

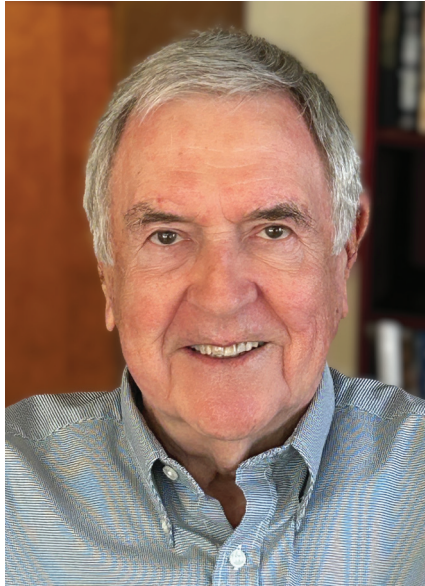
## Spotlight on **Fred Young**

A statement by a friend in the small tome entitled *Transforming a College*, is telling: “Fred keeps changing himself, keeps growing and enlarging his vision, keeps learning and trying.” In a nutshell that explains the successes in Fred Young’s illustrious career, culminating with his presidency of Elon University.

His presidency at Elon from 1973-98 was buoyed by a life growing from rural beginnings in Burnsville, a small town in western North Carolina. From a farming family, Fred, like most others in the area who aspired to a college experience, attended Mars Hill Junior College, receiving a solid liberal education before finishing his baccalaureate at Wake Forest. In a year of graduate school in school management at UNC-Chapel Hill he was mentored by a professor who noted his strengths, encouraging him to seek a doctorate outside of Chapel Hill. Following a brief stint as a classroom teacher and military service, Fred arrived in New York City to begin that doctorate at Columbia.

Finishing his residency at Columbia, Fred, inexperienced but equipped, landed in Enfield NC as a principal and eventually assistant superintendent of schools. A bright spot during this time was meeting his future wife Phyllis, who was introduced by his sister, both coeds at Wake Forest. Enfield was good training but after four years he moved on, much more resilient, to complete his dissertation at Columbia. PhD in hand he was hired as Assistant Superintendent of Schools in Burlington where, during four years, his thoughtful work and acquaintance with Elon positioned him for the future.

The sixties brought turbulence in the schools and in 1968 on the third day of his new job as Superintendent of Schools in Lynchburg, Virginia, the receptionist announced that a Federal Marshall was waiting to see him. In a kindly but emphatic way, the Marshall told Fred to desegregate Lynchburg schools in the next year. A daunting task, but one year later, with substantial



funds for renovation and construction, a bussing plan, and support from both white and black communities – and even the family-owned conservative newspaper - it was in place without violence and with test scores improved for everyone.

This attainment was instrumental in Fred’s next appointment as deputy superintendent of the Virginia School system, based in Richmond. Early in Fred’s tenure, Governor Linwood Holton appointed him to Chair the Governor’s Task Force on School Finance to address requirements brought about by major constitutional changes. After 18 months of study, the Report was accepted by the Governor and approved by the General Assembly, greatly increasing and equalizing financial support for the schools - for Fred, the most important accomplishment of his public school career.

One day a member of his Richmond church called to ask for a meeting with Fred, who, bewildered a bit by the invitation, accepted and learned that the friend wanted to submit his name for consideration as President of Elon College. Despite many reasons why he was not the right person, he agreed, remembering that luck had played into many of his life decisions. The rest was history.

Over his 25-year tenure at Elon the school was transformed from a regional player in higher education to one with national ranking, achieving this success with increased financial support and a renewed physical plant. Higher quality students from a wider demographic were drawn by these changes as well as by a strengthened academic program and faculty.

