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About Us

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To place an advertisement, contact: (919) 962-4214 or ads@southernneighbor.com.

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Two words describe Halloween in Chapel Hill: Franklin Street. Photo courtesy of Ran Northam.



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Milltown is a lot of things: gastropub, beer garden and, most importantly, a destination. We reviewed the Carrboro staple and got our fill of German foods and brews.

4 TAKE A SPIN AROUND

If you've been to Chapel Hill in the past six months, you've seen them: spinning tops adorning the campus. But do you know about the artist who created them?



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Fall foods flourish at market

by Jenni Ciesielski

Just because it's fall doesn't mean local farmers' markets are closing. Here is information on Triangle markets that offer all you could ever need!

Hillsborough Farmers Market: UNC Hospitals, Hillsborough Campus

Open Saturdays 8 a.m. to noon.
Offers produce, baked goods, crafts and flowers.
Accepts cash, credit, WIC and FMNP.

Chatham Mills Farmers Market: Historic Chatham Mills, Pittsboro

Open Saturdays 8 a.m. to noon.
Offers produce, dairy, meat, eggs and baked goods.
Accepts cash and check.

Fearrington Farmers Market: Fearrington Village

Open Tuesdays 4 p.m. to 6 p.m.
Offers produce, eggs, crafts, canned goods, dairy, meat, flowers and baked goods.
Accepts cash.

Pittsboro Farmers Market: Main Street Station

Open Thursdays 3 p.m. to 6 p.m.
Offers produce, dairy, meat, canned goods, baked goods and eggs.
Accepts cash and check.

Carrboro Farmers Market: Town Commons

Open Saturdays 7 a.m. to noon,
Wednesdays 3 p.m. to 6 p.m.
Offers produce, eggs, crafts, canned goods, baked goods, meat and dairy.
Accepts cash, check, credit, SNAP, WIC and FMNP.

Chapel Hill Farmers Market: Estes Drive

Open Saturdays 8 a.m. to noon,
Tuesdays 3 p.m. to 6 p.m.
Offers produce, eggs, canned goods, dairy, meat, flowers and baked goods.
Accepts cash, check, credit, SNAP, WIC and FMNP.

Eno River Farmers Market: East Margaret Lane

Open Saturdays 8 a.m. to noon.
Offers produce, eggs, crafts, canned goods, dairy, meat, flowers and baked goods.

What's in season?

- Apples
- Beets
- Bokchoy
- Cabbage
- Cherry Tomatoes
- Collards
- Cucumbers
- Greens
- Herbs
- Indian Corn
- Kale
- Lettuce
- Muscadine Grapes
- Mushrooms
- Napa
- Peanuts
- Pears
- Persimmons
- Pumpkins
- Radishes
- Raspberries
- Snow Peas
- Spinach
- Sweet Potatoes
- Turnips



Photo by Aramide Gbadamosi

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A unique spin on public art

by Cole Stanley

For the last few months, the campus of UNC and the landscape surrounding it have been dotted by some very odd, very colorful visitors. If you've walked through the campus, you probably witnessed students, children and their parents alike hopping on board these huge, vibrant sculptures to go for a giggle-inducing spin.

The sculptures, which resemble giant spinning tops bearing the colors of a Day-Glo adorned circus troupe, are called "Los Trompos" and are the work of a man named Nacho.

Ignacio Cadena, or Nacho as his friends call him, spent the first few years of his life in the Sonoran Desert in Mexico. Born into a military family, he learned order and discipline early, but thanks to his mother, he told me, he learned culture and creativity as

well.

He moved to the United States while still a teenager and attended college in Los Angeles, before moving back to Monterrey, Mexico, where his design firm is now based. To date, Cadena has worked in over a quarter of the countries on the planet.

"We do a variety of projects. Sometimes it's redesigning the inside of a small café, sometimes it's interior design for a high-rise apartment. But, you know, you take the projects that come your way because they fund what you really care about. For me, that's projects like 'Los Trompos,'" Cadena said.

For Cadena, "Los Trompos" is an extension of his vision of what art should — and can — be.

"When I think about how I want to design a room, create a sculpture, or really create anything, I focus primarily on the impact I want it to make on



Photo by Sofia Edelman

Cadena emphasized the importance of viewers interacting with art. someone. Do I want it to make them smile, make them question something, or make them feel at ease? This is why I love injecting art and thoughtful,

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creative design into people's everyday lives."

Nacho said he wanted to ensure that his art was always approachable, never intimidating and allowed people to engage it on their own terms. For Nacho, art should not exist simply for the sake of existing — it should give something back to people.

He said "Los Trompos" was the perfect actualization of this belief. The spinning tops are beautiful, even breathtaking, to be sure. But they also serve as benches, as cozy lunch spots, as makeshift meeting rooms and, of course, merry-go-rounds.

"I love public art installations — and when I say that I don't just mean art exhibitions which are open to the public, I mean art that is in the public space. When you free art from the confines of a museum or a stuffy gallery, you make it more relatable, you make it more widely enjoyable," Cadena said.

It was in this spirit that "Los Trompos" was created, but Nacho said there was an earlier project which served as a springboard for the idea.

"The project that really got me engaged with this idea of truly public art was one called 'Mi Casa, Your Casa.' I began the project in order to solve this problem the High Museum in Atlanta

was having — not enough people were coming, and when they did, they weren't sticking around."

Nacho said the High Museum of Art has an expansive, gorgeous pavilion in front of the building which was intended as a public meeting and leisure space. But for some reason, people just weren't coming; so they hired Nacho to bring them out.

The project seemed simple enough — create an art exhibit that would get people back on the pavilion. To tackle this, Nacho decided to put his maxim that art should be simple and approachable into practice. He decided that to achieve that, he would draw inspiration from the drawings of children. So he collected drawings from a kindergarten class and struck gold.

"What I found was that the most common thing for a child to draw was a house — and almost always in the same way. Always a very similar shape, and the tone of the images was always that of love, happiness and safety," Nacho said.

