

March 2018  
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# southern NEIGHBOR

*Chapel Hill • Carrboro • Pittsboro • Hillsborough*



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## About Us

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

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# Our stories

## 3 TASTE OF NOLA



Who would have thought you could get a taste of New Orleans right off of Franklin Street? Imbibe delivers authentic bites along with an atmosphere that will keep you coming back for more.



## 5 ARTIST COMMUNITY

Hillsborough touts an amazing arts scene – from visual artists to chefs and everyone in between – which helps bring the community together around events that foster this artistic spirit.

## 6 'ALL PONY'



Graphic designer Susan DiFelice always knew she wanted to start her own business. When she combined her design skills with her love for horse riding, that dream became a reality.

## 4 BEE DOWNTOWN

Fourth generation bee keeper Leigh-Kathryn Bonner is bringing the hive downtown – not only to save the bees but to help businesses as well.



Barbara Hengstenberg is an educator, artist, writer and founder of [www.WildesArt.com](http://www.WildesArt.com), an online community of creatives. Barbara lives in Pittsboro, and sells her Zen folkart and offers tips on creativity through her website. She is on the Board of the NC Arts Incubator and teaches at Central Carolina Community College. You can reach Barbara at [Barbara@WildesArt.com](mailto:Barbara@WildesArt.com).

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

## Let's create

By Barbara Hengstenberg

I strive everyday to be more present, more mindful. With technology at my fingertips — be it a smartphone, tablet, laptop, or television — these devices take me away from the real life that is all around me. There are days when such a technology-inspired journey is a welcome respite, and other days when my mind is left numb by what I witness on the small screen.

Sometimes I need to put it all aside and just reflect. Take a time out. Go on an electronics hiatus. But it's not always easy to do.

That's where finding something and making discoveries help me to become more mindful.

### Discoveries: Find Something

**Time:** Take as long as you can with this. Your brain will feel rejuvenated and ready to create once you've spent some time focusing on being present.

**Materials:** You(!)...that's all!

Take a walk outside, whether it's down your street or on a nature trail. Keep your mind aware of your surroundings, and find something that sparks a thought, an idea, a memory, or a story.

One day this past fall, as I walked around our village pond, I spotted a pencil on the trail. When I picked it up,

I found it to be a colored pencil, which I named Victoria Purple...the color of royalty, my favorite color. Left by the bench on the trail or accidentally dropped, I wondered what drawings this regal pencil had created. Had it once colored in a purple, pink and orange sunset? Whose hands held this artist's tool? An artist, creating her masterpiece? A student adding purple to a homework assignment while sitting peacefully by the pond, trying to escape the mayhem of home? Perhaps a child recently received a pencil set from his grandmother and was so proud of his drawing of Gramma in a Victoria Purple dress, that he dropped the pencil in his haste to share his picture with her.

This pencil has found a new home among my collection of pens, pencils and markers, and remains a reminder of my reflective walk. I'm reminded to be receptive to whatever speaks to me, whatever calls my attention...even a stray pencil dropped upon the dirt trail. I know that when I walk mindfully, something will grab my attention. Sometimes it's something that I can pick up, hold and bring home like the Victoria Purple pencil. Or maybe it's something I discover in the natural world that I can't physically hold, but I can hold in my imagination.

What pulls your attention? Whatever

it is, spend time with it. Bring it home in your heart and in your imagination. It's amazing what our imaginations can do when given the opportunity to be heard, and when we take the time to reflect and listen.

I'm typing this column on my laptop and will utilize social media to promote it. But I remind myself that a healthy life relies on balance. When I'm finished typing, I'll be back outside, walking, searching and listening.

### Not-To-Miss Creative Events:

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#### Folk Art Exhibit

**March 17-April 18: Carolina Mixed Media Art Guild of Raleigh show, "March Hare"**

Share your ideas, questions, or comments by contacting me at [Barbara@WildesArt.com](mailto:Barbara@WildesArt.com). Is there a creative event happening? Let me know — I'd love to hear from you!

## RESTAURANT REVIEW:

# Imbibe is a Taste of New Orleans

Mandey Brown does it all: she's an artist, a graphic designer, a singer, a bartender, a bar owner and, most recently, a restaurant owner.

Brown moved from New Orleans to Chapel Hill in 2005, because of Hurricane Katrina, and as with many aspects of her life, her family played a large role in that decision.

"I had family in Hillsborough, so I knew the area and thought it was such a great place. So I moved up here and started bartending. Then in 2010 I bought Zog's pool hall, which is right upstairs," she said.



When Brown says 'upstairs,' she means upstairs from Imbibe — the newer of her two establishments. Situated on Henderson Street, Imbibe simultaneously has the feel of a hip, industrial-chic dive and a high-brow speakeasy.

