



A Circle of Unity and Call to Action

June 8 proved to be a special day at Carolina Meadows. Residents and staff gathered on the Golf Course in a moment of unity and “collective hope” for changes in systemic racial injustice. CEO Ben Cornthwaite emceed the gathering which began with moments of silence. Attendees were invited to speak. Staff member Myra Crisp expressed appreciation for the support the CM community has given her over the years. Deborah Glen, Fairways Dining Services Manager, urged all to research the 400-year history of Black Americans. Residents can view recommended readings by going to the MeadowLife, Diversity Committee webpage for a list of resources. CEO Kevin McLeod spoke passionately of sad and touching messages he received from employees of color. He is determined that we must change now.

The Circle of Unity was a quiet gathering, a serious time for self-examination. An appropriate closing was the release of a white flock of doves, symbolizing peace, serenity and harmony. The homing doves knew exactly where they were going as they rose to their place in the formation and headed home. The humans appeared less certain about their path forward. The last four months of quarantines, safe distancing and lockdowns demonstrate our resistance to the virus. A remaining question



Photo by Harriet Vines

is how will this community act to overcome systemic racism. Will we unite to support all non-white individuals in significant and measurable ways?

The journey that began June 8 continued on Juneteenth Day. Resident Bill Chafe, historian and civil rights advocate, tracked this

country's history of racism. Though there has been plenty of legislation, follow-up action has been low. Bill reiterated the challenge ahead when he concluded that community action will help but each of us must ask, “What am I doing?”

President's Message ...In Progress

We are now in month two of this pandemic presidency and dealing with challenges that are different from those of the past. Isolation is not a new issue, but it has intensified and changed with the new, cautious lifestyle we experience today. Zoom has become a way of life, but not for all residents. "Ear-to-the-ground" comments from residents and staff suggest that two issues should be high Residents Association priorities in the coming year: **pandemic isolation** and **resident technology skills**. These issues are not unrelated. I will ask for your help as the RA addresses these two priorities.

Another RA interest is to make sure leaders are not only maximizing their effectiveness during the COVID-19 emergency but also preparing for the post-COVID-19 world we all hope will arrive soon. In this regard, three leadership orientations were recently completed for precinct leaders, standing committee chairs and activity leaders. This was the third year the precinct leaders' session was offered and the first offering for standing committee chairs and activity leaders. A total of 104 residents attended the three orientations. Kevin and Ben supported each of the sessions by giving remarks and taking questions.

If you attended one or more of the orientations, please send your feedback to me at <cw1223@yahoo.com>. Mike Cotter and I are especially interested in your thoughts on if the orientations should be repeated. If so, are there topics to add or remove?

In progress

Your RA has been working hard despite the COVID restrictions. Many exciting developments are in progress. Here are a few examples.

Library

The Carolina Meadows Library remains closed, but residents can reserve and take delivery of books by going to the Library tab on MeadowLife and clicking on "OurLibraryOnline & Reservations." DVDs cannot be reserved. The Library continues to order new books and in response to current concerns, a list of Library holdings on social justice and racism is posted at the top of the Library website.

Gift Shop

The Gift Shop is adding Home Shopping beyond the limited stamps and hearing aid batteries currently provided. Expanded shopping will be modeled after the successful Dining Home Shopping. A form similar to that at the Dining webpage will allow residents to choose items with delivery following. While this new effort is in response to current COVID-19 restriction, if successful, they hope to continue this new service after reopening.

The Gift Shop is also working with CM's Accounting Department to establish charge accounts for employees. This would be a convenience for employees but also one more recognition that staff members are very much a part of the CM community.

(Continued on p. 3, President)

THE MEADOWLARK

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Judith Pulley
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September Issue Deadline

Copy for the September *Meadowlark* must be submitted by **Sunday August 15**, to Judith Pulley <yellup310@gmail.com>. Articles should be submitted as email attachments in MS Word format. Images should be sent in JPG format and should not be embedded in articles. Please email Judith if you have any questions.

Carolina Meadows Census As of May 31, 2019

Number of Residents	Occupancy Level
Independent Living:	
609	96%
Assisted Living	
72	88%
The Pines*:	
59	78%*
Total on campus:	
740	93%
EA Program:	
110	
Total Residents: 850	
*Includes temporary admission of IL and AL residents.	

(Continued from p. 2, President)

Preparations for Reopening

Of course, the Library and Gift Shop are also preparing for reopening. Both are considering appointment-only service during the period of partial reopening when we have to maintain social distancing. A resident would select a time slot using a simple online procedure and receive confirmation of their choice. Hopefully, this approach will avoid residents waiting in line while others shop or browse the Library's offerings.

Thoughtful Deeds

- **CM** raises the LGBTQ+ flag on the Club Center flagpole as a statement of its commitment to maintaining a community that is welcoming to all.
- **David Groves** walks the dog of a friend who has mobility issues.
- **Gustavo Maroni** trims the shrubs in the island at the entrance to Mimosa Circle as he has done for 10 years.
- **Clarence Whitefield** calls residents on their birthday to play "Happy Birthday" on his harmonica.

- **Kris Snyder and Jody Hite** showed their love for residents during the recent Decatur Street Beat "Music on the Green" performance by bringing folding chairs, providing rides in the "limousine" golf cart, dispensing cold bottles of water, showing many smiles, fancy dance steps and virtual hugs.

Please continue to think about other residents and staff who do "Thoughtful Deeds" and share them with me at <ckesner525@gmail.com>.

Have a good summer and stay safe!

- Chris Kesner

A Message from Your Editors

Beginning with the October 2019 issue, we initiated an expanded edition of *The Meadowlark*. Although the usual 16-page version was printed and distributed to all residents, an expanded version with "Postscripts" was delivered to all residents with email accounts (as well as those on the wait/ready lists) electronically. It was possible for this expanded version to be more up to date because it was not constrained by the printer's deadline. Furthermore, it was not constrained by page limitations.

