

FRIDAY
Partly Cloudy
90/67

SATURDAY
Partly Cloudy
90/68

SUNDAY
40% chance of rain
88/68

C THE CARRBORO CITIZEN



PHOTO BY KEN MOORE

Ruellia flowers are a welcome surprise wherever they occur.

FLORA BY KEN MOORE

Shy little ruellia

An unassuming little wildflower that always surprises and delights me whenever and wherever I spot it is *Ruellia caroliniensis*. I generally call it simply ruellia [roo-ELL-e-ah]. It's named for Jean de la Ruelle, the herbalist for Francois I of France in the early 16th century.

One common name is Carolina wild-petunia, though it looks nothing at all like the floppy petunias you find in gardens. Another common name, twin bluebells, seems more descriptive. The pale-purple flower is shaped something like the end of a trumpet. This upright plant stands from one to two feet tall and has one or two, sometimes more, blue flowers clustered in the upper axils of opposite-paired leaves. Individual trumpet-shaped flowers can be from one to two inches long and the open bell positioned up toward your face is usually the size of a nickel or quarter, though occasionally you'll find one the size of a half dollar.

I've enjoyed spotting them here and there in my yard at the edge of the back steps and along the edge of the house foundation where the mower blade seldom travels.

Keep your eyes open and you'll likely spot one or two along unmowed edges throughout town and along woods and field edges and sunny spots in the forests. It flowers for most of the second half of the summer. It's a perennial, so leave it alone and it will probably stay around for several years and will proliferate as natural seedlings.

SEE FLORA PAGE 8

INSIDE

OPINION: Bob Hall on the state budget Page 6

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Competitive races set for local elections

BY KIRK ROSS
Staff Writer

The last two days of the filing season for the municipal and school board elections proved hectic, as Carrboro's mayor race became a three-way contest and more candidates signed on to run for the town boards in Carrboro and Chapel Hill.

Brian Voyce, who won 430 votes or 18.2 percent of the total in a mayoral run two years ago, joined newcomer Amanda Ashley and two-term incumbent Mark Chilton in the contest for mayor of Carrboro.

The field vying for three seats on the Carrboro Board of Aldermen also grew, with the addition of planning board member Sharon Cook, who received 873 votes in 2007, and contractor Tim Peck. They'll compete with incumbents Rande Haven-O'Donnell and Jacquie Gist and Local Living Economy Task Force member Sammy Slade.



In Chapel Hill, Will Raymond, who received 1,409 votes in 2007, and incumbents Ed Harrison and Jim Merritt filed to join a field that already includes incumbent Laurin Eastholm and challengers John Dehart, Gene Pease, Matt Pohlman and Penny Rich.

By contrast, the Chapel Hill's mayor's race remained a

four-way race featuring council members Mark Kleinschmidt and Matt Czajkowski along with Kevin Wolff, who has run twice for mayor unsuccessfully, and Transportation Board chair Augustus Cho.

The election to decide three seats on the Chapel Hill-Carrboro School Board of Education also saw an additional candidate, with Susan Dancy signing on to a contest with incumbent Gregory McElveen, Michelle Brownstein, J.M. (Joe) Green, Mary-Anne Gucciardi, Christine Lee and Gary Wallach.

SEE ELECTION PAGE 3

Epilogue

The end of a long ordeal

For more than two and a half years, Carrboro artist Sima Fallahi has lived in limbo. The Iranian-born Fallahi, a painter who often sold her watercolors at local arts events and shows, was arrested Nov. 29, 2006 after a background check for a vendor permit in Chapel Hill revealed she was being sought for an immigration violation.

That quickly led to her arrest. She was subsequently turned over to federal authorities and transported to the Mecklenburg County jail, where she waited to be taken to immigration court in Atlanta for a hearing. Like many immigrants in her position, it was



Sima Fallahi and her daughter, Lelia

a while before her daughter, Lelia, who was 11 years old at the time, even knew where she was.

After intense lobbying from supporters, including state, fed-

eral and local elected officials, religious leaders and the Carrboro Community Garden Club, Fallahi, who said she would likely face a harsh response if forcibly returned to Iran, was granted a new hearing and released from federal detention on March 6, 2007.

This week, after continued lobbying and many thousands of dollars in legal fees, Judge Wayne Houser canceled the order of removal that would have required her to be deported, a move that grants her permanent residence in the United States. An extensive review of Fallahi's case along with letters of support and details of her detention and the efforts to win her release are available at carrboro.com/sima

— KIRK ROSS

Advocates anticipate service void

BY TAYLOR SISK
Staff Writer



This story is a follow-up to a series about mental health care in North Carolina. To read the previous stories in this series, go to carrborocitizen.com/main/breakdown/

Though the specifics are not yet known, there's little doubt that mental health care services in North Carolina are going to take a substantial hit in the coming budget. Those cuts may not be as severe as originally feared, but mental health care advocates continue to warn that their effects could be devastating to many of our most vulnerable.

Beyond that concern, and even in the context of the worst recession in decades, many advocates are finding some of the planned cuts hard to reconcile, and are puzzled over decisions legislators appear poised to make.

"I think one of the most remarkable things is that the cuts that are being made are to programs that are working effectively," said Jennifer Mahan, director of policy for the Mental Health Association of North Carolina.

Among those, Mahan said, are community support services, which the current version of the budget proposes eliminating. These services include assistance with such everyday activities as paying bills, shopping for groceries and picking up medications — assistance that helps those with mental illness be more productive members of their communities.

While the legislative Program Evaluation Division (PED), which assists the legislature in evaluating whether public services are being effectively delivered, has documented extreme waste in the provisioning of community support services, Mahan says the program was restructured two years ago and, though advocates agree it's still far from perfect, she says "it's a completely different program" from the one that suffered from mismanagement and a lack of oversight.

SEE HEALTH CARE PAGE 7

Heed the heat

BY BETH MECHUM
Staff Writer

It's hot.

It's a conundrum we all face every summer. The sun is shining brightly through the windows most mornings, just begging us to come outside. But what about when the sun is delivering heat of the unrelenting variety?

There are ways to both enjoy the sun and keep safe from that heat, and one goes hand in hand with the other.

There's the obvious: Wear your sunscreen and sunglasses. But those are important any time of year. Some of the things you have to look out for in the summer aren't as obvious, says Dr. Frederick O. Mueller, a professor in the department of exercise and sport science at UNC.

"If it seems like a cooler day, then you might be less cautious," Mueller said. "But humidity can be just as harmful."

Mueller suggests staying out of direct sunlight if possible, drinking cool or cold liquids or just getting into some air conditioning if you're feeling overheated.

SEE HEAT PAGE 3



PHOTO BY AVA BARLOW

Nathan Toben has been taking advantage of recent spells of cooler weather to get in some tennis at the Bolinwood Apartments courts.

Beyond the next door, a new dream

RECENTLY . . .
BY VALARIE SCHWARTZ

Robin Dubeau could write the book on how the closing of one door leads to the opening of another. In 2002, her 10-year-old company, Magnolia Manufacturing, was destroyed when the roof collapsed onto her inventory of permanent botanicals, florals and trees, forcing her to lay off employees and close the Hillsborough-based business that had become increasingly popular with furniture showrooms from Dallas to High Point and retail stores across the nation.

Picking up the pieces, she turned first to completing the raising of her three children, then to remodeling her Chapel Hill home in the Lake Forest neighborhood. From that experience, she learned that the book she'd really like to write is about turning a 1960s-era home into a Victorian retreat.

She's certainly proven her ability with the home she bought in 1992

and rescued from the overgrown ivy that threatened its existence. Two years ago, she began the remodel that has transformed the 2,026-square-foot three-bedroom home into 3,371 square feet, including a gentlemen's library, butler's pantry, lighthouse-mimicking glass block-enclosed stairwell and master suite (sprawling above the three-car garage) that includes a dressing room fit for a princess, a lavishly appointed bathroom and, my favorite, a sitting room for the lady of the house with its own private balcony accessed through a Dutch door.

Dubeau has been learning home transformation since her childhood spent in Narragansett, R.I.

"My parents renovated houses, creating homes for the family," she said while relaxing in the window seat of her sitting room. "We always lived by the ocean."

And the homes were frequently of Victorian vintage, which is where her mind was set when she designed the



PHOTO BY VALARIE SCHWARTZ

A sitting room to dream of is tucked outside the master suite designed by Robin Dubeau.

10-foot-by-10-foot sitting room, with its 12-foot ceiling accented by six-piece crown molding. She included a ceiling fan with a stained-glass light fixture and extra-wide window sill,

upon which she situated the extravagantly dressed day bed flanked by bead-board walls.

