



Introducing the Carolina Meadows Foundation!

Carolina Meadows has a proud history of resident generosity that has radiated to the greater community and inward to support employees and fellow residents. The Carolina Meadows Foundation builds on this tradition and allows a broader pathway to support the community around us, as well as contributing to the success of the place we call home.

The mission of Carolina Meadows, Inc. is to enrich and improve the lives of residents and those connected to our community. Carolina Meadows Foundation Inc. furthers that mission by being a charitable and educational foundation whose primary purpose is to solicit, receive, maintain and distribute gifts, grants, bequests and contributions that will support, enhance or extend the programs, services and facilities of Carolina Meadows, Inc. and the broader community.

The Foundation will focus on supporting our employees, enhancing our programs and providing for campus innovation in our future. Your gift to the Employee Fund has the opportunity to uplift the lives of our valued employees. This could include assistance

in instances of emergency need, tuition support and additional training opportunities.

You can make a difference in the lives of current and future residents through the Campus Innovations Fund. This could include improved technology, new programs addressing dementia care and mental health services, as well as enhanced preventative and wellness initiatives.

Continuing the tradition of Carolina Meadows supporting the larger community, you are also able to contribute to initiatives that will transform the lives of our neighbors in Chatham County.

There are many ways that you can support the Carolina Meadows Foundation. In addition to cash donations, you can include the Foundation in your will or trust. It is also possible to make the Foundation a planned beneficiary or make a direct distribution to the Foundation from your IRA. Learn

more about these at two upcoming educational sessions: "Planned Giving: The Benefits of Planned Gifts" on **Wednesday, November 6 at 3 pm in the Auditorium** and "Financial Planning and Making Tax-free Charitable Donations from a Retirement Account" on **Tuesday, December 3 at 10:30 am in the Lecture Hall**.

Foundation Board members, five of whom are residents, are eager to work on this exciting new chapter of Carolina Meadows. Foundation Board members are J.B. Culpepper, Bill Lehrberger, Pickett Guthrie, Bob Anderson, Peter Baer, Julie McClintock, and Pat Mandell. To learn more, contact Pat Mandell, Kevin McLeod or email [<foundation@carolinameadows.net>](mailto:foundation@carolinameadows.net).

- Pat Mandell (Chair, Carolina Meadows Foundation Board of Directors)



President's Message

The Annual Celebration of Life program will be held **Saturday, November 9 at 3 pm in the Auditorium**. The Remembrance Committee plans this beautiful and important program, which this year will include a welcome by CEO Kevin McLeod. Remembrance Committee members will read the names of those residents and staff who have died since November 1, 2018. The program will include readings and music by a harpist and the MeadowSingers. This is a time for all of us to come together and celebrate the lives of those special people in our community who have died and with whom we have shared meals, laughter, activities and events. Your attendance at the service will be a way to **remember** and honor them and their families.

November is also the month we **remember** and thank our em-

ployees by donating to our annual employee fund drive. You will receive a letter explaining this campaign in early November. The fund drive provides an opportunity to show support to our staff for all they do each day to enhance our lives here at Carolina Meadows. You know some of our staff, but there are many that you may not know because they work behind the scenes to keep operations running smoothly. The work of all CM employees adds to our quality of life. Your generous donation is a tangible way to say, "Thank you."

November is a special time for gratitude for our many blessings. As Thanksgiving approaches, let us give thanks to our employees and let us remember with gratitude those friends and neighbors who have passed away. I wish you all a Happy Thanksgiving.

— Sam Ligon

Annual Budget Presentations

The CM Board of Directors invites you to attend an open meeting in the **Auditorium** for review/discussion of the 2020 Budget including but not limited to income, expenses and financial trends.

Tuesday, November 19 at 11 am
Wednesday, November 20 at 11 am

On campus residents, a 2020 budget packet will be placed in your in-house mailbox on November 14.

Early Advantage residents, a 2020 budget packet will be emailed to you on November 14.

Two meetings have been scheduled in order to accommodate all residents; the same items will be covered at each meeting. A meeting will be simulcast to **Fairways residents** and **Pines residents**. Thank you!

— Carolina Meadows Administration

THE MEADOWLARK

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

—

President: Sam Ligon

**Co-Editors: Mary Jo Doherty and
Judith Pulley**

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December-January Issue Deadline

Copy for the December-January *Meadowlark* must be submitted by **Tuesday, November 12**, to Judith Pulley

<yellup310@gmail.com>. Articles should be submitted as email attachments in MS Word format.

Images should be sent in JPG format and should not be embedded in articles. Please call Judith at (919) 967-5487 if you have any questions.

Carolina Meadows Census As of September 30, 2018

Number of Residents	Occupancy Level
Independent Living:	
620	97%
Assisted Living	
67	82%
The Pines*:	
62	78%*
Total on campus:	
749	93%
EA Program:	
99	
Total Residents: 848	

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

NEWS (continued from page 1)

S.A.D.

*It is the summer's great last heat,
It is the fall's first chill: They meet.*

—Sarah Morgan Bryan Piatt

The sun is rising later and nightfall comes sooner as autumn settles in. For some, shorter days and longer nights usher in months of SAD, seasonal affective disorder, a mixture of mood and biologic disturbance. Symptoms may include having less energy, sleeping too much, overeating, craving carbohydrates and social withdrawal. Research states women are affected four times as often as men.

Concrete causes for SAD are undetermined; however biological clues suggest people with SAD may have difficulty regulating the mood neurotransmitter serotonin, and the hormone melatonin, which impacts sleep. Another factor contributing to circadian rhythm upset is retinal sensitivity to light.

The most successful treatments for SAD are medication, light therapy, psychotherapy and vitamin D. Selective Serotonin Reuptake Inhibitors (SSRIs) and bupropion are FDA approved for treatment of SAD. Light therapy utilizes a light box which provides artificial light at about 20 times greater than traditional indoor lighting. Cognitive behavioral therapy adapted to SAD helps people reframe negative thoughts to positive ones, and helps people identify pleasurable activities as coping skills during the SAD season. Vitamin D as a treatment has mixed reviews. Supplementing with vitamin D is not regarded as a success-

fully positive stand-alone for treatment.

If you've noticed you have a repeated hibernating pattern when the season changes, you can be proactive. Take measures before the onset of symptoms. Add more light to your life indoors and out by adjusting your lighting and window coverings. Get outdoors daily during the peak of sun exposure and exercise. Even so, see your doctor if your depressive symptoms interfere with normal functioning.

— Laura Begin, Social Work

Shredders, Three in Three-Plus Years

Recently, MeadowTalk was host to numerous messages concerning the lack of a shredder in the Residents' Business Center (RBC). The reason for this absence deserves some background.

Roughly three and a half years ago the shredder was broken by resident misuse. Some examples of this misuse are forcing in more sheets of paper than it was designed for, trying to shred heavy cardboard and removing the "full" lever. That machine was replaced. Less than two years ago the "new" shredder suffered the same fate. After some resistance from CM staff, the broken machine was replaced.

During this time a **shred box** was added in the RBC. Its contents are removed by a shredding

service company and taken to its facility for shredding. This process is used by companies that handle sensitive medical data.

After continued misuse, some repairs by Plant Ops, and many paper jams, the shredder died, or should I say, "was murdered." In a meeting that included Sam Ligon, Judith Ferster, Marty Lyon, Betsy Ahern, and me, it was decided that the shredder would not be replaced; instead a second **shred box** would be added.



If residents wish to see the actual shredding, they can wait and use the shredding service provided annually by CM. Or they can buy their own small shredders. If they choose to buy, the cut-up paper should be placed in their recycle basket, in a clear plastic bag. Resident Services Concierge staff will be happy to assist any resident to order/shop for a personal shredder and have it delivered for a service charge of \$7.50.

