist for the beautiful flowers on the tables in the dining room.

An anagram, as you all know, is a word or phrase made by rearranging the letters of another word or phrase. The following are exceptionally clever. Someone out there is deadly at Scrabble.

| Rearranged | | | | | | |
|---------------------|--|--|--|--|--|--|
| Dirty Room | | | | | | |
| A Rope Ends It | | | | | | |
| Here come Dots | | | | | | |
| Cash Lost in 'em | | | | | | |
| Is No Amity | | | | | | |
| Woman Hitler | | | | | | |
| Alas! No More Z's | | | | | | |
| Genuine Class | | | | | | |
| Is No Meal | | | | | | |
| I'm a Dot in Place | | | | | | |
| Twelve plus one | | | | | | |
| Accord not in it | | | | | | |
| Moon Starer | | | | | | |
| End Is A Car Spin | | | | | | |
| T INTRIGUING PART | | | | | | |
| A Year To Shut Down | | | | | | |
| -Florence Manning | | | | | | |
| | | | | | | |

A Reminder from the Gift Shop



The Gift Shop would like to remind all that Valentine's day is February 14th, and that they have just received a new shipment of Valentine cards

CLIPPINGS by Rose and Azalea Bush

Winter Blast 2000! Everyone has a story- to tell about the storm. From the first day Paul Ramos and Roger Andoh made food available from the kitchen for the Cafe and the Health Centers. Chris Harris, a new employee was on the job as Receiver. Our faithful Tommie Blackley was at her post in the Cafe, thanks to the driving skills of her husband. Joe McMoil walked 7 miles through heavy drifts to report for whatever job was needed. When Marsha Parker and her fiance, Maynard Wilkins, arrived in their 4-wheel vehicle, they immediately answered requests from cottage residents who were all without heat, to be transported to the main building. Dick and Sheppie Vann, son and daughter-in-law of Felix and Dorothea, transported residents to and fro in their SUV and shoveled walks. What a great service they provided as did Laurie Lach and her husband, Brian. who used his talents wherever needed in dining services. Judy Turner put her husband, Charles, and son, Charles, Jr. to work in the housekeeping department when they dropped her off for work. Bob Blake manned the reception desk for many hours until Rena Graham and Nancy Sokal learned the telephone routine to spell him. Beth Corning, our new Marketing Director, drove from Southern Pines and immediately put wheels in motion with Helen Corbett organizing her team of Betsy Close, Jenn VanBrunt, Molly Simes, Ruth Dillon and Ethel Foote to phone each cottage resident concerning main meal delivery. They also helped pack 80-some box lunches each day for delivery. Phil Eshelman gave us updates on Chanel 8 throughout the time. The ice was terrible and many folks fell. Bill Goldthorp and Jack Tebbel were the first casualties but are mending. Bob Guy fell 3 times while walking Toby. Dutchess strained Dick Watson to near- exhaustion. We appreciated the help of residents Jennie Rudell, Bess Raper, Dottie MacMillan, Ed Lee, Dick Capwell, Frank Simes, Terry Bronfenbrenner, Eleanor Kinney, Bob Colver, Nancy Sokal and Bill Holley and probably others who rose to the occasion (no pun intended) to serve up food for our main meals in the Cafe. Bruce Burns played milkman to 4 neighbor ladies who were hungry for that calcium loaded drink. The staff in Holbrook and Olsen stayed over, worked multiple shifts and demonstrated team effort to keep everything in smooth running order.. Surely we have left out many names of helpers. Inform Bernie Bender, Box 38, of any unsung heroes.

Joan and Gus England must have pretended that they were in Boca Raton as they sat on their balcony in 36 degree sunshine. Leslie Jarema created an inviting brick, wisteria and floral entrance to Holbrook. Mildred Fuller, Jennie Rudell, Betty Ostrander and Ailene Harmel just had to get outdoors in the wintery sunshine! To escape cabin fever, Clare Eshelman, Jean Wolpert, Frank and Mary Light had a bridge game going in the Party Room. Julia Negley, Bertha Wooten, Ruth Nierling and Debbie Carey had their foursomes playing, too. Helen Albrecht must have found some partners. Libby Getz, Evebell Dunham, M.E. Stewart and Ruth Dillon played up a storm.