SEE RECENTLY PAGE 4

MUSIC CALENDAR



SHE & HIM
Memorial Hall - UNC
Sunday May 26

THURSDAY JULY 23
ArtsCenter: 300 East Main Summer Concert Series with Embarassing Fruits, Free Electric State. 4:30pm

Blue Bayou: Strangelets. 9pm, Free

Cats Cradle: XX Merge. Sold Out

The Cave: LATE: Stars Explode, The Magic Babies

General Store Cafe: Marie Vanderbeck Trio. 7-9pm

Local 506: Benji Hughes, Simeon. 10pm, \$8

Nightlight: MEEBS, War Hands, Yohimbe

Southern Village: Tres Chicas. (Rain location Christ Church) 7pm, \$5

FRIDAY JULY 24
Blue Bayou: Bull City Syndicate. 9:30pm, \$8/10

Cats Cradle: XX Merge. Sold Out

The Cave: EARLY: Tony Williamson Band. \$5 LATE: Richard Bacchus and The Luckiest Girls, The Dielectics, The Strange Attractors. \$5

City Tap: Butter. 7-10pm

General Store Cafe: Joe Bell and The Stinging Blades. 8:30-11pm

Harry's Market: Andi Morgan and Sudden Affair. 7-9pm

Local 506: Max Indian, Ryan Gustafson, The Tomahawks. 9:30pm, \$5

Nightlight: The Slow Poisoner, Hellbinki Sextet. 10pm, \$5

Open Eye Cafe: Loose Mood. 8pm

SATURDAY JULY 25
Blue Bayou: The Fustics. 9:30pm, \$6/8

Caffe Driade: Jay Manley. 8pm

Cats Cradle: XX Merge. Sold Out

The Cave: EARLY: Gospel Years LATE: Puritan Rodeo with Sasha Colette, The Magnolias

City Tap: Ann and Greg Humphreys. 8-10pm

General Store Cafe: Hot Tub of Grits. 8:30-11pm, \$5

Open Eye Cafe: Debbie Liske. 8pm

SUNDAY JULY 26
Cats Cradle: Dredg, Rx Bandits, Zechs Marquis. 8pm, \$15/17

The Cave: Saint Solitude, Polynya

Local 506: Mixed Greenz, Sleep Control. 9:30pm, Free

Memorial Hall: She & Him. XX Merge with American Music Club, Wye Oak. \$32

Southern Village: The Laura Ridgeway Trio

MONDAY JULY 27
The Cave: LATE: Sinister Moustache

Local 506: Jason Kutchma, BJ Barham, Matthew Schwartz. 9pm, Free

Nightlight: Doomstar, Once and Future Kings, Pistil. 9:30pm

TUESDAY JULY 28
Cats Cradle: Atmosphere, Eyedea and Abilities, Attracted to Gods. 9:30pm, \$22/25

The Cave: LATE: Transmission Fields, Elsinore. \$5

Local 506: Cage, Yak Ballz. 9:30pm, \$10

Nightlight: The Busy World, Timbre, Soil and the Sun. 9:30pm, \$5

WEDNESDAY JULY 29
Blue Bayou: Will Baker, Dan Chegash. 8:30pm, Free

Caffe Driade: Roy Schneider. 8pm

The Cave: LATE: Now You See Them

Local 506: Battle Rockets, Irata, Goodbye, Titan. 9pm, Free

Nightlight: Phantom Firewords, Robobilly. 9:30pm

THURSDAY JULY 30
Blue Bayou: Jacob Johnson Band. 9:30pm, Free

The Cave: LATE: Mark Cool and The Folk Stars, Radar's Clown of Sedation. \$5

General Store Cafe: Bourbon Street Jazz. 7-9pm

Local 506: Destroy All Sweaters, Blue Moon Revue. 9pm, \$6

FRIDAY JULY 31
Blue Bayou: Rootzie, Gray Bird. 9:30pm, \$8/10

City Tap: Drowning Lovers. 5-7pm. The Darnell Woodies. 7-10pm

Caffe Driade: Radio Silent Auction. 8pm

The Cave: EARLY: Ashley Chambliss. \$5. LATE: Taz Halloween, Scarlet Virginia

General Store Cafe: Nixon, Blevins and Gage. 8:30-11pm

Harry's Market: Carry Croghan. 7-9pm

Nightlight: Joe Romeo and the Orange County Volunteers, Roadside Graves, The Weather Kings. 10pm, \$5

Open Eye Cafe: Ken Larson Trio. 8pm

SATURDAY AUGUST 1
Blue Bayou: Blues World Order. 9:30pm, \$8/10

Cats Cradle: The Cosmopolitans, Mitch Easter, Don Dixon. 8pm, \$15

The Cave: EARLY: Ashley Atkins Band. \$5. LATE: The Hwy54 Band, Rebekah Pulley

City Tap: Acoustic Garage. 8-10pm

General Store Cafe: Molasses Creek of Ocracoke Island. 8:30-11pm, \$5

Local 506: John Nolan, Mansions, Cool Ethan. 9pm, \$8

Open Eye Cafe: Tomahawks. 8pm, \$5

Got anything for the music calendar? Send submissions to calendar@carrborocitizen.com



SA 8/8 DE LA SOUL

TU 7/28 ATMOSPHERE

WE 8/12 AKRON/FAMILY

SA 9/18 YO LA TENGO
CAROLINA THEATRE (DUR)
ON SALE FRI 7/24

JULY 22-23-24-25: XX MERGE SOLD OUT
FEATRINTG SPOON, SUPERCHUNK, LAMBCHOP, M WARD, 3DS, MAGNETCI FIELDS, CONOR OBERST & MUCH MUCH MORE... ALL SHOWS SOLD OUT!

SU 7/26 DREDG, RX BANDITS W/ ZECHS MARQUIS*

TU 7/28(\$22/\$25) ATMOSPHERE W/ EYEDea & ABILITIES, ATTRACTED TO GODS**

SA 8/1 COSMOPOLITANS W/MITCH EASTER, DON DIXON*

WE 8/5 OCTOPUS PROJECT W/ GRAY YOUNG(\$10/\$12)**

FR 8/7 COSMIC CHARLIE(\$10)**

SA 8/8 DE LA SOUL(\$25/\$28) W/ RAPPER BIG POOH 20 YEARS HIGH AND RISING TOUR**

WE 8/12 AKRON/FAMILY W/ WOODEN WAND AND MOUNT MORIAH(\$10/\$12)**

TH 8/13(\$20/\$23) KASEY CHAMBERS & SHANE NICHOLSON W/KIM TAYLOR**

FR 8/14 SUMMER REGGAE FESTIVAL: DUB ADDIS, MICKEY MILLS AND MORE!

SA 8/15 AMY RAY W/BELLAFAE AND HUMBLE TRIPE(\$12/\$15)**

SU 8/16 STARLIGHT MINTS W/ JP INC. (THE SCRIPT HAS POSTPONED)**

MO 8/17 WHITE RABBITS/FIERY FURNACES(\$13/\$15)**

TH 8/20 FIVE TIMES AUGUST*

FR 8/21 COATHOUSE CAT REFUGE BENEFIT TRES CHICAS, LUEGO, GAMBLING THE MUSE**

SA 8/22 AUGUSTANA*

WE 8/26 WEISS FAMILY (OF MEWITHOUTYOU) W/DAMIEN JURADO AND PSALTERS(\$13/\$15)**

TU 9/1 HOT TUNA ELECTRIC(\$25/\$28) W/OLD SCHOOL FREIGHT TRAIN**

WE 9/2 ENTER THE HAGGIS(\$12/\$14)**

FR 9/4 YO MAMA'S BIG FAT BOOTY BAND(\$10/\$12)**

SA 9/5 CAROLINA CHOCOLATE DROPS(\$15)**

FR 9/11 OWL CITY W/KATE HAVNEVIK AND UNICORN KID(\$12/\$14)**

SA 9/12 CD RELEASE PARTY BILLY SUGARFIX* W/GUESTS SCHOONER, BIRDS & ARROWS

SU 9/13 SON VOLT(\$15/\$18)**

TU 9/15 AND YOU WILL KNOW US BY THE TRAIL OF DEAD W/SECRET MACHINES(\$12/\$15) (JOJO HERMANN SHOW HAS BEEN MOVED TO THE ARTSCENTER)**

WE 9/16 JAMES MCMURTRY(\$15/\$18)**

TH 9/17(\$22/\$25) MARGARET CHO**

FR 9/18 WHO'S BAD? TRIBUTE TO MICHAEL JACKSON**

SA 9/19 ARROGANCE 40TH BIRTHDAY BASH WITH MANY SPECIAL GUESTS!

