

December 2017/ January 2018  
Volume 16 Issue 11

# southern NEIGHBOR

*Chapel Hill • Carrboro • Pittsboro • Hillsborough*

GIVING LOCAL 3

KEEPING A TRADITION LIT 4

BOOKSTORES' NEW CHAPTER 6

CUP O' LARRY 8



PRST STD  
US POSTAGE  
PAID  
DURHAM, NC  
PERMIT NO.  
302

Postal Patron

151 E. Rosemary St.  
Chapel Hill, NC 27514

## Our Editors

### EDITOR-IN-CHIEF

Sofia Edelman

editor@southernneighbor.com

### MANAGING EDITOR

Cole Stanley

### COPY EDITOR

Jess Gaul

### PHOTO EDITOR

Aramide Gbadamosi

## About Us

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

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

# Our stories

## THE SEASON FOR CHARITIES **3**

## **8** LARRY'S COFFEE



Larry's Coffee brings a lot more to the table than a fresh pot o' joe – from the business' innovative model to its sustainable mission.



## **6** LOCAL BOOKSELLERS

To some, this editorial staff included, there's nothing like the crisp spine of a book in hand – and that feeling might be what is keeping local booksellers alive in an increasingly technologized age.

## **4** LIGHTS WITH A PURPOSE

It's hard to miss the lights that adorn the oak outside Townsend Bertram & Company, but did you know they seek to raise awareness of the tree's condition?



Photo courtesy of Matt Chenet



dermatology  
& laser center  
of chapel hill



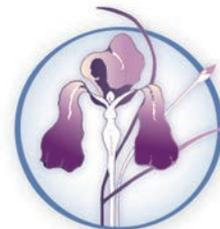
Chris G. Adigun, MD  
Board Certified Dermatologist

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

#### Services offered:

- Skin rejuvenation using advanced technologies, including the Halo Pro™ Laser to resurface the skin with minimal downtime, Ultherapy™ for skin tightening, Lightsheer Infinity™ for laser hair removal, and BBL Photofacial™ to repair sun damage and facial veins.
- Anti-aging treatments such as Botox, and injectable fillers such as Juvederm®, Voluma®, and Restylane®.
- A comprehensive approach to skin health and wellness, including treatments for acne, skin cancer prevention, hair loss, and more.
- Medical-grade skincare products for anti-aging and sun protection, including Restorsea™Pro, Revision™, Colorescience™, EltaMD and Alastin™ Skincare.

Located in The Veranda at Briar Chapel  
58 Chapelton Court, Suite 120 | Chapel Hill, NC | 919.942.2922  
[www.dermatologyandlasercenterofchapelhill.com](http://www.dermatologyandlasercenterofchapelhill.com)



Women's Birth &  
Wellness Center

PRIMARY CARE • MATERNITY • LACTATION

Serving the Triangle community for 20 years with individualized, compassionate, holistic care



*Your birth. Your health. Our commitment.*

Midwifery-led Care + Birth Center Lactation Support  
Pregnancy Planning Boutique  
Complete Well-Woman Exams Classes & Support Groups

930 MLK Jr. Blvd, Suite 202, Chapel Hill, NC, 27514  
(919)933-3301  
[www.ncbirthcenter.org](http://www.ncbirthcenter.org)

# The Season to Give

by Kayla Drake

The holidays are full of many wonderful things, but giving to those in need is a touch above the rest. There are several organizations that serve their community year-round, and others that do especially great things to give back around the holidays.

TABLE is a Carrboro faith nonprofit committed to providing healthy food to hungry children in Chapel Hill and Carrboro year-round.

“We have been around since 2008 and we accomplish our mission through a backpack program that lasts all year long,” said Ashton Tippins, executive director of TABLE. “We provide non-perishables and fresh produce every week so the kids have foods they need for weekends and can participate well in school.”

Tippins also said they have a nutrition education program they use to teach children about healthy foods, why they are important, and where they come from.

TABLE functions with just three full-time staff members and three part-time staff members. The rest are all volunteers.

“We usually depend on about 120 people a week and that doesn’t include all of our interns and event committee,” Tippins said. “The majority of that 120 help to sort, organize and date food and bag and deliver food for our backpack program as well as prepare healthy snacks and interact with our kids so they learn how to eat healthy, too.”

TABLE always delivers additional food to children before a break in school. They make extra deliveries over Thanksgiving and Christmas.

Urban Ministries of Durham is also committed to helping the community, and does so by combating homelessness and poverty.

“We provide food, shelter and a future

to our neighbors in need,” said Sheldon Mitchell, executive director of Urban Ministries of Durham. “Currently we are the largest public shelter in Durham.”

Urban Ministries of Durham provides housing every night to approximately 160 men, women and children.

“We also run a community café where we serve breakfast, lunch and dinner 7 days a week, 365 days a year,” Mitchell said. “We also operate a resource center where households from the community as well as residents can select clothing items based on their needs and family size.”

Urban Ministries of Durham has several groups that come out to ensure that people have a happy holiday season. Local churches come out to prepare traditional Thanksgiving and Christmas items.

“We rely very heavily on volunteers,” Mitchell said. “We had over 4,000 individual volunteers last fiscal year, so they are very much an integral part of Urban Ministries being able to serve the community.”

The Inter-Faith Council for Social Service in Chapel Hill and Carrboro was started in 1963 by seven local women with the desire to address poverty in the community.

“We have continued on through 55 years to confront the causes of poverty in our community,” said Anna MacDonald, director of development. “We have residential services that have shelter for men, women and children, as well as a permanent supportive housing program.”

They also have community programs such as a kitchen and emergency assistance.

“People have needs year-round and we are here to meet those needs,” MacDonald said. “The community



kitchen is open seven days a week, even on Thanksgiving and Christmas, and so are the shelters.”

Inter-Faith Council for Social Service also has a fundraiser where over 100 local restaurants agree to donate a portion of their receipts on its RSVVP Day. Community partners also host benefit concerts on the organization’s behalf or organize food drives.

“We depend heavily on volunteers,

so we have volunteers who cook in our kitchen, volunteers who run our food pantry, and volunteers that serve as receptionists,” MacDonald said. “At the shelters, they come and cook or offer programming for our residents there.”

Donations to the Council are appreciated and can include items such as non-perishable food, prepared food and bulk items, shampoo, razors and other hygiene products.

**FRAMEMAKERS**  
 \*mirrors  
 \*shadowboxes  
 \*photo frames

www.FramemakersInc.com  
 Timberlyne Shopping Center  
 Chapel Hill  
 919-942-3291  
 Mon-Sat 9-6

**KNIFE SHARPENING**  
 NOW AVAILABLE

**KITCHENWORKS**  
 UNIVERSITY MALL  
 CHAPEL HILL  
 KITCHENWORKSINC.COM  
 919-967-9388

**THE ANIMAL HOSPITAL**

**High quality veterinary services for small animals**

- Dog boarding
- Luxury cat condos
- Dog self-wash service

www.theanimalhospital.biz  
 112 West Main Street  
 Carrboro, NC 27510

M-F 7:30a - 6:00p  
 Sat 8:00a - 12:00p  
 Closed Tues. from  
 3:00p - 4:00p  
 for staff continuing education

Hospital Services & Cat Boarding  
**919-967-9261**

Dog Boarding & Self-Wash  
**919-967-4033**

# Keeping a Local Vision Lit

By Jenni Ciesielski

Anybody who visits Carr Mill Mall during the holiday season is greeted by the most festive tree in town. No one knows exactly who planted the large post oak that stands in front of Townsend Bertram & Company, but it's been unofficially adopted by the shop.

