



Board Appoints Three New Members

At its February meeting, the Carolina Meadows Board of Directors appointed two new Resident Directors and one Non-resident Director. The Resident Directors are Pickett Guthrie and Bill Lehrburger. Richard Gurlitz is the new Non-resident Director.



Pickett and her late husband Bob joined the CM community in 2012. In addition to degrees in history and library science, she earned a Certificate in Non-Profit Management from Duke University. She went on to be a co-founder and Executive Director of the Restless Legs Syndrome Foundation, convinced clinicians and research doctors at prestigious medical institutions to serve on scientific and medical advisory boards, and organized a network of support groups in 37 states. Pickett authored numerous successful grant proposals and received the Ekbohm Award for contributions to Research in Restless Legs Syndrome. She has utilized her library science expertise as a volunteer in the CM Library.



Bill Lehrburger came to Carolina Meadows in 2014. With a baccalaureate degree in economics and a Harvard MBA in Marketing, Bill occupied marketing, advertising and general administrative positions in several industries. He served as the first president of a 1,500-unit gated community after turnover from the developer. He currently serves as the chair of the Buildings, Grounds and Safety Advisory committee.



Richard Gurlitz is the Principal in Gurlitz Architectural Group in Chapel Hill. He has an undergraduate degree in art history and

a degree in architecture from the University of Wisconsin. Among the many projects he has completed are several that will be familiar to CM residents – the CM Wellness Center, senior centers in Durham and southern Orange County, the Jewish Community Center in Durham, and the Daniels Building Student Stores at UNC-CH. He has served as a volunteer on many community boards, including as Treasurer of the Chapel Hill Public School Education Foundation, Education Chair on the Judea Reform Board of Trustees, and Chair of the Chapel Hill School System New Facilities Review Committee.

Departing Resident Directors Don Stedman and John Modisett were valued members of the Board. Don served as chair of the Board's Vision and Strategy Committee and will continue his service as Chair of the Ad Hoc Committee on the CM Foundation. John served as Secretary of the Board during his tenure.

- Judith Pulley

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President's Message

Writing this message in late January, the 10-12 inches of snow that we received at Carolina Meadows on the 17th is still fresh on my mind. How fortunate and thankful we are to have such a dedicated staff that put our needs first when these situations arise. Many stayed two to three nights on air mattresses to insure that the necessary services were provided and that the snow was cleared from the roads, parking lots and drive-ways.

Upon receipt of this newsletter there will be about 10 days remaining for you to contribute to the UNC-TV Fund Drive; contributions/pledges are needed by March 7. This is one of the four fundraisers sanctioned by the Residents Association. Many thanks to Ray Williams, Anne Scaff and their team of volunteers; they have done a fantastic job with all of their creative ideas that have made this festival such a fun event. Now all that is needed is your support and their goal will be reached

or exceeded.

Another deadline this month is March 15. Please have your RA Survey of Interest Form that you received in February completed and returned to Sam Ligon by that date. The success of the CM Residents Association depends on the volunteers supporting the Gift Shop, the Library and the 20 Standing Committees. Volunteering is also a great way to meet residents and form new friendships.

It is also time to be looking for RA officers for next year. On May 31 Paul Carew and I will have served our two terms as Treasurer and President, respectively. Sam Ligon and Eleanor Morris have agreed to be on the slate for President and Secretary, respectively. The Council has approved Helen Stedman as Chair of the Nominating Committee. Please let Helen know of any residents you would like the committee to consider.

Enjoy the beginnings of spring.

- Betsy Ahern

Resident Town Hall Meeting

Presenters:

Kevin McLeod, President and CEO

Ben Cornthwaite, COO

Dianne Stimson, Board Chair

Monday, April 2, 11 am, Auditorium

Tuesday, April 3, 11 am, Auditorium

Two meetings have been scheduled in order to accommodate all residents. Please do not attend both meetings as the same items will be covered at each meeting.

The meeting will be simulcast to the **Fairways** on **April 2nd at 11 am** in the Gallery.

Residents of the **Pines** will gather **April 5th at 3 pm** for a live presentation in the Pines.

THE MEADOWLARK

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—

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April Issue Deadline

Copy for the April *Meadowlark* must be submitted by **Monday, March 12**, to Pat Mandell <phbmandell@me.com>. Articles should be submitted as email attachments in MS Word format. Images should be sent in JPG format. Please call Pat at (919) 240-4864 if you have any questions or problems.

Carolina Meadows Census

As of January 31, 2018

Number of Residents	Occupancy Level
Independent Living:	
627	95%
Assisted Living	
75	95%
The Pines*:	
53	70%*
Total on campus:	
755	92%
EA Program:	
51	
Total Residents:	806

Independent Living:

627

95%

Assisted Living

75

95%

The Pines*:

53

70%*

Total on campus:

755

92%

EA Program:

51

Total Residents: 806

**Includes temporary admission of IL and AL residents.*

NEWS (continued)

“Meadows in Motion”

From Ben Cornthwaite, Chief Operating Officer and Executive Vice President

In 2017, Carolina Meadows became an *even better* place to live and work.

Objective #1: Deliver High-Quality, Integrated Care

- Launched a quality dashboard in collaboration with the Health & Wellness Committee for ongoing performance improvement and consumer transparency covering 42 quality indicators.
- Offered 800 same day visits in the medical practice in 2017—providing extraordinary access.
- Flu vaccination and pneumococcal vaccination rates exceed state and national averages.
- Resident falls in the Pines were reduced by 28% in 2017.
- Outstanding care coordination that avoids hospital readmission—75% better than national average.
- Zero deficiency in unannounced regulatory survey in the Fairways.
- Contract staffing was eliminated from direct caregiving roles effective 3/31/17. This achievement provides a substantial benefit to the quality of care at Carolina Meadows while providing more consistency and continuity to caregiving.
- Staff’s sensitivity and responsiveness to symptom management such as pain, shortness of breath, and nausea received 95.4% satisfaction rating.
- The Fairways was rated in the top 10% of the country in value

for price paid (16,500 Holleran respondents).

- Purchased a Home Care license that will allow for in-home aide and companionship services to be launched in 2018.

