

# CHATHAM County Line

where all voices are heard



www.chathamcountyline.org

Vol. 15, Issue 9

FREE ~ GRATIS

November 2017

## Main Street Pittsboro: Downtown Comes Full Circle

by Randy Voller

Main Street. The name evokes images of a warm and fuzzy Norman Rockwell painting or a Frank Capra movie. Main Street is the central gathering place for the citizens of a municipality and the hub of retail and social activity for a community.

For decades the vitality of America's main streets have been sapped by demographic shifts, urban renewal projects, highway bypasses, and major shopping malls and their smaller imitators known as "strip malls." A landscape littered with boarded up buildings and empty storefronts in America's downtown is often what was left behind as reminders of a different era.

Downtown Pittsboro weathered these transformations, too. Our downtown Main Street area (Hillsboro Street) once had a movie theater, clothing stores, a five and dime, and a hardware store, among other offerings. Later, it was almost wall to wall antique stores and a few empty spaces. Today Pittsboro is on the upswing and full of possibilities and opportunities with new shops and storefronts.

Pittsboro town leaders and Chatham County's Economic Development Corporation endorsed the Main Street program and on July 12, 2011 the State of North Carolina officially designated Pittsboro a "Small Town Main Street Community".

Since then, town leaders, staff and citizen volunteers have attended and held workshops, charrette sessions, community meetings, and countless committee, sub-committee, and Main Street Pittsboro board meetings.

Cooperation between the NC Department of Commerce, the Town of Pittsboro, volunteers on the Main Street Pittsboro board and design committee, and property owners has



The Chatham County Courthouse stands at the heart of downtown Pittsboro

PHOTO BY JULIAN SERENO

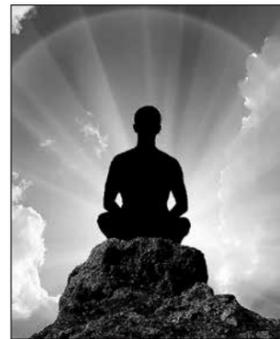
resulted in a facade grant program that has funded half the cost of roughly 12-15 new facades in the designated Main Street District. New bike racks, benches, and trash cans have been installed. The Town and the design committee recently oversaw the development of a bio-retention project (a.k.a. "rain garden") that will filter impurities from stormwater before running into Roberson Creek. Main Street Pittsboro also partners with the Chatham Historical Association in recognition that downtown Pittsboro's history is the unique asset that sets us apart from all other towns. Collaboration between Main Street Pittsboro and the Pittsboro Merchants Association on promotion and programming for events will assist in drawing people to the downtown area. Main Street Pittsboro also advocates for downtown properties and its businesses.

Our most recent success was work done by the Main Street Pittsboro Economic Vitality Committee and our board members to help the Postal Fish Restaurant navigate the water and sewer regulatory process and open its doors for business on time at 75 Salisbury Street.

At the recent Pittsboro Street Fair dozens of citizens shared their ideas and priorities for downtown with board members

**MAIN STREET** CONTINUED, PAGE 6

### INSIDE:



**ETERNAL LIFE**  
Page 3



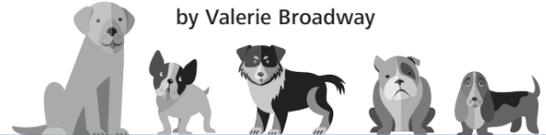
**STATE OF CHATHAM**  
Page 5

**ONLY@CHATHAMCOUNTYLINE.ORG**

ARTS AND ENTERTAINMENT TO HAVE HOME AT  
CHATHAM PARK'S MOSAIC

### the Canine Coach

by Valerie Broadway



## Understanding Pack Management

According to a 2016 survey by the American Pet Products Association 44 percent of US households have at least one dog. Many homes have two or more dogs. Most coexist peacefully, while others live in a state of stress that affects every member of the family.

Dogs are social beings and are acutely aware of the hierarchy in their social group. When dogs live with people they also consider the people as part of their pack. It is important for dogs to understand they have a great human pack leader whose decisions keep the pack orderly and safe. No dog should think they have status over the humans.

One of the most common behavioral issues I see in my business is dog-to-dog aggression. Usually directed at unfamiliar dogs, but often with dogs they live with. When dogs are aggressive with dogs they live with, the root cause is often anxious dogs who think they are the leader trying to keep other dogs in their place.

