

# southern NEIGHBOR

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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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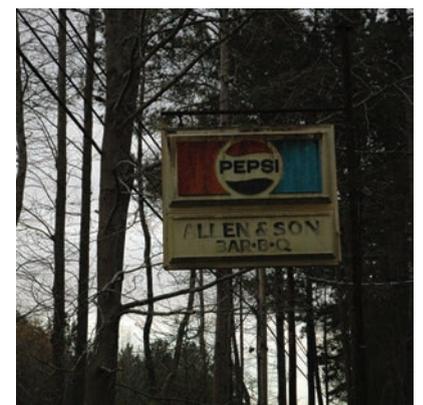


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Is North Carolina's BBQ debate alive and well? Maybe not. But is the BBQ scene still kicking? Most definitely.



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## Community Spotlight:

### Transportation for Older Adults

By Lisa Berley, Transportation Specialist  
Orange County Department on Aging

The answer is a resounding YES. Here is a list of things you can do:

15 years ago I attended a workshop on transportation for older adults. I remember as if it was yesterday my reaction when the speaker said that 1/3 of drivers will need to give up driving before the end of their lifetime. She had us turn and look at our neighbors seated to the right and left. One of us, she said, would be turning in our license at some point. I was shocked by the prospect of this happening to me.



Are you worried about giving up driving? For many of us, driving is closely linked to freedom and independence. Are you concerned about how you will continue to get out, to take care of business and maintain the quality of your life with friends, exercise, and cherished activities?

For the past three years I have had the honor of being the Transportation Specialist for the Orange County Department on Aging. I am a fountain of information pertaining to transportation alternatives, a travel trainer for riding the bus system, and an advocate for people who need door to door services.

You may ask, "can I prepare myself for the possibility that I won't be driving forever and learn about alternatives before I need them?"

#### Know where to go for information:

- Orange County Transportation Helpline: 919.717.1853 (that is my telephone)
- GoTriangle Call Center: 919.485.7433 for help planning your next bus trip
- Google Maps: Use the transit icon to map out a trip on transit – bus, train etc.
- Online: Visit [orangecountync.gov](http://orangecountync.gov) and search "transportation"

#### Try riding a bus:

- Chapel Hill Transit buses are free to all
- Orange County Public Transportation buses are free to people 60 and over
- GoTriangle, with routes between Orange, Durham and Wake Counties, has low senior rates
- Join a group bus trip to triangle destinations. Call me for information
- Take a class: I offer Bus Riding 101, Uber/Lyft and Transit App classes

#### Sign up for Medical Transportation:

- If you live outside of Chapel Hill/Carrboro, and you're over 60, you will receive a 3-year certification to ride
- Approval for Chapel Hill Transit and Orange County
- Public Transportation door-to-door service takes up to 21 days

# Letter: Farewell From Me

By Sofia Edelman

One year ago, Southern Neighbor Magazine published its first edition with myself as editor. It came out pretty enough, but it was a rough endeavor.

Deadlines swirled around my head, I didn't schedule photoshoots in time, I had to reinvent the wheel when I designed the pages because I forgot how any of the software worked — the term “uphill battle” doesn't begin to describe it.

But then the magazine was in boxes. The red ink that filled the printed strawberries on the front was nearly too saturated for the page, but I saw something. I saw a platform for this community, I saw what Southern Neighbor was always meant to be. And from then on out, I worked my hardest to have it be a megaphone for voices from this community.

And one year later — twelve months, eleven deadlines, a few (just a few) tears and probably a few too many typos — my time as editor of this magazine has run out.

Southern Neighbor is a student-led publication. The stories you read, the photos and designs you see and the effort that sews it all together are from students' hands. And as I am finishing my last semester at UNC, so am I finishing my tenure as editor of Southern Neighbor. This letter is the last thing I'll pen for the magazine.

It's sad, to say the least, to be leaving Southern Neighbor. I've had to part with so much from my college career lately — the comfort of a lecture hall, friends, my previous conception of youth — but leaving the world of student journalism has been especially

hard.

I wouldn't have been able to get where I am today without all the editors along my path encouraging me, without my friends understanding when I had to ditch them to cover breaking news and for the amazing staff writers and photographers I've been blessed to be able to work with these past four years. This past year wouldn't have been what it was without my incredible management team, our writers or the myriad of people in the community I've met in the pursuit of community journalism. Without all of you — columnists, community leaders, business owners — this journey wouldn't have been anywhere near as sweet.

So what's next? Though I won't be around to check up on this publication that became so close to my heart, Southern Neighbor is more alive than ever. I'm from the North (way North, like killer whales on the beach North), and I noticed very quickly when I moved to North Carolina what a “southern neighbor” was.

A southern neighbor has enough food for all the neighbor kids on a summer evening. A southern neighbor raises their right hand oh-so-slightly off the steering wheel to salute the passing car. A southern neighbor makes you feel welcome.

