

# THE CAROL WOODS NEWS

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June 2009

## AWARD WINNER, GOOD SPORT, AND MULTI-TALENTED

Who would be thrilled with a gift of worms? If you guess the recipient of the 2009 Resident Service Award from the North Carolina Association of Homes & Services for the Aging, you would be correct! **Art Southard**, Carol Woods' Director of Security, Communications, and Transportation, has a passion for fishing, and was delighted with worms leftover from fishing in our pond. His boat docked at Beaufort lures him and his wife Suzanne Carmel to the shore, where they plan eventually to retire. Art met Suzanne at CW when she served as Activities Director.

Art never knows what his day will bring, whether medical transportation, security concerns, or even driving a bus. With a staff of over 30, including four coordinators, Art's main focus involves procedures, investigations, OSHA regulations, and serving on a myriad of committees. His major challenge is also what gives him the most satisfaction: assuring that residents are as safe and secure as possible.

Before coming to Carol Woods, Art was assistant director of security at Durham Regional Hospital. He and **Jack Chestnut**, our Director of Community Contacts, got to know each other well on a 5-day canoe trip in the Okefenokee Swamp. When CW established the position of Security Supervisor 18 years ago, Jack suggested Art apply, and the rest is history.

For five years Art has run an annual Scam Jam, which educates residents in avoiding all kinds of scams. He works closely with the Assistant Attorney General and represents CW on a Task Force on Fraud vs. the Elderly. Point-to-Point transportation was his idea and his preparedness plan now serves as a model for the state.

Some residents know Art as their upper-body strengthening coach; for 15 years he has met with a

group of residents twice a week in the fitness center. Others remember him on stage in **Jane Berryman's** productions. "Totally embarrassing!" says Art about his first role as LBJ, boxing Barry Goldwater (aka **Gordon Fisher**) in the requisite boxing shorts. Another time he was transformed into Roy Rogers in *Casablanca*, astride Trigger, which he fashioned out of an electric cart.

Art's life outside Carol Woods is busy as well, as he is active in the community life of Bahama, where he chairs the Citizenship and Patriotism Committee of the Ruritan Club. He and Suzanne own several classic cars that Art has restored, including a '52 MG, a '66 Mustang, a '67 Mercury Comet, and a '64 Ford pickup truck.

Not one to toot his own horn, this calm, charming man with a twinkle in his eye said he was totally surprised when Pat Sprigg told him he was to receive the Service Award: "I do what I do and didn't know anyone was watching." We are watching, Art, and we like what we see!

*Betty Hughes*



*Goldwater vs. LBJ  
Round 3*



*Trigger with Roy*

## IT MUST BE THE WEATHER

When I was a girl of eleven, my father came home from his office one day and with great pride unwrapped a *barometer*. We were all duly impressed by this magic machine that would tell us tomorrow's sky would be blue, or that we might as well get set for a couple of days of rain.

Galileo was at work on the challenge of weather prediction when he died in 1642. A year later a scientist named Evangelista Torelli took up the quest and produced the first real barometer. It worked on the same principles of vacuum and air pressure that operate in an everyday drinking straw. Remember how nature abhors a vacuum? Well, you draw on the straw, outside air pressure rushes into the vacuum your sucking creates, and up through the straw comes your Pepsi.

Way back when Signore Torelli wished to prove the validity of his barometer, he constructed a tube *thirty-five* feet high that poked right through the roof of his house. Being delightfully whimsical, he placed a doll on top of the tube: when the barometric pressure rose, so did the doll. Neighbors called him a witch and several other nasty names. The clergy at the time was at war with science. "God is everywhere," they said, "so there can't be such a thing as a vacuum." We know better now.

What the barometer didn't tell us was how our bodies and thus our spirits would react to the air pressure around us. On rainy days when the air is full of moisture, we're all too well aware that something unwelcome is pressing on us, ruining our dispositions and making us extra sleepy.