The lines are clean, the immaculate bronze draughts and Basque cider well cleaner and the dim lighting and frequent sounds of jazz music invite you to sit down to a beer flight or glass of wine and chat with friends for hours. But despite the quite polished look, one is not surprised that Zog's and Imbibe share an owner.

"The thing that connects the two is first, clutter. Zog's is the inside of my brain. My living room looks exactly like Zog's. But it's cozy," Brown explains, "When I opened up down here, I thought Zog's can be messy and cluttered and down here will be sleek and clean and nothing but beer taps and tables. But within a week, I thought this place has to have some sort of personality. So I dressed it up a bit with artwork and funky lamps and jewel tones."

After opening, Brown decided there was one thing missing — food. She explained that she began by offering spiced up bar fare. Loaded fries and broccoli cheddar bites were staples on a menu that, while having standalone merit, was also designed as a way to keep in customers who would regularly leave Zog's in search of one of the myriad options for pizza on Franklin Street.



Once Imbibe began to grow, however, Brown's ideas about her menu evolved.

"Before, the food was good, but it was all just fried bar food. It was tasty, but our customers were coming for jazz nights and events like that, and it just wasn't the kind of food you want in a dimly lit room listening to jazz," she said.

Now, Imbibe has quite the full menu for both lunch and dinner, offering everything from genuine New Orleans muffalettas to a blackened catfish po-boy. During my visit, I tried both offerings.

The blackened catfish was incredible — perfectly sharp, but not overbearingly spicy, filling yet light and flaky, and served on a crispy-on-the-outside-reminiscent-of-a-cloud-on-the-inside buttered roll with aioli, lettuce and tomato. The muffaletta was similarly exquisite — served on bread flown in from Gambino's Bakery in the heart of New Orleans, owning a balance of perfectly salty ham and salami and nutty-sweet provolone, and loaded with olive salad with the best executed punch-packing to not-overbearing ratio this author has yet tasted.

Brown explained that her menu was developed through equal parts intuition, staying in touch with what customers wanted and, indeed, help from family.

"I come from a family of cooks. My grandfather, Paul Blangé, actually invented Bananas Foster at Brennan's in New Orleans. Now he's the resident ghost at Brennan's on haunted history tours," Brown said, "And my mother is an exceptional cook. My mom used to share recipes with me for Imbibe. Now she comes in one day a week and we make the crab bisque soup together and get to talk and spend quality time together."

From the decorations on Imbibe's walls, to the involvement of her family, one senses Brown's strong commitment to staying genuine — everything about her establishment tells a story about



Photos by Sofia Edelman

Mandey Brown, owner of Imbibe and Zog's in Chapel Hill, has built her menu up from bar food to authentic New Orleans cuisine.

Brown, her family, or where she's from.

"New Orleans is so much bigger than just a city. It's a culture, and people are attracted to it. Everyone who's been to the city has that wonderful memory of sitting on a sunny street corner at

a tiny muffaletta shop eating the best sandwich they've ever had in their life," Brown said, "We want to give everyone who's ever lived in New Orleans, or went to school there, or even just visited a taste of the city."

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The modern way to sell your classics

# Q&A with Bee Downtown founder Leigh-Kathryn Bonner

By Mary Kate Nolan

*Bee Downtown pairs corporations with beehives and a sustainability program, helping pollinators and business' footprints. Contributing Editor Mary Kate Nolan sat down with Bee Downtown founder Leigh-Kathryn Bonner to find out what the buzz was all about.*

**Southern Neighbor:** When did you begin this venture and what inspired you to start it?

**Leigh-Kathryn Bonner:** I started Bee Downtown when I was a junior at NC State University, so about three and a half years ago now I guess. And I am a fourth generation beekeeper. Couldn't keep a beehive at my apartment complex while I was in school and I was interning for the American Tobacco Campus in Durham. I asked the owners if they would be OK with me putting a beehive on one of their rooftops because studies show that honeybees thrive in urban environments. So they said, 'Absolutely, go for it. This campus was built on agriculture and we would just love to help preserve that history of American tobacco as well.' And then Burt's Bees World Headquarters is on American Tobacco's campus, so we started keeping bees for Burt's Bees and then word kind of spread about the beehives and the rooftop hives and other companies started saying, 'Hey, could you do this for us?' And I love nature, I love agriculture, and to be able to instill, to kind of rebuild that history in cities and share a story that is one that is a story of hope and joy, is one that has caught on and we've been very fortunate and blessed to have so many people that want to be part of our team — we call it "the bee team" — and, you know, help us get over a hundred hives in North Carolina with companies like SAS and IBM and Blue Cross Blue Shield. It has just been awesome to see.

**SN:** So, why bees? There are a lot of pollinators, what makes bees special?

**LB:** Our hope is to help all pollinators through telling the story of the bees because (with) other, native pollinators, it's harder to quantify what's going on with them because they're not as social of an insect. The honeybees are managed by beekeepers so we have better data surrounding what's going on with those bees and why they're declining and so that gives us a platform to share a much broader story through the eyes of the hive.