We continued this practice for the November, December-January, February and March issues. Although we do not ordinarily print an issue in January, we were able to send out an all-digital holiday version, once again demonstrating the flexibility of digital publication.

In April Carolina Meadows was locked down and so it was not possible to distribute a printed *Meadowlark*. Thus, distribution

was electronic, going to all residents with an email address. This continued with the May and June issues. Since we do not traditionally publish in July or August, this issue is an "extra," called the *Summer Meadowlark*.

We believe that this is the opportune time to accept the ubiquity of the internet and transition to a digital *Meadowlark*. We presented the proposal to the RA Executive Committee, which expressed unanimous support.

There are approximately 160 residents who need to receive a printed copy – those in the Fairways, the Pines and the Green, as well as residents in Independent Living without email (a shrinking population). The paper copies that serve this population will be printed locally for faster turnaround. All other residents will receive a digital copy via email with access also to all past issues of *The Meadowlark* on MeadowLife. This will re-

duce our monthly utilization of paper from 5,600 to 1,400 8½ x 11 sheets of paper.

- Mary Jo Doherty and Judith Pulley, co-editors of *The Meadowlark*

Annual dues for Resident Association
\$20/per person
Send to Marge Yanker
Villa 137, Carolina Meadows,
NC 27517

Did You Know?

Did you know that you can access websites or email addresses cited in the digital *Meadowlark* just by clicking on the link? The links are live and will take you directly to the website or enable you to email the person referenced in the article. No need to painstakingly enter an address in your browser to go there. Just another benefit of going digital!

Celebrating Nature at Carolina Meadows

This special summer edition of *The Meadowlark* features nature and the outdoors, which offer a rewarding reprieve from indoors confinement.



Spring at Carolina Meadows

These photos provide just a preview of the beautiful flowers ready for your pleasure, thanks to the virtual bouquet provided by John Haynes, accompanied by soothing music. Click here (<https://meadowlife.org/photo-gallery>) to enjoy.



Enjoying the Bounty of Spring and Summer

Flowers! Vegetables! Herbs! The Community Garden Plots on Garden Avenue near The Park have these available for residents to gather. The flower and veggie plots are marked by wooden signs made by Bob Merriman and painted by Martha Stucker and Dixie Spiegel, who also oversee the flower beds along with Elaine Norwood. Tom McCarty provided the fabulous artwork on the signs. Kurt Muller nurtures the herbs and Alan Tom is the head resident gardener for the Community Garden and the vegetable guru.

The four shared beds of flowers have lots of homey zinnias, plus snapdragons, gaillardia, small sunflowers, marigolds, cosmos and more. This is the first year of these shared beds and with the lockdown we weren't able to go out and choose plants. So we planted seeds, received pass-alongs from residents, got thinned zinnias from other gardeners and bought plants at the Carolina Meadows plant sale. Many of the plants this year have short stems, but they make cute little bouquets.

Each bed has scissors (until they don't). Residents can go to the garden shed and find milk cartons to carry their treasures home and small donated vases if the bouquet is for a special occasion. We even have a florist – Doris Bowles – who will pick and deliver a bouquet for those who can't make it to the garden or to someone in the Pines or the Fairways.

Both the vegetable and flower plots are under the watchful eye of 11 volunteer weeders and waterers: Natalie Ammarell, Doris Bowles, Ann Cox, Dave Farrow, Betty Hummelbrunner, Ann Lou Jamerson, Nell Laton, Greg Olley, Bren Register, Dorothy Samitz and Anne Scaff.

The two vegetable gardens will offer beans, tomatoes, okra and cucumbers. Yum!

The herb gardens are row #59 and half of row #57. Residents who still cook will enjoy parsley, basil, tarragon, thyme, oregano, sage, chives, winter savory and rosemary. Herbs also make a wonderful addition to floral bouquets.

- Dixie Spiegel



The Park Mailbox

When you visit The Park and walk to the far gazebo, you will see a mailbox. Look inside and you will find a notebook containing comments and thoughts written by park visitors – residents and others – expressing themselves as



Photo by John Haynes

the spirit moves them. We have applied for a ZIP code but none yet.

This mailbox was inspired by the Kindred Spirit mailbox on Bird Island, 2 kilometers west of Sunset Beach, NC. For decades the notebooks in that mailbox have provided a place for wanderers to write about the ups and downs of life and often simply how happy they are to be there surrounded by the peaceful setting. We invite you to wander out to our mailbox and share your thoughts. Writing instruments provided or bring your own.

- Roy Milton

Music on the Green

After two rain cancellations, Carolina Meadows residents were able to enjoy two concerts on the Green. The first, featuring the Decatur Street Beat, took place on Monday, June 29. The second, an early July 4 celebration, featured the Dixieland band The Bloomsbury Boys,.



Residents enjoy the music. Photos by Kris, Jody, Marty Lyon, R Pulley



Decatur Street Beat above, Bloomsbury Boys below



Kris Snyder celebrates the 4th on the 2nd



First Time Gardeners



Ann Cox and Greg Olley have four green thumbs.



Gene Stunck planting his first three tomatoes.

Photos above by Subhash Batra

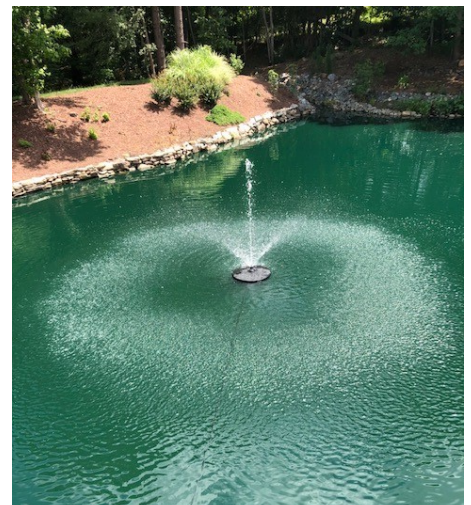


Photo by Bill Powers

International Pride Month

On June 30, members of the Carolina Meadows community gathered in front of the flagpole to reflect on International Pride month and show their support for the LGBTQ+ community.



