

Joan Nelson and Emily Crane-Little—Our Social Workers

by Shannon Purves

Our two social workers—Joan Nelson, who started here in March 2017, and Emily Crane-Little, who came aboard in August 2018—have been working closely to implement The Forest’s revised social work model to strengthen continuity of care. Every resident is assigned a social worker who follows that resident throughout his or her experience at The Forest. Getting to know the residents, their families, and the people with whom they interact daily ensures Joan’s and Emily’s ability to advocate for them. Their ultimate goal is to meet every new resident within 60–90 days of their moving in. Emily will contact those whose last names begin with A–K and Joan the L–Zs.

For those of us who aren’t new arrivals, Joan and Emily invite us to come over and meet them where they work so they can tell us what they do, give us a guided tour of the Health and Wellness Center, and answer any questions we might have. Their offices are on the 2nd floor of H&W, the doors open for visits. It is very clear, talking with Joan and Emily, that this is not an idle invitation. They mean it and offer their phone numbers

- Joan: 919-419-4073
- Emily: 919-433-2371

and their email addresses

- Joan: JNelson@forestduke.org
- Emily: ECrane-Little@forestduke.org

How did these two energetic and obviously very committed geriatric social workers become passionate



Joan Nelson and Emily Crane-Little

about this particular aspect of the profession? Interestingly, both were deeply influenced by their fathers.

Joan’s father recognized his teenaged daughter’s interest in helping people and, being ambitious for her, suggested that she become a lawyer. Once on that route, however, Joan realized that wasn’t the way she wanted to help. When she made it clear that social work appealed in a way law did not, her father was wholly on board. She proceeded first to college (St. Thomas Aquinas College) for her BS in social work and then to graduate school (Fordham) for her MS in social work. Her first job, at Northern Services Group, owners and operators of independent-living facilities,

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The Forester

The newsletter of the Residents' Association of the Forest at Duke, Inc., 2701 Pickett Rd., Durham, NC 27705-5610. Published monthly except July, August, and September by and for the residents:

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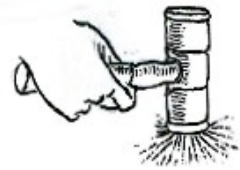
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President's Podium



by Russell Jones

Remembering the resident/team member holiday party in December is a great way to begin the New Year. The food and music were great, but best of all was the friendship shared from the tables in the Auditorium down to the raffle baskets in the foyer. And thank you for the contributions to the Employee Appreciation Fund – it is a very important way to concretely express our thanks to TFAD team members.

There is a lot of Residents' Association activity underway. As I write this, thanks to **Carol** and **Wes Carson**, plus **Elodie Bentley** and **Marilyn Hogle**, the *2019 Pictorial Directory* has gone to the printers. It should be back about the time you are reading this. Along those same lines, with extra effort by **Bill Losee**, the Marketing Committee and Marketing Department, photos of our newest residents will soon be posted in Connections – a great way to get to know our new neighbors. Also, our Resident Services Committee under the direction of **Jean Vail** is growing. New subcommittees include the Diversity & Inclusion Collaborative chaired by **Judith Shannon**, and Health & Wellness Volunteers chaired by **Wes Carson**. Please contact Judith or Wes for more information.

Regarding our wonderful Encore Store: donations are what make the Encore Store work, but they must be pre-approved to ensure that they contribute to the store's mission. On the IRS front, Residents' Association taxes have been filed, which is a requirement for maintaining our tax exempt status.

And finally, I am sorry to announce that **Karen Raleigh** has resigned as Treasurer of the Residents' Association. The Board has appointed **Ken Barrett** to fill out Karen's term.

Don't forget the Residents' Association quarterly meeting. I'll see you in the Auditorium at 2:00 PM on Monday, January 21st.☺

In Memoriam

James Shuping	December 2, 2018
Agnes Lorraine Clark	December 4, 2018
Mary Ruth Miller	December 6, 2018
Gail Jebens	December 7, 2018

Library Science 101

by Carol Reese

GENESIS OF THE LIBRARY

In the beginning (1993 to be exact) was the embryo of a library—it consisted of some donated books on a little bookcase. Slowly, through generous resident donations, the Library expanded its shelving until it filled up an entire room on the third floor of The Forest. During this time period, the librarians installed a computer system to keep track of the collection and its use. In addition to helping to keep some control over the collection, the Online Catalog enables all residents to see what the Library has, by title, author, or subject. This **Online Catalog** is accessible through the **Residents' Association Website** (www.forestres.org). The Library continued functioning as best it could until its new home in the Community Center was completed in 2016.