Objective #2: Create an Exceptional Resident Experience

- Over 90% of residents rate their overall satisfaction with Carolina Meadows as good or excellent across campus.
- Over 96% of residents rate staff as friendly and courteous—the highest area of satisfaction on campus!
- Reinvested more than \$1.7M in capital projects in 2017 to reinvest in the beauty and function of our campus (\$1.2M more than 2016).
- Provided outreach and engagement opportunities for residents to live meaningful and engaged lives: connections with the broader community, events and activities, volunteerism, outreach beyond the campus.
- Expanded the Carolina Meadows lifestyle to more residents—achieving 100 closings in 2017. This included the launch of Early Advantage that opens the lifestyle to those who choose to continue to live outside the gates.
- Enjoyed two celebrations that recognized life-saving efforts deployed by staff members addressing choking residents that saved their lives!

- Launched concierge services that afford residents with personalized support.

Objective #3: Cultivate a High-Performance Team

- Established regular employee meetings and publications designed to keep employees connected with campus updates.
- Conducted a formal survey that allowed employees to provide honest feedback about Carolina Meadows’ culture and work experience. This serves as a beginning to making our community the best place to work.
- Conducted a salary survey to assess competitive wages. In total, more than \$100,000 of adjustments were made, including the creation of a new minimum wage of \$11.27 for Carolina Meadows.
- Evaluated competitive benefits package—adding to the overall employee benefits coverage without increasing premiums. Additionally, created a more affordable benefit option for employees who make less than \$30,000 annually.
- Supported and assisted 6 employees gain US citizenship in 2017.
- 92% of staff reported “I’m proud to work at Carolina Meadows.”
- 92% of staff reported to be happy with their jobs.
- Key positions were filled: Administrator, Assistant Director of Nursing, VP Plant Ops, VP of

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HR, Director of Building Operations.

- Weight Watchers at work that was initiated led to more than 600 pounds of team weight loss!

Objective #4: Drive Financial Discipline and Results

- Campus operating margin improved in 2017 by more than \$2,000,000.
- Days Cash on Hand improved in 2017 by 43 days (valuing \$4,000,000).
- Debt service coverage (ability for the operation to cover any outstanding debt) improved by more than double in 2017.
- IL occupancy achieved 95%, exceeding national averages by more than 7%. We achieved 100% reservation at year-end!
- Fairways occupancy soared in 2017 improving by more than 10%, resulting in nearly \$700,000 more revenue than 2016.
- The Pines financial operations improved by more than \$500,000 in 2017.
- Operating revenues and investment gains resulted in net assets improving more than \$6,000,000 in 2017.

IN MEMORIAM

Dorothy Martyn 5-204
01-22-2018

Gloria Preminger P-228
01-27-2018

Marjorie Vaiden P-222
02-12-2018

Sterling Hennis V-237
02-14-2018

Your RA at Work: Quarterly Report from the Health and Wellness Committee

In my comments at a Residents Association meeting a few months ago, I promised to provide more information about our Dashboard project. We have been working closely with Ben Cornthwaite and the senior health and wellness managers to put together a set of measures to help us follow key indicators of challenges and opportunities in our community's health and quantity and quality of health care services. Quarterly the team generates a collection of these measures and uses them in their own staff meetings to monitor key areas for their own attention. As clear testimony to the strong partnership we enjoy, our staff liaison members present them to the Health and Wellness Committee in the form of a "Dashboard" to engage us in these activities.

In January, H&WC focused on the Dashboard for the Pines, with our new Pines administrator, Kathy Norman. Kathy briefed us about her first three months here, with many lessons learned, including the intense (and successful) effort to contain an outbreak of Norovirus. We congratulated her on the Norovirus response and the success in keeping infections and their consequences to a minimum. WELL DONE! And a great preparation for the flu season, where we are already seeing some of the same measures.

In our January meeting, Kathy focused our attention on the Dashboard's "red flags" for falls and immunizations. You already know that falls are a major challenge for all CCRCs in all levels of care, including independent living. We make an active effort to work on

balance and falls awareness and prevention. In the Pines, these efforts also include personalized plans for help getting in and out of bed or with toilet use, and careful efforts to minimize the impact of a fall. For example, this may include lowering the bed or having an escort. While we still have more falls than we set as our goal, we have succeeded in efforts to keep these falls from resulting in injury.

When looking at a Dashboard like this, one shouldn't just focus on the red flags. We should be proud of the Pines for staying ahead of the national average in advance care planning and hospital re-admission rates. I look forward to your reactions to this portion of the dashboard, and the dashboards for assisted living, independent living, and the medical practice. They're all on our web page on *MeadowLife*!

The monitoring of immunizations is critical, and having our medical practice right up the hall is priceless in getting deficiencies in immunization recognized and fixed. As Kathy reported, these efforts have resulted in getting everyone, residents and staff, immunized in time for the current tough influenza season.

This isn't the only focus of our H&WC. We have liaison members for six other committees or task forces at Carolina Meadows, and several high priority areas of focus, including a new task force to help the remarkable medical practice at Carolina Meadows to be recognized as the "crown jewel" we know it is.

A key area of our focus is the community's readiness for the in-
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(Continued from p. 4, "HWC")

Welcome New Residents

fluenza epidemic. Jointly with Dr. Holly Jean Coward and the Medical Practice, we have developed programs on prevention, early recognition, treatment, and containment. Key provisions include always calling to let the medical practice know that you are sick. There are safe, effective antiviral medicines to minimize the impact of the flu, but these need to be taken within 48 hours of coming down with influenza.

I look forward to bringing you other reports from this action-filled committee. Meanwhile, please contact us personally and visit us on *MeadowLife*. The H&WC web page there has all committee minutes, our annual report, and several other reports, background reading, and committee work products.

- Hugh Tilson

Gail Jacobs, V-103

Last Residence: Chapel Hill, NC
Interests: Reading, bridge, needlework.

Myron (Mike) Jacobs, V-103

Last Residence: Chapel Hill, NC
Interests: Tennis.

Anne Kotch, 2-210

Last Residence: Durham, NC
Interests: Reading; movies, politics, grandchildren.

Jonathan (Jon) Kotch, 2-210

Last Residence: Durham, NC
Interests: Music, movies, woodworking, political advocacy.

Agnes Ross, 6-105

Last Residence: Parkland, FL
Interests: Concerts, movies, lectures.

Daniel (Danny) Salgado, 1-307

Last Residence: Chapel Hill, NC
Interests: Gardening, landscaping,

reading, many handyman projects.

Maria Salgado, 1-307

Last Residence: Chapel Hill, NC
Interests: Writing, research in Latin American literature, cooking, reading.

Maude Tucker, 1-205

Last Residence: Chapel Hill, NC
Interests: Reading, TV sports, family.

Reginald (Reg) Tucker, 1-205

Last Residence: Chapel Hill, NC
Interests: Tennis, church choir, sports fan (UNC), fitness.

