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LETTER FROM THE
EDITOR 3

S&T'S IS THE PLACE TO BE 6

NATURE IN NC, LABOR DAY
EDITION! 4

LOCALS GET OUT (AND)
PLAY 8



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About Us

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

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

Our stories

LETTER FROM THE EDITOR 3

8 GET OUT (AND) PLAY



Planning activities for your kids is hard, but after some entrepreneurship, these local moms made the search easy!



6 ICE CREAM FOR DINNER

In this day and age, it's hard to find a real, Southern soda shop. Luckily, you don't have to drive far to find a spectacular example of one of these relics: S&T's.

4 NATURAL SITES IN NC

What says labor day more than relaxing at the beach? Or dunes, museums, mountains, gold mines, colonial settlements ... you get the point.

Corrections & amplifications

In the August edition, our story on Orange County Animal Services contained misinformation about OCAS's offered programs. The article online has been updated to correct for these errors.

Cover: The Hemsley and Winzelberg families enjoy the eclipse at Morehead Planetarium.



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Letter from the editor: We want to reach out

by Sofia Edelman

Over the past few months, I've been thinking about what "community" means. Really, it seems like a pretty simple concept — it's a group of people, maybe defined by a region or common interest. But I think this misses some measure of action from everyone involved.

Here's my makeshift definition of community: a group that comes together around a given purpose, interest or goal. It's mutually beneficial and aims to support all those involved.

And so I think community journalism, something Southern Neighbor has been doing for 15 years as of next month, has to fit into this definition. After some thought, I realized Southern Neighbor, as it is right now, doesn't. We write about the news but we don't always interact with it — but that changes now.

To interact more with all of you — and be a better community magazine — this fall we'll be starting two new programs: a community board and a book club.

One thing that I think makes any news organization stronger is perspective, which is what we aim to achieve in our community board. The board is open to any and all community members — long-time residents, newcomers, business owners and everyone in between. You don't have to write columns if you join the

board, but for the first time we can offer space in our magazine every month for a board member's column.

I've already heard a few wonderful ideas for columns from readers, like ones dealing with cooking or nature, and I'm excited to hear from all of you who are interested about what you'd want to write about.

Besides being a platform for community columns, I want this board to serve as a connecting point for different members of the community and us at Southern Neighbor. We will meet monthly to discuss important topics in our communities and plan editorials, for which there will always be online space.

As applying for the board goes, you can send me an email at editor@southernneighbor.com with the following information by the beginning of October:

-Why are you interested in being on the board?

-Where in the community are you from?

-And, if you want to write a column, what would you like to write about?

Once the board gets organized, I'll open up the application again for more community members to apply and join.

Our other new program, the Southern Neighbor book club, also aims to bring us together as a

community. Every month, we'll pick a book written by a local author and at the end of the month we'll meet to discuss the book and hold a meet-and-greet with the author — which means there are two different ways you can participate!

Firstly, if you're a local author, we want to hear from you! Though I'm definitely excited to do some research and talk to bookstore owners in search of local authors, we need a book for our first month pronto! A spot in every month's Southern Neighbor will be reserved for a short excerpt of that month's book club book, to boot!

Secondly, if you're a bibliophile like me, these events should be great fun and an even greater way to meet your neighbors! And, as an added bonus, I swear on all my journalistic integrity that I will try my best to host each event somewhere that sells coffee, or at least bring some coffee along!

On a serious note, this is just a jumping off point for us. I'm not going to pretend that starting this board and holding book club events makes us supremely integrated into the community, but I think it's a good start. I'll end this letter the same way I ended my first one: with me asking a favor.

I wouldn't have gotten the idea to start this community board without you (yeah, you!) reaching out to me and showing your interest in writing about topics important to you (and a little help from my colleagues in getting this idea together). So please, keep reaching out to me. Even if you



WANT TO GET INVOLVED?

THERE'S MORE TO DO THAN JUST READ US!

-  Be a part of our editorial board. If you care about issues in your community, we want to be a platform for your voice!
-  Join us at Southern Neighbor book club events. They're a great place to meet local writers and fellow community members.
-  Submit to our online calendar. Tell your neighbors about events they shouldn't miss.
-  Email our management. We always want to hear from our readers about ways to improve our coverage, and just to say hello!
-  Follow us on social media for all of our community news and more @Sonneighbor and @southernneighbor.

don't want to be a part of the board (though I promise there is a place for you here!) I want to continue to hear from you about what's important to you so I can continue to make Southern Neighbor a more involved part of this community.

And, as always, if you want to grab coffee and chat, I'm always here.

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Labor Day in NC: got plans?

By Cole Stanley

Uwharrie Mountains Wine Trail: A perfect Charlotte area day trip, this gorgeous drive through central North Carolina is named for the scenic mountain range that rises to the northeast. Along this route, you'll find several renowned wineries specializing in North Carolina muscadines, as well as countless breathtaking views.

Jockey's Ridge: The tallest sand dune in the Eastern United States, Jockey's Ridge answers the question "What would it be like if there were a desert in North Carolina?" The ridge, located in the Outer Banks, is the perfect place to birdwatch or fly a kite on the swift winds on the dunes.

Mount Mitchell: For our readers of diminutive stature, Mount Mitchell might be the perfect day trip, because for a brief moment while standing on the summit, you can share the mountain's distinction as the highest point east of the Mississippi River. With 360-degree views of the Blue Ridge Mountains and dozens of species of flo-

ra and fauna you can't see anywhere else in the world, Mount Mitchell is truly something special.

