



How Skyward Came to The Park

Intrigued by the stunning sculpture in The Park, Meadowlark staff member Roy Milton asked Joanne and Mike Cotter, the donors, to share with our readers the story of how they came to acquire this work of art. The following is their account:

Soon after we moved to Fearington Village in 2001, we learned about the Chatham Art Tour that takes place each December. Over several years we enjoyed visiting artists on the tour as well as the annual sculpture exhibit at Tinka Jordy's farm in Orange County. This gave us ideas about possible sculptures for our property. We were impressed with the work of well-known Chatham County sculptor Edwin ("Eddie") White and finally commissioned an eight-foot-high outdoor sculpture from him in 2010.

When we moved to Carolina Meadows in 2016, we didn't want to leave the sculpture behind to an uncertain fate. With high hopes, we asked whether we could bring it with us and install it in our yard. The response was that it was too large, but a former Buildings and Grounds employee pointed out that The Park behind Precinct 15 was just being developed and suggested that might be a possible location for it.

The Park Committee was very happy to accept it. Eddie White was equally happy to have



his sculpture located there. He agreed to take the piece back to his studio for cleaning and refurbishing and deliver it here. We, Eddie and the Park Committee agreed on a placement site. The Committee installed a concrete base. And so on a cool day in June Eddie brought the sculpture to Carolina Meadows in a trailer. A group of us hauled it up from Fearington Mill Road and wrestled it into position. Eddie then drilled

holes for bolts and attached it to the base.

Joanne and I had never given the sculpture a name so someone on The Park Committee dubbed it "Skyward." Every time we visit The Park, it gives us pleasure to see Skyward in its new location. By the way, another of Eddie White's sculptures stands next to the entrance to the Café.

- Mike and Joanne
Cotter

President's Message

It is hard to realize that September is upon us! The hummers are "herding" in preparation for their trip south. There is a slight relief in the temperature. Squirrels will soon be storing food in ear-nest for the winter. And COVID is still with us.

The ongoing pandemic conditions, although difficult for many residents, afford an opportunity to see and experience the continuing hard work of administration and staff to keep us safe, vibrant and active. Please try to do your part to abide by Kevin's and Ben's recommendations.

Members of the RA are also hard at work. Despite the best efforts of our impressive employees, some residents continue to suffer. Two RA priorities were announced in this column in July: **Pandemic Isolation and Resident Technology Skills**. Two task forces were established to better understand the extent to which each issue affects residents and make recommendations to address the problems. Martha Hutt chairs the Pandemic Isolation task force and Joanne Cotter and Sid Morris co-chair the Resident Technology Skills task force. Results will be forthcoming this fall.

Seventeen employees were awarded RA scholarships. The newly established Ad Hoc Scholarship Committee, including Tom McCarty, Chair, Horace Andrews and Barbara Swartz with assistance from Dorothy Samitz, devoted many hours preparing recommendations for presentation to the Executive Committee. Shelli Giardino's help was likewise invaluable. Recipients and Scholarship Committee members will be rec-

ognized at the RA Zoom meeting on September 10.

As you know, Linda Zachary is retiring at the end of August. Her tireless efforts to help residents with any request, her ever-present smile and her consistent willingness to "roll up her sleeves" and do what is necessary for the job will be sorely missed. We wish Linda a happy and fulfilling retirement.

Despite the frustrations and challenges, there are many positive things happening. Let's focus on the "Thoughtful Deeds" below and other considerate actions we have witnessed.

Thoughtful Deeds:

- **Nancy Butterworth** for using her eloquent writing skills in expressing residents' gratitude for the extraordinary effort Kevin and Ben invest daily in protecting our security and welfare during these stressful times. Comments appeared in MeadowTalk, August 13.
- **Peter Baer** for his willingness to assist a friend at a critical time.
- **Kris Snyder and Jody Hite** for coordinating the Birthday Brigade and the other thoughtful CM staff for bringing many smiles to residents on their special day.
- **Kathryn Moss** for sharing a potted plant with a friend.

Please continue to notice other residents and staff who do "Thoughtful Deeds" and share them with me at [<ckesner525@gmail.com>](mailto:ckesner525@gmail.com).

- Chris Kesner

THE MEADOWLARK

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October Issue Deadline

Copy for the October *Meadowlark* must be submitted by **Tuesday, September 15**, to Judith Pulley [<yellup310@gmail.com>](mailto: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 email Judith if you have any questions.

Carolina Meadows Census As of July 31, 2020

Number of Residents	Occupancy Level
Independent Living:	
609	96%
Assisted Living	
76	92%
The Pines*:	
59	77%*
Total on campus:	
744	93%
EA Program:	
116	
Total Residents: 860	
*Includes temporary admission of IL and AL residents.	

Diana Aryee – Concierge Par Excellence

“Powerful and competent” – that is what Wikipedia says the name Aryee means. After five minutes with Diana Aryee, our Concierge, this reporter would start with “caring.” As Carolina Meadows Concierge, her many duties include shopping for residents, handling postage and mailing, arranging lodging for visiting family and friends, handling copying, printing, email and simple typing – all of which she enjoys doing for residents who find these tasks challenging. In fact, if there is anything any resident needs done or arranged other than maintenance, call Diana – either she will do it herself, arrange for it to happen or tell you whom to call.

Diana’s day normally begins before arriving at CM with a stop at Harris Teeter or Walgreens to pick up items requested the previ-



ous day. On arrival, she checks and answers her emails and phone messages. During the day, she follows up on requests, often making shopping trips to Food Lion, PNC, the ABC store and many others. Beyond that, she often will call her “regulars” on Thursdays or Fridays to see if they have forgotten to order.

Born in Ghana, Diana came to the United States in 2014 after graduating from university in Ghana.

na. She first worked at Walmart to pay her tuition, juggling work, school and a five-year old daughter. She joined CM in 2015, working at the Fairways as a CNA (Certified Nurse Assistant) and then as a Med Tech. It was there she decided that caring for the elderly was her mission and love, so she added to her Masters in Public Administration a Masters in Gerontology and became a member of the Phi Alpha Alpha honorary society. She became the Carolina Meadows Concierge in September, 2019.

Diana loves her multiple jobs, especially serving her friends in the Fairways and the Green, where she also still works and knows everyone. Some day, however, she plans to return to Ghana, her homeland, “to give back,” she says, to her people.

