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Our stories

6 ANIMAL OVERPOPULATION PROBLEM DECREASES



It's hard to find someone who doesn't think the smooshy face of a pooch or the perky ears of a cat aren't utterly adorable. But there's something cuter: a shelter animal finding a forever home – something Orange County Animal Shelter is continually working toward.



3 "MY SCHOOL"

A greenhouse, nature path, healthy eating program – these are all things now-retired counselor Kim Kelleher brought to the children at her school, New Hope Elementary.

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Even Max is thinking about Spring Break!

8 MILL TO MALL



More than ever, Carr Mill Mall serves as an economic hub for Carrboro and Chapel Hill.

Cover photo: Samantha Murray, Catherine Hinken and Felicia and Birdie Cenca celebrated National Ice Cream Day in style at Maple View Farm Ice Cream's celebration. This year's charity sponsors were Kid's Path of Hospice and Sam's Fund.

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More than a counselor

Kim Kelleher spent her time at New Hope doing one thing:
Helping kids

In her more than 20 years as counselor at New Hope Elementary School, Kelleher wore a lot of hats – motivator, philanthropist and even arborist. Managing editor Cole Stanley sat down with Kelleher to talk about her time at New Hope and her retirement.

Southern Neighbor: When people talk about New Hope, they always do so with such an affectionate tone. It's been called the best elementary school in the state, and everyone seems to want their kids there. What would you say makes New Hope so unique, other than having had you on staff, of course?

Kim Kelleher: There are tremendous people that work there — completely professional and dedicated. There's not a time you would ride by New Hope and there aren't cars in the parking lot. The administration gave me a lot of freedom to develop any and all programs that I thought might help our students succeed — there's a lot of positive experimentation.

SN: Similarly to the school, people in this community have such an appreciation for the work that you've done all these years at New Hope; you've won so many awards and been

recognized as the counselor of the year. Whatever you've been doing obviously worked, so what is it that you did differently that has worked so well?

KK: I've always run what we call a comprehensive counseling program. That means you provide a program that helps everyone in the school, not just the thirty or forty that are having the most trouble. That way, when problems do arise, every child in the school is comfortable enough with you that they will come to you straight away with the issue. Counseling should be ingrained into every aspect of the school, not just limited to one little office. I made sure that was the case by teaching classes myself — on everything from social skills to preventing bullying.

SN: So, as part of your comprehensive counseling plan, what are some of your favorite programs you established that really worked and you feel especially proud of?

KK: Well, one that comes to mind is Operation Care Package. So, for background, every month I focused on a certain word, like 'respect' or 'responsibility,' you get the idea. In the month of January, we focused on 'kindness' and 'caring.' So what we did is get the whole school involved in collecting things to send to service



Photo by Sofia Edelman

Kelleher holding a letter former President Barack Obama wrote to her.

members that were related to students at the school — dads, uncles and aunts, siblings.

One of the groups of soldiers in Afghanistan that we sent these packages to was so overwhelmed by our students' thoughtfulness that they flew a flag for us in Afghanistan, saluted it and flew it that day. At the end of the day, they took it down, folded it and sent it to us along with a letter. And that flag is still flying in front of our school.

And how we accomplished a lot of these things was by the students' own initiative. Just this past year, the student council donated over \$5,000 to organizations in the community. They raised all of it themselves

through collecting box tops, the fall festival and by running the school store — we sold things like pens and notepads for a nickel or a dime each. We gave to the American Red Cross, we ran a clothes drive for Hurricane Matthew relief, we did a canned food drive for Orange County families who had need during the winter, we donated over a thousand dollars to the Make-a-Wish Foundation. And all those initiatives were chosen by the students.

And there's one more piece to this, which I think is extremely important. We didn't just send a check in the mail. Each time the kids donated to a cause, I had someone from that

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organization come to the school to talk to them. So they actually saw a person, heard how the money was going to be used, and I wanted the organizations to hear from the students what they did to raise the money for those donations.

SN: A lot of people know about the nature trail at New Hope. It certainly seems to have been a huge hit with students and parents at the school. I was hoping you could tell our readers who may not know a little bit about it.



Photo courtesy of Kim Kelleher
New Hope Elementary gained a greenhouse thanks to Kelleher.

KK: I think as a counselor it's our job to really understand the kids that we're helping, and this is just one instance of that. I looked at the kids at New Hope, and recognized that a lot of them were having trouble staying in their seats and really concentrating for seven, eight hours a day. They might have ADHD, they may have a learning disability. If all you do is keep putting books in front of them, it gets frustrating — if trying to force you to try something that doesn't work for you is the only solution anyone ever tries, that's how you end up sitting in the office all day instead of learning. So what I started doing is taking my kids outside. I wanted to figure out how I could get these kids excited about learning.

You would be amazed how much of a difference it makes for some kids to go outside and look at a real cloud, instead of a picture in a textbook, when they're learning about the weather. To actually look at and feel a river birch, and then see another and another throughout the forest — that teaches them better than memorizing names of plants out of a book.

So I got the kids out there with me to help prepare a nature trail. It took two years, and after that, we added 24 station markers that each indicated something special at that spot on the trail — whether it was a particular plant or an animal's den or a creek. That's how we taught our students about the natural world — actually showing it to them.

SN: So another thing some of our readers might not know about you is that President Obama wrote you a letter. Could you tell us about that?

