

SPOTLIGHT ON ELLEN MULLEN

Written by Stephen G. Schaeffer for the Communications Committee



Rewind Ellen Mullen's life journey to age 17 when she was about to become a postulant with the Sisters of St. Dominic in Amityville, New York. Does the Ellen we know now seem like the person who entered a cloistered life? No, not at all, but as she will quickly tell you, "very few teenagers know what they want to do."

Ellen grew up in Flatbush, Brooklyn in a very devout Catholic family, walked two miles to St. Catherine of Genoa Parochial School until the eighth grade, and even farther, with numerous public transportation assists, to Bishop McDonnell Memorial, an all-girls high school where she was one of 800 graduating seniors.

It was here that her teachers included nuns from 5 orders and one Dominican in particular drew her attention, a beautiful person inside and out, funny, smart and very welcoming. She wanted to emulate this nun and it was her strong Catholic upbringing and faith that led Ellen to the convent. The Dominicans in Amityville, a strict order from Germany, welcomed Ellen Sullivan, renamed Sister Dennis Mary, O.P. (Order of Preachers), who through her first five years before profession was trained as a teacher along with the requisite religious studies. After her second year as a Novice she was assigned to a parish school in Hicksville, NY where she taught elementary school to 78 kids – talk about diving in – using phonics to achieve reading success for all of them. At year five in the order she decided, despite sage advice from her older brother, to profess her vows and accept the white habit and black veil of the Dominicans. But during the next 2 years she had doubts – "Do I want to be here – is this the right thing for me" – and eventually received a dispensation to leave after seven years, returning to the "world." It was 1965, and while in the cloistered world, she had missed her sister's wedding and many other traditions. Her family who had supported her throughout, welcomed her back.

One can imagine the mindset of Ellen at this moment – "a new life and what do I do." After a very short stint working with young men starting in financial work on Wall Street, Ellen went back to teaching in a Catholic school in Queens, enrolling also in some night classes at Molloy College.

One day, enjoying the beach at Jacob Riis Park in Queens, Ellen reunited with Jim Mullen, just out of the Marines and a sometime acquaintance from her school days. Since he had a car and she didn't, he provided rides home. His comment one day – "No one gets in the car unless she gets in the front seat" – led to dating and eventual marriage in 1967.

Jim 's FBI career began in 1968 with the family living in Illinois, Ohio and Georgia before settling in Northern Virginia. At the outset the family grew with four children (including twins) arriving within a three-year period, keeping Ellen occupied with the joys of motherhood. When her youngest child entered nursery school, Ellen started part time work, not returning to teaching, but eventually blossoming into Office Manager for a Loan Officer and later for Weichert, a large realty firm. Moving from Reston to Haymarket to a fabulous 55+ golf community, Ellen and Jim enjoyed many years of retirement before moving to The Cedars in Spring 2022.

When asked what her three milestones of life are, she replied, "leaving the convent, getting married to Jim (soon to be 57 years), and having four wonderful children." Two of Ellen's grandchildren, Caroline and Henry, work as servers in the Garden Room, and though she had nothing to do with it, she is delighted to see them regularly. With her usual bubbly, outgoing personality, Ellen capped our conversation with the comment – "Jim and I often look at each other and wonder how two kids from Brooklyn ended up here. I have been so blessed and still am."



APRIL
2024

THE CEDARS POST

APRIL BIRTHDAYS



Jeane Suddarth.....	1
Sterling Bradley.....	2
John Toscano	2
Lynn Kane	3
Joan Ontjes.....	3
Stan Eskridge	5
Joy Metelits	8
Victoria Borden	9
Sonia Coffin.....	9
Susan Yaggy	9
Patricia Jarrett	10
Liz Sarfati.....	10
Sandy Wetmore.....	10
Doris Ashkin	11
John Spitznagel	11
Virginia Glenn	12
Stephen Metelits	12
Karen Cooper	13
Karla McPherson	13
Dick Isabel.....	14
Jean Nuzum	14
Leonard Strickman	14
Clara Zinovoy.....	14
Diana Coble.....	15
Bill Kirwan.....	15
Barbara Loda.....	15
Dorothy Waechtershaeuser	15
Carol Widmeyer.....	16
Davis Bingham	18
Elizabeth Martin	19
Amalia Somjen	20
Bernice Daw	22
William Buxton.....	23
Fred Hobson.....	23
Anthony Meyer.....	24
John Mebane.....	25
Chet Douglass	26
Bonnie Farb.....	30
Marilyn Schepper	30

