

Cindy Heffner—Receptionist Plus

by Shannon Purves

Cindy Heffner, who has been at The Forest at Duke's front reception desk since August 2015, is, above all else, a person whose life has been led and enriched by intellectual curiosity.

A Durham resident since the age of six when her parents—who were restaurateurs—moved here to take over and run a place called Honey's, Cindy attended Durham public schools and began her college career at East Carolina University. After two years there, realizing her increasing interest in technology, she transferred to the Watts Hospital School of Radiologic Technology where she spent one year. About that time, she met her husband-to-be, a Duke student, and took a job as a claims representative for an insurance company until his graduation when she moved with him to Wake Forest where he attended law school. Upon his graduation, the two moved to Atlanta where he took a position in a law firm and Cindy worked at a private hospital as an assistant to the director of an employee assistance program.

She loved that job and so, when she divorced and returned home to Durham, she took another medically oriented job, this time at UNC's medical school where she was the coordinator of the third-year students' clinical rotations. Her ever evolving interests ultimately led her to a 24-year career at Glaxo Smith Kline's division of Drug Safety and Pharmacovigilance. There, she held a number of positions with ever-increasing responsibilities and interests, the most rewarding as Monitor of the

first multi-drug, multi-company collaborative study of prenatal use of anti-viral/anti-retroviral drugs in pregnant women.

Somehow, during the years at Glaxo, Cindy managed to continue her undergraduate studies and, in 1995, received her Bachelor's degree in Justice and Public Policy from North Carolina Wesleyan College in Rocky Mount. And, in 2011, she was accepted as one of a handful of candidates admitted into a condensed course in a Health Information Technology Workforce Training Program and went on to achieve her credentials as an HIT Pro trainer.

Shortly after this, Cindy deemed it was time to cut back on work to enjoy more leisure time. Interesting part-time work was her plan and the receptionist job at The Forest at Duke seemed made to order.

Cindy has one sibling, an older sister who shares her love of Durham—and of dogs—and with whom she spends cherished down time. Cindy's dog family comprises two now fairly elderly pets—Neesy, a 13-year-



(Continued on Page 11)

The Forester

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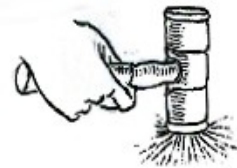
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President's Podium



by Wes Steen

The Residents' Association procedures for electing officers and directors is a bit convoluted. Let me help orient newcomers and at the same time encourage everyone to participate in the process. Recruiting and electing good candidates is essential to the success of the RA. You will get formal notices and explanations later; this is just an "early alert" because this is my last President's Podium column prior to some of the election milestones. You should start thinking about it now.

On October 21, 2019, we will elect a president, a vice-president, and three directors.

The first steps in the nomination process are already complete. Alex Denson has appointed Vic Moore to chair the Nominations and Elections Subcommittee, and Vic has appointed his six Subcommittee members.

About midsummer, I will write a formal notice inviting RA members to recommend to the Subcommittee candidates for the open positions. You can start submitting recommendations as soon as you like, but note that the letter soliciting recommendations will include a hard deadline. The Subcommittee will consider all potential candidates and by September 21, the Subcommittee will publish a proposed slate of candidates, one candidate per office. That notice will also advise RA members that they may (with endorsements by three other RA members) propose additional candidates; the notice will specify the deadline. Information on all candidates will then be published and there will be a "Meet and Greet" opportunity. RA members will vote at the annual meeting on October 21.

Your participation in this process is important. If you are willing to serve, or if you can suggest a great candidate, let Vic Moore know. ¶

In Memoriam

Nora Staley	April 28, 2019
Beatrice Totten Selleck	April 30, 2019
Marjorie Jones	May 5, 2019

Library Science 101

by Carol Reese

ROUNDUP TIME

In this last article before the summer break, it's a good time to summarize our activities for the past year. Before I do that, I want to thank all the resident volunteers who helped make this year a successful one. Over 25 of your fellow residents work throughout the year to keep the Library functioning and provide the various services for you to enjoy.