Cora-Jean (CJ) Edgell, V-397

Last Residence: Hillsborough, NC
Interests: Off-grid living; books; plants.

Marshall Edgell, V-397

Last Residence: Hillsborough, NC
Interests: Astro-photography; genetic engineering; tennis.

"Creating a Masterpiece"

A highlight of Carolina Meadows' 2018 UNC-TV fundraising campaign is a mural created by resident artist Susan Gaca. Based on our theme, "Creating a Masterpiece," Susan and our own Dorothy O'Connell selected Édouard Manet's painting, "The Bar at the Folies Bergères," as the inspiration for her mural, "A Night at the Pub."

When the mural is unveiled this month, you will see she has magically transformed Manet's painting into a busy scene in our Pub. Susan began her masterpiece by taking photos of the Pub, which she has adapted in the mural. Look for familiar signage as well as beers and wines served in Carolina Meadows.

"A Night at the Pub" is the third Masterpiece created by Carolina Meadows artists. Over the past three years, Susan Gaca and fellow artists, Margaret Zircher and Bill Davis have given us memorable murals as a tribute to UNC-TV.



In addition to the mural, on

March 5 and 12 our Masterpiece celebration will continue with parts two and three of musicologist Mary Ann Stringer's CMU series, "Why Amadeus?"

The Mural and the Masterpiece Activities that you are enjoying this month raise our awareness and appreciation for UNC-TV. Your support and donations will be highlighted on March 8, Carolina Meadows Night at UNC-TV, when members of the UNC-TV Committee work the phones and present a check on behalf of Carolina Meadows. Our goal is \$26,000. Please dig deep in your pockets to support this annual Residents Association event to keep quality public television in our community.

TALK

CMU Spring 2018 Semester Continues with "Why Amadeus" and Launches Spring Course III

On **March 5 and 12**, CMU will continue with Spring Semester Course II, "The Fact and Fiction behind *Amadeus*." This course is being offered in conjunction with the UNC-TV fundraiser and builds on the theme of "Creating a Masterpiece." Professor Mary Ann Stringer delighted us with her first lecture, beginning the analysis of the masterpiece and the master behind the masterpiece, looking at the award-winning theatrical and cinematic success, *Amadeus*, both as a work of art and as an important historical recreation of the life and works of Mozart. Even if

you had to miss the first talk, you'll want to hear how it all comes out.

Dr. Stringer is retired professor of music and performance at the University of Southern Mississippi, a good friend to Carolina Meadows and, as a member of our Wait List, a frequent visitor to our campus.

On **March 26**, CMU will offer the first lecture of our third course of the Spring Semester, "Understanding the History and Implications of the Mexican Revolution." This course will be the fourth annual course in a series of analyses of North American histo-

ry presented by our own inimitable Raymond Pulley. Ray thought he had retired as Professor of History (from UNC Charlotte, Appalachian State University, and UNC - Chapel Hill). Obviously he hadn't anticipated coming back to work here at Carolina Meadows, as Co-Director of our wonderful World Affairs series for almost 10 years, and as a regular on the Faculty of CMU. Thanks, Ray!

Unless stated otherwise, CMU Courses are offered in the **Auditorium on Monday from 1:00 to 2:30 pm.**

- CMU Steering Committee

Serendipitous Saturday

March 10: "Behind the Scenes at American Dance Festival: Talk and Modern Dance Demonstration"



american dance festival

In 2017 the American Dance Festival (ADF) celebrated the 40th year of association with Duke University and its 84th season. Come hear Jodee Nimerichter, Executive Director, talk about this important local institution and learn more about this internationally recognized organization. Jodee will highlight the past, present and future of modern dance, including a preview of the 41st season for 2018. She will share behind the scenes issues in preparing for the summer and the recent extension of ADF programming to include fall and spring performances, the signifi-

cant contribution of the ADF school/faculty, and her personal efforts to create the exciting opportunities that ADF offers in Durham.

Jodee Nimerichter was appointed ADF Executive Director in January 2012. In the past six years, she launched the *Shall We Dance* campaign that allowed the festival to purchase year-round studios, ADF's first permanent facilities; expanded outreach and performance programming; and produced performances in NYC.

Serendipitous Saturday Sessions are held on **Saturday mornings from 10:00 to 11:30**. Because of the performance associated with this class, it will be held in the **Auditorium**.

Behind *THE DARKEST HOUR*

THE BATTLE OF BRITAIN
How the English survived this historic conflict

a brief review
by

Bob Huddleston, Villa 131
World War II combat pilot
Tuesday, March 20
Auditorium, 2 pm

Men's Breakfast

Our speaker for **Wednesday, March 21**, is John Sylvester, who will give "Personal Conclusions on the Vietnam War." Please wear your nametag to the breakfast, which will begin at **8:30 in the Private Dining Room**. Sign up by Thursday, March 15.

- Fred Bowman

World Affairs

World Affairs meets on **Fri-days at 10:30 am in the Auditorium** (unless otherwise noted). The programs for March are:

March 2: Peter Coclanis, "Between Rakhine and a Hard Place: The Rohingya Crisis in Myanmar"

Peter Coclanis is Distinguished Professor of History and Director of the Global Research Institute at UNC-Chapel Hill. He works primarily in Southeast Asian and global economic and business history, and has published extensively in these areas. He travels to Myanmar frequently, and has written on the Buddhist-Muslim conflict there, including the Rohingya crisis.

March 9: Judith Pulley/Ian Bremmer, "Top Geopolitical Risks in 2018" (video/lecture).

Political scientist Ian Bremmer is the President of the Eurasia Group, the world's largest political risk consultancy. With offices in New York City, Washington, DC, London, Tokyo, São Paulo, San Francisco, and Singapore and over 150 full-time employees, its main purpose is to help investors and business decision-makers understand the impact of politics on the risks and opportunities in foreign markets. This is the group's 20th annual public report. (Those wanting more than an annual report will have to pay a substantial fee!)

March 16: The New Barbarianism (video)

The New Barbarianism is a video produced by the Center for Strategic and International Studies, a bipartisan, nonprofit, policy re-

search organization in Washington DC, that aims at charting a course toward a better world. The video is the result of several years' work on the intersection of health and security, the role of militaries, and the human tragedies in Syria, Yemen and Afghanistan. It examines the crises, their causes, limited international responses and possible ways forward, using interviews and original footage.