SU 9/20 CARRBORO MUSIC FESTIVAL**

MO 9/21 INGRID MICHAELSON(\$15/\$17)**

TU 9/22(\$13/\$15) IMMORTAL TECHNIQUE**

TH 9/24 MAE (ON SALE FRI 9/7)**

FR 9/25(\$12/\$14) NEEDTOBREATHE W/CROWFIELD AND GREEN RIVER ORDINANCE**

SA 9/26 AN EVENING WITH THE MINUS 5, THE BASEBALL PROJECT AND THE STEVE WYNN IV PERFORMED BY SCOTT MCCAUGHEY, PETER BUCK, STEVE WYNN AND LINDA PITMON**

WE 9/30 RA RA RIOT W/MAPS & ATLASES AND PRINCETON(\$12/\$14)**

FR 10/2 SIMPLIFIED(\$10/\$12)**

SA 10/3 WILL HOGE W/ALTERNATE ROUTES(\$10/\$12)**

TU 10/6 CARBON LEAF/STEPHEN KELLOGG & THE SIXERS(\$17/\$20) ON SALE SAT 7/25**

TWO NIGHTS: WE 10/7 AND TH 10/8 ANDREW BIRD W/ST. VINCENT(\$25)**

WE 10/14 REVIVAL TOUR CHUCK RAGAN, JIM WARD, TIM BARRY, DAVE HOUSE, JENNY OWEN YOUNGS ON SALE FRI 8/7

WE 10/21 DR. DOG W/JEFFREY LEWIS(\$15)**

MO 10/26 KMFDM W/ANGELSPIT(\$20/\$23)**

TU 10/27 PINBACK(\$14/\$16)**

FR 10/30 WHY? W/AU AND SERENGETI & POLYPHONIC(\$10)**

SA 10/31 TOUBAB KREWE(\$14/\$16)**

TH 11/5 THE JESUS LIZARD(\$20)**

TU 11/10 THE GET UP KIDS W/KEVIN DEVINE, THE LIFE AND TIMES(\$15) ON SALE THURS 7/23**

SA 11/14 DAN AUERBACH W/JESSICA LEA MAYFIELD(\$15)**

ALSO PRESENTING

MEMORIAL HALL (UNC - CHAPEL HILL)

SU 7/26 SHE & HIM AMERICAN MUSIC CLUB, WYE OAK - XX MERGE

LOCAL 506 (CHAPEL HILL)

TH 8/6 THE DUKE & THE KING W/RYAN GUSTAFSON

TU 8/11 AUSTIN LUCAS / TWO COW GARAGE W/MIKE HALE

TH 8/13 LOW ANTHEM

MO 8/17 THE WARLOCKS W/THE MORNING AFTER GIRLS, VANDELLES

TH 9/10 FRUIT BATS W/PRONTO

TU 9/22 STILL FLYIN'

WE 9/23 ASOBI SEKSU

MO 9/28 SCHOOL OF SEVEN BELLS W/MAGIC WANDS

TH 10/1 TWILIGHT SAD W/BRAKES BRAKES BRAKES, WE WERE PROMISED JET PACKS

NIGHTLIGHT (CHAPEL HILL)

SA 8/8 FRANZ NICOLAY

OF THE HOLD STEADY

THE ARTSCENTER (CAR)

SA 8/22 BOWERBIRDS W/MEGAFABUN

TU 9/15 MISSING CATS FEATURING JOHN "JOJO" HERMANN AND SHERMAN EWING

SU 10/4 COLIN HAY

MO 9/21 JOLIE HOLLAND

TH 10/8 COWBOY JUNKIES

CAROLINA THEATRE (DURHAM)

SA 9/18 YO LA TENGO ON SALE FRI 7/24 @ CAROLINA THEATRE BOX OFFICE & CAROLINATHEATRE.ORG

OVENS AUDITORIUM (CHARLOTTE)

FR 10/9 ROB BELL TIX VIA TICKETMASTER

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News Briefs

Bradshaw Quarry center to close

Orange County's solid waste convenience center on Bradshaw Quarry will close for good on Sunday, Sept. 20 at 5 p.m., county officials announced this week.

Closing the center, which takes in the smallest volume of the county's five solid waste convenience centers, was identified as a possible cost savings in budget discussions in May and June.

The four remaining centers, which county residents may use to discard household waste, bulky items, vegetative waste and recyclables are located on Eubanks Road in Chapel Hill, Ferguson Road in Bingham Township, High Rock Road in Effland and Walnut Grove Church Road in Hillsborough.

Hillsborough ponders smoke-free

The Town of Hillsborough is considering a tobacco-free policy for all town parks. The June 16 recommendation to the Hillsborough Board of Commissioners follows concerns expressed by citizens about smoking near the playground at Gold Park, the town's newest and only full-size park. The board will consider the proposal during its July 27 workshop. It meets at 7 p.m. in the Town Barn, located on the Town Hall campus at 101 E. Orange St.

Arrest made

The Chapel Hill Police have charged Kamari Maricio Street Marsh of Chapel Hill with assault with a deadly weapon and going armed in terror of the public in conjunction with a shooting on Bright Sun Place near Homestead Park around 5 p.m. July 20.

PlayMakers awarded NEA grant

PlayMakers Repertory Company has been awarded a national arts grant for its upcoming production of *The Life and Adventures of Nicholas Nickleby*.

PlayMakers will receive a \$30,000 "Access to Artistic Excellence Grant" in support of the theater's Nov. 11-Dec. 20 production of *Nickleby*.

The play by David Edgar, from the novel by Charles Dickens, will be the biggest production in PlayMakers' history, with 25 actors playing more than 150 characters.

ELECTION FROM PAGE 1

In Pittsboro, incumbent Randy Voller will face challenger William Crawford and a three-way race for two town commissioner seats features incumbent Pamela Baldwin and challengers Andrew Alden and Michael Fiocco.

Races in Hillsborough remained where they stood last week.

Mayor Tom Stevens is running in the only contest in Orange County without opposition. The field for the election for two seats on the town board is a repeat of 2005, with incumbents Mike Gering and Frances Dancy and challenger Bryant Kelly Warren Jr.

Missing Joe

There are a lot of reasons people miss former Chapel Hill Town Council member and greenways champion Joe Herzenberg around election time.

For poll organizers and precinct captains, a big reason is that he could always



Just over the line

Carrboro, with a three-way race for mayor, almost matched Chapel Hill in number of mayoral candidates. Almost.

Marilyn Kille, who has been in a long legal battle with the town over an apartment on her property on Old Fayetteville Road, tried to file for the mayor's race, but was not permitted to do so since her home was on the unincorporated side of the street.

Several cycles back, University Lake warden Bob Glosson had a somewhat similar problem. He was allowed to file, but a subsequent review of the town limits showed that the lake warden's house, where he resided, was not in town.

Where's Bill?

Many observers expected to see longtime Chapel Hill Town Council member Bill Strom make a run for mayor someday. With the decision by Kevin Foy not to seek another term, this seemed like a probable year for that.

His decision not to seek the office, coupled with a recent move, has led to more than a little speculation about his current plans. Several attempts to contact Strom, who is doing some traveling, have not been fruitful.



HEAT FROM PAGE 1

"What you're trying to do is keep your temperature where it's not going to rise," he says. "You can get heat exhaustion or heat stroke if the temperature keeps rising."

If you're unsure of whether your temperature is reaching an excessive level, Mueller says signs to look out for are feeling tired or sluggish, a staggered walking pattern, extreme thirst or nausea that could induce vomiting.

Cold water is the best way to keep hydrated and it does the same thing in terms of hydration as the more expensive types of sports drinks.

Athletes, both adults and children, have to pay special at-

tention to heat-related injuries.

Mueller, who specializes in athletic injuries, says climatizing is the best way to keep an athlete safe.

Climatizing means acclimating yourself to the heat at a steady rate. For example, instead of going out running for an hour in the heat, start at 10 minutes,

staying safe is by checking your weight before and after any type of exercise. If more than 2 percent of body weight is lost, athletes should wait to practice until the weight is regained.

With almost a year having passed since local high school athlete Atlas Fraley died after summer football practice, teams

evening hours and players are encouraged to stop if they start to feel sick.

East Chapel Hill football coach Darian Harris said he's seen a change in the way his players practice since Fraley's death.

"I think they listen more," Harris said. "It happened so close to home, and a lot of the kids knew Atlas. They now realize how serious it is to stay hydrated."

Sometimes you can be as careful as possible and problems will still occur. If you or someone you're with becomes overheated, Mueller says call for help and try to cool off by fanning, drinking water

and getting to a shady spot. Visit fema.gov/areyouready/heat.shtm for all heat-related concerns.

A good way to make sure you're staying safe is by checking your weight before and after any type of exercise. If more than 2 percent of body weight is lost, athletes should wait to practice until the weight is regained.

then slowly work your way up each time you go out.

The same goes for any sport. A good way to make sure you're

in the area are more cautious than ever.

Teams are only allowed to practice in the early-morning or

THE CARRBORO CITIZEN
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A Midsummer Night's Dream
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Community Briefs

Local tiger passes away

Carnivore Preservation Trust (CPT) announced that Romeo the tiger passed away last Monday. Romeo's health had been declining for a couple of months as a result of a progressive neurological disease, making it increasingly difficult for him to control his hind legs. For his comfort, he was removed from the tour route two weeks ago.