So Nacho created about a hundred simple, red metal house frames and put them on the pavilion. And immediately, people started showing up. So Nacho began experimenting. He first introduced swing sets inside of the houses, and then hammocks. As soon as he included these signs of invitation, the already sizable crowds he had drawn grew to swarms of families, young professionals, older

couples and just about every other kind of person you can imagine.

"It really affirmed the role that interaction plays in art. The more a person feels involved, the more the art feels accessible, as if it is really part of a person's life and not just something pretty to look at — that's what creates changes. By simply changing the physical space people are moving through, you can fundamentally alter the social space — feelings, thoughts; you can really make someone's day with a metal frame and some fabric," Nacho said.

fun — and blow up the scale. And I thought 'Why not spinning tops?' So we went to work. Building the frames, hiring weavers, choosing the most durable and safe materials for construction. I have to be honest though, when I first conceived of 'Los Trompos,' I didn't really know how many adults were going to love them. I probably should have started off with stronger threads," Cadena said, laughing.

Cadena wasn't just surprised at how much adults loved his creations, he was overjoyed. He described the deep hap-

“When you free art from the confines of a museum or a stuffy gallery, you make it more relatable, you make it more widely enjoyable.”

Ignacio Cadena



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RESTAURANT REVIEW

Review by Sofia Edelman

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Since joining Southern Neighbor, I've been hopping around to places in our readership area that I haven't been before for our restaurant and bar reviews. I figured the further away from home (being Chapel Hill) I was, the more my journalistic integrity could really shine in the high-stakes game of restaurant reviews. This month, I decided to try something different: a review of a restaurant right in my backyard, Milltown.

But before I tell you my thoughts on Milltown, I need to preface with

this: I love Carrboro. I love every inch of that town — from that one spot in the municipal parking lot behind Open Eye that is always muddy to the benches outside the market area.

That being said, one of Milltown's greatest achievements is being able to transport you away from Carrboro. Once you step into its beer garden, you're no longer in a North Carolina town, you're in a bier garden in Belgium, far away from the buzz of Main Street. And until mid-October you can be in Germany with a half liter of



Photo by Sofia Edelman

Milltown, nestled between businesses on Carrboro's busy main strip, promises great bites, great beer and a great atmosphere.



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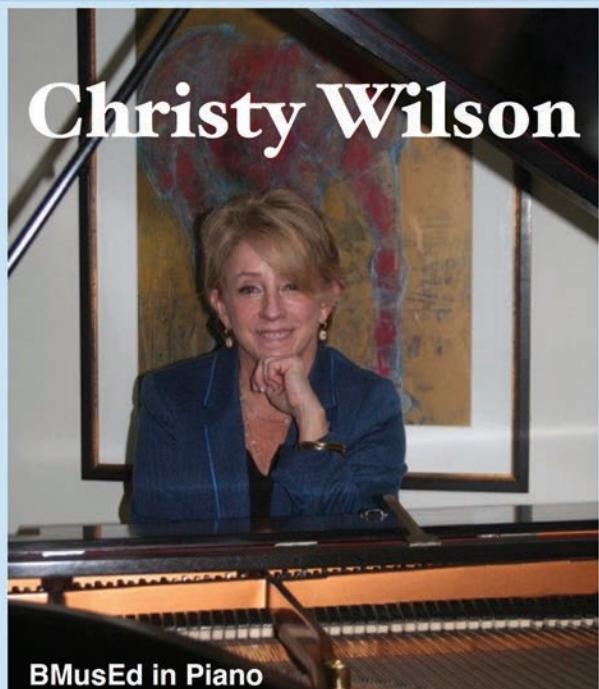
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Oktoberfest in hand.

I had the good luck of coming to Milltown for the first time on the first day of their annual Oktoberfest celebrations, which included festive brews and food and will culminate with a performance from the Little German Band on Oct. 14.

In true Oktoberfest fashion, I started my Milltown adventure with half a liter — because to be honest I wasn't entirely sure how large half a liter would be — of Paulaner Oktoberfest while my partner tried the deeply aromatic Marshal Zhukov's Imperial Stout, which tasted equal parts of stout and cold brew. It should have been no surprise to me that Milltown has no dearth of beer selections, but the true magnitude of their selection surprised me. Beyond their superb drafts, Milltown offers rare bottles, bubbels, tripels, Belgian strong ales, IPAs, saisons, Belgian whites, porters, stouts, gluten-free options and so much more. I didn't try their wine selection, so I can't speak to that, but as beer goes there's certainly a brew for everyone.

After our first round of beer, we moved onto some house favorite and special German menu appetizers (which all paired very well with our beer, I may add). First were the gnocchi tots — delectably crisp and brown on the outside and oh-so-gooey on the inside — paired with a parmesan cream. This menu item in particular certainly took liberties with the idea of "bar food." The playful creativity at which it was crafted was unparalleled except in their taste. There were more classic bar offerings. The chicken wings, for example, were a house favorite for a reason even beyond that they were paired with house-made blue cheese dressing.

From the German menu, we tried a small plate of meatballs (actually, Konigsberger Klopse) made with pork and beef from Firsthand Foods, a local meat purveyor that connects restaurants with area farmers. If we didn't have a main course on the way,

I would have asked for more of those Klopse.

I tried to not plan what I was going to eat before coming to Milltown, allowing the staff and the mood to guide my decisions, but I did decide to try one thing beforehand: their poutine. Milltown has four different types of frites other than their poutine, but the second I heard they carried the Canadian treasure, I knew I needed to try it. You would think that a dish consisting of gravy, cheese curds and fries would be prohibitively heavy, but the curds (straight from Wisconsin) and house-made mushroom gravy made the frites as light as clouds.

