

Nicholas Laval—Our Pastry Chef

by Shannon Purves

A frequent comment heard in the Heartwood Cafe and Rosewood Room lately is a variation on “Wow. These desserts are REALLY good!” So who’s responsible? *The Forester* went to Art Ernteman, Director of Dining Services, to find out. He put us in touch with Pastry Chef Nic Laval, who kindly found time between his busy sessions in the kitchen to answer our questions.

Chef Laval, your desserts are very high on residents’ list of things they love about living here. They want to know more about you and your skills.

I am 32 years old, the fourth of five children, two brothers and two sisters. I was born and raised in Greensboro, NC, where I lived for 25 years before relocating to Morrisville, NC, for work.

How did you happen to join the TFAD kitchen staff?

I joined the kitchen staff a little over a year and a half ago. The Executive Chef at the time found my information through *indeed.com*. He reached out, got me to apply for the Pastry Chef position, and had me take the “Chef Test” which involved my making three different dessert items. I made a blueberry scone and two others which he liked and I got hired.

Have you had similar jobs elsewhere?

Yes. My first job, right out of culinary school, was as a head bread baker at The Grateful Bread in High Point, NC. From there I went to work as a pastry cook at the Blue Zucchini in High Point and part-time as a pastry baker at the Great Harvest Bread Company in Greensboro. I then spent four years as a Pastry Chef de Partie at The Umstead Hotel and Spa in Cary, NC.

How many dessert recipes do you feel you’ve mastered? Where do you look for more?



I’m always tweaking, improving, and modifying a recipe. Even if it’s one that is well received, I’m thinking to myself, “Can this be made better? How would it taste if I put in more of this? Does it have a wow factor?” I get ideas for recipes online, from books and magazines and television. I see a recipe that I might want to try, and I will tweak it to make it my own. I like to keep up with the current pastry trends out there. I like to take older, classic desserts and present them in a more modern way. And often my creations come from trying to use up and repurpose components from other desserts.

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The Forester

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President's Podium



by Banks Anderson

A new fiscal year has begun and the Residents' Association has a new President and two new Directors, Bennett Galef and Barbara Anderson.

What is not new is that your Residents' Association depends upon the dedicated work of hosts of volunteers. Our thanks go out to Alex Denson and Greg Lockhead for their years of committee and podium work as well as to those hard working Board members who will continue to share their expertise with us during the coming year.

I look forward to getting to know them better as we work together. 🌱

In Memoriam

Barbara V. Smith

October 9, 2019

Library Science 101

by Carol Reese

BEYOND BOOKS

While the majority of the Library's collection consists of books, there is a nice collection of DVD's (124), some audio books (37), and puzzles (103+) available for checkout. The DVDs and the CDs are shelved on the bookcase located on the wall next to the Conference Room toward the back of the Library while the puzzles take up two bookcases beyond the post in front of the Conference Room.

Have some young guests coming? Show them *ELF* (DVD 334) or *Little Women* (DVD 280). Want to have a laugh? Check out *Victor Borge: Classic Collection* (DVD 309) or the film *The Bucket List* (DVD 241). Want to listen to a book while exercising? The Library has books such as the *Kite Runner* (CD 80) and the *Nanny Diaries* (CD 55).

As for the puzzles, there are the special hand-made wooden puzzles that are numbered and need to be checked out just as you would a book (you will find a check-out card in each box). To encourage people to work these wonderful puzzles, volunteers organized these puzzles after working each one and taking a photograph of each completed puzzle. They then organized and numbered them and placed them in white cardboard boxes – each with its own photograph of the finished product. In addition, a loose-leaf binder contains a catalog with information on all of these puzzles. This catalog is kept on the table just outside the Conference Room.