Romeo

Romeo was one of CPT's most widely known animals. He was rescued from a private owner in Durham when he was six months old. Romeo grew to be 12 feet long (from his nose to the tip of his tail) and was estimated at one time to weigh over 800 pounds, making him a very large tiger, even by standards in the wild. He was a favorite on tours and was particularly notorious as one of the cats that would spray (mark) you if he got the chance.

Festfall deadline extended

The postmark deadline for applications for participation in Festfall, Chapel Hill's celebration of local art and artisans, has been extended to July 31. Booth fees are \$85 for Orange County residents and \$100 for non-county residents. Enter-tainers apply with no fee.

Festfall will be held Sunday, Oct. 4 from 1 to 6 p.m. on West Franklin Street. For more information, call 968-2829.

Family triathlon

The Swim for Smiles Foundation will be holding its first family triathlon July 26 at 8 a.m. at Southern Village. In addition to individual participants, there will be adult-kid relay teams, all of whom will be swimming, biking and running to raise money for the N.C. Children's Hospital.

Midsummer play

A cast of 40 young actors, ages 10 to 18, will perform William Shakespeare's *A Midsummer Night's Dream*, a play in which four young lovers explore an enchanted forest. For the third year, UNC's PlayMakers Repertory Company joins The ArtsCenter in Carrboro to present a stage production as the culmination of their Summer Youth Conservatory program. This particular rendition of the classic features original music by Carrboro artist Mark Lewis. Shows will be at 7 p.m. on July 23-25 and 2 p.m. on July 26 in the Paul Green Theatre. For tickets, visit playmakersrep.org

Community Calendar

FRIDAY, JULY 24

Author Reading — Valarie Schwartz will discuss *Remembering Chapel Hill: The Twentieth Century as We Lived It*, at William Travis Jewelry, 133 W. Franklin St. at 5pm.

SATURDAY, JULY 25

Tomato Day — The Carrboro Farmers' Market will celebrate its annual Tomato Day with tastings, recipes, sample dishes and more. 280-3326 or carrborofarmersmarket.com for more information.

Social Justice Panel — The social justice and activism group, Heirs to a Fighting Tradition, will be holding a panel discussion on Heirs, the work they've been a part of, and will field any other questions on the subject of Heirs and local activism. 4pm at the Main Durham Library, 300 North Roxboro Street

SUNDAY, JULY 26

Economic Justice Discussion — Part 3 of the ongoing discussion

series is "The Economic Crisis Here at Home and What You Can Do." Panelists include Chris Moran, director of the Inter-Faith Council and Gregory W. McElveen, Chapel Hill Carrboro School Board. Moderated by Lucy Lewis. Light breakfast served. Info: Ruth Gibson 259-2894, 8:30 to 10am at the Community Church of Chapel Hill Unitarian Universalist, 106 Purefoy Road. Mosaic Artist — Meet mosaic artist Jeannette Brossart, recently selected for the 2008 Fall "Artist@Work" residency program by the Chapel Hill Public Arts Commission. 2-3pm, Chapel Hill Public Library Meeting Room

TUESDAY, JULY 28

Animal Rights Short Film Night — ChathamArts' 100 Mile Film Series presents Sizzling Summer Shorts Cinema & Song 2009, local short films with live music performances by Girls' Rock Camp and Mandolin Orange. Chatham Arts will show "Untethered," a short

animal rights film documenting the work of Durham dog rescue volunteers, along with other local shorts. 7pm at the Fearington Village Barn

Ongoing

Cancer Support — Support groups for cancer patients and their families. comucopiahouse.org

Compassionate Friends — Free self-help support for all adults grieving the loss of a child or sibling. Third Mondays, 7-8:30pm, Evergreen United Methodist Church. 967-3221, chapelhillctf.org

DivorceCare — Support group for those separated or divorced. Mondays, 7pm, Orange United Methodist Church. 942-2825, connect2orange.org

Kids

Toddler Time — Thursdays, 4pm, Carrboro Branch Library. 969-3006

Preschool Story Time — Saturdays, 10:30am, Carrboro Branch Library. 969-3006

Volunteers

RSVP 55+ Volunteer Program — Seeks volunteers at least 55 years of age and older who would like assistance in finding an opportunity that matches their interests. 968-2056, co.orange.nc.us/aging/RSVPindex.asp

Meals on Wheels — Seeks volunteers to deliver meals and/or bake simple desserts for recipients in the Chapel Hill/Carrboro area. 942-2948

Orange County Literacy

— Seeks volunteers to help with adult literacy, basic math and English language tutoring, creative writing workshops at local homeless shelters and family literacy workshops. New tutor training workshops every month. Skills Development Center, 503 W. Franklin St. 933-2151

Send your submissions to calendar@carrborocitizen.com

RECENTLY FROM PAGE 1

"I love to design," Dubeau said. "I never had a design lesson in my life; I created my own unique style."

Having fearlessly pursued her dream of owning her own business and finding success with her own product line, she was only temporarily derailed after losing it all because the insurance company wouldn't pay. After she sued and won, she invested her award, then used the proceeds to remake her home once her children were launched. For two years, she has opened her door every morning except Sunday to as many as five crews each day, storming full-



Robin Dubeau

speed into this next dream as designer and project manager.

Guiding a tour from room to room, she points out many reclaimed items (including brick floors, windows, glass blocks, mahogany stairs and a newel post for the main staircase) and items such as the gorgeous mahogany

front door that she had coveted when it was priced at \$4,000, which, when she needed to make her purchase, was marked down to \$1,500.

"I always felt in this particular project that the inspiration was divinely guided," Dubeau said. "When the time came to buy doors, the doors were there" at the price she could pay. The house is now listed for sale with Castle Creek Realty in Pittsboro.

Perhaps it was divine guidance that also made her and some of her craftsmen available when the Orange County Rape Crisis Center needed help redesigning space in its new offices at the center at East Franklin and South Estes streets.

"I feel impassioned about women being in positive and safe relationships," Dubeau said. "When that project came along, I really wanted to make a contribution to supporting the healing and well-being for those individuals. This was the perfect opportunity to lend my energy and talents to that cause."

"There's more than just receiving in life, there's giving. Receiving allows one to move along through life and gives us the tools to give back, but the gift of being able to give is the ultimate gift."

Contact Valarie Schwartz at 923-3746 or valariekeys@mac.com

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CitizenCryptoquote By Martin Brody

For example, YAPHCYAPLM is WORDSWORTH. One letter stands for another. In this sample, A is used for the two O's, Y for the two W's, etc.. Apostrophes, punctuation, the length and formation of the words are all hints.

"Boring is Good?"

SIABTAF QLGEUP AGV SO
ODNTVTAF. TC SIABTAF
TQ ODNTVTAF, VLOYO TQ
QGKOVLTAF XYGAF XTVL TV. -
NUIR OXTAF, HYOQTPOAV GC
FOYKIA IKOYTNIA SIANGYH.,
I NGKKEATVR SIAB TA
ZIQHOY, TA

Find the answer in the puzzle answer section.

Weekly SUDOKU

by Linda Thistle

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	3	1			7		6
4			3			5	1
	9		2			4	8
8		4		6			2
		5	7	8			9

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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PETS OF THE WEEK

PAWS4EVER — I

am Ralphie! I'm such a handsome young man, if I do say so myself. I'm about year old, orange/buff tabby fella, and I am super playful and love other cats. I purr so loud when you pet me. I love to rub my face on yours and let you know I love you. I'm just patiently waiting on the right person to come and take me home. Please come show me the true love and devotion that I deserve! Please come by the shelter and take a look, at Paws4Ever, 6311 Nicks Road, Mebane, or call 304-2300. You can also go online at paws4ever.org



ORANGE COUNTY ANIMAL SERVICES — Meet Maddie!!

This adorable mixed breed pup is around 4 months old and super cute!! She adores people and is eager to play when you visit her. Despite being excited, she's still able to calm down and follow basic commands, a great sign for such a young pup! She's eager to please and is sure to make an excellent addition to a very lucky family! Visit her today at Orange County's Animal Services Center, 1601 Eubanks Road, Chapel Hill or call 919-942-PETS (7387). You can also see her online at www.co.orange.nc.us/animalservices/adoption.asp.





ILLUSTRATION BY PHIL BLANK

OBITUARIES

Peter W. Heiman

Peter W. Heiman, a fixture at Weaver Street Market, died in his home on July 7, 2009.

Peter was 79 years old, having been born on March 7, 1930 in Wurzburg, Germany. Peter and his family immigrated to the United States in 1938 due to the refugee crisis and settled in Washington Heights in New York City.

Peter retired to Carrboro more than 25 years ago, devoting much of his time to his hobbies of cooking, gardening and, his favorite, teaching Latin dance at the local community centers.