Old Salem: This Piedmont destination was founded by the Moravians before the Declaration of Independence was signed, and many of the historic structures still stand in their original plots today. With an on-site bakery that still uses colonial technologies and regular ghost tours, there's a little some-

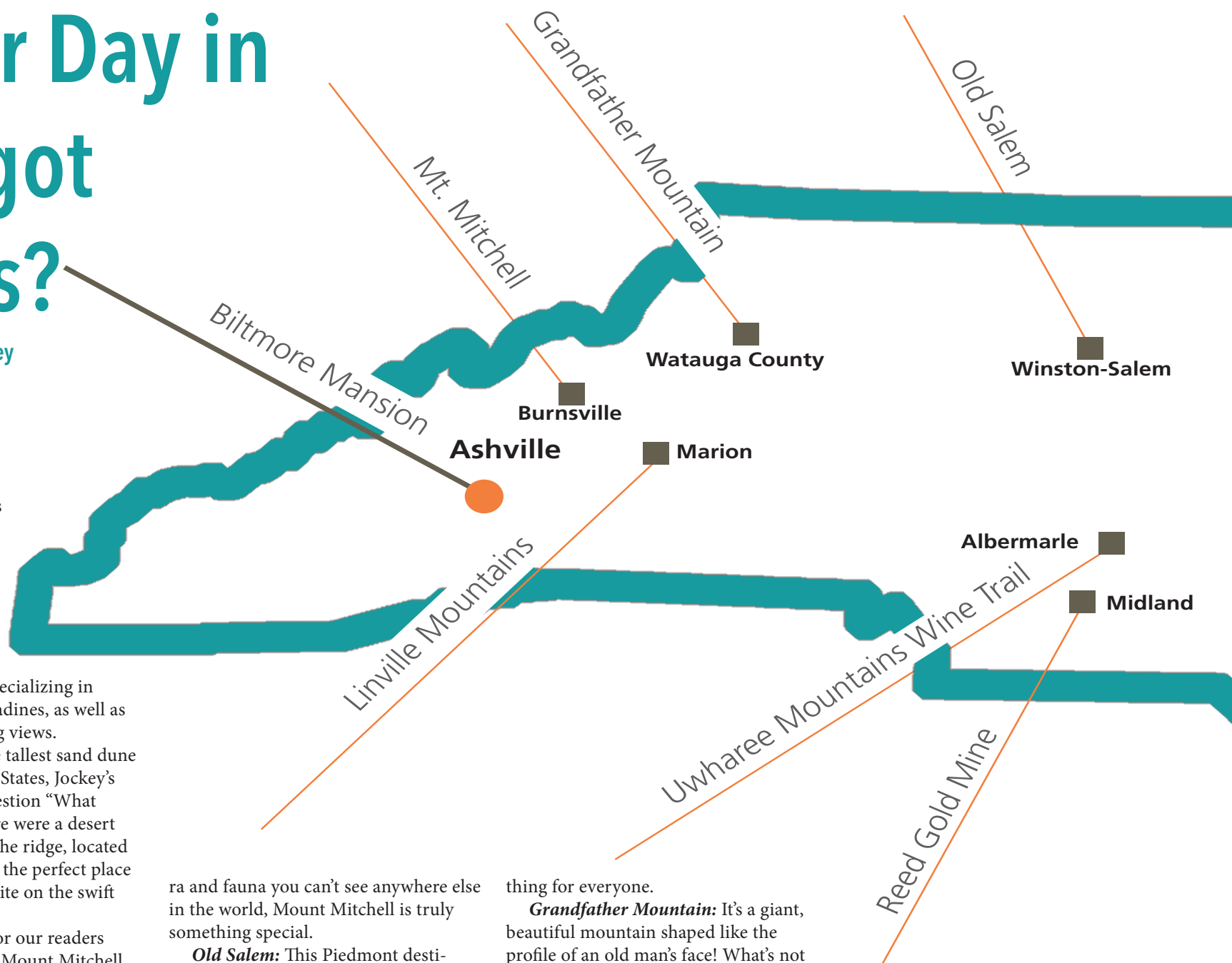
thing for everyone.

Grandfather Mountain: It's a giant, beautiful mountain shaped like the profile of an old man's face! What's not to love?

Corolla, NC: Corolla borders both the Atlantic Ocean and the Currituck Sound, allowing visitors access to the salty ocean waves, the calm kayak-worthy sound waters and the idyllic maritime forests that lie in between.

But perhaps the most popular attraction in Corolla is the wild ponies that roam the beaches, which are directly descended from the stallions brought by the Spanish explorers during the colonial era.

Biltmore Estate: The Biltmore



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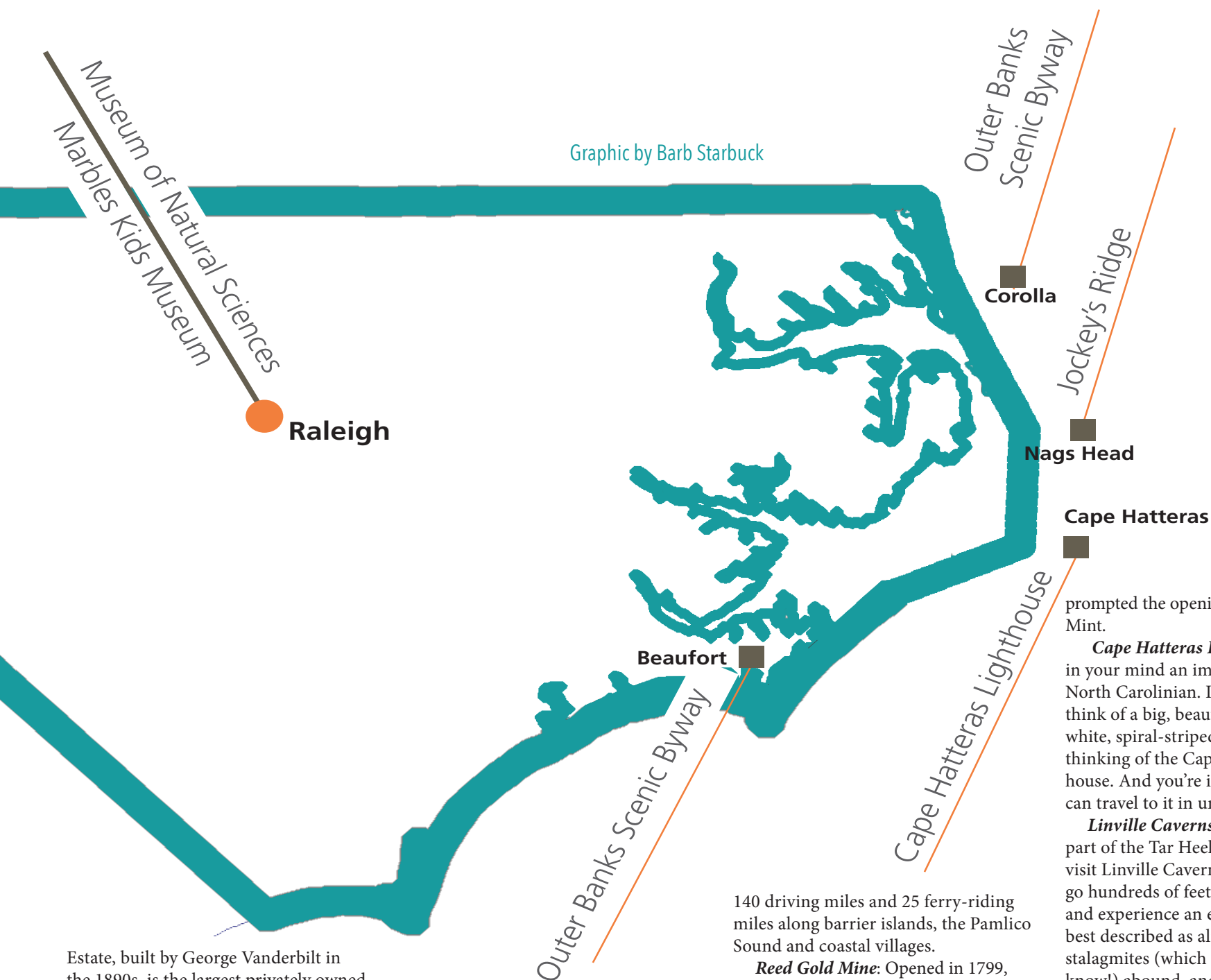
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Graphic by Barb Starbuck

