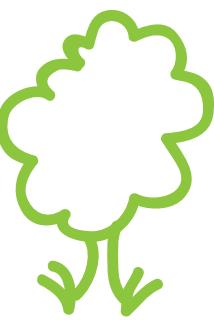


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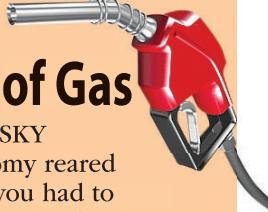
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SOMETHING FOR EVERYONE :: chapel hill:carrboro:durham:pittsboro:hillsborough:sw cary

august 09

volume 8: issue 8

Wilmington: Fun on One Tank of Gas



BY DEBBIE SELINSKY

Maybe the economy reared its ugly head and you had to postpone your usual big family vacation this year. But cheer up: one of the best things about the Triangle area is its proximity to so many great destinations. Does Charleston sound good? How about Norfolk or even New Orleans?

Forget the long hours of driving. You can experience a little of all three of these great cities with a quick, two-hour road trip down I-40 to Wilmington and the Cape Fear Coast.

You can pack a day's worth of action and fun — using only one tank of gas — into a trip that will bring everybody back home, tired but refreshed.

Want beaches? Wilmington is the gateway to three nearby island beaches: Carolina Beach, Kure Beach (pronounced more like "curry" than like the rock band) and Wrightsville Beach. Obviously, these are enough to provide entertainment for many long summer days.

However, there's so much more to this area, says Connie Nelson, communications/public relations director for the Wilmington and Cape Fear Coast Convention and Visitors Bureau. There's the "other" Wilmington, a busy 230-block National Register Historic District with the riverside charm of New Orleans, the walk-a-bility of Charleston, the maritime flavor of Norfolk and the love of the arts so prevalent in the Triangle.

The area boasts more than 45 attractions, "so there is so much to see and do," Nelson says. "That's why we like to say we're 'one destination with many vacations.' There are lots of events taking place on any given weekend, many of which are free. We have accommodations and attractions in all price ranges, making it an affordable family get-away." (Wilmington is rich in bed-and-breakfasts but also offers large full-service hotels such as the riverside Hilton. To check out the deals that local merchants are offering, go to www.cape-fear.nc.us/)

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By TARA LYNNE BROWN

The Town of Cary must be proud of the affordable and exceptional opportunities they have available this summer. From experiencing Mamma Mia while lying on a picnic blanket at Koka Booth Amphitheatre's Movies By Moonlight, to acquiring handmade gifts by regional artisans at the free Lazy Daze Arts and Crafts Festival, the days without events are few and far between.

On the stroll through the canopy of



It's Hot, But It's Cool in Cary

trees from Booth Amphitheatre's box office, down the paved, winding trail, you may think you're about to board a ride at Disney World. Emerging at the trail's end and perched at the edge of Symphony Lake, is Cary's majestic entertainment gem. The modern stage design closely resembles a spaceship and launching pad, boasting sleek, metallic pillars that cradle a spaceship-shaped ceiling. This is the spot where one can experience the North Carolina Symphony, a variety of musical acts from Jason Mraz to Elvis Costello, and the unique cinematic experience of Movies by Moonlight. Built in 2001 as the summer home of

The North Carolina Symphony, Booth Amphitheatre provides an open air, casual variation from your standard concert hall experience.

With the potential to accommodate 7,000 patrons, the lawn leading up to the space-age stage is freckled with blankets, camping chairs and coolers on event nights. The Crescent, a covered deck and concessions facility with standard and bar-height tables and chairs, is farthest from the stage and extends to a walking trail that loops around Symphony Lake. Serious picnickers roll in their cargo on Radio Flyer wagons, hitch their children up with chairs like little mules and march on the lawn to declare their picnic area. Others stroll in with a hassle-free box from a local pizza parlor. Couples

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and families spread out on the lawn, enjoy the summer evening and wait for the show to begin. "I'll trade you a brownie for some chips," one family says to another and a share crop of picnicking commences.

For those seeking a little pampering, Booth Amphitheatre has you well taken care of. Let them pack your picnic! Booth Amphitheatre offers this service that features foods from local delights: Whole Foods Market Cary, Dickey's Barbecue Pit and The Food Factory. As long as you submit your order by 5 p.m. the day prior to your show, your picnic will be waiting for you when you arrive. It's not a prob-

lem if you forget your lawn chair — Guest Services rents them for \$5.

Catering to all tastes and responsible for 2009's concert experience is Booth Amphitheatre's new preferred promoter, award-winning Outback Concerts. "Outback hails from Tennessee and it is bringing a new energy and focus to the Amphitheatre," says SMG (a private facility management group based in Philadelphia) General Manager Becky Schmidt.

"They love the natural setting the Amphitheatre has and feel that we are more than just a concert venue."

On Saturday, Aug. 8th Mint Condition, Doug E. Fresh, Carl Thomas and more performers will be present at The Soul Picnic. Monday, Aug. 10th features The Big Surprise Tour with Old Crow Medicine Show, David Rawlings Machine featuring Gillian Welch, the Felice Brothers and Justin Townes Earle. The next shows in the summer lineup are on Saturdays and include the Beer, Bourbon & BBQ Fest on Aug. 15th and OAR on Aug. 23rd. Heart performs on Friday, Sept. 4th and the 2nd Annual Rock and Roll Hall of Fame Benefit Concert is on Sept. 6th. This year's Rock and Roll Concert features such artists as Nine Days and Darryl McDaniels (D.M.C.). Ticket prices and availability vary; check www.boothamphitheatre.com for the most up-to-date prices.

Watching films alfresco on warm,



summer nights is a fun and affordable evening under the stars. Tickets for adults are a reasonable \$3 and children under 12 are free. Films are scheduled on Thursdays, which is a great way to kick off an early weekend. "It's always been a challenge to schedule all events on the most desirable night of the week," Schmidt shares. "Our efforts have resulted in a lot of Thursday, Saturday and Sunday events."

Mamma Mia is scheduled for Aug. 6th and The Tale of Despereaux is set for Aug. 13th.

You don't have to wait for a special event to experience the serene atmosphere at Booth Amphitheatre.

Schmidt says, "The Amphitheatre is also a Town of Cary Public Park, so both residents and non-residents can visit the venue on non-event days. We find people picnicking on the lawn, walking the lake and feeding the geese every day!"

Koka Booth Amphitheatre is located at 8003 Regency Parkway in Cary. Tickets may be purchased at the box office, ticketmaster.com or 1.800.745.3000. The box office can be reached at 462.2052 and is open Tuesday through Friday from noon-6 p.m. and Saturday from 10 a.m.-1 p.m. All tickets are non-refundable. Visit www.boothamphitheatre.com for more details.

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*Southern Neighbor is published monthly.
Distribution of 27,500 copies monthly to
55+ neighborhoods.*

Winner-Small Business of the Year - Chapel Hill/Carrboro Chamber of Commerce
E-Mail: info@southernneighbor.com
Telephone: (919) 967-4721
Website: www.southernneighbor.com
Address: P.O. Box 2014
Chapel Hill, NC 27515
Editor and Publisher: Bonnie Schaefer
Advertising Sales: Don Wilburn,
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Marketing: Annie Schoonover
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Printing: Triangle Web Press
Two months of back issues are available online at www.southernneighbor.com.
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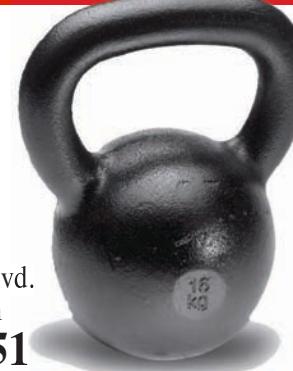
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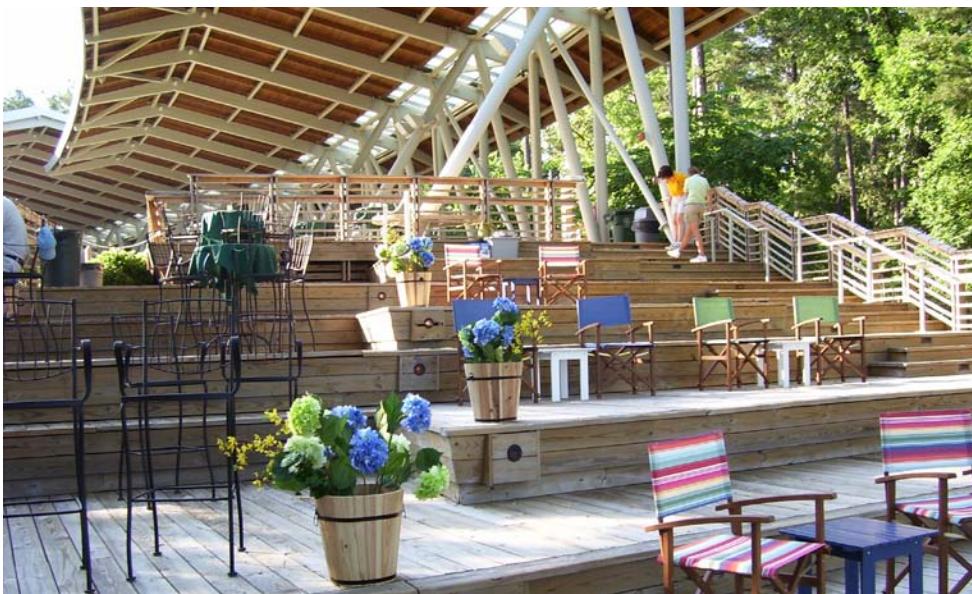
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Looking ahead, something to look forward to is Booth Amphitheatre's sale of 2010 Mini Packs. Schmidt advises that their popularity this year was a key factor in deciding on their return.

Schmidt explains, "The Mini Packs allowed patrons to pick and choose the events they wanted to attend."

No chance to make it to Booth Amphitheatre and find yourself lazing your summer away? Get up and get out to the 33rd Annual Lazy Daze Arts and Crafts Festival in Cary. Venturing to the Lazy Daze Festival on Saturday, Aug. 22nd you will see a few changes. "This is the second year the festival will host Hands on History, an area where children can experience the toys and

entertainment from when Cary was small, young and new," says Joy Ennis, Cary Festivals Coordinator.

This was well received at last year's festival, shedding light on Cary's past.

Ennis said, "The most important thing this year is the new artists; 40 percent of them will be new."

The festival is open from 9 a.m.-5 p.m. on South Academy Street and attracts artisans from around the country, offering a melting pot of unique handiwork. Original gifts, unique home décor, crafty creations of jewelry and art on various budget levels, all on the streets of downtown Cary. Mix this with leisurely breaks in the summer shade with a sweet tea or locally-made

ice cream, and you have yourself a perfect summer day.

Unique vendors from across the South travel to the Lazy Daze Festival annually for the approximately 60,000 attendees it attracts. Last year's festival hosted vendor Betty Wallace, an artist from Augusta, Ga., who made hummingbird feeders out of repurposed and hand-painted wine bottles. Another vendor screen printed photographs onto fabric and created keepsake collages of life events, memories and family in patterned photo quilts.

When the Lazy Daze Festival first started a few decades ago, it took up one street block. Today it bulges over six street blocks, infusing downtown Cary with its eclectic growth. With the expansion in size comes increased trash and traffic. Along with many individuals and organizations, the Lazy Daze Festival is researching "green" initiatives. "We have been recycling in addition to regular sanitation pickup and now we're getting ideas from other festivals," Ennis explains.

Hillsborough's June 20th Hog Day Festival featured numerous brightly colored and multi-labeled recycling stations; this may be a practice that the Lazy Daze Festival will adopt.

