

# Sterling Siren

Issue 13, July 2021



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### *Hummingbird News* by Barbara Lewis



According to Charles Seabrook's column in the AJC, hummingbirds

should soon be showing up more at your feeders. He said that they arrive in our area in March and April. They are very hungry after migrating to places in North America like Georgia to start their breeding season. We see them at our feeders then, but they become less visible in May and June as they hunt for insects more than nectar to feed their young.

In July, the days are slowly getting



shorter which signals to them to start fattening up, increasing, almost doubling, their body weight. They need high energy fuel to make their fall migration, some 500 miles south without stopping, across the Gulf of Mexico to their winter homes. Try to keep your feeder full!



Champions: Shirley Holcomb and Bob Steele

## "Summer Sizzle" Bocce Tournament at Sterling Estates West

by Ron Lewis

The tournament began on Saturday May 22<sup>nd</sup>. It was an 11 team- double elimination play. Yes, 22 residents participated in the tournament! There were six substitutes on the original list with two more added when the need arose. Very few games were "rained out". The

championship game was to be played on Wednesday, June 30<sup>th</sup> but, after the usual pizza and drinks were placed out, the rains came and the pizza party was quickly moved to the Wellness Center. The make-up championship game was finally played on Sunday, July 4<sup>th</sup>. There, we were treated with our own "fireworks" with the game between the winners of the top bracket, Shirley Holcomb and Bob Steele, and the winners of the

loser bracket, Jack VandeVate and Tom LaForge. The latter team had only one other loss and that was to the former team. The game was close with multiple leader changes, but Shirley and Bob persevered (19-14) and took home the



Final Four: Jack VandeVate, Shirley Holcomb, Tom LaForge, Bob Steele

DeBenedetto trophy, named in honor of the man who persuaded the management of Sterling to put in the court originally. Referees for all the games were rotated by Ron Lewis, Steve Stahlman, and Bob Steele. Gail Watson served as the score keeper.

### Cobb County Pleads

Cobb County Water System staff are requesting that pet owners pick up their animal's yard waste and put it in garbage cans, especially during the warm season. When it rains, the water picks up contaminants like pet waste, and carries them into the neighborhood storm drains which flow directly into ponds, creeks, streams and lakes. This water is not cleaned by the water treatment facility; instead, it contributes nutrients and bacteria to the water bodies leading to algae blooms which can make the water toxic to wildlife. So, **PICK IT UP PAL!**

By Barbara Lewis





# Introducing Simba, Sterling’s Very Own Dog

by Nancy Smith



Hi, I’m Simba!

I am three years old and I’m told that I am a “Cavapoo” which is a fancy name for a mix between a Poodle and a Cavalier King Charles Spaniel, but I just like to think of myself as the world’s luckiest dog! I live at Sterling Es-

tates by day, and by night and on weekends I go home with Deana, Sterling’s Executive Director. So, you see, I actually belong to every single person who lives at Sterling.

Deana brought me here when I was just a puppy, all the way from a farm in the Pennsylvania Amish country. Deana’s sister had acquired my brother, “Whiskey”, from the same Amish farm, and when Deana met Whiskey she just knew another member of his family would be the perfect dog for Sterling West.

She was right! I LOVE it here! I have my own playpen in the

front lobby, where there is always a lot going on for me to watch. I have so many new friends and they come by to say hello and give me a pat any time they wish. Even better, they can sign me out and take me for a walk! Can you believe I have been invited into some of my friends’ apartments and cottages and allowed to STAY for a visit? Of course, I try to be on my best behavior so they will ask me back again. These new friends have taught me to sit, shake hands, lay down, and they’re always telling me how smart I am! If you come by, I’ll be glad to show you all my tricks and you don’t even have to give me a treat (unfortunately the sign says I can’t have any).

Please come to the Landmark Building to see me soon. I’ll be waiting for you by the front desk and I’ll be so glad to walk with you, anywhere you would like to take me!

