

MILL

A MONTHLY MUSIC, ARTS, LITERATURE AND FOOD PUBLICATION
OF THE CARRBORO CITIZEN VOL. 4 + NO. 11+ AUGUST 2011

The Dog days of summer



INSIDE: * THE HOOLIGANS OF BOLIN FOREST * SUMMER BASIL BEER
* LOCAL FILMMAKER PHILIP BRUBAKER * ESCABECHE

THE CARRBORO
CITIZEN

GIFTS, APPAREL AND CASUAL DINING IN THE HEART OF CARRBORO

CARR MILL MALL

IT'S BACK TO SCHOOL TIME!



ALI CAT	CREATIVITY MATTERS	MULBERRY SILKS
ANNA'S TAILOR & ALTERATIONS	CYS	THE PAINTED BIRD
ARTIZAN GIFTS (OPENING SOON)	DSI COMEDY THEATER	PANZANELLA
THE BEAD STORE	ELMO'S DINER	RITA'S ITALIAN ICES
CAROLINA CORE PILATES	FEDORA	SOFIA'S
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DOG DAYS

There's always something bittersweet about August.

Across our town, state and nation, children will return to school to crack open (perhaps not-so) fresh textbooks and dust off their knowledge of multiplication tables and sentence diagrams. University students will flood back to towns that have perhaps felt a bit too relaxed these past couple months in cars overloaded by all that a dorm room outfit might need, and more. Elected officials will start a new session with yet-unsullied plans for the year, and football fans will revel in the start of the college and NFL seasons.

But before school days and meetings and rush parties commence, let's all enjoy these last few weeks of summer. Yes, we'll continue to have sweltering heat well into September (Mother

Nature doesn't keep a calendar and the Dog Days are in full swing), but as the second half of the month moves closer, the mindset is sure to change as date-books become increasingly crowded and afternoons are far too busy for a trip to the pool.

It's difficult to keep that busy feeling from creeping in well before it should – but it can be done. For my money, summer is the best time of year. Enjoy these last (really more than) few lazy weeks and soak it up while you can. Head up to Hillsborough for Last Fridays, or visit the Forest Theater for a Paperhand Puppet performance. Sip on a summer beer, and prepare a seasonal meal to go with it – because come fall, the extra time seems to slip away as quickly as a summer tan fades.

– Susan Dickson



Robert Dickson PUBLISHER
robert@carrborocitizen.com

Susan Dickson EDITOR
susan@carrborocitizen.com

Duncan Hoge ART DIRECTOR
duncan@carrborocitizen.com

Taylor Sisk
CONTRIBUTING EDITOR
tsisk@mindspring.com

Kirk Ross
CONTRIBUTING EDITOR
rossreport@bellsouth.net

Marty Cassady AD DIRECTOR
marty@carrborocitizen.com

CONTRIBUTORS
Vicky Dickson, Ashley Melzer, Mary Parker Sonis, Margot Lester, Evan Cronch

ROSS'S ALMANAC

One Summer night on the Copperline/ Slip away past supper time/ Wood smoke and moonshine/ Down on Copperline — James Taylor "Copperline," an area of bottomland hardwoods around Morgan Creek

In August, the worm turns. Summer doesn't officially end, but it winds down quick by the end of the month. It's still hot, but permit yourself to think of a fall garden and cooler weather. The average low temperature falls about 4 degrees over the course of the month.

We start August with 14 hours of daylight and have lost an hour by month's end.

Aug. 1 – Sunrise: 6:23 a.m.; Sunset: 8:21 p.m.

Aug. 31 – Sunrise: 6:47 a.m.; Sunset: 7:45 p.m.

Moon Phases

-  First Quarter – Aug. 6;
-  Full Moon – Aug. 13;
-  Last Quarter – Aug. 21;
-  New Moon – Aug. 28

The Full Moon in August is known as the Red Moon, Dog Moon, Green Corn Moon and Sturgeon Moon.

Planets & Stars: The month starts with a thin, waxing crescent moon. The August sky is full of planets, with only Venus below the horizon. Saturn rules the early evening, Uranus and Neptune the witching hour and Jupiter and Mars shine in the morning.

Early in the month, the Summer Triangle – Vega, Deneb and Altair – is almost directly overhead.

August is American Artist Appreciation Month, National Catfish Month, National Golf Month and National Water Quality Month.

Significant Dates

- Aug. 13 is International Left-Handed Day;
- Confused driver week in Chapel Hill and Carrboro starts Aug. 17;
- UNC Residence Halls open Aug. 20;
- Aug. 25 is the first day of school for CHCCS;
- National Dog Day is Aug. 26

rossalmanac.com/journal

ART NOTES

In the galleries

At The ArtsCenter this month, Susan Soper's prints will be on display in the East End Gallery, while Matthew Scott Meyers' paintings will be exhibited in the Center Gallery. Both exhibits run Aug. 4-31, with opening receptions from 6 to 9 p.m. on Aug. 12.

Over at LIGHT Art+Design, the work of mixed-media artist and former UNC art professor Kimowan Metchewais is being shown through Sept. 17. Metchewais' work includes photography, drawing and found objects, much of which references icons from his Native-American Cree heritage juxtaposed against modern culture.



American Checkbook.....etc by Ron Liberti

At the Ackland Museum Store, "20 Years in Print: The Art of Ron Liberti" is on display through Sept. 30. The exhibit features 100 original silkscreened posters, large mono prints, a limited-edition portfolio of photocopied posters in black and white, hand silkscreened textiles and more. A reservation-only reception will be held July 29 from 7 to 9 p.m., featuring music by Billy Sugarfix. Call 962-0216 for reservations.

In Saxapahaw, "Remembering Italy," paintings by Kathleen Gwinnett, and "Pine Straw Basketry," works by Lois McAlpine, will be on display in August at Saxapahaw Art Gallery, with an opening reception with live music by The Mebanaires from 6 to 9 p.m. on Aug. 5.

PATIO WEATHER

EPL ENGLISH PREMIERE LEAGUE

ON THE BIG HD TV!

SATURDAY & SUNDAY BRUNCH NOW OPEN AT 10:30

MILLTOWN

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Bolin Creek Hooligans

Every year in September, we hear the same stories coming out of the Bolin Creek forest. Our beloved ever-present barred owls begin a series of assaults on runners and hikers. Women running at 5:30 a.m. describe attacks on their ponytails and older men show the talon scratches on their bare pates. Nature run amuck.

So why do our owls develop such an antipathy for hikers and runners in the month of September? I have heard many explanations, but they seem to fall short of explaining this aberrant behavior. Some people claim that a ponytail resembles a squirrel tail and the owls are confused. That seems a little far-fetched for an animal with such extraordinary vision. Bald men claim that a bald head will draw an attack, and white hats have been targeted as well.

I did a bit of research on this subject and found out that barred owls are attacking people in September all over the U.S. and Canada. What has come over the owls? The ponytail/squirrel theory is quite popular, and some researchers have claimed that any owl is belligerent near an active nest. True enough, but no barred owls nest in September and the young owls are now dispersing to claim their own territories.

Last year, I was determined to investigate the delinquent owls on their home turf. I set out early in the morning, with camera in hand. The barred owls were very easy to locate last year because of the severe drought that left the creek bed dust dry for long stretches. So, knowing that the owls like to hunt over the creek for amphibians, I simply walked over to one of the last remaining deep pools of water. It was an oasis for every water creature in the vicinity. Plenty of salamanders, frogs and fish and, as expected, one barred owl with eyes focused down from his creek perch.

