

SPOTLIGHT ON RHONDA INNES

Written by Carol Downs for the Communication Committee



“Dust carried away by wind, chips falling to the bottom of the lake (no cleanup), and lots of light. Hefty chunks of soapstone turning into sculpted pieces of art. The end of our dock, was my perfect studio.” Discovering a passion for sculpting was one of many reasons, Rhonda loved living at Lake Norman for 30 years. Being the family “harbor master” meant overseeing several sailboats, kayak, canoe and skull while orchestrating frequent family visits. Designing the house and landscape all contributed to a very active and full life for both Rhonda and her husband, Norm. Before Lake Norman, Rhonda, Norm and their children got their first taste of life as civilians in Charlotte,

NC. This had followed several years of moving to wherever Norm was stationed during his career in the Army. It was in Charlotte, that Rhonda began her work as a neighborhood activist for safe streets, which included taking on the City Council. That expanded into working with local and state commissions and the Sierra Club on the Clean Air, Clean Water Act and the Coastal Management Act. Rhonda’s lifelong interest in volunteering started when she was 19 as a Brownie Troop Leader (her parents had to sign for her). Later, as a Gray Lady at Ft. McClellan Hospital helping young patients experiencing tuberculosis and in Charlotte driving cancer patients to their treatment at Charlotte Memorial Hospital. It was through her volunteer work with the Girl Scouts in Ludwigsburg, Germany, that she was offered her first, and only, paying-job, earning \$90 as the Director of the Summer Camp in Stuttgart. While Norm was in the Army, Rhonda and family experienced living in some challenging situations. From arriving in Anchorage, Alaska with a six-week old baby and leaving three years later with a six-week old baby, plus a third tucked in the middle. In 1959, on their way out, they celebrated Alaska becoming the 50th state. The family also lived in Germany where everyone learned to speak German and had the opportunity to explore Belgium, Holland, Germany and the rest of Europe on an intimate basis. Norm’s final tour for the Army was working at the Brooklyn Terminal. Their home in Queens provided an easy commute into Manhattan where Rhonda and the children explored a multitude of museums, concert venues, and attractions specific to NYC. Their location also afforded a harbor for their sailboat that shared the waters under the Throgs Neck Bridge with fire boats and the Coast Guard. Moving closer to the present... After 30 years of living along the shoreline of Lake Norman, Rhonda and Norm started checking out various retirement living communities closer to their children who lived in the Raleigh area. Norm was approaching 80 and they knew it was time to live a lifestyle that did not include boats, tools, house, yard... stuff! In 2013, they moved to The Cedars along with their collie, Bonnie, who quickly became one of the favorite canine residents. Rhonda and Norm joined The Cedars golf croquet group, and within a very short time, became in charge of the program for several years. Bonnie spent part of her day visiting residents at the DuBose Center and the SECU House. “My life is rich with family, friends, activities, art and music. If you happen to pass by my door, feel free to touch the soapstone sculpture.” (I have, it’s wonderful...)



MAY
2023

THE CEDARS POST

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LET'S CELEBRATE

MOVIE OF THE MONTH - *A MAN CALLED OTTO* Monday, May 1, 2pm Ballroom

Otto Anderson is a grump who no longer sees purpose in his life following the loss of his wife. Otto is ready to end it all, but his plans are interrupted when a lively young family moves in next door, and he meets his match in quick-witted Marisol. She challenges him to see life differently, leading to an unlikely friendship that turns his world around. Starring Tom Hanks, Mariana Treviño and Rachel Keller. (2022)



DERBY DAY "RUN FOR THE ROSES" Saturday, May 6, 5:30-7pm Ballroom

Wear your Derby hat and win a prize! Head to the Ballroom to watch the 149th running of the Kentucky Derby. Place a wager on your favorite horse and cheer your pick on to victory. Heavy hors d'oeuvres, wine and mint juleps (happy hour pricing) will be served. Post time for the race is 6:57pm.



FOREVER UNSTRUNG Tuesday, May 9, 2pm Ballroom

Come hear Forever Unstrung and have fun listening and singing along to many familiar tunes. Forever Unstrung is the Cedar's very own mostly ukulele band. The group was formed last year by Suzanne Bullock, her ukulele teacher Rollie Olin, Pat Beyle, Bonnie Farb, and Gretchen and Art Aylsworth. The group enjoys playing and singing a variety of familiar songs mostly folk, gospel, and country. They have given two performances at Dubose and now can't wait to entertain their friends in our Ballroom.



