

Photo Shoot by Sue Staples

Since I've moved to the Forest, I have been sharing lots of stories of my past life. It's what we do here to get to know each other. One night at Happy Hour, I shared the experience of having my picture in a well-known magazine. Early in the fall of my sophomore year at the University of Michigan, several men came to the Delta Gamma House to find a couple of coeds for a photo shoot. The photographers explained they were doing an article on men's fashion at different colleges representing different areas of the country: Stanford in the West, Harvard in the East, and Michigan in the Midwest. They asked several DGs to dress in typical college fashions and meet by the Michigan fountain that afternoon.

My sorority friends and I headed across campus to the fountain where we met with the photographers and some handsome athletes. The men were dressed in chosen clothing that represented current men's fashion on our campus. The photographers positioned us as couples, and I was hanging on the arm of Dave Butts, a Canadian, and the goalie of the Michigan hockey team. After different shots were taken and the photographers were satisfied, we were each paid twenty dollars. They said they would let us know when the article would appear.

Sure enough, the article appeared in the November, 1962 issue of *Playboy* magazine. *Hmmm*. At that time *Playboy* was on the newsstands wrapped in brown paper, and you had to be twenty-one to buy it! How times have changed. I attempted to purchase a copy of the magazine at the local drugstore but was denied, even after I explained that I was in the magazine. Oh sure, they thought, looking at



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The Centenarians at The Forest: Peg Lewis

by Deborah Tunstall Tippett

Last September, I was invited to a 100th birthday celebration in the Health Center for **Peg Lewis**. I knew Peg from the regular Breakfast Group here and was delighted to meet her family which includes three children, two grandchildren, and many friends.



Margaret Shively Lewis (Peg) was born at home on September 27, 1925, to Florence and William E. Shively in Indianapolis, Indiana. She was the youngest child of five, by seven and one-half years, with two older brothers and two older sisters. One sister, Harriet, was an intellectual and taught her to love books. Her other sister, Mary, who was a national champion in swimming, was more practical and taught her many life skills.

Peg was proud of her brothers who both joined the service during WWII. George was drafted in 1941 but never saw the war because of the Army's training him in various schools to be an officer. Her other brother, William, was stationed on the India-China border. Her father was a pioneer in the telephone industry, one of the nation's first telephone engineers after his graduation from Purdue University. Her mother's family came to the United States in the 1700s and were Scotch/Irish Presbyterians.

Peg attended James Whitcomb Riley Grade School, named for the famous Indiana poet. She remembers having to memorize one of his poems every year. Thanks to Mary's swim coaching, Peg swam competitively in grade school and was one of the first swimmers to compete in the butterfly stroke competition. As it turns out, her coach was credited with the crea-

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The Forester

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

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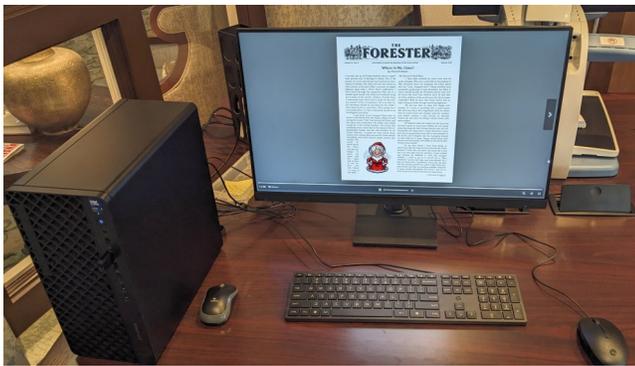
Stephen Koff, Sanford Berg, *Photographers*

Catherine & Sanford Berg, *Couriers*

March so fickle, March so fair,
Pouting, shy, with wind-blown hair,
Nut-brown shawl and crocus cup,
Smile that lights the whole world up.

~Sara L. Vickers Oberholtzer, "The Lady March," *Souvenirs of Occasions*, 1892

The library computer is for residents to read *The Forester* online. You can also use it to access Cubigo and the RA website if you have your passwords for those sites. *The Forester*, Cubigo, and RA website are labeled on the main screen for you to click on.

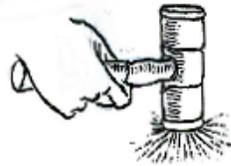


Want to have *The Forester*
stories read to you?
Click [HERE](#).

In Memoriam

Leila Noble

January 27, 2026



RA Podium

Looking for Ways to Get Involved and Have Fun?

Alice Alexander

In addition to the various activities provided by The Forest's Community Life staff, headed by Emma Quick, we enjoy a multitude of resident-led volunteer programs.

Some groups or opportunities are subcommittees of Residents' Association (RA) Committees. For example, the Community Garden and Woodshop are subcommittees of the RA General Services Committee; the Encore Store and Gift Shop are subcommittees of the RA Residents' Services Committee; the Book Discussion Group and Resident Readers are subcommittees of the RA Activities Committee. Many others are independently resident-led such as the Sing-Along or *Parlez-vous Français?*

The groups and opportunities listed are welcoming participants and volunteers. For those interested in serving on an RA Committee or subcommittee, please share your interest directly with an RA Board member.

