



The Meadowlark

Volume 30, No. 3

April 2018

CM Recognized with Three LeadingAge North Carolina Distinguished Awards

LeadingAge North Carolina, our state professional association, honored Carolina Meadows with three awards at this year's annual spring conference and trade show. The LeadingAge North Carolina Awards Program affirms excellence, innovation, leadership, service, and collaboration.

We were awarded two Service Excellence Awards, which honor those in direct service who demonstrate extraordinary talent, expertise, and dedication in provision of exceptional service to residents.

The first award recipient is Alma Rodriguez, RN. Alma has worked at Carolina Meadows for 17 years. She began as a member of our senior wait staff. She went back to school to become a Licensed Practical Nurse and worked as an LPN for 12 years, while continuing to pursue her degree as a Registered Nurse. After receiving her RN in 2014, she was an RN charge nurse before being promoted to an RN supervisor in 2016. Alma aspires to become a Nurse Practitioner. She contributes much to the profession and is a model provider for her patients. Alma was unable to attend the presentation.

The second recipient is Valerie Hawkins-Kenion, CNA. Valerie has been a Certified Nursing Assistant in the Pines for the last two years, although she has served as a

caregiver for 37 years. Valerie is an example of what "person centered care" is all about. She understands that knowing the resident and the family is where person centered care must start. She treats all residents as individuals with individual needs, dreams and aspirations no matter what challenges they may face.



Ben Cornthwaite and Valerie Hawkins-Kenion

The Excellence in Community Service Award recognizes outstanding community service rendered under the auspices of a member organization, as an expression of that organization's commitment to the broader non-profit mission. This award was presented to Amy Gorely, Director of Community Relations at Carolina Meadows.

Amy's work exemplifies Carolina Meadows' mission, which is to enrich and improve the lives of older adults. Under Amy's guid-



Amy Gorely and Ben Cornthwaite

ance, this has included touching the lives of CM residents as well as elders who don't live at Carolina Meadows. As such, the Chatham County Council on Aging (CCOA) is our natural partner in helping to deliver on our broader non-profit mission. Our collaboration has included programs such as Meals on Wheels, sponsorship of the senior games, and our resident-led annual winter clothing drive. Amy is the driving force behind this powerful partnership.

- Pat Mandell

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President's Message



On **Friday, April 27** the **Club Center lobby** will look like a cocktail lounge! Please join us for champagne and light appetizers before dinner. On that day in 1988, five residents signed the Articles of Incorporation creating Carolina Meadows Residents Association, Inc. as a nonprofit corporation. The stated purpose of the corporation is to promote the common good and general welfare of the residents living at CM. Frances Tillson is the widow of one of these signers.

To learn more about the beginnings of the RA, I would encourage you to read two publications on Carolina Meadow's history: "Memories and Recollections of the First Fifteen Years (1985-2000)" and "A Celebration of the 25th Anniversary (1985-2010)." It was in 1986 that a group concerned about construction problems began meeting. They set in motion a group from which the Residents' Council was born and

which later would become the Residents Association.

As Carolina Meadows grew, so did the CM Residents Association. Kevin will be joining us at the reception to talk about our unique partnership that has evolved over the years. Dining Services has planned a special dinner for that evening. Whether you plan on dining at CM or not, I hope to see you at the reception for a champagne toast. The reception will run from **5 until 6:30 pm**.

It has been a busy year and our fiscal year is drawing to a close. Residents have turned in their Survey of Interest Forms and the Standing Committees Chairs are selecting their members for the coming year. The slate of officers for 2018-19 will be announced at the April RA Meeting.

Spring has arrived; our campus is beautiful. Even with our busy schedules be sure to find time to enjoy!

- Betsy Ahern

Correction

The front-page article in the March issue of the *Meadowlark* mistakenly attributed the design of the Wellness Center to new Board member Richard Gurlitz. In fact, his firm was responsible for the original master plan as well as the original Club Center, the apartment buildings and Phase 1 of the campus. The architect for the Wellness Center was Kyle Troxell.

THE MEADOWLARK

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May Issue Deadline

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

Carolina Meadows Census

As of February 27, 2018

Number of Residents	Occupancy Level
Independent Living:	
633	97%
Assisted Living	
72	88%
The Pines*:	
55	67%*
Total on campus:	
760	91%
EA Program:	
51	
Total Residents: 811	
<i>*Includes temporary admission of IL and AL residents.</i>	

Town Hall Meeting



Monday, April 2, 11 am
Tuesday, April 3, 11 am
Auditorium

NEWS (continued)

Meadows in Motion

Spring is upon us—I hope you share my excitement as the campus' beauty comes to life over the next couple of weeks. We are so fortunate to have a beautiful 166-acre campus with walking trails, gardens and tons of outdoor amenities. I look forward to seeing you around campus in one of these serene hideaways soon!

A topic of frequent conversation regarding the prospect of our campus master plan is that of capacity in our dining venues. Brad Itzkowitz and I have analyzed the trends of occupied seats vs. total capacity in the Pub and Courtyard for all of 2017. Despite steady growth of occupancy and the addition of new residents through the Early Advantage program, the existing dining venues maintain substantial opportunity to fill open seats. Aside from the Marketplace's obvious capacity opportunity for dinner, the Pub and Courtyard also have considerable opportunity. The Pub has 92 seats to offer guests any given night while the Courtyard offers 101 seats (excluding the use of the Private Dining Room). The Pub offers service from 5 pm to 8 pm (3 hours) while the Courtyard offers service from 5 pm to 7:30 pm (2.5 hours).

Analysis of the 2017 data shows that the Pub averages 87 guests (94% of seats) served on any given evening while the Courtyard averages 73 guests (72% of seats). A given is that 6 pm to 6:30 pm is the most popular time to dine anywhere on campus. Needless to say, options are most limited at that time with some risk for extended wait times. Considering

that we are seating 160 guests between these two venues nightly during the entire hours of operation, we are able to discern that additional capacity can be achieved without the need for expanding our dining venues. The average experience in the Pub ranges from 1 hour to 1.25 hours and the Courtyard 1.25– 1.5 hours. Given these averages, we believe expansion of the dining venues would be unnecessary until such time that we are fully seating every table twice during the existing hours of operation (serving 386 guests nightly).

To enhance predictability and flow, we currently have the practice to seat 30 guests every 15 minutes (15 guests in each venue) throughout the hours of operation. This stagger gives you predictable service, while also giving the kitchen the opportunity to scratch-cook the items you order. It is our pleasure to continue to provide you with a pleasing and predictable dining experience!

- Ben Cornthwaite

Your RA at Work Dining – An Important Collaboration

In his March Residents Association update, Ray Williams, Dining Services Committee Chairman, emphasized that dining services is a cooperative effort among residents, the Dining Services Committee and the Dining Services Department. He noted:

- The Dining Focus Group results have led to new menu options. There is continuous updating based on residents' feedback.
- Service has greatly improved. The Fairways now offers two seatings a night.
- Thanks to residents who are kind to our staff.
- December was a dining "tour de force" with a multitude of special events, many of which were facilitated by Thom Cranina, who worked every day that month.
- The December 2018 Resident Brunch will not be held the same day as the Employee Appreciation Holiday Party.
- Many very popular special events have been and will be held in lieu of birthday dinners. Suggestions are welcome.
- The Marketplace is slowly being improved. Removing wheels from chairs has created a safer environment. Other changes are forthcoming.
- The new Sunday Café hours are popular.
- Nearly 900 meals a day are served at CM. Resident feedback is about 90% favorable. The committee and management acknowledge both praise and criticism.
- Specific complaints are taken seriously and lead to change where needed.

