

southern NEIGHBOR

Chapel Hill • Carrboro • Pittsboro • Hillsborough

TAKE A HIKE 3

LOCAL LAUGHS 4

SOMETHING SWEET 5

INCLUSIVE PLAY COMES TO TOWN 6

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

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

LOCAL HIKING SPOTS REVIEW 3

6 INCLUSIVE PLAYGROUND



The Town of Chapel Hill is turning Cedar Falls Park into an inclusive playground extraordinaire that will include sensory-friendly areas.



5 MATTHEW'S CHOCOLATES

Valentine's Day is almost upon us, so why not look to a local business for your special someone's treats? Well, that's if they haven't ran out already! Read more about how local favorite Matthew's Chocolates came to be.

4 NEW IMPROV THEATER

The People's Improv Theater, founded by UNC grad Ali Farahnakian, is sure to draw crowds and laughs in its new West Franklin Street location.



Photo courtesy of Will Purpura

Why sell your valuables through Trader Chris Consignments?

Because we get worldwide results. Fast.



Tiffany Studios Favrite Vase

Sold for \$910
Shipped to
Manchester, NH



Sterling Silver Serving Tray

Sold for \$2,201
Shipped to
Brooklyn, NY



Montblanc Pen Set

Sold for \$961
Shipped to
South Korea

With over 16 years of eBay experience, we know how to get top dollar for your valuable collectibles, jewelry, estate silver, and watches on eBay. Trader Chris provides free, no-obligation estimates and uses state-of-the-art sales tools to research, track, and ship consignments worldwide. Most consignments sell within a few weeks, not months.

For more information, please call us at (919) 448-7325 or visit www.traderchris.biz

TRADER CHRIS

CONSIGNMENTS

The modern way to sell your classics



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.

Spring Program Begins March 1st - \$80 OFF Now!
Call 919-401-9933

Take a Hike! But Don't Go Far

By Cole Stanley

Whether it's for exercise, a romantic activity for Valentine's Day or just plain fun, hiking is the ultimate triple threat: entertaining, free and right in your neck of the woods.

The Durham-Chapel Hill area has hundreds of hiking trails to choose from. For this story, Southern Neighbor Managing Editor Cole Stanley trekked out to three of our most popular spots to get the scoop.

Our first stop is Carolina North Forest. Just off Martin Luther King Jr Blvd in Chapel Hill and bordering Horace Williams Airport, the location doesn't exactly scream "oasis of natural beauty." But after parking next to a row of squat, beige maintenance buildings and following a narrow gravel path, one approaches a clearing in the dense forest — complete with cut log benches and a small flower box — that marks the entrance to the pristine trails within.

The landscape of Carolina North Forest is almost alien when you consider the urban sprawl just a stone's throw away. The sky is dominated by maritime pines — gigantic, unending stripes in your sightline against the dense underbrush.

Carolina North is a wonderful choice for both our oldest and youngest hikers. The excellent maintenance of these trails prevents much root overgrowth, rock outcropping and earth mounding that can prove troublesome for those of us prone to tripping.

The only downside to these trails is that despite the variety of flora to be found, the landscape is fairly monotonous. The seemingly endless sea of trees and brush makes for an enchanting stroll that feels secluded from the day-to-day, but there are fewer photo-

worthy breathtaking views to be had than at some other spots.

Which brings us to Johnston Mill Nature Preserve. Located between Chapel Hill and Hillsborough, right off Mt. Sinai Road, this gem is a bit more of a challenge than Carolina North. After stepping out of the car, it's a fairly steep trek down to a small valley which is accented by a glossy, twisting creek, and an immediate climb over the next hill. This is typical of Johnston Mill, which has numerous large hills and giant outcroppings of rock.

Through the middle of the preserve, there is a small river, beside which the ruins of a colonial settlement can be found. Each trail at Johnston Mill feels unique, some crossing a half dozen bridges over sections of the river, others scaling the large hills that surround it, and still others crossing over the horse trails that the Preserve houses.

The trail maintenance, although good, errs on the side of letting nature run its course, so you may encounter more than your fair share of large tree roots, rocks and logs blocking your path. That said, the splendor of the landscape at Johnston Mill is only rivaled by the abundance of gorgeous barred owls, who can be seen and heard throughout the Preserve.

Finally, I visited the largest of the three spots, Eno River State Park. If you visit Eno in the coming few months, you may not be able to enjoy its main attraction — which you can probably deduce from its name — hands-on (or should I say, feet-in), but taking it in with eyes and ears is a joy unto itself.

It's easy to forget that we have such a magnificent body of water right here in our backyard. The Eno's power is palpable, with hundreds of boulders cut through by its flow now serving as stepping stones for those of us not



Photo by Sofia Edelman

Johnston Mill Nature Preserve in Chapel Hill: one of many great local hiking spots.

willing to take a full-on plunge. Even in the winter, frogs, salamanders and various waterfowl can be found.

Eno River State Park's impressive size allows for great diversity in the difficulty level of its trails. The various paths away

from the ferny riverbank wind through small flower-covered hills and low lying tree cover, to a relatively flat pine forest (where woodpeckers abound), all the way to the steep ascent up to Cox Mountain Trail, perfect for the experienced hiker.

