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

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Lizzie Chadobourne started her body care business, Lo and Behold, after making moisturizer for her friends.



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The Triangle is covered in murals and street art by talented artists, but these outdoor canvases may be doing more than just brightening the landscape.

BLACK WALL-STREET 8

Even though it's summer, now is the time to learn about the histories of the region. Durham holds a riveting history of diversity and entrepreneurship.

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Letter from the Editor

By Sofia Edelman

I'm not from around here. I'm not an out-of-state student or anything, but I don't originally hail from North Carolina, and I've only lived in Chapel Hill since I came to UNC nearly four years ago.

That being said, I feel more at home here than anywhere else. Maybe it's something about growing up, being independent and finding myself in this town. Whatever it is, I feel like a part of this community, I empathize with this community and I want to see the stories of this community told in the best, most true way possible, as frequently as possible.

I am of the opinion that place matters quite a lot in the path of your life. Place opens and closes doors, place mirrors your agency and place can shape your life from the smallest to most colossal ways.

That's what this magazine looks at — place. How does place affect living conditions for every community member? How do places differ in economic development? What is the true pith of all the places we love?

Southern Neighbor Magazine

has set its sights on the places it loves, it cares about and is curious about and looks every day at how they affect the communities they house.

That's why I applied to be the editor-in-chief of this magazine. I saw the investigative pieces on youth sports, reviews of local restaurants and profiles on home-grown businesses and I knew I wanted to be part of the team that made sure those stories continued to be written.

Last month I helped publish stories on local farmers and festivals, camp opportunities for local children and an extremely important piece on the Rogers Road community's long fight for clean water. This month I hope the coverage of this magazine has become even more robust, interesting and engaging. And I can promise you that I will continue to work towards that every month until I pass the torch of editorship onto someone else.

I have a lot of goals for my tenure in this position — most importantly getting to know this community and its people to the fullest extent. To a certain degree, I've been limited in my exploration of places outside biking distance from my Chapel Hill apartment until recently. But to everyone reading this, I



promise I will be popping from town to town trying to absorb as much history and character as I can.

But I truly can't do it on my own — I can't pretend to learn everything about the history of Hillsborough or the local businesses of Pittsboro: that's where I need you.

More than anything I want to hear from all of you. I want my email — see page two — to be bursting at the seams with stories that are important to you all and comments on the work that this magazine has done. I want to wake up to Facebook messages on the Southern Neighbor page about events you think are important in your city or town.

I want to know when we're not covering stories in the best way, or if we're missing perspectives and angles. I want

to know if there's a problem in your community you think we could cover in our magazine. I want criticism and engagement. Calls and emails. Do you want to meet to talk about what news in your community should be covered? Let's get coffee! I truly mean it when I say I want to meet all of you and learn something about the place you call home.

And I must say, just because I've spent three years at UNC-Chapel Hill, I'm not necessarily bias toward the Tar Heel town, and I certainly don't know everything about it, either. I really can't wait to learn more about the place I've been calling home and the places all around me I've yet to learn much about.

Ultimately, I'm here to tell your stories, just as every editor-in-chief of Southern Neighbor Magazine has done before. I hope to hear from you all soon. So, neighbors, let's talk, let's learn and let's tell stories.

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Face scrubs, local art and hard work

by Jessica Swanson

Scrolling through her website on her phone in order to show off some of the artwork from local North Carolina artists she uses in her product packaging, Durham craftsperson Lizzie Chadbourne shook her head.

"I have way too many products," she said. It's true her company, Lo & Behold, features plenty of all-natural balms, salves, soaps, sprays and scrubs.

When she started making natural moisturizers for herself, her friends and her family, she thought of it as a hobby. Then in 2014, Chadbourne started selling her bath and body products at markets and independently owned stores.

A variety of places find a need for the products from Lo & Behold. Chadbourne said she supplies her all-natural products to places that perform bikini waxes as well as family gardening stores, meaning in a single day delivering products she might leave a store full of sex toys to go to a store full of gnomes.

"I never thought I'd work with such a wide clientele," she said.

She also works with a wide range of local artists and artisans, including the women who design the packaging for her products. Suzy Porterfield of Davie Paper Co. works on digital art for the products and marketing materials, while illustrator Amy Richards uses watercolors to create unique pieces of art for Lo & Behold.

"My mom said I came out of the womb making things," Richards said. "I think when you are an artist you can't not make art, whatever it is." Her collaboration with Lo & Behold allows her to flex her artistic muscles and at the same time contribute to a product she cares about.

Richards uses — and loves — the products that Chadbourne creates.

"As an illustrator, you may often like your work, but being able to love how your art is used by a client is really an added bonus," she said about making art for Chadbourne's products.

The two exemplify the kind of communities and bonds that form within groups of makers and artists.

"I have so much respect for what she does," Chadbourne said about Richards. The two met at a local market and became friends and fans of each other.

Chadbourne likes featuring art from local artists. It helps her foster a sense of community and camaraderie, and she gets to share some of her favorite pieces of art with her customers.

"When I started using that art, everything changed for me," Chadbourne said. Now she bases some of her products on Richards' art. It's a collaborative process.



Photo by Aislinn Antrim

Lizzie Chadbourne is the founder and maker at Lo & Behold.

"We consider ourselves makers," Richards said.

Lo & Behold connects seamlessly to the community around Durham, the Triangle and North Carolina. From local art to local farmers markets, Chadbourne finds comfort and inspiration in her home state.

"North Carolina inspired me to start this," she said.

When she started creating new products, Chadbourne attended herbal health classes and taught herself how to make lotion using the internet. Since then,

she's branched out by experimenting and learning what works best.

