

The Informer

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Valentine's Day at Mayflower

On Friday, February 14th, The Mayflower Community celebrated Valentine's Day in the Health Center and in Beebe Assisted Living by crowning a king and queen in each community.

In Beebe Assisted Living, Frannie Robbins was selected as queen and Gordon VanDonselaar was named king. In the Health Center, Katie Hoisington was crowned queen and Wendell Sleuwenhoek was king.

Scrumptious treats were enjoyed by residents and family members. Vocal music was provided in each community.



Katie In Does Love Songs at Mayflower

Local musician, Katie In, performed love songs for The Mayflower Community residents living in Beebe Assisted Living on Valentine's Day, Friday, February 14th. The program was an offering of the Grinnell Area Arts Council's "Music + Health" offerings. Katie is the program manager.

Through Music + Health, the Arts Council provides education services about the therapeutic value of music and supports music experiences to improve the quality of life for individuals in need in the Grinnell community. This includes people residing in nursing facilities, individuals who are homebound, and those suffering from physical or mental health issues or disabilities.



Mayflower Health and Wellness

Infection Prevention and Management The Flu



What sort of flu season is expected this year?

Influenza is unpredictable. While flu spreads every year, the timing, severity, and length of the season varies from one year to year.

Will new flu viruses circulate this season?

Flu viruses are constantly changing, thus, it is common for new flu viruses to appear each year.

Will the United States have a flu epidemic?

The United States experiences annual epidemics of seasonal flu. In the United States, the “flu season” is most common during the fall and winter months. Flu activity begins to increase in October and November. Most of the time, flu activity peaks between December and February, and it can last as late as May. The U.S. Centers for Disease Control and Prevention (CDC) monitors certain key flu indicators—for example, outpatient visits of influenza-like illness (ILI), the results of laboratory testing, and reports of flu hospitalizations and deaths.

When these indicators rise and remain elevated for a number of consecutive weeks, “flu season” has begun. Usually ILI increases first, followed by an increase in flu-associated hospitalizations and then by increases in flu-associated deaths.

Protective Actions

What should I do to protect myself from flu this season?

CDC recommends a yearly [flu vaccine](#) for everyone 6 months of age and older as the first and most important step in protecting against this potentially serious disease.

In addition to getting a seasonal vaccine, you can take [everyday preventive actions](#) like staying away from sick people and washing your hands to reduce the spread of germs. If you are sick with flu, stay home from work or school to prevent spreading flu to others. In addition, prescription medications, called [antiviral drugs](#), can treat the illness.

What should I do to protect my loved ones from flu this season?

Get vaccinated. Vaccination is especially important for people at high risk of developing flu **complications** and for their close contacts. Also, if you have a loved one who is at high risk of developing flu complications and they get flu symptoms, encourage them to seek medical attention for possible treatment with a flu antiviral drug. These drugs work best if given within 48 hours of when symptoms start. People who are not at high risk of developing serious flu complications may also be treated with flu antiviral drugs, especially if treatment can begin within 48 hours.

Flu Vaccine Effectiveness

How effective will flu vaccines be this season?

It is not possible to determine how well the flu vaccine will work this season. How well it works can vary by season, virus type/subtype, the kind of vaccine, and age and other host factors of the people being vaccinated. At least two factors play an important role in determining the likelihood that flu vaccines will protect a person from flu illness: 1) characteristics of the person being vaccinated (such as their age and health), and 2) the similarity or “match” between the flu viruses in the vaccine and those spreading in the community.

During years when the viruses in the flu vaccine and the circulating flu viruses are well matched, there are substantial benefits in preventing flu illness. However, even during years when the vaccine match is good, the benefits of flu vaccination will vary across the population, depending on the host factors and which flu vaccine was used.

Recent studies by CDC and other researchers suggest that flu vaccination reduces the risk of influenza illness by 40% to 60% among the overall population when the vaccine viruses are similar to spreading into community.

Can a flu vaccine provide protection even if the flu vaccine is not a “good” match?

Yes, antibodies made in response to vaccination with one flu virus sometimes can provide protection against different but related flu viruses. A less than ideal match may result in reduced vaccine effectiveness against the flu virus that is different from what is in the flu vaccine, but it might still provide some protection against flu illness.