To cut down on traffic, and if you do not reside within walking distance of South Academy Street, take advantage of the free shuttles from Cary Towne Center that the Town of Cary has gen-

erously arranged for all festival attendees. Ennis assures it is "the easiest way to get to the festival." Parking is also convenient at the Town Hall Parking Deck on Wilkinson Avenue. For more information visit www.thetownofcary.org and click on Recreation and Entertainment.

In 2010, festival attendees can look forward to the as-of-yet-unnamed community arts center at the old Cary Elementary School. According to Ennis, the school is slated for renovation, and if construction goes as planned, the new center will welcome festival attendees with contemporary open doors. The heart of next year's festival will be pulsing with the new center's classes, performances, exhibitions and arts center. ■

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specials/ and www.cape-fear.nc.us/specials/packages/.)

The five most visited attractions in the Wilmington/Cape Fear area are Fort Fisher State Historic Site (Civil War Battlefield, free), Carolina Beach State Park (free), NC Aquarium at Fort Fisher, Battleship North Carolina (a World War II battleship that served in every major campaign of the Pacific and is now a



Credit: NC Division of Tourism, Film & Sports

memorial to the Tar Heel natives who died in the war), and Airlie Gardens.

But visitors of all ages have also discovered the Cape Fear Museum on Market Street, Cameron Art Museum, Wilmington's Children's Museum, the Wilmington Railroad Museum, and the Cape Fear Serpentarium (yep, kids, we're talking snakes).

There's the family favorite, the brightly painted Henrietta III, a sightseeing-and-lunch/dinner cruise boat that also offers

private charters and sites for weddings and other special events. As riverboats in North Carolina go, she's a big lady, seating 400 passengers at a time, and can be seen docked just across from the Hilton Wilmington Riverside on North Water Street, a hotel that offers great views of the river and its activities.

And as any self-respecting movie/TV buff can tell you, Wilmington and its environs have become all about big-time-show-biz. (That's no real surprise when you recall that Wilmington's theater tradition harks back to 1768; the city is home to the nation's oldest city theater organization. Shows are held regularly at the remodeled Thalian Hall downtown.)

You can tour EU/Scren Gems Studios and trace the footsteps of the characters in your youngsters' favorite Wilmington-based TV shows, such as "One Tree Hill" and "Dawson's Creek" (now in reruns) or see movie sets used in films such as "Teenage Mutant Ninja Turtles" and "Weekend at Bernie's." Don't be surprised if you spot famous faces across the table at your restaurant.

Another popular tour is the Ghost Walk of Old Wilmington, www.haunted-wilmington.com/, which has earned a Best of the Road award from Rand McNally. The early-evening attraction not only offers first-class ghost stories told with great skill and flair, but also promises some pretty interesting "encounters" along the walk.

As you would expect, restaurants of all kinds are abundant in the region. On the waterfront, popular seafood restaurants include Elijah's and The Pilot's House. Nearby, on Market Street, the Dixie Grill, a quirky but popular diner dating to 1906, offers breakfast all day, including its famous sweet potato pancakes.

The shoppers in your family won't want to miss downtown's Cotton Exchange and Chandler's Wharf — at op-

posite ends of Water Street — with their arts and crafts galleries, apparel, garden and other specialty shops.

For more information on the Cape Fear region and Wilmington, check out the info-packed www.gocapefear.com/ or call (877) 406-2356; you can write the Wilmington/Cape Fear Coast CVB, 24 N. 3rd St., Wilmington, NC 28401. Be sure to check hours of operation for your must-see attractions since they vary. ■

Three Distinctive Day Trip/Family Friendly Itineraries (or stay longer and try all three!)

(Downtown Wilmington Experience)

- 9-10:30 a.m. — Tour the Battleship NORTH CAROLINA (opens daily at 8), www.battleshipnc.com
- 10:45-11:30 — Visit the Cape Fear Museum to get an overview of the area's social/natural history. This is considered a gateway attraction and helps to interpret much of what you will see during the rest of your visit. www.capecarmuseum.com
- 11:30-1:00 p.m. — Lunch at a waterfront restaurant (or take a lunch cruise aboard the Henrietta III riverboat; boards at 11:30; returns at 1:30; reserve in advance at www.cfrboats.com).

1-2 p.m. — Explore downtown shops and eateries.

2-4 p.m. — Hollywood Location Walk of Old Wilmington www.hollywoodnc.com

4-5:00 p.m. — Visit a downtown attraction: Wilmington Children's Museum, www.playwilmington.org; Wilmington RR Museum, www.wrrm.org; or Cape Fear Serpentarium, www.capecarserpentarium.com

5:30-6 p.m. — Horse-drawn carriage tour of historic district www.horsedrawntours.com

6-7:30 p.m. — Dinner at downtown restaurant. Or if it's a Friday, check out free Downtown Sundown concerts at Riverfront Park, www.wilmingtondowntown.com/downtownsundown

(Pleasure Island/Fort Fisher Experience)

- 9:30-11:00 a.m. — NC Aquarium at Fort Fisher. Meet an albino alligator, a Loggerhead sea turtle, see the 235,000 gallon saltwater tank, the 20,000 square foot conservatory and explore the Waters of the Cape Fear. Allow more time if you wish to take part in an educational program such as the salt marsh exploration or nature walk, www.ncaquariums.com/fort-fisher
- 11-11:30 a.m. — Check out the Visitor Center and 4-mile undeveloped beach at the Fort Fisher State Recreation Area that backs up to the Aquarium, www.ncparks.gov/Visit/parks/fofi/main.php

11:30-12:30 p.m. — Tour the Fort Fisher State Historic Site & Civil War Museum. Tour the mounds and check out the new exhibits at this Civil War Battlefield, the last fort to fall during the Civil War www.nchistoricsites.org/fisher/fisher.htm

12:30 p.m.-2.p.m. — Lunch at an island restaurant

2:15-3:30 — Visit Carolina Beach State Park where there's an incredible Venus Flytrap nature trail. Venus Flytrap only grows in the wild within a 60-75 mile radius of Wilmington! There are also campsites, recreational activities, nature trails and more, www.ncparks.gov/Visit/parks/cabe/main.php

4-5 p.m. — Rent a surrey or paddleboat at Carolina Beach Lake Park, www.wheelfunrentals.com

5-7 p.m. — Free time to enjoy the carnival rides and games at the Carolina Beach Boardwalk. Or, time to shop or hang out at the beach, <http://visitnorthcarolina.blogspot.com/2009/05/carnival-rides-return-to-carolina-beach.html>

Or, pre-schedule a kayak/canoe tour of island waterways: <http://www.carolinacoastaladventures.com/>

(Wrightsville Beach Experience)

- 9 a.m. — Arrive as early as possible so you can claim your parking space (by 9am if possible)! Bring quarters or a credit card. Public parking is by street meter or paid lots.

Morning: Hang out at the beach

12:30-2 p.m. — lunch on the island

2-3 p.m. — Visit the Wrightsville Beach Museum of History, www.wbmuseum.com

3:30-5 p.m. — Explore Airlie Gardens or pre-arrange a kayak/canoe tour, www.hooklineandpaddle.com/

6:30-8 p.m. —Sunset Cruise, www.capecarnaturalist.com (reserve in advance)



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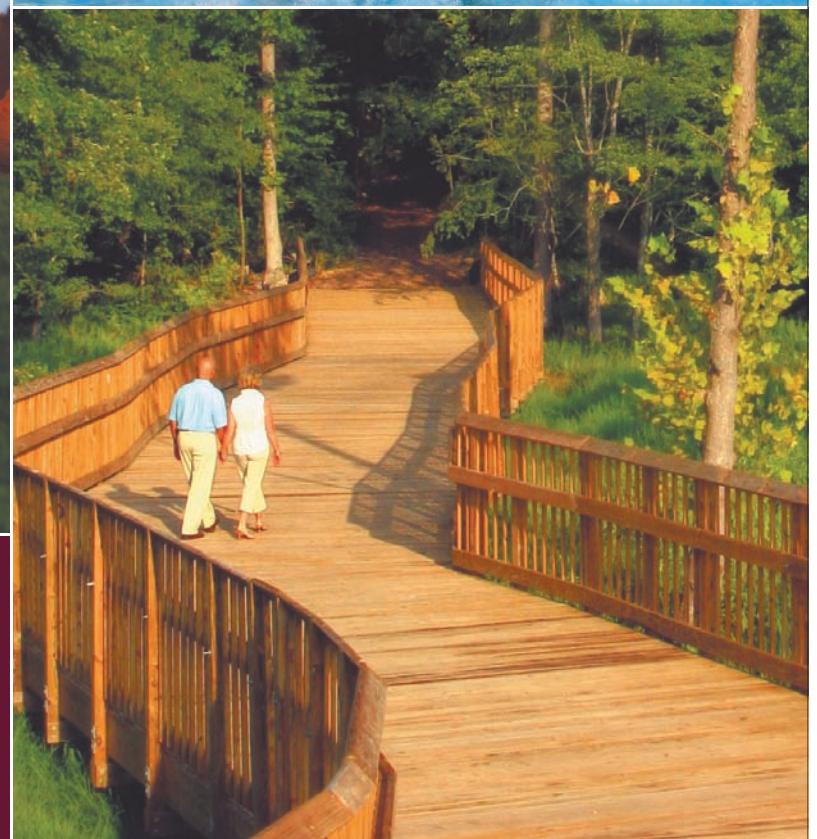
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Spice Street Restaurant, University Square, Chapel Hill

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8

1ST ANNUAL STRIKE OUT CHILDHOOD CANCER NIGHT

- 7:05 p.m.
Durham Bulls Athletic Park
Join the Durham Bulls and Rock Against Cancer for the 1st Annual Strike Out Childhood Cancer Night at DBAP in Durham. A fireworks show will immediately follow the game and include the Field of Memories, a lighting of luminaries in the infield to remember and honor children afflicted with cancer. Afterwards, a post-game concert with The High & Mighty will commence with all proceeds benefiting Rock Against Cancer. Visit www.durham-bulls.com to buy tickets. There is a ticket

[ongoing]

MCINTYRE'S AUTHOR EVENTS

- McIntyre's Fine Books, Fearrington Village
- Author events are normally scheduled Friday through Sunday each week but check the website at for additional events.
- www.fearrington.com | 919-542-3030

Through August 22, 2009

36TH SEASON

- 310 Drama Road, Snow Camp
- Sword of Peace, Pathway to Freedom, Joseph & the Amazing Technicolor Dreamcoat, Little Mermaid, Jungle Book. Call or visit website for dates, times and tickets. Special family pricing available.
- Snow Camp Outdoor Drama
snowcampot@aol.com
- 800-726-5115 | www.snowcampdrama.com

Through September 6, 2009

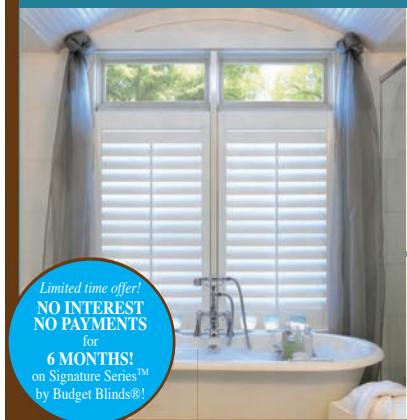
WONDERS OF THE NATURAL WORLD EXHIBIT

- 12:00 pm Chapel Hill Museum
- Guild of the Natural Science Illustrators, Carolina Chapter, will return with a focus on illustrating the wonders found in the natural world that surrounds us.
- 919-967-1400 | www.chapelhillmuseum.org