For Chadbourne, it's important that her products use only natural ingredients. She said many products claim to be all-natural but actually use synthetic ingredients. Chadbourne prefers to work with nature.

"Simple things work much better," Chadbourne explained. It's a challenge, but she sticks to her mission to make natural moisturizers and soaps, using essential oils for scents.

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Photos courtesy of Lizzie Chadbourne

Lo & Behold offers a wide array of natural products from face masks, lotion and balm to bug spray and body butters that Chadbourne makes herself.

scenting,” she said, talking about the difficulties in marketing when it comes to scents. There’s a lot of perfuming language to learn, and it’s hard to describe a smell using only words.

Developing new products is one of Chadbourne’s favorite parts of the process because she gets to interact with customers and clients. Chadbourne goes wild, tossing in ingredients and trying new formulas like a trendy, modern-day apothecary. Without hindering her creative process, she manages to be precise and careful, never cross-contaminating equipment or using common allergens.

Before creating Lo & Behold, Chadbourne worked as a teacher, but quit because she disliked the administrative process. She liked working with youth, though, and fortunately she didn’t have to give that up when she started her company.

Chadbourne works with Partners for Youth Opportunity, a nonprofit in Durham that matches up young interns with people. She’s interviewing interns right now for the third summer in a row to help her with labeling and

bottling.

“If you’re willing to work hard, you can hand-make and sell anything,” Chadbourne said. Her success with Lo & Behold is due to a lot more than just good timing and nice-smelling lotion. Chadbourne works hard, staying up late into the night making salves and scrubs.

“*I think when you are an artist you can’t not make art, whatever it is.*”

Amy Richards

“People will come up to me like, ‘Oh, you’re so lucky,’” she said. “And I tell them, ‘No, I work hard.’”

That hard work keeps her selling products at markets, online and through almost 30 independently owned stores, many run by women. She said her busiest time — and the busiest time for most entrepreneurs — is Christmas.

“But it’s starting to feel like nothing



ever slows down,” she added.

What began with homemade organic moisturizer expanded into a huge assortment including lip balm, cuticle cream, bath soap, body scrubs and, for the past two years, bug spray. She had to go through the paperwork to get her bug spray certified.

While Chadbourne likes the spiritual, natural side of her company, she can’t ignore all the bookkeeping and business skills that go into working for

herself. She juggles quarterly taxes and payroll and learns marketing along the way.

Making your own business and your own products puts Chadbourne in what she describes as a vulnerable position.

Small business owners need to be daring to put themselves and their hard work out into the world.

“You have to be brave and passionate,” she said.



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Fighting paint with paint

STREET ART IS MORE THAN JUST A PRETTY PICTURE

By Molly Smith

If you take a stroll through Porthole Alley in Chapel Hill, you'll see two schoolgirls bravely leading a pack with books in hand, a talented tuba player riding in a horse-drawn carriage, a working man in a wheelchair at the heels of a pregnant woman shuffling along in slippers and even the beloved UNC mascot Rameses strutting along, at any given time.

Though there's no constant parade through this well-trodden town gem, the walls of the alley come alive with local muralist Michael Brown's "Parade of Humanity" mural. Painted in 1997 and restored in 2008, this mural references locally known figures, popular literature and art and even some political topics.

"I'm not one to link myself to causes; I'm more of a link to a community," Brown said. "I don't want to paint whale after whale, honeybee after honeybee — I want to be an artist."

As diverse as the mural proves to be, the loaded meanings have made it a spot targeted for politically charged vandalism more than once. In late 2014, the mural was tagged with the phrase "Black Lives Matter," written in black spray paint. Brown said he does the cleaning himself when someone tags his murals and tries not to take it personally.

"If it happens, I'll just go out on a Saturday morning at 6:30 and take care of it," he said. "I understand how it is to feel powerless, but when they tag my stuff, I mean — do they think I'm the government?"

After he fixed the vandalism, he incorporated "Black Lives Matter" into the mural by painting it on one of the characters' graduation robes. Less than two years later in April 2016, someone vandalized the mural again — this time, writing "Trump" in block capitals across the art.

"That took two days to fix," Brown said. "You get to a certain level where it's not just grabbing a marker and defacing something."

Another mural, "Jigsaw Puzzle," was created by Brown and his students in an alleyway in 1999 and was commissioned by the town specifically to discourage graffiti artists. Chapel Hill Public Art Administrator Jeffrey York said though murals are often used as ways to prevent illegal graffiti and vandalism in the town, it's not always successful.

"There is a code among most taggers not to tag over someone else's art," York said. "However, not everyone has the same values, so we do have to remove graffiti, painted stencil art and stickers from our murals from time to time."

But because of this code, murals are sometimes seen as solutions to vandalism problems.

In November 2016, someone painted the phrase, "Black lives don't matter and neither does your votes" on a wall next to JC's Kitchen in downtown Durham. Shortly afterwards, Durham couple Andy and Amanda Waldrop started a GoFundMe page to try to



Photo by Gabrielle Palacio

Michael Brown's "Paint by Numbers" is located by Pantana Bobs.

raise \$12,000 for a mural to be painted on that wall in order to prevent further vandalism, creating a "Wall of Love" in early 2017.

Walter Tate, captain of the Community Services Division to prevent crime in Durham, said this kind of vandalism is not taken lightly.

"If caught, offenders can be charged with vandalism, damage to property and possibly additional charges if other crimes were committed," Tate said.