-Jacki Hicklin, RN

Mayflower Assistant Director of Nursing/Infection Control Supervisor

Bucket Courses for March/ Contact: Mary Schuchmann (641.325.2363)

Topics ranging from postcolonial English literature to John Quincy Adams to the 19th Amendment will be featured at the Bucket Courses in March. The weekly lecture series is sponsored by the Grinnell Community Education Council and is open to everyone in the community.

The lectures are held from 10 to 11:30 a.m. Wednesdays at the Drake Community Library. The monthly fee is \$15, payable at the first class on March 4.

On March 4 and 11, Shuchi Kapila, professor of English at Grinnell College, will discuss examples of English literature in former British colonies around the world. She will focus in the first lecture on Salman Rushdie, an Indian-British writer. In the second lecture she will describe, two Indian authors, Amitav Ghosh and Arundhai Roy, who wrote about the outsiders of society.

Kapila received her bachelor's and master's degrees from Delhi University and her Ph.D. from Cornell University in Ithaca, N.Y.

At Grinnell College she teaches postcolonial literature from Africa, the Caribbean, South Asia, and the settler colonies of New Zealand and Australia. She has also taught the Victorian novel, with emphasis on colonialism and gender.

On March 18, George Drake, former president and professor of emeritus history at Grinnell College, will offer another of his profiles of "Americans We Should Know More About." This time he will focus on John Quincy Adams, the first son of a president to be elected president.

Because of Adams' lengthy service in the federal government, Drake considers Adams an important bridge between the generations of the Revolutionary War and the Civil War.

On March 25, Janet Carl, a member of the Bucket Course Planning Committee, will talk about the 19th Amendment to the U.S. Constitution, which is marking its 100th anniversary in 2020. The title of her lecture is "Hard Won: Not Done."

She will review the American suffrage movement, focusing on some of the best-known leaders of the effort. She will also explore the history of the movement in Iowa.

She will conclude by assessing the work yet to be done in terms of voting rights for citizens.

Carl, a fourth-generation Iowan, taught in the Writing Lab at Grinnell College for 18 years, six of those as director. She was a member of the Iowa Legislature from 1982 to 1986. Last year she served on a statewide committee that planned events to commemorate the 100th anniversary of the passage of the 19th Amendment.

Registration for the Bucket Courses can be made online at www.grinnellcebucketcourses.org.

Registration opens two weeks before the first class of the month. Financial assistance for tuition is available. Because of space limitations in the room, registration is limited to the first 100 people who sign up.

Notice: Change in Location of Sunday Morning Chapel Services

Effective March 1, 2020, Sunday morning chapel services in The Mayflower Community will move from the Carman Center to the Health Center Activity Room. It will continue to be offered at 10:00am.



There will be no change with Tuesday morning chapel services, which are held in the Carman Center.

The change for Sunday mornings is designed to provide better support for Health Center and Beebe Assisted Living residents who require staff assistance.



ST PATRICK'S DAY DINNER

Thursday March 19, 2020

Cost: \$12.00

Dinner served family style

Hosts: Bill and Karen McNally/sponsored by MRA

Social: 5:00 pm

Dinner: 5:30 pm

Guinness and Wine

Soda Bread

Coleslaw with apples

Shepard's Pie

Roast Leg of Lamb with Mint Jelly

Colcannon Potatoes

Lemon Dessert

RSVP by noon on Monday March 16th

(641.236.6151 x 216)(sgruhn@mayflowerhomes.com)

Are you interested in having a plot in the community garden this year? Please email Katherine McClelland, mccllella@grinnell.edu, before the end of March, indicating if you want a regular size plot or an extra large plot. Regular plots tend to be about 6 ft wide and 12 feet long. The actual size will depend on how many people wish to garden. We will be having a workday (make that a work hour) as soon as we can get into the garden to prepare the space for plowing.



This year we will not have a strip of the regular garden for public harvesting, but hope to have a separate raised bed for lettuce, herbs and tomatoes. If you would like to make a contribution to the cost of such a bed, please let Katherine know.



Health Center 1st Floor Elevator Keypad Activation

Effective on March 1, 2020, the keypad that allows you to use the Health Center elevator on first floor, will be activated.

