



THE FORESTER



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

Volume 6 Issue 8

May 2000

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"May is a little short on holidays, but we make do."

PRESIDENT'S CORNER



One of your directors suggested several months ago that it would probably be advantageous to both the Big Board and the Residents' Board members if both boards could meet together informally just to become better acquainted. Steve brought this to the attention of the Big Board so we're planning to have a short social hour in early May.

As you probably know, the copier

in the Library is operated by and for the residents. Users should pay ten cents per side. Unfortunately, several times at night a substantial number of copies have been made without paying. Several possibilities were considered and the most feasible has been to shut down the copier at night. While this may be a disadvantage occasionally, it was felt that all residents should not have to pay for a few who forget to pay.

At Steve's suggestion, I have asked several residents to read the revised Resident Handbook and to offer

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ALL ABOUT MAY

So pretty little May has arrived, twice welcome after sodden April. Chaucer was a man who really understood this lovely non-fickle month, welcoming "May, with all thy flowers and thy green, Welcome be thou, fair fresh May." And again, in "The Knight's Tale," he gets even more lyrical: "The season pricketh every gentle heart, and maketh him out of his sleep to start." Well, all right, as long as it doesn't pricketh too early in the morning.

Poised between the tornadoes of spring and the hurricanes of early autumn, May has reason to be merry,

hence the cliché, "the merry month of May," first noted by Richard Barnfield in the 16th century, in his "Address to the Nightingale," which begins "As it fell upon a day, In the merry month of May. Sitting in a pleasant shade, Which a grove of myrtles made," etc., etc.

May is a little short on holidays, but we make do. Mother's Day, that masterpiece of corporate planning, has blessed the greeting card industry and the restaurant business while not doing much for mother. The only other national holiday is Memorial Day, known in ancient times as Decoration Day, with parades, solemn obser-

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The Forester

Published monthly except July, August and September by and for the residents.

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EDITORS NOTE**HELP! HELP!**

If the Forester is to survive and prosper indefinitely, as we hope our readership desires, we must have more contributions. The contributing editor is doing most of the contributing, which should not be the case. Don't be bashful. You don't have to have professional experience. All you need is something to say ---- a travel memory, perhaps, or a childhood one; or an observation about life in general, or something that interests you. Don't be bashful. If you want to be anonymous for some reason, sign your piece that way. We have one more issue before the summer recess. Could we have a show of hands? Or typewriters? Or computers? Even longhand?

---- The Editors.

BIRD FLIES HOME

Charlotte Cassell's "little wren," as she calls it, has flown to a new home at last, a permanent one. The wren is a fine example of the work of



Grainger McKoy, one of the country's foremost wood carvers, noted for his detailed, realistic carvings.

The Carolina wren is the state bird, emerging here from a block of wood to nest permanently in the South Carolina State Museum. Charlotte had good reason to know about state wrens, since she lived in South Carolina from 1971 to 1992, and was chairman of the South Carolina Arts Commission from 1978 to 1979, and later was on the Friends Board of the Museum. She donated funds for a reproduction of Aiken's Treasury Department mural, which was part of the Museum's 1990 exhibit, "New Deal Art in South Carolina."

--John Tebbel

STAFF CELEBRATES TEAM SPIRIT

If you're anywhere near the pond on Friday afternoon, May 19th, don't be surprised to find a



crowd there, and they won't be residents. They'll be staff members celebrating Team Spirit Day with a spring Watermelon Party. Fishing poles will be available if anyone wants to approach the pond's denizens, and there will be sun visors to paint, as well as music and door prizes.

—John Tebbel

POETRY CORNER

Spring Fever Musing

Why was I given six siblings
 When my neighbor was given naught
 Why did I have a safe haven
 When for many any roof is sought.

Why do I awaken each day
 With warm clothes and lots to eat
 Why was I born with good fortune
 When others are born midst defeat.

Some say a cup is half empty
 Yet, to others half full makes sense;
 Many say we're all born equal
 I crave some solid evidence.
 --- ellen cheek dozier

May Day

Thousands of children participated
 In my town's May Day celebration;
 May pole dancing, music, a royal queen,
 A prelude to our liberation.

