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About Us

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The two groups most susceptible to a lack of mental health care access



K-12 Students



Non-English Speakers

Reasons for a Lack of Services for These Groups

Time commitment
Insurance
Transportation
Lack of Understanding of Mental Health Issues

Lack of diversity in languages offered
Lack of cultural competency training

Orange County is working to expand its mental health care access to K-12 students and non-English speakers.



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Mel's Commissary and Luncheonette is a new lunch-only restaurant in Carrboro. Read our review of its simple, homestyle cuisine and slightly retro atmosphere.

HICKORY HOUNDS 8

Mike Arnold is the dog whisperer of Carrboro. We profiled him and his wife Annie and their business. Read about how it all got started.

MAY CALENDAR 10

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Letter from the Editor

By Claire Nielsen

When I wrote my first letter from the editor after inheriting this position a year ago, I listed a few things I wanted to accomplish during my tenure as editor-in-chief.

The most important of those was to expose everyone who reads Southern Neighbor to the richness of not only the Chapel Hill-Carrboro community, but all of the communities that surround it. I wanted to tell stories from Hillsborough, Pittsboro, Mebane and Durham. And when we did cover Chapel Hill or Carrboro, I wanted to do my best to show how what happens here is often connected to our bordering communities in more ways than we might expect.

I think that, for the most part, we accomplished this. In our July 2016 issue, for example, we wrote about why parents, particularly those in Durham and Orange counties, choose to homeschool their children over enrolling them in public schools. In our August issue that same year, we looked into how students in both Chapel Hill-Carrboro City Schools and Durham Public School feed students on free and reduced lunches during the summer.

We've written about a cheese and beer festival in Hillsborough, a meadery in Pittsboro, a nonprofit in Mebane that feeds

the town's homeless population and a Chatham County educator who is teaching her students how to code.

Of course, there is always more to do, and our coverage has by no means been perfect. The ideal (and perhaps unattainable) Southern Neighbor editor would be familiar and in sync with every community we cover, ensuring that we always know exactly where the most important stories can be found.

But I think we've moved a few steps in the right direction. I always tried my best to craft an issue each month that had a little something for everyone — whether that something was a feature story, a restaurant review, an infographic or even just an event listed in our calendar.

In the coming year, I hope to see Southern Neighbor hone its investigative skills and deliver more substantial, award-winning pieces for each issue. I hope to see it develop its staff and its social media voice.

But most of all, I hope to see it continue to grow into what our readers both want and need, in a way that represents as many of our community's voices as possible.

I am beyond grateful for the experience of learning so much more about the people and places we've covered over this past year. That has been the most amazing thing about my time at Southern Neighbor.




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RESTAURANT REVIEW

Review by Claire Nielsen

Mel's Commissary and Luncheonette

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Hours: 11 a.m. to 3 p.m. on weekdays. Closed weekends.

Price: \$

There aren't too many affordable, tasty lunch options within a reasonable walking distance from my apartment on Jones Ferry Road in Carrboro.

There are a couple of fast food joints, Chinese takeout and, on the other end of the spectrum, a few high-end restaurants that are a bit out of my price range.

And while I'm not one to turn my nose up at cheap burgers and fries or chicken lo mein on the occasional busy weekday, this lack of variety was exactly why I was so pleased when preparation began on Mel's Commissary and Luncheonette, which recently opened on West Main Street between Krave kava bar and the PTA Thrift Shop.

From the owners of Al's Burger Shack in Chapel Hill, Mel's serves as both a commissary for that restaurant and an eatery in and of itself.

When I first saw the light blue sign and matching picnic tables pop up in front of the building, I couldn't wait for an opportunity to try it out, and I wasn't disappointed.

I noticed the restaurant's simple and slightly rustic vibe right away as I walked through the door. The four-top and two-top wooden tables, in

combination with seven or eight bar stools, seat about 30 patrons inside.

The salt and pepper shakers are held in little metal containers, and each table sports a small white vase with a sprig of white wildflowers.

Outside, large picnic tables offer additional seating. It was a hot, late-April day when I went, so I opted to sit happily inside near speakers playing songs such as Crosby, Stills, Nash & Young's "Ohio" and Van Morrison's "Into the Mystic."

But before settling in, I ordered up at the counter from a chalkboard menu on the restaurant's far wall.

The menu at Mel's is transient; it changes from day to day and season to season. I actually appreciated that the menu was straightforward and only had about a dozen items on it, including sides and the dessert of the day.

When I placed my order, I was told I had managed to snag the last banana pudding available for the moment.

The menu items for the day I was there — including chicken tetrazzini, roasted vegetable rotatini, chicken and green chili soup, three varieties of sandwiches and three side options — were homey with a sophisticated twist.



Photo by Claire Nielsen

Mel's Commissary and Luncheonette is open weekdays.

My dining companion that day observed that while the food was relatively basic, it was obviously prepared by someone with great care and skill.

For diners looking for something hearty and filling, I would recommend the chicken tetrazzini, a casserole-like mix of noodles, mushrooms, cream,

cheese and chicken. The creaminess of the sauce didn't weigh down the other flavors in the dish. I felt full, but the food didn't sit heavily in my stomach.

The entrees come with a side salad, which was a mix of greens with grated carrots, small croutons and a sprinkling of parmesan cheese. The oil- and vinegar-based house dressing came on

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Photos by Claire Nielsen

Above: Entrees at Mel's include the chicken tetrazzini. Upper right: Patrons can also opt for a sandwich, which comes with a choice of side.

the side.