LET'S CELEBRATE

MOVIE OF THE MONTH - *THE BOYS IN THE BOAT*

Monday, April 8, 2pm DuBose Activities Room

The Boys in the Boat, based on Daniel James Brown's acclaimed book, is the true story of the University of Washington rowing team that won a gold medal in the Berlin Summer Olympics of 1936. Director George Clooney understands the strength of this classic underdog story, and he knows how to tell it, with gorgeous visuals and heartfelt performances. It stars Joel Edgerton as coach Al Ulbrickson Sr. and Callum Turner as rower Joe Rantz. (2023)



SOLAR ECLIPSE WATCH PARTY Monday, April 8, 4-5pm Great Lawn Fountain (weather permitting)

While North Carolina doesn't lie within the path of totality, residents of Chapel Hill will be able to view the eclipse in 80 percent totality. Join us for drinks at the fountain and special eclipse viewing glasses will be provided (*one should never look with unprotected eyes at the sun, even during a total eclipse*).

A TASTE OF PASSOVER WITH RABBI SOLOMON OF KEHILLAH SYNAGOGUE

Thursday, April 18, 2pm
DuBose Activities Room

Rabbi Solomon will be on hand to help us spiritually prepare for Passover. We will go deeper into themes of the Seder and even sing a few Passover songs.



ANNUAL CELEBRATION OF LIFE TRIBUTE AND RECEPTION

Thursday, April 25, 2-4pm
DuBose Activities Room

Please join us as we remember and celebrate Cedars Members that we lost between March 2023-March 2024. Refreshments will be provided. Tributes and toasts at 3pm.

LEARNING OPPORTUNITIES

SMALL SCALE GARDENING WITH JANE NORDWALL

Friday, April 5, 2pm DuBose Activities Room



Come learn what to plant in your garden plots, balcony or porch. Jane is a NC certified plant professional and does garden design and installation. Following her talk we will take an outing to Southern States where she is the Garden Center Manager on April 10th where she will give us a tour.

THE CEDARS LECTURE SERIES HOSTED BY DICK ISABEL

*The Politics Behind Your Food
with Hank Cardello*

Tuesday, April 9, 2pm DuBose Activities Room

Hank Cardello is a food/nutrition specialist and author of *Stuffed: An Insider's Look at Who's (Really) Making America Fat* and *How the Food Industry Can Fix It*. He will cover topics such as:

Coming your way: Black stop signs on food labels?

Are (ultra-) processed foods really bad for you?

How Ozempic, etc. will change the way you eat

Are we making any progress on obesity?



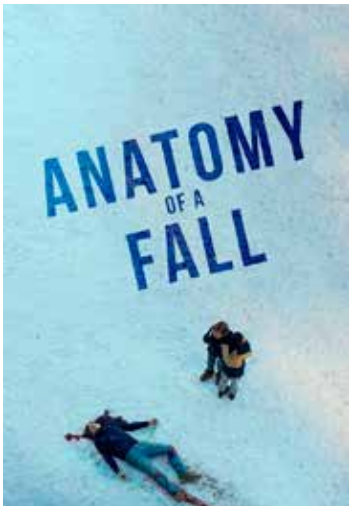
LET'S TALK CINEMA

Anatomy of a Fall, 2023

Monday, April 15, 1pm Film Followed by Discussion
Led by Linda Luftig in the DuBose Activities Room