There will be no other changes in use of that elevator. It still may be used to travel among the lower level, the 1st floor and the 2nd floor.

If you wish to leave the 1st floor of the Health Center via elevator, it will be necessary for the Nursing staff to enter a code into the keypad. Alternative exits include 1) the front door (must be buzzed out by staff) and 2) the hallway and door to the south of the main door (requires a floor door exit code).

Please contact Kellie McGriff if you have questions (641-236-6151 x201).

Flower-Making Class

On April 7th at 1:00pm a flower-making class will take place in the Edwards Craft Room. Betty Anne Francis would like you to bring a plastic food dish. She will also purchase greens, pompoms, miniature carnations and some flowers that should last until at least Easter.



The cost will be \$10.00. Please bring a basket for your food container, Easter decorations to add to the creation, or a lily. Sign-up by April 1st, maximum number of people is 12 due to space. Please contact Betty Anne Francis or Karen Packard with questions!

SLICES
for
SEG



Pie Baking Contest and

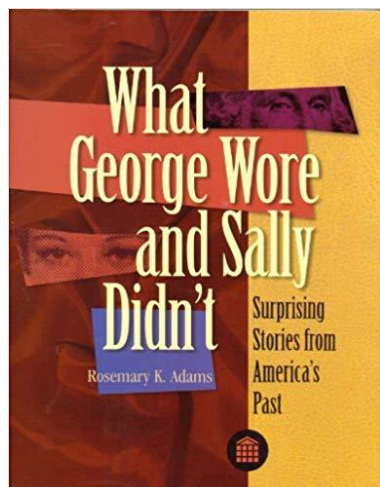
Pie Social

Sunday, March 8

@ St. Paul's Episcopal Church

Contest entry by 2:30 p.m.

Social 4:00 – 6:30 p.m.



On the Podium:

History is showcased in this book's examination of Chicago and American history, using artifacts from the Chicago Historical Society's vast collections.

The past is given tangibility by representable objects- such as Sally Rand's ostrich-feather fans, which alluded a revolutionary transformation in American ideals.

New Library Acquisitions:

| Author | Title | Genre |
|------------------|--------------------------------------------------------|----------|
| Bennett, Brit | The Mothers (reg. and large print) | Fiction |
| Binchy, Maeve | A Few of the Girls | Fiction |
| Braestrup, Kate | Here if You Need Me (large print) | Religion |
| Cullen, Art | Storm Lake | Memoir |
| Cummins, Jeanine | American Dirt | Fiction |
| Daniel, Lillian | Tired of Apologizing for a Church I don't Belong To | Religion |
| Egan, Timothy | A Pilgrimage to Eternity | Religion |
| Fey, Tina | Bossypants | Memoir |
| Hilman, Robert | The Bookstore of the Broken-Hearted | Fiction |
| Lovesey, Peter | Stagestruck | Mystery |
| Macomber, Debbie | Any Dream Will Do | Fiction |
| Toews, Miriam | Women Talking | Fiction |

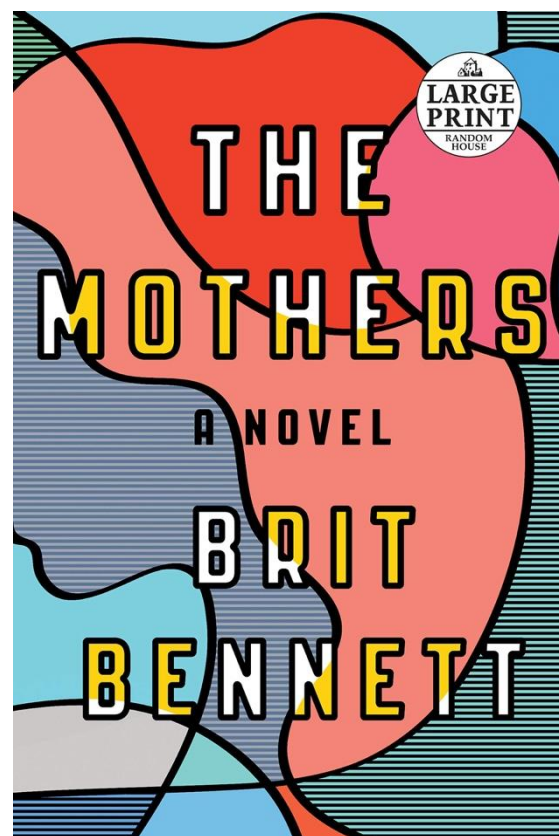
Book Reviews

The Mothers by Brit Bennett

This novel is the "All-Iowa Read" for 2020. It is available in both regular and large print in our library. Written in 2016, it was nominated for several prizes and was a best seller.

