



CM Launches Fundraising Drive for



On February 19, Carolina Meadows will launch the annual fund-raising drive for UNC-TV.

“FESTIVAL 2018” is one of only four fundraising efforts authorized by the Carolina Meadows Residents Association. As in recent years, dozens of volunteers have created many exciting and enjoyable events to increase awareness and support for UNC-TV.

“The Box,” built especially for the fundraiser, will once again be in the Club Center Lobby along with details about how to make your donation. Related information will be placed in all CM mailboxes and presented at Precinct meetings.



Opening Night of Festival 2018 will be February 19 and will include a Masterpiece Dinner created by our own Chef Jody. There

will be a cocktail reception in the Lobby prior to the dinner, which will be held in the Courtyard and the Pub.

Following the launch day, there will be events highlighting our theme, “CREATING A MASTERPIECE.” On February 22, Music at the Meadows will present a concert by Musicians of the Triangle Chamber Music Collective. They will play trios by Beethoven and Brahms and a member of the group will tell us how the Brahms Masterpiece was created.



On February 24, plan to come to Saturday Night at the Movies to see the film *Amadeus*, a prelude to a CMU Masterpiece Series called “Why Amadeus?” Musicologist Mary Ann Stringer will enhance our film experience by presenting a three-part course, February 26, and March 5 and 12, that will include portions of the film as well as her commentary that will tease out fact and fiction. (Did you know

that Tom Hulce, who played the title roil in *Amadeus*, was a student at the North Carolina School of the Arts?)

And we will all be looking forward to the unveiling of artist Susan Gaca’s creative and clever Masterpiece Mural in the hallway across from the Pub.

The March *Meadowlark* will highlight more Masterpieces planned for the enjoyment of our community and to support UNC-TV. Our support is essential for UNC-TV to continue offering its outstanding programming for all of us.

We anticipate presenting the largest check ever to UNC-TV at our Carolina Meadows Night on March 8. Thank you in advance for your extraordinary generosity.

-The UNC TV Steering Committee

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President's Message

With this first *Meadowlark* of 2018, I would like to thank each resident once again for your overwhelming support of the 2017 Employee Appreciation Fund. On December 15 checks were distributed to 430 employees (299 full-time; 131 part-time). The highest award was \$1,437.89. The average check written for a full-time employee was \$950 and \$315 for a part-time. We have a very happy, appreciative staff!

It has been fun the past couple of months for residents, employees and family members to Celebrate Our Age on the huge frame by the elevator in the Club Center Lobby. Hope you took the time to read the comments, which couldn't help but bring a smile to your face.

On February 19 the UNC-TV Fund Drive will begin. The theme this year is "Creating a Masterpiece." Look for a new mural by Susan Gaca and a dining masterpiece by Chef Jody. "Masterpieces" will also be found in CMU lectures

and musical performances. The team, headed by Ray Williams and Anne Scaff, has many ideas and incentives to reach this year's goal of \$26,000.

Toward the end of the month, RA Standing Committee Chairs and RA Activity leaders with budgets this year will be receiving a notice from Paul Carew (Treasurer) to submit their budget requests for the upcoming year. As you know, the RA operates on a fiscal year beginning June, 2018.

Also this month Sam Ligon (VP) will provide residents with the Residents Association's (RA) Survey of Interest Form. The RA Committee Chairs and Operation Managers use these forms to select their members or volunteers for the upcoming fiscal year.

I'll close as I did a year ago: February is synonymous with Valentine's Day. Our thoughts turn to red roses, chocolates and special people in our lives, especially our Carolina Meadow friends!

- Betsy Ahern

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March Issue Deadline

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

IN MEMORIAM

Joyce Scardiglia	1-110	11-13-2017
Don Hamm	P-209	11-15-2017
Robert Cole	P-108	11-23-2017
Kurt Low	V-282	11-25-2017
Shirley Kramish	P-220	11-26-2017
Mary Pettis	P-231	12-02-2017
Betty Wiker	P-254	12-05-2017
Michael Clendenin	V-328	12-12-2017
Robert Northup	F-103	12-25-2017
John Wheeler	P-102	12-26-2017
June Kirby	P-207	01-02-2018
John Geis	V-371	01-06-2018
Joan Ovatt	F-201	01-08-2018
Bill Delanty	V-324	01-11-2018
Eleanor Brooks	F-236	01-13-2018
Nancy Hinrichs	P-205	01-15-2018

Carolina Meadows Census As of December 31, 2017

Number of Residents	Occupancy Level
Independent Living:	
624	95%
Assisted Living	
80	96%
The Pines*:	
51	74%*
Total on campus:	
755	92%
EA Program: 48	
Total Residents: 803	
<i>*Includes temporary admission of IL and AL residents.</i>	

NEWS (continued)

“Meadows in Motion”

From Ben Cornthwaite, Chief Operating Officer and Executive Vice President

Happy New Year! I hope everyone had a wonderful holiday season. A new year brings new opportunities to advance the mission and establish goals that build on prior year successes. Enriching and improving the lives of our residents is a mission that delivers life-changing results for residents and staff. At the heart of it, Carolina Meadows operates with a robust set of values that guides the organization to lead in a responsible and inclusive manner. Balanced strategies provide the framework that allows Carolina Meadows to be the very best place to live and work.

Carolina Meadows' 2018 Strategies:

1. Create an exceptional resident experience by taking time each day to reflect on what it means to BE EXTRAORDINARY. We aspire to think beyond the status quo in an effort to provide resi-

dents with a level of service that exceeds their expectations. Demonstrate overall commitment to communication, evaluation and execution of Resident Association committee suggestions. Regularly highlight enhancements and progress toward these efforts.

2. Cultivate a high-performance team by embracing the privilege and opportunities of working at Carolina Meadows and by bringing our best attitude and skill set to work each and every day. OWN THE MISSION and make sure we are contributing to a workplace culture that inspires a genuine spirit of collaboration, excellence and fun. Be willing to express thoughts and hear perspectives—all in the spirit of helping our individual teams reach their full potential.

3. Deliver high-quality, integrated care by committing to EXTRAORDINARY PERFORMANCE

in all levels of care: independent living, on-site medical practice, assisted living, and skilled nursing. Treat every interaction as one would his/her own family member or loved one.

