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Our Editors

EDITOR-IN-CHIEF

Sofia Edelman
editor@southernneighbor.com

MANAGING EDITOR

Cole Stanley

DESIGN EDITOR

Lauren Wilkinson

COPY EDITOR

Jess Gaul

PHOTO EDITOR

Aramide Gbadamosi

About Us

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CONSIGNMENTS

The modern way to sell your classics

Area Restaurants Do Local

by Kayla Drake

The end of the year is often marked by the types of food that are served. Thanksgiving usually calls for a turkey, some cranberry sauce and a lot of stuffing. Christmas consists of honey-baked ham, fruit cake and mashed potatoes. Regardless of what you and your family enjoy during the holiday season, everyone can appreciate supporting the community. In fact, many local restaurants incorporate local produce into their festive dishes so you can have the best of both worlds.

Small B & B Cafe emphasizes their use of locally-grown produce as a farm-to-table breakfast and lunch place.

"Right now we are seeing some wonderful shiitake mushrooms and we are using them in a mushroom toast with cream and butter and it goes on rosemary toast," said co-owner Lisa Piper. "We are also making a plate of grits with shiitake mushrooms that have been sautéed with local green onions and we are gonna top that with eggs, local of course."

Piper said she and her husband go to the mountains to get fresh North Carolina apples to make a number of items.

"We were doing cornmeal pancakes with apples and walnuts and the usual apple pies and cakes," Piper said. "We will probably make some applesauce to go on a roast pork sandwich, too."

Piper said she likes supporting local farmers because the produce does not have to be transported very far and it tastes better.

"I know who I'm buying it from so it makes me feel good about keeping them

going and I always am very picky about who I want to buy things from," Piper said. "Ultimately, it's a healthier way to eat because it tastes better and you want to eat more of it and you don't have to dress it up"

Chef Bill Smith of Crook's Corner also incorporates local produce into his dishes, especially since they are seasonal and Southern-informed.

"Buying local produce is fresher and keeps money in your community and encourages the agriculture around here to stick around," Smith said. "We are very lucky around here because we have very old and very good farmers' markets."

Smith said he has known some of the local farmers for as long as 30 years, creating a relationship that benefits both parties.

"It helps the economy in my community even though it is a bit more expensive, which is the only drawback," Smith said.

The most famous fall dish that Smith creates is persimmon pudding which is made with wild persimmons.

Mama Dip's takes the use of local produce to the extreme by making traditional country cooking that Mildred Council (Mama Dip) made while living on the farm.

"We cook with salt pork, margarine, salt and pepper because that's all that Mama had while growing up," Elaine Council said. "We do use other spices but mostly just traditional cooking spices."

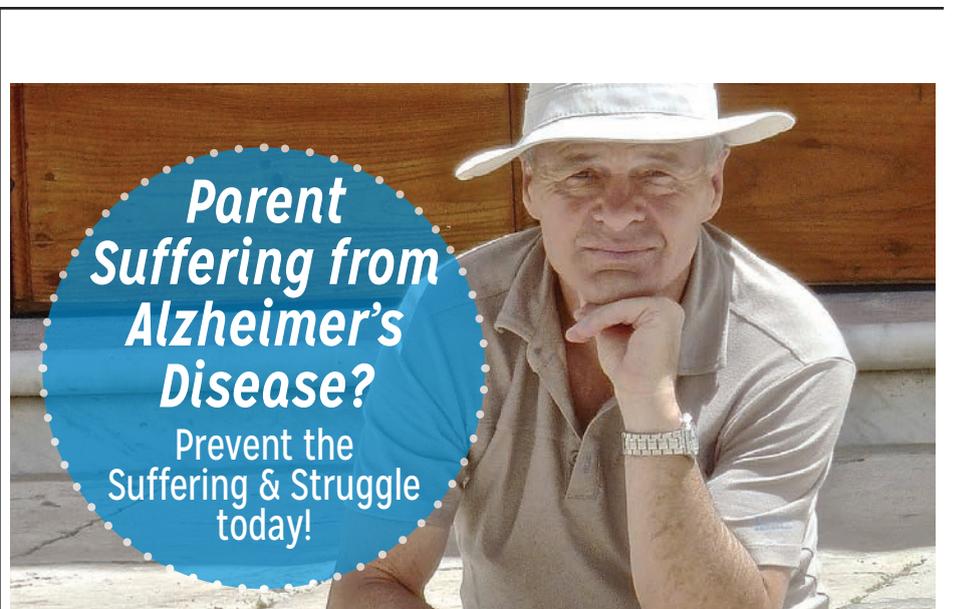
Mama Dip's serves the same menu year-round that includes 17 different vegetables from the local farmers' market.

"We use fresh potatoes, collard greens and peaches," Council said. "Anything we can get fresh."



Photo by Aramide Gbadamosi

Mama Dip's in Chapel Hill uses local produce all year round to create their authentic, Southern menu. Other local restaurants are doing the same to support local farms and make their menus wholesome and healthy.



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Time to Cast the Ballot

Make sure you're ready to vote in November

By Cole Stanley

Despite how it feels, with the most recent presidential election still fresh on our minds, all around the country and right here in the Tar Heel State, it's business as usual for local politics! And that means, believe it or not, we have local elections coming up in just a few days.

Here at Southern Neighbor, we care deeply about keeping our community informed and active. It is in that spirit that we have put together this handy voter guide for the upcoming 2017 municipal elections in each town in our readership.

First things first, check to make sure your voter registration is up to date. After you've done that, ensure

that you're aware what your polling place is so you don't face any obstacles on Election Day.