The chicken and green chili soup was also delicious. It contained shredded chicken, corn kernels and a small piece of cornbread placed in the middle of the bowl. The green chili lended a perfect amount of spiciness.

sesame seasoning and were a refreshing addition to the sandwich.

Lastly, I devoured my banana pudding, which was everything I expect when I order banana pudding at a restaurant: large banana pieces mixed with creamy custard and topped with thick whipped cream.

As far as vegetarian options go, I couldn't recommend the veggie sandwich, served on three-seed bread, enough.

The sandwich contained bean sprouts, lettuce, cucumber, tomato, onion and avocado. I'm not usually a big fan of sandwiches without a main protein, but this was on a different level — it was tasty and well textured.

The sandwiches came with a choice of one side. The options were Asian noodles, broccoli salad and deviled eggs. I tried the Asian noodles because I was curious to taste something that seemed a bit out of place among the more traditional options.

The noodles were served cold with

Paying a visit to Mel's Commissary and Luncheonette is a little like going to lunch at a friend's house, if your friend's parent also happens to be an extremely skilled cook.

I was impressed with the reasonably priced homestyle meal I had at Mel's, and I can't wait to go back and try more of what they have to offer in their clean, bright, peaceful, no-frills environment.

Parking is located behind the restaurant and a little limited, but the location is within short walking distance from ample public parking in downtown Carrboro.



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The Health Care Gap

COUNTY IDENTIFIES GROUPS WITHOUT ACCESS TO MENTAL HEALTH CARE

By Ryan Haar

The Focuses of the Orange County Department of Health to Improve Mental Health Care

The two groups most susceptible to a lack of mental health care access



K-12 Students



Non-English Speakers

Reasons for a Lack of Services for These Groups

Time commitment
Insurance
Transportation
Lack of Understanding of
Mental Health Issues

Lack of diversity in
languages offered
Lack of cultural
competency training

Non-English speaking residents and K-12 Students in Orange County have one major thing in common: a concerning lack of access to mental health care.

It is crucial to prioritize making sure that everyone in Orange County has adequate access to the care they need, Orange County Commissioner Renee Price said.

“For the sake of equity and humanity, we should know where the gaps exist, to what extent is exists and then design ways and means to address the gap,” she said.

A gap in mental health care access among certain demographics was brought to light recently when the Orange County Department of Health submitted a report to the Orange County Board of Commissioners

identifying mental health care access as a leading cause of concern in the county.

“We work closely with many community nonprofits, hospitals and advocacy groups to plan for Orange County, and disparities around treatment and access to mental health are among the most challenging issues our community faces,” Orange County Interim Health Director Dorothy Cilenti said.

While there are a number of vulnerable groups in Orange County, the report focuses in particular on two of the most susceptible to a lack of mental health care access: K-12 students and non-English speaking patients.

An assumption that children do not suffer from mental health problems is one reason why the K-12 demographic is underserved, health department

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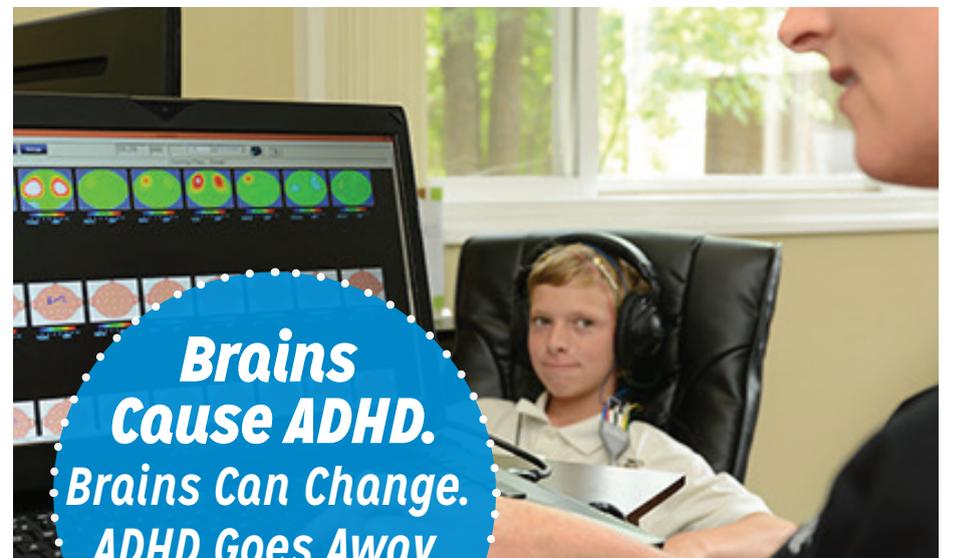
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spokesperson Stacy Shelp said.

“There’s a lack of services for K-12 for a variety of reasons,” she said.

“Time commitment, insurance, transportation and a lack of understanding that children can have mental health issues are among them. There needs to be guidance, and having a clinician in the school is great.”

Janet Cherry, system of care director for Chapel Hill-Carrboro City Schools, said that if students are able to be more open to instruction and able to absorb material thanks to access to mental health services, then bringing clinicians into the school is the way to go.

The North Carolina State Board of Education recently passed new mental health policy legislation that aims to increase the number of mental health professionals in public schools across the state.

