



FRIDAY
40% chance of rain
85/70
SATURDAY
30% chance of rain
81/67
SUNDAY
50% chance of rain
85/65

THE CARRBORO CITIZEN



See page 9



PHOTO BY KEN MOORE

Quarter size flowers of weedy horse-nettle are as beautiful as any 'garden' flower.

FLORA BY KEN MOORE

Beautiful, spiny horse nettle

I'm always nervous about reading in Flora that I have yanked out another one of those wild weeds for which you have such high regard.

That was the response from gardening friend Diana following my expressed enthusiasm in spying a horse nettle in her curbside garden along Mason Farm Road.

Diana's curbside, and the rest of her yard, is one of my favorite gardens because it is carefully managed so that it appears not to be managed.

Knowing that her garden is frequently being discovered and enjoyed by young children, I offered an understanding nod, because the very poisonous berries of horse nettle mimic the appearance of those tasty yellow-gold cherry tomatoes.

Where young ones are not likely to get their hands on the poisonous fruit, however, I encourage you to allow horse nettle, Solanum carolinense, a bit of freedom in your garden.

Occasionally, you will stumble upon one that looks like a garden plant. That happened last week while I was walking along the fields of the Botanical Garden's Mason Farm Biological Reserve.

SEE FLORA PAGE 10

Alderman seat to remain vacant until Nov. election

BY BETH MECHUM Staff Writer

The Carrboro Board of Aldermen has decided to leave John Herrera's vacant aldermen seat open until the November election.

The board is required by law to appoint a new member, but there is no specific time limit provided. As a compromise, Mayor Mark Chilton proposed the board immediately seat the highest non-incumbent vote-getter in November's Aldermen election.

Herrera had nearly completed his second term as the first Latino immigrant elected in Carrboro when his recent move to Holly Springs forced him to resign.

Board member Randee Haven O'Donnell will take over his duties as mayor pro-tem.

Also at the meeting, the board heard two options for proposed modifications to the Head Start Building on Hargraves Street in the Northside neighborhood.

The first option involves making accommodations to the internal structure, including making the

bathrooms smaller, taking out the kitchen and adding a nursery and community room.

The second option is to add a second floor, which would serve as an assembly room with some storage space. This option would cost \$500,000 and would be preferred if enough money is raised.

Chilton said he used to live in that neighborhood and has seen firsthand what the school means to the community.

"It's been a tremendous resource for families in our community, especially lower-income families in our community, and has provided a resource that no other school in our

community has provided," he said.

The board approved both options, which will be submitted for formal review and approval through the plan review process.

In other action:

The town will no longer post completed advisory-board applications on the town's website due to concerns over privacy.

Michael Krasnov was appointed to one of the two vacant seats on the Transportation Advisory Board.

SEE BOA PAGE 3

CHS wins at home!



PHOTO BY TED SPAULDING

Running back Douglas Parrish, uses a block by Torrell Farrar to gain yardage Friday night against St. Paul's in Carrboro's first ever home football victory.

Campus remembers fallen soldier

BY BETH MECHUM Staff Writer

Members of the UNC community are still reeling from the death of Army Pfc. Morris Walker, a 2008 graduate who died Aug. 18 in Afghanistan.

Walker, 23, was deployed in April after enlisting in the Army in August 2008. He was based at Fort Richardson in Alaska. He is the first alumnus of UNC to die in the war in Afghanistan.

He was a well-known member of the campus community, especially known for his affinity for hanging out at the Library nightclub, his keen sense of brotherhood with fellow members of Zeta Beta Tau fraternity and, most particularly, his ability to be comfortable and have fun in any situation, which he encouraged oth-



ers around him to do as well. Ben Packer, a rabbi, hosts Friday night dinners in his home that Walker would often attend.

"I would say that I've never seen anyone who was more determined to ensure that everyone around him was happy and having a good time," Packer said. "He cared intensely for the enjoyment of others, and their enjoyment was a great source of happiness for him.

Walker was born in Raleigh, but raised in Fayetteville. He attended the Fayetteville Academy before coming to UNC.

ZBT brother and friend Sam Rosenthal has been trying to collect stories from people about Walker, but said in an email that it's hard to get people to go on the record with "Mo stories," because they all involve some sort of craziness.

"A minute with him was memorable," Rosenthal said.

ZBT brother Michael Chasin said in an email that one of the things he remembers most about Walker is how everyone seemed to know who he was.

"He was truly an amazing person that was always having fun and getting others involved," Chasin said. "The Chapel Hill campus will have to fill a very large hole in their social life, because Mo was the one degree of separation that held this campus together as a whole."

UNC study: Rogers Rd. wells tainted

BY TAYLOR SISK Staff Writer

Just weeks after being told their neighborhood wouldn't qualify for a federal improvement grant for sewer lines, the Rogers-Eubanks community has learned from a new UNC study the extent of its well and septic tank failures.

Preliminary findings from the study conducted this summer through a partnership of UNC's Gillings School of Global Public Health and the Rogers-Eubanks Neighborhood Association (RENA) indicate failing wells and septic tanks throughout the community.

Twenty-one drinking samples were collected from 20 homes. Fourteen households reported having operating wells, seven of which use those wells as a primary water source.

"The median year of well construction was 1962 (with the oldest constructed in 1949 and the most recent in 2005). Signs of well vulnerability were common and included failure of the well pump (85%); cloudiness, taste or smell of well water (79%); and a need for disinfection of the well with chlorine (21%)."

All households with wells reported experiencing one or more of these well-vulnerability indicators.

Researchers also reported evidence of higher drinking-water turbidity (cloudiness) and fecal bacteria concentrations at households with wells than at those with regulated public drinking water.

SEE ROGERS ROAD PAGE 7

Busy with life

RECENTLY... BY VALARIE SCHWARTZ

Survival sometimes makes death look easy. Catherine DeVine, the Carrboro writer, organizer and frequent WCHL commentator, didn't say as much, but after learning what she has survived since cancer rocked her world in 2007, the thought arises.

She and her husband, Berkeley Grimball, owner of Grimball Jewelers in Chapel Hill, moved to Carrboro from Durham in 1997, and DeVine immediately immersed herself in the mill town's activities.

"We liked Durham," she said while sitting in the dining room of the mill house that they converted into flowing open spaces. "We moved because we could."

They had lived in a Morehead Hill mansion. "We liked it, but a lot of our friends lived here."

One day she was visiting Carrboro, when Rick Hermanson (a sand

sculptor well-known for Weaver Street Market lawn installations) told her about a house on Oak Avenue rumored to be for sale.

"It was on the brink of collapse," she said, but undeterred, she walked around the property and left a note on the front door. The owner called and an offer was made the next day, which resulted in DeVine and Grimball renovating and restoring the now purple house with the yellow front door.

"Frail" may best define DeVine these days, but so does "feisty" and "funny." She's a straight-talker, with few filters when talking about the cancer that changed her life even more than her figure.

She first became aware of running "into this freight train of cancer" during Christmas week 2006.

"I rolled over on my side in bed to get more comfortable," she explained. "I felt something under my arm."



PHOTO BY VALARIE SCHWARTZ

Cat DeVine

It was a lump the size of an apricot. "It was flat and hard and didn't hurt. I kept it totally to myself," through Christmas and family visits.

On New Year's Day, she told Berkeley; the next morning, she was at Carrboro Family Medicine, where her doc-

tor, Bruce Wilks, saw her first thing. "He got that look on his face," which was the look she had dreaded.

Before the first week of 2007 was history, so was her right breast.