In my all too short 12 months, I met and spoke with business owners and community members that could use Southern Neighbor as a platform for their voice. With our community column series I hoped to create a space for people to share what was important to them. I sought after stories that highlighted parts of this community that



Photo by Sofia Edelman

Roy Stanley-Edelman, a devoted reader, catches up with our November 2017 edition.

aren't always visible. I wish I could have 12 more months, and then 12 more, to continue these efforts. Not only did I want to create Southern Neighbor, but I also wanted to be a southern neighbor to whomever this publication touched.

We've always tried to cultivate a sense of community and familiarity with this publication. Now more than ever communities must band together to support one another, and I hope — even in the most minute way — Southern Neighbor has helped in that endeavor. My greatest hope is that we did something that affected this community — its people, businesses and groups — in a positive way.

Though I will miss the landscape of student journalism, I know it is rife with the problem of institutional knowledge. My editorship was set at

one year, I tried to absorb as much institutional knowledge as I could, learn as much about the infinite communities that dot our readership as I could, but I know in ways great and small I probably failed. The communities I tried to spotlight were only the larger needles I could find in the haystack. For everyone else, I lament not being able to tell your stories.

I might be stepping off the helm of this publication but I promise, for me, that hope to illuminate everyone's stories doesn't end with Southern Neighbor. I'll always be here, trying my best to make a difference.

Your Neighbor,

Sofia

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# Community Column: Create!

By Barbara Hengstenberg

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

Challenge: (n) a stimulating task or problem

I've been following friends in the midst of creativity challenges on social media this past year. Some lasted a few weeks, while others 100 days or more. One such lengthy challenge was that of Mara Strayer, a Chatham County welding artist (@sparkworkstudio), who created and posted her circular welded steel ornaments every day for 100 days. Another, Cate McCleery, an artist in Columbus, Ohio (@lets\_make\_a\_ruckus), created one embroidered fabric piece each day for her 100-day challenge. And a childhood friend, Pamela Robinson Thompson of Plano, TX (@focusonyoursuccessllc), just finished her 30 days of creating illustrated portraits.

Inspired by these women, this winter I jumped into a new challenge with Mara Strayer — 45 days of

creating every day to ease us into the first day of spring. We called it our #CreativeSpringBoard Challenge (which you can view on Instagram, along with all of the abovementioned works.) Posting one's daily process can be a daunting task, and I agree with Pamela Thompson as she described her portrait challenge: "I had some self-talk at first: 'Who are you kidding?' But I also thought, 'What do I have to lose? Nothing!'" And like Pam, "I jumped in, and while much of it was absolutely super challenging...I got better at it all. It helped me to have more fun and confidence with my artwork."

More fun and confidence... Something we can all use!

## Challenge Your Creativity

Timeframe: You set the parameters. Maybe you'll decide on creating daily for a week or 100 days or more! Perhaps you'll choose to do something each week for a month or more. It's totally up to you.

To begin, Mara and I decided to create art toward a goal: the first day of spring. For our challenge, we kept it very open with one caveat: we must visually post

our creative process/progress each day on Instagram.

In Mara's case, she worked for 45 days on designing and welding a sculptural dogwood bench. Watching this take shape through her her piece-by-piece daily progress reports was an incredible experience. While this one large project worked well for Mara, I decided to go with the flow with wherever my daily creativity guided me. At the end of the 45 days, I had created three new spring-inspired illustrations, two woven bags, a painted collage and a five-part watercolor series inspired by poetry I'd written over 20 years ago.

My advice to anyone setting off on such a challenge: Try to keep the essence of it about the journey of creating...about the process. Make time every day to be inspired and contemplative about the creative process.

Consider first: What will you create? One final project? A daily sketch, poem, photo, journal entry, fabric piece... The ideas are endless. Maybe you'll just make sure to find time daily to tap into your creative core. Then choose a platform on which to report your progress: Instagram? Twitter? Facebook? A text message/photo with your fellow challengers?

Whether you spend 5 minutes or a better part of a day really doesn't matter.

The whole purpose is to be mindful of your inspirations, creativity, process and progress. And as my friend Pam mentioned, have fun and notice the confidence you're gaining.

Whatever your challenge, be sure to tag me (@wildesart). I'll look forward to being inspired by you!

Not-To-Miss Creative Events: Two exciting shows at:

NC Arts Incubator  
223 N. Chatham Ave., Siler City - 919-663-1335

No charge - open most weekdays

Now through May 16: Oil paintings by Sanford artist Kara McSpadden

May 19-June 13: Alcohol ink and resin creations by Jeanne Rhea

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

**Barbara Hengstenberg is an artist, writer, educator, 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 serves on the Board of the NC Arts Incubator. You can reach Barbara at [Barbara@WildesArt.com](mailto:Barbara@WildesArt.com)**

# Community Column: Moms and Mothering

By Jeanne Marie Patterson

*God could not be everywhere, and therefore He made mothers.*

*Rudyard Kipling*

It's time for another Hallmark moment, Mother's Day. Although I have much to be grateful for, it still remains for me a day rife with bittersweet memories and raw emotion.