Museum of Natural Sciences
Marbles Kids Museum

Raleigh

Outer Banks
Scenic Byway

Corolla

Jockey's Ridge

Nags Head

Cape Hatteras

Beaufort

Outer Banks Scenic Byway

Cape Hatteras Lighthouse

Estate, built by George Vanderbilt in the 1890s, is the largest privately owned home in the United States. Nestled within the gorgeous Blue Ridge, just outside of Asheville, the Biltmore features tours of the historic home, an expansive garden and America's most

visited winery.

Outer Banks National Scenic Byway: The Byway follows the North Carolina coastline as it juts east into the Atlantic Ocean and stretches over

140 driving miles and 25 ferry-riding miles along barrier islands, the Pamlico Sound and coastal villages.

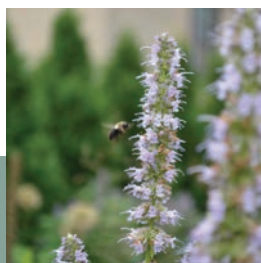
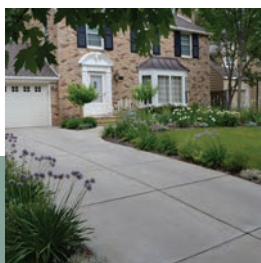
Reed Gold Mine: Opened in 1799, the Reed Gold Mine is the site of the first gold discovered in the United States. In operation from that time until 1912, the mine was the source of an influx of gold in the Charlotte area that

prompted the opening of the Charlotte Mint.

Cape Hatteras Lighthouse: Conjure in your mind an image that is distinctly North Carolinian. If you, like many, think of a big, beautiful black and white, spiral-striped lighthouse, you're thinking of the Cape Hatteras Lighthouse. And you're in luck, because you can travel to it in under a day.

Linville Caverns: In the western part of the Tar Heel State, you can visit Linville Caverns, where you will go hundreds of feet under the Earth and experience an environment that is best described as alien. Stalactites and stalagmites (which is which, I still don't know!) abound, and the underground river that flows through the cavern is home to a few species of blind fish. If you're a fan of rocks and minerals (or visionless sea creatures), this is the trip for you!

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RESTAURANT REVIEW

Review by Sofia Edelman

S&T's Soda Shoppe

Address: 85 HILLSBORO STREET, PITTSBORO

Hours: 11 a.m. to 7:30 p.m., Tuesday through Saturday

Price: \$

It was a balmy summer afternoon when I made my first visit to the Circle City. I've lived in Chapel Hill and the surrounding area for a while, but I had never trekked over to Pittsboro. During this trip, I was on a very specific mission: to figure out what the buzz around S&T's Soda Shoppe was all about.

When you walk into S&T's, you're transported back in time to a picturesque mid-20th century soda shoppe — but not in the sort of contrived, decorative way that some dives are gussied up. From the antique light fixtures to the wooden ice cream menu, S&T's has an unmistakably genuine look, and the food certainly mirrors that.

We were seated in the back room, which is away from the entrance and soda shoppe counter. This room had its own charming accoutrements though, my favorite being a miniature ferris wheel that sat next to old pop bottles.

The menu meshed nicely with the aesthetic of the restaurant. Bound with twine and adorned with a history of the restaurant, the menu touted pages of classics — homemade soda floats, melts, burger, salads and fries (oh,

the fries), many of which were named after nearby towns or people. But what I had really journeyed to Pittsboro to experience was S&T's banana split, listed under “frozen concoctions.” I had been told this banana split would be life-changing. At an incomparable height of around a foot, it would make all other banana splits pale in comparison. With this information in mind, I did the most logical thing anyone would do when preparing to consume a megalith of an ice cream treat — order more food beforehand.

To start off, my group and I ordered a sensible appetizer: a raspberry soda float with vanilla ice cream. It reminded me of when I first moved to North Carolina and my mom, who is from the South and was excited to be back in her usual stomping ground, brought me to a soda shoppe in Charlotte and had to convince me that, yes, you can have an ice cream float that isn't made with root beer. Suddenly, every ounce of excitement I had about this restaurant intensified one-hundred-fold. The ice cream accumulated sweet, icy edges that only a soda float can make. And if you're worried about the concoction being too sweet, I wouldn't — there's something about eating underneath a collection of vin-



Photo by Sofia Edelman

The Old Pittsboro pimento cheese sandwich, paired with curly fries, was one of an endless array of delicious combinations at S&T's.

tage milkshake churners and carnival advertisements that rallies your ice cream eating spirit.