In an attempt to fight back against public graffiti, North Carolina lawmakers passed House Bill 552 in June 2015, which made vandalism a more severe misdemeanor. Anyone convicted could be charged with a \$500 fine and community service. However, it's unclear whether or not the bill has shown a decrease in vandalism since its passing.

Not all murals are created with the intentions of deterring vandalism and

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Southern Neighbor file/ Justin Pryor

Local muralist Scott Nurkin painted a commemorative piece of the late Dean Smith along with the famous "Welcome to Chapel Hill" mural behind He's Not Here.

graffiti, though they may unintentionally have this effect. Brown has created over 20 murals throughout Chapel Hill and Carrboro — some town-commissioned and others privately funded either by local businesses or the Chapel Hill Downtown Partnership, a nonprofit that previously ran a yearly mural project.

York said regardless of where the funding comes from, every mural

sword" written across it. According to Brown, he first wanted to paint a chameleon on the wall, but the Commission rejected this idea.

One of Brown's popular privately funded murals is "Sea Turtles," which was painted in the PNC Bank parking lot in 1993 but restored in 2011 with the help of then-eighth-grade local artist, Sadie Rapp. According to the



Photos by Gabrielle Palacio

(Above) Michael Brown's "Sea Turtles." (Below) The town of Chapel Hill funded a project to create pedestrian awareness.

“ I'm not one to link myself to causes; I'm more of a link to a community. I don't want to paint whale after whale, honeybee after honeybee — I want to be an artist.

Michael Brown

painted in the town has to be approved by the Cultural Arts Commission.

"The art is mainly reviewed for safety, adherence to the sign ordinance and long-term maintenance rather than aesthetics," he said.

One of the most popular town-commissioned murals is "Pencil" by Brown, in which he depicts a 140-foot pencil on the 100 block of Henderson Street with the words, "Is mightier than the

Chapel Hill Recorder, she created her own mural in Carrboro to raise money for the restoration.

Another prevalent local muralist, Scott Nurkin, created the famous "Welcome to Chapel Hill" town-commissioned mural before painting his own self-funded mural to commemorate Dean Smith at the intersection of Smith Level Road and U.S. 15-501.

The last mural sponsored by the Chapel Hill Downtown Partnership's yearly project was Brown's "Paint by Numbers" in 2003, depicting muralists painting UNC football players on the exterior wall of local bar Pantana Bob's.

Though that was the last of those projects, York said the Town of Chapel Hill has recently funded another street art project that targets a different community issue. They've hired local artists such as Daniel LeClaire to paint colorful crosswalks and signal boxes in Chapel Hill to increase pedestrian awareness and "the look and feel" of the streets-

capas.

"Given the vehicular traffic flow on the proposed streets, the projects are expected to last two to three years before needing to be repainted," York said. "During this time, their effectiveness for pedestrian safety will be evaluated."

As far as this recent project and most murals in Chapel Hill go, York said the town gives a lot of creative freedom to the artists. Brown said he prides himself on the collaborative efforts of his murals, and hopes his methods discourage those tagging his art.

"I work with people and I listen to them," he said. "I'm a farm-to-table artist — it's farm-to-table art."

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Black history in the Bull City

By Tyler Fleming

Durham is a city that has garnered national attention as a hub for black entrepreneurship as its cultural scene blossoms alongside a rapid increase in residents and tourism.

According to the The Durham County Website, the city's populations have grown 20 percent in the past decade as people from all over decide to call "The Bull City" home.

Photo by Tyler Fleming

This creates new communities, sometimes through gentrification of historic neighborhoods and communities. While the solution to completely balance an influx of new people with preserving the past is still a hot topic across North Carolina's growing cities, in Durham, organizations are working to remember and honor the people and communities of the city's history.

"You don't know who you're communicating with if you are trying to work with your fellow townspeople," said Harry Watson, professor of southern history at UNC-Chapel Hill, about the importance of understanding the history of a community in order to engage with that community.

Even though schools in Durham are out for the summer, there is still plenty

to learn about Durham and the communities that have historically lived here. While there are no shortages of histories to learn this summer, or places to learn at, these three individuals and organizations shaped Durham in unique ways:

Pauli Murray was not born in Durham — she was originally from Baltimore, Maryland. She moved to the city when she was four years old in 1914 to live with her aunt shortly after her mother died. She would go on to become an internationally known writer, activist and scholar. After graduating from Hunter College in New York City, Murray came back to Durham. She applied to graduate school at UNC-Chapel Hill, but she was denied admission due to being African-American.

While the public school of the state she was raised in didn't accept her, Murray continued on. Murray would instead enroll in Howard University's Law School. She graduated at the top of her class, a feat which granted her the Rosenwald fellowship, which typically meant she would go on to study at Harvard University. Yet, Murray was again denied admission, despite having former-President Franklin D. Roosevelt writing the president of Harvard on her behalf. She instead enrolled at The University of California, Berkeley's Boalt School of Law.

Her determination to not let racial and gender discrimination stand in her way of getting an education was matched by her determination to be an advocate of the causes she cared about.

"Pauli Murray is interesting because

she is a woman of our day even though she died in 1985," said Barbara Lau, director of the Pauli Murray Project. "Her ideas about justice, her ideas about inclusivity, her ideas about us working across difference, are more relevant today than they — even I think — were in her lifetime."

Murray challenged both the civil rights and women's rights movements of the mid-twentieth century to be more supportive of female leaders, women of color and working class women.

Murray's house is the newest national historic landmark in North Carolina and the first to focus on women's history. Murray was also a key supporter of having sex included as a category in Title VII of the Civil Rights Act of 1964 — she was worried that if the act excluded sex, it would not address the needs of black



Photo by Tyler Fleming

The Pauli Murray Center will soon become a place to learn about social justice through history.

women and women of color.