The setting is an African American neighborhood in Oceanside, California in the present time. Nadia, a 17-year-old high school senior who is mourning her mother's suicide, takes up with the local pastor's son. Luke had been a football star whose injury has left him waiting tables. The resulting pregnancy of this teen romance, and its cover-up, has an impact well into the future for all parties. The "mothers" initially refers to the group of elder women at the Upper Room Chapel of the church, but symbolically has many more meanings.

-MRA Library Committee



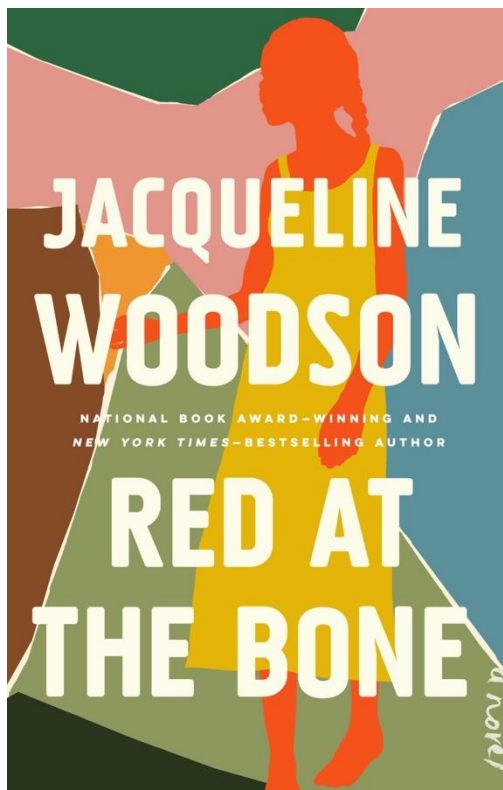
Red at the Bone by Jacqueline Woodson

Melody is 16 and at her coming-of-age ceremony she is wearing the dress that had been made for her mother 16 years before. The author takes us back and forth in time to observe the lives of her parents and grandparents - the successes and failures, the gains and the losses, history and relationships.

Two young teenagers from different social classes make long-lasting decisions that will affect the people in Melody's world. In looking back at an unplanned pregnancy, her mother's thought was 'I wasn't even anybody yet.' Her grandmother gives her a piece of advice: If you have gold, you're good for the rest of your life so long as you hide it - what you have to do if you're colored, black, Negro, brown - whatever you're calling yourself that isn't white.

Note to readers: Jacqueline Woodson is a literary superstar. She will appear in person at Drake University in Sheslow Auditorium on May 27, 2020, at 7 p.m.

-MRA Library Committee



Sheslow Auditorium on May 27, 2020, at 7 p.m.

Meredith Crow is Mayflower's New Dietician



Meredith Crow, MA, RD, LD has begun dietician consulting for The Mayflower Community (Grinnell IA). Current consultant, Peg Ehler, will retire February 26th.

Meredith is a Valley High School (West Des Moines) graduate, who received her degree in dietetics from Iowa State University, Ames and three-year masters in clinical mental health counseling from the Denver Seminary, Littleton, Colorado. In between, Meredith completed a dietetic internship at the University of Iowa Hospitals and Clinics. For dietician graduates, this is similar to a medical residency for doctoral students. While living in Iowa City, Meredith completed some graduate coursework in public health.

Early in her dietetics career, Meredith discovered that people's health is driven by mental, physical, and spiritual needs as well as by food. Therefore, she decided to combine her dietician training with a counseling degree to maximize her consulting services and continuity of care to clients.

Most recently, Meredith has been providing counseling services for MercyOne Des Moines health clinics, which includes specializing in eating disorder treatment. She will work at Mayflower one to two days a week.