After the “appetizer” came the main

course. Our whole party went with sandwiches: two Mebanes — classic cheeseburgers — a pimento burger with bacon and an Old Pittsboro pimento cheese sandwich. North Carolina is synonymous with a few things: Carolina blue skies, barbecue

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and, I would argue, pimento cheese. The pimento cheese at S&T's would make any North Carolinian proud. It was perfectly smooth, with a bite of pepper, and managed to not be even the slightest bit heavy. Along with my Mebane, I ordered possibly the best steak fries I have ever had, perfectly crisp yet filled with fluffy potato goodness. I also had some carefully stolen curly fries and onion rings that were just as superb.

If sandwiches aren't your thing — though there are many diverse options to choose from — S&T's offers other classics like a spaghetti plate, country ham, buffalo wings and skirt steak. Additionally, there aren't as many vegetarian options as there are meat options, but there are definitely vegetarian options to be found in the sandwiches, main plates, salads and sides.

After our main course we told our waitress we wanted to order the banana split. She seemed shocked we had eaten a full meal and were going to take on the frozen behemoth. Unfazed, we ordered a classic banana split with chocolate, vanilla and strawberry ice cream — though you can pick from a long list of flavors to create your own unique pairings.

When it arrived, I realized why the waitress was skeptical of our ability to eat what we set out to. Other diners were staring at our huge frozen decision when we dug in. The ice cream and bananas were expected, but I had forgotten that a real banana split also had pineapple chunks and maraschino cherries and maybe a small shoe box's worth of whipped cream — we had our work cut out for us.

Every bite of the banana split was something unique, with different combinations of ice cream, cut fruit and, of course, whipped cream. In the midst

of enjoying that beast of a frozen treat, I no longer felt like I couldn't finish it, until, eventually, the fullness started to creep in. We shaved down the split into two average-sized scoops of ice cream with some remnants of chopped cherries and pineapples.

Just because S&T's is known for their giant banana split sundae doesn't mean that's all the ice cream they offer (I mean they did let us have an appetizer of ice cream soda!) Along with single and double scoops of ice cream, you can get regular sundaes, cola sundaes, malts, shakes and pie to wash down your main dish.

After our feast, we walked around downtown, reveling at how much food we had just eaten and being surprised again and again by the unique shops and galleries around S&T's. We hadn't quite finished what we set out to eat, but I had certainly completed my mission. The buzz around S&T's must come from a lot of directions — the food is amazing, and priced well, to boot, but there's something more than that. S&T's is welcoming and warm; even someone like me who had never been to Pittsboro before felt at home there.

I have one regret from my afternoon in Pittsboro — I only wish someone had warned us when we got to S&T's that we should go easy on the food before eating their banana split, but I'll definitely be back again for a sensibly-sized meal soon.



Photos by Sofia Edelman

S&T's looked and felt like you were in a real, old-fashioned soda shop — displaying and using vintage dinnerware.



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From mom to mom

LOCAL MOMS BRING FAMILY FUN TO YOUR FINGERTIPS

By Kayla Drake

It's a Friday night and you're looking for an activity that is fun for the whole family. You've already seen all of the good movies and the park isn't as fun as it used to be. So what do you do?

Rather than spend the night inside watching television, you could be like many other parents in the Chapel Hill area and use Get Out Play, a quickly growing website that has a calendar of family-friendly events from a variety of local places, all just one click away.

Photo by Aramide Gbadamosi



Photos by Sofia Edelman

Get Out Play puts together local events so families can find them. For this year's solar eclipse in late August, they curated events at the Morehead Planetarium and two locations in Durham.

Courtney Wright, co-founder of Get Out Play, was in the same situation that many other parents were when she became a mom and began looking for fun things to do with her children. Even though she had lived in Chapel Hill for years, she still had trouble finding events in the area.

"When I became a mom I was so overwhelmed with what to do and researching what to do with my kids at a certain age," Wright said. "We wanted to bring people together so they could find what they wanted to do in one easy place."

she said. "The website is a way for you to see what's going on, with free events, indoors, outdoors, family friendly and events like that."

Sampey also said that organizations are welcome to submit their events for advertisement on the website.

"We have on our calendar page and homepage that say 'recommendations' or 'submit your event,'" Sampey said. "We want it to be a community website where people who put on events contact us so we can put it on the calendar."

“

There are so many parks in the area that my family hasn't been to and we are trying to make a map of places we can hit.

Courtney Wright

”

Thus, Get Out Play was born. Wright and two others, Sabrina Sampey and Michelle Bragassa, work together to find events in the area and place them on a calendar that is accessible for all, easy to navigate and makes finding activities for any day of the week a simpler task for busy parents.

"Until I started looking at the different calendars, I didn't realize how much places like the local library do for the community," Wright said. "There are so many parks in the area that my family hasn't been to and we are trying to make a map of places we can hit."

Sampey said one of the missions of Get Out Play is to encourage parents to get outside with their families.

"We are trying to get families to go outside and play because there is a lot of technology and distractions nowadays,"

Managing a website of events between three people looks like a difficult job, but Bragassa said that the events are split into different categories and they each take part in finding events for those categories.

"We start by finding things that fit the categories in those areas, some well-known, some by reference of friends or they've shown up or through the grapevine," Bragassa said.

"It's a lot of time searching on the internet and hearsay from friends and remembering to check websites, but we are totally open to people sending us information and contacting us."

Bragassa said that Get Out Play has helped her in finding hiking trails for her family, as well as other events and fun locations to frequent.

"My triplets really enjoy being outside and hiking and going to the parks that we didn't even know existed," Bragassa



said.

"The museum has been great of course, in fact, I just took a trip with the kids to the Greensboro museum, and we plan to take advantage of a couple more of the museums and science centers and some of the programs they are putting on for the kids."

While the website features events from a variety of locations around Chapel Hill, Wright also said that Get Out Play is working with Fit4Mom, which provides a series of exercise-related events for moms to do alone or with their children. Amy Rosso is the founder of the program, as well as a mom of two kids.