Fred continues to provide leadership with two other projects that are of interest to him: financing and organizing an enhanced Classical Music Program at Elon and stabilizing the Center for Pioneer Life in Burnsville, NC.

by **STEPHEN G SCHAEFFER**  
*for the Communications Committee*

# Learning Opportunities

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## **Road to the Kentucky Derby With Bill Kirwin**

**Friday May 1st, 2pm, The Cedars Room**



Step into the exciting world of thoroughbred racing with Bill Kirwin, The Cedars' very own seasoned handicapper and passionate enthusiast of the horse racing. With more than 50 years of experience, Bill will share his expert insights, racing knowledge, and top picks for this year's big race. Learn about the top contenders' paths to Churchill Downs and gain insights to help inform picks. Get ready for "The Most Exciting Two Minutes in Sports."

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## **Cedars Lecture Series with Dick Isabel, Fred Kiger: The Story of Appomattox Courthouse**

**Tuesday, May 12th 2pm, The Cedars Room**

Explore the final chapter of the Civil War in this riveting talk on the Surrender at Appomattox Court House. Learn how General Robert E. Lee's surrender to Ulysses S. Grant marked a turning point in American history, bringing the conflict to a close and setting the stage for reconciliation and rebuilding. Join Freddie Kiger for a thoughtful and engaging discussion about this major turning point in US History.



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## **The Joys of Learning Lecture Series: President Trump and the Supreme Court by Michael Gerhardt**

**Thursday, May 21st 2pm, The Cedar Room**



UNC Law Professor Michael Gerhardt is Burton Craige Distinguished Professor of Jurisprudence. His teaching and research focus on Constitutional conflicts between presidents and Congress. Gerhardt is the author of nine books and has been called as an expert witness on impeachment by both Republicans and Democrats. He will discuss current Supreme Court cases and the Constitutional issues they raise.

# Out and About

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## **International Lunch Bunch: Thai Cafe Durham**

**Thursday, May 14th 11am, Registration Required, \$7**



Enjoy a flavorful outing to Thai Cafe, a local favorite known for its authentic Thai dishes and welcoming atmosphere. From rich curries to fresh noodle plates, there's something for everyone to savor. Join us for a relaxed trip filled with great food, good company, and a taste of Thailand right here in Durham. Sign up early because spots fill quickly. Please bring a card or cash for meal payment.

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## **Primetime Players at the Seymour Center**

**Friday, May 15th 1:15pm, The Lobby Registration Required, \$4**

The Prime Time Players present an exciting Oscar-winning music retrospective, from "Toot Toot Tootsie" to "I've Had the Time of My Life," featuring solos, duets, group numbers, tap dancing, and original choreography. With cast members including John Haywood, Mary Freedman, Karen Cooper, and Joan Ontjes, performances will take place at Passmore Center and Seymour Center, with transportation available for the May 15<sup>th</sup> show. Suggested on-site donations for tickets \$10.



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## **Knowing the West at NC Museum of Art**

**Friday, May 22nd 9:45 am, The Lobby, Registration Required, \$30**



Knowing the West embraces and reexamines perceptions of the American West to create more inclusive and complex dialogues. The exhibition reflects the diverse perspectives that have contributed to art and life in the region. Presenting Native American works together with art by non-Native makers, it reveals how the stories we tell and the visual language we employ influence understanding of our nation's history and cultures. Reduced prices available for NCMA Members.

# Up and Coming

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## Derby and Desserts

Saturday, May 2nd 5:30-7:30pm, The Cedars Room



Get ready for the thrill of the 152nd Running of the Kentucky Derby! Place your bets, cheer on your favorite horse, and celebrate with friends as we watch “The Most Exciting Two Minutes in Sports.” Sip on signature mint juleps, savor classic Derby pie, and don your finest Derby hat to get into the spirit. Winners will be crowned both on and off the track! Post time for the race is 6:57PM.