After Audrey Townsend and Scott Bertram opened the shop in 1988, Audrey took on most of the day-to-day responsibilities of the shop while Scott took care of the gardens surrounding it. When he noticed the large post oak in front of Townsend Bertram was damaged from the surrounding pavement about 10 years ago, he decided to take matters into his own hands.

"As a shop, he saw that it was part of our role to beautify our community and keep it clean and lead trash pickups and things like that," said Betsy Bertram, Audrey and Scott's daughter. "When he realized the tree was suffering from all the cement and pavement being around it, he wanted to do something to bring attention

to it, so he thought of the tree lighting."

For Scott, lighting the tree had a dual purpose: to save the tree and celebrate the community. His initiative didn't come as a surprise to anybody who was familiar with him. An environmentalist whom Carrboro and its people knew well, Scott played an active role preserving the nature surrounding Townsend Bertram and the town as a whole up until his passing in July 2017.

"Even though his primary role was a stay at home dad in our family, he was really well-known in the community because he always brought this positive attitude and spirit of connection to everything he did," Betsy said.

And it was that spirit that helped Townsend Bertram quickly become a staple to many in the Chapel Hill-Carrboro area, including Taylor Dansby. A Chapel Hill native, Dansby's Christmas gifts often came in a Townsend Bertram box.

"I was one of the kids who would ogle at all the exciting gear that just sparked your imagination," he said. "Back then we

didn't have the internet — looking at a backpack was really engaging."

Dansby worked at the shop for a few years while he was a student at UNC before Scott began lighting the tree. But when he came back to work with the family three years ago, he jumped right into the process, helping with the grounds crew and getting the lights up.

"It really was a labor of love for Scott — he was an extremely creative, high-flying individual," Dansby said.

“*He wanted to do something to bring attention to it, so he thought of the tree lighting.*”

Betsy Bertram

"The tree really manifests his spirit of adventure, exploration, 'yes to the universe' and 'all-comers are welcome' sort of attitude."

Getting over a mile of Christmas

lights on the tree is no small task. So each year, Scott — a professional tree climber — and his friends would spend several days lighting the entire post oak.

The climbers had to use arbor techniques — a much different process than typical rock-climbing that uses shoes without spikes to do as little damage to trees as possible. Nora Bryan, an employee of ArborCarolina and a friend of the Bertrams, has been lighting the tree for five years, and her husband Chip has been doing it even longer. Their service to the Carrboro community has never gone unnoticed.

"Every time we were working on it, people would stop us all the time and go 'Oh my gosh, you're the tree fairy!'" she said. "They always thank us profusely and say they look forward to it every year, that it means a lot to them."

Once people realized the festive post oak was the work of Townsend Bertram, they would often thank Audrey or whoever was in the shop. However, the first lighting each holiday season initially had zero

## Solutions for Women

Stearns Financial Group has been helping women navigate life transitions for over 25 years.

### Why Choose Stearns Financial?



Haleh Moddasser, CPA  
Senior Vice President

- SFG is a fee-only wealth management firm — we sell no products and receive no commissions.
- We provide multi-scenario financial planning, investment management and risk management.
- We offer award-winning services, customized to meet the needs of women.



**STEARNS**  
FINANCIAL GROUP

1450 Raleigh Road, Suite 105  
Chapel Hill, NC 27517



Top  
**Financial  
Advisers**  
2017

FT 300 Ranking June 2017

800.881.7374

www.StearnsFinancial.com

## 49 TOTAL ARTISTS AT 36 STUDIOS!



## chatham artists guild STUDIO TOUR

THE FIRST TWO WEEKENDS IN DECEMBER

SATURDAYS 10AM - 5PM SUNDAYS 12-5PM



fanfare. It wasn't until 2013, when Betsy started working for Townsend Bertram, that she planned the ceremony to not only celebrate the work her father and friends had done, but to also bring even more awareness to the tree's condition.

"I thought, why not do an event around this so we can really bring the community together — around the tree, around the fact that it's suffering — and bring in the lights and bring out the light in all of the amazing individuals who make up that community and bring them together for a special night," Betsy said.

At first, the ceremony was just attended by Townsend Bertram employees along with their friends and family. In a few years, however, the lighting ceremony has turned into a town-wide affair.

Ella Bertram, a local musician and Betsy's sister, was the headline performer at the Nov. 3 ceremony. Attendees warmed up with apple cider provided by Weaver Street Market. This year, both the Town of Carrboro and the Chapel Hill Chamber of Commerce helped sponsor the event and the manager of Carr Mill Mall funded the thousands of lights necessary to make the post oak festive.

"In my estimation, it was one of the most cooperative experiences those three entities had engaged in," Dansby said. "And I think the spirit of Scott was a real



Photo courtesy of Matt Chenet

This year's lighting of the post oak drew crowds outside Carr Mill Mall.

driver of that collaborative spirit to pull something like this off."

Along with lighting the tree, Townsend Bertram has been raising money to aerate the soil surrounding it. The shop has raised over \$500 so far, but needs another \$1000 for the aeration process, which would include volunteers from ArborCarolina re-composting and putting shrubs in the gardens where people walk to keep the

soil from being compacted again. Bryan guessed the tree is about 75 years old; if healthy, post oaks live an average of 150 years. It's difficult to estimate exactly how many years trees have left. But if Townsend Bertram is able to raise enough funds for the aeration, Bryan feels optimistic.

"We've seen trees really recover from soil remedies and we think it will help that tree," she said. "The tree's certainly

young enough — my guess is that the tree should only be middle-aged."

Townsend Bertram plans to use its 30th anniversary celebration to highlight the post oak in extra special ways and to raise more awareness about the tree's condition year-round.

But anybody who went to this November's lighting ceremony may have already seen something extra special about the tree. This year, the tree-climbers spent a few more days in the Post Oak to make it brighter than ever, with two miles of lights covering its branches in Scott's honor.

Dansby said that while it's been difficult to gauge the future of the shop without the man who made it thrive for nearly 30 years, those who worked with him knew how significant it was to keep Scott's spirit alive through this year's tree lighting. Keeping the post oak alive was a cause dear to Scott's heart, which is why the family plans to raise awareness and light the tree as long as it's healthy enough.

"I know one of the things that was really important to my dad was that the tree be saved," Bertram said. "I want to carry his wishes on even though he's not with us anymore and have that tree be able to be a representation of his rootedness in the community and his desire to make sure that the natural areas and natural beauty we have will flourish."

**WINNING**  
*The Dream Home*  
**RACE**

Friday 10am Eastern, 7am Pacific on the Variety Channel on VoiceAmerica.com

**WITH STEVEN CLIPP, MA/AIA**  
*Award Winning Custom Homes and Renovations*

*Turn a good home  
Into a GREAT HOME!*

Call for an  
in-home consult.  
Only \$95

**Steven Clipp Architecture**  
919-929-7838  
clipparch@yahoo.com

**WINDOW  
WIZARD**

Window Washing  
Gutter Cleaning  
Pressure Washing  
Carpet & Area Rug Cleaning



- Free Estimates
- Owner Operated
- Earth Friendly Products
- Fully Insured

**919-928-8548**

www.ChapelHillWindowWashing.com  
radambrinson@gmail.com

**Keith A. Taylor DDS**  
family dentist

*Experienced. Reasonable. Committed.*

**Courtney Cooper DDS**

**topDENTISTS**

**Extended hours include Wednesday evenings until 8pm and all day Friday.**

We provide comprehensive dentistry, including dental implants, oral surgery and more.

