



THE FORESTER

The Forest at Duke

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2001

Taking Care of the Caregivers

In the Forester's December issue, we examined the problem of caregiving, now under more intense study as the problem grows in our aging population. We reviewed the work Dr. Galanos and others are doing to study the problem. In this issue the experts offer some advice to those on the other side of the bed or wheelchair-the caregivers.

In caring for others, these experts say, it's important to remember that you shouldn't forget about yourself. You, too, have needs: emotional, social, physical and spiritual. Beginning with the emotional, researchers say it's important to watch for signs of trouble, things like depression and anxiety, anger, and stress. If you can't cope with these symptoms yourself, don't hesitate to seek professional help.

On the social side, try to talk as

much as possible with close friends or family about your feelings or changes in mood. Whenever you can, do something you enjoy. Try to maintain other activities that are important to you work, hobbies, whatever. Try to get out of the house or apartment at least once a day, and take a break from caregiving at least once a week.

The researchers stress that in caring for others, it's important not to ignore your own physical and emotional needs, including your other relationships. It helps to talk to other caregivers or join a support group* if possible. Distract yourself from anxious thoughts by using imagery. Keep in as good physical shape as possible. Ask your doctor how you can do relaxation exercises. Try to keep your situation in perspective, so that it doesn't dominate all your thoughts and actions. And don't

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PRESIDENT'S CORNER

It has been pleasant to see so many resident family members visiting during the holidays. It has been both educational and informative to chat with a few. Some of you also had the opportunity to travel to be with family. Now that 2001 has begun, it's another new year of opportunities.

The TFAD Board met in December. I reported that the residents were pleased to learn that a 4-wheel drive vehicle is now available for emergencies. Several resident concerns were brought up. One of these was the delay in flu vaccine and the

reassuring report we received from the medical staff. Another was the delay in the expansion plans-particularly the nursing facilities. Other items of discussion included the financial impact of new cottages. After this is explained to the residents, to build or not to build will be determined by the residents. Another item related to snow emergencies. Chains have been obtained for all vehicles (except buses.) The expansion plan discussion included the expansion of the café to take care of additional informal diners.

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The Forester

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Editors' Notes:

We have a correction. (Well, so does the NY Times-frequently!) "Memories" on page 10 of the December Forester omitted the last line and contributor. It is "I always think of this when I am sitting with two people at a table for four."

--Edna Wilson

Our apologies! !

We're on the web
www.forestduke.com

Helpers Extraordinary

Peg Lewis asked me if I would look for residents who are carrying on their own volunteer projects of community interest. So, here are a few I have found. If you fit into this category, drop me a note (#3007) and I'll include it in another report. In the meantime, here are the ones I have at present:

Minnie Mae Franklin collects the labels from Campbell

Soup cans, they go to her church to buy supplies for children's services.

Gerrie Swanson collects the pull tabs from soda and other cans. These go to the Ronald MacDonald House to help pay for services to children being treated at Duke Cancer Center.

Jane Jones collects used stamps. Just cut them off the envelope or card. She will steam

them off. They are used in Forest at Duke craft projects and extras are sent to a veterans hospital.

Linda Vanaman, our Human Resources staff member, organized the staff people to provide the Angel Tree of children's names submitted by Salvation Army. When an angel was selected, a Christmas gift was

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(Continued from page 1-Presidents Corner)

The Residents' Association Board also met in December. The Executive Director reported on several items. Flu vaccines have been given and a make-up date will be established if necessary. It has been decided that a second social worker will be hired. The present person is unable to meet the needs which formerly were met by two persons. Improved food service to Olsen and Holbrook should now be in place. Food is brought to the

nursing facilities in bulk, then served individually as is done in the Main Dining Room.

Committee reports included several items of interest to residents. A dining services survey will be sent to all residents requesting information to effect improved dining needs. For cottage residents, garden debris will now be picked up on a weekly basis-either Wednesday or Thursday. A bid has been received for a new greenhouse. It will be located on the bank be-

hind the apartments near the car wash outlet. Safety will determine prices for home lanterns if anyone desires one. A notice will follow. The Council for Senior Citizens is training bus drivers for the bus which we have given them. Most of you attended the Employee Appreciation program. Wasn't it nice to provide a Christmas "present" to those friends who take care of our everyday needs? Our gift for the year amounted to almost \$57,000.