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Photo Shoot

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me. So I sent my Dad to make the purchase. He claimed he'd never done that before, but he did the deed. Carefully bypassing the centerfold, I saw the fashion spread, double pages for each of the three campuses. There we were in living color—students looking very collegiate.

So now I can shock all my friends, by claiming to have been in *Playboy*. **Ted Harris** was there when I first told this story. He loved it and commented that they paid me twenty dollars to keep my clothes on. Whenever I dined with Ted, he insisted I share this story. I must admit that this not something I was always willing to share as part of my college experience, but, it is fun to see the look on the faces of my friends at The Forest. 🌿



Our TFAD Library: An Open Book (and More!)

by Diane Strauss

2026 and Beyond

Not long ago, some library volunteers met to introduce ourselves to one another and to discuss library issues that came to mind. Key among them was the need for volunteers to acquire a shared understanding of what each individual's tasks are and how they impact the work done by others. That's begun, but there's still much to be done.

Some of our plans have already been aired but bear repeating. We're going to add *all* donations not destined for our library to our batch of book sale candidates. Heretofore, art and coffee table books were either placed on tables in corridors outside our residences or were donated to the Durham County Library. With these inclusions and with the increase in donations—consider the influx of donations coming from Terrace residents—we anticipate that the number of book sales this year and following will increase from two to three or even more. We're also raising the price to \$2.00 per item. That's still a good deal, and it will enable us to purchase more books and puzzles as a result..

A major project this year will be freeing shelf space to accommodate new additions to our collections. The main criterion will be that anything not checked out for the past five years will be weeded out. Also removed will be any duplicate titles in our collection. This, too, will increase the number of books we sell or donate.

We've also just begun lobbying for a dedicated public computer to be added to the library to provide in-house access to the library's catalog. Although the Residents' Association has recently installed a computer in the library, thus far library users are only able to access *The Forester*, Cubigo, and the RA Website on it. It's not possible to search the library catalog, meaning residents must either access the catalog from their home or come to the library equipped with

their phone or laptop. Although library volunteers working at the Circulation Desk may be able to help, they are generally available only a total of fourteen hours each week, while the library is open 24/7.

Library outreach is also important. When I began work on this column during the afternoon of January 31, snow had begun to fall; it was warm and cozy inside the library, the fireplace glowed, and more people seemed to be gathering in the space. Please know how glad that makes us and how very welcome you are.

Are You an Exhibitionist?

Relax! I'm not prying into your personal life or sharing stories about actual exhibitionists who frequented some of the libraries in which I've worked, but asking to learn if any of you are interested in creating a themed exhibition. It might focus on a favorite author or group of authors, a specific issue or occasion, or anything else that comes to mind. (I'm considering an exhibit on censorship and banned books, but it won't take place until October, when the American Library Association sponsors "Banned Books Week"). Several outstanding exhibits have been mounted in the past, and it's time we begin offering them again .

Not Again!

We're still on the lookout for volunteers. The current ones are wonderful, but we need more. At present, particularly in technical processing of library materials, single volunteers manage specific tasks. That volunteer's absence will not only pause work on that task but also postpone the completion of other volunteer's tasks that ordinarily follow. We need multiple people working on those jobs. If this or any other aspect of library work interests you, drop a note in the suggestion box or in my in-house mailbox, #3001. 🌱

RA Podium

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<u>Resident-led Programs (2026)</u>	<u>Contact</u>	
Billiards	Bob Ashton	robert.ashton@duke.edu
Bridge	various	
Christian Fellowship & Bible Discussion	Bob & C'Ann Saterbak	saterbak@earthlink.net
Community Garden	Jay Williams	jaycwilliams1288@gmail.com
Encore Store	Kathleen Allen	tulip3315@gmail.com
Flowers in the Lobby	Sue Staples	suestaples42@gmail.com
Forest Singers	Alex Denson	adenson@nc.rr.com
Forest Speaks	Margaret Keller	kellerpair@aol.com
Forester Magazine	Lisa Camel	forestermanager@icloud.com
Gift Shop Volunteers	Deb Johnson	deborah.johnson@duke.edu
Green Team	vacant	
Greenhouse	Jay Williams	jaycwilliams1288@gmail.com
Handwork Group	Sharon Dexter	sjdexter@gmail.com
Health and Wellness Volunteers	Ralph Nelson	depatriot@aol.com
Library Volunteers	Diane Strauss	dcwstrauss@gmail.com
Line Dancing	Sharon Kirsch	sharosez@gmail.com
Lunch & Learn with Rabbi Greyber	Donna Goldstein	dgold867@aol.com
Mah Jong	various	
Meditation Circle	Larry Inderbitzin	lbimd@umich.edu
Mentoring Volunteers	Rosemarie Kitchin	rkitchin@aol.com
<i>Parlez-vous Français?</i>	Andree Allen	andreemailen@me.com
Pictorial Directory Volunteers	Judy Vick	judvick39@gmail.com
Pollinator Garden	Robyn Sloan	robyndsloan@gmail.com
Resident Display Case	Robyn Sloan	robyndsloan@gmail.com
Resident Readers	Carolyn Weaver	cconewvr@gmail.com
Rose Clippers	Sue Staples	suestaples42@gmail.com
Seated Volleyball	Ellen Miller	Epmiller100@gmail.com
Shabbat Services	Donna Goldstein	dgold867@aol.com
Sing-Along	Sanford Berg	sberg@ufl.edu
Spanish Beginning Conversations	Donna Goldstein	dgold867@aol.com
Spanish Discussion	Isaac Levy	tatilupi07@gmail.com
Table Tennis	Jim Klausman	klausmanj@gmail.com
TFAD Book Discussion Group	Mary DuBard	dubardmary2@gmail.com
Way Off Broadway Readers	Joan Seiffert	joanseiffert@gmail.com
Woodshop	Mary Kay Kraft	mkraftg@gmail.com

