



This issue focuses on wellness for all ages in Chatham.

- Outreach health services for the elderly. 11
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inside

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Rails-to-Trails rolls into Chatham County

By Bill Bussey

The American Tobacco Trail (ATT) is a 22 mile long rails-to-trails project (conversion of unused railroad to recreational and commuter trail) which will traverse Durham, Chatham and Wake counties. It is named for the railroad line that transported tobacco, pulpwood and other products from Duncan to the American Tobacco Company plant in downtown Durham.



Pines line the sides of the future American Tobacco Trail in Chatham County. Pictured below is the Northeast Creek trestle in extreme Northeast Chatham County.

CONTRIBUTED PHOTOS

The Triangle Rails-to-Trails Conservancy Inc. (TRTC) began working on this project with the organization's founding in 1989. Visionaries such as Pittsboro's Al Capehart and others saw the benefits that turning old railroad lines into recreational and commuter trails can bring to the area. This is demonstrated on over 12,000 miles of active rail-trails throughout the United States.

Current Status

Currently open in Durham, the American Tobacco Trail (with emphasis on American!) consists of six-and-a-half miles of 10-foot wide asphalt paved greenway with two-foot granite screening shoulders. Starting at Morehead Avenue, across the street from the Durham Bulls Athletic Park, the ATT runs south to NC 54 at the Southpoint (Kroger) Shopping Center.



The ATT is open to walkers, runners, cyclists, strollers, wheelchairs and roller bladers from sunrise to sunset. Since opening the most recent phase in September 2002, the ATT has proven popular with

RAILS-TO-TRAILS continued on page 7.

Medical care in the last years of life

Observations and experience, first hand

By John Shillito, MD

I write this as a recently turned octogenarian. I am still functional, married, with a still healthy, somewhat younger wife, in an "empty nest." We have a nice home in an area we adopted in Chatham County seven years ago, both of which we dearly love. What could be better? Shouldn't we just stay put here 'til we drop? We'd like to, but we don't know how and when and in what order we will drop.

Why not?

To give us pause, we see neighbors become disabled in ways that require professional care, first one and then the other. We see happy couples destroyed when one spouse suddenly dies unexpectedly. In the first case, one spouse must be placed promptly somewhere for care, and the other must go elsewhere when room is available. Perhaps they can get together again under one roof when conditions and accommodations permit.

The recent widow was prevailed upon by her family to move hundreds of miles away, into a totally different climate, where she can be near a daughter and grandchild. Such decisions are not the result of advance planning, but are made after the loss occurs. It is stressful.

Other Options

There are several ways to plan for such events. First, a couple can decide to stay put, take care of each other, and "tough it out." This may work until ill health makes care physically and emotionally difficult or impossible for one spouse to handle, which prompts a scramble for whatever facility will take the ailing one on short notice. Such a facili-

LAST YEARS continued on page 5.

More than a haircut

HIV and STD prevention

By Holly Baddour

Ronny Marsh and Pete Marsh, co-owners of Klassy Kutz, a barbershop in Pittsboro, are glad to provide more than a haircut to their customers. The two are part of a group of over 15 African American barbers and beauticians in Chatham County who have been trained in HIV/AIDS and Sexually Transmitted Disease (STD)

prevention education.

"There's no question that this service benefits the community. Through word of mouth, people are learning that they can come here and be educated. I have no doubt that we're sav-



"Through word of mouth, people are learning that they can come here and be educated. I have no doubt that we're saving lives."

Ronny Marsh
Co-owner of Klassy Kutz in Pittsboro

ing lives," said Ronny Marsh.

Barbers and Beauticians United in Prevention is a four-year-old project of the Chatham Social Health Council, the only agency in Chatham dedicated solely to providing HIV/STD prevention education and advocacy. The barbers and beauticians



The staff at Klassy Kutz is participating in Barbers and Beauticians United in Prevention, a project of the Chatham Social Health Council. PHOTOS BY HOLLY BADDOUR

are trained on HIV/STD issues to become peer educators and are given educational materials and condoms to distribute at their shops to patrons who frequently share their secret fears and questions with their hairdressers.

"People tell us things that they might never tell a nurse or a doctor because they're

more comfortable here," Klassy Kutz barber Devecchio "D" Benjamin said. "It's hard to tell a stranger that you had unprotected sex and are worried about the consequences," said Pete Marsh. "We develop relationships with our

HAIRCUT continued on page 3.

briefs & announcements

dispatches

Health Info web site launched at library

It was standing room only at the Pittsboro Memorial Public Library on a cold January morning as a procession of dignitaries paraded to the podium for the official launch of the North Carolina Health Information web site (www.nchealthinfo.org). The web site offers users comprehensive information and referral about all aspects of health and medicine — the first of its kind in the country.

Here is how it works: On the left side of the homepage are links to the National Library of Medicine, part of the National Institutes of Health, which offers the most comprehensive and up-to-the-minute information on all aspects of medicine anywhere on earth. On the right side of the homepage are links to local resources, including doctors, therapists and support groups anywhere in North Carolina.

The web site is a collaborative effort between the UNC Health Sciences Library, the UNC School of Information and Library Science and the National Library of Medicine. The Pittsboro Memorial Public Library was chosen as the launch site because of a close relationship between its staff and the staff at UNC.

Sadly, weeks after it's glorious



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Elaine Chiosso and the Lauffer family brave the January cold to protest plans for war.

