

THE CAROL WOODS NEWS

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GOING TO JAIL

On Tuesday evenings, some Carol Woods residents go to jail, specifically the Orange County Correctional Facility (OCC) in Hillsborough. **Hank Elkins** and **Betsy Hewitt** are part of a group that spends an hour visiting with fifty or so inmates of this minimum security prison. The program they operate under is called *Yokefellow*. Organized by the Quakers, it is active primarily in North Carolina. The staff at OCC tells them their visits mean a lot to the prisoners, but greater evidence lies in the obvious pleasure with which the inmates greet their visitors. The talk is wide-ranging, the refreshments simple, and the mood uplifting.

Other residents – **Pearson Stewart**, for example, serve in a more demanding way; they tutor some of the men in a plan prescribed by the Facility Staff itself and known as the *Orange County Literacy Program*. This is obviously a one-on-one encounter and a rewarding one. **Tim Heninger** volunteered at the center for fifteen years, beginning with the *Yokefellow* program. Later, as a mentor he took many prisoners on release into the community to help them transition to life outside the correctional center. Concerned about the children visiting the inmates, he wrote a grant that funded the building of a playground designed by his son, Sim. Inmates did most of the construction. **Gladys** and **Herschel Slater** continue to enjoy an on-going relationship with Tom, an inmate whom they had permission to escort to various venues in the community, such as church and Sunday dinner. Tom has been released, lives in Florida, is a regular church-goer and the Slaters talk with him several times a month.

In addition to the literacy program and *Yokefellow*, volunteers are working on a third

project modeled on a very successful one that has been effective in Durham for several years. Known as a *Faith Support Team*, it is made up of five or six members who provide practical help for inmates being released into society. The men need assistance maneuvering in a world foreign in many ways to them: they must find a place to live, handle problems at work, and make friends among people who will not lead them back into trouble. The Durham *Faith Support Team* has reduced the recidivism rate in its area within two years of release to a little over 10%, down from the national average of 60%.

We are bombarded daily with numbers: “the Stock Market is down 4%”; “25 Americans have been killed in Iraq this week”; 40% of Americans cannot name the Vice President.” In contrast, these figures for the Faith Support Teams give cause for rejoicing.

BH



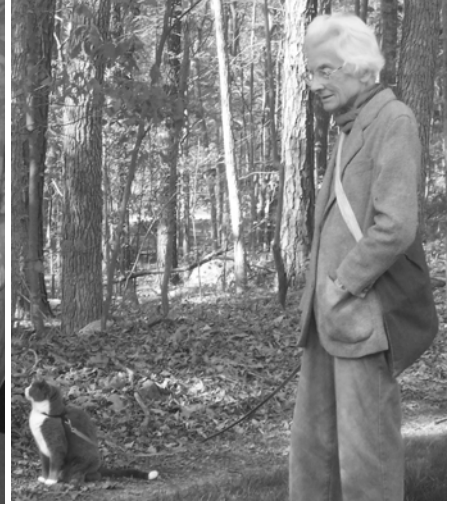
Hank Elkins and Betsy Hewitt with Chaplain Barker

REIGNING CATS AND DOGS

Few pets have better “digs” than those who live at Carol Woods. Cats enjoy snug apartments with doting caregivers and a host of birds flitting past the windows. Some, like the orphaned **Kahoona** in Building 4, and **Lottie Applewhite’s** Maine Coon Cat, **Gaylyn** in building 7, command love and respect from a whole group of residents. An exception to the stay-at-homes is **Sarah Davis’** cat, **Mitts**, who walks on a leash like a dog. Well, not really like a dog; she walks a bit, sits and then moves on when she deigns to do so. It is clear who is in charge here.



Gaylyn and Lottie



Mitts and Sarah

An informal survey indicates we have at least 24 cats on campus, ranging in age from one to eighteen with a median of 11 years. Most are mixed breeds but two are Siamese. Many, in their wisdom, selected their owners rather than the other way around.

Our dogs have sidewalks and wooded trails, the friends they sniff and greet as they make their ways around Harkness Circle, the sight and smell of nearby deer, chipmunks, squirrels, rabbits and ground birds (as well as some pesky moles here and there) and the devotion of the humans they possess. Moreover, the staff tends to spoil them. Mary Ann Witt at the front desk is a reliable source of doggie treats. **Patrick**, the toy poodle who owns **Miriam Alexander**, has been

known to bark in indignation outside the doors of the on-campus bank when this reliable source of treats is closed for the day.

Although this is a pretty nifty life style, it will get even better. There will soon be a “play pen” on campus designed as a place where dogs may play off-leash and socialize with other canines. It will include jumps and obstacle courses where residents may train their pets, providing a spectator sport for all.

In September 2007 **Ed Gross** checked out the names, breeds and ages of the canines he and his Scotty, **Caley**, meet on their daily walks. To help the rest of us identify them he created a poster for the bulletin board with pictures of the various breeds. At that time Carol Woods was home to 21 dogs ranging in age from one to sixteen, some smaller than lap babies and two sufficiently large to look like an appropriate pony for a three-year-old. They represented fourteen breeds and a few of mixed heritage. A more recent count revealed 25 in our canine kennel. Two of them, **Eclipse** and **Iowa**, have their own professions. These personal friends of **Vanna Cordax** are certified *Delta Therapy Dogs* and *AKC Canine Good Citizens*.