“(It will) give some direction in bringing on board mental health specialists in schools and also give advice on how to deal with capacity for access to these services,” Cherry said.

“It should also help with addressing sustainability.”

A lack of education surrounding the issue of mental health care seems to be the

“*For the sake of equity and humanity, we should know where the gaps exist, to what extent it exists and then design ways and means to address the gap.*”

”

Renee Price

stem of much of the stigma concerning what exactly mental health issues are and who they can affect. This can be damaging to the efforts to create policy that benefits patients in need, Price said.

“This same stigma has kept policy-makers, corporate interests, media, the military, schools and the general public at a distance from accepting mental health care as a normal part of life,” Price said.

Shelp said the county hopes to tackle these issues with three main priorities: restoring funding for mental health services from birth to age 5, providing greater in-school mental health service in K-12 and providing easier access for all patients. Cilenti also reiterated the importance of focusing on 0-25 patients.

“Evidence-based behavioral health research has shown that early intervention can produce better outcomes for patients as they age,” she said.

These services will not only help students but also should give their families increased access to mental health care, as well, Cherry said.

The second vulnerable focus group is the non-English speaking population. Orange County is home to immigrants and refugees from many countries. In addition, the county has a vibrant Spanish-speaking population, Shelp said.

Shelp said simply bringing in more Spanish-speaking therapists would not be a sufficient solution to the problem.

A recent assessment of Orange County mental health and substance abuse services lists two main goals for increasing access to mental health care for non-English speakers.

For one, there needs to be more diversity in the languages that mental health and substance abuse services are offered in, including Spanish and Karen,

according to the report. The report also lists cultural competency training as a necessity to help health care providers better understand how to work with refugee and undocumented populations.

County-wide reform in how non-English speaking patients are approached and helped is necessary to actually tackle the problem, Shelp said.

Moving forward, the next question to address is how these service improvements will be paid for. The Orange County manager is presenting the budget for the next fiscal year on May 2.

This report will then be passed on to the Board of Commissioners for final approval.

Overall, the county hopes to be able to begin addressing the mental health care gap by the next fiscal year, which starts July 1, 2017.

Mental health care resources are not just a useful expense, but a necessary one, Cherry said.

“Our Department of Public Instruction feels that increasing mental health care access is very important and essential to the continued learning and well-being of our students.”



Age 14

50% of all chronic mental health illnesses begin by this age



10 years

the average time between the appearance of symptoms of mental health issues and intervention



20%

of adults have had a mental health issue

Hispanic, Black, and Asian adults are less than half as likely to use mental health services as white females.

Source: National Alliance on Mental Illness Orange County

Graphic by Emily Gregoire

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The Howl About Hickory Hounds



Photo by Viviane Feldman

By Kayla Drake

Mike Arnold has a rare gift.

Helping dogs with serious behavioral problems can be “ruff,” but with the help of Mike and his wife Annie, it’s a walk in the park. Local dog owners have turned to the couple when nothing else worked.

Carrboro residents Mike and Annie Arnold are the founders of Hickory Hounds, a rehabilitation and training service for dogs to help improve their behavior and relationship with their owners.

They work with over 50 dogs each week, and most Carrboro dwellers have probably seen Mike or Annie walking a large group of them — all strikingly well-behaved — around town on a leash.

Mike says that the idea for the business originated with his old dog and some books on training from the library.

Mike and Annie adopted a 5-year-old beagle named Ollie in 2007, and Ollie, who died in 2016, became the original Hickory Hound as Mike began working with him on his behavior.



Photos by Viviane Feldman

Mike and Annie Arnold take care of and train about 50 dogs a week as part of their Carrboro-based business Hickory Hounds. Mike is able to work with dogs to help them with behavioral problems. Annie says Mike has a natural gift.

“Some of the things (I read) made sense and some didn't at the time, but eventually someone noticed and said, ‘I wish my dog would do that,’ so I offered to help them, and that's how it all started,” Mike said. “It was a hobby.”

The business blossomed in a very organic way, he said. When it was in its beginning stages, he had no idea what it would look like in the future.

“I learned how to work with dogs, so I just started one dog at a time doing whatever it took to get the dog where the owners wanted them to be,” Mike said.

“Eventually more people started calling in, and we had to recalibrate our approach and our attention based on how many people were calling in per week.”

The training was a trial and error process until they found out what worked, Annie said. But she said she believes that Mike has an intuitive sense with dogs, which gives him the ability to understand their emotions.

“It's a skill that can be learned, but for Mike it's a gift, and I'm happy to help him with it,” she said.

“You could take a puppy class, but this is a full behavioral approach because some dogs when they go to training they learn how to do things. But this is learning how to be.”

Even though Mike has been working with dogs informally since adopting Ollie, his favorite part these days is actually working with the human owners he meets. Understanding the dynamics of a home or family is often integral to managing a dog's behavior.

“If you see enough dogs, you start to see the same problems over and over,

but when you work with people in their environment, you start to see all of the different variables,” Mike said. “Some people have a lot of dogs or kids or stuff going on in their family, and working around that isn't always fun, but it is rewarding.”

JoAnn Sciarrino has been taking her dog Charlie to Hickory Hounds for over a year. She said she was struggling with her dog's high energy when he was 8 months old.

“I had been through a couple of other trainers that didn't seem to understand my dog, and that I wanted to improve my relationship with my dog,” Sciarrino said. “Until I met Mike, I really didn't know anyone who was so advanced in canine cognition.”

