

Mount Vernon Towers

TOWERS TALK MARCH 6, 2020
FRONT DESK NUMBER 404-255-3534

Where to Worship this week

SUNDAY, MARCH 8

- 9:30am **Sunday Bible Study**
Magnolia Room
- 11:00am **Catholic Communion**
Magnolia Room
- 2:00pm **Christian Fellowship**
Sun Porch
- 4:00pm **The Truth Project * see article**
Sun Porch

TUESDAY, MARCH 10

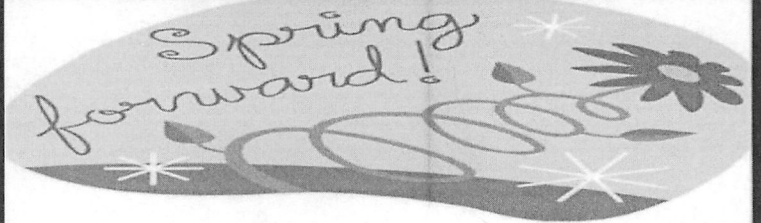
- 3:00pm **Bible Study**
Magnolia Room
- 6:30pm **Vespers**
Speaker: Amber Lea Gray
Sandy Springs UM Church
Sun Porch

WEDNESDAY, MARCH 11

- 11:00am **Episcopal Eucharist**
Magnolia Room

FRIDAY, MARCH 13

- 2:00pm **Bible Study**
Hammond Hall



**Don't forget to set all
of your clocks one
hour ahead!**

The Truth Project is a ground-breaking small group curriculum on the Biblical worldview. This video based home Bible study is the starting point for looking at life from a biblical perspective. Join Dr. Del Tackett as he takes you through 13 engaging video lessons.
Lesson 1 - Veritology: What is Truth?

PRESIDENTIAL PRIMARY NEWS

The first election for us in the 2020 cycle will be the Presidential Preference Primary on March 24th. If you want to vote by absentee ballot, get an application at the MVT front desk, fill it out, and Susan or Pat will fax it in for you. The closest early voting location for us is the North Fulton Service Center at 7741 Roswell Road, which will be open now for early voting in person from 8:30 am to 6:00 pm through Friday, March 20th. The Sandy Springs Library across the street will be open for early voting on one day only - Saturday, March 14th, from 8:30 am to 6:00 pm. The MVT bus will go to the polls twice on Election Day, March 24th - once in the morning and once in the afternoon. If you are over 75 you will be allowed to get in the front of the line at the polls. If you have further questions or need any assistance, call Rosa Marie Owens at 404-709-1099.



B106	LEIGH JOSEY	3/7
A914	MORENE WHITWORTH	3/7
A307	NIKKI HUGHES	3/8
B115	LILIA GOMEZ	3/8
P31	GLENNIE HAMBRICK	3/9
A103	FREIDA ELLIS	3/10
A304	ALLEN KOLB	3/10
A801	ANNETTE PORT	3/11

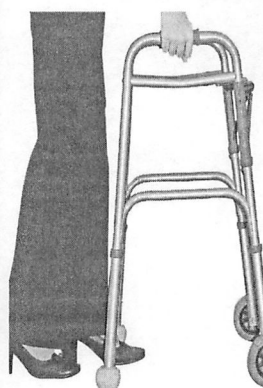
TUESDAY NIGHT MOVIES

7:30 PM HAMMOND HALL - MARCH 10
A TIME TO KILL 2H 29M

Carl Lee Hailey (Samuel L. Jackson) is a heartbroken black father who avenges his daughter's brutal rape by shooting the bigoted men responsible for the crime as they are on their way to trial. He turns to Jake Brigance (Matthew McConaughey), an untested lawyer, to defend him. Brigance struggles to believe that he can get Hailey acquitted in this small, segregated Southern town, given Hailey's race and the deliberate nature of his crimes, but Carl has unshakable faith in him.

RESIDENTS WITH WALKERS

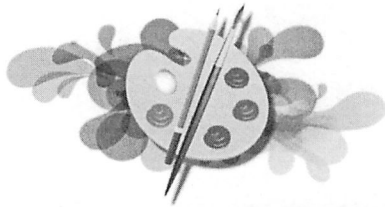
Tuesday, March 10, from 2:00 to 3:00pm in the Rear Lobby, we will be giving you tennis balls for your walker legs.



