



THE FORESTER



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

Volume 6 Issue 7

April 2000

"Isn't this a great time? I have a small bird's nest with three eggs about three feet from my front door."



PRESIDENT'S CORNER

By now you have received Rev. Joseph Harvard's note of March 27, 2000. I believe you will agree that the residents' wishes on Long Range planning have been heard. It's good to see that plans are continuing on the expanded Health Care facilities which I believe most agree are needed.

Hopefully, the residents' input will be heard as the final plans are developed. It is also encouraging to note that the residents will be advised prior to the adoption of other plans. Your input has been invaluable. Sometimes it may be easier to let someone else "carry the ball" but your notes, letters and expressions through your caucuses have shown that the residents of The Forest at Duke are concerned about their family affairs.

WELCOMING APRIL

Here it comes, people. Get out your umbrellas. April is the month of rain, as so many of the poets have told us. Not just plain ordinary rain, but romantic rain. April is also exclusively feminine, it seems, as the current movie, "Boys Don't Cry" tells us. We have Sir William Watson's word for it: "April, April, Laugh thy girlish laughter; Then the moment after, Weep thy girlish tears." Women see it that way, too. Here's Sara Teasdale, going on about, "When I am dead and over me bright April shakes out her rain-drenched hair

"You know how it is with an April Day," Robert Frost reminds us, "When the sun is out and the wind is still, You're one month in the middle of

The residents' Health Care committee met with the same TFAD Board committee to discuss the Eden Principle. The TFAD Board had previously requested a formal proposal from the staff such as a business plan for review when appropriate. After considerable discussion it was suggested that the staff draft a proposal for submission to both boards and the residents. It is the intention that no further implementation of the Eden Principle will occur until the appropriate discussion and dialogue has occurred.

Isn't this a great time? I have a small bird's nest with three eggs about three feet from my front door. I try to open and close the front door carefully to keep the mama on the nest. Peace! .-P. J. Burns

May, but if you so much as dare to speak, A cloud comes over the sunlit arch, A wind comes off a frozen peak, and you're two months back in the middle of March."

Oh, well, that's Vermont. Here in the sunlit South, barring the occasional tornado, life is sunlit. Still we hear the somber voice of old T. S. Eliot, informing us that "April is the cruelest month breeding Lilacs out of the dead land, mixing Memory and desire, stirring Dull roots with spring rain."

It's not only bad news after all. Rome was founded in April, and so were a good many families. Cheer up. Wipe away your tears, April. Pretty little May is just around the corner.

—John Tebbel

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The Forester

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Publisher.....Bernard Bender

Co-Editors... Virginia Jones, Marion Patton

Contributing Editor.....John Tebbel

Editorial Assistants:

Marjorie & George Chandler, Ellen Dozier, Libby Getz, Pauline Gratz, Jean Weil, Betty Gray.

Art & Word Puzzle.....Bob Blake

Photographer:Ed Albrecht

Publishing Assistants: Bess Bowditch, Jane Jones, Carolyn & Bloss Vail, Ellen Dozier, Molly Simes, Marion Bender, Helen Corbett, Ruth Dillon, John Getz

SPECIAL ANNOUNCEMENT

On April 6 Leslie Jarema became a grandmother to a 9 lb 3oz. baby girl.

Mother and baby are doing fine.

Congratulations

IN MEMORIAM

Frances Gray Patton March 28

The family would appreciate contributions in her memory to the TFAD Benevolent Fund.

LETTERS TO THE EDITOR

Without undue fear of contradiction, I believe I'm speaking for most, if not all, of the Foresters who attended the gourmet Italian Night Dinner last month when I say that we owe a vote of congratulations and thanks to everyone involved, from the kitchen staff to the dining room staff to the fine Italian hand of Lucy Grant, which was evident in such touches as the handsomely garbed servers and the strolling violinist. As for the food itself, it was a triumph of gastronomy not seen in these parts or any other nearby parts since



The Forest began. It was a meal deserving of that much abused word "gourmet." As for the Italian wines, they proved conclusively that life did not

begin in Provence. Could we hope for another national cuisine night next year even after? It would take quite a while before we ran out of countries.