FINDING WHAT YOU WANT

You can locate something you like by browsing the shelves or by using our **Online Catalog**. You can access the catalog through the Residents' Association website (www.forestres.org). Once on the website click on "Quick Links," then click on "Search Library Books." The online catalog enables you to search by title, author, or subject. Once you determine that the library has what you want, the online catalog will give you the cataloging information. If it is in the **Fiction**

(**FIC**) or **Mystery (MYS)** section, the books are arranged alphabetically by the author's last name. If it is in the **Biography (B)** section, the books are arranged by the subject's last name. If the book has a number instead of FIC, MYS, or B as part of the cataloging information, then it is a **Non-fiction** book and arranged by the number and then by the author's last name.

LIBRARY FLOOR PLAN

To help you find these different sections of the collection, a **Library Floor Plan** is taped to the left side of the post just beyond the Book Exhibit Cart. In a simplified design, it marks the locations of the different sections of the Library's entire collection. It also contains a **Legend** at the bottom that explains many of the abbreviations we use in the Library. For instance, if you want to find a biography in Large Print, check the Floor Plan to see where they are shelved. It should make finding a certain type of book much faster and easier, instead of just wandering around hoping to find what you want. We hope this guide enhances your library experience! ♣

The Roses

by Stanley Barlow

If these flowers brilliant
red and every other color
could feel and think and speak
what would they say to my question

Is life a waste and meaningless
because they wither

[From *Swimming Laps in August*, by Stanley Barlow
Copyright © 2001. A book available in the library
of The Forest at Duke]

The Good Stuff of Mental Health

by Bill Harrington

When I speak about my career in mental health (public speaking, teaching or simply at dinner), I am concerned that I overemphasize the “dark side.” My intentions are always to offer a picture of the profession that is based in reality. Since I have done all three at TFAD—that is, public speaking, teaching and conversing at dinner—I want to offer some of the *good stuff of mental health*. I don’t have the space to use the names of all of the five-star programs and all of the highly skilled professionals that I have had the pleasure of knowing throughout the years, so I will concentrate on a few with short bursts of their accomplishments.

The profession in our state lost one of its superstars a short time ago. What was his impact? When I attended his funeral in Oxford, NC, a young woman and her mother had flown in from California to say thank you—my guess is for saving the young woman’s life. Dr. Ray Newnam, a PhD clinical psychologist, was a public servant during the day and treated clients in his private therapy practice during the evenings.

My developmentally disabled cousin had never worked one minute in her life until, at the age of forty-six, she began her first day at Orange Enterprises, Inc., a sheltered workshop in Hillsborough. The professionals in that program guided her through twenty-two years of working life until she retired.

There was the supervisor on whom I depended to predict the behavior of particular clients in a residential treatment setting. I announced to Lawrence one afternoon that one of our most volatile female clients had to be transported to a psychiatric hospital over two hours away. I asked him if he would tell me how she would respond so that I could pass it along to the law enforcement officers who were required to transport her. He predicted her behavior step by step. Lawrence was one of the best.

There was the social worker who performed his magic anytime he was presented with the opportunity to work with a group of troubled kids.

In our residential treatment program, out of a staff of over thirty people, mostly men, there were two women that I would have chosen as the best to work with the emotionally disturbed boys.

I had the pleasure of both working with and being supervised by a man who specialized in building topnotch educational programs for seriously emotionally disturbed youth. He built a day treatment program that accepted kids from the local school system. Not one classroom in the Durham Public Schools could accommodate them! He and his staff set up their program so that these students learned and behaved while doing so. One of my best friends, he continues to be a gentleman who—in all of those forty years—was the best leader I have ever had the pleasure of knowing.

Things can go awry even in the best homes. Elaine ran through her house as if running in the 100-meter dash, snatched her keys from their prescribed resting place, jumped into her car, and sped through town. Jackson did the same. He was desperately trying to catch his wife as the two raced through the tree-lined streets. Elaine knew the safest place was the nearest police precinct office. Her enraged husband almost caught up with her, but Elaine managed to get out of the car and run into the arms of several policemen inside. Jackson tore through the front door; it took all of the officers to restrain him. Had her life been saved by the procedures she had agreed to follow a few days before at the local mental health center? Probably.

