

The Meadowlark

Volume 32, No. 3

April 2020

Carolina Meadows to Add Parking Meters



As the number of vehicles on campus continues to grow, it has been decided to install parking meters in the Club Center and Fairways parking lots and in other unassigned parking spaces. *The Meadowlark* met with a spokesperson to learn more about the project. Here is a summary of the conversation:

Q. Why is this happening?

A. We want to be proactive, to think outside the box and to be out front. (Only the lead dog gets the view.) So, we have fine-tuned our business model in strategizing sessions with

our consultants and determined that parking fees are a cost-effective way to boost the bottom line.

Q. What will the project cost?

A. We don't know, but our parking meters will be state-of-the-art, the "best" among retirement communities in the area.

Q. Do you expect objections from residents?

A. Of course not. *Our Guiding Principles*, enshrined in *MeadowLife*, makes clear that at Carolina Meadows "an integrated network of services empowers choices and establishes a structure that respects and supports decisions."

Q. What will be the meter fees?

A. Our consultants will incorporate microeconomic metrics in a resident survey to assess what the traffic will bear. The fees will be high enough to move the needle, but not so high that they detract from the "exceptional resident experience" here at Carolina Meadows.

Q. What about employee parking?

A. Our valued team members will park toll-free. Staff retention is one of the key strategic objectives supporting our robust core values.

Q. What if residents park in undesignated areas or in the employee lots?

A. They will receive "unacceptable cards," which will incur fines based on appropriate metrics. Repeat offenders' names and mug shots will be displayed on a "Most Wanting" poster in the mailroom.

Q. How will violations be policed?

A. A diverse and inclusive team of meter minders will be selected. They will be the first to wear our new ACME logo ("Awesome Carolina Meadows Employee"), denoting that they are exceptional.

Q. How late will they be on duty?

A. Only time will tell, . . . but at the end of the day, . . . it becomes night.

- B. Leavitt Orrott

Mystery Solved?



The movie *The Irishman* has reminded everyone of the unsolved disappearance of labor leader Jimmy Hoffa. The land upon which the Birchtree homes are being constructed may supply the answer. Excavation has been halted while authorities examine bones discovered at the site that may be the remains of Jimmy Hoffa. Construction can resume once DNA results are reported and, if found to be those of Hoffa, a forensic examination of the site is completed.



P.S. Do you know what day this is?

President's Message

It is important and comforting to know that the highest priority of Carolina Meadows (CM) management is to be as prepared as possible for the coronavirus. Getting the word out to us about the preparedness as well as what we can and should do is critical to all of us. We are a community. Many steps have already been implemented to minimize the spread of the virus and to protect residents, particularly those in the Pines and Fairways. Plans are in place to take more aggressive steps that might trigger other actions as more information becomes available. Please be sure to read updates from Kevin, Ben, Dr. Miller and Linda Zachary as you receive them. Many of us are glued to the various media news feeds about the coronavirus situation, but it is very important to read the news feeds from our CM management team. Coronavirus information and updates are also posted on *MeadowLife*.

Let's all give a thank you to the UNC-TV team who once again ran a fun and successful campaign under the leadership of Ray Wil-

liams and Dave Hubby. Thanks also to Chef Jody, Thom, Melissa and our dining staff; the Marketing and Activities Departments; and the many residents who contributed in so many ways to the campaign and to public television.

The new canvas photo exhibit on the walls leading to the dining areas is stunning! Special thanks go to Carol Lehmann and Ed Unterberg for their work in putting this exhibit together. Thanks also to the 62 photographers who submitted 256 photographs. This was the highest participation since the program started three years ago! The judges selected 56 photos anonymously. These photos represent 31 photographers, including two employees and one board member.

We welcome the warmer weather and colorful spring flowers. April is a wonderful time to appreciate and enjoy our beautiful campus with plantings all around. Be sure to visit the Meadow Garden and The Park, two special places created by residents.

- Sam Ligon

THE MEADOWLARK
Published nine times a year
by the Residents Association
of Carolina Meadows,
Chapel Hill, NC

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May Issue Deadline

Copy for the May *Meadowlark* must be submitted by **Sunday, April 12**, to Judith Pulley <yellup310@gmail.com>. Articles should be submitted as email attachments in MS Word format. Images should be sent in JPG format and should not be embedded in articles. Please call Judith at (919) 967-5487 if you have any questions.

New Residents

Elizabeth (Betty) Akiba, EA
Current Residence: Fearrington, NC

Beverly (Bev) Barg, F-341
Previous Residence: Muncie, IN

Richard (Rich) Hyra, EA
Current Residence: Preserve at Jordan Lake, NC

Jacqueline (Jackie) Robie, F-241
Previous Residence: Falmouth, MA

Patricia (Pat) Shanower, 4-304
Previous Residence: Napierville, IL

Joseph (Joe) Strain, EA
Current Residence: Pittsboro, NC

Carolina Meadows Census As of February 29, 2020

Number of Residents	Occupancy Level
Independent Living:	
613	96%
Assisted Living	
69	83%
The Pines*:	
62	83%*
Total on campus:	
744	93%
EA Program:	
114	
Total Residents: 858	
*Includes temporary admission of IL and AL residents.	

NEWS (continued from page 1)

CM Policies on Group Meetings During Coronavirus Pandemic

Messages from Kevin McLeod, Ben Cornthwaite and Dr. Donna Miller have communicated increasingly strict policies regarding gatherings at Carolina Meadows during the Coronavirus Pandemic.

- *Temporary visitor restrictions are in effect through the end of April, subject to change as evolving conditions may dictate. External visitors and guests should refrain from coming to campus except in cases of extreme hardship.*
- *We have canceled all on-campus group activities and events that include outside guests. We recommend that resident gatherings should be avoided or limited in size and frequency.*

This edition of the *Meadowlark* includes announcements of events and programs scheduled for April. However, be advised that it is likely that they will not take place unless the situation improves dramatically during the month of April. Watch for emails from CM administration and *MeadowLife* for updates and changes in policy. Notices of cancellations will be posted on the bulletin board outside Jody Hite's office and on *MeadowLife*.

- Judith Pulley

UNC-TV Fundraiser

Thank you for your generous support of the Carolina Meadows 2020 UNC-TV fundraising drive. The March 11 "On Air Night" was canceled, but we are pleased to report that we were able to donate \$57,756.80 to UNC-TV. The CM reception on March 10, at which the silent auction winners were to be announced, also had to be canceled. The successful bidders for the restaurant gift cards were:

Tandem – Paul Richardson
Flair and Tarantini – Kathryn

Moss

Hawthorne & Wood – Judith Pulley and Judy Tilson

Acme – Barbara Hardin
Panciuto – Pat Merriman

The winner of the raffle was Jim Seitzer, who received two brunch cards for First Watch.

The silent auction raised \$1,275, which is included in the total cited above.

In conjunction with the 2020 theme of "North Carolina Dining: Biscuits, Barbecue, and Beyond,"

CM residents enjoyed delicious dinners, cooking demonstrations, and a Serendipitous Saturday lecture by Ben Barker, followed by lunch at Pizzeria Mercato in Carrboro.

Kudos to Dave Hubby and Ray Williams, co-chairs of the Steering Committee, and the many residents who contributed to the success of the 2020 drive. Special thanks to the Marketing, Dining, and Activities staffs who assisted with this campaign.



Lunch at Pizzeria Mercato

IN MEMORIAM

Zelda Lipman
3-206 02-26-2020

Lee Wysor
V-367 03-04-2020

Greene (Bean) Fenley
V-211 03-11-2020



Shrimp & Grits Cooking Demo.

The Sisters Who Make Us Happy

Years ago, two young sisters, Elaine and Elli Lopes, arrived in NYC from southern Brazil near the Argentine border. Their parents wanted them to learn English and a NYC uncle gladly welcomed them.

They quickly mastered the



Elle and Elaine Lopes

language. Elaine earned a degree in business and finance at Long Island University-CW Post. Elli found her way to NC State for undergraduate and graduate degrees in design and architecture. Seven years ago an opportunity arose when Tarantini came on the market. They faced a steep learning curve regarding Italian cuisine and restaurant management. Obviously they learned well, so well in fact that these hard-

working, savvy women were prepared to acquire Flair a few years later. Since then, enthusiastic patrons have watched it morph from a hamburger joint to dining venue with a hint of Asian fusion. Though both sisters manage the restaurants, Elaine tends to the numbers while Elli creates and designs. Change is always ongoing. Right now they are installing a new garden entrance at Flair.

Both women are hands-on owners and one or both are always on site. They can be spotted dashing back and forth between the two restaurants, especially on busy nights. Are they ever not busy? No! They often get a hand from Uncle Meleti or visiting relatives. If a renovation is in progress, Elli might be found sawing boards or rearranging furniture.

Elli and Elaine embrace the feeling of neighborhood. They like to know their customers personally and are thankful that friends and “family” are tolerant when events spin out of control, as does happen in this business. Also, loyal customers act as another set of eyes and ears for feedback about service and food quality.