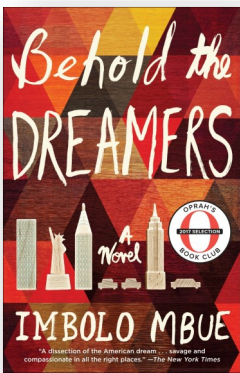
Lots of doggie love from your friend,

**Simba**

*P.S. Would you like to meet some of the other dogs who live here at Sterling? It will be easy- just pick up future copies of the “Siren” and read all about them and their devoted owners. (SNEAK PREVIEW NEXT MONTH)- He’s the tiniest dog at Sterling, (can you guess who?)*

## PAGETURNERS CORNER, JULY 2021

by Anne Strand



We all remember the Great Recession of 2008 and its financial effects on us. Throughout the country, the stock market plummeted, jobs were lost, and lives were changed. Imbolo Mbue, author of our June book selection, *Behold the*

*Dreamers*, was laid off from her New York City job and she decided to write her first novel about the Great Recession and its effects on New York families.

Ms. Mbue is an African immigrant writing about the recession’s effects on the most influential, a Lehman Brothers executive, and a struggling immigrant from the Republic of Cameroon. Although the main character, Jende, is from the same town of Timbe in Cameroon as the author, Jende is uneducated, with no per-

manent status; whereas, the author holds a M.A. from Columbia University and is a U.S. citizen. We learn about her background from her PBS NewsHour interview after this book became a bestseller and a PEN-Faulkner Award winner. Jende Jonga is beginning his “American Dream” as a salaried chauffeur to a Wall Street executive, saving money to bring his wife and son to America. With a student visa, his wife Neni rejoins him and pursues an education. Other key characters are a successful cousin who paid Jende’s airfare and an immigration lawyer. Driving him around Manhattan, Jende becomes involved in his employer’s life. Clark Edwards is a Lehman Brothers executive, and Jende hears his intense business and personal conversations. Cindy Edwards, Clark’s wife, and their young son are also Jende’s passengers, driven to social events and school.

Neni becomes involved in the family’s life when she is hired for summer vacation at their home in the Hamptons. She changes her view of the glamorous family, especially the wife, Cindy. How does learning Cindy Edward’s secrets change Neni and her future? After the fall of Leh-

man Bros., Mr. Edwards takes another Wall Street position, but can no longer afford a chauffeur, and there is no comparable job available for Jende Jonga.

Meanwhile, the immigration lawyer is demanding more and more money to pursue his complex case. Jende begins to believe that the “American Dream” is not meant for him. But Neni, who has now given birth to another child, refuses to give up on her “American Dream” of a good education to become a pharmacist. Jende and Neni face an impossible choice about their future.

Our discussion group was conflicted about their ultimate choice. What will their future look like?

Our July book, *Next Year in Havana*, traces the life of immigrants with a totally different experience. They are Cuban refugees who come to America and continue to live a life of wealth and privilege. Both books shed light on the complexity of the “immigrant experiences” of the last century.



## Planning Ahead...

- There will be a second trip to the Van Gogh Immersive Experience so watch for announcements to come through Touchtown with all the details.
- Our first overnight trip is scheduled for October 19th and 20th to Helen, Georgia, for Oktoberfest. You can view the itinerary on Touchtown under the tab, Outings & Events, and sign up in the Hampton Media Room.
- Apple Trip scheduled for September: watch for announcements to come through Touchtown with all the details.
- Overnight trip to Callaway Gardens and the Fantasy of Lights tour in December: Watch for details to come through Touchtown.

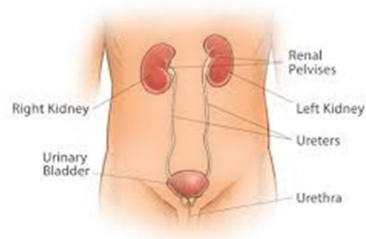
# June Lunch and Learn in Review...

by **Ron Lewis, M.D.**

The title for the most recent Lunch and Learn was Urology Knowledge for Sterling Estates Residents in which I shared with the attendees what the field of Urology encompasses and some practical tips for knowing when to seek medical care for urologic disorders. Below in bullet form are some key points from that presentation.

