



# The Meadowlark

## Carolina Meadows Honors Female Residents Who are Veterans

By Pat Mandell

Carolina Meadows has seven female residents whom we especially honor this coming Veterans Day. In October, a special luncheon was held to celebrate these women who have given so much to our country. Each veteran held up a picture of herself while in the military and told stories of that exciting time in her life.

**Joanne Harrell:** After graduating from nursing school in Minnesota in the spring of 1967, Joanne joined the Air Force. She was assigned to the Intensive Care Unit at Travis Air Force base in California. Later, she got an exciting offer to help set up the first Coronary Care Unit in the Air Force. Her experiences at Travis instilled in Joanne the “need to support our military,” and at the same time, she became anti-war.

**Betty Etten Wiker:** Betty Etten served as a Squadron Commander of WACs in Alaska during WWII. In December 1942, at age 21, Betty enlisted in the Women’s Army Auxiliary Corps (WAAC). In March 1944, after graduating from Officer Candidate School, Betty was reassigned to Hill Field in Ogden, Utah, to run the Officer’s Club. Later, she was transferred to Ladd Army Airfield in Fairbanks, Alaska, as a squadron commander in charge of over 100 WACs. Betty continued to serve as a squadron commander for the next four

years. She was discharged in July 1952 with the rank of major.

**Georgia Hosking:** Twenty-year-old Georgia joined the WAVES in 1944 in Wisconsin, went to boot camp at Hunter College, Brooklyn, NY, and then to Iowa State College to learn how to be a yeoman (secretary). She was assigned to training school at the University of Chicago for Navy pilots who were operating in Lake Michigan. Georgia worked for the Base Commander, located in the Chicago Museum of Science & Industry. She was discharged in 1945. She says, “It was a great time of my life.”

**Margaret Knoerr:** Born in Pennsylvania in 1924, Margaret was too young at 18 to join the US forces, so she answered a recruiting poster for the Canadian Women’s Army Corps and volunteered to serve in support of her brother, who was flying missions over Germany. She was active in recruiting and also in war bond drives.

**Dorothy Ferster:** Dorothy served in Naval Intelligence in Washington DC in WWII. Dorothy joined the WAVES upon early graduation as an English major from Flora Stone Mather College. After six month’s training, she was commissioned an ensign in January and reported for duty as a communications officer at the Navy Department in Washington, DC. Here she served decoding, encoding, and delivering messages on

ship convoys and other top secret information. When she first sat at her desk in a room full of men, she realized she had freed up a sailor for combat. Two years later, the room was all women.

**Joni Kitrinis:** Joni joined the Navy as a nurse in 1956 when she was 22 years old. She rose to lieutenant commander and in 1966 joined a hospital ship bound for Vietnam. It was the USS *Repose*, a venerable veteran of service in WWII and Korea. Located about seven miles from shore, the *Repose* sailed between several heavy combat areas, including Da Nang, the DMZ, Chu Lai, Dong Ha and Khe Sanh. Marine Huey helicopters and Air Force “Jolly Green Giant” choppers made “around the clock” trips to the ship with full litters of wounded Marines.

**Carol Coile:** Carol Coile was a first lieutenant in the Air Force from 1968-70, as a protocol officer. She was instrumental in or-

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# President's Message

As I wrote a year ago, November is a month of **remembering**. On the first Saturday, November 4, there will be the annual Remembrance celebration. This is one of our most beautiful programs as we **remember** our CM friends who died this past year. I encourage each of you to attend this celebration. It is very moving. You will not be sorry.

The following Saturday, November 11, we **remember** our veterans. You will not want to miss this program as John Haynes, through a power point presentation, brings to life the service of some of our resident veterans.

November is the beginning of our Employee Appreciation Fund drive. In a few days, you will receive a letter from the Executive Committee explaining this campaign in detail. The deadline for donations is December 8, 2017. This will allow enough time to prepare individual checks to over 425 employees at their Holiday Party on December 15. Our goal this year is to raise at least \$330,000 to **remember** and show our appreciation for our delightful, dedicated and hardworking staff. We interact with many employees on a daily basis but there are also many working behind the scenes that keep life at CM running so smoothly. A generous contribution is a perfect way to thank our terrific staff for their service this past year. At the RA Meeting, John Haynes will be highlighting several of our employees.

In February, when Don Steadman completes his service on the CM Board of Directors (BOD), there will be an opening for a new resident board member. If you

would like to suggest someone to be considered for the position of resident board member, please get their name to me by November 15. The RA Executive Committee will review the suggested persons and will submit three candidates to the Board of Directors for consideration. The final choice will be made by the Board of Directors. In order to be considered for this position, a resident must have lived at CM for at least 3 years.

A new term is coming to CM: ageism, which is the stereotyping or discriminating against individuals or groups on the basis of their age. Recently CM presented a session on Dispelling Ageism at the Leading Age Conference. At the November RA Meeting Pat Mandell will be discussing the fact that ageism exists even with residents in CCRCs; this must be acknowledged before we can discuss how it can be changed. You will hear more about this in the months ahead.

Wishing each of you a happy Thanksgiving as we **remember** those first settlers and their struggles.

- Betsy Ahern

## IN MEMORIAM

Mary Ann Clarkson 5-202  
09-19-2017

Dot Reilly (former resident)  
10-09-2017

George Wyman P-234  
10-10-2017

Marcella Suberman (EA)  
10-06-2017

**THE MEADOWLARK**  
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—  
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## December-January Issue Deadline

Copy for the December-January *Meadowlark* must be submitted by **Wednesday, November 15**, 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.

Census Information	
As of September 30, 2017	
Number of Residents	Occupancy Level
<b>Independent Living:</b>	
614	93%
<b>Assisted Living</b>	
82	96%
<b>The Pines*:</b>	
56	77%*
<b>Total on campus:</b>	
752	91%
<b>EA Program:</b>	
31	
<b>Total Residents:</b>	783
<i>*Includes temporary admission of IL and AL residents.</i>	

## NEWS (continued)

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ganizing the recent photo shoot/lunch. Many thanks for the first-class job she performed. Thank you also to John Haynes for interviewing these special women and for providing their photos.



### Are You Paying Too Much for your Medicare Part D Prescription Plan?

Medicare allows you change your Part D prescription plan every year to fit your changing needs. This year, between the dates of October 15 and December 7, you can switch your plan.

To help you decide what plan is right for you, The Care Coordination Team will be scheduling individual sessions with a trained SHIIP (Senior Health Insurance Information Program) Volunteer. These sessions will last about an hour and will allow you to compare the different plans after entering all prescriptions you currently take into an online program.