Insecure dogs constantly feel the need to remind others that they are the boss. They do this in a variety of ways, such as staring, growling, bumping into, muzzle punching, taking toys/bones from them, using intimidating body language, pinning them down, and full on attacking.

A confident/secure dog might remind a newcomer of their status, but doesn't repeat it unless they have good reason. In a well run pack it is sometimes difficult to determine who the top dog is because the pack coexists so peacefully. The lead dog uses very subtle means to keep others in line, like stares and body posturing. The other dogs respond out of respect and the situation deescalates.

When doing behavior work with a dog pack it is most effective to start with the dog who is the biggest problem or the dog who is the alpha. In most cases it's the same dog. Usually, it becomes clear the dog thinks it is running the entire household, and has a lot of anxiety about it.

Once the alpha dog of the dog pack respects the humans as

**PACK** CONTINUED, PAGE 6

## Giving Thanks — All Autumn Long

by Joe Jacob

Why is it that autumn leaves have the power to make me feel thankful? Is it the color, the smell of decomposing leaf litter, the cooling temperature or all of them? For me, it is all of them plus more. For one thing, I am amazed at what Nature is doing behind the scenes, and unless you are a scientist studying Nature, most of us have no clue. The change from green to yellow, orange or red is really nothing more than the lack of chlorophyll which diminishes with the shortening of daylight and cooler temperatures. During the growing season, while pumping out oxygen by the liter, chlorophyll masks the yellow and orange pigments that are always there. In some species, the chemical change results in red pigments becoming visible when the green color of chlorophyll disappears. When trees, shrubs and other vegetation take a break from growing, in exchange for producing oxygen for us and food for themselves, they give us the gifts of colors and smells. I guess you could say that the presence or absence of chlorophyll is Nature's "turn on, turn off switch".

The yellow, orange and red color of leaves signal a period of happy, seasonal traditions. It begins with Halloween and ends with Thanksgiving. The word Halloween literally means the evening before All Saints' Day. Its origin dates back to ancient Celtic harvest festivals. For many Christians, All Saints' Day is a day set aside to honor both well-known and little-known saints. Of course, Thanksgiving was first celebrated by the Pilgrims after their first harvest. If you will remember back

to your childhood, both Halloween and Thanksgiving were times to be thankful, but for most of us urban kids, we really weren't thankful for the harvest. We were thankful for the candy and turkey dinners, if we were aware enough to be thankful at all. Perhaps if you grew up on a farm, you could relate better to being thankful for what Nature provided, and it did so by turning off the chlorophyll switch.

I still have difficulty with remembering to be thankful even when I see those beautiful leaves. A good friend of mind from Alaska recently visited. When she asked how I was doing, I responded by saying I was angry about getting old and the condition of the world. She responded "No, no, be thankful". Wow, did I ever need to hear that. It is so easy for me to get caught up in all the drama of life. There is so much negativity in the world today, I forget how lucky I am. I have decided that every time I feel powerless to change things for the better, I will default to feeling thankful. That is one thing I can control if only I am aware of my thoughts. I have this saying above my desk at home and it goes like this: "Watch your thoughts, they become your words. Watch your words, they become your actions. Watch your actions, they become your habits. Watch your habits, they become your character. Watch your character, it becomes your destiny."

We often cannot control our thoughts even when we are aware of them, but we can choose to accept or reject those thoughts that do not serve us. The key is to develop the habit

each day of reflecting on how you are feeling because your feelings are a direct reflection of what you are thinking. Ken Kayes in his book entitled "The Handbook to Higher Consciousness" once described humans as biological computers. Our unconscious programs are constantly running in the background of our minds, and just like real computers, we have the power to reprogram that thinking. In order to reprogram, we first need to become aware of our thinking.

The best way for me to become aware of my thinking is to go paddling on the Haw River. It doesn't matter whether I am in a canoe or a kayak. The feeling of gliding across the surface of the water while avoiding rocks and going with the flow has a meditative effect on me, similar to the feeling I get when hiking along the river. I highly recommend paddling or just getting outside in the Fall as a way of connecting with your feelings and thoughts. The following quote kind of captures that feeling for me. "Nature in all its beauty and splendor is the physical manifestation of pure spirit. No wonder we are inspired and renewed when we visit or live within it. In Nature heaven jumps out at you in color, balance and grandeur." Anonymous

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., www.hawrivercanoe.com; 336.260.6465. He worked for The Nature Conservancy for 20 years and served as Director of Science for TNC's Southeast Region.