JAZZ & MORE BRUNCH

- 11:00 a.m. - 1:00 p.m.
- Weaver Street Market, Carrboro
- Hot Coffee! Fresh Tunes! And Breakfast! come to Jazz Brunch at Weaver Street Market in Carrboro for a lovely, lazy, jazzy Sunday morning under the live oaks in Carrboro's living room. For a complete schedule, please see our Web site.
- Weaver Street Market
events@weaverstreetmarket.coop
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on the hill

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 ashley@rockagainstcancer.org
 1-877-246-0976
www.rockagainstcancer.org

FAMILY FUN DAY

10 a.m. - 4 p.m.
Hillsborough
 Come to Hillsborough for a day of activities that will appeal to all. Guided tours, children's activities, artisan demonstrations, farmers' market shopping and dining. From relaxation to adventure, Hillsborough offers it all. For more information, visit www.historichillsborough.org or call 919-732-7741.
The Alliance for Historic Hillsborough
 sarah@historichillsborough.org
 919-732-7741
www.historichillsborough.org

9**18TH CENTURY WOODWORKING & TEXTILE DEMONSTRATION**

3 p.m. - 7 p.m.
Horace Williams House
 A one-day retrospective of a decade-long journey in 18th century woodworking and textile work inspired by Thomas Day featuring Jerome Bias.
Preservation Society of Chapel Hill
 chpreservation@mindspring.com
 919-942-7818
www.chapelhillpreservation.com

11**CARRBORO READERS NON-FICTION BOOK DISCUSSION GROUP**

7 p.m.
Carrboro Cybrary, 100 N. Greensboro St.
 The Carrbororeaders Non-Fiction Book Club meets to discuss *The World Without Us* by Alan Weisman. This New York Times bestselling book was awarded the No. 1 non-fiction book of 2007 by Time and Entertainment Weekly. Copies of the book are available at the Cybrary for borrowing.
Carrboro Cybrary
 cybrary@co.orange.nc.us
 918-7387
www.co.orange.nc.us/library/cybrary

Want calendar updates all month long?

Check our homepage calendar at
www.southernneighbor.com. Add your own event!

15**BACKYARD BOCCÉ BASH**

9 a.m. - 1 p.m.
Pinehurst Harness Track
 Teams of four will compete for the Backyard Bocce Bash trophy. Players are welcome to bring a picnic and enjoy the play. All proceeds benefit children with disabilities at Sandhills Children's Center. Sandhills Children's Center fot@sandhillschildrenscenter.org 910-692-3323 www.BackyardBocce.org

NIC BROWN

11 a.m.
McIntyre's Fine Books
 Scheduled to appear in the August 2nd New York Times Book Review, local author Nic Brown has been garnering significant rave reviews for his edgy novel based in Lystra, North Carolina. A fictional town full of very real people who survive the attack of Hurricane Hugo and then find their bearings in the aftermath — often in wild and hilarious ways. Nic Brown is an author who lives with his wife and daughter in Chapel Hill. He is a graduate of Columbia University and the Iowa Writers' Workshop. Floodmarkers is his first book and selections from Floodmarkers have been nominated for the Pushcart Prize and have recently appeared or are forthcoming in the Harvard Review, Glimmer Train, Epoch, The South Carolina Review, and Time Out Amsterdam. Nic is also a musician who has toured or recorded with many artists, including Longwave, Ben Lee, Eszter Balint, Falcon, Michael Hurley, Skeleton Key, and Atheneum, among others. Call McIntyre's Fine Books at (919) 542-3030 for details.

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16**VALARIE SCHWARTZ**

2 p.m.
McIntyre's Fine Books
 Since the 1789 charter of the country's first state university, Chapel Hill has attracted people from all over who found that the town was the perfect place to put down roots. In this collection, local newspaper columnist Valarie Schwartz celebrates many of Chapel Hill's most notable residents, from the World War II veteran who came to law school after the war and ended up as president of the UNC system for 30 years, to the couple from the Midwest who arrived in 1935 and spent their careers building the North Carolina Symphony Orchestra. Featuring stories of struggle and success from all walks of life, *Remembering Chapel Hill: The Twentieth Century As We Lived It* is a tribute to the 20th-century citizens who made the city what it is today: "a Southern slice of heaven." Valarie Schwartz wrote the "Neighbors" column for the Chapel Hill News for 10 years.

Want calendar updates all month long?

Go to www.southernneighbor.com to view current monthly events that are continuously updated by our advertisers and associates. To submit an event click the button on the homepage or the Contact tab. To appear in the print calendar each dated event is \$15 or \$25 for recurring events in Ongoing. There's no charge for your submission to the online calendar, but for your event to appear in print call 919-967-4721 for payment arrangements.

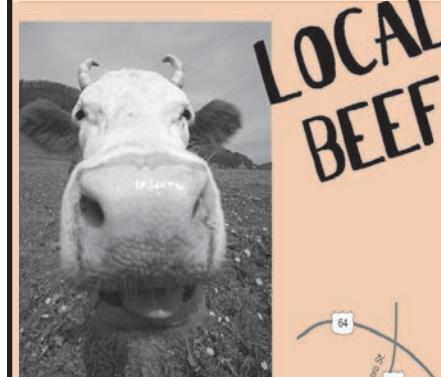
Her work has also appeared in Chapel Hill Magazine and Durham Magazine. Currently, she manages the Orange County bureau of the News & Observer and writes for The Carrboro Citizen. Call McIntyre's Fine Books at (919) 542-3030 for details.
 McIntyre's at Fearrington books@fearrington (919) 542-3030 www.fearrington.com

SHOW YOURSELVES TO BE FREEMEN! **THE REGULATOR MOVEMENT IN CHATHAM COUNTY, 1766-1771**

3 p.m.
Rives Chapel Baptist Church, Siler City
 John Hudson Emerson will discuss the Regulator Movement, in which settlers in old Orange County took part. This rebellion led to what many historians consider

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what's going on

[keynote]

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Public Speaking Club Open to New Members

The Speak Easy Toastmasters Club provides a mutually supportive and positive learning environment where every member has the opportunity to develop communication and leadership skills. The Club meets at the Chapel Hill – Carrboro Chamber of Commerce on Saturdays at 11:00 a.m. Call John Paredes at 919-259-2749 or visit speakeasytoastmastersclub.com for more information.

to be the earliest armed conflict against the British in the American colonies. Event is free and open to the public. Chatham County Historical Association history@chathamhistory.org 919-542-4478 www.chathamhistory.org

21

CUPCAKE FESTIVAL

7 p.m. - 9 p.m. Horace Williams House, 610 East Rosemary St., Chapel Hill Do you bake Chapel Hill's most luscious cupcakes? The Preservation Society is hosting a cupcake challenge as part of its birthday celebration for Horace Williams – The Horace Williams Memorial Cupcake Festival. For contest rules and entry-forms, email psch1858@mindspring.com or call 942-7818. This will be followed by a movie under the stars "Moving Midway: A Southern Plantation in Transit." Preservation Society of Chapel Hill psch1858@mindspring.com 919-942-7818 www.chapelhillpreservation.com

24

BORGES 110

5 p.m. - 7:30 p.m. Wilson Library, Pleasants Family Assembly Room (UNC-Chapel Hill) Celebrate the 110th birthday of the distinguished Argentine writer, poet, professor, and librarian, Jorge Luis Borges. The evening will include tributes, a concurrent reading of Borges's short story, The Library of Babel, in 10 languages, and a short video clip of Borges reading. A reception precedes the program. UNC Library Libby Chenault, 919-962-1143 919-962-1143 <http://www.lib.unc.edu/>

25

FILM SCREENING IN THE BARN: ROCATERRANIA

7 p.m. The Barn at Fearrington Join Chatham Arts in the Barn for a film screening of "Rocaterrania." Producer/director Brett Ingram's latest feature-length documentary explores the secret world of scientific illustrator and visionary artist Renaldo Kuhler. Presented as part of the Chatham Arts 100-Mile Sustainable Film Series. Proceeds benefit Chatham Arts education programs. Admission is \$5 (\$3 for students) For additional information contact Chatham Arts at (919) 542-0394 or visit www.chathamarts.org. McIntyre's at Fearrington [\(919\) 542-0394](mailto:books@fearrington) www.fearrington.com

LAZY DAZE TRIVIA CONTEST

To claim your chance to win a Lazy Daze T-shirt and commemorative poster signed by the artist, answer these three questions:

1. When was the first Lazy Daze festival?
2. What symbol of Cary was presented at the festival to the Town of Cary by two Rotary Clubs in 1984?
3. In what year did visitors from Cary's sister cities of Le Touquet, France; County Meath, Ireland and Hsinchu City, Taiwan visit the festival?

Send your responses to joy.ennis@townofcary.org

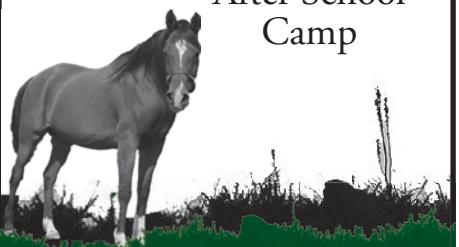


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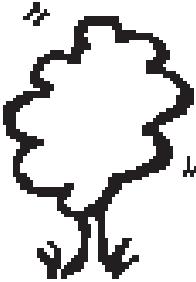
Pick-Up available from Cameron Park, Pathways, Hillendale and Little River Elementary Schools, Voyager Academy, and Carrington Middle School

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Birthday Parties/Boarding
After School Camp



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www.durhamequinecenter.com



on the hill

[keynote]

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Are you Spring cleaning, reorganizing, moving, or downsizing? Donate your quality items to Vintage Faire, an Annual Fundraiser for the Mental Health Association in Orange County. (No computers, clothes, books, LP's or sports equipment). Receipts will be given for charitable donations. For more information/pick-up please call 919.942.8083.

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26

NUTCRACKER BALLET AUDITIONS

5 p.m. - 7:30 p.m.
Triangle Youth Ballet
ADVANCED DANCERS AGES 12-18 AT THE TIME OF THE AUDITION
Senior Company Auditions Wednesday, August 26 at the Triangle Youth Ballet Gateway Commons 1708-A East Franklin Street (behind Staples). Registration opens at 5 and audition is 5:30 – 7:30. \$10.00 audition fee
tyb.registrar@gmail.com
919-932-2676
www.triangleyouthballet.org

AN EVENING OUT: DINNER AT THE OLD GRANARY

5:30 p.m.
The Old Granary
Known for fantastic lunch dining, The Old Granary Restaurant presents a series of special Evening Out Dinners! These dinners feature delightful three-course menus created by Chef Stephen Amos for just \$30 per guest. For an additional

\$15, each guest's dinner may be paired with wines selected by Fearrington Wine Director Maximilian Kast. Reservations are required. (919) 542-2121.