If you would like to review your Part D plan with a SHIIP volunteer to see if you can switch to a more affordable plan, call Farrah Anderson at (919) 370-7168 to schedule a session before December 7. You will need to bring your current insurance card and your medications to the appointment.

- Kim Broucksou

## Your RA at Work: Marketing Committee

The Marketing Committee was formerly known as the Public Relations Committee. The name was changed last year to more accurately reflect activities. The Chairperson is Christine Kesner, Vice Chair is Diana Lafferty, and Dorothy Samitz serves as Secretary.

The committee assists the Marketing Department in communicating with, and offering services to, prospective residents. It comprises five groups: Blog Writers, Health Care Ambassadors, Mobility Ambassadors, Weekday Ambassadors, and Weekend Ambassadors. Details of each Marketing group are available on the *MeadowLife* home page by clicking the "Committees" green tab along the top.

Committee activities include writing and reviewing blogs, serving as resident ambassadors for prospective residents, assisting Marketing with special events and helping residents and prospective

residents with campus mobility questions.

A Marketing representative attends all meetings to provide updates. Community print advertising campaigns include diverse venues such as Playmakers, Durham Performing Arts Center, Raleigh Ballet, North Carolina Symphony, *Chapel Hill Magazine*, and UNC and Duke alumni magazines.

The Carolina Meadows website is expanding as 70% of traffic comes via the website. Future enhancements to encourage longer visits on the website will include video, testimonials, 3-D floorplans and interactive content.

Sales activity continues at an impressive pace. Currently there are 102 people on the Ready List and 479 on the Wait List. The successful new Early Advantage program is on schedule with 31 total contracts as of the end of September and 40 new contracts budgeted for 2018. Future growth is set at an average of four contracts per

month.

Small group "First Timer" get-acquainted sessions target locals thinking of moving to Carolina Meadows within a five- to seven-year timeframe. Sessions are scheduled by invitation on alternate Thursdays.

Blogs that showcase the latest news and campus happenings are posted on the Carolina Meadows website for resident and non-resident viewers. Any resident or staff member may submit a blog by contacting Ruth Leopold (ruthaleopold16@gmail.com) to request the blogs' protocol information. Blogs are accessed from the *MeadowLife* home page by clicking "CM Blogs" on the right sidebar.

Minutes of Marketing Committee meetings and the annual report are posted on its web page. Go to the *MeadowLife* home page and click on "Committees" (green tab at top).

- Chris Kesner

## Your RA at Work: Residents' Budget and Finance Committee (RBFC)

This Standing Committee has 10 dedicated residents who act as your voice to CM Management and the Board of Directors. The committee includes residents who also serve on three other standing committees – Health and Wellness, Dining, and Buildings & Grounds. This cross connection with other committees provides a broad base of experience to analyze, understand, and reflect on the financial operations of CM.

We meet monthly with Gary Levine (CFO), Melissa Hogan (Finance Director) and Joan Pharr (Chair of the Board Finance Committee) to review the financial per-

formance of Carolina Meadows. Management provides detailed financial information on actual versus budget performance for all departments and answers questions. Capital budgets, cash flow statements, and investment returns are reviewed quarterly.

We actively participate in the development of the annual CM Operating Budget. In July, we provide the RBFC's written budget objectives for management to consider in preparing the CM budget. In September, our committee breaks up into small teams to meet with department managers to understand and discuss their prelimi-

nary expense budgets. Following these meetings, we provide feedback to management. The Chair of the RBFC and two committee members participate with the Board Finance Committee in September and October in working sessions as the operating budget and capital budget go through refinements. These sessions also include the board chair, some outside directors, a resident director, Kevin McLeod (CEO), Gary Levine (CFO) and Ben Cornthwaite (COO).

By having these working sessions, management and board

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members have the opportunity to listen directly to views and concerns of the RBFC. Although we do not always agree, the discussions are useful, sometimes spirited, and have always been collegial.

The role of the RBFC is advisory. We have no authority to make decisions. However, we believe that the contributions of this committee are vital to balanced governance at Carolina Meadows.

Check our website on *MeadowLife* for more information and contact information for any member of this committee.

- Sam Ligon, Chair, Residents' Budget & Finance Committee

**Annual Budget Presentations**

The CM Board of Directors invites you to attend an open meeting **in the Auditorium** for review/discussion of the 2018 Budget including, but not limited to, income, expenses and financial trends/issues. Two meetings have been scheduled in order to accommodate all residents; the same items will be covered at each meeting.

**Monday, Nov. 20, 11 am** and **Tuesday, Nov. 21, 11 am**

A budget packet will be placed in each resident's in-house mailbox on November 16.

Thank you!

**The Strength and Beauty of Community**

On Saturday, **November 4, at 3 pm in the Auditorium**, we will all have an opportunity to experience the strength and beauty of our community. A year ago, I went to this annual Celebration of Life service, which honors residents who have died in the last 12 months. I was attending because my partner, Bob Weston, had died some eight months earlier and because I had been asked to read a poem as part of the program. I had no understanding of how the service would unfold. But as I sat and watched and listened, I was profoundly moved by what was the most beautiful ritual I have ever observed. After our hearts had been opened by musical meditations on the harp, and by poetry and choral music, the first name was read. Then a bell was tolled and a lovely white flower was picked up and placed in a vase. There was a slight pause, and then the process was repeated, some 45 times, once for every resident who died since our last Celebration of Life.

The ceremony, sponsored and organized by our Residents Remembrance Committee, was beautiful and healing. Also comforting was the presence of a large number of Carolina Meadows staff who gave up personal weekend time to take part in this important service – from our COO, Ben Cornthwaite, to the smiling barista who pours our coffee in the Cafe, Yolanda Mora. The strong, loving fabric that makes up this community supported all who attended this milestone service. Take part in our Celebration of Life on November 4.

- Carolyn Holt

**Bottom Line? Consistency and Simplicity**

Can you name an area restaurant that serves the same 600 people every day? It is a daunting challenge, not just to produce the meals, but also to appeal to many divergent tastes. The CM Dining Services Committee brings residents' voices to Dining Management.

When last spring's Residents' Survey results reflected considerable disappointment, Brad Itzkowitz, Jody McLeod and the Dining Services Committee, led by Ray Williams, developed a plan to identify and address the issues.

Resident focus group expert Charlie Lehman led six focus groups of eager, self-selected residents. There were two sessions for each dining venue with Charlie as leader and Dining Committee members as observers.

The results were not surprising, but they were consistent. Courtyard diners enjoy the reservation system and more formal service. Pub goes like a cozy, relaxed atmosphere. Marketplace

fans opt for faster, casual service plus the opportunity to join other diners. Everyone praised the staff in all venues. All groups noted that simplicity and consistency of well-prepared, fresh food is their first priority.