"Fit4Mom is a community-based organization that offers fitness programs for every stage of motherhood, everything from prenatal classes to stroller-based workouts, yoga, run club and race training, results-based program called Body Back that is high-intensity training, nutritional coaching and food journaling," Rosso said.

"It's all about making connections, bringing the community together, celebrating motherhood and letting mom

give herself permission to put herself back on the list by getting a workout in with other like-minded moms."

Rosso said one of the main reasons she started Fit4Mom was because there are so many events in Chapel Hill for kids, but not very many for just moms. She said that making "mom friends" and establishing a community with others is important and by creating events designed just for moms, it reinforces the importance of well-being. She also said that Fit4Mom engages in different service events to give back to the community.

"We do regular stewardships like organizing food drives and leading local climbs; in fact, we just did a hike to raise funding for postpartum depression anxiety groups," Rosso says. "It's an amazing community for moms."

No matter what age children you have, Get Out Play and Fit4Mom are the opti"mom" websites for finding events that will work for you and your family. For more information on a "mother" load of events, visit www.getoutplay.com and chapelhill.fit4mom.com.

September Calendar

2 Saturday Wes Collins, Live!

Roost, 5 p.m.

Listen to the peaceful, acoustic music of local songwriter Wes Collins while enjoying food and beverages at Roost. In case of inclement weather, this event will be held in The Goat.

7 Thursday The Origin of Seeds

N.C. Botanical Garden, Noon

Learn about plants through the adaptations of seed-based reproduction. The presenter, Dr. Pat Gensel, is a paleobotanist and professor of Biology at UNC.

9 Saturday Fresh Fall Apples

Southern Season, 4 p.m.

With fall on the way, fresh local apple varieties are making their way into local markets. This class will teach you recipes (with wine pairings) that utilize this festive fruit. Registration is \$45. Tickets are sold out, but call (919) 929-7133 to be added to the waitlist.

14 Thursday Festa Italiana

Il Palio, 6 p.m.

Enjoy a night of cocktails, hors d'oeuvres and Italian cuisine all in support of the James Beard Foundation Scholarship Fund. Tickets are \$185 and proceeds go to the foundation.

3 Sunday Paddleboard Yoga

Jordan Lake, 8:30 a.m.

Want to up your yoga game? New to yoga but ready to try something adventurous? This outdoor yoga experience combines traditional poses with paddleboard balancing.

7 Thursday Taste of Grüner Veltliner

Fearrington Village, 6 p.m.

Come learn about Austria's most famous white grape, Grüner Veltliner, which has delicious peppery and herbal qualities. Registration is \$40 and includes wine and tasting plates.

10 Sunday Chef's Life Premiere

Carolina Theatre Durham, 3:30 p.m.

Join the first lady of Carolina cooking, Vivian Howard, for a matinee screening of the first episode of A Chef's Life, season five. Howard's show has won a Peabody Award and a Daytime Emmy. Tickets start at \$50.

15 Friday Durham Home Brews

Counter Culture Coffee, 2 p.m.

In this two-hour class, you will learn the art of brewing coffee in your home with the best tools available. Registration is \$75 and includes a digital kitchen scale.

5 Tuesday Children's Storytime

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

Bring your baby, toddler or preschooler for storytime with McIntyre's child book buyer Sarah. For more information, contact the store at (919) 542-3030.

8 Friday Puppet Intervention

Joseph M. Bryan Jr. Theater, Raleigh, 5 p.m.

Bring your child out for a grand performance of giant puppets and stilt performers in this year's Paperhand Puppet Intervention: Of Wings and Feet. This event is free for children under six.

14 Thursday Science of Beer

Durham Museum of Life and Science, 6:30 p.m.

Sample local beers while getting schooled on how these brews are made. Tickets for members are \$35 and all proceeds go toward the museum's initiatives.

16 Saturday Cleaning Carrboro

Carrboro Century Center, 9 a.m.

This event is meant to help clean up the Carrboro area and lots of volunteers are needed. Lunch will be provided. For more information, contact Jeremy Poythress at (919) 918-7392.

6 Wednesday Books Sandwiched In

Chapel Hill Library, 11:30 a.m.

Come discuss "The Diary of a Young Girl" by Anne Frank. Each first Wednesday in September, the library holds a discussion of a challenged or banned book in honor of Banned Books Week.

9 Saturday Kids' Dog Show

Henry Anderson III Community Park, 9:45 a.m.

Families are invited to bring their dogs who are 6-months-old or older for a kids' dog show with fun categories like most original costume and least obedient.

14 Thursday Meet the Maker Dinner

Fearrington Village Restaurant, 6 p.m.

Join Our State Magazine for a night of gourmet farm-to-table dining with five of the state's best chefs. There will also be a cocktail hour with hors d'oeuvres. Tickets are \$155.

17 Sunday Curds and Crafts Festival

The Cloth Mill at Eno River, 1 p.m.

Join local breweries and artisan cheesemakers for the third annual celebration of this delicious pairing. Half-day tickets start at \$35 and go toward the Rural Advancement Foundation International in Pittsboro.

Check out the online calendar as well.

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

17 Sunday String Beings, Live!

Roost, 3 p.m.

Come listen to the string trio, the String Beings, at Roost for a relaxing afternoon of food, drink and music. In case of inclement weather, this event will be hosted indoors at The Goat.

22 Friday Porkapalooza

The Root Cellar, 6:30 p.m.

Enjoy a seven-course small plate pork feast with ingredients from local farms, including chicken-fried pork over waffles and bacon-chocolate chip cookies.

24 Sunday Carolina Skies

Morehead Planetarium, 3:30 p.m.

Fly out into the solar system to see the wonder of the stars above us. This recurring event teaches viewers how to identify celestial objects and how ancient cultures used to explain these bodies.

18 Monday NCCU Tour

NCCU, 10:30 a.m.

Interested in being an Eagle? NCCU, which opened in 1910 in downtown Durham, offers tours every weekday from 10:30 a.m. to 1:30 p.m.

23 Saturday Author Event

McIntyre's Books, 11 a.m.