MOTHER'S DAY BRUNCH WITH THE ONYX CLUB BOYS Sunday, May 14, 11:30am-1pm Dining Lobby

Gabriel Pelli (fiddle and guitar) and Ben Lassiter (guitar) are rooted in the Gypsy Jazz sounds of 1930's Paris and Stuff Smith's New York City Swing. However, being from 21st Century North Carolina, their diverse influences take the music beyond borders.

11TH ANNUAL CEDARS' PET BISCUIT DAY Friday, May 19, 9am Front of Bladen Bldg

Members and Staff are encouraged to bring their four-legged friends to our community's annual pet biscuit day. The 11th annual event will include a community picture (in front of Bladen) and treats.



BEYOND THE CEDARS

SARA P. DUKE GARDENS GUIDED WALKING TOUR

Friday, May 12, 9:15am Lobby

More than 600,000 visitors from all over the world visit Sarah P. Duke Gardens annually, enjoying its 55 acres of specialized gardens in the heart of Duke University. Exploring the Gardens on foot offers you the opportunity to explore the diverse Gardens areas at a leisurely pace. This one-hour walking tour is led by a volunteer docent who will introduce you to their plant collections, seasonal highlights and history of Duke Gardens. **Register on Cedars Connect beginning May 1, deadline May 10.**

Cost: \$22 for guided walking tour and transportation. Maximum 10 people.



JORDAN LAKE ECO TOUR

Friday, May 19, 1:30pm Lobby

Learn the story of Jordan Lake while cruising on a 24-foot, fully shaded pontoon boat: its wildlife ecology, history, environmental impact from humans, engineering aspects, and the vital role the lake plays in the

Triangle. **Register on Cedars Connect beginning May 1, deadline May 17.**

Cost: \$34 for tour and transportation. Maximum 10 people.

WALKING TOUR OF BLUESTEM

Tuesday, May 23, 1:30pm Lobby

Enjoy a guided walking tour of Bluestem, a conservation cemetery and nature preserve for natural burial expanding 87 acres in Cedar Grove, NC. With only thirteen conservation burial grounds or cemeteries in the country, Bluestem is part of a unique community of conservation burial practitioners working to bring awareness to the spiritual and ecological benefits of conservation burial. The walking tour is designed to take you through the many beautiful areas of the nature preserve requiring one to walk unassisted for a mile. **Sign up on Cedars Connect beginning May 1, deadline May 21. Cost \$7 for transportation. Maximum 12 people.**



MAKE IT TO THE BUS ON TIME

Please call Laura at 919-259-7944 on regular business days if you have signed up for an outing and are unable to attend.



PRIME TIME PLAYERS

at the Seymour Center

Thursday, May 4, 1:15pm Lobby

DURHAM MEDICAL ORCHESTRA

at Baldwin Auditorium

Sunday, May 7, 2pm Lobby

SARA P. DUKE GARDENS GUIDED WALKING TOUR

Friday, May 12, 9:15am Lobby

CHAMBER ORCHESTRA

Sunday, May 14, 2pm Lobby

JORDAN LAKE ECO TOUR

Friday, May 19, 1:30pm Lobby

CAROLINA BALLET

Saturday, May 20, 1pm Lobby

WALKING TOUR OF BLUESTEM

Tuesday, May 23, 1:30pm Lobby

ROBERT GRIFFIN JAZZ PIANIST

Thursdays, May 4 & 11, 5pm
Dining Lobby

RICHARD TAZEWELL PIANIST

Fridays, May 19 & 26, 5pm
Dining Lobby

THE CEDARS EVENTS

5/1 MONDAY

- 8:30am Aquafit On Your Own P ■
- 8:30am Cardio Combo B ■
- 9:30am Balance Basics B ■
- 10am Pilates Fusion with Joan z ■
- 10:15am Balance Challenge B ■
- 10:30am Knit & Stitch CR ■
- 11:30am Tai Chi with Nina B ■
- 12:30pm Play Reading Group z ■
- 1pm Poker CR ■
- 2pm **Movie of the Month – A Man Named Otto** B ■
- 2pm Chess Club CL ■