For the past year, Sandra, her husband Samuel, and their eleven-year-old son Daniel have lived a secluded life in a remote town in the French Alps. When Samuel is found dead in the snow below their chalet, the police question whether he was murdered or committed suicide. Samuel's suspicious death is presumed murder, and Sandra becomes the main suspect. What follows is not just an investigation into the circumstances of Samuel's death, but an unsettling journey into the depths of Sandra and

Samuel's conflicted relationship. *Anatomy of a Fall* won the Palme D'or at the Cannes Film Festival was nominated for Best Picture at the Academy Awards, where Sandra Huller was also nominated as Best Actress. In French with English subtitles. Streaming on Amazon Prime and Apple TV.



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 or call the Concierge at 919-259-7937.



MORDECAI HISTORIC PARK AND TOUR

Tuesday, April 9, 9:15am Lobby

SOUTHERN STATES IN CARRBORO

Wednesday, April 10, 2pm Lobby

DUKE SYMPHONY ORCHESTRA

Wednesday, April 10, 6:30pm Lobby

CEDARS SINGERS SPRING CONCERT

at Church of the Holy Family
Thursday, April 11, 3pm Lobby

NC SYMPHONY at UNC Memorial Hall

Thursday, April 11, 6:45pm Lobby

PLAYMAKERS REPERTORY COMPANY

Sunday, April 14, 1:30pm Lobby

THE TRIANGLE JEWISH CHORALE PRESENTS: LET'S DANCE!

Sunday, April 21, 2:45pm Lobby

CAROLINA BALLET

Saturday, April 27, 1pm Lobby

CHAPEL HILL GARDEN TOUR

Sunday, April 28, 1pm Lobby

THE CEDARS EVENTS

4/1 MONDAY

- 8:30am Cardio Combo **D-AR** ■
- 9:30am Balance Basics **D-AR** ■
- 10am Pilates Fusion with Joan **Z** ■
- 10:15am Balance Challenge **D-AR** ■
- 11:30am Tai Chi **D-AR** ■
- 12:30pm Play Reading Group **Z** ■
- 1pm Poker **CV3** ■
- 2pm Chess Club **CV2** ■
- 2pm Mexican Train Dominos **CV4** ■

4/2 TUESDAY

- 8:30am Total Body Strength & Stretch **D-AR** ■
- 9:30am Sit & Be Fit **D-AR** ■
- 12:30pm Golf Croquet **GL** ■
- 1pm Mah Jongg **CV4** ■
- 1:30pm Mah Jongg **CV2** ■

4/3 WEDNESDAY

- 10am Open Door Bible Group **D-AR/Zoom** ■
- 1pm Party Bridge **CV4** ■
- 2pm Mah Jongg **CV2** ■

4/4 THURSDAY

- 8:30am Cardio Combo **D-AR** ■
- 9:30am Sit and Be Fit **D-AR** ■
- 11am Cedars University **D-AR** ■
- 12:30pm Golf Croquet **GL** ■
- 1:30pm American Canasta **CV3** ■
- 3pm Scrabble **CV4** ■

4/5 FRIDAY

- 9:30am Balance Basics **D-AR** ■
- 10:15am Balance Challenge **D-AR** ■
- 11am Fit Friday: Strength and Conditioning **D-AR** ■
- 1pm Chess Club **CV2** ■
- 1pm Mexican Train Dominos **CV4** ■
- 1:30pm Men's Bridge Group **CV3** ■
- 2pm *Small Scale Gardening* with Jane Nordwall **D-AR** ■
- 3pm Canasta **CV4** ■

4/6 SATURDAY

- 10am Cribbage **CV2** ■
- 1:30pm Modern American Canasta **CV2** ■
- 12:30pm Duplicate Bridge **D-AR** ■
- 2pm Hand Canasta **CV3** ■
- 2pm Mexican Train Dominos **CV4** ■

4/7 SUNDAY

- 11am Interdenominational Service **D-AR** ■
- 2:30pm **Movie Matinée:**
The Parent Trap **D-AR** ■