- Tony Armer

ZOOM ZOOM

No question, during the last five months, CM residents have been pummeled with multiple challenges, emotional and physical. However, there is one challenge more than 300 have managed to conquer – Zoom. Before mid-March most of us had never heard of this communications app. Then came “The Ben Show” as one resident has playfully dubbed our Town Hall Meetings.

Eighty-five new Zoomers have recently weighed in on their tribulations, successes and current attitudes about life in the Zoom Lane. Nearly all (99 per cent) like Zoom and 82 percent will continue to Zoom when the pandemic ends. Though many still prefer face-to-

face, all admit that Zoom is a necessary and convenient way to attend meetings and church services, visit with family and friends and enjoy exercise, concerts and book groups from home – no masks required. Most use the application at least two to three times a week.

The learning curve has been steep but Marty Lyon and the IT Department have been faithful, patient tutors. Marty rues the difficulty of distance-assisting. . . by phone. Adam Pizzo notes that his staff has assisted about five residents (that’s at least 100 total) a week. They have also helped residents in the Pines, Fairways and Green set up face-to-face meetings with families, a godsend during

COVID-19 and into the future. Now most residents have learned how to sign in and where to click – a very good achievement – and are comfortable users.

Complaints? Oh yes! Besides bemoaning the agony of Zoom 101, many users wish more residents would observe “Zoom courtesy protocol”: no eating, yawning, talking, walking about – all easy to overcome by audio and video muting, the beauty of Zooming. They are quick to remind us that the camera is brutal.

As for the future, Adam insists that Zoom is here to stay. The uptick in all tech education at CM is impressive. For now, keep on Zooming.

- Mary Jo Doherty

Home Shopping Thrives at CM

Food to eat? To prepare? Ice cream? Paper goods? Laundry supplies? Wine? You want it? You need it? Home Shopping's got it.

Prior to the opening of the Bake Shop in the Fall of 2015, there was no Home Shopping at Carolina Meadows. After the Bake Shop had been running for six to eight months and residents' requests had increased considerably in number and scope, management recognized its ability to offer a home shopping program would be most welcome.

As the General Manager of Dining Services, Melissa Ferguson has overseen the program since the beginning. With the onset of COVID-19, Home Shopping became her primary focus.

She is ably assisted by five full-time employees who previously worked under her supervision, four "fillers," and one deliverer, plus two Bake Shop attendants. Melissa and two of her staff begin at 7 am to fill online orders from late the preceding afternoon and those placed overnight. By 10 am the full staff is in.

The early start is necessary so the kitchen can get an accurate count on the number of freshly baked muffins, cookies and pastries that will be needed to fill the day's demand. All orders are entered into the computer, including those that may have been phoned in, to maintain accurate records and so all orders can be printed in duplicate – one copy for use by a "filler" and one to attach to the delivery bag for residents' information and files.

The Courtyard is the Distribution Center. You would not recognize it. The windows are lined

with boxes, packages, bags and wine bottles. The tables are filled with inventory. The settees to the left of the entrance constitute the "office."



How did the virus make a difference to Home Shopping? Pre-COVID shutdown, approximately two to three orders were filled per day. Now? Between 40 and 60. Not every day, of course; it varies, and now that the shop is closed on weekends, Mondays can be pretty hectic.

The service averages 385 orders per week, or 77 orders per day. It takes staff 10-12 minutes to fill an average order. The kitchen still prepares the fresh meat and slices the cold cuts, but the fillers assemble everything else.

The top five items on your Home Shopping hit parade are milk, eggs, ice cream, fresh fruit and, surprise, toilet paper. Since the Home Shopping list was expanded because of COVID-19, the following sales (approximate numbers because they change daily) have been recorded: milk – 2,500 half gallons; eggs – 1,600 dozen; orange juice – 1,800 bottles; paper towels – 1,100 rolls; toilet paper – 2,900 rolls. Packaging these orders takes 9,000 compostable bags. They are used to pack the cold items inside the

7,000 large and 5,700 small shopping bags in which the food is delivered.

At times, Home Shopping has been better stocked than many markets and their high-quality offerings often more favorably priced. Best of all, you don't have to go into a store, nothing is forgotten or left behind and delivery is free.

- Harriet Vines



A Message from the Residents Association Treasurer

Thank you if you have sent your RA dues of \$20 per person for the fiscal year of 2020-21 to the treasurer. It is so appreciated by all residents since these dues make it possible for the RA to support almost 40 clubs and activities that serve the varied interests of our community. The RA also, with the help of dues, provides other opportunities such as employee scholarships and social events (even a Zoom account now) that serve us throughout the year. In these difficult times of COVID-19, you may have put your first notice of a dues payment aside, so if you have, please send your check to Marge Yanker, 137 Carolina Meadows Villa. Your contribution will help continue all of the many endeavors that the RA makes to benefit all at Carolina Meadows.

Here's to Dreams

Since March, Carolina Meadows has been implementing both mandatory and voluntary restrictions to prevent the introduction and spread of the coronavirus. All our restaurants have closed. Just about all in-person events have been cancelled. We have been “actively discouraged” from leaving the campus. Family, friends and others have been “actively discouraged” from coming on campus. We are so fortunate to live at CM because our personnel are doing everything they can to encourage and facilitate our health and well-being.

Despite CM's commendable efforts, things are far from ideal. Mostly, it feels like the many restrictions will never end.

But it's okay to dream, is it not? I, for one, dream a lot. What about other CM residents? What are their dreams? I posted an email on MeadowTalk, asking people what was the first thing they want to do following the lifting of social distancing practices and the ending of quarantine restrictions. Twenty individuals responded. Fourteen wanted to be with their families. Eight wanted to spend time with friends. Several wanted to travel. Others wanted to get back to their everyday activities – working in the library, eating at the Courtyard, enjoying restaurants in the larger community, attending church, going to the grocery store or getting a haircut. One respondent wanted to thank Kevin, Ben, Todd and all the CM staff “for helping us get through this,” which “perhaps would mean having a party.” Finally, another respondent wanted to “do it all.” In her words, “I want it all. I want to

see family and friends. I want to body surf. I want to have a lovely, long meal in a favorite restaurant. I want to go into buildings, to church and stores. I want to be safe and not masked. I want to know my family is safe.”

In sum, no one mentioned wanting to do anything excessive. Rather, most people simply wanted to see their family and friends and get back to their favorite activities. Hopefully, that will happen: the virus will be controlled, restrictions will be lessened or even lifted and we will get back to some kind of normal.

Until then, we need to be grateful. The virus and restrictions are off-putting to all of us but we're all in the same boat – Carolina Meadows – and a luxurious boat it is.