As we waited for the main course (and maybe wondered why we had already eaten so much food), we tried more of Milltown's beer menu. First up was Haw River Farmhouse Ales' Citramelon White IPA, a blend of crimson melon and coriander that leaves a wonderful floral aftertaste. Next was Virtue Cider's Lapinette Cidre Brut. Naturally gluten-free and aged in French oak barrels, it was just sweet enough for our Thursday night outing.

The sun started to set over the buzz of Carrboro, though we couldn't see it from our little bier garden, as we waited for the main dish — also part of the special German menu, we ordered the sausage plate. The plate, along with two kinds of mustard and house-made onion jam and sauerkraut, came with



three sausages — one stuffed with cheese, one spicy Italian and one classic bratwurst — all cooked in beer and served with a warm Guglhupf pretzel roll. A seemingly simple meal, the sausage plate provided unending combinations of sausage, roll and toppings. And though I've never been to Germany, I feel sure that the plate would do Deutschland proud.

As if we hadn't eaten enough, we finished off the night with dessert. Also from the special German menu, the German-style donuts were sugar-dusted to snowy perfection and layered on top of a black plum compote. If you've never had a German donut before — and no judgment passed if you haven't, I had

my first at Milltown — they're much fluffier and lighter and altogether easier to eat than their American counterpart. And, I suppose this might just be my preference, I think plum compote is a little better than a sugary glaze.

Leaving Milltown, I felt like I had a different dining and drinking experience than I've ever had in Chapelboro. Though Milltown has an amazing beverage program and creative menu, going there is a lot more than having a good bite to eat and beer to drink — Milltown is an experience, one you can't have anywhere else in the area. And, you know, if experiences aren't really your thing, the food and drink is pretty damn good to boot.



Photos by Sofia Edelman

Not only did Milltown tout an expansive beer (and wine) menu, but they also had a full German food menu along with their regulars.

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A "Homegrown" history

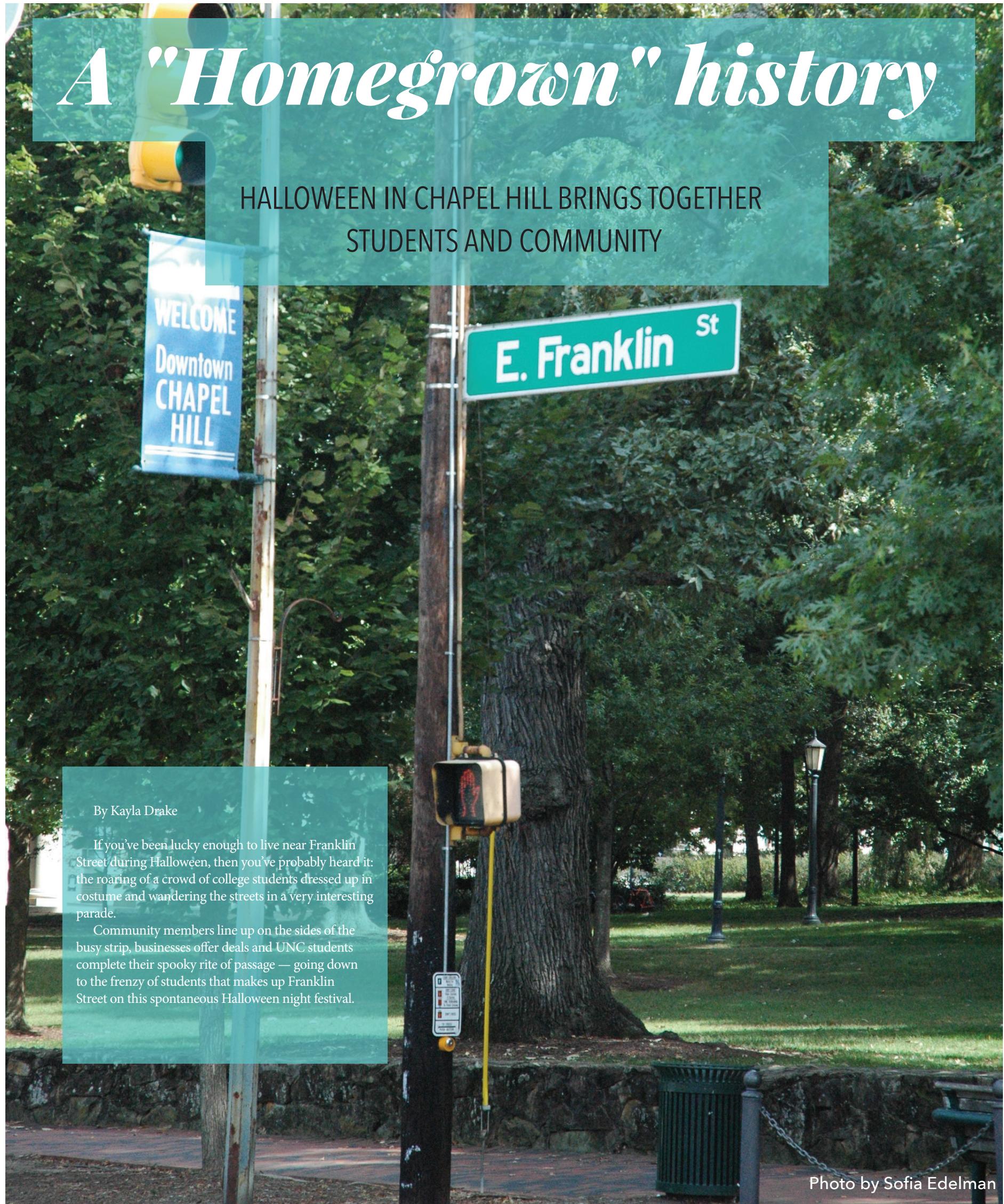
HALLOWEEN IN CHAPEL HILL BRINGS TOGETHER
STUDENTS AND COMMUNITY

By Kayla Drake

If you've been lucky enough to live near Franklin Street during Halloween, then you've probably heard it: the roaring of a crowd of college students dressed up in costume and wandering the streets in a very interesting parade.