Maintenance will be there to put them on your walkers. All this is free of charge. Please come on Tuesday as that will be the only day it is free. The tennis balls will be required as our new floors are being damaged by the walkers.

COMING IN APRIL....

Resident Art Show will be held on the weekend of April 18 & 19th, here in Mount Vernon Towers. Plan on coming out to the reception and see what wonderful artist you have for neighbors!



I would like to thank all of my friends and neighbors for the lovely cards, cake and balloons. I was feeling the *LOVE* on my Birthday. Thank you so much!

Emerson Peet A 913



Atlanta Symphony

Featuring the Youth Orchestra

Sunday, March 15

2:00pm Front Door

Sign up on the Clipboard

\$7 will be billed



PLEASE SEE THE PAGE INSERT ABOUT OUR OWN VERDERY CUNNINGHAM

MUSIC NEXT WEEK SUN PORCH

Monday, March 9 4:00 pm Sun Porch
AMBER BROOKE SINGS
Show Tunes

Wednesday, March 11, 4:00pm Sun Porch
CITY BEAT, WITH OLLIE, ANGIE & DONNA

Thursday, Mar. 12 - 4:00pm Sun Porch
DUSTY'S RAGTIME & NOVELTIES



WEDNESDAY, MARCH 11

11:00 AM TOP PARKING DECK

JANE MOSS WILL BE HERE WITH HER HORSE TO VISIT ALL HORSE LOVERS AND ANYONE WISHING TO COME OUT TO SEE THEM.

MOUNT VERNON TOWERS WISHES TO THANK JANE SO VERY MUCH FOR THIS EFFORT ON OUR BEHALF.



Join us for Mexican food on our last Ladybirds Luncheon for this quarter. Next one will be June.

Thursday, March 12, 11:00am The Depot
Sign up on the Clipboard



ALL ARE WELCOME
TO ATTEND OUR
HAPPY HOUR!
ESPECIALLY OUR NEW
RESIDENTS.



FRIDAY, MARCH 13TH

4:00 - 5:00pm SUN PORCH

Wine, Cheese & Crackers

BOARD MEETING

9:30 AM SATURDAY, MARCH 14


SUN PORCH

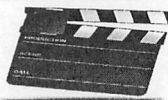
SENIOR SHOW & TELL

With FRANK STOVAL

Saturday, March 14th at 2:00pm Sun Porch
Bring anything you would like to show and talk about.

ACTIVITIES AVENUE


	MONDAY 03/09/2020	
TIME	EVENT	LOCATION
10:00	CHAIR YOGA	HAMMOND HALL
11:00	FOCUS ON FITNESS	HAMMOND HALL
12:00	NEWCOMERS' LUNCH	TBL300
1:00-2:30	WK#2 ART LESSONS BY BEATRIZ MALISZEWSKI SIGN UP ON CLIPBOARD, Can be added to class.	SUN PORCH
2:00	MELODEARS REHEARSAL	HAMMOND HALL
3:00	IDEA DISCUSSION GROUP	AZALEA ROOM
4:00	AMBER BROOK SINGS SHOW TUNES 	SUN PORCH
5:00	8TH FLOOR DINNER	TBL 300
6:30	POKER	GAME ROOM
6:30	DON RESER SIDES (FROM TRIP OUT WEST)	SUN PORCH

	TUESDAY 03/10/2020	
TIME	EVENT	LOCATION
11:00	T'AI CHI	HAMMOND HALL
1:45	TRIVIA COME PLAY WITH US!	MAGNOLIA ROOM
3:00	BIBLE STUDY	MAGNOLIA ROOM
3:00	BUNCO GAME	GAME ROOM
4:00	CURRENT EVENTS	SUN PORCH
6:30	VESPERS SPEAKER: AMBER LEA GRAY SANDY SPRINGS UM CHURCH	SUN PORCH
7:30	MOVIE NIGHT: "A TIME TO KILL " RUN TIME 2HR 29 MINS. 1996 	HAMMOND HALL