KK: Well, yes, he did actually. But the full story is I wrote him first. So I wrote a letter to President Obama as he was getting to the end of his presidency, and we were getting ready to have our 25-year anniversary



Photo courtesy of Kim Kelleher

Kelleher often brought children into nature to learn and decompress.

celebration at New Hope and I wanted him to come, because I'm proud of our school and I really wanted him to see something wonderful going on out in the world. I wanted him to see something that was truly working — I wanted him to be proud.

So in my letter, I told him all about our school and our students and about Orange County — which, of course, he knows about us because he's a huge basketball fan — and he ended up writing me back...

He said, "I am pleased to join in celebrating your school's 25th anniversary. America's schools serve as gateways to opportunity and engines for progress, inspiring our students to be the best versions of themselves. By equipping them with the skills to thrive, our halls of learning can instill in our next generation the fundamental belief that with hard work, nothing is beyond reach... I hope your community takes pride in the way your school has touched lives. As we celebrate this special milestone, I wish you all the best for the

years ahead."

SN: So what is going to be your next chapter? What kind of plans do you have going forward?

KK: I think I'll do a fair bit of traveling. I also am continuing my own education. I'm becoming certified right now to be a science educator and I'll be trying to get a curriculum that I've written published.

SN: That sounds great. I was hoping you could share a word or two of advice for those looking to make an impact like you have over the years.

KK: Honestly, I would just say to remember that the world doesn't change in a day. You won't be able to do everything in a single day, but you can do something every single day. If you wake up every day and set a goal and achieve that goal, you will never stop progressing, never stop learning and never stop making a difference.

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SETTING THE BAR: MYSTERY BREWING COMPANY

By Tyler Fleming

In Southern Neighbor's young-er years it touted a recurring bar review, *Setting the Bar*. Contributing editor Tyler Fleming resurrected this section in Hillsborough this month.

As a creature of habit, Mystery Brewery shouldn't be a place that I prefer. When I choose to drink, I typically go with some kind of lager, a brand that I know I like and can trust. Friends smirk when I order the same beer at the bar that I currently have sitting in the fridge. What can I say, I like what I like. At Mystery, there is no such thing as habit.

Mystery Brewery is possibly alone in only having seasonal beers. You heard



Photo by Sofia Edelman

Mystery Brewing Company bartender Ashley Scott pours a pint of Mystery's Carolina Dark.

me, they constantly rotate their taps — by season, month, week or until the casks run out.

"We make it once and we don't make it again," Arwen Hernandez, my bartender, told me, when I foolishly didn't do my homework and asked about which seasonals they were offering.

EXPERIENCE

When one walks into the bar, it clearly doesn't have the same pretentious, urban feel of many of the Triangle breweries. First, it isn't in Hillsborough proper. It is fairly remote with just a handful of restaurants surrounding it and a railroad running nearby. The bar is kid-friendly, board games line the back wall and many of the beers are named after nerdy themes from "Dr. Who" or other fandom culture shows. The bar's patio area is also dog-friendly, which can only be a good thing.

While I was there, the staff joked about adopting dogs and about past drinking experiences. Hernandez, who has worked at Mystery for two years, was friendly and willing to answer any questions I had.

There is a good mix of local townies and outside visitors to the bar, and while we sat there, we witnessed the bartending staff interacting with regulars while also explaining the menu to newcomers.

THE BEER

The experience is good and all, but that isn't why you come. While it is somewhat easy to make an IPA or any kind of lighter ale feel summer-y, I was most impressed by the lightness of their stout. Generally, when I think stout, I imagine something heavier, to be drank over a long period of time in winter.

While the Papa Bois, a 7.5 percent alcohol tropical stout, was heavier than the other beers we had, it had fruity undertones that made it feel more light and fit for a summer drink. I am not sure it would be my go-to on a 100-degree day, but that is personal preference.

I know I'll be back to get another round of "Chance of Rain," a 4 percent modern session IPA, which was what our bartender recommended. Like I said earlier, I didn't expect to be this into an IPA, but it wasn't

overwhelmingly hoppy like what seems to be the trend right now. It was consistent with the fruity flavor profile of the other beers we tried, which balanced well with the hops.

The prices are consistent across beers, topping off with a very reasonable \$5 for 16 ounces of whatever beer is on tap. If you're feeling adventurous and want to try more beers but also want to drive home, they offer 10 ounces for \$3.50 and 5 ounces for \$2.50 — which is pretty affordable even on my college student budget.

Overall, if you're so much of a creature of habit, maybe Mystery isn't for you — but that is a lousy reason to not give it a shot. I'm sure you're going to try something you don't quite like, but there are also a lot of great beers. And if you go to Mystery and find your favorite beer is no longer on tap, Hernandez is prepared to serve you another great pint.



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PICK ME, PICK ME!

Through unique initiatives — and lots of TLC — OCAS finds homes for furry community members

By Molly Smith

Mmeet Chloe. She's a 2-year-old pit bull at the Orange County Animal Shelter with hopeful eyes and a fervid love for toys and back rubs, and you can bet that Assistant Director Andi Morgan is the lucky one giving them to her.

There's a reason why the loving pets that fill the spacious rooms of the shelter are adopted so quickly — and it's not just because of their irresistible faces. Morgan and the rest of the staff work

tirelessly to keep the adoption rate high. "We're here late almost every single night," Morgan said. "Partly because we care a whole lot and partly because we have no life."

Tenille Fox, Morgan's new colleague, is being trained to take over a communications position at the shelter. Although she has only been there for about a month, Fox said it's easy to tell

how much the employees and volunteers care about every animal.

"Every time I look over, a volunteer has a dog on its back, just rubbing its belly," she said. "And Andi's a big fan of trying to carry three cats in her arms off a truck after someone pulls in to drop them off."