— Bob Rich

New Residents

Josef Blass, EA

Current Residence: Chapel Hill

Interests: Bridge, history, music

Eva Blass, EA

Current Residence: Chapel Hill,

Interests: Italian language, travel, physical fitness

Lorna Chafe, V-274

Former Residence: Chapel Hill

Interests: Mgr arts & crafts gallery; Age Friendly Community Committee; environmental issues

William (Bill) Chafe, V-274

Former Residence: Chapel Hill

Interests: Writing, sailing, walking, traveling

Henrietta (Henri) Croom, 6-107

Former Residence: Chapel Hill

Interests: Historic preservation, reading, dog walking, bridge, political action

Helen T. Dallas, EA

Current Residence: Chapel Hill

Interests: Art, music, literature, birds, nature, health

Charlotte Henshaw, 5-107

Former Residence: Pittsboro, NC

Interests: Book clubs, Democratic politics, mah jong, Newcomer

Alumni of Greater CH

Stanley (Stan) Henshaw, 5-107

Former Residence: Pittsboro, NC

Interests: Investing, tennis, politics

Harold Lindenthal, EA

Current Residence: Chapel Hill

Interests: Literature, music, art, history, finance, health, humor

John McGee, EA

Current Residence: Chapel Hill

Interests: Current events, golf, travel

Rosemary McGee, EA

Current Residence: Chapel Hill

Interests: Gardening, cooking, collecting NC pottery

Joan Page, V-311

Former Residence: Chapel Hill

Interests: Performing art, writing, public art, gardening, current events

Robert (Bob) Page III, V-311

Former Residence: Chapel Hill

Interests: Current events/news, tennis, sports, UNC-CH

Lucy Smith, EA

Current Residence: Chapel Hill

Interests: Volunteer SECU Family House, investment club, golf, crafts, reading, skiing and travel

Sidney (Sid) Smith, EA

Current Residence: Chapel Hill

Interests: Skiing, golf, running, sailing, travel, music, photography

Julia (Yu Haun) Wang, 4-208

Former Residence: Chapel Hill

Interests: Exercise, walking, weightlifting, travel, gardening, crochet, music

Paul (Pao Shih) Wang, 4-208

Former Residence: Chapel Hill

Interests: Chinese calligraphy, Chinese civil war, Chinese & American history, music, stamps

IN MEMORIAM

Ann Loeb 1-101

September 25, 2019

Dorothy (Mike) Bailey F-330

October 16, 2019

TALK



The Men's Breakfast Group will meet on **November 20 at 8:30 am** in the **Private Dining Room**. Our speaker will be our own Robert Phay who started

serious Marathon running at age 60!

Marathons have a long history and now take place on every continent under strict rules and with detailed monitoring.

Robert will cover what he has had to achieve and deal with as a competitive marathoner, having run on every continent, sometimes under very unusual conditions, with highlights of runs he has made in Athens, London, Boston, Chicago and elsewhere.

In each marathon, there are interesting procedures to be followed, at the start, during the stages of each run and at the finish where success is recorded and the runner must be nourished and transitioned back to an "at rest" human being.

You won't want to miss this view from the inside of competitive running.

Please sign up in the book on the ledge opposite the Gift Shop. Do wear your name badge at the breakfast.

- Tony Butterworth

Women's Luncheon

Dr. Donna Miller, Medical Director for Carolina Meadows Medical Practice, will talk about "Aging Gracefully – What Does That Mean?" at the **Tuesday November 12** gathering of the Carolina Meadows Women's Luncheon.

Donna provides direct Geriatric Primary Care to patients in the Carolina Meadows Clinic, oversees the professional aspects of the Medical Practice for all residents, ensures complete compliance with all medical regulations for the Pines and Fairways, and advises all senior staff on medical considerations of our policies and practices.

Dr. Miller is a native of Lehigh Valley, PA. She graduated from Muhlenberg College and the Philadelphia College of Osteopathic Medicine. She was the first DO to complete a two-year geriatric fellowship at The Cleveland Clinic and was employed in the Section of Geriatric Medicine until returning to Pennsylvania to head the Geriatrics Institute at St. Luke's Hospital and Health Network. She is Board Certified in Internal Medicine and Geriatric Medicine. In December she was re-certified as a Medical Director.

Lunch is served at **noon in the Private Dining Room**. For reservations contact Jody Hite (919) 370-7171) or <jody@carolinameadows.net> after November 1. Space is limited; early reservations are recommended. If you have dietary restrictions or need to cancel a reservation, notify Jody by November 8 to avoid a meal charge to your account.

- Dona Fountoukidis & Susan Minnix

CMU

Carolina Meadows University winds up the Fall Semester with a continuing tour of great works of art and a new look at antique furniture.

On **November 4 and 11** CMU will feature two more presentations by UNC Educator and NC Museum of Art Docent Rhonda Wilkerson: "Oh, the Stories These Works of Art Can Tell!" Professor Wilkerson will probe further into the lives behind great works of art by Jacques Louis David, Paul Maniship, Canova and Rodin. Those who heard her first lecture know that she is a gifted storyteller as well as educator and surely does know her way around our museums!

History of Furniture in America Begins November 25

After a one-week hiatus, CMU will return on **November 25** with a three-part course taught by Carolina Meadows own Bonnie Fuchs. Bonnie is a highly recognized Triangle Area speaker. Her expertise and passion include letting furniture teach us the history of the period. In her three-part "History of Furniture in America" course, Bonnie will walk us through the 17th, 18th and 19th centuries as preserved in their furniture.

On **November 25**, we will learn about the implications of colonial life for America's furniture and vice versa, from Medieval Guild guidelines through details of lumber, square nails and tools of the era. Bonnie has a master's degree in the history of decorative arts from the Smithsonian's Cooper Hewitt (NYC) Program.

CMU Lectures are presented in the **Auditorium on Monday afternoons, 1-2:30 pm**.

- CMU Steering Committee

Medical Update

The next Medical Update lecture will take place on **Thursday, November 21 at 2 pm in the Auditorium**. The title will be "Marijuana/Cannabis Revisited." Our speaker will be Dr. Barton Cobert, an expert on drug safety and public health implications.

Marijuana

Marijuana has been legalized for medical use in a number of states and for recreational use in Colorado. Dr. Cobert hopes that medical marijuana may play somewhat of a role in the future, but from an individual and public health point of view, it is probably just another drug that may have some efficacy with definite adverse effects and public health implications.

Recreational Vaping

He will also discuss the recent introduction of recreational vaping and its suggested medical uses, as well as the adverse side effects, both short and long-term. The evidence basis for its use versus just hope will be noted.

The final discussion will be: what is the bottom line?

Dr. Cobert is an author of several textbooks and numerous journal articles on drug safety and medication side-effects. He is a frequent presenter at drug safety meetings and has consulted with government agencies in the US and in a number of foreign countries. He is Board Certified in Internal Medicine and Gastroenterology.

He is now President of the consulting group BLCMD Associates in Chapel Hill, where he is actively engaged in teaching drug safety, clinical research and risk management.

- Leonard Cutler

World Affairs

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

November 1: Andrew Perrin: "The Public University in American Democracy"

Dr. Perrin is Director of the Institute for Arts and Humanities at UNC-CH. He studies and teaches democratic citizenship in the United States and focuses on the cultural and social underpinnings of democracy. His latest book is *American Democracy: From Tocqueville to Town Halls and to Twitter*.

November 8: Eren Tasar: "Turkey in Today's World, or What's Up with Erdogan?"

Turkey is an Islamic country ruled by an authoritarian figure who frequently does not seem terribly friendly to us, yet Turkey remains in NATO. Eren Tasar, Associate Professor of History at UNC-CH is well-qualified to sort this puzzle out.

