



Volume 22 Issue 1

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

October 2016

## Nathan Summers: A Definition of Service

by George Williams

The residents of the Forest at Duke are fortunate in having Nathan Summers as our Director of General Services. His responsibilities are threefold: Maintenance (which includes Landscaping), Housekeeping, and Security. He is supported in these activities by three other newcomers to the staff: Bob Watson as Plant Operation Manager, Tom Blivens as Housekeeping Manager, and Kolby Shields as Security and Risk Manager. (As many of us have learned, the security operations at the Forest have been for the past several years conducted under a contract basis; they are to be returned to an "in-house" direction.) Not content to administer at the highest level, Nathan is not afraid or ashamed to dirty his hands beside his staff--washing windows, for example.

Nathan's father was in the United States Air Force. As a result the family lived in all parts of the world. Mr. Summers was stationed for a time at the Vandenberg Air Force base in central California, serving in the development and testing of the V-2 Rocket. Nathan has settled down in North Carolina for the past forty years. He is happily married to Kathy, a Registered Nurse, though not now professionally engaged. They live in Aberdeen. They have one son, Derek, aged 23, following his grandfather's example of service in the Air Force. At home, they have also two dogs, Lab mixes, and one cat. Nathan and Kathy spend much time in their garden which has just won an award from the Aberdeen Garden Club for their care and cultivation of their roses--fifteen varieties--orchids, lilies, and gardenias. The garden is also planted with Japanese maples. Though they are well content with that house, Nathan's commute to Durham is an hour and a half, twice a day; when things settle down, they will be moving to Durham.

In addition to gardening, Nathan's hobbies in-



Nathan Summers

clude golf and motorcycle riding. He is proud of his Harley Davidson "Superglide," which he drives on the country roads around Aberdeen--not commuting to Durham.

Nathan is a B. S. graduate of UNC Chapel Hill.



He Their garden and white Lab.

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### *The Forester*

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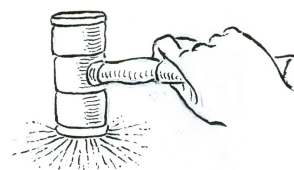
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## President's Podium



by Dale Harris

Please mark Monday, October 17, at 2pm for our Annual Meeting of the Residents' Association. You will choose three new members of your Residents' Association Board of Directors and thank Shirley Few (Secretary), Don Chesnut (Board member and Chair of our Governance Standing Committee), and Nancy Laszlo (Board member and Chair of our Activities Standing Committee) whose terms end on Oct. 31. They have maintained their efforts to promote and sustain a good quality of life for us all, and to foster a strong sense of community and cooperative, communicative approach during their terms of office.

We will welcome special guests who will be attending our Oct. 17 meeting. Four members of our Board of Directors of the Forest at Duke have indicated that they will be joining us for our Annual Meeting. Operating on a similar time frame for their terms of office, the TFAD Board is in the process of selecting new members to fill the terms of those Directors whose terms will expire on Oct. 31. There are a significant number who will be replaced and include Tom Keller, one of our Resident Board members, who has done an outstanding and exceptional job on that Board.

### In Memoriam

Raymond Williams June 4, 2016

Johannes Horst Meyer August 14, 2016

Mildred Fuller August 27, 2016

Nancy McLean Hudson September 18, 2016

## Library Science 101

by Carol Scott

Welcome back, to “The Forester” and to the Library.

There have been changes in the Library since my last column, in May. As of August 1, I retired as Librarian after nearly eight and a half years, and have been succeeded by the very able Carol Reese, a librarian in colleges and universities in her professional life. Please welcome her, if you haven’t done so already. She will be writing the Library column beginning next month.

The Library has been busy during the summer months, as our residents have had time for reading here and on vacation. Our new proximity to the entrance and reception desk has made the Library very accessible. And we have added many new books.

Favorite mystery authors Anne Perry and Louise Penny have published, respectively, *Revenge in a Cold River* (William Monk series) and *A Great Reckoning* (Inspector Gamache). We meet old friends again in both of these books.

As you may have already discovered, new books in the Library are now located on the shelves facing you on the immediate left as you enter the Library, instead of on the book truck where they used to be.