Photo by Jody Hite

Residents Make Personal Statements with Face Masks

Given the continued spread of COVID-19, it appears that the wearing of face masks may become a way of life. Many Carolina Meadows residents have decided to have a little fun and turn lemons into lemonade by wearing face masks that reflect their personalities.

Should you wish to join the fashion parade, you can turn to a multitude of sources. Our Gift Shop will be selling a face masks. Or you can spend half a day or more browsing the variety of masks offered by sellers on Etsy.com. For a helpful guide to selecting an effective face mask, you can try this article from *Good Housekeeping*: < <https://www.goodhousekeeping.com/health/a32703820/coronavirus-face-mask-guide/>>.

Sports fans (like Red Sox fan Lowell Roberts, right) can find masks featuring their favorite teams on Etsy or from online sports paraphernalia shops.

We look forward to an ever-expanding fashion parade as we walk throughout our campus.



Image of Pete Andrews' great-grandfather's clipper ship.



Who else but John Haynes?



Which member of the Maxwell family is not wearing a mask?

Jackie Campbell, New CM Nurse Practitioner One Busy Woman



CM's newest Nurse Practitioner has arrived with outstanding qualifications and experience. She grew up on Cayuga Lake (Ithaca NY). After earning her BS degree in psychology and biology from the University of Pittsburg, she became a BSN (nursing) from The Johns Hopkins School of Nursing and finally a MSN (Nurse Practitioner) from George Mason University. She has been an NP for eight years. Since moving to NC six years ago to be nearer family, she has worked for Duke Primary Care, first at Galloway Ridge and then at DPC in South Durham, and now

here at Carolina Meadows.

It could be that Jackie has DNA for geriatric nursing. Her grandmother was a nurse. "Her failing health at the end of her life fueled my compassion for geriatric care especially as she was left to navigate the challenges of a disjointed health care system, especially someone with multiple medical problems." Galloway Ridge, quite similar to CM, was a good place to learn about continuing care retirement communities. She notes she has been humbled and inspired by residents' experiences and stories.

As a newcomer to CM, Jackie has found the COVID experience challenging. She is impressed with the extraordinary job CM has done to keep residents and staff safe and healthy. She sees patients face-to-face in the Clinic but also, though it's challenging, on tele-visits and by phone. So far Jackie has seen both residents who use the Clinic services regularly and

those who have outside doctors but choose to stay on campus. Right now her advice to residents: Find joy in the little things. Keep a daily log of your reasons to be grateful. Get air and exercise. Wash your hands frequently. Observe social distancing.

This writer did not have the nerve to speak directly with Jackie because she is beyond busy. However, she is a master multitasker. There are six-year old twins plus a four-year old, always on the move. She competes in half distance Ironman races; lots of training is involved. Though she claims she isn't a great cook, she enjoys experimenting with and exploring new recipes. Not busy enough? Jackie also takes a couple of classes online and participates in several teleconferences.

Her aim, once the COVID dust clears, is to walk the campus to meet residents face-to-face and attend precinct meetings. Jackie is especially excited to meet residents from her Cayuga Lake home area.

New Residents

Stanley Chojnacki, 1-101

Interests: Birding, fitness exercising

Barbara Harris, 1-101

Interests: Reading, politics, travel

Marilyn (Joann) Currier, 1-108

Interests: Gardening, cooking, music

Marlene Dickison, V-276

Interests: Reading, fitness, music, UNC sports

Bess Ann Kennedy, 5-208

Interests: Reading, swimming, golf, travel

Darrell (Louis) Lewis, EA

Interests: Philosophy, cosmology,

quantum mechanics, amateur radio, hiking, woodworking, fishing

JoAnn Lewis, EA

Interests: Quilting, gardening, birding

Steven Rosefielde, 1-107

Interests: Author (economics), Japanese art, Asian travel

Susan Rosefielde, 1-107

Interests: Painting, reading, walking, interior & garden design, Japanese art

Jane Sanoff, 3-108

Interests: Music (piano), painting

IN MEMORIAM

Carl Granath	P-250
05-28-2020	
William Ives	4-301
05-30-2020	
Lois Morhart	V-392
05-31-2020	
Tom Berrong	V-139
06-01-2020	
Gene Gleissner	V-114
06-04-2020	
Roy Carroll	V-134
06-05-2020	
Helen McLane	G-141
06-08-2020	

CMU Explores Environmental Policy

CMU will continue our remote learning curriculum with a four-part course on “American Environmental Policy, Past, Present and Future.”

CM resident Richard (“Pete”) Andrews has published a definitive work on American environmental policy: *Managing the Environment, Managing Ourselves: A History of American Environmental Policy*. He will teach a four-part course based on his book.

Session 1 (July 6): Earth Day and the 'Environmental Decade'

From the prosperity of the 1950s and the deeply divisive issues of the 1960s, how did we suddenly come to experience a decade-long, bipartisan outburst of public demands for an unprecedented expansion of federal regulatory mandates to protect the environment and public health?

Session 2 (July 13): Public Participation in Environmental Policymaking

Before 1970, federal environmental policymaking was done largely by administrative agencies. How did the environmental policy laws of the 1970s transform these decision processes – mandating consideration of a wider range of each decision's consequences and what lasting consequences have these changes had?

Session 3 (July 20): Reform or Reversal: What Happened to the Consensus?