--John Tebbel

To the editor:

March 20

Dear Editor,

My thanks to Priscilla Squier and P. J. Burns for their excellent letters to the Editor. I agree with most of their objections wholeheartedly. However, I do take exception to the desire to keep the dining room as is. Surely there is a need for an in-between place to dine that isn't noisy and crowded like the cafe, but is peaceful and not as formal as the main dining room.

— Florence Manning

INSIDE SECURITY

Mention "security" and the word conjures up visions of hard-eyed men in suits protecting public figures, or uniformed personnel deployed to keep the ever-present crime wave from being more than a ripple. Here at the forest, though, Security consists of eight men and one woman ready to prevent any assault on our persons or property, but much more than that they are ready to help residents in dozens of ways that have nothing to do with crime but everything to do with putting the secure in Security.



It's a small force, but an effective one. From 8 o'clock in the morning until 4 p.m., it consists of Security Chief Chuck Walkley and one other officer, from 4 p.m. until midnight, there are two officers on duty, and from midnight until 8 a.m., one officer is on duty. Four of the staff are full time, five are part timers.

"But what do they do?" new residents may ask, "if we are so secure that there has been only one serious crime in the history of this institution?" Good question, and the answer is prevention, not only against crime but against the numerous mishaps that can occur in an installation as large as the Forest. At night, for example, electrical and other equipment failures are possible. That would also include individual emergencies residents might experience.

Then, also at night there are the routine calls to open the gate for late- returning residents who don't have their cards, or visitors arriving late. Then there are the early morning deliveries. All this, besides routine patrols of the grounds.

More frequent are the calls, day and night, to help transport residents who have no other means to get to clinics or hospitals in an emergency, or to do a hundred other things residents may not be able to do for themselves.

As a result of this constant contact between residents and staff, Chuck says that in all his extensive experience elsewhere, he has never seen such a close relationship between a security force and those it's securing. In a thousand small ways, from day to day, Security makes life at the Forest easier as well as safer. Residents familiar with the squads operations believe it could be improved with the addition of another officer at night as backup, but we are not in any danger as things stand.

As for that much argued fence around the property, Chuck believes it has served a good purpose, and so far no one has tried to breach it, except for a few prowling night creatures who have tried to dig a rabbit-size hole underneath it. Why not? It's better inside.

—John Tebbel

EMPLOYEES OF THE YEAR CELEBRATE

At a gala breakfast in the auditorium on February 18, 107 Forest employees celebrated at the annual Employee Appreciation Breakfast. There was live music, great food, door prizes, and best of all, awards for best employee in several categories. Topping them all was Joe McMoil, named Employee of the Year overall.

In other Employee of the Year categories, Linda Bowman was named in Activities, Administration and Marketing; Linda Gardler for

Dining; Judy Huff for Facility Services; Barbara Bradley for Health Care; and Shelia Mosstaghimi for Seasonal Employee.

Steve Fishler made the presentations and Joe Harvard, president of the Board of Directors, spoke briefly after the ceremony. Sixteen employees carried door prizes when they went back to work.

—John Tebbel



BOOK NOTES

As everybody knows, there's no end to Civil War books. But there is an end to volumes that anyone but buffs would want to read. In May, the spell will be broken by two books, one novel and one non-fiction volume which should entertain everyone, North and South alike.



First comes Howard Bahr's powerful and original novel, "The Year of Jubilo." Here the conflict is over but the human wreckage remains. As the story begins, Gawain Hodges, a former English teacher, and his fellow soldier, Harry Stribling, return to their home town, Cumberland, Mississippi, and find it wounded, suffering, and in need of resuscitation. War has taught these two men something, and they see their peacetime job as bringing Southerners and Northerners in their own town together. How they go about it is extremely moving and memorable. The theme is redemption from the sins of the Great Conflict. The story is compelling and the lessons as useful today

In non-fiction, the winner is a true North Carolina story which often sounds like a novel, but it's all true, "Rebels in Blue: The Story of Keith and Melinda Blalock," by Peter Stevens. This western North Carolina couple were married on the eve of the Civil War. Keith was coerced into joining the Rebels, and his wife, disguising herself as a man, joined him. Melinda was wounded, her identity exposed, and was discharged. Her husband joined her. They went back to the mountains, but soon joined

Southern Unionists who were hiding in the hills. Keith later fought with the 10th Michigan Cavalry, and both led raids into North Carolina. After the war, this couple had another struggle, to get their pensions, the authorities being understandably confused since they had fought on both sides. Even a good historical novelist would have had trouble dreaming up this true story.