PROFILE

Jody Zeillmann

One of our two indispensable nurses in the Health Care Center knows a good thing when she



sees it. Jody Zeillmann never wanted to do anything but what she's doing right now,

for nearly two decades.

As soon as she was out of

high school in her native Louisville, Kentucky, Jody began work on her R.N. degree at local St. Joseph's Hospital. Later, she took a degree in public health at UNC-Chapel Hill.

Married to a man who eventually founded his own company as a computer expert, Jody has plenty to do while he's traveling here and there to solve other people's problems.

She has three sons, a daughter and two grandchildren, whose company she enjoys. Away from the Health Center she leads a life

that seems quiet but is actually very active when you remember that she does quilting, sews, paints a little, and is a dyed-in-the-basket supporter of Duke's basketball team. She also swims every day and loves to read, both fiction and non-fiction, especially history.

After three years at The Forester, Jody believes she's found a good harbor in which to cast anchor, after more than 15 years in public health.

--John Tebbel

JANUARY

John Keats understood January. "St. Agnes' Eve, Ah, bitter chill it was! The owl, for all his feathers, was a-cold." If you've forgotten, January 12 is St. Agnes Eve and, as of now, it's already cold enough to chill the good saint (and any owls in sight) to the bone.

There is something so unforgiving, so completely blah about January, that poets scarcely mention it, and even Keats had to drag in St. Agnes to no more than suggest it.

Who cares about January, then? Owners of ski lodges and ski resorts, for instance. They care. One snowless January and the bankers begin casting a wary eye in their direction. Makers of equipment and clothing for winter sports of all kinds are also

anxious about the state of January.

There are others--mostly old folk who are past it, to be sure--who openly despise January. They're not skiing or skating any more and the advent of January snow in any substantial quantity means multiplying the problems already existing. More trouble.

Bah, humbug! But in some ways, it's almost as bad to have a snowless January, when the outdoors just sits-bleak, frozen, but completely unattractive - in a word, blah.

Still there's another way to look at it. Snow or snowless, bitter cold or merely uncomfortable, if we get through January, there's February, the shortest month, a prelude to March

when, with any luck at all, Spring can be seen, lovely Spring, waiting in the wings.

--John Tebbel

START YOUR MOTORS

A neighbor's walls are bedecked
With masterpieces of art,
Given a brush and canvas
Her creativeness just starts.

My thoughts dwell on word use, and,
Seek patience to make them rhyme,
Take pad and pencil and hope
Verses connect by press time.

So, if your innate talent
Has dried out from lack of use,
January is the month
To rebirth its resting juice.

--ellen cheek dozier

LIBRARY NOTES

"IN MEMORIAM" BOOKS NEED INFORMATION

TFAD keeps "In Memoriam" records of deceased residents so that they will not be forgotten. Dot Kornegay and Rheta Skolaut have spend many hours in this labor of love compiling these books. In the classroom adjoining the library are volumes for 1992-95, 1996-97, 1998, 1999, and 2000.

To begin, Lucy Grant and Beth Upchurch asked Dot and Rheta. to co-chair a committee for this purpose. Lucy Grant provided a official list for the years 1992-1998. In 1999 and 2000 the list used was the official posted notices from the resi-

dents' bulletin board.

Pictures included were those from the books in the living room taken by Ed Albrecht when a resident moved to TFAD. Others have been donated by family or friends. Some of the pictures, especially of couples, have been scanned.

Curriculum vitae came from books in the living room-the ones residents submitted when they moved here.

Obituaries were obtained by researching old newspapers at the *Durham Herald-Sun*, from Rheta's files, and from family and friends. Currently the *Durham Herald-Sun* and the *Raleigh News & Observer* are used.

Funeral or memorial service

bulletins are included if available.

Alumni magazines, bulletins, or brochures with articles about the deceased are included whenever possible.

Sad to say, sometimes the only information that can be found is the name and date of death.

Dot and Rheta request that residents who have any information available which is not already in the books to please let them know. They want the books to be as complete as possible. They also welcome any suggestions.

—Mary Ruth Miller

AT THE MOVIES

BILLY ELLIOT

How often have you heard the lament, "They just don't make good movies any more?" Generally I agree with you. But there is a stunning movie now showing in Durham.

It concerns the plight of a young 11 year old boy growing up in a poverty- stricken home in the mining county of England.

His father and older brother are miners currently on strike. Money is short and possibilities for the future are limited for Billy. His father, a rough, bad-tempered man is determined that

his son should be a boxer.