PHOTOS BY JULIAN SERENO

morning of celebrity, the library announced that due to budget cuts, it would have to cut its staff and reduce its hours.

Pittsboro marchers protest Iraq attack

On a freezing bright Saturday in January, about 100 anti-war protesters marched around the Chatham County Courthouse to protest President Bush's plans to attack Iraq. The turnout for the march was remarkable on a number of different levels. The march occurred on the same day as other anti-war protests across the United States; in fact, many Chatham County anti-war activists joined tens of thousands of others for the national march against the war in Washington. And the Chatham peace march was planned in less than three days, according to organizer Lisa Neal.

Four weeks later, Pittsboro joined London, Rome, Paris, Berlin and New York on a day of international protest against a war with Iraq. On this wet Saturday in February, with no competing march in Washington, more than 200 peace marchers circled the Courthouse. Anti-war activists greeted people entering Pittsboro from the north at the U.S. 64 Bypass intersection with U.S. 15-501. Car horns blared in response to placards that read, "Honk if you oppose the war".

"This is different than the Vietnam protests," remarked one middle-age man who had attended those rallies in the '60s. "We were all



Antiwar protesters pass beneath the statue of a Confederate soldier in front of the county courthouse in February.

college students protesting then. Here you see three generations all protesting the war. Grandparents, parents and children in strollers are all here."

briefs

County Arts Council to host fundraiser

The Chatham County Arts Council is holding a fundraiser on Mar. 30 that begins with a art auction at the Fearington Barn. Preview begins at 3 p.m. and the auction kicks off at 4 p.m. The auction is followed by "Dinner for the Arts" at the Market Café with a reception at 6 p.m. and dinner at 6:30 p.m. Tickets are \$80 per person. Lieutenant



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Governor Beverly Perdue, Lisbeth C. (Libba) Evans, Secretary of the Department of Cultural Affairs, and Mary Regan, the Executive Director of the North Carolina Arts Council, will be the honorary hosts. To get involved in the CCAC, email arts@emji.net or call 542-0394.

VITA offers free help preparing taxes

The Volunteer Income Tax Assistance (VITA) program assists senior citizens and other low- to middle-income clients in Orange and Chatham counties in completing their federal and North Carolina income tax forms. The service, intended for people whose returns are not complex or long, includes free electronic filing for qualifying returns.

This year VITA will expand its Chatham County service to Siler City, in addition to Pittsboro. Volunteers will work in Pittsboro at the Senior Citizens' Center on alternate Wednesdays, through Apr. 2, from 1 to 4 p.m., and on alternate Saturdays, through Apr. 12, from 10 a.m. to 1 p.m. In Siler City volunteers will be at the Siler City Senior Center (JOCCA) on alternate Wednesdays through Apr. 2, from 1 to 4 p.m.

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Chatham County Line is a community newspaper serving all of Chatham County as well as the southern part of Orange. Our mission is to inform our community by providing a forum "where all voices are heard." We seek all views and ideas about our community, and we report on important matters - including our cultural life - comprehensively and in depth. Our commitment is to create the best-written, best-edited and most stylish community newspaper anywhere. Chatham County Line is published five times a year - in February, April, June, September and November.

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Goats galore at herbalist's homestead

By Judy Hogan

Nothing anyone has told me so far about goats has made me love them, even though I hear that their milk is the closest to breast milk, healthier

WOMEN OF CHATHAM

than cow's milk, that their cheese is delicious, and that goat milk soap is just what our skin needs. But one of the many local goat farmers, Christiana Herndon, has loved goats since growing up with them in Switzerland.

She admits they are escape artists and that you have to teach them to be milked, and she advises against having billies around except for mating. Her goats are Toggenburgs, a Swiss dairy breed.

When I visited Christiana on her farm north of Pittsboro, I was amazed at the number and variety of creatures she keeps in addition to 12 milk goats: 11 emus (an Australian bird similar to an ostrich), 30 chickens, six geese, eight turkeys, eight ducks, two horses, a commercial "rescued" pig, three pot-bellied pigs, three sheep, two dogs, two cats, a rabbit and two pet mice, not counting 30,000 local mice. Most of these species came to her because they weren't wanted.

Christiana came to the United States as an adult, and when she and her husband, John, were able to buy land in Chatham near where he grew up, she immediately acquired a nanny goat who soon had two kids. She was homesick, and having goats was like bringing home here. Her father had never taken his children to



Christiana Herndon milks one of her 12 Toggenburg milking goats, a Swiss dairy breed. She sells her goat cheese to Dean and Delucca, a specialty food store in New York City,



PHOTOS BY JOHN SHILLITO

a doctor. He used homeopathic remedies, and Christiana, the first time she took an aspirin at age 18, learned how differently her body responded: it made her numb.

Christiana knows and sells essential oils and herbal remedies as well as her goat milk soap, made with olive oil and an essential oil like peppermint, lemon, even sage and bay leaf. She says you can't find a better soap. She even has a soap espe-

cially for arthritic pain. She sells her goat cheese to a specialty food store in New York City, Dean and Delucca, where it goes for \$35/pound.

She let me sample fresh goat milk. I could easily get hooked, but I'm not sure yet about outwitting these escape artists. Maybe a puppy who digs holes under the fence is about my speed. Christiana's goats and other animals have a large fenced pasture into the woods, where local deer often join them.

