

carrborocitizen.com

AUGUST 11, 2011 LOCALLY OWNED AND OPERATED VOLUME V NO. XXII





Swallowtails are one of many insects attracted to bull thistle flower heads. PHOTO BY PARKER CHESSON



Here's a flower you won't pick!

Durham resident Parker Chesson recently captured the above image of a swallowtail on a bull thistle flower head. Parker continued his "closer look" and then captured (see back-page photo) the pre-expulsion stage of a mature seed head, which is every bit as beautiful as the flower itself. I've observed bull thistle seed heads countless times without ever catching this particular moment in time.

Bull thistle, Cirsium vulgare, more commonly called spear thistle in Great Britain, is an alien plant on our turf. Needle-sharp spines cover the entire plant; farmers and horse owners curse it in their fields. It's listed as a "plant to avoid" on the N.C. Botanical Garden's website, and the N.C. Native Plant Society (ncwildflower.org) includes it on their Rank 3 list of unwanted invasives. It can be easily spotted in small populations on disturbed ground and along roadsides. The peak of thistle flowering has passed, though you will likely spot a few still flowering here and there. Most notable just now are the silky plumed seeds soaring aloft on summer breezes. It may be a surprise that those bits of flying silk come from that brilliant-purple thistle head. Thistle flower heads are visited by several butterfly species and other colorful winged pollinators partaking in what must be a nectar feast. I was fortunate to have a seldom-seen zebra swallowtail visit one of the volunteer plants in my yard last week.

County must now deal with state budget cuts

BY TAYLOR SISK Staff Writer

Cuts made to the recently passed state budget to close a nearly \$2.5 billion shortfall will take a toll on Orange County residents. Social services will suffer, said County Manager Frank Clifton, as will public health services and the criminal justice system.

"The biggest impact will be in social services," Clifton said on Tuesday.

Among the programs the Orange County Department of Social Services offers are child-protection services and child-care subsidies, employment ser-

and services for seniors and people with disabilities.

Clifton listed child-care subsidies, employment assistance and transportation services as being programs that would likely be curtailed.

In health services, health screenings might be harder to schedule. Criminaljustice programs that face elimination include a drug-treatment program that allows those with minor offenses who follow given guidelines to avoid jail time.

"We know these programs work," Clifton said of all of the above. "In any

vices and emergency financial assistance of them, you can always gain efficiencies. But that means fewer services."

In most cases, Clifton said, county residents don't know where funding for a particular program comes from, just that the service exists. But when the state no longer provides funding for that program, "it all reflects back on the county."

"We get into a difficult situation and have to make difficult choices," he said. We just have to deal with it."

Moreover, he added, when the state cuts funding for a program, it generally forever becomes a county program. "The state's not going to pick it back

up."

"I believe we will continue to see cuts in state support for state-mandated programs," said Steve Yuhasz, vice chair of the Orange County Board of Commissioners. "The toughest decisions will be which of these cuts we will be able to offset with local funds and which programs we will have to abandon."

Yuhasz cited child-care subsidies as being among "vital programs which have suffered as a result of state funding reductions and which the county has partially funded."

SEE BUDGET CUTS PAGE 3

Carrboro: technology-business mecca



The purple flower head, another example of the aster (composite) family's compact

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INSIDE

Shopping at Club Nova

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Joel Sutherland (front), Wally and the rest of the New Media Campaigns crew PHOTO BY ALEX MANESS

BY SUSAN DICKSON Staff Writer

As the economy reels and local businesses suffer with several forced to close their doors in recent weeks - business for Carrboro's hidden economy is quietly booming.

Unbeknownst to many, Carrboro has become something of a mini technology-business mecca in recent years, with Internet businesses like Newfangled Web Developers, Blogads, Schmap! and Caktus Consulting headquartering their companies here.

Mark O'Brien, co-owner of Newfangled Web Developers, said he moved his business - a web-development company serving clients across North America from Providence, R.I., to Carrboro for the quality of life here, but has discovered hidden benefits.

"It's local to the university, so there's a great employee pool. It's central to lots of places," he said.

Having other Internet businesses nearby hasn't hurt either, O'Brien said. Newfangled is located in the same building as Blogads, a company that connects national advertisers with blog readers through its network of 3,500 blogs.

"We've made a lot of connections with them," he said. "They speak our language." Overall, Newfangled has been doing very well and

just published a book targeted toward companies looking to do more with their websites.

We're planning on staying here for many years to come," O'Brien said. "Carrboro is a great base of operation for us."

Carrboro Creative Coworking owner Brian Russell, who has worked with a number of technology businesses

SEE TECH BIZ PAGE 3

County to offer quarter-cent sales-tax education

BY TAYLOR SISK Staff Writer

Over the next few months, the Orange County manager's office will conduct a campaign to educate voters on a proposed additional quarter-cent sales tax that will again appear on the ballot this November, and a consulting firm will be brought on board to assist with that effort.

Orange County residents voted down a quarter-cent sales-tax increase in last November's election, with 51.24 percent of voters against it and 48.76 percent in favor.

The board of county commissioners voted in April to place a referendum for the tax on the ballot again, and later that month voted to dedicate any funds raised from the tax, should voters approve it, to economic development and education.

Fifty percent of potential funds would go to economic development and 50 percent to schools.

Assistant County Manager Gwen Harvey stressed that the county's campaign will be "purely to educate the public." County government is prohibited from taking a position on the issue.

Harvey said that a team was formed after a quarter-cent increase was defeated in last November's election to assess how well county government had done in educating voters about the tax. That team includes members of the county's IT, public information and county manager's offices.

The county subsequently interviewed three local consulting firms to provide direction on how best to further educate the public about the tax for the fall election. Harvey said she hopes that a recommendation on which firm to hire will be made to the commissioners soon after they reconvene later this month.

Interim Assistant County Manager Michael Talbert said the county wants the firm to help determine the most appropriate media for providing information: "What is the best multi-media approach to that?"

> SEE QUARTER CENT PAGE 3

Getting the green business thing down

RECENTLY ... **BY VALARIE SCHWARTZ**

So, you think you've got the whole "green" thing covered. You regularly shop at the farmers' market, where you buy organic, "slow" food; you recycle everything that Orange Community Recycling will accept; you buy products made of hemp and other natural, organically grown materials; and you drive a fuel-efficient vehicle. What more, you may wonder, can you do to help sustain our environment?

What about that couch or chair you're sitting on - have you ever considered where the products for your furniture come from? Chapel Hill's Susan Inglis has done more than think about it; she has become part of a movement to help us minimize our carbon footprint while furnishing our homes. Inglis is the executive director of the Sustainable Furnishings Council (sustainablefurnishings.org), and has been a long-time supplier

of sustainable home furnishings.