Among other things, this year the Library has:

1. Changed over to an updated library system with an improved online search database.
2. Held three in-house book sales which raised enough funds to buy standard supplies needed.
3. Created a basic Library floor plan and posted it at the Library's entrance.
4. Developed four book exhibits (with an additional one coming this summer) to highlight various parts of the collection:
 - a. In honor of veterans, materials on World Wars I and II;
 - b. To celebrate Black History Month (February), an exhibit on Black Culture in the Modern World;
 - c. To celebrate cultural diversity, a collection by and about people from different cultures;
 - d. In preparation for the summer months, an exhibit that features books based in different cities in the U.S.
5. Handled and processed almost 1900 donations from September through the middle of May:
 - a. Hardcover books – 1,094
 - b. Softcover books – 595
 - c. Paperback books – 124
 - d. DVDs, CDs, Puzzles – 81
6. Added over 190 new items to the collection: 80% were from donations and 20% were purchased using donated funds.
 - a. Fiction – 83
 - b. Mysteries – 27

- c. Large Print – 27
- d. Biographies – 8
- e. In-House Authors (books by residents) – 6
- f. Nonfiction – 21
- g. DVDs, CDs, etc. – 21
7. Participated in the first Volunteer Day at The Forest; created a photograph album that demonstrates the different library activities.

LAST BOOK REVIEW FOR THE YEAR

Nathaniel Philbrick's latest book, *In the Hurricane's Eye: the Genius of George Washington and the Victory at Yorktown*, helped me to understand and appreciate Washington more than any of my many American history courses in high school. It also showed me that our revolution was truly a global war which involved not only England and France but also the other world power, Spain. In fact it turns out that the French couldn't have supported Washington in his siege at Yorktown if the Spanish ambassador hadn't provided the funds to the French to pay for their ships and army. The title refers to Washington's efforts to keep his army together even though Congress hadn't provided funding for months and the colonies were unwilling to supply the necessary soldiers and, at the same time, trying to get the French to support him in his plans. As straight history, this book is full of interesting insights. However, it also reminds us that times might be tough but we can manage to survive and flourish. Philbrick relates how Washington, in 1781, lamented that he now had to deal with second-rate congressmen who would prefer to placate the English crown rather than fight for independence. Yet, he and his army managed not only to survive but convinced the British to surrender. While Yorktown didn't end the war, it was the beginning of the end for the British in these colonies.

Enjoy your summer. ☼

On Freedom

by Umesh Gulati

The first Parliament of World Religions was held in Chicago in September 1893. Swami Vivekananda, an unknown thirty-year-old monk, a delegate from India representing Hinduism, leapt into fame when he opened his address with the words, “Sisters and Brothers of America.” At these five words, the entire congregation of over five thousand rose to a standing ovation. His vast knowledge, deep spiritual insight, fervid eloquence, and charisma made an irresistible appeal to the delegates and to the many Americans who subsequently came in contact with him.

He declared the Parliament a vindication of the Bhagavad-Gita doctrine of the Divine: “Whosoever comes to Me, through whatever form, I reach him; all men struggling through paths which in the end lead to Me.” In America his mission became the interpretation of India’s spiritual culture, especially its Vedantic setting: *Each soul is potentially divine. Manifest this Divinity within and be free.*

Swami Vivekananda spoke widely in America and also in England. Disciples accompanied him to India, including two women—one English, another an American from Detroit—who helped him in the furtherance of women’s education in Calcutta.

By 1898 there was already considerable agitation in India to be free of British rule, and Swami Vivekananda was one of the patriots inspiring the nationalistic cause. On July 4, 1898, he was traveling with American disciples in the Himalayas, and as part of “a domestic conspiracy,” as it were, he prepared the accompanying poem “To the Fourth of July” to be read aloud at the early breakfast to celebrate the anniversary of the American Declaration of Independence. (*India became free in 1947.*)

In his patriotism he advocated against the social ills of illiteracy, the oppressive caste system, and unhealthy living conditions. He worked to uplift the poor downtrodden masses of India, heeding the teaching of his Guru, Sri Ramakrishna, that service to man and woman is the highest form of worship, rather than the rituals and myths of an ancient faith.