- Kathryn Moss

Yellow Pages on MeadowLife

The Yellow Pages have come to MeadowLife – well, kinda, sort of. The new Yellow Pages page on MeadowLife has the same intent as those old yellow books – to allow you to look up contact information. Now, however, rather than letting your fingers walk over a book, they walk over your electronic device. You can find the link to the Yellow Pages page right on the MeadowLife home page, on the right side, under “Useful Links.”

Why are our Yellow Pages only sort of like those old books? We do not include business establishments. You will not find restaurant listings (there is a MeadowLife page devoted to restaurants). You

will not see recommendations for carpet cleaners, for example.

OK, we cleared up what will not be included in the Yellow Pages, so what will you find there? You will find contact information for many Carolina Meadows departments. Let's say you have a problem with your computer, your air conditioner is on the fritz, your sink is stopped up, you need to make a beauty shop appointment, or you need the concierge to run to the ABC store for you. Consult our Yellow Pages. If you want to send a bouquet of flowers from the Community Gardens to a resident for her birthday, or you wish to see what volunteer opportunities there are here on campus, consult our Yellow Pages.

What else can you find? Most of the rest is government-related in some way. This includes absentee ballots, voter registration, Social Security, Medicare, automobile registration, auto licenses, etc.

Please check it out and “Let Your Fingers Do the Walking” on our new MeadowLife page.

- Marty Lyon

IN MEMORIAM

Robert Dunn	6-108
07-08-2020	
Thomas Savage	F-113
07-14-2020	
Ruth Morrow	G-130
07-15-2020	
Hal Myers	P-220
07-17-2020	
Albert Geiger	P-214
07-24-2020	
Joseph Quinn	4-104
07-28-2020	
Morgan Jones	V-323
07-29-2020	
Mary Lau	G-132
08-12-2020	

Thank You!

Due to your generosity, the CM Foundation has been able to help numerous employees with emergency needs during this pandemic. We have been able to help employees with childcare costs, rent, car repairs and medical expenses. In one case, an employee who is partially deaf and who has always read lips in order to communicate could not adequately do his job with everyone wearing masks. When he asked for help, we were able to help fund an assistance device that improved his hearing dramatically. He now is able to continue to work here and routinely expresses his gratitude.

Another employee sent in a thank you letter that said, "The world was NOT set up to help those who are trying to succeed, but I can't say the same about Carolina Meadows. I am beyond thankful and tremendously BLESSED because of your kindness, thoughtfulness, and generous BLESSING. I can't thank you enough." Your generosity has made our employees proud to be part of the CM family. Many have partners who have lost their jobs and the security they feel by working here is reassuring. They really know that you are here for them and that you value them.

The pandemic is here to stay longer than we anticipated. Our employees' needs will continue until this is over. Please, when you are considering supporting others during this difficult time, remember how much the members of our CM family depend on us.

Thank you again for your thoughtfulness and for your support.

-Pat Mandell, Chair of Carolina Meadows Foundation

Resident Technology and Skills Task Force

The Resident Technology and Skills Task Force was established by the Executive Committee of the Residents Association to address a specific problem: "COVID-19 pandemic conditions have increased the need for residents to have access to the internet and email for safety, social interaction, mental well-being, and timely information." Co-chaired by Joanne Cotter and Sid Morris, the Task Force's charge is to:

- Determine extent to which the lack of equipment and/or technological skills are a problem for independent living residents in accessing the internet and email
- Characterize the nature of the problem (lack of interest, lack of equipment, lack of technological skills)
- Determine degree to which lack of technological skills impedes communication and socialization among Carolina Meadows IL residents
- Recommend actions to address technology and skill problems

To fulfill its charge, the Task Force created a brief questionnaire sent to all residents, either via email (with the potential for an online response) or through personal delivery by residents' precinct representative for those lacking email accounts.

The number of independent living residents who responded is 438, representing 358 units or 84% of occupied units.

Among the interesting findings from the survey: only 14 of the respondents do not use email, 116 do not regularly use MeadowLife, 204 are not on MeadowTalk and 56 don't know how to use Zoom. With respect to email attachments, just 20 don't know how to open them, but 56 don't know how to print them.

Ninety-seven residents said they would like some help becoming more technology proficient. The next step for the Task Force is to develop strategies to respond to these residents' needs.

- Judith Pulley

Masks – Repeat

With the continuing spread of the coronavirus in surrounding communities and states, the need for personal protection is not abating. We have decided to reactivate the mask-making project which was so generously supported earlier this year. Emma Harrill, Director of Wellbeing, and Susan Durfee of the Gift Shop have asked for masks to replenish their supplies. We can use donations of colorful, washable cotton fabric for the sewers who answer our challenge.



For sewing instructions and collection points contact:

Eunice Kraybill, V317: (919) 929-8816; ekraybill2@gmail.com

Barbara Rich (V347): (919) 530-0045; claybarb@gmail.com

- Eunice Kraybill

Autumnal Equinox in The Park

There's a treat in store when the days become shorter in September. Come to The Park to see an unusual bloom. It goes by (at least) three names: equinox flower, spider lily and *lycoris radiata*, a member of the amaryllis family. Find it around the pair of white rocks along the Chapel Hill grit path. There will be many blossoms, each lasting about a week. We sometimes call them naked ladies, because they have no leaves until they die. They grow wild along rural roads in Japan, where we first met them.

- Roy and Bev Milton



Photo by Bev Milton

Shared Beds in the Community Gardens

The zinnias are in bloom! We got a late start on them because we couldn't get out to buy seeds. We also have some daisies, coreopsis and marigolds! During the last two weeks of July our florist, Doris Bowles, and her assistant, Marcia Friedman, have delivered nearly 30 bouquets! Flowers went to residents in the Fairways, the Green and the Pines. Bouquets were sent to celebrate birthdays, to thank residents, to cheer folks up and to offer condolences. We are grateful, too, for our volunteer waterers, so important in this hot weather: Dave Farlow, Greg Olley, Ann Cox, Ann Lou Jamerson, Anne Scaff, Betty Hummelbrunner, Bren Register, Natalie Ammarell and Toby Beckman. Residents have been generous with their gifts of small vases and now we need more! We can also use some of those endless mugs we all have, as long as the wording is neutral.

Gardeners, think of the shared beds when you split your perennials this fall. We'd love to have some echinacea, black-eyed Susans, lilies, dahlias, yarrow and phlox. Just let Dixie Spiegel <dlspiege@live.unc.edu> or Martha Stucker <marthastucker@yahoo.com> know when you are ready to share.