Her contributions to social justice and the progress of society are numerous, which is what the Pauli Murray Project at Duke University hopes to highlight. In addition to the Center, the Pauli Murray House is currently being transformed into a center to learn about and continue Murray's mission. The house is scheduled to open by 2020, according to The Project's website.

"The way we operate is very different

1910 to establish a school to train black preachers and teachers. Andre' Vann, coordinator for university archives at NCCU, said Shepard was hoping his school could fill what he saw as an African-American "leadership vacuum."

"I always tell people the biography of the university is the biography of James E. Shepard," Vann said.

Shepard was a supporter and driver of Black Wall Street businesses in Durham, which gave him the money needed to be-

“

Pauli Murray is interesting because she is a woman of our day even though she died in 1985.

Barbara Lau

”

from other museums and historical sites," Lau said. "Our goal is social justice and we're trying to think about how history becomes a tool for that."

By visiting The Pauli Murray Project's website, one can donate to the restoration of Murray's childhood home and see a digital exhibit about Murray's life. The project also holds a series of summer events, including a national night out event on Aug. 1.

"I think that the values of what we're doing at the Pauli Murray Center resonate especially with a lot of younger people who are also trying to make that kind of difference in the world," Lau said.

The city of Durham itself owes a lot to James Shepard, and so do the 30,000 alumni of North Carolina Central University. Shepard founded NCCU in

gin the creation of the college. When Shepard was deciding where to place his new college, he visited a few places, but Durham opened its door to the new college.

Shepard purchased 25 acres of land in Durham from Brodie Duke, the son of tobacco magnate Washington Duke. Brodie Duke returned the money to the University.

Shepard's school became reality and would go on to become one of the most prominent historically black universities in America. From the start, students at Shepard's school went on to further the black enterprise happening in Durham.

"Dr. Shepard helped fund just about every black-owned business in the city," Vann said. "What he did as (students) graduated, they took positions in a lot of these (black owned companies) that he helped formed."

While many of the students are away, NCCU's campus still offers summer activities to learn about black history and the Uni-

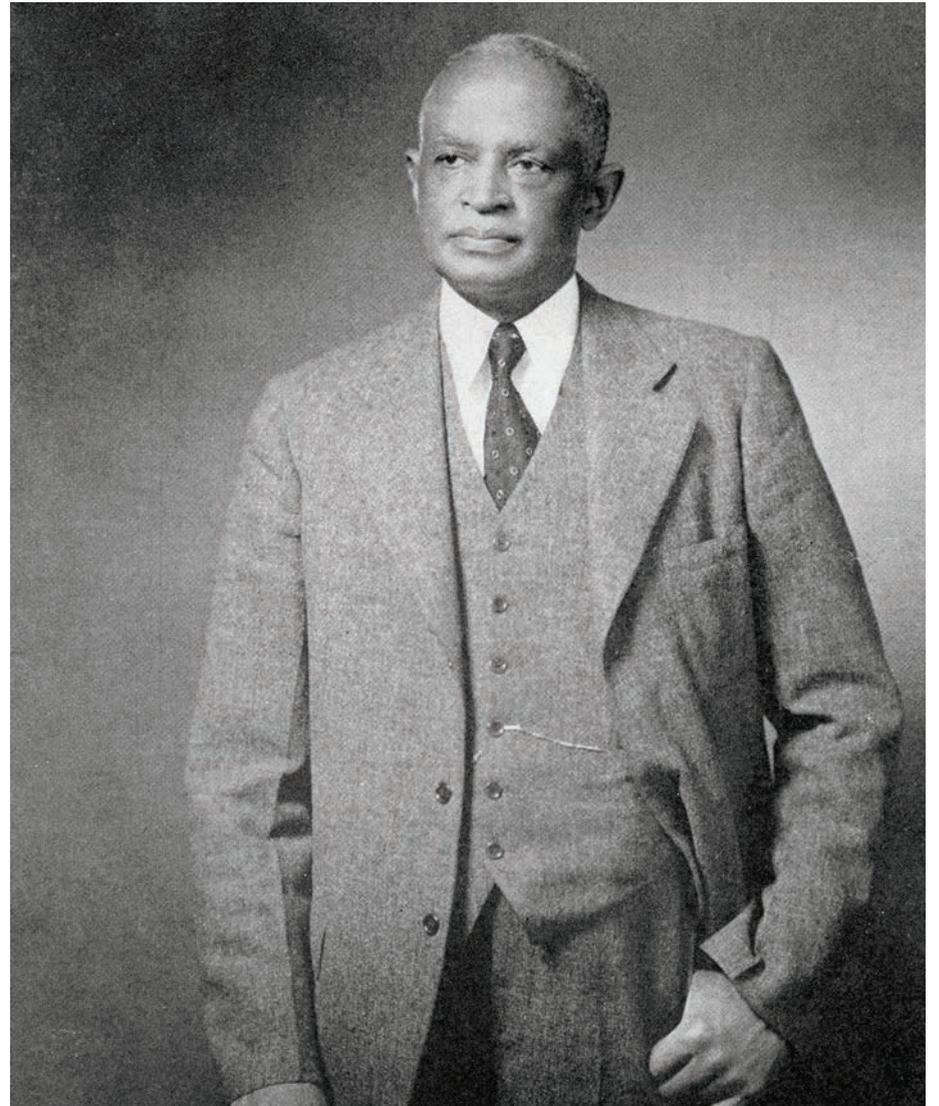


Photo courtesy of North Carolina Central University archives
James Shepard helped support Black-owned businesses in Durham in the early 20th century.

versity's impact. A statue of Shepard can be found on campus, as well as an art museum and other University sponsored events.

