

SIT SPOT

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my life and it all started years ago in what is now termed a "Sit Spot". Let me explain what a "Sit Spot" is so that if you would like to feel more connected with the natural world around you, you can make that connection by finding a favorite "Sit Spot".

A "Sit Spot" is a place in nature where you can be alone and feel safe. You visit this place each day so that you can begin to develop a relationship with all that is around you. You will want to return on a regular basis so that you can observe how things change during a day and over the weeks and seasons of the year. The key to a "Sit Spot" is that we don't need to know anything in advance. By simply being present to observe, Nature will teach you what is there and how patterns change over time. As you spend more time in your "Sit Spot", you will begin to develop an intimate relationship with everything around you. Animals begin

to accept your presence. You begin to notice plants that weren't there a week ago, but now seem to dominate the landscape.

It might be helpful for you to think of being in your "Sit Spot" like meditation with your eyes open. Besides noticing animals and plants that were always there, just not seen, you will pick up on smells and sounds of life happening separately from all the background noise going on in your head. You will find that you feel more connected to everything you are noticing because the reality is that you are connected to everything. You just never took the time to notice. I suppose just any old place in Nature will do for a "Sit Spot", but if the place is special to you, you will have more incentive to visit it each day and enjoy the benefits of what it will reveal to you. Your "Sit Spot" will be time well spent.

Joe Jacob, a Chatham resident for more than 30 years and a marine biologist by training, is president of The Haw River Canoe & Kayak Co., 336.260.6465, www.hawrivercanoe.com. He worked for The Nature Conservancy for 20 years and served as Director of Science for TNC's Southeast Region.



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The Unmentionables: Tracy Lynn, guitar, Beth Turner, bass and Melanie Girard, drums delighted the crowd.

SUMMER FEST

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PBA, for pulling together a team of volunteers who braved the heat to create a beautiful event for the community.

"This is why I love working in Pittsboro," said John Poteat, who is the Public Works Director for the Town of Pittsboro.

Many downtown businesses were open for business and local businesses were staffing booths to supply food, drink, and merriment to throngs of people who reclaimed Hillsboro Street from automobiles from 4 to 9 p.m.

Chatham County Commissioner James Crawford was there with his wife Maureen Ahmad running a booth as the owner/operators of the artisanal beverage producer, "Chatham Cider Works". Crawford was so busy he had to dash to his cidery in the Chatham Beverage District twice in order to restock supplies. While catching his breath he had this to say while supplying another serving of cider to a parched festival goer, "Summer Fest is the best way to share good times and good cider with the people of Chatham."

With the heat bearing down, Crawford's spot was the place to be for a refreshing beverage, good conversation and some shade. Main Street Pittsboro Board Member and Pittsboro Town Commissioner, Michael Fiocco, found it to be a good vantage point to survey the event as did Erica Pastis of the Pittsboro Roadhouse and her husband Oren Moore, who amazingly managed four small children and kept the family organized amidst the din and chaos.

Moore, a small business owner, and his wife, Erica, moved to the area a few years ago from Las Vegas and said, "We look forward to Summer Fest every year."

When asked "why?" Moore replied, "I love supporting our Town. It's nice to finally be a part of something special. And coming from a large city it's great to be part of a small community."

Naturally, they were not the only parents

with children and experiencing the atmosphere as Selbe Bartlett stated, "We have been here since 4 p.m. and we are in it for the long haul—even with the heat. What I love about the event is that my kids have the freedom to roam and explore Summer Fest."

And what were those kids untethered from parents and electronic devices exploring?

A decorated bicycle parade, a peach pie perfection baking contest, great local entertainment on stage, a giant water slide, pie throwing, chicken bingo, a dunking booth, a good old fashioned watermelon seed spitting contest, and much, much more.

Selbe was on the street all day to bear witness to the fun while soaking up sunshine with her husband, Mike Dasher, who is a County Commissioner and a board member of Main Street Pittsboro. Dasher has an office downtown in the Blair Hotel, which allows him to observe daily the comings and goings around Pittsboro's famous traffic circle. He enjoyed the event and shared that "Pittsboro has done it right with Summer Fest."

Others felt the same way, too, as Jan Nichols, the Chair of the Chatham County Democratic Party, thought Summer Fest was "impressive" and she was especially happy that the event was family-friendly including pets as she navigated the crowd with her dog, Shadow.

As the sun began to set and the laser light show danced off the buildings of downtown Pittsboro, Jan walked Shadow to "the Mod" for dinner while Selbe corralled her children and husband for their trip back to Moncure.

Another Summer Fest was complete with folks clamoring for more and the sun disappearing in the West. "Our kids really enjoyed Summer Fest" said local resident Rick Parks, "we can see it gaining momentum."

Randy Voller is the former mayor of Pittsboro.

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