Armed with information, Brad and Jody set out to develop new menus that are basic with many choices. The Courtyard and Pub will share the same menu.

Several changes will make the Marketplace easier to navigate and safer for residents: chair glides replacing rollers (also in the Pub), discrete tray rails, a staff cashier, redesign of the comfort station area to eliminate congestion, a short-order grill and, to the delight of many, a wine bar.

The Café will soon be open on Sunday for residents who prefer lighter meals. All changes should be in place by November.

Amazingly, the entire process was completed in less than one month.

- The Dining Committee

## “Meadows in Motion”

From Ben Cornthwaite, Chief Operating Officer and Executive Vice President

We have much to be thankful for in this month of Thanksgiving. I would like to take a moment to express gratitude for some areas of progress that are particularly noteworthy. In each of these areas, one commonality exists as the underpinning for the success – residents and management working together.

**Quality Dashboard:** The Health & Wellness Committee recently finalized a dashboard tool that allows for the ongoing tracking and measurement of key quality indicators. The new tool expands the reporting and tracking from six metrics in the Pines and Fairways to 42 metrics that include independent living, the on-site medical practice, assisted living, and skilled nursing. A basic color coding system allows the committee to focus on key areas of success while working to improve areas that need attention.

**Dining Enhancements:** The Dining Committee partnered with the dining leadership to conduct focus groups to brainstorm ideas to improve the overall dining experience.

These suggestions led the team to enhance and streamline the menu structure. Additional recommendations will also be implemented to address flow in the Marketplace and the safety of chairs in the Marketplace and Pub.

**Safety Manual and Guide to Better Community Living:** The Building, Grounds & Safety Committee collaborated with the plant operations team to update and clarify key community guidelines. This guide will be available for residents this month.

**Master Planning Feedback:** The Council, Management and Board had an open dialogue about the conceptual stage of master planning. The process invited residents to have an opportunity to provide feedback very early in the planning through precinct leaders. In light of the resident input thus far, the Board Chair has slowed the project timeline and requested that the Board Vision & Strategy Committee consider the resident comments before bringing the Conceptual Master Plan back to the full

Board at its February meeting for consideration.

Although there are many more examples of successful collaboration not mentioned in this article, I want to express a heartfelt thank you to the many residents and employees who are working together to make Carolina Meadows the very best place to live and work. Gobble, gobble!

## Remembering Las Vegas

At 12:30 pm on Friday, October 6, residents, visitors and employees joined hands to form a circle around the Meadow Garden. We were there to remember the victims of the horrific shootings in Las Vegas and to stand with the families who are suffering. Kris Snyder asked for a moment of silence, which was soon broken by a visiting bird singing to us. What an ideal setting: the pond with its peaceful waterfall, the serenity of the garden and a chirping bird to give us hope.

- Betsy Ahern

### Welcome New Residents

#### On-Campus Residents

CL Kendall, V-404

**Last Residence:** Chapel Hill, NC

**Interests:** Tennis; economics; politics.

Mary Anne Kendall, V-404

**Last Residence:** Chapel Hill, NC

**Interests:** Tennis; table tennis; gardening; Yoke Fellows (Orange Cty Correctional).

#### Early Advantage Residents

James and Delight Allen

Howard and Maria Cohen

Wynne Thomas

## TALK

### Men's Breakfast

Our speaker for **Wednesday, November 15 at 8:30 am in the Private Dining Room** is Walter Dellinger. Walter will speak on “Race and Religion in the South of the ‘60’s.” Sign up by Thursday, November 9, and please wear your name tag.

- Fred Bowman

## CMU Fall 2017 Semester Continues with “Chapel Hill” and “Central Asia” Courses

CMU launched its second course of the Fall Semester, “Inside Chapel Hill –The History, Culture, and Politics of Our HomeTown,” in October. Organized by CMU Steering Committee members Jay Klompmaker and Joe Flora, this course has already taught and entertained us all with two sessions, “A History of UNC Chapel Hill” and “The Music of Chapel Hill and the Red Clay Ramblers.” In November, these will be rounded out with two more sessions:

Session III (**November 6**) will focus on “The History of Race and Politics in Chapel Hill” and feature Howard Lee (our former mayor).

Session IV (**November 13**) will be presented by UNC’s immediate past Executive Vice Chancellor and Provost Jim Dean on current issues confronting UNC-Chapel Hill.

After the customary one-week hiatus, CMU will close out the Fall Semester with Course III:

“Current Issues in Central Asia.” Carolina Meadows resident and retired Foreign Service Officer Michael Cotter will review these issues in three sessions:

“The Periphery” (**November 27**), “The Core” (**December 4**), and “The Challenges of the Region” (**December 11**).

During his 30-year Foreign Service career, Michael served overseas in Vietnam, Bolivia, Ecuador, Turkey, the Democratic Republic of the Congo (formerly Zaire), and Chile. His final assignment was as Ambassador to Turkmenistan, where he confronted the issues facing the region quite directly!

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

We will make an exception on **November 13** because of the book sale in the Auditorium; this class will be held in the **Lecture Hall.**

- *CMU Steering Committee*

## Philosophy Group

The topic chosen for our next meeting is “Wisdom.” The discussion will be led by Michael Prinzing, Outreach Professor of the UNC Philosophy Department. The meeting will be at **2 pm in the Lecture Hall, November 8.**

The meeting on November 22 is cancelled due to proximity to Thanksgiving Day. Relevant readings and pertinent questions are distributed to members a week before each session and are also available on *MeadowLife*. Please contact me to be placed on our membership list and plan to join us.

- *Marlene Appley*

## Watergate

**Wednesday, November 8, 2 pm, Auditorium**

G. Eugene “Gene” Boyce is an accomplished attorney who practices primarily in the areas of class action law, litigation, commercial litigation and constitutional law. Throughout his career, Mr. Boyce has participated as defendant and plaintiff attorney in countless jury trials and more than 142 appellate proceedings in state and federal courts, including the US Supreme Court. He has also examined the conduct of public officials at the highest federal and state levels.

Among his most notable achievements are serving as assistant chief counsel to the Watergate Committee, working with Senator Sam J. Ervin in 99 days of televised hearings and the worldwide investigation related to the 1972 presidential campaign activities. Mr. Boyce was the lead investigator in the discovery of President Nixon’s White House taping system of the Oval Office and Cabinet Room.

## CMU Announces a Musical Serendipitous Saturday for November

On **Saturday, November 4**, Dr. Annegret Fauser will enlighten us about Aaron Copland’s masterpiece, *Appalachian Spring*.