Even in a scarce marketplace Elaine and Elli manage to find superb staff, often college students, actors and performers, who may have other careers. However, although the young, talented and personable workers are often in transition and may move on, they are eager to help during holidays or whenever they are free. As for the owners, they succeed in avoiding burnout. As if she weren’t already busy enough, Elli de-

signs restaurants. Elaine knows how to make free time for herself and still maintains her real estate license.

Two recent changes have been made at Flair. Weekly morning opening time is now 9 am, just in time for a steaming cup of coffee and home-baked pastry with friends. Also, though Flair advertises that it is closed on Sunday nights, the whole restaurant will open for a large, catered event.

Clearly the Sisters from Brazil have found the keys to success. Chalk it up to consistently good food, a talented, friendly staff, neighborhood convenience, continuous oversight, the ability to change, plus a ton of hard work and ambition.

But wait! There’s more! Both restaurants are providing delivery service to your home during the coronavirus outbreak. Gotta love these women even more.

- Mary Jo Doherty

Resident Directory Supplement

The Supplement to the 2019 Resident Directory will soon be available to those residents who purchased a green spiral book last May. The Supplement includes residents and EAs who closed during the 12 months from March 2019 to March 2020.

Eligible residents may ask for a copy in the Gift Shop – but not before the week of April 20. There will be notices posted on *Meadow-Life* and in the Lobby when they are available.

- Barbara Rich

New Dress Code

Carolina Meadows administration has issued a new dress code for the tennis courts (posted at right). Hereafter, only tennis shoes may be worn on the courts.

One wonders if our leaders have really thought through the implications of this policy. Will those who insist on appearing fully clothed be fined or perhaps banned from the courts?

DNR Orders

Many residents, concerned about their quality of life after cardiac and/or pulmonary arrest, have executed DNR (Do Not Resuscitate) orders. Are you DNR ready? If you have selected DNR as your desired response to loss of consciousness, ensure your responders know this by the "DNR" tattoo on your chest. Tattoos will be done by Brian Woo, better known by his tattooing name "Dr. Woo," one of the most popular tattoo artists in the country. Three font selections are available; selected floral images may be added at no extra cost. Appointments can be made through the Gift Shop and may be charged to your CM account.

See below for an example of one of the lovely fonts available.



Transportation Transformation



On Monday Carolina Meadows received word that the Federal Aviation Administration, a subdivision of the Federal Transportation Authority, has approved CM's request to construct a helipad on the sixth hole fairway behind Buildings 4, 5 and 6. The plan, years in development, will afford CM residents quick and easy transport – especially for those in the Pines – to area hospitals and RDU. EMTs will be on hand to expedite the procedure.

Fortunately, CM has at least one resident, also a medical doctor, who is a licensed flight instruc-

tor and pilot. Several WW II, Korean War and Nam fighter pilot residents have expressed eagerness to be retrained to fly the helicopter that will be financed by the CM Foundation. Purchasing bids are currently being written by the CM Finance Committee.

Groundbreaking for the new helipad is slated to be held in May after pollen season. Full service will begin as early as 2021. The cost per flight is yet to be calculated but a ride to a local hospital will mostly be covered by Medicare and private insurance.

TALK

Carolina Meadows administration has canceled all on-campus group activities and events that include outside guests. It is recommended that resident gatherings be avoided or limited in size and frequency. Watch for updates from Jody Hite's office and on *MeadowLife*.

CMU Keeps Science on Trial and Then Puts History on Trial, too!

If CMU takes place in March (unlikely), it will complete its three-part study of "Science on Trial" on **April 6, 2020**. Our instructor is the redoubtable Harry Dammers. A retired high school science teacher, Harry has already well-justified his reputation for plain talk explanations of the full range of science, from the universe to the molecule, in the first two sessions of this course during March. After bringing the trial of Galileo back to life, he has already started to do the same for the trial of Darwinism, the Scopes trial. For those of you who missed the showing of "Inherit the Wind", the award-winning Spencer Tracy film on that subject as part of this course, we recommend you check it out from the CM Library.

As part of this series, CMU has also arranged for a special lecture later this month as a Serendipitous Saturday Session on Science Communication from the Duke Center on Science and Policy (see the Serendipitous Saturday announcements).

Following our usual hiatus, CMU will be back on **Monday April 27** for a three-part course that will address three major milestones in 20th Century American History through the lens of "what if things had been different?" This unique way of

looking at history has become part of the hallmark of Bill Chafe's beloved history teaching at Duke. He is the Alice Mary Baldwin Distinguished Professor Emeritus of History, former Chair of the History Department and Dean of the Faculty of Arts and Sciences, the author of over a dozen definitive scholarly books (and working on his next), and a nationally recognized expert on race and gender equality. He and his wife Lorna recently moved to Carolina Meadows.

In these highly interactive sessions, Bill reminds us of the historical context in which a major event has occurred, then invites us to envision how things might have played out. Many of you attended Bill's hugely popular review for CMU in February of the history of the Greensboro sit-ins and already know what a treat you have in store.

CMU Lectures are held in the **Auditorium on Mondays from 1:00 to 2:30.**

- *From the CMU Steering Committee*

CMU Serendipitous Saturdays

Mozart and The Magic Flute

On **Saturday morning April 4**, Carolina Meadows University (CMU) will present Dr. Tim Carter speaking on "Mozart and The Magic Flute" as a preview of what audiences will experience at the NC Opera's performance in Raleigh.

Tim Carter is a regular favorite speaker at Carolina Meadows, both for CMU and for Music at the Meadows.

Tim is the David G. Frey Distinguished Professor of Music at UNC Chapel Hill. His interests are wide, ranging from Monteverdi to Kurt Weil and from Classic Opera to American Musical Theater.

We plan to send a CM delegation via Carolina Meadows bus to Raleigh for the **Sunday April 5** matinee performance of "Magic Flute." Sign-up sheets are in the Lobby across from the Auditorium entrance.

Science Saturday Session

On **Saturday morning April 18**, CMU will present Dr. Jory Weintraub speaking on "Science Communication 101: How to Talk to the Public about Science in an Era of Science Denial and Fake News." Dr. Weintraub is the Science Communication Program Director and a Senior Lecturing Fellow with the Duke Initiative for Science & Society. In this position, he teaches undergraduate and graduate courses in science communication and runs science communication workshops for Duke faculty and postdocs. He is also the Director of the Duke Broader Impacts Resource Center.

This event builds on the recent CMU Course "Science on Trial," in which we are re-visiting the

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(Continued from p. 6, "CMU")

Medical Update



ovascular disease in women with a keen interest in prevention of cardiac symptoms and illness. In addition to her clinical activities, Dr. Miller also hosts numerous symposia and screenings to aid the local communities in achieving cardiovascular health.

She is regularly included in the *U.S. News & World Report* "Top Doctors" database and has numerous accolades and awards for her work in fighting women's heart disease. Her efforts have produced numerous peer-reviewed publications and presentations at various medical symposia.

This will be a most interesting presentation and a unique view of cardiovascular disease.

- Leonard Cutler

The next Medical Update lecture will take place on **Thursday, April 16 from 2-3 pm in the Auditorium**. The topic will be Women's Heart Health. Our speaker will be Dr. Paula Miller, Director of the UNC Women's Heart Program. The symptoms and manifestations of heart disease in women are frequently different from those of men. Dr. Miller is focused on cardi-

lessons from the Scopes Trial on teaching Darwinism.

Jory served for over ten years as the Assistant Director of Education and Outreach at NESCent (The National Evolutionary Synthesis Center), where he developed and ran programs in evolution education/outreach for K-12 students and teachers, undergraduates and the general public.

Before coming to NESCent, Jory taught undergraduate biology courses at UNC-Chapel Hill and ran science outreach programs for underrepresented minority students.

Serendipitous Saturday lectures are held from 10-11:30 in the Auditorium.

- CMU Steering Committee

Travel Adventure

South India from Ocean to Ocean

Joanne and Michael Cotter traveled across South India in January 2010. Although that's more than ten years ago, they still regard it as one of the best of their travel adventures.

Join them in the **Auditorium on Friday, April 24 at 7:30 pm** to look at some of the photos from that visit and share memories of your visits to India. Pictured below: South Gopuram of Meenakshi Sundaresware Temple.



World Affairs

World Affairs meets on **Fridays at 10:30 am in the Auditorium** (unless otherwise noted). The programs for April are:

April 3: John Komlos: "The U.S. Economy: How Did We Get There?"

The 2008 financial crisis contributed to the rise of Trumpism and other populist movements, and has led to the frustrations of those hurt by the economic policies advocated by conventional economists for generations. John Komlos holds dual PhDs in history and economics from the University of Chicago, which explains his career as an economic historian at several leading universities. In retirement he has been focusing on why economists so frequently get things wrong. His focus is on the unrealistic foundations of economics as currently taught and practiced.

April 10: Judith Pulley: "The Tax Cuts and Jobs Act: Did It Live Up to Expectations?"

