

SPOTLIGHT ON BECKY GOULD GIBSON

By Rich Hendel for the Communications Committee



"I think most people are creative if you give them a chance," Becky Gibson asserts. Once you start talking about poetry with her you realize how much passion she has for her work. Poetry has always been a part of her life, beginning with nursery rhymes she heard as a child and then, in the 5th grade in Laurens, SC, when she read and memorized poems from the classic little *101 Famous Poems*. "I just loved sounds and words," she says. She has published 8 books of poetry and has won a number of poetry awards. However, seeing her first book printed made her nervous because there was "no place to hide."

Becky grew up on a farm. It was, she says, "the best time in my life." When she was a junior in high school a woman friend in her church thought she might like to meet on a blind date with her brother. That led to her "the funniest boy I ever met," who happened to be Bill Gibson — they married five years later.

After finishing high school Becky enrolled at Converse College. Bill, at the time, was already at Dartmouth. She graduated with a high school teaching certificate, but was eager to teach at the college level. By then she and Bill were married. Becky applied to the graduate program in English at UNC Chapel Hill where she earned

her PhD. Bill was in the Army and was assuming he might be sent to Vietnam. Instead, he was able to accompany Becky to Chapel Hill. Seven years later, and with two babies, Becky had her PhD. It was not an auspicious time to be looking for a college teaching position. She taught at Salem College, Forsyth Tech, The North Carolina School of the Arts and eventually got a tenure track position at Guilford College in Greensboro. "My academic career officially began."

In her Cedars New Members biography, Becky wrote, "I was exhausted most of the time. But my effort paid off. I taught writing and literature to undergraduates and I did it well: Freshman Composition, Introduction to Poetry, 18th Century Literature, poetry writing, Self-image in Women's writing and a seminar in Virginia Woolf."

In her teaching and writing Becky began to realize that woman's voices had often been suppressed or not heard. "It was clear I needed, in poetry, to give voice to women."

Becky retired from Guilford in 2008 to devote herself to her writing and to her family. Family members have appeared in some disguise within her poems. She says it's Ok to write about them, "just don't show it to them." *Aphrodite's Daughter* was written about a mythologized version of her mother. The blurb for the book on Amazon says that it "tells stories of women in myth, history, art, and contemporary life. The goddess's daughter, fed up with her role in her mother's story, says to her: "i'm leaving—i'm walking out/of your myth finally—i need a mother not a love goddess. . . ."

She's a member of the American Academy of Poets. Her books have 5 star reviews on Goodreads and Amazon.

Becky has been generous in letting us reprint her poems in *Connections*.



MAY
2025

THE CEDARS POST

MAY
BIRTHDAYS



Arnie Grossblatt 2
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 Barbara Kemper 7
 Jacob Mathai 10
 Fran Woodard 10
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 Bill Cobey 13
 Art Aylsworth 14
 Carol Downs 14
 Anne Mathai 15
 Ed Morrissett 15
 Lynne Zimmerman 18
 Mary Kay Bozyski 19
 Larry Cobb 20
 Gray McAllister 20
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 Janet Clegg 23
 Martha Reed 23
 Paul Grendler 24
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LET'S CELEBRATE

151ST RUNNING OF THE KENTUCKY DERBY

Watch Party, Wagers and Winners!
 Saturday, May 3, 5:30-7:30pm, The Cedars Room



Get ready for the thrill of the 151st Running of the Kentucky Derby! Come place your bets, cheer on your favorite horse, and celebrate with friends as we watch "The Most Exciting Two Minutes in Sports." Enjoy heavy hors d'oeuvres, signature mint juleps, and classic Derby Day fun. Don your finest Derby hat and get in the spirit — winners will be crowned both on and off the track! Post time for the race is 6:57 PM.