Blue skies, high sun, air filled with rose perfume
 Cold weather gone, vacation time near;
 How great it was to be alive and young
 As May's merry month closed our school year.

--- ellen cheek dozier

(Continued from page 1—President)

suggestions if anything is not clear. It should be ready for final printing and distribution shortly,

Several highlights of the April Residents' Board meeting:

— A meeting will be arranged with management to discuss the Away allowance.

—The Biography albums are being updated.

—Residents who walk at night should wear light colored clothing.

— The Gift Shop layout has been improved and the Encore Store's income is amounting to about \$1000/month.

— Outdoor plants should be removed from the Greenhouse.

I was away for a few days and when I returned, nothing was left in my bird's nest. Hopefully, the mama hatched the eggs. I'd rather not think of the other possibility.

--P. J. Burns

(Continued from page 1—May)



vances of the war dead, and incredible traffic. Lilacs go with it--or did. More than all these, perhaps, it is the time when many thousands of seniors are unleashed from their campuses and thrown upon the world to swim or sink, amid

sighs of relief from tuition-starved parents.

All told, not a bad month, especially when you think of what lies ahead. Vachel Lindsay, brooding on this subject, reminds us, "Man is a torch, then ashes soon, May and June, then dead December, Dead December, then again June."

If this is any consolation for an inbetween month, so be it.

--John Tebbel

BOOK NOTES

Okay, so you're not a birder. don't even know one feathered friend from another. Just the same, you're likely to be fascinated by "Hope Is The Thing With Feathers: A Personal Chronicle of Vanished Birds," by Christopher Cokinos (published) Its a marvelous, even moving tale of six extinct American birds, and stories of the people who killed them off, as well as those who tried to save them. Each story is a tragedy, not alone for the birds but for civilization itself. One is the Carolina Parakeet; another is the more familiar Passenger Pigeon. Then there are the Labrador Duck and the Heath Hen. Their stories are put together in anecdotes, historical detective stories, the reports of birders, and the natural history of each species. There are memorable human beings involved, too. An extraordinary book with photographs, engravings, paintings and memorabilia.

Not many first novels have the instant appeal of Stephen Horn's "In Her Defense," especially when they follow roads well traveled. Here we are in the courtroom again, but this time the defendant is Ashley Bronson, a beautiful socialite accused of killing a Washington big-shot named Raymond Garvey. To her defense comes Frank O'Connell, who's given up a ready-made career in law to be-

come a public defender. P.S. He's already married. Sound familiar so far? In the telling, it comes out brand new because of Horn's impressive, intelligent storytelling. The Literary Guild/ Doubleday Book Club agrees. (May).

Looking for some good summer reading (also useful for bathrooms)? Something you can put down and pick up again without losing your place? The answer is "An American Album: One Hundred and Fifty Years of Harper's Magazine," edited by Lewis H. Lapham and Ellen Rosenbush. It's an anthology that reads like a Who's Who of American letters. Lapham, the magazine's longtime editor, has compiled a brilliant collection of writers. In fiction the list runs from Melville and Henry James to Wharton, Virginia Wolfe, and Nadine Gormer. For humor, there's Twain, Thurber and E.B. White among others, and the non-fiction is both literary (a profile of Gertrude Stein by Katherine Anne Porter,) and reportorial notes of Seymour Hersh on My Lai. All this and much more, reflects not only Harper's history, but America's, including financial reporting and combat journalism. All told a fascinating portrait of the American experience. (published)

—John Tebbel

GROWING PAINS

Landscaping The Grounds Committee tells us that lightning resistant clocks are being installed in the irrigation system to replace "ancient" ones. The new system is expected to be a big improvement.

Garden Plots Cleanup day at the garden plots was successful. Ten people turned up on a beautiful day. Everything was removed from the tool house and only essential items were returned. A large pile was carried away.

Rose Garden Witherspoons is the best thing that has ever happened to our roses. They do the spraying, fertilizing and pruning of our rose garden. Mr.

David Pike sees that our garden is well tended. Bess Bowditch and her committee keep the beds groomed (dead heads removed). Please don't pick our roses (or we might not have any to look at). But if you have a sick friend, do ask a member of the committee to pick you a few roses for small arrangement for your friend.