She describes supermarket milk as "dead milk: water plus fat, and no nutrients." The homogenization process kills the enzymes. Of course, she's had some animal adventures. A family of foxes got quite bold and carried off 22 chickens in a week, arriving to grab chickens even when her daughter was standing among them. By law you can't kill foxes, so she had to keep the chickens locked up until the foxes found other prey.

She let the McDougle Middle School in Carrboro have nine emu eggs to hatch, but then nine new emus ended up back at her place, so she had to say, "If you take emu eggs, you have to make a plan for the hatchlings."

A lovely large barn provides shelter

for the larger animals at night and during bad weather. The turkeys, chickens, ducks, and geese have their houses. Toward dark she walks out on her front porch and calls to all these birds: "Go to bed!" and they go! Wouldn't it be lovely if children were so easy to put to bed? Perhaps Christiana's were. Her daughter, Jara, is her partner in the goat business. She has just graduated from high school, and her mother has sent her to Switzerland for six months.

I commented that her geese, though they announced visitors, didn't run at people as I've often seen geese do. She doesn't keep animals that are mean or can't learn. They may end up in the freezer!

I asked if she had any advice. She says, "Stay away from chemicals if you can." The county issue that concerns her is the Chatham watershed, how the creeks and river are being treated by new highway and other developments. She says the Neuse River shouldn't be flooding so often.

Christiana's animal farm can be visited by appointment. She makes available a petting zoo at what she calls The Goatsy Galore Snuggery. Call 545-9694 or e-mail her at jarachristiana@mindspring.com.

Judy Hogan is a freelance writer, poet, and writing teacher living in Moncure. She has a vegetable garden, an orchard, and is planning chickens. She's still studying on the goats.

HAIRCUT

continued from page 1.

customers. They trust us."

The barbers put people at ease while informally educating customers about how to keep themselves safe and where they can go to get tested. Recently, one customer told Ronny Marsh that he'd had unprotected sex and wasn't feeling well. "He was real worried. We talked for a while, I told him where he could go to get tested and reminded him that we have free condoms available."

An average of 10 people take educational brochures and condoms every week. "Some people can't afford condoms, or are too embarrassed to buy them at the store," said Ronny Marsh. "You know they're having sex — and if they didn't take a free condom from here, they would still have sex, just unprotected."

"Not using protection is like playing Russian roulette," said patron Sharon Bynum. "People don't realize how this disease is killing the African American community."

Indeed, African Americans and Latinos are the hardest hit when it

comes to HIV and STD infections. The Chatham Social Health Council prioritizes these populations and works to increase the number of people in the County who can serve as community resources on these important issues. Empowering these populations by offering peer education training on HIV/STD related issues allows the community to depend on one another, instead of upon a single agency.

Linda Ferguson, Coordinator of African American Outreach for the Chatham Social Health Council, visits Klassy Kutz regularly to replenish the educational and safety materials and to talk to the barbers and customers about HIV/AIDS and STD. "Sometimes I walk in and 'break the ice' by asking people if they know how to protect themselves," Ferguson said. "We always end up having in-depth discussions. Getting people talking about these issues helps to reduce the stigma surrounding them. And that's the first step to getting people to understand that these diseases are 100% preventable."

Holly Baddour is Executive Director of the Chatham Social Health Council.



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Saint Bart's historical ties to Chatham

CHATHAM'S Historical Heritage

by Fred J. Vatter



Our neighboring county to the north, Orange, originally included the area that is now Chatham, and extended down to the what was the original southern boundary of the Granville patent. The Colonial Assembly at New Berne ratified an act in January 1771 calling for the establishment of a "New County" from the "Southern Part of the Inhabitants of Orange County." The act stipulated that this new, distinct county be named Chatham County and St. Bartholomew Parish, even though there was no church established in the area. This arrangement conformed to the system of the Church of England and anticipated the growth of the latter in the county.

The reasoning behind the split of Orange was to make it easier to enforce the requirement that local citizens take a turn at public works, such as road building. Perhaps the Assembly also realized that this arrangement would segment the Regulators who had been encouraging political unrest in the area, holding large gatherings in Hillsborough. At the time, there was no "Pittsborough," the area being referred to as "Chatham Court House" until the town was formed in January 1787.

There apparently were no organized churches in North Carolina until 1727 when Paul Parmer began the first Baptist church in eastern North Carolina. By 1775 the Baptists were the most numerous denomination with at least one church in every county. Nevertheless, until the time the American Revolution approached, the official state church in North Carolina remained the Anglican Church, even



St. Bartholomew's, in downtown Pittsboro, has aged gracefully. In October 1831, a contract was awarded to Martin and Wesley Hanks to build a "House of Worship" at a cost of \$850, which, with additional expenses, eventually reached \$1,125.12.

PHOTO BY JULIAN SERENO

though by 1774 it had grown so weak that it was all but non-existent.

The upheavals caused by the Revolutionary War were reflected in a complete break between the church and state, and the Church of England no longer existed as a political power in the new United States. Eventually the Protestant Episcopal Church of America arose, much like its predecessor but without administration ties.