It was thirty years ago when I realized that "mother" may never be my alter ego. I began to experience Mother's Days in church, looking enviously at all the moms around me, praying that a miracle would happen and making solemn vows as to what I would do if my prayers were granted.

As I experienced, month by month, the diminishing hope of my dream family, a song kept running a loop through my mind: "As I walk this land of broken dreams, I have visions of many things. Happiness is just an illusion, filled with sadness and confusion..."

However as my biological clock continued ticking, not only did I grow

older but also fortunately became a bit wiser.

I now look with admiration to those women who give up their desire to parent and remain child free, channeling their mothering skills through other pursuits. To women who don't give up their dream because there is not a "father" in sight and challenge societal norms to build their family. To single moms who lose their co-parent and struggle every day to love and support their children. To women who take on the challenge of step-mothering. To birth mothers who make the loving choice to give their child a better life through adoption. To women who choose to redefine their concept of family and give another woman's child the family he/she deserves. To grandmothers, aunts, older sisters, teachers, health care providers, nannies and mentors who step up every day to fill a void when mom is not available.

And to my own mother. At ninety-seven years old, she is my hero. Immigrating from Italy when she was twelve, working in garment industry sweatshops; being a yet-to-be labeled feminist among the first women hired to construct submarines at the naval base;

putting three children through college while working full-time and being a dedicated caregiver for my dad. She instilled in us a love of family and a work ethic that has served me well.

And most especially to the anonymous birthmother who twenty-eight years ago gave me the most precious gift I have ever received, my daughter. A gift I have enjoyed, cherished and loved every day. And now, as a teacher at a boarding school, she is a surrogate mom and role model every day to her young students.

Mothering is a verb, defined by the Merriam-Webster Dictionary as "taking care of somebody with tenderness." Some of us will mourn the passing of our moms. For some, our moms may still be here but are no longer able to mother and we now mother them. So as a world of Hallmark cards, carnations and Facebook tributes explode around you, take a moment to reflect on the "mothering" skills you have and claim this as your day too.

Maybe you mother your pet, a favorite niece or nephew, a good friend (or yes, even a significant other) who needs special attention and a dose of TLC every

once in a while; a child you mentor, the plants that need your nurturing touch, the stories you tenderly read during story time with a special child, the older person you visit at the nursing home and share a warm hug. We were all children once, and in the very broadest of terms, we all still need mothering.



**Jeanne Marie recently relocated to Fearrington Village by way of Kentucky, Washington DC 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.**

# Local Mental Health Solutions at Work

By Eva Ellenburg

Carrboro may be a small town, but it has a robust mental health network that rivals larger cities. From Club Nova to the UNC Community Comprehensive Clinic at Carr Mill, the town provides many resources to fully serve its residents with mental illnesses.

Club Nova is based on the clubhouse model and serves people with serious mental illness, such as schizophrenia, bipolar disorder and major depression. It is a local community center rather than a clinical treatment program and provides resources in psychiatric, medical, social and financial areas.

Club Nova has members, rather than patients, who collaborate with staff to run the operations of the clubhouse. The center in Carrboro serves about 110 people per year, mostly serving Orange County, but they also have members from Chatham, Person and Alamance counties.

One of its major programs is its employee assistance program. Nationally, 80 percent of people with serious mental illness are unemployed, but 50 percent of Club Nova's new members are employed within one year of membership.

The resources of the program include highly-structured support for part-time, temporary employment with business partners, as well as more hands-off support for those who are already independently employed. Club Nova has a relationship with many local businesses that employ some of their members through the program.

The Hampton Inn of Carrboro has a business partnership with Club Nova. Don Strickland, the general manager of the hotel, said Club Nova helps employees through the working process, from training to obtaining transportation to adjusting to the work environment. A staff member from Club Nova also regularly checks up with Strickland to discuss employees' progress.

Strickland said the mission of the Hampton Inn aligns with the mission of Club Nova.

"The mission of our Hampton Inn is to spread the light and warmth of hospitality, and I think Club Nova really does that," Strickland said. "They take people of all ages really, and they look at them for all of their strengths and their opportunities that

they have. They are very warm-hearted people and they want to give these people an opportunity — despite the disadvantages they have — to live a normal life and to be able to work with other people."

Other programs by Club Nova include educational assistance for members trying to further their studies, as well as social and recreational programs planned regularly every week. The club also helps members to obtain necessities such as housing, psychiatric and other medical services, transportation and government disability benefits.

Karen Kincaid Dunn, the executive director of Club Nova, said people with serious mental illness have, on average, a life expectancy that is 25 years shorter than the general population, so providing resources for psychiatric and medical care is essential for members.

**“They look at them for all of their strengths and their opportunities that they have.”**

Don Strickland

Dunn said Carrboro and the surrounding area embraces its members with mental illness, and that's why the town has such a strong mental health network.

"I think we're very fortunate to be in a community and municipalities and a county where I think most people want people with mental illness to be part of the community," Dunn said. "Carrboro embraced Club Nova when we were looking for a place to open. It impacts everybody, no matter who you are, to have people with mental illness be part of the community."