March 23: Jamie Bartram, "A View From The Top: Plumbing for Health"

Bartram is Distinguished Professor in the UNC School of Public Health and Director of the Water Institute, whose mission is water, sanitation and hygiene for human development. He has worked in more than 60 developing countries on health policy, research and practice. His talk elaborates the two meanings of plumbing; to understand the water and health needs of our world's inhabitants, and to provide for meeting them.

March 30: Simon Miles, "Russia's Foreign Policy, Intentions and Activities"

Simon Miles, an Assistant Professor in the Sanford School of Public Policy at Duke, teaches American grand strategy and Cold War international history. His research explores the mechanics of cooperation between two adversarial states. His current work shows how shifts in the perceived distribution of power catalyzed changes in the strategies which the US used to engage the Soviet Union, and vice versa. Professor Miles will talk about contemporary issues regarding US-Soviet relations.

Tel Aviv, Jerusalem... Israel

When you hear or see any one of these words, what pops into your head first? Iranian drones, Hezbollah rockets, Hamas tunnels, al Fatah suicide vests, the expansion of Jewish settlements, the Dome of the Rock – in short, the bubbling vat of the Middle East? Or perhaps the Wailing Wall or other, peaceful, religious sites? These black-and-white impressions don't give us a true appreciation of what life is like there and our sources of news are of small help.

Broaden your experience by looking through the eyes of an Israeli who received his Ph.D. from UCLA and teaches at Tel Aviv University. Come join us as UNITY presents Duke Visiting Professor, Dr. Or Honig, who will share his thoughts and insights on Israel, the Middle East, and the U.S. in "The Middle East Through Israeli Eyes" at **10 am on Thursday, March 22, in the Lecture Hall.**

- Joe Danos

Women's Luncheon

Aren't you glad you don't have to worry about diapers anymore? A lot of needy families do. In fact, one out of three families in North Carolina does not have enough money to provide clean diapers for their children. We will learn more about this problem at the March Women's Luncheon. Our speaker will be Michelle Old, who has spent her career "covering babies' bottoms across North Carolina."

Michelle is the founder and Executive Director of Diaper Bank of North Carolina. After a fight against diaper rashes that saw her son hospitalized numerous times,

(Continued on p. 8, "Luncheon")

(Continued from p. 7, "Luncheon") she began to worry about families who could not afford the number of clean, dry diapers that she could. She started Diaper Bank from her home in 2013 with the goal of making it possible for every family in North Carolina to obtain diapers when they need them. Her goal was to distribute 50,000 diapers to families in need. She was able to distribute 209,000 the first year, 500,000 the next

year, and a million in 2016. Surely, you'd like to know how she did it.

Michelle has spent her career helping women and children in need. Before she had children, Michelle was a statewide coordinator for the North Carolina Coalition Against Sexual Assault. She is also the co-founder of The Human Trafficking Task Force in North Carolina. Michelle lives in Durham with her husband, three children, a dog, a cat, and some chickens.

Michelle Old will have many interesting facts and stories to tell us. The luncheon is on **Tuesday, March 13 at noon in the Private Dining Room**. Doors open at 11:45. It is necessary to make reservations by calling or emailing Jody Hite at (919) 370-7171 or jody@carolinameadows.net beginning March 1. If you need to cancel your reservation, call Susan Minnix at (919) 622-1171 by Sunday, March 11 to avoid being charged. Please wear your nametag.

- Christine Flora

Medical Update

The next Medical Update lecture will take place on **Thursday, March 15 from 2:00-3:00 pm in the Lecture Hall**. The subject will be the New Blood Pressure Guidelines. The problem of hypertension has been the subject of a number of studies in recent years.

A recent study was the SPRINT (Systolic Blood Pressure Intervention Trial), funded by NIH, published in 2015. An article in *The New York Times* described the latest guidelines in the management of hypertension, published by the American Heart Association and the American College of Cardiology. This was a comprehensive review that redefined normal blood pressure and levels of hypertension. The article received a great deal of publicity and also caused some controversy. The new guidelines would significantly increase the number of people with a diagnosis of hypertension and increase the number on antihypertensive therapy. Also, they do not address the question of blood pressure management in the elderly 80+plus population. Management, including lifestyle change

and medication, was described. Restriction of sodium intake to 2300/2400 mgs. per day was reaffirmed. (This can be problematic in retirement communities where residents do not do their own food preparation.)

Our speaker will be Dr. Howard Rockman, Professor of Medicine, Cell Biology, Molecular Genetics, and Cardiology at the Duke University Medical Center.

He is currently Director of the Duke Cardiovascular Research Center and was Editor in Chief of the *Journal of Clinical Investigation*. He has received numerous honors and awards for his research activities. His research continues through a number of NIH grants. In addition to his research activities, he is actively teaching at the Duke School of Medicine. His extensive activities have produced over 140 peer-reviewed articles in the scientific literature and more than 70 review articles and book chapters.

This lecture will enable us to hear a review of a very important and complex health problem from a true expert.

- Leonard Cutler

Travel Adventure to Bavaria

"Bavaria: Land of Beauty and Beer, best when consumed together with friends: Gemutlichkeit." In September 2017, Judy and Hugh Tilson organized a trip to revisit some of their old haunts from the time they lived in Bavaria 50 years ago, and introduce five of their non-German speaking friends to it all. Much has changed. Tall buildings, fast subways, efficient trains, wonderful conveniences. But the essentials, particularly the beer and the magnificent historic sites, have retained their lasting beauty. (Photo below by Hugh Tilson)



The photo trip to Bavaria will take place at **7:30 on Friday, March 23 in the Auditorium**.

Medicaid and CHIP: Health Insurance for All Low Income People or Just the "Deserving Poor"?

Come hear Pam Silberman talk about Medicaid and CHIP - the Children's Health Insurance Program - on **Wednesday, March 14 at 4:00 pm in the Auditorium.**

Pam is a highly accomplished expert on health issues and has quite a resume!! She is the director of the Executive Doctoral Program in Health Leadership in the Department of Health Policy and Management at UNC Gillings School of Global Public Health. She teaches courses and leads workshops on the health care system, services for underserved populations and the ACA, and the health policy process. She is also the Associate Director for Policy Analysis at the Cecil G. Sheps Center for Health Services Research. Pam just recently stepped down as President and CEO of the North Carolina Institute of Medicine. She has led many task forces studying rural health, state Affordable Care Act implementation, patient and family engagement, military health, health literacy, long-term care, and several others.

This event is sponsored by the Carolina Meadows Democrats and is open to all residents of Carolina Meadows.