4/8 MONDAY

- 8:30am Cardio Combo **D-AR** ■
- 9:30am Balance Basics **D-AR** ■
- 10am Pilates Fusion with Joan **Z** ■
- 10:15am Balance Challenge **D-AR** ■
- 11:30am Tai Chi **D-AR** ■
- 12:30pm Play Reading Group **Z** ■
- 1pm Poker **CV3** ■
- 2pm Chess Club **CV2** ■
- 2pm Mexican Train Dominos **CV4** ■
- 2pm **Movie of the Month -**
The Boys in the Boat **D-AR** ■
- 4pm Solar Eclipse Watch Party **GL** ■

4/9 TUESDAY

- 8:30am Total Body Strength & Stretch **D-AR** ■
- 9:15am **Mordecai Historic Park and Tour** **LB** 🚶 ■
- 9:30am Sit & Be Fit **D-AR** ■
- 12:30pm Golf Croquet **GL** ■
- 1pm Mah Jongg **CV4** ■
- 1:30pm Mah Jongg **CV2** ■
- 2pm **The Cedars Lecture Series** **D-AR** ■

4/10 WEDNESDAY

- 10am Open Door Bible Group **D-AR/Zoom** ■
- 1pm Party Bridge **CV4** ■
- 2pm Mah Jongg **CV2** ■
- 2pm **Outing to Southern States** **LB** 🚶 ■
- 6:30pm **Duke Symphony Orchestra** **LB** 🚶 ■

4/11 THURSDAY

- 8:30am Cardio Combo **D-AR** ■
- 12:30pm Golf Croquet **GL** ■
- 1:30pm American Canasta **CV3** ■
- 3pm Scrabble **CV4** ■
- 3pm **Cedars Singers Concert** **LB** 🚶 ■
- 6:45pm **NC Symphony at UNC** **LB** 🚶 ■

4/12 FRIDAY

- 9:30am Balance Basics **D-AR** ■
- 10:15am Balance Challenge **D-AR** ■
- 11am Fit Friday: Strength and Conditioning **D-AR** ■

- 1pm Chess Club **CV2** ■
- 1pm Mexican Train Dominos **CV4** ■
- 1:30pm Men's Bridge Group **CV3** ■
- 3pm Canasta **CV4** ■

4/13 SATURDAY

- 10am Cribbage **CV2** ■
- 1:30pm Modern American Canasta **CV2** ■
- 12:30pm Duplicate Bridge **D-AR** ■
- 2pm Hand Canasta **CV3** ■
- 2pm Mexican Train Dominos **CV4** ■

4/14 SUNDAY

- 11am Interdenominational Service **D-AR** ■
- 1:30pm **PlayMakers** **LB** 🚶 ■
- 2:30pm **Movie Matinée:**
The Sound of Music **D-AR** ■

4/15 MONDAY

- 8:30am Cardio Combo **D-AR** ■
- 9:30am Balance Basics **D-AR** ■
- 10am Pilates Fusion with Joan **Z** ■
- 10:15am Balance Challenge **D-AR** ■
- 11:30am Tai Chi **D-AR** ■
- 12:30pm Play Reading Group **Z** ■
- 1pm Poker **CV3** ■
- 1pm **Let's Talk Cinema Film *Anatomy of a Fall* Followed by Discussion Led by Linda Luftig** **D-AR** ■
- 2pm Chess Club **CV2** ■
- 2pm Mexican Train Dominos **CV4** ■

4/16 TUESDAY

- 8:30am Total Body Strength & Stretch **D-AR** ■
- 9:30am Sit & Be Fit **D-AR** ■
- 12:30pm Golf Croquet **GL** ■
- 1pm Mah Jongg **CV4** ■
- 1:30pm Mah Jongg **CV2** ■

4/17 WEDNESDAY

- 10am Open Door Bible Group **D-AR/Zoom** ■
- 1pm Party Bridge **CV4** ■
- 2pm Mah Jongg **CV2** ■