Community members line up on the sides of the busy strip, businesses offer deals and UNC students complete their spooky rite of passage — going down to the frenzy of students that makes up Franklin Street on this spontaneous Halloween night festival.

Photo by Sofia Edelman



While no one is exactly sure how this event started, it was coined Homegrown Halloween in the 70s and lives on by word of mouth. Each Halloween is planned at the end of the last, according to Ran Northam, the communications specialist for the Town of Chapel Hill.

"We debrief and talk about what we learned from that event so we can carry that on to the next event and continue to improve on community safety," Northam said.

"We will continue to put out information, especially throughout October."

Northam said that the event is not actually planned and that the blocked-off roads and police officers are just stationed in response to what the event-goers do.

"The term Homegrown Halloween came about a few years ago because we noticed that crowds were getting to be extremely large and people were coming in from other areas of the state and possibly other states," Northam said. "We wanted to emphasize the fact that this is a home-grown Chapel Hill event and it is safer to keep the numbers down."

While this event is not put on by the Town of Chapel Hill, it is something that students are well-aware of. Alli Cooke, a class of 2008 alumna, said that it is something that is absorbed.

"It was just a part of the culture, by word of the mouth," Cooke said.

Cooke's most memorable Homegrown Halloween experience was in 2005 when she and her friends put together a group costume and trekked out to Franklin street.

"It was a lot of wandering but also staying with your friends and seeing all the crazy costumes," Cooke said. "I was never once bored on Franklin Street."

Eesin Oon, a class of 2016 alumna, said that she and her friends had a mission for their Halloween celebrations: to have the best Halloween ever, because some of them

were foreign exchange students that would be gone when the semester ended.

"My friends were studying Italian so they decided to be Italian gondoliers," she said. "We literally built a boat out of cardboard and went on Franklin Street and gave people rides in it."

Perhaps one of the best stories of Homegrown Halloween comes from Sean Jarecki, a class of 2015 alumnus, who met his wife, a class of 2014 alumna, through photos that he took during the Halloween celebrations.

"I was taking pictures on Franklin Street at my first Homegrown Halloween at UNC," Jarecki said. "I was a transfer student and didn't know many people, so I thought I would have fun by trying to get some cool pictures to share with everyone."

What Jarecki didn't know was that one of these pictures contained his future wife.

"One of the girls I happened to snap a picture of was Michelle Helton, a girl in my volleyball class," Jarecki said. "I didn't know it was her until someone tagged her in a picture later."

Jarecki said that they started talking and ended up getting married four years later.

Current students at UNC have similarly positive feelings about Homegrown Halloween as their graduated counterparts.

Sophomore Jenny Montoya said that although the event can be hectic, it is still a lot of fun.

"People get a little rowdy with the whole lighting fires thing, but seeing all of the costumes is cool," Montoya said. "It gets super crowded but it would be hard to do anything about that."

If you plan on making Homegrown Halloween a part of your celebration, visit the Town of Chapel Hill's Parks and Recreation website for information about prohibited items and more safety information.

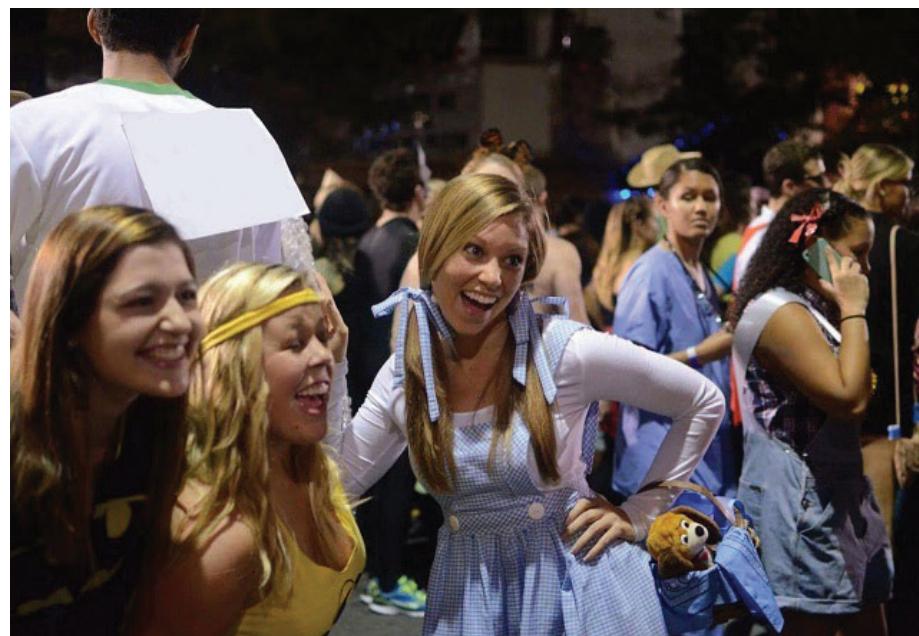


Photo courtesy of Sean Jarecki

Jarecki met his wife (pictured as Dorothy) after snapping this picture at Homegrown Halloween.



Photo by Aramide Gbadamosi

Northam emphasized that Homegrown Halloween is a local event and the Town of Chapel Hill takes measures to keep it that way, even though the event itself is a spontaneous gathering.

CHAPEL HILL'S
HOMEGROWN HALLOWEEN
Tips and rules from Parks and Recreation

A graphic for Chapel Hill's Homegrown Halloween. It features a yellow background with a white spider web graphic in the top right corner. The text "CHAPEL HILL'S" is in a smaller font above "HOMEGROWN HALLOWEEN" in a large, bold, sans-serif font. Below that, "Tips and rules from Parks and Recreation" is written in a smaller font.

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October Calendar

1 Sunday

Festifall

Downtown Chapel Hill,
noon

Join Chapel Hill Cultural Arts for the 45th annual Festifall, an arts festival in the heart of Chapel Hill. Enjoy the work of local artists and live performances.