Durham being a center of enterprise, the businesses that once ran the town still have their legacy. A drive heading south on the Durham Freeway will show the North Carolina Mutual Life Insurance Company. Founded in 1895 by John Merrick, with the help of Shepard, it is just one of the many companies that would earn Durham the name of "Black Wall Street." While Durham would offer unique economic and educational opportunities for its black residents in the early twentieth century, it did not exempt the black community from the racial prejudices of the time.

"These firms helped create a vibrant black middle class in Durham. Nonetheless, most blacks in Durham worked in very low-paid jobs for tobacco mills or as domestics, and like in the rest of the South, blacks suffered under the brutal and oppressive Jim Crow system," said Jerry Gershennhorn, history professor at North Carolina Central University.

Segregation led to protests and rallies in Durham. Vann said the Durham community was always fighting for civil rights and changing the town. A 1957 sit-in in

Durham at the Royal Ice Cream Parlor predated the Greensboro sit-in, even though it is often overlooked.

"It took ten years to convince the state that 1957 came before 1960," Vann said about the struggle to get a state historical marker to commemorate the 1957 sit-in as a prior event to the Greensboro sit-in.

Shepard, Merrick and other black business leaders in Durham were instrumental in much of the early black organizing in Durham.

"Blacks in Durham were proud of the successful black businesses. Many of the black businessmen were active in civic affairs helping to found the Durham Committee on Negro Affairs in 1935," Gershennhorn said.

Durham is full of histories to learn about. Certainly, there is more to learn about Pauli Murray, James Shepard and the Durham community. This summer is an opportunity to visit and learn more about Durham's historical sites. The Museum of Durham History is open as an overview of the town's history.

"For any community it is important to understand the history, because the history shapes the community today," Gershennhorn said.

July Calendar

1 Saturday

First Saturday Tour

North Carolina Botanical Garden, 10 a.m.

Learn how the NC Botanical Garden puts sustainability into practice, with an emphasis on sustainable gardening of native species of plants.

2 Sunday

Chris Bennett Concert

Pittsboro Roadhouse, 11:30 a.m.

Join Pittsboro Roadhouse for a live performance by classical guitarist Chris Bennett. All ages are welcome and food is available for purchase.

3 Monday

Food Truck Flicks

Levin Jewish Community Center, 5 p.m.

Enjoy food and fun during this free event. Food trucks will be poolside and movies will start at 5:45 p.m. Call (919-354-4936) for information on movie titles.

4 Tuesday

Fourth of July Kickoff

Carrboro Weaver Street Market, 9:30 a.m.

Enjoy food and live music for this Fourth of July celebration! The day begins with a parade from the Weaver Street lawn to Carrboro Town Hall.

4 Tuesday

Fireworks at Kenan Stadium

Kenan Memorial Stadium, 7 p.m.

For a spectacular fireworks show, head over to UNC's campus for the Town of Chapel Hill's Fourth of July celebration! Doors open at 7, fireworks begin at 9:30 p.m.

5 Wednesday

Music in the Gardens

Duke Gardens, 7 p.m.

Come listen to Birds of Chicago behind the Doris Duke Center for part of the Gardens' summer concert series. Food and beverages will be sold on-site. For tickets, call 919-684-4444.

6 Thursday

Kid's Yoga

Honeysuckle Tea House, 9:30 a.m.

Bring your child to Honeysuckle, for a session of yoga that will teach them basic poses and breathing techniques. Parents are encouraged to participate. Each session is \$20.

6 Thursday

Good Vibes Only

Downtown Durham, 6 p.m.

Enjoy live music, band meet-and-greets, a bar crawl and more at the first annual Good Vibes Only Festival from July 6 to July 9 in Durham.

7 Friday

Coffee Tasting at Ten

Counter Culture Coffee Training Center, 10 a.m.

Come taste some complimentary brewed coffee at Counter Culture Coffee's headquarters in Durham. Staff members will guide participants through the tasting and share details about the brew.

7 Friday

Clay Date Night

DAC Clay Studio 7 p.m.

Bring your partner or a friend to DAC Clay Studio to create a functional piece of pottery during the July Clay Date Night. Participants will be able to create their piece, paint it and pick up the glazed and fired product two to three weeks after the date night. \$25 per participant.

8 Saturday

Espresso 101

Carrboro Coffee Roasters, 11 a.m.

Learn how to brew, serve and enjoy the ultimate espresso at home and see what baristas do behind-the-scenes with this \$30 workshop. This workshop is for people of all experience level. For more information, email info@carrborocoffee.com.

9 Sunday

Goat Yoga for Beginners

Hux Family Farm, 4 p.m.

This free yoga session is open to all skill levels – oh, and there will be goats! Donations to the Farm are appreciated. Childcare is provided if needed.

10 Monday

Theater in Nature Camp

The Eco-Institute at Pickards Mountain, 9 a.m.

This five-day long camp for 7- to 14-year-olds will explore improvisation, plot and character, using nature as a backdrop. Registration is \$220, limited scholarships are provided based on need.

12 Wednesday

Mental Health First-Aid

Seymour Center, 8 a.m.

This free course teaches you valuable skills on how to help someone close to you if they are experiencing a mental health crisis. Must register by July 5. More information at (919) 968-2070.

13 Thursday

Music at Roost

Roost, 5 p.m.

Grab some wine, beer or pizza from Roost and pull up a chair for live music. Stu Cole, Jason Krekel and Woody Wood will be performing from five to eight p.m. In case of inclement weather, this event will be held at The Goat.