4/18 THURSDAY

- 8:30am Cardio Combo **D-AR** ■
- 9:30am Sit and Be Fit **D-AR** ■
- 11am Cedars University **D-AR** ■
- 12:30pm Golf Croquet **GL** ■
- 1:30pm American Canasta **CV3** ■

2pm A Taste of Passover with

Rabbi Solomon **D-AR** ■

3pm Scrabble **CV4** ■

4/19 FRIDAY

1pm Chess Club **CV2** ■

1pm Mexican Train Dominos **CV4** ■

1:30pm Men's Bridge Group **CV3** ■

3pm Canasta **CV4** ■

4/20 SATURDAY

10am Cribbage **CV2** ■

1:30pm Modern American Canasta **CV2** ■

12:30pm Duplicate Bridge **D-AR** ■

2pm Hand Canasta **CV3** ■

2pm Mexican Train Dominos **CV4** ■

4/21 SUNDAY

11am Interdenominational Service **D-AR** ■

2:30pm Movie Matinée: *The Intern* **D-AR** ■

2:45pm The Triangle Jewish Chorale **LB** 🎵 ■

4/22 MONDAY



Passover begins

8:30am Cardio Combo **D-AR** ■

9:30am Balance Basics **D-AR** ■

10am Pilates Fusion with Joan **Z** ■

10:15am Balance Challenge **D-AR** ■

11:30am Tai Chi **D-AR** ■

12:30pm Play Reading Group **Z** ■

1pm Poker **CV3** ■

2pm Chess Club **CV2** ■

2pm Mexican Train Dominos **CV4** ■

4/23 TUESDAY

8:30am Total Body Strength & Stretch **D-AR** ■

9:30am Sit & Be Fit **D-AR** ■

12:30pm Golf Croquet **GL** ■

1pm Mah Jongg **CV4** ■

1:30pm Mah Jongg **CV2** ■

4/24 WEDNESDAY

10am Open Door Bible Group **D-AR/Zoom** ■

1pm Party Bridge **CV4** ■

2pm Mah Jongg **CV2** ■

4/25 THURSDAY

8:30am Cardio Combo **D-AR** ■

9:30am Sit and Be Fit **D-AR** ■

11am Cedars University **D-AR** ■

12:30pm Golf Croquet **GL** ■

1:30pm American Canasta **CV3** ■

2-4pm Annual Celebration of Life
Tribute and Reception **D-AR** ■

3pm Scrabble **CV4** ■

4/26 FRIDAY

9:30am Balance Basics **D-AR** ■

10:15am Balance Challenge **D-AR** ■

11am Fit Friday: Strength and
Conditioning **D-AR** ■

1pm Chess Club **CV2** ■

1pm Mexican Train Dominos **CV4** ■

1:30pm Men's Bridge Group **CV3** ■

3pm Canasta **CV4** ■

4/27 SATURDAY

10am Cribbage **CV2** ■

1:30pm Modern American Canasta **CV2** ■

12:30pm Duplicate Bridge **D-AR** ■

1pm Carolina Ballet **LB** 🎵 ■

2pm Hand Canasta **CV3** ■

2pm Mexican Train Dominos **CV4** ■

4/28 SUNDAY

11am Interdenominational Service **D-AR** ■

1pm Chapel Hill Garden Tour **LB** 🎵 ■

2:30pm Movie Matinée: *A League of
Their Own* **D-AR** ■

4/29 MONDAY

8:30am Cardio Combo **D-AR** ■

9:30am Balance Basics **D-AR** ■

10am Pilates Fusion with Joan **Z** ■

10:15am Balance Challenge **D-AR** ■

11:30am Tai Chi **D-AR** ■

12:30pm Play Reading Group **Z** ■

1pm Poker **CV3** ■

2pm Chess Club **CV2** ■

2pm Mexican Train Dominos **CV4** ■

3:30pm Finishing Touches Program **D-AR** ■

4/30 TUESDAY

8:30am Total Body Strength & Stretch **D-AR** ■

9:30am Sit & Be Fit **D-AR** ■

12:30pm Golf Croquet **GL** ■

1pm Mah Jongg **CV4** ■

1:30pm Mah Jongg **CV2** ■

ANNOUNCEMENTS

JEWELRY REPAIR WITH EVA MOGENSEN

Friday, April 5, 2-3pm DuBose Elm
Dining Room

CEDARS PORCH COLLECTION

Monday, April 15, 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, April 8, 10am Camden Villa
2nd Floor

