

# southern NEIGHBOR

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**IT'S TIME FOR CAMP! P. 3**

**RODGERS ROAD  
COMMUNITY P. 5**

**LOCAL FESTIVALS P. 4**

**BERRIES ABOUND P. 8**



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## About Us

Southern Neighbor is a student produced magazine, founded by Bonnie Schaefer and published under the DTH Media Corp.

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# Our Stories

## IT'S TIME FOR CAMP! 3

With summer coming up fast, there are an array of camps in the area that offer more than just fun and games.

## 4 LOCAL FESTIVALS



## 5 ROGER'S ROAD

Community members look back at the impact a landfill had on their neighborhood and toward a future of growth and unity.

## BERRIES ABOUND 8

Strawberries and strawberry farmers alike didn't let the odd late-winter weather stop them from shining this season.

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# Camp is in session

By Kayla Drake

*Summer camp season has officially arrived*

As the school year comes to an end, many kids and parents are wondering what the summer will bring. For working parents, especially, child care can be a top priority during the summer months — but kids are mainly concerned with the fun that awaits them. Luckily, summer camps are the perfect compromise!

Parents have to look no further than the Parks and Recreation department of Orange County to find an interesting summer camp program.

“We put on half-day specialized camps mostly within the STEM or STEAM theme and they run from eight o’clock to 12 and then from one to five,” said Christopher Sousa, recreation superintendent for the

department.

“We provide free lunchtime, they bring their own lunches and we provide free stuff for kids that will stay over and go to a morning camp and an afternoon camp.”

The half camps include everything from theatre, cooking and painting to sports like baseball and soccer. The types of camps offered each week are also based on the different age groups to which the programs cater.

“In my 19 years of experience with this, kids are more interested in summer camps when they have more of a say in what it’s about and if it fits what their likes and desires are,” Sousa said. “We have had this model for five years and we have kept prices low and kept different genres or different types of camps so there are different

opportunities for kids.”

There are several specialized camps for children over the summer that focus on specific hobbies and activities. For example, Ballet School of Chapel Hill offers different workshops throughout the summer focusing on types of dance such as jazz, hip-hop and even fencing. Trinity School of Durham and Chapel Hill is also holding summer camps that introduce special topics, such as movie-making, pottery, robotics and sewing.

Another great opportunity for kids this summer can be found at Camelot Academy, where academics are combined with recreational youth groups for ages 6 to 12.

“People drop their kids off and they play games until around nine o’clock, then they do an hour of math, take a break and then work on English,” Scott Mitchell, director of admissions at Camelot Academy, said. “After that, it’s lunch time, and around 12 we take a bus to go swimming, bowling or roller skating.”

The program provides individualized work for each student based on feedback given from their parents at the beginning of each week.

“We’ve been doing this for 25 years, and it’s a unique program,” Mitchell said. “We get the academics out of the way in the morning, so by lunch they have forgotten that they even had to do it.”

Camelot Academy also has a summer exchange camp that allows students from China to come to the United States and tour cities like Boston and New York. After visiting



Photo by Gabrielle Palacio

The Ballet School of Chapel Hill will be offering active workshops for children throughout the summer.

these cities, they come to the academy and stay with American host families while they learn.

“We have different programs like teaching English as a second language and Chinese teachers to teach them American culture,” Mitchell said. “We also include American students who learn calligraphy and Chinese language with the Chinese teachers so that all of the students benefit from the program.”

Both of these summer programs have already begun registration and are continuing to take students throughout the summer as long as they have not reached capacity.



Photo by Gabrielle Palacio

The Carrboro Recreation and Parks Department, along with local schools and organizations, are offering a variety of summer camps this season.

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# A summer full of festivals

*From crafts and food to parks and pigs, there is a festival for everyone this summer*

By Cole Stanley

It's time to break out the picnic blankets, catch some fireflies and, yes, figure out what to do with the kids now that they're out of school for the year. Luckily, all across the Tar Heel state there are dozens of artsy, tasty, funky festivals to ensure you always have weekend plans.

If you're looking for music, consider a trip to Mebane on July 29 for the North Carolina Gospel Fest, which is sure to be lively and uplifting. Or take your lawn chairs down to Burlington City Park to enjoy a breezy summer evening to the sounds of local artists in the Sunset Rhythms free concert series.

Graham is hosting the Thursday at 7 Concert Series every – you guessed it – Thursday at seven on West Elm in downtown that can break up the monotony of a busy week. If a weekend away is what you're after, check out the BIG What? at Shakori Hills in Pittsboro, where camping out for the weekend is encouraged! There will be plenty of music, food trucks and outdoor yoga.

For those of us who want lots of arts and crafts, as well as local food vendors, face painting and diverse cultural experiences, the Latino Arts Festival in Apex on June 3 is sure to be a hit. Also in June, be sure to mark the official start to the Summer season in Greensboro at the Summer Solstice festival. Vendors will be selling

**1** **PEAK CITY PIG FEST**  
June 16-17; Apex, NC

**2** **THURSDAY at 7 CONCERT SERIES**  
May 25, June 22, July 28, August 25  
Graham, NC

**3** **THE BIG WHAT?**  
August 17-19; Pittsboro, NC

**4** **GREENSBORO SUMMER SOLSTICE FESTIVAL**  
June 17; Greensboro, NC

**5** **2017 COUNTYWIDE CONCERT SERIES MUSICAL CHAIRS**  
June 9, July 14, August 11; Burlington, NC

**6** **NORTH CAROLINA GOSPEL FEST**  
July 29; Mebane, NC

**7** **CARRBORO COMMUNITY FOURTH OF JULY CELEBRATION**  
July 4; Carrboro, NC

**8** **JULY 4th PICNIC in the Park**  
July 4; Hillsborough, NC

**9** **LATINO Arts FESTIVAL**  
2017 Latino Arts Festival  
June 3; Apex, NC

**10** **FESTIVAL for the ENO**  
July 1-4; Durham, NC

Graphic by Barb Starbuck

everything from handmade jewelry to fairy crowns, and music will be provided by numerous local artists. For food, there's no festival more North Carolinian than the Peak City Pig