14 Friday

Disco Dance Party

Seasons at Tandoor Banquet Hall, 8 p.m.

Jam out to your favorite '70s music while the DJ plays that Funky Music. Admission is \$15, '70s attire is encouraged but not required. There will be a cash bar on site.

Check out the online calendar as well.

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

15 Saturday

Easy as Pie!

Southern Season, 11 a.m.

Learn how to make everything from a peach hand pie to mason jar lemon meringue in this hands-on cooking class. Wine pairings will be included with menu items. \$45 per person to register.

18 Tuesday

Sustainable Spirits

The Eddy Pub, 5:30 p.m.

Join others interested in sustainable practices such as composting, renewable energy, organic farming and green building. The unstructured event will allow participants to network around their interests. Admission is free.

21 Friday

TreKing the Band

Beyu Caffe, 7 p.m.

Join TreKing the Band for a night of impactful music at Beyu Caffe. The band will be performing twice, once at 7 p.m. and once at 9 p.m. Tickets are \$13 for each show.

27 Thursday

Like a Girl

DSI Comedy, 7 p.m.

Submit your act or come enjoy some laughs at this comedy festival for female-identifying comedians. There will be shows, workshops, panels, brunches (mimosas) and a dance party starting July 27 and ending July 30.

15 Saturday

Gardeners Go To Market

Kidzu, 10:15 a.m.

Join Kidzu at the Chapel Hill Farmer's Market in this Junior Gardeners Go To Market event where kids can learn about science, cooking and the food we eat. Admission is free with admission to the museum.

18 Tuesday

Trivia at Steel String

Steel String Brewery, 9 p.m.

Join Montgomery Morris for Steel String's weekly trivia. Rounds include music, movies, pictures, general knowledge and more.

22 Saturday

Hillsborough Walking Tour

Hillsborough Visitors Center, 11 a.m.

Learn the history of historic Hillsborough through this walking tour of the town. Some sites include a 1790s African American-owned distillery and the grave site of North Carolina's signers of the Declaration of Independence. Tickets are \$6.

29 Saturday

Photography Workshop

K's Closet Hillsborough, 4 p.m.

This workshop will teach you how to photography quickly moving subjects like kids. You must bring your own camera (DSLR recommended).

16 Sunday

Ron Fest

The Strowd, 3 p.m.

Party with WCHL as they celebrate their own Ron Stutts' dedication to the station for four decades. Music by Liquid Pleasure. General admission tickets are \$15, VIP tickets are \$30.

19 Wednesday

War on the Catwalk

Carolina Theater Durham, 7 p.m.

Watch contestants from Season 9 of RuPaul's Drag Race strut their stuff on the catwalk and perform live. All ages welcome. Tickets start at \$24.

22 Saturday

History of the Harvest

North Carolina Museum of History, 12 p.m.

Learn about the importance of corn to Native communities and see the North Carolina lab in action creating drought-resistant strains. After viewing this outdoor exhibit, you can bring home a corn husk doll of your own.

30 Sunday

Jazz Brunch

Weaver Street Market Hillsborough, 11 a.m.

Come out to the patio of the Hillsborough Weaver Street Market and listen to some smooth jazz during your brunch/ lunch hour. This is a recurring event every Sunday.

17 Monday

Durham Bulls at Home

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

Come out to the ball park and see the first of three home games in a row against the Indianapolis Indians. Tickets start at \$24.

20 Thursday

Pre-School Storytime

Flyleaf Books, 10:30 a.m.

Come enjoy this recurring, hour-long storytime at Flyleaf Books. This free storytime is usually led by Flyleaf's own Johanna.

24 Monday

Art Camp

Mebane Art & Community Center, 9 a.m.

Alamance Arts will be holding a camp for rising third through sixth graders. Attendees will learn about dance, theater and visual art through workshops and performances. To register, call 336-226-4495.

31 Monday

Belle & Sebastian Concert

North Carolina Museum of Art, 6:30 p.m.

Part of Cat's Cradle's Summer Concert Series, Belle & Sebastian will be performing with opener Andrew Bird at the NC Museum of Art. Doors open at 6:30 p.m., show starts at 8 p.m. Tickets start at \$34.

NEWS BRIEFS

ORANGE COUNTY County wants to hear from residents

In February, Chapel Hill was under a do-not-drink warning due to two compounding risk factors which happened within a day of each other, according to the Orange Water and Sewer Authority (OWASA).

First, problems at the Jones Ferry Road OWASA water treatment plant in Carrboro led to the over-fluoridation of more than a million gallons of already treated water, which made it unusable.

Then, a large water-main break caused more than a million gallons of water to pour onto the streets in Orange County.

As a follow-up to the February water crisis, Orange County and other agencies are seeking feedback from residents, businesses and visitors, on the county's response to the crisis.

CHAPEL HILL University gets money to help low-income students

The University of North Carolina at Chapel Hill is receiving \$1 million for enrolling and graduating low-income students.

The University of North Carolina at Chapel Hill said the money and honors come from the Jack Kent Cooke Foundation.

According to UNC-Chapel Hill Chancellor Carol Folt, the University plans to raise another \$1 million from private donors, using the combined funds to further increase efforts to support low-income students. The school provides debt-free financial aid for the lowest-income students.

A Cooke Foundation study last year found only 3 percent of students at top U.S. colleges come from the poorest 25 percent of families.

DURHAM Wolf pups back home

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.

On June 19, four red wolf puppies at the Durham Museum of Life and Science escaped their enclosure, presumably through a hole they chewed through the fencing around them.