Join author and former AP editor in Cheyenne, Denver, Little Rock and Raleigh Joseph Wheelan for a discussion of his book, "Midnight in the Pacific," which chronicles the fight for Guadalcanal in WWII.

25 Monday Mac DeMarco Concert

Carolina Theater Durham, 8 p.m.

With his new release, "This Old Dog," DeMarco has risen through the ranks of indie stars this year. Tickets in the standing pit start at \$25.

19 Tuesday Oktoberfest (Almost)

Southern Season, 5 p.m.

It's almost Oktoberfest, and Southern Season will help you be culinarily prepared with instruction on dishes like goulash soup, pork medallions and baked apples. Registration is \$50.

23 Saturday Latino Fiesta & Soccer Challenge

Rock Quarry Park, 10 a.m.

Enjoy food trucks, a family fun zone and a meet-and-greet with Duke's mens soccer team while watching the championship game in the Durham Soccer Challenge.

21 Thursday Power of G.I.R.L.

New Hope Presbyterian Church, 6:30 p.m.

Let your girl unleash her inner G.I.R.L. – being a go-getter, innovator, risk-taker and leader – while exploring Girl Scout troop options.

23 Saturday Jerk Food Festival

West Point on the Eno, 8 a.m.

Come celebrate Caribbean culture at the fourth annual North Carolina Jerk Fest. Events include a 5K, wing eating contest, Caribbean food court and more.

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NEWS BRIEFS

DURHAM

Protesters pull Confederate statue down

After the “Unite the Right” protest in Charlottesville, Virginia, turned deadly, protesters in Durham pulled down a monument to Confederate soldiers outside the old Durham County courthouse — leading to eight arrests. Those arrested were charged with two felonies — inciting a riot and participating in a riot with damage in excess of \$1,500 — and three misdemeanors — injury to personal property, injury to real property and the defacement of a public monument.

Three days after protesters toppled the monument, a line of people gathered outside the Durham courthouse to turn themselves in in solidarity. Durham Police released a statement saying more arrests will be possible as they comb through photos, videos and tips from community members.

RALEIGH

Officers to start carrying Naloxone

Amid rising rates of opioid overdoses and drug-related deaths, Raleigh Police Department officers will now be able to carry naloxone, a drug that reverses opioid-related overdoses by blocking opiate receptors in the brain, in spray form.

The Raleigh City Council will spend \$24,000 equipping their officers with the drug and began training 600 officers and personnel in administering the drug in July.

Raleigh isn't the first N.C. city to use naloxone though — Carrboro's police department prevented the first drug overdose death using naloxone in North Carolina in 2015. In 2016, the N.C. General Assembly passed legislation that allowed citizens to purchase naloxone without a prescription.

RALEIGH

New "pay what you can" restaurant opens

Raleigh's first pay-what-you-can restaurant is slated to open this fall in what used to be the Cafe de los Muertos. A Place at the Table, which has previously held pop-up events in the community, aims to provide restaurant-quality meals to all customers — no matter their means.

The restaurant will serve breakfast and lunch and will not be like a soup kitchen, giving out “hand ups” instead of “handouts,” as one board member put it.

There are multiple ways to pay at A Place at the Table — you can pay what you're able to afford, pay what you think a meal of that nature should cost, pay extra as a donation, pay for yourself and another diner's meal or pay by volunteering around the restaurant.

HILLSBOROUGH

Moorefields to host fourth bluegrass festival

The Historic Moorefields, located near downtown Hillsborough, will be hosting its fourth annual Bluegrass Festival on September 9 from 2 to 7 p.m. Food and alcoholic beverages will be available to purchase on-site. Gigs being played all afternoon include Counterclockwise String Band, Vintage Blue, Nixon, Blevins and Gage, The Bluegrass Experience and Fabius Page.

Adult tickets will be \$15 while they will be \$10 and free for 13-to-17-year-olds and children under 12, respectively. Tickets will be available at the door or at www.moorefields.org, and parking is free! All proceeds from this event will go toward the educational, environmental, artistic and preservation mission of the Historic Moorefields.





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Business Spotlight: Mobile Rehab

Often, as people grow older in their later years, they are confronted with concerns about their ability to continue to live independently in their own home. When he started out as a physical therapist, Joshua Cohen PT, MS often heard about this struggle from patients he saw in the hospital setting who hoped to return home after experiencing fall related injuries. When he worked in nursing homes, he saw many seniors who were not able to return home due to lack of support. In retirement facilities, he met many seniors who had chosen to sell their homes because they could not find help to remain in their home.

In 2004, Joshua founded Mobile Rehab Physical Therapy with the goal of taking a proactive approach to help seniors remain independent at home by providing outpatient physical therapy in the home setting... essentially physical therapists who make house calls. This service differs significantly from what most people are familiar with as “Home Health Physical Therapy.” Unlike Home Health, Mobile Rehab does not require the patient to be homebound, so they can continue with their daily activities outside of home. The therapy services are covered by insurance, and all the therapy is provided by licensed physical therapists. They can even provide therapy after a patient is discharged from traditional Home Health.

By providing outpatient physical therapy in the home setting, many of the barriers to patients achieving their rehabilitation goals are removed. For example, the complications of driving or finding transportation to a clinic are eliminated. The patients are shown exercises that they can complete in the home setting without having to rely on machines in a gym (there are plenty of effective exercises that don't require any equipment). Exercises and therapy can also be tailored to each patient's unique circumstances to ensure successful rehabilitation and the ability to gain the independence needed to continue to thrive after physical therapy.

For the past 13+ years, Mobile Rehab has succeeded in helping seniors throughout the Triangle area recover from injuries, balance issues, and many different diagnoses, without having to drive to clinics. Some patients even avoided the need for nursing homes and assisted living facilities by receiving in home physical therapy. It is Joshua's goal to expand this service to more areas throughout the Triangle and to further prove that the Triangle is a great place to live a long, active, and independent life.

Mobile Rehab Physical Therapy

Founded: 2004
Location: Pittsboro, NC
Executives: Joshua Cohen PT, MS, owner
Physical Therapists: 5
Website: www.MobileRehabNC.com

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Rough First Weeks of School for Kids with ADHD?