There also was the most interesting telephone call I ever received: “Doc, I’ve got my wife in a phone booth, and I have a knife at her throat. What do I do now?” I demanded, “Nelson, put that knife away and come to my office as soon as possible!” Was catastrophe averted? Maybe.

There are dozens of those stories as well as less adventurous ones of mental health practitioners just doing their jobs—intervening in the lives of people who need help, during personal crises and long term.

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Mental Health...

(Continued from Page 4)

Over the years I have struggled with an ideology that I have tried to squelch: the false premise that the private sector can do anything better than the public sector. This misguided belief is simply wrong. Since there can be no profit motive in the public sector, how does one compare the two? About the best I can come up with, in the space that I have, goes something like this: If I were to change the language above to fit the private sector model, I would have written about Fortune 500 companies, CEOs with multi-million dollar salaries, and insurance salesmen who, year after year, were members of the million dollar club, for such was the impact of my colleagues in mental health careers. ☿

Bill Harrington grew up in Ayden, a little "dusty spot" in eastern North Carolina. He holds degrees in education from East Carolina University and UNC-Chapel Hill. Bill's doctorate in Mental Health is from the Gillings School of Global Public Health at UNC-Chapel Hill. Bill and Maija have lived at the Forest since December 2009.

The Parade

by Herb Carson

High above the garden
watching the parade:

Dog walkers with plastic bags;
A woman wearily pushing
her laden grocery cart;
A man shuffling from the door,
uttering anathemas
on the misplaced key;
A striding man
followed meekly by mild wife
several paces behind;
A woman looks all around,
seeing no one, not even me
high in my loft,
digs from her purse
a silver flask, quick sips,
then hastily hides
and onward strides.

All very entertaining,
more so than my book,
as on neighbors I spy
lord-like I look.

Nicholas Laval...

(Continued from Page 1)



Do you keep a file of those revised recipes? Shouldn't you consider publishing a dessert cookbook?

I have a master binder I keep my recipes in, as well as an online digital record of them. I'm actually in the process of creating an Electronic Pastry Cook Book, which will focus on desserts for people with dietary restrictions. I feel there's a need to teach people with these restrictions that you can still have sweets.

How many different desserts do you make each day?

Between TFAD's various outlets—café lunch and dinner, banquets/events, and Greenwoods—I make between five to six different desserts a day.

There is a lot of resident gratitude for your recent introduction of a variety of "sugar-free" desserts. Are these your own original creations?

I'm happy to know that the sugar-free desserts are being well received. Some are original and some are recipes I've converted into sugar-free. It helps to work with different types of alternative and natural sweeteners to determine what works best in which recipe.

What is your own favorite dessert?

The Chocolate Beet Cake. Moist and chocolaty. The beet adds an interesting depth of sweetness that makes you go, "Hmmm...what is that in there?" Then the chocolate frosting on it just sends it over the top.

We're drooling! Thank you, Chef Laval. ☿

Welcome New Residents

Margaret Woerner

Apt 4027

919-381-5773

Margaret (Peg) Woerner grew up in Elizabeth, NJ. She went to Antioch College for two years, coming home to New York to finish her bachelor's degree in psychology at Brooklyn College. When she left Antioch, she married Harold Woerner, a graduate of Yale University and an industrial engineer. Harold established his own consulting firm, working in the field of industrial air-moving equipment.

Peg attended New York University Graduate School of Arts and Sciences, obtaining her doctorate in experimental psychology. During her ten years in grad school, she had two sons and moved from



Manhattan to Long Island. Peg had a long career as a clinical researcher investigating etiology and treatment of major psychiatric disorders. She was

Associate Director of Psychiatry Research at a psychiatric hospital on Long Island, where the work was funded by grants, primarily from the NIMH. Her work has been published in psychiatry and psychology journals.

Peg has two sons. Jeff, who lives in Seattle, is a computer engineer. He established his own firm, offering technical expertise in the area of computer-assisted design for major manufacturing companies. He is now retired and enjoying Seattle's opportunities for outdoor activities. Todd, who lives in Chapel Hill, is Director of Undergraduate Chemistry Laboratories at Duke. Peg has five grandchildren.