The Old Granary
fhouse@fearrington.com
(919) 542-2121
www.fearrington.com

27

N.C. POETRY SOCIETY READING: BARBARA PRESNELL & GAIL PECK

7 p.m.
McIntyre's Fine Books
N.C. Poetry Society Reading: Barbara Presnell and Gail Peck McIntyre's is pleased to host another event in a year-long series of monthly poetry readings featuring poets from the N.C. Poetry Society. This event will feature Barbara Presnell and Gail Peck.
McIntyre's at Fearrington
books@fearrington.com
(919) 542-3030
www.fearrington.com

28

CRUISE-IN WITH A TWIST

5 p.m. - 6:59 p.m.
The Shops at Daniel Boone featuring cars from all eras, all makes and models, and from all of North Carolina and Virginia with live music, raffles, prizes, and food. This event kicks off the Historic Occoneechee-Orange Speedway Group's "Celebration of the Automobile" weekend. Sidewalk Sale at noon, Sock Hop 7 to 10pm.
The Shops at Daniel Boone
amy.wilmoth@verizon.net
919-245-3330
www.theshopsatdanielboone.com

29

PASTRY AND WINE TASTING WITH VALOUR'S PATISSERIE

Hillsborough Wine Company, 118 S. Churton St., Downtown Hillsborough Enjoy a free sampling of delightful handmade, pastries created by Eric Valour, a formally trained pastry chef from Lyon, France, and owner of Valour's Patisserie in Downtown Hillsborough, paired with free samples of perfectly matched wines.
Hillsborough Wine Company
hillsboroughwineco@earthlink.net
919-732-4343
www.chapelhillwinecompany.com

30

WINE DINNER: BODEGA Y CAVAS DE WEINERT

6 p.m.
Fearrington House Restaurant
Fearrington Wine Director Maximilian Kast welcomes Iduna Weinert for a Wine Dinner on Sunday, August 30th highlighting the wines of Bodega y Cavas de Weinert. Founded in 1975, this winery is located in Lujan de Cuyo, Argentina's and Mendoza's cradle for quality wine. Located in an old colonial winery, which dates back to 1895, the Weinert Family focuses on making high-quality, age-worthy, and complex fine wines. The winery was started by Don. Bernardo Weinert and is now run by his family. They focus on the production of bold yet elegant Malbecs, with a strong record of age-ability. They also produce a very aromatic Sauvignon Blanc and Chenin Blanc blend. Iduna Weinert, partner and head of marketing for the winery, will be joining us for a tasting of her family's wines, expertly paired with a gourmet menu by Fearrington House Executive Chef Colin Bedford. \$110 per guest, excludes tax and gratuity. Reservations required.
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CREEKWOOD	MACGREGOR DOWNS
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CULBRETH RIDGE	MORGANCREEK HILLS
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GOVERNORS PARK	SILVER CREEK
GOVERNORS VILLAGE	SOUTHBIDGE
HARDSCRABBLE	SOUTHERN VILLAGE
HERITAGE HILLS	STONERIDGE/SEDGEFIELD
HIDDEN HILLS	TIMBERLYNE
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Submit Your Event!

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Our PlayHouse Preschool and Kindergarten is offering Afternoon Enrichment programs beginning in September and running for 6 week sessions. Topics include pre-ballet, creative movement and Multi-media art. Age range for classes is from 3-8 years olds, with an adult yoga class also being offered Monday evenings. To see the full schedule go to www.ourplayhousepreschool.com or call 967-2700.

Need Solutions to Your Gardening Dilemmas? How do I make my pink hydrangeas blue again? Should I hang Japanese Beetle bags around my roses?

The leaves are turning yellow on my Leyland Cypress tree. Help! What plant is that?

Ask A Master Gardener: Wed & Fri 12-2PM Walk into The NC Botanical Garden Library Or call 919-962-0522 Weekdays 10AM-12PM Walk into The Orange County Extension Service at 306 E. Revere St, Hillsborough or call 919-245-2061. For an application to become a Master Gardener volunteer contact Horticultural Agent Carl Matyac at carl_matyac@ncsu.edu

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A Light on the Hill

August always brings a flurry of new folks moving to the area, visiting Chapel Hill on vacation, or getting married here. As I cross campus in these days of high humidity and soaring temperatures, I recall my many summer days at Julian's, our family's clothing business.

In my mind, I am inside the store once



again. The same scene has occurred more times than I can count. A young gentleman approaches. A prospective groom, new to the area, innocently says, "We are planning to get married outside in August. I know it gets hot here. What's the lightest, coolest thing I can

wear?" I calmly explain to the dear fellow that he will be sweating gumdrops outside in August even in his bathing suit, let alone shirts and ties and jackets, so best to choose your venue and choose what makes you feel the most handsome and go with it!

Now, I propose that these folks stop in at UNC Visitors' Center before planning their nuptials. We can offer a fun, new tour of the most romantic places on campus, including the best spots to say "I do," thanks to the creativity of UNC student Danielle Locklear Simmons.

Professor Stace Treat challenged the students in his Communications 374 class to devise a unique tour of Carolina for the final project of the semester. Then he invited me for the presentations of these soccer tours, music tours, mystery tours, running tours, and more – each one created to communicate an aspect of Carolina, complete with proposed travel route and thoroughly researched descriptions and stories to accompany the tour.

Danielle calls her tour, "A Walk to Remember: A Tour of the Most Romantic Sites on Campus." I am delighted to share her rationale, in her own words: "The landscape of the UNC-Chapel Hill campus fuses the beauty of nature, the

grace of the past and modern architectural structures to create a scene unlike any other. Renowned for its loveliness, the UNC-Chapel Hill campus offers a plethora of breathtaking backdrops that set the stage for a perfect romantic moment. The purpose of this tour is to take participants on a journey through the most romantic places on UNC's campus, highlighting the most ideal sites for marriage ceremonies and proposals, the best locations for saying, 'I love you,' the perfect spots to share a passionate kiss and, also, to stage bridal photos. On a trek that progresses from the Forest Theatre to Top of the Hill Restaurant, this tour is designed to take couples and singles looking for romance through the most picturesque spaces on our campus."

We encourage refreshments and a warning to beware of adding steam to an already steamy, hot, August afternoon!

Forest Theatre is the first stop (after UNC Visitors' Center, of course). The natural setting, the beautiful stonework and the stage itself present a perfect backdrop for dramatic declarations and proposals "for lovers of nature, artists and thespians." Next, walk hand in hand to Coker Arboretum, site of many

Missy Julian Fox
Director: UNC Visitor's Center
Morehead Planetarium Building
Campus Box No. 3475
Chapel Hill, NC 27599-3475
919-962-1630



THE UNIVERSITY
of NORTH CAROLINA
at CHAPEL HILL

a romantic picnic, complete with its grassy meadows and serene, private spots. Proceed to Fordham Fountain in the traffic circle in front of Bynum Hall. Danielle describes the scene, "The gentle lapping of the water as it leaps from the concrete base swirls with beams of light emitted from the center of the fountain, creating a striking scene." This fountain is beautiful, fun, and a cool, surprisingly quiet spot. Try it! The Old Well is a must, of course, as is the bench under the Davie Poplar tree. Legend has it that whomever you kiss while sitting upon that bench will be your mate for life. The tour progresses to the Carolina Inn, "Chapel Hill's living room," and scene of weddings and celebrations for so many. This lovers' tour ends with the suggestion of a romantic dinner for two at Top of the Hill, overlooking historic downtown Chapel Hill. I add that this is a wonderful spot to watch the sun set.

Danielle's walk designed for lovers isn't the only way to experience Carolina's campus. Soon, you will be able to choose from a list of self-guided tours called, "Carolina, My Way" as we include some of the other student-created tours among our options, after we add some finishing flourishes.

I am so grateful to Professor Treat for sharing his students' talents with me. His generous gesture is but one of the many, many examples of collaboration happening every day on this campus. Since accepting this job in October 2008, I have often joked that when I was the shepherd of a small business, I sometimes felt like an army of one. Here, at UNC, I definitely, and thankfully, feel I am just one in an army of collaborative, smart, open-hearted individuals. ■

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MAMA SAID THAT WAS MINE

By BETH TILLMAN

The stories of estate beneficiaries fighting about money are a bit exaggerated. Usually it is clear how to distribute the money, the stocks and the real property through the deceased's will, trust or the North Carolina statutes that apply when there is no will. In contrast, tangible goods create the most disturbing dramas as siblings become permanently estranged over the porch rocking chair that Grandpa sat in every night after dinner. The things become imbued with the spirit of the deceased and no one wants to give up that connection to the departed. What can you do to keep the stuff from splitting your family apart?

The easiest method for your beneficiaries is to give away the tangible goods before you die. If you are not still enjoying the items, then why not enjoy the thanks you will receive when you make a gift during your life? Certainly it is satisfying to watch the recipient's pleasure in receiving



the gift. If they receive it after you die, you will not hear the words of gratitude. As we like to say in my business, "It's better to give than to bequeath." You do need to consider gift tax issues for items of significant value and you should consult your lawyer or accountant to help you determine whether the gift needs to be reported to the IRS.

You may want to continue enjoying your things and prefer to address the matter at your death. If you include a list of items and recipients in your will, then the executor will be legally bound to have the items appraised, distribute each item to each named person and obtain a receipt as proof of delivery. The benefit of this method is the certainty that the person you named will receive the item. The drawbacks are the requirement of appraisals and the obtaining of receipts by your executor from the beneficiaries.

If you prefer not to see your lawyer to put the list into your will, you can leave a memorandum of instructions, which is a separate document from your will, for your executor to follow. The memorandum can be a simple list of items and the recipients, and you

can change it without the assistance of a lawyer. It should be signed and kept with your original will. Be careful not to use language that suggests it is your will and do not have it witnessed or notarized. You do not want to cause questions over whether you intend the memorandum to override the beautiful will that your attorney prepared. Remember as well that you cannot use the memorandum to direct any distributions of items with a title, such as your house, your car or your money.

If you are at a loss to determine how to divide up the goods, start by inviting your beneficiaries to tell you what items are of interest to them. You may well be surprised by their answers. An item that seems of little worth might be of hugely sentimental value to someone. You might decide that you prefer your beneficiaries decide who gets what after you are gone. In that case you could provide suggestions of methods for division of the goods in your memorandum. Some processes that work include having the items appraised, totaling the value of the goods and assigning an equal share of the value to each beneficiary and then holding a faux auction. This

Tillman Law Firm
111 Cloister Ct., Suite 102
Chapel Hill, NC 27514
919-402-1740

method ensures that the person who wants the item the most receives the item. Another possible approach is to assign an order for choosing with the first to choose rotating among the beneficiaries.

Finally, remember that you probably know the most about your things and their history. A real gift is a record of the significance of the goods. You could prepare a videotape explaining the history of the various items or you could leave a written summary of the history of each item that can be given to the new owner. If you die without passing on this information, it is likely lost forever.

If you address these issues while you can, the great divide of personal possessions will not divide your family. Wise beneficiaries recognize that things matter less than connections. Take steps now to inspire them toward fairness and love. ■

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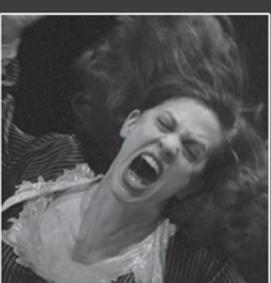
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Pictured top to bottom: Taylor Mac; Justin Adams; Lealand Durand Thompson; Jeffrey Blair Cornel & Jimmy Keffer; Carolyn Beaumier; All photos (except Taylor Mac) by Jon Gardner.

The Good Life: Positivity

By BETTY PHILLIPS

"Positivity feels good," states Barbara Fredrickson, PhD, author of the new book *Positivity* (Crown, 2009). Positivity is freely available to us to improve and bless our lives. The joy, the wonder, the sparkle, the hope, and the inspiration of positivity will change your life for the better. And we all need it! Stress and bad news abound. Our beautiful world seems on the edge of disastrous global warming, ceaseless wars and economic peril. Don't look to newscasters for loving or charitable words. Sensationalism and hatemongering seem to be the new norm.

Fredrickson's message correlates with the information in my previous article, "Lead with your Heart." Just think about the fact that, according to the Heart-Math project, the number of neural connections going from the heart to the brain is actually greater than the number going the other way!

We know that positive emotions do make us feel good, so why aren't we all living in blissful happiness? Positivity is more fleeting and transient than negativity. Negative emotions have their root in the fight and flight syndrome, necessary when we face danger but producing chronic stress when continuously activated by the problems of modern life.

Fredrickson's research points out a crucial distinction between positive and negative reactions: whether your life is a "downward spiral or upward

spiral." We must reach for positivity in a 3-to-1 ratio over negativity. Although we experience frustration when we feel our transient positive emotions slipping away from us, we now know that we can live in the warm glow, happiness and satisfaction of a positive lifestyle by achieving a 3-to-1 positivity ratio.