Swami Vivekananda left his mortal body on July 4, 1902. He was only 39 years old. Jai Swamiji! ‡

To the Fourth of July

by Swami Vivekananda

Behold, the dark clouds melt away,
That gathered thick at night, and hung
So like a gloomy pall above the earth!
Before thy magic touch, the world
Awakes. The birds in chorus sing.
The flowers raise their star-like crowns—
Dew-set, and wave thee welcome fair.
The lakes are opening wide in love
Their hundred thousand lotus-eyes
To welcome thee, with all their depth.
All hail to thee, thou Lord of Light!
A welcome new to thee, today,
O Sun! Today thou sheddest *Liberty*!

Bethink thee how the world did wait,
And search for thee, through time and clime.
Some gave up home and love for friends,
And went in quest of thee, self-banished,
Through dreary oceans, through primeval forests,
Each step a struggle for their life or death,
Then came the day when work bore fruit,
And worship, love, and sacrifice,
Fulfilled, accepted, and complete.
Then thou, propitious, rose to shed
The light of *Freedom* on mankind.

Move on, O Lord, in thy resistless path!
Till thy high noon overspreads the world.

Till every land reflects thy light,
Till men and women, with uplifted head,
Behold their shackles broken, and
Know, in springing joy, their life renewed!

Umesh Gulati is professor emeritus at East Carolina University. Umesh and his wife Usha at the first opportunity acquaint other Forest residents with the food, dress and relationships of Indian culture.

Welcome New Residents

Sharron & Ken Parker

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Ken grew up in Denver, studied physics at the University of Colorado and became a research scientist at NASA's Ames Research Center in California. He then earned a masters in physics at the University of Oregon and another in computer science at the University of Virginia. In 1968 Ken moved to Greensboro, NC, to join a computer services startup company. There he met Sharron through an outing club at UNC Greensboro. Sharron was somewhat outdoorsy, but mostly anxious to meet guys, after realizing too late that UNCG had been an all-woman school until just recently—something that Ken had been quite aware of, taking night classes.

Sharron was born in Ithaca, New York, and spent early years in Park Ridge, Illinois, before the family moved to Largo, Florida. She is a 1968 Duke graduate who went to UNCG for graduate study in art and interior design.

They moved to Raleigh when Ken began working at the State Department of Corrections developing information tools. Sharron learned about the ancient art of making felt and pioneered new techniques. She shows her handmade felt wall pieces throughout the U.S., and internationally through the Art in Embassies program.

Building on Sharron's college adventure hitchhiking through Europe, they continue to travel, documenting their trips in book form with photos they both take and narratives that Ken compiles. ¶

Louise Pannill

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Louise grew up in Durham and went to Sullins College in Bristol, VA, where she met her husband, Harry, a senior at Virginia Tech. After graduation Harry joined the US Air Force and after his pilot training they were married. They began a series of short assignments in San Antonio, TX, and Great Falls, MT. Longer assignments were in Columbus, OH, Portsmouth, NH, and Pope AFB in Fayetteville, NC. Harry served in Defense Intelligence and Special Operations, flying refueling and transport planes. In Viet Nam, Harry won The Silver Star for a POW rescue mission. Finally, Harry was assigned to the Pentagon, and he and Louise settled in Alexandria, VA for 23 years. They moved back to Durham after retirement.

During all this moving, Louise reared their two sons, and was active in her community and on the Air Force Bases. She was president of the Officers' Wives Club at Pope Air Force Base. When her children were grown, she worked for ten years as Customer Service and then Assistant Branch Manager at a First Union Bank (now Wells Fargo).

Louise has always been active, from field hockey and tennis in college, to tennis and gardening and walking ever since. Since coming back to Durham she has been active in Colonial Dames, Junior League, and a number of Dunbarton homeowners' committees. She serves on a number of committees at St. Stephen's Church, and as an usher. For fun, she enjoys bridge, needlepoint and gardening.