Pets reportedly reduce stress and increase longevity. The remarkably well behaved and friendly ones here may help us all chill out and reach the big One-Oh-Oh.



The Long and Short of it — Iowa, Eclipse, Cowboy with Vanna Cordax and Betha Wade

DOES THIS MAMA DANCE? YOU BETCHA!

For eight weeks members of Carol Woods water exercise classes became couch potatoes on Friday evenings to watch Lifetime TV's "Your Mama Don't Dance." The reason? Carol Uphoff, the instructor of their water exercise classes, and her son Erick were among the competing mother-son pairs on the program. Professional Male And Female dancers were recruited for the program not knowing their dancing partners would be their parents, none of whom were professional dancers. Each week, one of the pairs was eliminated by a combination of judges' ratings and viewers' voting by phone and on-line. Carol and Erick lasted through to the Finale, finishing third, with the highest average score from the judges.

Residents celebrated with Carol upon her return, excited by her dancing performance and grateful that, despite the uncertainties inherent in the contest, she had found certified substitutes for her classes during the nine weeks she was in California. They look forward to seeing her dance again, PERHAPS this December in the Triangle Youth Ballet's performance of The Nutcracker. Right now, though, it is back to the pool three times a week for a gentle but strenuous work-out.

NM



Carol leading her class

WELCOME NEW RESIDENT



Nancy Milio (Apt. 2221) grew up in Detroit, Michigan where she received degrees in Nursing (B.S.N.) and sociology-anthropology (M.A.) from Wayne State University. After community nursing where she started a neighborhood health and child care center in a ghetto, she earned a Ph.D. in sociology at Yale. Political Science and International

Affairs were also a part of her studies.

As a professor, researcher and consultant (at UNC-CH 1976-2001) Nancy has worked in over 20 countries with national, international and non-profit agencies on issues of peace, social justice, health and housing. She has additionally advanced these causes by writing books, appearing on television and serving on many boards.

With Carol Woods as her home base, Nancy plans to continue her policy work primarily through Friends (Quaker) and community organizations.

Jacqueline Allen

WATER CONSERVATION

In August 2008 Carol Woods initiated a campaign, coordinated by the resident Advisory Committee for Building and Facilities, to reduce usage of gas, electricity and water. Significant reductions have been achieved through resident and staff actions - electricity 4.4%, gas 5.7%, water 4.8%. However, with the onset of Exceptional Drought conditions in Orange County, a staff Water Conservation Task Force was established and a Water Conservation Plan approved. A part of that plan includes an audit of all residences (356) for items which could affect water usage. The audit is about 60% complete. Some of the results so far include: leaking faucets - 36, leaking commodes - 73, missing aerators - 199, high gallon per flush toilets - 175. Maintenance has efforts under way to correct these items; meanwhile the audit is continuing.

The Water Conservation Task Force is also currently partnering with OWASA (Orange Water and Sewer Authority) to facilitate a commercial water audit and evaluate all of our auditing efforts. The upcoming commercial audit will include dining services kitchens, our commercial laundry, maintenance and grounds operations, and other common water-using facilities such as public restrooms, laundries, etc.

Auditing a facility of this size is arduous at best, and could not have been done effectively without good resident participation and volunteer help. It is expected to have considerable effect on our continuing conservation efforts.

James Best, Director of Maintenance & Engineering

REPORT OF THE MAY RESIDENTS ASSOCIATION

This May meeting marked our transition, by finishing much of last year's business, while preparing for next year. This year's budget continues healthy. Some improvements are underway for next year. The proposed new pet policy is being tailored to fit resident consensus and Carol Woods traditions. Meanwhile, the new dog park construction is getting underway. Next year's Council officers were elected by acclamation. **Jackie Allen** and **Ivor Collins** reported on recent progress by our state advocacy group, CCRC of NC. **Bill Koch** lauded staff and resident service to the UNC Health Sciences Student group serving needy elderly, *Mobile Student Health Action Coalition* (MSHAC). **Muriel Easterling** reported the Sewing Room Committee, while serving resident clothing alteration/repair needs, donated \$3000 to the Charitable Fund. **Lew Woodham** announced plans for the ninth season of *Camp Meadowood* for handicapped youngsters, jointly supported by Carol Woods and Carolina Meadows.

Ken Reeb, Sr.

STAFF: Nancy Martin, Chair; Louise Baker, Jane Berryman, Ginger Davis, Betsy Hewitt, Denise Johnson, Mary Reeb, Burkhard Seubert and Anne Wright. Pat Bartell and Catherine Clark, proof readers.

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Pictures: Bill Bayliss, Nancy Martin.



COMING EVENTS

Summer Festival

- June 11 Triangle Jazz Orchestra
- June 12 Clarinet Quartet – Classical Music
- June 13 Dixie Dukes – Jazz
- June 18 Carol Woods Jazz Combo with Donna Mayo
- June 19 Lederer, Black, Dalton Trio – Classical Music
- June 20 G.O.A.T. Quartet – Classical Music
- June 25 Apple Chill Cloggers
- June 26 Annette Rathbun – Robert Frost, His Life and Poetry
- June 27 *15 Great Moments at the Met* – Opera Video
- July 2 *Love Letters* – Reading by A.M. Maddy and I. Collins
- July 3 *Memoirs* – Readings from Personal History class
- July 4 *Andrew Jackson, Good, Evil and the Presidency* – Video

(Schedule through August available at Front Desk)

CAROL WOODS

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