Since Morgan has started working at the shelter, commonly referred to as OCAS, she said the yearly rate of incoming animals has settled to around 2,500 from numbers as high as 4,500. She credits this healthy decline in animal overpopulation to the higher frequency of spay and neuter programs throughout the Triangle.

OCAS partners with Spay-Neuter Assistance Program to provide clinics at the shelter where they can perform the operation on as many as 30 pets in a day. Depending on their circumstances, new owners may qualify for inexpensive, or even free, service.

OCAS also offers 12 rabies clinics a year at the shelter with licensed veterinarians present. Although rabies cases first started getting media attention in 2007, Morgan said rabies vaccines are more standard today.

"Rabies laws have changed and there are more vaccines that work now," she said. "It was hard to make rabies as sexy as Britney Spears shaving her head."

OCAS recently received a grant to increase the funding for their spay-neuter program, and Morgan believes

this is the key to fewer unwanted animals and a low euthanasia rate.

"You can't adopt your way out of an overpopulation problem — you have to educate people about the program and get them here," she said. "I'll even go pick up people and their pets if they don't have a way."

“ Every time I look over, a volunteer has a dog on its back, just rubbing its belly. ”

Tenille Fox



Photo by Gabrielle Palacio

OCAS Assistant Director Andi Morgan has the (ruff) job of helping animals find forever homes.

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“We should say ‘open vs. limited admission’ instead,” Morgan said. “Using those words just distracts the public and causes hysteria — shelters and rescues should be on the same side. The real villain is pet overpopulation.”

“ You can’t adopt your way out of an overpopulation problem — you have to educate people about the program and get them here. I’ll even go pick up people and their pets if they don’t have a way. ”

Andi Morgan

She said that sometimes pickier rescues take only the higher-class, cuter dogs and leave the shelters with those that are less likely to be adopted.

“It makes the adoption rates go down and the euthanasia rates go up,” she said. “It hurts the community as a whole.”

The reason why local artist Cam Cline and her husband John decided to adopt from OCAS rather than a rescue is simple — they were smitten with a certain dog and didn’t pay much attention to breed or class.

“We were at the Chapel Hill Tennis Club fundraiser for the shelter, and I was trying to sell my artwork there,” Cam said. “The shelter brought some animals with them and I met Maggie and fell in love.”

When they adopted her five years ago, Maggie was a 6-year-old beagle who had run away from previous owners and was discovered months later, emaciated in the woods. After the shelter nursed Maggie to health, the Clines were compelled to open their door to her. Their two children, Max and Sarah, immediately developed a relationship with her.

“When we first got her, that was

when Sarah got mono, and Maggie snuggled on the couch with her and was her companion when she was sick,” Cam said. “We sure love her to pieces.”

But unfortunately, not every transition from the shelter to a home goes smoothly. Morgan places great

importance on making sure the animal and the owner can develop a good relationship before adoption.

Morgan said many complicated pet-owner relationships are with cats because of their tendency to roam freely without causing concern. She said about 45 percent of lost dogs are reclaimed at the shelter, but that number drops drastically to 4 percent when it comes to cats.

“There’s just a difference in mentality on how we view these animals,” she said. “Cats are kind of like second-class citizens.”

Morgan said it’s often difficult to tell if cats turned in to the shelter are feral or lost because they react the same way in the shelter — scared and confused.

OCAS tries to hold onto stray cats for as long as possible before allowing new owners to adopt them, but the holding period can’t go much past five days.

Some of these cats are sick when they first come in and need extra time to heal. That’s the case with Olof, a sweet, white, 1-year-old kitten who was dropped off after hours in May and still needs a loving home.



Photos by Gabrielle Palacio

Olof (above) and Chloe (below) have lots of love to give to their future adoptive families, and the camera!

A new project at OCAS is spearheaded by the problem caused when citizens call the shelter after they encounter a wandering feral cat. Morgan said it’s important to educate the public on what happens in these situations, because Animal Control is forced to put down many animals reported as aggressive.

Morgan said this next project is centered around free-roaming cat initiatives.

“Feral cats are wild animals — we wouldn’t trap a deer,” Morgan said. “If we spay or neuter them and then release



Graphic by Molly Smith

them back into the wild, they won’t reproduce and we can maintain the population size.”

While Morgan’s top priority is to help the animals in her shelter, she’s trying to steer OCAS in a direction that also provides people with resources to stay informed on modern terminology, safe practices and general pet care.

“It’s all a big education project,” she said.

“Besides, I think sometimes people are crazier than animals could ever be.”

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HISTORY AT OUR DOORSTEP:

CARR MILL MALL

Photo by Sofia Edelman

By Tyler Fleming

Carr Mill, located on Weaver Street in downtown Carrboro, was always a hub for business and community in Carrboro and Chapel Hill — just not in the way it currently is. Business owners are now reshaping the history of the Mill from a center of big industry to a center of community retail.

The mill was founded by Tom Lloyd at the end of the 19th century and named “Alberta.” Carr Mill employed many local people, and the railroad tracks running by the Mill brought supplies and resources to the local college. Yet, leading into the later parts of the 20th century, the mill industry began to dwindle and so did the use for the Alberta building.

The Mill sat unused and underappreciated for many years until it was to be torn down in 1975 by a Charlotte developer who was going to build a Harris Teeter. The people of

Carrboro objected to tearing down an important piece of town history.