Yes, I mentioned "happiness." Fredrickson avoids this word for several reasons. Happiness may imply a personal, even selfish, concentration on self-gratification, whereas positivity involves good works as well as good feelings. The positivity mindset is intrinsically moral, with good feelings engendered by helping others as well as self. Another possible problem with the concept of happiness is that it may be confused with physical pleasure. Pleasure is great, but does not contribute to a positive and productive lifestyle.

Fredrickson's book also describes some of the life-enhancing aspects of positivity. For example, we know that the cells in our body are replaced at a rate determined by our physical and psychological health. While positivity actually promotes healthy cell growth, negativity results in cell decay. And even your brain functioning changes according to your cumulative emotional states. Neuroplasticity means that your brain is rewired as you develop new habits of thinking, positive or negative. Positivity does not by itself usher us into a brave new world. But Fredrickson demonstrates how positivity

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increases resilience to help us deal with inevitable life problems.

You may consider yourself to be a positive thinker but wonder why you aren't reaping all these benefits. Fredrickson has found that 80% of the people she's tested have less than a 3-to-1 positivity ratio, averaging around 2-to-1. Fredrickson provides a website (www.PositivityRatio.com) to help you record and calculate your positivity ratio. In other words, your life may be more positive than negative, but not positive enough for you to really flourish. Fredrickson's book, and of course other self-help books, provide many strategies to improve your positivity. Therapists or life coaches trained in positive psychology can also be of assistance.

I've included additional information about positivity in the Reading Room of my website as well as an article about Loving Kindness Meditation. I've been researching this meditation and I was pleased to see that Fredrickson also advocates this practice. Results show that this meditation increases both self-directed and other-directed love and compassion.

This month, this year, and the rest of your life, open your heart, love yourself, love others and love mankind. ■



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Vietri and Roost Strut Their Stuff at Fearrington

By ANNE MANESS

Fearrington Village is now home two new businesses this season.

In March, Roost opened for business in the village's historic corn crib, which is surrounded by its sculpture garden. The name suits the cozy location well, which was formerly home to The Potting Shed. Like its predecessor, Roost does sell some decorative garden products. Overall, it features an interesting mix of rustic-but-chic adornments for a dining and living room or garden as well as hostess gifts, special vintage textiles from India, jewelry, fragrances, and bags. Step outside this cozy shop and discover the sculpture garden featuring regional artists like Gretchen Lothrop,



Roost, located in the former Potting Shed location, is surrounded by its sculpture garden



The store at Fearrington features the complete range of Vietri products, displayed in lifestyle settings.

Eddie White, and Mike Roig tucked in and around the courtyard. With the brand new fountain that's coming to the courtyard, beautiful potted plants, and interesting art there's plenty to enjoy! It is open daily from 10 am - 4 pm.

Now, the country's largest importer of handcrafted Italian products, Vietri, finally has a store of its own in the shopping area at Fearrington Village. Located between Missy McLamb Photography and Fearrington's Wedding Shop in the Village Center, the store features the complete range of Vietri products, displayed in lifestyle settings.

For over twenty-five years, the Vietri line of tableware and home accessories have charmed customers, particularly brides, from the shelves of carefully selected specialty shops across the United States. The brand, which has worked with hundreds of master artisan factories in Italy, has cultivated a strong reputation for beauty and quality. It is open from 10 am - 6 pm Tuesday through Saturday, 10 am - 5 pm Sunday, and closed on Mondays.

Vietri, co-founded by the Gravely sisters after a trip to Italy, has had an outlet location for some time that sold discontinued or slightly flawed products. When the company was considering expansion into retail, Fearrington seemed the natural choice – Dovecote, its specialty shop, already

carried the Vietri line, and the village is not too far from the company's Hillsborough headquarters. R.B. Fitch, who bought the land Fearrington occupies and planned the community, also serves on the board of directors at Vietri. According to co-founder Frances Gravely, when space recently opened up in the Village Center, he invited Vietri to place the inaugural store there, particularly due to the strong presence of couples marrying or spending their honeymoons there. It opened its doors on March 1st, 2009.

A significant part of Vietri's sales come through its gift registry. Its unique and extensive collection of hand-painted dinnerware, which comes in colorful mix-and-match sets, has always appealed strongly to brides. It offers over 30 complete sets, all dishwasher-safe, including some that are microwaveable as well, to meet the needs of those with busy lifestyles. Then there are the sizable collections of flatware and glassware—when combined with the store's selection of linens, wall décor, and various home and garden decorations, it would be easy to fill an entire bridal registry just from this store. Here, too, are Fearrington and Vietri a great match, as the former is a popular setting for weddings. In fact, due to the shop's location, the bridal couple cannot help but walk through it on their way to the office at Fearrington that is responsible for planning weddings and other special events. It is easy to set up a registry

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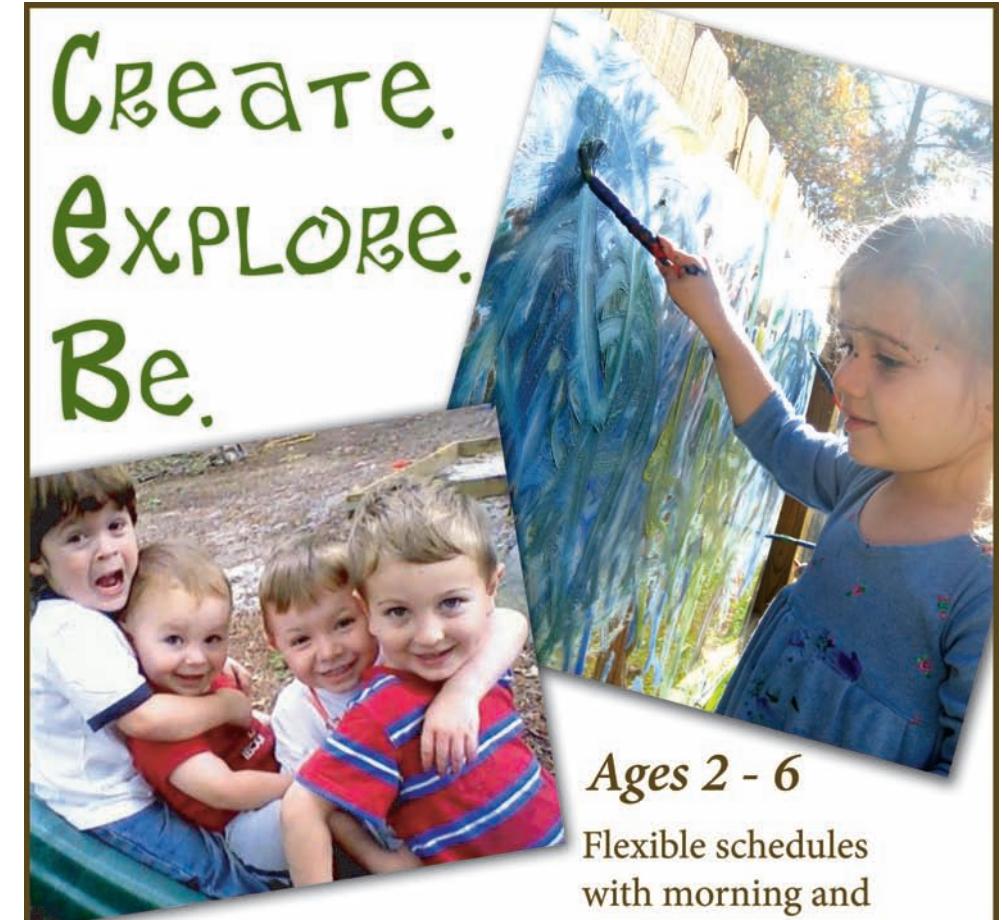
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Innovation, business savvy keep Crook's Corner at top of food chain

By BOB BEVAN

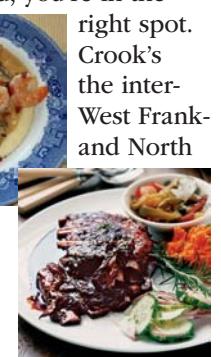
First, get over the pink pig on the roof and the hubcaps attached to the outside walls. After all, this is Chapel Hill, where quirky often morphs into the norm.



If your intention is to visit one of the true shrines of Southern food, you're in the right spot. Crook's the inter-West Franklin and North Merritt Mill Road, has built a reputation – a national billing – as one of the South's culinary hot spots.

That acclaim, launched by the visionary prowess of two chefs and the steady, guiding hand of owner Gene Hamer, has taken the restaurant to heights unimagined when the business opened 27 years ago.

The late Bill Neal first garnered respect for Crook's Corner when his dishes – primarily his shrimp and grits – caught the eye of New York Times food critic Craig Claiborne. The late Claiborne



anointed Neal a rising superstar of the kitchen in the 1980s, and Neal's soaring reputation carried Crook's Corner to the top. After Neal's death in 1991, Bill Smith, who had trained with Neal at La Residence, assumed the helm in the kitchen. He has maintained much of Neal's work and had the vision to take Crook's Corner to greater heights with his own innovative recipes.

"We have to keep working to maintain our reputation," said Hamer, who, with Neal, started the restaurant in 1982. "I sometimes worry about maintaining it, but the people we have here are proud of it, and they realize we have to work hard to keep it. We've had to bust our butts to get this reputation, and we can't ever slack off."

The words "slacking off" have never been in Hamer's lexicon. He's a fixture at Crook's Corner seven days a week. While he hasn't reveled in the celebrity of his gifted chefs, he has been the force behind the business.

"The front of the house," said Hamer "should make sure that the back of the house, the kitchen, is appreciated. Everything should be geared toward the food."

That's the way it's always been at Crook's Corner, where Hamer has a

healthy respect for the restaurant's history, a guiding hand in the present and an eye to the future.

Hamer, 58, said he "worked a lot in restaurants" before opening Crook's Corner with Neal.

"I did a lot of school in the 1970s," said Hamer, who listed UNC, Wake

Forest and N.C. State as three of his destinations. "At State, I had studied some horticulture and forestry, then I was doing some research.

"Well, Bill Neal came to me and said we could take over the building that Cam Hill had, a barbecue restaurant here. I didn't really like what I was do-

Pig, hubcaps can bring a smile to any face

Crook's Corner, storied Southern culinary landmark and model business, offers more than just food.

It also offers its patrons the opportunity for a good belly laugh.

Sporting a pink pig on its roof and an outside wall adorned with hubcaps, the restaurant is like the old, eccentric uncle who lives in the attic. The building has a history that owner Gene Hamer is quick to share.

The pig was part of the package when Hamer and the late Bill Neal started the restaurant at the corner of West Franklin Street and North Merritt Mill Road in 1982. The pig had marked the spot for a barbecue restaurant begun by Cam Hill in 1978.

"Cam was an absentee owner, and in that case, you run the risk of being taken advantage of," said Hamer. "He asked Bill Neal if he was interested."

Neal invited Hamer into the venture, Crook's Corner, and the rest is history.

According to Hamer, Chapel Hill's beautification committee of the late 1970s was not enamored of the pig. There was a ban on neon signs.

"The pig went up, and the committee said take it down," said Hamer. "Cam said the pig was a work of art, not just signage, and the committee decided to let it stand."

But that's just half of the story for this storied pig.

"Ten or 15 years ago," recalled Hamer, "I got a call saying that the pig was floating in University Lake."

The pig was recovered, and that infamous work of art – not signage –

returned to its place of prominence atop Crook's Corner.

The hubcaps on the outer walls are another fascinating story.

As a child, Hamer remembers trips to the beach from his Monroe home.

"I remember seeing all these barns with hubcaps nailed to the sides," he said. "You see these things in eastern North Carolina."