Small Business Spotlight:

Mosaic Comprehensive Care

Mosaic Comprehensive Care is a small medical practice that offers a unique set of medical services. They provide much more than primary care for acute medical needs, management of chronic conditions, and preventive care for all adults and adolescents. Dr. Louise Metz, Dr. Stacey Bean, Dr. Denise Dechow, and Erica Howard, NP offer compassionate care in many areas of expertise including gynecology, menopause, contraception, migraine headaches, eating disorders, and mental health care.



"I have been practicing medicine for 13 years in various health care settings and have been inspired to create a practice with a different model of care," says Dr. Metz, owner of Mosaic. Mosaic seeks to partner with patients to offer personalized, comprehensive care in a welcoming and non-judgmental environment. Recognizing that all individuals are unique, Mosaic seeks to

offer care tailored to each individual person. Mosaic has created a medical "home" for their patients, where they provide high-quality and collaborative care in an unrushed environment. "There are many large health care systems and practices in the area, and we have created an alternative to these options," says Dr. Metz. "Collaboration with other providers in the community is also a very important and unique part of our care."

Please join us for an open house for prospective and existing patients on Thursday, March 15th from 5-7 pm.

Open House

Thursday
March 15th
5-7 p.m.



East 54 - 1240 Environ Way
Chapel Hill, NC 27517
919-240-7269
www.mosaiccarenc.com



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

RAPID RESULTS FITNESS
IN. OUT. FIT.™



Unparalleled EXPERT Instruction in Durham and Chapel Hill

Sign up today for
an introductory
kettlebell class.



4125 Durham Chapel Hill Blvd., Durham • 919-403-8651 www.rapidresultsfitness.net

Q&A With Comedian Ali Farahnakian

By Ismail Conze

The New York comedy scene has officially arrived at Franklin Street with the People's Improv Theater. Southern Neighbor Contributing Editor Ismail Conze spoke with Ali Farahnakian, UNC graduate and founder of PIT, about what locals should expect from his new comedic venture in downtown Chapel Hill.

Southern Neighbor: What have you been doing since you left North Carolina?

Ali Farahnakian: I left in November of 1990. First, I went to Chicago to start studying sketch writing at the Second City with Michael McCarthy. Then I started studying improv at the Improv Olympic with Charna Halpern and Del Close. Then I was on a house team there in the early 90's. I was a founding member of UCB, Upright Citizens Brigade, in '91 in the fall. Then I worked at Second City as an actor and I got hired by Saturday Night Live in 1999 for the 25th anniversary season. I stayed in New York; in 2002 I started the Peoples Improv Theatre at 154 West 29th street and now we found out this space that used to be a comedy theatre was going to be abandoned. Then we got in touch with the landlord and hit it off. He said if we didn't take it, it was going to become office space so we felt like we should try to save it and make it into a community space.

SN: Is there anything that particularly excites you about coming back to North Carolina?

AF: Well, I love Chapel Hill. I love North Carolina. I'm excited to be back here and try this new venture and see if it works. We'll be a performance arts space, meaning we'll be open to anybody

who does performance arts. It's going to have two basic spaces to perform so it could be storytelling, music, poetry, Ted Talks, anything. Comedy is just something that we do, but we also do a lot of other things. It's like the Zappos guy. He said that in twenty years he wants people to say that, 'Oh yeah, Zappos started as shoes but they do a lot of other stuff.' We want to be open to anything that anyone wants to do here. We'll have three classrooms in the basement and a podcast room and a bar and hopefully a coffee shop.

“*...we felt like we should try to save it and make it into a community space.*”

Ali Farahnakian

SN: Is there a particular reason you got the space here in Chapel Hill or did it just happen to end up that way?

AF: Everything we do is space contingent so we weren't looking to come to Chapel Hill to do anything and we weren't trying to find a space to build it out to be a comedy theatre. It's because this already had some of the bones of a comedy theatre, but not as much as we thought. Once we got here we realized how much we had to do. We're really here to save a building from becoming another office space that's closed to the public.

SN: Are you expecting this PIT to be any different from the ones in New York because of its location?

AF: We really don't have any expectations. Our hope is to build something cool. It was at the Varsity Theatre in the '80s that I saw the movie "Field of Dreams." Now they didn't come at the

beginning when he built the field, they came at the end where he almost went bankrupt. Our hope is that eventually when we build this, people will come to see what we're doing here and it will be a place for people to practice whatever it is their performance art is.

SN: When did you decide to start opening up places like this?

AF: I didn't decide really. This just kind of came to me because we heard via the internet it was going to be abandoned. We didn't have a plan for this July 1st. July 2nd we heard this space in Chapel Hill isn't going to be a comedy theatre anymore and someone in the office jokingly said, "Hey you should look into that." Then my wife encouraged me and said, "You should really look into it." I said, "Why," and she said, "Well, you're an alumnus of UNC, you're from North Carolina, maybe you can help these people."

SN: What can people who come here expect to find?