Back-to-School Survival Tips for Parents

By Dr. Trish Leigh
Leigh Brain & Spine

Back to school can be tough for many kids and even more so for kids with ADHD and their parents. Transitions, such as changes in peers, teachers and environment, can make things much worse. Check out these survival tips to help your child and yourself through the first month of school.

Support. Your child actually needs more support and understanding from you right now, so give it to him. My son has been melting down during his first week of school with overwhelm due to his homework. So I sit with him and give him guidance and encouragement as he completes each task. I have told him (repeatedly) that his only job is to have a positive attitude. I show him how to check items off his to-do list, empowering him and propelling him on to the next assignment. I make it fun by being a bit silly through examples. This lightens his mood, making it easier for him to get the work done. Will I sit next to him all year long? Absolutely not. I will wean

my support as his confidence grows and he no longer needs it. Routine. You have heard it before, but it is the number one factor that can help your child with ADHD stay in check. Following a daily routine sets your child up for success because the expectation of how the morning or homework time

will go is already set, making it easier to comply. Need help within these routines? (1) Set a timer; first with longer timeframes and gradually shortening them for success. (2) Paper checklists help keep your child visually organized on paper and not just in his head. (3) Rewards for success help your child stay motivated with pride (punishment perpetuates shame... stay away from this if you can). Ample Time. Make sure your child has extra time, especially in the morning. Most problems we have as parents are because we are rushing and we are rushing our children. Lots of time is essential for tasks to actually be completed and done well, even if it is brushing teeth, packing lunches, and getting out the door. Children with ADHD have brain patterns that will make their alertness and focus low early in the morning and when tired. Give them time to succeed. If these tips don't help! At Leigh Brain & Spine we help kids that are not able to self-regulate their own behaviors. We use state-of-the-art, brain-based evaluations and treatments to see how your child's brain is performing and what needs to be done for it to process information better. If your child does not respond to the above practices, his brain may be stuck in a neurologically dysregulated pattern making it all but impossible for him to stay focused and organized. If this is true for you, call us, we can help.



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:
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**Use Your Porch
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All about acne

By **Leighanne McGill, PA-C**

Board Certified Physician Assistant
Dermatology & Laser Center of
Chapel Hill

The pesky zits and acne bumps we associate with teen years are almost a right of passage, so much so that bothersome pimples signify young adulthood. However, for many, acne can persist later in life. Adult acne is more common in women and can continue well into maturity. Acne is more than just a cosmetic nuisance – it is a disease that can have significant dermatologic and psychological consequences. Thankfully, there are numerous treatment options to control and in some cases cure acne.

Acne is not a sign of poor hygiene. Dirt and oil do not cause acne, the true cause is multifactorial. To understand how acne forms, a brief discussion of skin anatomy is warranted. “Pores” are a colloquial term for the pilosebaceous unit of the skin. The pilosebaceous unit is composed of a hair, the hair follicle, and the sebaceous gland. Sebaceous glands produce sebum. Sebum is an oily secretion that in normal amounts helps maintain your skin’s moisture.

Teenagers often experience acne because the increased hormones secreted during puberty cause the sebaceous gland to produce increased amounts of oily sebum. Sebum and skin cells clog the outlet of the hair follicle, and this obstruction, a “clogged pore,” causes acne. In addition, the bacteria that worsens acne



thrives in the blocked follicle or “pore,” causing inflammation and redness. Propionibacterium acnes is the main bacterial culprit for exacerbating acne.

The physiologic process that causes acne produces two types of acne: non-inflammatory acne and inflammatory acne. Non-inflammatory acne lesions are blackheads and whiteheads, medically called open comedones and closed comedones, respectively. Inflammatory acne is a painful pink bump – a pimple, nodule, or pustule – that can cause disfiguring pigmentation and scarring.

It is a popularly held notion that certain foods influence the development of acne. Recent studies have suggested that diets high in sugar and simple carbohydrates may worsen acne. Makeup that clogs pores can worsen acne. Picking of individual bumps can also aggravate acne and even causing scarring.

There are numerous treatment options for acne. There are some over the counter products that can help. One such product is benzoyl peroxide, which can help eliminate acne-causing bacteria and reduce inflammation. Benzoyl peroxide is formulated as a wash for large areas, or a gel for spot treatment of individual acne lesions.

Topical retinoids are the mainstay of acne treatment. Topical retinoids are derivatives of vitamin A that unclog pores by promoting skin cell turnover. Essentially, they work by helping teach skin cells not to make acne and are the best form of prevention. Recently, a topical retinoid called adapalene (Differin gel) was released for over the counter sales.

When over the counter products have failed to provide significant benefit in 2 to 3 months, I recommend an office visit with your dermatology provider. For some patients, a stronger, prescription-only topical retinoid like tretinoin (Retin-A) is necessary. Topical antibiotics can also be prescribed to help shorten the duration of individual pimples. Topical antibiotic formulations are safe for long-term use. A brief course of oral antibiotics is sometimes necessary to reduce inflammation and kill acne-worsening bacteria. Oral antibiotics should only be prescribed for short-term use under the supervision of your dermatology provider. Acne that is intractable to the conventional treatments may require curative



Leighanne McGill, PA-C

Neighbor to Neighbor

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therapy with an oral vitamin A
derivative.

The adage “an ounce of prevention is worth a pound of cure” remains true when treating acne. It is much easier to treat and prevent acne than it is to treat acne scarring. Broad-band light treatments and laser resurfacing can provide benefit for acne scarring. Schedule an appointment with your dermatology provider for an acne treatment regimen customized to you.

KEYNOTES | September 2017

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The Influence of Image

I recently read an interesting and thought-provoking article. It was by a money manager- someone who does investing for others for a living. He talked about an internal struggle he was having. You see, people assume he makes a lot of money. And yes, he's doing OK. But he lives in a "small" house and drives an older car. The house is right for his family- in size, location, upkeep, etc. He loves the car. Neither, however, fits his image of what someone in his occupation should live in or drive. He worries that some might judge his abilities by his house, car or club memberships. He knows he's doing the right things- saving for the future, living within their means, and modeling good behavior for the kids. But, do folks realize that- or think less of him. Is it costing him business? Remember though, it's his image of what should be that's causing this doubt.