Raised out in the country of Chowan County, Inglis moved to Chapel Hill in 1975 and earned a degree in anthropology. Both of her parents were amateur craftspeople - her mother a weaver and her father a woodworker – who taught their children how to create things with their hands. Inglis started a knitting business that supported her and her two children when her marriage ended and she moved to Dogwood Acres in 1989.

"I got a knitting machine and began to make custom sweaters," she said. "I started selling the sweaters to stores." Sweaters from her line, called Susan's Sweaters, were sold here at the former Chinaberry Craft Gallery, and eventually she had sales reps in markets across the country.

"But the fashion industry moved so fast, I was looking for something more gently paced," Inglis said. She became involved in an economic-

SEE **RECENTLY** PAGE 2



Susan Inglis of Chapel Hill turns the world greener through her leadership of the Sustainable Furnishings Council. PHOTO BY VALARIE SCHWARTZ

MUSIC CALENDAR



THURSDAY AUG II

The Cave: EARLY: Little High Little Low LATE: The Flea Market \$5

City Tap: Gmish. 8pm

Jessee's Coffee and Bar: Brit Price, Erin Brown. 8pm

Local 506: The Chris Hendricks Band, The Inner City Mountain Men, Don Sill. 9pm. \$7

Weaver Street Market: Tim Stambaugh and Friends. 6pm

FRIDAY AUG 12

Bynum General Store: Sourwood Mountain Band. 7pm Caffe Driade: Saludos Compay. 8pm

Carolina Inn: The Gravy Boys. 5pm

The Cave: LATE: Burke and The

Vice Grips

City Tap: Diali Keba Cissokho, David Quick. 7pm

johansson. 8pm

Nichols, Scarlet Virginia, Ten Cent Pottery, Without Sound. 8pm

Bird and Arrows. 9pm. \$8

ture, Royal Forest, The Spacemen. 9:30pm, \$5

The Station at Southern Rail: Alex Bowers and Friends. 7:30pm

SATURDAY AUG 13 Caffe Driade: Supreme Fiction. 8pm

LATE: Bitter Resolve, LURCH, Savagist City Tap: Great Big Gone. 8pm

General Store Cafe: Tommy Edwards. 8pm

Jessee's Coffee and Bar: The Riff, Second Breakfast. 8pm

Local 506: Scattered Trees, The Alternate Routes, Paul Dempsey. 9pm. \$9/11

Nightlight: Boggie Reverie and the Hipstars

Open Eye Cafe: Rafael Green. 8pm

The Station at Southern Rail: Not Dead Yet, 6pm

SUNDAY AUG 14

The Cave: LATE: The Galt Lines, Viva Le Vox. \$5 **Local 506:** Tripp, The Riverbreaks.

9:30pm. \$5 Southern Village: Shawn Deena.

7pm, Free

The Station at Southern Rail: The Red Hot Poker Dots, The Dave Spencer Band

MONDAY AUG 15

The Cave: LATE: Pinche Gringo, The Tontons, The Booze. \$5

Local 506: Allegaeon, The Devastated, Escher. 9pm. \$8/10

TUESDAY AUG 16

ArtsCenter: Eric Johnson. 8pm Flying Burrito: Tim Stambaugh. 8pm

Local 506: Shovels and Rope, The Bayonets

Piola: Chris Reynolds. 8pm

The Station at Southern Rail: Mysti Mayhem. 9pm

WEDNESDAY AUG 17

Caffe Driade: Stephan. 8pm The Cave: LATE: Rabbit Local 506: Rayland Baxter. 9:30pm. \$8

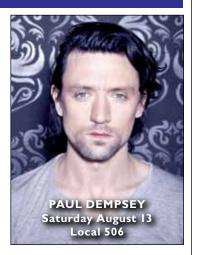
THURSDAY AUG 18

The Cave: LATE: Zorch, Weather Machine, Slicnaton City Tap: The Third Expression.

8pm General Store Cafe: Tony Galiani

Band. 7pm

Nightlight: Idiot Family, Dirty Dakotas, Jack the Radio. 9:30pm. \$5



Weaver Street Market: Craicdown. 6pm

FRIDAY AUG 19

Bynum General Store: Justin Robinson and the Mary Annettes. 7pm

Caffe Driade: Alex Andrson, Season Ammons. 8pm

Carolina Inn: Big Fat Gap. 5pm

Cat's Cradle: Archers of Loaf, Electric Owls, Schooner. 8:45pm. \$20

City Tap: Sinful Savage Tigers. 7pm General Store Cafe: Maynard and Tenney. 8pm

Jessee's Coffee and Bar: Johnny Swank, Unsubs. 8pm

Local 506: Six Organs of Admittance, Donovan Quinn. 9:30pm. \$9/11

Alex Bowers and Friends. 7:30pm **SATURDAY AUG 20**

Caffe Driade: Loose Mood. 8pm Cat's Cradle: Archers of Loaf, Hammer No More The Fingers, Cobra Horse. 8:45pm. \$20

The Cave: EARLY: Marcos Lightning Harkness

City Tap: Killer Filler. 8pm General Store Cafe: Peak City

Blues Project. 8pm Katy's Music Bar: She Bop. 10pm Nightlight: Daniel Higgs, Zomes **Open Eye Cafe:** Hank Bowman Bluegrass Band. 8pm

The Station at Southern Rail: Lee Gildersleeve, Bad Dog Blues





Rayland Baxter will perform at Local 506 on Wednesday, Aug. 17.

Fresh off a 16-date tour with The Civil Wars, Baxter is now out as support for Grace Potter. He's been described as a young lames Taylor/ Paul Simon, and quickly became one of Nashville's most buzzed-about singer-songwriters. Baxter is the son of multi-instrumentalist William "Bucky" Baxter, who performed with such artists as Bob Dylan and Steve Earle.

Baxter is a true artist, a humble man and a dreamer. Tradition is a staple of his music.

Doors swing at 9 p.m. and the show starts at 9:30. Tickets are \$8.

MOVIE LISTINGS We suggest you call for exact show times. All listings start Friday.

CAROLINA THEATRE **OF DURHAM**

309 W. Morgan St., 560-3030 Closed temporarily for renovations. Will reopen in August for the N.C. Gay & Lesbian Film Festival and resume regular movie screenings in October.