I stood and watched the owl from the creek edge, and I immediately caught his attention. Instead of flying off, the barred owl cocked his head to the side and gave me a deep stare. The head to the side posture indicated that he was sizing me up. He was not angry



Photos by Mary Parker Sonis



enough for beak clacking, but he was not pleased.

This was my chance. I kept my eyes on him and approached, and he remained on his perch and did not seem fazed in the least. I found a dry rock and sat down to watch the owl. No attack. I sat quietly for a few minutes, always keeping my focus on the owl.

Eventually, I decided to adjust the settings on my camera, and looked down. The owl silently swooped from his perch, and I looked up to see an expanse of pale-peach and white feathers over my head. This may have

been an accident, as owls generally swoop down before gaining height, and perhaps I was simply in the path of his flight.

So I kept my seat and remained still, and the owl seemed to be ignoring me. He preened his feathers and looked away. I kept my eyes on him, but did not move away. After taking my photos, I decided to look down again to see what would happen. Another swoop. The owl came within inches of my head – he wanted me off his turf.

I remained at my post, and our hooligan owl shook himself out. I had not

fled, and the owl gave up trying to send me packing. He actually flew down to the creek pool and took up a hunting post on a rock a few feet from where I sat. The owl and I had reached a state of détente. I would not hunt the creek and he would leave me alone to take my photos.

It is my belief that these are young owls, staking out their own new territories on the creek, and they are not experienced enough to know that humans are formidable predators themselves. These owls are young turks full of swagger and ready for a rumble. By not running, I established that I was not prey, and not intimidated. The very act of running can bring out the predatory chase response in many animals. The owl hunts by surprise in complete silence. I noticed that he did not attack as long as I had him in my field of vision. He didn't mistake me for a squirrel.

The barred owl is married to his territory. Once he has established his turf, he will remain in that territory for the rest of his life. Perhaps, in that first month of independence from parental care, the owl is driven to firmly and aggressively establish his own hunting area. By October, the forest will be peaceful once again. The young owls will have mellowed and given up their attempts to drive us from their woods.

SPOTLIGHT

Hillsborough Last Fridays

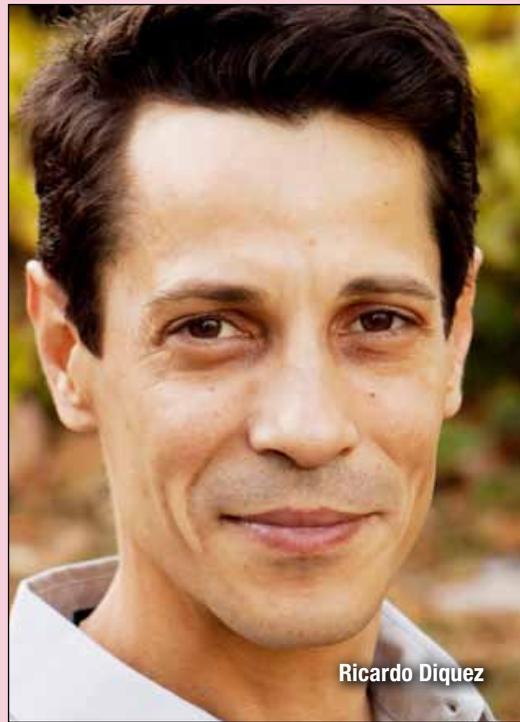
Hillsborough's warm weather festival, Last Fridays, will be held Friday, July 29 from 6:30 to 8:30 p.m. in downtown Hillsborough.

This year marks the 13th season of Last Fridays, which runs the last Friday of each month from April to September. Each event features a different band headlining with a free performance on the lawn of the historic Orange County Courthouse. This month's Last Fridays will include a performance by Ricardo Diquez & The Tropic Orchestra.

Artists, food vendors, musicians and craftspeople will set up their wares along the sidewalks around the courthouse.

The Hillsborough Arts Council Gallery will hold an artist reception and Cup a Joe's will host the Hillsborough Pie Contest. Children's events will be held on the south lawn of the courthouse.

For more information, visit hillsboroughartscouncil.org



Ricardo Diquez



- July 28 **Holy Ghost Tent Revival**
with The Big Picture
- Aug 4 **North by Northwest** (1959)
- Aug 11 **Toy Story 3** (2010)
- Aug 18 **E.T.** (1982)
- Aug 25 **Future Islands**
with Motor Skills



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Tuesday



All Day

Choose from a great selection of bottles of wine all day for only

\$10

Wednesday



Dinner

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

\$10

Thursday



All Day

Local Pint Night
Enjoy local drafts on tap! Local beer pints are only

\$3

Lunch



Monday - Saturday

Plus Fresh, Local Salads

Local tomatoes used in three special salads.

MILL CALENDAR

LITERARY

Carrboro Branch Library

Ongoing Events — Computer Classes, Saturdays, 10am

Summer Reading Story Time — Ages 1-5, Saturdays, 10:30am

Chapel Hill Public Library

Ongoing Events— Story Time, for ages 3-6; Junior Book Club, for readers grades 1-3; Time for Toddlers, for stories, songs and activities; Baby Time, for children aged 6 to 18 months; Teen Book Club, for teens in grades 6 and up; Teen Movie Night; Bookworms Club, for grades 3-6; Knitting for Charity; Family Movie Nite; Computer Classes. Dates and times vary, chapelhillpubliclibrary.org

Books Sandwiched In — Discusses *Eating Animals* by Jonathan Safran Foer. Aug. 3, 11:30am

Rags to Riches Theatre — All the Same Web. Meeting Room, Aug. 3, 2pm, 4pm

Family Movie Matinee — Aug. 12, 2-3:30pm 968-2778 for movie title

Family Movie Matinee — Aug. 19,

2-3:30pm 968-2778 for movie title

Pajama Story Time — Aug. 31, 7pm

Chatham County Community Library

Captain Jim is Magic— All ages, July 28, 7-8pm Free

Summer Reading Grand Finale — K-8, Open to children participating in the summer reading program. Aug. 2, 11am Free 545-8085

McIntyre's

Clyde Edgerton — To read from *The Night Train*. July 30, 11am

Alice LaPlante — To read from *Turn of Mind*. Aug. 6, 11am

Carl Linke — To read from *Haint Blue*. Aug. 14, 2pm

Multi-Author Event — With Karen Pullen, Sarah Glenn, Heidi Saunders, Patricia Winton and Chris Roerden. Aug. 19, 2pm

Connie Sage — To read from *Frank Batten: The Untold Story of the Founder of the Weather Channel*. Aug. 21, 2pm

NC Poetry Series — Presents Joan Mclean, Jo Taylor and Al Maguinness.