"I put some on the walls, then I started getting boxes of them in the mail from all over, New York, Seattle, just everywhere."

Just as quickly as the hubcaps had arrived in the mail, they stopped coming.

Since Crook's Corner is located near several auto businesses, Hamer felt it was fitting to leave the hubcaps on the walls.

Then, there are the bathrooms.

"We have a pig's snout coming out of the wall in the men's bathroom," smiled Hamer. "It was a topic of conversation for two ladies one day, so they went to the bathroom and opened the door. Well, there was a man, about 90 years old, using the toilet."

"I hear this shrill yell from the ladies. A moment later, this man, all ruffled, comes out."

And the ladies' bathroom has its own story. It's a part-time art gallery featuring prints of dogs, cats and beach scenes.

"That's what's been going on in the ladies' room for some time," smiles Hamer.

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ing at the time, and this seemed like it would be an adventure. I had bussed tables, been a bartender and waited tables before, some of it in D.C. and had worked in the front of the house."

Hamer, who had worked for Bill and wife Moreton Neal as a bartender at La Residence, left school at N.C. State and joined Neal in creating Crook's Corner, which before becoming a barbecue restaurant had been a market run by Rachel Crook in the 1940s.

With Neal's innovative culinary skills, Crook's Corner began its ascent toward stardom.

"In the '80s, we moved along with Bill Neal's recipes, his version of historical foods," said Hamer. "Bill was a no-frills chef, just plain, straightforward food.

"Bill was from Gaffney, S.C. Shrimp and grits had always been a breakfast dish in the South Carolina Low Country. Bill turned it into an entree. Now a lot of restaurants have taken from Bill's ideas. But he got credited for the innovation of that."

"In 1985, Craig Claiborne of the New York Times came down here. About this time, Bill came out with a cookbook. Plus there was a lot of word of mouth about Bill's cooking," said Hamer. "Claiborne was a Southerner, and he was doing a feature on this area. He ate here and at Magnolia Grill and just raved about the area in terms of the food. He wrote two more pieces about Bill Neal, saying this was an up-and-coming food area, and Bill built his reputation."

Claiborne, a renowned critic, wrote glowingly of Neal in the July 10th, 1985 New York Times:

"Bill Neal, considered to be one of today's finest young Southern chefs, takes a decidedly historical approach to cooking," Claiborne began. "That is because he considers the regional dishes of this country as important and worthy of preservation as the nation's monuments and architecture. Thus the menu at his restaurant – Crook's Corner in Chapel Hill, N.C. – lists something called muddle, an uncommonly good fish soup that Mr. Neal says is one of the oldest dishes of the Outer Banks of North Carolina. . . ."

The high praise for Neal and Crook's Corner was only beginning. The News & Observer, Washington Post and magazines, such as Southern Living, followed. And Crook's Corner had its signature dish, the shrimp and grits.

Then, in 1991, Neal died.

"I wondered what I would do," said

Hamer. "We had an intern chef who was maintaining us, not really creating. We had an extensive menu, but we wanted it to be innovative, not stale and set."

Hamer's problem was solved after a year.

"Fortunately, Bill Smith came and applied," said Hamer. "Bill had trained under Bill Neal at La Residence. He was the head chef over there. He had thought about going to Europe, but he became the chef

here, and we began to see his influence."

Smith, with a French technical background, has gradually turned back to his own Southern roots as a source for his recipes, said Hamer.

"As time has passed, he has become more enamored of Southern cooking, such as his corned ham, an eastern North Carolina specialty, softshell crabs and garlic slaw," Hamer said.

Smith, from New Bern, is also known for his honeysuckle sorbet.

"It's from the honeysuckle vine, an old Arabic recipe," said Hamer. "When the

honeysuckle season arrives, it's always first come, first served. It runs out quickly. There's a big old mound of it, frozen, and it's rich like a perfume."

Casting a glance into the future, Hamer says he still has lofty goals to achieve.

"I'd like to get into some catering, but as far as starting another restaurant ... our kitchen's so small, unless it was a sweet deal. This job is a lot of fun in the beginning, but when you get to my age, it's work."

"I still work seven days a week, but I don't work nights anymore. However, my managers know I'm at home, and I'll answer my telephone if there's a problem. We'll do whatever is necessary to

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take care of our patrons."

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The Goldfinch Days of Summer

By CARL DELAMAR

Carl Delamar is the owner of Wild Birds Unlimited, located in Chapel Hill North Shopping Center at 1806 MLK Jr Blvd. He may be reached at (919) 969-6778.



I love summertime. It is a time of life and action, lovely colors and sounds and smells. It's baby birds learning to use the

feeders and buzzing bees bumbling about on bushes. And one of the best joys of summer for me is seeing the brilliant lemon yellow of the male American Goldfinch. This lovely bird is a backyard birding favorite because of its striking color, its sweet song, and its presence on the feeders throughout the day. Interestingly, goldfinches move around a lot, and the ones on the feeder in the morning are likely not the ones there in the afternoon.

Goldfinches are year-round residents of our area, although some individuals will migrate south during winter. Those are more than replaced by goldfinches that migrate here for the winter from places farther north. During the winter, it is not uncom-

mon to see several dozen goldfinches on or near the finch feeders.

These songbirds are late breeders, waiting until mid to late summer to build their nests and have their young. That means that during the summer they are defending their territory, attracting mates, and raising their families, giving us the chance to watch these activities. It also means that we may not see them at the feeders for as long as usual – they have other things to do.

Goldfinches molt twice a year, once in the spring and again in the fall after nesting season is over. In the spring the male becomes the familiar brilliant yellow with a black cap, black wings and black on the tail with white wing tips. In the fall, it's back to the drab olive-green colors until mating season returns.

Goldfinches build their nests in deciduous shrubs or trees, usually placing the nest 4-10 feet high and generally not more than 30 feet above the ground. Often they will nest near a water source. The female builds the nest, a tightly woven compact cup, from plant down, spider webs and plant fibers. She will lay 4-5 pale-blue or greenish-blue eggs that will hatch in about 12 days, with fledging 11-17

days after that. Usually goldfinches have only one brood each year. Both parents feed the young.

Goldfinches eat black oil sunflower, hulled sunflower and thistle (Nyjer) seed as well as insects. There are three styles of finch feeders. The traditional style is a tube feeder with very small seed ports that allow a seed at a time to be eaten. An old-fashioned style is the thistle sock, a small mesh bag that allows the birds to cling all over the sock and pull seed through the mesh. The third style is the mesh feeder. This feeder has a steel mesh body which allows the birds to pull seed from anywhere on the feeder, not just a few ports.

Each feeder style has its advantages and disadvantages. The traditional style protects the seed better against rain since it has only small openings, but fewer birds can eat as the seed level lowers because seed ports no longer have seed available. The thistle sock is inexpensive and attracts finches well, but wears out in the weather, and is easily destroyed by squirrels. The mesh style allows multiple birds to eat even when there is only an inch or so of seed in the feeder, but gives no protection against rain. I prefer this style



because I enjoy seeing the birds assume all sorts of different positions to reach the seed, and I like the fact that multiple birds can eat even when the seed level is low.

If you're not seeing these lovely birds in your yard, try putting out a finch feeder or make sure you have black oil or hulled sunflower available. There is nothing like a mellow yellow goldfinch to make a summer day perfect! ■

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Happy Anniversary, Jesters!

Jesters in Meadowmont Village is happy to be celebrating its second anniversary. Since opening in July of 2007, the goal and mission of Jesters has been and continues to be that of finding new and exclusive items and mixing them with the traditional quality you have come to love.

Jesters was pleased to unveil its wedding registry this year and has amassed beautiful treasures for new brides. While anchoring this section with the beauty of Vietri Italian pottery, the hand-blown artistry of Simon Pearce glassware and the elegance of Beatriz Ball serving pieces, Jesters was thrilled to acquire Juliska glass and stoneware. The team at Jesters is excited to help prospective brides and their families navigate the overwhelming process of selecting their registry and can also help with

choosing gifts for members of the wedding party and party hostesses.

The furniture and lighting selection at Jesters has grown over the past year. Products have been imported from Belgium, Mexico, Portugal and France to help create an eclectic, warm ambience. Combined with beautiful bedding from Matouk and Pine Cone Hill and the glow of a fragrant candle, your home can be the haven you have always desired.

Jesters appreciates the support and warm reception it has been given over the past two years. Owner Anne Eberdt and her staff remain committed to offering outstanding customer service and a fine selection of gifts for everyone on your list.

Visit Jesters at 104 Meadowmont Village Circle in Chapel Hill and at www.jestersgifts.com. ■

Be a Volunteer in the Chapel Hill-Carrboro Schools this FALL!

Find out how rewarding it is to volunteer in the Chapel Hill-Carrboro Schools. Interested in School Reading Partners, ESL Tutoring, or Coach Write programs? Or in being a Classroom Volunteer? Do you speak Spanish? Check out our Web site to see if there is something you would like to do: www.chccs.k12.nc.us and click on VOLUNTEER!

Training for volunteers is available in September 2009. It's a simple process to sign up to volunteer. Register on-line for September trainings, or call 967-8211 x28281 or email: volunteer@chccs.k12.nc.us for more information. YOU choose the volunteer placement that fits your schedule and your interests!

SCHOOL READING PARTNERS: Help beginning readers practice reading skills, 1-2 hours weekly, Chapel Hill-Carrboro Public Schools. Training is scheduled for 9/22, or 9/24 at 5:30-9 p.m. or 9/29 at 9.a.m.-12:30.p.m. Preregister: srp@chccs.k12.nc.us or 967-8211 ext. 28336.

ESL VOLUNTEERS: Help K-12 students that are learning English during the school day. Training is scheduled for 9/17 or 9/23 at 5:30-9 p.m. Preregister: gmccay@chccs.k12.nc.us or 967-8211 ext. 28339.

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Are You Afraid of Being "Madoff'd"?

By TODD WASHBURN

The past year has been hard on all of us. The financial services "industry" has itself been devastatingly affected. Large,

old-time brokerage firms have disappeared or been taken over by rivals, sometimes at the request of regulators. Other firms

have survived only through significant government intervention. Financial scams, some extremely large and broad in scope, have been uncovered. Many, many individuals, charities and others have been crippled by these scams. People are understandably nervous about entrusting their hard-earned money to financial advisors, big or small. Some advisors -- Bernie Madoff for instance -- knowingly set out to defraud investors. Others have paid the price for actions their company took, sometimes to their clients' detriment. Still others have done nothing wrong but are paying for the sins of the others.

I'm not going to try to justify the actions of the advisors and companies who didn't act in their clients' best interests. But I do want to try to give you some information that may help you make some sense of what's happened, what may be happening in the industry, and how you can avoid being hurt in the future.

When I meet other financial advisors,

it's become a habit to ask them what they're hearing from their clients and prospective clients about the Madoff scandal. Invariably I hear, "Oh yeah". They say clients bring it up jokingly -- but with a nervous touch to it. The advisors know they're wondering, "Could he be ripping me off?" Prospective clients are a little more direct. The question is, could you be "Madoff'd" by your advisor? The answer is, quite honestly, not likely. The Madoff situation, while not unique, is far different from that of most advisors.

The key is where the money is held (or custodied). If you work with a representative of a large brokerage firm, the firm itself will typically be the custodian. Your advisor can make trades, etc., but the firm holds the money. If you work with an independent advisor (not associated with a brokerage firm), it's a little different, but equally secure in my opinion. When you turn over your money to your advisor, he doesn't put it in an account in his firm. Rather it goes into an account in the client's name at a custodial firm (Charles Schwab, Fidelity, TD Ameritrade for example). The custodian will send monthly statements directly to the client regarding the account. These are separate from the typical quarterly statements the advisor sends --two statements from two different sources. That's the checks-and-balances that should be in the system. The Madoff scam survived because his firm

took over both functions- advising and custodizing the assets. So he provided both reports. It's easy to make sure they match under those circumstances. It's pretty much impossible for someone like me to get Fidelity Investments to send a false report to a client in order to make their numbers match mine. That's why I don't believe you're at much risk of being Madoff'd as long as you watch the statements from your advisor and the custodian.