Ray thanked all residents for their thoughtful input that makes CM "a very special place."

The Best Masterpiece of All

Carolina Meadows' 2018 fundraiser for public television was a huge success. On March 8, during a live telecast, a group of residents and staff presented a \$46,519 check to UNC-TV. This could not have been accomplished without your generous support.

Our theme, "Creating a Masterpiece," came to life through special music, art, and dining experiences. The celebration culminated with the unveiling of Susan Gaca's mural, "A Night at the Pub." At the unveiling, Dottie Gration, who won the silent auction, received her prize, a mounted photograph of the mural.

Kudos to Ray Williams and Anne Scaff, co-chairs of the Steering

Committee, and to the many Carolina Meadows residents who volunteered to make this year's drive such a success. Special thanks go to the Marketing, Dining, and Activities staffs who joined with us to create our own masterpiece.

This is the 16th year that we have come together to support UNC-TV.

Festival 2018, "Creating a Masterpiece," was our community at its best. Thank you for helping to sustain this very worthwhile tradition in support of public television.

- *The UNC-TV Fundraising Committee*

IN MEMORIAM

Robert Kantra	V-346
02-27-2018	
Barbara Fordham	F-113
03-06-2018	
Frances Weiser	P-217A
03-07-2018	
Elizabeth Duddles	P-204
03-08-2018	
Harvey Underwood	F-115
03-09-2018	
James Parker	F-332
03-11-2018	

New Resident Directory

The Executive Committee of the RA decided that, since there were so many new residents moving onto campus the past 12 months, a full, spiral bound edition of the CM Resident Directory will be printed this year. The new Directory will be available for a donation of \$5 in early May. Everyone will get a paper notice in their CM mailbox announcing the times and dates of distribution.

- *Barbara Rich*

Earth Day

Celebrate Earth Day by watching "The Urban Green: Sustainable Solutions for Cities," with stories of innovative technologies in Vancouver, Singapore, Paris, and others using technologies to minimize their impact on the environment, to slow global warming, and to live in harmony with nature. They can inspire our own work on environmental sustainability at Carolina Meadows. Sponsored by the Recycling and Conservation Committee, the Environment and Energy Working Group, and the Park Group.

Sunday, April 22, 2:00 pm. Auditorium.

- *Judith Ferster*

Welcome New Residents

New On-Campus Residents:

Jerry Bodkin, 6-304

Last Residence: Evansville, IN

Interests: Bridge; reading; gym

Cora-Jean (CJ) Edgell, V-397

Last Residence: Hillsborough, NC

Interests: Off-grid living; books; plants

Marshall Edgell, V-397

Last Residence: Hillsborough, NC

Interests: Astro-photography; genetic engineering; tennis

Christina (Chris) Forte, 5-110

Last Residence: Cary, NC

Interests: Photography, jewelry making; herbs; cooking

Kenneth (Ken) Forte, 5-110

Last Residence: Cary, NC

Interests: Sports; landscaping; art

Lloyd Comstock, V-267

Last Residence: Chapel Hill, NC

Interests: Fitness, sports, violin, stained glass

Judith (Judy) Kramer, V-267

Last Residence: Chapel Hill, NC

Interests: Walking, cooking, photography, learning piano

Joan Sertner, 3-305

Last Residence: Somers, NY

Interests: Music, art, theater, golf, tennis

New Early Advantage Resident:

Robert Chapman

Good News

- The Club Center, Pines, and Café each scored **100** on the unannounced Chatham County Health Department Inspection!
- The campus' operating "profit" improved by more than \$2 million in 2017.
- The Pines team reduced resident falls by 15.6% in 2017!
- 92% of CM employees reported being proud to work at Carolina Meadows in 2017.

TALK

CMU Spring 2018 Semester: Continues with Spring Course III "Understanding the History and Implications of the Mexican Revolution" and Launches Course IV

In 1910 a revolt to depose the regime of long-time Mexican President Porfirio Diaz devolved into a long and bloody civil war. Nearly one in seven of 15 million Mexican people died as a direct result of the violence; as many as 200,000 fled to the U.S. as refugees. The 1910-20 Revolution damaged or destroyed millions of dollars worth of foreign as well as native investments and structures. The struggle highlighted the emerging discussion of the priorities of property rights over human rights, and the dilemma of order at any cost over democracy. Part I of the series, delivered on March 26, was "Causes: The Porfiriato, 1876-1911." Part II will follow on **April 2** with "Movements: The Revolution Unfolds to 1917." Part III, on **April 9**,

will consider "Outcomes: The Permanent Revolution." This is the fourth annual course presented by our own Raymond Pulley.

On **April 23**, and for the following two Monday sessions, **April 30 and May 7**, CMU will return with the final course of the Spring Semester. "Lessons from the 'Twilight Zone': Let's Talk about Aging" will invite us to revisit the landmark and memorable television series hosted by Rod Serling in the 1960s.

The first session, **April 23**, is based on "Kick the Can," a script that suggests that the secret of youthful aging is for the residents of a "rest home" to break loose and play a childhood game. In the following week, **April 30**, "The Trade-Ins" tells the story of an el-

derly couple who visits the New Life Corporation, hoping to transplant their personalities into youthful, artificial bodies. But the couple can afford only one new body.

The Twilight Zone sessions bring two new dimensions to CMU courses -- small group discussion as the center of a course and the use of drama to explore an important social issue. Come join us and participate in sharing your perspective on aging with other CM residents. The presenter of the three sessions is Alan Tom, a CM resident who himself is aging. Alan will build on his prior success using Rod Serling's TV dramas as the basis for an adult education course.

CMU Courses are offered in the **Auditorium on Mondays from 1:00 to 2:30 pm.**

- The CMU Steering Committee

World Affairs

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

April 6: Stanley Black, "Where is the European Union Headed?"

Stanley Black is Distinguished Professor of Economics at UNC (retired). He will be discussing the challenges facing the EU.

April 13: Judith Pulley, "A fine Mess: A Global Quest for a Simpler, Fairer, and More Efficient Tax System"

April 20: Thomas DeGeorges, "Current Challenges Facing Saudi Arabia and the Gulf Cooperation Council (Kuwait, Oman, UAE, Bahrain, Qatar)"

Dr. DeGeorges is the Senior

Program Coordinator for the Islamic Studies and Middle East Studies Centers at Duke University. He has been an Assistant Professor of History of International Studies at the American University of Sharjah (UAE), as well as a Program Director in Oman.

April 27: Michele Rivkin-Fish, "How Market Economics Changed Family Formation in Russia"

Dr. Rivkin-Fish is Associate Professor of Anthropology at UNC-Chapel Hill. Her research examines reproductive and demographic politics, sexuality education and health care reforms in Russia, and the cultural values that underlie notions of justice in health policies in Russia and the US.