The TCJA, passed in December 2017, represented the most significant upheaval of our tax code in decades. In September 2019 the conservative American Enterprise Institute sponsored a series of blogs written by experts representing a diversity of opinions. The project aimed to address questions such as – Has the TCJA sparked the growth it promised? Did it in fact make the tax code simpler and fairer? Is it a give-away to the rich, or are all Americans benefiting? Is the TCJA a success or a failure, or is it too early to tell?

Judith Pulley will summarize the findings, both positive and negative, as we seek to arrive at

an understanding of where we go from here.

April 17: Klaus Larres: "U.S.-China-Europe: Is conflict inevitable?"

Klaus Larres, the Richard M. Krasno Distinguished Professor of History at UNC, will address that 'brooding omnipresence,' China. He will discuss the different ways that US and Europe attempt to deal with and manage the China challenge. The talk will also look briefly at developments inside China itself.

April 24: David Moreau: "The Continuing Saga of Jordan Lake Water Quality"

In conjunction with the Sustainability Week programming, David Moreau, UNC Professor Emeritus of City and Regional Planning and Environmental Sciences and Engineering, and a Carolina Meadows resident, will discuss a \$3 million study by UNC and the political infighting that lies behind the report. Moreau served as chairman of the Environmental Management Commission for 15 years and has been referred to as "the water guru for the state of North Carolina."

- Dorothy Samitz

Men's Breakfast

The Men's Breakfast Group meets at **8:30 am** on the **third Wednesday** of each month (except July, August and December) in the **Private Dining Room**. Following a buffet breakfast, a speaker, either a Carolina Meadows resident or an outside expert, speaks for about 45 minutes followed by questions. **Please wear your name tag.**

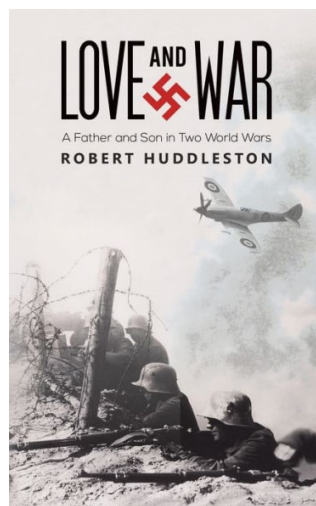
Our next meeting is on **April 15**. Our speaker will be CM resident Dr. Willie Thompson. Willie is a southern gentleman, a scholar and an ordained minister with a 60-year career in the Presbyterian Church. Performing weddings was a recurring (more than 500 times) responsibility and, with each event, an opportunity to fine tune the seriousness, solemnity and joy of this service. The title of his presentation, which will cover his experiences in "Joining the Couple," is to be "Strange Fits of Passion Have I Known!" We will learn about mortal emergencies he has had to handle. Don't miss this signature (and fun) event.

- Michael Cotter

On Becoming a Published Author

CM resident Bob Huddleston, author of the recently released novel (novella) *LOVE AND WAR: A Father and Son in Two World Wars*, has prepared a brief talk covering what he has experienced and absorbed about the publishing establishment.

He will speak in the **Board Room on April 20 at 2 pm**. Time is allotted for questions and comments following his talk.



Earth Day 50 and Sustainability Week



Wednesday April 22, 2020 commemorates the 50th anniversary of the first Earth Day, the event that highlighted a milestone of environmental grassroots action. This was also the year during which the ambitious National Environmental Policy Act (NEPA) was passed, the basis of the nation's effort for clean air, water and soil.

Unlike last year, when the Resident Sustainability Working Group organized its monthlong activities in February, this year and the following years the RSWG will organize its sustainability activities around this and future Earth Days. Thus, the Carolina Meadows Earth-week is being born.

The main activities this Earth Day week will consist of daily sessions from 10 am to 12 noon in the Auditorium, while the display cabinet will contain a monthlong Earth Day and Sustainability display.

The **Monday, April 20**, kickoff will feature Lisa Sorg, Environmental Reporter for NC Policy Watch. She covers environmental issues, including social justice, pollution, climate change and energy policy. Before joining the project, Lisa was the editor and an investigative reporter for *INDY Week*, covering the

environment, housing and city government. She has been a journalist for 22 years, working at magazines, daily newspapers, digital media outlets and alternative newswEEKlies. Lisa will provide an overview of how climate change impacts North Carolina now and in the future. Her presentation will anticipate some of the topics we will address later in the week, including renewable energy, sustainable dining and issues of water supply and water quality.

Tuesday, April 21 will welcome Stew Miller, president of Yes! Solar Solutions, one of the largest solar installations companies in North Carolina. He will speak about his solar activities in the state, both in the commercial sector and in advising Duke Energy's credit programs. He will also address possible solar applications for Carolina Meadows, both for residential villas and community buildings. He will touch on carbon footprint calculations and renewable electric energy purchasing via Arcadia and NC Green Power.

Wednesday, April 22, will welcome Kathy Kaufman, who has a Master's in Public Policy from UC Berkeley and worked for the EPA for 29 years as an air quality policy analyst. She currently serves on the Orange County Climate Council and the Carrboro Environmental Advisory Board. In 2019 she represented Carrboro in a series of stakeholder meetings leading to the development of the NC Governor's Clean Energy Plan. She also works with NC WARN on the Clean Path 2025 campaign. Her presentation's title is "Why We

Need a Green New Deal, and What Should Be In It" and deals with the transformation of the US energy system, creation of millions of good jobs and the preservation of a livable planet for future generations.

The **Thursday, April 23** issue is sustainable food. Highlighted will be a new program at North Carolina State University called Agroecology and Sustainable Food Systems, which studies how humans can produce food and process leftovers in a way that nurtures soil and conserves energy. Since it starts with the university community itself, it has a farm on which to grow food for the campus and composts. We will hear about the program from Jesse Tysinger, Assistant Manager of the Education Farm. One of his accomplishments there was to win a grant to start an orchard. We will also have an update about composting at Carolina Meadows from Todd Ohle, Vice President of Dining Services, who will tell us how the system is functioning and its results. Bring your questions.

Friday's April 24 session that the Working Group is coordinating with World Affairs and consequently starts at **10:30 am** focuses on Jordan Lake. It is being led by resident David Moreau, an environmental engineer who was part of the Water Resources Research Institute of UNC. He will speak on Jordan Lake as a much-studied source of our drinking water, recipient of our wastewater, focus of flood control, and eagle-watching, fishing and more. See the World Affairs listing for details.

- Frans Verhagen

ARTS

Carolina Meadows administration has canceled all on-campus group activities and events that include outside guests. It is recommended that resident gatherings be avoided or limited in size and frequency. Watch for updates from Jody Hite's office and on *MeadowLife*.

MET Opera on Demand

1 pm Auditorium

Wednesday, April 22

2 hours, 22 minutes

The Tempest (from November 2020)

Composer Thomas Adès conducts the Met premiere of his powerful opera based on Shakespeare's last play, in Robert Lepage's brilliantly inventive production. Simon Keenlyside is the magician Prospero, who conjures the storm that shipwrecks his enemies and sets in motion the course of events. Rising Met stars Isabel Leonard and Alek Shrader are the young lovers, Miranda and Ferdinand, Alan Oke sings the sinister Caliban, and Audrey Luna gives a memorable performance as the sprite Ariel.

A Little Spring "Hausmusik"

Kathryn Moss and Lilian Pruett will offer two afternoons of keyboard music: one on **Sunday, April 26, 2020, 3 pm** and the other on **Sunday, May 3, 2020, 3 pm**. Both will be held at Lilian's residence, Villa 395 on Elmwood Drive. There will be a sign-up sheet available in the Sign-Up Book at the Club Center. Owing to space restrictions, the maximum attendance at each will be 24 persons and people should sign up for only one.

New Piano in the Lecture Hall

Those attending events in the Lecture Hall may notice a grand piano that wasn't there before. It belonged to Dale Reed, a resident from 2009 until 2018, who played it and used it to teach piano for 35 years. It was given in her memory by her husband, John.



Art In the Meadows



Artists of the Month Exhibits in Art Studio

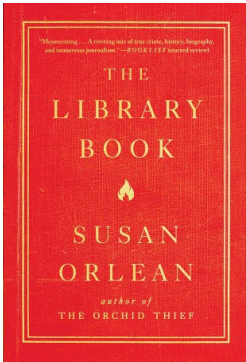
April- Joan Meade will continue her exhibit thru April. Due to the cancellation of the artist's reception March 15, contact Joan (984) 999-4061 or <jwmstudioj@earthlink.net> if you would like a personal tour of her exhibit.

Classes:

- 1) **Watercolor "Seminar" Thursdays, 10-11:30 am, Art Studio.**
Bring paintings you have finished or are working on to share with the group for comments and shared learning.
- 2) **Color and Value in Impressionistic Painting (acrylics or pastels) Five Wednesdays, May 6-June 3; 10:30 am-noon.** Karin Neuvirth will lead the class, focusing on color and value in impressionistic paintings. Learn color mixing and, through exercises and painting, how to use both color and value effectively to create light and depth and a more impactful painting. Cost \$100 payable to instructor first day of class. See class sign-up in lobby for more information and a materials list.