AF: Our hope is that we'll do improvisation, sketch comedy, standup solo performance, music, informational Ted Talk type shows. Our hope is that we'll have kids in teens classes, after school classes, hopefully classes for folks of all different ages. Hopefully we'll have the ability for people to do podcasts, we'll also have salsa. We just talked to a gentleman today who's going to teach salsa classes here. So really our job is to build the best space we can, the coolest space we can, and see how the people of Chapel Hill and the surrounding area utilize it.

SN: What made you decide to branch out from comedy work?

AF: Well, I've been doing this for over 28 years now. I guess I was an apprentice for about 13 years and then for the past 15 years I had my own shops that I oversaw. A lot of it's just inertia. I never



Photo courtesy of Will Purpura
UNC grad Ali Farahnakian and PIT founder.

set out to do this. It's just a matter of spaces came to me. They found me in different ways and shapes and forms. You get to a point when a space finds you, you have to do what you can. If it's meant to be then you sign a lease. There're many spaces I've seen throughout the years that we didn't sign leases on, that we saw but didn't cross the finish line.

SN: Do you have any considerations on involvement with UNC comedy clubs?

AF: I'd love to be able to help all the UNC comedy clubs further their cause and in years to come they hopefully will be able to get jobs out there in the real world of New York, Los Angeles and Chicago, and they hopefully would have gotten the chance to get some training and stage time here at 462 West Franklin at the People's Improv Theatre Chapel Hill.

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

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
919.451.7444
info@appointmentfriend.com

Something Sweet on Churton Street

By Sofia Edelman

Matthew's Chocolates found its way onto Churton Street in Hillsborough more than a decade ago.

But the marvelous little shop didn't plop itself down into place one day in the mid-2000s. The creation and success of this small town gem can be credited to its namesake — Matthew Shepherd.

Shepherd's culinary journey was not a linear one. In fact, he's never taken a single chocolate making class.

"One thing I haven't divulged in an interview before, I don't think, is I was either going to go to culinary school or become a professional bowler," he said.

You can probably guess which option he chose. But after a year with the New England Culinary Institute, Shepherd decided not to continue with culinary school, instead entering the restaurant industry in South Florida. And then the incense industry.

"Flavors and fragrance are neck and neck as far as how we process them," he said.

It was only when Shepherd offered to do the chocolates for his sister's wedding that he found the calling that Hillsborough locals have come to adore.

"So the Christmas before the wedding, I did chocolates as my Christmas gifts to practice. And the following Christmas everybody that I had gifted ordered," he said.

"And I was like 'Huh, maybe I found my food niche!' I had never known which direction I was going to go food-wise."

Though Shepherd said he's not particularly crazy for chocolate, his experience with cooking, incense, pottery and watercolor have certainly set him

up for success.

"It's like every little thing I've done in my life just kind of coalesced into one thing," he said.

Tempering machines, molds and one

Churton Street.

The space that now sits on 107 N. Churton St. hasn't always been the same. Shepherd had to rent an external space for his kitchen so guests could have ample



Photo by Sofia Edelman

Matthew Shepherd founded Matthew's Chocolates in 2007.

condo refinance later, Shepherd was ready to start his new culinary venture. But that was 2006.

"And then the market dropped out," he said. "And I was like 'What the hell am I going to do?'"

Not one to shy away from a challenge, Shepherd packed his bags (tempering machines included), moved away from the condo that would eventually be foreclosed upon and started anew in Hillsborough.

"I lost every penny I had," he said. "So I was living here in a friend's basement, completely broken into pieces and just scratched and scraped and got the shop open."

On Shepherd's birthday in 2007, Matthew's Chocolates found its way onto

seating at the shop — before this move, patrons snaked all the way back to the bank during the Valentine's rush. A few smudges of chocolate dust still mark the spot where the old scale used to sit.

Though Shepherd worked to make the space his own, he said he loved the accoutrements that were already in the building, like the strikingly beautiful crown molding. His only complaint is the amount of space — with a large, onsite kitchen, he could turn out baked goods, sandwiches and soups along with the usual chocolatey treats.

"I just wish I had more room," he said. "Because I'd put in a kitchen kitchen, because all my training is in food."

Building Matthew's Chocolates into

what it is today took a lot more than just increasing seating, though. Shepherd also had to fight against the stigma of chocolate as a cheap, common commodity.

"It took a while for people to figure out what I was," he said. "I'm not a chocolate shop that has jars of candy that you scoop and weigh. It's not a packaged place like that."

Shepherd said he's had customers ask if the chocolates weren't painted if they would be cheaper — of course, he says, but the artistic quality of his chocolates and the high-quality ingredients from various locations make them what they are.

"By the time you add all the shipping and all of that into it it's not a cheap piece of chocolate, but it's a damn good piece of chocolate," he said.

It's clear that Shepherd has broken through this stigma — on any day you can see the shop filled with regulars, first-timers, children, adults and everyone in-between

Business is so good that Shepherd has advice for people hoping to snag some sweets before Valentine's Day: pre-order, pre-order, pre-order. Because they do not freeze their chocolates there is only a limited supply for Valentine's parishioners.