Fest in Apex. The top pitmasters from across the one true barbeque state will gather for a weekend of smoky, tangy fun. Check out the Festival for the Eno, which will host more than 60 bands,

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# More than a history

## THE COMMUNITY RECALLS DECADES-LONG STRUGGLE TO HAVE CLEAN WATER

By Molly Smith

Just two miles down the road from a community center that gladly serves as the stomping grounds for minority children of all ages lies the dying remains of an 80-acre landfill that came at a price for the Rogers Road community.

Some of these children are part of the newest generation of families that Minister Robert Campbell calls the “groundbreakers” — those who have been around since the start of the effects caused by the landfill and pushed for change. Campbell, the current president of the Rogers Road Neighborhood Association — RENA — started getting involved in community politics when the now-closed landfill started to cause tangible issues.

“The water began to smell bad, and it

would get into your clothes,” Campbell said. “So we had to start going into town and washing our clothes at the laundromat.”

The Rogers Road community, located in the middle of Chapel Hill and Carrboro town lines, housed the Orange County landfill for over 40 years before its closure in 2013. However, Campbell said no protections were put in place for the drinking water, as the community was not connected to the municipal water system and used wells.

According to the Rogers Road community website, Howard Lee, the mayor of Chapel Hill at the time, promised paved roads, a recreation center, public transit and access to public water on Rogers Road after the temporary landfill filled up. David



Photo by Aislinn Antrim

The Orange County Landfill, located near the Rogers Road community, closed in 2013 after more than 40 years of operation.



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Caldwell, project director for RENA and a vital force in the neighborhood, said he still remembers Mayor Lee making these vows directly to his father. But Campbell said these proved to be empty promises that weren't in the mayor's hands, and the community continued to suffer.

"In the past month alone, we've had five of our residents to pass away. Out of those five, four of them had cancer," Campbell said. "We don't know whether it was their lifestyle, the air they were breathing or the water they were drinking."

He's not alone in believing that the contamination in the water may have caused deaths in the neighborhood. He said some residents have seen everything from coal ash to biological waste thrown into the landfill, contaminating the air and water in surrounding areas.

According to the Daily Tar Heel, the UNC Gillings School of Public Health conducted a study in 2009 that revealed E.Coli bacteria and fecal contamination in the drinking water. The Orange County Health Department followed up in 2011 with tests that proved only two of the 11 wells in the neighborhood contained water that met the Environmental Protection Agency standards.

But government officials in Chapel

Hill still could not find another place for the landfill, and tried to give seven of the "groundbreaker" residents access to public water and sewer lines as a temporary fix to the situation. Even as the town tried to rectify the situation, some residents didn't think forgiveness was in order.

"It's taking advantage of those who don't have as much," said gardener and long-time community member Marian Peppers. "Do wrong; be afraid. That's the Bible."

A complex history exists behind the treatment of people of color in regards to hazardous waste facilities. According to a 2007 Toxic Wastes report, people of color make up over 56 percent of the residents living within two miles of these areas.

"It goes back to their plan — it's a steady course," Peppers said. "We knew about it before the battle started."

The Rogers Road Neighborhood Task Force was created in 2012 in

**“ We like to talk about the history of the Rogers Road, from slavery to nowadays, and the transition. It's how you get over those barriers — those 'isms from yesterday. ”**

Minister Robert Campbell



Photo by Aislinn Antrim

Community member Marian Peppers runs the Rogers Road community garden which helps provides fresh produce to the neighborhood.

order to make recommendations to the Chapel Hill Town Council for improvements around the

In 2012, the Orange County Board of Commissioners voted to close the landfill. It was officially shut down in June of 2013. The 15,000 tons of waste generated by the county is now directed to the Waste Disposal and Recycling Center in Durham, which costs about \$3.5 million more annually, the Daily Tar Heel reported.

While the landfill is still a sore spot for many residents, Campbell believes that educating people about it will help heal the community.

"We like to talk about the history of the Rogers Road, from slavery to nowadays, and the transition," he said. "It's how you get over those barriers — those 'isms from yesterday."

After the landfill was shut down, RENA was awarded \$650,000 for the construction of a new community center. It opened November of 2014 on the 100 block of Edgar St, and many community leaders saw it as a fresh start in the Rogers Road neighborhood.

neighborhood. According to its website, members pushed for a sewer service and a safer community center.

That same year, the existing community center was shut down by the Town of Chapel Hill because of the center's failure to comply with fire and safety codes, and its lack of a permit to use a house as a community center.

In the meantime, community members cited that the Rogers Road area was still suffering from the effects of the landfill, including the use of illegal dumpsites and contaminated backyard wells.



## Tenacious sleuth returns

At the annual Pumpkin Festival in the coastal town of Pequod, Maine, Rhe Brewster, an ER nurse and Police Department consultant, responds to screams at the site of the Pumpkin Drop. Racing to the scene, where a one-ton pumpkin was dropped from a crane to crush an old car, Rhe and her brother-in-law, Sam, Pequod's Chief of Police, discover the car contains the smashed remains of a man's body. After the police confirm the death as a homicide, Rhe embarks on a statewide search to identify the victim and find the killer. During the course of the emotional investigation, she survives an attempt on her life at 10,000 feet, endures the trauma of witnessing the murder of an old flame, and escapes an arson attack on her family's home. There is clearly a sociopath on the loose who is gunning for Rhe and leaving bodies behind. With Sam unable to offer his usual support due to an election recall and a needy new girlfriend, Rhe realizes that the only way to stop the insanity is to risk it all and play the killer's game.