CMU Serendipitous Saturday

Serendipitous Saturday at **10 am on April 14** will feature a Carolina Meadows favorite, UNC Professor Tim Carter, helping us all to better understand the musical *Cabaret*. Because of the popularity of Tim Carter's presentations, this event will be held in the **Auditorium**.

Men's Breakfast

Our speaker for **Wednesday, April 18**, is Jackson Breaks, whose topic is "What Your Broker Won't Tell You." We meet at **8:30 am** in the Private Dining Room. Sign up by April 12 and please wear your nametag.

- Fred Bowman

Medical Update

The next Medical Update lecture will take place on **Friday, April 20, at 2 pm in the Lecture Hall**. The subject will be Advances in Prostate Management.

An extremely common aging problem in men is prostatic enlargement known as BPH, which can cause various signs and symptoms. The lecture will include discussions of the pathophysiology and diagnostic work-up of BPH. The various treatment options will be noted: medications (the various types and their side effects) and surgical procedures, including the conventional and new innovative procedures performed by our two speakers, Dr. Davis P. Viprakasit, Clinical Associate Professor of Urology at UNC, Chapel Hill and

Dr. Ari. J. Isaacson, Clinical Assistant Professor of Interventional Radiology at UNC School of Medicine, Chapel Hill.

In addition to their clinical practices, both doctors have done extensive research in their respective fields with numerous peer-reviewed publications. They are active in the teaching programs for residents and fellows. Dr. Isaacson has several grants for investigating and applying his interventional techniques to other organ systems.

This will be a lecture on applying innovative and cutting edge techniques for the management of an old and ubiquitous health problem for men.

- Leonard Cutler

Special Herpes Lecture

In addition to the regular Medical Update lecture, there will be a special lecture on herpes zoster and the new herpes vaccine. The lecture will take place on **Tuesday, April 3 from 2 to 3 pm in the Auditorium**. Herpes is also known as shingles because of the characteristic skin eruption that usually occurs. Most adults our age have had chicken pox as children. Unfortunately, the virus remains dormant in the body and can emerge with advancing age as an inflammation of the segmental nerves, causing severe pain.

Our lecturer, Dr. Kenneth Schmader, will discuss this problem with specific attention to the new herpes vaccine. Dr. Schmader is Professor of Medicine, Duke University School of Medicine, Chief of the Division of Geriatrics, and Director of the Durham V.A.'s Medical Center Geriatric Research, Edu-

cation Research, and Clinical Center. He has been practicing internal and geriatric medicine since 1983.

Dr. Schmader's research includes herpes zoster, infections, and vaccines in older adults.

He has played a pivotal role in the development of zoster vaccines in older adults. He has published over 200 peer-reviewed articles in the medical literature. He serves on the Working Groups for the Herpes, Influenza, and General Adult Immunization Guidelines for the U.S. Centers for Disease Control and Prevention (CDC). He is Associate Editor for the Journal of the American Geriatrics Society.

This will be a presentation on a subject of significant importance to all of us by a true expert.

- Leonard Cutler

Co-Sponsor Carolina Meadows Medical Practice

Travel Adventure: Former French Indochina



Angkor Wat. Photo by Mark Lewis

Discover the two hidden gems of the former French Indochina, Cambodia and Laos. Join local world travelers, Mark and Julie Lewis, as they share their month-long adventure in Southeast Asia beginning in Cambodia, on to Laos, and completing our journey in the furthest reaches of the Himalayan chain, Hoang Lien mountains of northernmost Vietnam.

While we will revisit a tragic past, we will also see the progress from that past in the growing city of Phnom Penh and visit the magnificent temples of Angkor Wat. We'll experience Vientiane, the capital of Laos, and continue our Indochina adventure in the beautiful city of Luang Prabang.

Finally, we'll end the tour amongst the Hmong people of Sa Pa. **Friday, April 27, at 7:30 in the Auditorium.**

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.

Leadership

Where does it come from? Are certain people born with it? Can it be learned? Can everyone be a leader? Where do you find it-in the military, in corporations, on playing fields or courts, at home? What are the qualities of a good leader? Do you find that you would like to have someone guide you as you consider answers to these questions?

Carolina Meadows is fortunate to have someone who has ruminated long and deeply on leadership. He is General James Anderson, U.S. Army (Retired). Valuable experience that he gained as a combat infantry officer in Vietnam, a West Point faculty member, and a corporate consultant on Leadership has culminated

in a book, *Becoming a Leader of Character – Six Habits that Will Make or Break a Leader at Work or at Home*.

UNITY is pleased to invite you to attend a lecture by General Anderson, "The Art of Principle-Focused Leadership," at **10 am on Thursday, April 26, in the Lecture Hall**. (A book-signing session will be available after the lecture.)

- Joe Danos

Program on "North Carolina's War on Poverty"

Come hear Gene Nichol speak about "North Carolina's War on Poverty." This event will be held in the **Auditorium on April 19 at 4 pm**. All Carolina Meadows resi-

dents are welcome.

Nichol, a Boyd Tinsley distinguished professor at the University of North Carolina, is the former director of the North Carolina Poverty Center. Nichol was president of the College of William and Mary (2005-2008); Law Dean at the University of Colorado (1988-1995), and dean at UNC (1999-2005). He is the author of "Federal Courts" and "Seeing the Invisible: Putting a Face on Poverty in North Carolina" as well as numerous papers. He has been an op-ed columnist for the *Raleigh News & Observer* for 15 years. He has won numerous awards for his work, including The Order of the Long Leaf Pine, North Carolina's highest civilian honor. This event is sponsored by the Carolina Meadows Democrats.

ARTS

Music at the Meadows (in the Auditorium)

Clara Yang, Pianist

Tuesday, April 3 (Rescheduled from March 30), 7:30 pm

A virtuoso pianist, Clara Yang has built a national and international reputation, performing with many of the major conductors and orchestras around the world and in the US, including two solo performances with the NC Symphony in 2017.

Bodega Bay Baroque Quintet
Thursday, April 12, 7:30 pm

Directed by well-known harpsichordist Beverly Biggs, this distinguished ensemble will present a program of baroque music by Bach and his fellow composers, performed on Baroque instruments.

Quartet from the NC Chamber Music Institute

Sunday, April 15, 4:00 pm

The North Carolina Chamber Music Institute provides Triangle area music students the opportunity to enrich their professional and learning experiences through small group ensembles. Students are coached by area professionals, including NC Symphony members, and participate in a variety of musical endeavors.

New Horizons Swing Band
Friday, April 20, 7:00 pm

The New Horizons Swing Band is a 22 piece big band that plays a variety of music from the 1930's through contemporary jazz. The OLLI New Horizons program, of which this is a part, is designed for people in retirement.

- Norm Miller

The Farringington Singers

7:30 pm Auditorium
Tuesday, April 24

We're working on a new batch of songs that you're sure to enjoy, including Broadway and movie hits, pop classics, old favorites, and a few surprises. Warning: This performance has not yet been rated for age appropriateness. The lyrics of some songs contain references to drinking wine or making love, or use mild profanity about Toronto, Ontario, Canada.

- Activities Department

Guitar and Piano Recital

2:00 pm Auditorium
Sunday, April 29

- Activities Department

Triple By-Pass Hot Stuff

2:00 pm Auditorium
Thursday, April 26

First there was HOT STUFF. Last year was DOUBLE HOT STUFF. Now we present TRIPLE BY-PASS HOT STUFF, a comic musical revue.

