



THE FORESTER



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

Volume 6 Issue 6

March 2000



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"Among those who won't forget the Millennial Blizzard are the Forest's indomitable staff members,"

PRESIDENT'S CORNER

Your Residents' Association Board devoted about two hours at their February meeting to the proposed Long Range Plans.

The consensus of the Board is that there is a need for additional nursing and assisted living facilities. There is concern, though, about the other proposed health care facilities including moving the Wellness Clinic.

Practically all of the expressed resident opinions on the addition of more cottages is in opposition. The Board went on record that at this time and with the present information we are against more cottages. The Board is interested in having answers to many questions including parking problems, ingress and egress to the present facility, destroying the "atmosphere" of the pond area and additional costs relating to the cottages.

OUR STAFF COMES THROUGH

Among those who won't forget the Millennial Blizzard are the Forest's indomitable staff members, who rose to the challenge and managed to get here and carry on in enough numbers so that a real disaster was avoided. Here are some highlights

The Board agrees that redecoration is needed, but it is not in favor of remodeling or making major changes in the Community Center, including the Gift Shop, Billiard Room, Studio and Bank.

The Board also agreed that the proposed dining service change are not needed, that the dining room atmosphere should be retained, and the cafe needs only minor changes.

I have discussed all these actions with TFAD management. I also plan to bring them to the attention of the TFAD Board at the next quarterly meeting in March.

"---Can spring be far behind?" The pansies are beautiful, the cherry trees are lovely, and the daffodils are just before bursting into color around the homeplace.

--P. J. Burns

In Health Services, **Diane Long** and **Mitzi Goodwin** spent several nights with their staff members who made it, including **Stacey Riggsbee**, **Melody McNair**, **Pam Reid**, **Trudy Amos**, **Edith Graham**, **Barbara Bradley**, **Labo Mabo**, and **Jenelle Evans**. **Kara Edwards'** husband

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The Forester

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EDITORS' NOTE

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

SHARON RUNS AGAIN

If you should happen to be in Southern California on June 4, the place to go is San Diego, where you'll see our Sharon Simpson, a veteran marathon runner, appearing in the Rock 'n Roll Marathon. It's for a worthy cause, too --- the American Leukemia Society. If you can't get there and want to make a donation anyway, send a check to the American Leukemia Society, or simply give it to Sharon. If you want any more details call 419-4017

To the Editors:

My arrival at the Forest in October, 1992 was full of anticipation. At this point in life I think we all seek security and peace -- a chance to grow in our own way, encouraged by an atmosphere of quiet support. I thought I had found what I sought. Life here is full, surrounded by friends offering love, concern and care. Needs are met with courtesy and generally promptly. I love living here -- usually going about my business and hoping to avoid contentiousness, never dreaming that the time would come when I would feel that I must speak out.

All that has changed. I find myself being swept

up in a storm of discontent fueled by duplicity and misunderstanding.

This is an unusual community of leaders: scholars in many fields, teachers, business leaders, innovators, artists and most of all thinkers. Although it has always been clear that the ultimate responsibility for policy decisions rests with the Board, we are a group of people who feel strongly that our recommendations and judgment should be given serious consideration.

There is deep concern and worry about the course our home is facing. The idea that we must

(Continued on page 10)

Letter to the Editor

Earl Davis adds an important footnote to the coverage of the 2000 snowstorm, carefully not called a blizzard. Activities went on at a great pace, he tells us:

In addition to **Helen Albrecht's** bridge there was also **Iva Rutenberg's** Canasta cards flying. **Bob** and **Hildur Blake** had the Dancers on Line, the **Steckers** had the Yoga Videos going and as soon as **Jim Thompson** could find the folding poster board, Bob mounted his beautiful paintings. **Pauline Gratz** gave her lecture on the Senses that had been cancelled. We had an expanded Sunday Cinema and a travelogue on the Darwin Laboratory on the Galapagos Islands, and **Chuck Fields** ran movies on Thursday, Friday and Saturday

nights, complete with fruit punch and popcorn. With the help of the dining room service we were able to mount a Tex-Mex happy hour to welcome back the milers from Mexico City and wish them bon voyage on their way to Tokyo. They didn't know if they were going straight across on water skis or the northern route over Alaska and the Bering Straits. **Jane Jones** said the paperbacks were flying out the door, which was great because that gave her room to put up some thirty more that had just been donated. So, an interesting time was had by all. Now we are planning to organize a "Crisis Committee" that will go into action on the warning notices instead of waiting until the roof falls. Many thanks to all.

- Earl Davis

POETRY CORNER

Could Springtime Be Icumen In?

I feared we'd see March come in roaring,
 Since Feb'ry had proved pretty boring.
 It lacked get-up and go,
 After all of that snow;
 There was little to keep us from snoring.

Now March has arrived like a lamb,
 (Though astrologers call it a Ram).
 If it fails to stay nice,
 And there's more sleet or ice,
 I shall probably "Lhude sing Goddam."

--George Chandler

"TOP of the MORNIN"

Last month had presidents, love and such
 Celebrations all along the way;
 Windy March offers very little
 Besides Ireland's St. Patrick's Day.

Called an emerald set, in the sea,
 Erin is heaven sated with green,
 Raven tressed colleens grace its byways
 Where lucky shamrocks flourish serene.

Leprechauns abound in forest glades,
 Beckoning all to forever stay.
 On March 17, brave Irish all
 This blessing to you on your special day:

May the road rise up
 to meet you
 May the wind be
 always at your back
 May the sun shine warm
 on your face
 And the rain fall soft
 upon your fields
 And until we meet again,
 May God hold you
 in the palm of his hand.
 .. ellen cheek dozier

It's a Small World

Her name is Kimberly Williams. She is 28, a movie star, granddaughter of Betty Willis who lives directly above me. Nine years ago I saw a film "Father of the Bride", the Steve Martin version, that made me laugh, shed a happy tear or two, and fall in love with the beautiful bride. Since then I try to catch this movie whenever it is shown on TV. My sentimental son, father of two daughters, has shown the video on Christmas night for many years and as I spend that holiday with him, I get in on the fun.

The Saturday after Thanksgiving, 1999, was a sunny day. I walked outside the FAD to get my mail. When I entered the foyer through the automatic doors, Betty Willis, sitting on the boure, hailed me with "Would you like to meet the bride in "Father of the Bride" She was giving me the above details when in walks Kimberly, who, with her aunt Diana Getzelmann, had been touring our living and dining rooms.

She was even prettier than the actress bride of years ago. Petite, short, dark curly hair, eyes big as saucers, devoid of make-up, in fact, no make-up at all, dressed in today's uniform, jeans and loose knit over shirt. She was on her way home to Malibu from a stint in London where she was starring in the making of "10th Kingdom"*. Her friendly, warm personality and attentiveness to her grandmother endeared her even more me. I was besot.

I sent Kimberly a note at Christmas. She was free from romantic entanglements at that time I asked. (She recently had Pete Sampras as a beau). I am trying to figure out a way I can get her together with my 29 year old, 6'2", grandson and become "Grandmother-in-law of the Bride".

Stranger things have happened.

—Ellen C. Dozier



BOOK NOTES

If you're bored with the current literary output, which so often seems more output than literary, you may be ready to discover a British writer virtually unknown here but a sensation in the U.K., who may be about to become one here.

Harry Flashman, the protagonist of a series of ten novels by a Scottish newspaperman, George MacDonald Fraser, is no newcomer. Americans have just been slow to discover him. When "Flashman" first appeared in 1969, he was greeted with rapture by U.K. critics, some of whom took seriously the author's presentation as the discovery of a trunkful of memoirs by a Victorian military hero, Sir Harry Flashman (1822-1915.) But soon critics recognized Harry as the drunken bully in "Tom Brown's Schooldays," a classic 1857 tale. Nine other novels have followed this debut and all are in paperback, available at McIntyre's Bookstore in Fearington Village and, no doubt, elsewhere.