When she retired, Peg became involved in volunteer activities. She was, for 10 years, a counselor at the Medicare Rights Center in New York, helping people who had problems navigating the Medicare system. She continued this work in Chapel Hill, with the Orange County State Health Insurance Information Program (SHIIP). Peg has a love of gardening, and has been a Master Gardener on Long Island. ♣

Edward & Stuart Embree

Cottage 26

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Stuart and Ed both grew up in Durham and attended the Durham public schools. Ed went to Davidson College for his BA in history, while Stuart went to the University of North Carolina at Chapel Hill. She was an education major and spent six weeks at Davidson (then an all-male college) for a practice teaching experience. She contacted Ed to introduce her and her classmates to the town. Ed continued his education at UNC-Chapel Hill Law School. He finished in 1972 and rejoined his law firm after three months at Infantry Officer Basic School at Fort Benning, GA, and another six weeks honeymooning in Europe with Stuart after their marriage on February 10, 1973. Ed stayed with the law firm for 40 years as it grew. He is a member of the NC Bar Association and the 14th Judicial District Bar Association. Stuart was an elementary school teacher.

Both Ed and Stuart are long-standing active members of St. Philip's Episcopal Church. They were both baptized, confirmed and married there, and their daughter, Price, was married there. Ed is a board member of the Johnson Service Corps (constituent member of Episcopal Service Corps). He is also chancellor for the Episcopal Diocese of NC.

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Welcome New Residents

Susan & Walton Smith

Apt 4010

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Walton grew up in Macon, GA, and went to Dartmouth College as an Alfred P. Sloan Scholar. He graduated with an AB degree in public administration and was commissioned from ROTC in the Regular Army upon graduation in 1964. He took excess leave to attend Harvard Law School for the next three years. He served in the Judge Advocate General's Corps, first for a year in Saigon, and then three years at the Pentagon. He achieved the rank of Captain, and was awarded the Bronze Star for his service in Viet Nam.

Susan grew up in Norfolk, VA, and earned her BA in mathematics at Randolph-Macon Woman's College in Lynchburg, VA. She moved to Cambridge, MA, where she worked for two years before moving to Washington, DC, where she first worked as a computer programmer and then did political work. She and Walton met on a blind date, and were married in 1970.

When Walton was discharged he joined the law department of the newly formed AMTRAK before joining Lord, Bissell & Brook, a private law firm, with which he practiced for 30 years in Washington, Chicago and Atlanta, where he was founder and managing partner of the office.

Walton was active in the Union League Club of Chicago, the British American Business Group in Atlanta, and the National Association of Railroad Trial Counsel. Susan was involved in caring for their children and supporting their activities in scouting and the like.. She worked for years on the staffs of the



Georgia Conservancy and the Chattahoochee Riverkeeper, where she served as office manager. The family were always active in their church.

When Walton retired in 2004 he and Susan moved to Clarkesville, GA. In 2008 they joined with their son Rush, a Pepperdine graduate, to open Soque ArtWorks, a gallery of arts and crafts from the mountains and hills of Georgia and the Carolinas. Their daughter, Berkeley, a Duke graduate, is associate director of the NC Institute of Medicine in Durham.

Susan began quilting while living in Atlanta, producing small quilts. More recently, she has taken up needle felting of gnomes. Walton is a long distance bicyclist—having ridden the Bicycle Ride Across Georgia more than a dozen times—and a fly fisher. Both are active travelers and readers. ¶

Embree *(Continued from Page 6)*

Stuart is the daughter of a Forest pioneer, Holland Robinson, whom many residents remember well.

The Embrees have two daughters. Price Kasl and her husband live in Lakewood, OH, and have two children. Mary Holland is an equestrian program manager and lives in Monkton, MD.