**SN:** Is there anything that typical citizens can do to help the cause in their daily lives?

**LB:** Yeah, so planting pollinator-friendly plants is huge. Not spraying, not spraying a ton of Roundup and harmful chemicals on your property, allowing there to be natural areas for all different pollinators to live in.

One of our sayings is, 'Make meadows, not lawns,' because lawns are one inch of grass and there is not much that can live in that, but if you have a meadow, if you have natural areas at your house, at your office, that allows natural pollinators, native pollinators,

to have a home.

**SN:** That sounds like a really beautiful motto. Do you guys do any type of community outreach to get people informed about and involved with the cause?

**LB:** We are not a nonprofit, we are



Photo by Sofia Edelman

Fourth-generation bee keeper and Bee Downtown founder Leigh-Kathryn Bonner.

for-profit. But we use part of what we make every year to go to school systems and teach about sustainable agriculture and honeybee education in school systems. So, a lot of teachers don't have the money or the opportunity to take kids on field trips or bring people in and we cover the cost so that we can go to the schools, bring a clear beehive and educate and get kids excited about where their food comes from and a link to agriculture. And then we do events in the community throughout the year to just try to bring people together and build a community, kind of like a bee hive, where people are talking to each other. They are putting their phones down, they are learning together and that is so important to us.

**SN:** What makes you a good partner for companies?

**LB:** Bee Downtown started as just bee hives for companies but then companies said, 'Hey, can you help us with social media? Can you help us with our environ-

mental report this year, to help us understand what impact the bees are making in our community? Our employees love the bees. Can they come and do classes with us?' So, we've built this whole program that it's not just you're getting bees on your campus. It's you're getting a fully built-out environmental initiative paired with a one-of-a-kind employee engagement solution for enterprises so that the bees are able to have a place to live that is in one location. They're not being moved. It's a stable place to live. The employees are able to take leadership courses at the beehives to get out of the office and we're building environmental reports for these companies. So that has been something that is very rare, for a company to be able to say, 'We want all of this but we can't get it with one program.' And for Bee Downtown, we are actually the answer to that. That's where we've seen so much success in what we've been doing. We've listened to what our partners need and we've



listened to what the bees need and have tried to pair that together. Everything we do is for the good of the hive and that hive is not just the bees but it is all of the companies we work with as well. They're each their own hive and we want to be able to do good for them as well.

**SN:** What effects of your work have you seen so far?

**LB:** We've added about 6 million honeybees to the Triangle over the last three years that are managed at the highest standards possible. And so, the effect of that is just having healthy hives in the area and for us to be able to use our business as an opportunity to get people connected with beekeeping clubs in the area, have people take classes that want to become beekeepers and we've just seen this community get so excited about the bees and we've seen children wanting to become beekeepers after we go to their school and schools raising money to help save the bees and businesses are winning awards for being environmentally-friendly companies because of the hives that they have on their campuses.

And so, the analogy that we use is that, 'By herself one honeybee makes one twelfth of a teaspoon of honey in her entire life, but together a hive can generate over 80 pounds of honey in a matter of months.' So, if we, as businesses, as a community, as leaders can work together like a hive, we can collectively create a lasting change in the world that we're all proud to be a part of.

**SN:** Where do you see Bee Downtown going in the future? Do you have any plans to expand even further?

**LB:** Yeah, we would love to see Bee Downtown in every major city across the U.S. and we'll pair that with a product line, as well, that is sustainably sourced and ethically sourced. And it's just, everything we'll do though is for the good of the hive. So if it does not fit with our mission and our values as a company we won't do it. But we've been able to so far successfully help the bees share their story. They're an indicator species. They've been around for over 100 million years and they're, they've quietly provided us with all that we've needed without ever asking for anything in return and with their decline we're seeing that they're trying to tell us something isn't right. So, as Bee Downtown grows, that platform to just speak for the bees, you know, it's like *The Lorax*, 'We speak for the trees,' but our hope is that Bee Downtown and the companies and the community members that support us, we can speak for the bees and create a change in not just how we live our lives, but the mindset of, 'Are we going to leave the world in a better place than how we found it?'

# Community through Art

By Kayla Drake

For Hillsborough, the arts are a priority because they increase the quality of life.

The small town sets itself apart from other areas in North Carolina with its unique arts scene. In an effort to bring the community together, the town holds events throughout the year that foster an environment for artists and the community to engage with one another.

"It's an economic issue, a tourism issue, an economic development and employment of artists issue for not just the town but the whole county," said Hillsborough Arts Council Chairperson Neil Stutzer. "It is so rich in artists that it can't be ignored."