4. Drive financial discipline and business plan results by being prudent STEWARDS OF THE RESIDENTS' ASSETS. Strengthen financial reserves while maintaining discipline with cost and productivity. Be willing to develop new revenue streams and explore opportunities to mitigate unnecessary expense—ensuring that we meet/exceed the board-approved targets.

In a future article, I look forward to sharing with you the metrics for how we will determine the success of these strategies. Thank you in advance for continuing to share your gifts.

Your RA at Work: Buildings, Grounds & Safety Advisory Committee (BGSAC)

The BGSAC works closely with CM administration, advising management of resident concerns related to development, construction, physical plant repairs and replacements, usage and care of campus grounds, roads, and general appearance. It also assists management and residents in meeting and promoting campus safety and security requirements.

Like all resident committees, the role of the BGSAC is advisory, having no decision-making authority. Nevertheless, we believe that the BGSAC makes a significant

contribution to the identification and evaluation of campus physical plant and landscape needs and the setting of budget priorities. Recent issues have included traffic sight lines, mold, firearms policy, landscape priorities and updating the Policies & Procedures Manual.

Committee member responsibilities are: (1) to attend monthly meetings; (2) to serve as liaison between the BGSAC and the precinct, which entails bringing concerns of residents to the Committee and reporting on relevant Committee matters to the precinct;

(3) to serve as liaison between the precinct and Plant Operations.

Committee membership consists of one resident from each independent-living precinct and the Fairways. The CM VP for Plant Operations is a non-voting member and at each meeting presents a report of significant Plant Operations activities and issues. To enhance cross-fertilization of ideas, the BGSAC includes residents who also serve on the Resident Budget & Finance, Health & Wellness and

(Continued on p. 4, BGSAC)

(Continued from p. 3, BGSAC)

Dining Committees. Two affiliated non-voting resident groups work through the BGSAC: (1) the Black-out Task Force, whose mission is to propose means of improving CM's preparedness for catastrophic events and, through a Resident Emergency Auxiliary, to provide a source of resident volunteers to assist in emergencies; (2) the Energy & Environment Working Group, whose mission is to submit recommendations on energy issues and develop education programs on energy and environmental issues.

You can check out the BGSAC website on *MeadowLife* for a list of committee members, meeting minutes and annual reports of committee accomplishments.

- *Bill Lehrburger*

Results of Holiday Book Sale

Would you like to hear the good news or the bad news first? Actually, there's only good news. First: The 2017 November-December Holiday Book Sale earned \$2,000 for our Carolina Meadows library! That success is due to you because you donated books, CDs, and DVDs, and you purchased "replacements."

And second: Now there's room in the basement book storage area for more donations, which will go into the spring sale (May 1-3). So when you experience a few days of winter doldrums, why don't you go through your collection and do a bit of weeding. Perhaps that will stave off a bout of boredom; it will certainly contribute to our community and its library.

Advice for Influenza Epidemic Season

In my jewelry box I have a tiny pearl ring. I cherish this ring for the love it represents and the humility it reminds me to maintain. This ring was given to my great aunt, Etta Grieves, by her fiancé in 1918. While my Aunt Etta wore it all her life, she never married because her fiancé died of influenza two days before their wedding. 675,000 Americans died of flu in that season. This ring reminds me to never take life for granted and to always consider influenza a lethal infection, advice we could all use this year.

Influenza is a virus that infects people across the world, and we can learn a lot about what to expect in our flu season from the type of season that other countries experience. Australia is just finishing its winter flu season and reports that it has been especially severe. The predominant virus type they've seen is H3N2, a strain particularly associated with severe infections and complications. In the US, flu season started earlier than usual this year and the most common strain noted is also H3N2. Scientists predicted that H3N2 would be an important strain in this year's flu season and tried to manufacture a flu vaccine to cover it, but in development the virus mutated, causing the flu serum created to be different than expected and less effective. So what should we do to prepare?

1. Get a flu shot! The vaccine will likely prevent severe disease and death caused by H3N2 viruses even though this component of the vaccine is mismatched. The other components of the vaccine, like H1N1 and influenza B, provide excellent protection. Immunization

now will provide protection in two weeks, and will last through the end of the flu season in about March.

2. Stay home when you are sick and keep away from sick people. When you are ill, contact the dining room for meal delivery.

3. Cover your mouth and nose with a tissue when you cough or sneeze.

4. Wash your hands often. If soap and water aren't available, use hand sanitizer. There are many dispensers across our campus.

5. Avoid touching your eyes, nose and mouth. Germs are spread when you touch something that is contaminated with germs and then touch your eyes, nose or mouth.

6. Your mother was right! Clean and disinfect frequently touched surfaces at home, get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food. Linda Zachary's team will provide you with cleaning supplies if you'd like, or arrange to clean your home.

7. Contact your doctor quickly if you develop flu symptoms including fever, sweats, chills, aching muscles, headache, dry cough, fatigue, weakness, nasal congestion or sore throat. Your provider will want to start treatment with an anti-flu medication within 24-48 hours of becoming ill. These medications can lessen the severity and duration of symptoms and in older patients decrease complications of flu. Remember that the Carolina Meadows Medical Practice will help any resident who is acutely ill.

- *Dr. Holly Jean Coward*

New Residents

On-Campus Residents

Barbara Berke, V-378

Last Residence: Pittsboro, NC

Interests: Politics; reading; movies.

Jerrold (Jerry) Berke, V-378

Last Residence: Pittsboro, NC

Interests: Politics; international relations; American history.

Louis (Lou) Lospinuso, V-313

Last Residence: Durham, NC

Interests: Woodturning; vintage & foreign cars; travel.

Margaret Lospinuso, V-313

Last Residence: Durham, NC

Interests: Computer software R&D; woodturning; cooking; travel.

Thomas Savage, 1-308

Last Residence: Pittsboro, NC

Interests: Cards - bridge & poker; television.

Sally Thompson, V-132

Last Residence: Farmville, VA

Interests: Farmville Town Council, 10 yrs; gardening.

William (Willie) Thompson, V-132

Last Residence: Farmville, VA

Interests: American Civil War (published five books), working on new biography.

Early Advantage Residents

Martin and Frannie Lyon

Joe and Monica Kalo

Jack de Vries

Ann Cox and Greg Olley

William Turnier

Henry and Mary Wilkinson

Richard (Pete) and Hannah Andrews

Nancy Williamson

The Sharing Society



For years after the 1949 Communist revolution, China was known as “the kingdom of bicycles.” An article in the November 26, 2017 *New York Times Magazine* describes the striking ongoing transformation of the world’s most populous society. The China experience might merit attention from the United States... and from Carolina Meadows.