Maine's most tenacious sleuth is back, this time to confront a menace that threatens to destroy her life and those closest to her. The latest installment of the Rhe Brewster Mystery Series, *Death By Pumpkin*, is a murder mystery and thriller that tests the limits of Rhe's strength and resolve like never before.

N.A. GRANGER is a Professor Emerita at the University of North Carolina School of Medicine. After forty years of research and teaching undergraduates and medical students, she decided to turn her knowledge of human anatomy to the craft of mystery writing. In addition to the Rhe Brewster mystery series, she has written for *Death South* and *Sea Level* magazines and the *Bella Online Literary Review*. You can find more of her writing and musings on her website: [saylingaway.wordpress.com](http://saylingaway.wordpress.com). She lives with her husband, a cat who blogs, and a hyperactive dog in Chapel Hill, North Carolina, and spends a portion of every summer in Maine.



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“It’s ours,” Peppers said. “It’s a place where we can hang out and connect with each other.”

Campbell, Caldwell and others now use the community center as a place to implement programs to help the homeless or hungry, to clean up the neighborhood and to care for children in the area.

Campbell said they have since implemented summer enrichment camps, toy drives, cooking classes, movie nights, a food bank that serves up to 65 families each week and more. There’s also a community garden run by Peppers that provides opportunities for field trips for children and brings plants and crops to the area.

“Our goal is to unify our society, and through social engagement, we have been able to do that,” Campbell said. “We provide those services, but we also provide spaces for people to have community meetings and it’s always a safe haven for the kids to hang out.”

Almost all of the people involved with the center are volunteers, which allows RENA leaders to offer services at a low price — only \$25 each month for children to have in-depth tutoring after school every day. The center also often provides free breakfast for children

“

*Our goal is to unify our society, and through social engagement, we have been able to do that.*

”

Minister Robert Campbell

on their way to school or before the summer camp starts.

“It’s hard to teach a child something if they’re struggling with hunger,” Campbell said. “If a culture is good health-wise, they’re gonna be good mentally, and they’re gonna be strong.”

In late 2016, the Orange County government authorized funding for municipal sewer line construction to reach the Rogers Road community.

The construction of almost four miles of sewer lines is anticipated to begin this summer, the Town of Chapel Hill website reports.

Judy Johnson, the principal planner in the Planning and Sustainability Department within the Town of Chapel

years to come and residents like Campbell, Caldwell and Peppers refuse to be left in the dark again.

“It takes collaboration and participation for change to occur,” Campbell said.

“We’re not saying we don’t want development to come, but we want to control what the development will look like.”



Photo by Aislinn Antrim

The new Rogers Road Community Center opened in late 2014. It serves as a place for community events, childcare and a food bank.

Hill, said bids have been received by the Orange Water and Sewer Authority, and a tentative groundbreaking ceremony is set for June 20. She said the town worked with both RENA and the Jackson Center, an organization made to preserve the historically black communities in the area, to come up with a plan for the sewage system.

“They both held instrumental roles in assisting the three jurisdictions in acquiring the necessary sewer easements,” Johnson said.

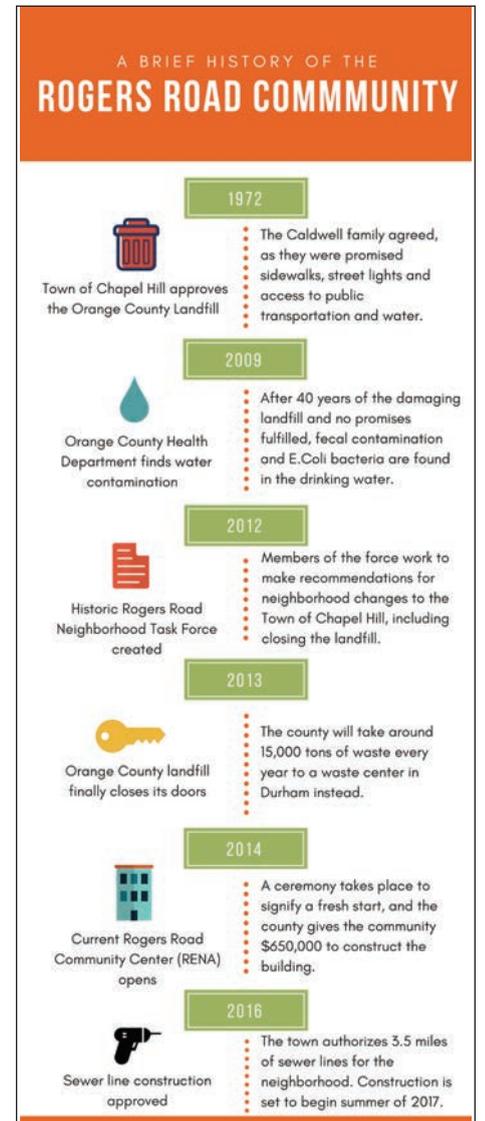
Rogers Road residents are excited about the new development, hoping it will help with affordable housing in the area.

“It’s been a long time coming,” Peppers said. “It should’ve been their first priority.”

Johnson said the Town of Carrboro plans to construct sidewalks in the neighborhood sometime in the coming year.

While the Rogers Road community has struggled with the burden of the closed landfill, RENA still prioritizes unity and social justice for all.