November 15: Kenneth Vickery: "Today's Southern Africa: An Historical Perspective"

Nelson Mandela, Robert Mugabe and Kenneth Kauna are some of the great names in modern African history. Kenneth Vickery, professor of history at NCSU, is a noted authority on sub-Saharan Africa and a Great Courses lecturer on Africa. He will provide the yesterday and today of these countries.

November 22: "The British are Coming, 1775-1777" (video)

Rick Atkinson, Pulitzer Prize-winning author and historian, has long been admired for his deeply researched and stunningly vivid narrative histories. In this video he discusses the initial volume of a planned Revolutionary War trilogy, which recounts the first 21 months of America's violent war for independence. With the exception of the Civil War, no American conflict has been more divisive than our revolution.

- Dorothy Samitz

Carolina Meadows Democrats Program

The Meadows Democrats will sponsor a lecture by Dennis Burns on **Thursday, November 7 at 4 pm in the Auditorium**. Burns, the chairman of the board of Common Cause of North Carolina, will be speaking on "Obstacles to Democracy: Gerrymandering and Impaired Voting Access in North Carolina."

Mr. Burns has a varied background that most recently includes bringing European medical devices to the US and serving as president/general manager of several NC biotech/medical device companies. Prior to this he had a 20-year marketing career at three Johnson and Johnson companies.

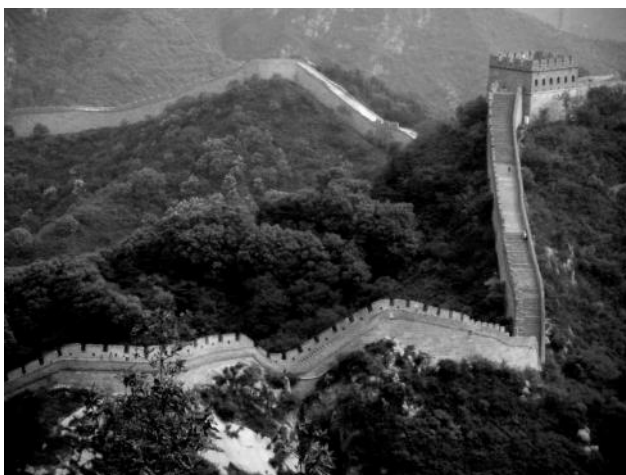
We look forward to seeing residents of all political views. Refreshments will be served following the presentation.

- Judy Tilson

China: Historic and Contemporary

November 22 at 7:30 pm in the Auditorium

The Great Wall is great, but there are many other great things about China. In Beijing, enter the



Forbidden City, the world's largest palace complex and see some of the thousands of artifacts from ancient China. Explore two beautiful historical temple sites and see some examples of the striking contemporary architecture in the city.

Near Beijing, walk along the Great Wall, view the Terra Cotta Warriors, visit the North Pagoda and the site of the Peking Man Discovery.

In Shanghai, follow a procession to the City God Temple, see the

elaborately decorated interior and watch short videos of a river night cruise showing the shifting pattern of lights on the tall modern buildings.

Visit Luzhi, a preserved historic village off the beaten track with canal streets, picturesque stone bridges and showing a traditional device for grinding grain.

Experience the May Day crowds in Suzhou and then amble down secluded back alleys, wander through gorgeous gardens and board the fast train back to Beijing.

Top off the evening with a wide array of Chinese foods, from fish heads to roasted scorpions.

- Marilyn and Joe Sparling

ARTS

Music at the Meadows In the Auditorium

Choral Society of Durham
November 4, 7:30 pm

Founded in 1949, the Choral Society of Durham has cultivated an estimable reputation for excellence in performing great choral works, sacred and secular, with professional orchestras and notable soloists. Comprising singers from all walks of life selected by audition, the Society's repertoire ranges from the Renaissance to the 21st century. They perform under the direction of Dr. Rodney Wynkoop, a faculty member at Duke University, who holds the title of Professor of the Practice of Music.

Dmitri Shteinberg, Pianist
November 19, 7:30 pm

Recognized as one of North Carolina's most renowned artists, Moscow-born Dmitri Shteinberg earned Bachelor's and Master's degrees in piano performance from Tel-Aviv University Academy of Music and a doctoral degree from the Manhattan School of Music in New York. He has performed as a soloist and with orchestras worldwide and as a chamber musician at Carnegie Hall, the Kennedy Center, the Kimmel Center in Philadelphia, and at Alice Tully Hall in New York. He has won more than twenty worldwide competitions. Currently he teaches piano at the North Carolina School of the Arts. His previous appearance at Carolina Meadows was enthusiastically received.

- Norman Miller

Special Musical Events

Jeff Bianchi, classical guitar
2 pm Auditorium
Thursday, November 7



Join us welcoming back Jeff Bianchi! Those who enjoyed his performance last year are sure to be excited to have him back! Jeff began performing at weddings and cafes while still in his teens. As his skills grew, he gave full concerts throughout Western New York. His hard work earned him performances at the Rantucci International Guitar Festival as well as the nationally recognized Ithaca Guitar Festival. Jeff studied at the State University of New York at Fredonia. He currently lives in Buford, Georgia where his time is devoted solely to his music.

**Piano Recital featuring students
of Christene Vaughan**
6:30 pm Auditorium
Friday, November 15

Asheville Baroque
3:00 pm. Auditorium
Friday, November 22

Les violes charmantes A program of charming German and French viola da gamba duets features Elisabeth Reed and Gail Ann Schroeder with harpsichordist Jennifer Streeter. This concert features music by Marais, Handel, Schenck, Boismortier and Finger.

Asheville Baroque Concerts aims to widen awareness of what early music, especially the baroque period, encompasses. Many of the composers programmed for our first season are not well known to modern concertgoers. Their music is representative of the elegant, exciting and often virtuosic style of the 17th and 18th centuries.

- Jody Hite

MET Opera on Demand

1 pm Auditorium

Wednesday, November 27 2 hrs, 21min

L'Elisir d'Amore (from February 2018)

Donizetti's bubbly romantic comedy about a spunky landowner, a hapless peasant, and the dubious love potion that may or may not bring them together never fails to delight audiences. In this performance, South African soprano Pretty Yende stars as Adina, imbuing her character with lovable warmth while tossing off effortless coloratura passages. Tenor Matthew Polenzani is Nemorino, Adina's love-struck admirer, who pours out his heart in the moving aria *Una furtiva lagrima*. The cast also includes baritone Davide Luciano as the swaggering Sergeant Belcore and Ildebrando D'Arcangelo as the wily Dr. Dulcamara.

Winter Book Fair Celebrates Reading December 3, 4, 5

Cold, dark afternoons, the prospect of settling down with a cup of tea or a glass of sherry – and a good book. Sound appealing? Many are the delights of books in winter!

To celebrate all aspects of reading in the coldest and darkest time of year, the Carolina Meadows December book sale has changed its name to the Winter Book Fair, and it will be a festive event. The fair will be almost as large as the popular spring sale and include attractive displays; a daily drawing for free books; tasty treats offered at special times; music to lighten the atmosphere; pre-selected gift packages available for the undecided; and the cutest mascot this side of the North Pole.

Residents know that profits from sales go to the Library. But you all may not know other benefits they offer. Chief among them have always been volunteer opportunities suitable for a wide variety of abilities and talents.

Special Benefits for Our Employees

A special emphasis this year will be benefits we can offer our wonderful employees. In addition to our traditional complimentary book offer, there will be a table of children's books at low prices for our many employees with young children. We will also be giving away free of charge small sets of early reader books in Spanish and English.

Our sales also benefit the larger community when we invite local non-profits to select free books for use in their work. Come and celebrate with us!