Stutzer said the Arts Council develops programming to provide a venue for emerging artists in the area, as well as to make connections and collaborations with artists and organizations.

"We do a ton," said Arts Council Outreach Coordinator Araceli Cruz. "We do Last Fridays which is all about music and food and art walks in the community."

Cruz said Last Fridays are her favorite event the council holds because they show how much the community supports the arts.

"It's really nice to see everyone come out and support the Arts Council but also support the local musicians that we feature and a lot of the restaurants are packed because everyone is out eating and so it's just a really great time to be out in Hillsborough," Cruz said. "You get to see everyone on the streets and a couple of the streets are closed for pedestrians only."

Cruz said Last Fridays happen year-round — every last Friday of the month, in fact — but draw the largest crowds in spring, summer, and fall.

"Another thing we offer in Hillsborough is the Lantern Walk which we just had a month ago for Christmas," Cruz said. "That was a really beautiful event with the community of people coming through the night with paper lanterns and they do a walk through River Park."

One of the Arts Council's biggest events is the Art in the Heart of Hillsborough Arts Show. This year's show is set for April 21.

"It started as a way for the Arts Council to help promote the artists before we had a retail space and we really wanted to help having venues

for local artists to display their work," Stutzer said.

"We started the arts and crafts festival and since then we now have a gallery and gift shop where we display over 50 artists, but the arts and crafts show has gathered so much momentum and quality that it's phenomenal really."

Stutzer said the event draws crowds not only to the show itself but to surrounding businesses as well.

"When we do an event such as this we contact other organizations and businesses telling them what we're going to do and when we're going to do it so they can join hands and promote themselves because there will be a lot of people coming in," Stutzer said. "It also introduces Hillsborough as an arts destination by not just seeing the artists at the arts and craft show but going in gallery's that are open at that time, also."

Another event the Arts Council holds is the Handmade Parade, where participants create their own creatures and huge artworks that they carry throughout the city.

"The Handmade Parade is just magical," Stutzer said. "People come from all over the state to participate in the Handmade Parades and it incorporates school so it's a lot of children and it's just really a good regional event."

Tinka Jordy, former Chairperson of the Arts Council, started the Handmade Parade, as well as several other events.

"It's very cool and a lot of fun," Jordy said. "That's been going on for a while now, about ten years, but we switched it to a biannual event, so it will be this year."

Jordy said the idea behind many of these events is to bring the community together in a nonpolitical way based on the arts. She said the Arts Council's events help keep the artist community together, too.

"We wanted to show the community that it's really easy to get involved that way and by teaching workshops a lot of parents can work with their kids when they wouldn't normally get the chance to and then people get to see each other," Jordy said. "It's just a really fun way to get the community out around an artistic project."

Though Jordy is no longer on the council, she still brings artist communities together as the owner of Eno

Gallery in downtown Hillsborough.

"I'm a sculptor and I've been in the area since 1986," Jordy said. "I organize a sculpture show called the Garden Art Show once a year during the first week of May in my own garden and I invite different sculptors to come and it's a cooperative event."

Jordy said everyone pitches in on the expenses and is able to sell their sculptures at this event.

"Sculptures are kind of hard to display and most galleries don't have a place for it," Jordy said. "I started (the Garden Art Show) with an idea of a place for us to exhibit our work in an environment that was more conducive to where you could see what a sculpture looks like in your own home as opposed to a museum or something like that."



Photo by Sofia Edelman  
Tinka Jordy is one of many Hillsborough artists.



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# *When Passions Collide*

*Creating a New Wave of Equestrian Interest*

*By Hannah Lee*



It's fitting that inspiration struck a lifelong horse rider on her way to the stables.

Susan DiFelice was used to the 45-minute drive north from her Chapel Hill home to tiny Bahama, N.C., but the trip felt long nonetheless. She'd often carpool with another horse rider, her friend Susy Shearer, to pass the time with conversation.

But those conversations would always wind and end up back at the same place: DiFelice, a graphic designer by trade, starting her own business. She had no idea how, exactly, she would do it, but the idea was a constant.

But during one of these carpools, in February 2017, it hit her. The thing she is most passionate about, what she always makes extra time for — horses — is what her business should be about.

"I couldn't let it go... It just took me," DiFelice said. "I couldn't stop. I didn't sit down to really plan."

As the two friends groomed their horses, rode beside each other and walked the acres of fields at Quail Roost Farm that same day, DiFelice felt pressed to start the venture as soon as possible.

Within a month, it was decided. The business would be a website that teaches kids about horsemanship through stories and games, and includes DiFelice's own personal illustrations.

“*Ponies tend to be kind of mischievous. I just like how it sounded.*”

Susan DiFelice

"I'm a lifelong rider and I love horses," DiFelice said. "I grew up riding and I have small children. I'm also a fine artist and graphic designer and so this business married all these passions of mine — children, design and horses."