But let Flashman introduce himself. Of his first so-called "papers," he says they are "the true story of a dishonest poltroon who takes a perverse pride in having attained to an honored and admired old age in spite of many vices and an entire lack of virtue--or possibly because of them."



It was Harry Flashman's good or ill fortune to be cast unwillingly, coward that he was, into some of the nineteenth century's great military events. He served in the First Afghan Wars in India, unwillingly led the charge of the Light Brigade, fought in the American Civil War--on both sides--and was with Custer at the Little Big Horn, to name only some of his adventures. Along the way, he had amorous adventures with a dazzling number of women, including Lola Montez, and various charmers in India, China, and other countries, some of whom intended to do him in as well as share his bed.

All this is told in brilliant prose. There's no other word for it. The construction of the novels is always the same: Flashman goes to war unwillingly in some part of the globe, is drawn into historic battles against his will, is always trying to flee, but in saving himself somehow emerges a hero. All this is told not only with a compelling, page turning style, but with a vivid re-creation of the countries and peoples and battles involved---absolutely painless history narration.

Women readers should not be put off by any of the above. It was Libby Getz who introduced me to Flashman, to my eternal gratitude, and other women readers have been enchanted by the sheer narrative power of these books, their unique style, and the creation of such a character as Harry Flashman, surely the great anti-hero of the past two centuries.



There are now ten Flashman novels. Best to begin with "Flashman," which introduces the incredible scoundrel, and let him start telling you his story. My guess is you won't be able to put it down, and that you can't wait until you lay hands on the next adventure. It isn't often that you

can laugh until the tears come while you're learning history.

--John Tebbel

Who Am I?

Born in the fourth century AD. I was captured by Irish pirates as a teen and sold into slavery. After six years I escaped and returned to my native Britain, where I became a priest. I'm credited with making Latin the language of the Catholic Church, and the shamrock the Irish national symbol. A bell that I supposedly used is found in the national museum in Dublin. Today, my feast day is cause for marching and merrymaking.

(See page 10 for answer)

(Continued from page 1)

drove her in with his four-wheeler and helped her bring in other members of the morning staff.

Among the Dining Service people, **Joe McMoil**, **Solomon Ponce** and **Chris Harris** walked to work. **Tommie Blackley** and **Augusta Boykin** managed to get here and get the cafe going. **Paul Ramos** and **Roger Andoh** were on hand to get out food for the Cafe and Health Care. **Linda Gardler** drove in and stayed the night. **Laurie Lach's** husband brought her in and stayed to help her get food delivered. Security was very much on hand. **David Dowdy**, **Dan Washington**, and **Jawanza Jackson** spent several nights here, with very little sleep as they answered emergency calls.

Even Accounting was partially staffed as **Marsha Parker's** fiancé, **Maynard Wilkins**, drove her in with his four-wheeler, then stayed to help transport cottage residents to the Community Center when the power outage occurred.

In Maintenance, **Steve Short** put chains on his car and drove in to help deliver food to the cottages.

Judy Turner, Housekeeping Supervisor, came in with her husband **Charles** and her son **Charles D.**, all of whom helped empty trash and keep the health care areas clean.

Beth Corning, our new Marketing Director, was on the job in a different role, helping to organize residents into volunteer groups who manned the front desk, helped with food, and made essential telephone calls.

It was, all told, a splendid example of what The Forest staff does when emergencies occur, and gave a special meaning to Employee Appreciation week.

Nor should it be forgotten that many residents rose to the occasion, becoming temporary unpaid employees themselves, staffing the Cafe and turning a hand wherever it was needed.

Congratulations to everybody.