Weren't the Grays smart to leave for Trinidad and the Chandlers and Kents for Florida before the storm? The Boguslavskys didn't quite make it and became snowbound here.

The **Heroys** were stuck in New Hampshire but have returned by bus, train and plane after 4 days on the road. And welcome back to **Bud** and **Ort Busse** after their sad sojourn.

That first snow of January is almost forgotten, but we who depend on Sharon Simpson gave three cheers when she plowed her way through. We all are so proud of her high placement as a runner in the Orlando race to qualify for the Boston Marathon. Edna Wilson, bundled up, was sighted shoveling the walkway. Laurie Mitchell, drove 6 hardy souls to Chapel that icy Sunday. Even in the winter Betty Gray finds blooming flowers or plants to place on the sign-in table by the dining room. Movie buffs , Jean Mason and Ann Barlow found some good shows in nearby theaters. On February 14th Playreaders will offer as a Valentine treat a repeat of "The Spirit of Carrel 46" which attracted an overflow crowd in December. The play, written and directed by George Chandler features actors Dick Capwell, Ruth Dillon, Ed Lee and Edna Wilson. In the past, Playreaders have performed plays written by at least 2 other TFAD authors -- "The Beaded Buckle", written by Fanny Patton as a teenager, and "Roman Fever'", a spoken version of Bob Ward's opera.

Ginny Putnam, Minnie Mae Franklin, Molly Simes and Aileen Schaller were seen observing the "Phenomenon" which appears in mid-afternoon as a double oval shape with crosses through the center on the outside wall between buildings C-1 and C-2. What is casting that shadow?



Did you know you can poach salmon in a dishwasher, dry panty hose in a microwave and now dry-clean in your clothes dryer? You can learn a lot by eaves dropping on the "bar belles". Mary Jones was wondering aloud one night if the others had seen the TV ad for the new Proctor and Gamble product, Dryel, that does just that I was intrigued, scouted about and found Dryel at walmart. I followed the easy instructions carefully and was pleased with results. Mind you, I didn't do my wedding dress, but two sweaters and a blouse emerged clean and sweet smelling. Experiment along with me. Dryel (4 loads) \$9.95

(Dryel is not to be used with compact dryers) WalMart - New Hope Commons, 15-501 Durham

It happens to many here at The Forest, that thickening of the waist and elsewhere. (Chef Paul what are you doing to us?) There are two solutions. Stop eating or seek out Advance Tailors. The Lees have had thirty years experience at finding that extra inch or two that makes a good fit Which reminds me of a sign I saw in a tailor's window in Hong Kong. "Ladies have fits upstairs".

Advance Tailors, 4201 University Dr. Durham. tel. 490 0356

Restaurants:

Among diplomatic wives it used to be considered the height of skullduggery to steal someone's cook. So what has been going on in Chapel Hill? While we were away this past summer the chef at **The Siena** moved to **Carolina Inn's Crossroads Restaurant** leaving **The Siena** high and dry! This nefarious act required investigation so one evening found Best Friend and me dining at The Inn. Chef Brian Stapleton has not brought his Italian specialties with him. The menu was pretty much American. My lamb's shank was delicious but enormous. Best Friend was happy with his filet and the terrene beforehand was excellent. The Inn has upgraded itself with its new chef.

Lamb's Shank \$19.00 Filet of beef \$19.50 Crossroads Restaurant (Carolina Inn) Cameron at Pittsboro, CH tel. 918 2777 Meanwhile a trip to The Siena revealed that its Il Palio restaurant, without Brian Stapleton, has lost its pizzazz. The service, the bread, the wine and cappuccino could not be faulted but the new Italian chef, Gennaro Villela, just doesn't have what it takes to keep the Siena at the top of the list of best restaurants in The Triangle.