Throughout the 1950s and ‘60s, a bicycle was one of the four things that Chinese people strove to possess in order to be part of the modern world. The other three were a radio, a watch, and a sewing machine. To a large extent that goal was achieved. However, times changed. As prosperity spread, the ownership of a car became a new goal. Get rid of the bicycle and get behind the wheel!

Recently, however, polluted air, congested roads, and technological advances have resulted in yet another “great leap forward.” A sort of post-ownership society is gaining traction. Once again city streets are filled with bicycles. However, the workers and students riding them do not *own* them. They *share* them!

Payment by cell phone has resulted in the proliferation of bicycle rental services. Why own a bike when you can pick one up and drop it off almost anywhere? No need to buy it; store it; repair it. And it’s not just the bicycle. A “sharing mentality” is being promoted. Why not the same thing for cars, even houses?

By now, you may be thinking that we already have all these things in the United States. Bike rental racks are all over major cities and university campuses, including UNC and NC State. There are ZIP cars on UNC’s campus that you pick up and drop off when needed. There’s Airbnb for sharing that extra room in your house—or the house itself when you’re away.

We have some bike share right here at Carolina Meadows. Wellness has bikes available that can be unlocked with a villa or apartment key. Are we ready for the next step – car share?

Do we need dozens of cars parked outside each apartment building? Seldom are more than six or seven in use at the same time. Why not have about 20 cars for buildings 1, 2, and 3 and 20 for 4, 5, and 6? Let them be like the ZIP cars on the UNC campus.

Carolina Meadows drivers could register and just take a car when needed. No more hassle and expense of repairs, registration or insurance. And it would be more environmentally friendly.

It can be done. Are we ready to look into it?

- Bill Powers

Open Forum with the Board of Directors

The annual Open Forum with the Board of Directors is **Thursday, February 1, 2018 at 5:00 pm** in the **Auditorium**. The Board and management will address any questions residents may have, including but not limited to: income, expenses, financial trends/issues, strategic planning, and proposed development and changes in policies, programs and services.

United Way Campaign Results

Thanks to the amazing generosity of our Carolina Meadows residents, we had a very successful 2017 United Way campaign. Two hundred seventy-nine donor units contributed \$71,107, which exceeded last year's amount of \$65,883. Although we just missed our goal of \$72,000, we are so very grateful that the Carolina Meadows community provides so much support for the needy folks in Chatham County.

The county campaign continues until July 1, 2018, and if anyone is moved to make an additional contribution, it would be most welcome. Just get in touch with me and I will get a card to you.

The Chatham United Way provides funds for 20 social service agencies. Each year we contact all social service organizations in the county to present plans for how they will use the funds they request and what results they expect to achieve. Volunteer groups review the requests and often visit the agencies to get to know them better. Each group then recommends a level of funding they believe is appropriately based upon the needs of the county. The group leaders then meet to determine what trade offs are needed to fit the total amount available. Since this is all done by volunteers, the donated monies can go directly for the programs that deliver the services, and we work hard to see that all donations are well spent. If anyone is interested in serving on a volunteer panel, please let me know and I can put you in touch with the appropriate people.

- George Evans, United Way Campaign chairman

TALK

World Affairs

World Affairs meets on **Fridays at 10:30 in the Auditorium.**

The programs for February are:

February 2: Michael Leinisch, "Religion and American Politics: An Overview"

Dr. Leinisch, author of *In The Beginning: Fundamentalism, The Scopes Trial, And The Anti-Evolution Movement*, is professor of political science at UNC. He received the Tanner Award for Excellence in Undergraduate Teaching and has been Bowman and Gordon Gray Professor in Political Science. He was named University Professor of Distinguished Teaching.

February 9: Klaus Larres, "Germany in Crisis and Angela Merkel's Future: Has Turmoil and Instability Finally Reached Berlin?"

Dr. Larres, the Krasno Distinguished Professor of History at UNC, has written extensively about world affairs and American foreign policy. A Fellow of the Institute for Advanced Studies at Princeton, a Senior Fellow of the Johns Hopkins University School of Advanced International Studies, and a member of the International Institute for Strategic Studies, he has held the Henry Kissinger Chair in Foreign Policy at the Library of Congress and was the Hackett Visiting Professor in European History at Yale University.

February 16: Dan Kane, "Investigative Reporting and the UNC Scandal"

Mr. Kane has been a reporter at *The News & Observer* since 1997, covering city, higher education, and state government beats before

joining the investigative team in 2009. Since 2011, he has broken dozens of stories about the UNC-Chapel Hill athletic and academic scandal, winning state and national recognition.

February 23: Peter Kolsky, "Cholera in Haiti: One Engineer's View of the Outbreak and Response"

A Public Health Engineer and professor in the Department of Environmental Sciences & Engineering at UNC, Dr. Kolsky has focused on water and sanitation in developing countries for 40 years and has worked with many international agencies, including the World Bank. He led a team that worked on rural water and sanitation in Haiti that grappled with the cholera epidemic following the 2010 earthquake.

- Harriet Vines

Philosophy Group

The topics scheduled by Daniel Bendisi Kokotajlo, Professor of Philosophy at UNC, for the **first and third Tuesdays in February at 1:30 pm in the Lecture Hall** are:

February 6: Exploitation and the Copenhagen Interpretation of Ethics

February 20: Freedom of Religion

Relevant readings and pertinent questions are distributed to members a week before sessions and are also available on *Meadow-Life*.

Please contact me to be placed on our reading list and plan to join us.

- Marlene Appley

Continuation of CMU 2018 Spring Semester

Carolina Meadows University (CMU) hit the ground running in January with Spring Semester Course I, "Tradition and Modernism in the Arts of the Twentieth Century."

Organized by our own Carolina Meadows resident Joe Flora, this course examines the "modernists" and the corrido (bull fighting) that unite Hemingway and the gallery of painters who made the corrido important subjects to their vision.

Following Joe Flora's own first lecture, "The Life and Art of Ernest Hemingway: His Luck Still Holds," the course will continue into February with two more explorations:

Session 2, **February 5:** "Inspiration for Artists: The Corrida" by CMU's own Marge Yanker. Dr. Yanker is retired from a distinguished academic career as Professor of Anthropology and Dean and from her own management consulting firm. This presentation will be based on her passion for and deep understanding of the cultural underpinnings of the bullfight. She will describe the history, the culture, and the mysteries of this ancient art. Marge reminds us to "come with an open mind," as always!