SEE RECENTLY PAGE 4

INSIDE

Hillsborough elections See Page 3

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# MUSIC CALENDAR

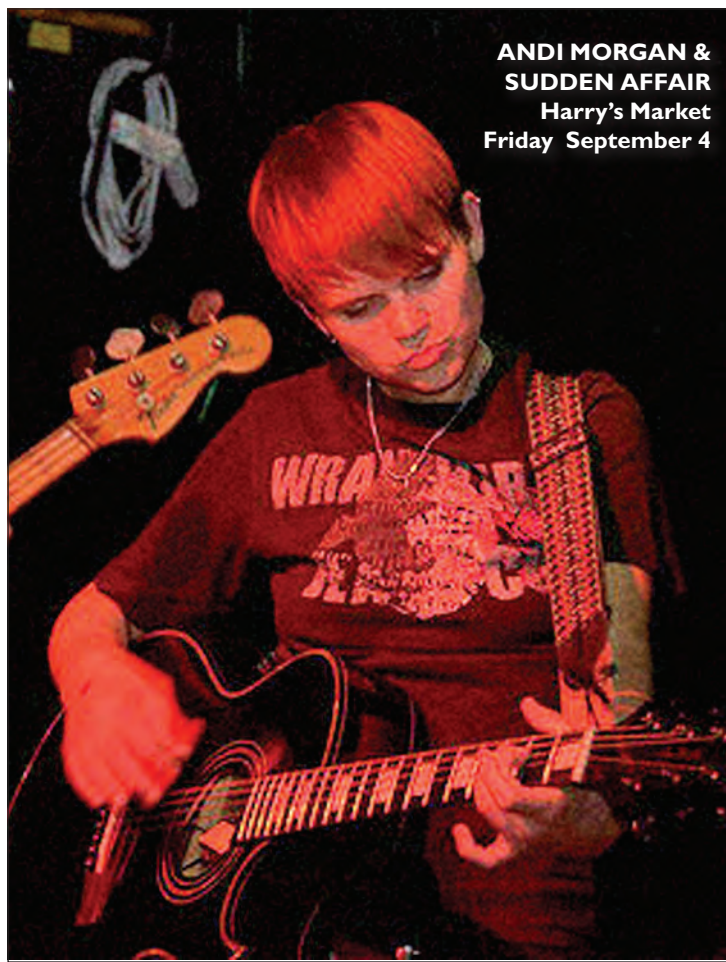
## THURSDAY AUG 27

**300 Main Street Concert Series:** John Howie, Jr. 4:30pm  
**Blue Bayou:** Spork Sausage. 9pm.  
**Cats Cradle:** Mickey Cash, Willie Painter Band. 8:30pm. \$10  
**The Cave:** EARLY: 3 Feet Up. LATE: The New Romans. \$5  
**General Store Cafe:** Marie Vanderbeck Trio. 7-9pm  
**Local 506:** Jason Kutchma, Stuart McLamb. 8:30pm. \$5  
**Nightlight:** Kah Isbin, Invisible River, Eleanor Murray. 9:30pm. \$5  
**Weaver Street Market:** Gravy Boys. 6-8pm

## FRIDAY AUG 28

**Blue Bayou:** Room to Breathe. 9:30pm. \$6/8  
**Cats Cradle:** Abbey Road LIVE! 9:30pm. \$15  
**The Cave:** EARLY: Moonfisher. \$5 LATE: About Last Night, Martha Basset  
**City Tap:** Great Big Gone. 5-7pm. Andrew Marlin. 7-10pm  
**General Store Cafe:** David Dyer and The Crooked Smile String Quartet. 8:30-11pm

**Harry's Market:** Mason Cleveland  
**Local 506:** Embarrassing Fruits, Free Electric State, Veelee. 10pm. \$7  
**Nightlight:** Rocket Cottage, Prostitute Hostage, Shards. 10pm  
**Open Eye Cafe:** Greg Koons. 8pm



**ANDI MORGAN & SUDDEN AFFAIR**  
 Harry's Market  
 Friday September 4

## SATURDAY AUG 29

**Blue Bayou:** Jacob Johnson Band.  
**Cats Cradle:** Annuals, Birds of Avalon, Hammer No More The Fingers, The Never. 8:30pm. \$10  
**Caffe Triade:** The Drowning Lovers. 8pm

**The Cave:** EARLY: Acoustic Garage LATE: Rat Jackson, Aminal, Pistolero  
**City Tap:** Starmount. 8-10pm  
**General Store Cafe:** No Strings Attached. 8:30-11pm

**Local 506:** Juan Huevos, Gross Ghost, Pros and Cons. 10pm. \$7  
**Nightlight:** EAR PWR, Toro y Moi. 9:30pm  
**Open Eye Cafe:** Mandolin Orange. 8pm

## SUNDAY AUG 30

**The Cave:** The Great Unknown, Jeremy Blair from Effingham  
**City Tap:** Jaafar. 6-8pm  
**Milltown:** Swang Brothers  
**Southern Village:** The Legendary Nomads. \$5  
**Weaver Street Market:** Saludos Compay

## MONDAY AUG 31

**The Cave:** LATE: Bitter Resolve, Triple Overhead Cam

## TUESDAY SEPT 1

**Cats Cradle:** Hot Tuna Electric, Patrick Sweany. 8:30pm. \$25/28

## WEDNESDAY SEPT 2

**Blue Bayou:** ShackTown. 8pm.  
**Cats Cradle:** Enter The Haggis, The Smart Brothers. 9pm. \$12/14  
**DPAC:** Jamie Foxx. 7:30pm

## THURSDAY SEPT 3

**Blue Bayou:** Shawn Deena. 9pm.  
**General Store Cafe:** Bernie Petteway. 7-9pm

## FRIDAY SEPT 4

**Blue Bayou:** Bill West and the Truth. 9:30pm  
**Caffe Triade:** The Mary Johnson Rockers. 8pm  
**Cats Cradle:** Yo Mama's Big Fat

Booty Band. 9:30pm. \$10/12  
**City Tap:** Marc Brown. 5-7pm. Acoustic Garage. 7-10pm  
**Harry's Market:** Andi Morgan, Sudden Affair  
**Nightlight:** Jack Rose, Black Twig, Zeke Graves. 10pm  
**Open Eye Cafe:** Rafael Green. 8pm

## SATURDAY SEPT 5

**Cats Cradle:** Carolina Chocolate Drops, Greg Humphreys, John Dee Holeman. 8:30pm. \$15  
**City Tap:** Marla Vickers Band. 8-10pm  
**General Store Cafe:** Rootzie. 8:30-11pm  
**Open Eye Cafe:** Crys Mathews. 8pm

## SPOTLIGHT: K. SRIDHAR, SAROD MAESTRO



Locals will have a rare opportunity to experience the music of K. Sridhar this weekend. Sridhar is often described as an aspiration towards spiritual bliss. He will be joined by Morten Grunnet, a disciple of his, performing on a rare Indian stringed instrument known as the surbahar. It has an extremely deep, meditative sound and can be thought of as a bass-sitar.

**K. Sridhar, with special guest Morten Grunnet**  
**Sandeep Hattangady on Tabla**  
**Saturday, August 29 7:30pm**  
 The Barn at Valhalla \$18



**SA 9/5 CAROLINA CHOCOLATE DROPS**

**TU 9/1 HOT TUNA ELECTRIC**

**FR 9/18 YO LA TENGO**  
 CAROLINA THEATRE

**SA 9/26 MINUS 5**

**TH 10/8 AND FR 10/9 COWBOY JUNKIES**  
 THE ARTSCENTER

**SECOND NIGHT ADDED! TH 10/8 AND FR 10/9 COWBOY JUNKIES**  
 THE ARTSCENTER

**FR 10/16 OM**

**TU 10/6 CARBON LEAF**

**SU 9/13 SON VOLT**

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**TH 8/27 MICKEY CASH, WILLIE PAINTER BAND**  
**FR 8/28 ABBEY ROAD LIVE!**  
**SA 8/29 ANNUALS, BIRDS OF AVALON, HAMMER NO MORE THE FINGERS, THE NEVER**  
**TU 9/1 HOT TUNA ELECTRIC**  
**WE 9/2 ENTER THE HAGGIS**  
**FR 9/4 YO MAMA'S BIG FAT BOOTY BAND**  
**SA 9/5 CAROLINA CHOCOLATE DROPS**  
**SU 9/6 L IN JAPANESE DANCE PARTY**  
**FR 9/11 OWL CITY**  
**SA 9/12 CD RELEASE PARTY BILLY SUGARFIX**  
**SU 9/13 SON VOLT**  
**TU 9/15 AND YOU WILL KNOW US BY THE TRAIL OF DEAD**  
**WE 9/16 JAMES MCMURTRY**  
**TH 9/17 MARGARET CHO**  
**FR 9/18 WHO'S BAD?**  
**SA 9/19 ARROGANCE 40TH BIRTHDAY BASH**  
**SU 9/20 CARRBORO MUSIC FEST**  
**MO 9/21 INGRID MICHAELSON**  
**TU 9/22 IMMORTAL TECHNIQUE**  
**TH 9/24 MAE**  
**FR 9/25 NEEDTOBREATHE**

