



March 2018 • VOLUME 15 • ISSUE 3

The Cedars Post

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A Judge and a Scientist: Willis and Leona Whichard

by Stanley Peele



Once upon a time there was a city boy named Willis Whichard, who lived in Durham, NC and went to Durham schools. And there was a country girl named Leona Paschal who lived in Chatham County and went to Chatham County schools. They married in 1961 and began to live a life that neither of them could imagine.

When he was a teenager, Willis told his dad that he intended to serve in the North Carolina Legislature. Willis received an AB in history at UNC in 1962 and then graduated from UNC Law School in 1965. He was a law clerk of Justice William Bobbitt from 1965 to 1966. He practiced law with the firm of Powe, Porter and Whichard in Durham. In 1970, he fulfilled his childhood desire and became a member of the NC House of Representatives. Four years later he was elected as a NC senator and served until 1980. In 1980, he was appointed to the NC Court of Appeals. Judge Whichard was elected as a member of the NC Supreme Court in 1986. At that point, he became the only person in history to have served in both branches of the legislature and both of the state's appellate courts. How did he do it? One reason was that he served the state in many other ways; in history and education as well as the law. He received awards from Durham Jaycees, NC Juvenile Correction Association, NC Academy of Trial Lawyers (twice), NC Council of Churches and many others.

Judge Whichard retired from the NC Supreme court in 1998. I thought he would have made an excellent NC Governor. However, as is fitting, he stayed in the field of law. He served as Dean and Professor of Law at Campbell University, from 1999 to 2006.

Leona Whichard was the scientist of the family. She also was dedicated to the raising of their two children, Jennifer, born in 1968, and Ida, born in 1976 (now she also enjoys her grandchildren!). She received an AB in chemistry and an MS in biochemistry in 1965 at UNC. She began her career in 1961 at UNC School of Medicine then worked at Research Triangle Park and Duke University. She ended her career in 2004 as a laboratory manager for Thurston Arthritis Center at UNC. She has published an impressive number of scientific papers on the subjects of arthritis, rheumatology, immunology and other esoteric subjects.

This article does not even scratch the surface of all the things that these two people have accomplished. Leona has a dynamic love of traveling and both of them look forward to continuing to travel and do other activities.

MAKE IT TO THE BUS ON TIME

Please call Laura Booker at 919-259-7944 on regular business days if you have signed up but are unable to attend these events:

NC Symphony

at UNC Memorial Hall
Thursday, March 1, 6:45pm Lobby

Mendelssohn's Elijah

at Duke Chapel
Sunday, March 4, 3pm Lobby

Great Decisions Lectures

at UNC Carroll Hall
Tuesdays, March 6, 20 & 27, 6:30pm Lobby

Duke Symphony Orchestra

at Baldwin Auditorium
Wednesday, March 7, 7pm Lobby

The Metropolitan Opera

Semiramide
at Silverspot Cinema
Saturday, March 10, 12:15pm Lobby

Dining Out! Vin Rouge

Tuesday, March 13, 5pm Lobby

Becoming a Woman in the Age of Enlightenment

at the Ackland Art Museum
Friday, March 16, 10am Lobby

Carolina Ballet

Saturday, March 17, 1pm Lobby

Academy of St. Martin in the Fields with Joshua Bell

at UNC Memorial Hall
Tuesday, March 20, 6:45pm Lobby

NC Symphony

at UNC Memorial Hall
Wednesday, March 21, 6:45pm Lobby

Chamber Orchestra

Sunday, March 25, 2pm Lobby

The Metropolitan Opera

Così fan tutte
at Silverspot Cinema
Saturday, March 31, 12:15pm Lobby

Beyond the Cedars

Duke Symphony Orchestra with Timothy Culver, Tenor and Nicholas Kenney, Horn

at Baldwin Auditorium
Wednesday, March 7, 7pm Lobby

“Music For Friends”—Mendelssohn: *Calm Sea and Prosperous Voyage Overture*; Britten: *Serenade for Tenor, Horn, and Strings, Op. 31*; Elgar: *Enigma Variations, Op. 36*. Timothy Culver is Associate Professor of Voice at Kent State University. He has performed with the Cleveland Opera, Lyric Opera Cleveland, Lansing Lyric Opera, Porthouse Theatre, Huron Playhouse and the Cleveland Orchestra.

Nicholas Kenney is assistant professor of horn at Southeast Missouri State University, where he teaches applied horn, horn ensemble, music theory, music appreciation, and is the assistant director of the athletic bands. He has performed in venues around the globe, including the Conservatorium in Brisbane, Australia, the historic Waterford Opera House in Waterford, Ireland, and New York's Carnegie Hall. Sign up at the Concierge Desk, deadline March 5. Cost: \$7 for transportation, the concert is free. Minimum 6 people, maximum 27 people.



The Metropolitan Opera—*Semiramide*

at Silverspot Cinema
Saturday, March 10, 12:15pm Lobby

This masterpiece of dazzling vocal fireworks makes a rare Met appearance—its first in nearly 25 years—with Maurizio Benini on the podium. The all-star bel canto cast features Angela Meade in the title role of the murderous Queen of Babylon, who squares off in breathtaking duets with Arsace, a trouser role sung by Elizabeth DeShong. Javier Camarena, Ildar Abdrazakov, and Ryan Speedo Green complete the stellar cast. Sign up at the Concierge Desk beginning March 1, deadline March 7. Cost: \$29 for ticket and transportation. Maximum 16 people.