*In the Cemetery Where Al Jolson is
Buried* by Amy Hempel

Hills Like White Elephants
by Ernest Hemingway

SHABBAT SERVICE LED BY CONNIE MARGOLIN

Friday, April 12, 4pm DuBose
Conference Room (2nd Fridays)

Lectures on DVD

**THE AMERICAN WEST:
HISTORY, MYTH,
AND LEGACY**

*Taught by Patrick N. Allitt,
Ph.D. Professor,
Emory University*
Thursdays through May 16, 11am
DuBose Activities Room



The brutal conflict of cowboys and Indians. Dusty, dangerous outposts policed by vigilante justice. The six-shooter showdown at high noon. Daring railroad heists and arduous cattle drives. These and other scenes from countless Western films have so shaped our conception of the American West that it's impossible to separate myth from reality. But how wild was the West? Was it really ever "won"?

According to historian and award-winning Professor Patrick N. Allitt of Emory University, the historical approach to understanding the American West has moved far beyond pop culture in recent years. "Nearly all the clichés and bromides of the old Western history have been discarded," he says. "We're now much more aware of the histories, not just of the people who happened to end up on top—but also the histories of the diverse peoples who were defeated or displaced."

BEYOND THE CEDARS

**MORDECAI HISTORIC PARK AND TOUR WITH LUNCH
AT SIDE STREET RESTAURANT**

Tuesday, April 9, 9:15am Lobby



Does stepping effortlessly back into 18th - 19th century history sound like a great way to welcome in Spring 2024? If so, then mark your calendar for a day-long excursion to Mordecai Historic Park and Historic Oakwood in Raleigh with lunch at the neighborhood Side Street Restaurant. The 200+ year-old Mordecai

manor house is surrounded by gardens and many re-located NC historic buildings, including St. Mark's Chapel, originally from the Sanford area. As a special treat for The Cedars visitors, we will have the rare opportunity to view and study the full panoply of the 36 needlepoint cushions, specifically designed for the chapel and a 20 year-long volunteer project of skill and love. Cedars Member, Kate Green, the chairwoman (and chief threadbender) will be our guide and will speak briefly on the project before we visitors examine the pieces up close. **Register on Cedars Connect beginning April 1 at 9am, deadline April 7. Cost: \$12 for transportation and tour (lunch is on your own at Side Street Restaurant). Maximum 12 people.**



**SOUTHERN STATES
IN CARRBORO**

Wednesday, April 10, 2pm Lobby

Following our gardening talk with Jane Nordwall on April 5th we'll take a bus to Southern States where she will give us a tour. **Register on Cedars Connect beginning April 1 at 9am, deadline April 9. Cost: \$4 for transportation.**

CEDARS SINGERS SPRING CONCERT

at Church of the Holy Family in Chapel Hill
Thursday, April 11, 3pm Lobby

Church of the Holy Family has offered their sanctuary for our concert. The concert will also be recorded for showing on Channel 1340 and will be shown at a later date. The singers are rising to the challenge of some complex and interesting music. Listen to the program for harmonic music as well as the melodic music; the rhythmic music and the idiotic! The program features many dimensions of accompaniments, soloists and guest artists. We invite you to come enjoy this musical journey with us. **Register on Cedars Connect beginning April 1 at 9am, deadline April 9. Cost: \$4 for transportation. Maximum 29 people.**