EXODUS OF THE COLLECTION

The collection was moved and the new Library then opened for business. Since the Library was now in a central location, the decision was made to make the collection, including the newspapers and magazines, accessible 24 hours, 7 days a week.

While the Library has moved, its main method of adding new items has remained the same: donations from residents. However, over the years some residents have generously made cash donations to the Library. These cash donations, plus monies the Library has accumulated from book buyers and its own book sales, have enabled the Library to make specific purchases over the years, especially of large print books. As expected, the Library receives very few large print books via donations. In order to better serve our residents with vision issues, we must actively search Amazon for the latest books recently

published in large print format. Through this active search method, the Library has been able to add such current publications as J. D. Robb's *Leverage in Death*, Faye Kellerman's *Walking Shadows*, and Michael Connelly's *Dark Sacred Night* to its collection in the large print format. If you have any books you wish to recommend for purchase in regular or large print, feel free to complete one of the **Library Suggestion Cards** which you will find in the plastic container on the table just inside the Library doors. In order to continue this practice, the Library appreciates any monetary donations residents wish to make at any time of the year.

BOOK REVIEW

I just finished reading Stephen Hawking's *Brief Answers to the Big Questions*—a collection of some of his lectures, memoirs, and nonacademic writings he selected to revise and incorporate in this book. Unfortunately, Dr. Hawking died before he could complete the review process; but he came close enough so that his colleagues could finish it for him. He discusses everything from “Is There a God?” to “Can We Predict the Future?” and “Will Artificial Intelligence Outsmart Us?”. While I still didn't understand all the physics involved, the majority of the book is written for the lay person. In all this, what I found most amazing was that here was a man confined to a wheelchair most of his life, who toward the end could only move a few muscles in his face, but stayed curious about the universe and encouraged others to be curious and never to give up no matter how difficult life may seem. He followed his own advice to the end and brought knowledge and inspiration to the world.‡

Our Social Workers ...

(Continued from Page 1)

assisted-living facilities and nursing homes, lasted 26 years as she worked her way up to becoming the administrator of Northern Services' assisted-living facility. She says she might have stayed there forever if her husband had not persuaded her to move south to North Carolina, a place he longed to be. She wasn't as enthusiastic about this move, but she says her job here has more than made up for any lingering homesickness.

Emily's father was deeply important to her as well. He was diagnosed with terminal cancer her freshman year of college. When he died two years later, she volunteered, in his memory, at a cancer center. This, she says, changed her life, making her recognize her deep inclination to help people in need. As a result, she changed her plans for her graduate studies. With a BS in psychology from Appalachian State University in hand, she proceeded to work towards an MS in Social Work there, rather than Marriage and Family, her original choice. With those two Appalachian State degrees in hand, she got her first job at a hospital in Boone, NC. During the summer of 2017, she obtained her Accredited Case Management certification in social work. And the following summer she accepted the job offer from The Forest.

Joan and Emily sport very different regional accents (Joan grew up in the New York City area, Emily in small town North Carolina) and are of different generations (Joan and her husband have two grown daughters; Emily and her husband married a year ago and are parents to Belle, their 4½ pound Yorkie). But what they have in common—strong devotion to their calling—makes them a perfect team for us.‡

Forks

by Ned Arnett

“When you come to a fork in the road, take it” is an oft-quoted aphorism from Yankee catcher Yogi Berra, arguably America's most popular philosopher since Will Rogers. Clearly, he's talking here about decisions, since much of the flow of adult life involves making good choices after imagining the consequences and weighing them. Since time flows in only one direction (as required by the second law of thermodynamics) we can't go back and rerun the important decisions that resulted in bad outcomes.

I can remember several big forks in the road in my life and the strong advice I was given to take a different path from the one I took. Who knows where I'd be or what I'd be like if I'd elected to live in the imaginary world determined by all the choices I decided not to make, or all the advice I decided not to follow?

Although experience is often cited as the great teacher, people vary enormously in their ability to learn from it. Some of us are much more teachable than others. It would make things simpler if everything were determined by our choices, but so much of what happens to us actually depends on decisions, good and bad, made by other people.