Ever since Charlie has been working with Mike, Sciarrino said she has noticed that he is no longer as anxious as he was before.

“When the doorbell rang before it would be a trigger for Charlie for very high energy and high anxiety, but now because he is in such a calm state and because the relationship between me and him is so good, he knows what I want,” she said.

Stephanie Grubbs has also been taking her dog Moose to Hickory Hounds for over a year because he becomes overly excited.

“I was buying leashes because Moose would get so agitated and chew up the leashes, but then one day I asked the people at the pet store if they knew anybody who could help my dog, and they told me about Hickory Hounds,” Grubbs said.

After the initial consultation, Mike began working with Moose to help



with his agitation, and in the last year Grubbs said she has noticed a huge improvement.

“Moose doesn't act nearly as severe now,” she said. “No one could help me before the way that Mike has been able to.”

Both Sciarrino and Grubbs continue to see Mike for weekly dog walks. Sciarrino said Mike is the most honest dog trainer she has ever met.

“He will tell the person whether or not he thinks he can help them and what's required and needed,” Sciarrino said.

“My recommendation is that if you have a dog that you need a better relationship with or if you are seeing any behaviors like anxiety or excitability or fear or aggression, do a consultation with Mike Arnold.”

May Calendar

1 Monday Cooking Class

Southern Season, 5 p.m.

For \$45, join this Cooking 101 class on quick breads. Learn to make a strawberry pecan loaf, banana chocolate chip muffins, carrot cake scones and more.

5 Friday Social Ballroom Dance

Southern Star Ballroom Center, 8 p.m.

Get a free dance lesson with \$5 paid admission. Open dancing 8:30 to 10:00 p.m. Dance is held on first and third Fridays of every month.

8 Monday Haters Roast

Carolina Theatre, 8 p.m.

Peter & Murray present Haters Roast: The Shady Tour at the Carolina Theatre in Durham. Drag queens from RuPaul's Drag Race talk politics, love, social media and more.

10 Wednesday Brett's Open Mic

Beyu Caffe, 7 p.m.

Come participate in the Beyu Caffe's open mic every Wednesday at 7 p.m. Entrance is \$5.

2 Tuesday Classroom Open Hours

Duke Gardens, 1 p.m.

Come explore the nature museum and teaching library at Duke Gardens. An on-site staff member will be there to answer questions and set up materials. Drop-in fee is \$3 per child.

6 Saturday Ben Folds Concert

Red Hat Amphitheater, 5 p.m.

Singer, songwriter and pianist Ben Folds will perform in Raleigh. Folds was recently a judge on NBC's "The Sing-off." Ticket prices range from \$20 to \$150.

9 Tuesday Breakfast Celebration

The Cotton Room at Golden Belt, 7:30 a.m.

Join Housing for New Hope in celebrating 25 years of service to the Durham community at our 2017 annual breakfast. This free event will give you an appreciation for how they serve the homeless in Durham.

11 Thursday Back Porch Music

American Tobacco Amphitheatre, 6 p.m.

Demolition String Band will open. Beer and wine will be available for purchase. Picnics, coolers and well-behaved dogs are welcome. No glass or exotic animals.

3 Wednesday Author Event

Flyleaf Books, 7 p.m.

Come to Flyleaf Books to hear Kelly Sokol discuss her debut novel "The Unprotected," which explores the theme of postpartum depression.

7 Sunday Orchestra

Carolina Theater, 3 p.m.

The Chamber Orchestra of the Triangle will perform at the Carolina Theater in Durham. Tickets cost \$30. For more event information, call (919) 560-3030.

9 Tuesday Children's Storytime

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

Join McIntyre's Books' children's book buyer for a Mother's Day-themed children's storytime. Contact the Pittsboro-located bookstore for more information about the event at (919) 542-3030.

4 Thursday 30th Anniversary

The Cookery, 6:30 p.m.

The Durham Community Land Trustees invites you to sponsor and attend its 30th anniversary celebration of providing affordable housing for low-income families in Durham.

8 Monday Mr. Wonderful

Pittsboro Roadhouse, 7 p.m.

Come to the Pittsboro Roadhouse and General Store for Mr. Wonderful: A Celebration of Dean Martin's Music. Entry is \$5.

10 Wednesday College Baseball

Historic Durham Athletic Park, 6 p.m.

North Carolina Central University will play Campbell University in baseball. For more information, call (919) 530-5170.



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Check out the online calendar as well.

It is available at SouthernNeighbor.com/upcoming-events/

11 *Thursday* **Rockabilly Concert**

The Station, 8 p.m.

Dexter Romweber will perform at The Station in Carrboro. Romweber is the former front man for the rockabilly/roots band Flat Duo Jets.

15 *Monday* **Jazz Orchestra**

Pittsboro Roadhouse, 7 p.m.

The Triangle Jazz Orchestra will perform at the Pittsboro Roadhouse and General Store. Entrance is \$10.

19 *Friday* **Fundraiser**

Baptist Center Church, 11 a.m.

The Baptist Center Church in Clayton is holding a Barbecue Chicken Fundraiser to raise money for local, national and international mission projects. They are charging \$8 a plate. Call (919) 553-3119 for more information.

22 *Monday* **Sara Watkins Concert**

Cat's Cradle, 8 p.m.

Sara Watkins, who spent the beginning of her career as a third of bluegrass trio Nickel Creek, will perform at Cat's Cradle. Tickets are \$22 or \$18 in advance.