CHELSEA THEATER

Timberlyne, 1129 Weaver Dairy Road, 968-3005

Midnight in Paris; Queen to Play; The Trip; Snow Flower and the Secret Fan

THE LUMINA

Southern Village, 932-9000



30 Minutes or Less; Cowboys &

Potter and the Deathly Hallows

Apes; The Help; Zookeeper

120 Banks Drive, 933-8600

- Part 2; Rise of the Planet of the

REGAL TIMBERLYNE 6

30 Minuets or Less; Crazy, Stupid,

Aliens; Crazy, Stupid, Love; Harry

123 E. Franklin St., 967-8665 Green Lantern; Kung Fu Panda 2; The Hangover Part II

RECENTLY

FROM PAGE I

development program in West Virginia with women making knitted pillows and sofa throws



D 00

GIRLS

JOHN HIATT

N/THE DONKEYS

General Store Cafe: Elins and

Jessee's Coffee and Bar: Daphne

Local 506: Mary Johnson Rockers,

Nightlight: Minor Stars, Architec-

Open Eye Cafe: Bella Vita. 8pm

The Cave: EARLY: Sara Shansky



Nightlight: Birds of Avalon The Station at Southern Rail:



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



News Briefs

New West Franklin traffic signal

A pedestrian traffic signal at 409 W. Franklin St. (in front of McDonald's) will be installed.

A flashing signal was in operation through Tuesday to allow motorists to become accustomed to the upcoming signalization. For more information, contact Kumar Neppalli at 369-8398 or kneppalli@townofchapelhill.org

Rabid animals found in Chapel Hill

A raccoon and a fox found in Chapel Hill recently tested positive for rabies at the State Laboratory of Public Health.

The raccoon was submitted after a resident in the vicinity of Kingston and Butternut drives saw her dog circling a tree that the raccoon had climbed. The dog was currently vaccinated against rabies and received a booster shot within five days in accordance with state law. Unvaccinated animals must either be quarantined for six months or destroyed.

The fox was submitted after a resident in the vicinity of Old Greensboro and Jones Ferry roads found it biting her dog on its leg. Animal Control removed the fox from the property, and the dog, which was currently vaccinated against rabies, received a booster shot immediately.

Orange County has received seven positive rabies tests this year. If any possible exposure to a bat, raccoon or fox is suspected, call Animal Control at 245-2075 or call 911.

Orange County seeks volunteers

The Orange County Board of Commissioners is recruiting citizen volunteers for several advisory boards. Visit co.orange.nc.us/ boards to see a complete list of boards and vacancies. You may complete an application online or download one.

For additional information, contact Jeanette Jones at 245-2125 or jjones@co.orange.nc.us, or Donna Baker at 245-2130 or dbaker@co.orange.nc.us

State of the Community Report

The Chapel Hill-Carrboro Chamber of Commerce, in partnership with its Foundation for a Sustainable Community, will present the State of the Community Report on Aug. 30 from 7:30 to 9:30 a.m. at The Sheraton Chapel Hill Hotel, 1 Europa Drive.

The report tracks the well-being of our community along social, economic and environmental indicators. Registration is required. The cost is \$15 for chamber members, \$25 for non-members and \$200 for preferred seating for eight. A full breakfast is included. To register, visit carolinachamber.org/events or contact Laura Morrison at 357-9989.

THE CARRBORO

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UNC athletic director search committee named

UNC announced on Monday that Chancellor Holden Thorp had named a 12-member search committee to recommend candidates to become the university's next director of athletics.

The committee will advise Thorp regarding a successor to Dick Baddour, who last week announced plans to accelerate his retirement so that a new athletic director could hire Carolina's next head football coach.

Committee members include representatives of the Educational Foundation Inc., trustees, university faculty and administrators, athletics department staff members and successful former student-athletes.

Committee members are:

• Martina Ballen, senior as-

BUDGET CUTS FROM PAGE I

Cuts to public health funding, he said, affect not only the ability to provide immediate services to underserved populations, but "have a negative affect on our ability to respond to public health emergencies."

"Play this against a backdrop of continuing unemployment, cuts in UNC system funding, and

TECH BIZ

FROM PAGE I

that got their start in shared spaces at his coworking facility, said because Internet-based businesses have more choice in where their companies are located, owners often base their decisions on quality of life and values - which has led many of them to Carrboro.

"It really boils down to quality of life," Russell said. "I think a lot of these folks want to live in communities that are thinking about being sustainable and global climate change."

Internet businesses springing up in Carrboro has helped other businesses - including those not focused on the web - that sometimes need their services.

"Being in physical proximity to people makes it easier for them to do business with each other. It lowers barriers. . . . It makes trust greatsociate athletic director and chief of the Educational Foundation financial officer of the department of athletics;

• Jan Boxill, chair of the faculty, senior lecturer in philosophy and director of the Parr Center for Ethics;

• Lissa Broome, the university's faculty athletics representative to the Atlantic Coast Conference and NCAA, a member of the UNC Faculty Athletics Committee, Wachovia Professor of Banking Law and director of the Center for Banking and Finance in the School of Law;

• Alan Caldwell, a captain on the 1977 Tar Heel football team that won the ACC title and an all-ACC selection;

• Lowry Caudill, a member of the Executive Board of Directors

UNC-Chapel Hill in particular,

and the inability of people to af-

ford higher property taxes, and

you see the dilemma facing the

[board of commissioners]," Yuhasz

Many programs to which Or-

ange County residents have grown

accustomed are relatively new, and

now, Clifton said, "we may have

wants to continue to be a state

said.

to adjust."

Inc., a university trustee and an adjunct faculty member in the UNC chemistry department;

• Winston Crisp, vice chancellor for student affairs and a longtime university administra-

• Don Curtis, a current member of the Executive Board of Directors of the Educational Foundation Inc., a university trustee and chair and chief executive officer of Curtis Media Group Inc.;

• Eric Montross, an All-American starter on the Tar Heels' 1993 NCAA championship team and a retired NBA player;

• Karen Shelton, head coach of the women's field hockey team

of the environment, great schools and support for safety-net programs," Yuhasz said.

But, he continued, "Balancing competing interests is always difficult - trying to balance them while taking on former state responsibilities may be impossible."

This is just the beginning of a process, Clifton warns, from the federal level down, to downscale publicly funded programs.

"When the federal cuts come, then we're going to see some drasince 1981, whose teams have won six NCAA championships;

• Dwight Stone, president of D. Stone Builders Inc. and vice chair of the Executive Board of Directors of the Educational Foundation Inc.;

• John L. Townsend III, a university trustee and managing partner and chief operating officer for Tiger Management LLC; and

• Richard "Stick" Williams, former chair of the university's board of trustees and senior vice president of environmental health and safety at Duke Energy Corp.

Caudill will chair the search committee.

-Staff Reports

matic changes," he said. "That's going to trickle down ... especially in human services."

"It's big dollars," Clifton said of those federal budget cuts.

"People need to get used to this."

In upcoming issues of The Citizen, we will be taking more detailed looks at the real and potential effects to Orange County residents of state and federal budget cuts.