**First, what is Urology about:**

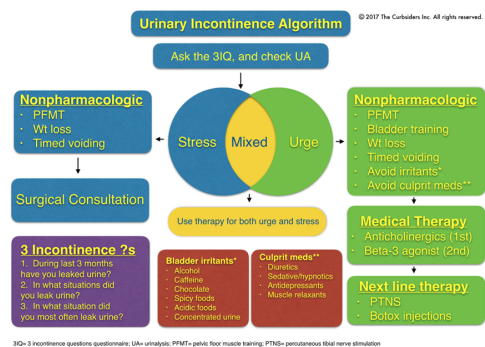
- A surgical specialty involving surgical diseases of the urinary tract and adrenal gland in males and females (urinary system=kidneys, ureters, bladder) and the reproductive tract in males (testicles, prostate, seminal vesicles, and penis). Also deals with same areas in pediatric population.
- Also serves medical treatment of diseases of these same areas such as infection, incontinence, and some limited chemotherapy for certain urological malignancies.



**Areas discussed:**

- **Infections:** Most common in bladder (due to bacteria), more common in women, treatable with antibiotics and prostatitis (infection of the prostate) in men. Pyelonephritis in the elderly often results in hospitalization.
- **Hematuria (blood in the urine):** Can be gross (can see blood or red color of urine) or microscopic; unless proved to be associated with bladder infection, should be investigated by a physician.

**Incontinence:**



- **Urinary tract stones:** Common in the south (“stone belt”); most will pass but can be very painful; if associated with infection or intractable pain may require temporary stenting; and almost all today can be treated through endoscopic instruments with high energy ablation.
- **Benign masses:** Kidney cysts may not require treatment but if so, can be treated without open surgery; Hydroceles (fluid around the testicle) may require simple open surgery if large enough to be bothersome; Benign Prostatic Hyperplasia is very common in men and can be treated with drugs or surgery.
- **Malignant Masses:** Kidney cancer, if detected early, can be removed robotically; Bladder malignancy (transitional cell carcinoma is most common) may be managed cystoscopically, but, if advanced, requires major urological surgery and/or chemotherapy; Prostate cancer is the most common malignancy in men but is treatable with many different approaches if detected early.

**Take-Home Messages**

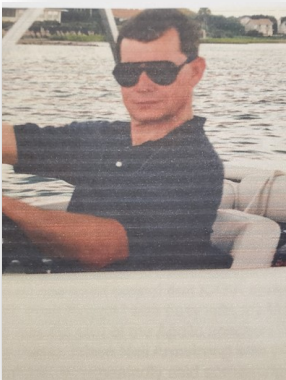
- **Drink Plenty of Fluids Daily (especially on hot days).**
- **Empty bladder every three to four hours.**
- **Let your doctor know if blood in urine occurs.**
- **Urine culture is preferable before treating urinary infection.**
- **Incontinence can be treated.**
- **Benign Prostatic Hyperplasia can be symptomatic (slow stream, poor emptying, hesitancy, frequent urination-night)- can be medically or surgically treated.**
- **Most urinary problems can be diagnosed by your primary care physician, who will know when to refer to urologist.**
- **Yearly rectal examination and blood test (PSA) may detect prostate cancer at an early stage.**



*The next Lunch and Learn will be held at 12 noon in the Hampton Club on July 26, 2021...Topic will be Healthy Vision*



## Resident Spotlight by Judy Glauner



Ronald Charles Kelly was born in Atlanta at Ponce de Leon Hospital. He has a sister in Atlanta and a brother in St. Augustine, Florida. A 93-year-old uncle lives in Alpharetta, but Ron has been able to see him just once in the past year-and-a-half due to Covid-19. When he was about 11 years old, Ron’s father had a job promotion which led to moves around the Southeast, mainly in Georgia and North Carolina.