One Canadian study, based on pedometer readings, noted that children are less active on gloomy days. Ambient

temperature and rainfall have substantial effects on the amount of running and playing, they concluded. In the Children's Center here, I observe children to be less creative in their approach to new things and less attentive to what's going on when the weather is dark.

Allergies flare up when pollution-heavy air invades our nasal passages. Fog and rain are responsible not only for depression and drippy noses, they also bring on increased accidents on land, sea and air. Migraines are proven connected with weather changes. Allergy-causing molds flourish in the miasmas.

Recent emphasis on the wonders of Vitamin D tell us we need sunshine every day. Tip: Key West and Honolulu have the longest hours of daylight in the U.S. In summer, Barrow, Alaska, has twenty-four hours of unremitting daytime. (But oh, those winters! People there must pop fistfuls of Vitamin D pills every day!)

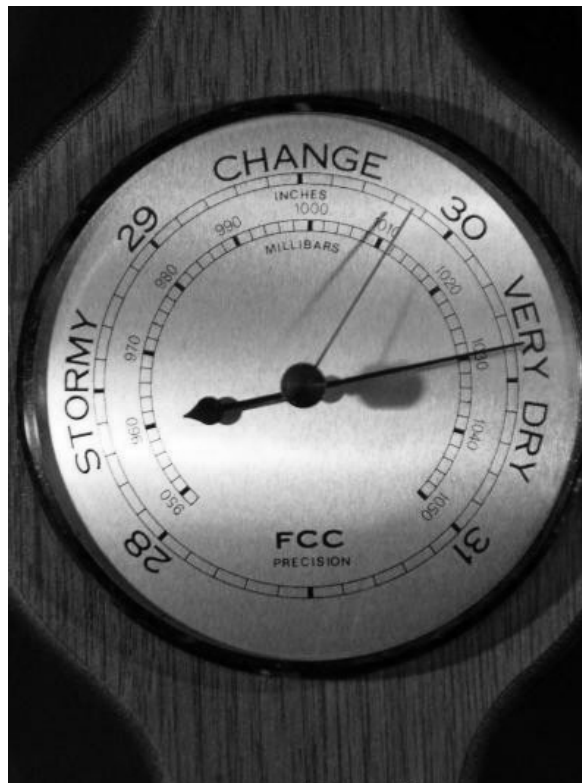
Temperature plays a tandem role with pressure. Example: in winter with artificial heat, indoor humidity drops below its healthful level of 35–40%, producing dry eyes and other mucous membranes,

to say nothing of creaking wood furniture joints and dull-sounding pianos. Dry air promotes static electricity that interferes with laundry, with hair behavior, with printing papers, etc. and etc.

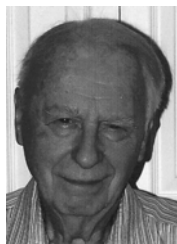
When you think about it, the effect of weather on mankind must certainly have directed the course of human history. Didn't it bring about the invention of the air conditioner and heated automobile seats?

Now, think of the positive effects of sunshine (particularly if you use sunscreen).

Jane Berryman



## WELCOME NEW RESIDENTS



**Siegfried Wenzel**, (Cottage 116) was born and lived in the eastern parts of Germany through high school and WW II. After the war he moved with his parents to Brazil, where he did his undergraduate work, and learned Portuguese and English. A scholarship brought him to the U.S. in 1955 for graduate studies at Ohio State University in Columbus, Ohio, leading to a PhD in 1960. He and his late wife, Elizabeth, moved to Chapel Hill where he taught English and Comparative Literature at UNC-CH until 1975. Along with their children, they moved to Philadelphia for Siegfried to join the English Department of the University of Pennsylvania. A return to Chapel Hill followed his retirement. Siegfried's four children and five grandchildren are scattered throughout the U.S. He enjoys classical music and continues to do research and write about Medieval Latin sermons.

*Sandy Venegoni*



**Ann Johnson** (Apt. 3112) has been a professional advocate for senior citizens issues for many years including eight on the Board of Directors of the National Council on Aging. The NC State Division of Aging named the Ann Johnson Institute of Senior Center Management in her honor.