5/2 TUESDAY

- 8:30am Total Body Strength & Stretch B ■
- 9am Golf Croquet GL ■
- 9:45am Sit & Be Fit B ■
- 10:45am Sit & Be Fit B ■
- 3pm **Calvin: A Book Signing Event with Joy Anthony Douglass** B ■

5/3 WEDNESDAY

- 9am Ping Pong B ■
- 9:15am Aquafit P ■
- 10am Open Door Bible Group CR/Zoom ■
- 10:30am Balance Basics B ■
- 11:15am Balance Challenge B ■
- 12:45pm Duplicate Bridge CR ■

5/4 THURSDAY

- 8:30am Cardio Combo B ■
- 9:30am Sit and Be Fit B ■
- 11am Cedars University B ■
- 1pm Golf Croquet GL ■
- 1:15pm **Prime Time Players** LB ■
- 1:30pm Modern American Canasta CR ■
- 5pm **Robert Griffin - Pianist** DL ■

5/5 FRIDAY

- 9:15am Aquafit P ■
- 11am Fit Friday: Cardio and Core B ■
- 2pm Mah Jong 2pm CL ■
- 3pm Classic Canasta CR ■

5/6 SATURDAY

- 9am Ping Pong B ■
- 9am Cribbage CL ■
- 5:30pm **149th Derby Day "Run for the Roses"** B ■

5/7 SUNDAY

- 11am **Interdenominational Service** B ■
- 2pm **Durham Medical Orchestra** LB ■

5/8 MONDAY

- 8:30am Aquafit On Your Own P ■
- 8:30am Cardio Combo B ■
- 9:30am Balance Basics B ■
- 10am Pilates Fusion with Joan z ■
- 10am Great Short Stories CL ■
- 10:15am Balance Challenge B ■
- 10:30am Knit & Stitch CR ■
- 11:30am Tai Chi with Nina B ■
- 12:30pm Play Reading Group z ■
- 1pm Poker CR ■
- 2pm Chess Club CL ■

5/9 TUESDAY

- 8:30am Total Body Strength & Stretch B ■
- 9am Golf Croquet GL ■
- 9:45am Sit & Be Fit B ■
- 10am **Plein Air Art Classes with Nerys Levy** ■
- 10:45am Sit & Be Fit B ■
- 9am Golf Croquet GL ■
- 2pm **Forever Unstrung** B ■
- 4pm Line Dancing B ■

5/10 WEDNESDAY

- 9am Ping Pong B ■
- 9:15am Aquafit P ■
- 10am Open Door Bible Group CR/Zoom ■
- 10:30am Balance Basics B ■
- 11:15am Balance Challenge B ■
- 12:45pm Duplicate Bridge CR ■

5/11 THURSDAY

- 8:30am Cardio Combo B ■
- 9:30am Sit and Be Fit B ■
- 11am Cedars University B ■
- 1pm Golf Croquet GL ■
- 1:30pm **LTC film *Delicieux* followed by 3:30pm discussion led by Linda Luftig** B ■
- 1:30pm Modern American Canasta CR ■
- 5pm **Robert Griffin - Pianist** DL ■

5/12 FRIDAY

- 9:15am Aquafit P ■
- 9:15am **Sara P. Duke Gardens Walking Tour** LB ■

- 2pm Mah Jong 2pm CR ■
- 3pm Classic Canasta CL ■

5/13 SATURDAY

- 9am Ping Pong B ■
- 9am Cribbage CL ■

5/14 SUNDAY

- Happy Mother's Day!*
- 11am **Interdenominational Service** B ■
- 11:30am **Mother's Day Brunch with the Onyx Club Boys** DL ■
- 2pm **Chamber Orchestra** LB ■



5/15 MONDAY

- 8:30am Aquafit On Your Own P ■
- 8:30am Cardio Combo B ■
- 9:30am Balance Basics B ■
- 10am Pilates Fusion with Joan z ■
- 10:15am Balance Challenge B ■
- 10:30am Knit & Stitch CR ■
- 11:30am Tai Chi with Nina B ■
- 12:30pm Play Reading Group z ■
- 1pm Poker CR ■
- 2pm Chess Club CL ■
- 1:30pm **DFC film *The Stories We Tell* Followed by 3:30pm discussion Led by Rich Hendel** B ■