In addition to regulatory dietetics consulting for healthcare residents, Meredith will be providing information and counseling available to all residents in the areas of food as medicine, healthy supplements, life styles and diets, and health independence.

Meredith, her husband and their toddler live in Urbandale, Iowa, where they moved in 2019 from Denver. She is an avid runner and a life-long student.

-Bob Mann, Sales & Marketing Director

Residents and Guests: Come See How We Do Buckley Dining Room Open Dining



On Tuesday, March 3rd, The Mayflower Community will provide tours of the Buckley kitchen to residents and invited guests from 2:00 to 3:00pm. A special tour for Beebe Assisted Living residents will start at 3:00pm.

This will be an opportunity to see how Mayflower has converted the Buckley Dining Room to the new “Open Dining” concept. As a result, we now serve from 7:00am to 6:30pm. Breakfast is served all day long. Beginning at 10:30am the full menu and grill menu are available for the rest of the day. And, the food is great! Pizza is available Thursday through Sunday.

On the day of the tour, light refreshments will be available in the Dining Room. Residents will be invited to help themselves and then be seated at a table. Table groupings will be invited to tour when their table is called.

The tour will start at the north end, near Scott Gruhn’s office, and wind through the prep areas into the storage area and out to the J&B Bistro where updated information will be available about the plans for converting the Beebe serving kitchen to a full Open Dining kitchen. Beebe will be the last step in this process as the Health Center kitchen was the first to be remodeled and is now serving a full Open Dining menu.

During the Buckley tour, the Rational® Combi oven will be in use to demonstrate the preparation of various food items. Staff will be available to explain how they work in the newly remodeled space. Included will be an explanation of the new menu.

If you are a Mayflower resident or if you have been a donor to the project, please accept our invitation to come for the tour.

-Bob Mann, Sales & Marketing Director

Mayflower Does a Complete Lounge Remodeling

Grinnell's Mayflower Community has just completed a total facelift of the Altemeier building 2nd floor lounge. The 1st floor entryway and common area was entirely remodeled about a year ago. Fresh and new! (If you act fast, you could become the resident of the only available



Altemeier apartment. Call 641-236-6151 and ask for Bob Mann).

Census Taking in Mayflower Health Center and Beebe Assisted Living

A census field manager will be coming to Mayflower Health Center and Beebe Assisted Living on Wednesday April 8th. Mayflower has chosen the "Paper Response Data Collection" enumeration method for counting residents in those homes in the 2020 Census. The manager will obtain a paper listing of Census Response Data for residents living at Mayflower in the Health Center and in Beebe Assisted Living, as of April 1st.

We have no information about the Census Bureau's plans for enumeration with Mayflower independent living residents.

-Kellie McGriff, Associate Director/Administrator

Documentary & Discussion:

Documenting Hate--Charlottesville and New American Nazis

Kiesel Theater--Thursday, March 19, 2:30 pm

Harley Henry, Discussion Leader, PBS 60 Minutes (subtitles)

Exposing the white supremacists and Neo-Nazis involved in the 2019 Charlottesville Rally. Exposing a neo-Nazi group that has actually recruited inside the U.S. military.

An investigation with ProPublica shows the group's terrorist objectives and how it gained strength after the 2017 Charlottesville rally.

MRA Saturday Matinees:

| | | | |
|------|------------------|-------|----------|
| 2/29 | Benjamin Button | PG-13 | 164 mins |
| 3/07 | Notting Hill | PG-13 | 124 mins |
| 3/14 | Ziegfeld Follies | NR | 117 mins |
| 3/21 | Tony Bennett | NR | 86 mins |

Mayflower Spring Tea

Ladies, gentleman, and their guests are invited to enjoy an afternoon of good conversations, tasty refreshments, tea, and other beverages.

Buckley Dining Room on Thursday, March 12th at 3:00pm

\$6.00, Reservations by noon on Tuesday, March 10th.
(641.236.6151 x 216)

Everyone will receive a special memento at this gala.



Mayflower Feasts on a Colonial Plymouth Dinner



In December of 1620, Pilgrims from England aboard the Mayflower ship landed at what is now Plymouth Rock and formed the Plymouth Colony in the New World. Their life was harsh with bare necessities.