- Judy Jones

ARTS

Music at the Meadows In the Auditorium

The Decatur Street Beat Thursday, March 8, 7:30 pm

The Decatur Street Beat, a group of experienced Dixieland musicians, has been playing New Orleans style jazz since 2004 at a wide variety of festivals and occasions. They were a great hit when they performed at Carolina Meadows three years ago. We welcome their return appearance.

Clara Yang, Pianist Friday, March 30, 7:30

Clara Yang, a virtuoso pianist, has built a national and international reputation, performing with many of the world's major conductors and orchestras around the world and



coast-to-coast in the US, including two solo performances with the NC Symphony in 2017. But her musical activities go beyond performance. She has gained renown as a teacher; students of her master classes abroad have won several international prizes and competitions. Ms. Yang is currently Associate Professor of Music at UNC-Chapel Hill.

- Norman Miller

The Bucket Brothers 7 pm, Auditorium, Tuesday, March 6

The North Carolina-based Bucket Brothers—Logan and Casey Valleroy, ages 17 and 14 — have captivated audiences since 2012 with their sophisticated arrangements, seamless improvisation, and beyond-their-years mastery of jazz. Fans enthuse over their musicianship, composure, and stage presence. Both brothers display a depth of musical understanding and an ability to listen to one another that is rare at such a

young age. The hard-working Bucket Brothers average about 30 performances a year.

In early 2017, the Bucket Brothers were featured on the Woodsongs Old-Time Radio Hour, sharing the stage with Livingston Taylor and Rebecca Loebe. Woodsongs airs on over 500 radio stations worldwide and on PBS stations in millions of homes across America. The brothers capped 2016 with a Christmas Day

appearance at the Kennedy Center in Washington, DC, joining jazz luminaries Chuck and Robert Redd and other leading jazz artists at the annual All-Star Christmas Day Jazz Jam. Other notable appearances included the LEAF Festival in Black Mountain, NC, the Ocracoke Festival on Ocracoke Island, the Rooster Walk Festival, and the Pocahontas County Opera House in Marlinton, WV.

- Jody Hite

UNC Flute Ensemble

Directed by Dr. Lindsay Leach-Sparks

3 pm, Auditorium, Friday, March 9

Performing a variety of styles from 17th-century French to jazz and movie music, the UNC Flute Ensemble (Shama Birla, Katherine Gora Combs, Emily Holdsclaw, and Alyssa King) will present a concert featuring works by Felix Mendelssohn, Joseph Boismortier, Raymond Guiot, Daniel Dorff, Leroy Anderson, and others.

Hot Horns

7:30 pm, Auditorium, Thursday, March 15



Hot Horns, a "New Orleans" inspired horn band, is a vibrant, award winning, internationally acclaimed, professional touring brass ensemble. It regularly travels the United States presenting interactive, educational concerts and master classes at primary and secondary schools, and universities. Led by trumpeter Glen Johnson, Hot Horns is the premiere educational ensemble of its kind. Unique to Hot Horns is its all-inclusive instrumentation and its burnin' arrangements. Hot Horns incorporates its trademark combinations of various brass, woodwind, and percussion instruments, all performed by six friendly, enthusiastic musicians with backgrounds in education. The group performs various genres of music from classical to jazz, rock to pop and more, thanks to the talents of various arrangers.

Films for March

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 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.

March 3 *The Sun Also Rises* (1957)

130 minutes – Not Rated
Unable to satisfy the libido of winsome Lady Brett Ashley (Ava Gardner), American expatriate Jake Barnes (Tyrone Power) -- a veteran of the world's first Great War -- must accept her decision to marry another man (Errol Flynn) in this drama based on Ernest Hemingway's first major novel. This classic film finds the hopes and fears of World War I's "lost generation" play out against the backdrop of 1920s France and Spain.

Film chosen by Bob Huddleston

March 10 *The Da Vinci Code* (2006)

149 minutes – Rated PG 13
Tom Hanks, Audrey Tautou, Ian McKellen
When the curator of the Louvre is found murdered in the famed museum's hallowed halls, Harvard

professor Robert Langdon and cryptographer Sophie Neveu must untangle a deadly web of deceit involving the works of Leonardo da Vinci.

Film chosen by Anonymous

March 17 *Wonder* (2017)

113 minutes – Rated PG
Julia Roberts, Owen Wilson, Jacob Tremblay
Entering fifth grade will be momentous for Auggie -- because at last, he'll get to be ordinary. While his facial deformity has previously kept him from attending regular schools, Auggie is determined to make his classmates see beyond his face.

Film chosen by Anonymous

March 24 *Murder on the Orient Express* (2017)

116 minutes – Rated PG 13
Kenneth Branagh, Penelope Cruz, Willem Defoe
In this retelling of Agatha Christie's classic mystery, a train ride through Europe on the famed Orient Express becomes the setting for murder when an American passenger is slain -- and almost everyone on board is a suspect.

Film chosen by Anonymous

March 31 *Stranger Than Fiction* (2006)

113 minutes – Rated PG 13
Will Ferrell, Maggie Gyllenhaal, Dustin Hoffman
As best-selling novelist Kay Eiffel struggles with how to kill off her main character, IRS auditor Harold Crick begins hearing her voice in his head and slowly realizes that he must stop his own death.

Film chosen by Anonymous

New DVDs for the Library

Only the Brave

Based on the true story of the Granite Mountain Hotshots. One of the most elite firefighting teams in the country. Relevant in light of the increase in wildfires.

Dunkirk

The WW II thriller about the evacuation of Allied troops from the French city of Dunkirk before the Nazi forces can take control.

Victoria and Abdul

The true story of an unexpected friendship in the later years of Queen Victoria's rule. Her household and inner circle all attempt to destroy the growing friendship.

Wages of Fear

Set in Central America, this is the story of the men hired to transport highly volatile nitroglycerine shipments across some of the most treacherous terrain on earth. A relentless, goosebump-inducing assault on the audience's senses.

Maudie

Maud, who suffers from rheumatoid arthritis, strives to achieve some degree of independence from her family in the 1930s in Nova Scotia. She works for a brusque fish seller for room and board and attempts to find some happiness through painting.

Restless Creature: Wendy Whelan

A portrait of prima ballerina Wendy Whelan as she prepares to leave New York City Ballet after a record setting three decades with the company. What we see, as we journey with her, is a woman of tremendous strength, resilience and good humor.

Funny Girl

The life of Fanny Brice, famed

comedienne and entertainer of the early 1900s. We see her rise to fame as a Ziegfeld girl, subsequent career and her personal life.

Marshall

Based on the incredible true story of future Supreme Court Justice Thurgood Marshall and one of the landmark cases of his life.