BEYOND THE CEDARS

THE TRIANGLE JEWISH CHORALE PRESENTS: *LET'S DANCE!*

Sunday, April 21, 2:45pm Lobby

Come join the Triangle Jewish Chorale as it sings and demonstrates three kinds of dance music heavily influenced by Jews: Argentine tango, Broadway shows, and Israeli folk songs. Three cultures, three art forms, four languages - it's all here for your toe tapping pleasure. Free admission, contributions welcome. **Register on Cedars Connect beginning April 1 at 9am, deadline April 18. Cost: \$7 for transportation. Maximum 13 people.**



CHAPEL HILL GARDEN TOUR

Sunday, April 28, 1pm Lobby

Visit Chapel Hill, NC for the Chapel Hill Garden Club's 14th biennial Garden Tour. The 2024 Chapel Hill Tour, "Tucked Away Treasures," showcases five beautiful private gardens. The gardens, ranging from forested to shady and sunny have been created by visionary gardeners with delightful points of view. **Register on Cedars Connect beginning April 1 at 9am, deadline April 25. Cost: \$29 for tour and transportation. Maximum 12 people. This is a rain or shine event.**

REGULAR GROUP ACTIVITIES CONTACT INFORMATION

Chess Club	Carol Downs 703-282-6191
Classic Canasta	Sally Sullivan 919-903-8077
Cribbage	Malcolm Jackson 919-951-7626
Duplicate Bridge	Betty White 919-967-4064
Early Birds	Joan Bingham 919-968-3213
Golf Croquet	Rhonda Innes 919-259-7150
Interdenominational Service	Nancy Cobey 919-619-4534
Knit & Stitch	Margaret Rook 919-292-1497
Mah Jongg	Norma Kupersmidt 919-724-9070
Memoir Writing Group.....	Nancy Lebo 919-259-7330
Mexican Train Dominoes	Mary Ann Van Kampen 919-943-8670
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

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: **Hard**

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

Puzzle by websudoku.com

FITNESS ARTICLE

THE IMPORTANCE OF PROPER FITNESS FOOTWEAR

Whether your workout involves walking, sports or gym equipment, a quality sport shoe is a must. Injury caused by inappropriate shoes (or wearing no shoes while exercising) can needlessly derail your fitness or weight loss attempt. Investing in the right shoe can help you prevent foot, ankle and knee damage, and make your workout a more pleasant and comfortable experience.



A variety of sport shoes are on the market for every type of exercise, including water activities. Shop at a sporting goods store with salespeople who are trained to fit customers with shoes that are appropriate for their feet and activities. Look for shoes that are designed to protect your feet and ankles during the activity of your choice. Shock absorption, stability, cushioning and support are essential for safe and effective workouts.

It is recommended that you try on shoes in the afternoon or evening, or after your workout, as your feet are largest at these times. Try the shoes on with sport socks to ensure a good fit and move around as you would during your workout. Leave a half inch between your big toe and the tip of the shoe and make sure you can easily wiggle your toes. Bend the shoe to make sure it is not overly flexible as this can indicate a lack of support.

Worn out sport shoes do not provide your feet with adequate protection during your workout. Do not judge the wear of your shoes from the treads on the bottom. Instead, check the mid-sole of the shoe that will show damage sooner. Replacing shoes that no longer provide cushioning and support is imperative for preventing exercise-related injuries.

Source: *LIVESTRONG.COM*

Cedars Fitness highly recommends that Members wear supportive, lace-up shoes (no slip-ons) for exercising. Cross-training shoes are best for doing cardio exercise on carpet, as they do not have the heavy tread that most running shoes do.



The Cedars Club, Inc.

100 Cedar Club Circle, Chapel Hill NC 27517

Editor..... Laura Booker, 919-259-7944
In-House TV Channel 1340
Cedars Live TV..... Channel 1341
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Spa & Salon 919-259-7940
Dining Reservations 919-259-7932
Work Orders 919-259-7918
Security 919-883-7666
Transportation..... 919-259-7740

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