Dunn said Carrboro's Club Nova needs to expand its facilities in order to improve its services and serve more people. The club is currently raising money to renovate and add on to its existing building.

Members can choose to participate in running the operations of the clubhouse, which are called units and include administration, program, culinary, thrift shop and membership.

Eric Sullivan, a member who works in the membership unit, performs duties such as logging attendance of members, filing important documents, assisting with membership orientation



Photo by Sofia Edelman

Club Nova — which has work, education and social programs — is one of many pegs in Carrboro's large mental health network.

and also helping out in human resources and administration. Sullivan was also a major contributor in designing, launching and maintaining Club Nova's website.

Sullivan said he has come to Club Nova for two years. He said the work experience and social interaction has helped stabilize his life tremendously.

"It's a very stigma-free zone — it's like a family," Sullivan said. "You're not just your diagnosis when you're here — you are a worthwhile individual who can keep a place going like this. They trust you with a kind of responsibility that you wouldn't probably normally get."

Jackie Pattisall, a member and receptionist at Club Nova, said being part of the club has impacted her life positively. She answers phone calls and relays messages to the staff.

"I enjoy coming here every day," Pattisall said. "It's brought me happiness and a lot of good support."

In addition to Club Nova, Carr Mill Mall offers a more traditional clinical setting. The Community Comprehensive Mental Health Clinic provides services for those struggling with all types of mental illness.

The center offers integrated care — combining psychiatric and general medical care — as well as outpatient therapy, medication management services, supported employment services and legal resources for people with mental illness who have committed misdemeanors and non-violent felonies.

The Schizophrenia Treatment and

Evaluation Program (STEP) Clinic provides psychiatric services for people with severe mental illnesses, offering psychiatric care, medication management and illness education. Patients from STEP can also obtain services and resources from the general community clinic.

Thava Mahadevan, the director of operations for the UNC Center for Excellence in Community Mental Health, said the main issues that need to be addressed in Carrboro are lack of transportation and poverty.

Mahadevan said he thinks point-to-point transportation service targeting the mental health community would help them access health care much more easily, which would not only benefit them but also save money in the public transportation system. He also said living in Chapel Hill and Carrboro is expensive, especially for people with lower income, and this can affect the access to care of many people with mental illness.

Mahadevan said the STEP Clinic and Community Comprehensive Center could use more funding to reach a greater number of people and prevent health emergencies among those with mental illness.

"I think if we had more financial resources, we would be able to expand our services to reach out to more people," Mahadevan said. "I think we could prevent a lot more of the higher need services like emergency room services and in-patient services by providing a lot more of the preventive services like what we do at the Carrboro STEP Clinic."

# N.C. Barbecue: It's No Debate

By Hannah Lee

A walk out back behind Allen & Son quickly tells you it's no typical barbecue joint. Keith Allen, the owner, takes his barbecue seriously. Large brick barbecue pits on either side of a sizeable firebox billow with gray smoke. Watching eyes water from the foggy air, but Allen is unfazed.

It's 7 a.m. and the sun is slowly starting to rise, Allen's face is damp from standing in front of the firepit and chopping Hickory logs all morning. You can tell he's used to it. He's just a cook doing what he has been for 50-some years now. That's the way it is, and the way it will be.

Or will it?

For over a century, North Carolina has been known for its thriving pork industry. So much so that it's developed its very own barbecue debate. And for most North Carolinians, they're raised on this controversy — tomato or vinegar-based sauce?

But that debate just might be changing. Cities and towns are being urbanized, and the small, close-knit niches of N.C. aren't so small anymore. In turn, this is changing the way people view, eat and debate barbecue.

Allen could be one of the last barbecue traditionalists, someone who will die sticking to his barbecue beliefs. He's owned Allen & Son for 47 years and started working in the barbecue business at 19. Four days a week he wakes up at 2 a.m. to make sure his barbecue is cooked the "proper" way.

"The only thing that makes my barbecue more special than anybody else's is that I'm willing to cook the wood to cook the meat. So the meat interchanges its flavors with the wood," Allen said.

"Everybody's got a sauce. It's the cooking technique that's really the key, and this is the way it was done for hundreds of years before they found out it was easier to turn electricity on or gas. And once they figured that out, everybody quit working."

His Chapel Hill restaurant is outside of town on the other side of I-40, away from the hustle and bustle of university life.

Most of the other barbecue restaurants in the Triangle are located closer to city centers, places where the population is fewer locals and more people from all over the country.

Because of this trend, a lot of restaurants are adapting their menus to fit this changing demographic — thinking less about the barbecue itself and more about the customers.

But not Allen — that's not his priority.

"I have a lot of customers in particular," Allen said. "I wouldn't be out here in the country if I wasn't able to survive ... Once you cross I-40 coming this way, there's not much here. (If) it wasn't good

enough, people wouldn't drive here. I'm not trying to be convenient."