Aug. 28, 2pm

Playmakers Sneak Peak — Joe Haj and Jeff Meanza present a preview of the upcoming season at PlayMakers Repertory Company. Aug. 30, 6pm

Flyleaf Books

Ann Weisgarber — To read from *The Personal History of Rachel Dupree*. July 28, 7pm

Clyde Edgerton — To read from *The Night Train*. July 30, 6pm

Sacrificial Poets — Open Mic. Aug. 3, 6:30pm

Kathryn Erskine — To read from *The Absolute Value of Mike*. Aug. 6, 3pm

Alicia Oltuski — To read from *Precious Objects: A Story of Diamonds, Family and a Way of Life*. Aug. 10, 7pm

Patti Callahan Henry — To read from *Coming Up For Air*. Aug. 23, 7pm

John Claude Bemis — To present the conclusion to his *Clockwork Dark Trilogy*. Aug. 28, 2pm

THEATER

The ArtsCenter

10 By 10 Festival — Ten actors perform 10 plays in 10 minutes. July 30, 8pm; July 31, 3pm

artscenterlive.com

DSI Comedy

Lordington, P.I., Omaha 9 — July 29, 9pm \$10

\$5 Dollar Preview — With Banana Breakup. Aug. 4, 9pm \$10

Best Show Ever — Aug. 5, 9pm \$10

Improv Slam — Aug. 6, 13, 20, 27, 30. 7:30 and 9:30pm \$10

\$5 Dollar Preview — With Suggestion Box and Maximum Power. Aug. 18, 8pm \$5

BRASH, Omaha 9 — Aug. 12, 9pm \$10

Mister Diplomat — July 29, Aug. 5, 12, 19, 26, 10:30pm Free

BRASH, Lordington, P.I. — Aug. 19, 9pm \$10

PT Scarborough is a Movie, Maximum Power — Aug. 26, 9pm \$10

dsicomedytheater.com

DANCE

Ballroom — Seymour Center, fourth and fifth Thursdays 7-9:30pm, \$2 968-2070

Carrboro DanceJam — Freestyle dance. Balanced Movement Studio, first Fridays, 8pm 968-8776
Triangle StarDusters Ballroom — Couples and singles are welcome. Fred Astaire Dance Studio, second Saturdays 8-11pm \$7/StarDusters members and students, \$12/others 942-7232

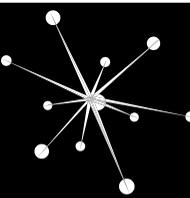
Shag Dancing — General Store Café, Mondays, beginner class at 7pm, dance at 9pm

Contra Dance — Sponsored by FootLoose/Contrazz. Carrboro Century Center, Aug. 6, Lesson 7:30pm, Dance 8pm \$9 tcdancers.org

Contra Dance — With caller Gaye Fifer and music by Contrarians. Carrboro Century Center, Aug. 12, lesson 7:30pm, dance 8pm \$9

Contra Dance — Sponsored by Carolina Song and Dance Association. Carrboro Century Center, Third Fridays, lesson 7:30pm, dance 8pm csda-dance.org

Swing Dance — Carrboro Century Center, second Saturdays, lesson 7:30pm, dance 8pm triangleswingdance.org



The ArtsCenter
For more information or to order tickets call 929-2787 x201 or go to artscenterlive.org




Los Lonely Boys



Shemekia Copeland

CONCERTS

Eric Johnson

Tue Aug 16, 8 pm
\$24/\$32 VIP

An Evening With Richard Buckner & David Kilgour

Wed Aug 24, 8:30 pm
\$14/\$16 day of show

Catie Curtis

Thur Sept 8, 8:30 pm
\$18/\$20 day of show, \$16 ArtsClub members

Shemekia Copeland

Sun Sept 11, 7 pm
\$20/\$22 day of show, \$18 members

Los Lonely Boys

Fri Sept 16, 8:30 pm
\$37/\$39 day of show, \$35 members

Adrian Belew Power Trio and Stick Men featuring Tony Levin & Pat Mastelotto

Tue Sept 20, 8 pm
Bands combine for an extended Crim-centric encore set!
\$32/\$45 VIP (VIP includes sound check party, meet & greet, preferred seating)

ARTSCHOOL

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THE READER

BY VICKY DICKSON

A MASTER CHEF'S GUIDE TO COOKING LOCAL



SHERI CASTLE
PHOTO BY STEWART WALLER

It took a trip to Italy to make Sheri Castle appreciate her own culinary heritage. The discovery the Chapel Hill cookbook author and cooking teacher made in that country was, she says, a real epiphany: Though she'd put Italian cooking on something of a pedestal and had come to Italy to learn how to be a better Mediterranean cook, Castle began to realize that the cooking she'd grown up with in the Blue Ridge Mountains was just as worthy, just as important a reflection of heritage and culture, as anything she encountered overseas. The best Italian meals she ate echoed Castle's grandmother's insistence on using only the freshest locally grown produce, as well as the Southern cook's use of meat as a condiment rather than as a main dish. So Castle returned home a better Southern cook as well as a Mediterranean one.

Castle didn't originally set her sights on a cookbook-writing career. As the first person in her family to go to college, she was regarded as the one "who wouldn't have to cook." But even though she majored in journalism and went on to jobs where she wrote legal briefs and conducted computer-based training, Castle was

always "the one who cooked" in her workplace. So it's not too surprising that after her daughter was born, Castle decided to take a break from the corporate world to teach cooking.

Her cooking classes led to a column for the Triangle's now-defunct Spectator, and then to other food columns, as well as ghostwriting and recipe-testing jobs for cookbook writers like Crook's Corner's Bill Smith and Foster's Market's Sara Foster. That experience probably made it inevitable that Castle would eventually dedicate herself and her kitchen to the year's worth of shopping, prepping, cooking and cleaning demanded by the recipes that would become *The New Southern Garden Cookbook*.

It was a process that involved winnowing somewhere between 1,250 and 1,500 different recipes down to 350. Working in her kitchen with two computers, a notepad and different-colored pens, and full sets of both English and metric measuring tools, Castle tested as many as eight different versions of each recipe. (Sometimes those eight versions made up her family's dinner that night.)

The result is a cookbook that's

a true pleasure to read and to cook from. The way it's organized, in chapters that are centered on ingredients rather than dish types (with titles from "Apples" to "Zucchini"), makes it perfect for cooks who want to base their meals on what they find at the farmers' market or in their CSA boxes – who want to cook with the freshest, locally grown produce.

If you're beginning to suspect that Castle is something of an evangelist for locally grown food, you're right. "We can't continue to live on the opposite side of the country from where our food is grown," she says.

She's not rigid in that philosophy: "Eating local isn't all-or-nothing." (And who out there wants to give up banana pudding?) But being a person who "can't walk through a market without grinning like a fool," she wants to help people share her love of good, healthy food.

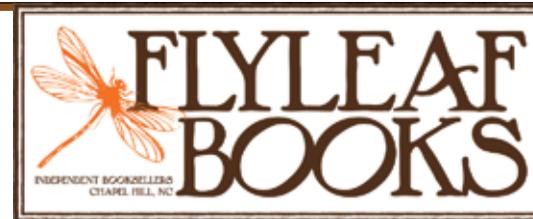
With *The New Southern Garden Cookbook*, Castle wants to remedy the fact that "a lot of people have given up on certain foods because

they've never had a good version." Her succotash recipe will do just that, so give it a try.

LIT NOTES

Local Clyde Edgerton fans have a great opportunity coming up this weekend, with the acclaimed North Carolina writer, artist and musician scheduled to make four Triangle appearances to read from his new novel, *The Night Train*. He'll be at Raleigh's Quail Ridge Books at 7:30 p.m. July 28, Durham's Regulator Bookshop at 7 p.m. July 29, McIntyre's at 11 a.m. July 30 and Flyleaf at 6 p.m. July 30. Since Edgerton is just as entertaining to listen to as his books are to read, you won't want to miss the chance to see him.