	WEDNESDAY 03/11/2020	
TIME	EVENT	LOCATION
11:00	FOCUS ON FITNESS	HAMMOND HALL
11:00	EPISCOPAL EUCHARIST	MAGNOLIA ROOM
11:00	JANE MOSS, with her horse (TOP OF PARKING DECK)	PARKING DECK
3:00	BINGO	GAME ROOM
4:00	CITY BEAT ANGELA, OLLIE & DONNA	SUN PORCH
6:30	POKER	GAME ROOM



	THURSDAY 03/12/2020	
TIME	EVENT	LOCATION
11:00	T'AI CHI	HAMMOND HALL
11:00	LADYBIRDS' LUNCH - UNCLE JULIO'S MEXICAN SIGN UP ON CLIPBOARD	THE DEPOT
12:30-1:30	BLOOD PRESSURE CHECK WITH VISITING ANGELS	REAR LOBBY
4:00	<i>DUSTY'S RAGTIME AND NOVELTIES</i>	SUN PORCH
5:00	NEWCOMERS' DINNER	TABLE 300
6:30	POKER	GAME ROOM
7:00	RUMMIKUB	GAME ROOM

ACTIVITIES AVENUE

	FRIDAY 03/13/2020	
TIME	EVENT	LOCATION
10:30	FLOOR REPS	MAGNOLIA ROOM
11:00	FOCUS ON FITNESS	HAMMOND HALL
2:00	BIBLE STUDY	HAMMOND HALL
4:00	HAPPY HOUR WELCOMING NEW RESIDENTS 	SUN PORCH

	SATURDAY 03/14/2020	
TIME	EVENT	LOCATION
9:30	BOARD MEETING	SUN PORCH
10:30	VIPs - " READ AND CONVERSATION" (FOR THE VISUALLY IMPAIRED)	MAGNOLIA ROOM
2:00	SENIOR SHOW AND TELL	SUN PORCH
5:00	5TH FLOOR DINNER	TABLE 300
6:30	THE FORUM	MAGNOLIA ROOM

	SUNDAY 03/15/2020	
TIME	EVENT	LOCATION
2:00	ATLANTA SYMPHONY FEATURING THE ATLANTA YOUTH ORCHESTRA SIGN UP ON CLIPBOARD YOU WILL BE BILLED \$7.50	FRONT DOOR
4:00	THE TRUTH PROJECT	SUN PORCH

	MONDAY 03/16/2020	
TIME	EVENT	LOCATION
10:00	CHAIR YOGA	HAMMOND HALL
11:00	FOCUS ON FITNESS	HAMMOND HALL
12:00	NEWCOMERS' LUNCHEON	TABLE 300
1:00-2:30	WK# 3 ART CLASS BY BEATRIZ MALISZEWSKI	SUN PORCH
2:00	MELODEARS REHEARSAL 	HAMMOND HALL
4:00	Bob and Lib had had to cancel their Atlanta trip due to cancellations because of the scare of the Coronavirus. (not us) I will book some one else in the spot.	SUN PORCH
5:00	1ST FLOOR DINNER	TBL300
6:30	POKER	GAME ROOM
6:30	DON RESER SLIDES FROM TRIP OUT WEST CONTINUED..... 	SUN PORCH

WHERE IS MVT BUS GOING THIS WEEK?