This welcome change came about because there is now more adequate lighting for ALL the shelves. Each section of the tall shelving now has a light at the top of the highest shelf, making all the shelves below it more visible to the viewer. Some of those titles on the lowest shelves had been hard to see! This was a long-promised improvement by the Administration.

Three pieces of new information for new residents and a reminder for longer-term residents:

1. OASIS –a Bookmobile service from the Durham Public Library—comes here every second and fourth Thursdays of the month, from 2:00 until 3:00 in the afternoon, bringing a large selection of books in large and regular print for us to check out. A library card is not needed, and requests for particular books may be

made at the visit or by phone (the number is at the Library charging desk) in advance. Those books are returned either to OASIS on its visit, or to our Library here at any time. There is a special basket for these at the desk.

2. Our Book Discussion Group selections, Resident Authors, books about Durham and Duke, CDs and DVDs, and bound volumes of bios of our residents are all found on the tall shelves at the back of the room on the right between the windows into the Library classroom.
3. Just in front of these shelves, on the last tables, are puzzle-in-the-making and adult coloring books, with pencils. Other puzzles, located just beyond the door to the Classroom, on the other side of a wall, are available for check-out

It is now time for me to say “Au revoir, Arrivederci, auf Wiedersehen, Chen Chai” and “Goodbye”, as I turn this column, which I have much enjoyed writing, over to another Carol. See you around!

\*\*\*\*\*

We will miss Carol Scott’s “Library Science 101,” a regular feature of *The Forester* since Carol became chief librarian eight years ago. During that time, the Dewey Decimal System was introduced, the library holdings were computerized, and the library was given a line item in the TFAD budget, establishing a solid financial footing for the first time. One of Carol’s last acts was overseeing the move to the beautiful new library, now welcoming residents and guests in the rotunda. –Sue Howell

**Nathan Summers** continued

*(Continued from page 1)*

has also a Certificate in Aging Services Professionals from the University of North Texas and is currently enrolled in another B. S. program at UNC Pembroke. For three years he taught courses in Customer Service in the Department of Culinary Arts and Hospitality at Sandhills Community College in Pinehurst.

His public service has been commendable. In Aberdeen he has served on the board of the United Way of Moore County. An active member of the Kiwanis, he has been secretary of the organization and president-elect.

Before coming to us, he had been for 15 years in a comparable position at the St. Joseph's Retirement Community in Southern Pines. In this position he received in 2015 the Award for Customer Service from the Leading Age of North Carolina, an association of CCRC's in that section of the state. That award demonstrates his success in achieving his goal; he says: "I like to serve people."



Nathan and Derek on their bikes

**Gregg Museum at N.C. State Honors the Greenbergs**

by Paul Bryan

I don't recall where I first met Norman Greenberg, but I remember learning that a professional French hornist had moved to TFAD, was ensconced within a stone throw of our apartment and would be cordial to playing duets (our own special kind of chamber music). So I soon lugged my euphonium (a second-cousin brass instrument) to their cottage.

The doorbell introduced me to lovely Gilda who, in her shy and gracious manner, quietly invited me to enter and turn to the right where there was a table and an antique two-sided music stand--one side for me, facing Norm on the other side. I glanced around and realized that the room was filled with stunning paintings and artifacts that were typical of the Santa Fe area. Norm requested that I sign the guest book and we went about the business of playing Bartok and Mozart and other fun stuff; Gilda disappeared.

Norm was indeed a fine hornist who, I soon learned, had played in many groups including the N.Y. Philharmonic and the New York Brass Quintet. I thoroughly enjoyed the session both musically and personally. In the next few years we repeated it many times during which I observed that the cottage seemed to be filled to the brim with first-class Native American art works and some French horns of like quality. And everything, including the music we played from, was beautifully organized and in immaculate condition.