**SA 9/26 AN EVENING WITH THE MINUS 5, THE BASEBALL PROJECT AND THE STEVE WYNN IV**  
**WE 9/30 RA RA RIOT**  
**TH 10/1 DAN DEACON**  
**FR 10/2 SIMPLIFIED**  
**SA 10/3 WILL HOGUE**  
**SU 10/4 GHOST FACE KILLAH**  
**TU 10/6 CARBON LEAF/STEPHEN KELLOGG & THE SIXERS**  
**TWO NIGHTS: WE 10/7 AND TH 10/8 ANDREW BIRD**  
**FR 10/9 BLITZEN TRAPPER**  
**TU 10/13 LUCERO**  
**WE 10/14 REVIVAL TOUR CHUCK RAGAN, JIM WARD, TIM BARRY, DAVE HOUSE, JENNY OWEN YOUNGS**  
**TH 10/15 BASSNECTAR**  
**FR 10/16 OM W/SIX ORGANS OF ADMITTANCE AND LICHENS**  
**SA 10/17 POLVO**  
**SU 10/18 BUILT TO SPILL**  
**WE 10/21 DR. DOG**  
**SA 10/24 ELECTRIC SIX**  
**TU 10/27 PINBACK**  
**WE 10/28 THE BLACK HEART PROCESSION**  
**FR 10/30 WHY?**  
**SA 10/31 TOUBAB KREW**  
**MO 11/2 SILVERSTEIN**

**WE 11/4 BROTHER ALI**  
**TH 11/5 THE JESUS LIZARD**  
**FR 11/6 THE OLD CEREMONY**  
**SA 11/7 CHATHAM COUNTY LINE**  
**SU 11/8 SAY ANYTHING**  
**MO 11/9 BLIND PILOT**  
**TU 11/10 THE GET UP KIDS**  
**WE 11/11 LOTUS**  
**SA 11/14 DAN AUERBACH**  
**MO 11/16 MUMIY TROLL**  
**TU 11/17 PRETTY LIGHTS**  
**SA 11/21 STEEP CANYON RANGERS**  
**SA 12/5 SOUTHERN CULTURE ON THE SKIDS**

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- Our **weaver street house salad** features baby lettuces with pine nuts and champagne vinaigrette
- Fresh **arugula salad** combines roasted beets, creamy local goat cheese, spiced pecans and golden raisin vinaigrette
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- Our **panzanella salad** shows off local tomatoes at their peak, with baby lettuces, fresh focaccia croutons and crisp cucumbers in creamy balsamic vinaigrette

and we'll add fresh pan-seared salmon to any of these salads.

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**LOCAL 506 (CHAPEL HILL)**  
 TH 9/10 FRUIT BATS W/PRONTO  
 TU 9/22 STOBIL SEKSU  
 WE 9/23 ASOBI SEKSU  
 MO 9/28 SCHOOL OF SEVEN BELLS W/MAGIC WANDS  
 TH 10/1 TWILIGHT SAD W/BRAKES BRAKES, WE WERE PROMISED JET PACKS  
 WE 10/15 DAVID BAZAN W/SAY HI  
 TH 10/22 JER COONS

**NIGHTLIGHT (CHAPEL HILL)**  
 MO 9/7 THE CIRCULATORY SYSTEM W/NESEY GALLONS AND PIPES YOU SEE, PIPES YOU DON'T  
 SA 9/12 GOD'S POTTERY  
 WE 10/21 SEAWOLF W/PORT O'BRIEN, SARA LOV

**THE ARTSCENTER (CARR)**  
 TU 9/15 MISSING CATS FEATURING JOHN "JOJO" HERMANN AND SHERMAN EWING  
 MO 9/21 JOLIE HOLLAND  
 FR 10/2 GREAT LAKE SWIMMERS  
 SU 10/4 COLIN HAY  
 2ND NIGHT ADDED! TH 10/8 AND FR 10/9 COWBOY JUNKIES  
 TU 10/27 MIKE DOUGHTY (THE QUESTION JAR SHOW)

**CAROLINA THEATRE (DUR)**  
 FR 9/18 YO LA TENGO  
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## Briefs

### Pancake breakfast

The Eno River Farmers Market is hosting a Pancake Breakfast featuring flapjacks made with local, organic ingredients and a reading of children's books about pancakes. The event is Sept. 5 from 8 a.m. to noon at the Public Market House on Margaret Lane in Hillsborough.

### New CCCC campus goes green

The Chatham County board of commissioners has approved funding for a green roof for the new Central Carolina Community College's Sustainable Technologies Building and a wastewater recycle system to serve that building and the Chatham Community Library, which is also being built at the campus. The commissioners unanimously approved spending \$227,239 for the roof, which will be covered with low-growing vegetation, and \$652,920 for the water system at their Aug. 17 meeting.

### Environmental summit

The Commission for the Environment will hold its third Orange County Environmental Summit on Saturday, September 12 from 10 a.m. to noon at the Education Center for the North Carolina Botanical Garden. The event is free and open to the public.

The summit will feature keynote speaker Dr. Larry Band, who will discuss storm water sustainability in Orange County watersheds. Band is the Director of the UNC Institute for the Environment and a professor in the Geography Department. There will also be a panel of experts who will discuss issues pertaining to the quality and quantity of water resources in the County followed by questions from the audience.

Following the summit there will be an optional tour of the Botanical Garden's brand new education center. This will be the first public event held at the center, which was built using a variety of "green building" technologies intended to achieve LEED-Platinum certification.

## The power of water: Rethink your drink

DEBRA J. BARKSDALE

I have just returned from my vacation near Niagara Falls. I stayed in a town called Welland that had a river and three canals. I frequently thought about all that water. We had just missed a season of heavy rains, and every living plant was lush and vibrant. In addition, the power of water rushing over the falls created a heavy mist that might as well have been called rain, except that it did not originate from the sky. Our boat ride near the falls of course resulted in a good soaking through our flimsy plastic rain capes.

Water has power. It cleanses, refreshes and causes growth. If water has such an impact on the outside, I believe that it can also have a profound impact on the inside of our bodies, which are, after all, 50 to 75 percent water (10 to 12 gallons). Water helps our bodies function properly. Every organ and system in the body needs water to wash out toxins, transport nutrients to the cells and provide a moist environment for certain tissue and organs, such as the eyes, ears, nose and throat. Proper hydration has a lot of benefits, such as: (1) improving mental processing, (2) helping with weight control, (3) improving skin condition, (4) reducing headaches and light headedness associated with dehydration and (5) improving fatigue and muscle weakness, among others.

Unlike the seemingly endless flow of water over Niagara Falls, our bodies' water must be replenished. The American Dietetic Association recommends that we drink about eight 8-ounce glasses of water per day. This seems like a lot of water, but there are many ways to get the water that our bodies so desperately need to remain healthy.

Don't wait until you are dehydrated to get the proper amount of fluid and don't use thirst as indicator of how dehydrated you are. Drink before you become thirsty because "feeling thirsty" may not be a reliable indicator in certain people, particularly those who are frequently dehydrated. A better

indicator of hydration is to make sure you are putting out enough urine every day. The average adult produces about 6.5 cups of urine per day, which should be odorless and slightly yellow.

Now is a good time to "Re-Think Your Drink." Join me in drinking more water. I admit that water is not my drink of choice, so I have to replace my drink now that I have spent so

much time rethinking it. Consider having a big glass of water in the morning when you wake up. Many glasses hold 12 to 16 ounces, so you will get almost a quarter of the daily requirement at the start of your day.

You can find other helpful tips and resources for rethinking your drink at [co.orange.nc.us/health/Re-thinkYourDrink.asp](http://co.orange.nc.us/health/Re-thinkYourDrink.asp). On this site, sponsored by the Eat Smart Move More Orange County Campaign and Healthy Carolinians of Orange County, you will learn more about the difference between healthy and non-healthy drinks, smart drinking choices and smart drinks for a healthy weight.

### A few of those tips:

Choose power drinks like water, milk and juice instead of soft drinks.

Drink in the morning: pour a glass of water, juice or milk.

Drink all day: keep a water bottle handy in the car and at home, work or school.

Drink water before, during and after activity.