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## Fall Prevention Workshop With Michele and George

Thursday, May 7th 1pm, The Cedars Room

Improve your mobility and confidence at our Fall Prevention Workshop, a session dedicated to helping Members maintain an independent lifestyle. Speakers will provide practical balance exercises, home safety checklists, and expert advice on proper footwear and vision care. Learn how to identify common hazards and build the physical strength necessary to prevent slips. Stay steady, be active, and take proactive steps toward a safer future today.



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## Treasures of The Cedars Road Show

Wednesday May 27th, 4pm, The Classroom



Early June brings the Treasures of The Cedars Road Show, a CEP fundraiser for your jewelry, art, and furniture. Local experts offer written market valuations and will highlight twenty-five standout pieces in a live, Antiques Roadshow-style presentation. From inherited heirlooms to surprising garage sale finds, your favorite item might just be a museum-quality masterpiece. Bring your valuables and see if your hidden treasure is the star of the show! Entry forms are included in your pigeon holes. **All individuals submitting items should register for a ticket starting May 1<sup>st</sup> on the portal. Those entering 3 items will have their ticket fee waived.**

# Enjoying Art

**The Center Theater Presents "A Broadway Revue"**  
**Wednesday, May 13th 7pm, The Cedars Room**



Join us for an evening of Broadway Magic. The Cedars welcomes The Center Theater Company Troupe, a talented teen ensemble from Carrboro. These rising stars will perform high-energy hits from shows such as Wicked, Mamma Mia, and more. Enjoy showstopping solos and dynamic ensemble numbers as these young ambassadors share their passion for musical theater. Don't miss this spirited celebration of talent and teamwork!

**Lex Alexander's Crazy Creature Show - Art Exhibition Opening**  
**Friday, May 22nd 4pm, DuBose**

Member Lex Alexander is kicking off a whimsical new art installation in the DuBose hallway gallery. What began as a heartfelt way for Lex to connect with his young granddaughters has evolved into "Lex's Crazy Creatures," a spirited weekly celebration of creativity. Many of these vibrant characters belong to his Happy Friday Drawings series, a tribute to his late friend Steve, who lived by the philosophy that every Friday deserves a celebration.



**REMINDER!**

YOU'RE INVITED TO THE

## YOUNG ARTIST SERIES

A FREE CONCERT FOR GUESTS AND MEMBERS

DATE: SUNDAY, MAY 3<sup>RD</sup> 2026

TIME: 3:00 PM

ROOM | MAY | TIME  
CEDARS | 03 | 3PM



NO TICKET REQUIRED

# Around The Cedars

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**Joys of Learning:: CRISPR Technology at UNC, Dr. Nate Hathaway, Director of the UNC CRISPR Screening Facility**

**Friday, May 29<sup>th</sup> 2pm, The Cedars Room**



CRISPR gene-editing technology acts as a sort of "molecular scissors" to cut, repair, or modify specific DNA sequences in living organisms. At UNC, a facility has been established to support research and clinical applications of this exciting technology. Dr. Hathaway will describe the work of his facility and some of the pathbreaking research it enables.

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## **Tech Support: Who to Contact**

**Office hours with Holden Lim:** Minor issues with email, Bluetooth, and portable devices. Please limit the time to 15 minutes if others are waiting.

**Cedars Maintenance:** In-home devices, TV Help, significant issues with devices and software, and general help for more than 15 minutes.

**Phone carrier/device manufacturer:** Product and hardware defects, broken screens, battery problems, iCloud issues, and lack of cell service.

**Administration Office or Life Enrichment Team:** issues related to the Cedar's Uniguest portal and program registration

**Dining:** Issues related to food ordering or registration for dining events

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**SIP AND SHOP**

AT J. MCGLAUGHLIN OF MEADOWMONT



BENEFITING THE CEDARS EDUCATION PROGRAM

Sunday June 7<sup>th</sup> 2-5pm

SAVE THE DATE! MORE DETAILS TO COME

# Community Building

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## **Golden Day Program and Support Resources** **Tuesdays and Fridays**



The Golden Day program offers essential respite care and vibrant enrichment activities, including nature, outings, arts, and fitness. We foster a safe, inclusive environment where Members find social belonging and joy. While participants enjoy meaningful engagement, caretakers receive a chance to recharge. Contact Tarshia Donald for more information

**Peer Group- Monday May 18<sup>th</sup> at 2pm:** Peer-based social and emotional support group for anyone managing stress, challenges, or grief led by Helen Svoda-Barber.