--John Tebbel

ABOUT MARCH

March is certainly an unattractive month, stuck as it is between February, full of splendid holidays, and April, which generations of poets have shed tears and sonnets over. But March--Comes in like a lion, goes out like a lamb, they always say, but that doesn't happen in this climate ordinarily. Anyway we had our lion last month, thank you very much.

It's surprising, then, on a little closer examination, to see that March isn't the odd child it might seem. Caesar was told to beware of its Ides and he didn't listen; the Ides got him. Chaucer observed that "The droghte of March hath perced to the roote" whatever he meant by that. Then, of course, as early as 1545, John Heywood in his "Proverbes" was telling us it was possible to be "mad as a March hare", without further explanation.

You can always count on Shakespeare to check in with a quotation. He had one for everything. In "The Winter's Tale" he goes on about the "... daffodils/That come before the swallow dares and take/ The winds of March with beauty" ...



Around these parts, however, all the above is so much Liberal Arts. Everybody knows that March means just one thing--March Madness, and if you don't like basketball, you should move to a place where the game isn't played. Possibly Antarctica.

So let's all welcome March, the last dreary month of winter before Mother Nature gets serious.

--John Tebbel

CLIPPINGS

You cannot imagine what Rose did one day here at The Forest. She started at 8 o'clock in the morning with **Sharon Simpson** in the pool followed by the exercise class. She didn't admit to being tired, so we went to **Jack Tebbel's** vinyls program arranged by Lucy Grant and Robin Williams in the auditorium. I half expected her to get up and dance with **Hildur** and **Bob Blake** but she just tapped her feet. It was a Wednesday so we met friends for a delicious gourmet lunch in the Main Dining Room. Then nap time for me but not for Rose! Off to Jewel's Beauty and Barber Shop she went for a manicure and pedicure followed by her usual shampoo and style. I went to the music appreciation program on Brahms given by **Ruth Phelps** where she shared many stories about the man and played six of his piano Intermezzi. A scheduled appointment with **Jane Hamilton** completed what Rose called her "Pampered Day" a grand experience!

More snow stories! Very early on the day of the Big Blast, **Bill Rohrhurst's** daughter, **Mary Ann**, and granddaughter trudged through the snow to lend their expertise in Olsen and Holbrook. **Clare Eshelman** wanted to be sure that **Ethel Foote** was credited for being a good and early helper there, too. Although we praised the Holbrook and Olsen staff in last month's column for staying over, working multiple shifts and demonstrating team effort we wish to reiterate our appreciation and thanks for their special sacrifice! **Sarah** and **Marcus Hobbs** escaped the weather in Florida. But **Ginny** and **Bill Goldthorp** missed our 70 degree temperatures here for a golfing vacation in Jamaica.

The snow and wind paid a toll at Duke Gardens but **Bruce Burns**, **Jean Mason**, **Sarah McCracken** and **Molly Simes** were among the cleaner-uppers. Earlier, **Ed Albrecht** had snapped some pictures of the pristine snow. February 14th was the day that **Glenn Arrington** "popped the question" to **Tammie Cash**. They are flying high!

We shall miss **Jane Jones's** valued help in the Library. We thank her for all that she has done keeping the Copier full of paper and in running order, sorting and shelving paperback books, keeping the jig-saw puzzles in order, tracking the Genealogy collection, bundling excess magazines, contributing her Wall Street Journal daily and giving helpful information to make the Library organized and pleasant. Please note that it will take **Doris Fields**, **Dick Cqpwel**, **Jenn VanBrunt**, **Dottie Kamin**, **Martha Gambill**, **Mary Lou Wolfe** and **Ruth Dillon** to try to fill her shoes.