QUARTER CENT

FROM PAGE I

"We want to encourage people to come to the polls with the information they need to make an informed decision," Harvey said.

Information regarding the proposed tax is available now on the county's website.

If approved, the tax would cost county residents an additional 25 cents on a \$100 purchase; it wouldn't apply to groceries or medications. According to the county, the tax would raise approximately \$2.5 million annually.

Potential uses suggested for economic-development proceeds include the expansion of the county's Small Business Loan Program, innovation centers for new businesses and business-development grants.

Proceeds for education would be split evenly between the county's two school systems.

leader in innovation, protection er," Russell said. "Small-town trust and knowledge is very desirable to people who are used to a high-tech

Orange County has been and

lack of trust." Joel Sutherland, one of the founders of full-service web agency New Media Campaigns, said Carrboro has been the right choice for his company.

"Carrboro has been a wonderful place to do business as the creative industry is really booming here, and the Triangle in general has become a center for innovation," he said.

The company launched in 2006, when its three founders won UNC's business-plan challenge as undergraduates. Though NMC's first office was located in RTP, the founders quickly moved it to Chapel Hill and then to Carrboro in 2007, drawn to the independent culture, affordable rent and great restaurants.

Russell, who recently anounced that he would close Car-

rboro Creative Coworking at the end of September, said he believes that local businesses will need to follow the lead of local Internet businesses and utilize the web in order to bounce back.

"It comes down to embracing the Internet and sales online," he said. "I'm all about local business and local ideas to support that ... but there's no reason we should be ignoring global markets."Technology businesses - both local and non-local - are thriving right now, and Carrboro should focus its energy on that, Russell added.

"If we don't increase the amount of wealth being invested in Carrboro in that industry ... the harder it's going to be for us as a community to benefit from it," he said.

Staff writer Vicky Dickson contributed reporting for this article.



Community

Briefs

Carrboro poetry anthology

The Carrboro Arts Committee has sponsored the publication of the Carrboro 100th Birthday Poetry Anthology. Edited by Jay Bryan, the town's poet laureate, the book contains poems by 24 poets who have read at Carrboro Day since 1996.

The anthology can be purchased in person at the Carrboro Recreation and Parks Department (100 N. Greensboro St.) during normal business hours or by mail. The total purchase price is \$5.39. For more information, call 918-7364.

Apples with April at the Carrboro Farmers' Market

April McGreger of Farmer's Daughter will demonstrate how to make homemade applesauce and give tips on making apple butter at the Carrboro Farmers' Marker from 3:30 to 5 p.m. on Wednesday.

Local apples are ripe and ready, and the market plans to continue its "Year Round Food: Community Canning Series."

The workshop is open to the public and will be held in the market gazebo. Please email erinheiderman@gmail.com to sign up. Cost is \$10 per person and proceeds will benefit the Human Rights Center.

Orange County artists rewarded

THURSDAY AUGUST II

Movie Showing — Toy Story 3.

Movie Night — Antichrist to be

shown. Internationalist Books, 7pm

Designed to help families be more

prepared for emergencies with their

SATURDAY AUGUST 13

of Tearing Down The Tent followed

by discussion with N.C. filmmaker

Library, Hillsborough, 2pm Free

Walking Tour — 90-minute

guided walking tour of Historic

illsborough.org

hill.org

Hillsborough. Alexander Dickson

MONDAY AUGUST 15

House, 10am and 2pm \$5 historich-

Pool Schedule Changes — Start-

ing today the pool at the Community

Center will change operational hours.

For all schedules visit townofchapel-

Michael Know. Orange County Main

Movie Showing — Special showing

senior loved ones. 104 S. Estes Drive,

Wallace Plaza, sundown Free

Senior Care Workshop —

internationalistbooks.org

noon Free 933-3300

Orange County artists Paul Baerman and

Community Calendar

Christy Smith are among 18 recipients of the 2011-12 N.C. Arts Council Artists Fellowship Award in the categories of poetry, prose writers, songwriters, composers, playwrights and screenwriters.

Baerman attended the University of Virginia and Duke University. He writes about the loss of innocence and what we do to recover it, as well as about families and grief.

Smith is a Chapel Hill songwriter who strives for lyrical salience, reverence and playfulness. Her group The Tender Fruit's debut album was named one of Shuffle Magazine's top 20 local albums of 2010.

Both will receive a \$10,000 fellowship to support creative development and the creation of new work.

Rotary teacher supply store opens

With classes about to resume, the fifth East Chapel Hill Rotary Teacher Supply Store will open for business next Wednesday to help educators get the supplies they need without reaching into their own pockets.

This program for Chapel Hill and Carrboro will provide 330 teachers with \$75 vouchers to shop at a two-day Teacher Supply Store. There will be a ribbon-cutting ceremony featuring new Superintendent Thomas Forcella on Wednesday at 2 p.m. at the American Legion Hut in Chapel Hill (1700 Legion Road).



ILLUSTRATION BY PHIL BLANK

HOUSE Calls

Practicing family physicians from the UNC Department of Family Medicine have teamed up with The Carrboro Citizen to bring you a weekly feature responding to your questions about health and medicine. Send your questions or comments to yourhealth@unc.edu

This week, we respond to questions about diabetes and parasites for allergies.

Dear HOUSE Calls, My dad was just diagnosed with diabetes. What causes blood sugar to go up and what can he expect?

Here is the short answer: All cells in the body need sugar, and insulin helps the sugar travel into the cells. Your blood sugar can go up if your insulin does not work well and/or you don't make enough of it. For most people with Type 2 diabetes, the problem is a combination of those issues. The consequence, in either event, is that blood sugar goes up. Too much sugar in your blood can damage many of your other organs, like your heart, kidneys, eyes, nerves and blood vessels. By keeping the blood sugar near normal, we can prevent most of these complications in most people. The way we do this for Type 2 diabetes is primarily with diet, exercise and weight loss.

This will help the insulin work better and decrease the demand for insulin. There are a number of drugs that increase insulin (insulin itself and drugs that stimulate the pancreas) as well as other drugs that make the insulin work better. Your dad's doctor will also be extra attentive to his blood pressure and cholesterol and will ensure regular checks on the feet, eyes and kidneys. We're sorry that your dad has developed diabetes. It is wonderful that you're taking an interest in it so you can help him learn to take charge of his diabetes and live with it

Dear HOUSE Calls, Can you really use parasites to treat

This has been in the news some lately. There is some research showing that if you've been exposed to parasites, you may be less likely to develop allergies over time, which may have led to this idea. Also, asthma common in countries where parasites are less common. On the other hand, there may be any number of other issues that can confuse this relationship, including diet, air quality, climate and lifestyle. There may be some immunological reasons to believe that these phenomenons are related. One doctor has claimed that by contracting parasites, he cured his allergies. There is a company on the web from which you can order parasites to ingest and there are all sorts of testimonials. Buyer beware; there is an eight-page contract and a cost of \$4,000. Anytime there is a significant profit motive and risk, we'll wait for better science demonstrating treatment effect and safety. Good luck.

and allergies may be more

HOUSE Calls is a weekly column by Dr. Adam Goldstein, Dr. Cristy Page and Dr. Adam Zolotor on behalf of Your Health and the UNC Department of Family Medicine.