Even if you don't quite make it in time to pre-order Matthew's Chocolates, their offerings are perfect all year round: from truffles and bark to cardamom hot chocolate, it's not hard to find a new favorite every time you go in.

And what about Shepherd's favorite?

"One day a guy asked me to pick out my favorite chocolate and so I put one out and he went, 'Put that on my bill, that's for you,'" he said. "And he left and I was like 'Why couldn't this have been a piece of pizza?'"



Photos by Sofia Edelman

Matthew's Chocolates in Hillsborough serves up fresh, handmade chocolates every day — there's certainly something in store for everyone!



'We May Play Differently'

By Eva Ellenburg

When Rya Williams takes her children to the playground, she has to worry about more than most parents do.

Her checklist includes frequent bathroom trips, changes of clothes, the cleanliness of the park, the accessibility of the equipment, the friendliness of other kids, the size of the park and constantly keeping an eye on her children. Because her two young sons are on the autism spectrum and her daughter has developmental delays, Williams must always be prepared and alert during casual trips to the park.

But above all else, she worries about what every other parent worries about — her children having fun.

When Williams heard about the Town of Chapel Hill's plan to build an inclusive playground — one that would be accessible and welcoming to children with special needs — she saw it as an opportunity not only for her kids to have fun, but also as an opportunity for special needs families and “neurotypical” families to interact with one another. She hopes this park will be a safe space for neurotypical families to learn more about children with special needs.

“I think that by special needs and neurotypical children and families playing together, that it will start conversations, and that it's a place where maybe parents who have questions about their kids could talk to another

parent and get resources and get ideas,” Williams said.

Planning for the inclusive playground began in early 2016 when Cedar Falls Park was selected as the site for the playground. The Chapel Hill Parks and Recreation department is still in the process of making the design plans.

According to the Town of Chapel Hill's website, the city's newer playgrounds meet the requirements of the Americans with Disabilities Act, but the goal of this inclusive playground is to go above and beyond those requirements.

Bill Webster, the planning and development manager for Chapel Hill Parks and Recreation, said the playground will be inclusive of children with all levels of phys-

ical and mental abilities. He said the vision for the play area is not to separate children with special needs from children with typical development, but rather to create spaces where they can play alongside each other.

Marla Dorrel, founder of the Kids Together inclusive playground in Cary, said following the seven principles of inclusive design will make the Chapel Hill playground a welcoming place for everyone.

“If you start with those, then what you're doing is you're not creating a special place for special people, but you're creating an environment that works better for everyone,” Dorrel said.

The Town of Chapel Hill is using the Kids Together playground as a guid-

ing model. Parks and Recreation has also hosted two public workshops for people to give input on the design of the playground. The public will have another opportunity to give feedback when the design plan is finalized and posted to the Parks and Recreation website, which Webster said he anticipates to occur in late winter or early spring of 2018.

“We’re going to be looking at all these ideas, people’s preferences, the realistic limitations of funding and future funding and try to come up with a plan that works for everybody,” Webster said.

“*...you’re creating an environment that works better for everyone.*”

Marla Dorrel

Webster said building the playground will likely occur in phases as funding becomes available, and he estimates the cost to be over \$1 million. There is no timeline as to when construction will begin or end.

“Funding is so unpredictable that it doesn’t make a whole lot of sense to do a time goal,” Webster said. “What makes a lot of sense is to create goals based on which elements of the playground we can do next.”

The funding for construction will likely come from the 2015 parks fund, which is a sum of \$1 million designated for Parks and Recreation projects. However, the money will first fund several other projects before it will go toward the construction of the playground. Webster hopes fundraising by the Friends of Chapel Hill Parks and Recreation can also cover some of the expenses.

Webster said the inclusive playground will be much larger than other playgrounds in Chapel Hill. He said most people think of wheelchair accessibility when they think of accessible parks, but this playground will be

inclusive of children with all types of disabilities. Enough space is essential in order to have quiet areas where sensory-sensitive children can relax.

“The goal is to have something where people can spread out, so if you have a child that really can’t stand a lot of noise and a lot of other people around, there will be a place for you in this playground,” Webster said. “If you have kids that love a lot of people and noise, there will be a place for you.”

Other potential elements of the playground include fencing, ADA swings with full support seats, sand play, natural exploration areas, sensory gardens and picnic shelters. Webster said the design is not fully developed yet, but many of these features have been requested by the public.

Edith Resnick, a Pittsboro resident who has two 14-year-old grandsons with autism, said she hopes to see equipment that would interest older children as well, such as the challenge courses and climbing equipment that can be found at Apex Community Park.

Resnick said she thinks physical activity is important for her grandsons and all children with special needs. She hopes the inclusive playground can provide an opportunity for such activity.

“They’re identifying more and more children with these issues, and frankly I think the physical exercise and outdoor activities are something that are very beneficial to these kids,” Resnick said.

Dorrel said tree shade and other natural elements are important for inclusive playgrounds, and the Kids Together playground took some time to develop these features. She hopes Chapel Hill Parks and Recreation will take into account these elements during the planning process.