After graduating from Virginia Tech in June of 1967, with a Bachelor of Arts Degree in Physics, he accepted a job with NASA at the Manned Spacecraft Center in Houston, TX. Ron was initially given responsibility for the Apollo spacecraft electronics but, as he enrolled in the Master’s program at Rice University in Houston, his work was transferred to other engineers. NASA agreed to pay his tuition and allowed him time off each morning to attend classes at Rice. In 1972, Ron received a Master’s Degree in Physics from Rice. Ron stayed with NASA, helping to develop the “Lunar Sounder”, an imaging radar project that flew on Apollo 17, and was there during the early years of the Space Shuttle program.

A former college roommate’s fiancée arranged a blind date between Ron and his future wife, Sarah. NASA bureaucracy moved too slowly for Ron, which led to boredom! He moved to a large company, Schlumberger, where he developed both electronics and software during the 30 years he worked for them. This background helped lead him to some of his other activities: a pilot with instru-

ment rating and 900 hours on a Beechcraft airplane; President of a flying club; flying Bonanza Aircraft to LA and Phoenix to see Apollo contractors, Houston to El Paso, for gas, then to LAX, arriving at midnight which helped him earn his first-class rating; owned a Gold Wing motorcycle (he nearly dropped it on Sarah, so that ended that!); boating beginning when his father had a boat at the St. Augustine, Florida condo; downhill snow skiing ( his first ski trip was to Sun Valley, Idaho); and motor home travel all over United States, including several trips to McMinnville, Oregon, where an aunt lived. Ron’s favorite trip was to Mackinaw, Michigan. The recreational vehicle (RV)/parks were wonderful. Ron and Sarah “RV’d” for 8-9 years!



Ron’s work had him traveling to Paris, France, seven times. (Sarah went once with him! ) What brought the Kellys to Sterling Estates? They were living in Big Canoe when Ron was diagnosed with Parkinson’s disease. He wasn’t interested in any projects around the property, so they started looking, which led them to find Sterling Estates. Ron is most proud of his Master’s Degree in Physics, and just wants to be known as “a good guy”! He said that it has been interesting watching his nieces and nephews and their children progress! Things are so much different today!

I really appreciate Ron taking the time to talk to me! Such an interesting guy and always ready to try something new. He was interested in my recent Segway tour, and I think he would have tried it, if I had one! Thanks for finding Sterling! So glad to get to know you and Sarah!

## Employee Spotlight Emma Grace Turner

by Judy Glauner



Independent Living has been privileged to have a wonderful wait staff. Here is a description of one of those wonderful young people. The wait staff have worked as a team to serve at least 35 Independent Residents at one sitting and anticipate our every need!

Emma Grace Turner was born in Atlanta and has lived in Powder Springs all her life! (A True Georgia girl.) She has a brother who is 362 days older than she is. She used the term “Irish twins” (I have never before heard this term) because her birthday is May 30, and his is June 1, making him not quite a year older!

Emma is a graduate of Hillgrove High School, where she was a member of the “Diamond Girls,” managers for the boys’ baseball team. Emma is very interested in Photography and is presently building up her portfolio. We discussed some of the pictures she has taken and some of her options going forward. As a wildlife photographer, a dream goal would be to work for National Geographic magazine.

Her grandfather was influential in her life. He had been President of the Atlanta Better Business Bureau and was instrumental in bringing the 1996 Olympic Games to Atlanta. He also tried professional baseball as a pitcher with the Minnesota Twins and struck out Jackie Robinson’s son!