**Keith A. Taylor DDS**  
family dentist

*Experienced. Reasonable. Committed.*  
110 Banks Drive, Chapel Hill  
919.942.5652  
www.keithtaylordds.com

# BOOKSTORES FILL THEIR OWN NICHE

by Hannah Lee

When Barbara White left Kitchen — not the one in her home, but the Chapel Hill restaurant — with a glass of red wine in her hand, she wasn't headed to a party, concert, or even for another drink. Instead, she wandered into ... a bookstore?

White strolled into the persimmon-colored space with black shelves that brim with stories of life, love and never-ending indie books. She knows this is her kind of perfect evening — at a bookshop browsing and listening to authors read their books.

Tonight, it's at Chapel Hill's last and only local bookstore, Flyleaf Books.

"There's a real feeling of buzz and community when you go to any of the events there," White said. "I've always loved the atmosphere of bookshops. Book shopping to me is therapy. It's retail therapy."

The quirky shop, which lays at the bottom of a steep hill about a 15-minute

walk north of UNC-Chapel Hill's campus, is a place one would notice on a drive into town or getting a bite to eat at one of the three restaurants connected to it.

After Chapel Hill lost Bull's Head Bookshop to Barnes and Noble's private management in 2016, a tumultuous bookstore landslide followed — Internationalist Books (which moved from Chapel Hill to Carrboro and eventually closed its physical location), then Chapel Hill Comics and finally its neighbor, The Bookshop, whose friendly, ginger and white cats lit up the faces of passersby on Franklin Street.

These closed-down bookstores suggest that the local booksellers that are left are operating in a generally negative climate, but how can that be the case when you still have locals like White whose favorite thing to do is explore bookstores?

When Jamie Fiocco, the owner of Flyleaf Books, opened her business in 2009,

bookstores still coexisted on Franklin Street with large companies like Barnes and Noble and Borders. But Borders has since gone out of business, and Chapel Hill is now left with only Flyleaf Books and Barnes and Noble.

"Retail stressors are always a concern, but I am definitely not worried about independent bookstores," Fiocco said. "You know, would our business pick up if Barnes and Noble went away? Probably, but it's the same with online booksellers. We try to not compete. We try to do

independent bookstore locations in the U.S. since 2009. Interpreting that locally means what's happening in Chapel Hill is unusual, but it's not because readers don't enjoy meandering through mazes of bookshelves.

The problem isn't that bookstores are closing. It's the perception of bookstores themselves.

Land Arnold, a previous co-owner of Flyleaf Books, didn't hesitate when he decided to open his own bookstore, Let-

“I've always loved the atmosphere of bookshops. Book shopping to me is therapy. It's retail therapy.”

Barbara White

what we do really well.”

According to the American Booksellers Association, there has been a 35 percent increase in the number of

ters Bookshop, in downtown Durham in December 2013.

“I think when the iPod came out, it was a category killer for music, and it



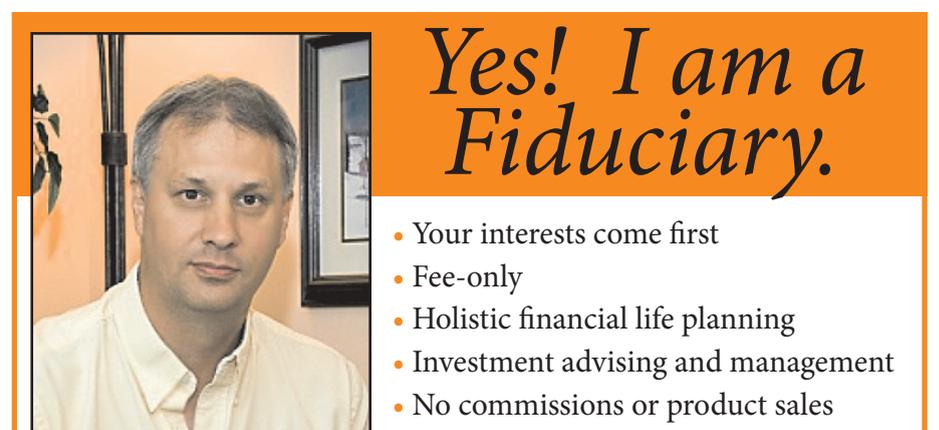
Don't Want Medication for **ADHD,** Call Us!

“Better test scores at school, more chores done at home, a smile I can always count on now.”

**LEIGH BRAIN & SPINE**  
ADHD • Headaches • Anxiety & More

**Conquer ADHD & Anxiety - It's True**  
Find out what your child's brain needs to be able to pay attention and control his behaviour without drugs.  
Neurofeedback Treatment has been used for nearly 60 years. That is a legacy of safety you can count on.

Details at [leighbrainandspine.com/adhd](http://leighbrainandspine.com/adhd)  
or call 919-401-9933.



**Yes! I am a Fiduciary.**

- Your interests come first
- Fee-only
- Holistic financial life planning
- Investment advising and management
- No commissions or product sales

**TODD WASHBURN SOLUTIONS**  
Life Planning for Visionary People

*What's your Resolution for '18? To plan for:*

- Your goals—now and for retirement?
- Your finances—so they'll support your goals?

*Let me help!*

*Enjoy my articles? Sign up for my newsletter at:*  
**www.toddwashburn.com**

CFP® | CERTIFIED FINANCIAL PLANNER® | CFP®  
The certification marks above are owned by Certified Financial Planner Board of Standards Inc. and are awarded to individuals who successfully complete CFP Board's initial and ongoing certification requirements.

really changed the music industry,” Arnold said. “So when the e-readers came out, people kind of copy and pasted the same story thinking the same thing would happen and ... it didn’t.”

Rather than there being an issue with the stores themselves, parking and rent, two influential issues for every business on Franklin Street, proved to be the reasons why the last few independent bookstores closed in Chapel Hill.

However, that didn’t deter Arnold from opening a bookstore in revitalized downtown Durham, where his store has no dedicated parking lot and where rent continues to rise for all the buildings in the area.

“We’re kind of lucky we’re in a spot in downtown Durham which is naturally getting more and more foot traffic,” Arnold said. “Bookstores naturally tend to be places that people feel comfortable coming in and sharing ideas. They very quickly become a place that the community is proud to have.”

And not all independent bookstores are the same. Arnold left Flyleaf Books, which sells mostly new books and gifts, to open Letter Bookshop, which sells mostly used books.

So it’s not that buyers always come to bookstores for what’s inside, but for what they do. People crave bookstores more than ever because it’s becoming one of the only environments where people can escape their increasingly-busy, digitized worlds.

That’s especially the case for White when she goes to Flyleaf Books.

“It’s a great little place to just mooch around,” White said. “I mean I live a frantic life and I go to Flyleaf and I feel like I can take a deep breath and do what I enjoy doing, which is just sort of moseying around a bookstore.”