She regards her finest achievement as the raising of her two sons who now live in Cary, NC. David is a banker with three grown children, and Mac is a Physician's Assistant in OB/Gyn. Mac is also an organist, and has two grown children. ¶

The Listening Sessions: What's Happened in a Year?

by Carol Carson

One year ago the Finance Committee finished its report on the 25 committee- and caucus-hosted Listening Sessions. In these Sessions we residents made over 300 suggestions about what would help make our lives at The Forest at Duke more secure, healthier, and more enjoyable. How time flies! At the one-year mark it's time to reflect on changes made in line with these suggestions and, importantly, to say a hearty thank you to the Leadership Team for hearing our voices and to other Team Members for implementing change.

In the domain of **Resident Life**, concierge transportation was already on the drawing board at the time of the Listening Sessions. However, residents confirmed the need—for example, for a reliable ride to the airport. The service became available in June last year, for a fee charged to our monthly statement. Other changes in this domain in line with resident suggestions have been welcomed:

- An on-campus evening shuttle service debuted in the fall and now is providing on-call pick up and return in the evenings.
- More evening programming was added to the calendar. By May 2019, evening programming was up almost 30 percent from a year earlier.
- First steps were taken toward incorporating more technology in communications so that residents can stay up to date.

For **Facilities**, the lists of resident suggestions and of changes in line with them are both long. Here are some highlights:

- The Telephone Emergency Notification System (TENS) was updated, adding a texting capacity for cell numbers, and the emergency response systems were tested.
- A compact guard house was installed as a step toward improved operation of the main gate.
- Outdoor lighting is now better maintained in cooperation with Duke Energy.
- Handicapped-access doors were installed in the pool locker rooms.
- Instructions about the several ways to request maintenance work were clarified and publicized.
- Improved recycling procedures were implemented

in cooperation with a resident group.

“At last!” was heard recently as residents received notice about the new arrangements for the annual cleaning in independent living (IL) residences. These cleanings are now to be regular, done by contracted specialists, and feature a comprehensive task list carefully worked out with the Building/Safety and Grounds Committees.

For **Dining**, the divorce from Morrison was underway as the Listening Sessions wrapped up. First priority for the new Director of Dining Services was food service in the Health and Wellness (H&W) Center, where the Listening Sessions provided reminders of improvements needed. A big step was to hire a H&W Dining Manager, whose job is to break into the cycle of problems so that they do not repeat. There were other changes for H&W too:

- A new delivery system keeps food warmer on the way from the kitchen.
- The meal tray delivery staffing was changed.
- More variety was added to the menu—even the catch of the day!

Some changes in IL dining are underway responding to specific suggestions in the Listening Sessions:

- More variety has been introduced, including more ethnic foods.
- More attention is given to special dietary considerations by offering, among other things, more vegetable options and entrees with less sodium.
- More batch cooking—that is, cooking smaller quantities at intervals—was introduced so food can be served warmer.
- The Taproot menu was recently updated.

For **Health Services**, one focus of the Listening Sessions was on support for social interaction in H&W. Several enhancements over the last year are in line with the suggestions made:

- Staffing changes made it possible to extend weekend activities and to offer more opportunities to accompany H&W residents to auditorium events.
- The range of activities has been broadened to include large-group, small-group, and one-on-one

(Continued on Page 7)

Listening Sessions...

(Continued from Page 6)

activities.

- A certified music therapist now comes weekly, conducting both large and small classes.
- New orientation sessions for resident volunteers are laying the groundwork for enhanced interaction between IL and H&W.

Other changes that could deliver on Listening Sessions suggestions about care in H&W have been made, although the results may be hard to pinpoint especially in the short term:

- Full RN coverage on all shifts has been reached—that is, RN supervisors are budgeted 24/7.
- More extensive orientation for new Team Members, including a “buddy” mentor for the first three months, has been implemented.
- Training focused on skill standards has been enhanced. One-on-one time is spent with a Staff Development Coordinator to assure accuracy with care processes.

For the long-awaited Duke MyChart, implementation of full connection for electronic medical records will kick off in June; toward January 2020 completion.

With respect to **Policy**, there's big news. The Listening Sessions had joined the chorus calling for reconsideration of the policy on internal moves. As *The Forester* went to press, CEO Anita Holt announced that, going forward, The Forest's policy will include a new option: a “Quality of Life” move, available to residents who encounter specific life changes and hardships.