Beginning in the mid-to late-1970s as these laws took effect, there were increasing calls to refine and reform them, to make them both more effective and less burdensome. Competing with these reform proposals, however, were proposals simply to reverse

them. By the mid-1990s American environmental policy had been transformed from a consensus issue to a partisan and ideological punching bag in a gridlocked Congress. Why and how did this happen and how did it affect both the environmental outcomes and the shift of initiative from Congress to the Executive branch and the courts?

Session 4 (July 27): The Present and Future: Science and Economics vs. Politics in the Shaping of American Environmental Policy

Throughout the 50 years since the first Earth Day and the beginning of the 'Environmental Decade,' federal agencies and the EPA in particular have relied heavily on scientific and economic criteria to justify proposed regulations. The current administration has proposed initiatives that would significantly change the ways in which science and economics are analyzed and used. What are the implications of these proposals for the future of American policies to protect the environment? CMU Courses are taught each **Monday from 1-2:30 pm via Zoom.**

Four-Part Exploration of the Prison System in America

During August, CMU will examine the world of incarceration. What happens behind prison walls and why are a growing number of observers calling for change? A wide range of speakers will share their knowledge, research and personal interactions with the prison system. We will investigate the history of laws, the costs (both human and financial) associated with incarceration, and proposals for reform. We'll also address questions such as: “Why don't prisoners stay out of trou-

ble? Why don't they stop using drugs and alcohol? Why does our country have so many prisoners?” Most of all, we will look at possible solutions.

Lecturer Mark Hall will show us the way, based on his recent OLLI course on the same subject. Mark recently completed a ten-year prison journey that has given him a unique perspective into the world of incarceration. At 50, after a life of privilege, he found himself in prison for financial crimes. He is now active in helping ex-prisoners and raising public understanding of prison issues.

Session 1 (August 3): Introduction: An Eye Opener

We will be joined by David Crabtree, the award-winning WRAL television host. David will share his experience with visiting NC's death row, getting to know some of the men and witnessing the carrying out of their sentences. He will also introduce Mark Hall, our instructor, who will share with us his journey through the NC justice system and his ten-year prison sentence.

Session 2 (August 10): The question "Who are the criminals?" The Answer "We Are All Criminals"

Emily Baxter of “We Are All Criminals” (WAAC) will be our guest speaker. WAAC is a non-profit organization dedicated to challenging society's perceptions of what it means to be “criminal.” Through shared stories of those who committed or are accused of committing crimes, those who got away with them and those who have been directly affected by the criminal justice system, WAAC seeks to erase the barriers that separate us.

(Continued on p. 9, Prisons)

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Session 3 (August 17): Does the Sentence Fit the Crime?

We will be joined by Molly Gill, Vice President of Policy for FAMM, a nonpartisan, nonprofit sentencing reform organization in Washington, DC. Molly is a lawyer, advocate and expert on sentencing law and policy. Molly has drafted legislation and submitted written and oral testimony to legislatures across the country regarding proposed sentencing reforms. Her writings have been published in numerous journals and newspapers, including *The Washington Post*, *The Philadelphia Inquirer*, *The Washington Times*, *Huffington Post*, *Sojourners Magazine* and the *Federal Sentencing Reporter*.

Session 4 (August 24): In the Face of a Life Sentence

We will be joined by Susan Simone, author of *Prison from the Inside Out*, William "Mecca" Elmore and Bessie Elmore as they share the story of a life sentence. A black man from New Jersey and a white woman from New York meet in a workshop at a North Carolina prison. They decide they have something to tell the world about incarceration, self-esteem, personal growth, survival and the power of trust. Together they have an amazing story to share.

CMU Zooms are presented each **Monday from 1-2:30 pm**. Zoom announcements are sent out for each lecture the prior week.

Genealogy Group

Look for notice of the Genealogy Group meeting on **September 1 at 2 pm** in the Board Room (CM policies permitting) in the September *Meadowlark*.

Book Group: *The Parisian*

This historical novel opens with Midhat Kamal on a ship on his way from Palestine to France to begin his studies in medicine and then history. It is 1914 near the end of the Ottoman Empire. In her first novel, called a "dazzling debut" by *The New York Times*, Isabella Ham-mad uses the experiences of an interesting young man whom she follows "through the outbreak of World War I to the escalating violence amid the Arab general strike of 1936" to provide a sweeping history of Palestine in that tumultuous period.

Early in his time in Paris Midhat discovers that a new "friend" has taken him into his home to study him to see how a young Muslim might assimilate to European civilization. In response to this cultural insult he assumes a social armor with cane, flamboyant ties and handkerchiefs and the style and habits of a man-about-town and becomes known as The Parisian. When Midhat returns to his home of Nablus 30 miles north of Jerusalem (and now in the Israeli-occupied West Bank) he finds that he is in the midst of escalating civil unrest over the British control of Palestine. Now the title is one of derision as he is seen as ineffective as he tries to get back to a confusing past while faced with a dangerous present.

We will discuss this book via Zoom at **2 pm on July 15**. Feel free to join us even if you have not had a chance to read the book. Contact Ginnie Aldige if you want to get a copy of the book to read.

- Joanne Harrell

Book Group: *Educated*

The group will discuss *Educated: A Memoir* by Tara Westover on **August 19 at 2 pm** on Zoom. This memoir captures the extremity of Westover's unconventional and violent upbringing in a survivalist family at the base of a mountain in rural Idaho. Never attending school until entering college, her world view was entirely shaped by her paranoid, dominating father who was nominally Mormon but followed a mix of conspiracy beliefs that expected the world to end, schools to teach falsehoods, mainstream medicine to harm and government to invade their home and confiscate their provisions. She learned to read from the Bible, the Book of Mormon and Mormon leaders' speeches but spent most of her childhood assisting her mother mixing herbal tinctures and delivering babies until she advanced to her father's junkyard. There she and her older brothers sorted scrap under appallingly dangerous conditions.