Peter was a graduate of NYU, spending a long career in the New York City area as a flavor chemist, creating such flavors as Keebler Fruit Cremes, Nacho Cheese Flavor in Doritos and various flavors for Continental Bakers. His love of food, excellent taste and fine nose prompt-



ed the creation of his cookbook, *The Ethnic Eater*.

Peter is survived by his daughter, Heidi, and son-in-law, Robert Venier, of Long Valley, N.J., along with his cousin, Werner Bloch, and his wife, Lillian, of Sherman, Conn.

Over the years, Peter was involved in many organizations, including the Ronald McDon-

ald House and Hospice. He was an usher at The ArtsCenter, a member of the Chapel Hill International Folk Dance Group and a member of the Visually Impaired Peoples club. He met many people sitting outside Weaver Street Market with a sign reading "I like company; how about a 5-minute conversation?"

If you would like to give a donation in Peter's honor, kindly do so to Ronald McDonald House of Chapel Hill, 101 Old Mason Farm Road, Chapel Hill, NC 27517, or online at chapel-hillrmh.net

A celebration of Peter's life will be held Sunday, Aug. 2 at 2 p.m. in Ronald McDonald House, 101 Old Mason Farm Rd., Chapel Hill.

Peter's family would like to thank all his friends, acquaintances, EZ Rider bus service and all those who had five minutes to say "Hi."

ley Ward; and a niece, Wendy Dixon Smith.

Colette will be remembered for her warm smile and friendly personality.

James Woodrow "Pete" Thrift

Mr. James Woodrow "Pete" Thrift, 89, died Sunday, July 19, 2009 at UNC Hospitals.

He was the only child of Pete and Callie Tripp Thrift and was born and educated in Chatham County.

Mr. Thrift was a member of the Church of Jesus Christ of Latter-day Saints in Chapel Hill but attended Ephesus Baptist Church with his landlords. He was active for many years in the Stepping Stone class. He also served the Prison Ministry Outreach program, cooking for the homeless and distributing Christian literature to the Murdoch Center, John Umstead Hospital in Butner and local nursing homes.

He worked as a farmer early in life then took care of the horses at Wonderland Farms and was a lumberman for the late W.J. Hay Jr., splitting and loading trucks with firewood.

Carol Walker Dawson Medlin

Mrs. Carol Walker Dawson Medlin, 59, passed away on Friday evening, July 17 at Hospice of Meadowlands after a lengthy battle with cancer. Carol was the daughter of the late Ned B. and Evelyn Miller Walker of Hillsborough. She retired from Blue Cross Blue Shield of N.C. and worked at Litho Industries, Cary Printing and, most recently, Ad Resources.

Surviving are her husband, Don Medlin; son, Jason Dawson (Michelle); brother, Mark S. Walker (Cindy Sykes-Walker); step-mother, Lola B. Walker; step-daughter, Shenan Mooring (William); step-son, Justin Medlin; and four step-grandchildren.

Colette Ward Johnson

Colette Ward Johnson, 53, of White Cross Road, Chapel Hill, N.C., died Wednesday, July 15, 2009 at UNC Hospitals after an extended illness. She was the beloved daughter of the late Jasper P. Ward and Octavia Ward Barefoot.

Colette was employed by Blue Cross Blue Shield and was a member of Antioch Baptist Church.

Surviving are a special friend, David Moran of Chapel Hill; her sister, Louanne Ward Dillard (Donnie) of Jacksonville, Fla.; her brother, Kevin Ward of Chapel Hill; step-daughter, Nickie Turner; grandson, Donald Carver of Chapel Hill; two nieces, Casey Ward of Chapel Hill and Alexis Johnson of Fla.; two nephews, Tim Ward of Chapel Hill and Alex Johnson (Allison) of Fla.; and other extended family members and friends. In addition to Colette's parents, she was preceded in death by her husband, Donald Lee Johnson; brothers, Jasper P. Ward Jr. and Clifton Man-

FARMERS' MARKET

Saturdays 7am-Noon • Wednesdays 3:30-6:30pm
Thursdays at Southern Village 3:30-6:30pm

Check out what's at the Market!



New Item this week: MUSHROOMS

melons, corn, heirloom and various varieties of tomatoes, basil, beans, eggplant, tomatillos, okra, peaches, blueberries, blackberries, raspberries, fennel, carrots, snow peas, parsley, bell peppers, zucchini, fava beans, cucumbers, summer squash, new potatoes, greenhouse tomatoes, leeks, lettuce, chard, onions, flour, onions, garlic, arugula, beets, cabbage, radishes, collards, fresh herbs, kale, mustard greens, salad greens, sweet potatoes, turnips, squashes, pecans, herb and vegetable starters, flowers such as zinnias, sunflowers, lilies, gladiolas, snap dragons, status, meats like goat, beef, pork, lamb, chicken, buffalo, and various specialty meats like liverwurst, bologna, hotdogs, etc., cow's and goat's milk cheeses, eggs, breads, doughnuts, tortes, pies, cakes, jams, and relishes.

GREAT GOSH, IT'S GUMBO

from Dorette Snover of C'est Si Bon Cooking School

- 4 pounds onions*, chopped
- 4 stalks celery, chopped
- 4 cups fresh okra*, chopped
- 3 pounds Bell peppers*, washed, seeded and chopped
- 4 cups Roma tomatoes*, chopped
- 4 tablespoons minced garlic
- 2 whole chickens*
- 3 pounds sausage*, diced, sautéed, and drained
- 3 pounds fish fillets
- 4 pounds small shrimp, peeled
- 4 tablespoons dry mustard
- 3 tablespoons dried oregano or
- 6 tablespoons fresh oregano* chopped
- 3 tablespoons dried basil or 6 tablespoons fresh basil*
- 2 pounds veg oil or lard*
- 4 cups flour
- 8 cups cooked long grain white rice
- 1 cup fresh parsley*, minced

Poach chickens in water to cover in a large pot. Once cooked, let cool and then debone, reserving meat and poaching liquid. In the biggest pot in the house, add the onions, celery, okra, bell peppers and tomatoes. Cover with poaching liquid from chickens and slowly simmer for 1-1/2 to 2 hours. Add everything else save for fish, lard, flour, rice and parsley and simmer for 45 minutes. Add fish fillets and simmer 15 minutes more. While fish simmers, melt lard in a heavy skillet and add flour. Whisk for at least 20 minutes over medium high heat or until flour browns into a "roux." Add the hot roux a bit at a time to the gumbo pot. Prepare for splashes, spits, smoke and what you might think of as obscene noises. Stir with a slotted spoon until decently mixed. Serve gumbo in big bowls with a softball-size lump of rice in the middle. Top with parsley. *Available at Market

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LETTER FROM THE EDITOR

Re: Endorsement letters

Attention candidates and supporters, last week we ran our first endorsement letter. As we do each election cycle, we plan on running a good many of them and have planned space accordingly. The rest is up to you. The rules are as follows:

We ask that you keep letters in support of individual candidates to 325 words and multiple candidates to 375 words.

As with our general letters policy, all letters must be accompanied by the author's name, address and contact information. Typed letters are preferred and email even more so. Lengthy letters written in long-hand will become mysteriously lost.

Email letters to:

editor@carrborocitizen.com

or mail them to:

The Carrboro Citizen

Letters to the Editor

Box 248

Carrboro, North Carolina 27510

Now comes the hard part

Too often in the news business, we're on to the next thing before the ink is dry. In the spirit of our friends in the land-and-table community who are adherents of Slow Food, this paper tries to practice its journalistic cousin, Slow News. To us, that means lots of local ingredients and fighting the urge to rush something into print for the sake of, well, rushing something into print. It also means taking a little more time to reflect on what was so-called yesterday's news.

Just last month, the big story was how the recession is affecting the budgets of our local governments. Unless you're a numbers freak, these are never sexy stories, but they are important to a wide spectrum. This year's budget meme was cutting costs without cutting services — a near impossible feat to accomplish, let alone define. Some of those cuts are already having a visible impact. Just ask anyone who uses the Bradshaw Quarry Solid Waste Convenience Center, which Orange County will close in September.

Perhaps a little less visible is the impact of savings in human resources. Most of the cost of operating any local government goes to pay and benefits for employees. This year, public employees took it on the chin. Most won't see much if any of an increase in pay. That's to be expected in almost any tight year. Add to that additional measures like the suspension of contributions to retirement plans, higher co-pays or deductibles in insurance and a myriad of other cuts that may not seem like a big deal on the surface, but end up meaning a heck of a lot to individual families trying to make ends meet.

And public employees and the rest of us will experience the consequences of long-term hiring freezes and hiring slowdowns. That's where the fine line between cutting funds and cutting services becomes a tightrope. We won't know right away if the cuts will result in longer lines at town and county offices, extended turnaround times for inspections and permits or sparser enforcement, but we do know that the cuts that were yesterday's news are being felt today.