Last year Canadians made a best-seller out of Andrew Pyper's "Lost Girls," a novel that was at once a mystery, a legal thriller, and a character study, all of it spellbinding. Now it's available on this side of the border. Bartholomew Crane, the narrator, is one of those do-anything-to-win lawyers. He takes on the case of two girls found drowned in a lake, their suspected slayer a trucker named Thomas Crane. What follows is some of the most compelling reading you'll find this summer.

After all that mayhem, it may be a relief to pick up "American Nature Writing 2000: A Celebration of Women Writers, Selected by John Murray". (published) Here are fascinating, sometimes luminous narratives of nature adventures, from hiking in the Grand Canyon to hearing the frog chorus in the marshy woodlands of central Louisiana. The stories have been culled from magazines, books, and unpublished works. Read and learn about the strong family bonding of crows, the life of the moose in Wyoming, and along the way, what's happening to the places where nature is being assaulted.

—John Tebbel

REFLECTIONS

Before moving to TFAD, we lived on the coast of the Pacific Ocean in Oregon. We frequently drove to the Mohave and the Sonora Deserts and to many National Parks or National Monuments. in search of the spectacular blooming of the desert wildflowers and cacti. We soon bought a light-colored car to add to the comfort of our air- conditioned car as a foil against the searing desert heat.



We have occupied. our 4th floor "penthouse" for 6

years this June. We habitually look out windows to admire the ever-changing skyscraper, the tall pines dancing, in the wind, the birds frolicking in swift flight, etc., and thus we transcend the reality of the paved parking area below.

Over the years we have observed a curious phenomenon. When we first arrived, the parked cars were primarily dark or very bright colors. Now, the majority of the cars are white or tints of tan or gray. Yes, we came here with a white car and we are glad to have it when the Durham summers heat up.

—Florence Manning

POETRY CORNER

A Timeless Garden

To cultivate a very special garden try this:
 First, plant five rows of peas.
 Preparedness, Promptness, Perseverance,
 Politeness, and Prayer.
 Next to them plant three rows of squash:
 Squash Gossip, Squash Criticism and
 Squash Indifference.
 Then five rows of lettuce:
 Let us be faithful, Let us be unselfish,
 Let us be loyal, Let us be truthful,
 Let Us love one another.
 And no garden is complete without turnips:
 Turn Up for Friendship, Turn Up with a Smile,
 Turn up with Determination.
 Now your special garden is complete!

Anon

Submitted by Dorothy A. Zutaiit

THE PLEASURE of YOUR COMPANY

We dined at a table for four,
 Camaraderie reigned supreme,
 Sipped on Italy's finest wines,
 Enjoyed the social scene.

The menu was delightfully served
 Gala ambiance enhanced the repast;
 A great way to see for yourself,
 The Forest only goes first class.

--ellen cheek dozier

FANNY'S FIRST POEM

On more than one occasion Fanny Patton recited
 for me what she said was her first poem. It was
 composed when she was a very small child, out
 for a walk with her father It went:
 The breeze was blowing softly;
 The birds were singing awfully.
 Having heard it, Fanny said, her father told her
 not to try to compose any more. Fortunately, she
 did not take his advice.

--George Chandler

THE INFLUENCE OF CHOCOLATE POWER ON HISTORY

Samson and Delilah

Did Delilah's haircut sap young Samson's power?
 So we've been told, but certain scholars now deny it.
 Revisionists have shown
 That he lost his muscle tone
 When deprived of chocolate in his daily diet.