“(The developer) had plans to tear the Mill down, and the people from the town went to the developer and said, ‘Hey, let’s save the Mill,’” said Nathan Milian, president of N.L. Milian & Associates and landlord of Carr Mill.

The developer agreed to change his plans to tear it down and the Mill was saved — the rest is history.

The Mill was then sold and turned into a space for offices and retail stores. The Harris Teeter was ultimately built nearby.

Almost immediately, businesses, many of which still operate today,

began filling the spaces and Carr Mill took its place as an economic and cultural hub in the Chapel Hill-Carrboro community once again.

“We’re the village center,” Milian said. “I think we’re the economic engine of downtown Carrboro.”

While Carrboro no longer needs the massive factory for textiles and cotton to provide employment and economic growth, the Mill is now a hub of shops, specialty stores and restaurants. Especially now during the summer months, the Mill takes on the role of a gathering and cultural center

for the people of Carrboro with its outdoor spaces. The mall marks a new page in the Mill’s history and at the center of it all are the business owners operating out of Carr Mill Mall.

The mall hosts over 20 locally owned, community-oriented small businesses, each offering unique items, services and experiences. While restaurants like Crossties Barbecue, the one right on the train tracks, are hard to miss, the businesses on the inside are not as visible to passersby.

Oasis Cafe has been at Carr Mill Mall for four years and offers tea and coffee in a quiet, relaxing space. Leah Edwards, who works at Oasis, said people are often surprised to find a cafe tucked away in Carr Mill Mall. The Carrboro coffee and cafe scene can be competitive, but Edwards believes that Oasis offers something special being inside Carr Mill.

“I think we’re this hidden away, little pocket that people pass by and say, ‘Wait, who are you, how long have

“

We’re the village center. I think we’re the economic engine of downtown Carrboro.

”

Nathan Milian

you been here?" Edwards said. "But once people do discover (Oasis), they love it."

While Oasis is serving coffee, all around the Mill the retail industry is also present. Love & Peace Boutique offers ethically sourced, handmade clothes and goods, many of which are from Nepal, Thailand and India.

"(Love & Peace Boutique) carries a lot of different things you won't find everywhere you go, so it is kind of unique in (that) way," said Nina Chellani, co-owner of the boutique.

Right across the hallway from Love & Peace Boutique is The Fragrance Shop. Walking in, the store is lined with fragrance bottles, all of which are pure perfume extract without any alcohol or fillers, according to Jennifer Mann, the manager and the daughter of the shop's owners.

The Fragrance Shop, originally from Miami, boasts almost 50,000 followers on Facebook. They decided to move to Carrboro from the Charlotte area earlier this year because the aesthetic of Carr Mill fit right in with their store's image.

"We just loved the whole area, and the feel of the mall itself just fit in with the style of the store," Mann said.

Some visitors to Oasis are not old enough to drink coffee and may not be interested in clothes or perfume, but Ali Cat Toys offers something for both young shoppers, their parents and even UNC students to enjoy.

Irene Kesselman, owner of Ali Cat, said her shop helps plan birthday parties and wrap presents for working parents, and the store is always shaking it up.

"We're constantly changing our stock, so we are bringing new and exciting things all the time," Kesselman said. "We carry everything from baby to adult games and puzzles."

These are just a handful of the diverse stores and restaurants currently operating in the Mill.

For many at Carr Mill Mall, each business contributes to the larger culture and a sense of community within the mall and for the town.

"The fact that it is an old mill, an old cotton mill, that has been renovated brings a lot of character to the town," Chellani said.

Elmo's Diner became an early business to open shop in the new Carr Mill Mall and has become a staple of the Carrboro restaurant scene. On its busy days, like during brunch times, many of the other stores benefit from the waiting line to get into the

restaurant — each business contributes to the large culture.

"Especially on Sundays, when everyone is waiting in line at Elmo's, they'll come down (to Oasis) and order lattes," Edwards said.

This isn't unique to just the establishments that offer food and drink — Kesselman said her toy store benefits from the variety of business in Carr Mill Mall.

“

The feel of the mall itself just fit in with the style of the store.

”

Jennifer Mann

"I think it is an incredible destination because it is really a walking community and the parents like to make a day out of it, they'll come here, they'll play, maybe read a book and they will go get a slice of pizza and do their grocery shopping on the way home as well," she said.

Weaver Street Market, one of the two grocery stores at the Mall, might be the most visible store in Carr Mill. It offers food, beverages and even Jazz Brunch! Weaver Street Market also owns the seating area facing Main Street and the rest of downtown Carrboro. Whether it is a normal weeknight or a day of events at the co-op, on any given evening, the outdoor seating area is filled with locals and visitors looking to spend time outside

While Carr Mill Mall contributes to the culture of the town, it also brings in tourism as people come to see the old Mill, now listed in the National Registry of Historical Sites. Much of the weekday traffic is local, Edwards said, but on the weekends people from all over come to visit the Mill and her shop. Further, Mann said the Mill benefits from UNC, as many parents will stop by while visiting their children at school.

For Milian, all of the businesses, local folks and tourists coming together is what ultimately makes Carr Mill Mall special to the entirety of Carrboro.