UNC-Chapel Hill senior Jada Harkins Andrews is one of the growing majority who exclusively purchase and read books online because of the speed and accessibility online retailers provide. However, she recognizes that when she does go to

bookstores, she goes for the novelty of it — like the cats in a window or the small note recommendations in front of every book — even if she doesn’t purchase anything. A special part of her first-year experience was exploring Franklin Street and wandering into businesses like The Bookshop.

But when people are so wrapped up in the busyness of their everyday lives, and when they are surrounded by other overloaded people, it’s easy to think that no one still browses bookstores.

“It’s closed now? See, I didn’t even know that,” Harkins Andrews said about The Bookshop. “I’m kind of saddened by the fact because I didn’t even know these bookstores were closed down.”

White admits that shopping online is easy, especially when she can’t find what she wants in stores, like a research book or a book out of print. So it may not be that there are more online readers, but rather more hybrid readers.

Digital book sales fell 18.7 percent for the first nine months of 2016, while print sales have stayed relatively strong, according to the Association of American Publishers. Paperback sales were up 7.5 percent over the same period, and hardback sales increased 4.1 percent.

So White remains true to her unwavering attitude — make those trips to bookshops. She appreciates shopping and obtaining her books hand-to-hand. She trusts her local booksellers, like Flyleaf Books.

“Yes, you can buy anything online if you want to, but you don’t get that level of customer service when you can actually talk to someone about the book,” White said.

“You know, ‘What is your recommendation? Did you like this? Did you like the ending? I read this book by so-and-so, what else should I read?’ I mean for someone who just loves books, you want to talk with others about books. That is part of the experience as being a reader is actually engaging, and maybe you do that at the library, but that level of engagement is never going to go away.”



Photos by Aramide Gbadamosi

Though online booksellers are gaining popularity, independently owned shops like Flyleaf remain the stomping ground for many.

**It's good to have a friend...**

...When you need someone to drive you to a medical or other personal appointment and stay with you throughout

...When a family member or friend is not available to take you where you need to go

**Appointment Friend**  
dedicated. dependable. discreet.

[www.appointmentfriend.com](http://www.appointmentfriend.com)  
919.451.7444  
info@appointmentfriend.com

**DURHAM UPHOLSTERY**  
We've Got You Covered Since 1964

**Custom Built Furniture**  
From the Living Room to the Board Room

Reupholstery • Repairs • Refinishing • Restoring

**919.682.8301**  
for a FREE Estimate today!  
[www.DurhamUpholstery.com](http://www.DurhamUpholstery.com)

**TAKE THE BULL BY THE HORNS AND GET IN THE BEST SHAPE OF YOUR LIFE AT RAPID RESULTS FITNESS KETTLEBELL TRAINING PROGRAM!**

Unparalleled EXPERT Instruction in Durham and Chapel Hill

**Sign up today for an introductory kettlebell class.**

**STRONGFIRST**  
CERTIFIED INSTRUCTOR

4125 Durham Chapel Hill Blvd., Durham • 919-403-8651 [www.rapidresultsfitness.net](http://www.rapidresultsfitness.net)

**Stay in touch with us**

**southern NEIGHBOR**

Home Stories Business Education Food Arts Calendar Support Us

**Fall foods flourish at market**

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!

Jenni Ciesielski

[www.southernneighbor.com](http://www.southernneighbor.com)

# More Than a Cup O' Joe

By Jess Gaul

Larry's Coffee has become a local pillar of innovation, advocacy — and yes, coffee roasting — over a 20-year journey.

**Susan R. DeLaney, ND, RN**  
Naturopathic Doctor/Homeopathy Consultant

Offering safe, effective, and evidence-based natural therapies for all ages.



**The Wellness Alliance**

301 W. Weaver St., Carrboro, NC 27510

919-932-6262 • [www.thewellnessalliance.com](http://www.thewellnessalliance.com)



Southern Village apartment rentals are just footsteps away from a Park & Ride lot, fine dining and shopping on Market Street, the new Southern Village park, major employment bases such as UNC and the RTP, I-40 and RDU International Airport

**200 Copperline Drive  
Chapel Hill, NC 27516  
(919) 933-5577**

Mon - Fri: 8:30 - 5:30 • Saturday: 10:00 - 5:00

[leasing@southernvillageapts.com](mailto:leasing@southernvillageapts.com)

[www.southernvillageapts.com](http://www.southernvillageapts.com)

Facebook: SouthernVillageApartments



Larry Larson wasn't planning on being a coffee roaster. The Tacoma, Washington, native was attending graduate school at North Carolina State University for economics, when he realized he wanted to pursue other options.

"I decided I needed to drop out because I no longer wanted to get this graduate degree," Larson said. "And, that's when I probably did my soul searching then — it's like, 'You know what? I always wanted to be an entrepreneur.'"

Larson was working at Cup a Joe, a coffee shop on Hillsborough Street in Raleigh, and he eventually drew connections between his new gig and a longtime passion for entrepreneurship. He was the first employee to join the roast team, and it was the catalyst for his interest in the coffee scene.

"I fell in love with roasting coffee," he said. "So when I was going through my soul search, 'Well what are you going to do if you drop out?' and it's like, entrepreneur, coffee, it'll catch on. It might be, you know, a few years away, but (I had) a fundamental belief — give the consumer, provide the consumer a great cup of coffee — they're gonna buy it. And the rest will work itself out. That was kind of my business strategy."

Today, Larry's Coffee sources and roasts completely fair-trade, shade grown and organic coffee and produces 15 Creative blends and 15 Single-Origin blends.

Peter Floyd, director of institutional sales for Larry's Coffee, said his experience working at Larry's has been different than that of his previous jobs in corporate coffee sales. He attributed this difference to Larson's unique personality and approach to the business.

"He's very, very creative," Floyd said. "He thinks a lot differently than most people."

Floyd spent 12 years in the corporate world of hospital coffee sales before coming out of retirement to join Larry's.

"It's not a cookie-cutter type operation," Floyd said. "It's very innovative, it's very creative. And that's one of the great things about working here because you don't get caught in a routine or a rut. Every day there's a new, exciting thing happening ... We have a model of starving the landfill and feeding the earth."

The company's fair trade and environmental missions are also important values that, although they weren't necessarily a part of the original business plan, developed through Larson's entrepreneurial growth and experience.

"When I went to source for the first time is when I really got inspired by what fair trade could be," Larson said. "So my business life went from just having great coffee and experimenting with the roaster and trying to sell it — went from that to 'Let's do all that and make a difference

about the people we're buying the coffee from.'"

Director of Coffee Jeremy Behne acknowledged the lengths it takes to source a product fairly and certify it as organic. Despite the difficulties for any company surrounding fair trade, he said Larry's Coffee is not one to compromise.

"I think what's made Larry so successful is, for him, that's never been an excuse to put out an inferior product," Behne said.

Larson's experience traveling to Central America on that first sourcing trip to meet local coffee farmers continues to influence the company's emphasis on fair trade today.

"The exposure to a different perspective on how business can work was profound, and to this day it still is," Larson said.

Larson said after the company had begun to engage in fair trade, someone in the office suggested they consider recycling more. At the time, the city of Raleigh was not collecting large amounts of recycling, and it wasn't collecting it from businesses.

**“ Let's do all that and make a difference about the people we're buying the coffee from. ”**

Larry Larson

"That got us to rethink about how we had a footprint on the planet," Larson said. "And as a result of a whole bunch of other changes we made by choice, we became and we still are an ambassador for sustainability. And I look at that as a major contribution to the world, that we have a company that is not afraid to talk about our environmental sort of approach to life and the way we as a company can impact things, and we're happy to share with others ... I get to inspire a bunch of other companies who ultimately inspire a bunch of other employees and a bunch of other consumers."