Ancient Britons

When the Ancient Britons fought, they shed their clothing
 And smeared themselves with woad from head to feet.
 To protect themselves from cold
 These warriors brave and bold
 Ate chocolate to increase their body heat.

April 19, 1775

Was it the Patriot's arms the British troops were seeking
 When they marched to Concord on that fateful date?
 No, that's just a lot of guff!
 Two arms per man are quite enough.
 It was their chocolate that they hoped to liberate.

--George Chandler

CLIPPINGS by Rose and Azalea Bush

Spring has sprung! We have been relishing the beautiful blossoms and weather and we hope that you have, too. However, some of us just have to travel. **Julia Negley** has been to Italy for opera and Monaco where an evening was planned with the royal family. **Evebell** and **Bob Dunham** spotted many colorful fish and sea life while snorkeling among the Seychelles. **Berniece** and **Herb Stecker** were cruising around the South Pacific Islands, **Ginny Putnam** treated her daughter and granddaughter to several sun-filled days in Bermuda while **Betty Lamar** invited her daughter and granddaughter for a special fun-filled week in London. The Cayman Islands are close by Miami, but **Holland Robinson** who took his daughter and her family there, spent from a Friday to Sunday by way of chaotic Atlanta and snowy Detroit to reach the place. In the States, **Mildred Fuller**, **Molly Simes**, **Mary Frances White**, **Sarah McCracken**, **Don** and **Mary Ann Ruegg**, **Phil Sellers** and **Earl Davis** accompanied Steve Tuten to the Big Apple for his Theater and Museum Tour, then to the Philadelphia Flower Show followed by dinner aboard a 4-master schooner turned restaurant, **M. E. Stewart's**. Gordon and Gret came to The Forest from the University of Virginia for a farewell visit before their six month sabbatical in Berlin. **Ruth Dillon's** son Paul from Alaska visited her for the first time here. **Dot** and **Bill Heroy** have just returned from Hawaii. **Jean Mason** and **Edna Wilson** recently visited friends and family in California. **June** and **Bob Northwood** had a 3-week sojourn in Florida with family and friends.

At the last Duke Artists' Series program attendees were asked to identify themselves as long-standing members. **Maidi Hall** raised her hand

with a group who had been attending the concerts since the 50s. Azalea couldn't see others but no doubt **Sarah** and **Marcus Hobbs**, **Dick Watson**, **Ruth** and **Lee Phelps**, **Helen** and **Phil Pratt**, **Sarah McCracken** and **Dorothy Bone** were all early subscribers. **Ann Barlow**, **Ellen Dozier** and **Molly Simes** provided Playreaders with good laughs for the evening with Erma Bombeck. **Tina Land** has made a significant gift of books to the horticultural library at the Sarah P. Duke Gardens. Some of us have already purchased **Ed Albrecht's** handsome series of 4 photographs of the gardens.

Long-time volunteer **Gertrude Merritt** doesn't like to miss her day at Duke Hospital gift shop. If **Floyd Lassiter** cannot take her, **Jane Jones** does. **Ruth Nash** has her day, too. **Dottie MacMillan** and **Carl Beery** until recently worked in the Snack Bar. Since 1955, **Julia Negley** has been an auxiliary member and volunteer. **Evebell Dunham**, **Ruth Dillon**, **Bill Fine** and **Bill Goldthorp** continue their hospital volunteering at Duke while **Minnie Mae Franklin** and **Sarah McCracken** do their work at Durham Regional. **Frank Light** and **Frank Simes** called the Frank Squares, and **Helen Corbett** are Duke Ambassadors. **Bob Dunham** lends compassion and helpfulness each Friday to families in the E.R. **Loie Watts**, **Libby Getz** and **Betty Lamar** help to keep things running smoothly at the Caring House. **Ort Busse**, a founder of the Nearly New Shop, keeps her Monday vigil there.

My head is under my ancient S&H green stamp hair dryer and rose is teasing me unmercifully because I am still using this antiquated contraption!

Some Great Things About Getting Older

Finally you can eat dinner at 4:00.