Dr. Fauser is the Cary C. Boshamer Distinguished Professor of Music and Adjunct Professor of Women’s and Gender Studies at UNC-CH. She is a cultural musicologist whose work emphasizes how music intersects with its social, political and artistic contexts. Her area of expertise is music of the 19th and 20th centuries and, in particular, that of France and the United States.

Born in Germany, she received her PhD at the University of Bonn in 1992. A widely published researcher and educator and a recipient of numerous major awards, she taught musicology at the Université François Rabelais in Tours, the Folkwang Hochschule in Essen, the Humboldt Universität zu Berlin, and City University, London before joining the UNC-CH faculty in July 2001.

CMU Serendipitous Saturday lectures are held **in the Lecture Hall, 10 to 11:30 am.**

- *CMU Steering Committee*

## Women's Luncheon

In a break from tradition, the November Women's Luncheon will feature our first male speaker. Walter Dellinger, a Carolina Meadows resident and Douglas B. Maggs Professor Emeritus of Law at Duke University. He will be our guest speaker on **Tuesday, November 14 at noon in the Private Dining Room.** The title of his talk is "Chuck Berry and the Bible Teacher: Race and Religion in the South of the '60's."

Walter Dellinger was born in Charlotte, North Carolina. He graduated with Honors in Political Science from the University of North Carolina. He is a graduate of Yale Law School where he was editor of the *Yale Law Journal*.

During the 1968-69 term of the US Supreme Court, he served as law clerk to Justice Hugo L. Black. He served from 1993-96 as Assistant Attorney General and was the principal legal advisor to the Attorney General and the President. From 1996-97 he was Acting Solicitor General of the US Supreme Court. He argued nine cases before the Supreme Court, the

most by any Solicitor General in more than 20 years. He is a prolific writer, having published numerous articles on constitutional issues for scholarly journals. He has also been a guest lecturer at several universities, both in the US and abroad. Walter Dellinger was named one the "100 Most Influential Lawyers in America" by the *National Law Journal* and has been recognized with a Lifetime Achievement Award from the *American Lawyer*.

He is married to Anne Maxwell Dellinger, a Professor of Public Law and Government at the UNC-CH Institute of Government, and they have two sons.

Walter Dellinger has had a stellar career and this promises to be a very interesting talk. Space is limited. For reservations call or email Jody Hite (919) 370-7171 or <jody@carolinameadows.net> after November 1. If you have dietary restrictions or need to cancel your reservation, please call Anne Scaff at (919) 533-6012 by Friday November 10 to avoid being charged for the luncheon.

- Christine Flora

## Unity Group

How many times have you seen legislation passed in Washington with laudable goals and the best of intentions only to discover (usually years later) that it has produced negative, harmful results? Unintended consequences! That is Professor Michael Jacob's topic in "Is Chapel Hill's Financial Model Sustainable?" on **Thursday, November 16, in the Lecture Hall at 10 am.**

A graduate of UNC (BS/BA) and Harvard (MBA), he teaches corporate governance in the Kenan-Flagler full-time MBA program. He served as Director of Corporate Finance at the US Treasury Department, where he was responsible for national policy in the areas of mergers and acquisitions, leveraged buyouts, corporate governance, and certain banking matters. His articles have appeared in the *Harvard Business Review*, *The New York Times*, and the *Wall Street Journal*, among others. You may have read one in the *News and Observer*. And there's more! Come and hear the thoughts of a richly experienced, practical thinker.

- Joe Danos

## World Affairs

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

The programs for November are:

**November 3:** Stephen Bodner, "The Risks and Uncertainties of Global Warming"

In his lecture three years ago, Steve Bodner explained the weaknesses in the computer predictions of future climate change. He concluded that the reason to control CO2 is not because we can predict its impact, but because we cannot predict its impact. In this

talk, he will go backwards, looking at real data instead of computer modeling to see what we might learn about the future.

**November 10:** Judith Pulley, "Venezuela: Past and Present." In September, the former Ambassador to Venezuela presented a lecture on Venezuela and US-Venezuelan relations. This is an update of affairs in Venezuela, illustrating how democracy works with an authoritarian government that claims to be a democracy.

**November 17:** John Sylvester, "North Korea: A Hermit Kingdom"

New resident John Sylvester lived in Asia as a child, served in the Korean War, and served as a Foreign Service officer from 1955 to 1980, mainly involved with Japan and Vietnam. In 1981, he became the first director of the North Carolina Japan Center at NCSU.

**November 24:** No program (day after Thanksgiving)

- Judith Pulley



## Medical Update

The next Medical Update will take place on **Thursday, November 16 at 2 pm in the Lecture Hall**. The subject and title will be "The Brain and Addiction." This will serve as a continuation of the last CMU lecture on Addiction. Our speaker will be Edward Levin, PhD, Professor of Psychiatry and Behavioral Sciences at Duke University Medical Center.

The lecture will concern the basic neurobiology of cognition and addiction and using this knowledge for the treatment of drug addiction. There will be specific reference to the recent highly

publicized "epidemic" of opioid addiction.

Dr. Levin has secondary appointments in the Departments of Pharmacology, Psychology, and Neuroscience at Duke University. He directs the Neural and Behavioral Assessment and training cores of the Duke University Basic Research Program. He is co-director of the Duke Center on Addiction and Behavior Change. Dr. Levin earned his PhD in Environmental Toxicology at the University of Wisconsin. He was a post-doctoral fellow in Psychopharmacology at UCLA and was a visiting scientist at Uppsala University in

Sweden. Since 1989 he has conducted research and taught at Duke University. His research interests concern neurobehavioral pharmacology and toxicology, with a focus on addiction and cognitive function. He has published 390 scientific articles and book chapters and edited four books. His research is directed at determining the functional nature of impairment, the mechanisms of dysfunction and the therapeutic treatments.

This will be a most informative lecture on a topic of great current interest.

- Leonard Cutler

## ARTS

### Music Appreciation

Friday, 11 am in the Fairways Gallery

Nov 3 Mozart Piano Concerto  
Nov 10 Sibelius Violin Concerto  
Nov 17 Copland Appalachian Spring  
Nov 24 Happy Thanksgiving No Class

### Musical Events

Piano Recital featuring students of Christene Vaughan

6:00 pm Auditorium  
Friday, November 3

### Display Cabinet

Thanks to Judy Tilson and her committee for coordinating the cabinet display with the CMU course "Inside Chapel Hill" this month. Again, if you are interested in having your work or collection displayed in the Lobby cabinet in the coming months, please call Betty Lindsay at (919) 942-4479.