- Margaret Zircher

Book Group



A book titled ***The Library Book*** is not likely to make many readers reach quickly for that one. However, this book by Susan Orlean far exceeds its title.

The author wanted to chronicle the history of a huge destructive fire at the main library in Los Angeles in April, 1986. That fire never received much media attention because it happened within a day of the Chernobyl nuclear disaster.

Arson was long suspected and the author tells much about the chief suspect. One surprising aspect may be the great number of volunteers who worked to try to save the books, an outpouring of help more like a small town than our usual image of a big city.

This is not a scholarly history. There is not a single footnote. It is an informal telling of some of the history of Los Angeles and its libraries from the 1800s to the present. It also touches on the place of libraries in society over time, from quiet places for scholarly people to places for homeless people in more recent times.

The Book Group will discuss this book on **Wednesday, April 15 at 2 pm** in the **Lecture Hall**.

Five copies are in the Library in a special section to the right of the windows. All residents are welcome to attend whether or not you have read the book.

- Sue Brewer

New Books Added to Library Collection

Check the New Book Acquisitions on a Library sidebar on *MeadowLife* for a complete listing of new books added to the Library each week.

Fiction

Divide Me by Zero by Lara Vapnyar
Dear Edward by Ann Napolitano
This Is Happiness by Niall Williams
Disappearing Earth by Julia Phillips
Such a Fun Age by Kiley Reid
Cartier's Hope by M.J. Rose
Kingdomtide by Rye Curtis
Weather by Jenny Offill
Interior Chinatown by Charles Yu
Apeirogon by Colum McCann
Christmas in Austin by Benjamin Markovits

Large Print

The Wicked Redhead by Beatriz Williams
The Dinner List by Rebecca Serle
Untouchable by Jayne Ann Krentz

Mystery

Crooked River by Preston & Child

Biography/Biography Collection

American Sherlock by Kate Winkler Dawson
The Splendid and the Vile by Erik Larson

Non-Fiction

The Day the World Came to Town by Jim DeFede
The Big Goodbye by Sam Wasson
The Decadent Society by Ross Douthat

Voices Is Coming!

The 2020 issue of *Voices*, the Carolina Meadows literary journal, will be released on **April 14** at the annual Authors Reading. The publication celebrates the 30th anniversary of the journal and includes more than 50 stories, memoirs and poems from residents and soon-to-be residents. In addition, there are some surprise features from past editions.

The Authors Reading will be held on **Tuesday, April 14 at 3:30 pm in the Lecture Hall**. Several residents, many of whom are new writers for the journal, will read their stories and poems. Books will be available for sale immediately after the reading and in the Gift Shop as long as copies are available. All residents are invited to the Authors Reading; refreshments will be served.

Residents who are interested in writing or assisting with the publication of the 2021 issue are encouraged to talk with a member of the *Voices* Editorial Board. Members of the Board are Eleanor Morris, editor, Ernest Kraybill, Susan Levy, Fran Sherwin and Kin White.

Tuesday at the Movies

2 pm, Tuesday, April 14

Auditorium

***Your Dream is Mine*, 1949 – Not Rated – 1 hr, 41 min**

Fed up with the arrogant antics of his best singer, a desperate talent agent (Jack Carson) looks for a fresh face, only to find star quality in chanteuse Martha Gibson (Doris Day) in this 1950s musical that features a cameo by Bugs Bunny. This is a remake of the 1934 film *Twenty Million Sweethearts* in which Bugs "dances" with Carson and Day in a memorable number that mixes animation and live action.

Films for April 2020

Shows start at 7:15 pm in the Auditorium

Besides free popcorn, we are offering another incentive: Those who wish to talk about the movie they have just seen, come down front during the credits and we'll talk about it.

YOU are choosing the movie. There is a box on the table in back into which you can put your recommendations. However, be advised that if it is not available on Netflix or in our Library, does not have subtitles, or if it has been shown recently, we will not show it.

Caveat: Occasionally the scheduled movie does not arrive or there is something wrong with the DVD, so it is always wise to check Meadowlife or the bulletin board on Friday or Saturday.

April 4 *The Usual Suspects* (1995)

1 hr, 46 min – Rated R
Roy Scheider, Jessica Lange
When five unacquainted crooks are hauled into a police station to appear in a criminal lineup, they decide to pull off a heist together. The plan gets complicated, however, when they intermix with an underworld kingpin named Keyser Söze.

April 11 *Stan and Ollie* (2018)

1 hr, 37 min – Rated PG
Steve Coogan, John C Reilly
With their glory days as Hollywood's premier comedy team long behind them, Stan Laurel and Oliver Hardy begin a 1953 farewell tour of England and Ireland, reminding audiences – and themselves – of the magic of their partnership.

April 18 *Pain and Glory* (2019)

1 hr, 52 min – Rated R – Spanish with English subtitles
This layered drama centers on Salvador Mallo, an aging filmmaker looking deep within his soul as he attempts to recapture the creative spirit that once inspired him. As he surveys his life, Salvador is haunted by memories of his first love.

April 25 *Monster's Ball* (2001)

1 hr, 51 min – Rated R
Halle Berry, Billy Bob Thornton, Heath Ledger
Death row in the Louisiana State Penitentiary is the hothouse backdrop for this hard-hitting drama about a racist prison guard who falls in love with the African American wife of a condemned man he helped execute.

DVDs for April 2020

Purchased with CM Funds:

A Time to Kill, R, 1996. Based on John Grisham's novel about a young lawyer fighting for justice in a Southern town, with Samuel Jackson and Mathew McConaughey.

A Beautiful Day in the Neighborhood, PG-13, 2019. This film explores the unlikely but true friendship that develops between Mr. Rogers (Tom Hanks) and a jaded journalist.

Bombshell, R, 2019. Starring Charlize Theron, Nicole Kidman and Margot Robie as women who sued Roger Ailes (John Lithgow) of Fox News for sexual harassment.

The Blues Brothers, NR, 1980. John Belushi and Dan Ackroyd star in this classic musical comedy, with performances by a host of music legends, including Ray

Charles, Aretha Franklin, Cab Calloway and James Brown.

The Forsyte Saga: The Complete Series, NR. 1970s BBC-PBS series, based on John Galsworthy novels, about the trials and tribulations of the Forsyte family over three generations.

Official Secrets, R, 2019. This true-story thriller about a British woman charged with breaching the Official Secrets Act prior to the Iraq War, stars Keira Knightly and Ralph Fiennes.

Brian's Song, G, 1971. Winner of 5 Emmy awards, this TV classic portrayed the close friendship of Chicago Bears players, Gale Sayers (Billy Dee Williams) and Brian Piccolo (James Caan), especially during the latter's malignant cancer diagnosis.

Suits: Season One, 2011. Meghan Markle (aka Duchess of Sussex) was one of the regular actors in this well-reviewed, long-running TV Series about a top Manhattan Corporate Law Firm.

Daniel Deronda, 2002. This beautifully filmed BBC Masterpiece TV production (starring Hugh Dancy, Hugh Bonneville, and Barbara Hershey) is based on George Elliot's book about the life and loves of the illegitimate son of an aristocrat.

Donations

Jeeves & Wooster: The Complete Series (from A&E), based on the comic stories of P.G. Wodehouse, stars Hugh Laurie and Stephen Fry.

A Place to Call Home: Four seasons (on four separate disks). *The Wall Street Journal* called this beloved Acorn TV series a "deeply romantic drama of immense intelligence."

- Andrea Miller

ACTIVITIES

Carolina Meadows administration has canceled all on-campus group activities and events that include outside guests. It is recommended that resident gatherings be avoided or limited in size and frequency. Watch for updates from Jody Hite's office and on *MeadowLife*.

Spring Book Fair

May 5, 6, 7

Days without committee meetings, a lighter social calendar, permission to be a little lazy, to do the things you really like to do – it's summer! Sitting in the gazebo in the Meadow Garden or on a Maine porch or a Carolina beach deck or hibernating from the worst of the heat in lovely air conditioning, summer is a time for reading. For some, "beach reads" are books they can read on autopilot and forget as soon as the last page is turned; for others, summer reading is a chance to get lost in a rich, complicated story. Some readers crave time to read serious non-fiction and understand the world better. If you are tempted to think summer reading doesn't matter, remember that the musical *Hamilton* had its beginning when Lin-Manuel Miranda picked up Ron Chernow's massive biography *Hamilton* in an airport bookstore as he left for vacation.

If Miranda has a chance to come to the Carolina Meadows Spring Book Fair this year, he will have a choice no airport bookstore could offer. Thousands of books have been pouring into our tiny book room in the basement of the Club Center and our selection is the best we've ever offered. And lots of lovely NEW books. All at rock bottom prices, with the spring advantage of \$5 bags on the last afternoon.