Ah, Carrboro

Being a small-town newspaper editor has its advantages, not the least of which is that people call up and tell you when odd things happen. It's pretty much what you might imagine: loose chickens, coyote sightings, cryptic messages, naked people and so on.

The great thing about being located in Carrboro is the local twists that could only happen 'round here.

The other day, a call came in from a sheepish individual who wanted to relate how goofy she'd just been. She said she loves how she can pretty much walk everywhere she needs to go. "I try to walk everywhere," she said. That's been a great idea, but when she hit the bricks to make a recent early-morning appointment she discovered an instance of when walking won't do you much good. Took her a few minutes in line at Auto-Logic to realize that when you've got a repair scheduled, you need to bring the car in too.

— Kirk Ross

THE CARRBORO CITIZEN

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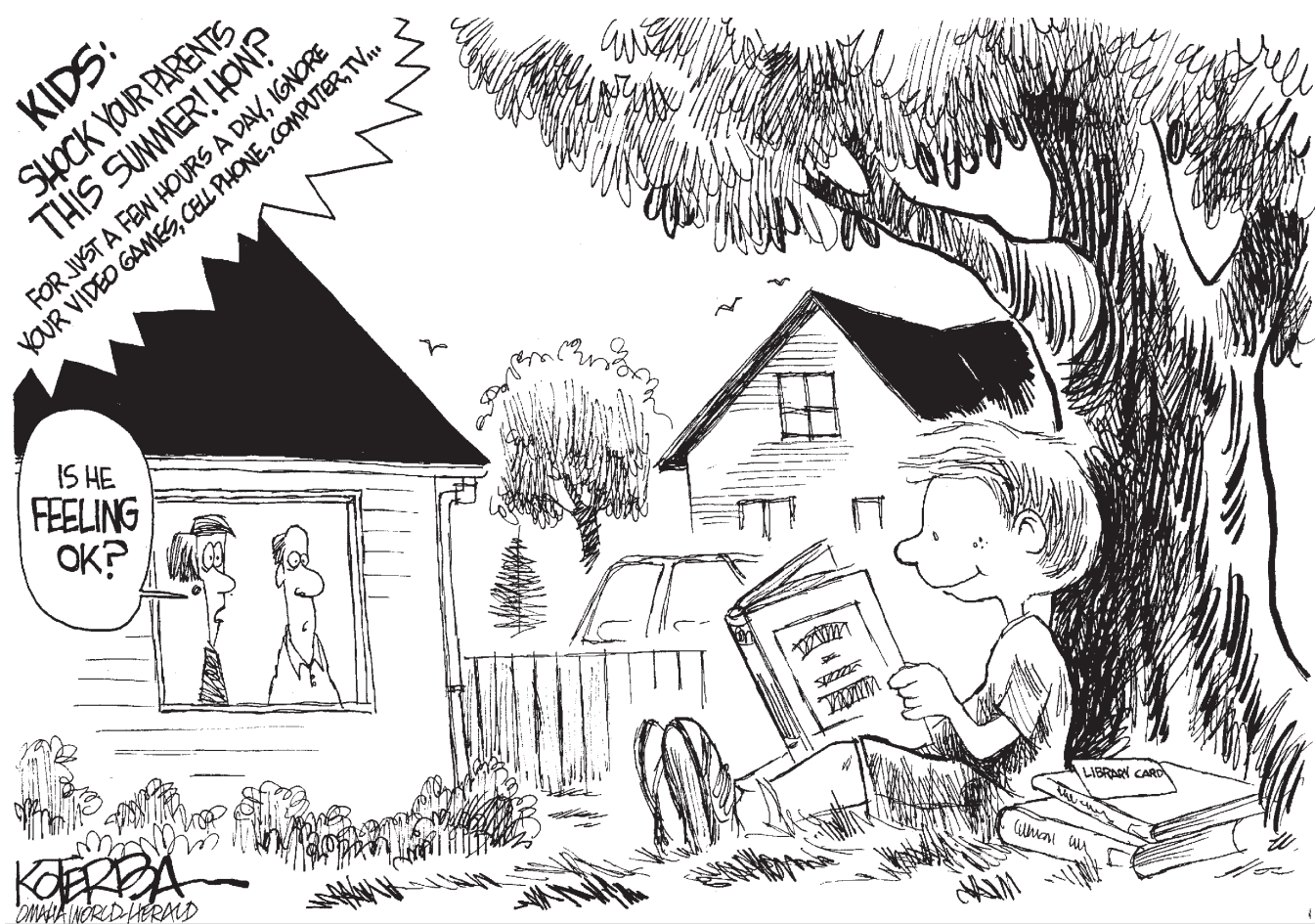
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Loopholes, Big PACs and the budget crisis

BY BOB HALL

Legislators in Raleigh are struggling to piece together a budget for a state with a lot less income. Cuts for vital programs are definite. But what about cuts to the expensive tax breaks that benefit wealthy special interests who happen to be major political donors?

Programs that provide uninsured children with health care will be cut back, but what about the unusual tax credit North Carolina gives insurance companies, which reduces their tax bill by \$20 million a year, a hole the rest of us have to fill?

Students (and their parents) will suffer because of cuts in funding for teacher assistants, but what about cutting the \$12 million annual subsidy that primarily benefits wealthy athletic boosters at the universities?

Many legislators are promoting an approach to handling the budget crisis that incorporates basic principles of fairness, but they face opposition from colleagues who listen most closely to business groups with well-funded lobbies and political action committees (PACs).

At Democracy North Carolina, we recently connected the dots between the big PACs and tax breaks that the N.C. Department of Revenue says are valued at more than \$1 billion a year. (See the report at www.democracy-nc.org.)

Here are just a few examples:

• **“Athletic Supporters”:** A group of UNC-Chapel Hill boosters called Citizens for Higher Education set a record for PAC donations to legislative candidates by handing out \$479,000 during the 2008 election. The PAC has also hired lobbyists to defend a controversial law that makes taxpayers pay the tuition costs of out-of-state athletes that wealthy

booster clubs once financed. The state House ended this subsidy (worth over \$12 million a year) in its budget proposal, but the Senate did not.

• **Big Insurance:** Two insurance companies have sizeable PACs — the Blue Cross & Blue Shield PAC (giving a total of \$171,250 in 2008) and Nationwide PAC (total: \$226,500). Budget proposals increase the regulatory fee on insurance firms, but caps on taxing the companies' revenue may still save them more than \$150 million a year. The Senate proposal eliminated an unusual tax credit on what insurance firms pay into guaranty funds to protect against their failure, which saves them \$20 million a year.

• **Big Tobacco:** This industry has

over \$100 million in new revenue.

• **Telephone giants:** AT&T (PAC total: \$140,500) and Embarq Corp. (PAC total: \$151,250) are two of the firms that benefit from a tax break on the purchases of telephone equipment that costs the state an estimated \$31 million a year in lost revenue.

• **Mega Corporations:** The big banks (four banking PACs contributed \$704,300 in 2008), drug makers like GlaxoSmithKline and Merck, tobacco firms and other multi-state corporations would pay an additional \$45 million to \$100 million in taxes to North Carolina if they were forced to report the income of their various subsidiaries through a method called “combined reporting.”

But the N.C. Chamber and other groups are fighting this proposal, which the House adopted, but Senate leaders oppose.

• **The Well Off:** While so many suffer in the recession, simple fairness means individuals who still clear more than \$200,000 (after all deductions) should pay a

higher tax rate. The N.C. House and Senate each have ideas for a more progressive income-tax structure, but how truly progressive the final plan will be remains a question. The rich have plenty of PACs speaking for them, but what about the ordinary citizen?

The test of the balanced budget this year will be how fairly it distributes the pain of spending cuts and how well it ends the loopholes and favoritism built into the state's tax system over decades by special-interest lobbies.

Bob Hall is executive director of Democracy North Carolina, a nonpartisan research and advocacy center for campaign finance reform and voting rights.

The test of the balanced budget this year will be how fairly it distributes the pain of spending cuts and how well it ends the loopholes and favoritism built into the state's tax system over decades by special-interest lobbies.

lost some recent fights, but with the help of the R. J. Reynolds PAC (total: \$88,000) and numerous lobbyists, it defeated a move in the House to end a special tax break worth \$12 million a year for cigarette manufacturers and it continues to lobby legislators against Gov. Beverly Perdue's proposal to increase the excise tax on cigarettes.

• **Boss Hog:** Thanks to the political clout of agribusiness, including the donations of the N.C. Farm Bureau PAC (total: \$222,150) and N.C. Pork Council PAC (total: \$187,000), agriculture gets many exemptions from regulations, as well as a host of tax breaks. A proposal to reduce one break for the biggest farms — the cap on the sales tax paid on purchases of farm equipment and supplies — could generate

What's for dinner, I'm starving

ROSEMARY SUMMERS

Life has changed since “ancient times” (or so my kids call it) when I grew up. We rarely ate anywhere but in the family kitchen, where one of my fondest memories is arguing with my brother about not crossing into my side of the table, no matter what food was on “my side” that he wanted. Mom would have dinner on the table promptly at 6 p.m. when Dad walked in the door. Of course, it required help from us as kids or else you were left with washing the dishes. I always chose preparing the food, usually involving a trip to the garden to get the vegetables.