In the early 1800s St. Bartholomew's was still a parish without a church. Occasional services were held in various locations by visiting clergymen. In October 1823 the Rt. Rev. John Ravenscroft, Bishop of the Diocese of North Carolina, reported that he visited Pittsborough and preached to "an attentive congregation of different denominations." Soon after the beginning of the nineteenth century a number of families of Episcopalian background from the lower Cape Fear area built summer homes in and around Pittsborough to escape the mosquito

borne sicknesses, such as Malaria, that were prevalent near the coast. Some of these families were the Hills, Waddells and Moores. Eventually, a number of these visitors built year-round homes in the area, which provided the needed number of communicants necessary to form a church. In October 1831, a contract was awarded to Martin and Wesley Hanks to build a "House of Worship" at a cost of \$850, which, with additional expenses, eventually reached \$1,125.12. The payment of the contract was guaranteed by a physician, Dr. Nathaniel Hill, and his nephew, Dr. Frederick J. Hill, a member of the Senate and the House, and an advocate of public education. By 1834, the parish had 30 communicants, a Sunday school of six teachers and 40 pupils and a bible class of 18 people. During the year, 10 whites and 14 African-Americans were baptized.

In April 1862 the Vestry of the church offered the church bell to the Confederate government to be used in casting cannon, but the offer was never accepted. In the war's third year, St. Bartholomew's joined with four other Episcopal parishes in purchasing five bales of cotton. These were sent through the blockade to England to pay for the printing of a Confederate edition of the Book of Common Prayer, which substituted "Confederate" instead of "United" States of America. The prayer books came safely through the blockade and were distributed throughout the Confederacy.

By the end of the Civil War the local economy was devastated. In 1865 the Rector of St. Bartholomew's wrote, "Since the surrender of General Lee no collections have been made in consequences of the almost entire absence of money from the community." He was obliged to add teaching to his many duties to get bread for his family, forming Locust Hill Seminary for Girls.

By the 1870s the local economy had improved enough so that the congregation could perform major interior alterations on the church. The rector, Dr. Sutton, worked on the altar, prayer desks, lectern and communion rail, which he made from local walnut, and Mr. William London donated a set of wrought iron gates for the churchyard.

In April 1870 the parish, on a motion by Mr. London, elected to set up "a mission for the colored people of Pittsboro" and the following year he advanced funds to permit St. Bartholomew's to purchase the former Methodist parsonage for that purpose. The school opened in March 1881 with 60 pupils. This mission, eventually named St. James, continued until 1968, by which time most of its communicants found new church homes. Many joined St. Bartholomew's.

The beautiful, peaceful churchyard of St. Bartholomew's contains the graves of many people who took part in the legal and political growth and structure of North Carolina. Some of these are: Abraham Rencher, Congressman, Minister to Portugal and Governor of New Mexico; Governor John Owen; Colonel Edward Jones, Lawyer and Trustee of UNC; Henry Mauger London, Treasurer of the Diocese of North Carolina, Legislative Reference Librarian for North Carolina and Secretary of the North Carolina Bar Association; John Manning, LL.D — Delegate to the Constitutional Conventions of 1861 and 1875, member of Congress in 1871, North Carolina Code Commissioner and Professor of Law at UNC; and John B. Toomer, who welcomed Lafayette on his visit to Fayetteville. More than 20 graves are those of soldiers in the Confederate Army or Navy. One of these is Henry Armand London, a founder of the Chatham Record and President of the North Carolina Press Association. Many tiny graves tell of tragedies in the lives of local folk.

For art lovers, the church's stained glass windows are worth seeing. The round window above the front entrance is in memory of "Uncle Alec" Scarborough, a former slave who was sexton for almost 50 years. It is over the southern balcony where Mr. and Mrs. Scarborough sat during services for many years. Two windows were designed by Frank M. London, a Pittsboro native who went on to world renown. The window, called "St. Cecelia" was designed as a memorial to London's aunt, Anne Mauger London, the church organist for 66 years. St. Cecelia is the patron saint of music. The other window, called "Well Done Good and Faithful Servant," was designed as a memorial to London's father, William Lord London. He was the captain of the Chatham Rifles, the first company from Chatham County to serve in the Civil War.

A visit to St. Bartholomew's and its serene churchyard can give you a glimpse back at some of the influential families who helped shape the history of the Pittsboro area.

Sources of information were: *History of St. Bartholomew's Parish 1833-1983*; *The Chatham Historical Journal 1992* (Article on Frank M. London by Bonnie Vargo); *Chatham County 1771-1971* by Hadley, Horton Strowd; and *The State Magazine*, 2/39.

Fred J. Vatter is past president of the Chatham County Historical Society, an organization for which he is also a board member and museum curator.



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LAST YEARS

continued from page 1.

ty may not be in a desirable location or of ideal capabilities.

A single spouse may make do with nearby friends and relatives for a long time, and choose and plan for a nursing facility when such need finally comes.

If a couple lives in a well-knit community such as Fearington, inestimably valuable help is available from neighbors, but it's not fair to expect this, and it's not likely to continue for very long. There are ongoing efforts there to form an organization of a few paid personnel to provide medical advice, some home care, and the know-how and connections to help arrange for placement when necessary. Volunteers will assist by running errands, doing chores around the house, and driving to doctors' appointments.

There is such a group near where we lived for many years, which consists of like-minded organizers, determined to stay at home as long as possible. They are chipping in to provide the necessities when a member needs help. Both organizations are either incomplete or as yet untested.

Some, alone after the death of a spouse, have the desire and the wherewithal to continue to live at home, even when ailing and partially disabled. Occasional paid help may soon become a parade of round-the-clock helpers who help with medications, personal care, do other necessary work, and provide company and

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transportation for shopping, meals out, etc. This works if one can find the right helpers. They are not apt to have any medical know-how.

Such a person is really stuck with the helpers; there is no group social activity, and, when ambulating gets difficult, there is no place to get around with a walker or in a wheelchair except in the confines of one's home and its immediate surroundings.