Young-adult author and musician John Claude Bemis will be at Flyleaf at 2 p.m. on Aug. 28 to present *The White City*, the conclusion to his thrilling Clockwork Dark trilogy. The event, which is open to all, is the wrap-up to Flyleaf's Summer Readers club, and is sure to include music and other fun.



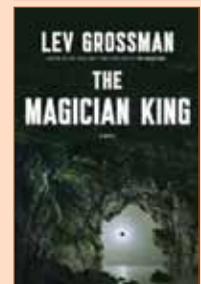
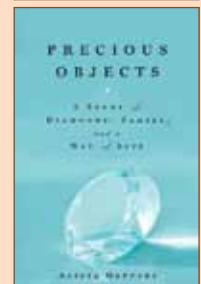
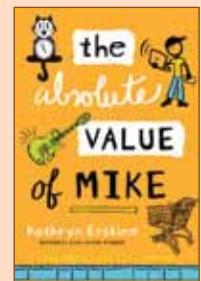
A MONTH OF GREAT FICTION AT FLYLEAF BOOKS

August highlights, more at flyleafbooks.com:

Sat 8/6 3pm National Book Award Winner
KATHRYN ERSKINE reads/signs her new novel
The Absolute Value of Mike
For ages 9 & up

Wed 8/10 7pm
ALICIA OLTUSKI reads/signs her memoir
*Precious Objects: A Story of Diamonds, Family
and a Way of Life*

Tues 8/30 7pm
LEV GROSSMAN reads/signs his new fantasy
novel *The Magician King*



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TASTE OF THE TOWN: FEARRINGTON HOUSE

Originally from southwest England, Colin Bedford came to the Fearington House in 2005 and became its executive chef in 2009. His longtime interest in farm-to-table cuisine has resulted in Fearington House's commitment to serving only non-endangered seafood species from sustainable sources, as well as its recognition as the only AAA Five Diamond restaurant in the country to be Green Certified by the not-for-profit Green Restaurant Association.

"At the farmers' market, there is such an abundance of beautiful vegetables that would almost be a crime to cook, as they all taste 10 times better than commercially grown. So the whole idea behind this dish is to let the vegetables speak for themselves. Just slicing the vegetables really thin and marinating them in a dressing with fresh herbs is the only way to go. ... This is a great foundation recipe, so people can understand the concept and then change and develop the recipe to suit themselves. To me, that's the most rewarding aspect of giving a recipe: when people understand it and are confident about changing it." – Colin Bedford

VEGETABLE ESCABECHE

INGREDIENTS

- | | |
|------------------------------|--------------------------------|
| 1 red onion | 2 yellow squash |
| 3 sticks of celery | 1 bunch cilantro |
| 1 fennel bulb | 1 orange, zested |
| 2 carrots | 2 limes, juiced |
| 1 piece of pumpkin or squash | 1 cup olive oil |
| 2 red peppers | 1/2 cup sherry vinegar |
| 2 yellow peppers | 2 tablespoons honey |
| 2 green zucchini | 1 tablespoon crushed coriander |

PROCEDURE

Thinly slice vegetables and chop cilantro and combine in a bowl. Combine the oil, vinegar and honey. Add the zest, juice and coriander. Pour oil mixture over vegetables and let marinate at room temperature for one hour before serving.



Colin Bedford
Photo By Sarah Matista



This month's special is:

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THINK COOL THOUGHTS

As I've repeated probably all too often over the years, I don't say the word "hot" until August. This edition of *MILL* comes out July 28, and since it is the August issue and the filing date for this column was on a 100-degree day with a heat index of 115, let me say without equivocation that it is hot. Really hot.

Too hot, in fact, to grill.

Having grown soft, *The Eater* doesn't grill on triple-digit days. This is unfortunate because grilling is the best way to keep the summer heat outside where it belongs and not in the house.

So what do you do when the heat chases you out of the summer kitchen? Well, you can always grill meats and veggies ahead of time in a cooler part of the day or the evening before and serve them cold. And there's no better time to expand your salad repertoire.

If you're looking for salad and cold-food inspiration, *The Eater* suggests spending a little time perusing the display case at Mediterranean Deli. A lot of what you'll see is from their extensive catering menu, which is jam-packed with light, warm-weather fare. One favorite is the apple orzo salad, an easy to make mash-up open to wild experimentation. (Cashews, sundried tomatoes and Greek yogurt found their way into mine.)

SAY CHEESE

A hat tip to Durham food writer Emily Wallace for being the go-to person for what *Bon Appetit* recently mused is the Year of Pimento Cheese.

Wallace got her master's in folklore at UNC in 2010 for scholarship in Southern foodways and has written extensively of late on the origins and evolution of pimento cheese.

Small wonder why folks are turning to her for some thoughts as the rest of the country rediscovers this cheesy Southern delicacy. While at Carolina, she penned an 80-page thesis titled "It was there for work": Pimento Cheese in the Carolina Piedmont," which detailed the work-food origins of the pimento cheese sandwich in the Piedmont textile mills. The excerpts out on the Internets are fascinating.

Here's hoping somebody puts the whole thing online soon.

ABUNDANCE FATIGUE

This is also the time of year when many home gardeners are reflecting on the bounty afforded by their efforts, wondering what they were thinking when they planted all those — you name it — tomatoes, squash, zucchini, cucumbers and so on. Reports from around town are that this has been a pretty good year for home gardens due to at least a bit of rain and, until last week when the furnace kicked in, tolerable temps.

Consequently, there are a lot of vegetables floating around. Your neighborhood listserv is your friend.

TOUGH GROUND TO PLOW

Several mega supermarket chains announced plans in late July to join First Lady Michelle Obama's campaign to improve access to healthy foods, especially fresh fruits and vegetables, by agreeing to build more grocery stores in the country's "food deserts" — typically, low-income neighborhoods where groceries are scarce and fast food dominates.

The positives about the announcement were tempered by a new study by researchers at Carolina published this month in the *Archives of Internal Medicine*. The

study found that access to better food does not necessarily translate into a better diet.

In several reports on the study, Barry Popkin, director of UNC's Nutrition Transition Program and the study's lead author, said factors such as cooking skills, food cost and nutrition education play important roles in individuals' food choices.

We may know more about the health effects of a better diet, but the study underlines just how difficult it's going to be to get people to make the right decisions about their diet even when they have a healthier choice.

Improving access is a good start, but getting Americans to eat their vegetables ... well, ask your mother about that one.



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LOCAL INGREDIENTS, LOCAL BEER

For food lovers across the Triangle, summer is a special time of year. Along with the heat, humidity and a few mosquitoes, summer brings the prospect of fresh seasonal produce. Go to any nearby farmers' market and you can't help but be amazed by the abundance of locally grown fruits and vegetables at our fingertips. Not only does local produce make for a tasty repast, it also helps to support the regional economy: It's estimated that 80 to 90 cents on the dollar that's spent locally, stays locally. Most of us are familiar with the economic benefits of eating locally, but what about drinking locally? Craft beer offers an unexpected vehicle for just that – and local breweries are catching on.