And Session 3, **February 13** (note this is a **Tuesday, also at 1:00**, to accommodate the presenter's teaching schedule): "Painting, Painters, and the Bullfight" by NC State University Art History Professor James Boyle. He will survey the influence of the bullfight on important art works of the 20th century.

Following the usual one week hiatus, CMU will return with Spring Semester Course II, "Why

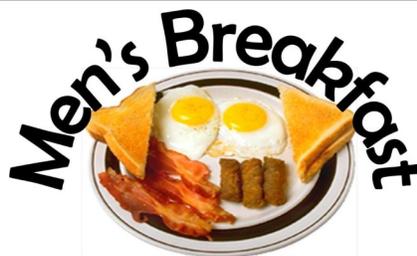
Amadeus?," beginning on **February 26**. This course is being offered in conjunction with the UNC-TV Fundraiser and builds on the theme of "Creating a Masterpiece." Professor Mary Ann Stringer will analyze the masterpieces and the master behind the masterpiece, looking at the award winning theatrical and cinematic success, *Amadeus*, both as a work of art and as an important historical recreation of the life and works of Mozart.

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

For those who haven't seen (or wish to re-visit) the wonderful movie *Amadeus*, CMU will join with CMU's Saturday Night Movie for a special showing of the film in its entirety on **Saturday, February 24 at the usual 7:15 pm**.

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

- CMU Steering Committee



Our speaker for **February 21** is George Lankevich, who will talk about "The Statue of Liberty, Then and Now." Please wear your name tag to the breakfast, which will begin at **8:30 in the Private Dining Room**. Please sign up in the book by Thursday, February 15.

- Fred Bowman

Two Serendipitous Saturday Events in February

On **Saturday, February 10**, Dr. Kathryn Moss will examine the emergence of "Some Concert Pianist Superstars." She will introduce us to some young pianists taking classical music into the future. The concert pianist superstar isn't exactly a new phenomenon. Think Liszt, Chopin, Rachmaninoff, Rubenstein, and Horowitz. But if you believe the recent pianistic luminaries are getting younger and younger, you might be correct. Who are some of the new crop of concert pianist superstars and what makes them stand out? In Kathryn's new Serendipitous Saturday presentation, she will take stock.

Kathryn Moss is a professional academic public policy researcher and an avocational classical pianist. CMU "regulars" know well that she loves preparing for and doing music-related presentations and we love watching ... and listening ... as the results unfold.

Please note that her presentation will be held in the **Auditorium from 10 to 11:30 am**.

On **Saturday, February 24**, in conjunction with Saturday at the Movies, and to help celebrate the 2018 UNC-TV Fundraiser's theme "Creating a Masterpiece," CMU will present a showing of the award-winning movie *Amadeus*. This will be a wonderful background event to the CMU three-part analysis, beginning the following week, of the movie and examination of the actual events and works from the life of Mozart, upon which it is based.

Please note that this movie showing will be held in the **Auditorium at 7:15 pm**.

Travel Adventures – Italy

Alice and I have been fortunate to be able to visit Italy many times – from our first brief visit in 1973 to our final two-week visit in 2017.

We would like to share our impressions of the land, the people, the music, and the food of this warm, welcoming country. Please join us for a pictorial tour in the **Auditorium on February 23 at 7:30 pm.**

- John Haynes

(For a photo by John Haynes of the Venice Gondola Bridge, please see page 16.)

How Does a Crow Fly From Sunny Point, N.C., To Kandahar, Afghanistan?

You have to move ammunition from Sunny Point, NC, to Kandahar, Afghanistan. It's a matter of life or death. How can it be done? How much will it cost? Who will do it? What about the different governments and cultures that will be encountered on the journey?

What would YOU do?

Very few of us have ever faced such dilemmas. But the U.S. military has ever since 2001. How did it resolve the multiplicity of problems?

UNITY invites you to hear retired Major General Jim Hodge paint the full picture verbally and delineate the strategic decisions made to resolve this logistical nightmare. The understated title of his presentation, "Teamwork and Innovation: Supporting the Warfighter in Afghanistan," only gives us a hint of the story that it portrays.

Join us at **10 am** in the **Lecture Hall on Thursday, February 22.** It will make you more thankful the next time you drive to the grocery store.

- Joe Danos

ARTS

Music at the Meadows In the Auditorium

The Gregg Gelb Jazz Ensemble - **Friday, February 9, 7:30 pm.** Gregg Gelb is one of the preeminent musicians in central North Carolina. Performer, teacher, band leader and composer, he received the Jazz Composers Award from the NC Arts Council and four regional arts grants. In addition to leading his jazz quartet and several other bands, he founded and directed the Heart of Carolina Jazz Orchestra and Jazz Society and co-founded the NC Jazz Repertory Orchestra. He has taught at the Francis Marion University, UNC Greensboro, NC State, and UNC Chapel Hill, and holds degrees in music from Berklee College of Music, NC School of the Arts, and the University of North Carolina at Greensboro.

The Triangle Chamber Music Collective - **Thursday, February 22, 7:30 pm.** The Triangle Cham-

ber Music Collective, based in Raleigh, is a unique group of professional musicians presenting thought-provoking programs. The group was born of the idea that we are all connected: the musicians of the past and present, the composers of the past and present, the audience of the past and present all share a love of music and the spirit of collaboration. TCMC honors and fosters this connectedness. Three members of the Collective will perform here: Marianne Breneman, clarinet; Emi Nakajima, piano; and Jake Wenger, cello. They will perform trios by Beethoven and Brahms. Consistent with their educational mission and with the "Creating a Masterpiece" theme of Carolina Meadows' 2018 UNC-TV fundraising drive, the Collective will discuss the composition of the Brahms trio, truly a masterpiece.

Carolina Meadows Book Club

Susan Faludi, an award-winning journalist and feminist, has done an about-face and written a personal memoir in which she relates the process of renewing her relationship with her father, from whom she had been estranged for 20 years. In requesting a reconciliation, Faludi's father also revealed that he now was a woman.

This month the Book Club will be discussing *In the Darkroom*, Faludi's account of reconnecting with her parent in this new identity. She captures the universal story of the child/parent relationship and of the need, on occasion, to admit that forgiveness is necessary.