In the case that your information is not in the system, or not listed properly, on Nov. 7, please keep in mind that you still have a right to cast a provisional ballot. What this means is you will be allowed to fill out a voter registration/change form and vote a ballot. This provisional ballot will be examined by the county board to determine if it can be counted. Also keep in mind that if you have moved and show up to the wrong location on Election Day, you will simply be transferred to the correct precinct, and will not have to vote provisionally.

If you plan to be out of town on

3 Ways to Make a Difference



Manage an election site as a poll worker!



If you're 17 by Election Day, serve as a student assistant!



Join the Multipartisan Assistance Team to help limit inaccessibility!



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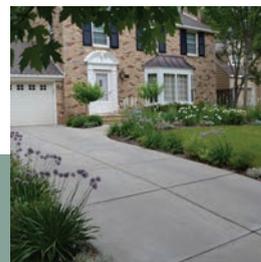


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Election Day, but still wish to cast a ballot in the municipal elections, you're not out of luck! North Carolina law allows you to cast an absentee ballot by mail. The necessary forms are available to be picked up in person at the Board of Elections office, and for download on their website. After completing the forms, you must mail it to the Board, and please keep in mind that it must be postmarked by Election Day.

For voters who may have trouble physically getting out of their vehicles and into the polling location, there are options available to you as well. North Carolina allows curbside voting, meaning if you are unable to physically get out of your vehicle and into the polling place, you will be allowed to vote from your vehicle. If you might have a hard time getting around physical barriers around the ballot box itself, just let a poll worker know and they will rearrange the space to accommodate your needs.

Audio narrations of ballots are available for people with visual impairments. Counties that utilize paper ballots will have magnifying devices to aid voters in viewing their sheets.

If you'd like to volunteer making polling places more accessible for voters who require accommodations and

Four Great Accessibility Measures at NC Polling Locations!



Curbside voting is available for those unable to physically enter polling locations.



Audio readouts are available for people with visual impairments.



Magnifying devices will be provided to voters who require enlarged text on paper ballots.



Poll workers can remove physical barriers for voters to whom they pose an obstacle.

do not have a family member present to assist them, you can sign up with the Board of Elections to be part of the Multipartisan Assistance Team.

If you'd like to work as a general poll worker and help operate a polling location, please contact your local elections board in order to sign up as an election official. If you're a high school student and will be 17 years of age by Election Day, you may qualify to sign up as a student election assistant!

In terms of bringing photo iden-

tification to the polls, please keep in mind that North Carolina's voter ID laws have changed. In general, if you have voted before, you will not need to present a photo ID in order to vote. First-time voters may be required to provide documentation to confirm their identity and address, but unlike in past elections, the law now does not require all voters to provide photo ID to be able to vote in person.

Without further ado, here are the candidates running in Chapel Hill,

Carrboro, Hillsborough and Pittsboro in the 2017 municipal elections.

Chapel Hill:

Mayor: Pam Hemminger
Town Council (4 seats): Allen Buansi, Hongbin Gu, Ed Harrison, Maria Palmer, Rachel Schaevitz, Carl Schuler, Karen Stegman.
Chapel Hill-Carrboro Board of Education (3 seats): James Barrett, Joal Broun, Calvin Deutschbein, Amy Fowler, Mary Ann Wolf.

Hillsborough:

Mayor: Tom Stevens, Cindy Talisman.
Town Commissioners (2 seats): Kathleen Ferguson, Jennifer Weaver.

Carrboro:

Mayor: Mike Benson, Lydia Lavelle.
Board of Aldermen (4 seats): Paul Clark, Barbara Foushee, Jacquelyn Gist, Randee Haven-O'Donnell, Sammy Slade.

Pittsboro:

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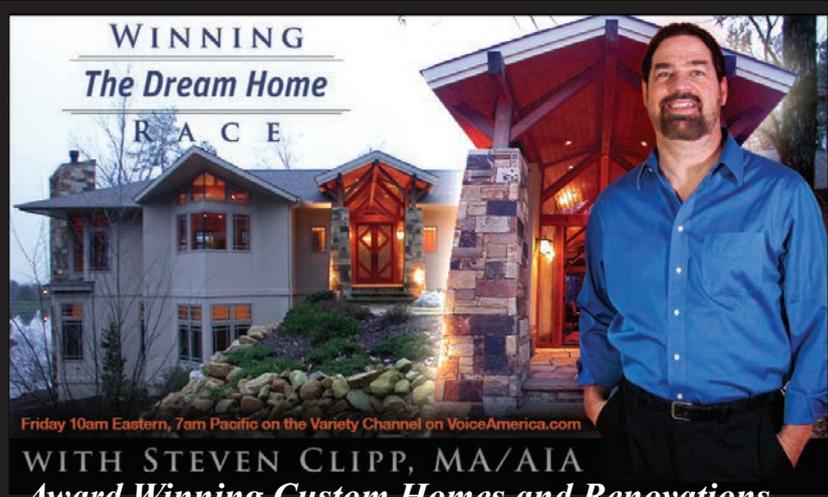
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Dancing to the Beat of a Different Drum

by Mary Kate Nolan

Joy of Movement, a nonprofit located in Pittsboro, is anything but your typical dance studio. In fact, to even call it a dance studio is to neglect some of its most important work — the kind that goes beyond physical strength and expression.

“Our mission is to bring healing through movement and that includes music, movement, dance and other various art forms,” said Millie Brobston, a Nia student and Joy of Movement board member.

Walking through the studio doors, you can feel a positive energy in the room. Light streams through the large windows that look out over a pollinator garden overflowing with flowers hoping to grow as tall as the high ceilings of the studio. Nia instructor Kate Finlayson sees the studio room as an integral part of Joy of Movement’s identity.