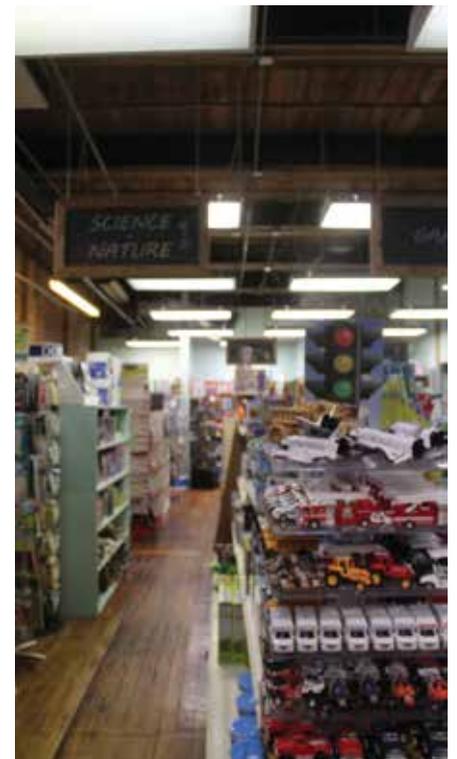
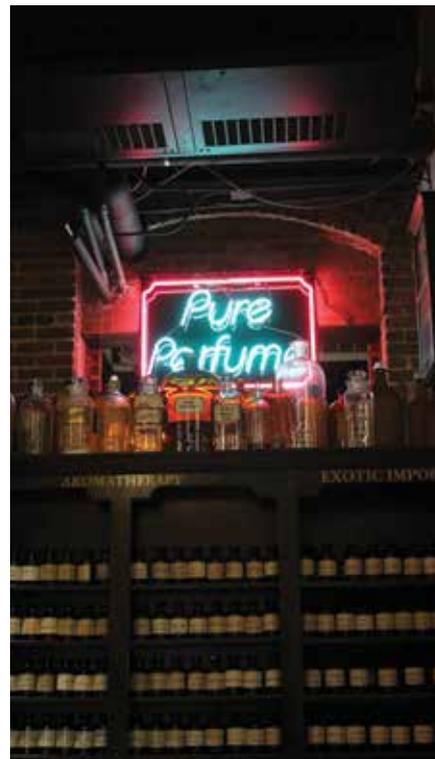
"We provide services, we provide a place for people to come for entertainment, you know, we provide a sense of pride for the people of Carrboro for helping basically create a vibrant downtown," Milian said.

"Downtown Carrboro is vibrant because of Carr Mill."

Shopping at the Mill:

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- Love & Peace Boutique
- Mulberry Silks & Fine Fabrics
- Oasis at Carr Mill
- Organic Sun Skin Spa
- Sofia's
- Sofia's Shoetique
- Tandem
- The Fragrance Shop
- The Station
- Townsend Bertram & Company
- Venable – Rotisserie Bistro
- Weaver St. Market & Cafe



Photos by Sofia Edelman

Carr Mill Mall is home to a variety of restaurants and shops including The Fragrance Shop and Ali Cat Toys.

August Calendar

1 Tuesday

Ferrington Market

Ferrington Village, 4 p.m.

Local food, produce and more will be available at this recurring market. Check it out next to Fitch Creation's Administration building.

1 Tuesday

Local Strangers Concert

Secret Location in Chapel Hill, 7:30 p.m.

Seattle duo Local Strangers' Living Room tour is coming to town! There is no cover but donations are appreciated. The location will be sent upon registering.

2 Wednesday

Wine Down Wednesday

La Vita Dolce, 5 p.m.

Live music, wine tasting and super sales on bottles and glasses will be available this Wednesday. Kids get a free mini gelato cone, to boot!

3 Thursday

Chainmaille Jewelry

Durham Arts Council, 6 p.m.

Come make a shaggy loop bracelet with instructor Caitlin Donovan. Everyone ages 12 and up are welcome, registration is \$23.

4 Friday

Fam Jam

Kidzu, 3:30 p.m.

Bring your tot or preschooler for a rocking weekend kick-off dance party. Free with museum admission.

5 Saturday

Live Music

Oasis at Carr Mill, 7:30 p.m.

Grab a relaxing drink and bite to eat and listen to Wilton DuBois on the steel drums. Admission is free.

6 Sunday

Duke Farm Workday

Duke Campus Farm, 6 p.m.

Help the farm by weeding and taking care of plants while learning about sustainable food growing. People of all ages are welcome. A water bottle is recommended.

7 Monday

Watermelon Day

Durham Museum of Life and Science, 10 a.m.

Bring a watermelon to share with some of the museum's animals and participate in melon-themed activities to celebrate National Watermelon Day!

7 Monday

Spoken Word

Flyleaf Books, 6:30 p.m.

Sacrificial Poets Touchstone Open Mic will be hosting an empowering spoken word session from 6:30 to 8:30 p.m. Ages 10+ welcome.

9 Wednesday

History a la Carte

North Carolina Museum of History, 12 p.m.

Join Executive Director of the NC Craft Brewers Guild, Margo Metzger, for a talk on the upcoming legislation that will affect North Carolina's more than 205 craft breweries. Beverages will be provided.

9 Wednesday

Durham Bulls at Home

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

Root on the Bulls in their last of three consecutive home games against the Louisville Bats. Tickets start at \$24, not including the Cracker Jack!

10 Thursday

Movies Under the Stars

Wallace Parking Deck, 8:30 p.m.

Celebrate the University of National Champions with a sports-themed classic, Space Jam. Admission is free.

11 Friday

Art Walk

Chapel Hill Visitors Center, 6 p.m.

This second-Friday art walk will feature artist LaTasha "Sunny" Gravelly, whose latest work explores the country's racial climate.

12 Saturday

Drawing in the Galleries

Ackland Art Museum, 10 a.m.

Break out some paper and pens for a creative exploration of a piece in this museum. This free event is held every second Saturday.