Join us on **Wednesday, February 21, at 2 pm in the Lecture Hall.** Naomi Berman will facilitate the discussion of *In the Darkroom*.

- Naomi Berman

AIM Art In the Meadows

**Class: Corner Art – February 21, 28, March 7 & 14
1:30 – 3:30 pm in the Art Room
For intermediate & advanced artists**

Usually two dimensional art is framed and hung on walls. This workshop changes this norm. Corner art is defined as art that wraps around a corner – specifically a corner that is a 90-degree angle. Expect a dramatic adventure in composition and purpose. Corner panels for painting will be provided with cost TBD (expected to be less than \$25). Class limited to 10 people; sign up in the Activities book. Taught by Ralph Wileman (919) 717-0723.) For more information, contact Ralph or Margaret Zircher, zircher@me.com or (919) 967-1102.

Artist of the Month: Watercolors by Nancy Butterworth

To exhibit your art in this informal setting in the Art Room, sign up on the sheet in the Art Room's bulletin board.

Don't forget that the Art Room is reserved for painters and other artists every Wednesday. See you there!

- Margaret Zircher

Did You Know...?

You can read the *Meadowlark* in bold print and with photos in living color. You can even read all back issues. On the internet go to [meadowlark.com] and click on the "The Meadowlark" link in the right-hand sidebar on your screen. It's worth a visit.

A "Girl," a Train, and a Mystery

In case you missed the train when the book came out some time back, and you have a yen for mystery, you might want to stop by the library and pick up Paula Hawkins' *The Girl on the Train*. In this thriller the reader journeys back and forth between London and one of its suburbs with Rachel, the 30-something "girl." We sit next to her on the commuter line and are invited inside the tormented woman's consciousness.

But wait! Not to become too depressed with Rachel's alcohol-fueled obsessions, we also spend part of the trip through the novel inside the consciousness of two other women, Anna, who has married Rachel's former husband, and Megan, a neighbor. Miraculously, we are privy to Megan's thoughts even though she was murdered before the train even gets to Euston Station.

If you are somewhat bewildered by all this, you're supposed

to be. After all, this is a mystery. Who killed Megan, and why? What is Rachel really witnessing through the window of the train? What role does a mysterious psychiatrist with an Arabic-sounding name play? How about Megan's husband, and Anna's? And, oh my, all those cell phone calls.

Now the train had barely reached the terminal when a film based on the book was released. The *New Yorker* reviewer, clearly delighted with his wit, wrote: "The plot is so full of holes that you could use it to drain spaghetti." Nevertheless, the book is a page turner. All aboard.

By the way, besides the paper edition, the library has the **audio book** version. If you haven't tried an audio book, this might be the one with which to begin. If you do, listen in the dark...but be sure your emergency pendant is nearby.

- Bill Powers

New Books Added to Library Collection

Fiction

Elmet by Fiona Mozley

Little Fires Everywhere by Celeste Ng

Birdcage Walk by Helen Dunmore
Go, Went, Gone by Jenny Erpenbeck

Past Perfect by Danielle Steel

Year One by Nora Roberts

Smile by Roddy Doyle

The Story of Arthur Truluv by Elizabeth Berg

Heaven's Crooked Finger by Hank Early

Beneath a Scarlet Sky by Mark Sullivan

In the Midst of Winter by Isabel Allende

The Secret Book and Scone Society by Ellery Adams

End Game by David Baldacci

The Prague Sonata by Bradford Morrow

Large Print

Deep Freeze by John Sandford

To Be Where You Are by Jan Karon

The Midnight Bell by Jack Higgins

Someone to Love by Mary Balogh

Earthly Remains by Donna Leon

(Continued on p. 10, "New Books")

(Continued from p. 9, "New Books")

And Then All Hell Broke Loose by Richard Engel

A Sweet Misfortune by Maggie Brendan

Mystery

The Wanted by Robert Crais

The Man in the Crooked Hat by Harry Dolan

The Templars' Last Secret by Martin Walker

Killing Season by Faye Kellerman

Righteous by Joe Ide

Old Scores by Will Thomas

Hardcore Twenty-Four by Janet Evanovich

Hidden Scars by Mark de Castrique

The Midnight Line by Lee Child

Biography/Biography Collection

Dust Bowl Girls by Lydia Reeder

Prairie Fires by Carolina Fraser

Leonardo Da Vinci by Walter Isaacson

The Rules Do Not Apply by Ariel Levy

Non-Fiction

American Eclipse by David Baron

Nixon's Back Channel to Moscow by Richard A. Moss

Code Girls by Liza Mundy

City of Light, City of Poison by Holly Tucker

Ranger Games by Ben Blume

- *Martha Hutt*

Art Gallery Exchange

The Art Guild Gallery exchange of residents' artwork in the Club Center is **Saturday, February 3**. We welcome anyone who wishes to exhibit her/his original work – no matter when it was created. Bring your art pieces to the Board Room between **10 am and 3 pm on February 3**. Call me, Bev Milton, (919) 967-1254 or Susan Durfee (919) 942-6655 if you have any questions.

Note the time change.

Films for February 2018

Shows start at 7:15 pm in the Auditorium

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

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

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

February 3 *Apollo 13* (1995)

140 minutes – Rated PG

Tom Hanks, Bill Paxton, Kevin Bacon

Technical troubles scuttle the Apollo 13 lunar mission in 1971, risking the lives of astronaut Jim Lovell and his crew in director Ron Howard's chronicle of this true-life story, which turns a failed journey into a thrilling saga of heroism. Film chosen by Anonymous

February 10 *San Francisco* (1936)

115 minutes – Not Rated

Brash nightclub owner Blackie Norton (Clark Gable) and his talented paramour, singer Mary Blake (Jeanette MacDonald), find their ardent love put to the test when real estate magnate Jack Burley (Jack Holt) steps in to fulfill Blake's dream of becoming an opera singer. In no time, a romantic tug-of-

war ensues, culminating in a calamitous battle that rages even as earthquakes and fire shatter the city by the bay.