- Anne Kotch

New Books Added to the Library Collection

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

Fiction

Mothering Sunday, Graham Swift
The Turn of the Key, Ruth Ware
Doxology, Nell Zink
In the Full Light of the Sun, Clare Clark
Reasons to Be Cheerful, Nina Stibbe
Nothing Ventured, Jeffrey Archer
Cold Storage, David Koepp
The Testaments, Margaret Atwood
Kopp Sisters on the March, Amy Stewart
What Happens in Paradise, Elin Hilderbrand
The Grammarians, Cathleen Schine
Tell Me Everything, Cambria Brockman
Better Days, Len Joy
The Dutch House, Ann Patchett
A Single Thread, Tracy Chevalier
The Secrets We Kept, Lara Prescott
Lethal Agent, Vince Flynn
Akin, Emma Donoghue

Large Print

Watching You, Lisa Jewell
Idaho, Emily Ruskovich
The Vineyard, Maria Duenas

Mystery

Vendetta in Death, J. D. Robb
A Better Man, Louise Penny
A Dangerous Man, Robert Crais
Sins of the Fathers, J. A. Jance

- Martha Hutt

Book Group

The Unwinding of the Miracle: A Memoir of Life, Death, and Everything That Comes After was written by Julie Yip Williams during her five-year battle with stage 4 cancer. The author chronicles her illness, suffering and impending death. Her primary concern is to prepare her young family for the future without her. Julie's miracles and memories change locations from 1970's war-torn South Vietnam, to a well-to-do Brooklyn home overlooking the New York City skyline. She is born blind and miracle one occurs when she is saved from her grandmother's attempt of euthanasia, infanticide. The Chinese Vietnamese family escapes to Los Angeles and her miracles continue until she falls ill in her mid-thirties.

Join us **November 20 at 2 pm** in the **Lecture Hall**. Susan Rosefielde will be the discussant.

Tuesday at the Movies

2 pm Auditorium

Tuesday, November 12

The Belle of New York

1952 – Not Rated – 1 hr, 21 min

Fancy-feet Fred Astaire plays Charles Hill, a playboy trying to win the heart of Angela Bonfils (Vera-Ellen), a Salvation Army worker, in this musical set during the turn of the century.

Notorious for leaving his brides-to-be at the altar, it's not surprising that Angela doesn't return his affection, but Charles is determined to win her over with plenty of song and dance. Alice Pearce, Marjorie Main and Keenan Wynn co-star.

Films for November

Shows start at 7:15 pm in the Auditorium

November 2 *The Tomorrow Man* (2019)

1 hr, 34 min – Rated PG 13

John Lithgow, Blythe Danner
Ed Hemsler spends his life preparing for a disaster that may never come. Ronnie Meisner spends her life shopping for things she may never use. In a small town somewhere in America, these two people will try to find love while trying not to get lost in each other's stuff.

November 9 *The Trouble with Harry* (1955)

1 hr, 40 min – Not Rated

Alfred Hitchcock's second American comedy demonstrates the director's flair for gallows humor. The trouble with Harry is . . . he's "expired," and the residents of a quaint New England tourist spot just can't seem to get rid of him. Shirley MacLaine makes her film debut, and that's Jerry Mathers (the Beaver himself) as the bewildered boy. See if you can spot Hitchcock in his customary cameo (hint: he's strolling past a limo).

November 16 *Antonia's Line* (1992)

1 hr, 42 min – Rated R – Dutch w/ English subtitles

Winner of the 1995 Academy Award for Best Foreign Language Film, this heartwarming drama is the remarkable story of a strong-willed woman who builds a new life with her teenage daughter in a quiet Dutch village after World War II. As she challenges the local customs, she begins to win her neighbors' affections. Earthy, sexy and romantic, the film is a joyous, multi-generational celebration of simple pleasures, lust for life and enduring passions.

November 23 *Casablanca* (1942)

1 hr, 42 min – Rated PG

In this Oscar-winning classic, American expat Rick Blaine (Humphrey Bogart) plays host to gamblers, thieves and refugees at his Moroccan nightclub during World War II, but he never expected Ilsa (Ingrid Bergman), the woman who broke his heart, to walk through that door. Ilsa hopes that with Rick's help, she and her fugitive husband (Paul Henreid) can escape to America. But the spark that brought the lovers together still burns brightly.

November 30 *The Shape of Water* (2017)

2 hrs, 3 min – Rated R

Sally Hawkins, Michael Shannon, Octavia Spencer



During the Cold War era, lonely Elisa works as a cleaning lady in a top-secret US government laboratory. But her life is altered forever after she and a co-worker stumble upon a hush-hush experiment.

rey Bogart (as Detective Phillip Marlowe) and Lauren Bacall.

Maiden, Documentary, 2019 (98% Rotten Tomatoes rating): A former leisure-boat cook becomes the skipper of the first all-female sailboat crew to enter the "Whitbread around the World Race."

Donated DVDs added to Library Collection:

Smart People, R, 2018: Dennis Quaid, Thomas Haden Church, and Ellen Page.

Rent, PG, 2018: Musical about 1980s New Yorkers dealing with love, life and Aids.

The Europeans, 1979: James Ivory film based on the Henry James novel.

A Chef's Life: TV series starring North Carolina Chef, Vivian Howard.

- Andrea Miller

New DVDs

Purchased DVDs:

Oceans 8, PG-13, 2018: A fun caper about an all-women group (including Sandra Bullock and Cate Blanchett) plotting to steal a diamond-encrusted necklace to be worn by a famous model/actress (Anne Hathaway) at the elegant Met Gala.

Aviator, PG-13, 2004: Martin Scorsese directed this film (which won five Academy Awards) about

billionaire Howard Hughes (Leonardo DiCaprio).

Barbarians at the Gate, R, 2013: Based on the real takeover of the Nabisco/RJ Reynolds Tobacco Company of North Carolina, this fictionalized version, starring James Garner and Jonathan Pryce, tells a tale of corporate greed.

The Big Sleep, 1946: Based on Raymond Chandler's novel, this film-noir classic starred Humph-

A Voices Secret

Perhaps the best kept secret at Carolina Meadows is that we are unique, i.e., a retirement community that puts out an annual literary journal. The authors of the articles and poetry contained therein live right here? It's true!

The journal started out in 1991 as *Meadowscripts*, but then in 2001 became *Voices*. Last year more than 50 residents (including Early Advantage folks and Waiting and Ready list people) submitted their work — sometimes several pieces — for consideration. Of the 82 manuscripts that were submitted, 56 percent were accepted, 26 prose pieces and 20 poems. The finished journal sold for \$5.00 each. All 225 journals ordered were sold.

Be a part of the *Voices* secret in 2020. Put the finishing touches on your story or poem and get it to us by **December 20**. Check the guidelines sheet on the table outside the mailroom so you know how to prepare your work for submission. We are also interested in receiving artwork that can liven up the appearance of the journal.

- Fran Sherwin

AIM Art In the Meadows

Artists of the Month Exhibits in Art Studio

Through November 14 -

Anne Eller Drawings

November 15-December 31 -

All in The Family Art Show in the Studio – Art by parents, siblings, children, grandchildren – all are eligible. Please contact Margaret Zircher <zircher@me.com> (919) 967-1102 as soon as possible if you have family art you are willing to exhibit, giving the number and approximate sizes (small, medium, large).

Watercolor “Seminar”- Thursdays, 10-12 am, Art Studio.

Bring paintings you have finished or are working on to share with the group for comments and shared learning.

Art Studio Schedule - Come paint and create when the room is not in use. The Art Studio calendar can be found on the Art Studio bulletin board calendar, and on <<https://meadowlife.org/activities/art-guildgallery-exhibit>>

- Margaret Zircher

ACTIVITIES

COLOR OUR WORLD

It's time to start thinking about entering the next Carolina Meadows Photo Exhibit that is scheduled to begin early in the New Year. January can be a particularly dull and colorless time of the year, so help us light up our surroundings and lives with not just one photo exhibit but two!