- Betty Lindsay

### Novels Fast and Slow

Recently I read two mystery novels that I found on the shelves of the MYSTERY section of the Carolina Meadows Library. On the first page of one of them, a ship on the Thames River in London is blown up, hurling towering flames into the sky and killing hundreds of affluent passengers. In the other, the first page describes the discovery of a mutilated body floating in the Dublin Canal.

This is the style of contemporary popular fiction – grab readers by the emotions and draw them quickly into the story. It's hard not to wonder who blew up the ship and why. And, whose body is that in the murky water, and how and why did it get there? In both cases, we're certain there was foul play and also confident that our trusty hero will overcome massive obstacles to resolve the mystery.

On the other hand, I've long been a fan of the classics and fortu-

nately there is a CLASSICS section located in the center of the residents' Library. Take a look! You'll find books you may have read decades ago, as well as some you may have always wanted to read.

One of my favorite classic authors is Thomas Hardy. Typically, the first 10 pages or so of his Wessex novels are devoted to a description of the sky, the dew on the heath, and sheep grazing silently on the hillside. In a leisurely fashion, the scene is set for the story to be presented. We have to wait quite a while for something to happen. Even then, there's little likelihood of an explosion or a dead body. We're lucky if someone falls off his horse or gets a blister on his foot walking to Dorchester.

Invitation: Be a guest reviewer for Library News. Send a 200-300 word Word document to [billpowers734@gmail.com](mailto:billpowers734@gmail.com).

- Bill Powers

## VOICES 2018



The two characters in the above image seem to be happily telling their stories and describing their experiences in words and rhymes. One is working the old-fashioned way, writing with a quill pen; the other is entering data into a computer. Both methods produce results; use the one most suited to you and share your stories, memoirs, and poems with your friends and neighbors in the pages of VOICES, the Carolina Meadows literary journal.

Manuscripts for the 2018 edition of VOICES are being accepted now through December 31. Instructions for submitting a document are located on the table outside the Mail Room in the Club Center Lobby. Your manuscript will be reviewed anonymously by resident readers and by the editors of the journal. You will be notified whether or not your story or poem is accepted for publication.

In the past two years, approximately 40 manuscripts were accepted each year – a mix of stories, memoirs, and poems about topics as varied as a toy airplane, a night on the streets of New York, a town dump, and writer's block. There have been accounts of experiences in Laredo, Prague, Caracas, and Brazil and of unique people in Louisville, Texas, and on the Carolina Meadows campus. There have been coming-of-age stories, war stories, family stories, love poems, and nature poems. Find your inspiration and add your words to the literary tradition at Carolina Meadows!

- Eleanor Morris

## "A Big One's" Coming Soon

(The following should be sung to the tune of "Santa Claus is Coming to Town".)

*The Book Sale Group*

*Is at it again*

*Sorting through books*

*For the crème de la crème,*

*A Holiday Book Sale's coming soon for you.*

*They won't sell a book that is dirty or worn*

*Or books with covers that are tattered or torn*

*Only the best and nicest books will do!*

*These books are made for giving*

*To family and to friends*

*So why buy at a shopping mall*

*With lines that never end??*

*So, get out your pens*

*Write down the dates*

*For bargains this great*

*You don't want to be late*

*See you at the book sale*

*(Buy all that you can carry*

*And you'll help our great library)*

*See you at the book sale real soon.*

The folks at Barnes and Noble can eat their hearts out, likewise the booksellers at Amazon. The best books and the best buys will be coming to Carolina Meadows this fall. The Book Sale Committee has been sorting through book donations since last July, and has found some real treasures.

This year the Holiday Book Sale is being held **Monday, Nov. 13, Tuesday, November 14 and Wednesday, November 15 in the Auditorium. Monday and Tuesday**, the sale will be held from **10 am until 2 pm** and from **5 to 7 pm. Wednesday**, the sale will continue from **10 am until 2 pm.**

## Music at the Meadows Concert Series

**Autumn Rainey, Jazz Vocalist**  
**November 10, 7:30 pm,**  
**Auditorium**

The Music at the Meadows series will feature a delightful and refreshing departure from the impressive classical instrumental artists that we enjoyed in recent months with the performance of jazz vocalist Autumn Rainey. A Greensboro native and recent graduate of North Carolina Central University, where she majored in vocal jazz studies, Rainey performs with the University's Vocal Jazz Ensemble and at the Shed Jazz Club in Durham.

But her career recently got a major boost when she was selected to sing the blues standard, "Motherless Children", for the popular HBO movie *The Immortal Life of Henrietta Lacks* by Branford Marsalis, who wrote the score for the movie.

Autumn Rainey's talents are not limited to singing; she plays the flute and piano and leads her own band.

- Norman Miller

As usual, prices are unbelievably low, with hardcover books selling for just \$2 and paperbacks for \$1 per book. Specialty books are priced individually, but are still very reasonable. Come early to score the best of the very best. And remember, all profits from the sale go to the Library to buy brand new books and DVDs.

If you'd like more information, please contact Joanne Cotter or Nancy Lederer. Meanwhile, build up your arm strength or locate a cart with wheels. You'll find a lot of books at the sale that you won't be able to resist and you'll have to lug them home somehow.

- Ruth Leopold

## Films for November 2017

7:15 pm, Auditorium

Besides free popcorn, we are offering another incentive: Those who wish to talk about the movie they have just seen can 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 our Library, or does not have subtitles, or 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.

### November 4

#### ***The Russians Are Coming, The Russians Are Coming!* (1966)**

120 minutes – Not Rated

A Russian submarine runs aground near a small New England town, and it's up to Lt. Rozanov (Alan Arkin) as the Russians' second-in-command to covertly secure a towboat to avoid an international confrontation. When he hooks up with residents such as Walt Whittaker (Carl Reiner) and the police chief (Brian Keith), all hell breaks loose. This classic comedy earned three Oscar nominations.

Film chosen by Tony Armer (film **WILL BE SHOWN**)

### November 11

#### ***Slumdog Millionaire* (2008)**

120 minutes – Rated R

Dev Patel

After coming within one question of winning a fortune on a game show, an uneducated young "Slumdog" is accused of cheating and is arrested. While in custody,

he accounts for knowing all the answers by reflecting on his hard-scrabble life.

Won the Oscar for Best Picture.

Film chosen by Jo Tunstall

### November 18

#### ***Going in Style* (2017)**

96 minutes – Rated PG13

Morgan Freeman, Michael Caine, Alan Arkin

Cheated out of their pensions, three elderly friends decide to extract justice from the system by robbing a bank and then heading for Las Vegas. But their grand plan starts to fall apart when a dogged FBI agent picks up their trail. Film chosen by Anonymous

### November 25

#### ***Catch Me if You Can* (2002)**

135 minutes – Rated R

Leonardo DiCaprio, Tom Hanks, Christopher Walken

Frank W. Abagnale Jr. is a cunning con man; he's also a deft forger, and his work attracts the attention of an FBI agent who makes it his mission to put Frank behind bars. But Frank not only eludes capture, he revels in the pursuit.