Book Group — To discuss **Brave** New World, by Aldous Huxley. Chapel Hill Public Library, 7pm Free 969-2028

WEDNESDAY AUGUST 17

Jazz Festival — Featuring Marcus Mitchell, Marcus Anderson, Sweet Dreams, Frankie Alexander, Will McBride, JazzTones and Alamance lazz Band. Moorefields Estate, Hillsborough, 11am-6pm \$15/20 hillsboroughartscouncil.org

Letter Writing — To political prisoners whose birthdays are in August. Internationalist Books, 7pm

Farmers' Market — Offers "Year Round Food: Community Canning Series." Proceeds will benefit the Human Rights Commission. Carrboro Farmers' Market gazebo, 3:30 and 5pm \$10 carrborofarmersmarket.

THURSDAY AUGUST 18 Movie Night — For adults. Orange County Main Library, Hillsborough. 6pm Free, For movie title call 245-2536

Movie Showing — E.T. will be

shown as part of the Locally Grown Series. Wallace Plaza, 9pm Free

Dulcimer Players — Carolina Mountain Dulcimer Players to meet. Carol Woods Retirement Community, 7pm shirleyray@aol.com

FRIDAY AUGUST 19

Contra Dance — Clean shoes 7:30pm workshop, 8pm dance \$8 csda-dance.org

SATURDAY AUGUST 20

Stars in the Round — Sponsored by Shakori Hills Community Arts Center. Funds will support purchase of the land on which Shakori Hills events are held. 1439 Henderson Tanyard Road, Pittsboro 8pm \$10/15 shakorihills.org

UMW Dinner — Carrboro United Methodist Church offers a dinner focusing on locally grown and produced foods to support the United Methodist Women's Missions Giving Fund. 200 Hillsborough Road, 5:30-7pm Free (donations accepted) 942-1223

required. Carrboro Century Center,

for a long time. asthma and allergies?

Send your Community Calendar submissions to calendar@carrborocitizen.com

SUPER CROSSWORD A PLUS

ACF	ROSS	56	Coarse flour	103	Calligraphy	5	Part of		agcy.	96	Cain's victim
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Citizen**Cryptoquote** By Martin Brody In this sample, A is used for the formation of the words are all hints o O's, Y for the two W's, etc. One More Double

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T D K H F I B H Find the answer in the puzzle answer section.

Weekly SUDOKU

by Linda Thistle 5 3 2 8 7 4 7 1 9 9 5 6 1 2 8 3 2 7 4 9 8 5 8 6 2 1 3

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 $\star \star \star$ HOO BOY! © 2011 King Features Synd., Inc.



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Community

Don't be fooled by the name

BY CAROLINE KILARU Staff Writer

This story is the fourth in a series about thrift shopping in our community. This week, we profile the Club Nova Thrift Shop, located at 103C W. Main St.

Local thrift shoppers are privy to two stores within one block in downtown Carrboro though some people don't know

A few doors down from the PTA Thrift Shop, Club Nova Thrift Shop is a small store full of big surprises.

When we first opened, people thought we were a nightclub," said Mahlon Williams, Club Nova rehabilitation therapist specialist. "I'm a former police officer, and when I heard Club Nova was opening up, I said, 'Oh no, another club! I hope we don't have to shut them down.'

"But it turned out to be Club Nova, and it's great."

"We're considering changing our name to reflect that we are selective with our merchandise," said Christy Thompson, Club Nova's associate director of programming. "Some clubs have art galleries to support their mission, some have thrift shops. We get really high-end items here, so ours is more like a boutique."

Where your dollars go

Club Nova is devoted to providing a place for individuals living with mental illness. The thrift shop provides work for members and revenues that support the club's other programs.

"Because our members are here all of the time, it's easy to see where the money goes. Everyone is very personable; you get a good feeling being a part of it," Williams said.

Members help with the thrift shop's display, accounting, customer service and marketing.

"We're becoming very selective about the merchandise we put out. The better this place looks, the better it is for our members and for people's image of mental health issues," Thompson said. "And as our profits go up from selling more, getting the word out about what we do,



Christy Thompson, associate director of programming for Club Nova, and Antonio Prevatte, Club Nova member PHOTO BY CAROLINE **KILARU**

'We get all of the big brands," she said. "People have a choice where they want to donate and they are very generous with us."

Something special for almost nothing

Regulars come in to Club Nova daily, keeping an eye out for precious objects.

Whenever we have furniture - tables and chairs and small pieces - they go in a day or two," Thompson said.

Donations sometimes include collectible items as well.

"At the bottom of a bag of mostly unsellable clothing were a stamp collection and these two coins," Thompson said, displaying two rare coins. "One is a 1943-D steel war penny, the other is a 1 cent piece from 1851."

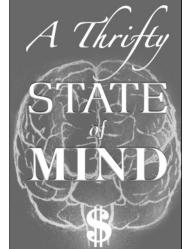
A regular in the shop, a Frenchman named Francois, showed Thompson a book about rare coins for the staff to thumb through.

"I'm also checking on eBay and am meeting with specialists to learn more," Thompson said.

The store's unique offerings and mission have drawn in a number of regular shoppers.

"He comes in twice a day," Thompson said of Francois. He's not the only one. Local thrift shops are warm, friendly places. Regulars are common, and the people working the cash register will relate to youv.

"Every time I come to Club Nova, the staff is very friendly, and I like to have conversations with them," said Naomi Akita, a



Know before you go

Club Nova holds sales throughout the year, including a bag sale of kids' clothes this week for back-toschool shopping.

"The best thing is to 'like' us on Facebook or use other social media to find out about sales, or to stop by a lot," Thompson said.

If you can't go by the store often, target Club Nova on Tuesdays.

We get the bulk of donations over the weekend, so Monday we are busy processing, and Tuesday we're setting out the weekend's best," Thompson said.

Coming next week: a profile of the Goodwill Industries Thrift Store in Hillsborough.

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Davis firing one more misstep

Players say they'll bounce back

BY EDDY LANDRETH Staff Writer

The Carolina football program has been a punching bag for parts of the university community for years, but now so many people have pummeled it that the stuffing is showing.