Billy isn't very big or strong but he is good-natured and willing to go along with boxing lessons at the local gym, which cost 50 pence - a real sacrifice for the striking miner.

One day he sees a dancing class in progress in the room next to the boxing ring at the gym. He knows he wants to be a dancer. Imagine the conflict within the family when this is discovered. Billy is spending the precious 50 pence on ballet lessons! It is not the thing for a boy to do.



The story continues apace. I don't want to give away the plot. Suffice it to say that it is a beautiful film. There is none of the violence and vulgarity by which we are constantly bombarded. The direction and the actors are superb. The sets reflect the aura of the situations. One of the actors, Julie Waters, has been nominated for the Golden Globe awards and she surely deserves it.

Please find a way to see this touching and powerful film. I've seen it twice and will probably go again. I think and hope you will also be inspired by it.

—Heliotrope

POETRY CORNER

GRUMBLER'S LAMENT

I order my food; I'm in a bad mood.
But the waiter's most respectful.
I want to complain, But I have to refrain,
For there's nothing that's neglectful.
I ask for the beef, And to my grief
It's cooked to my direction.
The coffee is hot, They leave us the pot—
The service is perfection.
Oh, doesn't your food seem dull and drab,
When you've got no excuse to act like a crab?
And don't your meals seem stale and flat
When there's nothing whatever to grumble at?

We're off on a trip; I look for a slip,
But it seems the plane called "Boeing"
Is parked at the gate; We won't have to wait,
We actually will be going.
I look with disdain At the state of the plane,
Does it threaten my survival?
But today, if you please, The crew guarantees
An ahead-of-time arrival.
Then they bump us up to a first-class seat
And I can't find a thing to make me bleat.
A trip by air is a flop, no doubt,
When you've nothing at all to complain about.

For my health plan I always can
Produce a nagging question,
But with their new pill I can eat my fill
And not get indigestion.
The tax man's bill Can make me ill:
Good cause for belly-achings.
But he says this year That I'm in the clear;
They've exempted all my takings.
Oh, don't the world seem lank and long
When all goes right and nothing goes wrong?
And isn't your life extremely flat
With nothing whatever to grumble at!

—George Chandler

Did you know that Jim Thompson, our genial Director of Facility Services, delights in writing poems to his wife and their three daughters? Here's Jim's Christmas poem to Jenna, youngest of the girls:

Merry Christmas to You

Jenna our poet, Jenna my child,
Jenna the quiet, Jenna the wild!

This poem is crude by all standards of rhyme
But I hope you enjoy it to take up your time.

We're proud of your work at Salem out west
We know that your work is only the best.

You're short of cash money, you're in a tight bind
Soda's expensive ... Oh, dollars to find!

An artist, a poet, a writer, a charm
Oh for a meal, not costing an arm!

A salad is great and maybe the best
But don't forget ice cream and all of the rest!

I'm sure that you're happy with lettuce and rice
But do try the custard and even the lice. (Boooo!)

The trip off of campus is surely a joy
Especially that now you can eat some more soy!

The gift isn't much, I hope you enjoy
The gift isn't much, so it isn't a ploy.

I wish you the best in this holiday season
I love you a lot, and that's the reason.

Merry Christmas and happy eating!

Appropriately, Jim's present to Jenna, a vegetarian, was a gift certificate to Wellspring this year.

Hey, diddle, diddle
I'm watching my middle
I'm hoping to whittle it soon.
But eating's such fun,
I may not get it done
'Til my dish runs away with my spoon!
--Eleanor Kinney

TFAD brings in the new year —



—and oh how they partied



Politics

You may think that this political year has been the one most screwed up since the 1800s.

Another election was far more painful for me. Or to say the least, the most unforgettable election.

The year? 1948.

I lived in a very small town in the eastern part of the state. I worked on a very small weekly newspaper. I sold advertising on Monday and Tuesday. I wrote stuff on Wednesday. Delivered the papers on Thursday and collected bills on Friday. (Ate bar-becue everyday...)

Politics was next to weather

as a subject for conversation, or maybe equal. Truman was running against Dewey. Dewey was so far ahead that it was hardly an election, more a coronation. We only had radio, but it was irritating, dull and repetitive.

I was sick of the whole thing. As I walked to the community building, I assumed I was going to vote for Truman (I didn't like Dewey's mustache.)

I stepped into the voting booth and suddenly I heard a voice! I voted for Henry Wallace. He was a good Episcopalian, former Secretary of Agriculture, and so liberal the people there knew he was a communist.