5 Thursday

The Price is Right Live

DPAC, 7:30 p.m.

Come enjoy one of America's favorite game shows live – and who knows, you might be able to "Come on down!"

1 Sunday

Hillsborough Half Marathon

Downtown Hillsborough

Take the half marathon or 5K routes in this fun but challenging course. The run will take you through historic downtown and along the Eno River.

7 Saturday

Composting Class

Community Center
Learning Garden, Carrboro, 10 a.m.

Orange County Solid Waste Management will be leading a composting course that will touch on the basics of indoor and outdoor composting techniques.

12 Thursday

Pints and Poses

Mystery Brewing Company, 6 p.m.

Join Maria Finnegan Fitness at Mystery for an all-experiences yoga session followed by pints at the public house. \$15 at the door includes the session and a pint.

3 Tuesday

Nature for Sprouts

Duke Gardens, 10:30 a.m.

Bring your kids, ages 3 to 5, to the Gardens for lessons on the wonders of nature. Member tickets are \$7.

3 Tuesday

Poets' Open Mic

Oasis at Carr Mill, 7 p.m.

Share your poetry or listen to others at this Carrboro Recreation and Parks Department sponsored event. For information please call (919) 918-7364.

8 Sunday

Pumpkin Carving with Baby Goats

Spring Haven Farm, noon

The title says it all, folks. Come on down and carve a pumpkin with some cute little farm friends. Candy apples and cider will be available for purchase.

10 Tuesday

Humanities in Action

Flyleaf Books, 4:30 p.m.

Hosted by Carolina Public Humanities, this event will be a discussion of access to food and eating patterns in America. At-door tuition is \$20.

12 Thursday

Adult Camp

Durham Museum of Life and Science, 6:30 p.m.

For adults 21 and up, this camp will bring back memories of those great childhood camp activities, like making friendship bracelets and s'mores. Food trucks will be onsite.

16 Monday

DIY Microscope

Kidzu Children's Museum, Chapel Hill, 4:15 p.m.

This free event for teachers will be lead by UNC Biology professor Bob Goldstein and will teach you how to make a smartphone microscope.

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Check out the online calendar as well. It is available at SouthernNeighbor.com/upcoming-events/

17 Tuesday Steel String Trivia

Steel String Brewery, Carrboro, 9 p.m.

Enjoy trivia on movies, music, general knowledge and more in this weekly trivia event. Come early to get a seat and a drink.

27 Friday Halloween Carnival

Carrboro Town Commons, 6 p.m.

Enjoy some spooky carnival-style games at this frightening festival. Festive fall treats will be sold at concessions, cash only.

29 Sunday Pumpkinfest

Fearrington Village

Check out more than 80 spooky jack-o-lanterns carved by the Village's chefs and gardeners. Roost, the Goat and locations around the village will be serving fall goodies.

19 Thursday Bookends Book Club

McIntyre's Books, Fearrington Village, 4 p.m.

Come discuss Amusing Ourselves to Death: Public Discourse in the Age of Show Business by Neil Postman at McIntyre's book club. Each book club book is discounted 20 percent.

27 Friday Scare-olina Skies

Morehead Planetarium, Chapel Hill, 8 p.m.

For this special, spooky Carolina Skies show, learn about our celestial bodies through stories about monsters and mayhem!

29 Sunday Barktoberfest

Durham Central Park, noon

Come support Durham Parks and Recreation and Beyond Fences in a barktastic festival that will include a fun walk, costume contests, photo booths and more!

25 Wednesday It Devours!

Flyleaf Books, Chapel Hill, 7 p.m.

Come see Joseph Fink and Jeffrey Cranor, the creators of Welcome to Night Vale, discuss their new novel, It Devours!

27 Friday Pumpkin Contest

Carrboro Town Commons, 9:30 a.m.

Bring your painted, decorated or carved pumpkin to the commons by 3 p.m. and participants at the Halloween Carnival will pick their favorite by 8:15 p.m.

28 Saturday Harry Potter Cooking Class

Southern Season, 11 a.m.

We may live in a world full of muggles, but the food your kids will learn to cook in this class is magical – including knickerbocker glory and butterbeer. Registration is \$40.

28 Saturday River Park Concert

Downtown Hillsborough, noon

Come celebrate local music, art, wellness and the environment with Hillsborough's recurring River Park Concert. Entrance is free.

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TO REGISTER & FOR MORE INFORMATION, VISIT:
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OCT 11



Zemo Trevathan

OCT 18



Annie Franceschi

OCT 25



Wendy Solomon

NOV 1



Will Frey

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NEWS BRIEFS

CHAPEL HILL

Brunch Bill passes

This month, the Chapel Hill Town Council voted to allow beer and wine to be sold on Sunday mornings at retail stores for off-premises consumption in Chapel Hill, starting immediately.

This comes on the heels of an additional approval by the Council for restaurants and hotels to sell mixed drinks, and for stores to sell beer and wine as early as 10 a.m. on Sundays. The "Brunch Bill", as it's been colloquially named, or the legislation allowing local decisions on the issue of Sunday alcohol sales, was signed into law in June 2017.

The Council had delayed this vote until September to allow for greater public input on the question.

ORANGE, CHATHAM AND DURHAM

Gastronomic delights await you



by Laurie Paolicelli

Welcome to Orange County! Believe me when I tell you that there is no place like it under the southern sun. Among our wonders is the profusion of gastronomic delights awaiting you. So many choices, especially when your time here may be too short! But it's the best problem you could possibly have.

Think of it. On one street in Chapel Hill – Franklin, our main drag – world-class meals are as common as Tar Heel National Championships. For first-class pan-Asian cuisine try The Lantern, which also happens to have one of the best bars in North America. Across

COUNTIES

Municipal elections

Voters in Chapel Hill, Carrboro, Hillsborough, Pittsboro and Durham will go to the polls this November to elect their new municipal leaders.