Wow! Bullet by bullet, the enhancements, improvements, and steps in the right direction add up impressively. Of course, it was widely recognized that some suggestions were longer-term in nature. Maybe next year will bring progress on some other widely-voiced suggestions. ¶

Carol Carson, as Chair of the Residents' Association Finance Committee, proposed the Listening Sessions to communicate residents' needs and priorities to Forest Administration. She, together with members of her committee and then RA President Russell Jones, organized and successfully implemented this massive undertaking, analyzed the results, and tracked its impact on Forest services.

Here We Go Again

by Ned Arnett

Lying here on a gurney,
Shivering under the barest excuse
For a blanket, as I watch
The droplets and rivulets of cold rain
Trickling down the back window
Of the EMS truck
Dodging and twisting its way
Through the evening traffic
To the back door of the E.R.

There I'll sit for untold hours
Awaiting my turn
As one emergency after another
Is wheeled through the door,
Surrounded by anxious relatives,
White coated medics,
Or even cops protecting the latest victim
Of the latest gang faceoff
On the streets outside.

It seems all too familiar:
That's a door I've passed through
Many times as I've scrolled down
Through my ninety-six years.
Lying there, on the gurney, entering a new
Chapter of the intimate days of my living,
As I'm suddenly grasped by the scruff of my neck,
LIFE forcing my attention on NOW !

My mind is racing to recall the steps
That suddenly got me into
The present moment.
A physical accident, a fall perhaps,
Or an encounter with a zombie virus,
Waiting on the borderline between
The world of living and non-living
Until it's brought to life by
Encounter with some hapless host,
Waiting unaware that illness
Or even death is at hand
As life is passed, like a baton along the
Four-million-year-old relay race
From some stew of lifeless chemicals
To another miraculous proclamation
Of THE LIFE FORCE !

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

One Writer's Beginnings

by Ellen Baer

The writer in the title is Eudora Welty, who didn't set out to write a memoir. But Harvard University invited her to give a series of talks in April 1983, and those three lectures became the basis for *One Writer's Beginnings* by Eudora Welty. This short book (102 pages) was published the next year and stayed on the New York Times Best Seller list for more than a year. It's a delightful and insightful look back at her early life—the people, place, and time that nourished the traits and talents of a Southern girl who would become a Pulitzer Prize winning author.

In the very first sentence, she tells us that she grew up to the striking of clocks—a cuckoo clock in the kitchen and a grandfather clock in the hall. I remember that grandfather clock because, when I was a child in Jackson, Mississippi, my mother would take me on visits to her friend Eudora. The size and sound of that clock caught my attention because in my house a few blocks away we had small quiet clocks, but what I remember most from those visits were the books. Books were everywhere, not just in the bookcases but on every table, especially the large coffee table in front of the sofa. For me, it was the book table. It was home to books of all shapes, sizes, and ages, including an old McGuffey's Reader in the company of Aesop and Twain and the Brontë sisters. Eudora and my mother both encouraged me to read anything I wanted, both from the “book table” and from the public library.

When Eudora was a child, her mother had encouraged her in the same way with her enthusiasm for books and reading. Here's my favorite description of Mrs. Welty: “She sank like a hedonist into novels. She would read Dickens in the spirit in which she would have eloped with him.” As for Mr. Welty, he loved reading too but preferred facts to fiction. Fascinated by technology and weather, he made sure Eudora and her two brothers were exposed to the



Christmas 1984 photo of Eudora Welty at her front door with the Baers' two then high-school-age sons.

moon and the stars along with telescopes, gyroscopes, barometers, and encyclopedias. It's not surprising that for play he gave them Erector sets, tinker toys, electric trains, and box kites.

Early in this book of recollections, the author says: “Long before I wrote stories I listened for stories. Listening *for* them is more acute than listening *to* them. I suppose it's an early form of participation in what goes on. Listening children know that stories are there. When their elders sit and begin, children are just waiting and hoping for one to come out, like a mouse from its hole.” This passage takes me back to my own childhood when I would listen for stories when I was in the company of adults, especially certain adults—like Eudora. She and my mother were born on the same day one year apart, and they celebrated this shared birthday every year with a small group of female friends. As a child, I would sit quietly, not in the middle of the party but close enough to listen for stories. I was never disappointed because those story-mice never failed to come out of their holes.