You won't be getting a gardening report in June because I am off to England with a North Carolina Botanical Garden group to attend the Chelsea Flower Show and visit some famous gardens.

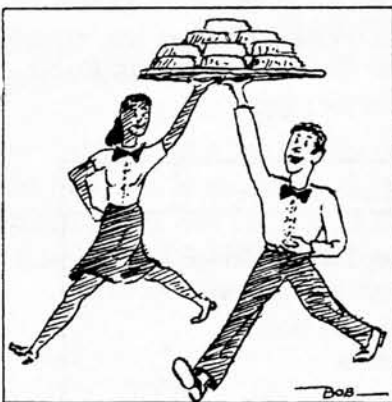
—Betty Niles Gray

MANY HANDS MAKE FOOD SYSTEM WORK

To the naked (or even dressed) eye, it all looks simple enough. Food is delivered to the kitchen, the staff cooks it, the servers serve it, and we eat it. Like everything else in life, though, it's considerably more complicated.

Last month the entire administrative staff of The Forest attended one of its regular meetings to discuss aspects of food consumption in the entire establishment, a discussion involving all department heads. This is a regular procedure initiated by Morrison Senior Dining Services, of Atlanta, which controls food production and consumption in all its client institutions. Steve Fishler presides and department heads work as a team, trading and developing ideas. The basic idea: how best to meet the dining expectations of the resident population.

Health Care, for instance, needs to be certain that what is on the trays and tables downstairs is the same as it is in the dining room and cafe, as the residents' agreement specifies. There is also the problem of training young people to transfer, distribute, and serve



food properly.

Maintenance is interested in the transportation itself, for instance, whether food is stored safely on the carts making the journey from the kitchen to downstairs.

Activities has its own interest in food production, since, as we all know food servings take place from lobby to auditorium.

Personnel's interest in the meeting involves the training of all the people involved in the food chain, a large consideration in itself, with problems

that have to be solved.

Marketing's interest is obvious: what are we offering future residents, and how can it be improved?

All kinds of questions arise. Do we need to have two people to take the carts downstairs? (We do). How about snacks? Are we meeting special dietary needs? How about our employee turnover rate? Are we maintaining it at a low point? (Good news here. For the last six months, our rate has been 20 percent, and if anyone thinks that's high, consider that the industry rate is 200 percent.)

Should we do something to brighten up the cafe menu at midday? Yes, we're going to see some special one-day menus soon.

All these and many other problems are discussed at the meetings, with Steve Fishler drawing it all together and implementing the steps to be taken. Everyone contributes to the result. The results are on the table. Bon appetit!

—John Tebble.

OPERATIC NONSENSE

He thought he saw a school of eels

That swam across from France.

He looked again and found it was

The Pirates of Penzance.

"Those Cornish cops can't cope," he said,

"I'm sending for Jack Rance."

He thought he saw a string quartet

That crowded through a door

He looked again and found it was

A twelve-tone opera score.

"I'll hum it for you once," he said,

"Don't ask for an encore."

--George Chandler

CLIPPINGS by Rose and Azalea Bush

The recent rains have been good for the gardeners but not for the golfers. The garden plots are ready! Some early crops are being harvested. **Frank Melpolder** has ordered special blight-resistant tomato plants which, we hope, will turn out big red juicy tomatoes for later consumption. Golfers **Bob Guy, P.J. Burns, Ray Blackman, John Gray, Frank Light, Gene Whittle, Hal Muncaster, Art Watts, Bob Northwood** and **Bill Goldthorp** along with **Shirley Marti, Jean Mason, Ginny Goldthorp, June Northwood, Betsy Bernard, Betty Gray, Molly Simes, Jennifer Bowes** and **Berniece Stecker** have dodged showers on the links. **Helen Corbett** and **Nancy Sokal** wonder if anyone else is interested in driving golf carts for the pro-am game of the Duke Children's Classic.

Congratulations to Dr. Pamela Chu, daughter of **Julia** and **Fey**, who received a Presidential early career award for scientists and engineers for developing chemical measurement methods and standards needed by American industry. **Julia** attended the ceremony in Washington. -- **Marion Patton** has been invited to be a judge for the James Beard Foundation Journalism Committee. She'll attend a gala and visit friends while in New York. -- Kudos to **Sharon Simpson** for running the Boston Marathon in under 4 hours.