**Caregivers' Group- First Tuesdays (No May Meeting):** Social space for those giving care support for loved ones led by Dana Brinson.

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## **Bookings and Event Planning**

**Event Requests:** Contact Chandler or Tara at least 8 weeks in advance of preferred dates.

**Trip Requests:** Send to Tara at least 12 weeks in advance of preferred dates.

**The Cedars Room Bookings:** Contact Chandler or Tara at least 8 weeks in advance of preferred dates.

**Non-event Room Bookings:** Contact Allison at the Concierge Desk to book meeting spaces.

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## **Advertising and Publications**

**Flyers and Bulletins:** If you wish to post a flyer, please check with the Life Enrichment team first for guidelines at least 2 weeks in advance. Unauthorized flyers are subject to removal

**Chit Chat:** The deadline for Chit Chat Submissions is 9 am on the Friday prior to the issue release. Release dates for May are the 15<sup>th</sup> and 29<sup>th</sup>. Submissions should be sent to Sujey at [SGarcia@CedarsofChapelHill.com](mailto:SGarcia@CedarsofChapelHill.com) by May 8<sup>th</sup> and 22<sup>nd</sup>, respectively.

**June Events and Cedars Post:** Information for the June Post should be emailed to Chandler at [Cmusson@cedarsofChapelhill.com](mailto:Cmusson@cedarsofChapelhill.com) by May 11<sup>th</sup> at 9 am. Unconfirmed events are subject to postponement or cancellation of reservations.

*Please contact Chandler or the Concierge desk for more details regarding advertising guidelines or for questions about planning events and classes*

# Special Events Schedule

## Friday, May 1st

5:30pm: First Friday Concert Series, GL



## Saturday, May 16th

1pm: Carolina Ballet Transportation, Lobby

## Saturday, May 2nd

5:30pm: Derby and Desserts TCR



7:30pm: Carolina Performing Arts Transportation, Lobby

## Sunday, May 3rd

2pm: Tech Support with Holden Lim, CL  
3pm: Young Artist Series, TCR

## Thursday, May 7th

1pm: Fall Prevention with George and Michele, TCR

## Friday, May 8th

2pm: Nutrition Documentary, CL

## Tuesday, May 12th

2pm: CLS: Fred Kiger-Appomattox, TCR

## Wednesday, May 13th

7pm: Center Theater, TCR

## Thursday, May 14th



11am: International Lunch Bunch- Thai Cafe, Lobby

## Friday, May 15th



1:15pm: Primetime Players Transportation, Lobby

## Sunday, May 17th

2pm Tech Support with Holden Lim, CL

## Monday, May 18th

2pm: Peer Support Group with Helen, CL  
3:30pm Finishing Touches, followed by Cafe at 4pm, TCR