12 *Friday* **Children's Book Reading**

Quail Ridge Books, 10 a.m.

Picture book author Adam Rubin will read "Dragons Love Tacos 2: The Sequel." Join him for activities and a dragon costume character.

16 *Tuesday* **Durham Garden Forum**

Duke Gardens, 6:30 p.m.

This month's Durham Garden Forum will focus on the "food-scape revolution." Lecture fee is \$10 per meeting for non-members, and forum members attend free with a \$25 annual membership.

20 *Saturday* **Summer Yoga**

Irvin Learning Farm, 10:30 a.m.

Irvin Learning Farm in Chapel Hill is normally closed to the public but will be open for this outdoor yoga event. The class is free, but registration at the Triangle Land Conservancy's site is required.

23 *Tuesday* **ARTiculture**

North Carolina Botanical Gardens, 1 p.m.

The Chapel Hill Garden Club presents a small flower show and horticulture display. The event is open to the public and free of charge.

13 *Saturday* **Musical**

Durham Performing Arts Center, 8 p.m.

Bob Fosse's musical "Chicago" will be playing at DPAC. Ticket prices are \$20 and up and can be bought at ticketmaster.com.

17 *Wednesday* **Pop Punk Concert**

Cat's Cradle, 8 p.m.

New Found Glory is pop punk band from Coral Springs, Florida. They formed in 1997 and are marking their 20th anniversary. \$26 or \$20 in advance.

20 *Saturday* **Sip Into Summer**

Fair Game Beverage Company, 4 p.m.

Join the Triangle Land Conservancy at Fair Game Beverage Company in Pittsboro. Tours will depart at 4:30 and 5:30. Fifteen percent of any purchases will go to the Triangle Land Conservancy.

25 *Thursday* **Wine Class**

Ferrington Granary Restaurant, 6 p.m.

For \$50, join an Alsatian Riesling Wine Class. Alsatian Rieslings are often more powerful and textural than typical German Rieslings. Call (919) 542-2121 for more information.

14 *Sunday* **Six Sundays In Spring**

Joyner Park Amphitheater, 5 p.m.

The 2017 Six Sundays in Spring Concert Series is scheduled for April 30 through June 4. The free concerts are sponsored by Wake Forest ARTS.

18 *Thursday* **Stand Up Comedy**

Goodnights Comedy Club, 8 p.m.

Steve Lemme and Kevin Hefferman from the comedy troupe Broken Lizard will perform. Tickets are \$23.

21 *Sunday* **Carolina Ballet**

Duke Energy Center for Performing Arts, 2 p.m.

This is your last chance to see Carolina Ballet's "Carmen." The ballet is also playing May 18 through May 20 at 7 p.m.

26 *Friday* **Hillsborough Art Walk**

Hillsborough Arts Council, 6 p.m.

Visit historic Hillsborough for the monthly last Friday art walk. Enjoy five art galleries, artists studios, jewelers and boutique shops. Venues, exhibits and maps can be found at www.lastfridayartwalk.org.

NEWS BRIEFS

CHAPEL HILL

Town gives more information on Estes project

The town of Chapel Hill has been in early discussion phases for a potential project on property located on the south side of Estes Drive between Airport Drive and Seawell School Road, according to a press release from the town.

The project in question would be a new municipal services facility built on property owned by UNC-Chapel Hill.

At a public information session held March 6, both town and university staff shared information and received questions from the public about the project, according to the release.

Now, a preliminary timeline is available for the project. The timeline shows that UNC Board of Trustees and Chapel Hill Town Council approval would not occur until 2018 or 2019, and construction

wouldn't begin until 2020.

According to the release, the milestones provided are subject to change, depending on how the first staged of the project continue to progress.

PITTSBORO

Festival celebrates 15 years

The Shakori Hills GrassRoots Festival of Music & Dance will hold its spring festival from May 4 to May 7 in Chatham County.

The festival will celebrate its 15th anniversary.

The original Finger Lakes GrassRoots Festival originated in 1990, and in 2003, a North Carolina location was launched on the 75-acre Shakori Hills farm.

The festival is focused on environmental sustainability, according to a press release.

Last spring, the festival recycled over 12,000 pounds of plastic, glass and aluminum and composted over 4,000 pounds of food waste. All of the utensils, plates and bowls from

the festival's food vendors can be composted, the release states.

Discussions will be led throughout the festival on both food preservation and the benefits of solar power, according to the release.

Four-day passes to the festival are \$114 in advance through May 3, or \$124 at the gate. Youth four-day passes for children aged 13 to 15 are \$59 in advance and \$64 at the gate. Children 12 and under get in free. There are also 1-day passes available, and extra fees for camping.

DURHAM

Marathon will benefit ALS research

The inaugural Raleigh-Durham-Chapel Hill marathon will take place Nov. 12, 2017, according to a press release from FS Series, an event-production company.

FS Series is partnering with Team Drea Foundation, Team Chris Combs and Jason Chapel to help fund ALS research with proceeds from the RDC Marathon and Half-Marathon.

The marathon is also sponsored

by the Durham Sports Commission, which is a collaboration of the city of Durham, the county of Durham, the Greater Durham Chamber of Commerce and the Durham Convention & Visitors Bureau.

The Durham Sports Commission was established in 2016 to provide leadership and organization for sports-based initiatives and to create a positive economic impact on Durham and its surrounding regions.