One such brewery is Fullsteam in Durham. Located at 726 Rigsbee Ave. (near the old Durham Bulls ballpark), Fullsteam strives to craft brews that use as many local ingredients as possible, with a respectful nod to the Southern culinary tradition. Locally sourced sweet potatoes, cornmeal grits, scuppernong grapes, figs and persimmons have all made their way into the brewery's unique lineup of beers. Fullsteam's current seasonal is the Summer Basil Farmhouse Ale. It's made with locally grown basil that delivers a refreshing herbal quality, and coupled with the lemon and pepper notes from the saison-style brewer's yeast, Summer Basil makes a perfect complement to a fresh summer salad.

There's something oddly poetic about this brewpub rising amidst the abandoned tobacco warehouses in the former epicenter of North Carolina's bygone cash crop. When talking to Fullsteam CEO Sean Wilson, one really gets the sense that he sees an important role for his brewery in the local economy.

"Ultimately, we here at Fullsteam want to craft what I call a 'Southern beer economy,' where we're buying ingredients locally and making beer from them," he says. "Given our backgrounds and love for local food and Southern traditions, it was easy to hone in on the Southern-sourced model – it's fun, creative and bound-



FULLSTEAM CEO SEAN WILSON
PHOTO BY SEAN LAIVING-WATER

less. We have a unique opportunity to create a category rather than replicate historical styles. That's really exciting!"

Wilson isn't the only one who's getting excited about the "plow-to-pint" movement. Liz Clore, an apprentice farmer at Elysian Fields Farm in Cedar Grove, just finished harvesting this year's basil crop, which wound up in Fullsteam's Summer Basil.

"Fullsteam seems to foster a real community environment in Durham, and I'm excited they extend that to the ingredients in their beer. And honestly, much of my motivation for farming is the delicious end product, so it is awesome to know that the basil I produced and cared for becomes a part of something I love to drink," she says.

After finishing her apprenticeship, Clore says she plans to start her own farm next year in Saxapahaw, noting that "growing crops specifically for brewers on my own farm is an exciting prospect."

It's satisfying to observe this positive ripple effect as it moves through the local economy. It's even more encouraging to see new farmers

get into the game. Harrison Willets, of Willets Farm Starberry Lane in Mebane, is converting an acre of his farmland to be used for hop cultivation. It will take a full three years of planting cover crops to prepare the soil, but Willets says it's well worth it: "I think people in this area are motivated to brew at home and need a supply for fresh hops, as well as local breweries having an option to make an all-local beer. ... It's important to diversify one's product layout and customer base. This crop does both."

In these tenuous economic times, it's more important than ever to back our local farmers, brewers and businesses. We all reap the benefits of a shared prosperity when supporting our neighbors in the community. And if you have a penchant for support of the quaffable variety, you needn't look any further than the local beer scene. As Sean Wilson reminds us, "We're truly in a golden era in North Carolina ... an era that's just getting started."

I'll toast to that!

The Summer Basil Farmhouse Ale is available in growlers and on draft and pairs well with light summer fare

like this salad – for which the bulk of ingredients are available at your farmers' market!

SUMMER SALAD

INGREDIENTS

- 1/2 pound fresh feta
- 1 small wedge of watermelon
- 1 heirloom tomato
- 1/2 slicing cucumber
- 1 tablespoon extra virgin olive oil
- 1 teaspoon aged balsamic vinegar
- 1/2 teaspoon sea salt
- 1/2 teaspoon chopped mint
- 1/2 teaspoon chopped basil

PROCEDURE

Remove the rind from the watermelon, peel the cucumber and remove the core from the tomato. Slice each item one-quarter-inch thick. Make sure the feta cheese is very cold and drained of any liquid, then slice into one-quarter inch pieces. On a serving plate, alternate pieces of watermelon, tomato and cucumber with a slice of feta in between each. Sprinkle the salt and herbs on top, then drizzle with olive oil and vinegar.

SPOTLIGHT

PAPERHAND PUPPET INTERVENTION

Paperhand Puppet Intervention returns for its 12th season with *The Serpent's Egg* opening Friday, Aug. 5 at the Forest Theater.

The show explores the cyclical nature of life, featuring curious babies, fantastical creatures, mythic beasts, graceful goddesses and spell-binding skeletons.

Paperhand ventures to illuminate myths and tell personal stories, both with and without words, using the language of archetypes, symbols and dreams.

The Serpent's Egg will run till Sept. 5, with performances Friday-Sunday at 7 p.m. Matinee performances will be held Sunday, Aug. 28 and Sunday, Sept. 4 at 2 p.m. Tickets are general admission at the door for a suggested donation of \$12 for adults and \$8 for children, while children 2 and under get in free. Pre-show performances from local bands and musicians will be offered each night at 6:20.

For more information, visit paperhand.org





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CAUGHT ON FILM

BY MARGOT C. LESTER

FILMMAKER SPOTLIGHT: PHILIP BRUBAKER

"The self-conscious aim of Life is to find expression, and . . . Art offers it certain beautiful forms through which it may realize that energy." — Oscar Wilde

The lines between art and life are blurred in Durham filmmaker Philip Brubaker's 2008 documentary, *Brushes with Life: Art, Artists and Mental Illness*. The film showcases a creative arts program for people in the Schizophrenia Treatment and Evaluation Program at the UNC Center for Excellence in Community Mental Health and Club Nova. Through interviews with patients and supporters, it explores the connection between art and mental illness and

how creativity offers relief and release. Says one subject: "The art is better medicine than the medicine is."

Brubaker made the film for creative and personal reasons.

"I wanted to make another documentary and I knew the people who ran the Brushes With Life art gallery," he recalls. "I also wanted to give something back to the organization, because I had submitted my photographs to their gallery for many years."

Brubaker, you see, has overcome his own battle with bipolar disorder. Films and still photography are the "beautiful forms" through which his life expresses its creative energy.

Brushes with Life has picked up several awards, including Best Editing in a Short Documentary in the 2010 FirstGlance Film Festival, an Honorable Mention in the 2009 Voice Awards

and second place in the 2009 Eli Lilly Reintegration Awards. Brubaker is currently seeking an online distribution deal for the movie.

Documentary is Brubaker's chosen form. His first film, *Squish Story*, was a four-hour epic shot when he was 16. *The National Hollerin' Contest* was his first widely seen documentary, released in 2005. He's currently in the middle of a multi-year doc project about "a real-life mystery about the search for God and an infant's death in 1945."

His favorite documentary is *Werner Herzog Eats His Shoe*.

"It is very inspiring because it shows the lengths Herzog will go in the name of making movies," says Brubaker, who gets much of his inspiration from music and dreams, as well as his own footage. He's also a fan of Stanley Kubrick, Martin Scorsese and Terrence Malick.

"The first two are my favorite filmmakers and the first and third are very private, enigmatic individuals I would like to know more about."

But filmmaker wasn't on Brubaker's list of what he wanted to be when he grew up.

"A writer, a stand-up comedian, a zookeeper, an aquarium attendant and a private detective," were the professions he thought he'd pursue. He got into photography at a young age, when he was given a point-and-shoot camera to play with.

"But I always found moving pictures to be more exciting than still ones," he says.

The Washington, D.C.-area native graduated from UNC-Greensboro in 2004 with a degree in media studies. Brubaker also studied filmmaking at the North Carolina School of the Arts. He is in the inaugural class of the MFA at Duke in Experimental and Documentary Arts.

That's quite a coup for a kid who didn't apply himself in school.