And don't tell me you can't carry books on vacation. If Lin-Manuel could do it, you can too.

- Anne Kotch

J.Jill Coming to Carolina Meadows

Do you like to see the latest styles? And to wear them? Well, J. Jill, the women's clothing store at the Streets of Southpoint, will be here on **Wednesday, April 29**, with a selection of spring styles for a fashion show. The outfits will be modeled by residents and staff of Carolina Meadows. Exactly who, we don't really know – yet.

The fashion show will be held in the Auditorium; doors will open at **11:30 am** for wine and soft drinks. A catered luncheon will then be served at noon at tables for eight. The menu consists of spinach quiche, mixed greens with mandarin orange slices, corn bread and key lime pie for dessert.

Kendisha Wiley, the store manager at Southpoint, will bring a total of 16 outfits. The models will show eight outfits to begin and then change to another eight to complete the show. Something they show may well give you an idea of what you simply cannot live without – or maybe not – but it will be fun to see. John Haynes will take photos and Michelle Marino will provide door prizes.

Reservations are required. If you would like to attend, you need to sign up in the Activities book on the table across from Jody's office in the Club Center **by April 25**, three days before the show. Come in the pretty spring clothes you already own and prepare to have fun!

- Fran Sherwin

Dining Date: A New Google Group for You

Perhaps you are a newcomer to Carolina Meadows or a long-time resident seeking to enlarge your circle of dining friends. Here is an opportunity for you to secure confirmed dining companions for either lunch or dinner, via **Dining Date**.

Dining Date will be easy to use; it operates just like Meadow-Talk. It is an official activity and is listed on the *MeadowLife* website under Entertainment, Performance and Social Activities. You can also use the link on the right sidebar under the Dining tab.

To join Dining Date, simply send an email to Geraldine King at <Wynngate55@aol.com> or call her at (919) 928-0083 and she will add you to the group.

To use Dining Date, send out your invitation to the group saying, for example, "I would like to have dinner in the Pub or Marketplace tomorrow evening about 6:30 pm. Would anyone care to join me?" No reservations are required in these venues. However, if you prefer the Courtyard, you will need to make a reservation.

Everyone in the group receives your email invitation. Anyone accepting your invitation replies only to you and does **not** select "Reply All."

The rest is up to you. Choose your own venue and time, but most of all, enjoy your new friends!

- Geraldine King

Never Too Late

It's the first thing we do when we are born and the last before we die. Breathe. The observation bookends our existence. Life and death are in the breath. Much of mankind has positioned life and death at opposing ends of an existential continuum, vacillating in fear or favor of one over the other.

Yogi and mystic Sadhguru views the distance between life and death as one breath. In his book, he illuminates how a proclivity for life and avoidance of death is self-limiting, despite seeming contradictory. The premise is if our life's driving force is to evade death, we are unable to live life to its fullest. Instead of living with love for life, a fear of death undermines our quality of life. He goes on to suggest only those who comprehend the dichotomy and are willing to live life with an acceptance of death can hope to live

their best life and be prepared to die peacefully.

Phrases derived from American culture illustrate life in breath. For example, "don't hold your breath" implies something is not likely to happen. Something that took your breath away for a moment links emotions of astonishment, shock or pleasure. And the term "breathing space" represents a pause or rest. Breathing is a life force that keeps us in the present moment, intentionally engaged in living.

The phrase "it's never too late to begin, while we have breath" is meant to serve as inspiration for those contemplating the start of something new or different or otherwise unexpected. Spring is here and marks a season of new beginnings. This month, take notice of your breath, your life force.

- Laura Begin, LCSW, CT

Wellness Corner

Stories from Our Lives, led by Vivienne Jacobson, the **first Tuesday of each month at 3 pm in the Game Room**. This month's topic is "Unexpected." We will share incidents of surprising coincidence. Newcomers welcome.

Tea and Conversation, Tuesday, April 21, Auditorium

Chatham County Senior Games

This year Carolina Meadows will be a proud sponsor of the games. We will be hosting croquet on **Monday, April 27** and men's bocce on **Tuesday, April 28**. We would love to have a cheering section. Meet at the Courts on the days of the events!

Off-Campus Walking Trip to the Duke Gardens, followed by lunch on your own at a location TBA. Register in the Wellness Book. No cost. **Thursday, April 23**, leaving campus at **9:30 am**.

Parkinson's Wellness Recovery classes, held Tuesdays at **1:30-2:15 pm in the Exercise Studio**. This Parkinson's-specific exercise class will teach you how to move bigger and faster in everyday life and counteract PD symptoms! As you learn these PD-specific skills, you will be challenged physically and cognitively to do more than you think you can in a fun, supportive environment. No cost.

Come learn how to safely and effectively use the HUR strength training equipment at no cost. To schedule, contact Michelle at (919) 370-7114

Community Outreach Corner

"Service to others is the rent you pay for your room here on Earth." - **Muhammad Ali**

The Community Outreach Committee has many opportunities for giving back!!

Senior Games:

April 24-May 8: Healthy snacks are being collected for the Senior Games. Contact Marie Lauria for more information.

Chatham Literacy's Spring for Literacy Luncheon:

April 29, 11 am-2 pm: Chatham Literacy's Spring for Literacy Luncheon at Governors Club. Award-winning author Mrs. Cassandra King Conroy will speak. Tickets went on sale in February. Chatham Literacy has raffle tickets on sale now for a luxury three-night four-day getaway to the Beaufort area with a tour of the Pat Conroy Literary Center. The tickets are \$100 each and only 250 will be sold. Contact <<https://chathamliteracy.org/>> or call (919) 214-1269. **Note:** One of our recent citizenship recipients will be featured at this event!

CORA Drive and Volunteers:

May 13, 11:30 am-3:30 pm – Bus Tour: As part of our commitment to the larger community, Carolina Meadows holds a fundraiser for Chatham OutReach Alliance (CORA) each year. CORA has a comprehensive pantry which serves our neighbors who are food insecure. As part of our campaign, Carolina Meadows is hosting a bus tour to visit CORA and their pan-

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try. It will include a stop for lunch and a visit to another organization of community interest in Chatham County. Sign-ups will be available starting mid-April. We hope you will join us.

If you would like to volunteer at the food pantry (CORA): The CORA Food Pantry in Pittsboro needs volunteers. Go to the following website to sign up for volunteering. A staff member will contact you and help to arrange training. Contact Lydia Berrong at (919) 240-7577 for further information.

For Food Pantry: <<https://www.corafoodpantry.org/>>

Rise Against Hunger:

June 2 from 2-5 pm: Hold the Date! Carolina Meadows is pleased to be hosting another Rise Against Hunger meal packaging event to fight world hunger on Tuesday, **June 2 from 2-5 pm in the Auditorium.** Our goal is to involve more than 200 residents and employees working side by side to package over 35,000 meals! With your help we can do it.

Volunteering with Children:

Scroggs Elementary: Would you like to read stories to students in the Scroggs Elementary After School Program? Contact Ginny Berg <ginnyberg@bellsouth.net> or Judy Jones <jjonesae@gmail.com>.

Donating:

Don't forget your donations of pharmacy items to the Chatham Cares Community Pharmacy. Faith Hairston in the Clinic accepts donations and/or you can contact Lynn Ogden at (919) 968-6910.

- Judy Jones

April Activities

Sign up in the sign-up book:

Funky Lunch Bus!

Wednesday, April 15

Kanki Japanese Steakhouse

Deadline: **Monday, April 14**

Load: **11 am**

Chamber Orchestra of the Triangle – Mozart and His Contemporaries

Sunday, May 3

Deadline: **Monday, April 27**

Cost: approx. \$44 per person

Load: **2:15 pm**

Ongoing Events

Jewelry Design and Repair

1-3 pm Art Studio

Monday, April 6

For all experienced jewelry makers: open classes are \$10 per afternoon. Jewelry repairs may be dropped off at any time between 1-3 pm on the scheduled monthly open classes.

If you would like to have a beginner's session, please contact Eva directly at (919) 797-0289.

Speed Friending – A new way to meet people here at Carolina Meadows

2 pm Game Room

Friday, April 3

Whether you have been at CM for many years or only a few months, it can be difficult to meet people unless someone introduces you. You may want to get to know someone better whom you have seen in one of your classes or volunteer activities or find some folks with common interests.

Try this enjoyable "getting-to-know-you game" yourself or bring a friend or neighbor so you can both expand your connections here in our Carolina Meadows

home. Please sign up in the Activities Sign-up Book.

- Karen Monaco and Kris Snyder, Wellbeing & Engagement Committee

African Drum Circle Class with Diali Cissokho

3-4 pm Board Room

Fridays, April 10 & 24

\$15 per class

Join Senegalese musician Diali Cissokho for a lively five-week beginner djembe drumming class! Diali is from a "griot" family, the musicians of West Africa tasked with passing down the history of their communities through song. Diali relocated to the US in 2010 and brought with him a vast knowledge of traditional and contemporary West African Music, which he loves to share with groups of all ages and experience levels. No experience necessary. Drums provided.