5/16 TUESDAY

- 8:30am Total Body Strength & Stretch B ■
- 9am Golf Croquet GL ■
- 9:45am Sit & Be Fit B ■
- 10:45am Sit & Be Fit B ■
- 2pm **Japan Today with Phil Purcell** B ■
- 4pm Line Dancing B ■

5/17 WEDNESDAY

- 9am Ping Pong B ■
- 9:15am Aquafit P ■
- 10am Open Door Bible Group CR/Zoom ■
- 10:30am Balance Basics B ■
- 11:15am Balance Challenge B ■
- 12:45pm Duplicate Bridge CR ■

5/18 THURSDAY

- 8:30am Cardio Combo B ■
- 9:30am Sit and Be Fit B ■
- 11am Cedars University B ■

1pm Golf Croquet **GL** ■
1:30pm Modern American Canasta **CR** ■
2pm The Ackland Art Museum with
Katie Ziglar, Director **B** ■

5/19 FRIDAY

9am 11th Annual Biscuit Day Bladen Villa ■
9:15am Aquafit **P** ■
11am Fit Friday: Strength Circuit **B** ■
1:30pm Jordan Lake Eco Tour **LB** 🚶 ■
2pm Mah Jong 2pm **CL** ■
3pm Classic Canasta **CR** ■
5pm Richard Tazewell - Pianist **DL** ■

5/20 SATURDAY

9am Ping Pong **B** ■
9am Cribbage **CL** ■
1pm Carolina Ballet **LB** 🚶 ■

5/21 SUNDAY

11am Interdenominational Service **B** ■

5/22 MONDAY

8:30am Aquafit On Your Own **P** ■
8:30am Cardio Combo **B** ■
9:30am Balance Basics **B** ■
10am Pilates Fusion with Joan **Z** ■
10:15am Balance Challenge **B** ■
10:30am Knit & Stitch **CR** ■
11:30am Tai Chi with Nina **B** ■
12:30pm Play Reading Group **Z** ■
1pm Poker **CR** ■
2pm Chess Club **CL** ■
4pm Finishing Touches Café **B** ■

5/23 TUESDAY

8:30am Total Body Strength & Stretch **B** ■
9am Golf Croquet **GL** ■
9:45am Sit & Be Fit **B** ■
10am Plein Air Art Classes with
Nerys Levy **S** 🚶 ■
10:45am Sit & Be Fit **B** ■
1:30pm Walking Tour of Bluestem **LB** 🚶 ■

5/24 WEDNESDAY

9am Ping Pong **B** ■
9:15am Aquafit **P** ■
10am Open Door Bible Group **CR/Zoom** ■
10:30am Balance Basics **B** ■
11:15am Balance Challenge **B** ■
12:45pm Duplicate Bridge **CR** ■

5/25 THURSDAY

8:30am Cardio Combo **B** ■
9:30am Sit and Be Fit **B** ■
11am Cedars University **B** ■
1pm Golf Croquet **GL** ■
1:30pm Modern American Canasta **CR** ■
2pm Members Meeting **B** ■

5/26 FRIDAY

9:15am Aquafit **P** ■
11am Fit Friday: Barre Fusion **B** ■
3pm Classic Canasta **CR** ■
2pm Mah Jong 2pm **CL** ■
5pm Richard Tazewell - Pianist **DL** ■

5/27 SATURDAY

9am Ping Pong **B** ■
9am Cribbage **CL** ■

5/28 SUNDAY

11am Interdenominational Service **B** ■

5/29 MONDAY

Memorial Day
8:30am Aquafit On
Your Own **P** ■
10am Pilates Fusion
with Joan **Z** ■
10:30am Knit & Stitch **CR** ■
12:30pm Play Reading Group **Z** ■
1pm Poker **CR** ■
2pm Chess Club **CL** ■



5/30 TUESDAY

8:30am Total Body Strength & Stretch **B** ■
9am Golf Croquet **GL** ■
9:45am Sit & Be Fit **B** ■
10:45am Sit & Be Fit **B** ■

5/31 WEDNESDAY

9am Ping Pong **B** ■
9:15am Aquafit **P** ■
10am Open Door Bible Group **CR/Zoom** ■
10:30am Balance Basics **B** ■
11:15am Balance Challenge **B** ■
12:45pm Duplicate Bridge **CR** ■

ANNOUNCEMENTS

JEWELRY REPAIR WITH EVA MOGENSEN

Friday, May 5, 2-3pm Art Studio

CEDARS PORCH COLLECTION

Monday, May 22, 8:30am

Food should be out for pickup by 8:30am on Front Porches or Veranda Parking Lot Bench, or you can leave a check anytime with the Clubhouse Concierge. Questions, contact Joy Metelits at 919-933-0724.