RENA leaders plan to be involved in community development changes in the



Graphic by Molly Smith

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# A berry good season, despite weather

Local farmers turned freeze and flood into berries abound

When the going gets tough, the strawberries get growing. This year, North Carolina berry farmers saw freezing temperatures and rainy day after rainy day. Nevertheless, the crops persisted. “The weather has kept us on our toes,” said Chas Edens, director of Anathoth Community Farm & Garden in Cedar Grove. Anathoth grows produce and shares it through the Community Supported Agriculture model. Working as a nonprofit, they grow and distribute 180 boxes of produce to several drop-off locations in the area.

This year, they had even more work on their hands. When nearby farm Whitted Bowers took a sabbatical to update their gardens and orchards, Anathoth took over their blueberries, growing and maintaining them to be placed in the produce boxes.

The farm expects a 50 percent harvest of blueberries this season, and they aren't the only ones who have struggled this year. Edens said their neighbors' irrigation system for the blueberries froze and didn't work. And it didn't help the blueberries or the strawberries when the area got seven inches of rain in 72 hours.

“We had those three rainy days,” said Jennifer Brooks, owner of Brooks' Farm in Timberlake, about her own crop of strawberries. “That much rain? It's gonna rot 'em.”

Brooks said last year they had too much rain, too. In peak season, they lost over half their crop of strawberries.

Farmers can cover the strawberries, but they cannot control the weather.

“Take it as it comes, grin, bear it and keep on getting it,” Brooks said.

John Soehner of Eco Farm in Chapel Hill decided to take the good with the

“*We had those three rainy days. That much rain? It's gonna rot 'em.*”

Jennifer Brooks

bad when the rain rotted his strawberries.

“It may be bad for the strawberries but it helped a lot of other things,” he said.

The rain made Eco Farm's greens, like arugula and swiss chard, fresh and leafy — and it made the farmers work extra hard for those berries.

The Hunt family is no stranger

to hard work. They opened Hunt's Strawberry Farm in 1970 in Knightdale and now have a three-generation legacy of providing sweet strawberries and good memories to families around the state.

The farm consists of 5.12 acres and about 58,000 strawberry plants. While they grow blackberries, peaches and figs for personal use, they only sell strawberries.

“We do it to provide family fun and nutrition,” Arnella Hunt, current owner of the farm, said. “It's hard to make a living off farming anymore.”

And it's been especially hard to grow strawberries this year. Hunt said they had about 12 consecutive days of cold weather. When it gets chilly, they cover the strawberry plants and hope for the best — until it drops below 30 degrees Fahrenheit.

That's when the Hunts get down to

business.

Strawberries can survive at freezing temperature, 32 degrees, but they won't make it if they get colder than that. To keep them hanging on, farmers douse the blooms and berries in water using the sprinkler system and let that freeze over, giving the strawberries a protective sheet of ice.

“We drained our pond almost to its entirety,” Hunt said.

When they ran dangerously low on water, their neighbors offered their own pond water to pump into the irrigation system. They needed to empty their pond for landscaping purposes and the Hunts needed water.

But even with the extra water, their problems did not vanish. If it got too cold, sprinkler heads would freeze over, and then the farmers would need to be out there at night banging the sprinklers with a pipe wrench until the ice broke loose.



Photos by Gabrielle Palacio

Local farms like Hunt's, which provides U-Pick services to local families, had to put in extra work this season to produce the same familiar, sweet crop. Freezing weather and heavy rain threatened blueberries and strawberries alike.

“It was a lot of long, cold nights,” Hunt said. Without continual water, the berries would lose their protective sheet of ice, shrivel up and die. Many nights, the family would be out among the strawberry plants fixing the sprinklers to make sure the strawberries stayed frozen.

“That’s the difference between us and people in our perimeter,” Hunt said. “You can’t just say, ‘Oh, whatever, it’s too cold.’”

Hunt made it clear that perseverance is a trait not just of berry farmers, but of strawberries themselves.

Over at Anathoth Community Garden & Farm, the strawberries survived the weather and ripened for the harvest.

“They bounced back and they’re doing pretty good,” Edens said.

All across the state, berry lovers came together to share a love of strawberries at events like the Strawberry Jamboree at the Carrboro Farmers’ Market and the Strawberry

delicious red berries.

Going berry picking lets people have interactions they never would have had otherwise, and it lets people make memories they couldn’t make anywhere else.

“After you lose someone, the memories are all you have,” Hunt added. She lost her father during strawberry season, and working out among the plants was like therapy for her. Picking strawberries uses all the senses, Hunt said — touching, tasting, smelling, seeing, laughing.

“The only time I see people frowning it’s because their mom won’t let them eat any,” she said.

The worst part of growing strawberries to Hunt? Weather dependency, and not just for the plants themselves. If it’s cold, people don’t want to come out to pick strawberries.

“(Strawberries) act just like we do,” Hunt said.



“*That’s the difference between us and people in our perimeter. You can’t just say ‘Oh, whatever, it’s too cold.’*”  
 Arnella Hunt

Dessert Contest at the State Farmers Market in Raleigh.

Hunt says berry picking brings people together. Her farm isn’t just providing people with strawberries — it’s providing families with memories.

“I felt like Oz ‘cause I was granting wishes,” Hunt said, describing how it feels watching kids fill up buckets with

Summer heat signals the plants it’s time to stop blooming. The cold makes strawberries shrink in on themselves just like people do when it’s nippy outside.

This year, Hunt’s Strawberry Farm began selling strawberries on April 7 — earlier than usual, thanks to the wild weather. They lost 70 percent of their first crop and experienced a lull between

Photo courtesy of Erik Perel  
 McAdam's Farm is serving up berries this season. Local U-Pickers Ellamarie, Owen and Harrison Perel show off their wares.

their first and second crop, but they never stopped.

Families get to enjoy strawberry

shortcake this summer thanks to perseverant farmers like the Hunts all over North Carolina.

# June Calendar

## 1 Thursday Cooking Class

Passmore Center, 5:30 p.m.