Film chosen by Emilia DeCroix

## Tuesday at the Movies

Tuesday, November 14, 2 pm,  
Lecture Hall

#### ***Elmer Gantry***

1960 – Not Rated – 147 minutes

Hollywood legend Burt Lancaster nabbed a Best Actor Oscar as gladdening, soul-redeeming charlatan Elmer Gantry, a huckster who spins his talent for preaching into a méti-er behind the pulpit. Hopping aboard the barnstorming evangelical crusade of Sister Sharon Falconer (Jean Simmons), Gantry moralizes his way to fame and fortune until an erstwhile ladylove (Shirley Jones) threatens to expose his shady history as a skirt-chaser and scam artist.

## New Library DVDs

*This is Us* – TV Series, Season 1

*A Special Day* – Sub-titled

*The Lost City of Z* – Based on a true story

*Norman*

*The Women's Balcony*

*A Tree Grows in Brooklyn* – Classic

*Beauty and the Beast* – Musical

## New Library Books

*A Column of Fire* by Ken Follett

*Beautiful Animals* by Lawrence Osborne

*Blue, Bluebird* by Attica Locke

*Keep Her Safe* by Sophie Hannah

*The Saboteur* by Andrew Gross

*Salt to the Sea* by Ruta Sepetys

*The World of Tomorrow* by Brendan Mathews

*The Last Ballad* by Wiley Cash

### Large Print

*The Diva Serves High Tea* by

Krista Davis

*Falling* by Jane Green

*Broken Trust* by W.E.B. Griffin

### Mystery

*An Echo of Murder* by Anne Perry

*Sleeping in the Ground* by Peter

Robinson

*A Game of Ghosts* by John Connolly

*Don't Let Go* by Harlen Coben

*A Casualty of War* by Charles Todd

### Biography/Biography Collection

*The Great Divide: The Conflict between*

*Washington and Jefferson*

*that Defined America, Then and*

*Now* by Thomas Fleming

*To Siri with Love* by Judith New-

man

*Born to Run* by Bruce Springsteen

### Non-Fiction

*The End of Alzheimer's* by Dale E.

Bredesen

*World without Mind: The Existential*

*Threat of Big Tech* by Franklin

Foer

*Implacable Foes: War in the Pacific*

*1944-1945* by Waldo Heinrichs and

Marc Gallicchio

- Martha Hutt

## ACTIVITIES

### Restaurant Review: Elements Serves Sushi 2110 Environ Way, Chapel Hill

So lean and simple, how can sushi yield such subtle flavor? Michael Chuong, chef-owner of Elements, takes up that artful challenge in his Asian-fusion restaurant on nearby Environ Way. Chuong added this popular Japanese staple, he says, "to add a different dimension and depth to the menu." It's available on Thursday, Friday and Saturday for lunch and dinner.

Chef Chuong offers 15 sushi choices on the menu, served with the slender inch-long fish resting over or within a cushion of vinegar rice. (Sushi means "vinegar rice.") Your plate arrives with soy sauce, pickled ginger and wasabi, a horseradish-hot mustard condiment that is torture to the timid palate and ecstasy to others. The dining etiquette is straightforward and unpretentious: use your fingers to pick up the fish and, if you like, spread a layer of wasabi on top. Then fish-side down, dip it into the soy sauce. It's the same procedure if you're eating a fish

roll with rice surrounding the outside. Eat the entire piece in one bite (if you can), then take a bite of ginger, used as a palate cleanser. The only taboo is mixing the wasabi in the soy source; it stamps you as an amateur.

As a refreshing start to dinner, we chose a seaweed salad spiked with ginger dressing, sesame and micro greens. The complex flavors prepared the palate for our sushi plates in sequential servings of ahi tuna, salmon, and sea scallop. For variety, we added a sashimi dish (fish without rice) with a tender eel under a polish of warm soy sauce. One could have been equally happy with other offerings of prawn, octopus, sea scallop, snow crab, albacore... and the list continues in Chuong's generous menu.

The Japanese word *shibui* describes "understated good taste." While sushi is often treated as "fast food," at Elements *sushi* and *shibui* join in both the aesthetic sense and in the pleasures of the palate.

- Dorothy Mahan

### Community Garden

By now, all gardeners who had raised plots this year have had the opportunity to renew their garden plots for 2018. Other interested residents can now apply for a one-half plot or one plot. Some gardeners choose to share a plot with another person. Hardcopies of the 2018 raised-bed application are available in the notebook (Golf, Sports, and Community Gardeners) on the shelf opposite the door to the Auditorium. While completed applications are due by November 10, residents can submit an application any time during the year for garden space which might become available.

Carolina Meadows gardeners may wish to check out the availability of colorful fall perennials like chrysanthemums or asters for their home gardens. Pansies and snapdragons can be good choices for this time of year, as they will often bloom dependably for a number of weeks and then flower again in the spring. Daffodils, hyacinths, crocus, and many other bulbs can be quite satisfactory if you can get them planted before the ground becomes frozen. Some gardeners enjoy planting bulbs in decorative pots and bringing them indoors when they are ready to bloom. Deer like tulips, so they are often less satisfactory in our area than other bulbs.

The annual Outdoor Sculpture exhibit at the North Carolina Botanical Garden is free and will be open to the public with nearby free parking until December 10, 2017.

- Margy King and Alan Tom

### Veterans Day Remembrance

On Saturday, **November 11, at 11 am in the Auditorium**, pick up a poppy at the door and join us to honor those who have served our country in war and peace.

The theme of the program will again be to honor all living veterans at Carolina Meadows. We will profile a sampling of our 57 living WWII and other veterans. Their brief military bios and photos will

be shown in a projected presentation.

The program will also include the Pledge of Allegiance to the flag, the traditional singing of the five military services' medleys, group singing of some WWI favorites, the recitation of "What is a Veteran" and Taps.