For pleasure, the Embrees enjoy gardening, boating, travel, and walks with their dog, Rehab. They have long had a second home at Oriental, NC, the

“Sailing Capital of North Carolina.” The house sits on a coastal creek that feeds into the Neuse River a mile or so west of Pamlico Sound. Stuart and her two sisters also inherited, from their parents, a beachfront condominium at North Myrtle Beach, SC. Ed has just finished a ten-year term on the Board of the HOA for the 45-unit condominium complex. Ed and Stuart also have a travel trailer which they take to Florida for the month of February and to other places, time permitting. ¶

Forest Feathered Friends

by Goldie

Translated by Beverly Wheeler

Hi, everyone! Let me introduce myself. My name is Goldie and I have been appointed representative of the Friendly Feathered Friends of The Forest. There are quite a lot of us and we get along quite well and are happiest when that hawk is not around. You have, of course, noted that we don't all dress alike. Between you and me, I think my family in our yellow vest and black feathers would be voted best dressed if we were to have a contest. The guys are especially good looking when they are trying to attract our attention; notice their bright colors and their black crown. The other birds, of course, are quite smart in their red, blue, and brown.



Handsome guy!

We enjoy looking at you also in your varied colors, walking your animals, racing to other places, and we sometimes hear your conversations. When you remark that it would be nice to be "free as a bird," I don't really get it. Nothing is free in our kingdom or in yours, I understand. I guess you think that because we don't have to get our feet wet and we can get away from danger by quickly flying high. Another more insulting thing you say with a rather grumpy face is "That's for the birds." Do you really wish us bad luck? We really love all of you.

Let me tell you about that lady in 1010 you call the bird lady, although I have never seen her fly, (hmmm), and that annoying squirrel who really challenges us. Two years ago when that lady moved in, we could tell that she really loves us 'cause some man, I think her son, quickly put up lots of feeders with our favorite sunflower seeds and put some of them on the wall for the larger birds who found it difficult to stand on those little perches. Not only was she concerned about making sure we were well fed, but she also looks out for our safety and equal rights just like you do in your own kingdom. She even put a big round thing in the garden with water in it so we can get a drink and even bathe in it. Can you believe she even puts ice cubes in the water when it really gets hot and puts a big rock in the middle to make it easier for our children.

Now comes that pesky squirrel with the big bushy tail. He really is a character and thinks he is an acrobat. He just jumps on those feeders, so we tried to explain that they are called bird feeders and not squirrel feeders. Do you think he would listen? At least his friends are more understanding and have more regard for our rights, just like every one of you likes to exercise your rights as well. That lady who stands up for us began a campaign to solve the squirrel problem. First she put that sticky tape you use for packaging on the pole so the squirrel would have problems climbing the pole. But no. He figured out how to dispose of it. Next attempt: the lady put Crisco on the pole so that when he tried to climb up the pole he would slide down. We all "twittered" at that sight 'cause it worked temporarily and it was quite a surprise to him. He was stunned for the moment, but he was determined and found yet another way to get to the feeders. Jump higher, I guess. Back to the drawing board I think you say.

You may have noticed that there are two types of feeders and that squirrel doesn't like the caged ones. So the lady changed the places of the feeders. This kind of confused us as we all have our favorites as you know, so she had to change them back. I am happy to say her final attempt worked:



Who me??

She put large stones on the wall from which he took off. Case closed. Now he had to join the wall birds. Someone told her that there were feeders which were supposed to be squirrel proof. When the squirrel sat on the perch, the hole would close and he could not get to the food. However, someone found out that his mother had been an acrobat in the local circus and she taught him how to hang from his tail from the top of the pole and just use his paws to get the food out.

Back to safety. A couple of my friends passed away or had to recover from flying into the glass door to her apartment. So she put yellow stickers on the glass to let them know that it was really a wall. She

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Feathered Friends...

(Continued from Page 8)

really looks after everything to be sure we are happy and healthy.

By the way, my family and I stay here all year 'round (not like those sissies who fly away to their beach homes when it gets a little cooler). We just put on our brownish green coats and stay here with you at The Forest. That lady always makes sure we are well fed and she even mixes peanut butter and Crisco for us to snack on. We kind of laughed when two big men who work at The Forest asked her about that and she explained that in the winter we need a little extra fat under our wings to keep us warm. They laughed at that, looked at each other and said, "Well, that makes sense," and they never asked again.