YOUNG ARTISTS SERIES: DOGWOOD PIANO TRIO

Sunday, May 4, 3pm, The Cedars Room
 Free and open to all Members

Join us for an inspiring afternoon of classical music as we welcome the Dogwood Piano Trio, an exceptional ensemble of young musicians from the North Carolina Chamber Music Institute (NCCMI). The Dogwood Piano Trio is composed of Alexander McDowell

(violin), Samuel Caplan (cello), and Liam Drake (piano)—three accomplished young artists, each recognized for their outstanding musicianship, performance experience, and dedication to chamber music. Their program will feature a rich and varied selection of classical masterworks by Beethoven, Bach, Schoenfield, Shostakovich, and Brahms. This performance is presented by NCCMI, a nonprofit and educational partner of the North Carolina Symphony. NCCMI trains outstanding student ensembles through coaching by professional musicians, including symphony players and university faculty. Come support the next generation of musical talent—right here at The Cedars!

PINSKY POETRY PROJECT READING WITH JANE HAUSER AND FRIENDS

Thursday, May 15, 1pm, The Cedars Room

The Pinsky Poetry Project is back at The Cedars. Carol Downs has one, Marilyn Schepper has one, ten more Cedars Members are happy they have one. And they want to share it with you on May 15th. What they have is a favorite poem to share with you and let you know why this poem is special to them. If you have one too, please bring it with you for Audience Share Time. Poetry is thoughtful and fun. Just ask Carol or Marilyn.

THE MOONLIGHTER QUINTET

Tuesday, May 13, 7pm, The Cedars Room

Join us on for a special performance by The Moonlighter Quintet, a group of talented healthcare professionals from the Triangle area who bring their passion for both medicine and music to the stage. The program will feature two Romantic-era gems:

Alexander Borodin's String Quartet in D Major – including the beloved "Notturmo" movement, and Robert Schumann's Piano Quintet in E-flat Major, Op. 44 – a vibrant and expressive cornerstone of the chamber music repertoire. Performers will include:

- Charissa Kam, first violin – Pediatric Pulmonary Pharmacist, UNC Hospital
- Harish Eswaran, second violin – Hematology Fellow, UNC
- Catie Cash, viola – Bone Marrow Transplant Pharmacist, Duke University Hospital
- Adam Gower, cello – Pediatric Pulmonologist, UNC
- Arhant Rao, piano – Pulmonary & Critical Care Fellow, UNC

Don't miss this opportunity to enjoy an evening of heartfelt music-making at The Cedars!

BEYOND THE CEDARS

REYNOLDA HOUSE MUSEUM AND GARDENS TOUR:

ANDREW WYETH AT KUERNER FARM:

THE EYE OF THE EARTH

Friday, May 9, 9:00am Lobby

One of the most popular and celebrated American artists of the twentieth century, Andrew Wyeth spent seven decades painting a particular farm in his hometown of Chadds Ford, Pennsylvania. "Andrew Wyeth at Kuerner Farm: The Eye of the Earth" will be the first comprehensive examination of this defining subject in his work in fifty years. This exhibition tells the story of the connection between artist and place—one of the most enduring connections in American art. **Register on Cedars Connect beginning May 1 at 9am, deadline May 7. Cost: \$30 for ticket, docent tour and transportation. Enjoy lunch and shops in the village on your own after the tour.**

FROM DESPAIR TO HOPE: A MUSICAL JOURNEY

Triangle Jewish Chorale at Levin JCC

Sunday, May 18, 2:00pm Lobby

When times are dark, we turn to music to uplift us and encourage hope for a brighter future. The centerpiece of the Triangle Jewish Chorale's spring concert is a cantata in English based on *Everyday Wonders: The Girl from Aleppo*, the inspiring true story of escape from war-torn Syria. Additional selections in Yiddish and Hebrew testify to the resilience and solidarity that enable us to maintain optimism in the face of adversity. **Register on Cedars Connect for transportation, Cost: \$10 donation recommended.**

PORCH COMMUNITY HUB TOUR

Friday, May 16, 1pm, Lobby

Join us for a tour of the newly opened PORCH Community Hub in Carrboro on Monday, May 16, at 1:00 PM. This marks the first permanent physical location for PORCH Chapel Hill-Carrboro, a nonprofit dedicated to alleviating hunger and promoting better nutrition in the community. Located at 202 South Greensboro Street, the Hub serves as a client-choice market, allowing families to select culturally relevant and nutritious foods in a dignified, grocery-store-like environment.