"I've learned that the real world is an unforgiving place and good grades will

take you further in life," he notes. "But I guess it all worked out, because I'm getting my master's from Duke in the fall."

FESTIVAL NOTES

Local filmgoers will want to check out the lineup for next month's N.C. Gay & Lesbian Film Festival in Durham. The 16th annual event comes to the Carolina Theatre Aug. 11-14. Individual tickets are \$9; a 10-film pass is \$75. Film synopses, schedules and tickets are available at ncglff.org.

The latest installment of Movies on the Lawn, presented by the Full Frame Documentary Film Festival and American Tobacco, presents a music-based double feature starting at 9 p.m. on Aug. 12 on the main lawn at the American Tobacco Campus in Durham. The evening starts with a re-screening of *One Night in Kernersville*, which documents a recording session with jazz bassist John Brown and his big band. The second film is *Do It Again*, in which a reporter attempts to reunite the epic rock band The Kinks, "collecting spontaneous performances by some of rock's royalty along the way." Bring a chair or blanket and snacks. (A little bug spray may also be helpful.)

The Carrboro Film Festival is accepting submissions for its sixth annual show in November. Submissions for the Nov. 20 event close Sept. 30. Films received by Aug. 20 carry a \$10 entry fee; \$15 per film after that. The festival is open to any filmmaker who has "breathed the good air of North Carolina" sometime in their lives. Filmmakers may submit their films and pay entry fees at carrborofilmfestival.com. Those unable to use the online submittal system should email filmfest@carrboro.com. Complete submission details may be found at carrborofilmfestival.com. For more information, email filmfest@carrboro.com

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MUSIC CALENDAR AUGUST

THE ARTSCENTER

Eric Johnson (8/16) Richard Buckner, David Kilgour (8/24) Mary Johnson Rockers and Down River (8/27)

BYNUM FRONT PORCH

The Bluegrass Experience (7/29) Craicdown (8/5) Sourwood Mountain Band (8/12) Front Porch Pickin' (8/13) Justin Robinson and the Mary Annettes (8/19) The Whiskey Smugglers (8/26) Front Porch Pickin' (8/27)

CAFFE DRIADE

Strange Little Folk, The Enablers (7/29) Drowning Lovers (7/30) Chris Wimberley (8/3) Alex Anderson and Season Ammons (8/19) Loose Mood (8/20) Catbird Seat (8/26) Flesh and Stone (8/27)

CAROLINA INN

The Gravy Boys (7/29) Ted Walters Band (8/5) The Gravy Boys (8/12) Big Fat Gap (8/19) Mel Melton and The Wicked Mojo (8/26)

CAT'S CRADLE

Slowhand: A Tribute to Eric Clapton (7/29) Cosmic Charlie (7/30) Brother Esau (8/5) Chatham County Line, Justin Robinson and the Mary Annettes (8/6) Kurt Vile and the Violators, Tru Widow, Old Bricks (8/9) Toad the Wet Sprocket, Mark Kano (8/10) Archers of Loaf, Electric Owls, Schooner (8/19) Archers of Loaf, Hammer No More The Fingers, Cobra Horse (8/20) The Hold Steady, The Donkeys (8/31)

THE CAVE

Uglyography (7/28) All-Girl Boys Choir, The Moaners (7/29) Ashley Atkins Band (7/30) Jazz Camp (7/31) The BAMPFS, We Still Dream (8/3) Multiples, Stratocruiser (8/4) The Wigg Report, Joy in Red (8/5) Pagan Hellcats, Shadowbunny, Ani Stark, Surrealia 3 (8/6) Ten Cent Poetry, Rodie Ray (8/8)

CENTURY CENTER

Kairaba (8/10)

CITY TAP

Lizzy Ross (7/28) Where the Buffalo Roamed, Greg Hawks (7/29) Swift Creek (7/30) Jo Gore and The Alternative (8/4) Doug Largent Trio (8/5) The Swang Brothers (8/6) Pagan Hellcats (8/7) Gmish (8/11) Diali Keba Cissokho, David Quick (8/12) Great Big Gone (8/13) The Third Expression (8/18) Sinful Savage Tigers (8/19) Killer Filler (8/20) 15-501 (8/25) Lynn Primm (8/26) Acoustic Garage (8/27)

FLYLEAF BOOKSTORE

Tommy Edwards and Friends (8/2)

FLYING BURRITO

Tim Stambaugh (8/2, 8/9, 8/16, 8/23, 8/30)

GENERAL STORE CAFÉ

Justin Johnson (7/28) Nixon, Blevnins and Gage (7/29) Acoustic Garage (7/30) Jazzbeau (8/4) James Olin Oden (8/5) Rootzie (8/6) Tommy Edwards (8/13) Tony Galiani Band (8/18) Maynard and Tenney (8/19) Peak City Blues Project (8/20) Justin Johnson (8/25) Lucky Strikes (8/26) Catbird Seat (8/27)

INTERNATIONALIST BOOKS

Amy Alley (7/30) Luke Romano (8/5)

JESSEE'S COFFEE AND BAR

Chicken Brown (7/28) Brett Harris, Problems (7/29) Doug Larent Trio, Starina (7/30) The Jolly Beggars (8/4) Molly Johnson (8/5) The Stonewalls (8/6) Brit Price (8/11) Daphne Nichols, Scarlet Virginia, Ten Cent Pottery, Without Sound (8/12) The Riff (8/13) Johnny Swank, Unsubs (8/19) D and M (8/26) Nick Driver (8/27)

KATY'S MUSIC BAR

She Bop (8/20)

LOCAL 506

Fan Modine, Aminoral, Wages (7/28) Auxes, Bats and Mice, Swordmasters of Gimaz, Maple Stave (7/29) Jolie Holland, David Dondero (7/30) Avi Buffalo, Nik Freitas (7/31) Dom (8/1) Joe Hero, Destroy All Sweaters (8/4) Lizzy Ross Band, Songs of Water, Troubel (8/5) Bronze Radio Return, Tim Brantley, Chuck Cannon (8/6) Honky, Adam Faucett (8/8) The Chris Hendricks Band (8/11) Mary Johnson Rockers, Birds and Arrows (8/12) Scattered Trees, The Alternate Routes, Paul Dempsey (8/13) Tripp, The Riverbreaks (8/14) Allegaeon, The Devastated (8/15) Rayland Baxter (8/17) Six Organs of Admittance (8/19) Leugo, Soft Company, Lilac Shadows (8/26) Tim Kasher, Aficionado (8/27)

NIGHTLIGHT

Andrew Weathers, Bicameral Mind, Khristian Weeks (7/28) Onward Soldiers, Effingham, The Pneurotics (7/29) Spermcount (7/30) Secret Boyfriend, Deterge, Pharmakon, Viszk, LACK, Yohimbe (8/1) Treeclimb, Dugout Canoe, Cheezface, MMCIII (8/3) Ojos Rojos, Flying Snakes (8/4)

Clang Quartet, Mecanikill, Baptizer, Orgavin (8/5) Wild Wild Geese, Dan Melchior und das Menace (8/6) Ryleigh Walker and Daniel Bachman, Mike Collins, Veedon Fleece (8/8) The Fooligans, Getting Up, Putting Out (8/9) Kingator, World Wide Zoo (8/10) Minor Stars, Architecture, Royal Forest, Spacemen (8/12) Boogie Reverie and the Hipstars (8/13) Idiot Family, Dirty Dakotas, Jack the Radio (8/18) Big Fat Gap, Jonathan Scales and the Fourchestra (8/27)