The groups hope to raise \$50,000 for their cause.

Team Drea Foundation was founded by Andrea Lytle Peet in 2015. Peet is a triathlete who was diagnosed with ALS at 33.

Chris Combs is an NC State baseball player who was diagnosed with ALS in May 2016.

Jason Capel is a college basketball analyst for ESPNU. His father, Jeff Capel, was diagnosed with ALS in the spring of 2016.

Peet, Combs and Capel all hope to raise funds to research drugs to treat and cure ALS, according to the press release.

The start and finish lines of the race will be at the Streets at Southpoint shopping mall in Durham.

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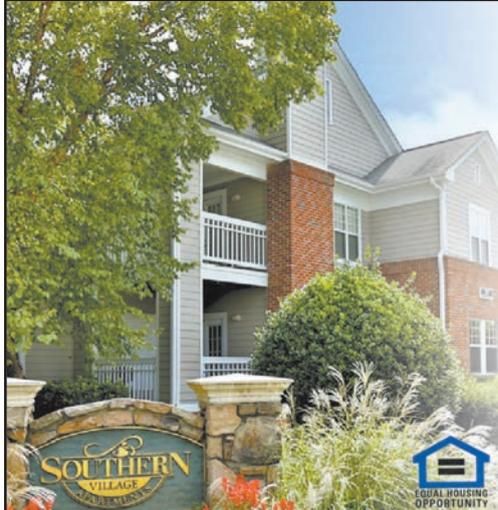
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What's Hot, What's Not – Part I

by Chris DiGiovanna

I receive inquiries almost daily about selling stuff. All sorts of stuff. Inquiries from the last month alone have ranged from selling high-end estate jewelry to the liquidation of a vintage beer can collection. I even took some time to go out and view an antique radio collection stored in an old school bus. I love hearing about / seeing unusual collections, which is what keeps my job fun!

I've decided to start a series of articles that detail items that are selling well right now in the market versus items that aren't. So here we go.

What's Hot

Late 1950s to Early 1960s Barbie Dolls and Accessories – The first Barbie I ever sold was a 1959 #2 Barbie. She sold for \$3938 to a collector in California. Ever since then, I kept an eye out for early Barbie dolls and accessories. The most valuable dolls are going to be the earliest dolls, from 1959



to 1960. They can be identified by their facial features, body markings, and even the holes in their feet. Whether the doll is a #1 or #3 Barbie can make a big difference in the value. A near mint #1 Barbie recently sold on eBay for \$4500, while a pristine #3 Barbie with box may sell for \$1500 - \$2000. Original, vintage

outfits and accessories can go for a lot, too, and are oftentimes worth a lot more than the



dolls that may be kept in the cases with them. Hard-to-find individual outfits may sell for hundreds of dollars each and even partial outfits can still sell for \$20 - \$50.

Iconic Toys from Every Era – Toys have been collectible for a long time and will continue to be collectible into the future. People develop



a special attachment to toys, especially from their childhood, as it reminds them of a simpler, more innocent time in their lives. Toys that are in the highest demand from collectors tend to be iconic examples from their era and are in very good to excellent condition. Ideally, the original box and/or accessories are still available. Some examples include cap guns, tin toys, and Tonka trucks; vintage dolls and play sets; original board games, video games, and action figures.

What's Not

Dishes - Most People will inherit at least one set of china from a parent or grandparent. Unfortunately, the market for reselling most china and other porcelain tableware is very poor. There is simply way too much supply and not enough demand. Younger generations have different tastes than their elders and many of them do not formally entertain like people did in the past. As fine china is often too fragile to put in the dishwasher, people simply don't want to bother with it most of the time. Consider gifting to a

friend / family member that would appreciate it or donate it to a worthy charity. If you must sell it, local consignment or auction is a possibility, but don't expect to get much for your set(s).

Limited Edition Prints - I once worked with a couple that had purchased dozens of beautifully



framed Ducks Unlimited prints, "back when [they] had more money than sense". They had paid several hundred dollars for each work, hoping to recoup their investment or perhaps even make a profit someday. Sadly, when you have hundreds or even thousands of copies of a particular work, it tends to dilute the resale value for the piece. I was only able to sell a handful of the prints for \$100 or more apiece, while the remainder had to be liquidated at local auction for a fraction of that.

A truly limited edition tends to be 100 copies or less. And ideally, the work is signed by the artist and has been kept away from sun or moisture, to minimize the chances of fading or spotting. If the print is large but perhaps only worth a few hundred dollars, it may be best to sell it locally or remove it from the frame for easier (and much cheaper) shipping.

Neighbor to Neighbor

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.



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Are your hands aging you?



of the hands from chronic sun exposure in years past—come out as we age.

Prevention is always easier than intervention

There are a few daily steps you can take to care for your hands

and prevent aging skin. First and most importantly, use sunscreen, sunscreen, and more sunscreen! When applying your sunscreen to your face and neck every morning, add the backs of your hands into your regimen. Second, moisturize throughout the day. All day, your hands are exposed to sun and water, and they dry out easily. Lastly, add your hands to your nightly regimen. If you are using a retinoid and moisturizer, apply them to your hands as well.