And soon enough, there was a name for it all: Allpony.

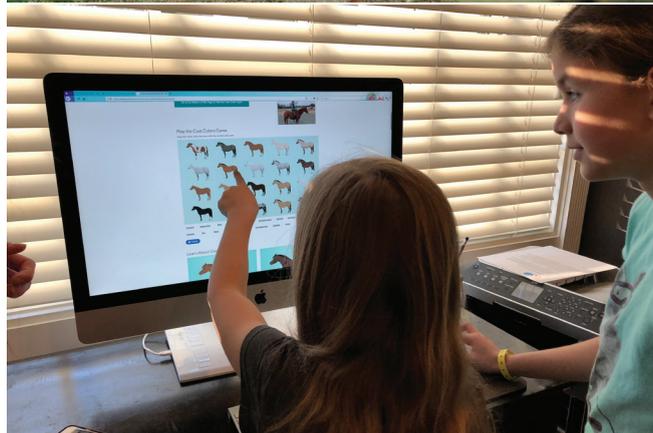
"It's kind of like the saying, 'He's all boy.' There's a saying that, 'He's all pony,'" DiFelice said. "Ponies tend to be kind of mischievous. I just like how it sounded."

When DiFelice had her two children, she quit riding to take care of them. But when she started riding again two years ago, she remembered her love for the sport. And the confirmation of that love compelled her to finish Allpony within half a year.

"Whenever my kids were in preschool or in the evenings when they were just hanging out," DiFelice said, "and I didn't really need to be with them at that moment, I was on the computer creating all of this."

According to the British Equestrian Trade Association (BETA), the overall number of horse riders has fallen from 3.5 million in 2011 to 2.7 million in the U.K. in 2015. That has to do with the fact that people aren't owning horses anymore, either.

Packaged Facts, a leading publisher in market research for consumer goods, estimated that the U.S. equine market generated \$23.4 billion in 2016 — a 2.7 percent decrease from 2012 — and will drop even further to \$20.3 billion by 2020. And while new horses aren't registered as often, the cost of keeping a horse,



Photos by Sofia Edelman and Susan DiFelice

Susan DiFelice married her interests in graphic design and horsemanship to create Allpony. Outdoor pictures taken at Starberry Acres, Mebane.

such as paying for its feed and care, are going up.

For Fédération Equestre Internationale (FEI) trainer, Brooke Doss, the average cost to take care of a horse with stall boarding can range from \$500 to \$800 a month. To purchase a horse, it can cost anywhere from \$2,000 to \$20,000 depending on the breed, discipline, size and age of the horse.

"It's financially challenging to be an equestrian," Doss said.

Over the past three months, Allpony has generated over 1,400 new visitors, which is 86 percent of the website's users. This only serves to highlight how her

website is still growing and breaking through in the community and across the globe — five percent of these users coming from Great Britain.

And if it doesn't do just that, computer scientist and UNC-Chapel Hill professor Tessa Joseph-Nicholas says the easy navigations and contemporary, modern look of the website will still attract those with a love for horses.

"With a site like this, you've got a sort of built-in niche audience, so I think it's really going to depend on publicity, how you can get it out there," Joseph-Nicholas said. "I mean the site itself won't do anything until people find out about it."

For now, DiFelice's only marketing push is her copy editor, who proof reads her writing and finds publishers for Allpony. But she hopes that by reaching out to horse-riding camps and stables, she can start spreading her business through word of mouth.

Catherine and Mary-Collins Gravatt, 10 and 8 years old, respectively, have shown a special interest in the website. During a visit at DiFelice's house, the girls begged each other over rights to the mouse.

When Catherine, the older sister, played the horse breeds matching game, Mary-Collins stood behind her, anxious to grab control of the mouse so she could play another game where she could design her own horse.

"Catherine, can I try something now? Catherine." Catherine, so fascinated with the game didn't even notice Mary-Collins voice buzzing in the background. "Catherine? Catherine," Mary-Collins continued.

The girls, who have been riding for almost two years, discovered the website through a mutual friend at Mane Event Stables in Chapel Hill. After playing a few Allpony matching games for an hour, they realized that they lack some elements of equestrian knowledge.

"So that's a saddle pad. And then this is the stirrup leather, iron stirrup? I forget. Um, the skirt, I think that's the skirt. The pommel, the knee, that's the knee block," Mary-Collins said as she pointed to the book.

A few months after the website was released, DiFelice created an activity book to add to the Allpony experience. Inside DiFelice's home, the girls sat propped on their knees around a white table navigating the mazes and playing the games in the book for the first time. But when they got to the informational parts of the book, they got a little bit stumped.

The girls mostly learned about equestrianism from their riding teachers, who would explain the parts of the saddle and the horse during their lessons, but they haven't had any chances to continue their horse education at home.