Ethel and **Dick Foote** are in London and Paris seeing the sights and visiting daughter, **Becky**. **George** and **Geneva Boguslavsky** have returned from Florida. **Ralph** and **Betty Kent** and **Ben** and **Bylee Massey** should be back any day! **George** and **Harriet Williams** are back on the scene from Charleston for awhile. **Sally Sheehan** and **Dottie MacMillan** each visited family at Bald Head Island recently. **Bill** and **Dot Heroy** along with **Bob** and **Evebell Dunham** enjoyed time at Hilton Head Island. We stayed right here during the Holidays and appreciated the delicious meals prepared by Dining Services. Some residents traveled but many visitors filled our halls and dining room!

It's good to see **Edith Duffey, Hugh McKerr-**

acher, Hank McKay, Fran Rosenthal and **Peter Robinson** out and about. **Betsy Close**, too! -- Over 60 years wed this month are **Carl** and **Jane Beery** and **Jack** and **Kacy Tebbel**. Are there others? -- **Gene Magat** is looking for competition at the ping pong table. Give him a call if you are interested. -- **Ruth Firm** found a modern version of *Ah, Eurydice!* for local stars **Betty Gray, Dick Capwell** and **John Friedrich** to give a comedic performance for Playreaders. -- **Jane Curry** led a discussion of *The Rapture of Canaan* for the Book Group. -- The best yet, were the enthusiastic words heard about our local Chorus group directed by **Kay Bailey**. **Ruth Phelps** and **Ruth Patterson** played the piano. -- The cast of *The Grand Duke* presented by the Durham Savoyards included **Dick Watson** who carries his props as happy reminders of the show. -- The Great Decisions class prepared and organized by **Bernie Bender** has led to great discussions for all of those attending. -- How did we miss **Ann Barlow** as a volunteer at the Caring House! Not only there, but she is an active volunteer on the cancer floor at Duke Hospital.

Please leave a note for Rose and Azalea in Box 38 for any corrections or news items.

And the winners are—

The second Forest Round Robin Bridge Tournament was completed on April 30th. The winners were announced at the May 5th Social Hour.

Grand Prize Winners:

Virginia Jones	Pat Ringwald	20,370
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Division Winners were:

Culbertson -	Dot Heroy	
	June Northwood	18,010

Goren -	Libby Getz	
	M.E. Stewart	16,740

Sheinwold -	Mary Walters	
	Georgia Campion	20,230

Schenken -	Jean Melpolder	
	Bess Raper	18,470

The proceeds - a check for \$470 made out to the Benevolent Fund - was accepted by committee mem-

IN OUR OWN BACKYARD

I love Easter time. Growing up I loved the budding trees, flowers but most of all the new Sunday dress and shoes and of course on the big day the egg hunt and all that chocolate. Through the years things just got better as I prepared for the holiday with my growing family, enjoying it all.

But, none of the above can compare to the moving experience that six Forest residents had on Saturday, April 22. With Mason McDaniel as our Wagon-Master, we drove to the The Durham Rescue Mission to help with its holiday celebration. Hundreds of needy people, all ages, were feted with games, fellowship, a hot meal, baskets of goodies for the children and staples and clothes for the care-givers to take home.

The houses (all but one on the square block belongs to the Mission) were scrupulously clean (the smell of Clorox nearly asphyxiated me in the spotless "Mother's House"). The permanent staff treated us as royalty and the countless volunteers were happy and spreading cheer all around as they went about their duties.

It was not a sad experience but an uplifting one as Marjorie Jones, Mildred Fuller, Peg Lewis, Mary Ruth Miller and Earl Davis found out. Sign up next time around. You'll be glad you did.

—Ellen Dozier

GOOD OLD DAYS DEPT.

Through courtesy of the Internet, we learn some facts about how it was before we were overtaken by technology and another century.