This atmosphere was captured with the monthly themed dinner on February 20th in The Mayflower Community's Buckley Dining Room. Dubbed "The Colonial Plymouth Dinner," the event was hosted by residents Alicemary Borthwick and Jim and Marvel LaCasse.

The social hour offered beer, hard cider, and cider. Appetizers were served at the table and included a variety of cheeses, homemade crackers, pickles, deviled eggs, and shrimp. (Can't you just see the Pilgrims making do with hard cider and shrimp!)

The main course, served buffet style, was composed of stuffed pork loin, baked whole fish, corn bread with jam and honey butter, roasted turnips and parsnips, braised kale, chard, leeks, succotash, stewed apples and cabbage, and sweet potatoes. These modern-day Mayflower folks enjoyed dessert at the table: pound cake with fruit sauce and gingerbread.

Per custom, the diners were asked to "Leave your muskets at the door!"

-Bob Mann, Sales & Marketing Director

Lyceum

March 5th International Student from the college talking about India

March 12th Gail Bonath "Babooning Around"

March 19th Sig Barber "The Story of Jell-O"

March 26th - Prize winning High School Speech Students

Wrestling Blood Lines Starting at Mayflower

Helen and Dale Lippincott, residents of The Mayflower Community Health Center, can take some credit for quality wrestling in the Grinnell community. On Thursday and Friday, February 22nd, their great grandson, Brock Beck, finished 4th in his weight class at the Iowa State Wrestling Meet in Des Moines.



He won his first two matches 3-2 and 5-2. Brock lost 3-2 in the semi-finals and then wrestled back for fourth place.

Brock's father the Lippincott's grandson, Chad Beck, is the Grinnell High School head wrestling coach. He was a Division III national wrestling champion at Central College, Pella. Brock's brother, Brody Beck, is the GHS assistant wrestling coach and was a three-time state qualifier as a prep. In his senior season, he placed 4th in the State.

Brock, a senior at GHS, is the first four-time qualifier from Grinnell High School.

Of course, Brody's and Brock's mother, Gina Beck, gets some credit here.

The Lippincotts are pictured listening to Brock's quarter-final match on KGRN Radio Friday. On Saturday, they got to watch Brock's match live-streamed in the Mayflower Health Center.

According to Mayflower's Associate Director/Administrator, Kellie McGriff, BSN, NHA, "The cool part is how we can bring the element of excitement and support for our residents and, in this case, Brock's grandparents. Sunday is Dale's 95th birthday. What a present this is!"

-Bob Mann, Sales & Marketing Director

Mayflower Documentary & Discussion: Water!

On Thursday, February 20th, The Mayflower Community (Grinnell IA) hosted the third “Documentary & Discussion” in the Kiesel Theatre. This one, entitled “BLUE GOLD: World Water Wars,” was co-written and co-produced by Sam Bozzo and shown at the Vancouver International Film Festival.

The discussion was led by resident Harley Henry, PhD, a retired professor of English at Macalester College, St. Paul, Minnesota. During his 38 years on staff, Harley taught courses that included film studies.



Per the *Des Moines Register* (February 6, 2020), “Our State's Jordan aquifer provides water to about a half-million Iowans, but it is a finite source. Therefore, the state intends to reject a northeast Iowa company's request to sell 2 billion gallons of water from our aquifer, because it would have a negative impact on the long-term availability of Iowa's water sources. The DNR said the water is for the greater beneficial use of Iowans, not for pure profit of the company requesting it to ship it by trains and sell it in western states.”

This Documentary and Discussion is an award winning film that examines the problems created by privatization and commoditization of water. A sobering discussion followed regarding our future challenge for adequate clean water.

Entitled “Matters of Conscience,” three documentaries have been presented in Mayflower’s Kiesel Theatre. They are designed to provide background on current topics. Presented in December, the first was “Sex Trafficking in America,” presented by PBS Frontline. The second was presented in January, “Rise of the Superstorms.” In this PBS Nova, the story is told how in just one month Houston, Florida, and the Caribbean were changed forever by three monster hurricanes.

-Bob Mann, Sales & Marketing Director

Do You Have a Thin Place?