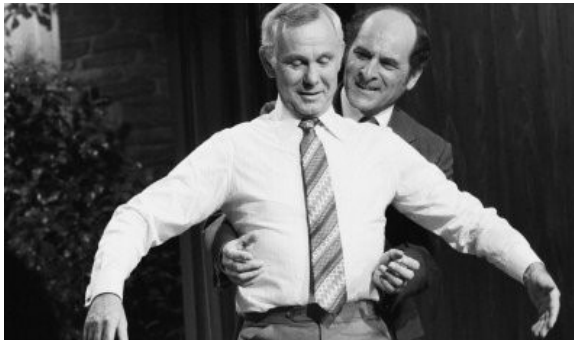
This young lady has been on three (yes, three) cruises! Remarkable, as she is just 21! Emma cruised to Mexico, Turks and Caicos, Aruba, St. Thomas, Curacao, Puerto Rico, and the Dominican Republic. One of her favorite places is Big Bend Ranch State Park in Texas. It is known for being an International Dark Sky, one of the darkest places in the world. The park reaches from the Rio Grande to the Mexican border.

Emma has 3 dogs in her family: Boomer, 15 years old; Maggie, 7 years old; and Dakota, a 3-year-old Pit Bull mix. Emma was working at the Lost Mountain Publix when she got into a conversation with Jennifer Bastion. She had gone to school with Jennifer’s daughter, and Jennifer mentioned that Sterling was hiring. Emma likes the residents, but wishes there wasn’t such a turnover of the wait staff. She admits to having been really shy, but says working with us has helped her to be more outgoing!

Emma’s Advice: “Be nice to others as you don’t know what they are going through. It takes nothing to be kind!”  
“YOU ARE LOVED” IS WRITTEN ON THE BACK WINDOW OF HER CAR! Very well said, Emma! We are so glad to have you here at Sterling! You are loved, too!



Tidbits of History by Ron Lewis



Johnny Carson and Henry Judah Heimlich on the Johnny Carson Show

Henry Judah Heimlich was born February 3, 1920, in Wilmington, Delaware. He was an American thoracic surgeon and medical researcher. He was widely credited as the inventor of the Heimlich maneuver, a technique of abdominal thrusts for stopping choking, first described in 1974. His paternal grandparents were Hungarian-Jewish immigrants and his maternal grandparents were Russian Jews. He received a BA in 1941 and MD in 1943 from Cornell University (since the Flexner recommendations had not been implemented, it was then still possible to graduate from an American medical school in two years). After medical school, he served with the United States Navy in China during WW II. On June 4, 1951, Heimlich married Jane Murray, daughter of ballroom-dancing entrepreneur, Arthur Murray. He and his wife had four children. Dr. Heimlich died on December 17, 2016, in Cincinnati, Ohio.

In 1962, Dr. Heimlich invented the chest drainage flutter valve (the design of the valve allows air and blood to drain from the chest cavity in order to allow a collapsed lung to re-expand. This invention was credited with saving the lives of hundreds of American soldiers during the Vietnam war. He was granted a patent for this device in 1969. He also invented the Micro trach portable oxygen system for ambulatory patients.

Dr. Heimlich first published his views about the maneuver (abdominal thrusts to remove a choking material blocking the airway) in an informal article in the magazine Emergency Medicine on June 1, 1974. His first test subjects were dogs where he demonstrated that foreign bodies blocking the airway could be removed by abdominal thrusts using the air in the lungs to force the blocking substance out. He formally described the technique in a pair of 1975 medical journals, The Journal of the American Medical Association and the Annals of Thoracic Surgery. Heimlich claimed that his namesake treatment may have saved the lives of more than 50,000 people.

Heimlich also recommended his maneuver for drowning victims, but this brought suggestions of “fraud,” since the use of such a maneuver was unproven and dangerous, due to its risks of vomiting leading to aspiration. In 2003, Heimlich’s colleague, Edward Patrick, issued a press release portraying himself as the un-credited co-developer of the maneuver. Heimlich claimed to have used his namesake ma-

neuver to rescue a choking victim in May 23, 2016, when he was aged 96, reportedly saving the life of a fellow resident of his senior living community. However, in a British Broad Casting (BBC) interview in 2003, he reported using it for the first time on a man choking in a restaurant. One of Heimlich’s sons, an investigator blogger, Peter M. Heimlich, has uncharitably called his father, “ a spectacular con man and serial liar” and has claimed, “The only thing my father ever invented was his own mythology.”