## Thursday, May 21st

2pm: Joys of Learning, TCR

## Friday, May 22nd



9:45am: NCMA Knowing the West, Lobby  
4pm, Lex Alexander Art Opening, Debose

## Wednesday, May 27th



4pm: Treasures of The Cedars Road Show, TCR

## Thursday, May 28th

2pm: Members Meeting

## Friday, May 29th

2pm: Joys of Learning, TCR

## Sunday, May 31st

2pm Tech Support with Holden Lim, CL

## Group Contacts

### Bocce

Barbara Putney

### Chess Club

Carol Downs

### Cribbage

Malcolm Jackson

### Duplicate Bridge

Jo Hazzard

### Early Birds

Margaret Rook

### Golf Croquet

Bill Kirwan

### Knit and Stitch

Margaret Rook

### Mah Jongg

Barbara Kemper

### Memoir Writing Group

Nancy Lebo

### Mexican Train Dominoes

Mary Ann Van Kampen

### Modern American Canasta

Bonnie Farb

### Open Door Bible Study

Nancy Cobey

### Ping Pong

Pat Kelley

### Play Reading Group

Bill Gibson

### Pole Walking

Joan Onjes

### Samba

Jessie Ogburn

### Sunday Chapel Church

Nancy Cobey



Registration Required



Off-Campus

## Signed up for a trip?



Make it to the bus on time. Please call the Concierge at 919-259-7937 if you registered and are unable to attend.

# Recurring Weekly Schedule

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## Monday

8:45am Ping Pong For Parkinsons  
TCR  
9am Aquafit P  
9:45am Aqua Walking P  
10am Balance 101 TCR  
10:30 Balance 102 TRC  
10:30am Knit & Stitch CR  
12:30pm Play Reading Group Z  
1pm Poker CR  
2pm Chess Club CR  
2pm Mexican Train Dominos CR

## Tuesday

8:30am Total Body Strength & Stretch  
TCR  
9:30am Sit & Be Fit TCR  
10:30am Ping Pong  
12pm Pilates with Brianna  
1pm Samba CR  
1pm Golf Croquet GL  
1pm Mah Jongg CR  
1pm Supervised Gym Touchpoints

## Wednesday

8:15am Circuit Work TCR  
9am Aquafit P  
9am Ping Pong TCR  
10am Open Door Bible Group Z  
10am Mat Yoga TCR  
11:15am Chair Yoga TCR  
1pm Bocce GL  
1pm Duplicate Bridge TCR  
1pm Party Bridge CR  
1:30pm Mah Jongg CR  
*\*No Cedars Room Classes 5/27*

## Thursday

8:30 Cardio Combo TCR  
9:30am Sit and Be Fit TCR  
11am Cedars University TCR  
1pm Golf Croquet GL  
1pm Supervised Gym Touchpoints  
1:30pm Modern American Canasta CR

## Friday

8am Early Birds TCR  
9am Aquafit P  
10am Balance 101 TCR  
10:30am Balance 102 TCR  
11am Barre with Brianna TCR  
1:30pm Men's Bridge Group CR  
1:30pm Samba CR

## Saturday

8am Early Birds TCR  
9am Ping Pong TCR  
10am Cribbage CL  
1:30pm Modern American Canasta CR

## Sunday

11am Sunday Chapel Church, TCR  
4pm Mindful Moves with Joanne, TCR

## Exceptions

No Classes Monday 5/25  
Check the Portal for the Most  
Current Changes

# Announcements

- ✦ Jewelry Repair with Eva Mogenson  
Friday, May 1st, 2pm The Classroom
- ✦ First Friday Concert Series, May 1st, Triangle  
Jazz Orchestra and Sister Liu's Kitchen, 5:30 pm
- ✦ Shabbat Service led by Connie Margolin  
Friday, May 8th, 4pm (2nd Fridays)  
DuBose Conference Room
- ✦ Ping Pong for Parkinson's will begin on Mondays  
at 9 am. Traditional Ping Pong will move to  
Tuesdays from 10:30-12, effective May 4th
- ✦ Keep an eye on the Portal and Chit Chat for Arts  
Transportation as local seasons are announced.

## Great Short Stories Series

Contact Bill Buxton [bill.buxton@vistagechair.com](mailto:bill.buxton@vistagechair.com)

May 11: The Veldt by Ray Bradbury

May 25: TBD

10 am DuBose Conference Room

## Nutrition Education Series

The Nutrition Subcommittee is working on providing up-to-date information on healthy eating education for all residents.