This is a mostly original work of art (ahem!) performed, written and adapted by: Mary Crabill, Jane Hauser, Pat Beyle, and Karen Cooper (four seniors who should know better).

- Activities Department

Book Group

Come to the **Lecture Hall at 2 pm, Wednesday, April 18**, to discuss "Exposure" by Helen Dunmore. It is a gripping spy story set in a 1960s England caught in cold war paranoia and conspiracies. It is also a surprising love story peopled with complex and challenging characters haunted by secrets from their pasts that may tear a family apart. *The Chicago Tribune* calls it "one of those books that you read with your heart in your mouth, your mind fully engaged, and with a sense of desolation as you note the dwindling number of pages left before it comes to an end." Now, doesn't that make you want to read the book and join the discussion?

- Christine Flora

Donations for Book Sale

The Carolina Meadows Library requests donations for the spring book sale (May 1, 2, and 3). Bring the books to the Library and place them on the donations shelves in the Library office. Too many to carry? Call Mike Pacilio at (919) 240-5604. Proceeds from the sale go to purchase new books and DVDs for the Library.

Mountains of Great Reads

We've sorted through books and grouped them by type, Now we've got mountains (and this is no hype).

Biographies, fiction, every genre between,

So come to the book sale; you'll see what we mean.

Yes, it's that time of year again; flowers are blooming, birds are nesting, and the members of the Book Sale Committee are getting ready for their lollapalooza May book sale.

This is the sale that fills the Carolina Meadows Auditorium

with tables and tables of great reads. There will be current best sellers, thrillers, mysteries, histories, "how-to books," art books, travel books, etc. Whatever your interests, you can stock up with some choice volumes for the coming long, lazy days of summer. The sale dates are **Tuesday, May 1 (2-7 pm), Wednesday, May 2 (9 am-7 pm) and Thursday, May 3 (9-11 am).**

Inflation may be increasing the cost of most everything, but the Book Sale Committee hasn't raised its prices. Hardcover books are still \$2, trade paperbacks are \$1 and mass market paperbacks are a measly 25 cents. Some special volumes will be individually priced but are still very reasonable.

Hit the sale early to get the best selections. Don't wait until the mountains of great reads dwindle into small piles. And don't forget to share this information with your friends and colleagues in the wider world.

- Ruth Leopold



Meet The Author

10:30 am Board Room
Thursday, April 12

Peter Curtis is the author of *The Dragontail Buttonhole* (2016 - 5 stars on Amazon) and *Cafe Budapest* (2018).

These are the first two novels of a World War II trilogy based on true events. A Czechoslovak refugee family endures war and exile, surviving with love and resilience as they make their way across Europe to England.

Books will be available for purchase. - Activities Department

"Spring for Literacy" Luncheon

This year's "Spring for Literacy" luncheon, which will benefit the Chatham Literacy Council, will be held from **11 am to 2 pm on Thursday, April 19, at the Chatham County Agricultural Center** (1192 US 64 Business, 1 mile west of Pittsboro). The keynote speaker will be Clyde Edgerton, creative writing professor and author of ten books, best known for endearing characters and small-town dialogue. D.C. Martin, host of UNC-TV Book Watch, will introduce the program. The suggested donation is \$100 per person. For more information, email chathamliteracy.org or call (919) 542-6424.

- Pat DeTitta

Display Cabinet

The April exhibit will show resident Teresa Macmillan's wonderful collection of samplers created by her handwork of many years. The display cabinet steering committee welcomes anyone interested in joining this committee and/or showing their work or collections. Call Betty Lindsay (919) 942-4479.

- Betty Lindsay

Art in the Meadows AIM

Artist of the Month for April: Ed Kaiser, **Art Room, second floor, Activities Building**

Art Class at the Fairways

**6 Mondays, April 2-May 7,
3 pm, Fairways Activities
Room**

Any media; any skill level. Instruction individualized based on participants interest and skill level, but general topics include drawing techniques, values, color theory and composition. Class limited to 12; first priority given to Fairways residents. For sign-up or more information, contact Margaret Zircher (919) 967-1102.

Class: Calculating Distances in Perspective

**Wednesday, April 18,
10:30 am, Lecture Hall**

More on the all-important topic of perspective. Taught by Jim Bowen (919) 942-9743. Sign up in activities book in Club Center Lobby. For more information contact Jim or Margaret Zircher (919) 967-1102.

Class in Plein Air Painting

**Wednesday April 25, May 2
and 9**

**2-4 pm, Art Room April 25;
other locations TBD**

All media, all skill levels. Improve your observation skills to become a better artist. Margaret Zircher will explain key considerations when painting outside, including equipment, techniques and composition. First class will be in the art room. Subsequent class locations to be determined by the class and the weather. Bring your own supplies; no charge for class. Sign-up in activities book, Club Center Lobby. For more information, contact Margaret (919) 967-1102.

Hear Your VOICES!

The 2018 edition of *Voices* will be released at the annual Authors' Event on **Tuesday, April 24 at 3:30 pm in the Lecture Hall**. Residents with stories and poems in *Voices 2018* will read from their works – fiction, fascinating memoirs and thoughtful poems. Refreshments will add to the literary celebration, and all residents and EA residents are invited to attend. Copies of the journal will be available for sale at \$5.00 each, cash or charged to resident accounts.

Voices 2018 is dedicated to *Arts at the Meadows*, highlighting the opportunities for resident participation in the arts at Carolina Meadows. There are essays describing the process by which several art projects have been accomplished. The cover is a colorful example of art created by a resident and enjoyed by all who have seen the hallway displays.

The 2017 issue of *Voices* sold out within days of its release. Residents who want the 2018 edition for their reading pleasure may purchase a copy at the Authors' Event or thereafter at the Carolina Meadows Gift Shop.

- Eleanor Morris

Tuesday at the Movies

2:00 pm Auditorium

April 10-My Man Godfrey (1936)

95 minutes – Not Rated

During a high-society scavenger hunt, scatterbrained socialite Irene Bullock (Carole Lombard) stumbles upon an erudite vagabond named Godfrey (William Powell) living in the city dump and offers him a position as butler. The bum is, in fact, the heir of a well-to-do family. While Godfrey sets out to teach the pampered Bullocks a few lessons, Irene conspires to capture his heart.

Films for April

**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, 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.

April 7 Easter Parade (1948)

103 minutes – Not Rated

Judy Garland and Fred Astaire sing and trip the light fantastic to 17 Irving Berlin tunes in this romantic classic. The simple plot concerns a hoofer (Astaire) who teams with an inexperienced chorus girl (Garland) in order to show up his former dance partner, Nardine (Ann Miller). Berlin's tunes, which include "We're a Couple of Swells" and "Happy Easter," sparkle in Astaire and Garland's able hands (and feet). Peter Lawford co-stars.

Film chosen by Anonymous

April 14 Dead Again (1991)

107 minutes – Rated PG 13

Kenneth Branagh, Emma Thompson, Andy Garcia

(Continued on p. 10, "Films")

(Continued from p. 9, "Films")

Los Angeles gumshoe Mike Church takes the case of a woman beset with amnesia and soon makes the startling discovery that he and his client are connected -- via reincarnation -- to a lurid 40-year-old murder.