Why stop with rethinking your drink? To learn more about how to improve your health and move more where you live, work, pray and play, visit [EatSmart.MoveMoreOrangeCounty.co.orange.nc.us/health/ESMMOC.asp](http://EatSmart.MoveMoreOrangeCounty.co.orange.nc.us/health/ESMMOC.asp)

(If you have a medical condition that causes you concern about your fluid intake, please contact your health care provider. Excessive thirst and urination may indicate a more serious medical condition.)

*Debra J. Barksdale is an associate professor in the UNC School of Nursing and a member of Healthy Carolinians of Orange County.*

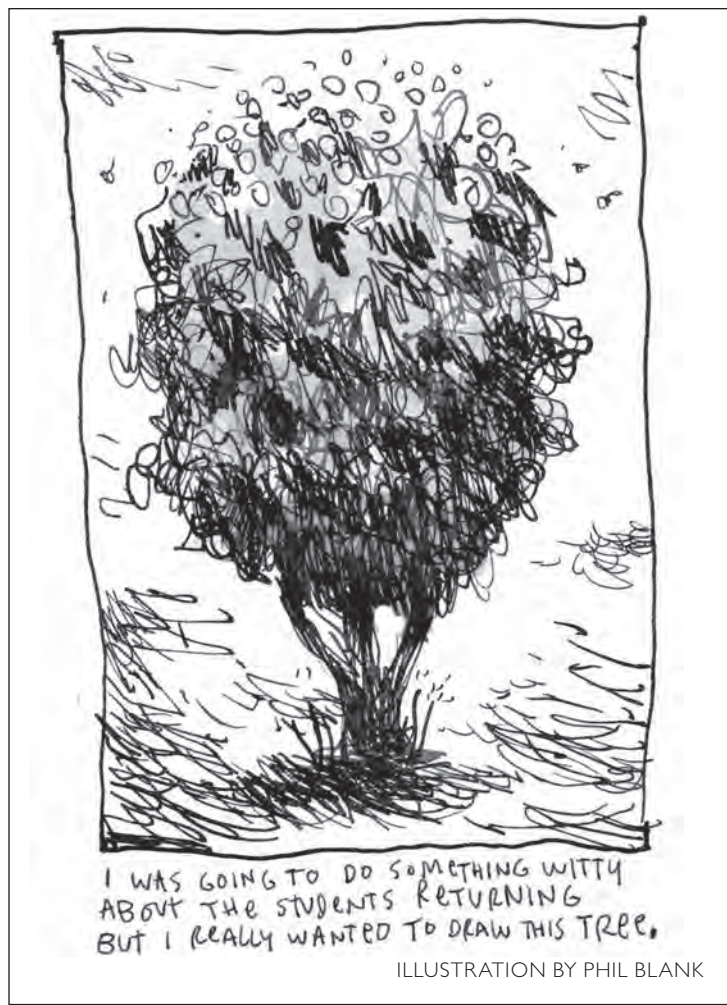


ILLUSTRATION BY PHIL BLANK

## FARMERS' MARKET

Sat: 7am-Noon • Wed: Now open 3:30-6:30pm  
Thurs at Southern Village starts May 7 @ 3:30-6:30pm

### What's at Market?

Check out what's at the Carrboro Year-Round Farmers' Market . . .

New Item this Week: **MUSCADINE GRAPES**, figs, pears, butternut squash, concord grapes, apples, peaches, eggplant, shiitake mushrooms, melons, corn, heirloom and various varieties of tomatoes, basil, beans, tomatillos, okra, blueberries, bell peppers, zucchini, cucumbers, summer squash, new potatoes, kohlrabi, lettuce, onions, flour, garlic, cabbage, collards, fresh herbs, kale, arugula, sweet potatoes, pecans, herb and vegetable starters, flowers such as zinnias, sunflowers, lilies, and gladiolas, 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.

### RECIPE: Pasta with Fresh Tomato, Summer Squash & Lemon From Kelly Clark, Market Volunteer

Once you've purchased tomatoes and summer squash from your favorite farmer, you should have most of the ingredients for this recipe in your pantry, including some pesto that you've made from your burgeoning basil plants! This dish requires a little prep work, and no cooking except for the pasta – making it a fairly quick option for a late summer dinner. Serve with a toasted baguette to soak up the extra juices.

- 1 large lemon - to yield zest and 1/4 cup of juice
- 1/2 cup fruity extra virgin olive oil
- 1 teaspoon salt 1/2 teaspoon pepper
- 1 cup parsley leaves 1/4 cup pesto
- 6 small to medium patty pan squash – a mix of yellow and green is pretty – coarsely grated to equal 3 cups. (You can substitute zucchini or summer squash). Patty pan squash are round with scalloped edges.
- 4 medium Cherokee Purple tomatoes (or other tomato variety).
- 8 oz. farfalle (bowtie) pasta
- One jar with a tight lid
- One large pasta bowl

### Procedure:

Cook the pasta according to instructions. While the pasta is cooking prepare the other ingredients. When the pasta is done, drain well and set aside. Zest the lemon then finely chop the zest, set aside. Juice the lemon, augmenting if necessary, to yield 1/4 cup juice, set aside. Put the lemon juice, olive oil, salt and pepper in a jar with a tight lid. Shake the mixture until well combined. Finely chop the parsley, set aside. Coarsely grate the squash, set aside. Chop the tomatoes into 1/4 – 1/2 inch pieces, collecting any juices. Layer in a large pasta bowl in this order: tomatoes with their juice, parsley, pasta, pesto, lemon zest, squash. Shake the dressing one more time, then pour over the layered ingredients and toss well. Generously serves four.



## Cliff's Meat Market SIZZLIN' SAVINGS



Cut to Order <b>Pork Chops</b> CENTER CUT \$2.99/lb	<b>Chorizo Sausage</b> \$2.99/lb	We have <b>Boar's Head</b> Deli Meats and Cheeses!
Cut to Order <b>Whole Fresh</b> Chickens \$1.29/lb	Cut to Order <b>NY Strip</b> \$6.99/lb	ALL NATURAL <b>Ground Chuck</b> \$2.99/lb
<b>Cackalacky</b> Sauce \$3.99/bottle	FRESH DAILY Boneless, skinless <b>Chicken Breasts</b> \$2.69/lb	<b>Hoop</b> Cheese \$4.99/lb

Prices good thru 9/3/09 **CORONA EXTRA, NEGRA MODELO, PACIFICO, BUDWEISER!**  
100 WEST MAIN ST., CARRBORO  
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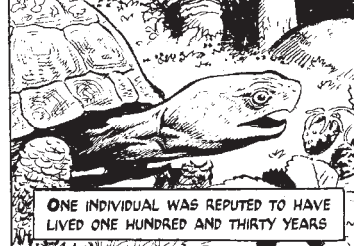
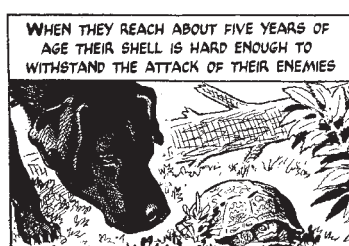
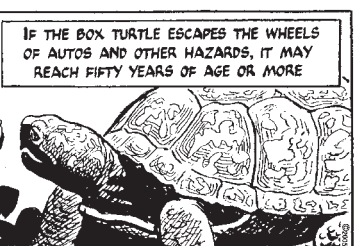
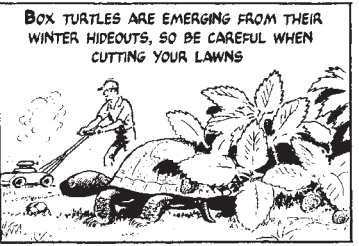
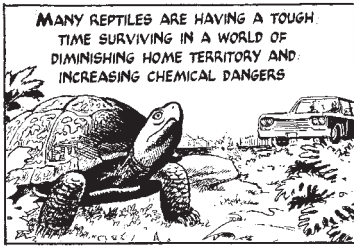


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### puzzle solutions

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

CRYPTOQUOTE ANSWER:  
The morning I walked on top of the water across the Potomac River, the headline that said "President Carter's swim!" — Lynne Jordan

## LETTER FROM THE EDITOR

Downtown Carrboro and Chapel Hill on the first day of classes:

A young woman glides by on a small scooter on an increasingly bumpy Weaver Street. Farther down, as cars and pedestrians queue up at the corner of Greensboro and Weaver streets, drivers on cell phones whiz by and walkers on cell phones start crossing without looking up.