My 1984 copy of *One Writer's Beginnings* has this statement on the inside flap of the book jacket: “Eudora Welty was born in 1909 in Jackson, Mississippi, and still lives in her father's house.” She continued to live there, doing most of her writing at a

(Continued on Page 9)

Beginnings...

(Continued from Page 8)

typewriter on a table in front of the window in her upstairs bedroom, until her death in 2001. The house, now a National Historic Landmark, has become a big attraction for students and fans, drawn not only to the house but also to Eudora's garden which has been restored to her mother's original design and plantings. When Phil and I visited the Welty House in 2008, I couldn't help but notice how much it looked and felt the same, except for the ropes that kept tourists from sitting down—including many of the same books in the same places. The McGuffey's Reader was on the book table, or maybe I imagined it.

Eudora traveled, of course, and gained fame that extended way beyond the South, but she always returned home to the same place. Sometimes I regret that I don't have deep roots anywhere the way Eudora and my parents did, and sometimes I also regret that Phil and I are losing our urge to travel as we ease into

a more sheltered life in retirement. I'm glad that, at the end of this book about beginnings, Eudora reminds us: "A sheltered life can be a daring life as well—for all serious daring starts from within." Furthermore, she notes that looking back allows a freedom from "clock time:" "It is our inward journey that leads us through time—forward or back, seldom in a straight line, most often spiraling. Each of us is moving, changing, with respect to others. As we discover, we remember; remembering, we discover; and most intensely do we experience this when our separate journeys converge."

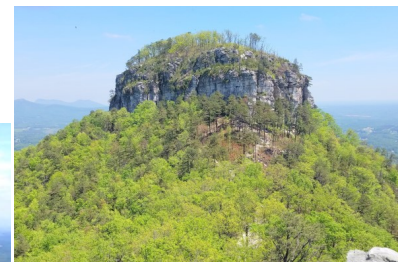
Even now, or especially now, we can be thankful to be in a place where so many separate journeys converge. ‡

Ellen Holmes Baer is from Mississippi. She and her husband, Phil, lived in such places as France, Canada, Italy, and Tennessee before moving to North Carolina in 1987. They have two grown sons and three grandchildren, all living in faraway places. The author of several collections of essays (two in collaboration with Phil), she is a frequent contributor to The Forester.



On May Day a dozen Forest Striders, the bi-weekly hiking group, set out with Sheri Sampson for Pilot Mountain. Enroute they stopped to visit and have lunch in Mt. Airy—the fictional Mayberry of the Andy Griffith show—about 20 miles from Pilot Mountain State Park. Pilot Mountain is a quartzite pinnacle prominently visible from US-52 and called "great guide" by the earliest know inhabitants of the area, the North Carolina Saura Indians. Parking 1,000-ft above the surrounding plain, Striders strode out on trails to the base of the pinnacle, and some sought out the overlooks for photos and the panoramic view, while **Jo Mooney** captured a rugged scene in watercolor in her sketchbook ‡

A Forest Strider Outing To Mt. Airy & Pilot Mountain



Bees Drilling at Cottage 40

by Banks Anderson, Jr.

Insects are a reminder that we at TFAD are not living in a totally urban concrete and steel environment. Mini-micro ants can commonly be discovered crawling around our kitchenettes—the ant wars are always with us—and spider webs are lasting evidence of arachnids both outdoors and in. The honey bee, *Apis mellifera*, is an imported alien, and my son-in-law has two hives of them on his Hillsborough back lot, but neither of these is my subject.

Since moving into cottage 40 at TFAD, I have become involved in an ongoing campaign against native bees that are constantly drilling half-inch holes in my outdoor woodwork. Every April since we arrived at TFAD I have walked out the front door to behold big black shiny-bellied bees hovering around the covered walkway and carport. The first year I thought: ho-hum; they are just bumblebees visiting my flowers. But then I saw one disappear into a dirty hole in the white wood trim. At our previous house in the same zip code I had observed sawdust on the floor under a similar half-inch hole in the wood above, etiology unknown. When our superb carpenter was called in to repair some attempted-break-in door damage, I asked him if he knew what was going on. He did.