Have you ever struggled with this? I think most of us do at some point. We used to call it "keeping up with the Jones". As we age, job titles get loftier, incomes go up- so things should get nicer- right? After all, we can afford it, at least while we're working. How much of this, though, is us comparing ourselves to others? Of course, we don't know if they can really afford what they have. When I was much younger, folks could/ would judge wealth by the car you drove. After all, you had to be able to buy it. But then came leases, and just about anyone could qualify for a nice new car every few years. What concerns me about this struggle is that in an effort to look the part, folks buy houses and cars, take vacations, and put their kids in schools they really can't afford. Or they suffer "lifestyle creep" to a level they can't hope to maintain in retirement.

Image- or perception of image- is a powerful force. We judge others, they judge us. I have the book "The Millionaire Next Door" in my reception area. Everyone comments on it. They all know the premise. It's funny though. The people the book profiles, whom we all seem to admire, spend their lives bucking this trend of image. They don't look rich.



Many people don't think they're wealthy. But they're comfortable- financially as well as emotionally- with their lifestyle. I'm not personally immune to all this. My wife and I have made decisions we feel bode well for us now and in the future. I know the Millionaire book. But still... I help people with their finances for a living. Some have more than we do, others less. But I'm driving a 13 year old van. Should I be driving a Lexus, BMW or SUV? I don't wear suits to work.

Has that cost me business? Long ago someone in this line of work told me to be successful you needed three things: gray hair, a good suit, and Class A office space. You need to project the image of wisdom and success. All I have is the gray hair. Should I move? Should I dig out the suits?

Living the lifestyle you can maintain forever takes discipline and the willingness to walk your own path sometimes. The rewards, however, can be immense. I encourage you to be aware of your own thoughts and struggles, and be careful in your judgement of others. We rarely know their whole situation. And besides, the Millionaire Next Door doesn't look the part either.

If you think you'd benefit from an outside perspective of image vs. resources, give me a call. Together we can help make sure you're on a path to long-term financial security.




Todd Washburn

Neighbor to Neighbor


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Musical events thrive in Orange County

by Laurie Paolicelli

Music

One of the benefits of living here, between two great universities and the towns that come with them, is the music. Music is everywhere. Concerts, impromptu jam sessions, music on the lawn or on the sidewalk. In North Carolina, outdoor concerts can be enjoyed most of the year. Beginning in September, many events in Orange County feature live music, everything from bluegrass and rock and roll to golden oldies, soul and easy listening. Grab a blanket and treat yourself to an afternoon or evening of great live music. Many of these events support charity and important civic work. Here's a sampling:

September

Carrboro Music Festival –

Celebrating their 20th anniversary, this is 2 days of music (Sept 23 & 24th) and it's being played all over Carrboro, at Cat's Cradle, the ArtsCenter and on the streets. www.carrboromusicfestival.com



Hog Day – The 35th Annual Hog Day will be held September 15 & 16th. Friday night the cookers heat up, pork shoulders are cooked and judged. Saturday is a day of fun things to do and plenty of BBQ and music. www.hogday.org

Cat's Cradle – A legend since 1969. www.catscradle.com

Local 506 – Hosting up-and-coming local bands. www.local506.com

ArtsCenter – The ArtsCenter presents a wide variety of music venues in a more intimate setting. www.artscenterlive.org



Memorial Hall –

September 28-October 1 is Cold Mountain. Based on the novel by Charles Frazier, in partnership with North Carolina Opera. "Rarely has a new work had so many good things going for it." – The Classical Review www.carolinaperformingarts.org

UNC Hill Hall – UNC offers up a wide variety of music from students and faculty, and the performances are often free to all. www.music.unc.edu

Fridays on the Front Porch, Carolina Inn – Enjoy this time-honored summer tradition. Eat, drink and enjoy the music on the front lawn at the Carolina Inn every Friday from 5-8pm. www.carolinainn.com/events/fridays-on-the-front-porch

Bluegrass Festival at Historic Moorefields – September 9th will be a spirited and up-beat time to enjoy a truly American artform. The Bluegrass music at Moorefields encompasses everything from jamgrass to traditional sounds to more



eclectic flavors. \$15 will buy you a day of fun and surprise on this majestic lawn. www.moorefields.org

Last Fridays Hillsborough

– (September 29, 2017) A summer-time outdoor street-fair complete with music on the steps of the Old Courthouse in Downtown Hillsborough. www.hillsboroughartscouncil.org/last-fridays



Meadowmont Village Concerts

(September 1st and October 6th) Meadowmont hosts free concerts in the gazebo on the First Friday of every month during the summer ending on Oct 6th.

Southern Village Concerts (September through October 8th) – Sunday Music on the Green all summer long starts at 6pm. www.southernvillage.com



Weaver Street Market –

Hillsborough and Carrboro. Jazz Brunch on Sundays, Carrboro After Hours Late Summer Thursday nights – The open area in front of Weaver Street Market in Carrboro is a wonderful place to enjoy music! The Jazz Brunch on Sundays and the After Hours Late Summer

Thursday music sessions will keep your toes tapping. The Weaver Street Market in Hillsborough also hosts music for the Sunday Jazz Brunch. www.weaverstreetmarket.coop

October

River Park Concert

Hillsborough – Oct 28th River Park Concert is a free downtown outdoor live music event for all ages celebrating local music, art, wellness & environmental communities. www.riverparkconcert.org

Music on the Lawn/Weaver Street

– Jazz Brunch on Sundays. The music continues through October at the Carrboro Weaver Street Market. www.weaverstreetmarket.coop



Festifall – Come celebrate the local artisans who participate in Festifall on the West End of Franklin Street on October 1st. Lots to see and hear. 1-6pm. www.chapelhillfestifall.com



Laurie Paolicelli

Neighbor to Neighbor

Laurie Paolicelli has been Executive Director of the Chapel Hill/Orange County Visitors Bureau since 2005.

The agency is a department of Orange County and is located at 501 W. Franklin Street in Chapel Hill.

www.visitchapelhill.org

919.245.4320