The ravages of time eventually ended our chamber music-ing. But rumors told that the Greenbergs were planning to do something spectacular with their fabulous art collection. The upshot was revealed at the gathering in TFAD's newly refurbished auditorium on Tuesday, April 26th. An impressive delegation of officials led by Rich Holly, the Director for Arts, Roger Manley, Director of the Gregg Museum, Bing Sizemore, Chair of The Friends, and an excellent brass quintet from N.C. State University announced (with fanfare) that the Greenbergs had given their collection, "one of the largest gifts in the histo-

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*With this issue, we introduce a new and ongoing feature—"Ask a Scientist." TFAD boasts many brilliant doctors and scientists and we mean to take advantage of their special knowledge and ability to present that knowledge for non-scientists.*

## ASK A SCIENTIST

by Bennett Galef

### **How do animals come to be so perfectly suited to the environments in which we find them?**

In 1859 Charles Darwin proposed what was to become the most controversial of scientific theories. Although many scientists, from ancient Greece to modern times, had suggested that animals evolved, they had no good idea as to how or why evolution occurred. Darwin provided a materialistic process, natural selection, which in principle at least could be used to account for phenomena as disparate as the great diversity of life on this planet, the distribution of species across the globe and the myriad adaptations that wed each species to its habitat.

I shall be concerned here only with the process of natural selection as it relates to adaptation, the ability of living things to respond to the many challenges they face in their respective natural habitats. Essentially everyone interested in natural explanation of adaptations has accepted natural selection as an explanation for the fit of organisms to their respective environment.

Of course, knowledge of the natural world has increased dramatically over the decades since 1859 and our understanding of the process of natural selection has changed in response. Such change continues to this day, permitting explanation of ever more aspects of life.

The version of natural selection described here dates to the years before a revolution in evolutionary thinking the British biologist W. D. Hamilton introduced in 1964. This pre-Hamiltonian version of natural selection is quite intuitive and more recent conceptions of the process of natural selection are most readily understood by comparison with it. If I have opportunity to write another of these articles, I will use that opportunity to both describe Hamilton's more contemporary, more contentious conception of the process of natural selection, and indicate how Hamilton's work extended the range of adaptations

that natural selection can be used to explain.

In the version of natural selection described here, development of adaptations results from three generally indisputable facts about the natural world.

**First, members of any species vary in appearance, physiology, behavior or any other characteristic that you care to measure:** some are short, some are tall, some have high blood pressure, others low, some invest great resources in their children others respond minimally to their offspring. Whatever characteristic of organisms you measure, it varies among individuals.

**Second, some variability is heritable; it results from expression of genetic material individuals inherit from their parents.** Because of genetic inheritance, children on average have characteristics more like those of their parents than of randomly selected members of their species. If your parents have blue eyes, you are more likely to have blue eyes than if your parents have brown eyes, even if most of the population has brown eyes.

**Last, some heritable characteristics are correlated with reproductive success.** If antler length is heritable in deer, and male deer with longer antlers are more successful in combat with other males than those with shorter antlers or are more attractive to females of their species, then antler length will affect the reproductive success of male deer. Those inheriting a tendency to develop longer antlers will father more offspring than those inheriting a tendency to develop shorter antlers.

**The inevitable result of these three readily demonstrated aspects of living systems is natural selection, an accumulation in populations over generations of those heritable characteristics that increase relative reproductive success.** Such selection, resulting from the inheritance of variations af-

*(Continued on page 7)*

## Welcome, New Residents



Myra Sava

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Myra came to The Forest from Stamford, CT, where her late husband had an accomplished career as a neurosurgeon specializing in cranial and spinal surgery. Myra grew up in New York's Manhattan and Brooklyn boroughs. She attended Marymount and St John's Universities, majoring in English. She moved with her husband to Cleveland when he began a residency at The Cleveland Clinic. The residency complete, the young family moved to Stamford. Myra reared their four children, and his career blossomed. Stamford Hospital is this year naming a new large trauma center in his honor.

Theirs was a high-energy family. Her husband was an avid hunter, woodworker, and private pilot. They made more than twenty annual trips to the highlands of Scotland looking for game and "a wee dram and a laugh." Myra accompanied him, but not into the difficult terrain of the hunt. With a group of friends they purchased a hunting lodge and for more than ten years celebrated the New Year in Scotland.

Voluntarism has been an integral part of Myra's life, especially in organizations trying to assist the less fortunate. Four in Stamford she found rewarding were American Red Cross, BuildOn.org, Neighbor to Neighbor, and Senior Employment Services.