We will continue to mount our regular exhibit that has given us a great deal of pleasure for the past several years. In addition, we are adding a new, special photo exhibit featuring **VIBRANT, WOW COLOR** in the Private Dining Room.

You can enter both exhibits – up to three photos for each show. So please go through your photos, or take some new ones, and submit the ones that you think will not only brighten our days, but also represent what **COLOR** means to you.

Directions for how and when to submit photos will be in your mailboxes on **Monday, January 20**. Submissions will be accepted from Monday, January 20 to Friday, February 3.

Please remember that the exhibits are not competitions but opportunities to share your unique views of the world with the Carolina Meadows community, and by sharing them transport us to another time and place.



- The Photo Project Committee

Display Cabinet: *The Wizard of Oz*

We are delighted to have two of our staff share their collections of *The Wizard of Oz*. This is the 80th anniversary of this film, first shown in 1939.

Carol Carson, Plant Operations Department, remembers seeing this movie in black and white on her parents' TV set. She has continued to see it once a year ever since. Cari Owens, Resident Services, Fairways, first watched this movie when she was five years old and received Wizard of Oz dolls for Christmas. She has added to her collection ever since with her antiques shopping and gifts from family, friends and co-workers.

- Betty Lindsay

Genealogy Group

Tuesday, November 5, 2 pm,
Board Room

"Explanation of DNA Testing, The Goals and the Expectations"

We are fortunate to have Ginger Smith, owner of "Your DNA Diva" and a Board member of the North Carolina Genealogical Society, present a program on the types of DNA testing that are commercially available and to explain how to choose a test based on your goals and expectations. She will present a case study illustrating how DNA testing can be used to break down your brick walls and answer your research questions.

Ginger is an active member of the International Society of Genetic Genealogy and a project manager of two DNA surname projects on FamilyTreeDNA.com. Her program presents a unique opportunity to discover the purpose and results of DNA testing. The meeting is open to all residents.

- Ruth Muller

Estate/Tag Sale Accepting Donations of Jewelry Nov. 6, 7 and 8

Jewelry to be donated to the CM Estate/Tag Sale, scheduled for March 17, 2020, may be donated early. On **November 6, 7 and 8**, donations may be taken to Villa 237, which is the home of Anita Hennis, **any time before 5 p.m.**

Please put the jewelry in a bag with your name and villa or apartment number. For questions, please contact Carol Coile at <coileca@yahoo.com> or (919) 889-4221.

Community Outreach Corner

Consider getting involved in your community as a volunteer!

Events:

November 14 - Chatham Agriculture and Conference Center, **8 am-3:30 pm, Chatham Senior Education Conference:** The keynote speaker is Dr. David Casarett, Duke professor of Medicine and Director of Palliative Care at Duke. Topic: "Medical Marijuana and CBD Oil."

The \$25 fee includes lunch and all-day conference. Register and learn more at

<www.chathamcoa.org> or contact <melanie.girard@chathamcoa.org>

Volunteer Opportunities:

Chatham County Schools:

<https://www.chatham.k12.nc.us/Page/21004>

Chapel Hill-Carrboro

Schools: <https://www.chccs.org/volunteer>

Tutoring: Carol Fox goes to St. Julia's in Siler City **every Saturday morning** to tutor English as a Second Language (ESL) individuals from **10 am-noon**. She leaves Carolina Meadows about 9 am. She would be happy to transport others who would like to volunteer.

Contact Carol for more information at <cfox081@gmail.com> or (984) 234-3134 or cell (919) 260-2168

Habitat for Humanity: Contact Rachel Horowitz at (919) 542-0794, ext. 228 or <rachelh@chathamhabitat.org> or visit <http://chathamhabitat.org>

Learning Trail (right across the street from Carolina Meadows) needs volunteer tutors. Contact <www.thelearningtrail.org> for more info or email President Susan Morris at

<suzanne@thelearningtrail.org>

Chatham Cares Community Pharmacy in Siler City always welcomes donations. Faith Hairston in the Carolina Meadows Clinic accepts donations. Contact Lynn Ogden at (919) 968-6910 for further information.

CORA Food Pantry in Pittsboro: Go to the website listed below to sign up for volunteering. A staff member will contact you and help you arrange training. Contact Lydia Berrong at (919) 240-7577 for further information. <https://www.corafoodpantry.org/>

- Judy Jones

Annual Craft Sale

Thursday, November 14, 10 am-3 pm

Club Center Lobby

Start your holiday shopping early!

What: Duplicate Bridge

When: **Every Wednesday @ 1:30 pm**

Where: **Game Room in Activities Building**

Why: Because it's fun

How: \$1.00 paid at door. Cash prizes for first, second and third place pairs.

New residents welcome.

Even if you don't have a regular partner, we can fix that.

For information, contact: <Penny Dabal: pwdabal427@gmail.com>



And another thing to be thankful for -
\$avings at
the ***Carolina Meadows Gift Shop***

With an all-volunteer staff and minimal overhead, we can pass the savings onto YOU, so stop by to see:

- Handmade silk scarves
- Music themed socks and ties
- Stylus pen and flashlight keychain gift set
- Winter hats and gloves
- RFID passport case
- Tagua's new fall/winter 2019 jewelry collection
- iPad and tablet "sofas" – to support a tablet in bed, or on table for easy reading – great for you or your grandchild.

**And remember - all proceeds
support YOUR community
activities**

November Activities

Sign up in the sign-up book:

Bowling at Mardi Gras

Tuesday, November 5

Deadline: **Monday, November 4**

Cost: approx. \$11.00 per person/
game

Load: **4 pm**

NC Zoo

Monday, November 18

Deadline: **Monday, November 14**

Cost: approx. \$38 per person +

Load: tba

Lunch on your own at the zoo



Nikita at the NC Zoo

Funky Lunch Bus! to Parizade

Wednesday, November 20

Deadline: **Monday, November 18**

Cost: approx. - \$8.00 per person

Load: **11 am**

African Drum Circle Class with Diali Cissokho

3-4 pm Board Room

Fridays, November 8

\$15 per class

Join Senegalese musician Diali Cissokho for a lively five-week beginner djembe drumming class!

Diali is from a "griot" family, the musicians of West Africa tasked with passing down the history of their communities through song. Diali relocated to the US in 2010 and brought with him a vast knowledge of traditional and contemporary West African Music, which he loves to share with

groups of all ages and experience levels.

No experience necessary.
Drums provided.

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

2 pm Game Room

Friday, November 1

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

Try this enjoyable "getting-to-know-you game" yourself or bring a friend or neighbor so you can both expand your connections in our Carolina Meadows home. Please sign up in the Activities Sign-up Book.

- Karen Monaco & Kris Snyder,
Wellbeing & Engagement Committee

Jewelry Design and Repair

1-4 pm Art Studio

Monday, November 4

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

Jewelry repairs may be dropped off at any time between 1-3 pm on the scheduled monthly open classes.

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

Share a Carrot with a Camel!

CM residents may be visiting the North Carolina Zoo on November 6, but they didn't have to wait until then to interact with a few animals.

On September 25, the animals came to Carolina Meadows as a part of the annual MeadowFair. One resident, James King, was emboldened to share a carrot with our visiting camel.

We hope the camel enjoyed our Carolina Meadows hospitality and won the battle for the carrot!



Everything You Wanted to Know About Impeachment

On Saturday, October 12 Carolina Meadows legal treasure Walter Dellinger, who was Acting Solicitor General under President Bill Clinton, gave an illuminating lecture explaining everything a layperson might want to know to understand the impeachment process.

Residents wishing to have a digital copy should contact Jody Hite and supply a flash drive with 8GB or more of memory.