Film chosen by Webb Morrison

February 17 *Queen of the Desert* (2017)



128 minutes – Rated PG13

Nicole Kidman, James Franco
Helmed by Werner Herzog, this historical drama charts the life of the remarkable Gertrude Bell, a British adventurer, archaeologist, spy and political attaché who played a key role in reshaping the Middle East after World War I. Film chosen by Activities

February 24 *Amadeus* (1984)

160 minutes – Rated R

F. Murray Abraham earned a Best Actor Oscar for his imperious performance as Antonio Salieri, a mediocre composer whose churlish young rival, Wolfgang Amadeus Mozart (Tom Hulce), wins immortality with his musical genius. Not happy to see his talent eclipsed, Salieri dons a disguise and deviously plots revenge, obsessed with muffling Mozart's maddening laughter. Milos Forman's masterful drama also won Oscars for Best Picture and Best Director. Film chosen by CMU/Serendipitous Saturday Committee.

Restaurant Review: 411 West Franklin Street Chapel Hill

It's reassuring in our fragile world to find that some things remain the same. Good things, that is, like the quality and constancy of 411 restaurant. Opened in 1990, the restaurant still fills the room with loyal diners relying on a kitchen run by long-time staffers. It is also a good place to be on a cold winter evening when kitchen aromas waft through the dining rooms filled with cheerful diners.

411, featuring Italian cuisine, is unique in offering a large number of small plate entrées along with its house-made pasta choices. Not only is the price smaller, but we found even the "small" plates offered generous servings, large enough for two diners. To that end, we started dinner with a kale salad punched up with flavorful blueberries, avocado, almonds and goat cheese. It's a tasty combo, but be prepared to spend inordinate time chewing fresh kale. Our second choice, a grilled pear over local greens with toasted walnuts, was enriched with gorgonzola cheese under a pomegranate vinaigrette. On a previous visit the calamari, deep fried in basil aioli, was a light and crispy take on the classic starter in a generous serving.

Fresh house-made pasta is a siren call when the dish is lemon linguine with scallops and shrimp, under a coating of roasted romas with clam wine and lobster butter. It was considered a "go-to" dish that was lovely on an earlier visit, but was hungry for lemon flavors at this second dinner. Whole wheat fettucine was delicious, but the braised chicken that comes with it is a poor match for the robust pas-

ta, despite a flavorful base of rosemary, mushrooms and Marsala cream sauce. Trout roasted in brown butter and a mushroom ravioli with shrimp, mushrooms and prosciutto were designated favorites.

Despite minor failings, 411's soft pink walls and intimate tables offer a cheerful environment for the foodie fans who still flock there like a second home.

- Dorothy Mahan

Community Outreach: Communities In Schools - Chatham County Chatham Cares Community Pharmacy

The mission of Communities In Schools is to surround students with a community of support, empowering them to stay in school and to achieve their goals in life. Many are "at risk students," with a single parent.

CIS OF CHATHAM offers school-based and community-based volunteer opportunities through lunch-buddy tutoring and mentoring programs, which can be as little as four hours per month. CIS also has a community garden in Siler City where youths and adults can volunteer.

CIS promotes positive youth development and community engagement. CIS believes there are five basic sets of essentials that every child needs and deserves:

1. A one-on-one relationship with a caring adult.
2. A safe place to learn and grow.
3. A healthy start and a healthy future.
4. A marketable skill to use upon graduation.
5. A chance to give back to

peers.

You can make a difference in the life of a child! Just ask Ruth Boyce of Villa 210. A child whom she tutored continued her education and earned a PhD.

There are periodic volunteer training sessions in Pittsboro. If you have any questions, call Lynn Ogden at (919) 968-6910.

Our thanks to the Carolina Meadows residents who are currently assisting us in our annual school supplies drive.

We are reviving the collection of unopened medications (no opioids, please) plus dental supplies for "Chatham Cares Community Pharmacy" in Siler City. There is also a need for diapers, walkers, oxygen machines, shower benches and other assistive devices. All of these items are provided free to people who need them. The drop-off point for your donation of these items is with Pat in the clinic. I will be glad to transport everything to Siler City. If you need help donating items, please call Lynn Ogden at (919) 968-6910.

- Lynn Ogden

Community Garden

Raised bed assignments have been made for 2018, but a resident can contact Alan Tom (alantom@mindspring.com) to see if any half-plots are still available. If not, one can still submit an application for a plot that might become available later in the year. We do try to provide a bit of space for anyone who desires to garden.

NOW is the time to plant early spring vegetables. Peas, radishes, carrots, lettuce, and spinach are

(Continued on page 12, "Garden")

(Continued from page 11, "Garden")

among the vegetables that can tolerate some frost. Be sure to add plenty of compost and/or an appropriate amount of fertilizer for best results. It is wise to wait for the soil to warm before planting tender vegetables and most flowers.

- Alan Tom and Margy King

December 24 Audubon Christmas Bird Count

Many thanks to the eight Carolina Meadows residents who came out for the annual winter count along with Steve Graves: Judith Ferster, Susan Gaca, Bobbie Hahn, Nan Miller, Margaret Scott, Margaret Wainwright, and Bob and Sue Wolff.

The day was rather chilly at 50 degrees with overcast skies for the morning walk around the campus. We ended up with 42 species for the day, only one short of our 10-year average. The total birds seen were 1,238, about 370 over our 10 year average due to large flocks of robins.

David Murdock, CBC volunteer, covered the surrounding woods and saw eight species not seen on the campus. The best finds were the five wild turkeys along with red-headed woodpecker, hairy woodpecker, flicker, phoebe, brown creeper, hermit thrush, and swamp sparrow.

On campus we saw two pine siskins at a feeder by Building 5. The 500 robins seen throughout the day were a record for our count area. Also notable were the 90 cedar waxwings and 110 red-winged blackbirds.

A copy of the 2017 CBC Checklist is on the Birders @ CM web page on *MeadowLife*.

- Steve Graves and Margaret Scott

Need to Go Somewhere? Call MAP

Brrrrr. We hate to go outside when the cold air zaps you in the face. And we know how important it is to get to appointments, or to just to have fun, despite the weather. The Meadows Assistance Program (MAP) is here to encourage you to get up and go no matter the weather or other inconvenience.

Let's say you have a medical appointment and you don't want to show up all alone. Call one of our trusted volunteers to go with you. We'll stay there while you visit your doctor and then see you safely back to your home. For a medical escort, call Fran Alderman at (919) 967-0765.