“Those are from carpenter bees making their nests,” he said, although there were no bees to be seen and I had never heard of “carpenter” bees. He explained that they drill that big hole to penetrate the soft wood like my pine and then tunnel along parallel to the surface to make a nest where their larvae develop. “You see the sawdust because, unlike termites, they don’t eat the wood, they just drill it. The dark stuff near the hole is their sh.., because they like to keep their nest nice and clean. I won’t need to replace that trim, just spray wasp killer in the hole tonight and I’ll putty it up tomorrow.” I asked why I needed to spray if he was going to close the hole and



Photo by Banks

he replied that a live bee inside would just drill herself another exit.

Male carpenter bees can be intimidating, hovering in front of people near nesting sites, but they lack the ability to sting. Female carpenter bees can inflict a painful sting but will seldom do so unless handled or bothered.

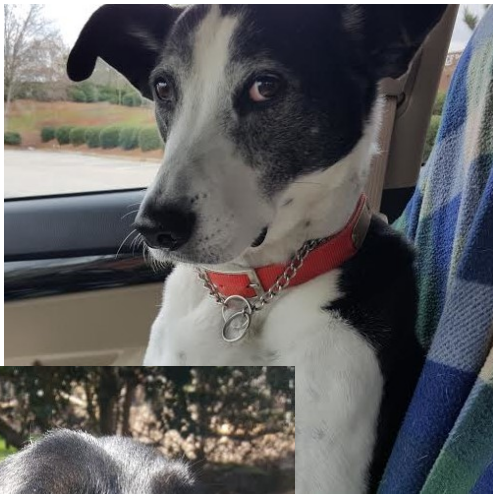
So I know the problem. I had sprayed and caulked holes at the top of my step ladder last year and the year before. So the temperature hits 80 today and what do I see? Two big hovering carpenter bees. Are they having sex or have they drilled? With a cursory search and visually tracking one I find two half-inch holes in my trim but there may be more. The pictured hole is the one just above my front door. Working at the top of a step ladder is getting old; so Nathan, I hope this beesness is not too far over your head to be fixed. ☘

Banks Anderson is Professor Emeritus of Ophthalmology at Duke, and contributes regularly to The Forester.

Cindy Heffner...

(Continued from Page 1)

Ernest



Neesy

old Lab, and Ernest, a brilliant, 15-year-old Great Dane mix. Because Ernest's and Neesy's hip problems keep them from climbing the stairs to Cindy's bedroom, the three of them—Cindy, Neesy and Ernest—now share a queen-sized air mattress on the ground floor of their house.

Although Cindy's job at The Forest is part-time, her ongoing interest in learning about and experiencing new ideas and opportunities leads her to volunteer to help out wherever there's need—in dining, administration, Health and Wellness, marketing events and, most recently, assisting resident Lila Singer compile the annual Residents' Choice on-line publication.

With her unceasing interest in new experiences, Cindy is a TFAD treasure. ☘

CAROL'S CORNER

Alana M. Berg by Carol Oettinger

Alana is coordinator for the Human Resources Department. She helps new employees in health, dining and general services get settled into their new jobs. She came to The Forest at Duke in March, 2018. Before coming to The Forest, she worked in human resources in the retail industry.

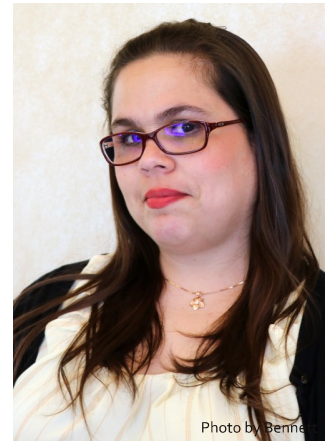


Photo by Benne

Alana was born and reared in Los Angeles. She met her husband, Devon, seven years ago at a Star Wars Convention. This is an activity which they both enjoy. When they attend these conventions, they dress up in Star Wars costumes. Alana owns a Tuscan Raider costume and built her own Bounty Hunter armor complete with helmet and weapons. Her weapon is a trident. When not at sci-fi conventions, Alana wears her costume at charitable events, parades and fund raising activities. She loves all that Star Wars embodies and "the Force it has in being a good influence in this day and age."