“Here, the building itself is such a presence,” she said. “There is kind of a sacred energy, the whole way it’s built.”



Photo by Aramide Gbadamosi

From one look, it is easy to understand why so many community members feel at ease here. In fact, the connection with the building itself may be what helped Joy of Movement survive all this time.

Lynda Heymen and her husband, Steve,

opened the studio at Chatham Mills in 2011. With a few renovations, the room that once contained looms for the mill blossomed into a gorgeous dance studio. The two ran the studio for five years before deciding not to renew their lease. Finlayson

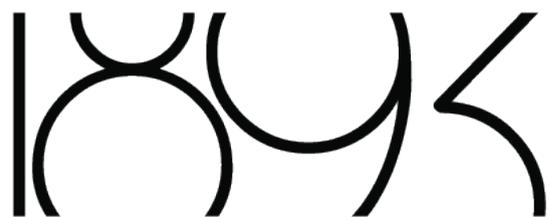
said the Joy of Movement community was devastated.

“We couldn’t just let it be chopped up into offices,” she said.

Just like that, the community sprang into action. About 25 people showed up to the community meeting, each one determined to preserve the studio and relationships that meant so much to them.

The group decided to apply for fiscal sponsorship under the Abundance Foundation and, upon acceptance, became a nonprofit organization. According to Brobston, the transition into becoming a nonprofit has resulted in a more mission-driven organization with a solid revenue stream. In addition to receiving donations, the nonprofit rents out studio space to teachers and community members and is hoping to encourage this more in the coming year. The Board is also currently seeking grant opportunities in order to expand their reach, especially into underserved community groups and new demographics. Brobston has enjoyed watch-

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ing community support grow over the years and hopes Joy of Movement will become an enduring fixture in the Pittsboro community.

Today, Joy of Movement is able to offer an incredible variety of classes to the people of Pittsboro and the surrounding area. These classes include everything from Sacred Sound Sessions to belly dancing and yoga. One of the most interesting classes offered is called Nia.

“Nia is a body, mind, spirit, emotion self-healing practice molded together in a fitness class,” Finlayson, who is one of only about 32 Nia white belt trainers worldwide, said.

and the passing of loved ones. Even the garden reflects the studio’s values of responsibility and inclusion, as it is tended to by volunteer dancers and instructors.

“My son gets a real sense of purpose and belonging, being able to volunteer with the studio and water the garden,” said Maria Howard, an Inclusive Dance instructor whose son has Down Syndrome.

Joy of Movement does not simply accept others into its community. Rather, its members and instructors seek out diversity and actively welcome new members with open arms. Lynda Heymen, who is also a psychologist, has recently endeavored to reach out to women who



Photos courtesy of Lauran Hoders

Joy of Movement offers more than just their extensive list of dance and fitness classes – it is also a place for community members to come together.

“*Here, the building itself is such a presence. There is kind of a sacred energy, the whole way it's built.*”

Kate Finlayson

The practice blends Tai Chi, Taekwondo, Aikido, jazz and modern dance, to name a few. Finlayson emphasized that Nia is healing on the joints while providing a fun, low-impact cardiovascular workout.

“The key with Nia for me was that it taught me to love my body and I’ve been in battle with my body my whole life ... Nia really treats you with respect and so when you’re moving your body, you’re doing it with so much pleasure instead of pain ... it’s all about feeling good,” Finlayson said.

Joy of Movement also offers Kindermusik for children and even classes in the healing arts such as Gong Baths.

It is this strong commitment to community development and inclusivity that makes Joy of Movement stand out. Finlayson spoke of the strong bonds formed within her own group of dancers that have brought healing and comfort in times of sorrow and loss, even through cancer treatments

have been victims of abuse, offering them the potential for healing through movement — the chance to develop their dialectical behavioral therapy skills. In addition to the Nia classes taught by Finlayson which are inclusive for those of all different abilities, there are additional classes designed specifically with accessibility in mind. These dancers of “dif”-abilities emphasize how welcome and involved they feel at the studio. One noted that she always leaves feeling better than when she came, while others highlighted how patient and wonderful their instructors are.

This philosophy of welcoming and community has strongly influenced the organization’s model of having power with one another, rather than power under or power over others. Joy of Movement members and instructors have certainly proved that they are stronger when united with one another in their preservation of the studio and their everyday mutual support.

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Perennial is in Full Bloom

PERENNIAL CAFE BRINGS A NEW VIBE TO FRANKLIN

By Sofia Edelman

Perennial Cafe is a lot of things: study spot, quaint meet-up location and a great place to grab a unique cup of joe — but to owners and creators Mimi and Tanner Hock, it is also a “labor of love.”

“I went to Carolina, I graduated in ‘08 and I had always sort of lamented that the best thing we had on Franklin Street was a Starbucks,” Mimi said sitting on the back patio of her cafe. “We’ve had specialty coffee — I mean, Carrboro Coffee (Roasters), Driade and Open Eye — but on the whole strip of Franklin Street it’s always been sort of devoid of a cool, local spot for students and for locals.”

I was drawn to Perennial for that very reason — in my four years at UNC, I had never seen anything like it, which made my monthly search for a local restaurant to review quite easy.

The Hocks, along with a creative vision of design, food and coffee, found their way to 403 West Franklin Street when the couple bought the building that now houses Perennial — along with Cuban Revolution Express.

“We had sort of searched for a tenant, and it’s kind of a unique space and didn’t find the right tenant for it and thought ‘Maybe this is the right time to build this out ourselves,’” Mimi said. “And so it’s really helped us finally have a vehicle to sort of pursue a design project, and a food project, so all the parts came together ...”

That was 2015.