Estate/Tag Sale Postponed to June 30- July 1

The Community-wide Estate/Tag Sale scheduled for March 17-18 has been postponed to **June 30-July 1** due to the coronavirus pandemic. Additional information will be forthcoming as the dates approach. For questions, please contact: Barbara Walburn <barwalburn@gmail.com> or (919) 967-6853, Anita Hennis <rshennis30@gmail.com> or (919) 942-4549 or Carol Coile <coileca@yahoo.com> or (919) 889-4221.

Genealogy Group

The Genealogy Group will not meet on Tuesday, April 7. We are hopeful to reschedule our well-known web page genealogy expert Lisa Lisson for our May meeting.

With spring it is time to
refresh with new

- Jewelry
- Capes and scarves



And prepare for springtime
walks with a

- red blinking safety light (at dawn/dusk) and a
- sketch book & charcoal pencils to record the wonders you see

When you stop for lunch, be
assured your jacket can be
safely identified with a new
coat cover/identifier...

These and many other items
to include VOICES 2020
coming April 14 available in
YOUR Gift Shop



Philosophy Group

The Philosophy Group will meet on **Friday, April 3 and Friday, April 17 at 12:30 pm in the Lecture Hall.** Topics:

April 3: "How much should we trust others, the media?"

April 17: "Do the rich and powerful deserve admiration/respect?"

- Marlene Appley

April Calendar

In order to prevent confusion on the part of our readers, we are not printing an April calendar. We fear that some readers would believe that anything on the calendar was going to take place as scheduled.

If, at some point during the month of April, large events are again approved, we will print a calendar with those events and distribute it to our residents.

Potty Parity?



Jealous of the bocce players outhouse, the golfers demanded their own comfort facilities. Who's next – the croquet players?

POSTSCRIPTS

Coping with Cabin Fever: Residents Get Creative

Circle Social: Precinct 15



Judy Bauman organized a Circle Social for the cul de sac in Precinct 15 for a limited number of residents. Each brought a chair, sat six feet apart and chatted. As they disbanded, people were asking "when can we do this again?" So, weather permitting, there will be more.

A Lesson in Kicking Cabin Fever: Precinct 8

"Today! 3:30!!! Step outside your villa and either join your neighbors in an amble down Appletree and up Cherrytree or just wave at us from your driveway. We may be joined by Vicki Dunlap from Accounting. You will recognize Vicki (I have copied her to invite her) today by her gold sequined top, white tutu and shamrock tights.

Songs for today: "When Irish Eyes are Smiling" (wear green) and "She'll Be Comin' Round the Mountain."

The above message appeared on my computer on Monday morning, March 17. It was sent to all Precinct 8 residents by the precinct secretary, Dixie Spiegel. Vicki Dunlap did indeed appear in her special outfit to lead the group on their walk around Appletree and Cherrytree Circle. Several res-



idents began the walk and others joined us as we moved around the circle chatting, laughing and singing at the top of our lungs the songs proposed. The six-foot distance between folks was main-

tained and we all had a wonderful time. Several people stayed to chat a bit and to get to know their neighbors better. Let's do this again, folks.

-Marcia Friedman

Fences Make Good Neighbors: Meeting at The South Gate Lounge



Unwilling to forgo the pleasure of sharing a drink with ready-list friends across Whippoorwill Lane, Hugh and Judy Tilson invited Raymond and Judith Pulley to meet Mary Ann and Gary Stringer at the South Entrance to Carolina Meadows.

As is clear from the photo, all observed the six-foot distance. As Hugh said, "No sharing; no touching. Plenty of laughs. The new normal." The meeting place has been dubbed The South Gate Lounge. The gatherings have since become virtual, thanks to Zoom.

- Judith Pulley

Coping with a Quarantine

On March 14 residents received a COVID-19 update from Ben Cornthwaite, announcing additional measures to keep Carolina Meadows residents safe. It included visitor restrictions for Independent Living, conversion of dining operations to carry-out, cancellation of group activities and events and, in subsequent messages, advising residents to remain on campus, shelter in place and keep a six-foot distance from other members of the community.

Using MeadowTalk (and keeping a more than six-foot distance) resident Di Hutcheson reached out to fellow residents: "Staring at the prospect of going stir crazy, I decided to tackle a project I've been avoiding for ages. Cleaning out and organizing my bookshelves. I'm delighted with some of the books I'm finding. The discard pile is growing high, making room for new books. I'm curious. What are others doing?"

Di's question elicited an avalanche of responses. Bev Milton was the first to check in: "I'm doing my own cleaning – bit by bit. I'm actually trying some new crafts, but the most exciting thing is opening a box of washi eggs that I made many, many years ago. They are beautiful and I've put them in crystal bowls to enjoy."

Carol Lehmann's energy turned to food: "I've been sorting files of recipes clipped and copied from various sources over the years and as a result ... cooking, baking and eating ... the results of which will soon be obvious!!! Barbara Hardin also took to the kitchen: "I am emptying my spice shelf and throwing out expired spices (of which there are many). Then I plan to empty the pantry and do the same. It has been in need of reorganizing for a long time and I never get around to it. When life gives you lemons, make lemonade!" Bonnie Fuchs also headed for the kitchen: "Cleaning out the

freezers (2), discards and soup stuff."

Marge Miles decided it was time to face a looming deadline (since lengthened): "No longer have an excuse to avoid working on my income tax. Next job to tackle will be going through my 33 and 45 records in preparation for finding a way to get rid of them." Pat DeTitta had the same idea: "I have to catch up on taxes and old paperwork first. My self-reward will be reading good books!"

Old records of another sort were on Eunice Kraybill's mind: "One of my first 'home-bound' jobs was aimed at a long-delayed 'purge' of my files – especially one holding important Carolina Meadows messages. From nine (!) years ago to the present. What a memory trip! The second file was my medical/health records file, which was not quite so outdated but still

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needed organizing and purging. All in all, quite a satisfying activity."

Pianist Lilian Pruett wrote this to Di, her roof mate: "I have so many projects that await my attention that I am at loggerheads as to which one I should concentrate on: clearing out my research files to which I am not ever likely to return, organize the dozen boxes of photographs still not sorted, read books on my to-read list, winnow out my closets, and of course the fall back most easily resorted to: practicing piano. I am so glad you say you can't hear it, because it can be quite annoying to someone not doing it!" Also in the creative domain, Pat Merriman wrote: "Working on a collage of NC famous women born before 1900. The resource book is called *Beyond Petticoats*. Boy do my bookshelves need pruning too."

Just as I was beginning to despair of hearing from any of the men in our community, techie Marty Lyon wrote: "Taxes, Ugh. Designing bathroom stuff for my 3D printer. Working on my robot." John Haynes, recently widowed, reported: "I've used the free time to catch up on sending notes to thank those many folks who donated in honor of Alice's memory to Duke Eye and the Gift & Remembrance Fund. Much more rewarding than trying to clean out the cabinet of chaos under the kitchen sink." From Pete Andrews: "Working on the garage!"

Almost immediately, residents began offering links to online resources to help pass the time. Your *MeadowLife* team sprang into action by converting the "Interesting Information" tab on the home page to a resource for listing all of these sites. For those needing to remain

fit and active (and that's all of us), online exercise resources were posted on the *MeadowLife* Fitness & Health tab. No excuses!

We are all aware that our age group is the most at risk of serious illness and death with this virus. Being a planner by profession, yours truly adheres to the motto, "Plan for the worst; hope for the best." Of course, as a planner, I already have an estate plan with an executor, assignment of power of attorney, health care power of attorney, etc. And, as an attendee at our first Legacy Program (another was planned for this April, but now postponed), I knew the importance of organizing key documents and making their location accessible to those who would need them.

Those key documents – they were the problem! Some needed to be updated. And what about the flash drive in my safe (along with those documents) – when was the last time I updated userids and passwords on it that would be essential to my executor? And a list of recurring charges to my bank account and credit cards – they would have to be terminated!

So I have been doing these tasks. I've brought my Portavault



(purchased as a result of the Legacy Program) out from the safe and am going through each section, discarding obsolete documents and replacing them with the latest.

You might think these activities would leave me depressed. *Au contraire!* I'm an obsessive planner and I like to scratch things off my

list. I've known for some time that these tasks were facing me but kept postponing them. Now I have the serenity of knowing they are done and that I can, in the words of the Legacy Program, "Leave a legacy and not a mess." And I can get back to streaming, checking out the wonderful online resources listed on *MeadowLife* and begin opening some of those bottles of fine wine we had laid back for the right time. Live in the moment – that time is now!

- Judith Pulley

UNC-TV Launch Dinner: The Pig Pickin'

Think back to February 24 – the Pig Pickin' in the Marketplace – when we could still gather together and eat and party on!

The menu: Carolina BBQ, chicken, baked beans, mac and cheese, corn on the cob, baked apples, fried okra and collard greens (even transplanted Yankees have learned to love them).