And always in the background is the mysterious, imponderable thing called LUCK that can suddenly change everything. Who could have foreseen that the deciding vote on the admissions committee of the college you most wanted to attend would be made by a dean who was having a really bad day and decided that they already had enough students from your high school? Tough luck, you were sent down a different fork from the one you wanted, but which helped make you what you are here now fifty years later.‡

Ned Arnett is Professor Emeritus of Chemistry at Duke, harmonica player, philosopher and frequent contributor to The Forester.

Welcome New Residents

Mary Ann & Tony Parrent

Cottage 56 301-806-0875



Mary Ann and Overton “Tony” Crockett Parrent arrived at TFAD in the summer of 2017. Theirs has been a very long hello—for sixteen months and counting, they have been transitioning to us from their home in Silver Spring, MD. Tony was born and grew up in Frankfort, KY; Mary Ann was born in Teaneck, NJ but grew up (*and learned to talk*) in Mississippi. It was in Nashville that they met as grad students at Vanderbilt—she in nutrition, he in math and physics.

Mary Ann became staff dietitian for polio and pediatric patients at Vanderbilt University Hospital; chief medical dietitian at the Washington Adventist Hospital, and a visiting dietitian for their home care service.

Mary Ann and Tony share a love of music. He served as director of music at their Presbyterian church for 25 years; director of the Festival Choral Society of Montgomery County, Maryland for 10 years; and director of the Glee Club, Band and Madrigal Singers at the Naval Surface Warfare Center in Maryland for 35 years. Mary Ann, who routinely participated in the choral groups that Tony directed, also lists sewing and helping Tony with his homebuilding and woodworking projects as her hobbies and hopes to get back to pastel drawing.

Tony was a civilian scientist at the Naval Surface Warfare Center in Silver Spring, MD. There he became principal systems safety engineer and director of systems engineering for testing and evaluating underwater naval weapon designs. He served as the US naval representative to NATO committees and was a founding member under the US/UK Memorandum of Understanding responsible for the design and evaluation of mutually agreeable test procedures for weapon systems.

Ann Claypoole

Apt 3003 919-225-9181

Ann was born in Gallipolis, OH and grew up in Wellston, OH. She earned her BA in psychology at Ohio State University. She married Howard Franklin Claypoole (Frank) whom she met while he was in law school. His first job was with Frigidaire Corporation in Dayton, OH, for two years, and then he joined a law firm, practicing family law for the rest of his career.



As her children were growing up, Ann volunteered to lead a Cub Scout troop and later Brownie and Girl Scout Troops. She served on a high school support board and was a docent at the Dayton Museum of Art. Ann also taught elementary school when her children were older. Later, when they were about to leave home, Ann went to the University of Dayton for her Masters degree in counseling and then worked as a school counselor for a number of years.

She was active in the Junior League of Dayton and was on the board of her PTA. When Frank retired, they moved to Durham in 2001 to be near their children.

Her daughter Elizabeth has an MS in human resources management and works as human resources director for a company in Research Triangle Park. Her son Ted has a Duke undergraduate degree, but followed his father to Ohio State for his law degree. He practices in Atlanta with expertise in computer privacy issues. Ann has three granddaughters in Atlanta.¶

(Parrents Continued)

In recognition of his career achievements Eastern Kentucky University named him a Distinguished Alumnus; the US government honored his 42 years of “outstanding technical service;” and the governor of Kentucky named him a Kentucky Colonel.¶

The Forest Is Alive with



Durham Nativity School Chorus

Photos below by Dean

Photo above by Jenna Craig



United Church of Chapel Hill's Bronze Voices Handbell Choir



Durham Children's Cantare Choir
(Forest Singers seated quietly behind)

the Sound of Music!



Combined Durham Children's Bel Canto Choir and Forest Singers

Photos below by Bennett

Photo above by Dean



Ages from nine to ninety nine!

Why Was Chanukah “Early” This Year?

by Judith Siegel

The Jewish calendar is based on the lunar cycle, unlike our standard calendar which is based on the cycle of the earth around the sun. The average lunar month is $29\frac{1}{2}$ days, the time for the moon to complete a full cycle. Each month starts with the “new moon”—i.e., when the first sliver appears after its disappearance. The 12-month lunar year is approximately 354 days, or about eleven days shorter than the solar cycle of $365\frac{1}{4}$ days. Thus a particular day of the Jewish year will come about eleven days earlier, when compared to the solar calendar, from one year to the next.