The greatest blow came when Chancellor Holden Thorp went from claiming to support head coach Butch Davis to firing him just a week before summer practice began.

Thorp could not have found a more ill-suited moment to do it. He ambushed the players on the team and punished all those who have been loyal and followed the rules and regulations of the university and the NCAA.

In the end, he has further divided the university community while satisfying only the sanctimonious desires of those whose only concern is men's basketball and the faculty who simply detest collegiate sports altogether.

The idea that firing Davis is going to restore academic integrity to the school is preposterous. The school of arts and sciences, which was headed by Thorp before he was promoted to chancellor, oversees the tutoring program. This area is off-limits to the coaches for fear of tampering.

Thorp, meanwhile, took the easy way out - but not the cheap one. Carolina must pay Davis approximately \$2.7 million for the time left on his contract because the school cannot fire him for "cause."

In simple terms, as Thorp conceded, Davis was not found to have committed a violation of ethics or NCAA regulations. His name is not mentioned in the letter containing nine vio-

lations that Carolina must answer to in October. Thorp said he fired Davis for appearance's sake, not for knowingly violating any rules.

"We anticipate we won't be dismissing coach Davis for cause," Thorp said. "We will not. I don't believe he knew about the things that went on."

Some of the NCAA's accusations and actions are ridiculous, such as threatening the school because a tutor who no longer works at UNC refused to speak with the NCAA or Carolina officials.

"Unethical conduct for refusing to provide information to the NCAA enforcement staff and to the institution" is one of the major violations listed.

Outside of bullying university officials around the country, the NCAA enforcement staff is powerless. Nonetheless, that group apparently believes its rules are federal law and its power equal to that of the FBI.

The Carolina football program unquestionably committed some egregious mistakes. Marvin Austin, Greg Little and Robert Quinn all accepted large sums of money from outside sources. They were punished with the loss of their collegiate eligibility. A few other players were found guilty of cheating and were punished with suspensions or loss of eligibility.

What is difficult to digest is the unequal treatment by the NCAA to different institutions with similar circumstances. Several years ago, Tennessee's academic support personnel got caught writing papers for football players. The Volunteers skated.

This past season, it became fairly evident that eventual Heisman Trophy winner Cam

Newton of Auburn got paid to play. The question is not whether his dad pocketed the money, but how large the sum was. Yet the NCAA wrapped that case up quickly so that Newton could claim his Heisman and the school could play for the BCS National Championship, which it won.

Carolina, on the other hand, is undergoing execution by butter knife.

Everett Withers, the interim coach and the first black head



coach of any sport UNC, at has the challenge of getting this club ready to play by the time UNC

Eddy Landreth o p e n s against James Madison on Sept. 3.

Then in mid-October, the school must sit before the official inquisition at NCAA headquarters in Indianapolis. Withers, who served as defensive coordinator for the past three seasons, will find his task even more difficult if the NCAA then hammers the school.

There is one positive that can be lifted from this train wreck. If there is any team in the nation capable of overcoming all of this and winning games, it's Carolina. The Tar Heels had all of last season to learn how to do it.

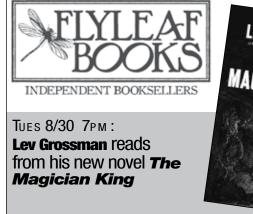
"We're very much prepared for it," junior offensive lineman Jonathan Cooper said. "We have integrity now. We have the ability to bounce back, a resiliency, due to the fact of all the stuff we had to put up with last year.

"I feel this is just one more bump in the road, and we're ready to move forward."



making our shop as attractive and full of beautiful items as possible, we help our members more as well."

The club's mission helps draw in great donations, Thompson added.



store regular. "I also like to support the mission of Club Nova and enjoy the small-community



PUBLIC NOTICE

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Chapel Hill-Carrboro City Schools is hereby giving notice that the Exceptional Children's Program will be destroying noncurrent records in accordance with federal and state policy. This message is for students whose birth year is 1983 or earlier that received Exceptional Children's Program (EC) services while attending Chapel Hill-Carrboro City Schools or parents or guardians of those students.

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A look at the damage to come

CHRIS FITZSIMON

Most of the stories about the impact of the Republican budget passed by the General Assembly this summer have focused on education and the ongoing layoffs, from teacher assistants at public schools to faculty and staff at campuses of the university system.

UNC-Greensboro officials announced last week the budget cuts were forcing them to fire 90 people, abolish 235 jobs and cancel 975 course sections, making it difficult for many students to graduate on time.

There have also been reports about the elimination of the acclaimed N.C. Teaching Fellows program, the end of funding for the nationally recognized drug-treatment courts and the struggles posed by the deep cuts to early-childhood programs.

Those stories and dozens more have explained the damage to people and communities right now from the budget - the jobs lost, the opportunities denied for at-risk kids and the additional burdens placed on thousands of families already barely able to make ends meet.

Last week brought a preview of the damage that is still to come because of the cuts made by the General Assembly, reductions that are likely to hurt the most vulnerable people in the state.

Lawmakers slashed \$356 million from the Medicaid budget in the current fiscal year, and another \$407 million next year. State Medicaid dollars are matched two-to-one by the federal government, so the cuts take a total of more than \$2 billion dollars out of the program.

That funding not only supports tens of thousands of jobs in the health care industry, it pays for services to children, seniors, pregnant women, people with disabilities, people living with HIV/AIDS and other vulnerable populations.

Republicans didn't slash many specific Medicaid programs and services. They were too politically smart to do that. Instead they ordered the Department of Health and Human Services to come up with the savings - even if that means slashing vital services

Medicaid officials held the first of a series of public hearings about the cuts last Friday, and the numbers and the timetables are grim. Even if the projected savings were possible, there is no way they can be realized this year, given the federal requirements for making changes.



Art and money in Chapel Hill

KIRK ROSS

Nice to stroll through downtown the other day and finally pay a visit to the Ackland's splendid new gift shop at the corner of Columbia and Franklin. In my younger days, I spent quite a bit of time in the copy shop that used to be catty-cornered from it, and via the vista afforded by the shop's giant picture windows watched the gas station get torn down and the Top of the Hill building get built.

The folks at the store wanted to know a bit about the history of it, and I probably bored them with a few tales of The Happy Store, its fine selection of junk food and it's efficient keg operation, which served a then very, very wet campus. This would be the early '90s. Perhaps you remember it.

The new store is a delight, not just because it's a wonderfully put together and inviting space, but because it lights up a corner that has been dulled for far too long. That it was quiet for so long is a cautionary tale about leaving key spaces at the mercy of the market. Its rebirth connects it to the Ackland, adding that last important link between the art spaces of the university and the town proper.