This is a wonderful opportunity to see firsthand how PORCH is making a tangible difference in the lives of local families. Whether you are interested in volunteering, donating, or simply learning more about their mission, the tour will provide valuable insights into their impactful work. **Register on Cedars Connect beginning May 1. Cost \$4.**

EXPLORE MODERN MASTERPIECES IN HISTORIC SALISBURY, NC

Monday, May 19, 10am Lobby

Embark on a cultural journey to Salisbury, North Carolina, to experience *Never Before Seen... Modern Masterpieces* at the Waterworks Visual Arts Center. This exclusive yearlong exhibition, running through August 30, 2025, showcases over forty paintings and sculptures from the private collection of the late Julian and Josie Robertson. The Robertsons, New York philanthropists with deep ties to Salisbury, amassed works by twenty-eight renowned European modernists, including Claude Monet, Pablo Picasso, Wassily Kandinsky, and Willem de Kooning. After touring the exhibit, we will have lunch in historic Salisbury. **Register on Cedars Connect beginning May 1st. Cost \$20 for transportation plus lunch.**

MAKE IT TO
THE BUS
ON TIME



Please call Tara Pierce at 919-537-0128 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.

ANDREW WYETH EXHIBIT AND DAY TRIP

to Reynolda House and Gardens

Friday, May 9, 9am

LOBBY SONOCO RECYCLING FACILITY TOUR

Tuesday, May 13, 9am Lobby

NC BOTANICAL GARDENS WALK

Tuesday, May 13, 2pm Lobby

PORCH COMMUNITY HUB TOUR

Friday, May 16, 1pm Lobby

CAROLINA BALLET

Saturday, May 17, 1pm Lobby

FROM DESPAIR TO HOPE: A MUSICAL JOURNEY

Triangle Jewish Chorale at Levin JCC

Sunday, May 18, 2pm Lobby

NEVER SEEN BEFORE, MODERN MASTERPIECES EXHIBIT

Waterworks Visual Arts Center

Monday, May 19, 10am Lobby

THE CEDARS EVENTS

5/1 THURSDAY

- 8:30am Cardio Combo TCR ■
- 9:30am Sit and Be Fit TCR ■
- 11am Cedars University TCR ■
- 1pm Golf Croquet GL ■
- 1pm Supervised Open Gym Time ■
- 1:30pm Modern American Canasta CV3 ■
- 2pm Joys of Learning Series: *The Edible South* by Marcie Cohen Ferris TCR ■
- 3pm Scrabble CV4 ■
- 4pm Derby Picks with Bill Kirwan TCR ■

5/2 FRIDAY

- 8am Early Birds TCR ■
- 9am Aquafit P ■
- 9:45am Barre Class with Joan TCR ■
- 10:45am Better Balance TCR ■
- 1pm Mexican Train Dominos CV4 ■
- 1:30pm Men's Bridge Group CV3 ■
- 2pm Documentary Film Club: *Air* TCR ■
- 2pm Jewelry Repair with Eva Mogenson s ■
- 5:30pm First Friday Concert: Triangle JazzOrchestra with Food Truck, Sister Liu's Kitchen GL ■

5/3 SATURDAY

- 8am Early Birds TCR ■
- 9am Ping Pong TCR ■
- 10am Cribbage CL ■
- 11am Ping Pong for Parkinson Group TCR ■
- 1:30pm Modern American Canasta CV2 ■
- 2pm Tech Support with Holden Lim CL ■
- 5:30pm 151st Kentucky Derby Watch Party TCR ■

5/4 SUNDAY

- 11am Sunday Chapel Church TCR ■
- 3pm Young Artist Series, Dogwood Piano Trio TCR ■