Three of the main Jewish holidays—Succot (or Tabernacles), Pesach (Passover), and Shevuot (Pentecost)—originated as harvest holidays. If there were no correcting feature in the calendar and these holidays were allowed to “wander” over the years, it would not be long before they were divorced from any connection to their actual harvest time. As a corrective, the Rabbis in ancient times devised the idea of a leap month. In a cycle of nineteen years, seven years will have a month added to the year and will have thirteen instead of twelve months; this will occur about once every three years. The leap month is added in February or March.

This year, which began in September, is the last before a leap month will be added this March. In this final year of the approximately three-year cycle, a holiday will come “early” in comparison to our secular calendar. Next year, after the addition of the leap month, Chanukah will be “late.” This fluctuation will occur for all the Jewish holidays.

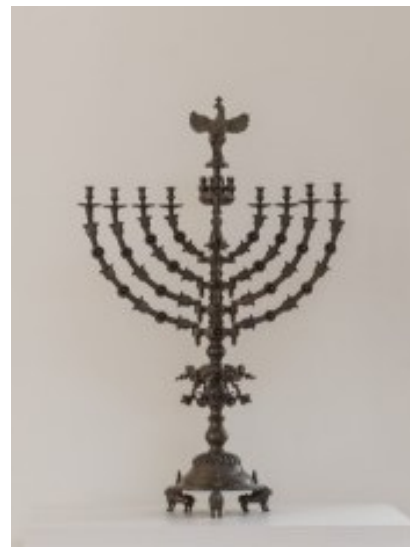
The Moslem calendar is also based on the lunar year. However, since its religious calendar does not include harvest holidays, there is no need to connect holidays to a particular time of the year. Thus, their

holidays do “wander,” and the same holiday can occur in any month over the years.

The design of the Jewish calendar was actually a very sophisticated accomplishment of astronomy, for in addition to the requirements cited here, there were several other religious factors to be considered in its design—for example, Yom Kippur, the Day of Atonement, can never occur on a Friday or Sunday, which would make it overlap with the Sabbath.

I hope this helps explain the seeming fluctuations of Jewish holidays.✚

Judith Siegel is a retired attorney who worked for Legal Aid in the Durham office which served a six-county area of North Central North Carolina. Prior to that, she was a stay-at-home mom, part-time teacher and then principal of the Beth El Religious School in Durham. She is married to Lewis Siegel.



Standing Chanukah Lamp

Standing Lamp for a Synagogue, in the Judaic Collection of the North Carolina Museum of Art. Copper alloy. Stands 60 inches high. Dedication dated 1770/1771. Eastern European, probably Galician (present-day Poland or Ukraine).✚

May You All Have a Happy New Year, 2019

by Usha Gulati

I hope all our Forest residents, administrators, and employees had a great 2018. It is time now to pause and pray, to reflect and ponder as we enter the new year, 2019.

Let us look inside our hearts and ask ourselves: Whom do I see as “mine?” I’ll know who I am, not so much by knowing whom I *include* in my life, but by knowing whom I *exclude* from my thinking and from my concerns. “This person is mine while that person is alien—this kind of thinking belongs to small-minded people. But the entire world becomes a family to those whose hearts have expanded.” I’m sure we want to be among those whose hearts have expanded. There is a verse in the classical Sanskrit language of India which, when translated, asserts: *The whole world is my family.*

To realize the truth of this Sanskrit verse, we need more and more people of expanded hearts. That alone can promise inclusion and strengthen our communities. This is the truth regarding inclusion: the smaller my heart gets, the fewer are the people included in my circle. When my heart truly expands, I’ll find that no one is a *stranger*. Everyone becomes my own, my brother or sister, friend or neighbor. Indeed, I should love my neighbor as myself; I am not separate from anyone, but I am one with everyone.

The nature of such an identity is love, rather *true love*. And love is, indeed, the divine power, divine essence, which seeks to remove all separations. When such love fills the heart, we won’t merely *tolerate* one another, but we’ll *accept* them as our own. Then you and I won’t be just *we*, but you and I would be *one*.

Such a loving *relationship* is indeed the need of this hour. Mind you, we don’t have to *become* loving, for

love is our true nature. But we need to manifest that love by freeing ourselves from hatred, fear, envy, and jealousy.