Three Billboards Outside Ebbing, Missouri

A mother personally challenges the local authorities to solve her daughter's murder when they fail to catch the culprit. This is a highly suspenseful film that doesn't quite fit into a single genre. A drama and dark comedy, a tale of revenge and family secrets, a complicated indictment of small town prejudices and a strong female lead that's not out of a Marvel comic book.

Lonesome Dove

Two former Texas Rangers renew their spirit of adventure as they and several other residents of a small Texas town join a cattle drive to the Montana Territory.

Battle of the Sexes

In the wake of the sexual revolution and the rise of the women's movement, the 1973 tennis match between women's #1 Billie Jean King and ex-men's champ Bobby Riggs, was billed as the Battle of the Sexes. Together, Billie and Bobby served up a cultural spectacle that resonated far beyond the tennis court, sparking discussions in bedrooms and boardrooms that continue to reverberate today.

Darkest Hour

During the early days of World War II, the fate of Western Europe hangs on the newly-appointed British Prime Minister, Winston Churchill, who must decide whether to negotiate with Adolf Hitler, or fight on against incredible odds.

There's More to the Library than Books

One morning last month, I stopped by the Library and, being a responsible patron, returned a DVD. It was only as it slid beyond reach did I realize that I had deposited *Poirot* in the slot intended for books. I looked through the narrow opening and could see the mustachioed Belgian smiling up at me censoriously. I could almost hear him say, "Your little gray cells don't seem to be working too well." (Should you be puzzled rather than amused by this remark, you clearly are not a Poirot fan.)

Having had my fill of the dapper little detective for now, I searched the DVD shelves and spotted a series titled, "The Duchess of Duke Street."

Not having heard of it, I read the description on the cover and learned that it was a BBC series aired in the mid 1970s about a woman who, in the early years of the 20th century, had worked her way up from kitchen helper in the home of a wealthy London family to a renowned cook and successful hotel owner. It was a creation of John Hawkesworth, better known for *Upstairs/Downstairs*. I signed out Volume I.

Probably I don't have to convince many residents to patronize the DVD collection. However, a Poirot-like inspection of early DVDs revealed that most people look only at the most recent ones. For a change of pace, why not make an about-face and look at some that have been part of the collection for years? Frankly, I've picked up some and found that I had taken them out five or six years ago! Sometimes I take them out again. I can't remember the story anyway, only that it was interesting.

- Bill Powers

New Library Books

Fiction

Promise Not to Tell by Jayne Ann Krentz

Halsey Street by Naima Coster

The Wife by Alafair Burke

The Pearl Sister by Lucinda Riley

Days Without End by Sebastian Barry

The Kites by Romain Gary

The Mitford Murders by Jessica Fellowes

Anatomy of a Scandal by Sarah Vaughan

The Perfect Nanny by Liela Slimani

Fools and Mortals by Bernard Cornwall

Improvement by Joan Silber

The Senator's Children by Nicholas Montemarano

The Music Shop by Rachel Joyce

The English Wife by Lauren Willig

The Chalk Man by C. J. Tudor
Sing, Unburied, Sing by Jesmyn Ward

The Library at the Edge of the World by Felicity Hayes McCoy
The Woman in the Window by A. J. Finn

Large Print

The Cuban Affair by Nelson De Mille

Mind Game by Iris Johansen

Fast and Loose by Fern Michaels

Every Breath You Take by Mary Higgins Clark

Manhattan Beach by Jennifer Egan

Mystery

Robicheaux by James Lee Burke
Walking the Bones by Randall Silvis

City of Endless Night by Douglas Preston and Lincoln Child

Dark in Death by J. D. Robb

Biography/Biography Collection

Andrew Jackson and the Miracle of New Orleans by Brian Kilmeade

Non-Fiction

Killing England by Bill O'Reilly

Bringing Columbia Home by Michael D. Leinbach and Jonathan H. Ward

Book Group

The Little Paris Bookshop

You've heard of, and perhaps taken, open-ended road trips. How about trying a similar river trip? Come join us on a trip down the Seine by reading and discussing *The Little Paris Book Shop* by Nina George on **Wednesday, March 21**, as the Book Group gathers at **2 pm** in the **Lecture Hall**.

Paris to Provence in the spring amid lavender and literature in a small piece of fantastic realism. Love, loss, elder sex and romance in France - what better way to welcome spring?

- Bonnie Armer, Facilitator

Tuesday at the Movies

2 pm, Auditorium
Tuesday, March 13

Monkey Business

1952- Not Rated - 97 minutes
Cary Grant and Ginger Rogers make a delicious screwball comedy team in this caper directed by Howard Hawks. Grant's a middle-aged fuddy-duddy who may have invented a fountain of youth serum in his laboratory. But when a rampaging chimp mixes it into the water cooler, Grant and wife Rogers regress to their childhood. Marilyn Monroe is also a scream as the dim bulb secretary to Charles Coburn.

AIM Art In the Meadows

Class in 'Mini' Torn Paper, Wednesday, March 28, 2-4 pm in the Art Room

Bev Milton will describe the art of Harie and have supplies for students to create a small piece of art. (No cost for class or supplies.) Bring scraps of your favorite colored paper and scissors. No prior experience required. Class size limited to 16. For more information, contact Bev Milton (919) 967-1254.

Artist of the Month for

March: (art room exhibit). Students in Thursday morning's watercolor class

- Margaret Zircher

Display Cabinet

January Exhibit: Thanks again to Bunny and Dietrich Schroeer for the wonderful exhibit of the work of Seagrove potters.

February Exhibit: The talent of our resident rug hookers Mary Peterson and Pat Jackson and our social worker, Robin McCoy are featured in the display.

March Exhibit: Dutch pottery will be featured from the collection of Frans Verhagen.

It is great to have so many residents share their work and or collections for the display cabinet. Anyone interested in future exhibits please call Betty Lindsay at (919) 942-4479.

- Betty Lindsay

ACTIVITIES

Raaga for Indian Cuisine Environ Way, Chapel Hill

If you like decor that is drop-dead spectacular, even startling, you'll like the entrance to Raaga. Step inside and first thing you see is a mammoth structure with a black and silver canopy that soars over a table for eight and rests on five tall pillars with mirrors and silver ornamentation. This swoon-worthy work, we are told convincingly, represents "Power."

The rest of the decor is toned down with small tables and banquette seats beneath grey walls and shimmering mirrors. The room, free of canned music and quiet in the earlier hours, becomes a lively din as many of the diners, reflecting their Indian heritage, suggest we are in the right place to enjoy authentic Indian fare.