“It took a couple years to build this space out, and then this past August it was finally ready to open.”

And quite the space it is. Perennial’s interior, a small downstairs with a full coffee bar and a larger upstairs with more seating, makes it unbelievably welcoming — and it’s 100 percent the Hock’s. Tanner planted the garden boxes that line the exterior and Mimi picked out all the finishes. Some of the touches inside the cafe, like vases, came straight from the Hock’s house.

“I wanted it to feel kind of like an extension of a kitchen or a home, but definitely a European cafe vibe — just more personal, intimate, authentic,” Mimi said.

Mimi said another goal of Perennial was to keep the menu simple — making sure coffee is the bread and butter of their menu. Simple, I’d agree — but definitely not boring.

There are the classic espresso-based drinks — americanos, macchiatos, cortados, lattes (matcha, vanilla and iced mint) and much more — along with specialty drinks like the London fog latte, pour over and assorted teas.

Their house-specialty is the iced mint latte, made with housemade mint syrup from freshly muddled Funny Girl Farm mint. I heard about the iced mint latte too late, and “settled” for an equally fantastic iced dirty chai. I don’t want to sully my reputation as a black coffee drinker, but I think I’ll always make an exception for their iced dirty chai.



Mimi said, ideally, they would make pastries in-house, but the size of the cafe inhibits their ability to have a full kitchen. This size constraint, though, certainly adds to the intimate atmosphere of Perennial.

“It definitely creates a certain ambience, it doesn’t feel like some coffee shops that are so big and have so much seating that the details go kind of missed and it feels like it’s like a library, like you’re going to camp out there,” Mimi said. “Here’s it’s like, sure, you’ve got students that come study, but it’s a great spot for a date, it’s a great spot for a business meeting. We get lots of people who come in with their kids.”

“*I wanted it to feel kind of like an extension of a kitchen or a home.*”

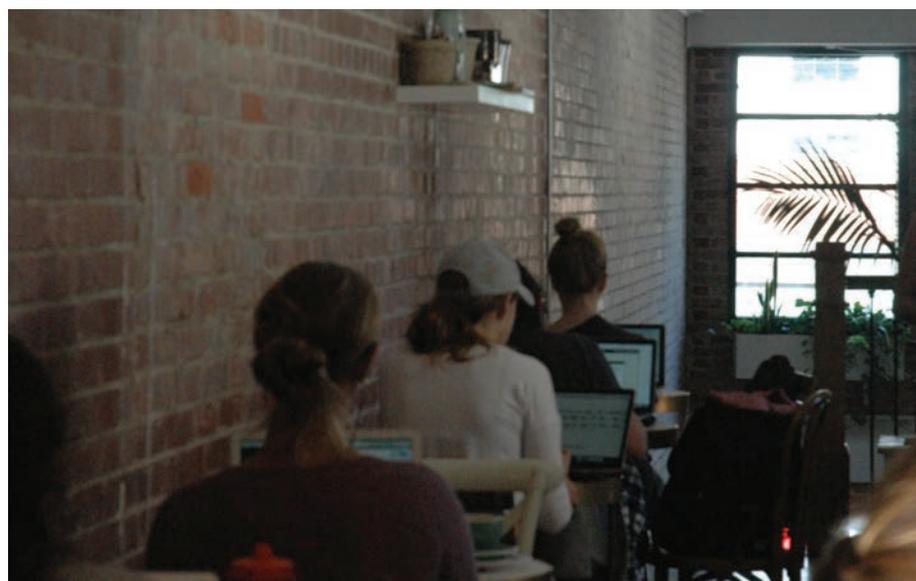
Mimi Hock

Mimi said though she doesn’t see the cafe as a public service, it was something she wanted to create for Chapel Hill.

“I have so many friends who are young and have kids like me and live nearby and want to be able to walk to something like that, and not always have to be like ‘We’re driving to Durham to go out,’” she said.

There is definitely a local emphasis at Perennial — beyond their locally sourced mint, they use Maple View Milk and carry La Farm and Weaver Street pastries. All of Perennial’s coffee drinks are made from Counter Culture Coffee, largely due to the coffee roaster’s environmentally sustainable vision and available barista training.

“Counter Culture sort of has a unique perspective about coffee; we sort of look at it as a science and can get kind of geeky about it so we want to make sure our baristas understand the right ratios, the right brewing techniques and how they can use that training to develop a more nuanced palate for coffee,” Mimi, who practiced



Photos by Sofia Edelman

Perennial Cafe offers pastries, speciality coffee drinks and a great atmosphere right on the Franklin Street strip.

on an espresso machine at-home before opening Perennial, said.

This is usually the point in the review where I’ve talked about all the menu items I’ve tried and give a glowing review based on those menu items. But I only had one drink (plus a sip of a friend’s iced coffee), and though I certainly would recommend to anyone to give Perennial a try based

solely on their drink menu, the cafe is more than that.

I would recommend anyone to go if they need an inviting, crisp environment to unwind in. I would recommend anyone to go if they wanted to see something new in Chapel Hill. And, I would recommend anyone to go and try the iced mint latte — I’ll be there doing the same thing!

November Calendar

1 Wednesday Pumpkin Spice

Southern Season, 5 p.m.

Learn how to use the quintessential fall food – pumpkins – in healthy and delicious recipes in this class. Registration is \$50.

4 Saturday Tiger CHill Carnival

Chapel Hill High School, 2 p.m.

Enjoy food, carnival games and hands-on crafts at this year's Tiger CHill Carnival benefitting Chapel Hill High School.

6 Monday Spektral Quartet

UNC-CH, 7:30 p.m.

Carolina Performing Arts will be hosting Spektral Quartet in Hill Hall. General admission is \$25, discounts available for UNC students and faculty.