Chef David Sovero will be holding classes starting June 1 on how to utilize ingredients you have in your pantry for \$9 per class.

## 2 Friday Bubble-ology

Kidzu, 3:30 p.m.

Bring your child to Kidzu where they can make their own bubble solution, drink bubble tea and become bubble experts for an afternoon. \$10 per child.

## 4 Sunday Black in Ballet

N.C. Museum of History, 2 p.m.

Listen to the story of Debra Austin about her experience as an African-American woman in ballet, presented by the Triangle Friends of African-American Arts.

## 5 Monday Art Exhibition

Seymour Center, 3 p.m.

Acrylics artist Kiri Prazma's work will be exhibited starting June 5 and ending July 20. His works span from portraits to abstracts and landscapes.

## 3 Saturday Family Comedy

DSI Comedy, 4 p.m.

Come to DSI Comedy Theater to hear interactive, family-friendly comedy where your child can try out their chops. Prices range from \$6 to \$10.

## 3 Saturday Summer Kick-Off

Orange County Library, 8 a.m.

Enjoy a 5k, face painting, giant Jenga, folk music and snow-cones at the Library's kick-off to their summer learning series.

## 6 Tuesday TOTO Concert

Carolina Theater Durham, 8 p.m.

The Carolina Theater in Durham will be hosting the pop band TOTO which rose to fame in the late 70s. Tickets start at \$50.

## 7 Wednesday Northgate Jams

Northgate Mall, 6 p.m.

Part of a weekly series, Northgate Jams is an event for musicians and music lovers alike. Information on scheduling changes can be found on their Facebook page.

## 8 Thursday Nature Storytime

Duke Gardens, 10:30 a.m.

Bring your child out to Duke Gardens for a nature themed storytime and activity at the Discovery Garden Story Circle. Recommended for children ages 3 to 5.

## 9 Friday Blues Concert Series

Carrboro Town Commons, 6:30 p.m.

Co-sponsored by Carrboro Recreation and Parks, this series will include artists from around the country. Admission is free and there will be food trucks at the event.

## 10 Saturday Coffee Tasting

Carrboro Coffee Roasters, 11 a.m.

Explore coffee from around the globe while learning about the effects the coffee market has on what we drink. Admission is \$20, for more information email [info@carrborocoffee.com](mailto:info@carrborocoffee.com)

## 11 Sunday History Tea Time

Burwell School Historic Site, 3 p.m.

Come to the Burwell School for an old-fashioned tea time and a history lesson on the town of Hillsborough for only \$5. Professor of Women's History Sylvia Hoffert will discuss her research on the town.

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Check out the online calendar as well.

It is available at [SouthernNeighbor.com/upcoming-events/](http://SouthernNeighbor.com/upcoming-events/)

**12 Monday**  
**"Ni-Hao" Wolfpack**

North Carolina University, 8:30 a.m.

NC State will be hosting a Mandarin Chinese language and culture camp starting June 12 through the Confucius Institute.

**13 Tuesday**  
**Canvas and Cupcakes**

Edison Johnson Recreation Center, 11 a.m.

Want to create something along with getting a sweet treat? This event for 5- to 12-year-olds has just that. Admission is \$3 for Durham residents, \$8 otherwise.

**13 Tuesday**  
**Summer Concert**

North Carolina Museum of Art, 8 p.m.

Icelandic indie band Kaleo will be performing in a summer concert sponsored by Cat's Cradle. Tickets start at \$24.

**14 Wednesday**  
**Ethics of Comedy**

Flyleaf Books, 5:30 p.m.

Part of their Summer Lecture Series, Flyleaf will be bringing Associate Director of the Parr Center for Ethics Jeff Sebo to speak on the ethics of comedy.

**15 Thursday**  
**Spin Art for Father's Day**

Kidzu, 2 p.m.

Bring your child to Kidzu to use a giant centrifuge for personalized Father's Day art. There are multiple private sessions available from 2 to 5. Admission is \$20.

**16 Friday**  
**We Love Arabs showing**

Reynolds Industries Theater, 8 p.m.

Come out to see the show, We Love Arabs, which portrays a Jewish choreographer and Arab dancer trying to create a show that carries the message of peace. Tickets are \$27.

**17 Saturday**  
**Native Plant Gardening**  
North Carolina Botanical Garden, 1:30 p.m.

This event will cover the basic techniques of growing native North Carolinian plants like pruning and pest control. Admission is \$48 for non-members, \$43 for members.

**18 Sunday**  
**Father's Day Fish Fry**

The City Tap, 12 p.m.

Come celebrate Father's Day with a fish fry! The menu will include fried local fish, slaw, hush puppies, corn on the cob and watermelon. Prices range from \$10 to \$20.

**19 Monday**  
**Jazz Concert**

Pittsboro Roadhouse, 7 p.m.

The Pittsboro Roadhouse will be hosting the Triangle Jazz Orchestra. This event is recommended for all ages. Tickets are \$10.

**20 Tuesday**  
**Barista Basics**

Larry's Coffee, 1 p.m.

Want to learn the basics to being a barista? Join Larry's Coffee on June 20 to practice steaming milk, the last course in a three-part series. Admission is \$25 for non-wholesale buyers.

**22 Thursday**  
**Durham Bulls at Home**

Durham Bulls Athletic Park, 7:05 p.m.

Break out the Cracker Jack and join the Bulls in the last of four consecutive home games against the Norfolk Tides. Ticket prices start at \$24.

**23 Friday**  
**Beer Tasting**

Taylor's Wine Shop, 5:30 p.m.

Part of a monthly series, Lonerider Brewing Company will be holding a free beer tastig at Taylor's Wine Shop in Raleigh.

**24 Saturday**  
**Kid's Cooking Class**

Southern Season, 11 a.m.