I gave it no thought. Truman won at the last minute.

However, the next day from his corner office I heard the owner-editor talking to someone on the phone in Roanoke Rapids, the other corner of this rural county. Mr. Rodgers was frustrated, his face was turning red, and I heard him say, "I don't know what bastard voted for him here, there has been a communist-looking fellow hanging around the depot. BUT you had someone vote for him up there." There had been two votes in the county for Henry Wallace!

-- Peter Robinson

(Continued from page 1-caregivers)

hesitate to seek professional help if things seem to get beyond coping.

Avoiding feelings of guilt is important, too, researchers say. Feeling, for instance, that you're not doing enough, or that you're doing things wrong, or that you shouldn't enjoy yourself when you can and when your patient can't join you. Try to forget past relationship problems, if any. Don't blame yourself for the situation.

Depression is often a problem, and there are ways to cope

with it. If you possibly can, try to get away long enough to take part in some activity that interests you. Just making plans and getting away for a little while can be very helpful.

Researchers point out that guilt of various kinds often plagues caregivers, and they should be careful not to let themselves get preoccupied with these feelings. Sometimes you can talk them out with the patient, or others involved. But guilt only makes things worse, particularly when the caregiver believes the situa-

tion is somehow his or her fault.

All the above are only starters for the caregiver. Much more is available to help them handle their situation and many doctors, particularly our own Dr. Galanos, are prepared to give it.

--John Tebbel

*In next month's issue Jack will discuss our own Caregiver Support Group, moderated by Lee Ann Bailey, and the practical suggestions discussed for the caregiver to maintain good health in a stressful situation.

Late News

We're late with this news, but it should be noted that Edith Graham of our health services staff, won the District III Fabulous Fifty Award, and on November 28 she attended a special banquet where, with other winners, she got a lapel pin, a monetary award, and a certificate signed by the governor.

These awards are sponsored by

the North Carolina Health Care Facilities Association to show appreciation for such front-line employees as CNAs (winners of the Certified Nursing Award) who make such a positive difference in the lives of patients. Ten winners are picked from each of the five districts, and later a panel of judges from each of the five districts chooses ten award winners. They're honored at a special pro-

gram and dinner in each district, and later, one will be selected from the Fabulous Fifty to be honored at the organization's convention in February and given their highest honor.

IN MEMORIAM

Andrew Douglas Hall 12/10

WE WELCOME THESE NEW RESIDENTS TO THE FOREST



Barbara Blair
4028 401-4605

Barbara Blair received degrees from Agnes Scott College and the University of Tennessee. She was Professor of chemistry at Sweetbriar College until her retirement in 1994. She also spent a year teaching chemistry in India, and for a time served as Academic Dean at Sweetbriar. She comes here from Amherst, VA, and was attracted to The Forest because of the atmosphere of, and the activities available in, an academic community. Her interests include travel and photography.



Anne and Bob Durden
Cottage 30 489-4736

Anne earned her BA at Randolph Macon, and Bob holds two degrees from Emory University and a doctorate from Princeton. He is officially retired, after many years on the Duke history faculty, but still teaches a freshman seminar and serves as a pre-major advisor to young students. The Durden's move to The Forest seemed a logical one as they lived within a mile of our campus, watched it being built, and have many friends here. Anne is a Duke Gardens volunteer and enjoys walking and reading, while Bob favors slow jogging and likes gardening and old movies.



Glenn and Jayne Jackson
Apartment 4008 402-0253

The Jacksons moved from Alexandria, VA, where one son, a captain with United Airlines, still lives. Their other son is an engineer with IBM, and it was his presence here that drew them to the Forest. After graduating from Marietta College, Glenn spent nearly 60 years in radio and television broadcasting, holding management positions in Ohio, Georgia, North Carolina, Pennsylvania, and the Washington, DC, area. Jayne worked a dozen years as an interior designer for Lord and Taylor. Jayne enjoys bridge, and both she and Glenn are golfers.

CLIPPINGS by Rose and Azalea Bush

The "bug" that's been invading our community caught both of us so we had to cancel going-away plans. However, much was going on here thanks to **Lucy, Robin and Glenn**. Our Forest at Duke Chorus led by **Kay Bailey** sang special holiday music including original compositions by **Waldo Beach** and **John Friedrich**. The Staff/Resident Holiday Celebration put everyone in a good mood with **Steve Fishler** opening the program and introducing **P. J. Burns**, president of our Residents' Association. In his affable manner, **P.J.** required hugs before he handed out appreciation checks from residents to the staff. **Robin Williams**, the artist and **Barry Lobo**, the reader of "The Grinch" story entertained everyone until **Jim Thompson**, a super beagle (?) cavorted among the crowd.