Wellness Corner

The Barre Workout: An effective full-body workout utilizing the ballet barre and simple, classic dance-inspired exercises for **Mondays, 4:30-5 pm in the Exercise Studio** led by Kim Conway. Non-slip socks strongly recommended.

Nordic Walking Clinic: Fridays, at 3-3:30 pm, November 1, 8, 15 and 22 in the Exercise Studio. Cost is \$20 for series. See Wellness book for details and to register.

Sharing Stories from Our Lives, led by Vivienne Jacobson, takes place **the first Tuesday of each month in the Lecture Hall**. This month's topic, on **Tuesday, November 5 at 3 pm**, is "The Teen Years – High School and Beyond."

Awareness Through Movement® Class: Easy Ways to Improve your Flexibility Seven Mondays, 10:45-11:45 am, November 4-December 16 in the Exercise Studio.

Cost is \$40 for series. Register in Wellness book today. Not as flexible as you want to be? Stiffness getting you down? In this class, you'll explore fun and simple strategies for improving your flexibility. Without stretching. Without straining. Without grunting and sweating. By engaging your thinking, feeling, and sensing while you move, you will train your brain to change your whole body coordination. Prepare to be astonished at how much better you will move and feel. You must be able to get down to, up from, and lie on the floor to fully participate in this class.



Annual Turkey Trot: Thursday, November 7 Meet in the CC Lobby at **11:30 am** for either a one-half mile or one-mile community walk. Follow the Turkey!

Campus-wide Blood Drive: Tuesday, November 12. Contact Michelle at (919) 370-7114 for available appointments.

In honor of **World Kindness Day, Wednesday, November 13**, the Well Being and Engagement team will be sponsoring **Kindness Rocks Craft Project from 11 am-3 pm in the Auditorium**.

Afternoon Gathering and Tea: Tuesday, November 19 from 3-4 pm in the Auditorium.

Wellness Fair Breaks Records

Attendance at the October 2 Wellness Fair set a new record, as 225 residents and 137 staff participated. The number of vendors also hit an all-time high of 37.

An array of gift baskets and a record number of vendors awaited members of the Carolina Meadows community at the fair, whose theme was "Wellness is the Spice of Life."

The Lucky Winners

The lucky winners of the major door prizes were Mary Joy Keane, Bunny Norwood and Marcia Friedman. Barbara Hardin won a one-hour massage, Debra Kahn a \$150 home safety gift certificate, and Lilian Pruett an emergency supply kit.

These were just the "big prizes." There were many other gift certificates and healthful gifts provided by vendors.

- Judith Pulley



Door prize baskets at the Wellness Fair. Photo by Michelle Marino.

DIGITAL SUPPLEMENT

“This Is Not Your Traditional CM Food”

Chef Jody's Lesson for Foodies

Chef Jody's last of the foodies' dream nights on October 22 concluded his four small-group show, tell and taste sessions. He and assistant Sous Chef Yaira Pagan demonstrated the “right way” to prepare five small-plate tasting adventures. In turn, 12 grateful attendees showed them how to properly ooh and aah over a fabulous melding of flavors, aromas, textures and artful presentations.

Jody wasn't kidding when he warned that this dinner was not the usual CM fare. What he did show was how a recipe should look and taste when properly prepared with all the best ingredients available, plus no concern about cost, calories or prep time.

Course one featured a bite of Nova Scotia smoked salmon stuffed with creamy soft cheese, a tiny open-face cheeseburger (really fun) and a few grilled vegetable crudités. It was whimsical, interesting and easy to make.

Course two was jaw-dropping frappé of Maine Lobster and Porcini Bisque, not simple to make, but a delicious sensory experience.



Course Two: Bisque

Then came Yaira's scrumptious roasted beet, arugula and berry salad, followed by a sam-



Course Three: Salad

pling of assorted meats and shrimp, all bathed in subtle sauces or topped with bright fresh herbs.



Course Four: Meats and Shrimp

Course five, on to dessert. Whisking egg yolks, sugar and wine for Zabaione is a labor of love. Keeping it airy and uncured over simmering water is a test of culinary skill.

There was lots of love for this elegant ending to a fine meal. Accompanying wine pairings were optional but many participants enjoyed Melissa Ferguson's excellent selections.



Course Five: Zabaione

This tasting demonstration wasn't just about eating. Jody revealed a few trade secrets too, such as when to season and brown meat. He confessed he does not boil potatoes before mashing. Instead, he bakes them to retain more flavor. It works!



Chef Jody and Yaira Dress the Salad

He also introduced the group to Armenian cherries. They are small, delicious and will be for sale at the Bake Shop during the holidays – great gifts with many uses. Speaking of holidays, Jody promises he will host another round of tastings early in the new year.

- Mary Jo Doherty

In Case You Missed It. . . .

Carolina Meadows was blessed with a number of interesting lectures during October. Below are summaries of just a few of them.

The Impact of Artificial Intelligence on Jobs

Two lectures addressed this topic, but from quite different perspectives and drew different conclusions about the risk to jobs in the future. Professor Arne Kolleberg assured his audience that there was no need to worry about jobs. Just as in every previous economic transformation, new jobs would replace the old. Professor Michael Munger, on the other hand, warned of social unrest as jobs for the less educated disappeared.

“The Future of Work” World Affairs, October 11, 2019

In his World Affairs presentation, “The Future of Work: Advice for Workers in the 21st Century,” Arne L. Kolleberg, the Kenan Distinguished Professor of Sociology at UNC-CH, defined paid or unpaid work as the “exertion of mental and physical abilities to create something of value.”

The post-World War II “Standard Employment Relationship” (SER) he analyzed was a bilateral employer-employee affiliation with standard hours, continuous employment and regulatory protections. Workers entered a company, stayed, got promoted and retired with a pension. Employers provided training and access to careers as incentives for workers to stay.

Participants in SER were adult males, the bread winners. However, since 1975, SER is different, due primarily to a changing economic structure, globalization, technology, deregulated markets, declining unions and noticeable changes in the labor market – more women, immigrants and better educated workers.

The Disappearance of SER

Today’s increasingly part-time, on-call workers are less attached to employers. The increase in temp workers disrupts and dis-

torts the employer-worker relationship. Who does the temp work for – the agency that cuts the check or the job supervisor?

Functions not integral to a company’s primary business, e. g., accounting, food services, advertising, are often outsourced. Who do those workers work for?

Because SER is no longer the basis for unemployment benefits, health insurance and training, risks have been shifted to workers, thus creating insecurity and uncertainty. Who is the employer of an independent contract worker? Uber or the driver?

Today’s labor force, more than 80% of whom are in our predominantly service economy, reflects the growth of self-employment and independent contractors.

Automation never has and never will replace workers, whether it’s writing a legal brief or moving furniture up to a third-floor apartment.

Advice for your grandchildren: Look for work that will let you use your skills and knowledge in the service of something you value. Expect to change jobs several times. Strive for work/life balance. Be a pro-active worker, i.e., keep on learning and developing new skills, absolute necessities for the 21st century.

– Harriet Vines

Tomorrow, 3.0: Surviving in a World without Ownership Unity Group, September 26, 2019

Professor Michael Munger, Director of the Philosophy, Politics and Economics Program at Duke University, took a look into the future with a fascinating lecture based on his recent book, *Tomorrow, 3.0*.

He began with a simple question: Why don’t we share things rather than using up space to lock them away? An obvious example is a car – when we’re not using it, we’ve probably locked it away in a garage; and when we travel by air, we pay to park it at the airport. The garage occupies a space that is larger than the dwellings of many people in developing countries.