So today, what's the most common question faced by parents at the end of day? “What's for dinner, Mom (or Dad)? I'm starving!” Failing to answer within 30 seconds brings the inevitable next most-common question. “Can we go out to eat? I'm starving, and fixing dinner will take too long!” or the whine “There's nothing to eat in the house.”

With tightening budgets, we all think twice about eating out quite so frequently. A Caesar salad with chicken at a restaurant averages \$8. You can buy all the ingredients for this same dish for about \$3 per person.

We decided to regain control of our waistlines, our budget and our family time together around a table. We needed a game strategy (this was the only way to get the guys involved) to get started. There were two parts to the strategy: planning and action.

Planning meal menus for a week and a written shopping list was the easy part.

Using a shopping list cut down on the odd assortment in my cart that wouldn't yield a full meal. I always try to visualize the colors on the plate, making sure that I have a red, yellow or orange and green filling up two-thirds of the plate. We are indeed lucky that we have an abundance of farmers' markets throughout the county, with excellent local produce. Summer is especially exciting for the variety of fresh,

I always try to visualize the colors on the plate, making sure that I have a red, yellow or orange, and green filling up 2/3 of the plate.

colorful fruits and vegetables.

The action part was more difficult — sticking to the menus and eating together without the TV on! Food Network to the rescue, filled with all kinds of tips and tricks for making food preparation easier. For example, when you bring your produce home from the market, wash it and bag it before putting it in the frig, saving a step during food preparation. Find a night of the week or weekend and do some prep work with some of the ingredients, like sautéing the ground white turkey with the

chopped onions and keeping it in the frig until you need it during the week.

Pre-preparing parts of the recipes helped me stick to the plan, especially when I was tired or cranky. On week-ends, I try to fix at least one casserole or dish that I can freeze and use on a really busy night.

As far as the TV goes, the off switch works fine (and so does the automatic record/delayed viewing button).

Not too much grumbling about this “new experiment” and there were requests for repeats on some of the menu items. Wonder of wonders,

lunchboxes started filling with some of the healthy leftovers, leaving me with another dilemma: “What am I going to do on leftover night?”

For tips, recipes and more on preparing meals at home, check out our new Eat Smart, Move More Orange County website at co.orange.nc.us/health/esmmoc.asp

Rosemary Summers, DrPH, is director of the Orange County Health Department and a member of Orange County Healthy Carolinians. She is an avid cook.

ENDORSEMENT LETTERS

The Carrboro Citizen welcomes letters of endorsement for candidates in the 2009 municipal and school board elections. We ask that you keep letters in support of individual candidates to 325 words and multiple candidates to 375 words. As with our general letters policy all letters must be accompanied by the author's name, address and contact information. We will publish one letter per author per month. Typed letters are preferred and email even more so. Lengthy letters written in longhand will become mysteriously lost.

E-MAIL: letters to editor@carrborocitizen.com

MAIL: The Carrboro Citizen, Letters to the Editor, Box 248, Carrboro, NC 27510

LETTERS

Cuts risk too much

Like most states these days, North Carolina is in deep financial trouble and it's time to make some tough choices. That said, cutting programs that are proven to benefit children and the state's economy, like Smart Start and N.C. Health Choice, just doesn't make economic sense.

Gov. Perdue and other state leaders have begun calling for a balanced approach that includes new revenue and doesn't abandon our families. This is the approach we should take.

Cutting programs like Smart Start and N.C. Health Choice for Children will save money this year, but the long-term costs will more than outweigh the short-term savings. Without access to health care for their children, parents turn to emergency rooms when the flu turns deadly, which ultimately costs the state money. Without early-education programs to help children get off to a strong academic start, we run the risk of higher dropout rates, higher rates of drug use and increased juvenile crime.

The result of drastic cuts in the programs that best serve our state and our children will be devastating and they'll cost us more in the long run. Let's face it, a balanced approach that raises revenue with judicious cuts is the best way to protect working families and avoid prolonging the recession.

BECKY LASKODY

Carrboro

Center is needed

Thank you for reporting the county's plans to cut hours at solid waste convenience centers — a burden shared by all the rural residents. Surprisingly, after your reports quoted our commissioners expressing their concern for the rural community, they decided to close the Bradshaw Quarry Solid Waste Convenience Center. This is a blow to many rural residents who do not have trash pickup and will now have to regularly haul their household trash 10-15 miles away.

Cutting costs by shifting the burden to unsuspecting rural residents doesn't make sense. Concerned residents and the local fire department have written to the board asking them to reconsider. So far, the commissioner's responses have been flat, with little interest in considering alternatives.

Residents have suggested reducing the hours of the convenience centers to allow Bradshaw Quarry to remain open two or three days a week. In addition, we've asked the county to discontinue curbside recycling pickup in the rural county — a “fluff” service that was added about four years ago. Recently added services for large appliances, furniture, mattresses and electricals are unnecessary and residents are willing to haul those large items on those rare occasions that disposal is needed.

The Bradshaw Quarry Convenience Center is needed in our community and eliminating it places a large and disproportionate burden on a rural community, who are being asked to regularly drive long distances to dispose of their household trash. Hours and services can be reduced to save money, but eliminating household trash drop-off will impact our health and safety.

Lately, our community has felt constantly threatened by the insensitivity and disinterest of our local officials. It is not difficult to find creative and effective ways to reduce the costs of handling solid waste for the rural county. We've offered them to our commissioners — and we now need them to act!

KAYLIN MCGEE

Orange County

HEALTH CARE
FROM PAGE 1

A report released last August by the PED led to scrutiny of community support services, and the latest report, released earlier this month, stated that as much as \$635 million was overpaid by the state and federal governments for community support services and that between April 2006 and March 2007 those services accounted for 97 percent of all enhanced services expenditures, with 18 other services accounting for 3 percent.

But in a December report, the PED wrote that the Division of Mental Health, Developmental Disabilities and Substance Abuse Services "should continue to emphasize community capacity and quality of care – more needs to be done to bolster community-based services."

Yet the community support services program is likely to be razed and then rebuilt – which suggests to Mahan that the legislature is disregarding the recommendation of its own advisers. Advocates emphasize that it's going to take time to rebuild those services.

"Even if they are able to come up with a replacement service," Mahan said, "more than likely many of those people who are currently getting this service will have simply been dropped." They'll end up, she said, either denied service or in a state institution.

The spirit of Olmstead

Which is the opposite of what was supposed to be accomplished with mental health care reform in North Carolina, a reform triggered largely by the U.S. Supreme Court's 1999 Olmstead ruling. In that ruling, the court stipulated that, in keeping with Title II of the Americans with Disabilities Act, Medicaid-eligible individuals should not be discriminated against by be-

in Orange County, but then factor in "an illness that disrupts your ability to think and communicate clearly, makes you fearful, takes away your energy, reduces your ability to take care of yourself and makes you act in ways that lead to social isolation, and you begin to have an idea of why someone with a serious mental illness needs effective services to live independently."

"The alternatives are painfully certain," Sullivan said. "Homelessness, hospital, prison or death."

Mahan concurs. To believe that these services can be eliminated without exacting an additional burden on law enforcement and emergency rooms is, she said, "really short sighted."

"It's like saving money on car maintenance by never changing the oil."

Beyond the human toll, "For the taxpayer, this is a bad deal," Thava Mahadevan of Chapel Hill-based mental health provider XDS Inc. told *The Citizen* in a June interview, "because when you don't provide the services [in the community] it ends up costing you a lot more," in institutionalization, incarceration and more intensive services.

Beyond that, given that Medicaid pays the majority of the cost of community support services, our mental health care system will also be losing substantial federal dollars.

"Unfortunately, I am afraid that current financial and political realities will lead to cuts that will result in short-term savings at the cost of massive longer-term expense and incalculable human suffering," Sullivan said.

"It's like saving money on car maintenance by never changing the oil."

ing forcibly institutionalized when they might otherwise be provided services within their communities.

Mahan believes community support services are the foundation of the spirit of Olmstead. Community support, she says, "keeps people safe, keeps people in their homes, keeps children with their parents, it keeps people on their medication – all of these things we say we want for people who have mental illness or have developmental problems."

"Managing chronic illness of any type can be extremely difficult for anyone," said Mark Sullivan, executive director of the Mental Health Association

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ROOM FOR RENT in condo near Southpoint. Owner-occupied; share with owner and cat. Large bedroom with private bath and walk-in closet. Shared kitchen and living area. Quiet, friendly neighborhood with grocery stores, restaurants, coffee shops and bus stop close by. Must be non-smoking single grad student or professional. Available Aug 1. Email for details: missboooadams@gmail.com.