With many of those operating them new to town, bikes and cars intermingle in unfamiliar traffic patterns, sometimes in ways you never thought possible. Yes, two bikes can ride parallel, straddling the cars in the oncoming lane in front of the Century Center, and make an in-formation left turn headed east on Main.

In Chapel Hill, the roads in downtown are a bit wider, yet one scooter rider hops onto the sidewalk off of Merritt Mill and pedestrians risk the cacti in front of Crooks rather than get run over. Everywhere, despite seeming to be engaged in navigating sidewalks or streets, about half of those en route somewhere are on the phone.

These are not a collection of images from several walks downtown, but just one from last Monday — where there was an abundance of illustrations of the potentially dangerous vortex of cars, pedestrians and two-wheeled transit and the need to be always in touch.

One more image that still sticks in the mind: a young woman jogging along then suddenly turning to cross the street midblock. She stepped off the curb, then hesitated, just as a car went by narrowly missing her. You could tell from the volume of her headphones she couldn't have heard it coming. That image recalled another: a promising young graduate student died under similar circumstances while jogging on campus last year.

Every fall, we try to underscore to our readers that this is the least safe period of the year and everyone — old-timers and newcomers alike — should take extra care. Study after study has shown that this is the peak season for accidents involving cars and pedestrians and cars and bikes. Add to that the fact that far too many are negotiating our streets while on a cell phone, and you might understand why at least once a year we start sounding like your Mom, as in:

Turn down those ear buds. Signal your intentions. Look both ways before crossing the street. And, for goodness sake, hang up and drive.

## 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.

## SUBMISSIONS:

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

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## Virtual GUITAR HERO



## Real GUITAR HERO



## Chatham's new commuter bus service is a first step toward sustainable public transportation

JEFFREY STARKWEATHER

Monday morning, my wife, a UNC employee, skipped her usual indoor bicycling exercise. Instead, she walked 23 minutes to the Chatham County Courthouse in downtown Pittsboro to catch a free bus ride to work. Rather than driving her car as usual along U.S. 15-501, she got on a 7:08 a.m. Chapel Hill Transit bus that dropped her off 45 minutes later at the UNC Student Union.

Monday was the start of a weekday commuter bus service between Chapel Hill and Pittsboro. The bus my wife rode was the second of three buses that begin their journey from the courthouse during the morning rush hour. The buses also pick up riders at Lowes in Pittsboro and in Fearington. They start their return trips from campus at 4:48 p.m. UNC covers the fare for its employees, others pay \$3 each way or \$65 a month.

By taking the bus daily from Pittsboro, a UNC employee would save about \$3,500 a year in transportation expenses (e.g., gas, wear-and-tear based on federal mileage cost rates and parking savings). A non-UNC employee would save \$780 less, still about \$2,700 a year over driving the entire route in his car. My wife has already been saving since she has been riding the free Chapel Hill Transit bus from the north Chatham UNC lot for more than two years, but she's saving considerably more now by riding the bus all the way from PBO.

In addition to personal savings, riding the bus will reduce traffic congestion, air pollution, fossil fuel consumption and their carbon footprint. Car insurance costs also will decrease. Riders can spend more of their increased expendable income in Chatham, since they won't be tempted with out-of-county shopping after work. Automobile accident costs will be significantly reduced. My wife is

enjoying having 40 minutes of uninterrupted time to read going to and from work each day.

Thus, if use of this commuter bus grows as expected, it will have a significant positive impact on Chatham's economy. Beyond this direct economic impact, the success of such a service will help brand Chatham as a green enterprise zone, attracting the type of green industries and creative entrepreneurs that are already beginning to locate and/or incubate here. That was one of the reasons why the Chatham County Economic Development Corporation Board unanimously requested that Chatham County and the Town of Pittsboro financially back this service.

Of course, no successful transit system starts and grows without significant government subsidies. For Chatham, that meant a relatively modest investment of \$43,000 for the county and \$24,000 for Pittsboro, all allocated without resorting to tax increases or staff reductions. The federal government is investing \$176,356 for 18 months. More importantly, this incredible public service is the result of an extraordinary county-town-federal-state partnership with UNC and Chapel Hill Transit, which are providing the buses and subsidizing fares, as well as Lowe's shopping center, which provide the parking space. Each partner understands the long-term economic, environmental and social benefits a successful transit system will bring to residents, students and/or employees.

Those concerned about these modest public investments should ponder the enormous subsidies governments provide to automobile commuting and sprawl. For years, the federal government paid 90 percent of the cost of state highways. In 2000, \$46.5 billion was provided across

the nation in government highway subsidies. Only 2 percent of federal transportation dollars was spent on transit.

Others may be concerned that not enough Chatham residents will ride the bus to justify the government subsidies. Ridership, of course, will depend on whether these cost savings and community benefits are marketed effectively. It will also depend on the price of gas, which economists say will continue to rise as worldwide petroleum demand increases and supply decreases. I'm betting that cost-savvy commuters will soon be eagerly hopping on the bus.

Chatham cannot postpone the development of a public-transit policy. Sixty percent of Chatham workers commute to jobs outside the county. More than 4,000 commute to Orange County. Chatham faces enormous sprawl development pressures that will only exacerbate commuting. County leaders' other commuter mitigation strategies include smart growth, high-paying jobs in Chatham and telecommuting. Even these strategies will be insufficient, given the expected dramatic population growth in eastern Chatham.

Chatham County and the Town of Pittsboro should be applauded for taking the critical first step in developing a sustainable public transportation system. Now every Chatham resident who desires sustainable economic prosperity needs to help it succeed.

*Jeffrey Starkweather, a lawyer and Chatham County Economic Development Corporation board member, will teach "Introduction to Sustainable Communities and Public Policy Analysis for Sustainable Communities" this fall at Central Carolina Community College in Pittsboro. He welcomes feedback at*

## Budget cuts disproportionately affect Bingham residents access to services

BY KATHLEEN AND CARL HOFFMANN

In order to address budget cuts and shrink costs, the Orange County Board of Commissioners and staff plan to reduce services at solid waste convenience centers. At four of the five convenience centers, they will cut hours and operations from six days to four days a week. Unfortunately, the fifth convenience center, Bradshaw Quarry in southwest Orange County, will close on September 20.

More than 100 people showed up for the Aug. 18 commissioners meeting with impassioned pleas to keep the Bradshaw Quarry Center open. Rather than closing, we asked for cuts similar to those at the other county convenience centers. We even proposed reducing our center services to just the essential trash and recycling in order to keep the center open two or three days a week, including a Saturday or Sunday.

When the proposed budget is actually parsed, closing the center is estimated to save the county only about \$20,000 in FY2009-10. This estimated savings ignores the county's additional cost in cleaning up the inevitable roadside dumping and the fire department's concerns for the dangers associated with increased trash burning.

The costs that will be shifted to Bingham township residents are much higher than the \$20,000 savings. If the center closes, Bingham residents

will have to drive an additional 20 to 35 miles to dump their trash and recycling. That's several gallons of gas every week, which translates to roughly \$300 to \$500 a year for Bingham households. Completely closing Bradshaw Quarry is a disproportionate burden. It asks a small group of citizens to underwrite the county's budget cuts at a time when all citizens face personal fiscal constraints.

At the Aug. 18 meeting, the group questioned the county's rationale. We are told we are being closed because we have the fewest customers and lowest waste volume. Rural southwest Orange County, with its miles of beautiful fields, woods and large farms, naturally has a low population density. Our density is further reduced by the Cane Creek Reservoir, with watershed restrictions requiring minimum 2-acre and 5-acre land parcels. With fewer people, we have little access to private garbage or recycling services. We depend on BQCC as our primary resource for waste disposal.

The county says they are closing Bradshaw Quarry because they can't expand it to allow room for residents to drop off yard waste. Do the commissioners realize that for this rural community, yard waste is firewood, habitat and compost? Expansion is unwarranted, unnecessary and unasked for.

The speakers on Tuesday did not

ask the commissioners to shift the cost to other parts of our community. They did not ask to cut funds from libraries, human services or the commissioners access to lifetime health benefits. They only asked to be treated like citizens whose needs are respected. They understand the need for budget cuts and are willing to do their fair share by cheerfully accepting reduced hours and services at Bradshaw Quarry.