9 Thursday Foggy Ridge Cider

Southern Season, 6 p.m.

Join Southern Season's Beverage Director Chetan Reddy on a journey of wine and cider with Stacey Spreng, product spokesperson for Foggy Ridge Cider.

2 Thursday What's in the Box?

N.C. Museum of Art, 10:15 a.m.

Bring your child (age two to five) for this fun, interactive look at art. Individual session tickets or season passes are available.

4 Saturday Salt & Smoke Festival

Rock Quarry Farm, 3 p.m.

ACME Food & Beverage Co. presents Salt & Smoke, where you can enjoy live music, local liquor and delicious Southern cooking. Children's and adult tickets are available.

7 Tuesday Children's Storytime

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

Babies, toddlers and preschoolers are welcome for this recurring story time by McIntyre's children's book buyer Sarah Carr.

9 Thursday Pints & Poses

Mystery Brewing Company, 6 p.m.

Join Mystery for a pint of locally brewed beer and Maria Finnegan Fitness for a relaxing session of yoga – what could be more chill?

2 Thursday Walk on the Wild Side

Duke Gardens, 11 a.m.

Meet at the Blomquist Garden for a tour of this native plant garden. Walk on the Wild Side is held every first Thursday of the Month. General admission is \$10.

5 Sunday 2nd Annual Death Faire

Abundance NC @ The Plant, 12 p.m.

Come celebrate life and death with a fair that's got it all: kid's activities, an interactive altar, meditation, fire spinning, live music, food trucks and a cash bar.

7 Tuesday Poets' Open Mic Night

Oasis at Carr Mill, 7 p.m.

Celebrate diversity and creativity at Oasis during their open mic night. For information on this program please call (919) 918-7364.

9 Thursday Second Thursday Poetry

Flyleaf Books, 7 p.m.

Come to Flyleaf Books for an evening of featured poets and an open mic night until 8:30 p.m. Admission is free.

3 Friday Light Up Carrboro

Townsend, Bertram & Company, 6 p.m.

Help ring in the holidays with the annual Townsend, Bertram & Company Tree Lighting in front of Carr Mill Mall. There will be live music and free food, beer and cider.

6 Monday Kid's Yoga

Bravo Academy of Dance, 10 a.m.

Explore poses through music, stories and games in this weekly yoga session for you and your child (or children!). Individual session tickets and package deals are available.

8 Wednesday Native Seed Collection Walk

N.C. Botanical Garden, 1 p.m.

Come down to Mason Farm Biological Reserve for a walk to learn how to identify and store local seeds. General admission is \$12.

10 Friday Tinker Camp

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

This one day camp is for creative kids! Attendees will make a blinking circuit sculpture out of LEDs and build cardboard creatures that move using Makedo connectors.

Check out the online calendar as well.

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

10 Friday

Fall for Orchids

Duke Gardens, 1 p.m.

Join Duke Gardens for their third annual Fall for Orchids exhibit, held by the Triangle Orchid Society. Along with viewing the spectacular flowers, workshops will be held.

14 Tuesday

Everything's Better with Pie!

Southern Season, 6 p.m.

The title says it all, folks. Come to Southern Season to learn how to make some delicious savory and sweet pies – from chicken pot to dark triple chocolate truffle.

17 Friday

Jupiter Ball

Morehead Planetarium, 7 p.m.

Support Morehead Planetarium's Jupiter Ball Fund, which provides need-based scholarships for field trips and outreach visits from the Planetarium. This event is black-tie only.

22 Wednesday

Carolina Hurricanes

PNC Arena, 7 p.m.

Come see the Hurricanes play at home against the New York Raiders – it's fun for the whole family!

11 Saturday

Pauli's Durham Tour

Pauli Murray Center, 10 a.m.

Join Aya Shabu and friends for a 75 minute walking tour of Durham that highlights Durham's history of racial segregation and the accomplishments of civil rights activist Pauli Murray.

14 Tuesday

Teen Book Club

Chapel Hill Library, 7 p.m.

Enjoy some snacks and company at this book club created for teens. There are no assigned readings, discussion will be on whatever everyone has been reading lately.

18 Saturday

PTSA Bazaar

Northwood High School, 9 a.m.

Support Northwood in their first annual PTSA Bazaar to benefit their library. Jewelry, toys, food, and handmade items will be on sale.

24 Friday

Last Fridays Art Walk

Downtown Hillsborough, 6 p.m.

Walk around downtown Hillsborough and see all the amazing local galleries in this monthly event. There will be a new exhibit from Triangle Visual Artists on the Move at the Orange County Chamber of Commerce.

11 Saturday

Tori Amos Concert

DPAC, 8 p.m.

Rolling on the heels of her new album, "Native Invader," Tori Amos will be performing at the Durham Performing Arts Center. Tickets can be found at DPACnc.com.

16 Thursday

Adaptive Play Night

Kidzu, 5:30 p.m.

Come enjoy sensory friendly, hands-on play time at Kidzu! Siblings are invited but also need to register for this free event.

18 Saturday

Annual American Indian Heritage Celebration

N.C. Museum of History, 11 a.m.

Enjoy music, performance and story telling at the 22nd Annual American Indian Heritage Celebration while learning about the culture of North Carolina's tribes.

24 Friday

A Motown Christmas

Carolina Theatre Durham, 8 p.m.

Celebrate the holidays with The Motown Experience, a group of past and present members of Motown's best – including The Temptations, The Miracles and The Capitols.

14 Tuesday

Fearrington Farmers' Market

Fearrington Village, 4 p.m.

Come check out their great vendors every Tuesday in November.