Skincare products need to address multiple factors that cause aging in the hands, primarily volume loss and pigmentary changes. Volume-restorative products can address volume loss in the upper layer of the skin. Key components here will be products that are hydrating to restore lost “plumpness.” These include hyaluronic acids, ceramides, and proteins that assist in maintaining moisture. Other volume-

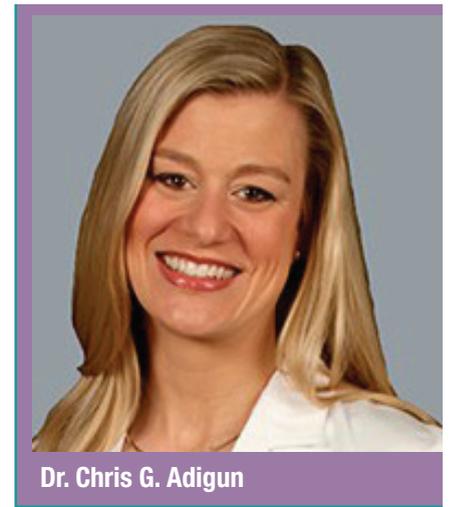
restorative products will focus on collagen stimulation in the deeper layers of the skin. These products will restore volume loss that makes underlying veins and tendons more prominent. These include alpha hydroxy acids, retinols, and antioxidants.

Products that focus on skin pigment alterations will be more exfoliative, as many of the pigmentary changes from aging and sun exposure cause superficial pigment deposition. These products can lead to significant improvement. They include plant extracts, glycolic acids, alpha hydroxy acids, retinols, and bleaching agents such as hydroquinone and kojic acid, among others. Start these restorative products before the aging becomes extensive.

Other tips and tricks to consider to keep your hands looking young and beautiful are wearing UPF gloves if you drive a lot and wearing a UPF garment such as YouVeeShields if you get gel manicures. UVA rays are in gel nail lamps and they also penetrate car windshields.

Turn back the hands of time

Laser and light treatments such as the Halo Pro Laser and Broad Band Light (BBL) can address the pigmentation issues and the crepey texture of sun-damaged skin of the hands. Injectable filling agents, such as Radiesse, can be used to improve the appearance



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

of “veiny” or bony hands by adding volume. Radiesse is FDA-approved to rejuvenate the backs of hands by adding volume and stimulating your body’s own natural collagen.

Hand rejuvenation often requires multiple rejuvenating approaches to treat both the pigmentation and volume loss. It is important to make sure you seek treatment from a board-certified dermatologist who specializes in lasers and injectables to get the best outcome.

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

One of the most telling signs of a person’s age is the appearance of their hands. Although people usually care for their face and neck using sunscreen, anti-aging products, and treatments, they often neglect their hands. Hands are one of the places that tend to age the quickest for both men and women.

On the hands, a combination of chronic sun exposure and aging leads to thinning of the skin, causing blood vessels and tendons to become more visible and the texture of the skin to become more “crepey” (like “crepe paper”). This volume loss in the hands is a hallmark of aging skin, and it causes the hands to have a more “bony” or “skeletal” appearance. In addition, sun spots—brown spots on the tops

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Summer in our Orange County towns

Poets Walk, Fragrant Shrubs and Street side dining

When the redbuds bloom we know spring is arriving. They are the early adopters of seasonal change. Their beauty yields to even more beauty, like a brightly colored retinue of flowery followers. I am in awe of the blossoming brilliant botanicals in spring and summer.



The North Carolina Botanical Garden is an ideal way to spend a few hours with nature. Free, walkable and beautiful. <http://ncbg.unc.edu/visit/>

Other favorite haunts:

Walking trail on Bolin Creek starting at the Gene Stroud Rose Garden at Chapel Hill Community Park. <http://www.townofchapelhill.org/town-hall/departments-services/parks-recreation/facilities-greenways-parks/greenways/bolin-creek-trail>

Sitting on Weaver Street Lawn Carrboro with a latte, reading a book, talking with a friend, watching a colorful character or two stroll by. <http://www.weaverstreetmarket.coop/location/carrboro/>



A dinner on Franklin Street is always a good idea. Med Deli is a favorite place to relax, feel the sunshine and take in the heady aroma of one of the most popular Mediterranean food stops in the south. <http://www.mediterraneandeli.com/>

Coker Arboretum is fun to walk through on campus. In fact, all of campus is as accessible as it is beautiful. <http://ncbg.unc.edu/coker-arboretum/>

Meadowmont comes alive this time of year. Enjoy the walking trails, ending up at the Carolina Café for a cup of coffee and a sweet potato muffin. <http://meadowmont.net/>

This is the time of year when Carolina Inn kicks off Fridays on the Front Porch. Valet park the car and relax on the lawn, taking in the sounds and the beauty all around you. <http://www.carolinainn.com/>



Three other things I do every summer?



I always enjoy a Sunday night concert on the green at Southern Village. <http://www.southernvillage.com/>

Ayr Mount and Poet's Walk in Hillsborough is an absolute favorite. <http://classicalamericanhomes.org/poets-walk/>

Riverwalk Hillsborough is a paved, accessible, urban greenway that



stretches about 1.8 miles along the Eno River between Gold Park in western Hillsborough and trails east of town. It is a popular trail for walking, jogging and cycling, and provides pedestrian connections between several neighborhoods. Park at Weaver Street Hillsborough and hop on the trail.

There is a lot to do now in Chapel Hill, Carrboro, Hillsborough and beyond. Whatever you do do some of it outside, because beauty like this is rare and fleeting.