Film chosen by Emelia DeCroix

April 21 *The Glass Castle* (2017)

127 minutes – Rated PG 13

Brie Larson, Woody Harrelson, Max Greenfield

Adapted from the novel of the same name, this family drama follows future writer Jeannette Walls, who spends her hardscrabble childhood on the run with her negligent artist mother and storytelling alcoholic father.

Film chosen by Activities

April 28 *Victoria and Abdul* (2017)

117 minutes – Rated PG 13

Kenneth Branagh, Penelope Cruz, Willem Defoe

The extraordinary true story of an unexpected friendship in the later years of Queen Victoria's (Academy Award® winner Judi Dench) remarkable rule. When Abdul Karim (Ali Fazal), a young clerk, travels from India to participate in the Queen's Golden Jubilee, he is surprised to find favor with the Queen herself. As the Queen questions the constrictions of her long-held position, the two forge an unlikely and devoted alliance with a loyalty to one another that her household and inner circle all attempt to destroy. As the friendship deepens, the Queen begins to see a changing world through new eyes and joyfully reclaims her humanity.

Film chosen by Activities

New Books Added to the Library

Fiction

The Deceivers by Alex Berenson

The Wife between Us by Greer Hendricks & Sarah Pekkanen

Ginny Moon by Benjamin Ludwig

Autumn by Ali Smith

The Great Alone by Kristin Hannah

Munich by Robert Harris

The Kremlin's Candidate by Jason Matthews

Sunburn by Laura Lipman

Chicago by David Mamet

The Heirs by Susan Rieger

The Widows of Malabar Hill by Sujata Massey

Agent in Place by Mark Greaney

The Hush by John Hart

The Maze at Windermere by Gregory Blake Smith

The Patriots by Sana Krasikov

Large Print

The Devil's Triangle by Catherine Coulter & J.T. Ellison

An Irish Country Love Story by Patrick Taylor

The Second Mrs. Hockaday by Susan Rivers

Murder on the Serpentine by Anne Perry

Mystery

The Gate Keeper by Charles Todd

The Night Market by Jonathan Moore

Poison by John Lescroart

Night Moves by Jonathan Kellerman

Force of Nature by Jane Harper

Biography/Biography Collection

White Houses by Amy Bloom

Radium Girls by Kate Moore

Jefferson's Daughters by Catherine Kerrison

New DVDs for the Library

Coco

Pixar's magical animation lights up this colorful tale of adventure that follows Miguel Rivera, a 12 year old Mexican boy who unlocks a long hidden family mystery.

Lady Bird

This is a story of rebellion, the search for self-identity and love in a smart and interesting way, resulting in a movie both amusing and heartwarming.

Wonder

It follows the inspiring story of the Pullman family, whose son Auggie is born with facial differences. When he enters mainstream elementary school for the first time, his extraordinary journey unites his family, his school and his community.

Loving Vincent

A feature-length painted animation, *Loving Vincent* offers the public an alternative version of Van Gogh's death and a unique look at his art.

Step

A documentary focusing on three seniors and other members of the Lethal Ladies Step Dance Team at the Baltimore Leadership School for Young Women.

The Post

When the Washington Post agrees to publish the leaked Pentagon Papers, which point to a secret escalation of the Vietnam War, the Nixon administration tries to block publication, setting off an epic legal and political battle.

The Greatest Showman

Behind the Greatest Show on Earth was one of history's greatest showmen, P. T. Barnum. This musical biopic centers on Barnum's creation of the three-ring circus and his infatuation with Swedish songbird Jenny Lind.

ACTIVITIES

Community Gardens

By April, the soil temperature is warm enough to plant tomatoes, the most popular crop at Carolina Meadows but also the most prone to problems. Here are several tips to help increase your chances of having a successful tomato-growing season.

Tomatoes grow best with a full day of direct sunlight. Raised beds (or pots on a deck) provide the good drainage tomatoes require. Successful gardeners typically till several inches of compost or aged manure into the top six to eight inches of soil. A pH of 6.5 to 6.7 is desirable.

Do not procrastinate until summer to plant tomatoes. They grow best when daytime temperatures range from 70 to 80 degrees, and night temperatures fall between 60 to 70 degrees. Mid-summer days typically exceed these spring-like temperatures, which can cause tomato plants to shed their blossoms without setting fruit.

Tomatoes are one of the few vegetables that can grow roots along their stem. Setting the root ball several inches deeper than soil level at planting time will result in plants with larger, more extensive root systems. Space tomato plants at least two feet apart, and place a cage around plants to support them as they grow. Mulching the soil under and around tomatoes will help keep soil moisture even and soil temperatures cooler during summer heat.

Give yourself the best chances of success by planting different tomato varieties. Cherry tomatoes, including Sungolds, are the easiest to grow, and they are adaptable to

containers, as long as one has sufficient sun. Heirlooms appropriate to southern heat and humidity include "German Johnson" and "Cherokee Purple." Hybrid tomato varieties offer the benefit of increased disease resistance. "Celebrity," "Early Girl," and "Better Boy" are reliable hybrid tomatoes for the South.

- Alan Tom and Margy King

NorCCRA Eastern Region Meeting

The Eastern Region meeting of the North Carolina Continuing Care Association Meeting will be May 15 at Plantation Village in Wilmington. A flyer and registration form for this meeting can be found in the NorCCRA box outside the mail room. Carolina Meadows will furnish transportation, unless you want to go a day early and stay overnight in a hotel to enjoy the town. If staying overnight, registrants should make their own hotel reservations. Discounted rates can be obtained at the Hilton Garden Inn at Mayfair in Wilmington by asking for the LCS discount.

Please return registrations to Margaret Zircher's mail box, V-330 by April 18. It would be helpful if you indicated on your registration if you want CM transportation on May 15, or if you are driving down a day early. Please also let us know whether you want to carpool and/or are willing to drive.

Batteries and Recycling

We cannot recycle alkaline batteries. Please do not leave them in the Residents Business Office recycling corner. They go in the trash. Only hearing aids batteries and other lithium batteries can be left.

Birdwatching Basics

Join Tom Driscoll to learn the basics of bird identification including how to use your bird book. This basic course is for residents who watch birds at their feeders and also for residents who watch for birds when they are walking. The birds that Carolina Meadows residents might see in this area will be reviewed, including migrants. This course will be a good review of the process of identification for residents who have bird watching experience.

There will be a bird walk at 8 am followed by a program that includes lecture and discussion. So, plan on 8 am to 10:30 or 11 am total time commitment—including breaks and transition from outside to the Lecture Hall. (The bird walk is optional. Registration is still required for the classroom session.)

Attendees should bring the bird book that they like to use. (You will not have to carry it on the walk.) Date: **Tuesday, April 10, 8 - 11 am, Outdoors and Lecture Hall**

Lecturer: Tom Driscoll is past president of the New Hope Audubon Society. For 30 years, he has been active in organizations focused on birds and has traveled worldwide to study birds. He provides this program for the New Hope Audubon's education outreach.

Program Sponsor: Birders @ CM (See *MeadowLife*-Activities-Hobbies for more information.)

Registration is required by April 8: Contact Margaret Scott at (919) 929-1281 or mt_scott@mindspring.com.