Inspired by an older brother, she taught herself enough math and general knowledge to gain admission to Brigham Young University where she was scandalized by other students' violation of fundamentalist Mormon behavior. They were stunned by her ignorance of general facts such as the Holocaust and the civil rights movement. She not only adjusts but also excels at college to graduate and attain awards to study at Harvard and Cambridge where she eventually earns a doctorate in intellectual history. This memoir delves into Westover's struggles between deep roots of family loyalty and strong yearnings for truth and self-understanding.

Special Book Group: *Hiroshima*

Please join us for a special Book discussion of John Hersey's *Hiroshima* (2019 edition). The Zoom discussion will be on the 75th anniversary of the bombing, **Thursday, August 6 at 2 pm.**

Carolina Meadows residents Bev and Roy Milton lived for two extended periods in Hiroshima after the war. Bev will be facilitating the discussion and will add her personal insights into the aftermath and recollections of some of the people described in the book.

Seventy-five years ago, Hiroshima was destroyed by the first atomic bomb dropped on a city. Journalist John Hersey's masterpiece describes what happened on that day. The story is told through the eyes of six survivors. It is a powerful book that "stirs the conscience of humanity" (*The New York Times*). Copies of *Hiroshima* (2019 edition) can be obtained on Amazon.com in paperback and Kindle versions, each for under \$8.

All are welcome to attend this discussion – with or without having read the book. A link for the Zoom meeting will be emailed to everyone prior to the meeting.

- Beth Wortman

The CORA Story

By now, everyone is aware of our record-breaking generosity to CORA, the Chatham County Food Pantry, during this year of the Coronavirus pandemic. We have contributed well over \$80,000 to help the pantry respond to the greatly increased demand for food assistance. What may not be as well known is the history of CORA and of Carolina Meadows' longstanding partnership with the agency.

New Library Books and DVDs

The Carolina Meadows Library puts new books on its shelves every week! DVDs are acquired several times a year. Residents interested in finding out what's new should go to the LIBRARY tab on MeadowLife, click on *OurLibraryOnline*, and then click on New Book Acquisitions or New DVD Acquisitions.

While the Library is closed due to COVID-19, residents can get books (but not DVDs) through the Reservations link on *OurLibraryOnline*.

An exciting new feature of the Library website is the list of Library holdings on the topics of Social Justice and Racism.

- Dixie Spiegel

Interested in Art Activities?

The newly formed Art Guild Committee is creating a mailing list that will be useful in notifying interested residents of art events, activities, classes, etc. The Art Guild is a recognized activity of the Residents Association but has not solicited "sign ups" of people interested in participating. If you'd like your name to be included in a mailing list about Art Guild events (all genres – painting, fabric, crafts, etc.), please send it to Margaret Zircher <zircher@me.com>. If you do not have a computer and need "snail mail" notification, call Margaret at (919) 967-1102 to give name and unit number to be added to the list.

It was in July 1989 that CORA aided its first clients, a family of six. Earlier that year, representatives of several Chatham County churches and public agencies had met to discuss county needs. One need was hunger. Accordingly, a group of volunteers incorporated CORA and applied for non-profit status. Initial funding came from area churches, while the county provided space in the old Social Services Building in Pittsboro.

A History of CORA published in 2016 relates the process of growth. Initially, CORA was an all-volunteer operation. When someone requested assistance, the volunteer would go with the client to the pantry, provide assistance and go home. Much of the food came from the Durham Food Bank, where once a week a volunteer "loaded his Volkswagen Beetle with 400-500 lbs. of food." Other food was obtained from Lowe's Foods, using donated "Green Points" to help pay for orders.

The program grew steadily. By 2003, food was being distributed to over 700 families and a period of crisis ensued. The initial volunteers were overwhelmed by the demand and aging out. Finally, in 2007, after operating as an all-volunteer program for 14 years, the board hired a Pantry Manager.

Adding to the crisis was an announcement by the county that the building being used by CORA was to be torn down. Fortunately, the county offered another building on Camp Drive. Year by year, requests for assistance grew. Last year, a large warehouse was constructed adjacent to the original building.

The 2016 *History of CORA* acknowledges the long-standing support of Carolina Meadows in terms of grants from Carolina Meadows, Inc. as well as the ever-increasing funds raised through our annual drives.

- Bill Powers

Volunteer at CORA!

You've given some of your money. How about giving some of your time? For information, go to corafoodpantry.org or call Carolina Meadows resident Lydia Berrong – (919) 240-7577.

The Gratitude Project

Be on the lookout for our new Gratitude Project – signs around campus highlighting quotes from residents on what they are thankful for during this challenging time. Kris Snyder asked residents for their input early into the pandemic and she received so many thoughtful answers. The responses will be displayed on weather-resistant signs throughout Carolina Meadows. Take a stroll around our beautiful campus, be inspired by what your neighbors shared and consider for yourself what you are grateful for today. The Grateful Project signs will be at mail kiosks, on the walking trails, in The Park and more – see how many you can find!

- Amy Gorely, Director of Community Relations

Measuring a Carbon Footprint at Carolina Meadows

What is a human carbon footprint? And why is it important? The annual carbon footprint of a person or a household is the amount of carbon dioxide that is released into the air from all activities including heating and cooling an apartment or villa, driving a car and purchasing and using all other objects in your home.

With accurate measures of our carbon footprint we can figure out which of our activities contrib-

utes to global warming and reduce our personal impact on the climate and the environment.

Two examples:

The **EPA Carbon Footprint Calculator** <<https://www.epa.gov/ghgemissions/household-carbon-footprint-calculator>> calculates the carbon footprint based on home energy use, local transportation and waste. In my case, the amounts of energy are taken directly from monthly records of energy purchased from Dominion Energy (4,072 pounds of CO₂ from natural gas heat and air conditioning) and Duke Energy (4,353 pounds of CO₂ from electricity – lights and appliances). The second category is local transportation, which is an automobile (1,878 pounds of CO₂ from 3,000 miles travelled during the year, averaging 22 miles per gallon). A third category is waste (801 pounds of CO₂ with newspapers, magazines, glass, plastics, aluminum and steel cans recycled).