5/5 MONDAY

- 9am Ping Pong TCR ■
- 9am Aquafit P ■
- 10am Pilates with Joan z ■
- 10:15am Better Balance TCR ■
- 10:30am Knit & Stitch CL ■
- 11am Cardio Drumming TCR ■
- 11:30am CCRC Billiards Tournament LB ■
- 12:30pm Play Reading Group z ■
- 1pm Poker CV3 ■
- 2pm Campus Walk with Michele LB ■
- 2pm Chess Club CV2 ■
- 2pm Mexican Train Dominos CV4 ■

5/6 TUESDAY

- 8:30am Total Body Strength & Stretch TCR ■
- 9:30am Sit & Be Fit TCR ■
- 1pm Golf Croquet GL ■
- 1pm Mah Jongg CV4 ■

- 1pm Supervised Open Gym Time ■
- 2pm Cedars Lecture Series: *Clubhouse Dining Venues, What to Expect* TCR ■

5/7 WEDNESDAY

- 8am Early Birds TCR ■
- 9am Aquafit P ■
- 9am Ping Pong TCR ■
- 9am Bocce GL ■
- 10am Open Door Bible Group D-AR/Zoom ■
- 10am Mat Yoga TCR ■
- 11:15am Chair Yoga with Joanne TCR ■
- 11am Flower Power Origami Workshop s ■
- 1pm Duplicate Bridge TCR ■
- 1pm Party Bridge CV4 ■
- 2pm Mah Jongg CV2 ■

5/8 THURSDAY

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

5/9 FRIDAY

- 8am Early Birds TCR ■
- 9am Andrew Wyeth at Kuerner Farm: *The Eye of the Earth at Reynolda House* ■
- 9am Aquafit P ■
- 9:45am Barre Class with Joan TCR ■
- 10:45am Better Balance TCR ■
- 1pm Mexican Train Dominos CV4 ■
- 1:30pm Men's Bridge Group CV3 ■

5/10 SATURDAY

- 8am Early Birds TCR ■
- 9am Ping Pong TCR ■
- 10am Cribbage CL ■
- 11am Ping Pong for Parkinson Group TCR ■
- 1:30pm Modern American Canasta CV2 ■

5/11 SUNDAY

- 11am Sunday Chapel Church TCR ■

5/12 MONDAY

- 9am Ping Pong TCR ■
- 9am Aquafit P ■
- 10am Pilates with Joan z ■
- 10:15am Better Balance TCR ■
- 10:30am Knit & Stitch CL ■
- 11am Cardio Drumming TCR ■
- 12:30pm Play Reading Group z ■
- 1pm Poker CV3 ■
- 2pm Chess Club CV2 ■
- 2pm Mexican Train Dominos CV4 ■

5/13 TUESDAY

- 8:30am Total Body Strength & Stretch TCR ■
- 9am Tour of Sonoco Recycling Facility LB ■

- 9:30am Sit & Be Fit TCR ■
- 10am Nerys Levy Art Class AS ■
- 1pm Golf Croquet GL ■
- 1pm Mah Jongg CV4 ■
- 1pm Supervised Open Gym Time ■
- 2pm NC Botanical Gardens Group Walk LB ■
- 7pm The Moonlighter Quintet, Triangle Healthcare Workers TCR ■

5/14 WEDNESDAY

- 8am Early Birds TCR ■
- 9am Aquafit P ■
- 9am Ping Pong TCR ■
- 9am Bocce GL ■
- 10am Open Door Bible Group D-AR/Zoom ■
- 10am Mat Yoga TCR ■
- 11am Origami Workshop, Flower Power s ■
- 11:15am Chair Yoga with Joanne TCR ■
- 1pm Duplicate Bridge TCR ■
- 1pm Party Bridge CV4 ■
- 2pm Mah Jongg CV2 ■
- 7pm Durham Savoyards Perform Gilbert & Sullivan TCR ■

5/15 THURSDAY

- 8:30am Cardio Combo TCR ■
- 9:30am Sit and Be Fit TCR ■
- 11am Cedars University TCR ■
- 1pm Golf Croquet GL ■
- 1pm Pinsky Poetry Project Performs TCR ■
- 1pm Supervised Open Gym Time ■
- 1:30pm Modern American Canasta CV3 ■
- 3pm Scrabble CV4 ■