For Allen, barbecue has been a way of life. But for Andrew Moore, owner of Crossties Barbecue in Carrboro, he didn't open his restaurant because he was raised on smoked meats. He opened it because he was getting a lot of catering requests for barbecue from his other restaurant, Venable.

"It kind of chose me," Moore said about the barbecue business. "We had Venable first and then the mall approached us about reopening a restaurant in the Southern Rail space that they had acquired. And so I kind of looked at the space and I thought barbecue fit that property very well."

Adding to that changing demographic in the Triangle, Moore is from Colorado. He doesn't practice the same traditional barbecue ways that Allen values so dearly.

"I thought, 'Why don't we include things from all over the country?'" Moore said. "And make it a barbecue place where you can sample barbecue from all over."

“

*This is the way it was done for hundreds of years before they found out it was easier to turn electricity on or gas.*

”

Keith Allen

At CrossTies, customers are offered lightly seasoned barbecue that they can pair with four different sauces — there's everything from Eastern Carolina-style to an Alabama white sauce, with others in between.

There's no barbecue debate there. Anyone can choose any sauce they please.

And one would think Allen, a decades-long barbecue expert, would disagree. But he doesn't care about the sauces. He understands that everyone has different preferences despite what he prefers.

"Everybody has got their own choices. There's a thousand and one sauces ... brisket, beef, really heavy tomato-based sauce," Allen said. "But everybody grows up thinking, even in your home that you couldn't beat your grandma's, your mother's cooking, your hometown restaurant you grew up with. That's your flavors."

So why does the N.C. barbecue debate even exist?

Maddy Sweitzer-Lamme, a UNC-Chapel Hill senior who wrote her honors thesis on barbecue and culture in the South, said the reason the barbecue

debate blew up in the first place was because North Carolinians worried about preserving their local barbecue identity.

"People like to say that they're different, right?" Sweitzer-Lamme said. "To argue that you're right and that your home whatever is better, is just kind of a universal experience. Regional food (traditions) are part of how we define where we're from and who we're connected to. And it's a way of drawing a line in the sand and saying who you are."

But the demand for barbecue is higher than ever, and that's changing the way it's being produced and served.

According to a 2015 database, there are more than 14,000 barbecue restaurants across the United States. Barbecue restaurants make up two percent of the total American restaurant landscape.

With this, many other types of barbecue are starting to spread across N.C., with influences from Texas, St. Louis, Kansas City, Jamaica and other places. While they are more recent additions and

inal Q-Shack in Durham, doesn't serve local barbecue. He serves his customers Texas-style barbecue, which focuses less on pork and more on brisket. His sauces are also treated as a secondary element.

When asked, Ferguson didn't even know there was an N.C. barbecue controversy, and he's been in Durham for more than 15 years.

"That's not how I look at anything," Ferguson said about the debate. "A lot of things can be done really well, and I respect everybody's barbecue whether it has tomato product in it or not. If the barbecue is good and it's smoked good, just because it's different from what you grew up around doesn't mean it's not good."

So barbecue continues to evolve, and everything accompanying it — the businesses, the customers, the conversations — does too.

There is Allen the traditionalist. Moore, the modernist. And Ferguson, the rationalist. These restaurants show us that the factors used to identify a great barbecue venue are dated — along with whatever is left of the N.C. barbecue debate.

"The whole vinegar-tomato debate is not (a) debate. I walk into every single barbecue place I go into, and I go into a lot. I go in not looking for a debate, but looking to see if their barbecue is good or not," Ferguson said.

"Just because it's different doesn't mean it's a debate. Just because it's different, I go in with an open mind. I think that's what's missing. I think people are missing going into places that are different from what they grew up with — with an open mind."



Photo by Sofia Edelman  
Keith Allen, owner of Allen & Son Barbecue in Chapel Hill and Pittsboro, doesn't avoid hard work when it comes to making his barbecue — if anything, the hard work is what makes it so good.



# *Keeping it Local*

## *Farmers' Markets in Your Backyard*

*By Mary Kate Nolan*

A cluster of ominous gray clouds stood guard over the Carrboro Farmers' Market as rain drops hurried to greet the early bird customers at 7 a.m. However, the gloomy weather was not enough to deter Patricia Graham, whose family has been selling its

crafted cedar products here for over 35 years.

For the Graham family, who sells everything from carpenter bee traps to coat hangers to tables, spending Saturdays at the market is a family tradition. The cedar craft has deep roots in the

family, passed down through three generations now.

"When you marry into the family, you're into the market," joked Graham, who married into this tradition almost 23 years ago.

The family sees this sense of tradi-

tion in its customers, as well.

"I have watched, with our family especially, the grandparents have been buying from us and now the children are coming and buying and now they're having children." Graham continued, "They're not just a customer, they're



Photos by Sofia Edelman

Cedar wood artisan Patricia Graham (left) and heirloom apple cider maker Ann Marie Thornton (right) both sell their wares at the Carrboro Farmers' Market.

friends. And you get invited to their weddings or you get invited over to barbecue or they come out and visit on the farm. So I feel like it ties in the community quite well.”