But how can we bring together the person needing a ride and a provider of transportation? Uber is an example of a solution provided by what Munger calls the “Middleman Economy,” someone who sells reductions in transaction costs by efficiently bringing together buyers and sellers. You can’t be expected to just go out on the street and thumb a ride. Rather, it is software that brings you and your driver together. Using software apps, “middlemen” sell access to excess capacity – in the

Uber example, their cars. A further extension of this example is software that enables you to allow someone to rent your car while you are away. If your car, why not your house? Which brings us to Airbnb.

There are many other objects that we own and do not use every moment of the day, such as lawnmowers and power tools, but to enable sharing, one must find a way to reduce the “transaction costs” and make the exchange seamless.

Is This the End of Jobs?

Although, when we think of the future of jobs, we generally worry about the impact that robots are having on manufacturing jobs, service jobs are not secure either. For example, we can now

place our order at McDonald’s at a kiosk rather than giving it to someone behind a counter. This has the potential to reduce McDonald’s workforce by about 20%. Car rental companies located at airports are eliminating their counter staff and instead texting their clients with their space location and a password that allows them to open a secure box and withdraw the car key.

The examples and the possibilities are endless. They promise to make more efficient use of our possessions and reduce our costs. But what about the impact on the jobs of those who currently provide these services? What happens when the “Middleman Economy” matures?

For young people, the challenge is to construct a community of meaning that isn’t defined by their jobs and to develop an economic capability that will enable them to thrive in this new economy. The danger we face is that an increasing number of jobless (or underemployed) citizens will become embittered and turn to a demagogue who will assume power by scapegoating some group rather than abstract economic forces. The challenge for economists is to devise a positive economic solution.

When asked what he might propose, Professor Munger suggested a universal basic income that would replace all other forms of welfare. A topic for a future lecture?
- Judith Pulley

“Prius or Pickup?”

Serendipitous Saturday,
October 19, 2019

Jonathan Weiler, UNC Teaching Professor and Director of Undergraduate Studies at UNC-CH, rewarded a Saturday morning audience with a fascinating overview of his book, co-written with Marc Hetherington, *Prius or Pickup?: How the Answers to Four Simple Questions Explain America’s Great Divide*.

In the past, political divisions were based on policy and were rarely acrimonious. There is today a worldview divide that makes it difficult for individuals of one party to understand the other side. These issues are matters of identity, dividing our parties by demographics:

- Race – white v. black
- Gender – male v. female
- Religion – religious v. secular

- Education – high school v. graduate school
- Place – country v. city

In other words, Republicans are more likely to be white, male, religious, high school graduates, and living in a rural area. Democrats are the opposite. The essential characteristic that divides the two worldviews is preference for the traditional v. the novel. Because the differences are based on worldview, culture and identity, they are more fiercely held than divisions based on policy, where compromise can be achieved.

“The Fixed and the Fluid”

The authors call the two sides “the Fixed and the Fluid Folks.” Those on the left and right differ on how wary they are. Their bodies and minds appear to be sending them different signals about how dangerous the world is. People adopt different world views to manage the amount of danger they perceive. Their preferences come

naturally; little thinking is required.

What are the “four simple questions” the answers to which reliably predict worldview. They require a forced choice with regard to childrearing:

- Independence or respect for elders?
- Curiosity or good manners?
- Self-reliance or obedience?
- Being considerate or well-behaved?

Clinton v. Trump Polling

Perhaps the most revealing polling results regarding a sense of threat or well-being came during the Clinton-Trump contest. Two statements were put to a sample of voters, who were asked to select which came closer to their view: “Our lives are threatened by terrorists, criminals, and immigrants and our priority should be to protect ourselves.” Of those who selected this statement, 78% voted for Trump and 17% for Clinton.

The second statement was: *"It's a big, beautiful world, mostly full of good people and we must find a way to embrace each other and not allow ourselves to become isolated."* Of those selecting this statement, 79% voted for Clinton and 8% for Trump.

Professor Weiler was not optimistic when asked when we might see an end to this type of polarization and antipathy.

- Judith Pulley

"Putin vs. the People"

World Affairs, October 18, 2019

Graeme Robertson, Professor of Political Science at UNC-CH, shared with a World Affairs audience some insights from his new book, *Putin vs. the People: The Perilous Politics of a Divided Russia*. He began by listing three commonly held myths:

- Putin is an evil genius.
- Putin rules only by violence and intimidation.
- Russia is everywhere and is a uniquely powerful threat to US domestic politics.

In fact, Robertson argued, popularity and perception are es-

sential to Putin's rule. Popularity can make one strong, but vulnerable. Putin's popularity has to be constantly tended. Thus, his government polls like crazy, so that Putin remains popular by *following* popular opinion.

Causes of Putin's Popularity

Putin was an unknown when Boris Yeltsin picked him as his successor. He began with an approval rating of just 35% but rose to 80% owing to his brutal handling of the uprising in Chechnya, which established his reputation as a strong man of action. High oil prices solidified his popularity in the 2000s, as Russians experienced a better standard of living.

With the economic downturn in 2009, followed by a precipitous decline in oil prices, Putin needed a new image. He was no longer a young man and mass protests against electoral fraud in 2011-12 provided a serious challenge. He responded with a political crackdown, making it harder to protest.

But intimidation was not sufficient. To regain popular support the regime reoriented itself around conservative values, mak-

ing wedge issues of the danger of minorities, LGBT people (allegedly encouraged by the West) as a threat to the family, and gaining the support of the Russian Orthodox Church.

The revolution in Ukraine was a gift to Putin, as his annexation of Crimea drove his popularity back to 80-90%. There followed what Robertson calls "collective effervescence" over the annexation – Russians began to love Putin, to think that corruption was declining, to be more optimistic about the future and even see the hard days of the past through rose-colored glasses.

After Putin?

What will happen after Putin? Will he adhere to the constitutional term limits or declare himself "president for life?" After Putin, Russia is most likely to have another "Putin," drawn from his circle of close associates, rather than a reformer like Alex Navalny. But remember that Putin (and any mini-Putin) will still have to rely on popularity to retain the support of the Russian people.

- Judith Pulley

The Earth in Peril: How Our Planet Will Die

Astrophysicist and North Carolina State Professor Brand Fortner knows how to capture an audience. CM residents were awestruck, perhaps a bit terrified and certainly amused by Professor Fortner's fascinating lecture at CMU's Serendipitous Saturday session on October 26.

He explained in layman-terms five major existential cosmic threats to our planet: asteroids, red giants, solar storms, supernovas and gamma-ray bursts. Any one of these threats, depending on

magnitude, could and most likely would end our civilization. The first four are 100 per cent likely to occur so we have good reason be fearful. We don't recognize the small-scale attacks that are happening all the time. So far, we've been lucky. However, Earth is about halfway through its life expectancy cycle so plenty of total obliteration opportunities remain.

When asked about extraterrestrial life and why we haven't discovered it, he mused that perhaps that life – if it exists – has not been fortunate enough to escape cosmic disasters.

Professor Fortner is a humorous teacher. He left us smiling when he concluded, "Our current political problems are a drop in the bucket when we think about threats to the planet."

If you missed Saturday's presentation, you have another opportunity to hear Professor Fortner. On **Saturday, November 2**, he will return to enlighten us about **Future Earths or exoplanets**. When you finish looking up the definitions of the five threats, try exoplanet. Come to the **Lecture Hall at 10 am** next Saturday to learn more.

- Mary Jo Doherty

Results of the HWC Interest Survey

Response Rate and Interest in Wellness Topics

There was a very good response to the survey:

- 350 (56%) Independent Living residents and one-fourth of Fairways residents replied.
- 40% of IL respondents and 25% of Fairways respondents were interested in presentations on wellbeing and alternative medicine topics; most frequently mentioned was acupuncture.
- The topics mentioned, including many relating to dietary issues, have been passed on to the Wellbeing and Engagement Committee for consideration for presentations.