In this class, students will pick ingredients from the Chapel Hill Farmer's Market after meeting at the Kitchen and transform them into a meal. Tickets are \$40.

**25 Sunday**  
**Goat Yoga**

Hux Family Farms, 10:30 a.m.

Come enjoy a session of Bikram yoga with some goat and lamb friends. This event is free but donations are welcome to further the farm's ability to hold events.

**27 Tuesday**  
**Children's Storytime**

McIntyre's Books, 10:30 a.m.

Bring your children to McIntyre's Books in Fearington Village for a story time on the theme, At the Ocean. Babies, toddlers and preschoolers are welcome.

**29 Thursday**  
**Latin Vibe**

Beyu Caffe, 9 p.m.

Dance some salsa, bachata and kizomba at Beyu Caffe's Latin Vibe night. The night will start with a free dance lesson, a cover charge of \$8 will apply after 9:30.

# Alzheimers & Dementia: Is Your Family at Risk?

## June is Brain Awareness Month

By Dr. Trish Leigh  
Leigh Brain & Spine

**Q: Can Alzheimer's be passed down to family members.**

A: It is not so much passed down as it is that your brain is very much like your parents' brains. If your parents suffer from Alzheimer's or

Dementia, your similar brain pattern is at greater risk for slowing down prematurely and ultimately brain cell death. These two factors cause memory loss and problems thinking.

**Q: Is there anything that can be done to prevent Alzheimer's or Dementia?**

A: Yes, neurofeedback is designed to improve the structural health of brain cells and keep them working at top efficiency to ward of the onset of memory and thinking problems. It is proven by science (check out one study below). The best thing to do is have a brain map to see if your brain is at-risk for dementia and, if warranted, Neurofeedback training. Neurofeedback can be the difference maker, especially if you are the child or grandchild of a (grand)parent with Alzheimer's. You can do your part to stop Alzheimer's in its tracks in your family.

*Neurofeedback Training Induces Changes in White and Gray Matter, Ghaziri et al., 2013*

*Efficacy of neurofeedback for executive and memory function in dementia, Berman et al., 2009*



Dr. Patricia Leigh

### Neighbor to Neighbor

**Dr. Patricia Leigh**

is a Neurodevelopmentalist and specializes in helping children and adults overcome their struggles. Find out more at [leighbrainandspine.com/memory](http://leighbrainandspine.com/memory) (919) 919-401-9933



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### Business Spotlight:

## Apostrophe Gardens, LLC

Chapel Hill resident Rick O'Hara started his landscaping career in the Triangle, and quickly chose a residential focus, so he could work more closely with individual homeowners. Over the past 20 years, Rick has worked on residential projects of all sizes in the Twin Cities and San Francisco Bay Area as well, before returning to North Carolina last summer.



Rick's business, Apostrophe Gardens, LLC, offers custom garden, design, and installation solutions in Orange and Chatham counties. The Chapel Hill-based company focuses on environmentally conscious perennial gardens, shrub and tree training, and natural stonework.

Rick works on a broad scope of projects – from DIY support and guidance, to helping homeowners reimagine their properties from scratch. Whatever the project size and budget, Rick works to meet homeowners' individual needs and lifestyles, with attention to detail and clear communication.

Whether it's your first home, or you're resettling your empty nest, Apostrophe Gardens, LLC can help you make the most of your home environment. Visit [apostrophegardens.com](http://apostrophegardens.com) to learn more, see photos of Rick's past projects, and read testimonials from happy homeowners. While you're there, schedule a free consultation, or email Rick at [rick@apostrophegardens.com](mailto:rick@apostrophegardens.com).

# International Stocks – Time to Increase Your Holdings?



Haleh Moddasser, CPA

The U.S. economic expansion has been going for one of the longest periods in history without a significant recession. (See graph below). While the latest data from the Conference Board doesn't suggest a high likelihood of a recession in the next 12 months, a shallow recession in the next two to three years is certainly possible.

Given the length of the current bull market, it's no surprise that U.S. stocks have moved from bargain levels in 2009 to record highs. The bull market in U.S. stocks may continue if pro-growth measures are enacted by Congress, but given the current climate in Washington, this is becoming increasingly less likely, at least in the short run.

Conversely, many overseas economies are still in the early stages of recovery from their own economic struggles. As a result, there are still good stock valuations available. In fact due to their slower economic recovery, many overseas stock markets have underperformed the U.S. for a long period of time, which means a

patient investor could expect International stocks to potentially outperform U.S. stocks over a three to five year period.

Other reasons to consider having more international stocks:

- Stocks of any kind are among the few items most consumers generally won't purchase when the goods are on sale! Typically, bad news in the markets is exactly the time when you can expect bargain purchase prices, while good news in the markets is when such bargains have vanished. The former will typically yield subpar returns.
- The World Bank estimates that 70% of the growth in the world's economies will occur outside the U.S. in the next decade. Spurred by population growth, urbanization trends, and infrastructure spending.
- 52% of all publicly held companies (weighted by size) are outside of the U.S. This is a large percentage of the global economy to miss.

If increasing your international holdings, think through the following:

- Should I focus more on strong high quality companies like Nestle or Samsung, or smaller growth stocks that may have more risk along with better return prospects?
- Is it better to pick some good overseas companies that trade as American Depository Receipts (ADRs) in the U.S. or go with a diversified funds? We generally recommend diversified funds for do-it-yourselfers.
- Should I use more Exchange Traded Funds or index funds, versus active funds? We suggest a balance although there are times in the market when either index funds or active funds are best.
- Should I consider globally diversified funds that shifts allocations between cash, bonds, stocks, gold and other areas as they see fit? These funds have done quite well of late with less downside risk, but clearly not as well as funds holding only international stocks.
- Should I choose funds that float based on currency changes or should I use funds that hedge currency fluctuations?