“I would also say look beyond equipment and think about topography, think about plants and especially think about shade,” Dorrel said.

Williams said she hopes the play-



Photos by Sofia Edelman

The Town of Chapel Hill will be turning Cedar Falls Park, off Weaver Dairy Road, into a spot inclusive of children of all ability levels.

ground will provide well-maintained grass areas, sand play and inclusive pod swings. Ultimately, she wants the inclusive playground to foster community and understanding among all types of families.

“There’s often talk about a lot of the challenges, but a lot of our kids — they have challenges, but they have multiple talents or gifts, and it’s good for all kids

to play together because it’s really cool to see what other people can do,” Williams said.

“It allows people to see naturally that kids and families with special needs are just as multifaceted as kids and families that are neurotypical. We may play differently, but we still play, and it’s important for everybody to get to see that.”

2018 ORANGE COUNTY SENIOR GAMES

April 7 – May 12



Registration now open!

Adults ages 50 +. Activities include sports, games and art competitions/tournaments, and social activities.

Information/Registration: 919-918-7372 or www.orangecountync.gov/aging • Deadline to register: Friday, March 23.

KNIFE SHARPENING

NOW AVAILABLE



KITCHENWORKS

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

Column: All you need is love



By Jeanne Marie Patterson

It's easy to get caught up in the hoopla of Valentine's Day. For better or worse this day has the power to touch on our rawest emotions.

It's not about the stress of finding the perfect gift or gatherings with difficult family members. Rather it's the Hallmark moment thing that makes us smile, frown (or worse) when we see hearts everywhere.

Many celebrate to the fullest, others muddle through and the majority fall somewhere in-between. But this can be bigger than just you. Look at it as an opportunity to share love in any or all of its definitions. It's easy to get caught up in the craziness and troublesome issues that we face every day, but give yourself permission to remember there is much more in this world to love and be thankful for.

This day probably ranks as one of the most stressful holidays ever created. I won't bore you with details; Google it. The dark origins (and not of the chocolate variety) don't bear any resemblance to the rosy (pun intended) day that assaults our senses, beginning as early as the beginning of

the new year.

And speaking of the new year, we all made resolutions. Some are already broken, some are working and others are yet (and may never) to be implemented.

So I'm suggesting you start a new tradition, Valentine's Day resolutions. Yes, there may be chocolate involved, which probably is contraindicative of one of those you made for the new year. But these are so much easier to keep. Celebrate love in a much broader, less traditional sense. Celebrate with hugs and kind words. Celebrate you, your friends, your family, your pets and everything else that is good and that you love in your world.

Make this day not just about romantic relationships but relationships you share with those in your immediate circle and beyond.

Just a few suggestions . . .

-Indulge yourself: with a manicure, that small bauble that caught your eye, or a decadent dollop of whipped cream on your frappuccino.

-Fall in love all over again with an old hobby. Give yourself permission to find time to read, knit, scrapbook or binge-watch your favorite Netflix show.

-Focus on friends. Not with texts and emails but the old fashioned way.

Make plans to celebrate the love and joy you have in your life and share with others.

-Get dressed up and enjoy the day with a movie and dinner. If you can't face the roses and romantic dinners on the 14th, do it the day before or after. Or gather for a potluck, resplendent with all those comfort foods that will only temporarily break that previously mentioned New Year's resolution. Not the Hallmark moment on the typical card, but nonetheless special moments.

On this day less fortunate persons need love too. It can be a dollar bill tossed into a bucket, a meal served at the shelter or treat bags delivered to the senior center. All will bring a smile to those who deserve a much needed dose of love.

As I've grown older, albeit maybe not so much wiser, I've found that the heart often forgives, and fortunately (or not) the mind forgets. I've tried hard to accept the past, focus on the moment and embrace all possibilities. If anyone is reading between the lines, let me say that yes, as that old song says, "All You Need is Love," but in the very broadest sense. Make it your Valentine's Day resolution to bumble your way through; find a way to celebrate this day, and every day, with the love that surrounds you in whatever way makes you smile.

Jeanne Marie recently relocated to Fearington Village by way of Kentucky, Washington D.C. and many points in between. When she's not unpacking and remodeling, she loves spending time with friends, cooking, reading and traveling, all fueled with great conversation, coffee and chocolate.

"All you need is love. But a little chocolate now and then doesn't hurt."
- Charles M. Schulz

PNC PRESENTS

ART IN BLOOM

2018

MARCH 22-25

The North Carolina Museum of Art's fourth annual festival of art and flowers

PRESENTING OVER 50 FLORAL MASTERPIECES created by world-class designers inspired by art in the Museum's collection

FEATURING Special guest Arthur Williams

PLUS RELATED SPECIAL EVENTS AND ONE-OF-A-KIND GIFTS AND BOOKS IN THE MUSEUM STORE

INFO AND TICKETS

ncartmuseum.org/bloom
OR (919) 715-5923

NCMA North Carolina Museum of Art
2110 Blue Ridge Road, Raleigh

DTH glance
 ATA
 The Daily Tar Heel

February Calendar

1 Thursday

Messy Morning

Kidzu, 10 a.m.