Voters will elect at least two new Chapel Hill Town Council members this fall, as well as School Board members for Chapel Hill-Carrboro Schools, positions on the Carrboro Board of Aldermen and will choose mayoral candidates in both towns.

Hillsborough, Pittsboro and Durham will also be electing mayors, with Hillsborough also electing candidates to two open seats on the Board of Commissioners. Durham will be holding elections to fill half of its six-person Town Council in the fall contest as well.

All general elections are held November 7.

Be on the lookout for our election guide in next month's edition of Southern Neighbor Magazine!

DURHAM

Bulls bring home championship

For the second time in eight years, the Durham Bulls have won the Triple A National Championship by defeating Memphis 5-3 in the title game last month.

The Bulls pitchers were able to keep Memphis to just six hits and the three runs. The go-ahead runs were scored in the fourth inning when, with Durham down 3-1, Kean Wong cracked a grand slam that would push the score to 5-3, the final mark.

The Bulls' win capped off a sort of comeback season for Durham, who had struggled, with a 64-80 overall record, last season.

CHAPEL HILL

Students protest Confederate Monument

In light of national dialogue about the place of Confederate Monuments in America — and at UNC — Carolina students are trying to force the University's hand in removing the on-campus monument known as Silent Sam.

Student activists — most prominently those associated with the social justice organization Campus Y — have organized a boycott of many University-operated ventures, including dining halls and other on-campus vendors like the bookstore and coffee shop.

The organizers have, in recent days, taken to preparing or sourcing food from outside of the University, which they sell to students who wish to take part in the boycott.

Editor's note:

If you've enjoyed what you read in this edition and want to contribute to our nearly minted community board or book club, please email me at editor@southernneighbor.com.



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.visitchapelhill.org 919.245.4320



October is ADHD Awareness Month

ADHD Across the Lifespan: Knowing is Better

By Dr. Trish Leigh
Leigh Brain & Spine

Would you want your doctor to guess that your leg was broken and put a cast on it based upon what you tell him, or... would you want an x-ray to confirm that your leg indeed had a break? X-ray, definitely! That is the knowing that I am talking about.

October is **ADHD Awareness Month** and this year's theme is **ADHD Across the Lifespan: Knowing is Better**. This important non-profit organization advocates for those struggling with ADHD by teaching people the symptoms associated with ADHD in children and adults, and advocating for diagnoses so that people can get the help they need.

Knowing is Better, that's for sure. But, "knowing" can involve more than a self-screener (if you want to take one, it is available at adhdawarenessmonth.org) so you can verify that the symptoms you feel are the result of ADHD and "knowing" is more than your doctor prescribing ADHD medications for you because you fit the profile. This is false knowing because many times the symptoms of ADHD are actually related to some other developmental difficulty.

Are you aware that you can look into your Brain and see if you have ADHD?

If you want to know for sure if you have ADHD, you need to have your brain functioning evaluated by a trained professional. Period.



ADHD Across the Life Span
KNOWING IS BETTER

A qEEG Brain Map shows you if your brain is using an ADHD/ ADD pattern and if so, which one (there are 7 subtypes of ADD as identified by Dr. Daniel Amen of the Amen Clinics). Once you see if your brain is creating your ADHD, then you know what you need to do to conquer it. An ADHD brain pattern can be changed. There is a lot of science that proves once identified, an ADHD brain pattern can be improved to function optimally, getting rid of all ADHD symptoms.

So what is an "ADHD brain pattern"? This pattern is one of slower brain processing that impacts one or more areas of your brain. The type of ADHD that you have is a product of the area or areas that are running slow. ADHD, also known as "Classic ADD" resides in the front part of the brain whereas the others (inattentive, over-focused, temporal lobe, limbic, ring of fire, and anxious ADD) involve other brain areas.

ADHD Across the Lifespan: Did you know that 60% of kids diagnosed with ADD continue to have difficulties into and through adulthood? ADHD can fly under the radar for adults never diagnosed, but wreak havoc on their lives all the same. ADHD can be healed, but the first step is to find out if you actually have it and which type. Increase your awareness this October and have your brain mapped to find out for sure.

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Dr. Patricia Leigh

Neighbor to Neighbor

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is a Neurodevelopmentalist
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Moisturize to keep skin supple

By Chris G. Adigun, MD

Board Certified Dermatologist

Dermatology & Laser Center of Chapel Hill

Winter's cold dry air and the dry indoor heat can be hard on your skin. As the humidity decreases, the skin becomes much more susceptible to dryness. Often times, people are still using lighter-weight moisturizers and drying cleansers, because they have not made the transition yet to their "winter" regimen, but there are strategies to help keep the skin on your face and body soft, supple, and strong through the winter season.

Start being aware of the change in humidity before the skin gets dry, flaky, and itchy! One easy way to transition the skin as the seasons shift to winter is to use a liquid cleanser in the shower that has moisturizers in it and transition to a heavier moisturizer—even if only on the extremities initially. We have a lower concentration of oil glands on our extremities, and these are the areas that suffer first from a shift in the weather and humidity. Keep your shower as brief as possible and use lukewarm, not hot, water. Apply a moisturizer while your skin is still slightly damp.

Ramp up your moisturizing. As the winter reaches full-swing, the whole body will

need more moisture, but the greasier moisturizers will probably be intolerable until later in the season.

If you use a lightweight lotion in the summer, switch to a heavier cream or ointment. Get one that you scoop out of a jar or squeeze from a tube; pump formulas are often diluted with water or alcohol, reducing the ability to seal in moisture. Occlusive-based moisturizers such as petrolatum, mineral oil, vegetable oil, are all very effective in sealing in moisture at the skin's surface, but are often sticky and greasy—and especially uncomfortable in the summer. However, these "heavy-duty" occlusive moisturizers, or at least creams and lotions with these components, can be critical in the winter months to prevent moisture loss from the skin.