Well, time to flap my wings for now. The weather is getting chilly, so be sure to eat your Crisco and peanut butter or whatever you eat to keep warm. Here's flapping our wings at you. ☸



Beverly Wheeler earned a Bachelor's degree from Cornell with a dual major in food & nutrition and child psychology and a Master's from Lehman College of CCNY in consumer education, and she taught culinary arts for 27 years—all fitting background for interpreting bird and squirrel talk at feeders.

Bird Feeders at The Forest

Be mindful that bird feeders attract creatures such as mice. Please keep the area around bird feeders clean and the feed stored in a covered, preferably metal, container.

Nothing, including feeders, should be hung on the apartment balcony railings.

TWENTY YEARS AGO IN THE FORESTER

Thirteen Signs That You Have Had Too Much of the '90s

1. You tried to enter your password on the microwave.
2. You now think of three espressos as "getting wasted."
3. You haven't played solitaire with a real deck of cards in years.
4. You have a list of 15 phone numbers to reach your family of three.
5. You e-mail your son in his room to tell that dinner is ready, and he e-mails you back, "What's for dinner?"
6. Your daughter sells Girl Scout Cookies via her web site.
7. You chat several times a day with a stranger from South Africa, but you haven't spoken to your next-door neighbor yet this year.
8. You didn't give your Valentine a card this year, but you posted one for your e-mail buddies via a web page.
9. Your daughter just bought a CD of all the records your college roommate used to play.
10. You check the ingredients on a can of chicken noodle soup to see if it contains Echinacea.
11. You check your blow dryer to see if it's Y2K compliant.
12. Your grandmother clogs up your e-mail Inbox, asking you to send her a JPEG file of your newborn so she can create a screen saver.
13. You pull up in your own driveway and use your cell phone to see if anyone is home.

(This piece was first published—anonously
—in the November 1999 issue of *The Forester*)

The Insect Apocalypse

by Phil Baer

“If all *humankind* were to disappear, the world would regenerate back to the rich state of equilibrium that existed 10,000 years ago.

If *insects* were to vanish, the environment would collapse into chaos.”

— E. O. Wilson

“Disturbing” and “discouraging” were the words that attendees most commonly used to describe the September Forest Speak program, “The Insect Apocalypse.” At about the 40-minute mark, after the speaker said: “And things get worse from here,” a member of the audience called out: “How could they?” The following is a summary of what preceded and followed the question.

Beginning in 2017, articles with alarming, attention-grabbing headlines have appeared in magazines and newspapers: “Is the Insect Apocalypse Really Upon Us?” (*Atlantic*), “Where Have All the Insects Gone?” (*Science*), and “Plummeting Insect Numbers ‘Threaten Collapse of Nature’” (*The Guardian*). The articles were based on both rigorously designed field studies and compelling anecdotal observations.

The field studies were conducted in Germany and Puerto Rico. Insects were collected over 25- to 30-year periods in protected natural areas, and over that time the insect populations decreased by 75–80%.



Recycling

rather than the expected increase, they were seeing a slow, steady decrease in the mass of insects collected, at a rate of about 3% per year.

Here in the United States, there are many anecdotal reports of “the windshield phenomenon,”

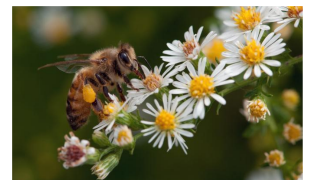
from people who remember that years ago car windshields would be spattered with insects after nighttime drives, but that now, the windshield remains un-spattered. Flower gardens and wild-flower

meadows that used to swarm with butterflies, wasps, native bees, and beetles have few of these pollinators. And previously wide-spread species of bumblebees, the rusty-patch and the common western, are now found in less than 1% of their former ranges.