Laurie Paolicelli

Neighbor to Neighbor

Laurie Paolicelli has been Executive Director of the Chapel Hill/Orange County Visitors Bureau since 2005.



The agency is a department of Orange County and is located at 501 W. Franklin Street in Chapel Hill.

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KEYNOTES | May 2017

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Brain-Based Treatments for ADHD & Anxiety: Do They Work?

Q & A with Dr. Trish Leigh, Leigh Brain & Spine

By Dr. Trish Leigh
Leigh Brain & Spine

Q: How do you know if brain-based treatments are right for someone with ADHD or Anxiety?

Dr. Trish: A qEEG Brain Map. The first thing we do is take a "snapshot" of someone's brain pattern to see if their ADHD or Anxiety can be healed. I review that map with you at length. If so, we know exactly what your brain needs to improve its functioning to get rid of ADHD and Anxiety.

Q: What are the most effective brain-based treatments for ADHD?

Dr. Trish: Neurofeedback is voted as a Level #1 support by the American Academy of Pediatrics (AAP). That is why we use it, because it is so effective. **CogMed is a Level #2** treatment. We offer that too. Neurofeedback works so well

because kids do not have to perform a task (besides watch a movie) to be successful at the treatment. (Find out how it works on our website).

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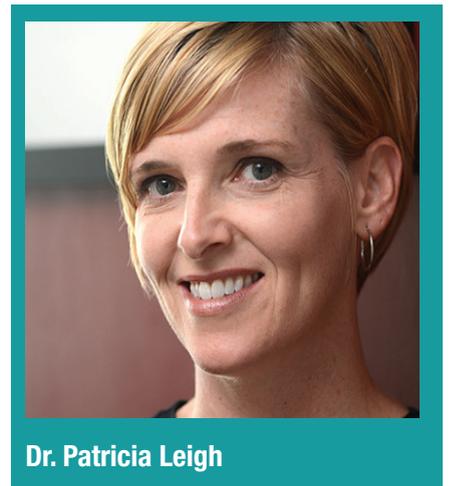
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Q: How do you know the treatment is working?

Dr. Trish: It's Scientifically Measured. I can see that it is changing your brain pattern for the better and I show it to you. People love seeing their brain improve as their symptoms resolve. It is really gratifying to know that the cause is truly gone and the problem is actually solved.

Visit leighbrainandspine.com/ADHD for more info. Enter your email and you will get all the info you need and the details about our Summer Program (Starts June 5th) with Limited Spots - Filling Fast.



Dr. Patricia Leigh

Neighbor to Neighbor

Dr. Patricia Leigh

is a Neurodevelopmentalist and specializes in helping children and adults with ADHD overcome their struggles. Find out more at leighbrainandspine.com/adhd (919) 919-401-9933



Finances are a balancing act

Spring is here. I don't know about your household, but in ours it's a very busy time of year. There's a ton of yard work. Mulching (a lot), putting in plants, pruning others, getting equipment up and running, and mowing the lawn (often) all take time. The deck needs staining, the porch needs painting, and then there's the general cleanup inside and out (garage anyone). We constantly have to juggle items- setting priorities and making tradeoffs. It can certainly be frustrating to realize you can't do everything, and certainly not all of it to the standard you might like.

Throughout life we find ourselves

weighing options and making tradeoffs. Sometimes it's a monetary issue. Do we use the tax return to pay the credit card bill, prepay the mortgage, a family get-away, or just save/invest it? Other times it might involve time or enjoyment. Do we hire someone to clean the house? Do we spend a bit more to upgrade the experience on our trip? When faced with competing interests, we can find ourselves balancing priorities. What's most important? What's most urgent? Are they the same? This is very much the case in our financial lives. Put a dollar (or a few hundred or thousand as in a tax refund) in someone's hand and ask them what they'll do with it. The answers will likely run the gamut. Most of us will have multiple ideas. Does all the money go to one area- or do you split it up between options? How much to each?

Financial planners often see this struggle when working with clients with debt. The client has committed to getting rid of it- which is good. But in doing so, they focus solely on that and don't build up adequate financial reserves. If an emergency occurs, more debt is the only option. We certainly

don't want to discourage them from eliminating debt. But we'd also like to spare them the feeling of back-sliding if at all possible. So we may try to convince them to save some money first and pay debt next. It's a balancing act for sure. Dave Ramsey has a program for paying down debt. Interestingly, the first step is to actually save \$1,000. One reason is to show you can do it. The other is to hopefully avoid taking on new debt. I use debt as an example, but it's not exclusive to it. We find folks who save everything for tomorrow- money and possible experiences- rather than spending some now and experiencing the enjoyment that can come from it. There's no guarantee they'll get the chance tomorrow. Maybe it's better to split it- some for today, some for tomorrow.

I bring this up because this time of year many folks are receiving cash influxes. It could be a tax refund, annual work bonus, or the like. I think it's OK to divvy it up some. Life doesn't work in a linear way- and saving/spending money doesn't either. The trick is to understand that some options may be a higher



Todd Washburn

priority than others, and you need to be careful to not spread yourself- or your money- too thin. You want what you do with your money to be meaningful and have impact- whether that's paying down debt, paying for schooling, or working on your bucket list. Just understand your long-term priorities when doing so. This can be difficult to do by yourself. It can be hard to be objective. As I said earlier, financial planners work with clients on this all the time. If you might benefit from some help, give me a call and let's talk.

Neighbor to Neighbor

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