I recommend heavy moisturizers that tend to be less greasy. For richer, occlusive moisturizers that achieve this goal, I often recommend oil-free occlusive options. These include silicone and its derivatives: dimethicone, cyclomethicone, and amodimethicone. These occlusive agents hydrate dry skin, improve the barrier, and improve the overall texture of the skin. However, for those patients that still find these silicone-based moisturizers too

intense, I recommend humectant-based moisturizers that function by attracting water into the outer layer of the skin—the stratum corneum. Humectants that can commonly be found in moisturizers include urea, lactic acid, glycerin, propylene glycol, pyrrolidone carboxylic acid (PCA), propylene glycol, and sorbitol. Additionally, many manufacturers have developed moisturizers that contain lipids that are similar to those native to the stratum corneum, such as ceramides.

Sunscreen tends to fall off the radar for many people in the winter time but it is still important to protect your skin. Although UVB rays may not be quite as intense—they are still present. And UVA rays are just as strong as the summer! Daily sunscreen application is essential in the winter time as well.

One important piece of advice I give my patients is explaining to them that dry skin can happen suddenly—even if you have never had dry skin before. Over time, oil glands in the skin become less active. As we age, our natural ability to maintain hydrated skin decreases. An important aspect of this is that the drier the skin, the more apparent are the fine lines and wrinkles. An instant, efficient way to improve your overall appearance by minimizing the appearance of wrinkling in the skin is to moisturize.



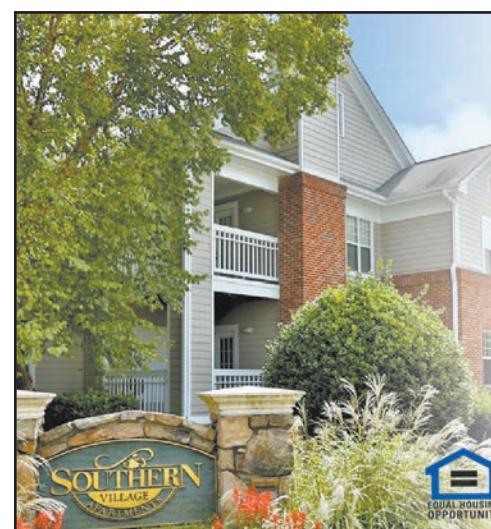
Dr. Chris G. Adigun

Neighbor to Neighbor

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



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



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Community Spotlight:

Mary Saved \$600. How Much Can You Save?

**Schedule Your Annual Medicare Plan Review:
October 15 – December 7**

Mary is like many seniors, living on a fixed income and sometimes struggling to pay all the bills. Last November, she spent an hour with a SHIIP Counselor and walked out enrolled in a new Medicare Drug Plan that would save her \$600 in the coming year. Mary isn't unusual. In fact, SHIIP counselors helped Orange County seniors save over \$150,000 last year.

SHIIP stands for Senior Health Insurance Information Program. Sponsored by the NC Department of Insurance, the program has local volunteers who are trained to assist with all types of questions about Medicare. SHIIP services are free and unbiased. Counselors provide un-biased information and assistance only, they don't sell any products.

All Medicare beneficiaries should give their Medicare choices an annual check-up between October 15 and December 7. As Mary found, the most common savings are from switching Drug Plans. Even though there hadn't been any change in the medications she was taking, Mary discovered that the drug plan she used last year had removed one of her medications from their formulary and while her premium stayed at less than \$20 per month, the cost of her medications each month had skyrocketed. If she hadn't checked into it during the Open Enrollment Period, she wouldn't have known about the price increase until she got her first refill in January – and by then it's too late to change plans.

Medicare beneficiaries who have limited incomes and assets may be eligible for Extra Help to pay for their prescription drugs. This federal program assists qualified Medicare beneficiaries with both premiums and co-pays for medications.

If you are enrolled in a Medicare Advantage Plan (also called Part C), you should also review your plan during Open Enrollment. You might find that your premium will increase in January, that your co-pays for doctor visits or medications will increase, or that your providers are no longer 'in-network'.

In Orange County, the SHIIP program is sponsored by the Orange County Department on Aging with individual appointments available at both the Seymour Center in Chapel Hill and the Passmore Center in Hillsborough. Visit BIT.LY/OCNCSHIIP to make an appointment, or call us at 919-245-4274. Seniors may also call the NC SHIIP Program in Raleigh for assistance via phone (800-448-1212).

The Department on Aging provides many other services to Orange County residents, including assistance with transportation options, home safety inspections, support groups, volunteer opportunities, and many social activities. Call the Aging Help Line at 919-968-2087 to get connected to all of the Department's programs and services.

What's Hot, What's Not – Part III

by Chris DiGiovanna

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

What's Hot



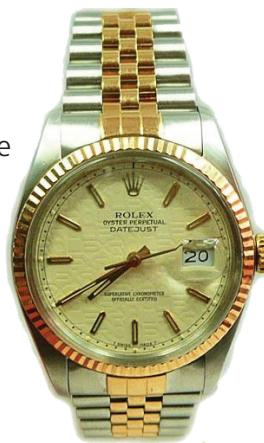
Vintage Wrist / Pocket Watches

– First, let me say that the market for watches depends largely on how and where you sell your watch. I have sold many wrist and pocket

watches over the years, almost all of which have been shipped out of the Raleigh-Durham area (and a number of which have also ended-up overseas). Also, watches are one of the few types of jewelry that men will collect, so men's watches are typically in higher demand than women's.

So what makes a watch collectible? Well, several factors. First, who is the maker? A Rolex watch is obviously more exclusive (and expensive) than a Timex watch. Second, what is the watch case made from and how ornate is it? Many older watches

are made of gold or silver and some may have ornate designs from a particularly skilled jeweler or watchsmith. If you're not sure if your case is solid gold or merely plated, look for markings on the underside of your wristwatch, or inside of the case for a pocket watch.