There are two other forms of shared gardening – vegetables and herbs. In the vegetable areas, people can pick okra and some tomatoes, though the tomatoes are not doing well this year. A better bet are herbs in two beds near the back of the garden. In bed #59 there are two kinds of rosemary, chives, thyme and a little basil. The back half of bed #57 has sage, oregano and a variety of other herbs. Help yourself.

- Dixie Spiegel



A resident in the Green enjoys flowers presented by Dixie Spiegel.

New Residents

John Barefoot, V-331

Previous Residence: Chapel Hill, NC

Interests: History, natural science, golf, travel, social science

Martha Barefoot, V-331

Previous Residence: Chapel Hill, NC

Interests: Travel, cooking, reading, politics, current events

David Biswell, 3-206

Previous Residence: Chapel Hill, NC

Interests: Reading, family genealogy, Duke sports

Sue Ellen Biswell, 3-206

Previous Residence: Chapel Hill, NC

Interests: Gardening, needle work, art and design

Robert Chase, 4-210

Previous Residence: Durham, NC

Interests: Bird watching, hiking, traveling

Graham Swift, 6-106

Previous Residence: Chapel Hill, NC

Interests: Fitness, golf, history, literature, opera, ballet, music, travel

Caroline Unick, V-398

Previous Residence: Chapel Hill, NC

Interests: The arts, ballet, drama, music

George Unick, V-398

Previous Residence: Chapel Hill, NC

Interests: Grandchildren, golf

Ann Williams, 5-206

Previous Residence: Chapel Hill, NC

Interests: Travel, genealogy, cooking, science

Delbert (Del) Williams, 5-206

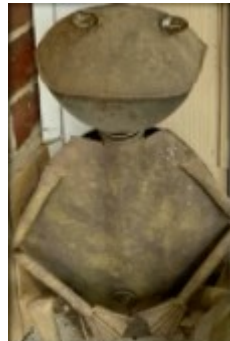
Previous Residence: Chapel Hill, NC

Interests: Photography, travel, reading, guitar

Flu Shots are Coming!



Vaccines have been ordered and staff are fine-tuning plans for **CM ANNUAL On-Campus Flu Shot Clinics**. Due to Covid-19 we are making a few changes to how shots are given. The plan is to start vaccinating by precinct as early as mid-September. **More Information coming soon.**



Campus Critters

Are you seeking ways to enliven your walks around our campus? Look carefully at the villas and apartments you pass and you may be pleasantly surprised to find a campus critter residing outside. Our intrepid photographer John Haynes, who faithfully documents life at the Meadows, has been capturing these campus critters and has prepared a delightful video, accompanied by music, for your enjoyment in the comfort of your home. You can find it on MeadowLife at <https://meadowlife.org/videos/campus-critters>. It is a delightful treat. On the right of this page are a few examples.



World Affairs

World Affairs meets on **Fridays at 10:30 via Zoom**. The programs for September are the following:

September 18: Tony Butterworth: "A Child Remembers World War II"

On September 3, 1939 my birthday celebration was eclipsed by the start of World War II, an event that challenged every aspect of life in England. As a young boy I had a ringside seat from which to experience this calamity. Fear and excitement were juxtaposed inside normal activities like school and family events. We were bombed by the Luftwaffe, invaded by the Americans, rationed by the

government, conscripted to serve the war effort, united by a common purpose and much more. What a way to grow up.

September 25: David Sanger's, "The Perfect Weapon: War, Sabotage and Fear in the Cyber Age" (video)

In his latest book, David Sanger, *New York Times* security correspondent, reveals a world coming face-to-face with the perils of technological revolution. "The Perfect Weapon" is the dramatic story of how great and small powers alike slipped into a new era of constant sabotage, misinformation and fear in which everyone is a target. Sanger's discussion is both fascinating in its details and access and terrifying in its implications.

- Dorothy Samitz

End of World War II

On **September 2 at 2**

pm, Marty Lyon and Joe Mengel will present, via Zoom, "The Last Tale from The South Pacific" in recognition of the 75th anniversary of the ending of World War II.

The presentation will include:

- Live Introduction
- USS Missouri surrender

- General situation, May 1942
- Coral Sea
- New Guinea campaign
- Morotai
- Photo reconnaissance
- Aussie-Indonesia campaign
- The BOMB!
- Local parties and surrenders
- Menado mission and War Crime trials

- Joe Mengel



Lt. Gen Fusataro Teshima signing local surrender of Japanese 2nd Army in Morotai, Dutch Indonesia; September, 1945.

Carolina Meadows University

CMU will continue its Zoom semester in September with a new three-part course: "Science on Trial." Our instructor will be the redoubtable Harry Dammers. A retired high school science teacher, Harry has captured the hearts and minds of us high-schoolers-at-heart in the Triangle area with his plain talk explanations of the full range of science, from the Universe to the molecule. Originally scheduled for a live Auditorium course in March, which had to be postponed because of our shutdown, Harry has agreed to use our Zoom app to bring to us a three-part exploration of the history of two great scientific controversies – the trial of Galileo and the trial of Darwinism, the Scopes trial. Harry will dig into these rich stories at **1 pm on September 7, 14 and 21.**

As a special feature of this series, Harry has also dug into his archives and found his DVD copy of the landmark movie *Inherit the Wind*, featuring Spencer Tracy, Frederic March and Gene Kelly. We will show this movie (running time two hours and eight minutes) on a special Zoom session (logistics still being worked out), so that Harry can speak to it as part of his follow-up presentations. *The New York Times* review of the movie exclaimed: "One of the most brilliant and engrossing displays of acting ever witnessed." If you prefer, you can also watch the movie on one of your own private streaming channels.

CMU Lectures are held on Zoom, until further notice, on Mondays from 1-2:30 pm. The link will be sent out the week prior to the lecture, with a reminder just beforehand.

- CMU Steering Committee

The Men's Breakfast

Carolina Meadows Men's Breakfast is known for good food and food for thought, with Jody's breakfast buffet, coffee, discussion, good friends, and a guest speaker. We meet at **8:30 am** every third Thursday of the month, (except July, August, and December). You only need to sign up, show up, eat up and pay up.

Unfortunately, we now have a pandemic outside our campus demanding precautions. So, for the **September 16** meeting we will connect on Zoom, providing an opportunity for discussion before listening to our guest speaker. And all from the early morning comfort of your own home. You cannot beat the cost (\$0.00) and

you may attend half dressed (top half please). A sign-up request will be sent out in early September. All who register will receive help and information enabling them to connect their computer or phone for this Zoom event.