In this study, the Current Total CO₂ emissions are 13,000 pounds per year. This is much lower than the annual average in the US, which is 28,000 pounds per year calculated by EPA.

The **Global Footprint Network** <<https://www.footprintnetwork.org/resources/footprint-calculator/>> can also help us calculate our carbon footprint. I prepared answers to the following questions and the **GFN** calculated my footprint.

- How often do you eat animal-based products? Occasionally
- How much food that you eat is unprocessed, unpackaged or locally grown? 30%

- Which housing type best describes your home? Building with 2-4 units
- What material is your house constructed with? Brick/concrete
- How many people live in your household? 2
- What is the size of your home? Medium – 790 sq. ft.
- Do you have electricity? Yes
- How efficient is your home? Above average
- What percentage of your home's electricity comes from renewable sources? 12%
- How much trash do you generate in comparison to your neighbors? Same
- How far do you travel by car? 50 miles per week
- What is the average fuel economy of your vehicle? 22 miles/gallon
- How often do you carpool? 68%
- How far do you travel on public transportation each week? 10 miles
- How many hours do you fly each year? 4 hours

Based on these answers, if everyone lived like this, we would need 1.5 Earths to sustain us.

So, which is the better calculator for use at Carolina Meadows? The **EPA** calculator is more accurate because verifiable data are available. The **GFN** calculator covers more activities in one's life but relies on averages and judgments.

Try both of these and see how you do. If you find other calculators, try them out and let us know what you think.

- Dan Tunstall

Wellness Corner

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. We also recommend clothing you can move in, closed-toed athletic shoes and please 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 for support.

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

This class is intentionally 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 us supple, flexible, strong and present in our 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 equipment and integrates natural, easy movement with a joyful, reflective approach to daily life.

Barre Workout, Thursdays, 11:30 am-12 noon

An effective full-body workout set to music with simple, classic dance inspired exercises. You'll be guided through a series of low impact movements designed to strengthen and tone your body while improving balance and flexibility. In place of a barre, we will be using a sturdy chair. Led by Kim Conway.

Feldenkrais Method, Fridays, 11 am-12 noon

Rediscover your innate capacity for easy, graceful, efficient yet powerful movement using *The Feldenkrais Method®* 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. Your involuntary limiting movement habits will dissolve and you will emerge from class more relaxed, grounded and powerful. You'll learn to move smarter, not harder. Results include tension and pain relief, increased flexibility and coordination, and improved breathing, alignment, posture, balance, strength and control. Simply put – when you move better, you feel better.

PLEASE NOTE: This lesson will be orally guided, not demonstrated. It will be easiest for you to do while lying on your back on the floor or on your bed. You can do it while sitting in a chair, if you prefer, though it

will be a bit more challenging that way.

Please use the following Zoom link to access the above classes:

Join Zoom Meeting

<<https://zoom.us/j/3386967211?pwd=OWdGS1UyWFhmUmhJcFBYZUMzQ0xDUT09>>

Meeting ID: 338 696 7211

Password: 20204

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

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 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.

Use the following link to access Nia to Heal

Join Zoom Meeting

<<https://us02web.zoom.us/j/4180810947?pwd=SEVvTi9uWU1hODBHRjNVMGo0OURPQT09>>

Meeting ID: 418 081 0947

Password: 2468

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.

Use the following link to access Body Sculpt with Joan

Join Zoom Meeting

<<https://us02web.zoom.us/j/82895069536?pwd=cEVFdHdxcdVZdEtMc3RtQmRjVExLUT09>>

(Wellness continued on p. 13)

(Wellness continued from p. 12)

Meeting ID: 828 9506 9536

Password: 12345

Yoga with Emily, Sundays 4-5 pm

In this mat class, we will focus on the breath and warming up the body, then move on to a yoga practice that may include poses seated, on all fours, prone, supine and standing. Some yoga experience is suggested, though modifications will be offered for all levels of experience. Have a yoga mat, folded beach towel or cushion, yoga strap, and a sturdy chair nearby.

Use the following link to access Yoga with Emily

Join Zoom Meeting

<[https://us02web.zoom.us/j/86240003739?](https://us02web.zoom.us/j/86240003739?pwd=aDc0c2RqWVNHZjFYNzk5SVpQWEVvZz09)

pwd=aDc0c2RqWVNHZjFYNzk5SVpQWEVvZz09 >

Zoom Meeting ID: 862 4000 3739

Password: 889869

Campus Critters

When human activity declines dramatically in a community, as is the case with our current stay-at-home regulations, creatures of the forest take advantage of the situation and boldly emerge to seek adventure and FOOD.

And so it is at Carolina Meadows. Our intrepid photographer John Haynes, who faithfully documents life at the Meadows, has been capturing our campus critters as he walks around the Meadows.

Here are a couple of his charming discoveries. Look for a complete slide show in the September *Meadowlark*.



NEW - EXPANDED & CONVENIENT Gift Shop HOME SHOPPING

Your Gift Shop will soon introduce expanded home shopping with delivery. While details are still being worked out, initially the home shopping will include:

- **A COVID Corner – a variety of masks, hand sanitizers, sanitary wipes, disposable gloves, etc. – your COVID survival kit.**
- **Basic Office Supplies – mailers, pens, tape, white-out, paper, etc.**
- **Personal sundries – lip balm, shaving cream, moisturizing cream, nail brush, etc.**
- **Fun Things – Sudoku & crossword puzzles, adult coloring books & pens, microwave popcorn, cans of almonds, etc.**

Items, prices & instructions will be listed on our webpage and you will place your order by email using a form like Dining's Home Shopping. STAY TUNED – MORE INFORMATION SOON.