On Aug. 18, we were proud to sit among our neighbors who were informed and articulate. After offering practical and creative alternatives to closing Bradshaw Quarry, the commissioners instructed residents to direct further correspondence to the interim county manager and went on with their meeting. It was as if to say, "The board of county commissioners is too busy to address your concerns and has no interest in hearing any more about your problems with trash."

For our tax dollars and recycling fees, Bingham residents simply want to continue our access to a small, nearby facility to safely dispose of trash and recycling. Maybe the board should start listening to this important and underserved community who votes and pays taxes. By reconsidering the decision to close Bradshaw Quarry, this board can show that rural residents count, too.

*The Hoffmanns live on Mebane*

## LETTERS

## Project asked to add commercial space

Thank you for your article on the Carrboro Board of Aldermen's granting a one-year extension on several development permits. As your article points out, these extensions are essential to give these projects time to get going in a challenging economy.

One point omitted is that we only granted the Ballentine AIS a six-month extension, half the time they had requested. Ballentine is an entirely residential subdivision off Old N.C. 86, north of Lake Hogan Farms, much like those that have been typical in northern Carrboro. However, in recent years the board has heard loud and clear from residents that they want mixed-use and commercial projects that will provide retail services and nearby destinations for their neighborhoods.

Planning staff is working its way through a review of the Northern Study Area. This review is designed, in part, to identify locations for mixed-use and commercial development. While we await the completion of that process, the extension request afforded the opportunity to encourage a developer to seek to site some commercial space now (note: the three one-year extensions granted that same night already had commercial components).

In granting the six-month extension (which can be renewed), we requested MI Homes "to look favorably at including a commercial element in the project." Our thinking is that even a single building near Old N.C. 86, perhaps similar in some respect to Johnny's on Main Street, with a shop downstairs and offices or apartments upstairs, would be an important enhancement to this project and to the surrounding neighborhoods.

DAN COLEMAN  
Carrboro Board of Aldermen

## Real health care reform needed

As I read of the efforts of the insurance industry, the pharmaceutical industry and other for-profit organizations spending millions of dollars to prevent health care reform, I am saddened and angered at the destruction of our democracy. I read that \$1.4 million is being spent every day to prevent real reform. Lobbyists representing corporate America, threatening and cajoling our elected representatives, beat democracy into submission, leaving us with a shadowy substitute.

I am also deeply saddened that, as a nation, we have become so morally misguided. How is that we have come to value corporate profits over an individual's right to basic health care? How can we allow the insurance and pharmaceutical industries to reap billions of dollars in profits while our families and neighbors can't afford to get the medical care they need? Who are we as a nation?

The vast majority of Americans want and need real health care reform. We understand that the current system is morally and financially broken. We know that without a public option, there will be no real change. We must find a way to make our voices heard. We must call our representatives, join groups that are advocating for real change, write letters, join protests. Wrestling control of our democracy back from corporations will not be easy, but health care reform is a critical place to begin.

DONELL KERNS  
Carrboro

## Nominations sought

In times such as these, it is easy to put our personal philanthropy on the shelf while we focus on surviving the economic challenges of the day. Thank goodness for the many generous souls in our community who, regardless of how much or how little they have to give, remain committed to expressing their compassion for others through generous contributions of time, talent and treasures. Thank goodness for donors and volunteers who believe that nonprofits of all shapes and sizes play vital roles in our society.

On Nov. 12, the Triangle chapter of the Association of Fundraising Professionals will honor some very special philanthropists and volunteers in the Triangle. Visit [afptriangle.org](http://afptriangle.org) to learn more about National Philanthropy Day and to nominate a person or organization that deserves the thanks of our community for their generosity.

Award categories include: Excellence in Philanthropy, Innovation in Philanthropy, Outstanding Volunteer Fundraiser, Outstanding Youth in Philanthropy, Outstanding Philanthropic Organization and Outstanding Fundraising Executive and Development Team. Send in your nominations and join others in our community on Nov. 12 as we celebrate the generosity of so many people in our community.

BERT ARMSTRONG

# Frank Cook traveled to meet plants

Tim Toben

Just hours after his passing on Aug. 19, Frank Cook's brother Ken spoke from the circle of nearly 200 friends holding hands around Pearson Garden in Asheville. "I think he saw us all as plant beings and he certainly was one himself." Muffled laughter mixed with tears. Frank Cook was the Banyan Tree.

If the name is not familiar, you'll remember the man. Frank stood 6'3" with piercing blue eyes and waist-length dreadlocks. He wore simple clothes and sandals and carried a satchel over his shoulder. In Chapel Hill, his home was a loft bed at the residence of Beth Williams and Alan Dehmer. He walked everywhere, once across the entire state of North Carolina, foraging for food along the way. Most of us in these modern times would die attempting such a trek. Frank feasted – both physically and spiritually.

Someone once said that we are born with two beings – one that dies and one that lives forever. That is certainly true for Frank Cook. Frank will always be known around the world for his plant knowledge and his journey to "meet" the 5,000-plus genera of plants. At 47 years old, he was 70 percent of the way to his goal. He'd chucked a promising career in computer sci-

ence 20 years earlier to follow his heartsong, traveling to Namibia to meet Omumborombonga, the ancestral tree of life, and to India to meet Buckkuchurbu, used to treat stomach upset.

Those of us lucky enough to cross His path were reacquainted with the native plants we loved as children. Frank could hang with the best Linnean taxonomist, but he "understood" plants more deeply – their medicinal qualities, their nutritional values and their unique role in the interdependent ecology of nature. And he clearly loved them.

The meals between walks were just as vibrant. Reminding us that most Americans eat just 25 species of plants a year, he'd make fresh bread and soup with at least 25 species gathered during his walk. The flavors and energy in his food were life giving. He'd make teas by day and meads at night, always sharing a batch from last year in a pass-around bottle. His gatherings built benevolent communities -- families with native knowledge and skills.

His "business model" baffled most. He worked for donations. You paid what you could, and that was enough to fund Frank's travels to meet plants across the globe. He'd recently completed a master's degree at the Schumacher Institute in the U.K. and written a

book titled <i>Emerging Planetary Medicines</i>. His subject matter had expanded to include "transition cultures" – those preparing for not a low-, but a no-carbon economy.

Frank had just returned from teaching engagements in the Southwest U.S., and before that in South America. What he thought was travel weariness was apparently a spreading parasitic infection, which spread rapidly this week and this morning claimed his sinewy body. Thousands around the world, and several hundred in Carrboro, Chapel Hill and Asheville, weep quietly at the loss of their friend and teacher. We are ever so grateful for his many gifts, for the many seeds he planted.

If he'd ever stayed in one place for more than a few months, I'm convinced that Frank's cascading dreadlocks would have taken root, like the Banyan Tree, and grown other Frank Cooks. And if so, what a better world this would be. Then again, as I looked around Pearsons Garden this damp August night and reflected on past gatherings at LEAF and Pickards Mountain, I thought ... that's precisely what has happened.

Godspeed.

*Tim Toben is chairman of the state's Energy Policy Council.*



**Her Grandmother's Pearls, 1925**

Four years ago, I asked students in an elementary photo class to bring in a beloved family snapshot. Along with her stunning photo, this is what Crystal Essex of Marion, Ala., wrote in the margins:

*I know you have never seen the lady in this photo...and neither had I. This is my grandmother posing for her senior high school portrait in 1925. She was 18 years old in the photo. I was born in July of 1986 and missed the pleasure of meeting my grandma by two months. My father told me a lot about his mother, but I always wanted to see her for myself. After cleaning up a room in my grandparents' home, my aunt found the photo and made duplicates for each family member. Now I can see her more often. As I look at the picture there is one thing that stands out — my grandmother's pearls. I imagined that she wore those pearls because they signified beauty, class and love. That's just what I want to exhibit to the world. But I don't have those pearls. At the moment, I believe one of my aunts has my grandmother's pearls. But my dad said that I may get them one day. I pray that those pearls come my way, not because I love jewelry, but because they belonged to my grandmother, the woman I never met.*

## ROGERS ROAD

FROM PAGE 1

According to Chris Heaney, an epidemiologist from the Gillings School and lead researcher in this investigation, fecal pollution at such levels can cause nausea, vomiting and diarrhea.

"The cause of the fecal pollution could be failing septic systems or surface runoff carrying this fecal pollution from domestic or wild animals or other sources into the groundwater supply," Heaney said.