Raleigh-based interior designer and photographer Lori Langdon, who has completed design and photo projects for Larson over the past decade, has also gotten to know him personally.

"(Larry) is probably one of the most unique people I've ever met in my life," Langdon said. "He definitely takes work very seriously, he works really hard ... but he also is very playful and thinks fast on his feet."

Larson said he values the importance of making his personality a fundamental part of his brand.

"It's fundamentally, it's a whole bunch of other people," Larson said. "But it's about the thing I created. And so retaining what I created is really



Photos by Aramide Gbadamosi

Larry's sourcing of fair trade, environmentally sustainable beans fits right in with their business model.

important."

Looking toward the future, Behne believes Larry's will stay true to its roots and ethical values.

"I think if 20 years shows anything, we'll still care about the things that matter no matter how big it gets," Behne said.

What blend of Larry's would Larson be, if he was a bag of Larry's beans?

"I would say that he's probably more of a fruity ... balanced profile, with undertones of chocolate," Floyd said.

And Larson? Well, he says he would be Bean Martin, of course.

"Bean Martin is smooth, it has lots of depth, has a little bit of berry flavor if you look for it — and it has lots of attitude," he said.

# December Calendar

## 1 Friday

### The Red Turtle

N.C. Museum of Art, 8 p.m.

Part of the museum's fall films series, The Red Turtle is a nine-year labor of love that is certainly worth the watch. Tickets are \$5 for museum members.

## 5 Tuesday

### Nash Street Homebrew Club Meeting

Mystery Brewing Company, 7 p.m.

Meet friends and talk homebrew at the Nash Street Homebrew Club meeting. The club meets every first Tuesday at 7 p.m. at the Public House.

## 14 Thursday

### Playmakers' A Christmas Carol

Paul Green Theatre, 7:30 p.m.

Playmakers will be putting on showings of the Christmas classic from December 14 to the 23rd. Don't be a Scrooge, tickets are only \$15.

## 22 Friday

### Movies-That-Matter

Oasis at Carr Mill, 7 p.m.

In 'Mister Rogers & Me,' learn about the personal life of America's favorite neighbor, Fred Rogers.

## 2 Saturday

### Christmas Holiday Shoppe Craft Show

St. Thomas More Catholic Church, 9 a.m.

Come check out the 14th annual show that will include almost 70 artisans and lots of one-stop shopping.

## 8 Friday

### ACLU's David Cole in Chapel Hill

Flyleaf Books, 3 p.m.

Enjoy a talk from the ACLU's National Legal Director about constitutional rights in the Trump era. This event is free and open to the public.

## 15 Friday

### Live Music: India Cain & Keith Allen

Roost, 4 p.m.

Come listen to musical duo India Cain and Keith Allen at Roost for a relaxing afternoon of food, drink and music. In case of inclement weather, this event will be hosted indoors at The Goat.

## 23 Saturday

### Family Story Time

Chapel Hill Library, 10:30 a.m.

Come enjoy this recurring weekend story time that is open to children of all ages! It will include literacy activities, music and storytelling.

## 3 Sunday

### Santa with Goats

Spring Haven Farm

What is more wholesome than the Christmas spirit and some goats? Our guess is nothing. Tickets for this recurring Farm Winterfest event are \$10.

## 9 Saturday

### Homegrown Holiday Parade

Downtown Chapel Hill, 9 a.m.

Celebrate the season with the Chapel Hill Carrboro Homegrown Holiday Parade, starting in Chapel Hill and ending up in Carrboro.

## 19 Tuesday

### Growing Lavender

Doris Duke Center, 6:30 p.m.

Join the Durham Garden Forum in talking about planting and support practices for the very fragrant plants. Each forum meeting is \$10 for nonmembers.

## 26 Tuesday

### Linda's Trivia

Linda's Bar & Grill, 8 p.m.

Join Linda's every Tuesday and Wednesday for a rousing game of trivia in pursuit of a \$25 Linda's gift card. And while you're there, why not try some of the drafts?

## 4 Monday

### Cooking Class: Hanukkah

Southern Season, 6 p.m.

Celebrate Hanukkah with fresh takes on classics like challah crostini and parsnip latkes. Tickets are \$50.

## 12 Tuesday

### Tinkering & Drinker

Motorco, 6:30 p.m.

Whether you're a master maker or just a beginner, grab some friends and a beer and head over to Motorco for the Durham Museum of Life and Science's tinkering happy hour.

## 19 Tuesday

### CHYP Holiday

TOPO, 5:30 p.m.

Chapel Hill Young Professionals – come celebrate the end of 2017 at Top of the Hill! CHYP meets monthly for networking, professional development and fun around the area.

## 28 Thursday

### Class: New Year's Eve Party

Southern Season, 6 p.m.

Want your food to be the talk of the new year? Check out this class on exquisite party food. Tickets are \$55.

# Local Holiday Gift Ideas

ORANGE COUNTY | 2017



Photo: Juli Leonard/The News & Observer

## BOTANIST AND BARREL

Locally made cider and wine, the perfect hostess gift for those holiday parties!  
[www.botanistandbarrel.com](http://www.botanistandbarrel.com)



## MATTHEW'S CHOCOLATES

Matthew's chocolates make a great gift of artisan, decadent handmade chocolates.  
[www.facebook.com/MatthewsChocolates](http://www.facebook.com/MatthewsChocolates)

## CARRBORO COFFEE ROASTERS

Just great coffee! And their espresso lip balm makes a wonderful stocking stuffer.  
<https://carrborocoffee.com>



## MELISSA DESIGNER JEWELRY

Unique, one-of-a-kind custom made jewelry when only the best will do!  
[www.melissadesignerjewelry.com](http://www.melissadesignerjewelry.com)



## CHAPEL HILL CREAMERY

Chapel Hill Creamery's Carolina Moon with crackers, Yum! The perfect appetizer for your holiday parties.  
<http://chapelhillcreamery.com>



## SCARFFISH

Not just a scarf, it's a scarffish! Or a cap, sparklers or OhMyStars! Baby blanket.  
[www.scarffish.com](http://www.scarffish.com)

## CHAPEL HILL TOFFEE

Who wouldn't be excited to find that distinctive blue box under the tree? The best candy ever!  
[www.chapelhilltoffee.com](http://www.chapelhilltoffee.com)



## SOUTHERN SEASON

Their holiday baskets are lovely! Check out their Elaine O'Neal's box, full of locally made goodness!  
[www.southernseason.com/shop/elaine-o-neil-chapel-hill-gift-box](http://www.southernseason.com/shop/elaine-o-neil-chapel-hill-gift-box)



photo: John D. Lyon, Jr.