GET INVOLVED

GREAT SHORT STORIES Monday, May 8, 10am Classroom

Death by Landscape
by Margaret Atwood

Stories can be found in *The Norton Anthology of Short Fiction* and often online.

Lectures on DVD

THE WONDERS OF AMERICA'S STATE PARKS

Taught by Joe Yogerst,
University of Oregon

Thursdays through May 11, Ballroom



Lectures on DVD

RECONSIDERING JFK

Taught by Michael Shelden,
PhD, Indiana State University
Thursdays, May 18 through June 22,
11am Ballroom

Reconsidering JFK is your chance to transport yourself back to a more innocent time in America, to a presidency mythologized in the romantic vision of "Camelot." In these 12 in-depth lectures, Professor Michael Shelden brings you the latest research and firsthand accounts to capture a fresh angle on a multifaceted, always fascinating American president.

Historians traffic in drama, focusing on the turning points that change the world forever. JFK's presidency certainly was a turning point, but what remains so compelling is the human drama behind events such as the Bay of Pigs or the Cuban Missile Crisis. *Reconsidering JFK* is a story of the human drama - and the heart of the enigmatic man who changed the world.

Michael Shelden is a Professor of English at Indiana State University, where he has won the top award for excellence in scholarship, the Theodore Dreiser Distinguished Research/Creativity Award, three times. He earned his PhD in English from Indiana University.

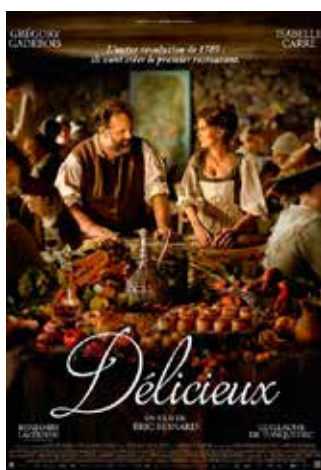
LEARNING OPPORTUNITIES

CALVIN: A BOOK SIGNING EVENT

with Joy Anthony Douglass

Tuesday, May 2, 3pm Ballroom

Calvin loved to go to school on Thursdays—that's when they had music. On many days however, he was faced with bullies on the playground—one in particular. Calvin finds that singing and music skills give him experiences that build self confidence, good friends and the ability to face conflicts. Joy Anthony Douglass has been a music teacher, church organist, and choral director for 50 years. She encourages all boys and girls to sing. Her experience included music education in elementary, middle, and high school. **Books will be available for \$20 each. 100% of proceeds benefit The Cedars Scholarship program. Refreshments will be served.**



LET'S TALK CINEMA

Delicieux (2021)

Thursday, May 11, 1:30pm film followed by 3:30pm
Discussion led by Linda Luftig in the Ballroom

France, 1789, just before the French Revolution. With the help of a surprising young woman, a chef who has been sacked by his noble master finds the strength to free himself from his position as a servant and opens the first ever restaurant. For foodies and lovers of films about food, this is a delicious movie. The acting is magnificent as is the sumptuous cinematography. Written and Directed by Eric Besnard. In French with English Subtitles

DOCUMENTARY FILM CLUB

Stories We Tell

Monday, May 15, 1:30pm Film Followed by 3:30pm
Discussion with Rich Hendel

Stories We Tell is a 2012 Canadian documentary film written and directed by Sarah Polley. The film explores her family's secrets—including one intimately related to Polley's own identity. The film looks at the relationship between Polley's parents, Michael and Diane Polley, including the revelation that the filmmaker was the product of an extramarital affair between her mother and a Montreal producer. It incorporates interviews with Polley's siblings from her mother's two marriages, interviews with other relatives and family friends, Michael Polley's narration of his memoir, and extra footage shot to look like home movies of historical events in her family's life. The faux home video footage appears exceptionally authentic due to the "canny casting" of the characters. Roger Ebert.com gave the film four out of four stars, calling it "[a] powerful and thoughtful film...[that] is also not what it at first seems, which is part of the point Polley appears to be interested in making." The film got a Rotten Tomatoes approval rating of 94% based on 147 reviews.