- Margaret Scott

April Activities

Activities Expo Every three years we hold an exciting and interesting Activities Expo. Set up very much like our very popular Wellness Fair, the Activities Expo gives everyone an opportunity to speak to a representative from each of our committee and activity groups. Resident Association groups as well as your Activities Department's class instructors will be in attendance. If you've been wondering what the Philosophy Group is up to, or would like to know what the Pines-Green Friends are all about, please come by on **Thursday, April 19 from 10 am to noon in the Auditorium**. Some groups, like Bocce and Pickle Ball, may invite you to join them. What a great time to fulfill that New Year's resolution to join in more fun and interesting endeavors.

Meadow Minds This brain fitness class is interactive and fun! It is for those who have a pretty good mind and want to keep it that way. We do activities that exercise different parts of your brain such as language, problem solving, logic, attention, and visual spatial skills. There are 5 areas of total brain health. This class addresses Mental Stimulation, and we will discuss the others, which are Nutrition, Physical Activity, Spirituality, and Socialization. Class meets on **Tuesdays from 11 am to noon in the Activities Building Conference Room, April 3 through May 22**. Your facilitator is Kris Snyder. Space is limited to 8 participants. Please sign up in the Activities Sign-Up Book.

April is National Humor Month Help celebrate National Humor Month by joining us in the

Board Room on every Tuesday in April at 2 pm. Your facilitators, Kris and Suzanne, just returned from a 2-day training to become Certified Laughter Leaders. Curious? We sure hope so! On **Tuesdays, April 3 and 17**, please bring your favorite jokes and funny stories to share. We will open the mic to anyone willing to share light-hearted and amusing anecdotes. Then, on **Tuesdays, April 10 and 24**, join Suzanne and Kris for our first Laughter Circles, where we will teach you some of our silly and laughter-inducing games. This is not a spectator sport; be prepared to join in. We will also share some of the benefits of laughter, which may very well be the best medicine. Open to all levels of physical abilities. Come laugh with us!

Come play Dominoes! Join us for a relaxed and social game of Dominoes with a dynamite group of gals (men are most welcome). We play a fun Mexican train-like version. **Tuesdays at 1:15 pm in the Game Room, Activities Building.**

- Kris Snyder, Activities Director

More April Activities

Sign up in the sign-up book: Funky Lunch Bus!

Wednesday, April 18

Deadline: **Monday, April 16**

Primal

Cost: \$8.00 per person + lunch on your own, Load: **11:00 am**

Jordan Lake Boat Tour Friday, April 20

Deadline: **Monday, April 16**

Cost: \$45 per person Load: **10:15 am**

Includes boxed lunch

Farewell Party For SunTrust Bank (Mary and Barbara)
2:00 - 3:30 pm Auditorium
Wednesday, April 4

Jewelry Design and Repair
1:00 pm - 4:00 pm Art Studio
Monday, April 2, and Tuesday, April 17

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.

Chatham's First Senior Education Retreat

On **Wednesday, April 18, from 9 am to 3 pm**, there will be a day of learning, sharing and discovery at the **Chatham County Agriculture and Conference Center** (1192 US Hwy 64 West, one mile from Pittsboro). There will be 14 sessions, including Pain Management, Stroke Prevention, Financial, Estate Planning, and Taxes. Norton M. Hadler, MD, UNC-Chapel Hill, will be the keynote speaker. Registration fee: \$25; includes a catered lunch from The Old Place restaurant. Limited to 150 tickets. For more information:

www.chathamcouncilonaging.org.

- Amy Gorely

Philosophy Group

Tuesday, April 3, 1:30 pm, Lecture Hall: Free Will

Tuesday, April 17, Lecture Hall: The philosophy of Confucius.

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

Bus Trips to Visit CORA

You may be one of the hundreds of residents who generously support the CORA Food Pantry because you want to help the thousands, yes, thousands! of Chatham County families who each year turn to the Chatham Outreach Alliance (CORA) for food assistance. But have you ever visited CORA? Now's your chance.

Thanks to the generosity of Carolina Meadows, itself one of CORA's primary supporters, there will be two opportunities this month to visit CORA. Free bus trips have been scheduled, one for **Wednesday, April 11**, and one for **Monday, April 30**.

We will go first to a Pittsboro restaurant for lunch (Dutch treat) and at 2 pm, we will tour the pantry. Our return to Carolina Meadows should be before 3:30.

Each trip can accommodate a limited number of residents. So, check the Sign-Up book opposite Jody Hite's office for the boarding and departure times. The hope, of course, is that having had a chance to see CORA and to ask questions of the Director, you will be further motivated to help, either by volunteering at the pantry itself or by making a generous donation.

CORA is one of the four annual drives authorized by the Residents Association and an appeal is conducted each year on campus. This year's CORA drive will be held in mid-May. You will receive information about CORA in your mailbox. It explains the crucial role that CORA plays in the lives of the many Chatham Country residents who find themselves in crisis and who rely on CORA for help. Please read it carefully. Learn more at Cora-foodpantry.org.

- CORA Support Group

Put on Your Dancin' Shoes

You don't want to miss this fabulous, fun fundraiser to benefit Communities In Schools, on **Sunday, April 15, from 5 to 8 pm at the Chatham County Agriculture and Conference Center** (1192 US Hwy 64 West Business, one mile from Pittsboro). The charge is \$60 per person. The evening will feature live gypsy-jazz by The Onyx Club Boys and tasty tapas by Angelina's Kitchen and 39 West Catering.

Communities In Schools (CIS) helps connect vulnerable students with caring adults and support systems to keep them in school and on their way to graduation.

- Lynn Ogden

Peep into Your Medicine Cabinet!

In that stack of medicine and "aspirin" bottles did you find any unopened meds you no longer need? Maybe you have Ibuprofen or other painkillers? Don't forget to look in your kitchen cabinets. Do you have vitamins or calcium pills you no longer need? Whatever you find that is unopened, please call me, Lynn Ogden, at (919) 968-6910 or bring them to Pat Collins in our Health Clinic. Chatham Cares Community Pharmacy will make good use of these items.

- Lynn Ogden



Leap into Spring at the Gift Shop

Enjoy Belgian chocolates in a box with a green bow

Peruse the best from the new spring collections

- small wristlet bags
- colorful blouses and jackets
- jewelry — including custom-made pieces
- bright scarves
- sun hats

Check out the new flexible area, now featuring tops and handbags

Try the new compression socks for men and women

Stop searching for your reading glasses—
We have eyeglass loops on cord or chain.
Then, clean your glasses with a handy microfiber tool

Brewery Bhavana in Raleigh

Loud. Yes, Brewery Bhavana is another one of “those” places.

And that’s just the music until the crowd comes in and fills the room with excited chatter. There’s plenty to be excited about since the restaurant was named a 2018 James Beard semifinalist, the *News and Observer* newspaper’s “Best New Restaurant of the Year,” and *Bon Appetit* magazine’s “#10 Best New Restaurants in America.”

Besides the culinary accolades, the place offers charm and surprise in an otherwise industrial-chic décor, with the middle of the place given entirely to books on one wall and with another

large space devoted to in-house florists creating fresh arrangements made to order. The dining areas flow on both sides of this central area with seating to one side at an elegant granite bar serving their privately produced beers and with the main dining area flowing opposite a long brick wall.