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RA Podium

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- **Christian Fellowship & Bible Discussion** Meets weekly on Mondays at 3:30 to discuss Old and New Testament Scriptures; led by members of the group with occasional guest leaders.
- **Community Garden:** on the east side of the FAD Drive loop; 30 raised beds for vegetable or flower gardening; well stocked tool shed, water, and topsoil; tranquil spot to spend a quiet moment. Raised beds available contact Jay Williams at (919) 357-7244.
- **Encore Store** accepts unwanted/unneeded furniture and “stuff” from donors and sells it to residents and staff for low prices to folks who want/need it - sometimes we even give it away FREE. Win-Win.
- **Flowers in the Lobby** Exercise and share your creative flower arranging or provide seasonal potted plants to display for all to enjoy.
- **Forest Singers** invite everyone who enjoys choral music to join us for weekly rehearsals (Mondays at 11am) and twice annual concerts, no audition necessary.
- **Forest Speaks** Residents provide presentations on topics of interest from their expertise or life experiences.
- **Gift Shop Volunteers** One way to stay healthy mentally and physically is as easy as volunteering with the Gift Shop; you'll also have opportunities to meet awesome neighbors and make new friends.
- **Green Team** strives to encourage ecologically-sound practices at The Forest, including responsible recycling and banishment of plastic waste. Interested participants are welcome.
- **Greenhouse:** located next to the Terraces; temperature controlled with sprinkler system. Used for orchids between bloomings, house plants to be restored, or seedlings to be prepared. Residents can use it without having to notify anyone; label any plants with your name and residence number.
- **Handwork Group** welcomes all handheld crafts, including portable portions of larger crafts like quilting.
- **Library volunteers** vet donations for addition to the library and use software to label or track books, or check out and check in books that have circulated, shelve books and interact with library users.
- **Line Dancing** Come join this fun group in learning and doing popular line dances set to music.
- **Lunch & Learn with Rabbi Greyber** All residents are welcome to bring their lunch and join Rabbi Greyber in the Auditorium for a monthly presentation.
- **Mentoring Volunteers** help orient new residents to life at The Forest and acclimate to Durham if new to the area.
- **Parlez-vous français?** is a conversation group, which also includes reading/ discussing interesting material; people who are not fluent in French can also benefit from the immersion.
- **Pictorial Directory** - Help create this directory by serving as production coordinator, collecting contact information, working with our software, or photographing residents.
- **Pollinator Garden** was originated by residents on a bare dirt corner in 2021, creating a habitat of native plants that supports our environment. Interested participants are welcome.
- **Resident Display Case** Share your interests and learn about fellow residents; contact curator Robyn Sloan if you have items for the display case.
- **Resident Readers** Join residents every Wednesday as someone reads aloud a half hour's worth of sharp, entertaining works of fiction, non-fiction or poetry, selected from books and magazines -- or written by the Readers themselves.
- **Sing-Along** Last Saturday (of each month) join us in singing songs from grade school through the 1970s—a time for fun and laughter!
- **Spanish Beginning Conversations** is intended for those looking to strengthen their Spanish-speaking skills and learn more.
- **Spanish Discussion Group** is intended to be conversational for experienced Spanish speakers.
- **TFAD Book Discussion Group** meets the second Wednesday of every month for a lively discussion of a variety of books. There is a shelf in the library near the puzzle table that has a list of the books.
- **Way Off Broadway Readers** is a collection of people who are interested in reading and sharing short plays in addition to other activities related to theatre: improvisation, performance, etc.
- **Woodshop** is available for residents to use for projects; well equipped.

Peg Lewis

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tion of the butterfly stroke. Peg made a decision to stop swimming competitively when she entered Shortridge High School so that she “could have a life.”

She loved her high school so much that when her parents moved to be nearer to a brand new high school, Peg insisted on taking long bus rides back to Shortridge and her friends. While in high school, she lettered in basketball and participated in clubs such as the DLDs which stood for Darling Little Devils.



Upon high school graduation in 1943, Peg attended Oberlin College at the suggestion of her older sister Harriet. She applied for a scholarship, and when her father was asked to provide his income, he replied, “Don’t worry about my income. Give her a scholarship and I’ll provide the rest.” At Oberlin, Peg majored in history and anthropology, made life-time friends, and met her future husband, Phil Lewis.