LEARNING OPPORTUNITIES

JAPAN TODAY

with *Phil Purcel*

Tuesday, May 16, 2pm Ballroom

Very modern, very old, very interesting. Travel with Phil Purcell to Tokyo, Hakone, Kyoto, Osaka, and Hiroshima to get a glimpse of this bustling, remarkable country filled with industrious, extremely polite people. See ancient temples and shrines, high rise buildings and bullet trains. Practice being a samurai warrior or a sumo wrestler. Learn how to make sushi and grind green matcha tea. Discover what it's like to sleep in a traditional Japanese inn. Watch a Shinto wedding procession, or try to be a Japanese drummer. Vicariously enjoy a nine course Kaiseki dinner or cook-your-own Shabu-Shabu meal. Above all, enjoy some early warm weather and blossoming cherry trees in Tokyo.



THE ACKLAND ART MUSEUM

with *Katie Ziglar, Director*

Thursday, May 18, 2pm Ballroom

The Ackland Art Museum, with its broad and deep collection of works on paper, European masterpieces, and one of the only Asian art collections in the southeastern U.S., has long ranked as North Carolina's best university art

museum and a top 10 public university art museum in the country. However, over the last five+ years, the Ackland has "turned up the dial" on increasing its visibility, visitation, and members, while doubling its annual budget. It has done this by increasing service to the community, rebranding and creating a new website. With an extraordinary lineup of special exhibitions on the way for the next several years, Ackland Director Katie Ziglar will talk about what's in store in an image-packed presentation.

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: **Easy**

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

Puzzle by websudoku.com

REGULAR GROUP ACTIVITIES CONTACT INFORMATION

Chess Club	Carol Downs	703-282-6191
Classic Canasta	Sally Sullivan	919-489-6446
Cribbage	Malcolm Jackson	919-951-7626
Duplicate Bridge	Betty White	919-967-4064
Early Birds	Joan Bingham	919-968-3213
Golf Croquet	Joe Murphy	843-957-0674
Interdenominational Service	Nancy Cobey	919-259-7048
Knit & Stitch	Margaret Rook	919-292-1497
Library Workday	Nancy Lebo	919-259-7330
Mah Jongg	Norma Kupersmidt	919-724-9070
Memoir Writing Group.....	Nancy Lebo	919-259-7330
Mexican Train Dominos	Sally Sullivan	919-489-6446
Modern American.....	Bonnie Farb	561-613-7509
Open Door Bible Study ...	Nancy Cobey	919-259-7048
Ping Pong	Pat Kelley	919-489-0053
Play Reading Group...	Sue Bielawski	919-933-4428
Poker.....	Richard Orcutt	919-259-7533
Pole Walking.....	Joan Ontjes	919-219-5128

FITNESS ARTICLE



ENJOY A FREE WEEK AT THE UNC WELLNESS CENTER

As The Cedars Clubhouse renovations are scheduled to begin this summer, Members may want to explore options for exercising off-campus. The UNC Wellness Center at Meadowmont offers many opportunities and is conveniently located just across the street from the main entrance to The Cedars campus. The spacious facility offers extensive cardio and strength equipment, a large cushioned indoor track, many land and water group fitness classes and an indoor aquatics area with 25-yard lap lanes, whirlpool and sauna.



UNC Wellness is offering all Cedars Members **one FREE week** of a full-access membership to its Meadowmont facility. This will provide ample opportunity to take a guided tour and explore the numerous exercise options available there. Further information is provided in a flyer inside this Cedars Post.



The Cedars Club, Inc.

100 Cedar Club Circle, Chapel Hill NC 27517

- Editor..... Laura Booker, 919-259-7944
- In-House TVChannel 1340
- Cedars Live TV.....Channel 1341
- 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
- Transportation..... 919-259-7740



Passover celebration with Student Rabbi Solomon of Kehillah Synagogue



Gorgeous spring day for an outing to Tunnel Creek Vineyards in Roxboro!

The Cedars Post is published monthly for the purpose of advertising on and off campus activities.