13 Sunday

Old Pup Yoga

Hux Family Farm, 4 p.m.

One of many adorable options at the farm, yoga with senior dogs will benefit Hope Animal Rescue. Tickets are \$15. If old pups aren't your thing, Hux Family Farms offers goat yoga as well.

14 Monday

Acting Out: Mystery

DSI Comedy Theater, 9 a.m.

Your camper can create their own mysteries and act out in groups in this week-long camp. This camp is for children ages eight to 10, regardless of experience.

Check out the online calendar as well.

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

17 Thursday

The Big What?

Shakori Hills Community Art Center

Join the BIG Something for their Big What? festival, lasting until August 20. Expect food, performances and beautiful on-site camping areas.

17 Thursday

Latin Vibe

Beyu Caffe, 9 p.m.

Beyu's recurring latin vibe night touts great dance lessons and a night of dancing. Cover charges apply after 9:30 p.m. Beyu's also offers regular jazz shows at the cafe.

18 Friday

Graymatter Concert

Pittsboro Roadhouse, 8 p.m.

Burlington-based Graymatter will be performing their folksy tunes at the roadhouse, all ages welcome. Food and beverages available on site.

19 Saturday

Backyard Bocce Bash

Pinehurst Harness Track, 8:45 a.m.

Tailgate and play at this Pinehurst tradition. Teams of four start at \$25/ person. All proceeds go towards children with special needs.

19 Saturday

Craft Cold Brew

Carrboro Coffee Roasters, 11 a.m.

Learn two cold brewing techniques with the experts at Carrboro Coffee Roasters, because who can survive this heat with a steaming cup of joe?

20 Sunday

Behind the Scenes

Durham Museum of Life and Science, 9 a.m.

Come learn what the Keepers at the Durham Museum of Life and Science do to keep the animals happy and exhibits ready.

21 Monday

Tai Chi in the Galleries

Ackland Art Museum, 1 p.m.

This course uses Sun-style Tai Chi routines that are easy to learn for all skill levels. Registration is \$5 for non-members.

22 Tuesday

Cooking Coastal Carolina

Southern Season, 6 p.m.

Join Surf City, NC chef Bud Taylor on a multi-course cooking adventure, including "surf and earth" and Bourbon dark chocolate mousse. Registration is \$50.

24 Thursday

Quartet in the Gardens

Duke Gardens, 7:30 p.m.

Join the Raimi family and friend Nicholas DiEugenio for a showcase of Mozart, Bach and more in the last Ciompi Quartet Presents event of the summer. General admission is \$25.

25 Friday

Monster Drawing Rally

North Carolina Museum of Art, 5:30 p.m.

Watch more than 70 artists sketch it out with tons of different media in NCMA's second Monster Drawing Rally! Admission is \$5 for members.

25 Friday

Last Fridays

Hillsborough, 6:30 p.m.

Enjoy children's workshops on the courthouse lawn, vendors, an art walk and live music from The Embers for the last Last Friday of the summer. Available parking is listed on the town's website.

26 Saturday

Father-Daughter Tea Party

Honeysuckle Tea House, 10 a.m.

The House's first father-daughter tea event will include lots of family bonding and, of course, delicious tea! Registration required.

26 Saturday

Latin for Plants

North Carolina Botanical Garden, 1 p.m.

Learn the fun origins of plant names in latin: no conjugations required. Registration for members is \$22.

27 Sunday

Nasher Guided Tour

Nasher Museum of Art, 2 p.m.

With admission to the museum, you or a group of ten or fewer people can go on an approximately one-hour guided tour of the museum exhibits. While there, check out the featured exhibition, Nina Chanel Abney's Royal Flush.

29 Tuesday

Starting a Rescue

SAFE Haven for Cats, 6:30 p.m.

Love yourself some cats? Want to start a rescue? SAFE Haven will let you in on the basics of capacity and care. Admission is \$5.

31 Thursday

Art in the Park

Fairview Park, 5 p.m.

Join the Orange County History Museum for an evening of arts and crafts. Check the museum's Facebook in case of inclement weather.

NEWS BRIEFS

DURHAM

Obie, the write-in dog

With Bill Bell, Durham's mayor for the better part of the last two decades, deciding not to run for re-election in this year's mayoral race, multiple candidates are mobilizing to make a run. One candidate in particular is hoping to get a leg, or four, up on the competition with a focused social media campaign.

Obie, a Durham native and 9-year-old pitbull mix, has no campaign budget, but has been winning the adoration of voters via Twitter. On June 29, Obie wrote, "I am inspired by Mayor Bell's leadership and as Mayor I will work to expand on his pro-dog programs. Let's make Durham great for all dogs!"

Obie's owner, Sean Haugh, says they are not accepting campaign contributions, but urges anyone who would like to instead donate the money to the Carolina Adopt-a-bulls or to the Animal Protection Society of Durham.

RALEIGH

Conservation group bids for RDU land

The Conservation Fund has submitted a multi-million dollar bid to the RDU Airport Authority to buy over 100 acres of land that belong to the airport in order to expand the adjacent Umstead State Park.

Before the offer, plans for the land included a quarry, office space and industrial use. The nonprofit says the land is crucial in order to provide more recreational space for the rapidly expanding Triangle area.

June visitation to Umstead Park was up 15 percent over 2016, when the park saw 1.8 million total visitors in the year. A spokesman for The Conservation Fund said the deal would ideally close in August of 2018.