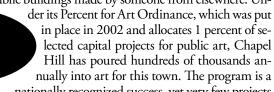
The importance of that connection is underlined this month with a 20-year retrospective of printmaker and musician Ron Liberti, who has been making public art in the form of band posters since moving to Chapel Hill in 1991. We're old friends, so, yes, I am biased. Go see it.

To me, it is particularly significant that Ron's show is hanging at the corner of Columbia and Franklin. It's also significant that his work, along with the posters of several others, is going to be featured in the Davis Library Gallery for the next six months. That show, "From the Cradle to the Cave: 18 Years of North Carolina Poster Art," is another example of the university's growing recognition of the contributions of our local art community.

And while I celebrate that, it just exacerbates my disappointment that Chapel Hill - the town - still struggles when it comes to similar efforts. Maybe it's a size thing, but Carrboro, Hillsborough and Pittsboro all seem to do a much better job of connecting with their artists and at being inclusive of those outside the mainstream. Chapel Hill, meanwhile, continues to put far too much of its stock and its money into big showy art and artists from elsewhere.

All of the town's art programs put together are dwarfed by the amount of funding that goes toward sculptures at public buildings made by someone from elsewhere.

But that doesn't change the fact that in terms of public policy, there's a strange imbalance in art funding. Specifically, all of the town's art programs put together are dwarfed by the amount of funding that goes toward sculptures at public buildings made by someone from elsewhere. Un-



3 (C

nationally recognized success, yet very few projects have involved locals.

As a result, the program has been quietly criticized for years, not just because of who gets the work but because it seems to be inflexible. As one artist put it to me years ago when the conversation turned to the lovely \$400,000 sculpture and sitting area at the town's public works center on Millhouse Road: "We could have employed 10 local artists for a year."

Again, this column is not a knock on anyone's art or what is valid or good, it's about money and priorities in an exceptionally difficult economic era. The town is starting to make strides in recognizing and supporting local artists and engaging the community, and I would hate to see that dialed back in the name of belt-tightening. There is money for art in Chapel Hill - and if I read the percent ordinance right, there's nothing in it preventing the town from being more creative with how it uses the funds. It makes no sense to cut art programs while spending hundreds of thousands of dollars on sculptures. We need some balance.

A balanced approach: still best for our budget problems

ALEXANDRA FORTER SIROTA

The budget woes that confront both North Carolina and the nation are of our own making; they are the result of policy decisions or indecisions that led to a catastrophic economic downturn and our faltering economic recovery. Unfortunately, despite the obvious and fundamental connections between our budget and tax decisions and our economic outcomes, we look right past them. Rather than refocusing on the collective effort we can make through pooling our resources to rebuild the promise of prosperity in this country, we keep making the same shortsighted mistakes.

This problem has been obvious in the ongoing federal debate, in which the battle lines run parallel to those drawn in North Carolina's just-finished budget process. Spending cuts are proposed, without a connection to what we will lose, at the same time that a small segment of the population continues to be exempted from their fair share of the responsibilities we all must shoulder. Failing to account for the critical role that public investment has played in building a strong middle class in America and a competitive economy on the global stage, state and federal battles over budget proposals are missing an opportunity to restore balance to our collective balance sheet.

A balanced approach that includes revenue is needed now more than ever.

The results of the alternative, a cuts-only approach at the federal level, are difficult to imagine. Such an approach will only compound the economic and human damage of state cuts that are already, just one month into implementation, rippling through local communities. School districts with fewer teachers, infants and toddlers with fewer early-learning opportunities, workers in the public and private sector without jobs and dwindling funds to fight wildfires are just a few of the changes to the health and well-being of North Carolina's communities. Federal cuts will only worsen the hardship for North Carolina's working families and communities across the state. Under each of the cuts-only approaches proposed - the Ryan budget plan, "cut, cap and balance" and the Boehner plan - longstanding commitments and investments to making education more affordable, reducing elder poverty and supporting access to health care for the poor and elderly will wither. And with it, the prospects of a strong American economy built through a strong middle class will wither also. We can reduce the federal deficit while rebuilding our economy and protecting our neediest citizens because we have done it before. In 1990 and 1993, for instance, presidents and lawmakers from both parties recognized both that we needed a balanced approach that included more revenues and that we should not cut core programs on which Americans rely to meet basic needs, or to secure an education or get a decent job. In fact, the major deficit reduction agreements of those years, as well as of 1997, all included features that actually reduced poverty and income inequality. Difficult choices will be necessary to put the federal budget on a sound long-term course. A balanced approach can help to rebuild the middle class and set a long-term course to fiscal stability and shared prosperity in North Carolina and elsewhere.

That means more cuts to services to make up the difference. Virtually no one believes the savings in the budget are realistic, but the funding will be less so Medicaid recipients will suffer.

State officials say almost everything is on the table, like no longer providing prosthetics to people who lose an arm or leg, ending dental services for seniors or even stopping prescription drug coverage.

The more you hear, the worse it sounds. Doctors could only prescribe life-saving medication for people living with HIV/AIDS after prior authorization, a ludicrous delay since the patient literally needs the drugs to survive.

As the North Carolina AIDS Action Network points out, a recent multinational study led by researchers at UNC found that early drug treatment for HIV/AIDS patients reduces transmission rates as much as 96 percent.

Nobody should need additional authorization to prevent more people from being infected with HIV, or to help people stay alive who are living with the disease.

And state officials shouldn't have to make it harder for people with multiple sclerosis to see a doctor, or even remotely consider denying an artificial limb to a woman who loses an arm or leg.

They shouldn't have to, but they do because of the draconian and heartless budget the Republicans approved.

They ought to be ashamed.

Chris Fitzsimon is the executive director of N.C. Policy Watch.

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Since this is a touchy subject, let me just say that there are wonderful things being done featuring local artists, great university/town art collaborations and well-meaning art lovers in Chapel Hill by the truckloads.

Hats off to Hannah Ruth

LORIE CLARK

The Hannah Ruth Foundation celebrated its first anniversary on April 9, 2011. Looking back over the past year, Hannah Ruth has been hard at work making an impact on our surrounding community.

To start, Hannah Ruth provided financial support to a graduating senior. By doing this, we have been able to maintain contact with her and offer her advice and emotional and moral support during a time that we view as pivotal in any teenage girl's life.

We also served ice cream at Carolina Springs, a senior assisted-living facility in Carrboro. This experience was rewarding because we were able to spend time with a group of individuals who are filled with so much love for life. During the Christmas holidays, we were able to stop by the Ronald McDonald House, where we helped the children and their families make gingerbread homes. Seeing the look of excitement in their eyes was very rewarding.