Your investment in health insurance is finally beginning to pay off. Kidnappers are not very interested in you.

It's harder and harder for sexual harassment charges to stick.

If you've never smoked, you can start now, and it won't have time to hurt you.

People no longer view you as a hypochondriac.

Your secrets are safe with your friends because

they can't remember them. Your supply of brain cells is finally down to a manageable size. Your eyes won't get much worse.

Adult diapers are actually kind of convenient.

Things you buy now won't wear out.

No one expects you to run into a burning building.

There's nothing left to learn the hard way.

Your joints are more accurate than the National Weather Service.

In a hostage situation you are likely to be released first.

Submitted by Gus Eliason



AD LIB —Libby Getz

The things I do to gather fodder for AD LIB. I've hung out at a tattoo parlor, invaded a piercing salon, eaten a lot of not -very -good food and even adopted a baboon at the zoo. Last month found me stretched out on a bed, my feet and wrists festooned with needles. I have always been intrigued by the



Chinese medical practice of acupuncture, so here I was seeing if it would help my sore feet. As I submitted my body to the tender mercies of a soft-voiced, young woman I couldn't help recalling

a painting of Saint Sebastian, body pierced with arrows, lots of blood about. Mine was no such experience; first a gentle massage, then an almost painless insertion of needles. Lights were dimmed. Soft Chinese music filled the background. I was told to relax for the next twenty minutes while the needles unblocked the energy flow (chi) in my body. When Judith, the practitioner, returned she withdrew the needles then pulled out what looked like a fat cigar made of compressed herbs. The tip of this she warmed over a candle, then applied the glowing tip to my needled areas. A warming experience this. I went away feeling pampered but not exactly cured. I paid \$85.00 for the experience.

If interested call 403-8600 for an appointment with Judith Brooks. She is located close by at The Bridges to Health, 3001 Academy Rd. just across from the Academy gas station.

Rugs have been underfoot all our lives. They soften our tread, embellish our homes and hang on our walls. The most beautiful rug I have ever lived with was in the house we rented in Paris. It was a large oriental of golden hue and even on a gray day our drawing room looked as though sunshine had spilled on the floor. The longer I lived with the rug the more I coveted it. I measured it. It was just the right size for our home in Georgetown. I discussed with Best Friend the possibility of buying it. Why not talk with the Countess the next time she came to collect the rent? The lady appeared on schedule. There was polite conversation which I steered to the subject most on my mind. "The rug, yes, the rug". It had been in her husband's family. When the

Nazis had confiscated the house they had made off with all its possessions. After the war she had been able to claim many of her things but not the rug. Some years later she had been thumbing through a fine arts magazine and had come across an article about a rug in a German museum with photo. It was her rug! Her story shot down any possibility of our owning it. I thought of this as I picked up a small antique Turkish rug from PARS Oriental Rugs that had been cleaned and repaired. Mr. Abbas Piroozbakht does a great job of bringing abused Orientals back to life. He cleaned this 6x8 rug for \$30.00. The repairs ran more.

PARS ORIENTAL RUGS, 1122 Broad Street at Country Club Blvd, Durham Tel. 286-4000

RESTAURANT NEWS

Its name, SEASONED TICKET, tells you a lot about this restaurant that recently opened in that new, red brick building at Shannon and University Drive. This is a project by the owners of The University Club and like The University Club is managed by Coach K's son-in-law, Peter Savarino, also a part owner. Unlike The University Club it is a sports bar with a separate dining room attached. Wrapped around the dining room is a series of vitrines displaying sports memorabilia. Do I detect competition with Michael Jordan's "23"? The menu is amusing and imaginative, the food not quite as imaginative but good. As to the service - we were served by a stunning young woman whom many of you will remember when she waited in our dining room. The lovely Melita is now a junior at UNC, majoring in advertising, minoring in Japanese. Needless to add the service was exceptional. If you don't like the hoopla of the sports bar, the dining room is a quieter place. There is a nice breezy atmosphere here and the price is right. 1/2 pound burger - \$7.49, chicken Madeira - \$13.99, crab cakes - \$15.49 add soup or side salad for \$1.99

SEASONED TICKET, Shannon and University Drive, Durham. tel. 493-7797

Sighted on a van in the Harris Teeter parking lot a license plate reading VAN GOES.