Dining Out! Vin Rouge

Tuesday, March 13, 5pm Lobby

The moment you step inside this authentic French Bistro, you'll think you're in Southern France. As one of The Triangle's most critically acclaimed restaurants, Vin Rouge has consistently ranked in the top tier of “Best Of” lists by the local and national press. The menu is

a treasure of Provincial French cooking by Executive Chef, Matt Kelly. Sign up at the Concierge Desk beginning March 1, deadline March 11. Cost: \$7 for transportation. Bring money for food and drinks. Minimum 6 people, maximum 14 people.



Becoming a Woman in the Age of Enlightenment: French Art from The Horvitz Collection

at the Ackland Art Museum

Friday, March 16, 10am Lobby

Eighteenth-century France was the crucible for some of the most elegant, sophisticated, and refined art ever made. It was also a hotbed of philosophical and cultural reflection on many major issues, including what was known as the “woman question.” With over 100 paintings, sculptures, and especially drawings, selected from one of the world’s best private collections of French art, *Becoming a Woman* includes works by some of the era’s most famous names—such as Francois Boucher, Jean-Honore Fragonard, and Jacques-Louis David—as well as a full spectrum of lesser-known talents, represented by works of the highest aesthetic quality. A number of women artists are represented, including Anne Vallayer-Coster, Adelaide Labille-Guiard, and Pauline Azou. Sign up at the Concierge Desk beginning March 1, deadline March 12. Cost: \$4 for transportation and docent tour. Minimum 6 people, maximum 15 people.

The Metropolitan Opera—*Così fan tutte*

at Silverspot Cinema

Saturday, March 31, 12:15pm Lobby

A winning cast comes together for Phelim McDermott’s clever vision of Mozart’s comedy about the sexes, set in a carnival-esque, funhouse environment inspired by 1950s Coney Island—complete with bearded ladies, fire eaters, and a Ferris wheel. Manipulating the action are the Don Alfonso of Christopher Maltman and the Despina of Tony Award–winner Kelli O’Hara, with Amanda Majeski, Serena Malfi, Ben Bliss, and Adam Plachetka as the pairs of young lovers who test each other’s faithfulness. David Robertson conducts. Sign up at the Concierge Desk beginning March 1, deadline March 27. Cost: \$29 for ticket and transportation. Maximum 16 people.



from Carolyn Taff

So much happening, so close by!
If you want to give or get a ride, use the bulletin board outside classroom.

UNC Hill Hall

919-843-3333 • Chapel Hill
Chapel Hill Philharmonia
Berlioz, Mozart Oboe Concerto,
Respighi Fountains of Rome
Sun. 3/11, 3pm

The ArtsCenter

919-929-2787 • Carrboro
Charlie Chaplin’s *The Kid*, Live
film re-scoring by Tim Carless
Sat. 3/10, 8pm
PopUp Broadway, sing along
Thurs. 3/22 6:30pm

Baldwin Auditorium

919-968-4444 • Durham
Duke University String School
Orchestra, Sun. 3/4, 6:30pm
Duke Chorale Spring Tour
Concert, Tues. 3/20, 8pm
Jerusalem Quartet String
quartet, Sat. 3/24, 8pm

UNC Memorial Hall

919-843-3333 • Chapel Hill
Audra McDonald, Fri. 3/2, Sat.
3/3, 8pm
Abigail Washburn & Wu Fei,
Thurs. 3/22, 7:30pm
Nederlands Dans Theater
Wed. 3/28, Thurs. 3/29, 7:30pm

Ackland Art Museum

919-966-5736 • Chapel Hill
Music in the Galleries w/
Becoming A Woman Art Exhibit
UNC Baroque Ensemble
Sun. 3/4, 2pm

Carolina Theater

919-560-3030 • Durham
Gregory Porter, Sun. 3/4, 8pm

March Birthdays

Ann Kennedy	1
Ken Hoffman	2
Caroline Ward	2
Eleanor Bell	2
Richard Fox	3
Brent Elmore	5
Joy Douglass	8
Dolores Bilangi	11
Betsy Pratt	12
Weslyn Strickland	12
Ary Reichman	14
William Reppy	14
Ann Christy	15
Annette Martin	16
Myron Liptzin	17
Maia Saaremaa	19
Eleanor Lamb	20
Glenda J. Gleckner	21
Peter Page	25
Bette Israel	26
John Shedd	26
Charlotte Cooney	27
Dorothy Lavine	28
Mary Stark	29
Robert Rechholtz	29
Margery Duffey	30
Susan Link	31

We apologize to anyone whose birthday may have been omitted or is incorrect. If you would like to be included or removed from the birthday list please contact Sheila Kiliru at 919-537-0126.