This year also marked our first annual "Pamper Me Day" that took place on July 9 at Manley Estates in Chapel Hill. We "pampered" 20 residents that day! None of us are licensed in the cosmetic industry; however, all of our hearts were willing to serve. We had foot stations where residents could soak their feet in bubbly water and receive a nice scented foot scrub, and a couple of us competed to see who could offer the best foot massage. Since we are not licensed, there was no cutting or filing, but one would have thought that our manicure stations were manned by Aveda staff. I am pleased to say that those were Hannah Ruth board members. One resident managed to get a French manicure, and stated that it was like a professional job.

In the midst of the socializing, fellowshipping, music and food, one lady said, "They need a tip jar," and all of a sudden the tips began to pour in. Hannah Ruth made \$20 in tips and plans to put the money towards our 501(c)3 filing fee. We didn't expect or intend to get anything out of this experience at all. In the midst of all of this, Jennifer Evans, a local gospel recording artist, joined us to provide a special manicure and pedicure to a hospice patient. I was told she sang while she was performing her task. Before her departure, she blessed us with a rendition of "Summertime."

My iPod filled the room with Miles Davis, Jennifer Evans and Marvin Gaye, and we cleaned up listening to Jill Scott. We had more walk-ins than scheduled clients. One resident said she had never had a pedicure before; another asked if we could come by next week, while one asked if Billy Eckstein was playing with Miles Davis.

The conversations were priceless; it was an amazing experience to see the residents interact and their excitement over "pampering," but I believe that we were much more impacted by serving them. One board member reported how it 'lifted my soul" to perform this act of kindness.

Please join us as Hannah Ruth celebrates its first birthday on Sept. 24 at 4 p.m. at the Hargraves Community Center. Three community members will be honored for their commitment to the community. We will also have a Hat Fashion Show, made and modeled by the women of the Seymour Center. "Hats Off to Hannah Ruth" is our theme, so wear your favorite hat.

Hannah Ruth was created to enhance the community by meeting the needs of the youth and elderly. Please support our cause.

Lorie Clark is executive director of the Hannah Ruth Foundation. For more information, email hannahruthfoundation@ gmail.com

> Alexandra Forter Sirota is the director of the North Carolina Budget and Tax Center.

LETTERS POLICY

Letters should be no more than 425 words in length and must be accompanied by the author's name, address and contact information. We will publish one letter per author per month. Lengthy letters written in longhand will mysteriously become lost. Emailed letters are preferred. That said, send your letters to:

Letters to the editor

Box 248 Carrboro, NC 27510 susan@carrborocitizen.com

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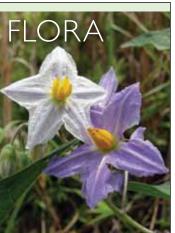
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Quarter-size flowers of weedy horse nettle are as beautiful as any garden flower PHOTO BY KEN MOORE

Read Ken Moore's "Flora" every Thursday in The Citizen

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a) When a man brings his wife flowers for no reason, there's a reason. - Molly McGee b) My wife

and I were happy for twenty years. Then we met. - Henny Youngman



GREEN

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Dinner One pasta entree and one "special of the night" entree to choose from for



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Seeds of bull thistle poised to take flight. PHOTO BY PARKER CHESSON

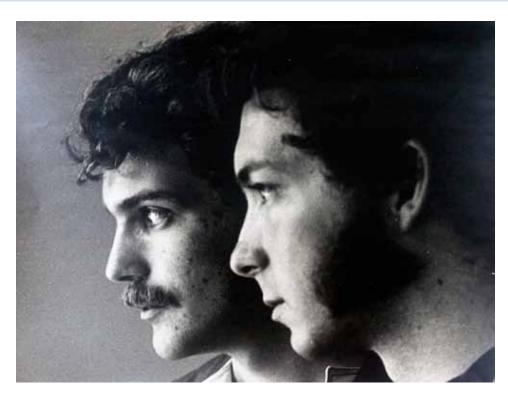
FLORA FROM PAGE I

head of disc or tube flowers, is mature for only a single day. Almost overnight, that needlebarbed flower head changes to a ball of silky fluff ready to take flight. It's fun to watch goldfinches brave the spiny heads to eat the ripe seeds. I believe those goldfinches are pretty efficient in harvesting the ripe seed – because every time I pluck one of those flying seed plumes from the air, I find the seed missing. So perhaps the birds are helping keep this exotic in check.

For several years, armed with sturdy gloves, I enjoyed taking a stem or two of the thistle flowers to an old friend of Scottish heri-



Thistle seeds can travel miles aloft summer breezes. PHOTO BY PARKER CHESSON



The Barefoot Brothers, 1968

ong before A Southern Season was a gleam in their eyes, my college chums Michael and Stephen Barefoot were just two handsome and talented Carolina kids, fresh off the family farm in rural Four Oaks. But seven years later, in 1975, Michael (left) launched A Southern Season in a tiny store just down from Mariakakis in Eastgate – and Chapel Hill's foodie community would never be the same. Not long after, Stephen joined his brother as marketing director. Stephen recalls their humble start-up, "... during the store's second Christmas season ... we ended up renting a room at the Tar Heel Motel as our storage 'warehouse' ... we sat in that little room and put spices and teas into little ziplock bags ... I would actually sit in the bathtub to bag all that stuff for hours." In 1981, Stephen moved on, opening the visionary jazz supper club Stephen's, After All, which had a glorious three-year run in Village Plaza on Elliott Road. These days, Stephen splits his time between Durham and Wilmington, running his own company, goingbare-

production company.

A THOUSAND WORDS BY JOCK LAUTERER

foot inc., an arts project-management services and customized entertainment planning, design and

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tage. Even with gloves, I found the experience painfully prickly.

It's easy to accept the stories that the early Scots adopted the spear thistle as their national emblem because of the numerous tales of invaders running into fields of thistles and crying out in pain, thus alerting the defending Scots. Though historians still debate which particular thistle is the official Scottish Thistle, most have settled on this one.

Rather hard to believe are the various accounts of the edible and medicinal qualities of this otherwise untouchable weed. Space doesn't allow for them here, but for those of you interested, go to Jim Duke's Handbook of Edible Weeds and Tom Brown Ir.'s Tom Brown's Field Guide: Wild Edible and Medicinal Plants for downright mouthwatering descriptions of harvesting and preparing spear thistle roots, stems, leaves and flower heads.

So next time you're out and about, tread softly among the *Cirsium vulgare* as you share what you know with your walking companion!

Email Ken Moore at flora@ carrborocitizen.com. Find previous Ken Moore Citizen columns at The Annotated Flora (carrborocitizen.com/ flora).

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