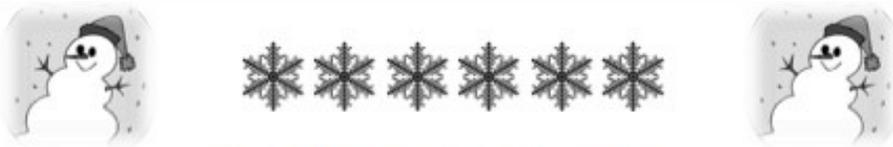
You'll be glad we're available on weekends when our Carolina Meadows transportation is not available. We can get you wherever you want to be on campus. If

you just want to get out of the house and meet with a friend for lunch either at one of our dining venues or even at someone's home we'll get you there on weekends. How about some post-holiday-trauma fat removal? We can get you to the gym for some classes or calisthenics on the weekend. Call Bert Morhart at (919) 942-8893.

Did you know we have a Ladies Lunch Bunch and a Men's Lunch Bunch which arrange for residents to get together on campus for dining pleasure and good conversation? For the Ladies Lunch Bunch call Martha Hutt at (919) 969-0008. For the Men's Lunch Bunch call John Haynes at (919) 918-1027.

The Meadows Assistance Program (MAP) is here for you. Just give us a call.

- Dorothy Mahan



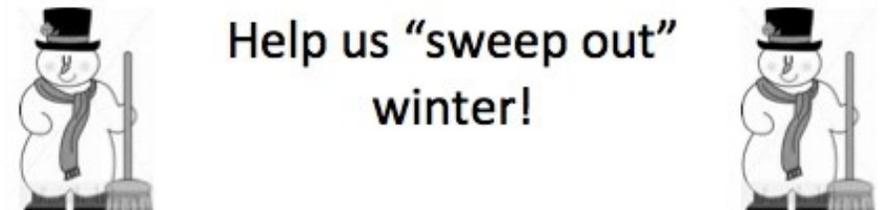
The Gift Shop is having an

End of Winter Sale

We need to clear out inventory and are offering 50% off selected Jewelry, Scarves, Tops, Gifts and Golf Umbrellas AND 50% off all Toys

Begins February 1st

Help us "sweep out" winter!



February Activities

Sign up in the sign-up book:

NASHER MUSEUM of ART

Exhibits: *Disorderly Conduct: American Paintings & Sculptures 1960-1990*

La Vita Italiana: Italian Postwar Photographs 1950-1970

Wednesday, February 7

Deadline: **Thursday, February 1**

Cost: \$23 per person + lunch on your own at the museum café

Load: **10:45 am**

CHAMBER ORCHESTRA OF THE TRIANGLE *Resplendent Gems*

Sunday, February 18

Deadline: **Monday, February 12**

St. Stephen's Episcopal Church

Cost: \$44 per person

Load: **2:00 pm**

FUNKY LUNCH BUS!

Wednesday, February 21

Deadline: **Monday, February 19**

Ted's Montana Grill

Cost: \$8.00 per person + lunch on your own. Shopping to follow.

Load: **11:00 am**

NC MUSEUM of ART *Art in Bloom*

Friday, March 23

Deadline: **Friday, February 23**

Cost: \$31 for members; \$36 for non-members

Load: **12:30 pm**

PIANO RECITAL featuring students of Alice Tien

3:00 pm Auditorium

Saturday, February 3

BROADWAY BOUND salutes the King of Pop, a Michael Jackson Review

7:00 pm Auditorium

Tuesday, February 13

Beyond Broadway Studio's Company Troupe is delighted to pre-

sent **Broadway Bound salutes the King of Pop**, a Michael Jackson Revue. This 40-member select ensemble (from 4th-8th grade) will perform some of your favorite Jackson Five, Motown and Michael Jackson songs through the years, such as Rockin' Robin, Who's Lovin' You, Ben, We Are The World, and of course, Thriller...plus so many more! Come and relive some of music's favorite moments, complete with costumes and choreography. This show will delight audiences of every age!

"Tuesday" at the Movies

2:00 pm Lecture Hall

MONDAY, February 12 (due to change in CM University date)

Pillow Talk

1959 - Not Rated - 103 minutes
Womanizing songwriter Brad Allen (Rock Hudson) spends hours on the phone wooing his many women. Problem is, he shares a party line with prim interior decorator Jan Morrow (Doris Day), who's miffed because she can't get any calls. Then Brad gets a gander at Jan -and it's lust at first sight. Realizing he's a goner if Jan learns his true identity, Brad concocts a Texas persona to seduce her. When the truth comes out, there's hell to pay.

Jewelry Design and Repair

1:00 pm - 4:00 pm Art Studio
Monday, February 6, and Tuesday, February 20

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

New Medicare Cards to be mailed starting April 2018!

The Federal Government is taking action to help prevent identity theft and fraud. They will issue new Medicare cards with a new Medicare beneficiary identifier (MBI) rather than using the individual's social security number.

Residents with Medicare will begin receiving replacement cards starting this April. However, anyone new to Medicare may receive a card with the new identifier (MBI) starting January 1, 2018. The Federal Government proposes that it will take about 18 months to distribute the new cards and they say that the old cards should work through December, 2019.



Carolina Meadows requests that residents who receive a new card take it to Resident Services so staff can make a copy of the front and back of the card in order to update Carolina Meadows' resident database.

This URL links to information that explains the new card and roll-out procedure and answers frequently asked questions: <https://www.medicare.gov/forms-help-and-resources/your-medicare-card.html>

- Kristin Ferriter

Medical Update

The next Medical Update lecture will take place on **Thursday, February 15 at 2 pm in the Lecture Hall**. The topic and title will be "Cancer Management in the Elderly." Our speaker will be Dr. Hyman Muss, Distinguished Professor of Geriatric Oncology at the UNC School of Medicine and Director of the Geriatric Oncology Program at the UNC Comprehensive Care Center. His interest is in education and research focused on cancer in older patients and he is an internationally recognized leader in this area. His particular interest and research is in the care of breast cancer patients with a focus on the management of older women. He has a major interest in breast cancer survivorship and the long-term toxicity of treatment. With a UNC colleague, he is exploring the role of biomarkers of aging and their potential role as predictors of toxicity and survival.

He serves as the mentor for medical students, medical residents, junior faculty, and three Geriatric Oncology fellows. He co-chairs the Alliance Committee on Cancer in the Elderly, and is a member of the Board of Directors of the American Board of Internal Medicine, as well as a member of the Board of Directors of the American Society of Clinical Oncology. He was awarded the B.J. Kennedy Award in Geriatric Oncology by the American Society of Clinical Oncology and the Susan G. Komen for the Cure Brinker Award for Scientific Distinction in Clinical Research. He has published numerous peer-reviewed scientific research papers in the medical literature.