Enter the kids

In any of these situations, unless plans are made in advance, when the time comes to move to a facility that can offer more nursing and medical care, the family will appear and help find a suitable nursing home, wherever one can be located. In North Carolina, there are listed by Medicare 414 nursing homes, only two in Chatham County. There is difficulty in staffing many of them. The care may vary tremendously. The facilities probably consist of a semi-private room with almost no space for any beloved possessions, and a roommate whose status and personality may not be of one's choosing. It often falls to the children to get the parent into such a facility, often with considerable argument. The family naturally

feels that they should visit periodically, and will be obligated to come with any significant change in the patient's condition.

Yes, you're a patient now, less a person. The children for obvious reasons may wish to move the parent nearer their own home, which again may be met with reluctance.

There may be another way, but not often. I have a contemporary who has four boys. When his wife passed on, and he himself became ill, he sold his home to one son who, with his significant other, was willing to move in with dad in part of the house. Dad has his rooms, and the kids look after him, cook for him, keep him company, and ship him off to the rehab hospital for periodic buffing up when necessary. Most of the day they are away living their own lives. A most unusual situation, and apparently a happy one for all concerned.

Another solution

To assist with this potentially difficult period in our lives, there arose the concept of the Continuing Care Retirement Community, CCRC. There are eight within about 35 miles of Pittsboro, with two more in the works. They accept residents who can afford to come, and can live inde-

pendently when presenting. Residents are offered a variety of accommodations and increasing levels of care as needed, if needed, for life. They are charged an admission fee, in exchange for which they get the residence of their choosing, as available, and must also pay a monthly fee. The fees are high, for they must not only pay for the accommodations, but all the management's expenses, and there are also insurance premium payments on the residents' lifetime care. Such fees must be carefully calculated to provide enough funds to do just that for the entire resident population. Most plans utilize a resident's insurance before dipping into their own kitty. Entrance fees vary between \$100,000 and \$700,000, which includes an apartment or a house. Monthly fees range between \$2000 and \$4000. On the resident's death, the estate may get nearly full equity, or nothing. To pull this off successfully requires, on the part of the facility, good planning, smart management and, ideally, a lot of previous experience.

In exchange for all this, one is guaranteed a home of one's own, one full meal per day, with others, if desired, at low cost; facilities for recreation, physical activity, social activities, and transportation to doctors and cultural events. One can live a perfectly normal life, as long as one is able, in somewhat restricted surroundings, different from what one is used to, but in a community setting where friends

ELDERLY CARE continued on page 6.

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Mohawks following gambling trail to the Catskills

MONTICELLO NY — The same mountain range that surrounds Monticello in Virginia – broadly speaking, the Appalachian Chain – not only connects to its Catskill namesake near New York City, but also reaches 300 miles further north to the Mohawk Indian reservation in the Adirondack Mountains near Quebec. This

New York Notes

by Timothy W. Stanley III

Appalachian swath correlates highly with economic underachievement and out-right poverty, leading to an unusual alliance among residents of New York State's hill country, between The St. Regis Mohawk Indians and the town fathers of Monticello in the heart of the Borsht Belt.

Some years ago, a group of Mohawk tribal leaders flew into Monticello to meet the owners of the then nearly bankrupt Concord Hotel, guided by altruistic real estate developers eager to make amends for centuries of wrong-doing and help the Mohawks assert their sovereignty over a casino-sized parcel somewhere in the Catskills. Unfortunately other, equally altruistic real estate entrepreneurs were hard at work helping other tribes make similar assertions. There was said to be a map, delineating the competing Catskill claims of several tribes, but no one could put their hands on it in time for the meeting.

At the pivotal meeting, the owner of the Concord indicated his possible interest in converting the 2000-acre compound into a casino, but other tribal leaders had been there first. Nonetheless, for \$5 million cash, a deal could be made and a quick appeal to the State Legislature put forward. From there, the U.S. Bureau of Indian Affairs would need to approve, and any casino would face years of litigation from gambling opponents thereafter. Despite these hurdles, the prospect of sharing in hundreds of millions in annual gambling profits called for serious consideration. In fact, a brief prayer was said, in Mohawk and English, calling for wisdom by all the parties in their respective deliberations. However, neither the Mohawks nor any of their altruistic real estate friends had the requisite \$5 million immediately available. The Tribal leaders

returned on their chartered plane to the Akwesasne Reservation upstate, and the Concord filed for bankruptcy shortly thereafter, the rival tribes and their altruistic friends evidently not having had \$5 million either.

Unlike several other tribal claimants, the Mohawks (they prefer to do without the St. Regis prefix, which they characterize as being a colonial legacy) are Federally recognized, a status that allows for casino gambling, with the State's consent, on their reservation. Unfortunately, the Akwesasne Reservation is too remote to be profitable. In an earlier plan, the Mohawk reservation was to be expanded to include the local Monticello racetrack, only two hours from New York City. That plan got bogged down too, and by the turn of the century, despite ardent advocacy on both ends of New York State's Appalachian trail, it appeared as if casinos would never come to the Catskills.

Instead, the Mohawks contracted with a developer to build a small casino upstate, on the reservation. This turned out not to be the expected source of economic salvation; in fact the Tribe was shortly faced with millions in debt. Meanwhile, back in the Catskills, local officials were being thwarted in their perennial efforts to overturn the New York State constitution's prohibition on non-Indian gambling. Indian gambling, being Federally sanctioned, was the only alternative, in the minds of these officials, to continued economic stagnation. More traditional Catskill resorts and related businesses were folding, as traditional patrons found it easier to get to Florida, or overseas than traveling to the Catskills on weekends over the ironically named Route 17 "Quickway" from New York City.