"Their grandma has given them a couple of books and horse journals, but no horse games," Catherine Gravatt, their mother, said. "This is so neat. It would be such a good tool for the instructors to give the girls as homework."

It's for kids like Catherine and Mary-Collins that DiFelice created this business in the first place. And, one click at a time, DiFelice hopes to inspire and educate more kids about the sport she loves.

# March Calendar

## 1 Thursday

### Empty Bowls 2018

Urban Ministries of Durham, 5:30 p.m.

Try soups made by local chefs and purchase bowls made by artists all in the name of feeding the hungry. Minimum ticket price is \$20.

## 2 Friday

### Anime-Magic Film Festival

The Carolina Theatre of Durham, 1 p.m.

From Akira to Ponyo, come see your favorite anime classics during this three day spectacular.

## 3 Saturday

### Latte Art Workshop

Carrboro Coffee Roasters, 11 a.m.

Enjoy a beautiful rosetta on your morning latte? Want to learn how to make it yourself? All you need is this workshop and a little luck with milk chemistry.

## 3 Saturday

### Down Dogs and Drafts

Bottle Rev Chapel Hill, 11 a.m.

Enjoy this bimonthly yoga and beer event at Bottle Rev Chapel Hill. Tickets are \$13.

## 9 Friday

### 2nd Friday Art Walk

Downtown Chapel Hill, 6 p.m.

Check out the Chapel Hill and Carrboro arts scenes at this event that happens, you guessed it, every second Friday of the month!

## 9 Friday

### Ain't Misbehavin'

North Raleigh Arts & Creative Theatre, 7:45 p.m.

Presented by the Triangle Friends of African American Arts, don't miss this exciting showtune full of jazz, laughter and a great story.

## 13 Tuesday

### 101: Intro to Improv

Monkey Bottom, 7 p.m.

Learn the basics of improv in this month-long class that starts the 13th. Tuition starts at \$200.

## 14 Wednesday

### History à la Carte

N.C. Museum of History, 12 p.m.

Join Steve Day, Owner and Chef of Plates Neighborhood Kitchen in Raleigh, to learn about the impact of farm-to-table economics.

## 15 Thursday

### Jerry Seinfeld Show

DPAC, 7 p.m.

Come see one of America's premier comedians – the one and only Jerry Seinfeld. He will hold two shows at DPAC, one starting 9:30 p.m. the same night.

## 16 Friday

### Scrappy Hour!

### Bottle Cap Art

The Scrap Exchange, 6:30 p.m.

Create works of art out of bottle caps! Snacks and materials will be supplied but this event is BYOB.

## 17 Saturday

### Moogfest 2018

Downtown Durham

Check out upcoming and famous electronic music artists in this four-day music extravaganza – a must-see North Carolina festival.

## 17 Saturday

### Folk Arts Fun

N.C. Museum of History, 1 p.m.

Bring your Girl Scout Brownies and Juniors for an afternoon of crafting across North Carolina's history. Tickets are \$10.

## 21 Wednesday

### Kids Yoga

Kidzu, 10:30 a.m.

Little yogis of all ages are invited to check out this interactive and exciting session of kids yoga. No pre-registration required.

## 21 Wednesday

### Lollipop Series

Carrboro Century Center, 10:30 a.m.

Learn about insect identification from Lake Crabtree County Park Insect Investigation. Tickets are \$3.

## 22 Thursday

### Mac & Cheese for Charity

Loading Dock Raleigh, 5:30 p.m.

Enjoy a delicious mac & cheese bar courtesy of Cabot Creamery Cooperative Farmers' Gratitude Grille, with proceeds benefiting Activate Good.

## 22 Thursday

### Girls Night Out at Vita Vite

Vita Vite Raleigh, 5:30 p.m.

Party, shop and network with the Raleigh Housewives in the City for their second annual GNO and networking event. Registration is free.

Check out the online calendar as well.

It is available at [SouthernNeighbor.com/upcoming-events/](http://SouthernNeighbor.com/upcoming-events/)

## 23 Friday

### Anna Quindlen Book Event

McIntyre's Books, 12 p.m.

Join author Anna Quindlen for a book signing and reading for her latest book, *Alternative Side*. Tickets include a three course lunch with tea and coffee and a signed copy of her book.

## 23 Friday

### Skywatching

Little River Regional Park, 8 p.m.

Enjoy the night sky with the Chapel Hill Astronomical & Observational Society in this monthly event. You can come and go any time during the two hour event.

## 24 Saturday

### Community Egg Hunt

Southern Community Park, 10 a.m.

Bring your kids ages 2 to 10 for a fun filled morning of egg hunts, games, crafts, bouncey houses, food trucks and, of course, the Easter Bunny!

## 24 Saturday

### Spring Tea

Burwell School Historic Site, 1 p.m.

Enjoy tea prepared and served by the Hillsborough Garden Club. There are seats at 1 and 3 p.m. and tickets are \$20.