The survey also looked at septic tanks. Twenty-one households reported having a private septic system, the oldest of which was constructed in 1926, the most recent in 2008. Failures reported included septic discharge saturating the yard, septic back-up into the home and septic system odors. More than two-thirds of homes with private septic systems reported one or more of these failures.

The question the community would now like to see answered, said RENA spokesperson Robert Campbell, is, "How do we bring the Rogers Road community into compliance with water and sewer?"

Campbell's answer is to provide public water and sewer lines to all homes in the community.

"There's something causing this contamination," he said. "We're not trying to say what's causing it, only that it needs to be addressed."

Heaney has presented his findings to the county. While he said there was no way to know at this point whether the levels of the contaminants would continue to rise or spread, he felt it was important community members be made aware.

On Tuesday, county environmental health services director Tom Konsler said he had received from Heaney the

preliminary findings, hadn't had the opportunity to review them, but intended to talk with Heaney after he had.

In July, Tara Fikes, housing and community development director for Orange County, reported to the county commission that the Rogers-Eubanks community was ineligible for federal Community Development Block Grant funding for sewer lines because its septic tanks were functioning properly. Fikes said on Tuesday she hadn't yet seen Heaney's findings, but that the county is in the process of surveying community residents toward seeking funding from other sources for water and sewer services.

According to the Gillings-RENA surveys, 26 of 27 households in which surveys were completed were African-American and 17 reported an annual household income of less than \$30,000.

## OBITUARIES

### Paul Wesley Bickell

Mr. Paul Wesley Bickell of Fearrington Village, Pittsboro died Friday evening, Aug. 7, 2009 at UNC Hospitals, Chapel Hill, North Carolina.

A memorial service was held at University Presbyterian Church in Chapel Hill.

Mr. Bickell was born in East Chicago, Indiana on Dec. 15, 1927 to the late Ada Dixon Bickell and Norton Bickell. He served in the United States Army and attended Purdue University on the G.I. Bill. He graduated from Purdue University with a bachelor's of science degree in civil engineering in 1952 and later earned an MBA from the University of Chicago.

Mr. Bickell worked for most of his career in the petrochemical industry in Chicago and in New York City, as well as in Antwerp, Belgium and Cairo, Egypt. He was a music lover and played the French horn in several community orchestras.

He and his late wife, Mary Barbara, traveled extensively in the United States and overseas.

Mr. Bickell is survived by his son, John Bickell, and grandson, Andrew Bickell, of Sandusky, Ohio; daughter, Barbara Manson, son-in-law, Peter Manson, and granddaughter, Isabel Manson, of Cary, N.C.; brother-in-law, John E. Cochrane, and his wife, Anne Cochrane, of Elmwood Park, Ill.; nieces Harriet Allen of Indianapolis, Ind., Kristine Cochrane of Highland, Ind. and Susanna Decker of Oak Park, Ill.; and nephew David Bickell of Indianapolis, Ind.

Many thanks to all the members of Chapel in the Pines Presbyterian Church for their love and support of Paul. In lieu of flowers and to continue Paul's support of this church, contributions may be made to the building fund for Chapel in the Pines Presbyterian Church, 212 E. Rosemary St., Chapel Hill, NC 27514.



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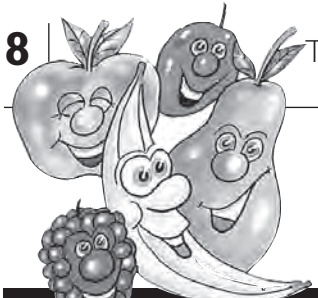
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## MENUS

### ELEMENTARY

**FRI 8/28** — Spaghetti & Meat Sauce w/Garlic Bread; Turkey Hot Dog w/Chili; Coleslaw; Garden Salad; Blueberry Cobbler

**MON 8/31** — Cheeseburger on Wheat Bun; Fishwich on White Bun; Lettuce & Tomato Salad; Oven Bkd Potato Wedges; Peas & Carrots; Chilled Peaches

**TUE 9/1** — Beef & Macaroni w/Wheat Roll; Chicken Tacos w/ Salsa, Lett, Tom & Salsa; "Fun on the Run"; Seasoned Pinto Beans; Mexicali Corn; Fresh Orange Wedges

**WED 9/2** — Chicken Patty Sandwich on Wheat Bun; Fruit & Yogurt Plate; Green Beans; Steamed Carrots; Chilled Fruit Cocktail; Fresh Apple; May Select One:

**THU 9/3** — Herb Baked Chicken; w/Wheat Roll; Ham & Cheese Melt on Whole Wheat; "Fun on the Run"; Mashed Potatoes; Turnip Greens; Mandarin Oranges

### HIGH SCHOOL

**FRI 8/28** — Turkey & Cheese Wrap; Sloppy Joe on a Bun; Sweet Yellow Corn; Green Beans; Chilled Applesauce

**MON 8/31** — Chicken Nuggets w/Wheat; Roll; Beef Tacos w/Salsa, Let, Tom and Cheese; Spanish Rice; Sweet Yellow Corn; Fresh Apple

**TUE 9/1** — Pork Egg Roll w/ Wheat Roll; Mozzarella Cheese Sticks; w/Marinara Dipping Sauce; Brown Rice Pilaf; Asian Mixed Vegetables; Chilled Apricots

**WED 9/2** — Steak & Cheese Sandwich; Chicken Salad w/Lettuce, Tomato and Crackers; Lettuce & Tomato Salad; Carrot & Celery Sticks; Steamed Broccoli; Fresh Banana

**THU 9/3** — Ham & Cheese Sub on Wheat; Chicken Tetrazzini w/Wheat Roll; Lettuce & Tomato Salad; Sweet Potatoes w/Apples; Seasoned Lima Beans; Chilled Peas

## District emphasizes H1N1 precautions

H1N1, or swine flu, began spreading across the U.S. last spring. It has remained a public health concern through the summer months, closing summer camps in the Triangle and across the nation.

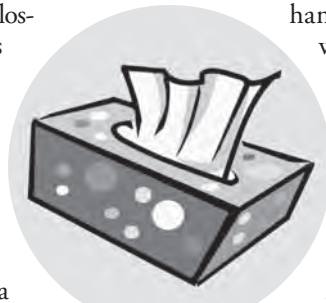
Chapel Hill-Carrboro City Schools (CHCCS) has a pandemic influenza website linked to the district home page, [chccs.k12.nc.us](http://chccs.k12.nc.us). The website contains links to official Orange County and Centers for Disease Control (CDC) websites. The district updated regularly with new information as it becomes available.

The CHCCS Coordinated School Health Advisory Council wants to remind parents and students to practice cough and hand etiquette at all times. This means that you should cover

your nose and mouth with a tissue when you cough or sneeze and then throw away the tissue after you use it. Wash your hands with soap and water, especially after you cough or sneeze. Use alcohol-based hand cleaners if you are away from a source of running water. Avoid spreading germs by touching your eyes, nose or mouth.

Avoid crowds or places where you know others are sick.

Those who have flu-like symptoms should isolate themselves. The Orange County Health director advises staying at home for seven days after symptoms begin or until you are symptom free for 24 hours, whichever is longer. Keep away from other household members as much as possible to avoid spreading influenza.



CHCCS follows H1N1 policies established by the Orange County Health Department.

Symptoms of influenza include a fever and cough or sore throat, headaches, muscle aches, chills, runny nose, diarrhea and vomiting.

The CDC is considering a number of programs in schools during the fall. These might include seasonal flu clinics for some students.

All students received a letter from the Orange County Health Department during the first week of school summarizing the symptoms and care for those who may be affected. Employees also received a letter regarding H1N1 guiding them on how to interact with students they suspect might have H1N1 and also on cleaning classrooms.

Signs are being installed at hand-washing stations to remind students and staff of good hygiene practices.

— Staff Reports

## School Briefs

### Parent volunteers wanted

Parents interested in volunteering at their child's school or another local school an hour or two each week during the school day should visit [chccs.k12.nc.us](http://chccs.k12.nc.us)

Positions include a school reading partner, ESL volunteer, writing coach or general classroom volunteer helping in any grade level with math, science, social studies, home economics, physical education, special needs, art, music, language arts or foreign language.

There are specific requests from teachers listed in the volunteer office in Lincoln Center. For more information, call 967-8211 x28281 or email [volunteer@chccs.k12.nc.us](mailto:volunteer@chccs.k12.nc.us)

Training for specific programs that require it is available in September.