There's a lot of talk in Washington about financial reform. That translates to more or different regulations. In some cases that may be good. Making banks or mortgage companies hold onto some of the loans they make is probably good -- a little skin in the game, if you will. In other cases it's less clear whether the outcome will be good or bad. A prime example is the debate as to whether anyone providing investment or financial planning advice should be held to a "fiduciary" standard. I've spoken about this before, but in general a fiduciary is expected to put the interests of his client ahead of his own and to disclose any real or potential conflicts of interest. Currently some investment professionals (those collecting fees and regulated by the SEC or their state's Secretary of State) are held to a fiduciary standard, while others aren't (typically those collecting commissions and often regulated by FINRA). It's looking like most groups

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are conceding that there should be a fiduciary standard for everyone. The question is how "fiduciary" is defined. Many large financial firms seem to want a weak definition while the smaller independent firms- many already fiduciaries -- wish a strong definition. A complicating factor, in my opinion, is that the current head of the SEC was formerly the head of FINRA, an organization (along with its predecessors) that has opposed fiduciary standards for years. Keep an eye on the debate. It will impact how you receive advice in the future.

A lot has changed in the financial world in a short period of time. Those changes have affected us all. More people are starting to look for help in assessing their situation and making plans for their financial future. But some are understandably hesitant to seek help for fear of being led astray. I think you can get good help and with a little diligence you can significantly lessen the chances of being harmed. I also think it's worth moving past that fear if it allows you to work with an honest, ethical advisor who helps you work through your problems and plan for a secure financial future. ■

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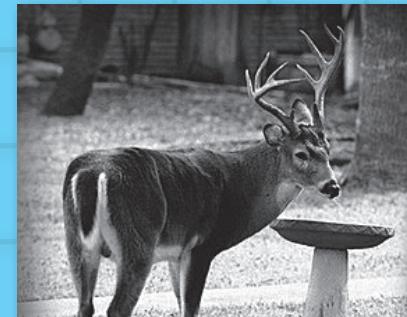
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What does being overweight really mean?

Surprise: The latest research shows you can be overweight and fit, and thin but carrying too much body fat.

Leah Dawson is unhealthy — at least that's what public health guidelines would have you believe. The 41-year-

old mother of three, who manages her husband's athletic career (he's Olympic skier Toby Dawson), works out four days a week and carefully monitors her diet. Her cholesterol and blood pressure are enviable. But never mind all that: Leah Dawson is considered "unhealthy" because at 5'8", her weight has hovered near 170 pounds. That puts her at 26 BMI (body mass index — the height-to-weight formula doctors use to diagnose weight problems), which is in the overweight category. "My doctor would tell me that I needed to lose weight," she says. "My lab work would come out fine; I've even passed a stress test. But I'm never 'okay.'"

Thirty-nine-year-old Teresa Holler, on the other hand, is considered "healthy." As a physician assistant, Holler knows she needs to monitor her weight. But after a tough pregnancy six years ago, she slowed

down her normally rigorous exercise program. Initially, the trim 5'5", 128-pound Holler wasn't too concerned: Her BMI remained at 23, putting her in the healthy range of 18.5 to 24.9. Still, she began to worry that something was amiss. "I felt like I was getting this ring of fat around my midsection," she says. "And I was just less energetic." This led her to request a body-fat test from her doctor. She was shocked to find the amount of fat she was carrying on her diminutive frame — 30 percent — qualified her as borderline obese, dramatically elevating her risk for diabetes and heart disease. "Here I was, spending my days telling other people how to get healthy, and I'd missed this," she remembers.

How risky is it for a normal-weight person to carry too much fat? The answer lies in the way the body stores the stuff. "All fat isn't created equal," says Timothy Church, MD, PhD, a professor at Louisiana State University's Pennington Biomedical Research Center. "The deeply deposited kind — visceral fat — produces three times more bad chemicals than other types, and it drains directly into your liver."

Visceral fat bulks up the trunk of the body, and it has been directly tied to increased risk of diabetes and heart disease. (People who carry fat on the hips and thighs seem to have a lower risk.) Importantly, visceral fat tends to be the type normal-weight people have. It sneaks up on a person because it's not especially visible and it can

build up without altering weight—replacing muscle that is naturally lost with aging.

If BMI is flawed, what is the best predictor of who is healthy and who isn't? In a study by Mary Sowers, PhD and professor of epidemiology at the University of Michigan, there was one reliable answer. People who qualified as heavy but still healthy tended to report being physically active. Indeed,

her study isn't the first to note this. Findings published in JAMA in 2007 indicate that fitness level — regardless of weight — is the single strongest predictor of mortality risk. People with the lowest level of fitness were four times more likely to die than those with the highest.

Taking all the new findings together, the lesson is that even at 170 pounds, Leah Dawson had it right: Eat a good diet and drop any unhealthy habits you might have. Focus on strength training, cardio, reducing body fat and forget about striving toward some standardized ideal of weight. "Fitness is the critical piece we're losing sight of," says Church. "People get so caught up with weight instead of body fat — they start to exercise, the scale doesn't move, and they get discouraged. They're not noticing that their pants fit differently, that they've actually lost dangerous visceral fat. When you become active, you're not just adding muscle, you're getting healthier." And that's what will help you live longer. Do you have questions about body fat reduction? Feel free to email us at ftchapelhill@fitness-together.com. ■



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By PAUL HOLLAR, Lamps Ltd
One of my favorite sayings in our business is that "antiquers are the original recyclers."

Long before we began to recycle paper, cardboard, plastic and glass, Americans treasured mahogany and walnut furniture, elegant glassware, vintage kitchen items, and early 20th century lamps.

In today's green society, antiques and vintage items make more sense than ever: they already exist! Trees do not need to be cut down and manufacturers do not need to burn fossil fuels to manufacture and ship them.

This does not mean your house has to look like Grandma's. Mid-century is popular now. There are still a lot of the original mid-century items around. We all have our individual tastes, but try blending in some of the old with the new.

FOOD FOR THOUGHT:

- Compare prices of vintage and antique furniture to new furniture. Much of the time, the new pieces are more expensive and made of lesser

materials. Beware especially of particle board with a veneer finish. Much antique furniture was made from what was then "old growth forests." These trees were not commercially grown, but grew slowly producing lovely bird's-eye maple, burled walnut, and tiger oak.

Today's commercially grown trees grow much faster and don't have these wonderful grains.

- Don't throw away an old/antique lamp because the wiring is bad. Get it rewired and properly fit an updated lampshade. Blend the old with the new! The same goes for chandeliers. We've had many customers bring in wonderful old lamps that they have pulled from a neighbor's trash pile. Amazing!

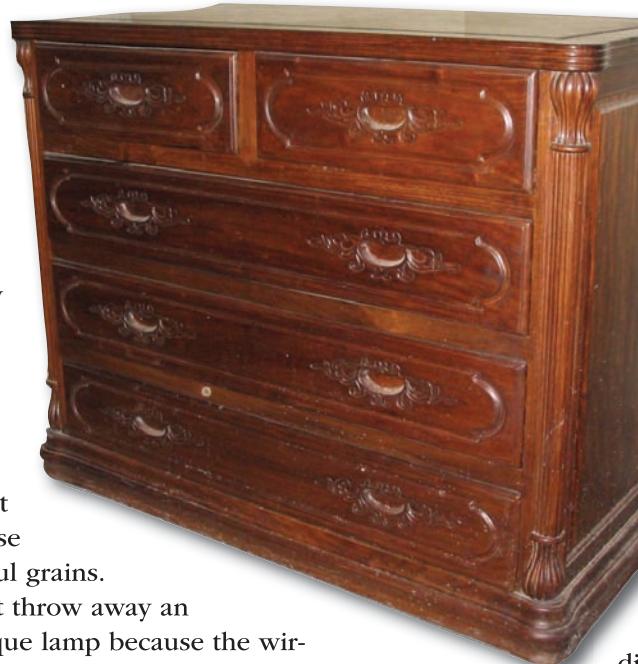
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bor's trash pile. Amazing!

- Look at the quality of what you buy. Is it resin (molded plastic) or is it real wood or metal?

Will you still want it in 10 years or do you think it's a fad piece that is poorly made? Junk ends up in the landfill!

- Pretend that your estate is being settled and your personal items are being disposed of. Will your family find treasure they will want to keep as heirlooms or junk for a big yard sale? ■



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NEA awards grant for PlayMakers' 'Nicholas Nickleby'

PlayMakers Repertory Company has been awarded a national arts grant for its upcoming production of "The Life and Adventures of Nicholas Nickleby."

For the second year in a row, the National Endowment for the Arts (NEA) has honored the professional theater company in residence at the University of North Carolina at Chapel Hill. This year the NEA has chosen PlayMakers to receive the prestigious "Access to Artistic Excellence Grant" in support of the theater's Nov. 11-Dec. 20 production of "The Life and Adventures of Nicholas Nickleby" by David Edgar, from the novel by Charles Dickens.

PlayMakers' mainstage production of "The Life and Adventures of Nicholas Nickleby" will be at the Paul Green Theatre in UNC's Center for Dramatic Art on Country Club Road. Dickens' epic novel will be brought to life with all the colorful characters, fantastic twists of fate, sly humor and rich, interwoven tapestry of his immortal tale.

American Theatre Magazine called the production, which will be presented in two parts, "the theatrical experience of a lifetime."

"Nicholas Nickleby" will be the biggest production in PlayMakers' history

with 25 actors playing more than 150 characters.

In conjunction with the production, PlayMakers will launch an in-depth outreach program called The Dickens Initiative: From the Page to

era-

ture and the Art of Theatre. With this initiative, PlayMakers will focus on literacy through the rich, timeless storytelling of Charles Dickens, partnering with libraries,

schools, book clubs, university and civic organizations throughout the Triangle.

There will also be an array of community events during The Dickens Initiative, including a week in residence by playwright David Edgar with a master class and public lecture, and a series of presentations in conjunction with the Durham County Library

on PlayMakers' production and the challenges of literary adaptation.

"We are honored to receive this grant recognizing PlayMakers' dedication to the highest artistic standards as we take on a theatrical event of the scale of 'Nicholas Nickleby,'" said Play-

Makers' producing artistic director Joseph Haj. He will co-direct with

associate artist Tom Quaintance, who led the theater's hit holiday show "The Little Prince."

The NEA, based in Washington, D.C., is a public agency dedicated to ing excellence in

the arts, both new and established; bringing the arts to all Americans and providing leadership in arts education.

Based in UNC's College of Arts and Sciences, PlayMakers is the Carolinas' premier resident professional theater

company. New York's Drama League named PlayMakers one of the "best regional theatres in America."

For information on PlayMakers' 2009-2010 season and details about upcoming events and opportunities to participate in The Dickens Initiative, visit www.playmakersrep.org

or call (919) 962-PLAY (7529). A variety of subscription packages are available, with discounts for students, seniors and youth.

"Nicholas Nickleby" Web site: <http://playmakersrep.blogspot.com/> ■



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As the sun sets on the 2009 North Carolina Literary Festival, held this year on the UNC Campus, the community is invited to join the writers and musicians gathering in the Barn at Fearrington Village Sunday, September 13th, 6:30 p.m., to toast the 50th Anniversary of the Chapel Hill Public Library.