MONDAY, MARCH 9

MEDICAL APPOINTMENTS 8:30 - 4:00PM

THE DEPOT

1:00PM LIBRARY

TUESDAY, MARCH 10

MEDICAL APPOINTMENTS 8:30 - 4:00PM

GOODWILL 1:00PM

THE DEPOT

WEDNESDAY, MARCH 11

DRY CLEANERS / TRADER JOE'S / 9:30AM

PUBLIX / NAIL SALON 10:15

KROGER / POST OFFICE / CITY WINE / 1:00 THE DEPOT

PICK UP TIME 2:00 / 3:00

THURSDAY, MARCH 12

BANKS 9:00 AM

THE DEPOT

FRIDAY, MARCH 13

DRYCLEANERS / PUBLIX / ALDI / GOODWILL / CVS / 9:15AM

KROGER / POST OFFICE 10:30AM

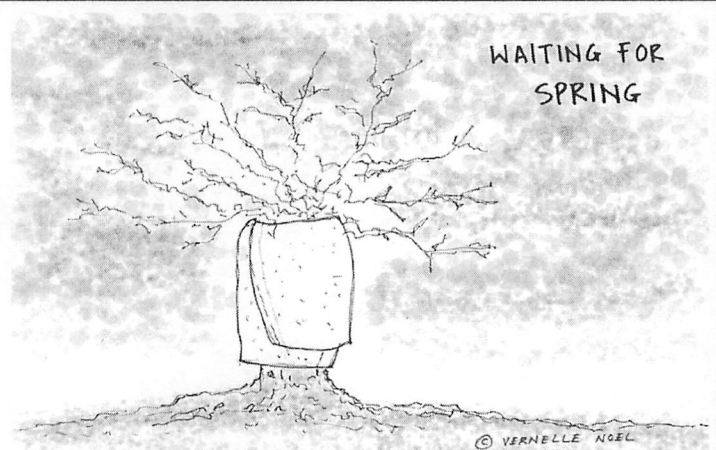
WALMART / TARGET / PERIMETER MALL / NORDSTROMS

1:00 PM THE DEPOT

MAINTENANCE

Please place your trash in the trash chute as designated. Any trash that is found on the floor will be billed to you if you do not properly dispose of your trash.

Please place your recycling items in the appropriate places.



THE BACKSTORY OF THIS ARTICLE

James Paulk from the Atlanta Symphony Orchestra called and requested an interview with Verdery Cunningham this year, as the Youth Symphony is celebrating the 75th anniversary of its founding, and he is writing an article about the history of its development which began in 1945. Unfortunately, he had only been able to identify one person directly connected with the Youth Orchestra, 16 year old then, Verdery Roberts, now Verdery Cunningham, a now resident of Mount Vernon Towers, with her husband Dr. Robert Cunningham, a high school student who played the Oboe and English Horn. Two of her sisters, Antoinette, who played the Cello and Katharine the Violin, both now deceased, who also played in the Atlanta Youth Symphony, directed by Henry Sopkin. Mr. Paulk began his article with a picture of Junior students of the Bach Club, 1938, because it contained images of all the Roberts sisters, which included Frances, who did not play in the Youth Symphony. Mr. Paulk's story was entitled "Looking Back on the dawn of a Great Orchestra" and printed in *Encore*, the Symphony Magazine distributed to the audience of each of the six concerts in February.



Looking Back

on the Dawn of a Great Orchestra

On February 4, 1945, the Atlanta Youth Symphony performed a sold-out concert at the cavernous Atlanta Municipal Auditorium, with Henry Sopkin conducting musicians aged 11 to 25. In the 75 years that followed, that ensemble - soon to be renamed the Atlanta Symphony Orchestra - has morphed into one of the world's finest orchestras: the soundtrack of a great city, a cultural beacon, a recording powerhouse, and a source of considerable pride.

One of the musicians from that historic night was Verdery Roberts, now Verdery Cunningham of Sandy Springs, at the time a 16-year-old junior at Atlanta Girls' High. Of the 112 musicians on stage that night, two of whom were her sisters, Mrs. Cunningham is the lone survivor we have identified

Anthem, then proceeded to the overture from Rossini's *L'italiana in Algeri*, Schubert's "Unfinished" Symphony, the Waltz from Tchaikovsky's *Serenade for Strings*, an arrangement of Bach pieces called *Prelude, Chorale, and Fugue*, Borodin's *In the Steppes of Central Asia*, Morton Gould's *Hillbilly* from his *Americana Suite*, and Sibelius's *Finlandia*.

By the time of that concert, the Roberts sisters had become well known in Atlanta's music community. Frances, the oldest and the only one not a part of the Orchestra, played the accordion and piano. Antoinette played cello as well as guitar, Katherine played violin, and Verdery, the youngest, had become an oboist, alternating on English horn. When Verdery was 9, the girls were already performing together as a quartet and in various ensembles all over Atlanta. A newspaper clipping about the quartet mentions that "their tastes run towards waltzes and overtures, but they don't entirely spurn such numbers as *St. Louis Blues*."