This promises to be a most informative lecture on a subject of great current and emotional interest.

- Leonard Cutler

Wellness Corner

Please welcome Sydney Peavy and Abby Symes, UNC-Chapel Hill Exercise and Sport Science majors, who will be completing their internship at our site during the spring semester.

Congratulations to Active Aging Specialist Nancy Alton, who recently became certified by the Titleist Performance Institute. Nancy is available to provide one-on-one assistance on the golf course and focusses on safety hazard awareness and on course conditioning moves. For more information, contact Nancy at (919) 370-7259.

In honor of February as National Heart Health Month, we have a few programs being promoted by our resident Health and Wellness Committee, including:

National Wear Red Day® on Friday, February 2

Why Go Red? Heart disease and stroke cause one in three deaths among women each year, killing approximately one woman every 80 seconds. Fortunately, we have the power to change that because 80 percent of cardiac and stroke events may be prevented with education and action.

Walk-In Wednesdays

Throughout the **month of February we are turning the Auditorium into an indoor walking track from 9 am to 1pm**. The goal will be to walk a half mile each week. Everyone who walks will be entered to win a Fit Bit. The first 100

participants will receive red shoes. This event is encouraged for both staff and resident participation.

The Fourth Annual Women's Heart Symposium will be held at **the Friday Center on Saturday, February 17, 8 am-4 pm**. It will be hosted by Paula Miller, M.D., who will be giving an overview of heart disease in women. Topics at the symposium include: heart failure in women, device therapy in women, cardiovascular disease, exercise and nutrition. Register by **Monday, February 5** by contacting Barbara Reid at (919) 843-5205.

Meet Swim Technique Total Immersion Swimming instructor, Kevin Sutton on Tuesday, February 6, 2:00-3:00 pm on the pool deck. Total Immersion Swimming is a method of learning to swim with less effort, more enjoyment and more benefit to your overall physical and mental well-being. Each student, regardless of skill level, follows the same steps of fundamental skills. By learning these skills, everyone can learn to enjoy each stroke you take; continually improve; swim farther, faster, use less energy; and swim pain free and not worry about injuries. For fees or inquiries, Kevin can be reached at (919) 435-6873.

Yoga Nidra session offered **Wednesday, February 21 at 4-4:45 pm**. Settle into a state of consciousness between wakefulness and sleep. The practice is done lying down while listening to the teacher's instructions. Yoga Nidra can help decrease stress and sleep disturbances, and can increase energy and bring about a sense of peace and well-being. Space is limited, register in the Wellness Book.

- Michelle Marino

February 2018

DAY	DATE	TIME	EVENT	LOC	PAGE
Thurs	1	10:00 AM	Gift Shop Sale	GS	12
		1:30 PM	Residents Association Council Meeting	BR	NA
		5:00 PM	Open Forum: Board of Directors	AUD	5
Fri	2	10:30 AM	World Affairs: "Religion and American Politics"	AUD	6
Sat	3	10 to 3	Art Gallery Exchange	BR	10
		3:00 PM	Students of Alice Tien	AUD	13
		7:15 PM	Saturday Movie: <i>Apollo13</i>	AUD	10
Mon	5	9 to 1	Walk-in Wednesdays (every Wednesday)	AUD	14
		1:00 PM	CMU: "Inspiration for Artists: The Corrida"	AUD	7
Tues	6	1:00 PM	*Jewelry Design	AS	13
		1:30 PM	Philosophy Group: "Exploitation/Ethics"	LH	6
		2:00 PM	Total Immersion Swimming	Pool	14
Wed	7	10:45 AM	*Nasher Museum of Art	CCL	13
Thurs	8	1:30 PM	Residents Association Meeting	AUD	NA
Fri	9	10:30 AM	World Affairs: "Germany in Crisis"	AUD	6
		7:30 PM	Music@Meadows: Gregg Gelb Jazz Ensemble	AUD	8
Sat	10	10:00 AM	Serendipitous Saurday.: "Concert Pianist Superstars"	AUD	7
		7:15 PM	Saturday Movie: <i>San Francisco</i>	AUD	10
Mon	12	2:00 PM	Tuesday Movie: <i>Pillow Talk</i>	LH	13
Tues	13	1:00 PM	CMU: "Painting, Painters, & the Bullfight"	AUD	7
		7:00 PM	Broadway Bound, Michael Jackson	AUD	13
Thurs	15	2:00 PM	Medical Update: "Cancer Management in Elderly"	LH	14
Fri	16	10:30 AM	World Affairs: "Investigative Reporting & UNC Scandal"	AUD	6
Sat	17	8 to 4	*Women's Heart Symposium (Friday Center)		14
		7:15 PM	Saturday Movie: <i>Queen of the Desert</i>	AUD	10
Sun	18	2:00 PM	*Chamber Orchestra of the Triangle	CCL	13
Tues	20	1:00 PM	*Jewelry Design	AS	13
		1:30 PM	Philosophy Group: "Freedom of Religion"	LH	6
Wed	21	8:30 AM	*Men's Breakfast: "Statue of Liberty"	PDR	7
		11:00 AM	*Funky Lunch Bunch	CCL	13
		1:30 PM	*Corner Art Class	AS	9
		2:00 PM	Book Club: <i>In the Darkroom</i>	LH	8
		4:00 PM	*Yoga Nidra	ES	14
Thurs	22	10:00 AM	Unity Group: "Teamwork and Innovation"	LH	8
		7:30 PM	Music@Meadows: Triangle Chamber Music Collective	AUD	8
Fri	23	10:30 AM	World Affairs: "Cholera in Haiti"	AUD	6
		7:30 PM	Travel Adventures: "Italy"	AUD	8
Sat	24	7:15 PM	Saturday Movie: <i>Amadeus</i>	AUD	10
Mon	26	1:00 PM	CMU: "Why Amadeus?"	AUD	7
Wed	28	1:30 PM	*Corner Art Class	AS	9

February 2018

*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
PS: Pines Study

CCL: Club Center Lobby
CYD: Courtyard
FG: Fairways Gallery
GR: Game Room



Venice Gondola Bridge by John Haynes