The Triangle Area plays host to over 30 farmers’ markets, which provide residents and visitors the opportunity to purchase fresh, locally-grown and produced products, often directly from the people who grow and make them. These markets are committed to selling products grown and produced locally, often within a certain radius of the market.

of growing and producing their food. Some offer field trips and summer camps, while others such as the Chapel Hill Farmers’ Market feature everything from cooking demonstrations to mushroom presentations to micro-grainary exhibitions.

The Chapel Hill Farmers’ Market is eagerly preparing to celebrate its 10th anniversary on Saturday, May 19. The event will recognize the founders of the market and vendors who have been selling their products there for 10 years. The celebration will be complete with

“

*They’re not just a customer, they’re friends.*

”

Patricia Graham

Farmers’ markets can replace detached supermarket shopping with a direct connection between the land, farmers and consumers. Casey Roe, Marketing and Sales Manager for Funny Girl Farm in Durham, believes this connection is what really makes farm stands and markets like hers stand out.

“(It’s) the community vibe and the experience of getting to know your farmer,” Roe said. “We really make a point at the farm stand of asking everyone how their day is going, getting to know their names and their dogs’ names and their kids’ names and what they get back from us is more of an understanding about how food is grown and raised and more connection to food and to the land.”

Roe noted the farm stand can also serve as a friendly meeting place for the exchange of information about how to cook certain dishes and which products they are trying out or really enjoy.

Local markets offer educational programs to foster this connection between consumers and the process

live music and free samples from bakery vendors in lieu of a cake.

Manager of the Chapel Hill Farmers’ Market Kate Underhill said this market and others not only bring fresh and healthy food to consumers but also keep money in the local economy. Many local farmers and vendors are finding it difficult to keep product sales up in the face of ever-increasing globalization and the competition of supermarkets. The markets present an opportunity for farmers to foster a loyal consumer base.

Melodie Pugh, director of marketing at Northgate — which houses the Durham Roots Farmers’ Market — spoke to these challenges and the importance that consumer loyalty plays in the market business.

“If you really appreciate the farmers and what they bring to our table, the food that goes in our mouths and how they cultivate it, the organic-ness that goes behind it and all the processes, you know, people are pretty loyal in that regard,” she said.



Photo by Sofia Edelman

Area farmers’ markets offer a place to purchase fresh produce and meats along with local crafts that support the local economy.

However, she also recognized the sometimes harsh reality of a fluctuating consumer base.

“Sometimes people come (to the market) and it’s not enough,” she said.

Some markets encourage consumers to invest in the farm through the Community Supported Agriculture (CSA) program. Membership involves an upfront seasonal investment, after which members can buy products with this credit. The program not only keeps customers coming back but also allows farmers to invest in supplies for the upcoming season without so much uncertainty.

Consumers, on the other hand, enjoy the intimacy and atmosphere of the markets and the variety of products offered. They can shop for fresh vegetables, artisan coffee mugs, locally grown coffee and all-natural body products.

Carrboro vendor Ann Marie Thornton’s craft alcoholic ciders even come with a bit of American history in each

sip. If you asked her, she might tell you about the rich history of apple growing in the South all the way back to the time of British colonization. She hopes to bring back the forgotten flavors of the past by growing about 75 different kinds of apples.

“We decided to grow apples that people would have had on their farms 100 years ago, but that means that we’ve planted it and we don’t know what it tastes like or when it will ripen,” she said.

The markets serve as a reflection of the Triangle’s emphasis on sustainability and environmentally-conscious lifestyle, which is strengthened by the presence of universities that can support research and environmental initiatives.

“I think it’s all about sustainability and Durham, particularly, is all about local, local, local,” Pugh said. “We need this type of market. We need them more and more so our community can grow and prosper and all the locals can enjoy it.”

# May Calendar

## 1 Tuesday

### Pajama Storytime

Southwest Regional Library, 6:30 p.m.

Join Ms. Olivia for bedtime stories, song and sillies. Come decked out in PJs and with stuffed animals in tow.

## 2 Wednesday

### Mother-Daughter Tea

Weathervane, 3 p.m.

Celebrate Mother's Day a little bit early by bringing your special gal to Weathervane for an afternoon of tea, sweets and memories.

## 3 Thursday

### Shakori Hills Music Fest

Shakori Hills, 1 p.m.

Enjoy nature, food and great music at this spring's Shakori Hills GrassRoots Festival. Ticket prices vary based on days camped out.

## 3 Thursday

### Lunch Box Talks

N.C. Botanical Gardens, 12 p.m.

Learn from naturalist and educator Mike Dunn about the wonders of the outdoors, especially in the land of the longleaf pine.

## 4 Friday

### Garden Expo & Plant Sale

Hillsborough Visitors Center, 2 p.m.

Get tips for spring planting and support the Orange County Master Gardeners and Hillsborough Garden Club.

## 4 Friday

### Sunset Paddle

Little River Fishing Facility, 7 p.m.

Savor the sunset while paddling on Lake Michie. All children under 16 must be accompanied by an adult.