In the early years, Verdery played clarinet. "But when I got to O'Keefe Junior High School," she explained, "the orchestra director, Mr. Seitz, asked me if I would switch from the clarinet to an oboe. My clarinet was a shiny metal one [an alternative popular at the time], and I hated it. And I thought: 'Oh, I can get a wooden instrument! So that was that.'" Thus, Verdery became the "only oboe" in local ensembles: many of them. Verdery's husband of 69 years (70 next June), Dr. Robert Cunningham, who met Verdery at O'Keefe, recalls that during those years he heard her play at musical theater performances, including *Annie Get Your Gun* at the old Erlanger Theater on Peachtree. And while still at O'Keefe, Verdery would join an important new group, the "In and About Atlanta Orchestra," where she played alongside Katherine and Antoinette.

The "In and About Atlanta Orchestra" was led by Miss Marcia Weisberger, music teacher at Girls' High School, which Verdery ultimately attended. "Miss Weisberger was a wonderful teacher, with high standards. She used a long baton, and if things didn't go right, she would beat that poor little stick until it broke off, getting shorter and shorter." Most of the musicians for the AYSO were recruited directly from her orchestra; she had trained and nurtured them.

Leaders of the influential Atlanta Music Club, including Mrs. Josephine Sanders, its president, saw the potential to "grow

an orchestra," from talented young musicians: the basic idea behind the AYSO. Working with Miss Weisberger, who shared their vision, they ultimately persuaded Henry Sopkin to head the new ensemble. Sopkin, a highly regarded youth orchestra conductor in Chicago at the time, had twice guest-conducted at "In and About" concerts. Three earlier attempts to form a symphony orchestra had failed. But Sopkin was intensely committed to the project: "he had that ambition; he really did." He even took a steep pay cut to take the position.

"But," Verdery explained, "the Sopkins couldn't find anywhere to live: the war was still going on, and there was really no housing at all." So Sopkin, with his wife and two children, moved in with the Roberts family. "We were in a 2-story house in the Morningside neighborhood. The 2nd story had 2 bedrooms and one bath, so my sweet daddy [Ben Roberts, a stockbroker with Courts and Company] was the motivator and invited them to come, and my sweet mother went along with it. Daddy didn't know Mr. Sopkin, but he was very interested in the music program. He played the 'fiddle' – not a violin. And there were no other volunteers. I had to move downstairs, where my brother also stayed – the older sisters were in college. I practiced my oboe in the breakfast room."

Newspaper articles describe an audition process, but according to Verdery, "By playing the oboe, I was always a step ahead. There was never any doubt that I would be playing in it, so I never had to audition. I was it."

"Most of us were in high school, and the adults had jobs, so the rehearsals were held in the afternoons, there at the Municipal Auditorium. And my sisters had to arrange to come over from Athens, where they were attending UGA. We called the Municipal Auditorium 'the big barn.' And of course, the acoustics could not have been good. It was set up for wrestling and all kinds of shows."

Antoinette went on to the Juilliard School on scholarship and returned to Atlanta to marry a colleague of Dr. Cunningham. She and Katherine, who remained in Atlanta, have since passed away. Beloved ASO bassist Jane Little, Verdery's classmate and dear

friend, remained in the Orchestra for a record-shattering 71 years before dying on stage in 2016 while playing Irving Berlin's *There's No Business Like Show Business*.

Verdery was offered a music scholarship to UGA, but she wound up going to Stetson University in DeLand, Florida, where she continued her studies and played in the orchestra. She returned after a year, married Dr. Cunningham, a physician, and raised a family. They became enthusiastic supporters of the Orchestra, attending concerts regularly and making gifts to the Annual Fund. Only in the past few years have they had to cut back on attending concerts due to mobility concerns, but they have continued as donors, cheering the Orchestra's astonishing growth and progress through the years.

The Orchestra that began with children never forgot them. In 1974, Robert Shaw, Sopkin's successor, organized the Atlanta Symphony Youth Orchestra, which today trains Atlanta's most talented high school musicians, many of whom go on to careers in music. Other educational initiatives have followed, including the nationally recognized Talent Development Program, Family Concerts, and Concerts for Young People.