And here's to the pigs, who made the ultimate sacrifice.

Tweaking an Old Favorite

Shrimp and grits! What could be more southern? Then why would the Carolina Meadows Executive Chef Jody McLeod, who was born and raised in Canada, fiddle with shrimp and grits? (We are thrilled to report that Jody became a United States citizen this year!). However, Chef Jody really does know how to cook southern.

Here is his take on that southern staple, shrimp and grits:

In his own words, he turned “shrimp and grits on its head” by using products found only in NC. He started by grinding canned hominy in a food mill. Then he added a large chunk of butter (butter makes everything better!) and an even larger portion of Ashe County Rocket Robiola cheese. He then cooked it, stirring often with a whisk.

Chef’s Hint: Whisking food aerates it and allows you more surface area to taste.

Chef’s Hint: Don’t grind up all the hominy. Leave about 50% in chunks to add texture so that each bite is a different experience.

While the hominy and cheese were “getting to know each other,” Chef Jody sliced a little garlic, diced some tomato and onion and added “pulled bacon.” He sautéed it all together and added shrimp.

Chef’s Hint: Don’t crush garlic. Slice it the “short way.” (Think across a tree trunk.)

Chef’s Hint: With onion, dice it small if you want to focus on the sweetness. Dice it large if you want to focus on the flavor.

Chef’s Hint: A raw shrimp forms a U (undercooked). A cooked shrimp forms a C (cooked). An overcooked shrimp forms an O. Easy!



When both the hominy grits and the shrimp were cooked, he poured the grits into a bowl made by Haand Pottery from Burlington, NC and added the shrimp mixture. The 25 people at the demonstration all acknowledged that Chef Jody’s version was not only different from the usual shrimp and grits recipe, but noticeably better.

Thank you, Jody....

- Dixie Spiegel and Judy Tilson

Before I Forget: Love, Hope, Help, and Acceptance in Our Fight Against Alzheimer’s

By B. Smith & Dan Gasby

We all remember when it was taboo to say the word *CANCER*. It was The Big “C,” to be spoken in an embarrassed whisper, as if cancer were something shameful rather than a disease. Although I haven’t heard Alzheimer’s called “The Big A,” to a certain extent the same dynamic of avoidance has been in effect with reference to that brain-eroding form of dementia. *Before I Forget* confronts the challenge head on by recounting the story of B. Smith who, in her sixties, showed the first signs of Alzheimer’s. In the context of addressing Smith’s situation, the whole range of issues related to

the disease are explored – causes, stages, treatment, coping strategies and the challenges to caregivers.

Smith, whose given name was Barbara, but who used only the letter “B” professionally, was a celebrity chef, magazine publisher and, as the book’s jacket states, “a nationally known lifestyle maven.” In 1976 Smith had been the first black model to appear on the cover of *Mademoiselle* magazine. The co-author, Dan Gasby, is Smith’s husband and it is mainly his voice that we hear throughout the book. Gasby is open about his mistakes, frustration and grief. He also

shows strength, perseverance and love as he navigates his way through a world he never thought he would experience and for which he was totally unprepared.

The book, available in the Carolina Meadows library, is not just Smith’s story by any means. It’s a down-to-earth primer about Alzheimer’s, presenting a wealth of practical information in easy to understand language.

B. Smith had been diagnosed with the disease in 2014. She died on February 22 of this year at the age of 70.

- Bill Powers

In Case You Missed It

“A Look Back at Our Great Leap Forward: How the Triangle Became the Center of NC’s Restaurant Culture”

Carolina Meadows foodies packed the Auditorium for a Serendipitous Saturday presentation by Ben Barker of Magnolia Grill fame. His proud mother, Jeanette Barker, introduced him with a story that revealed why two generations of Barkers are now in the restaurant business. She said that the Barkers loved to eat, enjoying one meal while discussing what they would eat at the next one.



Ben provided his listeners with an account of the evolution of restaurants in the Triangle, as well as his own evolution as a chef and restaurant owner. He attributed his interest in food to his grandparents, who were subsistence farmers who ate what they raised and cooked traditional southern food. This experience colored his philosophy as a chef – fresh food, locally grown.

When he was a youth in Chapel Hill, the restaurant scene was

dominated by the Danzigers (the Rathskeller, Zoom Zoom, Ranch House, and Villa Teo), along with the Pines, which served as the gathering place for UNC faculty and alumni. His parents, vigorous explorers of food, helped to educate his palate.

After working in a couple of local restaurants, Ben went off to college at Michigan State, where he enrolled in the Hotel & Restaurant Management program. He quickly discovered that this was not what he wanted; he just wanted to cook. So he enrolled at the Culinary Institute of America, where he met his future wife Karen. Together they shared the ambition of having their own restaurant.

Their graduation coincided with the *nouvelle cuisine* movement, featuring smaller portions of classical dishes with an emphasis on visual appeal. Their decision to launch their careers in Chapel Hill was influenced by the growing reputation of Bill Neal, whose restaurant La Residence changed the local environment. Neal moved on to open Crook’s Corner, but Morton Neale and Bill Smith hired Ben and Karen to work at La Res in 1982. The menu was driven by what was available in the marketplace.

After two years he and Karen moved to Farrington House, where the goal was to create a cuisine of the New South, regional but more contemporary than traditional southern cooking. The opening of the Carrboro Farmers’ Market made access to truly local ingredients possible. They were able to establish a symbiotic relationship

with the farmers, who began to grow the kinds of foods needed for a more sophisticated cuisine.

Ben and Karen had not abandoned their ambition to open their own restaurant. Frequenting Wellspring Grocery on Ninth Street in Durham, they decided that it would make a perfect restaurant venue. As fate would have it, the owner had decided to move the store to another location. Thus was born the Magnolia Grill. The grill featured an open kitchen, an innovation meant to symbolize that it was all about the food and the cooks. This was their opportunity to cook exactly what they wanted. Their customers, sophisticated and well-traveled, also pushed their ambitions. Soon they were attracting talented young chefs, many of whom went on to open their own restaurants.

National recognition came to the Magnolia Grill when, in 1991, a benefit called “A Salute to Southern Chefs” was held. One chef from each of the former states of the Confederacy was invited. The event put southern cooking in the limelight, garnering national attention from writers from New York, Chicago and other northern cities. Ben prepared grilled quail with crawfish as a showcase for North Carolina. As a result of this exposure, Ben was nominated seven times for the James Beard Award as best chef in the Southeast, finally winning it in 2000. Karen won the Beard Outstanding Pastry Chef award in 2003.

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Meanwhile, the restaurant scene in the rest of Durham and in Chapel Hill evolved. Scott Howell opened Nana's in Durham, while Elaine's and Lantern appeared in Chapel Hill, followed by many other fine dining establishments. The impact of Ashley Christensen has now turned Raleigh into a foodie mecca. Asheville has also earned a reputation for its restaurants, with Appalachian cooking now trending.

Seeking a more peaceful existence, the Barkers closed the Magnolia Grill in 2012. But the Barker passion for cooking was passed on to their son Gabriel. In 2016 Gabe opened Pizzeria Mercato in Carrboro, where he offers Italian-inspired food, utilizing the ingredients from North Carolina's piedmont soil that have shaped the Barker family for generations.
- Judith Pulley

"What's Going on in the Middle East?"

Michael Cotter, who spent his career in the US Foreign Service and whose final post was as Ambassador to Turkmenistan, gave a World Affairs audience a head-spinning country-by-country tour of the current Middle East at the February 28 meeting of World Affairs.

The Middle East has been in disarray ever since the collapse of the Ottoman Empire at the end of World War I. The victorious powers, ignoring the immense tribal, ethnic and religious diversity of this region, created an array of protectorates with unnatural boundaries that provided for little internal cohesion. The British also had the habit of elevating representatives of minorities as the autocratic leaders of the countries under their control. We are still living with the consequences.

World leadership passed from Great Britain to the US after World War II and so the US began its involvement with the newly independent nations of the Middle East. Oil was generally the major lure, but the tragedy of 9/11 led to US involvement in wars in Afghanistan and then Iraq. Barack Obama

was elected partly on the basis of his promise to draw down our presence there and failed to give anything more than verbal support to the Arab Spring uprisings. Donald Trump followed up with a promise to terminate our "endless wars" in the Middle East, leading to significant troop withdrawals. The result is that dictators have little to worry about from the US. The vacuum has left an opening for Russia to attempt to restore its reputation as a world power.

Michael covered a multitude of countries, more than can be included in this summary.

Lebanon is the poster child for the diversity of the Middle East, with 18 officially recognized religious groups sharing power among Maronite Christians, Sunnis and Shia (the latter represented by Hezbollah, a pawn for Iran and sworn enemy of Israel). Instability is intensified by the presence of many Syrian refugees. Israel is convinced that Hezbollah is in control of a large stockpile of dangerous weapons, leaving open the potential for another Israeli invasion.