**May 8: Viewers' Choice 2 pm in the Classroom**

## PORCH Pick-up Information

Food for our Cedars monthly PORCH Food Collection should be out for pickup by 8:30 AM on your building front porches or Veranda, Parking lot benches, or you can leave a check anytime with the Clubhouse Concierge. Contact Joy Metelits at 919-933-0724 or [JoyMetelits@gmail.com](mailto:JoyMetelits@gmail.com) with questions or for an early pickup.

**Collection May 4<sup>th</sup>, 8:30 am**

## Cedars University: Creation Stories of the Ancient World

Often embodied as epic poetry and told through the acts of divine beings, creation stories illuminate the values, beliefs, and creeds of the earliest civilizations. As such, these stories show us how early cultures made sense of the human condition, in theological, philosophical, and political terms

**Starting May 7<sup>th</sup>, 11 am, The Cedars Room**

## May Birthdays

Arnold Grossblatt 2-May  
Pouruchis Bhiwandiwalla

3-May

Katherine Bick 3-May

Suzanne Bullock 3-May

Gail Sandler 3-May

Rosemary Pukal 4-May

Sally Senner 4-May

Cheray Duchin 6-May

Barbara Kemper 7-May

Pressly Millen 7-May

Fran Woodard 10-May

Audrey Katz 11-May

Jacob Mathai 10-May

Arthur Marks 11-May

Bill Cobey 13-May

Art Aylsworth 14-May

Carol Downs 14-May

Marilyn Elliott 14-May

Ed Morrissett 15-May

Anne Mathai 15-May

Susie Dowden 17-May

Lynne Zimmerman 18-May

Mary Kay Bozymski 19-May

Louis Taff 19-May

Larry Cobb 20-May

Gray McAllister 20-May

Osborne Ayscue 21-May

Janet Clegg 23-May

Paul Grendler 24-May

Ilse Moss 24-May

Renee Rand 24-May

Harriet Martin 25-May

Robert Mosteller 25-May

Weezie Oldenburg 26-May

Roxanne Sheffield 26-May

Mary Freedman 28-May

Jim Rouse 28-May

Mary Ann Van Kampen

29-May

Joan Wrede 31-May

# Fitness Happenings

## Stay Steady, Stay Strong: A Collaborative Approach to Fall Prevention

Falls are one of the most common challenges as we age, but they are not an inevitable part of getting older. With the right awareness, education, and training, many falls can be prevented. That's why we are excited to offer an upcoming collaborative presentation designed to support your safety, confidence, and independence.

Join us for a special session led by the Physical Therapy team, George Washburn, and myself as your Fitness Manager. Together, we will each provide a brief, informative presentation focused on understanding fall risk, improving balance, and building strength in a safe and effective way. Each speaker will share unique insights from their area of expertise, giving you a well-rounded perspective on how to stay active while reducing your risk of falling.

Following the presentations, we will offer an opportunity for participants to engage in simple balance assessments. These assessments are designed to give you a better understanding of your current level of stability and highlight areas where you may benefit from improvement. This is not about passing or failing, it is about gaining awareness and learning how to move more safely in your daily life.

You will also receive practical tips and options that can be immediately applied, whether you are participating in group exercise classes or working independently. One key takeaway we will emphasize is the importance of choosing the right level of movement for your body. While it can be tempting to challenge yourself with more advanced exercises, selecting the option that matches your current ability is one of the most effective ways to prevent injury and maintain long-term progress.

In addition to the educational portion, this event highlights the ongoing support available to you. Through our fitness services, residents have access to comprehensive assessments that evaluate strength, balance, and cardiovascular health. From there, individualized programs are created to match your goals, with guidance provided to ensure you feel confident and safe performing each exercise. Over time, reassessments allow us to track progress and adjust your program as needed.



**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 ..... 919-259-7932  
Work Orders.....919-259-7918  
Security ..... 919-883-7666  
Transportation..... 919-259-7740