Red wolves are critically endangered, with fewer than 300 in the world, so the search to find the missing pups was crucial and began immediately after their escape was discovered by staff. In an effort to find the pups, the museum had to suspend its train ride.

Some time between June 19 and 20, the wolf puppies returned on their own, probably to seek food from their mother. However, one remained missing, but finally on Tuesday the last pup was found being fed by its father through the hole which had been chewed in the gate, which has now been repaired.

CARY Teen petitions to prevent goose gassing

Cary teen Elizabeth Hughes started a petition to save geese in Wisconsin from extermination, gaining over 20,000 signatures showing support. The petition is in response to a proposed plan to exterminate Canadian Goose populations in the city of Mondovi, Wisconsin. The plan would use carbon dioxide to poison the geese.

Comments have poured in from all over the world on the petition 18-year-old Hughes started to save the geese from certain death. Hughes is a known animal lover, spending hundreds of dollars at her own expense to feed, trap and spay or neuter local cats — operating animal cameras and protecting North Carolina geese during the hot summer months.

The U.S. Department of Agriculture said overpopulation of geese creates considerable concern. Hughes advocates for alternative, non-lethal methods.



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Electronic Legacies- Still The Wild West

The online world – most of us have at least some presence there. The options range from social/entertainment to business and online banking, bill-paying and data storage. We have Facebook, Twitter, LinkedIn and Instagram. iCloud, Mozy and Carbonite. G-mail and text. Oh, and there are passwords – lots and lots of passwords.

So what happens to all of that when you die? What happens to your Facebook page, your Twitter account, all your emails and digital pictures stored online? What about intellectual property that you have stored digitally? Do you have accounts for online games in which you “own” property there that may have value and could be sold in the non-digital world? That’s your digital estate, and it’s an interesting question. It’s a little like the Wild West out there, with nobody really sure what all the rules are and who’s making them.

Now I’m not an attorney, I’m a financial planner. But both groups are starting to take a look at this because it’s something that can impact our clients now and certainly more of them in the future. No one is really sure what’s going to happen. We have horror stories of folks dying and their email accounts being deleted before the emails- their history – can be downloaded and saved by heirs. You can have Facebook pages that stay up – even if the heirs or the original owner would rather they come down.

you can’t give your account to someone else. That creates some interesting situations for an executor. Do they go into your account and get what they want before they notify the company that you’re deceased? Could an attorney ethically suggest that when it would violate the Terms of Service? What will Facebook do if people start posting condolences BEFORE the executor can get there? Will they close/ freeze the account?



Todd Washburn



What can you do? Until laws are written to address this (some states have tried already but there’s some question as to how enforceable they are) you’re on your own. There are certainly a few things that can be done:

- Make a list of all your online accounts, along with user names, passwords, and urls, which can be accessed quickly by your executor.

- Give some thought as to:

- o Who should care for the information in a particular account going forward? It may be different people depending upon the purpose of the account.

- o What you would ultimately like to happen to that information or account. Do you want it destroyed, or memorialized in some way?

- Talk to your estate attorney. Does your Will or Power of Attorney attempt to address these issues?

- Look into companies like SecureSafe, PasswordBox and EverPlan. These are services where passwords and other information can be stored online.

- Hope the legal system catches up and addresses these issues before more people run into this potential nightmare.

It’s going to be an interesting few years as more and more people with significant digital presences die and heirs are forced to confront this issue. Give some thought to it now and maybe spare your executor and heirs some work and headaches.

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What’s causing all this confusion? A starting point is the Terms of Service agreements we all agree to when we decide to set up an account on one of these platforms. Each one is unique. And from your perspective, each one is a take-it or leave-it proposition. You can’t negotiate the terms of paragraph 3 on page 7 that says upon your death all access to your account will be terminated. If you want on to their system, you agree to their Terms of Service. Many of these accounts are deemed “non-transferable”, meaning



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Decoding Sunscreen

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

There has been a real evolution in the way we recommend wearing sunscreen. It is no longer just for the beach or pool. We now have substantial evidence that shows daily use of sunscreen greatly reduces the risk of developing skin cancer. With so many options to choose from, it doesn't hurt to have a basic understanding of what all those letters and numbers on the bottle actually mean.

The American Academy of Dermatology, and myself professionally, recommend daily use of sunscreen. There are many sunscreens available that are both very effective and cosmetically elegant, as well as provide anti-aging and moisturizing components. Sunscreens come in a variety of formulations including lotions, creams, sprays, and even water resistant mineral powders.

During your daily life, it is important to consider the sun exposure you're experiencing while traveling in your car or seated by a window at work. Whether you are driving long distances or just around town, you should protect the tops of your hands. The hands get a lot of sun, and the tinting in the windshield and car windows offer only minimal protection.



Window glass and car windows block ultraviolet B (UVB) rays and not the more harmful, cancer and aging-causing ultraviolet A (UVA) rays that pass through glass unhindered.

The SPF factor is a measure of how much longer it will take for the skin to redden in the sun. So, if a sunscreen has an SPF rating of 15, it means it will take 15 times longer for sun exposure to redden the skin when it's covered with that product. In addition, the rating only applies to UVB protection, not UVA.

Sunscreens that provide UVA protection are labeled "broad spectrum." UVA rays penetrate the skin more deeply and are thought to be the key players in the development of skin cancer and premature aging. UVA protection decreases the wearer's risk of developing melanoma and non-melanoma skin cancers due to sun exposure. It is important to remember—unless a lotion is labeled broad spectrum—it only

offers SPF protection for UVB rays and not the more harmful UVA rays.