From the generous choices we chose lamb entrées, tender chunks of meat marinated in yogurt and aromatic spices. The blend of ginger and garlic with subtle accents of cumin, cardamom, and green

chilis provided the heat and distinct flavor base of Indian cuisine. House-made naan, the classic Indian flatbread, added a leavening note to the high seasonings.

On another visit we chose the lunch buffet to sample a larger variety of dishes. Among the dozen choices we nibbled on chicken and lamb in various mutations swimming in thick, rich sauces suitable for fire-eating palates. Spicy vegetable fritters added an "eat-your-vegetable" reminder, as did a dish of paneer (cheese) cubes and sweet corn in a creamy spinach gravy. But, finally, sensory overload skewed the flavors, making it difficult to distinguish between individual dishes. It's best to sample just a few choices or opt for a single dish seasoned expressly to your taste.

Despite the fiery caveats, the kitchen under Chef Uzzal Bottero since 2010 has managed to hit most of the right notes with minimal dissonance.

- Dorothy Mahan

Community Gardens

Gardeners who want to grow spring greens and cool weather vegetables are in the midst of planting, but the soil is not warm enough to start summer crops, and a late frost is quite possible. Moreover, waiting until the weather becomes dependably warm is likely to encourage healthier development in plants that thrive in hot weather, such as tomatoes and peppers. Many flowers can be planted in March.

In April the Community Gardens will be represented at the

Activities EXPO. Details will be provided in the April Meadowlark.

If you don't have a raised plot and want try your hand at vegetable or flower gardening, contact one of us to see if any half plots are available; there were a couple at the time we wrote this column. We do keep a waiting list of requests as garden space typically opens up during the growing season. Forms for requesting raised garden space are in the back of Community Garden Notebook, which is located on the top shelf across the hall from the Gift Shop.

- Alan Tom and Margy King

March Activities

**Sign up in the sign-up book:
Chamber Orchestra of the Triangle**

Beethoven, the Michelangelo of Music

Sunday, March 25

Deadline: Monday, March 19

Carolina Theater, Durham

Cost: \$44 per person Load: **2 pm**

Funky Lunch Bus!

Wednesday, March 21

Deadline: Monday, March 19

Brig's at the Park

Cost: \$8.00 per person + lunch on your own

Load: **11 am**

**Southern Women's Show at NC
Fairgrounds**

Friday, April 13

Deadline: Monday, March 26

Cost: \$26 per person

Load: **9:45 am**

Lunch on your own at the event.

Special Events

**Chatham County Sheriff Mike
Roberson**

2 pm Auditorium

Wednesday, March 7

Sheriff Roberson will be here to talk about general safety, and will touch on our golf cart issue. There will be a Q&A following his talk.

**Piedmont Rug Hookers Rug
Show**

11:30 am - 1 pm Auditorium

Thursday, March 29

The Association of Traditional Hooking Artists is an international fellowship of fiber artists that fosters individuality in rug hook-

(Continued on p. 14, "Activities")

(Continued from p. 13, "Activities")

ing. Join us to view an exciting array of handcrafted rugs created by members of the local chapter and to enjoy some light refreshments.

Jewelry Design and Repair

1 - 3 pm

Art Studio

Monday, March 5, and Tuesday, March 20

For all experienced jewelry makers open classes are \$10 per afternoon.

Jewelry repairs may be dropped off at any time between 1 pm and 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.

MeadowLife Workshop

Whether you are just getting started on *MeadowLife* or need a refresher course, you are invited to attend a workshop for a demonstration of the site and tips on how this resource can help you to make the most of all of Carolina Meadows' activities and services.

Thursday, March 15

3:30 pm

Lecture Hall

If you can't make the workshop or need reminders in the future, just go to the *MeadowLife* home page and select "How to Use the *MeadowLife* Website," located at the top of the right sidebar. There you will find a *MeadowLife* FAQ (Frequently Asked Questions), "Searching *MeadowLife*," and "The *MeadowLife* Site Map—Illustrated."

- Judith Pulley

Community Outreach

Lunch Buddies at North Chatham Elementary I have applied to be a "Lunch Buddy" at North Chatham. Among our new and older residents, we have MSWs, academics and others who ideally fit this volunteer opportunity! We will have lunch with a student, selected by the school, once a week. I understand the student really looks forward to this! I can help you start on a new, motivating volunteer opportunity.

- Lynn Ogden

Chatham Cares Community Pharmacy At the January RA meeting, we asked all our residents to take their unopened meds and other "drugstore" items like dental supplies, walkers, canes, joint-replacement coolers, etc., to Pat Collins in our clinic, for transfer to the Chatham Cares Community Pharmacy in Siler City. All of these items will be gifted to the "needy residents" of Chatham. Every bit helps a Pharmacy client!

- Lynn Ogden

Appeal for Volunteers When Albina and I moved to Carolina Meadows four years ago, I was asked, "How could you live with old people?" I responded, "They may be old chronologically, but not mentally or physically." We found this to be a community of energetic, caring and giving individuals.

For those of you with an interest in seeking an opportunity to become more active in community activities, this is the time to volunteer your services and become an active member of one of our many committees. Your volunteerism, along with that of our present volunteers, will be appreciated.

Please contact me at (919) 903-8888 or others in our community for suggestions and comments concerning the many important committees in our community.

Finding a volunteer is similar to finding a trove of gold!

- Chuck Giardino



Our residents' gifts to Siler City. From left to right, Lynn Ogden, Brenda Birmingham and Pat Collins. Photo by Joe Mengel.

Wellness Corner

Thank you to everyone who participated in the **Age Well Survey Study**. **Deadline** to submit your packet is **Friday, March 9**. Completed surveys in sealed envelopes can be returned to the mail station in the Club Center. Please contact Michelle with questions at (919) 370-7114.

Do you currently own a golf cart? If so, please take advantage of our free **golf cart safety check** this month with certified Titleist and Golf Wellness specialist Nancy Alton. Nancy will review proper entry and exit from the cart, mirror check, and how to properly load an assistive device and or golf clubs. Contact Nancy at (919) 370-7259 by March 30 to schedule an appointment.

National Nutrition Month- Take our Fruit and Veggie Challenge to help build a new healthy habit this month. Logs will be available in the Exercise Room, on Fitness and Health page on March 1. Please return completed logs to the wellness department mail ki-

osk no later than April 5 and be entered to win one of three fruit baskets!