Ginny Putnam's daughter, **Barbara**, was pictured with her Morgan horse in a recent issue of a national dressage magazine. Not to be outdone, **Katie Trexler** just happened to have a copy of a Naples, FL magazine which featured her grandson, **Mike**, as one of the ten best-dressed young executives in the area.. And if any of you watched The 10th Kingdom-on NBC, it was **Kimberly Williams**, granddaughter of **Betty Willis**, who played the part of Virginia. **Julianne Moore**, a member of **Harriet** and **Bill Fine's** family has been nominated for best actress and supporting roles for both the Oscar and Golden Globe awards. Grandson, **Bart Freundlich**, is writing a script and will direct a pilot for a new TV series.

Correction! Although her talents are many, **Leslie Jarema** did not create the painting outside Holbrook's entrance. The commission went to local muralist, **Michael Brown**

Next time we plan to focus on our many volunteers. Please send **Bernie Bender**, Box 38, any names with services. Thank you!

It's spring-like now and Azalea hopes that you all noticed **John Getz's** daffodils by the pond, The pansies survived the piled snow and are blooming profusely. Forsythia bushes and cherry trees are in full flower. Enjoy! We may be in the throes of winter when you read this.

— Rose and Azalea Bush

WHEN IS A COMPUTER NOT JUST A COMPUTER?

Today the computer has become a communicator first and a computer second. In fact if one looks at the latest PC catalogs the name 'computer' is hard to find. Instead there are desktops, laptops and pc systems. Lets look at the differences in the applications.



As a communicator we can go to the Internet and World Wide Web to do the following:

1. Send E-mail to and receive from friends, relatives and businesses.
2. Shopping has become popular because it can be done at home without traveling to malls, and often saves money.
3. Follow stock market quotes and stock news reports.
4. Get latest news and standings about your favorite college or pro sport teams including Associated Press news releases.
5. Receive daily world-wide weather reports.
6. Find travel opportunities with reservations, ticket purchasing and maps.
7. Keep track of your bank balances.
8. Take a look at the most current news reports.
9. Take advantage of the host of other choices given in the menu of the service provider.

10. Make your library selections at home for later pick-up.

With the computer off-line we are able to:

1. Write letters and memoranda, print copies and save the text in files for later reference or correction.
2. Make and save spreadsheets of important information for future reference.
3. Perform tax or other business calculations.
4. Make custom greeting cards that may include photos from a scanner or digital camera.

These applications illustrate in part how the computer can improve your lifestyle and enjoyment at only modest costs.

Nearly everyone will probably use or own some type of computer in the near future. For those who do not use computers this may be the time to inquire and learn about the many advantages and applications of both the on-line and off-line subjects.

Bernie Bender is available at 419-0249 to discuss the inhouse computers or the acquisition of new equipment and the amount of training needed to operate these computers.

—Frank Melpolder

A use tax is a tax on the enjoyment of that which was purchased. -Felix Vrankfurter

Don't tax you, don't tax me;
tax the fellow behind the tree.
-Russell B. Long

Our taxes reflect a continuing struggle among contending interests for the privilege of paying the least. -Louis Eisenstein

Taxes grow without rain.
-Old Jewish Proverb

IN MEMORIAM

Virginia Ferguson February 21, 2000



HERE'S TO YOUR HEALTH

The Alfred Hitchcock movie "Vertigo", a work of fiction, captures the essence of a frequent and common medical complaint. Vertigo is a sense of motion in which some people feel themselves as moving, while others feel as though the environment is moving about them. It's usually described as a spinning sensation or dizziness'

Not all dizziness is vertigo. In fact, vertigo is only one form of dizziness. Dizziness is a catch-all term for any sensation that causes a person to feel disoriented, lightheaded, weak or unsteady. Vertigo is usually present in about 25% of people who complain of dizziness'

Vertigo is always related to the body's vestibular apparatus located in the inner ear with nerve connections to the cerebellum of the brain. The vestibular apparatus consists of three small semi-circular canals and a chamber to which they attach at their base called the vestibule. These structures contain fluid (endolymph) and specialized nerve receptors which are sensitive to head and body position.