Andy Blair's children were here to help him celebrate his 85th birthday! **Jack and Kacy Tebbel** and **Helen Corbett** enjoyed a visit from the sons of **Madeline** and **John Hawkins**, former residents ... **Glenn** and **Jayne Jackson** had family here to check out their new living quarters ... **Ruth** and **Pat Patterson's** family came to celebrate the Holidays together ... As they take a break from sailing around the world, **Dot Logan's** daughter and son-in law are experiencing our cold winter rather than Australia's warm climate... **Julian** and **Fran Rosenthal's** son **John** joined them for dinner over the Holidays as did **Jack Person's** son and family. Four generations from **Gus Eliason's** family gathered

here. **Louise Goshorn** and **Ruth Dillon** appreciated visits from daughters ... **Dot Schoenhut's** son recognized **Frank Simes** as his former dean and psychology professor from Hampden-Sydney College days... **Gay Atkinson** and her niece were charming models on our scene... The swimming pool had much play from families visiting **Barbara** and **Pete Seay**, **Aileen Harmel**, **Evebell** and **Bob Dunham**, **Virginia Jones**, **Molly** and **Frank Simes**, **Edna Wilson**, **Joyce** and **Ed Albrecht**, **Priscilla Squier** and probably others.

Mike Zeillmann, son of **Jody** in the Wellness Center is the trainer for Durham Academy's star basketball player, **Mackenzie Bisset**... We all recognize **Chad Salladay's** good work in keeping our grounds neat and trimmed, but **Rose** had tears in her eyes when she returned from a walk. On the top of **Chad's** brush-filled truck was a nest among the greens with a Mockingbird perched beside it!

Bernie Bender produced and directed "The Man in the Bowler Hat" for the December Playreaders. **Dick Foote**, **Felix Vann**, **Milt Skolaut**, **Bob Dunham**, **Priscilla Squier**, **Walter Lifton**, and **Rose Leavenworth** (substituting for **Ruth Lifton**) made up the cast of characters for this "terribly exciting affair."

Shirley Marti is wintering in Florida while **Ben** and **Bylee Massey** are enjoying the Arizona winter... **Jenn VanBrunt** and **Caroline Long** visited family members in sunny California over

Christmas... At an Amelia Island resort **Betty** and **John Gray** hosted family and friends from Seattle, Chicago and Florida... **Ginny** and **Bill Goldthorp** met family in Tampa... **Vienna** lured **Julia Negley** for her 80th plus opera trip ...**Mary Ruth Miller** celebrated her birthday and Christmas by driving her classic Mercedes to visit friends and family in Georgia... **Sarah McCracken** and **Earl Davis**

cruised through the Panama Canal ... Dayton, Ohio set a record - 7 degrees while **Dot** and **Bill Heroy** were there ... **Chris Hamlet** travelled to Asheville, **Nancy Sokal** flew to Texas and **Ort** and **Bud Busse** went to Darien, CT... **Jean Mason** had enough of cancelled and delayed flights on a New York trip so that she drove herself to Annapolis and on return judged it "a piece of cake!" **Libby** and **John Getz** escaped to Williamsburg, **Betty** and **Tom Gallie** did the same to New York and **Loie** and **Art Watts** journeyed to New Jersey. . . **Mary** and **Frank Light** took the train to Washington, DC... **Delancy** and **Julian Price** are home from their month with family in Texas. What a group for traveling!

In our opinion the Holiday meals have been delicious and attractively served. **Sharon Simpson** will work with us to shed some extra pounds, **Jewel Yarbrough** and her staff will fix our hair and nails and **Jane**, the queen of pain **Hamilton** can massage those stiff joints for us!

We, **Azalea** and **Rose**, wish you all a healthy, prosperous and happy New Year!

LANGUAGE PRINTS

by George Chandler

Playing with words has always appealed to me, and the idea that a person can be identified by the words he uses and the way he puts them together is a fascinating one. I'm a mystery fan, and one of my favorite writers is Michael Gilbert. His prose is clean and clear, and his plots are always well constructed.