Chatham County Senior Games applications due by March 23: See Michelle or Jody if you would like an application. A brief presentation about the games will be given at the next RA meeting by the Council on Aging. They will be accepting applications and payment following the meeting. Carolina Meadows will be hosting Men's Bocce Senior Games event on Thursday, May 3 at 9 am.

Register in the Wellness Book for the following:

Back by popular demand. **Nia Dance Series:** Sensory-based movement practice engages and integrates body, mind, emotions, and spirit with music and 52 moves inspired by martial arts, dance, and healing arts. Grounded, expressive movements deliver a cardiovascular, whole-body conditioning workout that is gentle on the joints and appropriate for all fitness levels. Next series:

Wednesdays, March 14-May 9 in

the Exercise Studio, 11:30 to 12:15 Cost: \$40.

Saturday Line Dance Series

Want to boost your brainpower, improve memory, strengthen your bones, and develop better balance? From Latin to country and disco and rock and roll, come enjoy a fabulous cardio workout and dance your way to better health! No partner needed. Four-week series: **Saturdays, March 3-24 2:00-2:45 pm in the Exercise Studio**. Cost: \$20 for series.

Awareness Through Movement® Class: Easy Ways to Improve your Flexibility: Not as flexible as you want to be? In this class, you'll explore simple and fun strategies for improving your flexibility. Without stretching. Without straining. By engaging your thinking, feeling, and sensing while you move, you will train your brain to change your whole body coordination. You must be able to get down to, up from, and lie on the floor. **8 Mondays, 10:45 - 11:45 am, March 5 - April 30** (no class March 26). Cost is \$40.

- Michelle Marino

Hummingbirds!

On **Tuesday, March 20 at 10:30 am** in the **Lecture Hall**, The Park and Birders @ CM are presenting a lecture by Susan Campbell, Ornithologist and Research Affiliate for the NC Museum of Natural Sciences. Susan has personally banded more than 2,000 hummingbirds of nine species and maintains the state database on hummingbird records and observations. <http://naturalsciences.org/research-collections/hummingbird/nc-hummers>.

The program will cover the hummingbirds in North Carolina, including winter hummingbirds, and how to provide for these wonderful birds. There will be information about plantings for hummingbirds and why they are an important food source. The Park will be giving away a Door Prize, a 12 oz. hummingbird feeder.

Sponsors: (For more information, see *MeadowLife* Activities) The Park is a resident conceived, supported, and maintained multi-purpose natural area near the Community Gardens. Birders @ CM is a group of residents working on providing bird related outings, speakers, and citizen science activities. Please join us to learn about hummingbirds and these two resident activities!

- Margaret Scott and Betsy Bowman

Key to Locations on Calendar

AS: Art Studio
AUD: Auditorium
CCL: Club Center Lobby
CT: Carolina Theater (Durham)
ES: Exercise Studio
LH: Lecture Hall
PDR: Private Dining Room

*Requires sign-up in advance of event.

Thursday, March 1 Council Meeting (BR)

Thursday, March 8 Residents Association Meeting (AUD)

March 2018

DAY	DATE	TIME	EVENT	LOC	PAGE
Fri	2	10:30 AM	World Affairs: "Between Rakhine and a Hard Place"	AUD	7
Sat	3	2:00 PM	*Saturday Line Dance (Saturdays, March 3-24)	ES	15
		7:15 PM	Film: <i>The Sun Also Rises</i>	AUD	10
Mon	5	10:45 AM	*Awareness through Movement (8 Mondays)	ES	15
		1:00 PM	CMU: "The Fact and Fiction behind <i>Amadeus</i> "	AUD	6
		1:00 PM	*Jewelry Design and Repair (also Tuesday, March 20)	AS	14
Tues	6	7:00 PM	The Bucket Brothers	AUD	9
Wed	7	2:00 PM	Chatham County Sheriff Mike Roberson	AUD	13
Thurs	8	7:30 PM	Music@Meadows: Decatur Street Beat	AUD	9
Fri	9	10:30 AM	World Affairs: "Top Geopolitical Risks in 2018"	AUD	7
		3:00 PM	UNC Flute Ensemble	AUD	10
Sat	10	10:00 AM	"Behind the Scenes at American Dance Festival"	AUD	6
		7:15 PM	Film: <i>The DaVinci Code</i>	AUD	10
Mon	12	1:00 PM	CMU: "The Fact and Fiction behind <i>Amadeus</i> "	AUD	6
Tues	13	12:00 PM	* Women's Luncheon: Michelle Old	PDR	7
		2:00 PM	Movie: <i>Monkey Business</i>	AUD	12
Wed	14	11:30 AM	*Nia Dance Series (Wednesdays, March 14-May9)	ES	15
		4:00 PM	CM Democrats: "Medicaid and CHIP"	AUD	9
Thurs	15	2:00 PM	Medical Update: New Blood Pressure Guidelines	LH	8
		3:30 PM	<i>MeadowLife</i> Workshop	LH	14
		7:30 PM	Hot Horns	AUD	10
Fri	16	10:30 AM	World Affairs: <i>The New Barbarianism</i> (video)	AUD	7
Sat	17	7:15 PM	Film: <i>Wonder</i>	AUD	10
Tues	20	10:30 AM	Hummingbirds	LH	15
		2:00 PM	"Behind <i>The Darkest Hour</i> "	AUD	6
Wed	21	8:30 AM	*Men's Breakfast: "Personal Conclusions on Vietnam War"	PDR	6
		11:00 AM	*Funky Lunch Bus: Brig's at the Park	CCL	13
		2:00 PM	Book Group: <i>The Little Paris Bookshop</i>	LH	12
Thurs	22	10:00 AM	Unity Group: "Tel Aviv, Jerusalem...Israel	LH	7
Fri	23	10:30 AM	World Affairs: "A View from the Top: Plumbing for Health	AUD	7
		7:30 PM	Travel Adventures: Bavaria	AUD	8
Sat	24	7:15 PM	Film: <i>Murder on the Orient Express</i>	AUD	10
Sun	25	2:00 PM	Chamber Orchestra of the Triangle (Carolina Theater)	CT	13
Mon	26	1:00 PM	CMU: "The Mexican Revolution"	AUD	6
Wed	28	2:00 PM	AIM: 'Mini' Torn Paper	AS	12
Thurs	29	11:30 AM	Piedmont Rug Hookers Rug Show	AUD	13
Fri	30	10:30 AM	World Affairs: "Russia's Foreign Policy"	AUD	7
		7:30 PM	M@M: Clara Yang, Pianist	AUD	9
Sat	31	7:15 PM	Film: <i>Stranger Than Fiction</i>	AUD	10

*Requires sign-up