Roast loin of veal \$23.00 Filet of beef \$22.00 11 Palio, 1505 E. Franklin, CH tel. 929 4000

New Chinese restaurants have been blossoming like moon flowers all over The Triangle, two in our immediate neighborhood. **Eastern Lights Hot Pot and Grill:** Skip the hot pot and grill and stick to the Chinese menu here. Lily, the proprietor, will have to rethink her flavoring in the hot pot and the grill is not worth the fuss.

Hot pot or grill \$11.95, both \$14.95.

Eastern Lights etc., 4215 University Dr. Durham tel. 403-3650

China Buffet has taken over the premises of The Olive Garden and offers bargain meals, fast carry outs, weight watchers diet and a buffet a mile long. So much is offered one ceases to be selective. If you want to appease your appetite this is your place. If you want to appease your palate, go elsewhere.

Moo shu pork (4 pancakes) \$6.95, Moo goo gai pan \$5.95

China Buffet, 3720 Mayfair St, Durham tel. 403 7878

-Libby Getz

For Your Enjoyment

Plumber: "We repair what your husband fixed." On the trucks of a local plumbing company in NE Pennsylvania: "Don't sleep with a drip call your

plumber."

Pizza shop slogan: "7 days without pizza makes one Weak."

At a tire shop in Milwaukee: "Invite us to your next blowout."

Door of a plastic surgeons office: "Hello, can we pick your nose?"

Sign at the psychic's Hotline: "Don't call us, we'll call you."

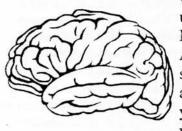
The Forester

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HERE'S TO YOUR HEALTH -Pauline Gratz

James Parkinson, a British doctor, described the disease that bears his name in 1817. Since that time the search for treatment of Parkinson's has been marked by both hope and disappointment.

Parkinson's is a highly complex brain disease that affects physical movement. It has no known cause or cure. The course of the disease, the nature and severity of its symptoms, and the response to treatment can vary so widely that what



works for one individual may not for another. More than 1 million Americans have Parkinson's and 50,000 more are diagnosed each year. Most are over 50 years old, like Attorney

General Janet Reno and evangelist Billy Graham. But increasingly younger people are diagnosed. Michael J. Fox, an actor, was only 30 years old when his symptoms began. In general though it's a disease of age, affecting 3 out of 100 people over 65.

The first sign of Parkinson's is usually a slight tremor in the hands. As the disease progresses the shaking worsens and other symptoms may develop such as rigid limbs, loss of facial expression, slow movments, poor balance, speech problems and memory loss.

Parkinson's is due to the selective progressive death of nerve cells in a small area of the brain called the substantia nigra found in the basal ganglia deep in the brain. These specialized cells manufacture the chemical messenger dopamine, which is essential for smooth and normal movement.

In the 1940's and 50's researchers were optimistic that an operation called pallidotomy could halt or reduce tremor, rigidity, and slowed movement that characterize this degenerative brain disorder. Unfortunately, the procedure caused a high risk of inflicting severe neurological damage.

Because of this, and because of the arrival of the drug levodopa (L-dopa) in 1968, pallidotomy was subsequently used only for those people who did not respond to L- dopa. With none of the hazards of surgery, L-dopa, by increasing the amount of dopamine in the brain, could control tremor, relieve painfully slow movement, and reduce rigidity. Today, the most widely used and effective form of the drug is Sinemet, a combination of levo-dopa and a related substance called carbidopa which helps prevent L-dopa from breaking down before it reaches the brain. However, for reasons researchers don't understand, the medication's benefits decrease after about five years. As a result researchers have once again emerged from their labs and clinics with new drugs and improvements to older therapies. Pallidotomy has returned in the past few years as a much safer procedure.

L- dopa remains the " gold standard" of Parkinson's treatment. However, in 1997 the FDA approved two new drugs Mirapex and Requip that may put off the use of L- dopa. These medications are the latest addition to the existing class of drugs called dopamine agonists which trick the brain into believing there is more dopamine on hand than there really is.