Have you ever visited a place and felt completely at peace? This may have been on a vacation, on a long walk, or while at an ancestral home, a church, a cemetery, beside a stream, on a boat, or a mountaintop. Peace is probably not an adequate word to describe the feeling. There is a connection you feel that comes easily and spontaneously with something greater than yourself.

I have heard ministers preach about this experience, and once I heard it given a name: “a thin place.” This is a term from the ancient pagan Celts, who apparently believed that there are only a few feet of distance between Heaven and Earth, but in a “thin place” the distance is even smaller. The lack of separation is what brings about the feeling of connection, of safety, and of revelation.

Some believe that that the experience you receive from a thin place cannot be put into words. However, I challenge that idea. I would ask Mayflower residents to describe their “thin place” if they have one. This could be in a poem, a paragraph, a short story, or just a description of the place. Where is the place, and how did it come to be your “thin place?” If you would like to share, please send your description of your thin place to Karen Phillips, and it might appear in a future issue of the Log. ksiglerphillips@gmail.com

Two New (Young!) Residents!

Mayflower is happy to host two young women as residents of The Mayflower Community while they perform contract work for us.

Temesha Derby, a Simpson College Multimedia Journalism grad, is living in Altemeier #103. She is *The Informer* editor and will be doing some work with Mayflower’s marketing.

Rachael Schiller, a University of North Dakota music therapy grad, will soon be living in Buckley #312. She will be offering music therapy services to Mayflower healthcare residents as well as to other clients in the Grinnell area.

More information about them will be coming.

-Steve Langerud, Executive Director

How Can you Help Our Environment?

Protecting the environment and preserving our resources is something people at any age should be responsible for. By implementing some of these methods into your own lifestyle, you can help the world you live in- for yourself and for generations to come. Doing your part to help the environment can help change the world!



Reduce Your Use Of Plastics

Reducing the amount of plastic and Styrofoam you use. Order reusable straws- silicone or aluminum rather than using plastic ones. If you're out to eat and don't have an alternative straw option- ask for your drink without. Bring your own water bottle or small cup with you. If you have to purchase a plastic water bottle, try to keep it for a couple weeks in order to refill it, rather than purchasing more plastics.

Buy Reusable Storage Items

Purchase a couple reusable bags to take with you to the store. Store them in your vehicle or near your door so you don't forget them when you go out. In addition to reusable bags, try using reusable sandwich bags, such as Beeswax wrap or zip-sealed storage bags. Use Mason jars for liquid storage, food storage, or soups/salads.

Use Eco-Friendly Home Products

Swap out your regular laundry detergent and dish soap for an eco-friendly version, without parabens and added chemicals. Not only will this help the environment, but your body as well. Consider purchasing wool dryer balls instead of utilizing dryer sheets; these will help reduce the time your items need in the dryer while reducing energy used.

Go Digital

Still receiving bills and other materials via postal mail? Think about switching to digital. Most energy, Internet and utility companies provide you with an email option rather than wasting postage and printing materials. If you have newsletters or paper copies you receive, consider signing up for the digital or e-versions to reduce paper usage.

-Temesha Derby

Birthday List:

| | |
|------------------------|------------------------------------|
| March 4 th | Jeanette Tisdale, Phyllis Saunders |
| March 5 th | Zona Jones |
| March 7 th | Lyle Roudabush |
| March 9 th | Beverly Starrett |
| March 13 th | Orlan Mitchell |
| March 14 | Judy Hunter |

Submissions to The Informer (tderby@mayflowerhomes.com)

Submission Deadline:

Thurs, March 5th
Thurs, March 19th
Thurs, April 2nd

Publishing Date:

Fri, March 13th
Fri, March 27th
Fri, April 10th

The Forum

The FORUM is scheduled for March 10, 2-3:30pm in Kiesel Theater and will focus on an important aspect of Grinnell's history: "Uncovering Grinnell's African American Past." Please come and become better informed about our town's past, and the difficulties discovering it.

Dan Kaiser, Professor of History Emeritus at Grinnell College and author of "*Grinnell Stories: African Americans of Early Grinnell (2020)*" will discuss some of the challenges of researching Grinnell's African Americans, and the importance of doing so. He will also read brief selections from his recently published book and entertain questions.