Remember also that geographic diversification is important:

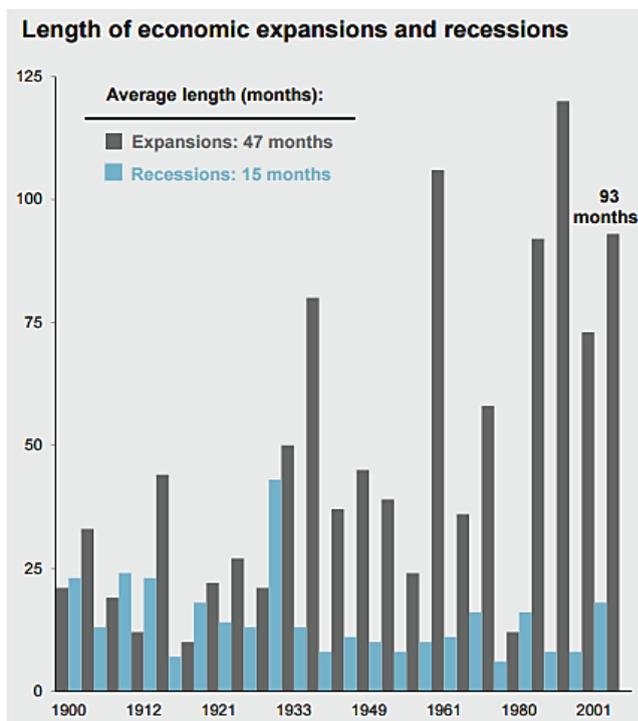
- Developed countries typically have a highly developed economy with advanced technological infrastructure compared to less industrialized nations. This category has historically offered the least amount of volatility when compared to Emerging and Frontier Markets.
- Emerging market countries are less advanced than developed countries but have more advanced economies and infrastructures than frontier market countries. This category typically contains greater risk but has the potential for greater returns.
- Finally, frontier market countries are small nations that are in the early stages of economic and political development. They have less advanced capital markets but may have investable stock markets that are less established (less capitalization, limited ability to invest and less liquidity) than those in the emerging markets. This category typically carries the most risk but could potentially produce higher returns over the long run.

Be an informed consumer. Consider your options and don't let the fear mongering of the 24/7 news machine freeze your allocation in place.



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Source: BEA, NBER, J.P. Morgan Asset Management. \*Chart assumes current expansion started in July 2009 and continued through March 2017, lasting 93 months so far. Data for length of economic expansions and recessions obtained from the National Bureau of Economic Research (NBER). These data can be found at [www.nber.org/cycles/](http://www.nber.org/cycles/) and reflect information through March 2017. *Guide to the Markets - U.S.* Data as of March 31, 2017.

Four Reasons to Consider International Stocks	Compared to U.S.
<b>1. Economic Growth Outlook</b>	<b>International Developed Markets</b> appear to be in the earlier stages of a recovery. <b>Emerging Markets</b> have the potential to outperform developed markets over the long term, but with greater risk.
<b>2. Estimated Earnings Growth</b>	International stocks could have more earnings growth potential assuming their economies continue to recover.
<b>3. Current Stock Valuations</b>	International stock valuations appear to be more attractive (i.e. generally better bargains abroad).
<b>4. Stimulus</b>	Stimulus increases are in their early stages in many countries abroad, potentially paving the way for growth.

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# Men's Skin Health

**By Chris G. Adigun, MD**  
Board Certified  
Dermatologist Dermatology & Laser  
Center of Chapel Hill

Many men do not think about the health of their skin. It's not their fault—they weren't taught to. Girls learn starting at a young age to care for their skin: to use moisturizers, to apply makeup, and to protect their skin from the sun. Men and boys don't receive these lessons. Men are usually taught that aging is an inevitable process for them and there is nothing they can do to prevent it or amend it. However, men are often at high risk for skin cancer and don't know there are anti-aging solutions for them. The good news is recent trends show that men are starting to care more about their skin health and want options to slow down the aging process.

According to the Skin Cancer Foundation, the majority of people diagnosed with melanoma are white men over the age of 55. Between outdoor work and outdoor recreation, men tend to have more unprotected sun exposure than women, yet men also tend to examine their skin less frequently. Just 51 percent of men in the U.S. reported using sunscreen in the previous 12 months and an alarming 70

percent did not know the warning signs of skin cancer, according to a Skin Cancer Foundation survey. The most common spot for skin cancer on men is on the back. These skin cancers are most often noticed by a man's partner. When detected early, skin cancer is highly treatable. The American Academy of Dermatology recommends that everyone check their own skin and their partner's skin regularly for any new or suspicious spots.

The daily use of a broad spectrum sunscreen can decrease the chance of skin cancer by half and is one of the best things a person can do for anti-aging. The number one complaint from men about sunscreen is the heavy, greasy film sunscreen leaves on their faces and hands. Sunscreens have come a long way since the thick, white, gooey protection of the past. Sunscreens are now more cosmetically elegant and lightweight without a heavy, greasy feeling. Some sunscreens can even be applied as powders. The powder application is especially nice when you want to keep your hands from getting moist and affecting your grip, like when you're playing golf or tennis or riding a bike. Powder sunscreen is also great for men who have receding hair lines or thinning hair and need protection on their heads without greasing up the scalp.

Lastly, sun protective clothing has come a long way. There are so many great stylish UPF (Ultraviolet Protection Factor) clothes available. If you buy UPF clothing, make sure the items are UPF 50 or higher.