16 Thursday

Sidecar Social Club

Beyu Caffe, 8 p.m.

Beyu Caffe will be presenting Sidecar Social Club, a staple of the Triangle Jazz scene. Tickets are \$10 and the show should run until 11 p.m.

18 Saturday

12th Annual Carrboro Film Festival

Carrboro ArtsCenter, 11:30 a.m.

Join the ArtsCenter for Carrboro's 12th annual film festival. There will be dozens of independent films screened at the event that garners national attention.

25 Saturday

Gingerbread House Decorating

Southern Season, 12 p.m.

Bring your kids (and your inner kid) to this event for the whole family! You'll enjoy some light snacks, wine and holiday music in this new family tradition.

Community Column



By Barbara Hengstenberg

Writers, artists, teachers, kids, parents, cooks, musicians, EVERYBODY ... this column is for you. We are all creative, whether you think you are or not!

Let's Create!

Two exciting words, right? Well, hold on just a minute. I know I'm often stymied when I see those words. So many fears come to the surface. The list continually grows with reasons why I don't just hop to it and start writing or drawing or painting:

- Fear of rejection
- Fear of failure
- Low self-confidence
- Judgement from others

And then there are those realities of our modern lives ...

- Never enough time
- Work, school and other commitments
- Exhaustion
- Distractions from focus-suckers like TV and social media

Barbara Hengstenberg is an educator, artist, writer and founder of WildesArt.com, an online community of creatives. Barbara lives in Pittsboro, and sells her Zen folkart and offers tips on creativity through her website. You can reach her at Barbara@WildesArt.com

Welcome to my world. This column is here to 1) inspire you to take a few moments to create, 2) remind you of ways that creativity can help you live your life in balance and 3) let you know that there are many who commiserate with you!

As an artist, writer and teacher, creative ideas spin around in my head ... a lot. Sometimes (let's be honest — oftentimes!), it's hard to grab hold of one and bring it to fruition. I've found that simple — and some not-so-simple — exercises can help bring ideas to the forefront, and the teacher in me loves to share these strategies.

Let's get started! Let's create!

This month's strategy to get those creative juices flowing:

Timeline of Smells
(10-15 minutes)

Sitting quietly, I'm thinking back to smells from different times of my life, starting as far back as I can remember:

The baby powder fragrance on my crib's vinyl mattress cover.

Fresh cut grass in the summertime (and the soft tickle on my tender young feet as I scamper across the lawn).

Musty, earthy smell of lake water as the breeze drifts across the lake's surface.

Mom's hydrangea-pink nail polish and its accompanying toxic polish remover.

I could go on and on and dig deeper and deeper. Now I can choose any one of

these memories and craft a short story by adding emotion, description and dialogue; or pen a poem; or create a memory sketch or a painting. The possibilities are endless. These are my memories, so there's no right or wrong way of doing it ... and no need for perfection. (Seriously, throw perfection out the window.)

The sense of smell is one of those deeply rooted memory enhancers. Sitting quietly and developing this list is very meditative. I carved out 10-15 minutes, and I consider that to be 10-15 minutes of meditation, which we can all use a little of these days.

What gets in your way of creating? Share your ideas, questions or comments by contacting me at Barbara@WildesArt.com. Is there a creative event happening? Let me know — I'd love to hear from you!

Not-to-Miss Creative Event:
Bluegrass Experience 2017: Sun. Nov. 19, 2017, 3-6 pm, at the Fearington Barn, Pittsboro. Tickets available at: /m.bpt.me/event/3113745 or at McIntyre's Books, Fearington. Presented by Chatham Arts Council www.chathamartscouncil.org.

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A Little Head Start

It's November, so along with all the Thanksgiving and Christmas activity, we're about to be bombarded with articles about resolutions for the New Year. It's just part of the natural "news" cycle. Let me say up-front, this is NOT a resolutions article. Now wait for it, just wait, for the inevitable "but" or "however." OK, it's not a resolutions article, BUT, suggestions of things you might want to think about now for 2018 rather than year-end, or worse yet, sometime next year.

Five items to consider for 2018:

1. Vacation: Yes, vacation. Set the date(s) and get it/them on the calendar now. Put in for the time-off, ASAP. I can't believe how many people leave vacation time unused every year. It's a chance to recharge and see things from a different perspective. It's good for you, and likely good for your work. For business owners- block out a few days afterwards to catch-up without having to juggle customer meetings. If your business can't function without you for a week or so, we should talk.

2. Retirement savings: While you can change your contributions to your retirement plan any time, now is a good one to review what you're doing. If you're maxing out contributions to your 401k - awesome! If not, how about increasing it by 1% or 2% for 2018. You probably won't notice it- until years from now. Did you turn 50 this year, or will in '18? You're eligible for "catch-up" contributions of an additional \$6,000. If you don't have a retirement plan at work, don't forget about IRAs. You can put \$5,500 in each year. 50 or over? You can do another \$1,000. You can do this even for a spouse who isn't working.

3. Skills training: An odd one, perhaps, but an important item that often gets overlooked. If anything has changed in the American labor market in the last thirty to forty years, it's that education and training can't end when formal education does. Your ability to earn a living is your greatest investment asset. What skills would make you more valuable in your current job? What new ones would get you the next job you want? Companies hire and keep those who bring the most to the table. If it's job-related, your company might even pay. Either way- an annual skills enhancement program needs to be part of career management.

4. Education savings: Did you have a child this year, or become a grandparent (again)? If you see education as important to her future, consider a 529 account. Some states offer tax incentives to residents for contributions (NC no longer does). However, your grandchild may live in a state that does. You could give the money to the parents to contribute, so they get the breaks. Everyone wins. You're helping the next generation, your child gets a tax break, and your grandchild gets an education.