For cottagers - if you need an outside light replaced call Security not Maintenance.

**HERE'S TO YOUR HEALTH --Pauline Gratz**

Nearly everyone has forgotten where they put their keys, parked their car or missed an appointment. Memory lapses like these are just irritating to young people but often bring anxiety among older folks who begin to worry that they are experiencing the first signs of Alzheimer's.

Alzheimer's disease affects about 10% of the U.S. population over 65 and as many as half of those over 85. The disease is responsible for the majority of cases of dementia, a broad term that covers severe memory loss, impaired thinking and an altered personality.

But that is no reason for people who often misplace their cars or keys to worry. Most Americans will never get Alzheimer's disease. However, many individuals in their 60's and older do experience mild short-term memory loss and decline in the ability to process information rapidly. As a result it takes them longer to absorb new material and to recall recently learned names. People can compensate for short-term memory lapses by learning practical techniques, such as repeating a new person's name several times in conversation so they don't forget it.

Psychological tests indicate that healthy individuals over age 60 have little or no change in their ability to recall long-term memory. Indeed, older adults do not lose any of the "wisdom" that they have accumulated over a lifetime. Although it may take them longer to absorb new information, they are just as capable of retaining it as younger people. Working memory, the ability to remember a new telephone number long enough to dial it, is also preserved.

Some scientists believe that taking part in mind-stimulating activities such as playing bridge, participating in learning seminars or classes, or reading challenging books may help people maintain cognitive ability in later years, although this has not been proven. One study suggests that people in their 70's who had more years of schooling remained sharper in their later years- slightly better than those with less education.

Few scientists, however, believe that education per se is responsible. There are many people who never completed high-school who are as intelligent or

more so, than those with college degrees. The key to a sharp mind appears to be the maintenance of good intellectual habits, such as reading and remaining curious, which may serve to "exercise" the brain. Scientists suspect that lifelong learning may help build and maintain synapses, the tiny gaps between neurons that enable them to communicate with one another.

Research also indicates that getting plenty of physical exercise, as well as quitting smoking and lowering blood pressure can improve blood flow to the brain which helps protect against multi-infarct dementia which is caused by a series of tiny strokes, a well recognized cause of memory loss in older people.

Several studies published in 1997 indicate that certain drugs and supplements may improve memory, but the evidence is preliminary.

One study found that people who reported taking ibuprofen and other non-aspirin NSAIDS regularly for 2 years or more lowered their risk of developing Alzheimer's by as much as 60%. Until more is known, however, it is not recommended that people should take NSAIDS or other antiinflammatory drugs for Alzheimer's prevention.

Another study indicates that large doses of Vitamin E modestly slowed the progression of mid-stage Alzheimer's disease. However, there is no evidence that the antioxidant can improve memory in healthy adults or prevent them from developing the disease.

Ginkgo biloba, a herbal extract, is used in Europe to treat short-term memory loss, depression, headache and tinnits. It is beginning to be studied in the U.S. A recent study suggested that ginkgo can stabilize and perhaps improve memory reasoning, and social skills in people with moderate dementia from Alzheimer's disease or stroke.

Fortunately, the majority of adults will never get Alzheimer's disease, although they probably will experience some cognitive decline with age. That, however, is no reason, to feel that one cannot learn new things. It may simply require a little patience.

FORESTER PROFILE

SUSAN STEVES Susan Steves, our resident dietician since last August, is a woman who has a



hand in practically everything that goes into our mouths here at The Forest. Not literally, of course. Her job is to see that what goes in is the right thing.

Her life began where many marriages once began, the former American honeymoon capital, Niagara Falls. After her grade school education, it was only a step away to Buffalo State College, SUNY's outpost in the Frozen North. There she took her B.A. in dietetics, and after graduation began her career in nursing homes, hospitals, and similar lifecare and nursing institutions from obscure Warsaw, N.Y. back to Buffalo. Meanwhile, she met and married Henry and had two daughters, Courtney and Rebecca, now respectively six and five.