Let's Celebrate

Robert Griffin—Jazz Pianist

Thursdays, March 1 & 15, 5pm Lobby

Craicdown—World Acousticana

Monday, March 12, 3pm Ballroom

Craicdown describes its music as World Acousticana—acoustic roots music with a high-energy, rock inspired flair. Mixing musical influences from many parts of the world and various genres, the Craicdown sound is refreshingly distinctive and unique yet always appealing. Drawing from both traditional and contemporary sources as well as penning much of their own material, Craicdown's repertoire

includes both songs and instrumental pieces ranging in style from Americana to reggae-sounding vocals, from Celtic influenced jigs and reels to the music of Brazil and Argentina. The ensemble's instrumentation sets it apart from other acoustic acts. The band features Rob Sharer on guitar, flute, fiddle and vocals; David DiGiuseppe on accordion and Irish cittern; and Jim Roberts on drums and percussion. **Refreshments will be served.**



UNC Drama Department Performance

Excerpts from The Wolves

Wednesday, March 28, 7:30pm Ballroom

The Wolves centers on a women's indoor soccer team in suburban United States as they grapple with opinions and questions about the world outside of soccer practice. Within the familiarity of their warm-up routine, they struggle to navigate the dynamics of their own group while faced with issues of life, power, loss, and identity.



Popcorn and a Movie—*Wonder* (2017)

Friday, March 30, 3pm Ballroom

Based on the *New York Times* bestseller, *Wonder* tells the inspiring and heartwarming story of August Pullman. Born with facial differences that, up until now, have prevented him from going to a mainstream school, Auggie becomes the most unlikely of heroes when he enters the local fifth grade. As his family, his new classmates, and the larger community all struggle to find their compassion and acceptance, Auggie's extraordinary

journey will unite them all and prove you can't blend in when you were born to stand out. Starring Julia Roberts, Owen Wilson and Jacob Tremblay.

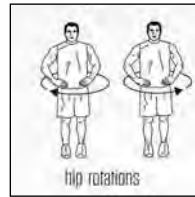
Warm Up Before You Work Out

Research shows that the best way to start a workout is by warming up. Arriving on time for your exercise class is essential for a safe and effective workout and your body will thank you for it.

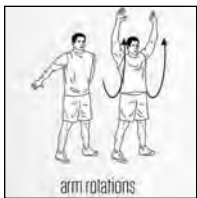


Doing warm up exercises before your workout is important in many ways. A good warm up will gradually increase your heart rate, increase circulation to your muscles, tendons and ligaments and mentally prepare you for your workout. The importance of warm up exercises can be compared to driving your car in freezing cold weather. It is generally best to allow

your car to warm up a bit before revving it to high speeds. The same principle applies when you work out. You want to physically prepare your body for the demands of exercise by gradually increasing your body temperature.

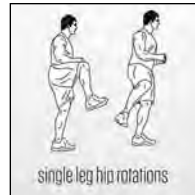


Warm ups should last five to ten minutes and consist of low-intensity movements that move the muscles and joints that you will be using in your activity. For example, if you are going to be swimming, move your arms and shoulders. If you are going to be walking, begin slowly and gradually increase your speed. Warming up gives the different aspects of your body a chance to prepare to work together. Your heart rate increases gradually. Your muscles



warm up to prevent injury. Your ligaments and tendons become more flexible, reducing the chance of tears. A good warm up will also help with mental preparation

for your workout, as you focus on the goals and benefits that you hope to achieve during your exercise time.

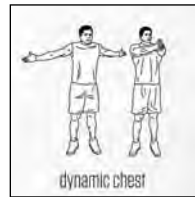


Whether you attend a group exercise class or exercise on your own, take the time to perform a solid warm up. By doing so, you will experience fewer occurrences of injuries and increase your workout enjoyment.

Source: fitday.com and National Institute on Aging



“You don’t have to be great to start, but you have to start to be great.”
—Zig Ziglar



ANNOUNCEMENTS

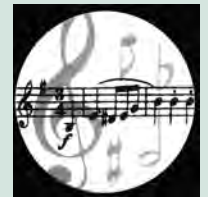


THE CEDARS SCHOLARSHIP PROGRAM SPRINGS INTO ACTION

For a fabulous spring, beautify your balcony and pretty up your porch. Fill out the enclosed Plant Sale Order Form today! Call Anne Boyer with questions at 919-259-7800.

2017/18 Classical Concert Series


Sunday, March 25, 3pm Ballroom



This concert features Jonathan Bagg, viola, Laura Gilbert, flute, and Emely Phelps, piano. Bagg is Professor of the Practice at Duke University and violist with the Ciompi Quartet. Gilbert is a co-founder, with Bagg, of the Electric Earth Concerts program in NH, and is on the faculty of Mannes College of Music. Phelps, who holds BM and MM degrees from Julliard, is a chamber musician, soloist, and teacher. Please bring your green pass. Ballroom doors open at 2:30pm. Questions? Contact Connie Eby at 919-259-7808 or cteby@mindspring.com.