## JULIAN'S

A Julian's tie will fit nicely into a special someone's stocking; don't forget that Julian's takes care of the ladies, also—check out their ladies' Carolina shoes! Proud Purveyors to Champions for 75 years.  
<https://julianstyle.com>

## TOPO DISTILLERY

For an unusual gift for that "hard-to-shop-for" person on your list—the Topo Age Your Own Whiskey Kit that comes complete with a small barrel.  
[www.topodistillery.com](http://www.topodistillery.com)



## EXTRAORDINARY VENTURES

Handmade soy candles with seasonal scents such as Hot Apple Cider, Christmas Tree and Cranberry Candy Cane; these will "brighten" anyone's holiday.  
[www.gifts.evnc.org](http://www.gifts.evnc.org)



## BOOKS!

Orange County has an abundance of local authors and books always make a great present! For instance, *A Well-Crafted Home* by Janet Crowther, *Hidden Hillsborough* by Preservation Fund of Hillsborough with Photographs by Elizabeth Matheson, and *The Farmhouse Chef* by Jamie Dement just to name a few new books—check them out at Flyleaf Books in Chapel Hill or the Purple Crow in Hillsborough.  
[www.flyleafbooks.com](http://www.flyleafbooks.com)  
[www.purplecrowbooks.com](http://www.purplecrowbooks.com)

visitchapelhill

visitchapelhill

@visitchapelhill

[www.visitchapelhill.org](http://www.visitchapelhill.org)

**CHAPEL HILL**

HILLSBOROUGH & CARRBORO

ORANGE COUNTY VISITORS BUREAU

# Column: Organize (and Print!) Your Smartphone Images



**Barbara Bell is the Chief Smile & Memory Maker behind Barbara Bell Photography, a portrait and event photography studio based in Chapel Hill. She writes on all topics related to photography and is happy to answer your questions. Drop her a line at: [barbarabellphotography@gmail.com](mailto:barbarabellphotography@gmail.com)**

By Barbara Bell

December and January are like the two sides of one coin. Tails. Heads. End of one year. Start of a new year. One question consistently comes up at this time of year: “How do I organize my photos?” Whether you are looking for an image you captured earlier this year or wondering how to corral the hundreds (or thousands!) of photos you take every year, you want to be able to put your hands on what you are looking for when you want to retrieve it.

In this digital age where most of our everyday photos are captured with a smartphone, it's easier than ever to take shot after shot; but without a plan to archive them, how can you really go back to enjoy these memories you've captured?

Everything starts with a system. The system you'll need to archive the photos from your smartphone starts with putting a date on your calendar, and making it a part of your weekly or monthly ritual. For me, this is a Friday night task when I close down the work week. I plug my phone to my desktop, and I go through the photos I've taken this past week. Which were

meant for reference and can now be deleted? Which are worth keeping? If they are worth keeping, how can I sort them to find them in the future? This will take approximately 15-20 minutes when you have the right system defined for you.

Think about this: are you more right-brained or left-brained? Do you consider yourself more creative or more analytical? Do you think in pictures or numbers?

For those who are right-brained, you may want to group your photos into folders based on topic: your family, your dog, food you've cooked, a funny sign you saw when you went out for a walk or club activities in which you were involved. Because right-brained people tend to think visually and be more intuitive, you need a system that is more subject-based.

For those who are left-brained, group your photos into folders based on dates taken such as month (2017\_December) or events attended (STEMConference\_2017). Because left-brained people think logically and analytically, you are looking for numbers and data when you want to retrieve a photo you've captured.

Now, let's take it one step further. Pho-

tography was intended to be one person shooting an image (and developing it) so as to share the captured image with a wider audience.

Did you know that we are currently the generation with the most advanced photo technology and the least amount of printed photographs to show for it? Let's change that, shall we? Right now, look at your phone. What are the last nine images you captured? Which one do you love to look at the most? Is it your smiling grandchild, your cat curled up in the sunshine or the carved wooden bowl you recently made?

Print this image.

Southeastern Camera in Carrboro is a great spot for this. They are a local hub for photographers of all skill levels. Print your image. Whether you choose to put it in a frame for your mantle, attach it to a card to mail it with a note to a friend or clip it to a magnet on your fridge, the images you capture were meant to be enjoyed. Finding them is the first step. Printing them is the second step and smiling at them every time you see the image you captured is the next step. Repeat, as needed.

## Column: Nature Notes – The Migrating Birds

By Maria de Bruyn

Welcome to Nature Notes! I hope that you will enjoy reading this column. Today I'd like to tell you about some of our temporary avian neighbors. You may have noticed that some birds stay here year-round, like American robins, Eastern bluebirds and Northern cardinals. But you only see other birds at certain times of the year because they are migrants, like this lovely black and white warbler (at right). These tiny birds arrive in early spring, raise their families here and then depart in the autumn for countries south, going so far as Ecuador and Peru.

Other neotropical migratory birds, including songbirds, shorebirds and hawks, breed in Canada and the United States and then migrate to the Caribbean, Mexico, and Central and South America to spend their winters in a warmer climate. They need to go where flying insects, caterpillars, fruit and nectar remain available since these food sources diminish during our colder months.

Some birds here during North Carolina's winter migrate from the far North. For example, tens of thousands of tundra swans and snow geese travel to Pungo Lake and Lake Mattamuskeet in



November-February, arriving here from Canada's Arctic Coastal Plains. When they settle and rise from the lakes, they resemble a swirling white cloud.

Birds that migrate shorter distances learn routes and destinations from older birds, while those that fly 3,000-10,000 miles away have genetic programming to help them on their way. Even the latter birds, however, also learn from experience and often return to certain areas that they especially like. Some that breed further north pause in our state for a rest before continuing their journey, giving birders the chance to see birds they usually wouldn't spot here.

Another example of a migrant that breeds here is the prothonotary warbler. These birds spend the spring and

summer around water — rivers, creeks and swamps. One beautiful male found a home at Mason Farm Biological Reserve in Chapel Hill in the same spot for several years running and you could almost count on finding him there. You can also see the prothonotaries along the Haw River and Jordan Lake. These warblers travel to Mexico and as far as Colombia in the autumn and winter — some fly 5,000 miles during migration!

Many birders especially like to see warblers during spring and fall migrations as they can be very colorful. When a listserv reports a species that only passes through the state but will not stay, bird enthusiasts will travel to the site to get a glimpse. This year, for instance, they spent hours at Jordan Lake to observe bay-breasted and blackpoll warblers. It can be challenging to identify some species though. They change their plumage at different times of the year and look different depending on their sex or age. Bay-breasted and blackpoll warblers may look very similar.

One warbler species that stays here throughout the year is the pine warbler. As their name indicates, they prefer to stay around pine trees and mainly eat insects. However, they also eat fruit and seeds and a couple in my yard are very fond of suet.

The darker yellow adult males are easy to spot. Females and younger males may be very pale.

If you have bird feeders nearby, keep an eye out for the local birds, including some of the migrants who over-winter here, like dark-eyed juncos, white-throated sparrows and hermit thrushes. If you can put out a nectar feeder, perhaps a migratory hummingbird will stop by, like a buff-bellied hummer that visited in Winston-Salem! You can learn more about the different species at the All About Birds website: <https://www.allaboutbirds.org/>.

**Maria de Bruyn is a nature photographer who enjoys observing all types of animals and plants and sharing her findings with others. She has donated her photos to non-profits such as the Friends of Sandy Creek Park, the Outdoor Explorer Book Club and New Hope Audubon Society and has had exhibitions of her work in various venues. She writes a blog (<https://mybeautifulworldblog.com/>), serves as a virtual “ranger” for Project Noah (<http://www.projectnoah.org/organisms>), and is a co-vice president of the Chapel Hill Bird Club (<http://chbc.carolinanature.com/>). You can contact her at: [mdebruynphotography@yahoo.com](mailto:mdebruynphotography@yahoo.com)**

# Trader Christmas

by Chris DiGiovanna

For as long as I can remember, my father has loved garage sales. I think part of it is the thrill of the hunt, hoping to find a “diamond in the rough.” He’s also never met a stranger in his life and loves to share stories with people (which is a trait that I inherited).