5. Taxes: Arghhhh!!!! I know. The "T"-word. If you're a business owner, it's a great time to visit your accountant to review the year, talk about strategies for year-end or next year, and make sure all is well. For W-2 employees, it's a good time to make a folder to collect all the things that will be coming year-end. If you've recently retired, or will in 2018, I suggest a visit with your accountant. Things may change. Have her do a projection for 2018 so you can plan accordingly. It may look very different than what you're used to. Nobody likes tax time, but many of us make it harder than it needs to be.

Not all of these may apply to you, but if one or a few do, November is a great time to get a jump on them. Then you can sit back and watch "It's A Wonderful Life" knowing it truly is.



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KEYNOTES | November 2017

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Sclerotherapy treats leg veins

By **Chris G. Adigun, MD**

Board Certified Dermatologist
Dermatology & Laser Center of Chapel Hill

Did you know that more than half of all women will experience bothersome leg veins at some point in their life? Men aren't off the hook either, as nearly 45% of them will also experience this same condition. Leg veins can be small spider veins or patches of veins, some varicose veins are large and painful, and may require a vein specialist. Did you also know 80% of visible veins occur due to genetics? So there really isn't too much we can do to prevent them from forming, however, there are treatments to help get rid of leg veins and maintain healthy beautiful legs after they form. Sclerotherapy is a procedure to treat these visible leg veins.

Are leg veins dangerous to my health?

Spider veins are not a health problem, but they can be a cosmetic nuisance. Even large varicose veins may not cause any problems. However, large varicose veins may cause aching pain, throbbing, and discomfort. In these cases, varicose veins may cause more serious health problems by harming your circulation. In that case it would be beneficial to have them treated for medical reasons. The blood within the varicose veins may be traveling in the wrong direction, adding a great deal of stress to the blood flow. By eliminating venous congestion, your circulation will improve.

What is sclerotherapy?

Sclerotherapy is a form of vein treatment, during which a solution is injected directly into existing leg veins. The solution irritates the lining of the blood vessel which then effectively causes the vein to collapse and close the vein. The treated vein will proceed to shrink over time, and will eventually be absorbed.

What will happen to my veins after treatment with sclerotherapy?

Following treatment, the problem vein will be sealed off from the rest of your veins. This will cause your body to redirect blood to healthy veins. Over time, the vein that has been treated will shrink and be absorbed by your body. You will be required to wear compression hose for a brief period of time, which aids in healing and decreases swelling, making fall and winter an ideal time for treatment. Most daily activities can be resumed shortly after your treatment.

Does vein treatment have side effects?

Side effects and issues resulting from sclerotherapy, or any method of vein treatment, are rare. Mild discomfort, or slight bruising may occur, and can be relieved with over-the-counter pain relievers.



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.

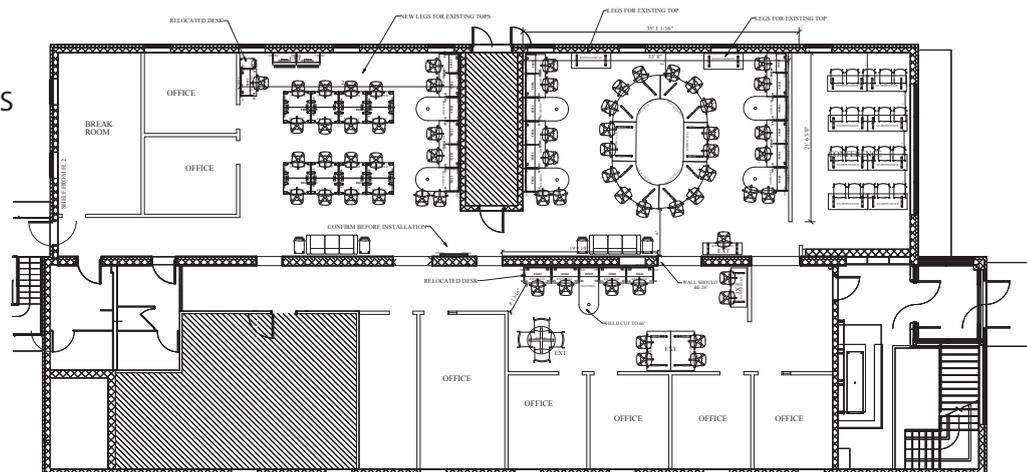


The Dermatology & Laser Center of Chapel Hill is located in The Veranda at Briar Chapel: 58 Chapelton Court, Suite 120, Chapel Hill. Contact via phone, 919.942.2922, or online at: DermatologyAndLaser-CenterOfChapelHill.com

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8 food and drink favorites in Orange County

Autumn in Orange County. Leaves the color of fire fall and tumble in the wind, and finally you get to wear that sweater you've been hoping to for the last long while. It looks good. Take it out to dinner. But where? Why not start here:

Pizza.

Mercato. In a way it's a shame Mercato makes the best pizza in town, because there's so much more to it. The appetizers are so good you run the risk of filling up on them before the delicious pie comes. This is the chance you take if you want to eat there, but worth it. For starters there's marinated and roasted olives, P.E.I. mussels, crostini and fritti. Post-pizza, try the Doible Chocolate Budino. That's Mercato, Carrboro.



Musical Chairs.

Antonia's on Tuesdays. Hillsborough is closer than you think and even if it's not you have that podcast you've been meaning to listen to, right? Anyway, go to Hillsborough and while there visit Antonia's. It's Italian, family-friendly, and full of live music. Tuesday evenings from 6:30 to 8:30pm! Enjoy three unique acts that alternate performances on a weekly basis. They include...The BC Jazz Trio, Sabor and Christopher Adkins.