In August 1997 the FDA approved an electronic brain stimulator which is implanted in the brain. It controls involuntary movements (essential tremor) but no other symptoms. Researchers are also investigating the use of drugs to prevent dopamine producing cells from dying. Another experimental approach involves transplanting dopamine human fetal cells into the brain of Parkinson's patients. However, this field of inquiry is plagued by controversy.

Although doctors still don't know what causes Parkinson's or how to cure it, research efforts to find treatments to slow, halt, or even reverse the disease's relentless progress are more active than before. There will be setbacks but with time there will be success.

-Pauline Gratz

FORESTER PROFILE

STARTING THE DAY AT THE FOREST

It takes a woman to get things started as we all know, and this was never more true than in the case of the Forest's large and complicated machinery designed to feed nearly 400 people three meals a day.

In our most recent struggle with the elements -- a snow and ice event, as the forecasters like to say --



residents saw more of Linda Gardler than they had before. She is the Kitchen Supervisor, and her job is to get the large and complicated machinery of the Forest's

food operation into motion, with no glitches if possible.

That means she gets out of bed at 4 a.m., leaves her husband, George, and her two children peacefully asleep, gets her own breakfast, and arrives at the Forest by 6 a.m. First, she checks to see that all the staff is here and ready to work, then makes sure the kitchen is clean, the dishes all washed, and the food ready for preparation. All this is no small job; it usually takes at least an hour and a half. By that time the morning wheels are in motion and Linda pitches in to help wherever help is needed. In a pinch, she could do anybody's job. She has spent her entire 22year working career doing whatever is needed in the preparation and serving of food. You could say she's a specialist in everything.

It all started in Lewiston, Maine, where she was born. When she was 11 the family moved to Massachusetts and, while she was still in high school, Linda got her first job -- in a bakery, natch. She started as a clerk, but she wanted to learn the business, and before long she was doing, or had done, every job in the bakery including the baking.

Linda realized she had found her life work, and since she was already doing it, decided to skip college. From turning out cakes and doughnuts at the bakery, it was a relatively easy jump into the big time -- with various Marriott Hotels in the kitchen, and in a New Jersey rest home. Moving to the Triangle six years ago, she started out at the Ninth Street Bakery on the morning production team, and in time she had done every job the bakery had to offer. She moved on to the Motorola Corporation in Triangle Park where she was in charge of its cooking and catering operations. Then, when Motorola moved out, Linda moved here in October 1998 and feels that she's home at last.

During the recent emergency she was everywhere it seemed, helping wherever it was needed. She didn't get home for three days. Her usual afternoon departure at 3 p.m. was forgotten. An old cliche phrase describes Linda accurately -- a bundle of energy.

When she leaves the Forest, her pace doesn't slow down. She gets dinner for her husband and involves herself with the life of her children, Thomas (13) and Evette (11.) She helps Thomas with his martial arts work and is much involved with Evette's troop of Girl Scouts. Linda is a Girl Scout herself and an enthusiast for the organization.

For Linda, every day at the Forest could be an emergency of some kind, but she's here to see that it doesn't happen as far as feeding us is concerned. Eat in peace, folks. Linda's here.

--John Tebbel

More—DID YOU KNOW

If you are interested in reading about members of the Board of Directors, please check your 1999 Disclosure Statement. William Self has left the Board. New Directors are Frankie Perry and Rabbi John Friedman. Ms. Perry joined Wachovia Bank, NA in Durham in April 1973 and is a Vice President and Private Financial Advisor. She also serves as an Assistant Secretary of the Wachovia Corporation. Rabbi Friedman has been the rabbi of Judea Reform Congregation for 19 years. His synagogue serves the Jewish communities of Durham, Chapel Hill and surrounding areas. He is a former president of Durham Congregations in Action and has been involved in numerous community activities.

-The Editors

POETRY CORNER

THE DEAREST GIFT

Love is a powerful gift. It can lower to the depths, Yet will lift to the heights If faithfully stoked.

To flourish, love must be fed It must be watered, talked to, Watched over like an orchid Or it will fade, wither, die.

Love is irreplaceable, it is all encompassing. Blessed are they who find love Foolish they who let it go.