OPEN EYE CAFE

Brit Price (7/29) Andrew Kasab (7/30) Mike Blair (8/5) Flesh and Stone (8/6) Bella Vita (8/12) Hand Bowman Blugrass Band (8/20)

SOUTHERN VILLAGE

North Columbia (7/31) The Pratie Heads (8/7) Shawn Deena (8/14) The Swang Brothers (8/21) The Nomads (8/28)

THE STATION AT SOUTHERN RAIL

John Wesley Sutterfield and his Damn Fine Band (7/28) Alex Bowers and Friends (7/29) Cannonballz (7/30) The Red Hot Poker Dots, The Dave Spencer Band (7/31) Elliot Humphries (8/4) Alex Bowers and Friends (8/5) The Wut IV (8/6) The Red Hot Poker Dots, The Dave Spencer Band (8/7) Everyboy, The Tiny Pyramids (8/9) Alex Bowers and Friends (8/12) Not Dead Yet (8/13) The Red Hot Poker Dots, The Dave Spencer Band (8/14) Mysti Mayhem (8/16) Alex Bowers and Friends (8/19) Lee Gildersleeve, Bad Dog Blues Band (8/20) The Red Hot Poker Dots, The Dave Spencer Band (8/21) Agile Feat, Daniel Walker (8/25) Alex Bowers and Friends (8/26) The Red Hot Poker Dots, Mahalo Jazz, The Dave Spencer Band (8/28)

UNIVERSITY MALL

Band of Oz (7/28)

WALLACE PARKING DECK

Holy Ghost Tent Revival, The Big Picture (7/28) Future Islands with Motor Skills (8/25)

WEAVER STREET MARKET

Jazelwood, Caitlin Linney (7/28) Onyx Club Boys (7/29) Club Boheme (7/31) The Tim Smith Band (8/4) Frankie Alexander and Friends (8/7) Tim Stambaugh and Friends (8/11) Craicdown (8/18) The Hushpuppies (8/21) Saludos Compay (8/25) One Sun (8/28)

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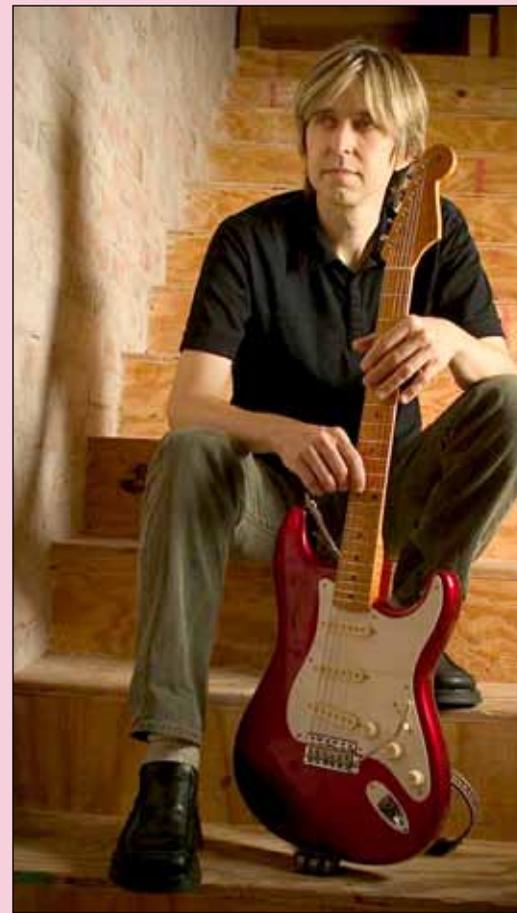
SPOTLIGHT

Eric Johnson

Grammy Award-winning guitarist Eric Johnson will perform at The ArtsCenter at 8 p.m. on Tuesday, Aug. 16.

Considered by fans, critics and fellow musicians to be one of the best guitarists on the planet, Johnson's 1991 "Cliffs of Dover" won the Grammy Award for Best Rock Instrumental Performance. But his talents aren't limited to instrumental guitar – Johnson regularly incorporates jazz, fusion, new age, gospel and country-and-western sounds into his music; composes and plays vocal pieces; and is an accomplished pianist as well.

Tickets are \$24 for general admission and \$32 for VIP with priority seating. Visit artscenter-live.com for tickets and information.



SPOTLIGHT



The Hold Steady

The Hold Steady will perform at Cat's Cradle on Aug 31.

Formed after vocalist/guitarist Craig Finn's move from Minneapolis – which is significant in that his songs seem to indicate he left something there, and really, really misses the place – Brooklyn-based The Hold Steady has carved out a sound in the Big City landscape that, as the band acknowledges, nods to the Replacements and the Grifters, takes a deep bow to such classic rockers as Led Zeppelin and Creedence and extends a heartfelt head butt to The Clash.

Finn writes thoughtful, engaging lyrics, but The Hold Steady remains, essentially, a straight-ahead rock-'n'-roll band. Critics love 'em, and lots of other folks too.

The Donkeys open. Doors swing at 8 p.m. Show starts at 9. Tickets are \$18 in advance, \$20 day of.



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GIMME 5

Ashley Melzer writes the Gimme Five! column for *The Carrboro Citizen's* MILL blog (carrborocitizen.com/mill/tag/gimme-five), in which she asks local bands five probing questions. Below is a selection of favorites from the column to date.

JUSTIN JOHNSON

The Citizen: What was the moment you first thought music was something you might like to try?

Johnson: When I was in high school, my mom owned a local bar in Southport on the Cape Fear River called The Yacht Basin Tavern. I had only been playing guitar for a couple of years, and was really getting inspired by blues music. One night, a band named Armand and Bluesology was coming through town to perform at the Tavern. Armand heard that I was learning to play guitar and was gracious enough to let me sit in with him that night for a couple of songs. That experience really solidified my passion for blues music and live performance. I actually ran into Armand Lenchek last week at one of my shows at East 54, for the first time in more than 10 years, and got to thank him in person for his inspiration.

NOLAN SMOCK OF THE CHARMING YOUNGSTERS

TC: Describe your typical band practice.

Smock: Lately we've been practicing in Art Avenue, a storefront art shop/gallery in Greenville, N.C. We have a few drinks, get serious about songs and sounds, watch people head off to the club, pair off, stumble home. It's always entertaining. Then we pack up and have a slumber party.

MARY JOHNSON OF MARY JOHNSON ROCKERS

TC: What can listeners expect to hear on the new record?

Johnson: I think the listeners will find that the lyrics and vocals are central, with just the right amount of instrumentation, and they might be surprised to hear more of a range of styles than expected. These songs tell stories, some true, some ... true with a bit of creative embellishment. But all about journeys, travels through love, solitude, parenthood, freedom, revelation. A good soundtrack for a road trip! The project is a collaboration that started with a proposal from Jim Kremidas, who wrote three of the eight songs on the album (and who plays pedal steel, guitar, mandolin and banjo in the band). He wanted to re-record some of his earlier songs with a different feel, with either me or Miriam singing lead. I'd been wanting to record some of my new songs since my 2008 release, so we decided to go for it. With Ken Peterson (on bass) bringing his stellar ear for arranging, Miriam Chicurel's gorgeous vocals (I still get goose bumps each time I hear a particular bridge she wrote and sings in a love song), James Wallace's magic on drums and John Plymale bringing it all together in such a collaborative and tasteful way, I couldn't be happier to share this music.