We're talking 1900, and here are just a few examples of how, as we always say, things have changed. At the turn of the last century, life expectancy in America was 47, only 14 percent of homes had bathtubs, only 8 percent had telephones, there were 8,000 cars and 144 miles of paved roads to drive on, with a maximum speed limit in most cities of 10 miles per hour. Average wages were 22 cents an hour, and the average worker made between \$200 and \$400 per year. Dentists did better at \$2,500 per year, and a mechanical engineer made as much as \$5,000. All but 5 percent of births took place at home, and 90 percent of all American doctors had no college education, instead attended medical schools widely condemned by both press and government as substandard.

There's more, but that's enough non-nostalgia for one day.

—John Tebbel

STAFF MEMBERS STUDY ALZHEIMER'S



A special all-day program, organized by Diane Long, attracted more than seventy employees and their guests. was held in the auditorium. A calling to "Commitment To Care", given by the Rev. James Brown of First Baptist Church, in Jacksonville, N.C., opened the meeting. Speakers included Dr. Tony Galanos, Dr. Eleanor S. McConnell of Duke, Margaret Roesch, a music therapist, and Dr. Dudley Flood, who spoke on "Self Care, An Important Part of Care Giving." Several members of our Health Services staff shared their ideas on "Meeting Daily Issues of Residents With Alzheimer's."

—John Tebbel



HERE'S TO YOUR HEALTH —Pauline Gratz

Emotional support has a vital role in the healing process and the maintenance of health. There is a growing body of scientific evidence suggesting that pets are often an important source of support to those who are facing stress and illness.



For the past three years, the Intensive Care Unit of Baystate Medical Center, a 600-bed level 1 trauma center in Springfield, Mass., has been using a pet visitation program. The program arose because of a recognition that some patients share a special bond with their pets and find a pet visit comforting and therapeutic. As a form of animal companionship therapy, patients spend time with their own dogs, cats or other pets or schedule visits with pre-screened animals provided by community volunteers.

Although there is no quantitative research data to document that these visits are helpful to patients in any measureable way, observations of staff and feedback from participants and their families have been positive.

There is also a paucity of quantitative studies related to the benefit of animals in long-term care facilities. There are, however, some studies that do support the positive contribution that animals make to the physical and social well-being of an aged population. Loneliness, helplessness and boredom account for the bulk of the suffering in long-term care facilities even the best. The aim of a Human Habitat Model is to eliminate the concept of long-term care facilities as institutions for the frail and elderly, and instead to see these facilities as habitats for human beings.

The Eden Alternative is only one example of a Human Habitat Model, in which dogs, cats, and birds become pets in long-term facilities. Children from after-school programs, summer camps and day centers also regularly visit with residents. Indoor plants give residents something to care for.

More than two hundred long-term care facilities in the U.S. and Canada have adopted some form of the Human Habitat Model.

The process is not as simple as bringing in pets, plants and children. It requires staff education and commitment because it challenges traditional methods of long-term care facility management. In addition, there are special problems involved with the kind and number of animals to be permitted. There is also some concern about Zoonotic diseases. These can be addressed by screening animals and birds for good health, providing good veterinary care, good "poop patrol" and use of prescription flea preventative. Allergies are another problem for about 20-30% of the population. Most people, however, are not allergic. Dogs are less allergenic than cats. Cats, especially neutered females, if shampooed at least once a week are also less allergenic. The cost for animal upkeep is variable. Finally, some residents prefer not to have contact with animals at all and their wishes must be honored.

Animals used with the aged in long-term care facilities have been shown to be important in the treatment of depressed or chronically ill residents. In some instances it is difficult for staff, friends and family to retain optimism when residents are deteriorating at a slow or rapid pace. Children and friends who visit cannot help but remember what the individuals once were and may be discouraged by their incapacities. Animals, however, have no expectations about mental or physical capacity. They do not worship youth. They have no memories about what the aged once were and greet them as if they were children. Older people holding or petting an animal can relive happier moments with complete accuracy. Their response and the animal's response is one of mutual enjoyment. Animals make people laugh and laughter is restorative.

The use of a Human Habitat Model is one way to demonstrate concern for the humanity of people who must spend their last days or years as a resident in a long-term care facility.

People, listen! People, listen!

"People, listen! People, listen!" it began "Hear what I say."