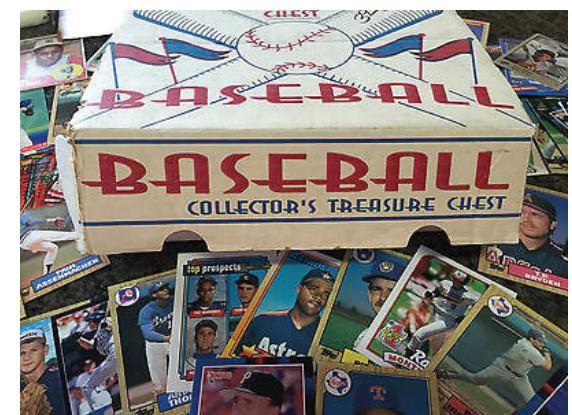


Third, does the watch run? If so, has it been serviced recently? Running watches that keep correct time are more desirable than watches that need repairs or service. And finally, does the watch have any significant provenance? Watches owned or gifted by famous individuals can fetch far greater prices than their more ordinary counterparts. For example, in 2014, the pocket watch that Babe Ruth received in 1923 was sold at auction. Due to the historical significance of both the owner and the fact that the watch was awarded after the New York Yankee's won the first World Series, a 14K gold watch that would normally be worth a mere few hundred dollars sold for over \$700,000!

What's Not

1980s and 90s Sports Cards – Within the first year of business, I received a call to sell a large sports card collection, consisting of a mix of baseball, basketball, and football cards. Not knowing any better, I rented a

trailer and picked it up. After spending nearly a week sorting well over 100,000 cards, I felt overwhelmed and had to return the collection, much to the dismay of the owner. While it was disappointing to spend so much time on a project without making any sales, I did learn a lot about card collecting in the process.



The problem with collecting cards from this era is that there is simply more supply than demand. Prior to the 1980s, Topps Chewing Gum had a near monopoly on trading cards for baseball, basketball, and football. However, in 1980, the Fleer Corporation won a court decision against Topps, allowing them to apply for a group license from the Major League Baseball Player's Association, so that they could market their own trading cards. This ruling helped to usher in an explosion in the card-collecting era and the market was flooded as several companies began producing trading cards. By the early 1990s, the market crashed under the glut of cards, most of which are now worth pennies, even if in pristine condition.

Neighbor to Neighbor

Chris DiGiovanna

is the President of
Trader Chris Consignments,
which specializes in selling valuable
collectibles, jewelry, watches, and estate
silver on eBay. Chris can be reached at
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Why Smart People Fail in Retirement

Have you ever wondered why highly successful people are often found struggling in their later years? You may be thinking of professional athletes and Hollywood stars who die penniless, but this phenomenon is pervasive in our culture and crosses all socio-economic classes.

As financial advisors, we see a broad range of issues that can lead to poor outcomes. Investors are often fixated on the variety of risks that are ever-present in the markets, or on investment returns, expecting good returns to negate all other factors. While risk and return are clearly important, we believe the far greater cause for financial failure is the result of poor planning and poor decision making.

Take, for example, the couple who has done everything right their whole life, but now finds themselves in the midst of a late-life divorce. Or the smart investor who becomes bored and depressed early in retirement and begins to make mistakes, including investment missteps. Or the business owner who has built a cash cow, but has no succession plan and waits too long to plan his/her exit.

Other common pitfalls include:

- Consuming versus Saving

In our consumer-oriented society, there is an endless supply of really cool "stuff" to buy and enjoy. And since buying and consuming provides instant gratification while saving results in delayed gratification, it's no wonder we find it harder to save than spend. We've found the solution to this dilemma is to set a reasonable savings target every year, while also leaving enough to enjoy some spending. A financial plan is helpful, as it's hard to know if you're saving enough without one.

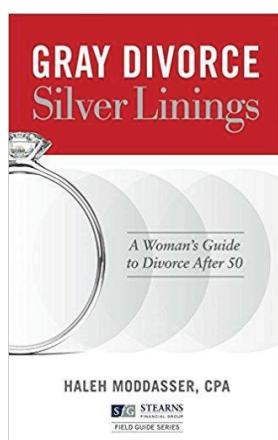
- Who You Hang Around Matters

Don't minimize the impact friends can have on your emotions, actions, or even your health. For example, one of our clients found that his weekly meetings with his men's group correlated with a spike in his blood pressure. After discussing with his doctor, he came to realize that the topics covered, which included terrorism and the declining American culture were literally not good for his health! The doctor asked our client to consider giving up his men's group, to see if things improved. Not only did things improve, but our client is no longer taking his blood pressure medicine. Take time to evaluate if the people you hang around with are uplifting, feeding your spirit and intellect, or if they are inducing depression or panic attacks.

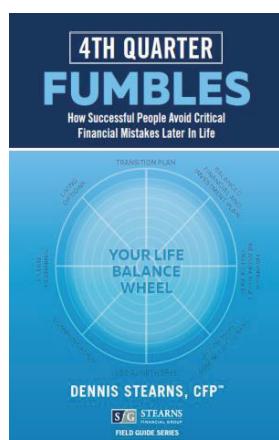
- Bad Investment Decisions

One of the hardest aspects of investing is fighting the human emotions of greed and fear. These can lead to buying "high" and selling "low" – a strategy doomed to failure. In addition, some investors decide to go for higher returns in order to compensate for excessive spending. Higher returns come with higher risk, causing many plans to derail completely. Chasing higher yields in oil and gas master partnerships, junk bonds and preferred shares has led many investors to suffer losses greater than the yield they gained. Others remain in cash, fearful of markets, but guaranteeing themselves a loss of purchasing power. This deep into a bull market, we believe incorporating some defensive strategies along with a focus on high quality diversification, particularly for retirees, is prudent.

There are dozens of other pitfalls, financial and non-financial, to consider. As part of our ongoing financial education, we have developed the Stearns Financial Field Guide Series, a collection of books to help investors avoid future mistakes.



Available on Amazon



Soon to be available



Haleh Moddasser, CPA

Neighbor to Neighbor

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