Our speaker for this first meeting will be Dr. David Jarrett, an MD with a PhD in Endocrinology and postgraduate qualifications in Psychiatry, Physiology and Pharmacology. His current focus is on Psychiatric and Behavioral medicine in the management of cognitive disorders of the elderly. Dr Jarrett will talk to us about "The Second Pandemic," the deterioration of our mental wellbeing as we live through the COVID-19 pandemic in the United States.

- Tony Butterworth

Candidate Forums for Federal, State and County Offices

If you haven't heard, there is an important election on November 3, 2020. If your television is on, you are frequently reminded of elections for President, US Senate and Governor. But there are 46 Republican and Democratic candidates running for 23 other offices that will be on your Chatham County ballot. There are also five candidates for two non-partisan seats on the Chatham County Board of Education up for grabs. You will have a much more limited opportunity to get to know those candidates.

Management of the pandemic, health insurance, taxes, infrastructure, immigration, environment, election procedures, education, redistricting, poverty and impartial judicial reviews are some of the most important issues with which successful candidates will be confronted during their terms in office.

You can hear from these candidates in three forums organized by the Residents Association on **September 22, 29 and October 6 at 7 pm**. Candidates for the US House of Representatives, State Senate and House, and County Boards of Commissioners and Education are invited for **September 22**. Candidates for the North Carolina Supreme Court and Court of Appeals have been invited for **September 29**. And candidates for nine statewide executive branch positions have been invited for **October 6**. Those positions include Lt. Governor, Attorney General, Auditor, Commissioners of Agriculture, Labor and Insurance, Secretary of State, Superintendent of Public Education and Treasurer.

All forums will be offered through Zoom. You will be given the opportunity to submit ques-

Representative Sydney Batch to Speak



Come hear Representative Sydney Batch speak about "Voting in North Carolina and Other Topics."

All Carolina Meadows Residents are invited to join us on **September 24 at 4 pm** via Zoom: <https://us02web.zoom.us/j/82662786839>. The Zoom link will also be publicized on MeadowTalk. But if you forget the link, just contact Judy Jones jjonesae@gmail.com.

Representative Batch is a graduate of Chapel Hill High. She has her undergraduate degree, a Masters in Social Work and her law degree from UNC-Chapel Hill. She is an attorney, social worker, child welfare advocate and NC Representative, as well as a wife and mother!

The Q & A will occur through the Zoom chat box, but if you have questions you would like to ask, you can also email them in advance to Martha Stucker marthastucker@yahoo.com.

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

tions for the candidates to the Candidate Forum Committee, which will use your responses to craft questions to be posed to candidates.

- Dave Moreau

How to Talk about Science in an Era of Alternative Facts and Public Pressures

In this time of COVID, many conflicting statements of medical “fact” are circulating. As many of the public health interventions involve requirements, even mandates, which require leadership from public non-medical officials, medicine and politics, facts and assertions get mixed. How do we sift through the barrage of often conflicting and confusing information? How do we communicate important medical information to others? How do we support scientists in disseminating evidence-based information?

On **September 12 at 10 am**, Carolina Meadows University will bring back its “Serendipitous Saturday” presentations with a presentation by Dr. Jory Weintraub, 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. He is also the Director of the Duke Broader Impacts Resource Center, which he established to support the Duke University research community in its efforts to develop, implement, assess and disseminate broader impact activities.

Please join us for an informative and even clever examination of these important and timely issues. Several email reminders with the Zoom link will be forwarded to CM residents prior to the session.

What’s New in the Library

Each week the Library puts into circulation 6-10 books. These books are listed under New Acquisitions on the Library website. “So what?” you may ask, “the Library’s closed. Don’t tease me with books I can’t check out.” But you can check these out! You can reserve a book and Betsy Ahern will arrange to get it to you. Here’s how: 1) Click on the LIBRARY tab on *MeadowLife*. 2) Scroll down the website to Digital Catalog. 3) Keep scrolling down to just above The Library Gallery and Click on HERE. 4) You are now on OurLibraryOnline. Scroll down to How to Reserve a Book and Click HERE. 5) Read the directions for How to Search for a book. Step 4 will tell you how to reserve a book (or until we reopen, a DVD).

The Library is, of course, still closed. We can’t accept donations while it is closed because we don’t have any place to store books. We do have a plan for re-opening that honors social distancing, but we have no idea when that might be. We are ready to go whenever we are given the green light!

You may have noticed that the Library webpage is more colorful. The procedures for using the Library online have not been changed, just organized in what we hope is a more user-friendly manner. We have added a section called The Library Gallery Presents which will feature bibliographies on special topics. Currently the Gallery focuses on books and DVDs in the Library dealing with Social Justice and Anti-Racism.

- Dixie Spiegel

Words for VOICES

The Editors are making plans for *VOICES* 2021, the literary journal of Carolina Meadows – and your words are needed! The publication will include stories, poems, essays, memoirs and other writings from residents and soon-to-be residents.

Now is the time to put your thoughts, your fancies and your sentiments on paper and submit manuscripts to be considered for the 2021 issue of the journal. What better way to use your leisure time than to write your words in prose or poetry and add your name as an author to the literary tradition at Carolina Meadows?

Manuscripts may be submitted from **September 1 until December 20, 2020**. They may be no more than 3,000 words and may not have been previously published. There is no limit to the number of submissions from one writer, but no more than three will be accepted for publication.

Guidelines for submitting manuscripts may be found on *MeadowLife* under tabs Activities/ Literature and Language/ *VOICES* Literary Journal.

In case you have not yet purchased a copy of *VOICES* 2020, the 30th Anniversary Issue, a few copies remain in the Carolina Meadows Gift Shop. You may email the Gift Shop at <cmgscal@gmail.com> The \$5 purchase price will be charged to your CM account and the book will be delivered to your doorstep.

Editor: Eleanor Morris. Associate Editors: Christine Flora, Sally Hubby, Ernest Kraybill, Susan Levy, Joseph Sparling, Kinnard White.