Those were the words of the first line of "Hymn to the Environment" commissioned especially for the festive opening celebration in April of the North Carolina State Museum of Natural Sciences in Raleigh. And it was The Forest at Duke's own composer, Robert Ward, who not only provided the composition but was on hand to conduct its first performance by William Stone, the Mallarme Chamber Players, and singers from the National Opera Company.

Ten lucky residents of The Forest were the Pulitzer Prizewinning composer's front-row guests for the event that started with a pipe and drum processional and a trumpet fanfare.

Ward's stately "Cherish Your Land" was the musical highlight, followed by a program that included an impressive water ceremony and the official North Carolina State Toast led by Governor James B. Hunt. Only then were the museum doors officially opened.

In keeping with its environmental theme, the celebration was held outdoors in the Friday afternoon sunshine, yet it went off without a hitch and the Forest contingent came home exhilarated at having been part of the colorful ceremonies.

But how does such a production come to be, they marveled. How, indeed, were words, music, musicians, the whole undertaking choreographed?

The ever gracious composer took time on an afternoon the following week to explain.

Museum officials approached him over a year before the opening date, Ward said, and the undertaking was discussed a full 15 months in advance of the event.

"I had plenty of time," he said. And the space where it would happen was a first consideration.

Originally it was thought the ceremonies would be held inside. But when the decision was made to stage the event outdoors, the use of a full orchestra was ruled out.

So Ward turned to Durham's own Mallarme Chamber Players, highly regarded and flexible enough in size to adapt to the challenge.

"Then, as we got into it," he said, "I decided the work needed singers, so I went to the A.J. Fletcher Foundation which, of course, is responsible for the presence in the Triangle of the National Opera Company."

Request made, participation arranged.

When the matter of a baritone soloist arose, Ward immediately thought of William Stone, a native North Carolinian who has performed with the Metropolitan Opera, Washington Opera, and the Rome Opera.

As to the actual composition, Ward said, "I got to thinking about the state, since North Carolina and the environment were important themes."

That led him to consideration of the breadth and variety of our state's landscape, with its long seacoast as its eastern border and its high mountains to the west.

"So I thought I'd write a kind of tone poem," he said, a piece that would reflect not only the land, but the people who live here. That made the involvement of the singers important."

The length of the piece, seven minutes, was proscribed by the limitations imposed on everything, from Ward's music to the governor's remarks. The goal was to do it all in a brisk 45 minutes. And it was achieved, as The Forest contingent testified. The program was long enough to convey the scope of the celebration and short enough to send everybody away moved but not fatigued by

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hat was still an occasion that was appropriately ceremonial.

Without being seen as the classic "temperamental musician," Ward said, he insisted on two things: amplification, a necessity for an outdoor event, and a rehearsal on the spot. He got them both.

The instrumentalists had one, two-hour rehearsal at the Durham Arts Council the Monday before the Friday event. The singers rehearsed on Wednesday afternoon, and Ward was delighted to discover that they had memorized the text. The final rehearsal was at 2 p.m. before the 5 p.m. performance, on-site.

"Actually we went through it in only a half hour or three-quarters of an hour," he said. The rest of the time was taken up by the setup work of the sound engineers.

Which came first, the text or the music, he was asked,

"The music," he said, "'because I had conceived the whole thing musically. Then came the chorus, to bring in the text . . . I started with the melody, then made the text conform to it."

What happens to the piece now?

"What happens is that the copyright belongs to me," he said. "And I will do whatever I want to do as far as publishing goes."

Any thought of making an audio recording of the performance was ruled out by the outdoor setting and consequent lack of sound control.

"But we did get a video tape of it," Ward said.

As for future performances, Ward said, they would await the revisions typically made to such a composition after its initial performance.

As it is, the instrumental and the choral parts could be performed separately. "I purposely did not make it difficult," Ward said.

Museum Director Betsy Bennett stipulated that the text should be done so that the state's eighth-graders would understand every part of it. In the end, Ward made minor changes, none of which were a problem for him.

"I have no pride as a writer," Ward said, smiling.

Whatever is done about publication of the piece, it will doubtless be distributed by E.C. Schirmer of Boston, which has all his catalogue, Ward said.

The text of the hymn accomplished the museum's charge, a musical tribute reflecting the mission of the North Carolina Museum of Natural Sciences:

Cherish Your Land

People, listen! People, listen! Hear what I say.