TRIANGLE AREA

Sweltering

summer hurting produce, shortening outdoor play

In the midst of a far-hotter-than-average summer, farmers markets in the Tar Heel state are feeling the burn, as the balmy weather is shriveling produce and reducing foot traffic.

At the North Carolina Farmers Market last month, large piles of food had to be tossed, including mostly foods most sensitive to the heat, such as tomatoes, squash and cantaloupes.

The Raleigh recreation office has also decided to cut off outdoor play after 10:30 for all city-run summer camps in order to protect the children enrolled from the scorching heat.

According to the the department, the heat is too high this summer to guarantee total safety when the children are outside and warn that children are often too enthralled in recreation to self-moderate appropriate hydration and similar measures.

CHAPEL HILL

New Target store comes to Franklin Street, bringing fresh produce

Until now, students at UNC had to drive to Durham to for their nearest Target store. However, last month Target opened its first small-format store on Franklin Street. Though smaller than the Super Target in the other college town down the road, Carolina students now have a walkable option for a variety of goods, including groceries, clothing and, of course, Starbucks coffee.

The area where the new Target stands was previously home to several local businesses, including Time Out Restaurant.

One potential benefit of the new Target store is the possibility of alleviating Chapel Hill's designation as a "food desert," an area that has poor access to healthy and affordable foods.

Obituaries



Robert Douglas Bevan III

Robert Douglas Bevan III, known as Bob, passed away on Friday, June 30, his birthday, at his home in Chapel Hill.

Bob is survived by his wife, Bonnie Schaefer Bevan, and her two daughters, Anne Maness Whitney and husband Robert Whitney of Oakland, Calif., and Caroline Maness and husband Andrei Tsygankov of Atlanta, Ga.

A lifelong journalist, Bob worked as a sports reporter, section designer and copy editor with The Twin City Sentinel in Winston-Salem, The Charlotte

Observer, The News & Record in Greensboro, and the Southern Neighbor, a community tabloid that he co-founded with his wife, Bonnie. DTH Media Corporation now publishes Southern Neighbor as the sister publication of The Daily Tar Heel student newspaper at UNC.

Funeral arrangements were handled by Rich & Thompson Funeral and Cremation Service in Burlington, NC. A memorial service was held at Christ United Methodist Church in Chapel Hill.

Memoriams in his name would be welcomed by the genomics and cancer research training program.

OBITUARY POLICY

The Daily Tar Heel and Southern Neighbor accept obituaries, death notices and memorial notices from funeral homes or crematory services.

The deadline to receive obituaries for Friday publication in The Daily Tar Heel is noon on Wednesday; the deadline for Southern Neighbor is on the 20th of the month. Obituaries may be submitted online at www.dailytarheel.com/events.

The charge for digital-only obituaries is \$75; printed obituaries are provided at a rate of \$8.50 per day for up to 25 words, and \$0.15 per additional word, with a \$2.50 fee for photos. Questions? Please email obituaries@dailytarheel.com.

KEYNOTES | August 2017

Home Repair

Carol's Electric
4915 Hwy 54W, Chapel Hill
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We offer services in electrical repairs, LED lighting, and remodeling for your electrical repairs. We are here for you whenever you need it! We also offer emergency service work for your electrical needs. Last minute repairs are not a problem. Carol Dixon is N.C. licensed and insured and has been in the electric contracting business for 25 years. Her customers say they really enjoy having a woman do their work.

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Fixall Services has been serving the Triangle area for over 20 years, providing electrical, plumbing and HVAC services as well as painting, power washing, wood and structural repairs, roofing, landscape maintenance and brick and concrete work. Licensed contractor/ Insured, Chamber of Commerce member. Major credit cards accepted.

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Dynamic Dozen Things to Do in Hillsborough

by Laurie Paolicelli

One of the challenges of living in a place as glorious as Orange County is deciding how best to take advantage of all it has to offer. We're here to help! Instead of looking at our local world in its entirety, maybe you should take it in in smaller bites. Hillsborough, for instance. The town gets significant coverage in *Our State* magazine, the *New York Times*, the *Washington Post* and *Garden and Gun*, to name a few. Do you know of everything it has to offer?

Check it out:

1. Shopping: So many shops, so little time. Shopping in Hillsborough is like shopping in the world's loveliest antique store that happens to be run by a millennial. Vintage flea market finds, collectibles, unique jewelry, home goods, gourmet food and wine. Melissa's Jewelry, Hillsborough Arts Gallery, Eno Gallery, Uniquities, Hillsborough Wine Shop to name a few.

2. Dining: You will not go hungry. Hillsborough features many unique restaurants, including La Place, Radius Pizza, Saratoga Grill, Panciuto, Antonia's and many more. For coffee, there's Cup of Joe and Weaver Street Market.



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.
www.visit Chapel Hill.org
919.245.4320



3. Walking: Walking is Hillsborough's official pastime. Laid out by William Churton in 1754, Hillsborough retains much of its original street pattern. The town features more than 100 homes and buildings dating to the 18th and 19th centuries, including the Old Courthouse, designed by John Berry in 1844 and considered one of the finest Greek revival structures in the United States. Perambulate with gusto.

4. Reading: Stop by Purple Crow Books. Delight in the creativity of Hillsborough and Orange County's artists and authors. The town is a literary mecca.

5. Touring: Learn the history of Orange County. Take a guided walking tour from the Orange County Visitors Center (Alexander Dickson House (c.1790). What you learn may shock you.

6. History: It's everywhere, but especially in Hillsborough.

Visit the Burwell School Historic Site, built in the 1820s, where you can learn the stories of the Rev. Robert and the Anna Burwell family, and about the girls attending their boarding school in the years leading up to the Civil War. Nearby, the Orange County Historical Museum interprets the history of all of Orange County, from the first Native American settlers to the present.