At this most dire time, a white knight rode in — flew in, actually on the corporate jet — to save the day. Arthur Goldberg, the late Chairman of Park Place Entertainment, was a somewhat bigger fish than the altruistic local real estate entrepreneurs of yore. He ran casinos in Las Vegas and Atlantic City — where he was an ally of Donald Trump who was the biggest of opponent of any casino gambling in



New York State.

When informed of the economic predicament faced by the Tribe, Goldberg made a twenty-first century treaty with the Mohawks.

He would loan them the money they needed, in exchange for the exclusive right to co-develop a much bigger facility in the Catskills. After decades of deadlock, the State Legislature authorized, in 2001, as many as three Indian casinos in the Catskills. Goldberg's successors made a deal to acquire Kutsher's Country Club in Thompson, just outside Monticello. If approved by the Bureau of Indian Affairs, Kutsher's would be taken into trust for the Mohawk Tribe, and a new \$500 million casino would begin to take its cut from New York City's \$5 billion annual gambling addiction.

Though the casino is still several years and many lawsuits away, its prospects are sufficiently bright to cause wealthier communities nearer New York City to get nervous. As reported in the New York Times, the Supervisor of Thompson, when told of concerns from neighboring counties about gridlock on the Quickway, responded that "success is a traffic jam".

Up on the Mohawk reservation, where three cars constitute a traffic jam, the idea of importing casino dollars while exporting the resultant crime, noise and congestion makes the Tribe's long strange road to gambling appear finally to be paved with gold. Much like John D. Rockefeller's finding oil in the Pennsylvania hills a century earlier.

Timothy W. Stanley III is Manhattan correspondent for Chatham County Line.

ELDERLY CARE

continued from page 5.

come easily, for all are in the same boat, pretty much. When trouble comes, there are separate accommoda-

tions for assisted living and full nursing care, and in most facilities, segregated areas for those with cognitive difficulties such as Alzheimer's disease. There is a reassuring emergency call button in every residence.

Some such communities are idealized close to or an integral part of a planned community, with shops, restaurants, pharmacies, and recreational facilities within walking distance. All provide scheduled free

transportation to amusements and cultural events, and special trips for doctors' appointments with at most a small fee. Some boast a staff that will provide considerable home care as part of the deal.

If a couple chooses this route, and can afford such an arrangement, it has the advantage of being a community of their choice, not somebody else's, providing a close family of friends who will be of great support for a single spouse, and it relieves the rest of the family from the difficult chore of moving one or both parents, against their wills, to a place that can care for them for the rest of their lives.

The kids can then better get on with their own.

John Shillito, MD, is photographer for Chatham County Line, as well as for Pittsboro-Siler City Convention and Visitors Bureau. His photos are also on display during the annual Chatham Open Studio Tour. Before moving to Chatham County, he was a neurosurgeon, and authored many surgical articles and one neurosurgical text book.

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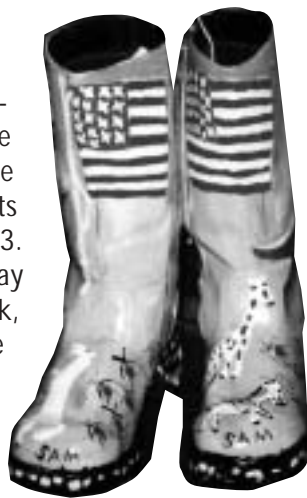
Folk Art Show rollicking

By Julian Sereno

The Barn at Ferrington was daz- zlingly, dizzyingly bright as 30 of the most renowned folk artists in the Southeast showed and sold the fruits of their genius Feb. 22 and Feb. 23. Not even torrential rains midday Saturday could keep the crowds back, which thronged throughout the event.

There were chairs made of belts. There were painted boots and painted boxes, and flora and fauna of every sort in every metier. There was a nutcracker of a bare breasted woman perched on at painted wooden fish mount- ed atop a painted old-fashioned radio. Folk Artists are self-taught artists and artists who work outside the mainstream of academic art. Often visionary, they create powerful art using innovative tech- niques and media.

While the eye perceived an explosion of color, the artists themselves were as raucous and exuber- ant as their work. Riley Foster, whose metal suns,



BOOTS BY FOLK ARTIST
SAM MACMILLAN

floating dragonflies, and swaying, swerv- ing pets created from welded auto parts greeted visitors at the main entrance, offered affability and wit. Peter Loose would strum a lively tune on one of his dulcimer-like reptiles. Clyde Jones offered "rides" to small children on one of his critters, carved from wood with a chain saw. All the while, business appeared brisk.

Adding to the spectacle was dramati- c sound – on Saturday there was the pounding of the rain on the Barn's tin roof. On Sunday, it was Captain Luke's Rhythm and Blues, who had the Barn rocking. A group that helps retired musi- cians was a beneficiary of the Ferrington Folk Art Show.

Artists and visitors alike seemed to enjoy their weekend experience. And many creatures – carved wood, welded metal, papier mache and more – all found new homes.

Julian Sereno is editor and publisher of Chatham County Line.