**Hear my heartfelt counsel. Cherish your land with all its great
beauty**

stretching from the sea to the mighty mountains.

Its wildlife, its greenness, its freedom-loving people

who strive to conserve our rich land for all to evermore enjoy.

**Earnestly toil and fervently pray for wisdom to guide us on our way
to thoughtful solutions and brighter horizons**

as watchful and confident we work to save our cherished land

**And for our children, we'll work to save and preserve its bounty
and its beauty.**

—Susan Rose

(Continued from page 6—Bridge)

ber Evebell Dunham.

The sign up for the next tournament has begun. Entry forms are under the residents' bulletin board next to the bridge score box. The completed forms may be put in the bridge score box before the deadline of June 30th. If 64 entries are received before that date the late entries will be used for replacement teams or substitutes.

The tournament starts in October and ends in April. We are hoping for some new players as well as those that participated this year.

- Betty Niles Gray

LIBRARY NOTES—Jean Weil



This month someone said to me "I just discovered the videos in the Classroom." So I want to tell you about them. The Classroom is part of the Library even though we cannot always use it because there are meetings in there often. But we can use it when nobody else is in there. There are lots of videos for you to choose from especially the ones on any kind of disease you can hope you don't have!!! Along with those we have lots of old movies, some humorous videos, sports videos, a couple for children, and many videos of books being read to you. Great for when you take trips to Charlotte or Myrtle Beach.



Then, too, there a lot of mystery stories in the collection of "Detective Club Mysteries". Each book has three complete (not condensed) mysteries. If you have read every mystery on the shelves in the Library, you should look into these.

"Reader's Digest Condensed Books" take up one whole section. These are condensed, but if you missed a good story you can usually find it in those books. Each volume contains 4 or 5 condensed books. We have the whole collection from 1990-2000 plus a few extra.

Thanks to several people we now have the Wall Street Journal coming in each day. And we do thank you for bringing your copy to the Library. But we seem to need a copy of the Herald Sun every day. Please, if you are finished reading yours by 9 or 10 o'clock bring it to the Library and put it on the table. Many people will thank you for doing it.

—Jean Weil

FORESTER PROFILE

KATHY BOONE



If you're having money troubles, the person you want to see is Kathy Boone, our Reimbursement Specialist in the Accounting Department. Dozens, at least, of grateful Foresters will testify that Kathy can solve your insurance and medical problems (if they're bills, that is).

Especially Duke medical bills, which concern many of us. Kathy knows where the information is buried because she worked at Duke for 16 years in the accounting department. She went into the accounting business right out of high school, and has been working at it since she was sixteen, mostly in insurance offices

A native Durhamite, Kathy made an easy transition to the Forest because old friend, Vicki Baringer, told her of a job opening and it sounded like a good change after so long a term at Duke. She does the biweekly payroll, as well as insurance and medical counseling.

If there are medals for soccer moms, Kathy should have one because she has not one but two children playing the sport, her daughter Krystal, 17, and son Mike, 15. There'll be one less trip to the playing fields this fall, though, since Krystal will be starting college at UNCWilmington.

There are enough remaining chores to occupy Kathy, however. Besides taking care of the house and her husband Chuck, a field technician at Nortel, she raises pinto and quarter horses, and will soon also be breeding Welsh Corgis.

As for The Forest, she loves it!

-- John Tebbel

Bob Blake's
Puzzle

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

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

ACHES	CARDS	FOOD	LIBRARY	SLEEP
AFGHAN	CHAT	FRIENDS	MATURE	SONGS
AID	CLUB	GAMES	MEALS	STOOPED
ANNIVERSARY	COFFEE	GIFT	MEET	TOUPEE
APPOINTMENT	COMMITTEE	GLAD	MEMBER	TRIP
BALD	CROCHET	GOAL	NAP	VAN
BINGO	DOCTOR	HONOR	PARTY	VOLUNTEER
BOOKS	DUES	INVOLVEMENT	PLAN	WALKER
BRIDGE	EXERCISES	JOIN	SALES	WIG
BUSY	EYE GLASSES	KNIT	SHARE	WILLS
CAKE	FITNESS	LEADER	SHOTS	WRINKLES