When a person moves his or her head or changes position, the fluid moves, and this stimulates the nerve receptors to send signals to the cerebellum via the nerve connected to the vestibule (vestibular nerve). Upon receiving the nerve impulses, the cerebellum identifies the person's new position and uses this information to control balancing reflexes. The cerebellum also relies on visual input from the eyes, the ears and the muscles and joints from the lower body to maintain balance.

Thus vertigo can reflect many things, such as inner ear disorders, stroke, migraine, a side effect of antibiotics or other drugs, deteriorating visions, impaired blood flow to the brain, or age-related decline in reflexes. Fortunately, treating underlying diseases, replacing or reducing drug dosage that cause vertigo, learning balancing exercises or taking antihistaminic medications can reduce or halt many cases.

A common form of vertigo among adults over 60 is benign positional vertigo in which a person



experiences a sudden spinning sensation whenever they move into a particular position such as sitting up, lying down, turning over in bed, or tipping the head backward to look up. This vertigo will eventually go away on its own.

An inflammation of the vestibular nerve called vestibular neuronitis can cause daylong spells of vertigo. A person suddenly feels their surroundings are spinning violently and will often experience nausea and vomiting. Lying still reduces the sensation, but the vertigo may not completely cease. The cause is unknown but a viral infection is suspected.

An antihistaminic drug Antivert (meclizine), or an anticholinergic drug Transderm (scopolamine) or the tranquilizer Valium (diazepam) may be prescribed to relieve the vertigo. Sometimes the steroid drug prednisone which reduces inflammation, may be given to help speed recovery. The condition clears up on its own and does not generally cause lasting damage

Meniere's disease is a disorder consisting of attacks of whirling vertigo which is accompanied by nausea, vomiting, fluctuating hearing loss, and ringing, buzzing, or roaring sounds. This is a chronic inner ear disorder, the vertigo can last from minutes to hours. The disease can strike at any age. In 80-85% of cases only one ear is affected. Diuretic drugs may reduce the excess endolymph that is responsible for the problem but they are not always effective. Surgery may be recommended to reduce or halt the vertigo in severe cases.

An individual suffering vertigo may be referred by a primary care doctor to a neurologist or an otologist. It's essential for people to apprise their doctor of any unexplained dizziness. In most cases, a doctor can find the underlying cause by taking a medical history. This is essential if a person wants to find and treat the cause of vertigo instead of going around in circles

— Pauline Gratz,

FORESTER PROFILE

If you're talking career changes, Beth Corning, our new Marketing Director, is one up on anyone you might happen to know. How many dental hygienists do you know who wound up selling apartments?

Beth started out like many another North Carolina girl, growing up first in Tarboro, then in historic New Bern. She attended UNC-Chapel Hill and learned to be a dental hygienist, a vocation that fitted in nicely after her marriage to an advertising man who moved from jobs in Winston-Salem and Bristol (Tennessee) before coming back to Beth's home state in Southern Pines. Since dental hygienists are always in short supply, Beth had no trouble moving from one dentist's office to another. Then her marriage ended and with it her dental career. As an active member of Bronson Memorial Presbyterian Church she became Director of its Christian Education Programs. It was a job that taught her skills she would need later on. Among the church's members were people who became friends and would later precede her to The Forest, including Hal Muncaster and Shirley Graichen among others.

Then came the major change in her life when the creation of a continuing care center to be called Belle Meade was announced. At that point it consisted of a hundred empty acres wrapped in dreams

and hope. Beth was hired to help make it become a reality. For the next four years she worked to create and market this outstanding CCRC. It opened and Beth took the summer off, a time she used to look around for another world to conquer. She had developed connections with The Forest in various ways, and when the marketing job opened up here unexpectedly, she was ready.