Check out the messier side of art with this workshop! Your little artist will definitely need a smock for this totally creative morning.

2 Friday

Sci-Fi Book Club

Flyleaf Books, 7 p.m.

Join Flyleaf for their monthly Sci-Fi and Fantasy book club meeting. This month's book will be "Infomocracy" by Malka Older.

3 Saturday

Whirlikids Book Festival

McIntyre's Books, 10 a.m.
Bring your kid to Fearington Village to meet their favorite children's book authors! This event is perfect for inspiring young readers.

6 Tuesday

Time for Tots

N.C. Museum of History, 10 a.m.

Bring your child age 3 to 5 to learn about and make string instruments. Admission is \$5 for non-members.

7 Wednesday

Orchid Growing

Duke Gardens, 6 p.m.

Learn some tricks to growing these beautiful indoor blooms from the Triangle Orchid Society. General admissions is \$12.

11 Sunday

Frederick Douglass Show

Chapel Hill Public Library, 2 p.m.

Celebrate the life of Frederick Douglass through a play honoring his 200th birthday. A 4 p.m. showing will be held at the Hargraves Community Center.

13 Tuesday

Galentine's Day

The Cannon Room, 5:30 p.m.

Bring your gal pals for food and wine, workshops, gift-getting and photo booths for this relaxing evening before Valentine's Day.

14 Wednesday

Musical Bingo

Hickory Tavern, 8 p.m.

Enjoy musical bingo along with 75 cent wing night – the perfect Valentine's date night combination.

17 Saturday

Snarky Puppy Show

The Ritz, 7 p.m.

Enjoy the unique sound of this New York-based jazz collective. With 25 regularly rotating members, Snarky Puppy delivers a sound that transcends genre.

18 Sunday

Gluten Free Winter Cooking

Southern Season, 2 p.m.

There's nothing like comfort food to warm the soul this winter, and this class will teach you how to do it all gluten free.

20 Tuesday

Pet Massage

Hands on Health, 5:45 p.m.

Come learn about ways to massage your furry friend during Hands on Health's weekly health series. Fees will go to the Wake SPCA.

21 Wednesday

Bird-Friendly Gardening

Duke Gardens, 6:30 p.m.

Join horticulturist Lauri Lawson in a discussion on the plants, shelters and garden conditions that are ideal for local and migratory birds.

22 Thursday

Glow in the Dark Dodgeball

Walltown Park Recreation Center, 6:30 p.m.

Come enjoy a high-energy night of dodgeball! The first half of the night will be open play, the second half will be elimination rounds.

24 Saturday

Folk Art Show

Fearington Village

Join the village for its 16th annual Folk Art Show! There will be plenty of local artists working in various media to check out.

24 Saturday

Beekeeping 101

West Point on the Eno, 10 a.m.

Learn the ins and outs of beekeeping. This class will prepare you to start your first hive and simply educate you about the important insect. Registration required.

25 Sunday

Celebrate Black History!

N.C. Museum of Art, 10:30 a.m.

On this tour, enjoy art by Black and African American artists this Black History Month. Tours are held earlier in the month as well.

Kids with Anxiety: It is Time to Be Just Whelmed

3 Brain Tips to Help your Teenager Get Control of Overwhelm Today

Dr. Patricia Leigh

Have you ever worked a job that required you to stay focused in a loud environment with obnoxious co-workers distracting you all day long from 7:30 am – 3:30 pm. You get a quick 20 minute lunch in a noisy cafeteria with those same co-workers, some of whom have decided to make it their mission to torment you. You don't even get a break to go outside and move your body to decompress.

This job not only requires you to work hard during the day, for low pay, but your advancement is totally dependent upon your performance, so you must bring lots of work home to stay on track. After a quick bite, it is back to work at home from 4:30 – 10:30 pm just so you don't get behind and if you are lucky you get ahead. Then, the next morning you get up and do it all over again.

If you haven't had a job like this, your teenager does. Welcome to middle and high school in 2018. The academic environment has significantly changed in the last 30 years. Today, competition and the need to be three steps ahead put enormous pressure on our children, some of which is drastically impairing their ability to function academically and socially. Add in social media with its false sense of connection and snapshots of other students "perfect" lives (tongue in cheek) and our teens are suffering with overwhelm at alarming rates. Science proves that ADHD and stress are at all time highs. Thus, here are 3 brain-based tips to help your teens stay balanced and well.

This doesn't get rid of stress completely, it just brings it back to levels that help your teen stay neurologically regulated. If you have made changes like these are your teenager still struggles, it might be time for a qEEG Brain Map to see if their brain is stuck in a chronically stressed mode making matters worse for them.

2. Time Management

Including Relaxation: This is how brains work, when you are focused and thinking your brain uses faster processing speed. When are relaxed and hanging out, slower speed. It is essential to balance fast and slow so your brain doesn't get stuck in one or more of those gears. If the brain is stuck in fast gear it creates feelings of stress and anxiousness.

If it is stuck in slower speed, depressed feelings and low motivation. Keep activities balanced between fast and slow for optimal brain performance.