Reapplication is key. Sunscreen breaks down in direct sunlight and loses its effectiveness, especially if you are in the water. Sunscreen must be reapplied at

least every two hours regardless of the SPF rating. It is a common misconception that sunscreen does not need to be reapplied if it has a high SPF. In fact, most sunburns occur after initial application because people don't reapply.

DLC offers a variety of broad spectrum sunscreens developed for all skin types. Here are a few of Dr. Adigun's sunscreen tips:

- Start them young! Teach kids how to apply sunscreen just like you teach them to brush their teeth in front of a mirror. In fact, keep the sunscreen right next to the toothpaste in the bathroom.
- Keep heat stable sunscreen in your car for quick on the go applications (such as a mineral powder sunscreen).
- No more tears! Mineral sunscreens do not burn the eyes and are especially great for little ones at the pool or beach. There is also no time delay with mineral sunscreens as they are



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.



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effective from the moment they are applied.

- Brush it on! Powder sunscreen is a great option for a person who has a receding hairline, bald area, or diffusely thin hair.
- Get glowing! Spray sunscreens are fine but they are often underused when applying. They should be applied as a continuous spray and sprayed long enough to see a visible gloss or sheen on the skin.

KEYNOTES | July 2017

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ADHD Treatment: Lowers Car Crash Risk for Teens

By Dr. Trish Leigh
Leigh Brain & Spine

Q: Are teens with ADHD at greater risk for car accidents?

A: Yes. Motor vehicle crashes kill 1.25 million people around the world each year. ADHD is the

cause of higher risk for drivers, especially those in their teens. Why? Because drivers need to use of a wide variety of attention and thinking tasks, at the same time, to drive safely. In a new study of 2.3 million people, Chang et al. found that inattention, impulse control, and excessive talking while driving put people at greater risk for accidents.

Q: Is there a way to reduce the risk of a car accident for teens with ADHD?

A: Yes. The same study shows that treatment can significantly reduce risks of accidents, so much that 1 out of 5 of those accidents can be prevented if treatment is sought. Medication was shown to help while other natural treatments are available that have been proven equally effective. Neurofeedback treatment is endorsed by the AAP as #1 Best treatment for ADHD making it the go to resource for those people who do not want medication. Improved brain pattern can alleviate the symptoms that cause the distracted driving and thus the accidents.



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: leighbrainandspine.com (919) 919-401-9933



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How To Spend Your Summer Vacation



by Laurie Paolicelli

Yes, it's hot outside. And though we're close to both the beach and mountains, all of us don't have the option to go. Luckily, you're here, and maybe you're here with friends and family – the perfect time to discover what a great destination the Chapel Hill area is. That's right: you don't have to go anywhere. Just look around. What do I do with my guests? I've listed a few ideas below and encourage you to do a little digging yourself and share with us at the Visitors Center:

lpaolicelli@visitchapelhill.org



1. **When they arrive.** Go on a walk down Franklin Street and into Carrboro. You can easily cover both in 1 mile and hit some highlights. Make sure you walk over to the Weaver Street lawn, have a coffee or iced tea, and relax.

2. **UNC Visitors Center offers wonderful tours.** Stop by our Visitors Center and get a self-guided brochure. Or call UNC. <http://www.unc.edu/visitors/> and remember to tell your guests about the Davie Poplar, The Quad, Founding Fathers art and yes, the history of Silent Sam.

3. **Carolina Inn.** If your guests are here on a Friday, park at the Inn and hit the front porch during the evening. Bluegrass, cold refreshments and affordable food trucks.

4. **Carrboro's Farmers Market** on Saturday mornings is a sampling of our local agriculture, personalities and unique sense of place. Don't miss it!

5. **Walk and walk some more.** There's no question that our outdoor spaces are stunning. Check out Riverwalk in Hillsborough. Park at the garage next to Weaver Street and walk the beautiful path that highlights public art. www.visithillsboroughnc.com

6. **Outdoor symphony, bluegrass, rock and roll.** Hit the lawn at Southern Village. <http://www.southernvillage.com/> Bring a chair, blanket, a bottle of water and relax.

7. **The North Carolina Botanical Garden in Chapel Hill.** Their carnivorous plant collection is one of the best in the Southeast. Pitcher plants, sundews, butterworts, Venus' flytraps. Don't get too close! <http://ncbg.unc.edu/display-gardens/>

8. Other tips? Almost too many to mention. Stop at **Steel String Brewery** in Carrboro for a cold one. Check-out **Maple View Creamery** for the best ice cream in the south. Grab a fresh biscuit at **Rise** in Carrboro. Check-out **Med Deli's** colorful array of fresh Mediterranean food. Have an adult beverage at **Crunkleton's** bar. Friday night celebrations: Chapel Hill/ Carrboro celebrates art the 2nd Fridays of each month. Hillsborough celebrates art on the last Fridays of the month. Both offer a delightful submersion in the south: music, food, laughter and family.



Laurie Paolicelli

Neighbor to Neighbor

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

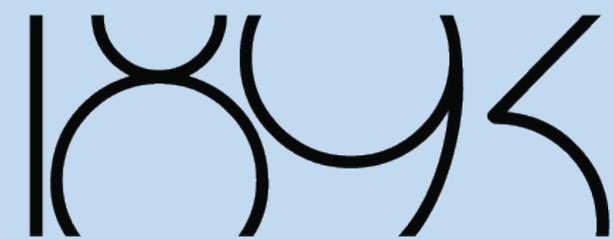
The agency is a department of Orange County and is located at 501 W. Franklin Street in Chapel Hill.

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