Professional Achievements

In early May we invited residents to share with us some of their achievements. This is the second set of their responses. The identities of each are listed at the end of this article in alphabetical order. Check on **page 16** to discover who they are.

1. "Grace and I met at the beginning of a new school year. She had recently come to Chapel Hill after escaping with 1.7 million others from the wanton bloodshed in Congo. I was beginning my third year volunteering at a local high school, this time working only with international students. Grace was different; she spoke French, whereas all but two others of the 25 students in the class spoke Spanish. My job was to help them with homework during a two-hour session three afternoons a week.... Grace was one of the few students willing to risk using her broken English to ask for help. In her social studies course, she had to read a speech by Martin Luther King and answer several questions. 'What does civil rights mean?' she asked me. Unlike most kids who only wanted to check the right answer, she was all ears and wanted explanations. A few minutes later she asked, 'What does n-e-g-r-o mean?' We spent most of the period discussing King's speech, which revealed a lot about Grace because she also had other homework to do. Every few minutes her face broke into a big smile as she moved from ignorance to understanding. Over the months, Grace and I became buddies, but then school ended and in the press of exams we never said goodbye. On the first day of school in the fall, knowing Grace would not be in my class, I wondered if

I'd ever see her again. I'm walking down a hall with about 200 kids when out of that chaotic mass a student came running, threw her arms around me, and gave me a big hug – it was Grace."

2. "I could not find the book I needed. It was in the early 1970s and I belonged to a group of four mothers taking turns having our three-year-old children at what we called 'Playgroup.' I had been to the library to see what was available with activities and ideas on how to give children an at-home learning and play experience. Nothing. There was absolutely nothing in print to help mothers in that way. I called one of the mothers. 'How would you like to write a book with me?' Then I went back to the library to take out a good book on how to write a book. We followed the directions – everything from the query letter, a couple of names of good publishers, to the pros and cons of using an agent.

"Fast forward – book club, media, good reviews – publication in several countries, text for student teachers, use in Head Start programs and a long seller for St. Martin's.

"What a trip. And we did not even know it was a major feat to walk off the street and get published!"

3. "My daughter asked me to help her build a Soap Box Derby racer. I had a big advantage: I knew nothing about the subject and had no preconceptions. I studied such things as streamlining (frontal area, laminar flow, turbulent flow, separation point, etc.), lubricants, inertia and momentum, elasticity of various ropes, levers, friction, vectors – anything I could think of related to speed and gravity. I designed

and taught my daughter to build a gravity racer. It won locally, then set the fastest time and came in fifth in the All American Soap Box Derby in Akron, the first racer built by a girl to do either. Now it is in a history museum."

4. "[I liked to play softball.] There was one shining athletic moment for me. As I have bragged incessantly for years, I once pitched a complete game at Yankee Stadium. Really! In nice weather on Saturday mornings a few of my fellow company employees would get together to play informal games of softball.... Eventually we put together a team and entered the local industrial Slow Pitch league. I became one of the team's pitchers and had a pretty accurate arc.... This team of mostly middle-aged office and lab workers was usually overpowered by the younger, stronger players from local industry.... We lost almost every game we played. I do recall pitching one winning game and also getting a hit every time I was up, but that was against a really pathetic team.

"After a few years of playing locally, we somehow became scheduled to play against the Yankee grounds maintenance staff at Yankee Stadium. Visions of playing on the same diamond as DiMaggio and Mantle swirled around my brain.... As usual, we lost by a lopsided score. But I still enjoy claiming the truth: that I once pitched at Yankee Stadium, but not in Yankee Stadium."

"5. When we moved to Stockbridge, MA, after I retired in 1989, I knew I had to find 'something' to do with all this free time I now had. On a bike ride, I noticed a flyer tacked on a community bulletin board that said, 'Sign up to be

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trained as a volunteer Rape Hotline Counselor.'

"Perfect! I was a licensed counselor and active feminist – a great way to use my skills on behalf of a cause I strongly supported. I signed up and showed up for the first training session where we talked about teaching girls and women how to avoid being raped. I said how about we teach men and boys not to rape. I contacted neighbors, friends and relatives, asked them to contact their neighbors, friends and relatives and raised \$6,000. The money was used to pay a greatly discounted fee for six billboards throughout Berkshire County that proclaimed, 'Real Men Don't Rape.'"

6. "I've always had an interest in crafts and handiwork, and since moving to North Carolina I've enjoyed visiting local artists at their exhibits. One artist I followed frequently made 'soft sculpture' representations of wildlife from fabric – flowers, animals, birds and fish. At one of her shows, I learned that she had a strong interest in working with indigenous peoples and was preparing to travel to Costa Rica to teach Indians there how to make sculptures of their local flora and fauna so they could sell them for income. I loved the idea and off the cuff I blurted, 'Do you need any help?' To my surprise she said 'Yes.' That was the start of a 23-year collaboration where, funded by grants, we traveled to 19 indigenous reservations in the United States, Canada and Costa Rica. For a month at a time, we lived in their homes or tribal cabins, lunched with them daily, learned about their lifestyle, attended their tribal rituals and taught them how to sew soft sculptures of their native wildlife. We developed strong bonds with the

women we worked with... and it was gratifying to see them swell with self-esteem at their own ability to create the lifelike replicas. I am grateful for these deep cultural experiences which gave me an appreciation for the issues and concerns of indigenous people and the means to contribute."

Submitted by Nancy Butterworth, Allan Eckhaus, David Freeman, Don Lauria, Irma Stein, Harriet Vines.