7. Ayr Mount: Tour Ayr Mount Historic Site, which sits on 265 tranquil acres and is located along the Eno River with a one-mile Poet's Walk. This is where Thoreau would hang out if he ever came to visit.



8. Riverwalk: The Riverwalk is just what it says it is, a winding path that parallels the beautiful Eno River. But it's so much more. It's a place to find your spirit.

9. Moorefields Bluegrass Festival.

September 9, 2017. Just \$15 for adults. Music, food and drink in one of the most elegant settings in Orange County.

10. River Park Concert series, Saturday October 28th, 2017, 12 noon-7pm. River Park Concert is a free downtown outdoor live music event for all ages celebrating local music, art, wellness & environmental communities.



11. Last Fridays Artwalk, through September, take place the last Fridays of the month and features art, entertainment and lots of smiles. It's like a country fair spruced up with a little culture.



12. Micro-brews are popping up all over Orange County and one of them, Mystery Brewing on Nash Street, is a must-see. With a new adjoining restaurant, community tables and creative beer themes, you'll feel right at home.

To top all of this off, parking is a breeze in the lot next to Weaver Street Market, which is free and covered.

For more information, www.visithillsboroughnc.com Or click on Hillsborough at www.visit Chapel Hill.org

Welcome to our team, let's celebrate!

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

We're growing! We proudly welcome Karlee Wagoner, Nurse Practitioner, to the DLC team. Karlee is a North Carolina native with over 20 years of dermatology experience. She is Board Certified and provides a great blend of top-notch clinical knowledge with a passion for providing cosmetic and general dermatology services. Karlee's winning personality and treatment proficiency make her a natural DLC fit. Karlee specializes in treatments for acne, laser resurfacing, and the treatment of leg veins. Call us to schedule your appointment!



Come to DLC's First Birthday Party!



DLC is celebrating one year in business with a Cake Pop and Champagne Birthday Party. Come celebrate with us and meet Dr. Adigun and the DLC team, enjoy event-only specials on treatments

and skin care products, learn about anti-aging treatments and watch live demonstrations. Enter to win one of our awesome raffle prizes and pick up a swag bag full of skincare treats. We will have food from local vendors along with cake pops and champagne.

- Event-only specials
- Meet Dr. Adigun and the DLC team
- Learn about anti-aging treatments and watch live demonstrations
- Participate in raffles to win prizes and treatments
- Light refreshments and wine from local vendors
- **RSVP by 9/18 to guarantee your swag bag**

Thursday, September 21
3:00 to 7:00pm

RSVP to contact@dlcofchapelhill.com



Dr. Chris G. Adigun

Neighbor to Neighbor

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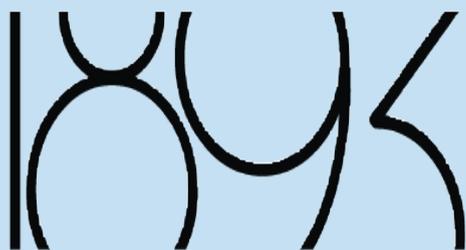
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Overuse of ADHD Medications: How is it Harmful for Students and Moms?

By Dr. Trish Leigh
Leigh Brain & Spine

College students call ADHD drugs “Cognitive Steroid” while stay-at-home moms call it “Mother’s Little Helper”. Truth be told, neither really benefits from the medications and both are being duped into thinking they are more productive than they are by the drugs’ surge of dopamine production.

Why target students and moms? A recent study shows that college students have a stark increase in ADHD drug use with 1 in 5 stating that they use drugs to help them study and prepare for exams. Women, particularly mothers, between 26 – 39 years old, are the highest growing group to the tune of a 750% increase in use and misuse of ADHD drugs. Moms use it to get things done and stay awake throughout their day.

Both groups admit the drugs make them feel good and yes, they are addictive. But what

many people don’t understand is that ADHD drugs will make anyone feel more alert and cranked up, so if you feel like you need a boost, it will give it to you, but at a cost. I was in school for 15 years (no I am not kidding) and I have 5 children (not kidding again), so I can totally relate to needing a cognitive.

Unfortunately, studies prove the drugs actually do not give you any true cognitive benefits, meaning they do not make you smarter or help your brain re-wire itself, they just increase alertness. And the costs, they are huge. We know this because it is proven by science. ADHD meds have short-term side effects of loss of appetite and increased anxiety and longer-term effects of seizures, paranoia, aggressive behaviors, tics, and heart problems.

Many professionals have argued that the short term gain of ADHD medications is not worth the long-term risks

of its use. One professor wrote an article in the NY Times called “Ritalin Gone Wrong” in which he stated that ADHD medications have short term benefits that then require a continual boost in dosage to keep the effects coming in turn leading to addictions.

Addictions to ADHD medications have increased to the degree that the National Institute on Drug Abuse has deemed a “cause for alarm” for high school students because use has gone up 8.2% in recent years.

Many people report that they get the medications because there are no other alternatives to help them. This simply is not true. Advancements in neuroscience and technology have made it so that now there are brain-based treatments that can address the underlying cause of ADHD, which is a neurologically dysregulated brain pattern. At Leigh Brain & Spine, I use qEEG Brain



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



Mapping to identify those individuals that actually have a significant ADHD pattern and those that do not. For both groups there are treatments available, that do not use drugs. A drug-free option is available, right now, right here in your community.



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