## 24 Saturday

### Feed Durham Festival

STORYCHURCH, 11 a.m.

Help collect items for the Food Bank of Central and Eastern North Carolina while celebrating spring with an Easter egg hunt, rock climbing wall, inflatables and hot dogs!

## 25 Sunday

### Eno Wild Herb Walk

Gold Park, 1 p.m.

Learn about wild, edible and medicinal plants and herbs while taking a stroll down the beautiful Eno Riverwalk in Hillsborough. Tickets are \$30.

## 27 Tuesday

### Pasta Making Class

Melina's Fresh Pasta, 6:30 p.m.

This class will teach the art of making ravioli and other pasta shapes. Tickets are \$60.

## 27 Tuesday

### Cooking with Herbs

Southern Season, 5 p.m.

Learn how to use fresh herbs as the finishing touch to some truly special dishes – sweet and savory. Tickets are \$50.

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# Summer Brain vs. Semester Brain for ADD/ADHD

By **Dr. Trish Leigh**  
Leigh Brain & Spine

## Tips to Stay at Your Best

Summer is coming. Thankfully, right. As the mother of 5 kids, 3 of which are now teenagers, I can't wait to settle into easier days. So, what does this change in season mean for our kids and their ADD/ADHD. At Leigh Brain & Spine we call it "Summer Brain vs. Semester Brain" because all kids brains chill out significantly during the summer time. Kids with ADHD and subsequent anxiety can have a large shift in brain pattern between the seasons of the year.

## A Difference That Can Be Seen

We can see the difference in the computer graphs that are produced, of each child's brain pattern, during every Neurofeedback session. The difference is between Neurological Dysregulation and Regulation. When kids come in for Neurofeedback Therapy we can see the ADHD pattern reduce across the school year toward a regulated pattern. During the school year (Semester Brain), ADD brains work harder than other brains much of the time. So, they are more tired, struggle to stay focused, and can be more anxious. A "Semester" brain pattern can make kids with ADD moody, irritable, less likely to go with the flow and combative (oh joy). These behaviors seem obvious, but few people understand the origin, within the brain pattern, and the devastating impact on brains of kids with ADD/ADHD.



Science shows that when kids with ADD/ADHD are in environments or situations that tax their systems, their brain pattern shrinks back to the more negative version of itself. This can easily be seen in kids that bomb tests but know the content. The testing situation pushes their brain to the limits and even though in a relaxed home environment they can pull the information out, during a test they cannot. Neurofeedback Therapy keeps the brain pattern in the better version throughout the school year helping the child to perform his best even when things get rough.

During the summer months (Summer Brain), kids brains relax a bit more, are less strained from overuse, and get time to recuperate from the

school year. This ebb and flow helps their neurological system from overload. A summer brain pattern is closer to the best version of that child's brain

pattern. This can make for a really powerful transformation in brain functioning and performance when a child with ADHD embarks on a summer Neurofeedback program. The brain pattern shifts quickly and the child can return to school with a better brain pattern for a better school year.

## Tip for ADD/ADHD Brains for the End of the School Year

As the end of the school year approaches, kids with ADD/ADHD tend to have brain patterns that start shrinking back to the worse version of itself. This is due to overwhelm of the amount of work that is culminating and impending end-of-grade exams. This is Semester Brain at 110%. What to do about it? Help your child with ADD/ADHD keep his brain as close to a Summer Brain as possible. I know, you are thinking that is impossible. It is not. Here are 3 easy strategies. (1) Lots of sleep. Unplug your teens early and they will go to sleep earlier. This will prevent the fatigue pattern that is at the root of Semester Brain. (2) Help your child pace himself. Your child's organizational skills may begin to tank at this point (overwhelm, remember) and they may need help. Don't offer it, provide it. (3) Keep drama low. This means you have to keep yourself regulated here. Keep yourself calm and relaxed to help your child do so. You can do it. Summer is almost here!



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) 919-401-9933



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# We're Not In 2017 Anymore

Guess what? It's not 2017 anymore. A least not in the investment markets. 2017 was a magical year. Returns were high and volatility was- well- pretty much non-existent. The "market" went up- and up- with nary a hiccup. It was awesome, but a little weird.

2018 might be different. January was another steady, profitable month. Then came February. The DOW dropped 1100 points, went up about 600 points another day, and so on. It's been a good reminder. A one-direction market (either way) won't last forever.

Of course, the press asked "experts" what people should be doing, and then asked "folks on the street" what they were doing. Most answered as I hoped- don't panic, ride it out. Good advice, assuming our portfolios were aligned with our needs, risk tolerance (ability to sleep), and risk capacity (ability to survive bad outcomes). For young people, they won't touch their retirement accounts for a long time. For us in our 50's, planning to work a bit more, there's no need to panic. But what about those nearing retirement- within 5 years?