New Library Books

Fiction

All Adults Here by Emma Straub
The Daughters of Erietown by Connie Schultz
Deacon King Kong by James McBride
Friends and Strangers by J. Courtney Sullivan
Last Tang Standing by Lauren F. Ho
The Mercies by Kiran Hargrave
My Dark Vanessa by Kate Russell
No Judgments: A Novel by Meg Cabot
Running the Rift by Naomi Benaron
The Second Coming by Walker Percy
Susannah's Garden by Debbie Macomber
28 Summers by Elin Hilderbrand
The Vanishing Half by Brit Bennett

Mystery

Alert by James Patterson
The Dark Vineyard by Martin Walker
The Heiress of Linn Hagh by Karen Charlton

The Order by Daniel Silva
Raven Black by Ann Cleeves

Suspense

The Guest List by Lucy Foley
The Perfect Wife by J. P. Delaney

Biography

Hedy's Folly: The Life and Breakthrough Inventions of Hedy Lamarr, the Most Beautiful Woman in the World, by Richard Rhodes
A Woman of No Importance: The Untold Story of the American Spy Who Helped Win World War II by Sonia Purnell

Nonfiction

Democracy in One Book or Less: How It Works, Why Not by David Litt
House of Glass: The Story and Secrets of a Twentieth-Century Jewish Family by Hadley Freeman

Humankind: A Hopeful History by Rutger Bregman
Our Time is Now by Stacey Abrams
Race of Aces by John Bruning
So You Want to Talk about Race by Ijeoma Oluo
White Fragility: Why It's Hard for White People to Talk Racism by Robin DiAngelo

Large Print

(Fiction) *All the Ways We Said Goodbye* by B. Williams, L. Willig and K. White
 (Fiction) *Find Me* by André Aciman
 (Suspense) *Losing You* by Nicci French

Book Club Choice

American Dirt by Jeanine Cummins grabs you by the first page and doesn't let go. An Oprah's 2020 Book Club choice, the story begins in Acapulco, MX where Lydia, happily married to a well-known, respected journalist, lives and owns a bookstore. They are the proud parents of eight-year old Lucca.

Their world is shattered one sunny afternoon when they are at Lydia's beloved goddaughter's home celebrating her *quinceañera*. The only reason Lydia and Lucca are not among the 16 dead bodies left in the garden by gunmen from the major drug cartel is because Lydia took Lucca to find the bathroom. When they are sure the murderers are gone, the two flee the carnage.

Lydia's only thought is to save her son's life and to do this she knows they must leave Mexico and get to the United States. She knows this because her husband had just published an exposé of the drug trade and cartel in Acapulco, and the butchery was payback. Once *el jefe* discovers she and Lucca were not killed, they will be hunted

down, but apparently his power does not extend north of the border.

She is afraid to drive her bright orange car through town or return to their home. They do manage to reach Lydia's mother's house where she gets some supplies and a little food before beginning the long trek.

The major portion of the book is devoted to Lydia and Lucca's harrowing journey to *el norte* on *La Bestia*, the train they will get on and off and ride atop for almost three weeks to cover the 1,600 miles to Nogales, where they will have to find a coyote to take them across the desert.

They meet other "passengers," migrants from Central America, who have already been train riding for more than a month when Lydia and Lucca climb aboard. That is literally what this mother and child are forced to learn to do. When the train slows down, they learn to trot alongside, grab hold of some protrusion and hoist themselves on to the roof of the car. When the tracks change, they have to change trains. They must take care not to get caught by *la migra*; otherwise they will be returned to where they came from. Lydia knows this must not happen.

Readers will be introduced to some of Lydia's and Lucca's fellow travelers. We see a slice of life, I venture to say, no one at Carolina Meadows knows first-hand, but will find gripping.

Copies of *American Dirt* are available in the Library. A Zoom Book Club discussion will be led by Harriet Vines at **2 pm on September 16.**

- Harriet Vines

Falls Prevention Awareness Week

The coronavirus pandemic has changed a lot of things. One thing that's still the same? Falling is NOT a normal part of aging.

Carolina Meadows is committed to empowering residents to age well and stay fall-free. For this reason, we are partnering with the National Council on Aging (NCOA) and the NC Falls Prevention Coalition to mark **Falls Prevention Awareness Week (FPAW) September 21-25**.

On Monday, September 21 at 11 am Healthy Aging NC and the High-Country Area Agency on Aging is hosting a virtual "Introduction to Tai Chi for Arthritis and Fall Prevention." You must register to attend by visiting <https://healthyagingnc.com/events/introduction-to-tca-fp-virtual/>.

On Tuesday, September 22 at 10 am join us for a live Zoom session. A wellness team member will demonstrate "A Matter of Balance" exercises to help you main-

tain strength and balance and I will share information about falls that happen at Carolina Meadows. Zoom information will be sent prior to September 22.

Lastly, learn how you, a relative, friend, or neighbor can stay falls free by visiting these websites with helpful fall prevention tips: <https://www.ncoa.org/healthy-aging/falls-prevention/> where you can complete a short, 12-question falls risk assessment that screens for the most common fall risk factors or <https://www.cdc.gov/homeandrecreationalafety/falls/index.html> for tips on home safety. For information about North Carolina Falls visit: <https://ncfallsprevention.org/>.

Don't miss out on these opportunities to learn how to prevent falls and take steps to reduce you or your loved one's risk of falling.

- Kristin Ferriter, Risk and Compliance

yourself and make contact with a variety of things in your environment. Skin is our largest organ and it's loaded with receptors and nerve endings. Science has concluded that, no matter the source, tactile afferents exist to recognize any form of touch. Stimulation from being touched releases oxytocin and suppresses cortisol production.

In this critical time, those of you who live alone owe your skin whatever luxury you can accomplish. The point is to move your skin. Use enough weight to stimulate the pressure receptors that send messages to your brain. The following are a few simple ways to add vital touch from head to toe into your daily lives.

Stroke the leaves of plants and bushes as you walk campus. Roll a pebble around with your fingertips. Create some friction with all your hand washing and distribute the same effort when showering or bathing. Mimic a creature that wrangles around to reach and scratch that itch! Use a loofah sponge or dry brush your skin to stimulate nerve endings. Apply lotion with intention, deepening into the layers of dermis. Go barefoot (safely) and be mindful of the surfaces your feet are in contact with, exaggerate the muscle movements. Sleep naked in bamboo sheets or expose your skin to other sensory fabrics. Massage your scalp, your joints, your face & jaw. Do yoga. Dance. Exercise. Use a body pillow to engage more contact with a larger surface area of your body. Try weighted blankets. Give *yourself* several hugs every day. Take care of the skin you are in.

- Laura Begin, LCSW, CT

Out of Touch

The term self-care has taken on new meaning since the development of COVID-19. What was established as a protective measure for those working in high stress jobs has become indispensable for those who live alone in isolation due to the pandemic.