When I was a kid, during yard sale season, Dad would often disappear for a few hours on a Saturday morning, off to hunt for treasures. You could tell when he had a particularly successful morning by the amount of items that he wouldn’t show you when he came back, as most of the time, he liked to save his finds for gifts.



My dad would squirrel away things for us throughout the year. Oftentimes, he would exclaim “Oh, yea,” after we had opened a gift that he may have wrapped months earlier and forgotten about.

Since my father’s garage sale rule was typically to pay no more than 10 cents on the dollar for anything, that meant that we would usually have way more presents than the average kid. I remember a few Christmases when there were so many presents, they couldn’t all fit around the Christmas tree and might be overflowing into the hallway or another room.

There were always some zany things mixed in with the things we had actually put on our wish lists. One year, I received an umbrella that rained dollar bills when it was opened, while my sister found a life-sized Kermit the Frog driving her car. Another year, Dad showed up on Christmas morning in an adult-sized Grumpy costume to deliver a Buns of Steel VHS tape to my Mom (she thought that was hilarious).

My father’s yard sale obsession and our overabundant Christmas celebrations would later serve as inspiration for starting my eBay consignment business, as I thought there may actually be potential to sell some of the stuff that my dad was always bringing home. My favorite items to sell are the things with good stories behind them. After all, who doesn’t like a good story?

I never kept much of the oddball stuff that my dad gave me, as most of it simply got recycled and ended-up back in the local thrift shop. However, I still enjoy the memories of spending past Christmases with my family and laughing at the funny gifts that everyone received. We spend so much time and money trying to get the right gifts for people, when it’s really just the time that we spend with them that’s the greatest gift of all.



## Neighbor to Neighbor

**Chris DiGiovanna**

is the President of  
**Trader Chris Consignments,**  
which specializes in selling valuable  
collectibles, jewelry, watches, and estate  
silver on eBay. Chris can be reached at  
[chris@traderchris.biz](mailto:chris@traderchris.biz).



## KEYNOTES | December 2017

### Home Repair

**Carol's Electric**  
4915 Hwy 54W, Chapel Hill  
919.929.0582  
[www.carolselectric.com](http://www.carolselectric.com)  
[carol@carolselectric.com](mailto:carol@carolselectric.com)

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

### Fix All Services

**Raye Jordan**  
919.990.1072  
[Raye81@yahoo.com](mailto:Raye81@yahoo.com)  
[www.fixallservices.com](http://www.fixallservices.com)

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

### Landscaping

**TOMMY WARD**  
**LANDSCAPING**  
919.942.0390 - call anytime

Lawn cleanup - leaves, gutters, etc., plus lawn aerating & reseeding. Lawn & bush hog mowing. Trees topped & cut, shrubs pruned. Mulch for sale- oak, pine & pine straw. Gravel driveway repair & grading plus tractor service. 40 years of experience.

### Resale

**Circle City Books & Music**  
121 Hillsboro St., Pittsboro  
(919) 548-5954  
Weekdays 11-7, Sat 10-7 and  
Sunday 12-5

Circle City Books & Music offers a wide selection of used, rare and unusual books, vinyl and CDs. With over 30,000 different titles, there's plenty to browse in our cozy shop located in the downtown heart of historic Pittsboro. Additionally, we offer you a way to sell your collections, large or small, buying directly or consigning your most valuable items. We offer both cash and trade. Open everyday.

# Gatherings, Grandparents and Group Activities: How to Deal with Social Anxiety This Holiday Season

**Dr. Patricia Leigh**

Holidays are stressful for most of us, indeed, but the holiday season can wreak havoc on the emotions of a person with social anxiety. Fear, sadness, hurriedness, anxiousness, and extreme nervousness are just a few top contenders for messing with you during the holiday season. However, the top 2 New Year's Resolutions, last year, of people who suffer from social anxiety included: (1) feel more confident (58% of people) and (2) meet new people (47% of people). So now is the time to start working on these resolutions for the upcoming year.

## Why do the holidays make me more anxious?

Being put into more situations that provoke feelings of anxiety push your nervous system into a heightened state called "fight or flight". Anxiety comes from

a very fast processing speed in the brain, one you might feel when you can't handle a situation. Your brain is literally speeding. Essentially, by feeling more anxious more of the time, you get stuck in this fast state, making it difficult to bring your brain speed down. Knowing if your brain pattern has an inclination toward this fast anxiety pattern can help you prevent this heightened state in the first place. A qEEG Brain Map can show you if your brain is at-risk for social anxiety and if so how fast your brain is speeding. If it is stuck in a fast pattern, then there are strategies you can use to prevent and overcome social anxiety by bringing the speed down each and every day.

## Four Ways to Prevent or Overcome Social Anxiety

### (1) Muse Calm Meditation

If you've tried meditation then you know its hard. It is difficult to sit with your own thoughts. A new innovative headband, the Muse Calm headband, that senses when your brain is active, neutral or relaxed, can be a game-changer for you when trying to begin a meditation practice. It is such an awesome piece of technology that shows you what your brain is doing and gives you feedback to bring the anxiety down into a calm state.

### (2) Exercise

Exercise has been proven to increase feel good neurotransmitter levels within your brain. Serotonin and dopamine increases can make you feel more relaxed and calm, so put your running shoes on and get out there for a power walk. In the absence of more intense exercise, walk like your late for a meeting to get your heart rate up and your brain juices flowing.

### (3) Nutritional Supplements:

As an affiliate clinic of the Amen Clinics, Leigh Brain and Spine endorses the nutritional supplement line, Brain MD, created by the renowned Dr. Daniel Amen. Brain MD Serotonin Mood Support boosts serotonin levels in the brain creating an overall calmer feeling and greater ability to deal with social situations.

**(4) Neurofeedback Therapy:** If your brain is stuck and you are not being successful at using DIY strategies to bring the energy down, then it is time to seek out help from an FDA regulated neuroscientific high-tech approach using feedback to your brain that helps it learn to be and stay calmer so you feel better. Neurofeedback has a 60 year proven history of helping people decrease their anxiety to increase their quality of life.



**Dr. Patricia Leigh**

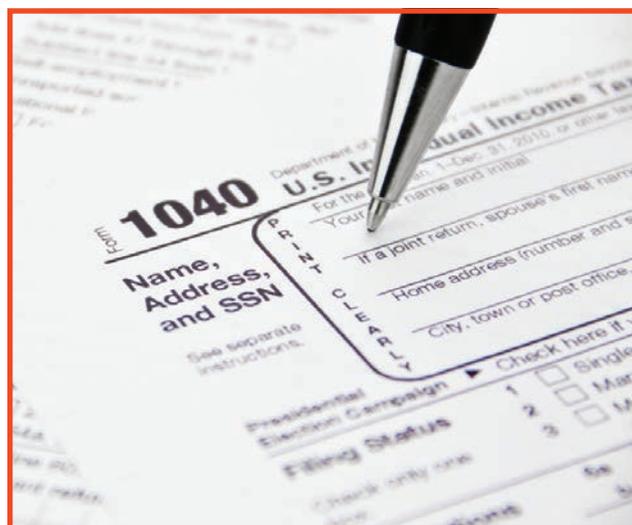
## Neighbor to Neighbor

**Dr. Patricia Leigh** is a Neurodevelopmentalist and specializes in helping children and adults overcome their struggles. Find out more: [leighbrainandspine.com](http://leighbrainandspine.com) (919) 401-9933



This holiday season you can use these tools to get out there and be more successful in social situation and feel better doing it. This is the key to long term success because Hebb's Law shows that "neurons that fire together, wire together." With each success in a social situation you are literally strengthening your social muscle, rewiring your brain to be even more successful the next time. It will get easier with practice and before you know it you will have to draft some new resolutions.