She still has one foot in Southern Pines--the house she lived in there--but she spends only weekends in it and plans to move to Durham or thereabouts as soon as possible. Her daughter, Elizabeth, is a sophomore at UNC-Chapel Hill, interested in journalism among other things. Beth doesn't have much spare time but she spends some of it reading and stays fit with exercising. She likes sports, especially golf (natch), but doesn't have time for that either.

This former dental hygienist loves her second career, and especially loves The Forest. She's excited to have arrived here when it's in a state of transition to which this hard worker will lend all her marketing skills. She intends to do everything she can for us except look at our teeth.

--John Tebbel

Growing Pains

Garden Plots Frank Melpolder has distributed information on disease-resistant tomato plants and seeds to plot users. Last year fungus was a problem. If you are interested in a copy, he probably has an extra. There was a meeting of the plot users March 3d All the garden plots are spoken for this year.

Garden Experts We have three master gardeners at The Forest that I know of - Edna Wilson, Evebell Dunham and Bruce Burns. If you have a gardening problem. they are good people to consult.

Landscaping Chad and his crew are busy fertilizing and tidying up for spring. 2,475 bales of pine straw are being placed around bushes and trees.

Greenhouse Newcomers may not know that their houseplants may vacation in our greenhouse when owners go away.



Contact Bob Blake or a member of the greenhouse committee if interested.

Dining Room Foyer Flowers Bess Bowditch, as she has done for two years, is scheduling residents willing to make flower or plant arrangements for the dining room entrance for the weeks May through October. You don't have to be an expert arranger or have flowers of your own. Just be willing to make our dining room entrance more attractive. Our special thanks to Bess, the arrangers, and to those who are sharing their extra flowers for this purpose. If interested, give Bess a call.

-- Betty Niles Gray

*A clean-up date for toolhouse and garden area is scheduled for Saturday, April 1st at 9:00 a.m. (or as soon after as you can make it).

We welcome these new residents to The Forest

Katherine (Tina) Land 2037 489-8630

Tina Land is a native of Norfolk, VA, and lived in Durham for over 50 years before moving to The Forest. She is a graduate of Randolph Macon Woman's College and took graduate courses at Columbia. Her hobbies include birds, gardens, bridge, music and the theater, and basketball and other sports on the TV. She has a son, a daughter and three grandchildren. She had an eye on The Forest as a potential residence beginning with the initial planning stage.

Maidi Hall Cottage 60 Phone: 489-3741

Maidi Hall has lived in Durham for 45 years. She has been interested in TFAD from the time it was being planned and helped buy the land on which it is located. She was born in Vienna, raised in Rochester, NY, and attended Vassar and Harvard. Her interests include classical music, Duke basketball, mystery fiction, bridge and the Nearly New Shoppe. She has three children and seven grandchildren, all living in Durham.

(Continued from page 2-letters)

live with years of construction which entails dirt, noise and general upset is most distasteful. As far as I can see, no one objects to the addition to the health service unit. We came here knowing that that was in the original plans. I, at least, was assured that the size of the community would remain stable, that much research had been done and the decision arrived upon that the physical plant and number of residents was ideal and that there were no changes envisioned.

That acknowledged, many residents are deeply worried about the financial consequences of this proposed upcoming expansion. Most of us live on a more or less fixed income, which we already see diminishing through constant increases in monthly fees. There is no doubt that the money must be found to pay for this growth. We have never been advised how this will be addressed..

In conclusion, we like things the way they are and see no need for aggrandizement of our home. Of course, it needs refurbishing. No doubt money needs to be spent on replacing equipment, carpeting, painting, etc. But the thought of years of tearing out and rearranging is abhorrent to me. And we fear that the protests - even suggestions- fall on deaf ears.

Is there any possibility that these issues can be addressed mutually or must we accept the situation as inevitable?

Priscilla Squier

Cc: Alex McMahan
P.J. Burns



LIBRARY NOTES

This month there is not much new to tell about the Library. We seem to be doing well in helping the residents to keep up with the newest books and the magazines are now overflowing our rack.