Ebbie & Wes Steen

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                         missbluedevil48@gmail.com

Ebbie and Wes came to The Forest from Raleigh where they had retired in 2014 from Houston to be near their two daughters. (A son lives in NY City.) Wes grew up in Abbeville, LA, and is a native Cajun. He spent his final high-school years in Washington, DC, as a page in the U.S. House of Representatives. He took a BA degree (English) from U.Va. (Wes and Ebbie are ardent Wahoos!) Graduating during the Vietnam War, Wes joined the Navy and at the flight school at Pensacola became an air control officer in the carrier-based Grumman E-2 Hawkeye aircraft.

Meanwhile, Ebbie who had grown up in northern Mississippi was pursuing an education degree at Ole Miss. Her roommate was Wes's sister. Wes and Ebbie were married on their sixth date! After his Naval service, Wes earned a law degree from LSU. He first practiced tax and corporate law and then became a bankruptcy specialist. He retired after 15 years as a U.S. Bankruptcy Judge.

Ebbie and Wes love to travel, especially where they can experience animals in the wild, most recently in Antarctica and in the arctic.

## Welcome, New Residents



**Myra Goldgeier**

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A Baltimore native, Myra came to The Forest from Maryland's Eastern Shore where she and her late husband, Sheldon Goldgeier, had retired fifteen years earlier. They met while he was in medical school. Her first introduction to Durham was when as a young couple he was completing a residency and a pulmonary fellowship at Duke. Myra earned a BA in History from Hood College and later a MLA from Johns Hopkins University. She was a high-school history teacher in Baltimore when Sheldon was an Army medical officer in Korea, and again upon their return from Duke.

Sheldon and a partner set up a private practice in Baltimore. They were recruited as team physicians for the Baltimore Orioles. It became a family affair. Their daughter said "My brother and I grew up in Memorial Stadium ... sitting under the screen behind home plate." Myra confirms, "It was a lot of work, but a lot of fun." Myra also found time for voluntarism and for indulging in golf, bridge, and a book club.

Her daughter is a Vice Chancellor & General Counsel, NC State University. Her son is Dean, School of International Service, American University, Washington DC.

## Wisdom

The wily Odysseus, disguised as a beggar, to Amphinomus, one of his wife's suitors:

**"Listen.**

**Listen closely. Of all that breathes and crawls across the earth,  
our mother earth breeds nothing feebler than a man.**

**So long as the gods give him power, spring in his knees,  
he thinks he will never suffer affliction down the years.**

**But then, when the happy gods bring on the long hard times,  
bear them he must, against his will, and steel his heart.**

**Our lives, our mood and mind as we pass across the earth,**

**turn as the days turn...  
as the father of men and gods makes each day dawn."**

Homer

~ 750 BCE

Robert Fagles translation

Submitted by Anonymous

## Ask a Scientist continued

*(Continued from page 5)*

fecting relative reproductive success, provides the only known, natural, non-random process for the development of adaptations. As one of Darwin's contemporaries noted, "How stupid of me not to have thought of that."

*For 35 years, Bennett Galef taught in the Department of Psychology at McMaster University. His courses applied evolutionary perspectives to understanding the behavior of animals.*

## *Night Sky with Exit Wounds*, by Ocean Vuong

(Copper Canyon Press, 2016)

by Ned Arnett

Among those who choose to live by their wits, few would seem to hold a more precarious grip on survival than the professional poets. Society recognizes the value of what they do and its relatively low market value by offering prizes for what are identified as the best poems and the artists who created them.

One such recognition is The Whiting Award (ten prizes every year of \$50K each to young writers of outstanding promise) and one such awardee is Ocean Vuong who also has garnered six other prestigious awards in the last five years.

Born on a rice farm outside of Saigon in 1988, two years later he and six relatives emigrated to Hartford CT where they started their new life crammed into a one room apartment. His first name was given to him by his mother, a manicurist who loves the beach. Because his family was basically illiterate, he did not learn to read until he was eleven and had to struggle to learn the English language. In 2008 he entered Pace University as a Marketing major, hoping to help support the family, but dropped out and transferred to Brooklyn College where he came under the influence of Ben Lerner who encouraged him to be a writer.