We chose our dim sum meal of small plates that allowed for maximum tasting of Chinese cuisine by chef Chun Shi. Our scallion pancakes served with a rich bone marrow and coconut and oxtail jam laid the ground for more surprising combinations. We added a pork and chive *shumai* with four steamed shrimp and pork open-

faced dumplings served with black caviar. The dumpling dough, tender and light, covered a *char siu bao* dish of three steamed buns stuffed with Cantonese barbeque pork. We added Jiaozi chicken dumplings, with pan-fried chicken, ginger, bok choy and water chestnuts, and rounded out the flavors with tasty stir-fried green beans in garlic and soy sauce. Our choice of their in-house beer, one of nine with a reserve of 21 others, was light and citrusy, adding an agreeable finish to the food.

The Laotian-born siblings Vansana and Vanvisa Nolintha have created a restaurant that aims to impress and surprise. They succeed in doing both.

- Dorothy Mahan

Wellness Corner

A newly formed committee, “The Wellbeing and Engagement Team” was brought together to facilitate collaboration, cooperation and communication among different departments. It will enhance our focus of wellbeing and engagement for both residents and staff, in keeping with the Carolina Meadows mission of enriching the lives of seniors. We believe that in order to focus on wellbeing and engagement, we should offer to both residents and staff, programming, education and experiences in all dimensions of wellbeing.

The committee has chosen monthly themes and will offer featured programming for both staff and residents to enjoy:

April: “Connecting with Nature”

Take a moment to think about how you like to connect with nature. Maybe it’s sitting in the sun, opening the window to hear the birds singing, getting your hands

dirty gardening or painting the perfect sunset. Spring is the perfect time to appreciate all the good things this earth has provided us. We invite you to participate in one of our special offerings listed below:

Spring Clean Your Medicine Cabinet: Check for expired prescriptions and over the counter medications. Instead of dumping the contents down the drain or throwing them to waste, bring them to our primary care clinic to be disposed of properly.

Meditation in The Meadow Garden Tuesday, April 17, 1:30 pm (rain date April 24). Take this opportunity to be still and “connect with nature” and join us for a 20-minute guided meditation in the surroundings of our campus garden. No previous meditation experience necessary. Chairs will be provided. No cost and no registration.

Celebrate Earth Day by watching “The Urban Green: Sustainable Solutions for Cities.” **Sunday, April 22 at 2 pm in the Auditorium.**

Stop by the **Club Center Lobby** to admire the submissions for our Precinct/Department Birdhouse decorating contest **April 20-27.**

31-Day Walking Challenge. The goal is to walk a minimum of 10 minutes (preferably outdoors) each day. We will begin the Challenge on “National Walking Day” **April 4** with a community on-campus walk. Please meet in **CC lobby at 11:30 am**, rain or shine. Walking logs will be available on Meadow Life Fitness and Health page and at the Fitness Center.

Line Dance Series on Saturdays, **April 14-May 5, 2-2:45 pm in the Exercise Studio.** Cost is \$20. Register in Wellness Book.

- Michelle Marino

April 2018

DAY	DATE	TIME	EVENT	LOC	PAGE
Mon	2	11:00 AM	Town Hall Meeting	AUD	2
		1:00 PM	CMU: "Mexican Revolution"	AUD	5
		1:00 PM	*Jewelry Design and Repair"	AS	12
		3:00 PM	*Art Class at the Fairways (6 Mondays, through May 7)	FAR	9
Tues	3	11:00 AM	Town Hall Meeting	AUD	2
		11:00 AM	*Meadow Minds (Tuesdays, April 3 - May 22)	CRAC	12
		1:15 PM	Dominoes (every Tuesday)	GR	12
		1:30 PM	Philosophy Group: "Free Will"	LH	12
		2:00 PM	Special Herpes Lecture	AUD	6
		2:00 PM	Humor (every Tuesday in April)	BR	12
		7:30 PM	Music@Meadows: Clara Yang, Pianist	AUD	7
Wed	4	11:30 AM	31-Day Walking Challenge Kickoff	CCL	14
		2:00 PM	Farewell Party for SunTrust Bank Staff	AUD	12
Thurs	5	1:30 PM	Residents Council	BR	NA
Fri	6	10:30 AM	World Affairs: "Where is the European Union Headed?"	AUD	5
Sat	7	7:15 PM	Film: <i>Easter Parade</i>	AUD	9
Mon	9	1:00 PM	CMU: "Mexican Revolution"	AUD	5
Tues	10	8:00 AM	*Birdwatching Basics	CCL	11
		2:00 PM	Movie: <i>My Man Godfrey</i>	AUD	9
Wed	11	11:15 AM	*Bus Trip to CORA	CCL	13
Thurs	12	10:30 AM	Meet the Author: Peter Curtis	BR	8
		1:30 PM	Residents Association	AUD	NA
		7:30 PM	Music@Meadows: Bodega Bay Baroque Quintet	AUD	7
Fri	13	10:30 AM	World Affairs: "A Fine Mess: Simpler, Fairer Tax System"	AUD	5
Sat	14	10:00 AM	Serendipitous Saturday: Tim Carter, <i>Cabaret</i>	AUD	5
		2:00 PM	*Line Dance Series (Saturdays, April 14-May 5)	ES	14
		7:15 PM	Film: <i>Dead Again</i>	AUD	9
Sun	15	4:00 PM	Music@Meadows: NC Chamber Music Institute Quartet	AUD	7
		5:00 PM	Dancing Fundraiser (Chatham Cty. Agriculture Center)		13
Tues	17	1:00 PM	*Jewelry Design and Repair	AS	12
		1:30 PM	Philosophy Group:Philosophy of Confucius	LH	12
		1:30 PM	Meditation in the Meadow Garden	MG	14
Wed	18	8:30 AM	*Men's Breakfast: "What Your Broker Won't Tell You"	PDR	5
		9:00 AM	*Senior Education Retreat (Chatham Cty. Agric. Center)		12
		10:30 AM	*Calculating Distances in Perspective	LH	9
		11:00 AM	*Funky Lunch Bus:Primal	CCL	12
		2:00 PM	Book Group: <i>Exposure</i>	LH	8
			Deadline for NorCCRA registration		11
Thurs	19	10:00 AM	Activities Expo (10 AM - Noon)	AUD	12
		11:00 AM	*"Spring for Literacy" luncheon (Chat. Cty. Ag. Center)		8