The bloody civil war in Syria is in its final days, as civilian refu-

gees and fighters, including about 100,000 Islamist forces, are gathered in Idlib on the border with Turkey. There is rising conflict between Turkey and Russia, President Assad's protector, and no international consensus on what to do about the refugees or how to deal with terrorists. The only area of agreement between Russia and Turkey is that the long-suffering Kurds be prevented from having an independent territory or state.

The conflict in Yemen has gone on for years, with Saudi Arabia determined to control the area because of its strategic coastal position. The opposition Houthis are supported by Qatar and fighting both the Saudis (aided by the US), al Qaeda and ISIS. It is a complicated war with no "good guys" or "bad guys."

Over the past few years it appeared that Iraq was headed toward stability, with the Kurds safe in their area and the majority Shiites in control of a democratically elected government. Now, however, there have been street demonstrations representing both Sunnis and Shiites, protesting government corruption and Iranian influence in Iraqi affairs.

Finally, there is Israel and the Palestinians. Donald Trump handed Benjamin Netanyahu, under indictment and seeking reelection, a gift with the US peace plan. The plan, dead on arrival, would give the Palestinians 75 percent of the West Bank, but in three separate locations connected by highways plus the Gaza Strip. There would be no "right of return" and they would have to "earn" sovereignty over time. Meanwhile the Palestinian leader-

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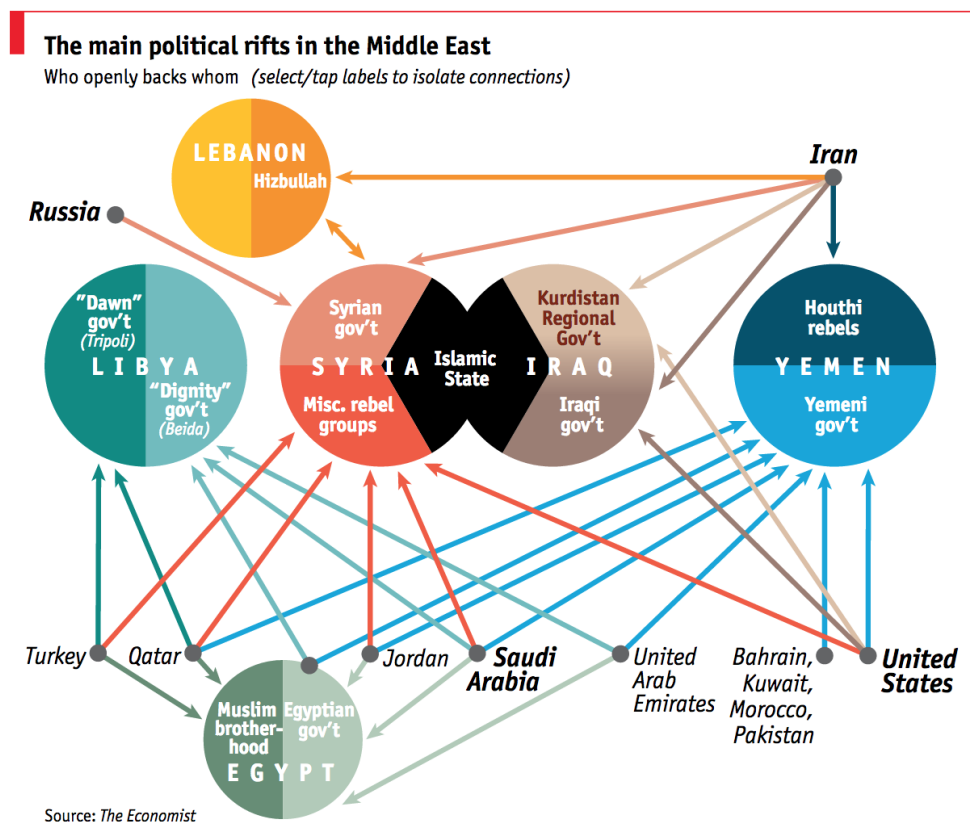
(Continued from p. 24)

ship is aging, with no clear line of succession. Their likeliest leader, Marwan Barghout, sits in an Israeli prison.

After touching on Jordan, dependent on outsiders for its existence and hosting 2.1 million Palestinian refugees, as well as Syrian and Christian refugees, Michael moved on to the Gulf States. Things don't get much better there. In other words, we can expect instability and conflict to persist in the Middle East. Vastly reduced dependence on oil may mean that western powers are less interested. In their stead, Egypt, Turkey and Russia are seeking to exert their influence.

For a visual representation of the main political rifts in the Middle East, see the graphic at right.

- Judith Pulley



“The Affordable Care Act at Ten: Lessons, Legacies and the Future of Health Reform”

With the tenth anniversary of the enactment of the Affordable Care Act (ACA or Obamacare) less than three weeks away, Professor Jonathan Oberlander offered his World Affairs audience a timely review of the act and the potential



future of health care in a volatile election year.

Oberlander characterized the act as “transformative” in that it overcame discrimination in the health insurance industry where, in the past, “the sicker you were, the higher the cost of insurance.” The benefits of the ACA were numerous:

- Outlawed discrimination on the basis of health status and pre-existing conditions, making insurance more accessible.
- Ended gender discrimination against women.
- Enabled those up to age 26 to remain on their parents’ insurance policies.
- Prohibited annual and lifetime benefit limits.

- Expanded coverage of preventive services and Medicare prescription drugs.

The impact of the act was to reduce the uninsured rate, as over 20 million Americans gained insurance in a very short time. Nevertheless, unlike any other wealthy democracy, 29 million Americans remain uninsured. Why? A survey of uninsured nonelderly adults evoked the following reasons:

- Cost too high – 45% (Many don’t understand the availability of subsidies.)
- Lost job or changed employers – 22%
- Lost Medicaid – 11%
- Changed status – 11%

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- Employer doesn't offer insurance – 9%
- Don't need it (What about an accident?) – 2%

A major shortcoming of the act was that many middle-class people found it unaffordable. Subsidies covered households earning between \$12,000 and \$48,000, but the value of the subsidies declined as incomes rose. Those earning below \$12,000 were expected to be covered by the expansion of Medicaid. But following the Supreme Court decision striking penalties for states that did not expand it, 14 states (mostly southern and all controlled by Republicans) refused to go along with the plan.

It is well known that the US actually spends more on health care (\$3.6 trillion per year/17.7% of GDP) than other developed countries but covers far fewer of its citizens and with poorer outcomes. In Oberlander's opinion, the problem is that we are not getting value for our expenditures; too many procedures are approved that don't provide value. These higher costs are what price many people out of the health care market.

But there is some good news. The rate of growth in spending has actually declined, beginning during the great recession when some people put off health treatments, but continuing after the enactment of the ACA. One reason is the adoption in the private sector of higher deductibles, which reduce premiums but lead people to seek fewer services, often optional and of questionable value. Unfortunately, this also affects people with chronic conditions such as

diabetes, who can't afford necessary treatment.



Republicans were adamantly opposed to the ACA from its inception and Donald Trump came into office pledging to send repeal legislation to Congress on day one of his administration. Although the legislation passed in the House, it failed in the Senate by three votes. However, the administration has taken a number of administrative actions to curtail the act. For example:

- Cut the advertising budget to almost nothing.
- Cut the time for open enrollment in half.
- Introduced short-term policies.
- Eliminated the individual mandate penalty.
- Ended payments to insurance companies for subsidies.

Despite these efforts, enrollment did not decline substantially except in those states that chose not to run their own marketplace, instead sending citizens to the federal government plan.

This election year has brought health care coverage back into the headlines, especially with Bernie Sanders' Medicare for All plan. The advantages of his plan would include much lower administrative costs, coverage for all, and probably lower rates of growth in spending. Disadvantages would be the elimination of the health insurance industry and its thousands of employees, the opposition of a large number of Americans to a big government plan and the huge cost,

requiring a substantial increase in taxes. The moderate proposal, on the other hand, would seek to reform the deficiencies in the ACA, address affordability and add a public option.

The Supreme Court has agreed to take up a suit advanced by 20 Republican attorneys general arguing that the ACA is unconstitutional. Although it could hear arguments as early as October, no decision can be expected until after the 2020 election. If the act is struck down, Oberlander believes that, ironically, it would unleash a demand for Medicare for All. However, the enactment of such legislation is unthinkable unless Democrats committed to such a plan won the presidency and had substantial majorities of both houses of Congress. To be continued

- Judith Pulley

Neighbors Help Marion Peterson Celebrate Her 102nd Birthday



Marion Peterson celebrated her 102nd birthday recently and, in want of a party, her neighbors around Mimosa Circle came to her driveway to sing Happy Birthday to her. She was obviously not expecting them, but enjoyed the impromptu celebration.

Behind the Scenes: Carolina Meadows Staff at Your Service

All hands are on deck as Carolina Meadows staff make daily phone calls to take resident meal orders, each precinct managed by a server.



Meanwhile, the café team fulfills home shopping orders from the Courtyard. Fifty plus households received home shopping deliveries as of noon on March 26, keeping residents safely on campus.