Men's aesthetics are on the rise. Men want to look and feel confident in their skin just as much as women. Facial vessels and redness are a very common skin issue for men. These vascular changes are a sign of aging and sun damage, and thankfully, can be treated with laser and light treatments. Botox for men, often labeled "Bro-tox," is quickly becoming a treatment men really enjoy. Plus, when injected in the forehead to relax the lines it does double duty by decreasing excessive sweating. Finally, a double chin can really shake a man's confidence. When a man has a double chin it can make him look heavier and his jawline appears weak. Kybella is an injectable treatment that destroys fat cells under the chin and is a great solution for men wanting to restore their strong jaw lines. A few injections to dissolve the fat is all it takes. These are just a few of the many options for men who are interested in slowing the aging process. Regardless the skin or aesthetic issue, it is important to see a board certified dermatologist who can address any of your skin health concerns.



Dr. Chris G. Adigun

## Neighbor to Neighbor

Dr. Chris G. Adigun and her team offer a comprehensive dermatology practice that delivers the highest quality care through careful patient evaluation and personalized treatment.



The Dermatology & Laser Center of Chapel Hill is located in The Veranda at Briar Chapel: 58 Chapelton Court, Suite 120, Chapel Hill. Contact via phone, 919.942.2922, or online at: [DermatologyAndLaser-CenterOfChapelHill.com](http://DermatologyAndLaser-CenterOfChapelHill.com)

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# What's Hot, What's Not – Part II

by Chris DiGiovanna

This is the second article in a series that will highlight items that are selling well versus items that are selling poorly, based on personal observation.

## What's Hot

Vintage Bakelite Jewelry – Bakelite was developed by Leo Baekeland in Yonkers, New York, in 1907. As an early plastic, it was used primarily for electrical insulation due to its nonconductive properties. Use eventually spread to radio cases, kitchenware, toys, smoking pipes, and even firearms. However, our focus will be jewelry.

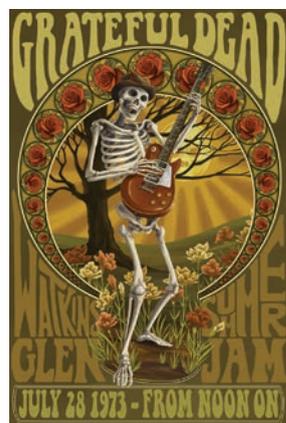


The most collectible bakelite jewelry tends to be beaded necklaces and bangle

bracelets, although whimsical brooches are very popular, too. Vintage cherry amber and egg yolk-colored beaded necklaces can command hundreds or even thousands of dollars for a single necklace, depending on the size of the beads. Bracelets of all colors with interesting designs or carvings tend to be very popular amongst collectors, as are apple juice-colored bracelets that may have flowers, fish, or other designed carved or painted on the inside. Pin subjects vary widely – from patriotic pins and banjo playing frogs to pipe smoking dogs and pencils with dangling school charms. The more unusual, the more collectible they seem to be!



Vintage Rock N' Roll Memorabilia – Whether you were a flower child from the 1960s or a wild child from the 1980s, some of the souvenirs from the concerts and your favorite bands



may be quite valuable now. Original concert posters are very desirable amongst collectors, with many fetching several hundred

dollars to a thousand dollars or more. Extremely rare Beatles or Grateful Dead posters can even jump into the five-figure range.

In addition to posters, ticket stubs, programs, even old concert t-shirts are collectible. 1980s hard rock t-shirts frequently resell for \$50-\$100+, and if you were lucky enough to acquire and hang onto original rock shirts from the 1960s or 70s, those can be worth even more.

## What's Not

Silver plate – Historically, silver was originally only affordable to the very wealthy. However, in the mid 1700s, Thomas Boulsover of Sheffield, England, invented a process in which he could bind a fine layer of silver to other metals, giving the appearance of silver at a fraction of the cost.

Today, while silver remains popular for use in jewelry and decorating, most buyers prefer to have sterling silver over silver plate, as both require the same degree of care and maintenance, but sterling objects hold their value much better.

How do you know if your item is sterling or silver plate? Sterling items are typically marked "STERLING" or "925", as sterling is 92.5% pure silver. Silver plate objects may be marked EPNS (Electro-plated nickel silver), Quadruple Plate, Silver on Copper, etc. Also, sterling items won't be attracted by a magnet, whereas sometimes silver plate objects will be.

Beanie Babies – Beanie Babies were launched in 1993, but didn't start becoming a collectible phenomenon until 1995. Their story is a fascinating lesson in supply and demand, when production of the beanies was limited on purpose, leading to a massive secondary market. At the peak of their popularity, they accounted for approximately 10% of the sales on eBay where they could be flipped for as much as a 1000% mark-up.



However, like most collectible crazes, the era of the Beanie Baby has come and gone. Most people that collected large quantities of the stuffed critters are disappointed to learn that their investment is most likely worth pennies on the dollar now. Due to their low resale value, I recommend that people who wish to depart with their collections donate them to police or children's hospitals, so that they may be enjoyed by younger generations in need of some cuddly comfort.

Chris DiGiovanna is the President of Trader Chris Consignments, which specializes in selling valuable collectibles, jewelry, watches, and estate silver on eBay. Chris can be reached at [chris@traderchris.biz](mailto:chris@traderchris.biz).

## Neighbor to Neighbor

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# KEYNOTES | June 2017

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Equipment ]

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### Porcelain Figurines

[ American / European ]

Babe Ruth Signed Baseball



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### Sports Memorabilia

[ 1970s & Earlier ]

Madame Alexander Doll Collection



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### Vintage Dolls

[ 1960s & Earlier ]

Rutherford Hayes White House Plate



Sold for \$3189  
Shipped to Sidney, IA

### Historical Memorabilia

[ Political or  
Significant US Events ]

Vintage Messerschmitt  
tg500 Toy Car



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### Vintage Toys

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