Losing touch is not just a metaphor for social distancing, but a literal reality for solo individuals. Inside the homes of residents on campus are hundreds of people living alone. Even self-professed introverts are not exempt from the physiological necessity of human interaction and, more importantly, human touch.

As social beings we are wired for connection, requiring physical as well as emotional contact for well-being. Without meaningful touch, one suffers from touch deprivation which in turn aggravates anxiety and depression. These stressors weaken immunity, impair sleep cycles, impede digestion and increase susceptibility for infection, leaving residents at greater risk. Now more than ever, the best defense is self-care and those who are living alone must be intentional with self-touch.

Deliberate engagement in tactile activities is critical for suppressing skin hunger. That translates to being purposeful to touch

United Way Campaign

The 2020 United Way campaign will begin on **Thursday, September 10**, with an announcement at the Residents Association meeting. On that day residents will receive an envelope with a letter from me and a brochure that describes the many non-profit agencies that depend on funds from the United Way to enable them to deliver the services so critically needed in Chatham County. I hope that you will take the opportunity to read the material.

Our community has been a long-time supporter of Chatham County United Way and I hope that we will be able to do so again this year! The Corona virus has made the needs even more critical and the agencies must make accommodations because of the pandemic.

I look forward to a campaign that is as generous as in prior years. This community has demonstrated how much we care in many ways.

- George Evans, Campaign Chair

Volunteer Opportunities

Cabin fever raging? Taking five naps a day? Keeping busy in a meaningful way is a challenge during the pandemic. The Pines-Green-Fairways Friends need volunteers right now to reach out to residents who are desperately missing human contact. A phone call or handwritten note would be ideal. This would work best for someone you know in the Pines, Green or Fairways. Please contact Dona Fountoukidis for more information. We also have some future volunteer opportunities here at Carolina Meadows. Check all of these out under Useful Links at the bottom right of the main MeadowLife website.

- Dixie Spiegel

Wellness Corner

Please check the MeadowLife Wellness tab for Zoom links. There are also a few of our popular class links accessible to you to do at your leisure or if you miss a class.

Body Movements, Monday-Friday, 9-9:30 am

This class will incorporate basic body movements to help build strength, balance and flexibility. The workout includes both standing and seated exercises. You will need at least six feet of space around you and a sturdy chair to fully participate. Remember to stay hydrated.

Sit and Be Fit, Monday, Wednesday and Friday, 10-10:30 am

These classes incorporate standing but mostly seated exercises designed to strengthen and tone the whole body. Please have light weights (water bottles or soup cans may be used) and a sturdy chair with a back.

Mindful Yoga, Tuesdays, 11:30 am-12:30 pm

This class is designed to be an easeful transition into the online experience of yoga. We will move slowly and breathe deeply using a wide range of gentle postures to keep you supple, flexible, strong and present in your bodies. You will need a yoga mat, a sturdy chair and a pillow. We will also use straps (a belt or a tie are all acceptable in place of a strap).

Tai Chi, Wednesdays, 2:30-3:15 pm

Tai Chi is a traditional Chinese moving meditation, martial art and health exercise. Slow, continuous, intentional movement, focused on subtle internal changes, has been shown to enhance energy and improve mental, emotional and physical balance. It is easy to practice, requires no special space or equip-

ment and integrates natural, easy movement with a joyful, reflective approach to daily life.

Barre Workout, Thursdays, 11:30 am-12:00 pm

An effective full body workout set to music with simple, classic dance inspired exercises. In place of a barre, we will be using a sturdy chair. Led by Kim Conway.

Feldenkrais Method, Mondays, beginning September 14, 11 am-12 pm

Rediscover your innate capacity for easy, graceful, efficient yet powerful movement using *The Feldenkrais Method®* of movement education. This revolutionary approach to skill development taps the power of the brain and central nervous system to create startling changes in your neuromuscular organization and coordination. You will emerge from class more relaxed, grounded and powerful. Simply put: when you move better, you feel better.

Nia to Heal, Wednesdays, 11:15 am-12 pm

This is a group dance fitness class to fun music. It's ideal for people who are just getting going with exercise and want a fun, joyful way to get active. It's also good for those recovering from an illness or injury. We spend 30 minutes up dancing on the floor and 15 minutes moving in a chair, but a chair is always an option, and some choose to spend the whole class moving in a chair.

Body Sculpt With Joan, Saturdays, 10-10:30 am

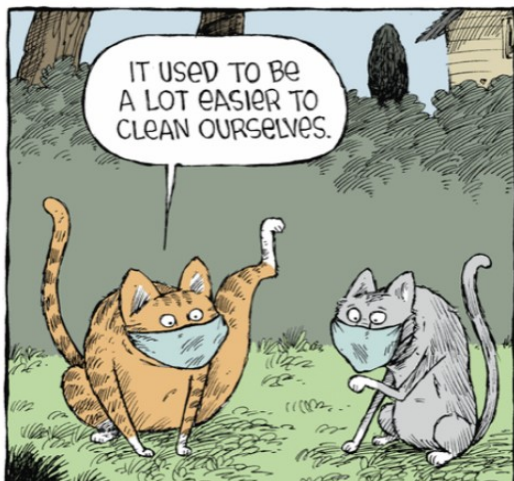
A full-body workout using weights, mats (optional) and a sturdy chair. An intense and fun workout with a focus on strength, mobility and balance.

Yoga with Emily, Sundays, 4-5 pm

Cabin Fever Remedies

Stir-crazy? Climbing the walls? The Pandemic Blues? Regardless of the name, all of us are feeling this to some degree these days. How can we cope? Well, some of your fellow CM residents have trekked into the far corners of the internet to find various ways to stimulate your memories, your imagination, your creativity and have compiled a cornucopia of Cabin Fever remedies in MeadowLife (find it here: <<https://meadowlife.org/cabin-fever>> or simply type "cabin" into the search box). The entries encompass a wide variety of categories: Music, Reading/Writing, Puzzles, Performances, Travel, Museums and Art, Health and Wellbeing, On-line Learning, Nature and Other. For example, want to go on a virtual trip to Venice? Check out the "armchair travels." Or how about a tour of the Sistine Chapel? Check out the "virtual tour of the Vatican Museums." If you're a music lover, listen to the "Chamber Orchestra of the Triangle." For jigsaw puzzles, try Jigzone (don't worry – there is an autosolve option if you get stuck). If you like to read or listen to stories, take a look at <narratively.com>, where you can read stories or watch/listen to videos where people tell their stories. To download digital books in virtually any genre, go to the Library tab on MeadowLife and click on "eBooks & Other Electronic Resources." This is just a sampling of the many resources available to you, so go on, start exploring.