Phil was drafted as soon as he graduated from high school in Chicago. He was a medic in the Army and became a German POW after being captured at the Battle of the Bulge. After he recovered, Phil visited Oberlin where he met Peg. He graduated in 1949 and married Peg that same year. While waiting for Phil to graduate, Peg worked as a telephone service representative in Cleveland.

Phil entered Seminary School in Evanston, Illinois and became an Episcopal minister. She traveled with Phil and took care of their four children; David, Catharine (Caz), Fred, and Tom. Peg recalls the three years when Phil served at the Minneapolis Cathedral. She reflected with sadness of the recent events there and how this would have been where the cathedral was located. Phil was later called to Jamaica in Queens, NY. Their children attended public schools in NY and later prep schools in New England.

During the Lyndon Johnson presidency, Peg recalls that there was increased funding for education. She was approached by one of the parishioners who was a Dean at St. John’s University; he offered her a scholarship to work on her Master’s. The Rectory, where the Lewis family lived, was next door to St. John’s. In 1970, Peg received her Masters of Library Science and began her career at the SUNY College of Optometry, where she created and built their first library.

Columbia University had recently dissolved their optometry program and donated books to build the foundation of the new library; she also had the collections of retired faculty members. Peg worked hard to cull the books and organize a meaningful collection, thereby earning NY State accreditation.

After twenty years, Peg retired in 1990, and she and Phil began to look for a retirement community. She had visited with a lifelong college friend who lived at Carol Woods in Chapel Hill. While in the area, she heard of the new construction of a CCRC in Durham, called The Forest at Duke. They visited the office for the Forest, where Lucy Grant was selling units in the community—just in the building stage at that time. They moved into Cottage 50 on October 16, 1992, making them Pioneers. They retired early, Peg explained, due to Phil’s Parkinson’s Disease. While working on his speech skills, his speech therapist examined his throat and saw a suspicious mass which turned out to be esophageal cancer. Sadly, he died a month later, in December, 1992.

The residents at The Forest rallied around Peg and were good supportive friends to her. Peg, in turn, became very active at The Forest and in the Durham community. In 1997, she became the first woman president of the Residents’ Association, after serving on multiple RA committees and boards. She worked in the Rare Book Room at Duke University and served on the board to establish the Senior Center in downtown Durham. She became active in her church and is still a member of the Society of the Companions of the Holy Cross, which is an

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Triangle Thinkers and Doers Speaker Series

by Jack Gartner

As we paused on Monday, January 19, to honor the legacy of civil rights leader Martin Luther King Jr., The Forest at Duke Thinkers and Doers Committee presented the second in our *Thinkers and Doers Speaker Series*.

Deondra Rose, Professor of Public Policy, Political Science, and History at Duke University spoke on the role of education in the struggle to expand our democracy. Professor Rose



presented a comprehensive and passionate history of the HBCUs (Historically Black Colleges and Universities), established over the period from 1837 to the Civil Rights Act of 1964, and their impact on the enhancement of democracy. While many of us knew of the role of HBCUs in creating educated Black leaders such as W.E. DuBois, Booker T. Washington, and Martin Luther King Jr., Professor Rose told us she was stimulated to write her book on HBCUs by learning about research which revealed that a substantial percentage of Black lawyers, congressional representatives, and judges were educated at HBCUs. She wanted to understand the special impact of HBCUs on students and the "secret sauce" they provided that produced so many leaders committed to fight successfully for Black civil rights and equality.

Additionally, Professor Rose expanded on the role of the federal government in providing financial support for higher education in our country, including the creation



Peg Lewis

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intercessory prayer group.

When I interviewed Peg, she told her story with humility and gratitude. She gave credit to her sisters for her success and was more interested in talking about others than herself. Her son Tom, who is a frequent visitor to the Forest, recalled trips with his mother and his late brother Fred, as well as visiting siblings over Christmas. Her athletic feats in school are a source of pride to Tom. Daughter Caz talked about how her mother's positive attitude allowed her to overcome difficulties of being the wife of a clergyman. Her mother was very smart and never complained. Members of her prayer group talked about how Peg mentored them about ways to best serve others.

When I asked her secret to successful aging, she replied that she "did not have a clue and that none of her family had lived this long." But when I looked around her room, I saw that the walls were covered with family pictures and family artwork. She stays mentally active and is interested in what is happening at The Forest. She is up-to-date with the news and is curious about the world around her both locally and nationally. Perhaps her close family ties, resilience, and active mind are what make Peg a special centenarian, one who lives her life with intention and grace. 🌿

of "separate but equal" land grant colleges in every state. This support is critical for HBCUs to be able to sustain their work, and to continue providing an environment that prepares young Black Americans to develop the knowledge, skills, and sense of community necessary to be successful and to contribute to the movement for strengthening our democracy.

Professor Rose's most recent book *The Power of Black Excellence: HBCUs and the Fight for American Democracy* details this history. It was offered for sale after the presentation through the Regulator Book Store in Durham.