May everyone have a very, very happy 2019! ॐ

Usha is chair of the Outreach Subcommittee of the Diversity & Inclusion Collaborative at The Forest. Born in India, she worked as an Air Hostess with Indian Airlines and in New Delhi with the US Information Service. She has advanced degrees in education and library science. Usha has taught Yoga, Meditation, and Indian Vegetarian Cuisine in OLLI at Duke. She is currently program director of the Spiritual Study Center of the Vendanta Society of North Carolina.

TWENTY YEARS AGO IN THE FORESTER

New Year Thoughts

by Ellen Cheek Dozier

As long as men wonder
about flowers and humming birds,
computers and moon trips,
Miss Muffet’s whey and curds;

As long as people care
about different folk on the earth
pots of gold at the rainbow’s end,
the miracle of birth;

As long as creatures strive
with joined hands, to put malice aside,
this old world will keep spinning and
Happy New Years abide.

[This piece above was first published in The Forester, January 1999, page 5, Volume 5, Issue 10.]

Ellen Cheek Dozier (1919–2011) was a Pioneer resident of The Forest. She was a member of the Forest Singers, a contributor to The Forester, and a prolific writer of verse.

VETERAN'S DAY AT THE FOREST**Sergeant Alvin Cullum York**

by John Duvall

November 11, 2018, Veterans Day, marked the one hundredth anniversary of the end of World War I, a conflict that saw the loss of millions of soldiers and civilians, destroyed the Russian, German, Austro-Hungarian and Ottoman empires and reshaped the map of the Middle East. Although few of us think about that long-ago time in world history, the impact of the Great War, or the “War to End All Wars” lives with us today. Out of the ashes of the terrible conflict in Europe and the Middle East, America rose to a position of international power and leadership, which is still the case in the new millennium a century later.

One of the great heroes of the American Expeditionary Force (AEF) in France was Alvin Cullum York. He was born in rural Tennessee in December 1887, one of eleven children in a very poor family. His father was a blacksmith and a farmer. Like his siblings, Alvin had to quit school early in order to support the family. From his teen years Alvin helped by working as a logger and on construction jobs. He also provided food for the family table by hunting in the heavily wooded hills around his home in Pall Mall, Tennessee. Alvin was a crack shot, winning all of the turkey-shoot contests held regularly in his region.

World War I presented Alvin with a moral dilemma. He grew up as a member of the Church of Christ in Christian Union. Although he was a frequent churchgoer, he was also a hard drinker, prone to fist fights and other drunken activity. In 1914, as Europe was going to war, Alvin had a conversion experience, and he became a passionate believer that man should not engage in war. Faced with the national draft when America entered the war in April 1917, Alvin felt he should be a conscientious objector. His request for that status was still pending when he was called up.

Alvin York was drafted in November 1917 and entered service with the 82nd Division at Camp Gordon, Georgia, then in the suburbs of Atlanta. He was a member of G Company, 328th Infantry, one of four infantry regiments in an enormous Army division of twenty-eight thousand soldiers and five thousand horses and mules. In terms of equipage and weaponry,



Frank Schoonover 1919 Depiction of York's Battle

the 82nd in its early days was more akin to a Civil War unit than a modern machine-gun and artillery equipped army such as those fighting in Europe.

As the 82nd moved to France in the spring of 1918, Alvin continued to struggle with his religious convictions, but over time he became convinced that he was involved in a just cause; he knew that God would keep him safe and return him home to Pall Mall. After training with French and British units in quiet sectors of the front lines, the 82nd, equipped largely with British and French designed rifles, machine guns and artillery, deployed to northeastern France. It was in the Argonne Forest that Alvin came face to face with war at its worst.

Near the tiny village of Cornay on October 8, 1918, Alvin was part of a platoon that came under German machine-gun and artillery fire that wounded or killed more than half his outfit. Using the hunting skill he learned in the hills of Tennessee, Alvin took on the Germans single handed.

Here is his memory of the fight: “Their machine guns were up there on the heights overlooking us and well hidden, and we couldn’t tell for certain where the terrible heavy fire was coming from ... And I’m telling you they were shooting straight. Our boys just went down like the long grass before the mowing machine at home. Our attack just faded out ... And there we were, lying down about halfway across the valley and those German machine guns and big shells getting us hard.”