5/16 FRIDAY

- 8am Early Birds TCR ■
- 9am Aquafit P ■
- 9:45am Barre Class with Joan TCR ■
- 10:45am Better Balance TCR ■
- 1pm PORCH Community Hub Tour LB ■
- 1pm Mexican Train Dominos CV4 ■
- 1:30pm Men's Bridge Group CV3 ■
- 7pm Jeanne robertson comedy night tcr ■

5/17 SATURDAY

- 8am Early Birds TCR ■
- 9am Ping Pong TCR ■
- 10am Cribbage CL ■
- 11am Ping Pong for Parkinson Group TCR ■
- 1pm Carolina Ballet LB ■
- 1:30pm Modern American Canasta CV2 ■
- 2pm Tech Support with Holden Lim CL ■

5/18 SUNDAY

- 11am Sunday Chapel Church TCR ■
- 2pm Triangle Jewish Chorale LB ■

5/19 MONDAY

- 9am Ping Pong TCR ■
- 9am Aquafit P ■

9am Never Seen Before: Modern Masterpieces,

- Salisbury NC LB  ■
- 10am Pilates with Joan z ■
- 10:15am Better Balance TCR ■
- 10:30am Knit & Stitch CL ■
- 11am Cardio Drumming TCR ■
- 12:30pm Play Reading Group z ■
- 1pm Poker CV3 ■
- 2pm Chess Club FV4 ■
- 2pm Mexican Train Dominos CV4 ■

5/20 TUESDAY

- 8:30am Total Body Strength & Stretch TCR ■
- 9:30am Sit & Be Fit TCR ■
- 1pm Golf Croquet GL ■
- 1pm Mah Jongg CV4 ■
- 1pm Supervised Open Gym Time ■
- 2pm Southern News, Southern Politics, How a Newspaper Defined a State for a Century TCR ■

5/21 WEDNESDAY

- 8am Early Birds TCR ■
- 9am Aquafit P ■
- 9am Ping Pong TCR ■
- 9am Bocce GL ■
- 10am Open Door Bible Group D-AR/Zoom ■
- 10am Mat Yoga TCR ■
- 11:15am Chair Yoga with Joanne TCR ■
- 1pm Duplicate Bridge TCR ■
- 1pm Party Bridge CV4 ■
- 2pm Mah Jongg CV2 ■

5/22 THURSDAY

- 8:30am Cardio Combo TCR ■
- 9:30am Sit and Be Fit TCR ■
- 11am Cedars University – Great Decisions TCR ■
- 1pm Golf Croquet GL ■
- 1pm Supervised Open Gym Time ■
- 1:30pm Modern American Canasta CV3 ■
- 3pm Scrabble CV4 ■

5/23 FRIDAY

- 8am Early Birds TCR ■
- 9am Aquafit P ■
- 9:45am Barre Class with Joan TCR ■
- 10:45am Better Balance TCR ■
- 1pm Mexican Train Dominos CV4 ■
- 1pm Frances Gravely Historic Home Tour LB ■
- 1:30pm Men's Bridge Group CV3 ■

5/24 SATURDAY

- 8am Early Birds TCR ■
- 9am Ping Pong TCR ■
- 10am Cribbage CL ■
- 11am Ping Pong for Parkinson Group TCR ■
- 1:30pm Modern American Canasta CV2 ■

5/25 SUNDAY

- 11am Sunday Chapel Church TCR ■

5/26 MONDAY

- 9am Ping Pong TCR ■
- 9am Aquafit P ■
- 10am Pilates with Joan z ■
- 10:15am Better Balance TCR ■
- 10:30am Knit & Stitch CL ■
- 11am Cardio Drumming TCR ■
- 12:30pm Play Reading Group z ■
- 1pm Poker CV3 ■
- 2pm Chess Club FV4 ■
- 2pm Mexican Train Dominos CV4 ■
- 4pm Finishing Touches Death Café TCR ■