Brunch.

Acme. Breakfast is easy, wise men say; brunch is hard. There is so much truth to that, and that's why it's best to leave the brunch to the professionals. Acme has been doing it for some time and knows all the best tricks.



Here's one: Texas border breakfast grilled Angus butcher's cut steak, two poached eggs, green chile grits with chipotle hollandaise. Please don't try this at home.

Burritos and Guacamole

El Restaurante Ixtapa is a relative newcomer to the Orange County food scene, but they bring an old-fashioned attitude and perspective to their marvelous concoction: everything is made from scratch, even the tortillas. But they have become famous for their guacamole – or "guac," as the old-timers call it. They say it's the best in the Triangle. In Hillsborough.

Pimento Cheese!

Crossroads Chapel Hill offers breakfast, lunch, dinner and Sunday brunch, and with free parking it all adds up to perfection, plain and simple. It's almost unfair to add pimiento cheese to the mix, because why go anywhere else now, right? But think: Pimiento Cheese with Sea Salt Crackers, Bacon Pepper Jelly followed by a Fried Green Tomato & Millionaire's Bacon on Toasted Wheat with Blue Sky Farms Forberg Lettuce, Heirloom Tomato & Black Pepper Mayonnaise. Wow. Carolina Crossroads, open to all. Park, walk in the elegant Carolina Inn and head to the new dining room.



Kipos GRILLED OCTOPUS SALAD

Let's talk about the octopus salad, at Kipos on Franklin Street, in which the octopus is both char-grilled and marinated in lemon, vinegar, and olive oil. Add a hard boiled egg, french beans, olives, poached potatoes and chickpea salad and you have one of the best preparations of octopus around. Maybe the best.



Chocolate Beer

In time for colder temps, Mystery Brewing Co has a rich, buttery oatmeal stout with undercurrents of cocoa and coffee. The grain additions in this beer are designed to impart chocolate, toffee, and caramel notes without overt bitterness, creating a smooth, drinkable stout. Aged on Dominican cocoa nibs; locally roasted coffee added in the fermenter. In Hillsborough.

Late night.

You forgot to eat dinner and now the night is almost over. What to do? The Lantern has an incredible late night menu, worth not eating until 11pm for. Why more people don't know about this is one of the great mysteries of Chapel Hill. Available 10pm until 2am, Monday through Saturday. Menu changes nightly. In the bar, M – S, til midnight 423 West Franklin Street, Chapel Hill.



Laurie Paolicelli

Neighbor to Neighbor

Written by Laurie Paolicelli, who 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



Get out of the house, condo, apartment, hotel this autumn. Eat, drink, be merry. Orange County has it all, and more.

What You Need to Know If Alzheimer's Runs in Your Family

If you've ever thought "my mom has Alzheimer's, what's next for me?", then you need to keep reading. There is nothing more difficult than to watch your loved one suffer from and then die from Alzheimer's Disease, or more anxiety provoking than wondering if you will end up with Alzheimer's in your future. Well, the risk is real. If you have a first degree relative that has suffered from Alzheimer's Disease, then you are at 3.5 times greater risk than those with no family history. Even aunts, uncles, and grandparents affected puts you at greater risk.

What can you do today if you are at risk for developing Alzheimer's? First of all, you can know how Alzheimer's affects your brain and then you can understand what you can do about it.

What is Alzheimer's Disease? Science shows that Alzheimer's is degeneration of brain cells that leads to a premature slowing of your brain signals. As we age, all of our brains are slowing down, in Alzheimer's, that slowing begins early and happens too quickly. This leads to memory problems, slower thinking, and ultimately early cognitive decline that can have a drastic impact on you and your loved ones.

How do I know if my brain is showing early signs of Alzheimer's Disease? If you have a family member with dementia or Alzheimer's, it is wise to have your brain tested for early, increased slowing of your brain signals. A qEEG Brain Map can give you the information you need to determine your next steps in preventing

the onset and progression of dementia-related challenges. If your brain is slowing too much, too soon, don't worry, there are brain-based therapies to speed your brain back up as you age.

How can I prevent Alzheimer's Disease? If your brain shows increased, early slowing, Neurofeedback Therapy has been proven by science* to increase volume and usage of

brain cells, making them work better. Neurofeedback also improves the speed of your brain signals to improve memory and thinking to keep your quality of life at its fullest, giving you a longer, healthier, happier life. Make sure to seek out a highly trained doctor to provide specific therapy for you. (*check it out at leighbrainandspine.com/the-science)

What are the Risk Factors for Alzheimer's Disease? Dr. Daniel Amen, renowned Brain specialist and esteemed mentor, lists the risk factors using the acronym BRIGHT MINDS.

- (1) Blood Flow – (2) Retirement /Aging – (3) Inflammation – (4) Genetics – (5) Head Trauma – (6) Toxins – (7) Mental Health Issues – (8) Immunity / Infection – (9) Neurohormone Deficiencies – (10) Diabetes / Obesity – (11) Sleep Issues

If you have any of these risk factors in your life, it is wise to have your brain functioning evaluated using qEEG Brain Mapping by a trained professional.

How to reduce the genetic risk of Alzheimer's Disease? Here are some tips to start early to ward of dementia so you can live a long healthy life filled with engaged thinking and memories. (1) Get your brain mapped early, by age 40, to see if your brain is starting to decline, (2) exercise, (3) engage in hobbies that involve new learning, (4) avoid head injury, (5) take nutritional supplements for your brain, (6) eat nutrient-rich foods, (7) avoid fatty and sugary foods to keep your brain healthy and rescue your thinking and memory.



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) 401-9933



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