3. Have Fun: In the schedule described above there is not much time for fun, so you will have to make time. Spend time having fun with your teenager even if for only a few minutes during planned breaks. This not only helps them to make time to relax but it models healthy stress management as they age. My kids and I chill together all the time. We cook, we dance in the living room, we play with our dogs. All of these activities help to bring the overactivity in the brain of overwhelm down to tolerable levels.

If your teen is stuck in a fast or slow gear, call the professionals at Leigh Brain & Spine for a qEEG Brain Map today. Find out what your child needs to reach his or her full potential.



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



Stop Anxiety in its Tracks
Free Guide
Find Out How Now
www.leighbrainandspine.com

LEIGH BRAIN & SPINE
 Providing Solutions. Changing Lives

1. Reduce the Pressure:

Discern what the main stressor(s) really are and decide if they are worth keeping in the picture. As a mom of 5 kids, most of which are teenagers now, I have helped my kids make difficult decisions of taking items off their plates to help them be better adjusted and balanced. They have changed schools, adjusted schedules, reduced extracurriculars, and ended peer relationships that were toxic. It may not be easy, but it is practical and works.



Why I Love HeelsHousing.com

Reason #893 -

All UNC Students can list your subleases for FREE

What is Laser?

By Leighanne McGill, PA-C

Board Certified Physician Assistant

Dermatology & Laser Center of Chapel Hill

For many, the word laser conjures images of light-based pointers used to enhance presentations. A laser is a unique form of light. It is quite different from a light bulb or a flash light. Laser devices generate visible or invisible light, based on stimulated emission of light. The word L.A.S.E.R. is actually an acronym for Light Amplification by Stimulated Emission of Radiation. Use of laser is not limited to just physics labs and scientists. Lasers are commonly used in the military, industry, and medicine.

medical and cosmetic applications, including treatment of pre-cancerous skin changes and anti-aging skin rejuvenation. These types of lasers work by delivering controlled energy at precise depths in the skin. As the skin heals, collagen and elastin generation and remodeling occurs.



Resurfacing lasers such as the Sciton® Halo™ can dramatically improve skin quality by reversing sun damage, softening the skin, and removing brown spots. These types of lasers can often cause modest swelling and peeling of the skin that resolves in several days.

Lastly, laser hair removal is one of the most popular laser treatments. The laser targets a component of the hair follicle that stops hair growth. Dark hair responds most effectively to laser hair removal. A series of treatments are needed for permanent hair removal, although significant hair reduction occurs following each treatment. Laser hair removal is effective, safe, and permanent.

Above all, safety is essential for a proper laser treatment. Visit a reputable dermatology clinic for a consultation to discuss which laser device is right for your skin condition. Ensure that your provider is qualified and the treatment setting is safe. Laser is a powerful tool that can produce positive results when performed correctly.



Leighanne McGill, PA-C

One common medical application of laser technology is treatment of skin conditions. Dermatologists have used lasers for over four decades for both medical and cosmetic reasons. As technology has advanced, thousands of lasers have been developed to target specific concerns, such as redness and sun damage. Lasers are as varied as the issues they treat. Each laser produces a specific wavelength, that wavelength is then used to target a specific component of the skin. When the laser is administered, it delivers energy to the target to treat the unwanted skin condition. A thorough examination of the skin with a qualified and experienced dermatology provider can help determine which type of laser technology is most appropriate for your specific concerns.

Facial redness, unwanted blood vessels, and rosacea are common dermatologic ailments that can be effectively treated with laser. Lasers targeting hemoglobin – a component of blood – are used to treat red vascular lesions. Examples of vascular lesions include facial redness, fine vessels, and birthmarks. There are several lasers that are engineered to treat only vascular components of the skin.

An exciting advancement in dermatology is a device that can treat facial redness and brown spots caused by sun damage. Intense pulsed light (IPL) and Broad Band Light (BBL) devices emit a variety of wavelengths. BBL has filter applications to target several different components in the skin. Thus, BBL devices can treat both red vascular lesions and brown sun spots in the same treatment session. BBL can also be used to treat acne by directing energy to acne-worsening bacteria. Often, a series of treatments is needed to achieve the desired result. Light based devices have minimal downtime and makeup can be worn the very same day as treatment.

Lasers are also used to resurface the skin. Resurfacing lasers have

Neighbor to Neighbor

Leighanne McGill, PA-C and the team at The Dermatology & Laser Center, under the direction of Dr.

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

The Center is located in The Veranda at Briar Chapel: 58 Chapelton Court, Suite 120, Chapel Hill. Contact via phone, 919.942.2922, or online at: DermatologyAndLaserCenterOfChapelHill.com



Yes! I am a Fiduciary.