5/27 TUESDAY

- 8:30am Total Body Strength & Stretch TCR ■
- 9am Coffee and Conversation with Marketing Team CR ■
- 9:30am Sit & Be Fit TCR ■
- 10am Nerys Levy Art Class AS ■
- 1pm Golf Croquet GL ■
- 1pm Mah Jongg CV4 ■
- 1pm Supervised Open Gym Time ■

5/28 WEDNESDAY

- 8am Early Birds TCR ■
- 9am Aquafit P ■
- 9am Ping Pong TCR ■
- 9am Bocce GL ■
- 10am Open Door Bible Group D-AR/Zoom ■
- 10am Mat Yoga TCR ■
- 11:15am Chair Yoga with Joanne TCR ■
- 1pm Duplicate Bridge TCR ■
- 1pm Party Bridge CV4 ■
- 2pm Mah Jongg CV2 ■

5/29 THURSDAY

- 8:30am Cardio Combo TCR ■
- 9:30am Sit and Be Fit TCR ■
- 11am Cedars University TCR ■
- 1pm Golf Croquet GL ■
- 1pm Supervised Open Gym Time ■
- 1:30pm Modern American Canasta CV3 ■
- 3pm Scrabble CV4 ■
- 2pm Member Meeting Zoom/TCR ■

5/30 FRIDAY

- 8am Early Birds TCR ■
- 9am Aquafit P ■
- 9:45am Barre Class with Joan TCR ■
- 10:45am Better Balance TCR ■
- 1pm Mexican Train Dominos CV4 ■
- 1:30pm Men's Bridge Group CV3 ■

5/31 SATURDAY

- 8am Early Birds TCR ■
- 9am Ping Pong TCR ■
- 10am Cribbage CL ■
- 11am Ping Pong for Parkinson Group TCR ■
- 1:30pm Modern American Canasta CV2 ■

ANNOUNCEMENTS

JEWELRY REPAIR WITH EVA MOGENSEN

Friday, May 2, 2-3pm Art Studio

FIRST FRIDAY CONCERTS

On the Lawn

Friday, May 2, 5:30-7:30pm, Great Lawn

Triangle Jazz Orchestra, Food Truck: Sister Liu's Kitchen

CEDARS PORCH COLLECTION



Monday, May 5, 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.

Special thanks to all Cedars Members who made the PORCH community food drive so successful. Together we donated 252 lbs. of non-perishables (about 30 bags) of food and Cedar's residents also donated \$3,050 in March – our largest one month total to date. We are so grateful for your continued support and generosity!

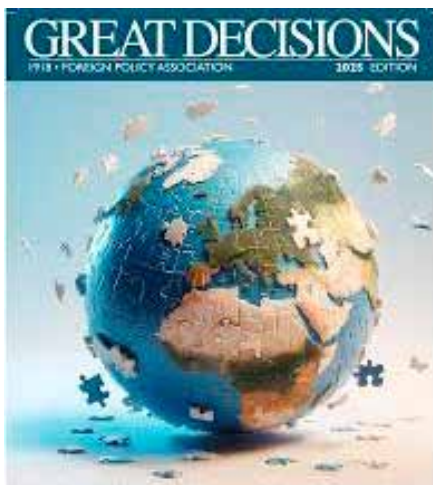
TECH SUPPORT WITH HOLDEN LIM

Saturdays, May 3 and 17, 2-4pm Classroom

COFFEE AND CONVERSATIONS WITH THE MARKETING TEAM

Tuesday, May 27, 9:00am, Card Room

The Cedars Marketing team will be available to Members on the last Tuesday of each month at 9:00am to talk about sales, market rates, Cedars Overlook, and more. Have a question for the team, come join the conversation.