**Stop Anxiety in its Tracks**  
*Free Guide*  
**Find Out How Now**  
[www.leighbrainandspine.com](http://www.leighbrainandspine.com)



## FREE Income Tax Filing Assistance

**Serving Low – Middle Income Clients of all Ages**

For more information or an appointment, call **919-245-4242**

For information on transportation options to your appointment, call the **Transportation Helpline: 919-717-1853.**



# Done By You, Done For You, Done With You

“What goes on four feet in the morning, two feet at noon, and three feet in the evening?” Riddle of the Sphinx

You’ve probably heard the riddle before. If not, the answer is “man.” Childhood on hands and knees, two feet after that, and then the addition of a cane in old-age. It illustrates the change over time to something so fundamental to us—mobility. How we do things can, and often do, change over time.

As we reach adulthood, something similar happens. We take on lots of responsibilities. Some we know while others are new. As we age new things come while others go. Homework gives way to the work. Renting gives way to homeownership. Staying out late gives way to staying up late with a sick child. What activities we do ourselves often depends on our knowledge, time, finances, and the cost of an error. If we know it, and have time, we might do it. If not, or an error would be costly, we might have others do it. My dad owned a gas station and taught me a number of things. But not how to repair brakes. His reasoning? The consequences of doing it wrong are too high, so pay a pro.



Todd Washburn

## Neighbor to Neighbor

**Todd Washburn, CFP®**  
Todd Washburn Solutions, LLC  
Fee-only financial planning  
“Life Planning for Visionary People”  
todd@toddwashburn.com  
www.toddwashburn.com  
919.403.6633



Handling our finances can change over time. When we’re young, relatively poor, and life is simple, we do things on our own. We choose investments, benefits at work, and do our own taxes. By middle-age, some we do (benefits selection), some we’ve outsourced (taxes), and some we may still do but don’t like or feel comfortable doing. Retirement passes even more to others (financial/estate/investment planning). Like car brakes, there’s more to lose now (literally) and it’s harder to recover from mistakes.

In the world of finances you really can “have it your way.” You can self-invest at Vanguard, Ameritrade, etc., buying and selling to your heart’s content. Conversely, you can put all your money into a



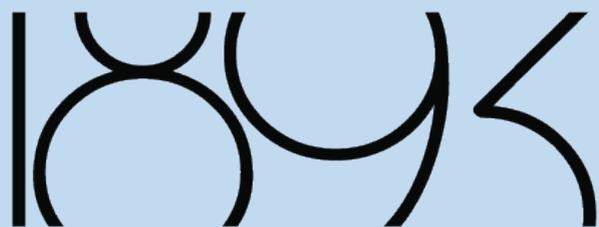
Target Date fund and let the managers do all the work. Maybe a collaborative relationship with an adviser sounds better, where you work together to set goals, implement plans to achieve them, chose and monitor investments, etc. Some folks stick with one pathway while others find their views change over time. As accounts grow, or complicated decisions emerge, doing it yourself may become scary. It can be hard, though, to make the transition to working with someone- even if you think it might be beneficial. It usually comes with a cost. But, outside professionals have value. Our situation is new to us—it’s the first time we’ve been this age or stage of life. But they’ve seen lots of folks at this stage. We know our line of work, but they have knowledge of theirs—and that’s what we need. A neutral party can help sort out thorny issues we’ve ignored—possibly removing an impediment to moving forward. And—just maybe—they’ll have a different perspective that might help us do something we thought we couldn’t (or avoid something we shouldn’t).

As for advisers, there are still generalists (look at the whole picture) and specialists (focus on one area). Both can be helpful. Just make sure you choose who you really need. If you need retirement planning help but your adviser is paid to sell insurance or investments—retirement planning may just be an ancillary service. Only want a stock-picker, then a holistic financial planner who looks at the big picture might be inappropriate.

As the New Year approaches, financial resolutions are common, as is the realization that retirement or other long-term goals are a year closer to being realized—or not. If you have a resolution to get your financial house in order, or to get help navigating difficult decisions or avoiding errors, consider a relationship with a qualified, caring adviser who can provide knowledge and support as you navigate an ever more complicated life.

It’s your choice: Done by you, done for you, or done with you.

EIGHTEEN NINETY-THREE



BRAND STUDIO

1893, a student-powered brand studio from The Daily Tar Heel. Hire us to tell your story.

Writing | Reporting | Design | Photography | Videography  
eighteenninetythree.com

# TRADER CHRIS

CONSIGNMENTS

Local service. Worldwide results.

Hasselblad 903 Camera



Sold for \$3,666  
Shipped to E. Setauket, NY

**Camera Equipment**

[ Hasselblad, Leica,  
& High-end Lens ]

1900 \$20 Gold Double Eagle



Sold for \$1,700  
Shipped to Jay, NY

**Coins**

[ Gold & Silver  
US & Foreign Coins ]

Lalique Sculpture



Sold for \$2,025  
Shipped to Burr Ridge, IL

**Crystal**

[ Baccarat, Lalique,  
Steuben, & Waterford ]

Original WWII D-Day Maps



Sold for \$567  
Shipped to McAllen, TX

**Militaria**

[ Photos, Weapons,  
& Equipment ]

Augarten Lippizaner Figurine



Sold for \$1,402  
Shipped to Detroit, MI

**Porcelain Figurines**

[ American / European ]

Babe Ruth Signed Baseball



Sold for \$7,200  
Shipped to Denver, CO

**Sports Memorabilia**

[ 1970s & Earlier ]

Madame Alexander Doll Collection



Sold for \$7,352  
Shipped throughout the U.S.

**Vintage Dolls**

[ 1960s & Earlier ]

Rutherford Hayes White House Plate



Sold for \$3,189  
Shipped to Sidney, IA

**Historical Memorabilia**

[ Political or  
Significant US Events ]

Vintage Messerschmitt  
tg500 Toy Car



Sold for \$565  
Shipped to Switzerland

**Vintage Toys**

[ Tin Toys, Iconic Toys,  
& Cast Iron Banks ]

George III Sterling Teapot



Sold for \$1,035  
Shipped to Taiwan

**Sterling**

[ High-end Flatware  
& Tea Sets ]

18K Patek Philippe Watch



Sold for \$6,000  
Shipped to the U.K.

**Watches**

[ Rolex, Patek Philippe,  
& Fine Antique ]

18K Cartier Ring



Sold for \$1,000  
Shipped to Australia

**Jewelry**

[ Gold, Silver,  
& Fine Costume ]

Based in Pittsboro, North Carolina, Trader Chris Consignments specializes in selling valuable collectibles, jewelry, watches, and estate silver on eBay. For consignment inquiries, please contact us at (919) 448-7325 or visit [www.traderchris.biz](http://www.traderchris.biz)