Our next *Triangle Thinkers and Doers Speaker* will be Gina Upchurch who will speak on "The Future of Medicare" on Monday, March 16, at 4:00 PM. Please join us for another exciting presentation. 🌿

Welcome New Residents

Michael MacKuen and Michele Hoyman

Apt. 4045

Michael: 919-265-3360

mackuen@unc.edu

Michele: 919-619-8898

hoyman@unc.edu

Michael and Michele have come to us from Chapel Hill where they lived since 1998. Born in Maine, Michele grew up in Greensboro where her father was employed organizing textile workers. From 1967 to 1970 she attended Antioch College for undergraduate study in sociology, drama, and dance. She received her PhD in political science from the University of Michigan in 1978.

While at Michigan, Michele followed in her father's footsteps when she played a central role in organizing a teaching assistant union. In the following years, she became a professional arbitrator for Labor-Management disputes. The couple met in graduate school. From Michigan, Michele went to the University of Illinois to teach and Michael went to Washington University in St. Louis. They married in 1981, at which time they settled in St. Louis; both were on the political science faculty at the University of Missouri until they joined the faculty at UNC in 1998.

Coming from an Air Force family, Michael was born in Vienna, Austria, and grew up in various cities and countries. His undergraduate degree is from the University of Virginia in 1970; it was followed by graduate school at the University of Michigan with a PhD in political science. He describes himself as a research academic, whereas Michele views herself as an activist and scholar. Michael's career focused on public opinion, elections, and communication.

Both Michael and Michele have written academic books as well as numerous professional articles. Michael's books are *The Macro Polity* (a look at the dynamics of the US political economy) and *Affective Intelligence* (which explores how people use emotions to follow politics). Michele's four books are primarily about eco-

nomics development, especially rural economic development.



As a volunteer Michele has had a longtime affiliation with the American Association of University Women. Also, she has canvassed in many presidential campaigns. Michael is a flight simulation enthusiast who has organized races around the world. Having been raised in NC, Michele is a lifelong Tarheel fan, while Michael is merely a late convert.

The couple's daughter Dr. Courtney MacKuen is an emergency room physician in Asheville. She is married with two energetic young boys. 🌿

DAFFODILS,
THAT COME BEFORE THE SWALLOW DARES, AND
TAKE
THE WINDS OF MARCH WITH BEAUTY; VIOLETS
DIM,
BUT SWEETER THAN THE LIDS OF JUNO'S EYES.

- WILLIAM SHAKESPEARE -

The “Commons” in Community

By Robyn Sloan and Beth Timson
Illustrations by Katherine Shelburne

British economist William Forster Lloyd invented the term “the tragedy of the commons” in an essay in 1833. But it didn’t become a prominent idea until it showed up in a talk given by ecologist Garrett Hardin in 1968. However different their focus, the basic premise of both scholars is the same: any resource shared in common by unique individuals is going to be depleted over time as the individuals act primarily in their own interests rather than in the interest of all.

There are scholars in various academic fields who disagree with Lloyd and Hardin; some have noted that bad behavior only occurs in the “*unregulated* commons” and suggest that the problem should be defined not by the space itself but by a lack of responsibility within individuals. (Philosophers do like to argue—it’s actually their job.) When an individual gets the benefits, without any penalty, of the selfish use of a common space, then he or she will continue to do just that. Why should any single individual stop behaving badly when the cost of that selfish use is borne by *everybody* to whom the resource is available?

Now, if you’ve read this far and are wondering what this topic has to do with TFAD, just look around you at the living situation in a CCRC. Since Lloyd’s and Hardin’s ideas describe any defined community in which resources are shared, what fits that description better than a CCRC? We all have our own individual apartments or cottages, but we all *share* the dining venues, the exercise area, the pool, the gardens, the auditorium, the meeting rooms, the art rooms, the library—not to mention the mundane spaces like the hallways, sidewalks, and parking lots.

This means, given we’re a collection of disparate individuals living here, that some persons, at some times, will inevitably behave selfishly. They will use the common resources as though those spaces are their own, not thinking—or not caring—that those same spaces are used by others as well. “I pay a lot of money to be here,” Person X grumbles. “Let somebody



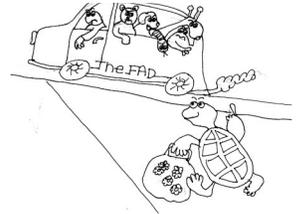
else pick up/clean up/take care of that.”

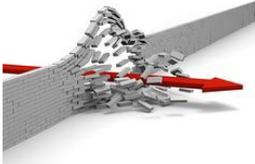
So Persons Y and Z, following where X has been, must deal with cracker crumbs and wrappers left in the library chair; a wet, slippery lobby floor between the door to the pool and the locker room door; an art room with paint and clay splatters that haven’t been cleaned up; a bus that’s late to an event because it couldn’t leave before the last, late person showed up; or an exercise room with equipment not where it should be. If you have been the person doing that, we forgive you—but please quit it.

We all need to be mindful that we are not the ones, even inadvertently, behaving “selfishly” with our community resources. All of us can be good community members by picking up after ourselves when we’re using the common spaces and paying attention to starting and ending times for events and classes. We also need to return equipment to their proper places, park responsibly, and pay attention to the ebb and flow of people around us. Being a good neighbor here requires a kind of communal goodness, an impulse toward leaving spaces at least as well-appointed as we found them.