GREAT DECISIONS 2025
with UNC Professor
Michael Morgan

Thursdays, May 2-23, 11am, The Cedars Room

The 2025 Great Decision Program presented by The Foreign Policy Association will explore the contours of the U.S. foreign policy debate as it plays out in a world of multiple and escalating crises and domestic polarization. This program will cover seven global issues each week beginning March 27th through May 8th. **May 1** - International Cooperation on Climate Change. **May 8** - The Future of NATO and European Security. **May 15** - AI and American National Security. **May 22** - American Foreign Policy in the Middle East: Taking Stock and Looking Ahead

**GREAT COURSES
CONTINUED...**

Greece and Rome: An Integrated History of the Ancient Mediterranean taught by: Professor Robert Garland, Colgate University

May 29 - Sept 25

Professor Robert Garland is Roy D. and Margaret B. Wooster Professor of the Classics at Colgate University, where he also serves as Director of the Division of the Humanities. He received his B.A. from the University of Manchester, his M.A. from McMaster University in Ontario, and his Ph.D. in Ancient History from University College London. Professor Garland was a Fulbright Scholar and the recipient of the George Grote Prize in Ancient History.

DERBY PICKS WITH BILL KIRWAN

Thursday, May 1, 4pm, The Cedars Room

Step into the world of thoroughbred racing with Bill Kirwan, The Cedars' very own prolific handicapper and passionate horse racing enthusiast. With over 50 years of experience in handicapping and a deep love for the sport, Bill will share his expert insights and top picks for the most exciting two minutes in sports. Bring your favorite pick and your best derby hat to the watch party on Saturday, May 3 from 5:30-7:30pm in The Cedars Room.



THE JOYS OF LEARNING LECTURE SERIES
- *"THE EDIBLE SOUTH: THE POWER OF FOOD AND THE MAKING OF AN AMERICAN REGION"* BY MARCIE COHEN FERRIS, UNC PROFESSOR EMERITA OF AMERICAN STUDIES

Thursday, May 1, 2pm, The Cedars Room

Marcie Ferris is the author of two books about food in the South and serves as an editor for the quarterly publication Southern Cultures. Her teaching focused on food culture, the American Jewish experience, and the American South. Her mother, Huddie Cohen, is a Cedars resident.

DOCUMENTARY FILM CLUB: AIR - THE TRUE STORY OF MICHAEL JORDAN

Friday, May 2, 2pm, The Cedars Room

From award-winning director Ben Affleck, AIR is the true story behind the iconic partnership between Michael Jordan and Nike that changed the world of sports and fashion forever. This documentary delves into the groundbreaking deal that led to the creation of the legendary Air Jordan brand. Don't miss this chance to witness the behind-the-scenes story of one of the greatest athletes of all time, and the vision that took him to new heights.



THE CEDARS LECTURE SERIES HOSTED BY DICK ISABEL

Clubhouse Dining: What to Expect with Craig Michaels and Carol Stamm

Tuesday, May 6, 2pm, The Cedars Room

When the clubhouse renovation is complete, we will have some very different venues to enjoy our meals. Craig Michaels will describe these venues to us. Carol Stamm, new chairperson, will explain the role of the Food and Beverage committee in the dining experiences of Cedars Members.

THE RISE AND FALL OF THE N&O WITH ROB CHRISTENSEN

Tuesday, May 20, 2pm, The Cedars Room

Rob Christensen is an expert political journalist, historian, and author who spent 45 years covering North Carolina politics for The News & Observer. A respected voice on Southern politics, he is the author of several books, most recently Southern News, Southern Politics: How a Newspaper Defined a State for a Century. He has appeared on over 600 radio and TV programs, including national outlets like CBS Evening News, MSNBC's Hardball, PBS NewsHour, CNN's Crossfire, and Fox News. Rob will speak about the rise and fall of the News & Observer. Books will be available to purchase for \$25.00. Please bring cash or check.

LET'S CELEBRATE (CONT.)

AN EVENING WITH THE DURHAM SAVOYARDS

Wednesday, May 14, 7pm, The Cedars Room

Join us for a delightful evening of wit, whimsy, and wonderful music as the Durham Savoyards perform selections from the timeless operettas of Gilbert and Sullivan. From the topsy-turvy tales of The Pirates of Penzance to the satire and sparkle of The Mikado and H.M.S. Pinafore, this charming performance will have you smiling, humming, and even singing along. Don't miss this fun-filled night of light opera classics, brought to life by one of Triangle's favorite theatrical ensembles.