March 2018

CALENDAR KEY

 sign-up required
B Ballroom
BR Billiards Room
CL Classroom
CR Cardroom



DL Dining Lobby
DR Dining Room
ER Exercise Room
GL Great Lawn
L Library

LB Lobby
MR Magnolia Room
P Pool
PD Private Dining
S Studio

3/1 Thursday

8am Art Open Studio **S**
8:45am Cardio and Core **B**
9:45am Sit and Be Fit **B**
11am Cedars University **B**
11:30am Aquatic Therapy **P**  
1pm Bocce **GL**
4pm Scrabble **CR**
5pm Robert Griffin—Jazz Pianist **DL**
6:45pm NC Symphony at UNC **LB** 

3/2 Friday

8:45am Water Exercise **P**
9:45am Water Exercise **P**
11:30am Aquatic Therapy **P**  
1pm Party Bridge **CR**
4:30pm Happy Hour **Bar**
7:45pm Cedars Cinema **CHANNEL 24**

3/3 Saturday

9am Ping Pong **B**
10am Cribbage **CL**
3pm & 7:45pm Cedars Cinema **CHANNEL 24**

3/4 Sunday

3pm & 7:45pm Cedars Cinema **CHANNEL 24**
3pm Elijah at Duke Chapel **LB** 

3/5 Monday


8am Art Open Studio **S**
8:45am Water Exercise **P**
9am Ping Pong **B**
9am Library Workday **L**
9:45am Water Exercise **P**
10:30am Knit & Stitch **CR**
11am Cardio and Core **B**
11:30am Tai Chi **B**
11:30am Aquatic Therapy **P**  
1pm Poker **CR**
1:30pm Play Group **CL**
3pm Author Series: Emily Herring Wilson **B**

3/6 Tuesday



8:45am Cardio and Core **B**

9:45am Sit and Be Fit **B**
11:30am Bible Study **MR**
11:30am Aquatic Therapy **P**  
1pm Golf Croquet **GL**
2pm Mah Jongg **CR**
2pm Meditation **PD**
4:30pm Line Dancing **B**
6:30pm Great Decisions Lecture **LB** 
7:45pm Cedars Cinema **CHANNEL 24**




3/7 Wednesday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
11am Balance Challenge **B**
11:30am Balance Basics **B**
11:30am Aquatic Therapy **P**  
12:45pm Duplicate Bridge **CR**
7pm Duke Symphony Orchestra **LB** 
7:45pm Cedars Cinema **CHANNEL 24**

3/8 Thursday


8am Art Open Studio **S**
8:45am Cardio and Core **B**
9:45am Sit and Be Fit **B**
11am Cedars University **B**
11:30am Aquatic Therapy **P**  
1pm Bocce **GL**
2pm Rehab Lecture with Sandy Friday **B**
4pm Scrabble **CR**

3/9 Friday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
10:30am Great Decisions Discussion **CR** 
11am TGIF Class **B**
11:30am Aquatic Therapy **P**  
1pm Jewelry Repair **S**
4:30pm Happy Hour **Bar**
7:45pm Cedars Cinema **CHANNEL 24**

3/10 Saturday



9am Ping Pong **B**

10am Cribbage **CL**
11am Accessing UNC Libraries
12:15pm Met Opera—Semiramide **LB** 
3pm & 7:45pm Cedars Cinema **CHANNEL 24**
3/11 Sunday

Daylight Saving Time Begins

3pm & 7:45pm Cedars Cinema **CHANNEL 24**



3/12 Monday

8am Art Open Studio **S**
8:45am Water Exercise **P**
9am Ping Pong **B**
9am Library Workday **L**
9:45am Water Exercise **P**
10:30am Knit & Stitch **CR**
11am Cardio and Core **B**
11:30am Tai Chi **B**
11:30am Aquatic Therapy **P**  
1pm Poker **CR**
2pm Great Books **CL**
3pm Craicdown World Acousticana **B**


3/13 Tuesday

8:45am Cardio and Core **B**
9:45am Sit and Be Fit **B**
11:30am Bible Study **MR**
11:30am Aquatic Therapy **P**  
1pm Golf Croquet **GL**
2pm Mah Jongg **CR**
2pm Meditation **PD**
4:30pm Line Dancing **B**
5pm Dining Out! Vin Rouge **LB** 
7:45pm Cedars Cinema **CHANNEL 24**

3/14 Wednesday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
11am Balance Challenge **B**
11:30am Balance Basics **B**
11:30am Aquatic Therapy **P**  
12:45pm Duplicate Bridge **CR**
7:45pm Cedars Cinema **CHANNEL 24**

3/15 Thursday


8am Art Open Studio **S**
8:45am Cardio and Core **B**
9:45am Sit and Be Fit **B**
11am Cedars University **B**
11:30am Aquatic Therapy **P**  
1pm Bocce **GL**

4pm Scrabble **CR**
5pm Robert Griffin—Jazz Pianist **DL**

3/16 Friday

8:45am Water Exercise **P**
9:45am Water Exercise **P**
10am Ackland Art Museum Trip **LB** 
11:30am Aquatic Therapy **P**  
1pm Party Bridge **CR**
4:30pm Happy Hour **Bar**
7:45pm Cedars Cinema **CHANNEL 24**

3/17 Saturday

9am Ping Pong **B**
10am Cribbage **CL**
1pm Carolina Ballet **LB** 
3pm & 7:45pm Cedars Cinema **CHANNEL 24**





3/18 Sunday

3pm & 7:45pm Cedars Cinema **CHANNEL 24**

3/19 Monday




8am Art Open Studio **S**
8:45am Water Exercise **P**
9am Ping Pong **B**
9am Library Workday **L**
9:45am Water Exercise **P**
10:30am Knit & Stitch **CR**
11am Cardio and Core **B**
11:30am Tai Chi **B**
11:30am Aquatic Therapy **P**  
1pm Poker **CR**
1:30pm Play Group **CL**
3pm Author Series: Dr. Kenneth Zogry **B**