After the Star Wars convention in 2012, Alana and Devon long-distance dated for two years. Then "Love brought me to North Carolina in 2014." They were married in 2016 on May 4, which is recognized as Star Wars Day.

She studied Portuguese in college and is currently learning American Sign Language. She loves to go to Disneyland and Disney World.

For pets, Alana likes reptiles. One is a large lizard, a "Bearded Dragon" called Draconis. He is free to roam around the house and sometimes gets into mischief. The other is a crested gecko named Neko. She is soft and velvety. She is usually solitary, but occasionally "likes to play with me, jumping from one of my arms to the other."

Alana has a most unusual story, and we are glad she is a member of our Forest Family. ☘

June 28 Marks the 50th Anniversary of Stonewall

by Judith Shannon

Mayor Pete Buttigieg? Who could anticipate a gay man with a husband is treated as a serious presidential candidate? What's happened in America?

Hard to believe, but some attitudes have profoundly changed. It was only 30 years ago that the General Social Survey asked about same-sex marriage, and a mere 11.6 percent of respondents said they'd support it. By 2018, 68 percent of Americans said they accept the idea of gay marriage, amazing even statisticians!

More of us acknowledge GLBT (gay, lesbian, bisexual, transgender) members in our own families, such as children and grandchildren. Most mature gay people say they didn't know a single person who was "out" when they were young, but today kids are coming out in middle and high school. The visibility of gay people has shifted dramatically.

Much of this began 50 years ago: June 28 marks the 50th anniversary of "Stonewall," which for many marks the launch of the gay liberation movement. Police traditionally harassed gay men and women, targeting their bars and clubs, arresting them, making their lives miserable. In June 1969, police targeted the Stonewall Inn in New York City. Commotion ensued and in the middle of the mess, someone called for the gays to "DO SOMETHING!" And they began to fight back. Neighbors joined in, police took cover in the Stonewall Inn, and riots spread that lasted for days. Stonewall was a galvanizing force for GLBT political activism across the US and around the world.

Big changes began as gay men and women made themselves visible—they came out. Sociologist Michael Rosenfeld* reminds us that most gay people



have heterosexual parents, so within families there are relatives who are straight and some who are gay; they have the same socioeconomic background and are geographically integrated. Many parents are forced to choose between their earlier attitudes about homosexuality and their love for their kids; many change their attitudes when their child comes out.

More people came to see GLBT rights are civil rights. TV and Hollywood studios began to tell more stories about GLBT people. All this coupled with friends and family members coming out, and more of us knowing and caring about GLBT people. Then came the focus on marriage equality. "The fight dealt with love, commitment, family, inclusion, dignity and respect," said activist Evan Wolfson* of Lambda Legal Defense. "That would help non-gay people better understand who gay people really are, and allow us to share equally not only in marriage but in everything."

Of course, the marriage equality movement didn't convince everyone with homophobic views, but more people were open to persuasion. One state after another legalized gay marriage, and the Supreme Court in 2015 held in a 5-4 decision that the Fourteenth Amendment requires all states to grant same-sex marriages and to recognize same-sex marriages granted in other states.

In June, the Diversity & Inclusion Collaborative will show two 90-minute films to honor and celebrate the 50th anniversary of the Stonewall uprising: "Before Stonewall" on June 11th and "After Stonewall" on June 25th. (Check *Forest Forward* for time and place.) It is amazing to recall what life was like for gay men and women before the liberation movement began, and to revisit the impact of that movement on life today. ☘

Judith Shannon is co-chair of the Diversity & Inclusion Collaborative at The Forest at Duke. She has long been a supporter and advocate for the civil rights of diverse populations.



* NPR, Hidden Brain, "Radically Normal: How Gay Rights Activists Changed the Minds of Their Opponents"