HOMES FOR SALE

10 MINUTES TO FARMERS MARKET Lovely home on 3+ ac close to Perry Harrison. Awesome wrap around front porch! 3 BRs plus 2 huge bonus rooms. Eat in kit w/separate dining room. FP in living room, window seat in family room. \$346,500 Weaver Street Realty 929-5658

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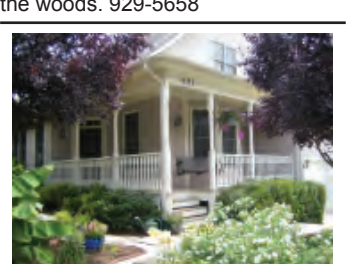
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SWEETLY UPDATED DOGWOOD ACRES ranch with new septic, MBR addition, office, large screen porch & solar water heater. Lg lot has mature trees & adjoins the greenway of the new Southern Community Park. Pine floors throughout, renovated kitchen, nice flow. Also has a retreat cabin in the woods. 929-5658



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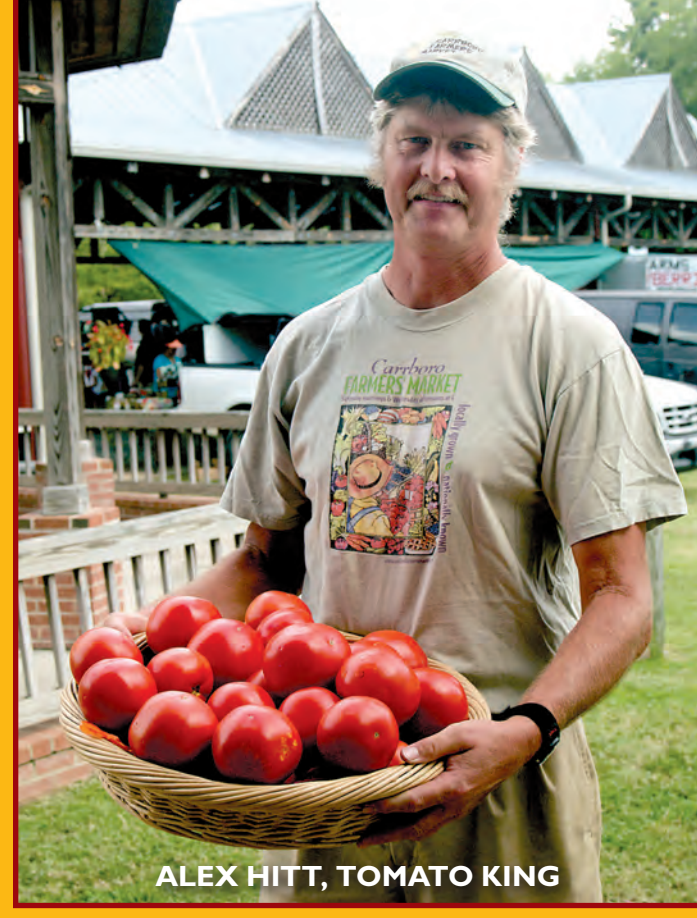
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ALEX HITT, TOMATO KING

Tomato Day!
SATURDAY, JULY 25TH 7AM - NOON

When the Carrboro Farmers' Market started Tomato Day over 10 years ago, our farmers had 15 varieties of tomatoes. Today, you can find over 60 varieties of heirloom and backyard tomatoes every Saturday!
On Tomato Day, rare, bizarre, backyard and just plain tasty tomatoes will be incorporated into delicious tomato sauce, jam, juice and gazpacho for customers to taste as they shop. Our tomato MC will be hosting the event, sharing various tomato facts and trivia throughout the morning.

PHOTO BY BETH MECHUM

MARK TRAIL

THE GRAND OLD BALD CYPRESS OF THE SOUTHERN SWAMP IS A UNIQUE TREE, OFTEN REACHING 100 TO 150 FEET TALL

USUALLY THESE TREES ARE FESTOONED WITH SPANISH MOSS

THE BALD CYPRESS IS AN IMPORTANT TREE IN THE SOUTHERN SWAMPLAND ECOSYSTEM... ITS WOOD IS DESIRED BY THE TIMBER INDUSTRY, BUT LUMBER USE HAS DECLINED BECAUSE IT IS A SLOW-GROWING TREE

SOME OF ITS VALUE IS FOR WILDLIFE FOOD AND COVER...BIRDS FEED ON THE CONE SEEDS, AND OTHER ANIMALS ESCAPE TO THE PROTECTION OF THE TREE WHEN IN DANGER

WHEN GROWING IN WATER, THE TREES BEND UP "KNEES"... THESE CONE-SHAPED EXTENSIONS OF THE ROOT SYSTEM ARE BELIEVED TO SUPPLY AIR TO THE SUBMERGED ROOTS

THEY ALSO ACT AS SUPPORTS OR ANCHORS FOR THE TOWERING TRUNK AND CROWN

EVEN POWERFUL STORM WINDS SELDOM BLOW THESE TALL TREES DOWN

puzzle solutions

3	4	9	6	7	8	1	2	5
6	5	7	1	4	2	9	8	3
1	8	2	5	9	3	6	7	4
5	7	6	4	2	1	8	3	9
9	3	1	8	5	7	2	4	6
4	2	8	3	6	9	5	1	7
7	9	3	2	1	5	4	6	8
8	1	4	9	3	6	7	5	2
2	6	5	7	8	4	3	9	1

CRYPTOQUOTE ANSWER:
Banking should not be exciting. It parking is exciting. There is something interesting about a community bank in Japan.
— Clay Ewing, president of German American Bankcorp.



PHOTO BY KEN MOORE

Shy ruellia plants are welcome where they volunteer along Marie Weiden's curbside garden.

FLORA FROM PAGE 1

Recently, I was happy to see dozens and dozens of them in Marie Weiden's "always-something-in-flower" curbside garden along the intersection of Boundary and North streets in Chapel Hill. I noticed them there two years ago and now there are more. When I first discovered them, Marie described that, "Oh yes, they volunteer in and they are most welcome wherever they choose to locate themselves in the curbside garden."

They are easily maintained. Just look out for them and be certain not to confuse them as unwanted weeds. Marie has some of the larger flowered variants and a few with four or more flowers open at once. A real thrill in allowing nature to establish seedlings in a garden is the variety of flower size and color tones produced as one surveys the results.

The almost bashful presence of this wildflower is reason enough for it being seldom noticed by today's rushed humanity. However, I

know several folks in our community who cherish the ruellia as much as I. To have one or more appear in one's own yard or garden is really special. They are not normally available at nurseries, so you'll have to depend on luck to have them show up for you. One strategy is to keep that "closer look" with you and revisit some of the plants you spot in the woods or about town and collect a few seed pods to scatter in some casually tended areas of your garden. Hopefully you'll be happily surprised this



Other People's Pictures

Every picture tells a story, so the saying goes — but what if you don't know the photograph's back story? Who are these people? Where was it taken? What year is it? Who took the photo? If you had to construct a narrative from scratch about this photograph, what would you say? My love for old cameras has led me to start collecting old photographs — other people's pictures. This faded gem came to me through the generosity of Carrboro's Richard Ward of Oddities and Such. In it, we see four subjects arranged in a dining room. The clothes, hairstyles and decor provide our first clues. I'm guessing that papa or grandpa is an amateur camera enthusiast (see the over-dodged girl's face) and that the picture is taken at grandmother's house, where the family has come for lunch (see the clock and the table items). Grandmama sits ramrod straight, posing as if to knit, while her daughter poses informally. What slays me is that the two youngsters HATE THIS CHARADE, no different than adolescents of today — the boy slumped and looking down and his sister giving us the classic teenager's eye-roll. On the photo's back, a label reads, "Agfa," a prominent mid-20th-century German camera company, and a penciled notation uses European numerical characters. So if it was Germany 1939, what became of these people in the cataclysmic upheaval of World War II? One can only imagine.



A THOUSAND WORDS

BY JOCK LAUTERER

Do you have an important old photo that you value? Send your 300 dpi scan to jock@email.unc.edu and include the story behind the picture. Because every picture tells a story. And its worth? A thousand words.

WATER WATCH

LAKE LEVELS

UNIVERSITY LAKE: 1' 6" inches below full
CANE CREEK RESERVOIR: 1' 1.5" below full

PRECIPITATION THIS MONTH

JONES FERRY PLANT: 1.85"
CANE CREEK RESERVOIR: 2.28"

CUSTOMER WATER DEMAND

Past 7 days (average): 8,806 million gallons
Past 30 days (average): 9,229 million gallons

ESTIMATED SUPPLY REMAINING:

359 days worth (about 11 months), based on average demand in the last 30 days, and assuming no further rainfall.

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