Awareness of Consultant Services

- Only 16% of IL respondents were aware of all 5 consultant services and this was uniformly true for all groups of residents here over one year.
- Awareness of the services of a licensed clinical counselor and of a psychiatrist were the lowest among the five offerings.
- 17 % of respondents were not aware of any of the consulting services. This was also similar among all groups other than those here for over 10 years, of whom only 4% were unaware of any of these services.
- **Use of Consultant Services & CM Medical Practice**
- 45% of those living at CM over five years had used one or more of these services. Less than 10% of those living at CM five years or less had used any of the consulting services.
- The types of additional services desired in the Medical

Practice have been forward to Dr. Miller for her consideration.

- 59% of IL residents and 80% of Fairways residents reported using the CM medical practice as their primary care provider. The HWC thanks all those who responded for providing this information. It is helpful to the committee and CM management for effective planning for educational programs and health services for residents.

- Brian Boehlecke

CORA Expands Its Services

The CORA Food Pantry is going on the road.

Until now, Chatham County residents needing food assistance have had to travel to the Pittsboro pantry. Beginning in October, CORA has added a "farmer's market style" program that makes food available in the parking lot of Chatham Hospital in Siler City. Anyone who needs food is helped.

Depending on the number of people served, the Mobile Market costs CORA approximately \$2,000-\$3,000 per day. As demand emerges and funds allow, other sites for such markets will be added. One proposed site is Penny Lane here in the northern part of the county.

Although it's a shame that so many people are in need of food assistance, it's nice to know that some of them won't have to travel so far for help.

- Bill Powers

Avoiding Tech Support Scams

Beat the Scammers

Let's say you receive an unsolicited phone call from someone who says he works for Microsoft. He says your computer is causing errors on the internet, and the problem must be fixed. He offers two solutions: pay him to fix the problem or allow him access to your computer so he can fix it.

If you accept either solution, you've been scammed. Believe it or not, this is a very effective scam and lots of people fall for it.

Taking the first option, he asks for your credit card and charges you perhaps \$150 or \$200, and he has your credit card number. If you allow him remote access, he installs viruses and sees your personal data. In the worst case, he installs ransomware (where you can't access your files unless you pay the scammer).

These People are Criminals

Please realize these people are criminals and are very skilled in talking you out of your money.

The IRS, Social Security, Microsoft and other tech companies will never call you.

You don't have to be polite to these criminals. Remember that they called you. You did not call them. Unfortunately, it's been my personal observation that people of our generation may keep the conversation going just to avoid being rude. **Please be rude and hang up the phone.**

- Marty Lyon with credit to Leo Notonboom, a tech expert, for the inspiration and much of the content of this article

A Day at the NC Fair

On a beautiful October day, 19 members of the Carolina Meadows community visited the NC Fair – five from Independent Living, two from the Fairways, five from the Green, and seven staff members.



Shio Northup and Tracy Thrall



Find the two performers on stilts in the trees.



Mark Harrill



Michelle Pooler and Ki Caldwell

November 2019 Meadowlark

Fri	1		Artist of the Month Exhibit: Anne Eller (through 11/14)	AS	10
		10:30 AM	World Affairs: "The Public University"	AUD	6
		2:00 PM	Speed Friending	GR	13
		3:00 PM	*Nordic Walking Clinic (November 1, 8, 15, 22)	ES	14
Sat	2	7:15 PM	Saturday Films: <i>The Tomorrow Man</i>	AUD	9
Mon	4	10:45 AM	*Awareness Through Movement (every Monday)	ES	14
		1:00 PM	Jewelry Design and Repair	AS	13
		1:00 PM	CMU: "Oh, the Story These Works of Art Can Tell!"	AUD	5
		4:30 PM	The Barre Workout (every Monday)	ES	14
		7:30 PM	Music @ Meadows: Choral Society of Durham	AUD	7
Tues	5	2:00 PM	Genealogy Group: "Explanation of DNA Testing"	BR	11
		3:00 PM	Sharing Stories from Our Lives	LH	14
		4:00 PM	*Bowling at Mardi Gras	CCL	13
Wed	6		Estate Sale Accepting Donations (November 6, 7, 8)		11
		1:30 PM	Duplicate Bridge (every Wednesday)	GR	11
		3:00 PM	"Planned Giving: The Benefits of Planned Gifts"	AUD	1
Thurs	7	10:00 AM	Watercolor "Seminar" (every Thursday)	AS	10
		11:30 AM	Annual Turkey Trot	CCL	14
		1:30 PM	Residents Council	BR	NA
		2:00 PM	Jeff Bianchi, Classical Guitar	AUD	7
		4:00 PM	CM Democrats: "Obstacles to Democracy"	AUD	6
Fri	8	10:30 AM	World Affairs: "Turkey in Today's World"	AUD	6
		3:00 PM	African Drum Circle Class	BR	13
Sat	9	3:00 PM	Celebration of Life	AUD	2
		7:15 PM	Saturday Films: <i>The Trouble with Harry</i>	AUD	9
Mon	11	1:00 PM	CMU: "Oh, the Story These Works of Art Can Tell!"	AUD	5
Tues	12		*Campus-wide Blood Drive		14
		12:00 PM	*Women's Luncheon: Dr. Donna Miller	PDR	5
		2:00 PM	Tuesday Movies: <i>The Belle of New York</i>	AUD	8
Wed	13	11:00 AM	Kindness Rocks Craft Project	AUD	14
Thurs	14	8:00 AM	Chatham Senior Education Conference		11
		10:00 AM	Annual Craft Sale (10 am-3 pm)	CCL	11
		1:30 PM	Residents Association Meeting	AUD	NA
Fri	15		Artist of the Month Exhibit: All in the Family (through 12/31)	AS	10
		10:30 AM	World Affairs: "Today's Southern Africa"	AUD	6
		6:30 PM	Piano Recital: Students of Christene Vaughan	AUD	7
Sat	16	7:15 PM	Saturday Films: <i>Antonia's Line</i>	AUD	9
Mon	18		*NC Zoo	CCL	13
Tues	19	11:00 AM	Annual Budget Presentation	AUD	2
		3:00 PM	Afternoon Gathering and Tea	AUD	14
		7:30 PM	Music @ Meadows: Dmitri Shteinberg, Pianist	AUD	7
Wed	20	8:30 AM	*Men's Breakfast: Robert Phay	PDR	4
		11:00 AM	Annual Budget Presentation	AUD	2

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		11:00 AM	*Funky Lunch Bus to Parizade	CCL	13
		2:00 PM	Book Group: <i>Unwinding of the Miracle</i>	LH	8
Thurs	21	2:00 PM	Medical Update: "Marijuana/Cannabis Revisited"	AUD	5
Fri	22	10:30 AM	World Affairs: "The British Are Coming" (video)	AUD	6
		3:00 PM	Asheville Baroque	AUD	7
		3:00 PM	African Drum Circle Class	BR	13
		7:30 PM	Travel Adventures: "China: Historic & Contemporary"	AUD	6
Sat	23	7:15 PM	Saturday Films: <i>Casablanca</i>	AUD	9
Mon	25	1:00 PM	CMU: "History of Furniture in America"	AUD	5
Wed	27	1:00 PM	MET Opera on Demand: <i>L'Elisir d'Amore</i>	AUD	7
Sat	30	7:15 PM	Saturday Films: <i>The Shape of Water</i>	AUD	9

*Requires sign-up

AS: Art Studio AUD: Auditorium
 CCRR: Club Center Rec. Room
 DR: Dining Room ES: Exercise Studio
 FLR: Fairways Living Room

BR: Board Room
 CRAC: Conf. Rm., Activity Ctr.
 FC: Fitness Center

CCL: Club Center Lobby
 CYD: Courtyard
 FG: Fairways Gallery



Pat Mandell and Kevin McLeod introduce CM Foundation at Town Hall Meeting