When Buffalo friends moved to the Triangle, Sue and her husband visited them, found there was indeed life without serious snow, and decided to move. Henry, a vascular specialist, now works in Durham Regional Hospital.

Some Foresters wonder what a dietician does, and the answer is simple: overseeing practically everything that goes into our food. She is not only one of the team that works out the menu cycles, planning meals in a thirty five-day cycle, but it is her job to see that we're getting what we should be getting nutritionally. This is especially important for the residents in Olsen and Holbrook, whose varied nutritional needs must be carefully observed and planned. It's a kind of planning that can be complicated in a population as large as ours.

Currently, Susan is helping to plan a change that should interest practically everybody--a revision of the cafe menu to give it new life. Stay tuned.

-- John Tebbel

LIBRARY NOTES

The Library looks full of books. The mysteries are running out of space and the Large Print books are taking up most of the top of the new shelf space. There is no way that we can put more shelving in that room, so we need people to take out books. Please, if you have not been up there for a while, come and take out a few books. Thanks to our residents, we have a lot of the best sellers and latest books.

No one has come to me to say that they will donate their copy of the WALL STREET JOURNAL every day by putting their copy on



the table for others to peruse. It does not have to be there early in the day, any time you are through reading it would be most welcome. We could even leave it on the table the next day.

There is no money for subscriptions to newspapers. Some of our residents put out the HERALD-SUN and THE NEWS AND OBSERVER for others to read and we thank them for their help.

Weeding the books in the Library is very important. Keeping the collection current is our aim. Books that are more than 25 years old are evaluated for their usefulness to us and probably given to the Durham Library. Those books that have not circulated in five years are the next criteria for weeding. Some books are too technical for our recreational Library and those are sent to the Durham Library. Please bring books that you do not want to the Library and we will give you credit for donating them to The Forest at Duke as a charitable deduction. Then we will evaluate them for our collection and keep them, sell them., or give them to the Durham Public Library.

—Jean Weil

We welcome these new residents to The Forest



Doris Walters
#4040 Tel:403-6075



Katherin Land
#2037 Tel:489-8630

IT PAYS TO ADVERTISE

These are the nominees for the Chevy Nova Award. This is given out in honor of the GM's fiasco in trying to market this car in Central and South America. "No va" means, of course, in Spanish, "it doesn't go".

1. The Dairy Association's huge success with the campaign 'Got Milk?' prompted them to expand advertising to Mexico. it was soon brought to their attention the Spanish translation read "Are you lactating?"
2. Coors put its slogan, "Turn It Loose," into Spanish, where it was read as "Suffer From Diarrhea."
3. Scandinavian vacuum manufacturer Electrolux used the following in an American campaign: "Nothing sucks like an Electrolux."
4. Clairol introduced the "Mist Stick," a curling iron, into Germany only to find out that "mist" is slang for manure. Not too many people had use for the "Manure Stick."
5. When Gerber started selling baby food in Africa, they used the same packaging as in the US, with the smiling baby on the label. Later they learned that in Africa, companies routinely put pictures on the labels of what's inside, since many people can't read.
6. Colgate introduced a toothpaste in France called

Cue, the name of a notorious porno magazine.

7. An American T-shirt maker in Miami printed shirts for the Spanish market which promoted the Pope's visit. Instead of "I saw the Pope" (el Papa), the shirts read "I Saw the Potato" (la papa).
8. Pepsi's "Come Alive With the Pepsi Generation" translated into "Pepsi Brings Your Ancestors Back From the Grave" in Chinese.
10. Frank Perdue's chicken slogan, "it takes a strong man to make a tender chicken" was translated into Spanish as "it takes an aroused man to make a chicken affectionate."
11. When Parker Pen marketed a ball-point pen in Mexico, its ads were supposed to have read, "It won't leak in your pocket and embarrass you., The company thought that the word "embarazar" (to impregnate) meant to embarrass, so the ad read.- "it won't leak in your pocket and make you pregnant!"
12. When American Airlines wanted to advertise its new leather first class seats in the Mexican market, it translated its "Fly In Leather" campaign literally, which meant "Fly Naked" (vuela en cuero) in Spanish!