April 2018

		4:00 PM	CM Democrats: "North Carolina's War on Poverty"	AUD	7
Fri	20	10:15 AM	*Jordan Lake Boat Tour	CCL	12
		10:30 AM	World Affairs: "Current Challenges/Saudi Arabia"	AUD	5
		2:00 PM	Medical Update: "Advances in Prostate Management"	LH	6
		7:00 PM	Music@Meadows: New Horizons Swing Band	AUD	7
		All Day	Precinct/Department Birdhouse Decorate (April 20-27)	CCL	14
Sat	21	7:15 PM	Film: <i>The Glass Castle</i>	AUD	10
Sun	22	2:00 PM	Earth Day: <i>The Urban Green</i>	AUD	4
Mon	23	1:00 PM	CMU: "Twilight Zone"	AUD	5
Tues	24	3:30 PM	VOICES Authors' Event	LH	9
		7:30 PM	Fearrington Singers	AUD	7
Wed	25	2:00 PM	*Plein Air Painting Class (also May 2 and 9)	AS	9
Thurs	26	10:00 AM	Unity Group: "Leadership"	LH	7
		2:00 PM	Triple By-Pass Hot Stuff Comedy Review	AUD	8
Fri	27	10:30 AM	World Affairs: "How Market Economies Changed Russia"	AUD	5
		5:00 PM	30-Year Anniversary Celebration	CCL	2
		7:30 PM	Travel Adventures: Former French Indochina	AUD	6
Sat	28	7:15 PM	Film: <i>Victoria and Abdul</i>	AUD	10
Sun	29	2:00 PM	Guitar and Piano Recital	AUD	7
Mon	30	11:15 AM	*Bus Trip to CORA	CCL	13
		1:00 PM	CMU: "Twilight Zone"	AUD	5

*Requires sign-up

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

BR: Board Room
 CRAC: Conf. Rm., Activity Ctr.
 FC: Fitness Center
 PS: Pines Study
 MG: Meadow Garden

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



On-air presentation of CM check to UNC-TV. Anne Scaff, Ben Cornthwaite, Betsy Ahern, Ray Williams, Jen Newmeyer (UNC-TV)

Carolina Meadows Goes to the Dogs! Canine Perspectives

The recent interest in dog feces on the part of many Carolina Meadows residents prompted me to conduct a little research on the matter. My interest was to uncover the dog's-eye view. I wanted to get the scoop on the poop. I hoped that by interviewing a sample of dogs, I could get to the bottom of the matter.

My initial thought was to conduct group interviews, meeting with male dogs separately from female dogs. And what about the difference in views of small dogs as opposed to their larger brothers and sisters? In many aspects of life, size matters. However, after consulting several veterinarians, I decided that it would be more productive to conduct individual interviews, alert for any gender or size variables in the results.

I had noticed that when dog owners bend over to pick up the droppings, the dogs watch with apparent interest. My question would be: What do dogs think about their owners gathering up and packaging their feces?

Since the dogs are dependents, I needed to ask owners to sign releases to permit me to interview their dog. This turned out to be more of a challenge than anticipated. Owners were suspicious of my motives. Some thought I had been enlisted by Carolina Meadows to prepare for a rumored behind-closed-doors policy to ban dogs, the way that smoking had been banned.

By stressing the importance of contributing to the advance of science, I obtained the consent of nine owners. Were my problems over? No such luck. The dogs refused to speak to me. I understood that I was a stranger and they might be confused or suspicious. I began each interview by telling the dog about my own dog, Jasper, the beloved companion of my childhood. Some of the dogs looked sincerely interested in my account. Heads nodded in understanding and appreciation. I offered dog biscuits to lessen the stress of the unfamiliar situation. Three dogs ate

the treats, more to be polite than that they were hungry. A poodle, neat by nature, even licked the crumbs off the floor.

There was a statistical correlation between the dog's size and the resistance to cooperation. Large dogs yawned and flopped to the floor, their paws over their ears. On the other hand, small dogs frolicked like kindergartners on the first day of school. One actually jumped onto my lap, knocking my notebook to the floor.

Superficially, it may appear that my research was a flop. Not so. I'm not slinking off with my tail between my legs. I submitted a report of my work to the Journal of Humanistic Veterinarians. My hope is that other researchers will take up the challenge. I was heartened by one of the dog owners who said, "Professor, people may say that your research is a pile of s***. Not so. You have the courage to venture where others have feared to step. Your dogged determination is inspiring."

- Bill Powers

Doggie Yoga Class to Begin

In response to popular demand, the Wellness Department will sponsor a doggie yoga class open to dogs and their obedience-trained human companions. The class will emphasize canine-friendly poses such as plank, child's pose, cobra, cow pose and, of course, downward-facing dog. For obvious reasons, tree pose will not be included. The co-instructors are Doogie Handler and his dog Shiva. Please contact Michelle Marino for further information.

- Woofgang Bozart



Cats Excluded from Dog Park



Angry Felines Protest

With physical evidence of the new dog park being built, the cats who reside at Carolina Meadows are in an uproar. They see this as a total lack of appreciation for the CM feline population. Several cats have joined together to make a formal protest of this prejudicial behavior on the part of humans. Some have proposed wearing dog costumes in order to access the new dog park. Others see that as an insult to their inherent beauty.

All of the discussion of what to do with dog feces has only made things worse. Being neat and fastidious animals, cats would never leave their feces out in the open for others to see. It is quite evident that there is a difference in personality between cat owners and dog owners as well. Cat owners tend to be much more independent and do not need the constant affection offered by dogs. Cat owners are usually quite content with an occasional rub against their leg or a quiet purr. Some felines have reported feeling stressed, as their owners seem to need more affection than usual,

due to the turmoil over the dog park. Some cats object as this is intruding on their napping hours.

It should also be noted that dog owners are not being charged an additional fee for using the dog park. Therefore, it is quite clear that cat owners are subsidizing this facility for dogs with no equal facility for their feline friends. This must be rectified. The CM cats have united to organize a picketing of the dog park until an equal cat park is built.

In the near future, you will notice these cats picketing the dog park. Should you want to encourage them, you could drop off an open container of tuna or cat treats. These animals will need all of the strength that they can muster to fight this lack of sensitivity to their species.

It may be true that cats do have nine lives but they would rather not spend any of those lives having to protest this blatant favoritism given to their canine cousins. Cat owners must unite to support this protest. Please help your cat make a protest sign to take with them as they march around the dog park. Most cats have difficulty with handwriting and will need your assistance. It would also be kind if someone were to put a litter box in a secluded area for the protesters to use.

If you feel strongly about you and your feline becoming part of this protest, contact Catmother, Pat Mandell at mothercat@me.com.

Doggie Ancestry

It has come to my attention that migrant dogs might be trespassing on Carolina Meadows property. Our doggie residents are being blamed for "soiling" our grounds. I have discovered that Ancestry.com is offering a DNA matching service for non-human critters. I think we should all consider this opportunity to identify our own canine residents.

First, your pet has to deposit a saliva sample. That should be rather easy, as most dogs slobber frequently, especially when presented with their dinner bowl. All you have to do is let him drip it into the appropriate vial to be sent back for testing. That's it. Easy as 1-2-3. In a few weeks you will be e-mailed a list of all first, second and third cousins who match your pet's DNA. You will also be sent an analysis of your pet's lineage. As an example, my German Shepherd was 52% from Bavaria, 36% from East Germany, 10% from Scandinavia and 2% from Ukraine (don't know where that came from). His great-great-great-grandmother was King Ludwig's favorite bitch, Brunhilda.

Assuming all CM dogs have their roots traced and DNA filed, all we have to do is capture any "droppings" from the campus, send them in, and discover if the DNA embedded belongs to our canine residents, or if some interlopers from outside neighborhoods are coming in to use our campus for their outhouse. Seems to me that we can build a dog park wall that is higher than any dog can leap and layer on additional border security (CM staff). This should successfully keep out dogs from other neighborhoods.

- Dorothy Samitz