3/20 Tuesday



8:45am Cardio and Core **B**
9:45am Sit and Be Fit **B**
11:30am Bible Study **MR**
11:30am Aquatic Therapy **P**  
1pm Golf Croquet **GL**
2pm Mah Jongg **CR**
2pm Meditation **PD**
4:30pm Line Dancing **B**
6:30pm Great Decisions Lecture **LB** 
6:45pm Joshua Bell at UNC **LB** 
7:45pm Cedars Cinema **CHANNEL 24**

3/21 Wednesday




8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
11am Balance Challenge **B**

11:30am Balance Basics **B**
11:30am Aquatic Therapy **P**  
12:45pm Duplicate Bridge **CR**
6:45pm NC Symphony at UNC **LB** 
7:45pm Cedars Cinema **CHANNEL 24**

3/22 Thursday

8am Art Open Studio **S**
8:45am Cardio and Core **B**
9:45am Sit and Be Fit **B**
11am Cedars University **B**
11:30am Aquatic Therapy **P**  
1pm Bocce **GL**
4pm Scrabble **CR**



3/23 Friday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
10:30am Great Decisions Discussion **CR** 
11am TGIF Class **B**
11:30am Aquatic Therapy **P**  
4:30pm Happy Hour **Bar**
7:45pm Cedars Cinema **CHANNEL 24**

3/24 Saturday

9am Ping Pong **B**
10am Cribbage **CL**
11am Accessing UNC Libraries
3pm & 7:45pm Cedars Cinema **CHANNEL 24**

3/25 Sunday




3pm & 7:45pm Cedars Cinema **CHANNEL 24**
2pm Chamber Orchestra **LB** 
3pm Classical Concert Series **B** 

3/26 Monday

8am Art Open Studio **S**
8:45am Water Exercise **P**
9am Ping Pong **B**
9am Library Workday **L**
9:45am Water Exercise **P**
10:30am Knit & Stitch **CR**
11am Cardio and Core **B**
11:30am Tai Chi **B**
11:30am Aquatic Therapy **P**  
1pm Poker **CR**
2pm Let's Talk Cinema—The Piano **B**

3/27 Tuesday



8:45am Cardio and Core **B**
9:45am Sit and Be Fit **B**
11:30am Bible Study **MR**

11:30am Aquatic Therapy **P**  
1pm Golf Croquet **GL**
2pm Mah Jongg **CR**
2pm Meditation **PD**
4:30pm Line Dancing **B**
6:30pm Great Decisions Lecture **LB** 
7:45pm Cedars Cinema **CHANNEL 24**




3/28 Wednesday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
11am Balance Challenge **B**
11:30am Balance Basics **B**
11:30am Aquatic Therapy **P**  
12:45pm Duplicate Bridge **CR**
7:30pm UNC Drama Dept **B**
7:45pm Cedars Cinema **CHANNEL 24**


3/29 Thursday


8am Art Open Studio **S**
8:45am Cardio and Core **B**
9:45am Sit and Be Fit **B**
11am Cedars University **B**
11:30am Aquatic Therapy **P**  
1pm Bocce **GL**
2pm Members Meeting **B**
4pm Scrabble **CR**

3/30 Friday

Passover Begins/Sundown 
8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
10:30am Great Decisions Discussion **CR**
11am Retro Dance Class **B**
11:30am Aquatic Therapy **P**  
3pm Popcorn and a Movie—Wonder **B**
4:30pm Happy Hour **Bar**
7:45pm Cedars Cinema **CHANNEL 24**

3/31 Saturday

9am Ping Pong **B**
10am Cribbage **CL**
12:15pm Met Opera—Così fan tutte **LB** 
3pm & 7:45pm Cedars Cinema **CHANNEL 24**

 Pool closed weekdays
11:30—2:00 for
Aquatic Therapy



**From Monet
to Van Gogh:
A History of Impressionism**

*Taught by Professor Richard
Brettell, Ph.D., The University
of Texas, Dallas*

Thursdays thru April 5, 11am Ballroom

They appeared in a period of upheaval. They saw the rebuilding of Paris, the rise of industrialism, the ruin of the Franco-Prussian war. They displayed their startling and shocking works in a series of exhibitions from 1874 to 1886. And by the 1890s, this “loose coalition” of artists who rebelled against the formality of the French Academy had created the most famous artistic movement in history. “They” were the Impressionists.

Kudos to...