COMEDY NIGHT: FEATURING JEANNIE ROBERTSON ON THE BIG SCREEN

Friday, May 16th, 7pm, The Cedars Room

Join us for a special Comedy Night on film as we enjoy the quick wit and charming humor of the late Jeannie Robertson, one of the South's most beloved comedians. With her sharp storytelling and hilarious take on everyday life, Jeannie's filmed performance delivers big laughs and Southern charm in equal measure.



French Wine Tasting with Tyler Morgan and Authentiquevin

REGULAR GROUP ACTIVITIES CONTACT INFORMATION

Bocce.....	Barbara Putney 919-942-9581
Chess Club.....	Carol Downs 703-282-6191
Cribbage.....	Malcolm Jackson 919-951-7626
Duplicate Bridge.....	Jo Hazzard 910-352-2250
Early Birds.....	Margaret Rook 919-929-1497
Golf Croquet.....	Bill Kirwan 828-506-3990
Sunday Chapel Church.....	Nancy Cobey 919-619-4534
Knit & Stitch.....	Margaret Rook 919-292-1497
Mah Jongg.....	Joan Mendelsohn 919-593-4686
Memoir Writing Group.....	Nancy Lebo 919-259-7330
Mexican Train Dominoes.....	Mary Ann Van Kampen 919-943-8670
Modern American Canasta.....	Bonnie Farb 561-613-7509
Open Door Bible Study.....	Nancy Cobey 919-619-4534
Ping Pong.....	Pat Kelley 919-489-0053
Play Reading Group.....	Bill Gibson 336-414-2287
Poker.....	Richard Orcutt 919-259-7533

FITNESS ARTICLE

CHANGING SEASONS, CHANGING ROUTINE

Many exercisers constantly perform the same workout routine every time they exercise. While exercising this way is beneficial for maintaining health, it does have disadvantages as well. Two of the most important disadvantages of constantly performing the same exercises are boredom and health plateaus.

Research has shown adding variety to an exercise routine can improve exercise adherence and overall workout satisfaction.

Performing the same exercises every time you exercise can make working out seem like a chore instead of a healthy and enjoyable part of your day. To continue to receive physical gains from a workout, you should never go longer than 8 consecutive weeks doing the same program. If you begin to notice yourself losing enthusiasm for your workouts before the 8 weeks are up, that can be your brain telling you it is time to make a change. After all, our brain is also stimulated by the constant changes in an exercise program.

Each time the body does a particular movement or exercise; it becomes more efficient at it. The increased efficiency can be a bad thing when exercising because it causes the body to use less energy when doing the same movement, thus burning less calories. This shift in efficiency takes between 6-8 weeks depending on the body, the complexity of the exercise, and how often the exercise is done.

The same reasons for varying workout do not apply to everyone. If a person likes to have a set, consistent routine or is exercising solely to maintain health and not receive additional body adaptations (like further increasing muscular strength or endurance) then continuing with a static exercise program may be best.



We did it – 421,653 steps for Parkinson's!!!

Join us for two wonderful walks this month! First, On May 5th at 2pm we'll enjoy a relaxing stroll right here at The Cedars, a great opportunity to get outside, connect with neighbors, and soak up some fresh air. Then, on May 13th at 2pm, we'll head out for a beautiful walk through the North Carolina Botanical Gardens—an inspiring and scenic experience surrounded by blooming flowers, native plants, and peaceful paths. We'd love to have you with us for both!

GET INVOLVED

GREAT SHORT STORIES

Gorilla, My Love, by Toni Cade Bambara
and *Me and Miss Mandible* by Donald Barthelme

Monday, May 12, 10am
Camden 2nd Floor

Monday, May 26, 10am – Reading TBD

SHABBAT SERVICE LED BY CONNIE MARGOLIN

Friday, May 9, 4pm DuBose Conference
Room (2nd Fridays)

SUNDAY CHAPEL CHURCH

Cedars Members gather in fellowship
every Sunday at 11am in The Cedars
Room. All faiths and friends welcome.



The Cedars Club, Inc.

100 Cedar Club Circle, Chapel Hill NC 27517

In-House TV	Channel 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

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