- John Geis

## Community Outreach and Volunteer Committee

### Chatham Literacy Council

April McClean, an employee at Carolina Meadows, is Chatham Literacy's first ever computer literacy student. On her lunch break, twice a week, April would meet with Carolina Meadows resident and Chatham Literacy volunteer tutor Carol Coile with the goal of refreshing her knowledge of using technology. With curriculum and a laptop provided by Chatham Literacy, April and Carol reviewed basic computer skills. This past month April finished her program, earning the laptop she was working on with her tutor. She also earned a special certificate proclaiming her accomplishments, something April says will help her build her resumé. As always, April will be able to keep the book she and Carol used for future refer-

ence as she continues to grow in using her laptop! Carol says of April's learning, "She doesn't need me anymore – I'd just be in her way and slow her down!"  
- *Desiree Cho, Volunteer Coordinator*

### Communities in Schools

Thanks to everyone who made our annual donations to the School Supplies Drive for Communities in Schools a tremendous success. Thanks especially to all who volunteered to assist at the tables located in the Lobby. Many boxes of supplies were donated and we raised \$2,540. Thanks to Jody Hite for setting up the tables and making the signs and thanks to Lynn Ogden for providing the leadership, time and energy to make this a successful project.

### Warm Clothing Drive

The Council on Aging ([chathamcouncilonaging.org](http://chathamcouncilonaging.org)) is looking for warm winter clothing. Please help us fill the barrel located in the Residents Business Office with your donations of gently used sweaters, coats, hats, jackets and gloves. The drive is scheduled for November 1, 2017 through December 2017.

- *Chuck Giardino, Chairman, Community Outreach Volunteers Committee*

### Wellness Corner

Thank you to our new Tennis Chair CL Kendall! The courts have just been resurfaced and the temps are beginning to cool. Join us **Monday, Wednesday and Friday** mornings at **9 am**.

We are in need of Pool Watch volunteers. If you would like to volunteer as a pool watcher or have questions about what is involved with this responsibility, please contact Diane Groves at (919) 533-1010.

Chapel Hill Parkinson's Disease Support Group, **Tuesday, November 7, 1:30-3:00 pm at the Seymour Center in Chapel Hill**. Topic: Yoga for PD: Discussion and hands-on demonstration presented by yoga instructor and massage therapist Helen Tapper. Register in the Activities sign-up book. No cost for transportation.

Annual Turkey Trot! Join us on **Thursday, November 16 at 11:30 am in Club Center Lobby** for either a one-half mile or one-mile community walk to make room for Thanksgiving dinner.

Register in the Wellness book for the following:

Continued on p. 14 (Wellness)



It's full speed ahead for  
holiday savings at  
the **Carolina Meadows Gift Shop**



Put our Club Center Gift Shop at the top of your 2017 holiday shopping plans —

Custom jewelry for someone special

Practical gifts — Unusual gifts

Stocking stuffers at great prices

New French truffles

All Things North Carolina puzzles

Spark up your wardrobe with a wide selection of blouses — sweaters — scarves

Huge selection of jewelry

Gift certificates

**And give yourself a gift - all proceeds support YOUR community activities**

Continued from p. 13 (Wellness)

- Off-Campus Walk – Join us on **Friday, November 17** to the **Al Buehler Trail in Durham**. This is a 3.2-mile walking loop on unpaved terrain. It surrounds the golf course and has beautiful forest scenery. Lunch will be on your own following the walk. Sign up in the Wellness book. Van loads at 10 am.
- Easy Ways to Improve Your Posture – six **Mondays, 10:45-11:45 am, November 6- December 11**. Cost is \$30. What if you could learn simple movements that you could do for a few minutes a day that would shift your postural habits? What if you could teach your brain to shift your posture from being slumped to being more upright, effortlessly? In these fun, easy, and engaging floor classes from the Feldenkrais Method®, you will re-train your brain and discover how to be more upright without being uptight. Effortless uprightness is your birthright. ***You must be able to get down to, up from, and lie on the floor comfortably.***

Contact Michelle at (919) 370-7114 to register for the following:

- On-Campus Rex Blood Drive – **Friday, November 3, 1-3 pm**
- Estee Lauder representative will be on campus **November 8 beginning at 10 am** to offer skin care and cosmetic consultations. Now is a great time to order gifts for the holidays. Purchases will be delivered to the Reception Desk upon receipt of payment.

- Michelle Marino

**2017 Wellness Fair a Great Success**

Our 16<sup>th</sup> Annual Wellness Fair, “Road to Wellness,” was an “alarming” success! Over 300 people attended, including 80 staff and 10 Ready List/EA members. Thirty vendors (listed below) attended. Eighteen people had hearing screenings, 65 falls surveys were completed and 40 chair massages were given. Kris Snyder used her creativity to drive through the fair and the photo cut-out display was great fun and it attracted folks to the event! Special thanks to artists Margaret Zircher, Jeanne Boehlecke, and Susan Gaca and to my wonderful team including Mary Joy Keane, Jeanne Boehlecke and Vivienne Jacobson. Thank you to everyone who attended and helped to make this such a successful event. We’re looking forward to next year’s!

-Michelle Marino

**Thank You Wellness Fair Vendors!**

UNC Hearing and Communication	Smoothie King	Lap of Love
UNC Hospice	Chapel Hill Ophthalmology	Genesis Rehab
Hearing Health Care Services	Sevenhill Associates, Dr. David Jarrett	Carolina Meadows Primary Care Practice
Carolina Meadows Falls Prevention	Chapel Hill Dermatology	CM Care Coordination Team
Atkins Dentistry	Governors Pharmacy	Fleet Feet
Food Lion	CM Dietitian, Tracey Gaines	Triangle Vascular Associates
Dresson Medical Supply	UNC Rex Blood Drive- Date Nov 3	Flawless Spa and Wellness Image
Estee Lauder	Dr. Judith Hodgins Podiatry	CM Healthy Vending Options
UNC Urology	DoTerra Oils	Alzheimer’s Association
Mary Rothfuss, Licensed Massage Therapist	SHIIP	Massage Heights

**Jewelry Design and Repair**

**Monday, November 6 and Tuesday, November 21, 1:00 - 4:00 pm Art Studio**

For all experienced jewelry makers, open classes are \$10 per afternoon. Jewelry repairs may be dropped off at any time between 1 and 3 pm on the scheduled monthly open classes. If you would like to have a beginner’s session, please contact Eva Mogensen directly at (919) 797-0289.

**Sign up in the sign-up book: FUNKY LUNCH BUS!**

Weathervane  
**Wednesday, November 15**  
 Deadline: **Monday, November 13**  
 Cost: \$8.00 per person + lunch on your own  
 Load: **11:00 am**  
 Shopping to follow

See the second page of the Calendar for a delightful commentary on Carolina Meadows by a neighbor from Governors Village.