Ferrington happenings

Open Mike Literary Night. Mar. 6, 7:30–9:30 p.m. Share and support local creative talent with friends and neighbors at an Open Mike Literary Night at McIntyre's Bookstore. For more information call 919-542-3030.

Music At The Market. Mar. 7, 5:30 – 7:30 p.m. Music At The Market pre- sents Liz Tedesco playing Classical and new age piano. Call 919.542.5505.

Virginia Holman will read from her memoir, *Rescuing Patty Hearst*. Mar. 8, 11 a.m. McIntyre's Bookstore.

Gardening Demonstration. Mar. 9, 2–3 p.m. Learn all about the lesser- known bulbs for the South. Free and open to the public. Located behind the Potting Shed. Call 919-542-1239.

Daniel Wallace will read from his novel, *The Watermelon King*. Mar. 29, 11 a.m. McIntyre's Bookstore.

Travel writer **Paul Theroux** will read from his new work, *Dark Star Safari: Overland from Cairo to Cape Town*. McIntyre's Bookstore. Call 542-3030 for details. April 9, 7 p.m.

Art in The Garden Show. April 18. Local artwork will be showcased throughout the Ferrington Gardens through June 6. Call 542-1239.

Marjorie Hudson will read from her non-fiction travelogue, *Searching for Virginia Dare: A Fool's Errand*. April 19, 11 a.m. McIntyre's Bookstore.

John Rowell will read from his new book, *The Music of Your Life*. May 3, 11 a.m. McIntyre's Bookstore.

RAILS-TO-TRAILS

continued from page 1.

families and commuters alike because it offers a safe off-road alternative to increasingly busy roads.

Within the next three years, the ATT will be extended south via an already funded pedestrian bridge across I-40, behind the Streets of Southpoint, past the new C. M. Herndon Park to the Chatham County line.

TRTC volunteers, working with a grant from the Durham Open Space and Trails Commission, are currently improving a stretch of future trail running from Massey Chapel Road south to Chatham County. The group meets the first and third Saturdays of each month at 9 a.m. at the Scott King Road intersection. They clear trees, pick up trash, fill in ruts and holes, install fencing and bollards and perform other tasks in order to make the trail safe for the many users of this portion of the presently unmanaged corridor.

Construction of the first phase Wake County portion of the ATT is now underway with expected completion this summer. This three-and-a-half mile long portion will run from the ATT's southern terminus at a large, equestrian trailer capable park- ing area off of New Hill-Olive Chapel Road north, under US 64, to a small- er parking area on Wimberly Road.

This rural ATT will also be open to hunters and equestrians. Hunters, in season, can utilize the trail at any hour to access NC Wildlife Resources game lands to which the ATT provides access. Equestrians are looking forward to the opening of this por- tion of the ATT because it will fore- tell of long rides of up to 26 miles, out and back, as the rest of the green- way is built.

This will be the Triangle's first truly shared use greenway. While there are several "rules of the trail" on shared use paths, the best one to keep in mind is "Wheels Yield to Heels." Those on wheels yield to

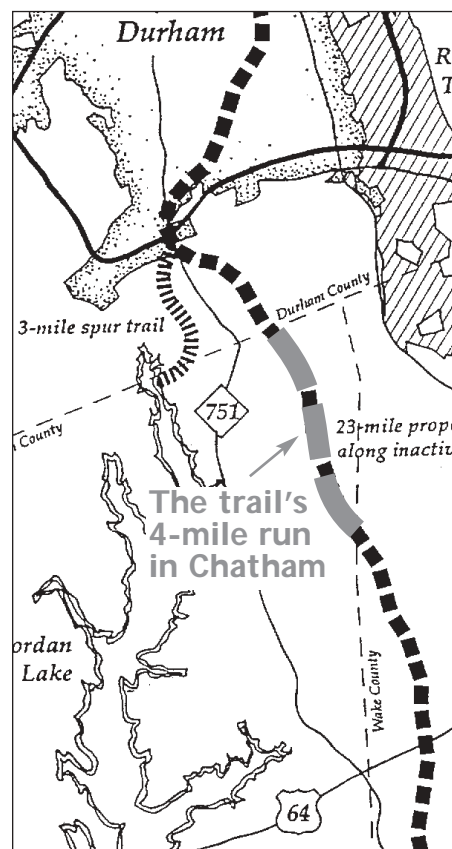
those on foot, and those on two feet yield to those on four.

The ATT in Chatham

Here in Chatham County, a Master Plan for the ATT in Chatham was developed and presented to the Commissioners early 2002. Chatham's trail will look like the above-mentioned Wake County portion in that it will have a granite screenings surface and accommodate equestrians.

Last summer, the commissioners gave the approval for the county attorney to begin negotiations with the N.C. Department of Transportation (NCDOT), which owns the entire corridor in Chatham, to lease the corridor for a dollar a year in ten year increments, for ATT use.

We hope the Chatham County Commissioners will approve the lease soon so that fundraising, further planning and construction can begin in earnest. Congressman Price sup- ports the American Tobacco Trail and its completion. Capital Broadcasting has donated 10,000 azaleas for plant- ing on the ATT, a number of which are destined for Chatham. The ATT



has received widespread local and regional support.

The neat thing is that Chatham has arguably the most scenic portion of the entire ATT! While passing

through forests, blackberry patches and glimpses of farms, the trail cross- es the 180-foot long Northeast Creek and 200-foot long Panther Creek trestles in its 3.5 miles in Chatham. These crossings offer a scenic insight into what the area now covered by Jordan Lake used to look like. Folks already hike down to the Northeast Creek trestle from Scott King Road for moments of quiet reflection and to appreciate the natural setting.