## 5 Saturday

### Espresso 101

Carrboro Coffee Roasters, 11 a.m.

Learn the techniques of properly brewing, serving and enjoying the ultimate espresso from the pros at Carrboro Coffee Roasters.

## 5 Saturday

### Beginning Quilting

The Scrap Exchange, 4 p.m.

Make a 36 X 48 inch quilt in this two-part workshop on basic quilting with the pros. Tuition is \$60.

## 6 Sunday

### Carrboro Day

Carrboro Town Hall, 1 p.m.

Celebrate the unique little town that is Carrboro, North Carolina, with food, family activities, story sharing and more.

## 6 Sunday

### Botany of Gardening

N.C. Botanical Garden, 1:30 p.m.

This class is perfect for gardeners who want a better understanding of basic botany. Member tickets are \$32.

## 8 Tuesday

### Vegetable Gardening

Duke Gardens, 6:30 p.m.

Learn the tips and tricks to keep your vegetables thriving through the summer. This class meets three times.

## 8 Tuesday

### Radiotopia

Carolina Theatre Durham, 8 p.m.

See Radiotopia, which empowers independent podcast producers, live at the Carolina Theatre. Tickets are \$35.

## 9 Wednesday

### Pub Quiz Night

Mystery Brewing Company, 8 p.m.

Join Mystery Brewing Company at their public house every Wednesday for a round of trivia and a round of beers!

## 10 Thursday

### Durham Bulls Game

Durham Bulls Athletic Park, 7:05 p.m.

See the Bulls play against the Norfolk Tides. Tickets start at \$7.99 and Brightleaf hot dogs are only \$1!

## 10 Thursday

### Wye Oak Concert

Cat's Cradle, 8 p.m.

This indie rock duo from Baltimore is sure to be a crowd pleaser. Doors at 7 p.m., tickets are \$20 at the door.

## 11 Friday

### Longleaf Film Festival

N.C. Museum of History

Celebrate the fourth annual Longleaf Film Festival with film, fun and community. The two-day festival honors the best in historic and contemporary narrative stories.

Check out the online calendar as well.

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

## 12 Saturday

### Free Fencing Class

Mid-South Fencers Club,  
2 p.m.

Everyone seven and up check out this free hour-long introduction to Olympic fencing! Make sure to wear athletic shoes that cover the toes.

## 15 Tuesday

### Light Bright Adult Workshop

N.C. Museum of Art, 7 p.m.

Paint with light to create animated graffiti! All you need to bring is an iPad with the free Tagtool application.

## 17 Thursday

### Pre-School Storytime

Flyleaf Books, 10:30 a.m.

Every Thursday Flyleaf holds a pre-school storytime session followed by a fun art activity!

## 17 Thursday

### Moogfest

Downtown Durham

Celebrate electronic music in this four-day long festival. Check out panel discussions and tech exhibitions while you're there.

## 18 Friday

### Protect Our Rights Fridays

Root Cellar

Every third Friday of the month, The Root Cellar will donate 10 percent of their sales to an organization working to defend human rights.

## 18 Friday

### Rob Lowe Live!

DPAC, 7:30 p.m.

Check out the prolific actor on his limited-run Stories I Only Tell My Friends tour!

## 19 Saturday

### Taste Hillsborough

Saratoga Grill, 9:30 a.m.

Join chefs, owners and farmers on a culinary walking tour of Hillsborough – enjoying the gourmet flavor, architecture and history of the town.

## 19 Saturday

### Printmaking Workshop

The Studio School of Durham, 10 a.m.

Bring your kiddo to explore three types of printmaking in this free workshop. Make sure to wear clothes you don't mind getting messy!

## 19 Saturday

### Lowcountry Boil

Southern Season, 5 p.m.

Come on down for an all-you-can-eat lowcountry boil with shrimp, sausage, potato and corn! Beer is included in ticket price.

## 20 Sunday

### Popcorn Blue Band

Roost, 3 p.m.

Rain or shine, come down to Roost for live music, local beer on tap, wine by the glass and wood-fired pizza.

## 21 Monday

### Growing Artists Exhibit

Duke Gardens, 12:30 p.m.

Check out art made by children in the Artists in the Gardens homeschool workshops from this past spring.

## 22 Tuesday

### Ferrington Farmers' Market

Ferrington Village, 4 p.m.

Join Ferrington Village every Tuesday through November for a market with fresh produce, crafts and food.

## 23 Wednesday

### Linda's Trivia

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

Test your wits every Tuesday and Wednesday at Linda's Trivia. The first place team gets a \$25 gift card to Linda's!

## 25 Friday

### Movies in the Park

River Park, 8:15 p.m.

The movie of the night is Despicable Me 3! Concessions will be available to purchase on site.

## 26 Saturday

### Puppet Show

Southern Village, 11:30 a.m.

"THE SHOESTRINGS OF US" is an hour-long puppet spectacular presented by 123 PUPPETRY. Come see their giant puppets, masks and more while supporting the arts.