Although America's hapless attempt to project its power into the Viet Nam conflict had terminated thirteen years before Vuong's birth, war and violence are a recurrent theme throughout *Night Sky with Exit Wounds*. The incongruities of war, and more particularly of American pop culture in strange lands, is captured in "Aubade with Burning City" (p. 10), remembering April 29, 1975 when the Armed Forces Radio played *I'm Dreaming of a White Christmas* as the code to begin Operation Frequent Wind, the final evacuation of American citizens and

Vietnamese refugees from Saigon by helicopter. And how about this, from "Immigrant Haibun"?

When we left it the city was still smoldering.  
Otherwise it was a perfect spring morning.  
White hyacinths gasped on the embassy lawn.  
The sky was September blue and the pigeons  
went on pecking at bits of bread scattered  
from the bombed bakery. Broken  
baguettes. Crushed croissants. Guttured cars.  
A carousel spinning its blackened horses. He  
said the shadow of missiles growing larger  
on the sidewalk looked like god playing an  
air piano above us. He said *There is so much  
I need to tell you.* (p. 14)

Vuong is an admirer of Frank O'Hara who was a member of a group of New York school writers who were concerned that sex talk should be a more important part of the common language. So it is not surprising that sex in a wide variety of expressions (e.g. "Ode to Masturbation page," p. 61) is another undercurrent of this book.

For those of us whose idea of poetry was determined by the great standards composed by British masters of verse from the nineteenth century (which we may have committed to memory in high school such as Keats' lyrical "Ode to a Nightingale") the question inevitably arises when faced with contemporary free verse such as that in *Night Sky with Exit Wounds*, "what is poetry anyway?"

Googling this question led me to a variety of authorities who agreed about the difficulty of defining "poetry." I found the comments by Dan Rifenburgh writing for the National Endowment for the Arts to be helpful:

"Like other forms of literature, poetry may

(Continued on page 9)



## Ocean Vuong continued

(Continued from page 8)

seek to tell a story, enact a drama, convey ideas, offer vivid, unique description or express our inward, spiritual, emotional, or psychological states. Yet, poetry pays particularly close attention to words themselves: their sounds, textures, patterns and meanings. It takes special pleasure in focusing on the verbal music inherent in language .”

To this I must add that an important part of good poetry is its ability to inform and to evoke unexpected insights and emotions from the reader’s memories. Herein lies a problem with those obscure modern poems which describe thoughts and experiences so personal that they evoke little or nothing from the memories of the reader. By this criterion, I consider *Night Sky with Exit Wounds* to be reasonably accessible. Vuong doesn’t descend into gratuitously dadaesque gobbledegook .

Some poets also like

to experiment

with formatting

perhaps in the hope

that by physically rearranging

words on the page some more

meaningful expression may be obtained by

physically separating ideas and cadences.

Vuong is such an experimenter and handles it with considerable skill.

The experiences and feelings that Vuong describes are clearly recognizable and understandable to me despite our great differences in age and background. However, his poems evoked little from my memory that was emotionally moving for me. That said, I have no doubt that Ocean Vuong’s *Night Sky with Exit Wounds* will be favored by many poetry lovers as it has been by the leading judges of modern American verse. I can recommend it strongly to Forest aficionados of poetry.

*Ned Arnett is R.J. Reynolds Professor Emeritus,*

*Chemistry, at Duke University, and a poet.*

## Songbird

by Stanley Barlow

Tiny prima donna  
Tight in sudden death  
At the patio door  
I bury this work of art  
And recount that flight  
A song  
A flying along  
Then into the wall of mirror  
Living wonder  
Now only a thing

*Stanley Barlow, an academic dean and professor, taught philosophy at the University of Minnesota, Columbia University, and C.U. N. Y.*

## Spectacles

by Banks Anderson

I was having dinner before the Duke-UNC game with a son-in-law and his close friend Dave and a grandson, when Dave asked a question I have often heard: “Do I need to wear sunglasses outdoors to keep me from getting macular degeneration?”

Dave, this recommendation is based upon two premises. The first is that ultraviolet causes macular degeneration and the second is that sunglasses are necessary to block ultraviolet.

Taking the last first, the darkness of a spectacle lens is not related to UV blockage. A polycarbonate crystal clear plastic lens will block 98% of the UV spectrum while a totally black opaque lens can be made that will pass all of the UV spectrum. The tint in the sunglass blocks *visible* spectrum, what we call “light.” If you believe light causes macular degeneration, you should turn out the lights, wear dark glasses all the time, or just keep your eyes closed indoors and out.