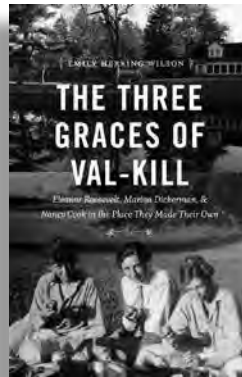
- ☞ Kathy Burk for displaying Arnold’s collectibles in the Member display case
- ☞ Kit Bick for organizing the Member display case
- ☞ The Rapp family for their beautiful display of art for the DuBose art gallery

**LEARNING
OPPORTUNITIES**

NC Author Series

**The Three Graces of
Val-Kill: Eleanor
Roosevelt, Marion
Dickerman, and Nancy
Cook in the Place They
Made Their Own**

with Emily Herring Wilson



Monday, March 5,
3pm Ballroom

Known for her books about gardening and women, local author Emily Herring Wilson combines that expertise in an exploration of

the most formative period in the life of Eleanor Roosevelt. “The Three Graces,” as FDR called Eleanor, Marion Dickerman, and Nancy Cook, built a friendship, a cottage on Val-Kill Creek in Hyde Park, and a community for progressive women of the time period, heavily influencing each other both personally and politically. *The Three Graces of Val-Kill: Eleanor Roosevelt, Marion Dickerman, and Nancy Cook in the Place They Made Their Own* delves into the formative years of Eleanor Roosevelt’s life, showing us how she became the strong political figure we remember her for today. **Books will be available for purchase, please bring cash or check.**

NC Author Series

**Print News and Raise Hell:
The Daily Tar Heel and
the Evolution of a Modern
University**

with Dr. Kenneth Zogry

Monday, March 19, 3pm Ballroom

Dr. Kenneth Zogry is both an academic and a public historian.

Dr. Zogry has been in the field of public history for over 25 years, including positions as assistant curator of Old Salem

in Winston-Salem, curator of the Bennington Museum in Vermont, and Executive Director of the Pope House Museum in Raleigh. In *Print News and Raise Hell: The Daily Tar Heel and the Evolution of a Modern University*, Zogry examines how the campus and the paper have dealt with many challenging issues for more than a century and reveals the ways in which the history of the *Daily Tar Heel* is deeply intertwined with the past and present of the nation’s oldest public university. **Books will be available for purchase, please bring cash or check.**



**Let’s Talk Cinema
The Piano (1993)**

Monday, March 26, 2pm Ballroom

Join us for Let’s Talk Cinema, featuring outstanding, provocative, award-winning films from a variety of genres, led by Member Linda Luftig. We welcome you if you enjoy talking about movies or if you prefer just to listen. Roger Ebert says, “*The Piano* is a peculiar and haunting as any film I’ve seen. It tells a story of love and fierce pride, and places it on a bleak New Zealand coast where people live rudely in the rain and mud, struggling to maintain the appearance of the European society they’ve left behind. It is a story of shyness, repression and loneliness; of a woman who will not speak and a man who cannot listen, and of a willful little girl who causes mischief and pretends she didn’t mean to.”

Stan Friedland gets lessons on the pottery wheel with ceramics instructor Suzanne Brown



John Neter with sons Ron and David and granddaughter Celia after his *Retrospective of 60 Years of Photography* presentation



Cedars Members support PORCH's \$2 million mark in food donations to Chapel Hill/Carrboro communities. Michael Smith speaks about the value of PORCH both internally and externally as a vocational wellness endeavor.



ANNOUNCEMENTS

Brain Fitness

with Sandy Friday

Thursday, March 8, 2pm Ballroom

For more information contact Sandy Friday, Rehab Manager, at 919-259-7907.

Jewelry Repair with Eva Mogenson

Friday, March 9, 1-2pm Art Studio

Walk with a Doc

Saturday, March 17, 10am, UNC Wellness Center at Meadowmont

Gather at the UNC Wellness Center to take a 1-mile walk around the trails or, if raining, around the indoor track. A doctor from the Thurston Arthritis Research Center will give a brief talk on a health-related topic before joining walkers to answer questions about their health. For more information contact Kirsten Ambrose at 919-966-7209.

Cynthia's Tailor Shop Services

Wednesdays, 9-9:30am Art Studio

Cynthia Lennon provides quality and affordable alterations.

Sudoku Puzzle

Enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit. So must every column, as must every 3x3 square.

Puzzle rating: Evil

		6			9	2
	3			5	8	
						6
	4	8		1	6	3
			3			
	6	7	8		9	1
5						
		4	2		7	
1	2			8		

Puzzle by websudoku.com



New Move Ins

Sandy Wetmore

115 Cedar Breeze Lane



• • • • • CEDARS *Cinema* • • • • •

Tuesdays, Wednesdays, Fridays & Saturdays, 7:45pm Channel 24
Saturday and Sunday Matinees, 3pm Channel 24

LBJ

Wednesday, February 28 & Friday, March 2, 7:45pm
Saturday, March 3, 3pm • R

After taking the reins of state in the wake of President Kennedy's assassination, Lyndon Baines Johnson (Woody Harrelson) assumes leadership at one of the most tumultuous times in U.S. history. (2017) SUBTITLES NOT INCLUDED

His Girl Friday

Tuesday, March 6 & Saturday, March 10, 7:45pm
Sunday, March 11, 3pm • R

Hildy Johnson (Rosalind Russell) is getting hitched to Bruce Baldwin (Ralph Bellamy)—if her ex-husband (Cary Grant), doesn't win her back. (1940) SUBTITLES NOT INCLUDED

Steel Magnolias

Wednesday, March 7 & Friday, March 9, 7:45pm
Saturday, March 10, 3pm • PG

This bittersweet drama follows the friendship among five tight-knit women who congregate at a beauty parlor in a small Louisiana town to laugh, cry and discuss their lives. Sally Field, Dolly Parton, Shirley MacLaine and Julia Roberts. (1989)