## 27 Sunday

### Ciderworks Yoga

Bull City Ciderworks, 10:45 a.m.

Every Sunday come over to Bull City Ciderworks to get real zen. A pint of cidermosa is included in tickets for after class.

# Retirement Ready?

Summer's coming, and there's nothing like a great vacation to prompt thoughts of well-making this permanent. On January 1, 2011, the



first Baby Boomer turned 65- full retirement age for Social Security (but it's increasing- age 67 for those born 1960 and later). According to AARP, about 8,000 Boomers per day will reach that milestone for the next 18 years. Many have already retired. With healthy portfolios and a decent economy, many more are contemplating it. It's a major goal for most of us, though there's no way to know the perfect time to retire.

The question is, are you prepared personally and financially for this next stage of life? Unfortunately, many just leap into retirement, assuming it will just work out. Hopefully it will, but a little forethought and some basic planning can help improve your odds.

From a financial standpoint, there are a few things I look for when advising someone as to whether they are prepared for retirement. These are:

- Is your mortgage paid off? The difference between having a mortgage in retirement and not having one is huge. An extra \$1000-3000 a month in expenses makes a big difference in how much you need to save for retirement, or have for discretionary spending. It's not "mandatory" to have it paid off- but it sure helps.
- Are your credit cards paid off? The high interest rates on balances hurt even more when you are on a fixed income.
- Do you have a year or so of living expenses in the bank? For pre-retirement, this was in case you lost your job. In retirement, it's to help cover large unexpected bills or so you don't have to sell securities in a down market.
- Have you put together a Spending Plan? Maybe you didn't track your spending while you were working, but before you retire you should sit down and make sure your income and planned lifestyle align. It's a rude awakening to realize a year into retirement that you can't live like you planned, and are perhaps in debt for having tried.
- Do you have a Long-term Care insurance policy? Can you still afford it even if the premiums go up 20-25%? Home care, assisted living and nursing home care can all destroy retirement plans. Protect yourself.

From a non-financial perspective, the most important question to answer

is: How am I going to spend my time once I retire? You can't golf all the time. You won't be traveling all the time. What you will be doing is spending a lot more time around home. And that can be a problem. A job provides contact with people, responsibilities, and intellectual stimulation. What will provide those for you in retirement? Have a plan. Retire toward something, not to run away from something.



Todd Washburn

What if you find yourself wanting in terms of preparation? Consider delaying retirement for a bit. Pay off debt, save a little more, and plan your spending and lifestyle. Working a little longer can make a big difference in how the numbers work. Having a plan to start with beats trying to make one on the fly.

Retirement can and should be a wonderful time of life. Some might say a near-ending vacation. An enjoyable retirement is certainly within reach for most of us. A little advanced preparation and planning can go a long way toward making you one of the happy 8,000 on your 23,741st day (Try this: <http://korn19.ch/coding/days.php>).

## Neighbor to Neighbor

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**Weekly Beer Tap Takeover:**  
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# Good Times and Favorite Finds – Part I

by Chris DiGiovanna

One of the best parts of my job is collecting stories, both from my consignors and the objects themselves. Here are a few of my favorites since I founded my business in 2011.

When I originally started, I had no idea what to sell. I had people give me self-help books, old computers, used sneakers, flip phones... you name it and I probably tried to sell it at some point. I remember being amazed when someone in Russia purchased a 1981 bar of Star Wars soap from me for \$0.25. Think about that for a second. Someone kept a bar of Yoda-shaped soap for 3+ decades, and then someone else halfway around the world bought it and had it shipped to them. Wow.



While selling old Yoda soap was fun, selling old Barbie dolls was exciting. My father found one in a garage sale one day and paid \$10 for her. He suspected that she might be valuable, so I had to pick her up when I traveled to Memphis a few weeks later. She didn't come with much, so we purchased most of her original accessories on eBay. Then she took a trip to a local Barbie spa for a hair wash and some minor touch-ups. A short while later, the Barbie sold at auction on eBay for nearly \$4,000 to a buyer that had set-up a special savings account just to purchase the doll.



Another time, I received a call from a flustered client who had sold her

home in Chapel Hill much faster than she anticipated. She had lived there for over three decades and had received a cash offer on the house, with the stipulation that she move out within a few weeks (right before Christmas!)



I rushed over the following day and scoured the house from top to bottom and ended-up dragging out a beat-up old Louis Vuitton leather suitcase from the damp storage area beneath the house. Someone in Massachusetts paid \$100 for it and later told me they had been able to restore it and were thrilled with their find.



The same house yielded a vintage Steiff teddy bear, which I sold and hand delivered to a collector in Durham. While I was there, she asked me to look at her 1950s era Madame Alexander Dolls from her childhood. The dolls themselves were somewhat common, but she had taken meticulous care in maintaining their outfits and accessories. Ultimately, her small collection of dolls sold for over \$7,000, including a blue Cissy ball gown that jumped from \$120 to over \$1200 in the closing seconds. I've never been so excited about a doll dress in my life!

## Neighbor to Neighbor

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