Is there scientific evidence that UV exposure causes macular degeneration? Not really. While at Hopkins, Hugh Taylor did a study of licensed Chesapeake Bay watermen. All had eye exams and ages recorded. All were interviewed. Do you wear glasses or a hat at work? Does your working deck have a Bimini top? In the off-season do you go to Florida or other southern areas and work or play outdoors? How many years have you been licensed or owned a boat? Etc. The data were then collated and each waterman was given a UV exposure index. The higher exposure numbers *did* correlate with an earlier onset of cataract or prior cataract surgery, but there was no evidence of any relationship to macular degeneration. The study was probably underpowered to rule out any UV effect at all, as macular degeneration is rare in the working age group and, if early and severe, they would no longer be licensed working watermen.

So, Dave, just be sure that the lenses in your

specs are polycarbonate and forget the sunglasses. Polycarbonate lenses are highly impact resistant and block almost all UV. There are—including screws—perhaps a dozen different parts to your spectacles. Adding a pair of sunglasses will bring your optical bill to \$700. A really good computer with thousands of sophisticated parts goes for this same amount. Are you surprised that Leonardo Del Vecchio, the owner of Luxottica (Lenscrafters, Pearle Vision, Ray Ban, etc., etc.) is the second or third wealthiest Italian and that his company’s income is around seven billion a year? Do you think effective marketing has anything to do with this?

*Banks Anderson is Duke Emeritus Professor of Ophthalmology.*

### Notes to *Spectacles*

**Sunglasses:** Sunglasses do block UV. The point is that the tint or darkness of the lens is not necessary for that blocking to occur.

**Eyeball:** UV would certainly damage the retina and macula if it got there. Humans are diurnal animals and the eye has evolved to block UV. Absorption of UV in the cornea which is the clear window at the front causes snow blindness. This sunburn of the eyeball causes enough tearing and discomfort to incapacitate mountaineers. The UV that manages to penetrate the cornea is absorbed in the lens accelerating the development of cataract. There is additional protection from the fluids filling the eye.

**Del Vecchio:** Leonardo’s mother gave her infant to nuns to rear after the untimely death of her husband. As a teen he apprenticed to a tool and die maker in Milan. In 1961, when he was 24, a small north

*(Continued on page 11)*

**Spectacles** continued*(Continued from page 10)*

eastern Italian town left destitute by the collapse of the mining industry offered him space and start up assistance in his fabrication of spectacle frames. His entrepreneurial genius did the rest. When he is not on his yacht or in the US, he continues to be the resident deity of Agordo, Italy.



Paul Bryan and students  
at the ceremony

**Greenbergs** continued*(Continued from page 4)*

ry of the arts at N.C. State,” to the University together with an endowment for a student brass quintet. The collection will be housed in the Norman and Gilda Greenberg room. In the process they were presented the Bowers Medal of Arts in behalf of NC State’s Gregg Museum of Art and Design.

The award ceremony was highly distinguished, honoring the Greenbergs and also bringing a special dignity to The Forest.

Neither Norm nor I will be able to enjoy playing chamber music in the N & G Room. But it seems appropriate that the sounds of the brass quintet will resound regularly and forever.

*Paul Bryan is Professor Emeritus, Department of Music, at Duke. A noted brass player, he was for many years conductor of the Duke Wind Symphony.*



The Greenbergs, Rich Holly, and  
Bing Sizemore

## **An Appreciation for Joanne Ferguson**

by Maidi Hall  
(for us all)

**THANK YOU** for ten years of editing *The Forester*!

**THANK YOU** for ten years of diplomacy in dealing with staffers, interviewees, and contributors!

**THANK YOU** for ten years of faithfully writing the lead interview!

**THANK YOU** for ten years of being open to suggestions re: punctuation, grammar, spelling, capitalization, format, etc., etc., etc.!

**THANK YOU** for ten years of getting the copy in on time for the printer's deadline!

**THANK YOU** for ten years of remaining calm when disaster loomed! And even when it happened!

**THANK YOU** for ten years of your life devoted to this publication. Maybe you'd like to have those ten years back, but your loyal staff and loyal readers are very glad indeed that you gave them to *The Forester*.

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