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SA 8/6** (\$14/\$17)
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W/TRUE WIDOW AND OLD BRICKS

WE 8/10** (\$22/\$25)
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WE 8/31** (\$18/\$20)
THE HOLD STEADY
W/THE DONKEYS

SA 9/3** (\$8/\$10)
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SU 9/4**
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SU 9/18 **MAT KEARNEY**** (\$20/\$23)

TU 9/20** (\$13/\$15)
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WE 9/21** (\$15/\$17)
WILD BEASTS

TH 9/22** (\$12)
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FR 9/23** (\$16/\$18)
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TU 9/27 **CUT COPY**
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W/FANG ISLAND

FR 9/30** (\$15)
WHO'S BAD?

SU 10/2** (\$17/\$20)
THE LEMONHEADS
PERFORMING IT'S A SHAME ABOUT RAY IN ITS ENTIRETY

MO 10/3** (\$14/\$16)
TAPES N TAPES
W/HOWLER

TU 10/4** (\$15/\$18)
FRIENDLY FIRES
W/THEOPHILUS LONDON

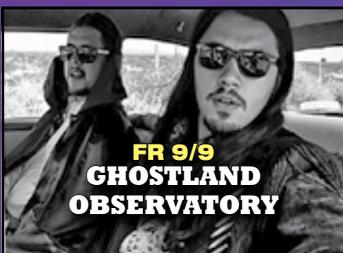
WE 10/5** (\$12/\$14)
Tune Yards
W/PAT JORDACHE

FR 10/7** (\$15)
THE GOURDS

SA 10/8** (\$18/\$20)
BOYCE AVENUE

MO 10/10** (\$13/\$15)
JUNIOR BOYS

TU 10/11** (\$18/\$21)
THRICE AND SPECIAL GUESTS ON SALE AUG 1



FR 9/9
GHOSTLAND OBSERVATORY



WE 10/5
TUNE YARDS



MO 10/10 **JUNIOR BOYS**
ON SALE WED JULY 27



TU 9/27 **WILCO**
RALEIGH AMPHITHEATER



FR 7/29 **BON IVER**
RALEIGH AMPHITHEATER



MO 9/19
RAY LAMONTAGNE
KOKA BOOTH AMPHITHEATRE (CARY)



WE 9/28 **THE JOY FORMIDABLE**



TU 8/9
KURT VILE AND THE VIOLATORS



SA 8/6
CHATHAM COUNTY LINE



WE 10/12
ARCTIC MONKEYS
WITH SMITH WESTERNS DISCO RODEO (RALEIGH)



SU 9/11 **STARFUCKER**

ALSO PRESENTING

WE 10/12 **STARS**** (\$18/\$20)
ON SALE FRIDAY JULY 29

TH 10/13 **IRATION**
W/TOMORROW'S BAD SEEDS AND THROUGH THE ROOTS** (\$12/\$14)

FR 10/21** (\$15/\$17)
WILD FLAG
W/ELEANOR FRIEDBERGER

MO 10/24 ** (\$12/\$14)
ELECTRIC SIX
W/KITTEN

TU 10/25** (\$16/\$18)
MIKE DOUGHTY AND HIS BAND FANTASTIC
W/MOON HOCH

FR 10/28** (\$16/\$18)
RA RA RIOT
W/DELICATE STEVE AND YELLOW OSTRICH

SA 10/29 **REVEREND HORTON HEAT**
W/SUPERSUCKERS AND DAN SARTAIN** (\$15/\$17)

SU 10/30 **BORIS**
W/ASOBI SEKSU** (\$15)

TU 11/8 **HAYES CARLL**** (\$15)
W/CAITLIN ROSE

LOCAL 506 (CHAPEL HILL)
SA 7/30 **JOLIE HOLLAND**
W/DAVID DONDERO
SU 9/11 **MINIATURE TIGERS**
WE 9/14 **DAN ANDRIANO IN THE EMERGENCY ROOM (FEAT. DAN ANDRIANO OF ALKALINE TRIO)**
SU 9/18 **THE LOW ANTHEM**
TU 9/20 **SECRET CHIEFS 3**
WE 9/21 **NICK 13 (OF TIGER ARMY)**
TU 10/25 **THE WOMBATS W/THE POSTELLES AND STATIC JACKS**
FR 11/11 **THE SEA AND CAKE**

RALEIGH AMPHITHEATER
TIX VIA TICKETMASTER
FR 7/29 **BON IVER** W/THE ROSEBUDS VIA TICKETMASTER

WE 9/21 **FLEET FOXES**
W/THE WALKMEN

TU 9/27 **WILCO** W/NICK LOWE

KINGS (RALEIGH)
TH 9/22 **MATT POND AND ROCKY VOLATATO**
KOKA BOOTH AMPHITHEATRE (CARY) TIX VIA TICKETMASTER

MO 8/8 **DEATH CAB FOR CUTIE**
W/FRIGHTENED RABBIT
CO-PRESENTED WITH OUTBACK CONCERTS
TICKETS AVAILABLE AT CAT'S CRADLE WITHOUT SERVICE CHARGE

MO 9/19 **RAY LAMONTAGNE**
W/BRANDI CARLILE

THE ARTSCENTER (CARRBORO)
TU 8/16 **ERIC JOHNSON**
\$24/\$32 VIP SEATING AVAILABLE
WE 8/24 **AN EVENING WITH RICHARD BUCKNER AND DAVID KILGOUR**
AND **ADRIAN BELEV POWER TRIO**
AND **STICK MEN** FEATURING TONY LEVIN AND PAT MASTELLOTTO WITH CRIM-CENTRIC ENCORE
\$32 / VIP \$45 SEATING 8PM SHOW
SA 9/24 **WHY?**

LINCOLN THEATRE (RALEIGH)
TU 9/13 **OKKERVIL RIVER**
TH 9/22 **THE HEAD AND THE HEART**
W/THAO WITH THE GET DOWN STAY DOWN AND THE DEVIL WHALE

TH 10/6 **THE BLIND BOYS OF ALABAMA**
FR 10/21 **MINUS THE BEAR**
(\$20/\$23) ON SALE FRIDAY JULY 29

MOTORCO (DURHAM)
SA 9/17 **FRUIT BATS**
AND **VETIVER** W/CITAY

CASBAH (DURHAM)
SA 9/24 **THE OLIVIA TREMOR CONTROL** W/THE MUSIC TAPES

HAW RIVER BALLROOM (SAX)
SA 10/1 **STEPHEN MALKMUS AND THE JICKS**

DISCO RODEO (RALEIGH)
WE 10/12 **ARCTIC MONKEYS**
W/SMITH WESTERNS
*(\$24/\$27) ON SALE JULY 15

CATSCRADLE.COM * 919.967.9053 * 300 E. MAIN STREET * CARRBORO

**ASTERISKS DENOTE ADVANCE TICKETS @ SCHOOLKIDS RECORDS IN RALEIGH, CD ALLEY IN CHAPEL HILL
ORDER TIX ONLINE AT ETIX.COM * WE SERVE CAROLINA BREWERY BEER ON TAP!* WE ARE A NON-SMOKING CLUB