Real love gives, selfish love takes. Both are prevalent. Too often, only when love is gone Is it truly appreciated.

---ellen cheek dozier

Miscellaneous Foolishness by George Chandler

He thought he saw a President Who played the saxophone; He looked again and found it was Some gold, in sacks, alone. "I must have growth," he said, "Or I'll "Make Goldman-Sachs atone."

He thought he saw a crocodile That played the slide trombone. He looked again and found it was The Bishop of Bayonne. "He's antidisestablishment," He muttered with a groan.

He thought he saw Sam Adams' ghost Beside the hall called Faneuil. He looked again and found it was A flea whose name was Daniel. "I hear it's saving up," he said, "To buy itself a spaniel"

HEARTS and FLOWERS

When a man picks a woman And he thinks he's chasing her, He obviously hasn't a clue The ole mating game's astir.

For that apple of his eye Set her snare after first glance, Let him think HE led the way Down the path of their romance.

Once she knew she had him caught Hog-tied, no way to cut loose, She paid off that wedding gown And reeled in his well-cooked goose.

That was yesterday's market, The rules had to be that way, For no man engulfed by passion Could ever learn how to play.

Today's contest is different, It's a fifty/fifty race; Good, I can't say, just grateful The love bug still has airspace.

---ellen cheek dozier

Beware the Second of February!

A young woodchuck was told by a frog, "Hey! "You should know there's a large shaggy dog lay ing wait by this path. "If you incur his wrath, "This could well be your final Ground-Hog Day." —George Chandler

GOOD NEWS

Jane Jones tells us that N.C. Income Tax Forms and basic IRS forms are now in the copier room. Top shelf, above the paper cutter.

IN SEARCH OF THE MIRACLE FRUIT

On moving to Hawaii I was fascinated by the fact that my hopelessly "Brown Thumb" had magically turned to "Green". As anyone who has stumbled upon a new-found ability, I used it to make it my mission to expand my botanical horizon whenever and wherever the occasion presented itself.

It was with this exuberance and enthusiasm that I learned about the existence of Synsepalum Dulcificum! (I had been informed erroneously that it was called Pouteria Dulcificum but the correct botanical nomenclature was graciously supplied to me by Edna Wilson, for which I thank her). This fruit-bearing tree is commonly referred to as the Miracle Fruit tree because it bears a remarkable fruit which, if eaten, causes many other fruits, and particularly the citrus variety, to take on a sweetness not unlike that produced by the use of Equal: After even merely placing it in the mouth for only a few moments it is possible to eat such sour fruits as lemons, limes, grapefruits and many other items such as sour orange and mangos without any sensation of tartness or acidity, and the effect persists for some time.

My use of the common name, Miracle Fruit, was at the tip of my tongue whenever my path crossed with people whom I believed to be "in the know". As the news of my quest spread about the countryside there was a tendency by those seeking to help me to corrupt the common name to Magic Fruit. Living in Hawaii among Japanese friends, some of whom are prone to lallation, it was only a matter of time before "Magic Fruit" became "Magic Flute". And it was not long thereafter that word came back to me that if I were seeking the Magic Flute I should look to Mozart!

What began as a simple botanical search for a special fruit was turning into a profound and critical discussion concerning my lack of musical knowledge with respect to Mozart!

After several years I was finally successful in locating a source of this strange delicacy but because of its rarity and the intransigence of its owner I was unable to obtain a scion or plant for my garden. Now, having left Hawaii, I am still the frustrated seeker of this unusual plant. It would be a pleasure to find someone at the Forest who could further my education on, and perhaps locate, this Magic Flute. .er, Fruit!

Ps: Through the magic of Internet I have just now discovered a source for this plant and intend to pursue my quest!

-Herb Stecker

In Grateful Recognition

A great honor has been extended to the late son of Phyllis and Gene Magat. The Fuqua School of Business has announced their new five story academic center will be named for Wesley A. Magat who was a business professor at Fuqua. Dedication ceremonies will be in April.

| RIAM |
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| Jan. 13 |
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Bob Blake's

PUZZLE

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

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