One of the most valuable resources we have here are the people who provide our community with so many services. Our Forest staff deserve to know that they are important to this community and are appreciated—not just taken for granted as people to “clean up after us.” And as your mother taught you, *please* and *thank you* are always appreciated.

Finally, Garrett Hardin said, “Something that belongs to everybody, belongs to nobody.” That cuts both ways: no one resident is responsible for vacuuming the hall carpet, picking up dishes in Heartwood, or maintaining the pool. But those spaces still do belong to all of us and so we are all responsible for them. Be the person you’d like your neighbor to be. Be the best neighbor you ever had. ‡





The Origami Problem Inside Your Body

By Howard Goldsweig

A protein begins as a simple chain of amino acids, much like beads on a string. However, if it is to function, that chain must collapse and twist into a precise 3-D shape. In our bodies, these "folded" proteins act as molecular scissors, cellular locks, or tiny motors. When they fold correctly, life thrives; when they don't, diseases like dementia or cancer can follow.

Why Shape Matters for Medicine

Modern medicines rely on interacting with these folded shapes. Blood thinners quiet clotting proteins, and vaccines teach the immune system to recognize specific proteins. Cancer drugs fit into "pockets" in the folds of a cell-proliferation protein stuck in the "on" position and render it nonfunctional. Identifying a protein's unique 3-D structure is the starting point for drug discovery; revealing the geometry of a disease-causing protein is a critical step in the design of a medicine that could switch it between active and inactive states.

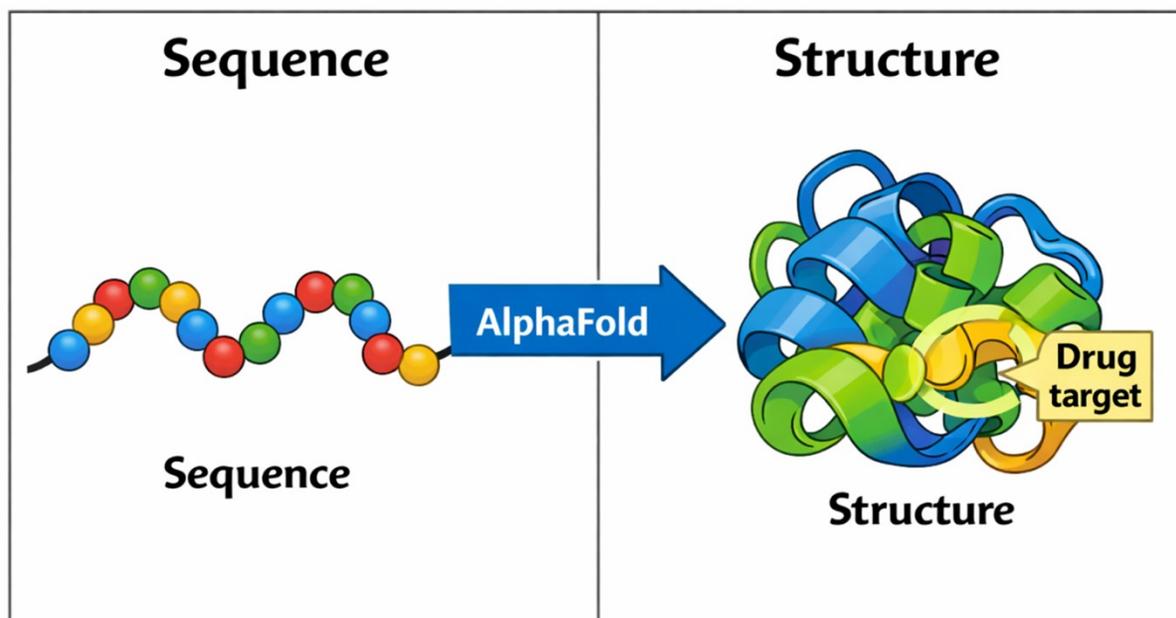
The Folding Challenge and the AlphaFold Breakthrough

For decades, scientists could read amino acid sequences but couldn't predict the resulting 3-D structure. Because any single chain can bend and twist into billions of possible shapes,

uncovering one particular structure often took years of arduous lab work. However, early in this century, that was all about to change dramatically.

Beginning in 2016 at Alphabet/Google's artificial intelligence research lab, Demis Hassabis and John Jumper, along with a large team of scientists and engineers, used advanced machine-learning systems to develop software that could predict 3-D protein structure from its basic amino acid sequence. By 2022, they had succeeded wildly: the software called *AlphaFold* was able to predict protein 3-D structure with amazing accuracy

Today, the *AlphaFold* database contains over 214 million predicted structures. This massive library allows researchers to prioritize experiments and accelerate drug discovery for previously "untouchable" protein targets. In recognition of this revolution, the 2024 Nobel Prize in Chemistry was awarded to Hassabis and Jumper for their breakthrough in predicting life's fundamental shapes. †



From France to The Forest: The Remarkable Journey of Andree Allen

By Laura Washburn

Of the roughly five hundred residents in The Forest, the majority of us were born and raised in the United States. We're lucky, however, that about twenty people among us were raised in other countries. We have a lot to learn from the rest of the world! One of our neighbors, who began her life in Vichy, France, came to the US as a young adult in 1968. This is **Andree Allen**, who moved into The Forest in 2023, with her husband **Larry Kodack**. Andree has become a very active member of our community.