American Made

Tuesday, March 13 & Saturday, March 17, 7:45pm
Sunday, March 18, 3pm • R

To avoid jail time for smuggling drugs, pilot Barry Seal turns informant for the Drug Enforcement Administration and finds himself in the midst of one of the largest covert operations in history. Starring Tom Cruise and Sarah Wright. (2017)

Chef

Wednesday, March 14 & Friday, March 16, 7:45pm
Saturday, March 17, 3pm • R

When Carl Casper's plans for opening a restaurant fail to pan out, he returns home and debuts a food truck instead. Starring Jon Favreau, Sofia Vergara and John Leguizamo. (2014)

Blade Runner 2049

Tuesday, March 20 & Saturday, March 24, 7:45pm
Sunday, March 25, 3pm • R

A new blade runner, LAPD Officer K (Ryan Gosling), unearths a secret with the potential to plunge society into chaos. K's discovery leads him to find Rick Deckard (Harrison Ford), a former blade runner who has been missing for 30 years. (2017)

Hello, Dolly!

Wednesday, March 21 & Friday, March 23, 7:45pm
Saturday, March 24, 3pm • G

Barbra Streisand is matchmaker Dolly Levi, a role originated by Carol Channing. When wealthy Horace Vandergelder (Walter Matthau) hires Dolly to find a mate for him, she decides to win him over for herself. (1969) SUBTITLES NOT INCLUDED

Year by the Sea

Tuesday, March 27 & Saturday, March 31, 7:45pm
Sunday, April 1, 3pm • NR

Wife and mother Joan sets a new course for herself when she opts not to accompany her husband from New York City to his new job in Kansas. Instead, she trades her empty nest for a Cape Cod beach house. Starring Karen Allen, Yannick Bisson and S. Epatha Merkeron. (2017) SUBTITLES NOT INCLUDED

Victoria & Abdul

Wednesday, March 28 & Friday, March 30, 7:45pm
Saturday, March 31, 3pm • PG-13

When Abdul Karim (Ali Fazal), a young clerk, travels from India to participate in the Queen's Golden Jubilee, he is surprised to find favor with the Queen herself (Judi Dench). The two forge an unlikely and devoted alliance with a loyalty to one another that her household and inner circle all attempt to destroy. (2017)

Regular Group Activities

location key B=Ballroom BR=Billiards Room CR=Cardroom CL=Classroom DL=Dining Lobby ER=Exercise Room FV-DR=Fountain View Dining Room GL=Great Lawn L=Library LB=Lobby MR=Magnolia Room P=Pool PD=Private Dining Room S=Studio

Balance Basics

Wed 11:30 **B**

Julie Hardison 919-259-7922

Balance Challenge

Wed 11:00 **B**

Julie Hardison 919-259-7922

Ballroom Dance Group

Betty White 919-967-4064

The Bible Class

Tue 11:30 **MR**

Mary Ann Van Kampen 919-493-1789

Bocce

Thu 1:00 **GL**

Ellen Herron 252-646-2930

Cardio and Core

Mon 11:00 Tue Thur 8:45 **B**

Julie Hardison 919-259-7922

Caregivers Support Group

1st Wed 2:30 **PD**

Tara Pierce 919-537-0128

Cribbage

Sat 10:00 **CL**

Malcolm Jackson 919-951-7626

Duplicate Bridge

Wed 12:45 **CR**

Betty White 919-967-4064

Ginny Page 919-259-7119

Garden Plots

Kit Bick 910-512-5347

Gin Rummy

Thu 1:00 **CR**

Jim Allen 919-259-7599

Golf Croquet

Tue 1:00 **GL**

Norman and Rhonda Innes
919-259-7150

Great Books Club

2nd Mon 2:00 **CL**

Happy Hour

Fri 4:30 **Bar**

Interdenominational Service

Sun 11:00 **B**

Nancy Cobey 919-259-7048

Knit & Stitch

Mon 10:30 **CR**

Margaret Rook 919-292-1497

Library Workday

Mon 9:00 **L**

Nancy Lebo 919-259-7330

Line Dancing

Tue 4:30 **B**

Julie Hardison 919-259-7922

Mah Jongg

Tue 2:00 **CR**

Sarah Kittner 919-969-6822

Meditation

Tue 2:00 **PD**

Suzanne Bullock 919-381-7795

Mexican Train Dominos

Fri 1:00 **FV-DR**

Sally Sullivan 919-489-6446

Party Bridge

1st & 3rd Fri 1:00 **CR**

Pickelball

Thu (Ephesus Park)

Stan Friedland 919-259-7089

Ping Pong

Mon, Wed, Fri, Sat 9:00 **B**

Stan Friedland 919-259-7089

Play Group

1st & 3rd Mon 1:30 **CL**

Sue Bielawski 919-933-4428

Poker

Mon 1:00 **CR**

Bob Paterson 919-259-7060

Scrabble

Thu 4:00 **CR**

Esther Lederman 919-259-7778

Sit and Be Fit

Tue Thu 9:45 **B**

Julie Hardison 919-259-7922

Tai Chi

Mon 11:30 **B**

Julie Hardison 919-259-7922

The Open Door Bible Group

Wed 10:00 **CR**

Julie Allen 919-606-2581

Water Exercise

Mon Wed Fri 8:45 & 9:45 **P**

Julie Hardison 919-259-7922

Get Involved

Accessing UNC Libraries

Saturdays, March 10 & 24, 11am Library

Want to borrow books from UNC Libraries? Contact Lynne Morris with questions at 919-967-4885.