In addition to such beneficial activities as pollination, recycling nutrients from dead animal and plant waste, and formation and aeration of soil, insects are an important food source for many

animals. A consequence of the decrease in the insect population is shown in a 1965–2010 study in Canada and the USA of birds classed as aerial insectivores, those that feed on flying insects; examples include swifts, swallows, nightingales, flycatchers, and nighthawks. Counts of all 27 of the species studied began to decrease in 1980; by 2010 they had fallen by 80%.

Insects are not alone in facing extinction. High percentages of many animal and plant species currently are at risk of disappearing. Although extinction is a natural phenomenon, the natural “background” rate is one to five species per year. But scientists estimate that we are now losing species at 1,000 to 10,000 times the background rate, with literally dozens going extinct every day. At the current



Pollination



Imagined nuclear explosion in the head of a fly symbolizing human impact on insects.
(© NY Times Magazine 2019)

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Apocalypse...

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rate 30–50% of all animal and plant species are possibly heading toward extinction by mid-century.

The causes of insect extinction are the same as those threatening all other plant and animal extinction. Heading the list is habitat loss due to human activity fueled by human needs and desires. More of the earth's land area is being converted to industrial agriculture, through deforestation, with intensive use of insecticides, herbicides, and chemical fertilizers. Urbanization replaces forests and fields with concrete and asphalt, wetlands are drained, and rivers dammed. Pollutants threaten all aquatic life, and increasing atmospheric CO₂ has decreased protein content in plants, reducing their nutritional value for animals and humans alike.

In "Half-Earth: Our Planet's Fight for Life," E.O. Wilson shows that by setting aside 50% of the earth's surface as wilderness we can save 80% of the currently surviving animal and plant species. The first step will be connecting the "dots" and "islands" of parks, forest, greenways, and other protected areas. At the local level, the Eno River Association began that process in 1966 and now has more than 7,000 acres under protection in five parks along the Eno and Little Rivers. To succeed worldwide will require cooperation at a scale that exceeds anything humans have ever attempted, a rethinking of the meaning of "have dominion over," and a new understanding of humankind's proper place and role in relation to all else that lives. To fail we need only continue to act as we have acted throughout history—knowing that to do so will doom humanity to existence in a chaotic, degraded environment. The choice is ours.

Disturbing and discouraging? Yes.

Impossible to repair? No ... not yet. ☘

Philip G. Baer was born and raised in West Virginia, attended college in Memphis, and earned a PhD in physiology from the University of Mississippi. His professional life as a researcher and professor of pharmacology included an academic phase at the University of Tennessee and an applied phase at Glaxo (now Glaxo Smith Kline) in Research Triangle Park. His gardens at The Forest provide a daily reminder of the fragility of nature as we depend upon it.

CAROL'S CORNER

Khadijah Johnson

by Carol Oettinger

Khadijah is one of our dining supervisors in the main dining areas. Everyone loves to see her dashing about getting things done, braids flying, with a big smile on her face.



She was born in Marietta, Georgia. She has an older sister and two younger brothers. Her family moved to Durham when she was four years old. She graduated from Hillside High School. Her mother and family live here

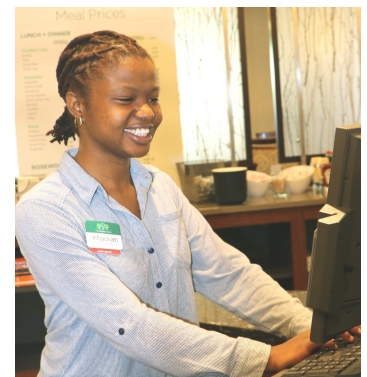
and they visit often and take vacations together

Her cousin was working at The Forest at Duke and talked about how much he liked it. She came over during her last year in high school and began to work part time in dining services. When she finished school, she came to The Forest full time. She began by serving in the main dining room. After several years she became a supervisor. She likes the residents and says she likes talking with them and making them smile. She certainly does a good job of that.

Khadijah wants to go back to school at Durham Tech or NC Central and study Spanish. She thinks that with so many Spanish-speaking people coming, there would be many opportunities opening up to use that knowledge.