Alvin returned accurate fire, killing most of the German machine-gun crews firing at his platoon. When he was attacked by five enemy soldiers with bayoneted rifles, he used his 45-caliber pistol to shoot the Germans sequentially, starting with the last man

and moving forward to the first. So astounded were the Germans that they offered to surrender. With twenty or more enemy dead left in their machine gun positions, Alvin and his remaining platoon members marched 132 Germans to the rear. For this extraordinary feat of arms, Alvin was promoted to sergeant and awarded the Distinguished Service Cross, which was later upgraded to the Medal of Honor on the recommendation of General John J. Pershing, AEF Commander.

Alvin York became a legend in the Meuse Argonne fight. He received the Croix de Guerre, Medaille Militaire, and the Legion of Honor from the French Republic, pinned on his uniform by the great French Commander, Marshall Ferdinand Foch. He received many other honors, but Pall Mall was where his heart was, and he returned to marry and work in his Appalachian region. A legend in his own time, Alvin pushed away national acclaim, even when Hollywood decided in 1941 to make a movie about his life and exploits. He opposed the movie but finally relented, allowing Gary Cooper to portray him on the silver screen. The film was a national sensation, and Gary Cooper won the Academy Award for Best Actor.

In 1942, as American Army units were again training for war, Alvin York was called to speak to the soldiers of the newly reactivated 82nd Infantry Division. Years later, in September 1964, Alvin was laid to rest in his beloved Pall Mall by the entire general staff, band and honor guard of the All-American 82nd Division, America's premier airborne unit. General Matthew Ridgway represented President Lyndon Johnson.

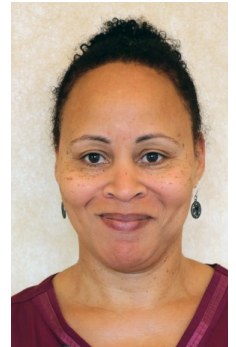
On November 11, 2018, the nation and the world paid homage to the soldiers of World War I. An estimated 40 million military and civilian casualties were recorded for the period 1914-1918. Of that total, an estimated 9 to 11 million soldiers died from all causes. American war dead numbered 116,708. We should keep these losses in our minds and hearts. French President Macron of France said it best, when he proclaimed in Paris: "Let us not forget, because the remembrance of these sacrifices urges us to be worthy of those who died for us that we may live free."‡

John Duvall spent over thirty years as historian and museum director for the U.S. Army at Fort Bragg, focusing for twenty on the 82nd Airborne Division.

CAROL'S CORNER

Adrienne Arnette Henderson by Carol Oettinger

Before Adrienne came to The Forest, she worked in housekeeping at the Radisson Hotel. She wanted a change, so one day she went "riding around looking for something." She came to The Forest, which looked nice and clean, inside and out. She talked with someone in Housekeeping and decided this was the place for her. She applied and was accepted in November of 2012. She likes working here and enjoys the residents. Every resident who has had her services sings her praises. I am one of the lucky ones. Adrienne not only does the required things, but finds extra jobs that need to be done, such as a smudged window pane now bright and shining. And she always remembers the special things I like done. She is a very pleasant person to have in one's home.



Adrienne's father was a tobacco farmer and as a teen she worked with the tobacco. She says, "It's just as hard as it looks." He also had a large vegetable garden that needed care. Harvesting was a lot of work, but "those fresh veggies tasted delicious."

She was married and has a daughter. She always lived in Durham until 2005 when she moved with her daughter to Chapel Hill. Her daughter graduated from Pembroke University last spring. She majored in psychology and is looking for work in that field.

Adrienne likes to watch old movies; Turner Movies are her favorites. She also loves to watch basketball. Sometimes she plays basketball in Homestead Park in Chapel Hill. She likes to take long walks. She goes to church at Barbee Chapel. She likes to read and reads many religious books.

Adrienne has some plans for the future. She would like to go back to school. She has always had an interest in dental technology. She would also like to travel and explore new places. She says, "I think that life is short. Each time you are blessed with another day, you should joyfully live it as if it is your last."

I think that we are lucky to have Adrienne in our Forest family.‡



Snowbound

Photos taken at The Forest the day following the early December snowstorm. Resident photographers were (clockwise from top left): Sharon Dexter, Bennett Galef, Sharon Dexter, Russell Jones, Sharon Dexter, and Dean McCumber.