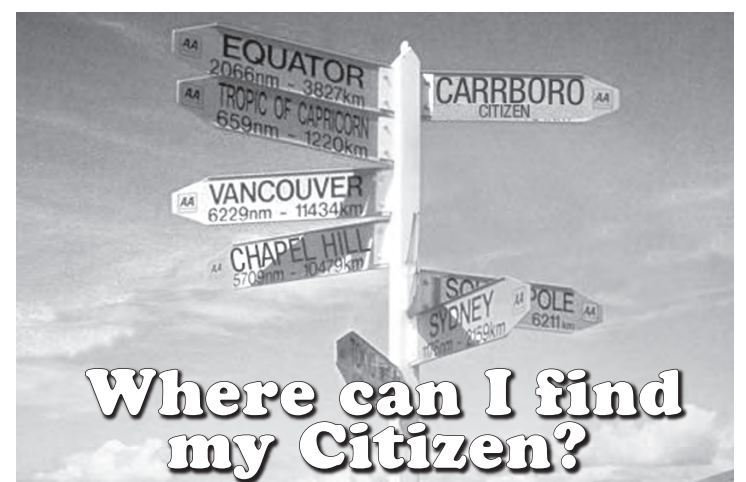
### CHCCS SAT scores remain highest in NC

SAT scores remained unchanged overall in the Chapel Hill-Carrboro City Schools but continue to be the highest of any local education agency in North Carolina.

The CHCCS composite of reading and math is 1179. The CHCCS composite of reading, math and writing is 1751. The district average for reading is 581, down two points from last year's average. The district average for math is 598, up two points from last year's average. The district's average for writing is 572, down two points over last year.

Despite numbers that mirror those in last year's report, the district average still outpaces the state average. The CHCCS average of 1179 is 173 points higher than the state average. The state and national trends for performance also were flat. In composite measures calculated both with and without writing results, East Chapel Hill High School is the highest ranking public non-charter high school in North Carolina. Carrboro High ranks third and Chapel Hill High School fourth.

This was the first time results were reported for Carrboro High School. The school's composite average is 1177 on math and reading and 1754 for reading, math and writing. CHS has an average of 576 in reading, 601 in math and 577 in writing.



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**School Briefs**

**High School Football, Aug. 21**

Carrboro 26 – St. Paul’s 7  
This week’s football game was a major milestone for the Jaguars, as it was the first home-game victory ever. Carrboro will hope to continue on its winning streak Friday, when it travels to play Orange High.

Northwood 24 – East Chapel Hill 0

Northwood’s Shane Peppers rushed for three touchdowns and kicker Josue Pena added a field goal. ECH quarterback Drew Davis completed four of 12 passes for 15 yards.

South Granville 33 – Chapel Hill 6

South Granville scored 26 unanswered points in the first half and Chapel Hill never got its engine started. The Tigers will look to rebound Friday against Cedar Ridge.



**Men’s Soccer, Aug. 24**

East Chapel Hill 5 – Carrboro 1

The Jaguars allowed four goals in the first half of their season opener, before bunkering down in the second half and netting one of their own.

**PREPS PREVIEW**

**Teams gear up**

**BY BETH MECHUM**  
Staff Writer

Many local high schools are getting a shakeup in conference play this year. Carrboro is now part of the Carolina 9 and Chapel Hill is in the Carolina 6.

Though conference rivalries are important in Orange County, cross-town rivalries often hold just the same importance, and women’s volleyball is one such example.

The coaches in the area said they are excited to play new competition, but look forward to seeing the familiar faces in gyms across town as well.

It remains to be seen whether these new conferences make teams stronger or weaker when those matches circled in red on coaches’ and players’ calendars come to fruition.

**Carrboro High**

Coach Steve Scanga considers this season’s volleyball team the first true varsity team he’s had in his three years of coaching the Jaguars.

With one senior in the past two years combined, it’s safe to say that experience was not at a premium.

While that could have been detrimental in the past, the girls are now primed to gain the rewards of their struggles. The hours they toiled as freshmen and sophomores playing slightly out of their league should prove beneficial as juniors and seniors in a new conference, the Carolina 9, that Scanga considers to be competition more suited for their skill level.

Scanga said the tallest girl on

the team is 5’8”, which makes it difficult to block teams with a lot of firepower in the striker position.

That’s why Scanga has preached defense all these years. The Jaguars are a defensive team first; the offensive skills then follow naturally, Scanga said.

Last year’s record: 5-16  
Who’s gone: Abby Owens was the one senior on last year’s team and her leadership will be missed.

Who’s here: Willa Brooks will be expected to step up and be a strong outside hitter, something Scanga said he has seen happen already. Andi Aldana’s mobility will make her an important part of the team this year, as also will be the case with Meredith Allen, a setter.

Expectations: Scanga said he expects the Jaguars to be more competitive in the Carolina 9 Conference and is predicting an above .500 record, along with a trip to the conference tournament.

**Chapel Hill High**

The Tigers might have had to forego some lazing around this summer to practice volleyball, but Coach Sherry Davis made sure the girls didn’t suffer too much.

The team took a beach trip to Wilmington and Sunset Beach to facilitate team bonding and have some fun.

But they made sure to participate in some scrimmages too. Davis said each girl got some playing time (and probably some sun time too), and she’s happy with where her team is right now.

“Last year was a rebuilding year, and I’m really thinking this year we are going to perform and



PHOTO BY AVA BARLOW

Willa Brooks, a varsity volleyball player for Carrboro High School, practices some drills on a recent afternoon at the school gym.

have a better record,” Davis said. “We’re excited about the competition we’re facing.”

Last year’s record: 12-12  
Who’s gone: The loss of Ellen Porter’s passing ability will create a hole in the offense, but Davis said that just means others on the team will need to step up.

Who’s here: Davis is looking for juniors Helena Archer, Ariane Cook and Elise Healy to emerge as leaders, as well as the one senior, Megan McCluskey.

Expectations: Davis said the team is relatively young but still has the experience necessary to really stand out this year. Their

sheer power and size will make them a formidable opponent for any school.

**East Chapel Hill High**

Coach Michelle Wood’s Tigers are a young team; and though they miss some strong leaders from last year’s team, Wood likes the idea of being able to improve every game, and every practice.

“We’re really young. We have a freshman setter and three sophomores,” Wood said. “We’re going to be competitive, but right now we’re still learning each other, still trying to get our kids into

the varsity speed of the game.”

Last year’s record: 14-9  
Who’s gone: Kayla Austin was the setter for three years before graduating last year. All the hitters had gotten used to her sets and the team will miss her quickness and knowledge of the game.

Who’s here: Wood will need Catherine Weiser and Marisa Iritani to step up and be vocal leaders on the court.

Expectations: Wood said she expects the Tigers to be in the top three or four in their conference, but they do have a chance to exceed beyond those expectations by putting in extra work.

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PHOTO BY KEN MOORE

A closer look reveals the spines on stems and leaves of horse-nettle.

**FLORA**  
FROM PAGE 1

Some of you may remember an experience similar to that described by Paul Green (*Paul Green's Plant Book*): "This pest used to play havoc with our bare feet as children, especially if the dead dried plants chopped up by the hoe were stepped on. The thorns were sharp as little needles."

If you take a closer look you will easily see the spines along the stems, as well as on both sides of the leaves. You definitely tread softly when moving barefoot among horse nettles. It is commonly found

in sunny disturbed areas, which is why this native is sometimes considered a pest in cultivated areas. But in the natural succession of plant growth, horse nettles give way to larger perennials and eventually to competition of shrubs and trees. In the meantime, this drought-tolerant perennial provides a service with its vigorous tap root breaking up barren, sterile soil, gradually improving it for other vegetation following in its path.

Horse nettles are having a late-summer re-blooming fling just now, and though the little tomato-like fruit of the early-season's flowers are already dispersed, you'll

likely be seeing fruit again later in the fall.

There are many descriptions of medicinal uses of horse nettles. The Cherokees, in particular, have an interesting heritage. Described remedies include stringing the roots around a baby's neck for teething, making a grease of fried berries to treat mange on dogs and crushing leaves in milk to kill flies. One of the most intriguing to me is the application of wilted leaves to relieve irritation from poison ivy. I haven't tried this yet, but certainly plan to do so.

So, take a closer look at those flowers and watch out for those spines!

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