Founded in 1958 in an old house — with working fireplace — on East Franklin Street, the town's library is now the busiest in the state. "A library used so heavily requires a combination of private and public funds to grow and flourish. Although Town support is solid and unwavering, high demand on library resources makes it impossible for public funding to ensure the highest quality of service our community deserves and needs," explains Melissa Cain, executive director of the Chapel Hill Library Foundation.

Long Story Short is a party and a fundraiser for the library. After drinks

on the lawn, there'll be a sit-down BBQ supper, during which a once-in-a-Chapel Hill-lifetime lineup of writers have volunteered to let loose their best, funniest, most entertaining attempts at short-short, stand-up fiction.

DG Martin, host of NC Bookwatch will emcee. And Marianne Gingher, editor of UNC Press's new book Long Story Short: Flash Fiction by Sixty Five of North Carolina's Finest Writers will introduce.

Lee Smith reading "Sex, Love, Death, Sex, High School"; Haven Kimmel -- "I Dream"; Daniel Wallace—"Laura, Linda, Sweetie Pie"; Michael Malone—"Nero"; Sarah Dessen—"Registry"; Jill McCorkle—"Viewmaster"; and Will Blythe—"The End"

The Carolina Chocolate Drops (on the eve of the release of a Nonesuch Records CD and the Carolina Chocolate Drops Songbook) and Midtown Dickens (Clyde Edgerton's daughter Catherine's amazing band) will play.

This festive benefit is hosted by the Chapel Hill Public Library Foundation, "a non-profit organization that raises private support to strengthen and maintain diverse library resources that enrich community life," explains Cain. "Proceeds from the event support the Foundation's work and provide vital funding to upgrade library collections."

Joining Cain in her efforts are event organizers Keebe Fitch, Katharine Walton, Greg Bell, Rena Earnhardt, Susan Reda, Steve Balcom and Lane Wurster. Sponsors include Chapel Hill Magazine, WCHL, The Splinter Group, McIntyre Books, UNC Press, and VILCOM.

McIntyre's Books will have copies of Long Story Short available for purchase on site. The Foundation will auction a small number of originally autographed READ posters featuring Tar Heel basketball coaches Dean Smith, Roy Williams, and Bill Guthridge.

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or go to www.chplfoundation.org. For more information, contact Melissa Cain, Executive Director, Chapel Hill Public Library Foundation at melissamcain@aol.com.

DETAILS IN BRIEF:

Sunday, September 13th 6:00 – 9:30 p.m.

The Barn at Fearrington Village
6:15 - 7:00 p.m. Music by the CAROLINA CHOCOLATE DROPS

7:00 - 8:30 p.m. BBQ and FLASH FICTION

8:30-9:30 p.m. Music by MIDTOWN DICKENS

Tickets are \$75 per person (\$45 is tax-deductible.)

This is a fundraiser hosted by the Chapel Hill Library Foundation to support its non-profit mission of enriching local community life by helping library collections grow. This occasion is possible because of the generous support of individual and corporate sponsors, and the authors and musicians donating their time and talent.

To purchase tickets, call 919-929-1666 or go to www.chplfoundation.org. (Space is limited so reserve now.) ■



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News from the Triangle Jewish Chorale

Please join us in welcoming Tom Moore as the new conductor of the Triangle Jewish Chorale.

Tom is presently the Music Librarian at Duke University. He directed the Collegium Musicum at Duke for two seasons. Before coming to Duke, he served as the Visiting Foreign Professor in the Graduate program in Music at the University of Rio de Janeiro (UNIRIO) and co-director of the Camerata Quantz, the early music ensemble for UNIRIO. He sang in the Symphonic Choir of Rio under the direction of Julio Moretzsohn.

Before moving to Brazil he sang with Pomerium Musices and Concert Royal in New York, and directed La Fenice and the Dunstable Singers in Boston. He also performs extensively on baroque flute, modern flute, and recorder, with compact discs of chamber music by telemann an Boismortier to his credit. He has degrees from Harvard, Stanford University and Simmons College.

We are extremely excited about turning the page of a new score

with a new conductor.

If you are interested in joining us in singing and helping us continue to bring Jewish music from our Jewish heritage, both past and present to the Triangle area, please contact Bernie Most, membership chairman at: bmost@aol.com. For all other questions, please contact Gayla Halbrecht, Manager of the Chorale at: ghalbrecht@gmail.com. ■

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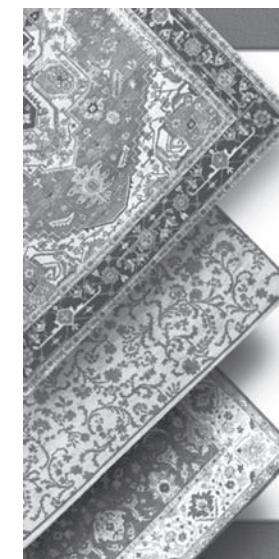



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Back Solutions, located three doors left of Lowes in Cole Park Plaza, is a full-service chiropractic center now in its fifth year of operation. In addition to several types of chiropractic adjustment, it offers a range of physical medicine procedures, such as ultrasound, electrical muscle stimulation, and kinesiotaping, among others. Headed by Dr. Mindy Bradshaw, Back Solutions' staff also includes four experienced, licensed massage therapists. A chiropractic adjustment coupled with a massage is one of the center's most popular treatments.

Prospective patients begin by supplying their medical history, to determine what sort of examination might be necessary—and whether chiropractic treatment might effec-

tively address the problem. To save time spent waiting at the office, these forms can be accessed from Back Solutions' website (www.back-solutions.com) and filled out in advance.

After opening Back Solutions, Dr. Bradshaw has completed post-doctoral work in kinesiotaping and custom orthotics. She is a member of several professional organizations, among them the American Chiropractic Association, the North Carolina Chiro-

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Readers of Southern Neighbor have the chance to win tickets to the upcoming, all-star Rock & Roll Hall of Fame Benefit Concert at Koka Booth Amphitheatre on Sunday, September 6, 2009. To claim your chance at these tickets, answer these three questions:

1. What year did the Koka Booth Amphitheatre open (then known as the Amphitheatre at Regency Park)?
2. What are the operating hours of the box office at Koka Booth Amphitheatre?
3. Name one band that will be playing at the Lifefest Festival at Koka Booth Amphitheatre in October.

You can find the answers to these (and many other) questions by visiting boothamphitheatre.com

Submit your answers by August 15 to info@boothamphitheatre.com. Be sure to include your name and phone number where you can be reached. A drawing among correct entries will determine winners. Up to five lucky readers will win a pair of tickets!

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practicing Association, and the Barter Business Exchange. In 2008, she was awarded "Best in Chatham County: Chiropractor."

Community involvement is a hallmark of Back Solutions, including an annual food drive for Chatham Outreach Alliance, a local food bank, and serving as a "Toys for Tots" drop-off point. Dr. Bradshaw is the team chiropractic for Carrboro High School's football program.

Back Solutions is open from 9 am-12:30 pm and 3-6 pm Monday-Thursday; it is closed on Fridays. On Saturday, it is open in the morning to established patients, no appointment necessary (except for massage therapy). It accepts most insurance carriers and financial plans are available.

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Chapel Hill Public Library Receives Number One Ranking in 2009 American Public Library Ratings

Hill Public Library Receives Number One Ranking in 2009 American Public Library Ratings

For the tenth year in a row, the Chapel Hill Public Library has received the highest rating in North Carolina in the recently published Hennen's American Public Library Ratings. The HAPLR-index is a nationally recognized benchmark for defining excellence.

Measurements of categories such as expenditure per capita, operating ex-

per capita, circulation per capita, volumes per capita and reference service per capita all combine to yield a statistical evaluation of a public library's quality of service and responsibility to the public.

The Chapel Hill Public Library is listed in the index as serving a population of approximately 50,000. The Library received the highest overall value sum in North Carolina for all categories measured. The Chapel Hill Public Library HAPLR score is 93

percentile.

The Mooresville Public Library, serving a population of 10,000, received the second place ranking with a percentile value of 88. The George H. and Laura E. Brown Public Library in Washington, serving a population of 5,000 and the Hickory Public Library, serving a population of 25,000, tied for third place with a value of 84 percent.

The Chapel Hill Public Library is recognized for its high circulation of loan materials.

The Library has just added over 800 DVD's for adults and children, which may be borrowed by library card holders. Two DVD's may be checked out at one time. These high demand items were purchased with private funding donated by The Chapel Hill Public Library Foundation, a non-profit organization that focuses on enriching the community by enlarging library collections. The Foundation has donated over \$300,000 for the acquisition of new materials for the library, including on site and remote electronic information sources.

The Foundation's "Ensuring Excellence Campaign" is a multi-year fund-raising effort that will raise approximately \$2 million for the purchase of new materials for the Chapel Hill Public Library in its current and future expanded space. On July 1, The Chapel Hill Public Library Foundation elected George Cianciolo as President, Robert Broad as Vice-President, Felicia Mebane as Secretary, and Joan Troy Ontjes as Treasurer.

For more information on the Foundation or to make a gift, please visit www.chplfoundation.org or call Melissa Cain, Executive Director, at 929-1666.

For more information on the Chapel Hill Public Library, go to www.chapelhillpubliclibrary.org or call 968-2780. ■

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Teen Helps Durham Regional Hospital Families and the Silent Birth Program

When the time came for Davis Blount to plan his Eagle Scout project, the 16-year-old Riverside High student made it personal. In memory of his older brother, Davis built wooden memento boxes for Durham Regional Hospital's Silent Birth Program.



The Silent Birth program began at Durham Regional in 1991, a year after Bonnie Smith, now its coordinator, helped deliver Janet Blount's stillborn son. "I explained to her that we had no set program for when this happened," said Smith. "Within a year, Janet was part of the team that helped get the program started." Blount met with labor and delivery nurses, telling them about her experience and providing input about materials to give the families.

"The program was named Silent Birth because the mother is having a baby that isn't going to cry," explained Smith. Sometimes, the mother is aware before she arrives at the hospital that her child has died. In other instances, they do not find out until during or after labor. In any case, the mother still has to deliver the baby and, as with live births, that process can take hours or even days.

After a stillbirth, the parents receive a keepsake box filled with memories of their baby. It contains the clothes the infant wore, the blankets in which he was wrapped, his measurements and a lock of hair. A company called Now I Lay Me Down to Sleep enlists professional photographers to donate their time to come to the hospital and take pictures of these infants. The photos are included in the box along with a certificate of life that is stamped with the baby's footprints and signed by both the nurse and the physician. The box also contains a book called "When Hello Meets Goodbye" and information on managing grief.

"Parents are devastated when this happens," said Smith. "Our seasoned nurses ensure that they are treated with respect, and do the best we can to offer support and provide mementos. Many times this involves more than just the mom and dad; sometimes, there are siblings and grandparents we have to console."

The Silent Birth Program now relies on donations for clothing, blankets

and other materials. The Blount family found out about the need for boxes and Davis chose that as his project.

"I thought I could do something to help the families at Durham Regional that have stillborns," said Davis Blount. "I know how much this issue has impacted my family, so I wanted to do something to help."

He asked for volunteers to assist with building the memento boxes and 120 people showed up, ready to sand,

This memory box was made with love by many volunteers as an Eagle project dedicated to the memory of my brother John Byron who was stillborn in 1990.

paint and spackle.
"It was of bigger interest than I

Mary Kate Llamas
Durham Regional Hospital
(919) 470-6521
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expected," said Davis. "Some wanted to help in honor of someone they lost. My goal was 100 and they were finished that day."

"This is a great project for Davis," said Smith. "It is tough since the subject is so close to home, but...the hospital greatly appreciates his initiative and desire to help these families. These memento boxes will last us a long time." ■

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