In the old days, people heading into retirement had conservative, bond-heavy portfolios. Steady, secure income. They also had shorter life expectancies and more pensions. Now, a person mid-60's may live, and invest, another 25 or 30 years. They can't be overly conservative. Here are things to do if you're within 5 years of finishing work.

1) Determine and set your investment allocation. In 1986, Brinson, Hood and Beebower determined the primary influence on portfolio return variability was allocation. Picking specific stocks and market-timing were minor contributors. They were talking about volatility- not returns. But an allocation, because of its



effect on variability (gains and losses), influences long-term returns. Your allocation should reflect the returns needed to achieve your goals, with anticipated volatility in line with your risk tolerance and capacity. If you need- or go for- returns with risks you can't handle, you'll become your own worst enemy. Those hurt most by the Great Recession were people who panicked, sold low, and didn't get back in.

2) Build cash reserves. Many planners advise retiring clients to put aside cash equal to 1-2 years of expenses (net of Social Security, pension income). If there's a downturn, they use that money to live on. When things recover, the stash is replenished from the portfolio. This avoids selling when values are down. It somewhat mimics the freedom of a 30 year-old to ride it out.

3) Reduce (or eliminate) debt. The problem with debt is that it's inflexible. The bill is due, good times or bad. Debt-free people have more flexibility to adjust spending.

4) Be flexible- if you can. If there's a downturn as you near your retirement target, consider waiting a bit. Certainly, if all signs still say "Go" even with reduced values, retire. But, if you're nervous or unsure, waiting a year won't hurt. Down markets early in retirement really hurt. Their impact can last a long time. An additional year of adding to, and not withdrawing from, retirement funds can make a big difference.

Everything above is certainly within the abilities of most people. Some aren't simple, but they are doable. If you don't feel comfortable working through them, that's what financial planners are for. Studies showed that during the Great Recession, people who worked with financial advisers were more likely to ride things out than panic-sell. It's probably because they were properly allocated, educated about the risks they were taking, and could quickly assess the impact of the events on their plans. If you'd feel better with help, reach out to a fee-only financial planner. If you'd like to talk, please visit my website or give me a call.



Todd Washburn

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# Next Stop, Thrift Shop

by Chris DiGiovanna

Thrift shops have experienced a sort of renaissance over the last few years. Sure, you can still find plenty of old tweed jackets and local 5K fun-run t-shirts at many of them, but if you know what to look for, sometimes there are real gems hanging in the clothing racks.



For example, do you know that some collectors pay hundreds or even thousands for the right t-shirt? Vintage Harley Davidson t-shirts from the 1970s to early 1990s frequently sell for \$50 to \$100+, depending on the graphics and condition. And while you're digging through the t-shirt racks, keep an eye out for vintage concert shirts from the 1980s and earlier. Hard rock shirts (Iron Maiden, Metallica, AC/DC) from the 1980s are particularly desirable, as are vintage shirts from Pink Floyd, The Rolling Stones Bruce Springsteen, Tom Petty, etc. There are even a pair of Beatles "Butcher Album" shirts that sold on eBay for \$10,000 - \$20,000 a few years back!

After you've rummaged through the t-shirts, try heading to the shoe rack. There can be good money to be made selling certain brands of vintage shoes. The most popular shoes that resell for big bucks tend to be vintage cowboy / motorcycle boots such as Red Wing and Lucchese, designers shoes like Chanel and Gucci, and even old Converse and Nikes. In fact, vintage Nikes have grown in demand so much that "Sneakerheads"



(sneaker collectors) often shell out hundred or sometimes thousands of dollars for a single, hard-to-find pair. You can even go to Sneaker Con New York City each year to buy, sell, and trade used (and new) sneakers.

Finally, spend a little bit of time going through the men's jeans and you might be lucky enough to find an old pair of original Levi's 501 denim jeans. They were originally created by Levi Strauss, a Barvarian-born dry good merchant who traveled to San Francisco in 1853 to expand the family business.

Some years later, a tailor named Jacob Davis came up with the idea of using metal rivets to make his denim "waist overalls" more sturdy. As he had original purchased the fabric from Levi, Jacob suggest they apply for a patent and manufacture the garments together. On May 20th, 1873, patent #139,121 was awarded and modern denim jeans were born.



Levi's 501s have changed in manufacturing and style over the years, but familiarizing yourself with the different patches, buttons, rivets, and stitching can help you date any old pairs that you come across. Used pairs from the 1970s and earlier can fetch hundreds of dollars. And if you happen to be lucky enough to stumble across a like-new pair from the 1950s or 60s, they often sell for a thousand dollars or more. Not a bad price for a pair of old blue jeans!

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## Neighbor to Neighbor

**Chris DiGiovanna**

is the President of

**Trader Chris Consignments,**

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