Great Books

2nd Mondays, 2pm Classroom

Seven Deadly Sins Sampler
by Great Books Foundation

Great Get-Aways

Southern Leisure Tours Presents

- ❖ *Church Basement Ladies*
Temple Theater, Sanford, NC
March 15
- ❖ *North Carolina Lighthouse Tour*
March 19-23
- ❖ *Historic Homes and Gardens of Charleston, SC*
March 27-30
- ❖ *Texas Bluebonnet Trails*
April 3-6

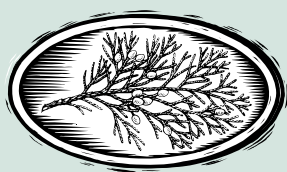
Printed packets for these trips are located in the Cedars Clubhouse flyer holder next to the lower level elevator. Contact Steve Tuten at 919-471-6137 for trip details and pricing.

Channel 24 Replays Schedule

- ☞ Mondays 10am, exercise program; 12:30pm, recent lectures
- ☞ Tuesdays 10am, exercise program
- ☞ Wednesdays 10am, exercise program; 12:30pm, Members Meeting
- ☞ Thursdays 10am, exercise program
- ☞ Fridays 10am, exercise program

Exhibits

This month's exhibit includes Arnold Burk's collectibles from his travels to the wilder places including the Arctic and the Antarctic in the Member display case. If you are willing to share your collection by displaying it in the Clubhouse Lobby, please contact Kit Bick at 910-512-5347 or email her at kitbick@gmail.com.



In-House TV..... Channel 24
 Reception..... 919-259-7000
 Concierge..... 919-259-7937
 Fax..... 919-259-7001
 Spa & Salon..... 919-259-7940
 Dining Reservations..... 919-259-7932
 Work Orders..... 919-259-7918
 Security..... 919-883-7666

Editor..... Laura Booker
 919-259-7944

Graphic Designer.....Debb Hepp
 919-260-4495

CALENDAR *at a Glance*

<i>date</i>	<i>day</i>	<i>activity</i>	<i>time</i>	<i>location</i>
3/1	Thursday	Cedars University <i>From Monet to Van Gogh: A History of Impressionism</i>	11am	Ballroom
3/1	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
3/1	Thursday	NC Symphony at UNC Memorial Hall	6:45pm	Lobby
3/4	Sunday	Mendelssohn's <i>Elijah</i> at Duke Chapel	3pm	Lobby
3/5	Monday	NC Author Series: Emily Herring Wilson	3pm	Ballroom
3/6	Tuesday	Great Decisions Lecture	6:30pm	Lobby
3/7	Wednesday	Duke Symphony Orchestra at Baldwin Auditorium	7pm	Lobby
3/8	Thursday	Cedars University <i>From Monet to Van Gogh: A History of Impressionism</i>	11am	Ballroom
3/9	Friday	Great Decisions Discussion	10:30am	Cardroom
3/10	Saturday	The Met Opera— <i>Semiramide</i>	12:15pm	Lobby
3/12	Monday	Craicdown—World Acousticana	3pm	Ballroom
3/13	Tuesday	Dining Out! Vin Rouge	5pm	Lobby
3/15	Thursday	Cedars University <i>From Monet to Van Gogh: A History of Impressionism</i>	11am	Ballroom
3/15	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
3/16	Friday	<i>Becoming a Woman in the Age of Enlightenment</i> at the Ackland Art Museum	10am	Lobby
3/17	Saturday	Carolina Ballet	1pm	Lobby
3/19	Monday	NC Author Series: Dr. Kenneth Zogry	3pm	Ballroom
3/20	Tuesday	Great Decisions Lecture	6:30pm	Lobby
3/20	Tuesday	Joshua Bell at UNC Memorial Hall	6:45pm	Lobby
3/21	Wednesday	NC Symphony at UNC Memorial Hall	6:45pm	Lobby
3/22	Thursday	Cedars University <i>From Monet to Van Gogh: A History of Impressionism</i>	11am	Ballroom
3/23	Friday	Great Decisions Discussion	10:30am	Cardroom
3/25	Sunday	Chamber Orchestra	2pm	Lobby
3/25	Sunday	2017/18 Classical Concert Series	3pm	Ballroom
3/26	Monday	Let's Talk Cinema— <i>The Piano</i>	2pm	Ballroom
3/27	Tuesday	Great Decisions Lecture	6:30pm	Lobby
3/28	Wednesday	UNC Drama Department Performance Excerpts from <i>The Wolves</i>	7:30pm	Ballroom
3/29	Thursday	Cedars University <i>From Monet to Van Gogh: A History of Impressionism</i>	11am	Ballroom
3/29	Thursday	Members Meeting	2pm	Ballroom
3/30	Friday	Great Decisions Discussion	10:30am	Cardroom
3/30	Friday	Popcorn and a Movie— <i>Wonder</i>	3pm	Ballroom
3/31	Saturday	The Met Opera— <i>Così fan tutte</i>	12:15pm	Lobby