Submitted by Florence Manning

Growing Pains

Garden Plots - Frank Melpolder has ordered several varieties of disease resistant tomato plants for garden plot users @ \$2.50 a plant. He may have some extras if anyone would like to try them. Also 2 garden plots have become available if anyone would like a small sunny plot.

Greenhouse - The time has come for the outdoor plants (geraniums, croton, impatiens, begonias, etc.) to be moved out of the greenhouse. If your plants need to stay there after May 1st, be sure they are labeled with your name and tell the greenhouse chairman Noel Freeman. —Betty Gray

A THANK YOU TO FOREST RESIDENTS

On behalf of several Greenville flood victim families, I would like to thank the Forest residents who donated so many housewares and furniture to help them get back on their feet. My church, the Friends Meeting of Chapel Hill, along with the Durham and Greenville Friends Meetings, has made several field trips down to Greenville since January to work on a flood-damaged church and the houses of the members of its congregation. In all we've worked in about 8 homes so far, in addition to the church. We've pulled nails, put up sheet-rock, hauled trash, and painted. Then Max Harrell in Maintenance got wind of our activities, and

knew there were TFAD residents who were moving to new quarters and were trying to find new homes for some of their household furnishings. Debbie Carey heard about our work too, and arranged for some items to be passed on from the Encore Store. I carried a whole truckload of beds, lamps, chairs, a TV, and many kitchen and other household items to Greenville, where they were distributed through the newly re-opened church. I wish you could've heard how happy the folks sounded when I told them what I was bringing! Thanks so much for your generosity in helping the tiny Meadowbrook community of Greenville get back on its feet.

-- Robin Williams

Words to live by — enjoy

If you've got melted chocolate all over your hands, you're eating it too slowly.

Chocolate covered raisins, cherries, orange slices & strawberries all count as fruit, so eat as many as you want.

The problem: How to get 2 pounds of chocolate home from the store in hot car. The solution: Eat it in the parking lot.

Diet tip: Eat a chocolate bar before each meal. It'll take the edge off your appetite and you'll eat less.

A nice box of chocolates can provide your total daily intake of calories in one place. Isn't that handy?.

If you can't eat all your chocolate, it will keep in the freezer. But if you can't eat all your chocolate, what is wrong with you?

If calories are an issue, store your chocolate on top of the fridge. Calories are afraid of heights, and they will jump out of the chocolate to protect themselves.

If I eat equal amounts of dark chocolate and white chocolate, is that a balanced diet?

Money talks. Chocolate sings.

Chocolate has many preservatives. Preservatives make you look younger.

Q. Why is there no such organization as Chocoholics Anonymous? A. Because no one wants to quit.

If not for chocolate, there would be no need for control top pantyhose. An entire garment industry would be devastated.

Put "eat chocolate" at the top of your list of things to do today. That way, at least you'll get one thing done.

Bob Blake's
Puzzle

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

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

From the Bible

ADAM	EVE	JAMES	MIRIAM	SATAN
APOSTLE	EXODUS	JERUSALEM	NAOMI	SAMARIA
BATHSHEBA	FAITH	JEZEBEL	NAZARETH	SAMUEL
BABYLON	GENESIS	JOB	MESSIAH	SARAH
BETHEL	GLORY	JONAH	OBADIAH	SODOM
CORINTH	GOD	JOPPA	PARABLE	SON
DAN	HAGAR	JUDE	PRAYER	SYRIA
DEBORAH	HANNAH	LOVE	PRISON	TAX
DORCAS	HEAVEN	LUKE	PSALMS	TARSUS
DRUSILLA	HEBREWS	MARK	REBEKAH	THESSALONIANS
ELIZABETH	HOPE	MARY	RUTH	WORD
ESTHER	ISRAEL			