These efforts were cited by the Cunninghams as major reasons for their financial support over the years. As Verdery put it: "I want today's young people to have the kind of opportunities I had."



Henry Sopkin with Verdery and sister Antoinette in 1946.

"...rehearsals were held at... Municipal Auditorium... 'the big barn.' It was set up for wrestling and all kinds of shows."
- Verdery Cunningham

The Orchestra that began with children never forgot them.

Verdery Cunningham in her home, January 2020.



"I want today's young people to have the kind of opportunities I had."
- Verdery Cunningham



WEEKLY SPECIALS

Monday, 3/9 to Saturday, 3/14

SOUP OF THE WEEK: Potato Chowder

DESSERT OF THE WEEK: Butterscotch Blondie

ICE CREAM OF THE WEEK: Deep Dish Apple

SIDES OF THE WEEK: #1: Roasted Brussel Sprouts with Bacon **#2:** Fried Apples

Cold Special of the Week: Spring Mix with Grapes, Apples, Walnuts & Goat Cheese

MONDAY, 3/9– FULL DINNER SERVICE

HOT SPECIAL : *Brown Sugar Ham*

Sliced ham with Corn Bread Stuffing and Lima Beans.

TUESDAY, 3/10 – BUFFET DINNER SERVICE

BUFFET SPECIAL: *Southern*

Iceberg, tomatoes, cucumbers & carrots Fried Chicken BBQ Meatballs Roasted Butternut Squash
Fried Green Beans Turnip Greens Au Gratin Potatoes Buttered Grits

WEDNESDAY, 3/11 – FULL DINNER SERVICE

HOT SPECIAL : *Asian Style Pork Loin*

Teriyaki marinated pork loin sliced and served with brown rice and stir-fry vegetables.

THURSDAY, 3/12 – BUFFET DINNER SERVICE

BUFFET DINNER: *Italian*

Caesar Salad Flounder with Sundried Tomato Cream Spaghetti with Meat Sauce
Ratatouille Parmesan Cauliflower Tomato Basil Rice Squash & Artichokes Garlic Bread Sticks

FRIDAY, 3/13– FULL DINNER SERVICE

HOT SPECIALS : *White Fish with Lemon Cream & Crispy Capers*

Baked white fish with lemon cream & crispy capers with choice of two sides.

SATURDAY, 3/14 – FULL DINNER SERVICE

HOT SPECIALS : *Red Wine & Shallot Braised Beef*

Beef braised in a red wine & shallot reduction & served over garlic mashed potatoes and choice of one side.

Specials are limited and may run out depending on volume of business

★ SUNDAY Brunch ★

March 8, 2020
11:30am-2:00pm
(last seating at 1:15pm)
\$9.50 Residents, Guests \$11.00

OMELET STATION

- OMELETS MADE TO ORDER -

Cheddar Mozzarella & Swiss Cheese
Bacon, Sausage & Ham
Spinach, Mushrooms, Tomato, Peppers & Onions

MAIN BUFFET STATION

- BREAKFAST ITEMS -

Assorted Seasonal Fruits & Berries and Assorted Pastries
Scrambled Eggs, Bacon & Sausage Patty
Warm Biscuits
Bacon & Cheddar Grits

- LUNCH ITEMS -

Mixed Greens with Walnuts and Berries
Haddock with Lemon Grass Broth
Rosemary Roasted Chicken
Mashed Potatoes & Gravy
Steamed Rice
Steamed Baby Carrots
Lemon Pepper Green Beans
Vegetable Medley

Carved Meat:
Carved Pork Loin with Mushroom Cream Sauce

SWEET SPOT STATION

Assorted Cakes and Pies

St. Patty's Day

Tuesday March 17th 4:00- 6:30

\$15.00 Per Person

Salad:

Mixed Greens with Pickled Beets, Hard Boiled Eggs &
Tomatoes with Tarragon Dressing

Main:

Irish Lamb Stew

Beer Battered Pollock

Carved Corned Beef

Drink Special:

Wicked Little

Leprechaun

Sides:

Creamy Potatoes with Scallions

Boiled Red Bliss

Braised Cabbage

Apple Cider Glazed Carrots

Steamed Green Beans with Bacon

Dessert:

Bread Pudding with Bourbon Cream Sauce