Second Round: Musings

In these turbulent times, residents were asked how the sequestered life has changed his/her outlook on life. Several responded to these questions. Half of the responses appeared in the June issue. Following is the remainder:

Natalie Ammarell I moved into CM exactly a week before the "clamp down" started. Never had a chance. Usually, in the spring, I am on the road a lot, visiting my favorite wildlife refuges and preserves in South Carolina and Florida – making photographs of water birds and co-existing species in their natural habitats. I drove nearly 20,000 miles in 2019; yesterday, I "exercised" my car on campus and probably covered 1 mile. Has my outlook changed? Yes. If before I realized that, in my older years, I have limited time to "maximize," now I REALLY understand this. Once released from this mightily secured place, I will probably go forth more frequently, seeking more opportunities to be in the un-manicured, natural world. Social distancing and masks, yes. Quarantine, yes, if that's what it takes to protect the community. Risk, indeed, but passion and freedom, too.

John Modisett Living through a

pandemic can be a positive experience as well as one most devastating. It has helped me accept that there are a multitude of overwhelming challenges about which there is absolutely nothing I can do and to focus on that tiny handful where I can possibly accomplish something. This outlook has brought me the greatest peace of mind I have *ever* had. I admire the superb performance of Carolina Meadows management and its rigid, unpleasant restrictions because I know they are right. And I am convinced we will get through this horrible period to live another and brighter day.

Judy Jones While walking around the exquisite grounds of Carolina Meadows and while sitting on our patio trying to capture photos of very savvy birds, I can't help but think of the yin and the yang of nature.... And I ponder how these are related. How are they necessary for each other? Perhaps the virus scare is increasing our appreciation of the gloriousness of spring and that very beauty is causing us to think about what purposes viruses serve in our ecosystems. Estimates are that 5-8% of the human genome (our DNA) is ancient viral material. (Only 2% of our genome is thought to code for human proteins!) Ancient viral DNA found buried in our genome is thought to be responsible for proper communication between synapses in our brains – memories! How incredible is that? There is a stretch of viral DNA that codes for a protein called Hemo found in fetuses and placentas. There is a hypothesis that this protein may suppress the mother's immune system so that she does not reject the fetus. But another hypothesis sug-

gests that this ancient viral DNA might be responsible for helping that initial ball of fetal cells develop into the huge array of specialized tissues in the final form. The Hemo protein disappears after birth. Amazing! To expand our minds even more, some of these viruses that infected organisms may have led to the evolution of higher biological forms – so think of viruses as a “fuel” for evolutionary change. As I consider these interesting ideas, I wonder if perhaps the novel coronavirus is holding a secret related to human functioning and evolution that we have yet to uncover or has yet to take place. And so, I walk in the beautiful sights and sounds of this campus and think about all that viral DNA churning in our genomes.

Gordon Battle I have been watching the Hayes Barton Baptist Church services on TV and find them very moving. I had no idea I would miss church so much. So, I think going forward I will be a more regular Church goer.

Bob Gladfelter Like the tight stitches on a new baseball: that’s how I envisioned the world financial order over my lifetime. Oh, there would be 9/11s and 2008 recessions, but the US Government, the Federal Reserve, the World Bank, the IMF and all the wise heads throughout the world would take timely and prudent action – nothing really bad would happen. Our 401Ks, our faith in Vanguard, Fidelity and all those big guys would remain intact throughout it all. The world order would wobble from time to time, but it would always default to its previous normal. That faith is starting to fray as I see how leader

incompetence and national self-interest can derail all of this as we deal with a worldwide disaster where there is no playbook to keep those stitches from coming apart.

Kathryn Moss My initial reaction to the pandemic was anxiety, agitation and a lack of ability to focus. But after the first few days, I started using the extra time created by the lockdown and cancellations as a time for positive change. I have used much of my time pursuing something that has been one of the most important things in my life – the piano. Since I was a young child, I have had a talent for playing the piano. But as an adult I never have had enough time and energy to practice effectively. Now I do. I work on having greater rhythmic precision, a more consistently even tone, greater musical character (purposeful dynamic and rhythmic inflection) and a more fluid execution. I concentrate especially on playing challenging sections more accurately and musically. Returning to practicing the piano deliberately has helped restore my sense of peace and self-confidence. This, together with spending more time with my husband, spending time in person, electronically or by phone with other family members and friends, engaging in lots of physical exercise and consciously trying to have a positive mindset, has resulted in a mostly satisfying mood and outlook.

Chris Schmidt The Coronavirus has been deadly and disruptive; millions are afflicted. For me, however, it has been a pleasant surprise: it has made me wildly popular. Every day my inbox is deluged with congratulatory emails. Many from people I haven’t even met. Now, admittedly, the emails don’t explicitly compliment me, but they

are sent to me. Obviously, the senders want to let me know how supportive they are. Why else would all these well-intentioned individuals include me in their effusive praise? I bask in their good cheer, but it does clutter up my inbox.

Susan Durfee “How I spent my Spring Break” As my spring break continues into summer, I am reflecting on the positive side of doing something I found connected me to my family. My scrapbooks/photo albums were begging for a little attention and gave me a chance to reminisce about days gone by. I’ll admit to not paring down as I had hoped but the chance to revisit the past was perfect for this downtime. The project filled me with gratitude for the life I’ve had and reflection on the way we keep these memories. Recent generations have these memories on the computer – efficient but a little void of personality the photo album provides with its timeline of memories and comments. Feels a little like reading a book on Kindle as opposed to turning those pages of an actual book. But I guess the big question is will family members get the same pleasure from this tactile way of sharing? Do they have the time and patience for this meandering? It has been perfect for me but I won’t judge!

Harriet Vines I feel as though I’m on vacation. No meetings, nothing I have to do or places I have to be. No pressure. The sameness, however, is beginning to wear. C’est la vie.

Residents Achievements:

1. Don Lauria; 2. Nancy Butterworth; 3. David Freeman; 4. Allan Eckhaus; 5. Harriet Vines; 6. Irma Stein