In her youth, Andree studied tourism and was fluent in German and English. Her first job was as a travel agent. For a while she lived in Germany, where she met her first husband, who was in the American Air Force. Together they moved to Florida, where they had their daughter Sonia. Sonia now lives in Pittsboro and works as a microbiologist. A language lover like her mother, she is currently studying Japanese.

Andree says that in high school she would never have thought about going into the sciences. She calls herself "a late bloomer" who ended up "falling in love with chemistry" and medicine as well, after returning to school to become a French teacher. She went to medical school at the University of Miami at the age of thirty-two and did her psychiatry residency at Georgetown University and her geriatric psychiatry fellowship at Johns Hopkins University. In 1989, in order to be near her granddaughter Robin while she was growing up, Andree moved to North Carolina.

Andree's first job in NC was director of the geriatric psychiatry fellowship at Duke University, a position she held for three years. Subsequently she became the director of Geropsychiatry at Dorothea Dix Hospital in Raleigh, a position she held until 2000. Weathering the changes in the state psychiatric system, she transferred to the facilities in Butner NC, holding a variety of positions related to treating the severely mentally ill. She retired in 2019.



Andree was elected as the TFAD Residents' Association Treasurer in October 2024. She says it is important to her to be useful, and this job has pulled her into the life of the community, giving her the chance to help other people. "Life is a journey," Andree says. "It's always fascinating, and it gives me the pleasure of thinking that I will continue to be able to do all sorts of things." She has taken various classes in painting, from watercolor to abstract, and Chinese calligraphy, and she continues to study Hebrew with a teacher.

Andree says she gets "real pleasure" from speaking her mother tongue. Once a month, on a Saturday evening, she hosts a French conversation group in the Party Room called *Parlez-Vous Français?*, stimulating lots of interesting discussion. She also leads a class in her apartment called "Refresher French," in which the focus is on reading, translation, and pronunciation. This class is currently full. However, Andree will warmly welcome anyone who would like to join the lively conversation group in the Party Room. †

Snow Stories

By Joan Seiffert

I remember how dark it was, though not so much the cold since my mother had made a blue snowsuit with a hood for me. She had an old Singer, a small black sewing machine, and she could work wonders with it. In the mountains of western Massachusetts there was a lot of snow each winter and we were sent out to play. That's the way it was in those days. Mama was busy at home. "Go out and play," she would say. "Be home before dark."

We often played in the snow, making snow angels or a fort with a pile of snowballs. My brother Billy, eight years old to my three, decided to build an igloo (I don't remember knowing that word at the time). When the igloo was done, he made a door opening in it and told me to go inside, so I crawled in. He closed the snow door. The rest of the story I heard later. Billy went home, and Mama said, "Where's Joanie?"



I had my own sled, a Flexible Flyer. It was neither flexible, being made of wood slabs, nor could it fly with a well-fed child aboard, either on her belly or sitting on top with her feet doing the steering. This particular day I had walked to the campus of Lafayette College, dragging my sled, where my father had an office as Director of Admissions and professor of religion. This was during World War II when there few men who were not part of the war, so my mother had a teaching position there too. I do remember that it was winter with lots of snow in Easton, Pennsylvania. The campus was hilly enough to offer several gentle slopes for sledding for a small girl who was determined to use her new sled. Sometimes

my determination has gotten in the way of my good sense.

I found a just-right slope and ran, sled in my arms, throwing myself down in a belly flopper on the sled and *whoosh!* I was flying. I had quite forgotten about trees until one loomed right in front of me. Where are the brakes? The tree stopped me, but I was NOT grateful. Blood! What is that from? Then I realized that my lower lip was attached to my teeth. In pain and in tears, wailing, I looked around for my father's office. It took some years for the scar to disappear.

Many years later, living on an Air Force Base in Plattsburgh, New York, thirty miles south of Montreal, I found our nearly two-year-old daughter on the top shelf of the linen closet cheerfully munching what was left of a bottle of baby aspirin. I had underestimated her ability to find the medicine cache carefully hidden on the second floor.

It was December and Jack, her father, had taken the car to work that day. I was pregnant... very pregnant. I snatched Pam up, rushed downstairs, put on my long winter coat, and ran with her, wrapped in a blanket, through the snow to the base Dispensary where they pumped her stomach immediately. She was, of course, strenuously resisting all of these things. Such a story we had for dinner with Daddy that night. 🌿



TFAD Campus, Feb 1

Living with Books

By Shannon Ravenel (Purves)

People sometimes ask me how I got involved with the North Carolina publishing company, Algonquin Books. Here's the story. My sophomore year at Hollins College, Louis Rubin was hired as an associate professor of English Literature. At registration that Fall, I went to his table to sign up for his course in American Lit. He looked at my name tag and said, "You must be from Charleston." It turned out he was from Charleston, too.

That exchange was the beginning of a life-long friendship and later partnership. By my senior year, Louis was the head of Hollins's English Department and my major professor. When I graduated, in 1960, and was planning to try to find a publishing job in New York, Louis wrote many letters to publishing friends there on my behalf.