She lives with her dog, a pretty black and white pit bull, named "MaMa." She says it got that name because she kept saying, when she called it, "Come to MaMa." She and MaMa go out jogging together every day. She loves to be outdoors and loves all animals. She also loves traveling. Her last trip was to the Bahamas on a cruise ship.

We are so glad Khadijah enjoys the residents and the work and wants to stay. She is a splendid part of our Forest family. ☘



Modernity

by Seymour Mauskopf

“The term ‘medieval’ came into use in the 19th century, to refer to Europe from roughly 500 to 1500, between the end of the Roman Empire and *the rise of modernity*.” This statement (with my emphasis) in the *NY Times* of May 5, 2019, caused me, as an historian, to ponder the historical origins of “modernity.”

Moving Away from Traditional Ways of Thinking

My first insight was the way European historians commonly conceptualize European history in three distinct epochs: ancient, medieval and modern. This tripartite division of history—unique, to my knowledge, to Western European culture—was conceived early in the fourteenth century by the Humanist Francesco Petrararch (1304-1374), who developed the concept of a “dark age” separating classical antiquity from his own time. “His own time” and later was subsequently given the name “rinascita” by Giorgio Vasari. Although exactly what was “new” about the Renaissance is complex and hotly contested, the accepted core notion is a conscious retrieval and revival of the classical (and pre-Christian) Graeco-Roman culture and cultural values.

“Revival” strongly implies a backward-looking perspective but it took place in a period of profound social, economic and geographical changes and, augmented by the new communications technology of printing, produced a culture very different from either classical antiquity or the intervening “dark ages.” The most notable changes were urbanization, geographical exploration and expansion, and the emergence of the modern bureaucratic state which, in the eighteenth and nineteenth centuries, developed representative forms of government.

Moving Away from Traditional Ways of Doing

In the early seventeenth century, Francis Bacon wrote in his *Instauratio Magna* that “printing, gunpowder, and the nautical compass ... have altered the face and state of the world, first, in literary matters; second, in warfare; third, in navigation.”

“Making things” underwent a major transformation from artisanal to industrial methods, including the development of the “factory” with the resultant migration of workers from the countryside to new industrial towns. New methods of scientific study transformed agriculture, communication, and medicine. Science, particularly chemical and electrical sciences, came to play a major role.

Moving Away from Traditional Beliefs and Values

The general process might be termed the “secularization” of culture. In the eighteenth century, during the Age of Enlightenment, traditional religious beliefs came into question, in large part under the impact of the Scientific Revolution. New forms of traditional European religions arose, such as Methodism, Unitarianism, and Reformed Judaism. Many thinkers moved beyond traditional religion towards deistic, materialistic and atheistic positions.

Scientific study of the natural world was extended to human organization and activities with the rise of the social and economic sciences in the eighteenth and nineteenth centuries. Such study was usually cast in a materialistic mode. The development of the biological sciences in the nineteenth century extended the materialistic perspective to the organic world, most notably in Darwinian evolution.

The materialistic sway in the biological sciences continues unabated, marked most notably in our own time by the unraveling of the genetic codes of virtually all organisms, including humans. Another contemporaneous development has been that of the computer and the culture it has spawned. Whether human sentience and intelligence—the last bastion, perhaps, to resist complete takeover by materialistic science—will survive the development of “artificial intelligence,” remains to be seen.

The Idea of Progress and its Critics

From the eighteenth until the twentieth century, a positive, optimistic mood underlay the changes taking place, often termed the “idea of progress.” But, already at the turn of the twentieth century, there was disquiet over this mood and, with World War I, it became severely tarnished. In the 1960s, important elements of intellectual, cultural and social modernity came under sharp criticism. One was the scientific enterprise itself and the related notion of objective, rational knowledge. By the end of the decade and in the 1970s, a new epistemic perspective had arisen which viewed knowledge as “socially constructed.” This notion was associated with a movement of academic scholars termed “postmodernism.” ¶

Sy Mauskopf, educated at Cornell, Princeton and Oxford, taught the history of science at Duke for many years. The occasion of this essay was an interview at The Forest with Bill Harrington on modernity.