From 1976 to 1985, the choking-rescue guidelines of the American Heart Association and of the American Red Cross taught rescuers to first perform a series of backblows to remove the foreign body airway obstruction and, if these failed, then to use the abdominal thrusts. After a July 1985 American Heart Association conference, backblows were removed from choking-rescue guidelines. From 1986 to 2005, both of the two organizations recommended only the abdominal thrusts (the Heimlich maneuver) as the treatment for choking. The 2005 American Heart Association choking-rescue technique stated that chest thrusts and backblows, as well as what they now called “abdominal thrusts”, were all recommended. In 2005 the American Red Cross “downgraded” the use of the Heimlich maneuver, and stated that for conscious victims the recommendation was “the five

and five,” first applying five backblows and, if that failed, followed by 5 abdominal thrusts. For unconscious victims, the guidelines recommended abdominal thrusts.



**Illustrations of the “Heimlich (abdominal thrusts) maneuver”Do not use on children less than one years of age , backblows will usually dislodge the offending airway blocking foreign body!**

I personally know of a case where a prominent New Orleans surgeon, sitting at a dinner with many fellow surgeons, left the room. Wishing to bother no one with a piece of steak lodged in his airway, he went to the men’s room, where he was later found dead. If you are a potential choking victim, place both hand around your neck, indicating to others that you cannot breathe because of a lodged foreign object in your airway. You will not be able

to tell anyone that this is happening.



**This history of Henry Judah Heimlich was suggested as a possible interesting tidbit to me by fellow independent resident, Joe Zolkowski. Thank you, Joe.**



# Cultural Diggings - More on Gullah as a Language and as a Culture

by Ron Lewis M.D.

I am digressing from a food topic this month and instead taking an extended look at the southern South Carolina and Georgia coastal cultures of Gullah-Geechee. What has prompted me to add to this story is the sharing of a master gardener book club selection, recently purchased by my wife, entitled *Things New and Strange- a Southerner's Journey through the Smithsonian Collections* by G. Wayne Clough. Dr. Clough is an esteemed scientist and the long-term president of the Georgia Institute of Technology. He is from Douglas, Georgia, and despite leaving there at age 12 he maintained a close attachment. He became the 12th secretary of the Smithsonian, and the first person born in the American South to hold the post. His book consists of 15 chapters which share Georgia cultural attractions compiled by him from the various Smithsonian collections. This month I am sharing a summary of the 12th chapter entitled "Gullah Geechee: A South Georgia Culture unto Itself".

A lot of this information on the Gullah culture comes from the Anacostia (a neighborhood located southeast of downtown D.C., whose population is primarily African American) Community Museum, which is a model for a museum that is part of the Smithsonian but that serves primarily the local community. While visiting with the director there, Dr. Clough learned of a special exhibition that would focus on the Gullah Geechee culture of the low country of South Carolina and Georgia. The exhibit featured the work of Dr. Lorenzo Dow Turner, the man who discovered the African roots of the Gullah language. This community Smithsonian museum holds much of the collections of Dr. Turner's work.

After the Civil War one group of South Georgians, was left behind. "They had been brought to colonial America from Africa (from the Windward Coast of Africa, principally from today's Liberia, Sierra Leone, and Guinea- " places where growing rice was an ancient skill" -to work as slaves on the Low Country rice plantations , "often located in isolated locations and insulated from society by waterways, swamps, and wetlands. There, enslaved people incubated a unique culture that combined the traditions and foodways of their homelands with aspects of the new life they were forced to accept." The adoption of the Thirteenth Amendment to the Constitution in 1865 ended the rice plantation whose economics did not work without slaves. "White former slaveholders took what they could and left." As mentioned in the previous food article last month, Geechee [whose origin as a word might be a derivative of the name of the Ogeechee River near Savannah- a name given to the river by the Creeks (native Americans)] referred to the people off of the Georgia coast. Gullah referred to those enslaved African people who lived along the coast of South Carolina and to the unique language of the region. "Living in the Low Country for more than 150 years before the Civil War and sharing common heritage"... "their languages, religion, songs, stories, and ability to make baskets from grass gave them much in common".