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



TODDWASHBURNSOLUTIONS
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

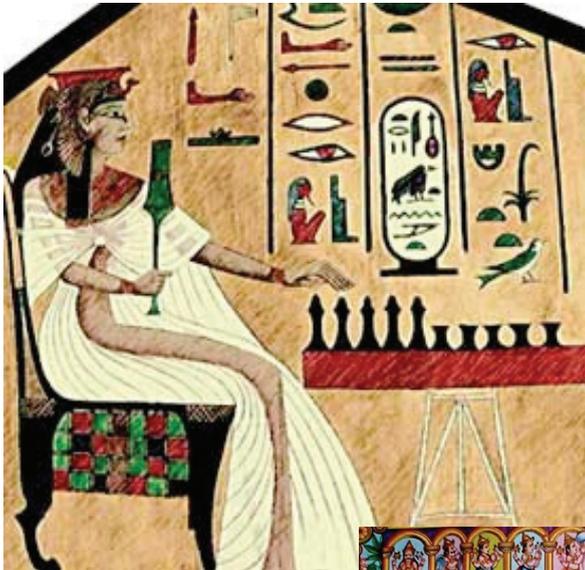


The certification marks above are owned by Certified Financial Planner Board of Standards Inc. and are awarded to individuals who successfully complete CFP Board's initial and ongoing certification requirements.

What's in a Game?

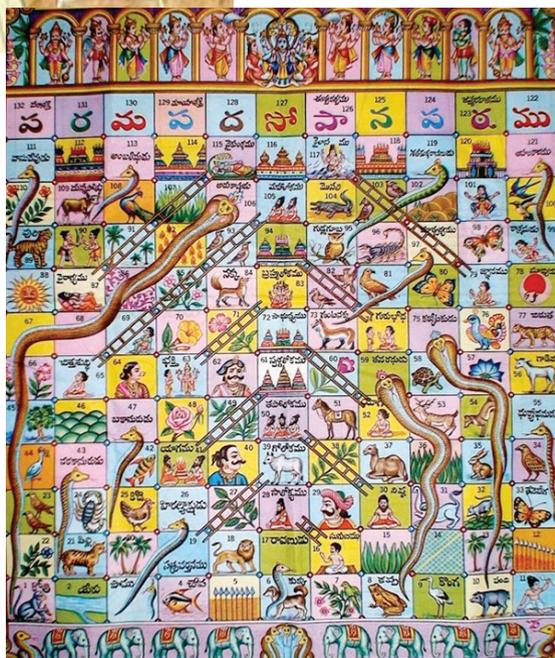
by Chris DiGiovanna

This year, Santa brought a box full of board games as one of his gifts to my five-year-old daughter and her brother. From time to time, clients will dig old board games out of their attics and ask if they're worth anything. Here are a few examples of collectible games and their origins.

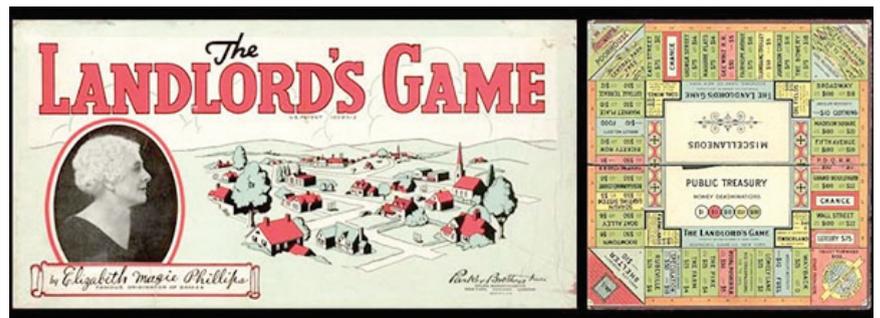


Board games have existed for several millennium. The oldest game, Senet, dates back to 3500 B.C. and was referenced in an ancient fresco in an Egyptian tomb. In fact, four examples were found in King Tutankhamun's tomb, as he must have really enjoyed the game!

Vaikuntapaali was originally a sixteenth century Indian game that taught morality and spirituality. It was later adapted as Chutes and Ladders by Milton Bradley in 1943. First editions of the game are worth up to \$100.



Monopoly, a game first published by Parker Brothers in 1935, was based a game that was created over three decades earlier called The Landlord's Game. The concept of The Landlord's Game was to showcase the social injustice created by land ownership and encouraged



players to put rental fees into a communal pot to share with others. Ironically, this concept was completely disregarded in Monopoly, which emphasizes bankrupting your competition (and also became the most popular board game of all time with over a billion players). First editions of the game typically sell anywhere from fifty to several hundred dollars, depending on condition.

Chess is another popular board game with ancient origins. It was derived from the Indian game of Chaturanga, which dates back to the 6th century. Chaturanga means four parts and refers to the four divisions of an army – elephants, chariots, cavalry, and infantry (the chess equivalents being bishops, rooks, knights, and pawns). Rules for modern chess were developed in the late 15th century, but it's popularity really began to take off in the 19th century when books, clubs, and chess journals appeared.



As the game has been popular for several centuries, examples vary widely from simple plastic and cardboard sets to extremely elaborate and expensive sets made from semi-precious stones and silver or gold. Sets can cost anywhere from a few dollars to many thousands of dollars, depending on their age, condition, and quality.

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.



Stay in touch with what's happening



And check out our website: southernneighbor.com