**NOVEMBER 2017**

DAY	DATE	TIME	EVENT	LOC	PAGE
Thurs	2	1:30 PM	Residents Council Meeting	BR	NA
Fri	3	10:30 AM	World Affairs: "Risks & Uncertainties of Global Warming"	AUD	8
		11:00 AM	Music Appreciation: Mozart Piano Concerto	FG	9
		1:00 PM	*On-campus Blood Drive (1-3 pm)	BR	14
		6:00 PM	Piano Recital: Students of Christene Vaughan	AUD	9
Sat	4	10:00 AM	Serendipitous Sat: Aaron Copland's <i>Appalachian Spring</i>	LH	7
		3:00 PM	Celebration of Life	AUD	5
		7:15 PM	Film: <i>The Russians are Coming</i>	AUD	11
Mon	6	10:45 AM	*Easy Ways to Improve Posture (also Nov. 13, 20, 17)	ES	14
		1:00 PM	CMU: "History of Race and Politics in Chapel Hill"	AUD	7
		1:00 PM	Jewelry Design and Repair	AS	14
Tues	7	1:30 PM	*Chapel Hill Parkinson's Support Group	CCL	13
Wed	8	10:00 AM	Estee Lauder representative (from 10 am to ???)		14
		2:00 PM	Eugene Boyce: "Watergate"	AUD	7
		2:00 PM	Philosophy Group: "Wisdom"	LH	7
Thurs	9	1:30 PM	Residents Association Meeting	AUD	NA
Fri	10	10:30 AM	Judith Pulley, "Venezuela: Past and Present"	AUD	8
		11:00 AM	Music Appreciation: Sibelius Violin Concerto	FG	9
		7:30 PM	Music @ Meadows: Autumn Rainey, Jazz Vocalist	AUD	10
Sat	11	11:00 AM	Veterans Day Remembrance	AUD	12
		7:15 PM	Film: <i>Slumdog Millionaire</i>	AUD	11
Mon	13	10:00 AM	Book Sale (10 am-2 pm; 5-7 pm)	AUD	10
		1:00 PM	CMU: "Issues Confronting UNC-CH"	LH	7
Tues	14	10:00 AM	Book Sale (10 am-2 pm; 5-7 pm)	AUD	10
		12:00 PM	*Women's Luncheon: "Chuck Berry & the Bible Teacher"	PDR	8
		2:00 PM	Movie: <i>Elmer Gantry</i>	LH	11
Wed	15	8:30 AM	*Men's Breakfast: "Race & Religion in the South"	PDR	6
		10:00 AM	Book Sale (10 am-2 pm)	AUD	10
		11:00 AM	*Funky Lunch Bus	CCL	14
Thurs	16	10:00 AM	Unity: "Is Chapel Hill's Financial Model Sustainable?"	LH	8
		11:30 AM	Turkey Trot	CCL	13
		2:00 PM	Medical Update: "The Brain and Addiction"	LH	9
Fri	17	10:00 AM	*Off-Campus Walk: Al Buehler Trail	CCL	14
		10:30 AM	World Affairs: "North Korea: A Hermit Kingdom"	AUD	8
		11:00 AM	Music Appreciation: Copland <i>Appalachian Spring</i>	FG	9
Sat	18	7:15 PM	Film: <i>Going in Style</i>	AUD	11
Mon	20	11:00 AM	Budget Presentation	AUD	5
Tues	21	11:00 AM	Budget Presentation	AUD	5
		1:00 PM	Jewelry Design and Repair	AS	14
Sat	25	7:15 PM	Film: <i>Catch Me if You Can</i>	AUD	11

## NOVEMBER 2017

Mon	27	1:00 PM	CMU: "Current Issues in Central Asia: The Periphery"	AUD	7
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\*Requires sign-up

AS: Art Studio      AUD: Auditorium      BR: Board Roomm      CCL: Club Center Lobby  
CCRR: Club Center Rec. Room      CRAC: Conf. Rm., Activity Ctr.      CYD: Courtyard  
DR: Dining Room      ES: Exercise Studio      FC: Fitness Center      FG: Fairways Gallery  
FLR: Fairways Living Room

### Thoughts from a Neighbor

Lara Casey, a young mother from Governors Village across Whippoorwill Lane, has just published her latest book. This excerpt is her impression of the community at Carolina Meadows:

*One early morning, when Grace was still a baby, I got bored of my usual morning walk route. So, I took Grace's stroller off the beaten path, across the street to the retirement community near our house. We were a bit of an odd sight—a thirty something redhead with a baby in tow. Would they think we were intruding?*

*Instead of being met by suspicion, we were greeted with joy. "Oh my soul, it's so good to see some young people around here!" "Look at that beautiful baby! It's so refreshing to see you walk in this neighborhood!" "Well, isn't that a sight!" The silver-haired residents stopped us to chat. Grace and I were thrilled by the encounter, and I decided to walk by their community on a regular basis. Four years and two strollers later I still take the kids (Grace now has two younger siblings) on a daily walk past the retirement community. The residents have become our dear friends. Mr. John and Mrs. Alice, Ms. Rhetta, Jim Ward, Shirley D., Mr. Bill D., and many more are now woven into the fabric of our lives.*

*We do much more than exercise on our morning adventures. We cultivate memories and manners on our walks. Gracie practices her "Good mornings" while intentionally looking in the eyes of our friends, and the babies smile and coo at the extra attention. The elderly residents love Grace's enthusiasm, and she enjoys their happy responses. We observe patience in the pace of fellow walkers and kindness in how they genuinely look out for one another. Mr. Bill goes from house to house each morning, moving the newspapers from the end of the driveways to each resident's doorstep.*

*We cultivate passion for the outdoors as we listen for birds and hear woodpeckers. We spot new flowers growing, and I name various plant types and trees for her. We often collect a few things along the way: dandelions, acorns, "whirlydos"(maple seeds), and special rocks.*

*We eventually make our way to the highlight of our path: the community garden. Our silver-haired friends know how to grow things! Their shared garden is filled with dozens of raised garden plots, each with its own unique personality and wisdom. Roz uses old pantyhose to tie tomatoes to their stakes. John takes empty plastic soda bottles, cuts them in half, and puts the spout end into the ground, making a watering hole to get nutrients close to the roots. Mr. B carefully marks his lettuce varieties with paint sticks. There are very few newfangled gardening contraptions here; these seasoned gardeners know they just need what works-nothing fancy.*

*They don't compare their gardens – who has the latest stuff or the biggest harvest. They learn and grow and encourage together. If "Dorothy" is sick, the others tend her plot. If "Jean" is on a trip to see her grandkids, they water her rhubarb and butterbeans. When someone is having a rough day with his arthritis, a neighbor checks on his blueberry bushes and brings him the day's harvest.*

*They take care of one another. That's what community is all about: helping each other keep our unique gardens flourishing.*

From "Cultivate"[2017] by Lara Casey, with her permission.