- Sid Morris



"Friendly" Gift Shop Sale Coming in September

An outdoor (socially distanced)
SALE is planned - STAY TUNED –
MORE INFORMATION SOON.

Gift Shopping difficult
during the pandemic? We
have the solution: GIFT
BOXES with a selection of
useful and fun items for
men or women for under
\$40. Packaged in a USPS
box that can be wrapped
or mailed for \$15. See the
Gift Shop webpage on
MeadowLife for details.



And, while you are at our
webpage, notice the featured
items available from our Home
Shopping service – complete with
doorstop delivery!

Golf Report

The golf course is in the best shape it has ever been and the wisdom of redoing the greens with zoysia is evident.

The annual Championship Tournament will be played on **October 13 and 15** with rain days of Oct 14 and 16. There are three championships, Men's Low Gross, Ladies' Low Gross, and Low Net. There is no entry fee. Sign up notice will be sent to the Goggle Golf group on October 6. The two-person event will be held **October 31** at the regular play-day time.

The annual awards luncheon is deferred owing to COVID.

- Gus Conley

Bob Huddleston Interview in *Chatham Magazine*

Bob Huddleston, author of the recently published novel *Love and War*, was interviewed by the *Chatham Magazine* in its June-July issue. You can find the interview online at <https://issuu.com/shannonmedia/docs/_ctmjj20_issuu/14>. Select "full-screen" for easier reading.

Films for September 2020

Shows start at 7:15 pm via Zoom

September 5 *Prisoners of the Sun (1990)*

In conjunction with Joe Mengel's September 2 talk, "The Last Tale from the South Pacific"

1 hr, 49 min – Rated R

After discovering that Japanese guards tortured and massacred hundreds of Australian soldiers at a World War II internment camp, determined Australian prosecutor Capt. Cooper (Bryan Brown) fights to bring those responsible for these atrocities to justice. Based on real-life events, this intense courtroom drama also stars Russell Crowe, George Takei, Terry O'Quinn, John Polson and Deborah Kara Unger.

September 12 *Inherit the Wind (1960)*

In conjunction with CM University's "Science on Trial," with an introduction by Harry Dammers

2 hrs, 8 min – Not Rated

Spencer Tracy, in an Oscar-nominated role, and Fredric March square off as opposing attorneys Henry Drummond and Matthew Harrison Brady, respectively, in this blistering courtroom drama about the famed 1925 "Scopes Monkey Trial," in which a Tennessee teacher was taken to task for teaching Darwinism in the classroom. The film also earned Oscar nods for its editing, screenplay and cinematography. Gene Kelly co-stars as a newspaper reporter.

September 19 *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.

September 26 *Harriet (2019)*

2 hrs, 5 min – Rated R

Cynthia Erivo, Leslie Odom Jr., Janelle Monáe, Joe Alwyn, Jennifer Nettles

Based on the thrilling and inspirational life of an iconic American freedom fighter, Harriet tells the extraordinary tale of Harriet Tubman's escape from slavery and transformation into one of America's greatest heroes. Haunted by memories of those she left behind, Harriet ventures back into dangerous territory on a mission to lead others to freedom. With allies like abolitionist William Still and the entrepreneurial Marie Buchanon, Harriet risks capture and death to guide hundreds to safety as one of the most prominent conductors of the Underground Railroad.

September 2020 Calendar

DAY	DATE	TIME	EVENT	LOC	PAGE
Wed.	2	2:00 PM	"The End of World War II"	Zoom	9
Thurs.	3	1:30 PM	Residents Council	Zoom	NA
Mon.	7	1:00 PM	CMU: "Science on Trial"	Zoom	9
Tues.	10	1:30 PM	Residents Association	Zoom	NA
Sat.	12	10:00 AM	Serendipitous Sat: "Science in Era of Alternative Facts"	Zoom	11
Mon.	14	1:00 PM	CMU: "Science on Trial"	Zoom	9
Wed.	16	8:30 AM	Men's Breakfast: "The Second Pandemic"	Zoom	10
		2:00 PM	Book Group: <i>American Dirt</i>	Zoom	12
Fri.	18	10:30 AM	World Affairs: "A Child Remembers World War II"	Zoom	9
Mon.	21	11:00 AM	*"Intro. to Tai Chi for Arthritis and Fall Prevention"	Zoom	13
		1:00 PM	CMU: "Science on Trial"	Zoom	9
Tues.	22	10:00 AM	Fall Prevention: "A Matter of Balance" Exercises	Zoom	13
		7:00 PM	Candidate Forum: US House, State Senate/House & more	Zoom	10
Thurs.	24	4:00 PM	Sydney Batch: "Voting in North Carolina. . ."	Zoom	10
Fri.	25	10:30 AM	World Affairs: "The Perfect Weapon" (video)	Zoom	9
Tues.	29	7:00 PM	Candidate Forum: NC Supreme Court & Court of Appeals	Zoom	10
See page 14 for complete schedule of fitness classes.					

Poking Fun at Census Taker: An Homage to Mothers

Mother's Occupation

By Mary Shearer

Being that this is a census year, readers – especially women – might enjoy an impressive woman's take on the census man. Mary Shearer, born in 1920, reared two children on the Shearer Homestead in Pennsylvania before she began writing a folksy column for a local paper. She also kept a journal, researched history and wrote many poems. At some time, perhaps after her death, her family gave permission to print the poem with hopes "No offense is meant to the census takers who do very important work."

- Poem and Susanne
Shearer's story submitted
by Ray Lauver

One day the census taker called,
And he wrote down in a book.
And so, as I was standing near,
I thought I'd take a look.
He had our names and ages all.
And he put down "Dad's" vocation.
Then, after Mother's name he wrote
She has no occupation.
Why gee, she's up before day-break,
And through her work she races.
She gets our breakfast, picks up things,
And packs our lunch, and hunts our books.
I'm sure it keeps her busy.
She washed clothes, and irons and dusts,
You'd think she would get dizzy.

She'll bake big cakes, and ceramics make,
And she finds time for sewing.
There's mending and there's patching too,
Because, we all are growing.
Then supper comes, and dishes next,
First one thing, then another.
If we need help with our school books,
We say, "please help us Mother."
She keeps real busy all the time,
I know she must get weary.
She sometimes does get out of sorts,
But, she's mostly gay and cheery.
She's really working every day,
And she needs a real vacation.
And yet that dumb old census man,
Said "Mom has no occupation."