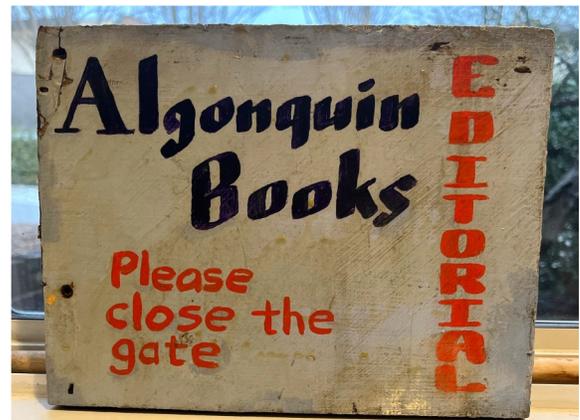
I did land a job in NYC, but when I visited Boston that year, I decided I liked that city a lot better and liked its two excellent publishing houses—Little Brown and Houghton Mifflin. Much to my delight, I got a job (secretary to three editors) in Houghton Mifflin's trade editorial department. *Trade* is publishing-speak for non-academic publishing—fiction, general nonfiction, kids' books, what we read more for pleasure than for learning. I worked hard at HMCo. and rose slowly through the secretarial, assistant, associate ranks finally to full editor. In the 1970s, I followed my scientist husband Dale Purves around his career circuit—first to London, then to Singapore, then to St. Louis. Luckily, Houghton Mifflin needed a series editor for its venerable annual collection *Best American Short Stories*, which I could do no matter where I was located.

Meanwhile Louis was running English Departments, starting literary periodicals, founding the Fellowship of Southern Writers, writing and publishing his many books—fiction, nonfiction, academic treatises, you name it. He was the author of more than fifty such books.

All along, he and I kept in touch. By 1981, when the germ of an idea that became Algonquin Books of Chapel Hill began to flower, he was the University's Distinguished Chair of the UNC English Literature Department. On New Year's Day, 1982, he wrote me a letter in which he declared the imminent death of literary fiction in New York

City and thought this called for a new publisher, based in the South and run by...the two of us! He described what he wanted to publish: "I don't mean regional or experimental avant-garde stuff, but simply the best fiction (and nonfiction) I can locate." He would call this company Bright Leaf Books.

I accepted by return mail. And in the Fall of 1983, we published our first list of five books.



And now the company is forty-three years old. For the 30th anniversary, we put together a year-by-year timeline. Here are summaries of four events that provide a quick history of how this unlikely venture actually succeeded:

- **Fall, 1983:** The first list of five books is published under the new (and less tobacco-related) name, Algonquin Books of Chapel Hill. There are only enough resources to print 1,500 copies of each title.
- **1986:** The first volume of Ravenel's series, *New Stories from the South*, is published, and Algonquin moves from Louis Rubin's shed to what is referred to by New Yorkers as a "quaint little mill house in Carrboro, NC, the more 'bohemian' suburb of Chapel Hill."
- **1999:** Algonquin orders a first printing of 10,000 copies (big for us) of *Gap Creek*, by Robert Morgan. Oprah calls! *Gap Creek* is the Oprah Book Club selection #10. Our second printing is 460,000 copies.
- **2013:** Algonquin Young Readers is born in our 30th anniversary year—after all, a well-read life starts early!

And Ravenel decides to retire, finally. †

Winners and Answers for the Campus Critter Contest

By Sharron Parker



Question:
Based on the Aesop fable The Fox and the Grapes?



Done by well-known local sculptor Tinka Jordy; to be placed by a Terrace garden water feature



In a sense brought back to life by owner Kathleen Allen, who changed the color from cooked-crab red to live-crab blue

1: Terraces restroom tile

2: North of Health Center

3: Cottage 63



Owner Beth Timson likes the cat's "Schoolmarm" pose; others think of it as a Buddha pose



Carol LeBar loves cows, and has many more (arty) ones in her apartment



A contestant who couldn't find this guessed it had flown south due to the cold weather

4: Apartment 2035 (hall)

5: Apartment 2028 (hall)

6: Pollinator Garden



Google says this ibex or goat was inspired by ancient Anatolian, Central Asian, or Chinese motifs



Mikhail Baryshnikov came in a limo to well-known folk artist Clyde Jones's place wanting to buy his work.

Clyde politely refused, since he only donates his work to non-profits



Question:

Does this represent a whippet? If so, it has the fastest idle-to-running acceleration of any dog

7: Pool elevator area

8: Cottage 78

The Featherstones got this at a fundraising auction

9: Cottage 92

First Place: Brenda Featherstone
Second Place: (tie) Toby Goldberg, Carole LeBar
Third Place: (group) Nancy Miller, Susan and Walton Smith

Recent Events on Campus

What did we do during the winter cold snap?



We played games,



attended concerts,



(continued on [Page 16](#))

Recent Events

(continued from [Page 15](#))

socialized,



heard speakers,



Recent Events

(continued from [Page 16](#))

got creative,



engaged in community service,



and went shopping.



Recent Events

(continued from [Page 17](#))

Meanwhile Mr. Waddles and the Health Center staff prepared for February.



Goodbye winter!