A graduate of Temple University, Ann received a Master's degree in Social Work from Tulane before beginning her career. She retired after 23 years as Executive Director of the Coordinating Council for Senior Citizens in Durham. Among the numerous accolades and awards she has received is the Order of the Long Leaf Pine—North Carolina's highest civilian award.

Currently a volunteer, she chairs the Governor's Advisory Council on Aging, is a member of the statewide Committee of the UNC Institute on Aging, and represents Orange County on the N.C. Legislature for Senior Citizens. In her spare (!) time Ann enjoys reading, knitting and current movies.

*Margaret O. Gulley*



**Gail McKinnis** (Apt. 1201) moved into Carol Woods May 13 from Durham and a 25-year career at Duke, looking forward to free time to renew her piano performance skills, solve jigsaw puzzles, and enjoy her grandchildren; but Duke doesn't want her to retire. So for the time being she is still working 20 hours a week as administrative aide to Economics Department professors, with manuscript editing one of her chief duties. Fortunately, one of her two sons, with his two children, lives in Durham, but the other son and four grandchildren are in Connecticut.

Gail grew up in rural Ohio, where her family raised broilers and layers on their poultry farm. She earned her bachelor's degree at Miami University of Ohio, majoring in government, and then went on to a M.Div. at Yale. She is an active member of Chapel Hill's Church of Reconciliation, where she met Carol Woods residents, the **Freemans** and **Gustavesons**.

*Catherine Clark*



**Marie Summers** (Cottage 177) is welcomed into the Carol Woods community by many old friends. Born in Statesville NC, she graduated from Women's College (now UNC-Greensboro), married physician Fred Summers, and settled in Chapel Hill, where they raised their three daughters.

While her children were growing up, Marie honed her pottery skills. To her, pottery is more than the production of a piece; it is a process of expression, the making becoming a journey of self-knowledge. After taking classes, she began to teach and sell. As time went on, she used clay to help others. For example, at the Hospice Center in Hillsborough, Marie encouraged bereaved parents to use clay to open up insights previously unrecognized.

In addition to working with clay, Marie enjoys connecting with people, gardening, walking in the woods, and playing with her eight grandchildren. She looks forward to this new phase of life at Carol Woods.

*Janie Freeman*

# MAY RESIDENTS ASSOCIATION MEETING

**Audrey Booth**, Chair of this year's Nominating Committee, presided over the election of the new Residents Council. Elected were **Ken Reeb, Sr.** (President), **Dottie Heninger** (Vice President), **Lois Frost** (Treasurer), **Dick Wood** (Secretary), and five Members at Large: **Gordon Fisher**, **Gordon DeFriese**, **Margaret Moore**, **Jack Reed**, and **Jim Summerville**.

Vice President of Operations, Dave Wilkerson, reported that for the second time in two years, the *Chapel Hill News* picked Carol Woods as the best local retirement community.

The meeting ended on a bittersweet note with a brief farewell get-together for our Dining Services Director, Art Ernteman, who together with his wife will be going to Hyderabad, India for a two-year assignment. Art will be much missed by us all. He has done splendidly for years in a position we realize is a complicated and difficult one.

*Dick Wood*



## SUMMER FESTIVAL

- June 17 Apple Chill Cloggers
- June 18 Dixie Dukes – Dixieland Jazz
- June 19 Seth Effron – The Governor’s Public Relations Machine
- June 24 Carol Woods Jazz Combo with Donna Mayo
- June 25 Richard Luby & Jane Hawkins – Violin and Piano
- June 26 The Magic Flute Opera – Video
- July 1 Helen Wolfson & Eric Thomas – hammered dulcimer & guitar
- July 2 Boraima Moiwai – Story Teller with Drum
- July 3 Sing-along with Glenn Mehrbach

For programs through August 28: see main bulletin board or check with receptionist

### CAROL WOODS NEWS – Staff

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