Gilbert wrote a collection of short stories published as *Mr. Calder and Mr. Behrens*, New York, Penguin Books, 1983, featuring a pair of counter-espionage agents. In "Early Warning," an aged professor, who had devised a method of identifying writers by their vocabulary and phraseology, comes to Military Intelligence and claims that an engineer about to be appointed to a sensitive government post, who allegedly had been a refugee from the Soviet Bloc, is actually another person altogether—a former student of his who is a dedicated Communist.

Investigation follows, and the old professor is found dead. Next to his bed is found a manuscript of an essay, allegedly using his linguistic theories, proving that Boswell's *Life of Johnson* was actually written by Dr. Johnson himself, and that James Boswell never existed. The absurdity of the thesis made

all his linguistic theories appear to be fallacious, and rendered ineffectual his claim that the engineer was a spy. Of course, it turned out that the essay had been forged and the professor murdered by the engineer who was, as charged, a Soviet agent.

That was fun, and it was fiction. But now comes the real thing. A year or so ago, George Williams gave a talk here at the Forest about the movie, *Shakespeare in Love*. This was the first I had heard of the work of Professor Don Foster, of Vassar, who has used vocabulary and the structure of written material to identify writers—and for a lot of other interesting purposes. His first interest was Shakespeare, and he has, in my view, shown convincingly that the Shakespeare plays had to have been written by someone who also acted in them. So much for the idea that some nobleman could have been the real author. He has shown that the writer of a particular play must have had in his head at the time of writing the words and language patterns of the speeches of certain characters appearing in plays then being performed.

Professor Foster became a public figure when he identified a rather dull funeral ode as the work of Shakespeare. This led to his being hired by *New York Magazine* to uncover the identity of the anonymous au-

thor of the notorious novel, *Primary Colors*. Foster demonstrated that *Newsweek* columnist Joe Klein was "Anonymous," and after many weeks of denials, Klein finally admitted it.

In *Author Unknown*, New York, Henry Holt and Company, 2000, Foster has now written a book about his experiences in uncovering the authorship of the Shakespeare Ode and Joe Klein's identity. He has subsequently been engaged by the FBI and a number of police departments to help identify crime suspects. One chapter of the book is devoted to the search which resulted in the arrest of Ted Kaczynski as the mad bomber. Another, appropriately entitled "Starr-Crossed Lovers," concerns (you guessed it) authorship of a Lewinsky-Tripp document. Still another ("Yes, Virginia, There WAS a Santa Claus") identifies the "real" authorship of "The Night Before Christmas."

This is not a proper book review as I haven't read the whole book. I can't read print, so Marjorie has taped the introduction and the first two chapters, which I have listened to. From what I have read, I think anyone who likes word games or mystery stories will enjoy it. And, thriller buffs, don't forget the novels and stories of Michael Gilbert.

(Continued from page 2)

bought for that child. This group has also set up a "Make a Wish" program where they contribute fifty cents every once in a while to provide money to grant a wish to a deserving child. Another project is their "Walk for Alzheimers." Each walker gets pledges from friends of \$25 if they will walk the three miles.

Nancy Sokal collected used eye glasses and took them to Madagascar on her recent trip and donated them to the local health clinic there.

Last year, after hurricane Floyd, resident and staff gave furniture and clothing to the devastated areas.

In a recent trip to Russia, residents who were members of

Duke Memorial Church took dozens of New Testaments with them and distributed them there.

All of these people would be happy to have you join them by donating any of the above items. Why not get in touch? You'll be glad you did.

--Earl Davis

Bob Blake's
Puzzle

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

```

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

AIRPLANE	CAMEL	JET	SEMI	SURF
AMBULANCE	CART	JITNEY	SHIP	TAXI
AUTO	CHAISE	LIMOUSINE	SKIS	TOUR
BALLOON	COUPE	MOTORCOACH	SLED	TRAILER
BARGE	DIRIGIBLE	OXEN	SLIP	TRAIN
BIKE	FLY	PRAM	STAGECOACH	TROLLEY
BLIMP	HAUL	RAFT	STEAMBOAT	VAN
BRIG	HELICOPTER	RUN	STREETCAR	VESSEL
BUGGY	HITCHHIKE	SCHOONER	STRETCHER	WAGON
BUS	HORSE	SCOW	SUBMARINE	WALK
CAB	HYDROPLANE	SEDAN	SUBWAY	WHEELCHAIR
				YACHT