Of course we cannot do it without YOUR help. Keep giving us the magazines that you have already read and bring in books that you are tired of dusting on your shelves. We keep most books that are under 20 years old, the ones we do not keep are either sold to a book store or we send them to various places. Some have gone to Duke Hospital, the Caring House, some to the Kiwanis Club for their book sale, and the Durham Public Library for their book sale. We send you an acknowledgment of

your gifts to us so that you can take them as a charity deduction for your Income Tax.

The Wall Street Journal seems to have disappeared from our table. As you know the newspapers are put on the Library table after some residents have read them. If anyone would like to donate the Wall Street Journal for others to read please let me know. Several people check it every day. We can be proud of our Library. Visitors from other Retirement Campus say "it is so big" and "Look at all the things you have here, we don't have room for paperback books, puzzles, video tapes, audio tapes and tapes of the auditorium activities."

--Jean Weil



ELDERHOSTEL CORNER

Trinidad and Tobago Elderhostel

We were "casual birders" (which may be a contradiction in terms) on this two-week birding trip. We were with 16 other hostellers (mostly real birders) as well as two guides and an excellent local birder. Besides lots of birding and evening lectures, there were some special highlights:

Scarlet Ibis - A boat trip in the Caroni swamp where the Scarlet Ibis feeds and breeds ended up about an hour before sunset at the Caroni bird sanctuary where hundreds of Scarlet Ibis came flying in from all directions from their feeding areas to roost for the night. A spectacular sight.

Steel Pan - We visited in Port of Spain, the headquarters for one of the steel bands where we learned a bit about this unique musical instrument and the music. At our farewell dinner, we were entertained by one of the steel bands.

Asa Wright Nature Center - On an all-day trip to



this world renowned sanctuary (no exaggeration) we were able to see in comfort and close up many beautiful birds, including eight or so species of humming birds. This was because they

had lots of bird feeders as well as many acres of forest.

Kayaking - In the Nariva wetlands (half of which unfortunately had been turned into rice paddies) we were the only two who elected to go kayaking. This was a two-and-a-half-hour trip alone in the swamp with two guides. It included a walk in the forest with a naturalist. We saw a troop of five red howler monkeys as well as birds, trees and plants.

Turtle - The first night of our stay at an inn on the beach on the north coast, a female leatherback turtle, weighing perhaps 1,000 pounds, came ashore about 10 p.m. We were able to watch her dig a large hole in the sand, lay her eggs, put the sand back and then return to the ocean. This may have been her first time ashore since being hatched on this same beach many years before. Once hatched, leatherbacks live only in the ocean - nobody knows just where - except when the female comes back to lay her eggs.

Tropic Birds - One day we took a glass bottom boat from Tobago to Little Tobago Island, a wildlife sanctuary. There we climbed to a lookout on the top of the island to watch the beautiful red-beaked tropic birds soar over the sea below.

A final word - With many trips, timing can be important and lucky. On this trip, for example, we missed here the worst snowstorm in history.

-John and Betty Gray

Bob Blake's

PUZZLE

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

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

WAYS TO COMMUNICATE

ALPHABET	CHIME	LIBRARY	PENCIL	SPEECH
ARGUE	CLOCK	MAGAZINE	PEN	SOUND
BOOK	DIALOGUE	MAIL	PHONE	TAPES
BILLBOARD	DISCUSS	MAP	PICTURE	TELEGRAM
BODY LANGUAGE	FILM	MEETINGS	PHONOGRAPH	TELEVISION
BUZZER	GOSSIP	MESSAGE	POST OFFICE	TIPS
COMPUTER	HORN	MORSE CODE	RADAR	WAVE
CAMERA	INTERNET	MUSIC	RADIO	WHISTLE
CHART	LECTURE	NEWSPAPER	SATELLITE	WORDS
	LETTER	NOTE	SIGNAL	