Lorenzo Dow Turner was born in 1890 in North Carolina, to an African American family whose ancestors had been enslaved. He earned a bachelor's degree from Howard University in 1914 and a master's degree at Harvard in 1917. After teaching for a while, he subsequently received his PhD in English literature in 1926 at the University of Chicago. He took a summer teaching position at South Carolina College at Orangeburg, "where he first heard students speaking in a dialect he could not understand, which set him on a course for the remainder

of his life to identify the roots and nature of the Gullah language".

"In unbearable heat and humidity, he lugged around a hundred-pound recording device that inscribed sound on an aluminum disk. He recorded speakers on the sea islands of Georgia and South Carolina", whom he called "Gullah Informants. He also documented their music and folktales and took photographs of the people and their homes. Convinced that he needed to know more about the African languages of the Windward Coast, he obtained support in 1936 to undertake studies in the African languages program of the University of London." During the 1937 Exposition Internationale in Paris, he recorded visitors from Africa, particularly those from the Windward Coast. There,

Dr. Turner confirmed that "Gullah was a creole language created by people who fused their native tongues with what they needed from the language of their new home". He "traveled in 1940 to Brazil to study the languages used by enslaved people there, some of whose ancestors came from the Windward Coast and Central and West Africa." All this work solidified his case for the African origins of Gullah. His seminal book entitled, *Africanisms in the Gullah Dialect* was published in 1949. "Turner passed away in 1972, after a life spent helping others to understand a people and a culture that could have been lost."

Dr. Turner's work also captured Gullah Geechee culture in recordings of music and song and photographs in actual locations of the outlying island homes of these people. "His photograph of a ring shout performed by a group of Gullah Geechee men and women became iconic, documenting a style of singing and dancing that he would find was rooted in African traditions. In this form of music, the shout is not a vocal outcry but a rhythmic (slow halting, circular rotation synchronized to the rhythm of a stick hitting the floor during a chant or a call-and-response song) movement around a sacred object. As Turner surmised, the word derives from the Arabic word sha'wt, which refers to the counter clockwise rotation around the Kaaba in Mecca. A common motif in Gullah Geechee music is a call-and-response, in which someone sings a phrase and others reply. When Africans were brought to the Low Country, the traditional use of drums was outlawed because slaveowners believed they could be used as a means of communication between people on different plantations. With no drums, Africans in America resorted to rhythmic clapping, stomping on the floor, and striking the floor with sticks. At the same time, enslaved people began to weave concepts of Christianity and its hymns into their music."

Today, there are several local coastal groups who have continued to have live performances of the song and dance of the Gullah Geechee tradition. Another interesting revelation related in this chapter is the fact that Joel Chandler Harris's tales of Uncle Remus were spoken in a dialect that Harris adapted from Gullah. Harris had apprenticed in 1862 at age sixteen as printing compositor on the Turnwold Plantation in Putnam County, Georgia, where he learned the printing trade and spent time with the enslaved people, learning their folktales and stories. In addition, Pat Conroy's autobiographical novel, *The Water is Wide*, is about Conroy's teaching Gullah children on Daufuskie Island on the border between Georgia and South Carolina. I hope this summary evokes more appreciation of the culture of these special people of Georgia and South Carolina.

**Quotation marks indicate direct quotes from the chapter in Dr. G. Wayne Clough's book published by the University of Georgia Press in Athens in 2019.**



Lorenzo Dow Turner