The Northeast Creek and Panther Creek trestles are structurally sound and capable of supporting far more than the loads required for a pedestri- an, bike and equestrian bridge, accord- ing to a recent engineering study (paid for with a TRTC-obtained grant). Decking these bridges will be the major single expense in building the ATT in Chatham.

TRTC hopes to begin a "Buy a Board" program to help fulfill grant- matching needs. Folks who buy a board will have their name, the names of their family, or memorial names directly on or at least near the

ATT continued on page 12.

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readings, writings & all things literary on the Chatham scene

chatham writers' corner

with Marjorie Hudson

In mid-January of 2003 I had the pleasure of leading an all-day workshop in my home for a mix of memoirists and fiction writers. Below is a sampling of material from short writing exercises. I am always amazed at the gems that can be produced on short notice, with an assignment, a brief prompt (a paragraph or two of great writing on the subject), and a timer set at six minutes.

I can't think of a better way to celebrate the New Year than to challenge those interested in taking on a writing project to begin it. I quote from memory, which is sometimes accurate, the saying I kept over my desk for ten years while drafting my novel:

Whatever you dream you can do, begin it. Boldness has genius, power and magic in it.

— Goethe

Another phenomenon of January for me was a challenge laid out by fellow writer Walter Bennett. Walter is a sometime attorney and teacher and a kick butt fiction writer whose interests seem to lie in the broad social questions and other subjects pondered by deep thinkers. Here is a smattering of the "chat" he inspired this month by asking the question: Why do we write? As someone who finally has completed a draft of a novel after 10 years of struggle, which is in the hands of the first of a long list of agents I assume will reject it before it has a chance of selling, I can say that for me, it damn sure isn't for the money.

Gems from a workshop

I don't actually remember the

flood. I don't even remember much about the house. A radio above my head on a windowsill. A blur of color that I know now was my mother's garden — carefully tended annuals on a scrap of dirt with a string fence. I have a flash of memory of the back of a truck, of rough wooden slats—the kind of truck that carries cattle or barrels of who knows what.

My mother was in her eighties before I asked her about that memory. Seems it was the way we escaped the rising waters of the Columbia River. My mother clung to my sister, who was nearly nine, and to my almost-three-year-old self . . . There was no room inside the slatted truck bed, so she clung to the outside. Strangers reached between the slats to grab our clothes and help us balance.

What I do remember is the aftermath—time spent in a cabin near Spirit Lake on Mt. St. Helens. It was late May and the bears were just waking up. They'd pummel the garbage cans and rattle the doors and windows. My mother rolled the oak dining table against the door for safety. . .

— Lucille Fidler

The drive into Meadowbridge . . . a clean glitter of cement, grey-tiled fountains with all the shoots of clear water pounding into the ice-blue sky, and the calm assuredness that here we could enjoy gourmet coffee with a cupcake, iced with real butter as from my eucalyptus-scented childhood where real crossed the ocean into wisps of clouds sheltering Catalina Island, clouds and hills merged into a force watching as each wave crashed against the pier. Now these fountains endlessly crashed water, sometimes

spraying it on my feet, reminding me that water always finds a way out.

— Jennifer Litzen

She lived in a gingerbread world, but not home. Daddy was strict, come back from the war; she didn't know how until then.

Her fifth birthday her mother made her wait until every other child had a piece of cake. Then, and only then, did she get hers—not like at other parties where the birthday-girl came first.

The white rabbit made all bright and glowing again, her most precious gift, with pink eyes and soft ears, and a tiny nose that wiggle back and forth, sniffed up and down.

"You must feed him, or you can't keep him," her father said.

But she was only five and she forgot.

She was standing in the high-ceiling kitchen when the shot rang out. She never saw, but she knew her rabbit was dead.

— Sharon Graham

Note: A new workshop series, The Kitchen Table Workshop: Revising Works in Progress, will be held in Chatham County February 15 through March 22. Contact Marjorie Hudson at marjorie.hudson@att.net

Why do we write?

Dale Edgerton: "I think I want to teach people something. As Jim Grimsley said of my novel, 'there are all kinds of love in the world, and they are all worth knowing about.' . . . [I]f I could move just one person in the way several authors have moved me, I think I could be happy. I want to make people laugh and cry and to learn about things they might never experience on their own. And I want to evoke memories in them while they read, so that they put the book down for a moment, sigh and say, 'I know exactly what that feels like.'"

Edgerton's first novel, Goneaway Road, is coming out this April.

Marjorie Hudson: "I write to tell the news of the world to myself and to tell news of myself to the world. . . The audience is also someone's mind, the deepest places that we do not reach in daily life."

Hudson is a novelist, essayist and poet living in Chatham County.

Judy Hogan: "I feel no choice. There was a time when I felt that if I didn't write, I would die or go crazy. . . I believe that my ability to write, whether poetry, novels, essays, non-fiction narrative books, or diary (journal), is a gift and that it's my human responsibility to this gift to do it as well as I can, whether or not I ever get published or well-known. . . [T]he real source of our creative power, I believe, is outside our direct control . . . Among the other attributes of the self-actualizing healthy

Lessons from a cardinal

By Maggie Wilson

I know some people think we live is in the middle of nowhere, the sticks, the boonies, with nary a soul for miles. Well, a few neighbors, but not like in the city.

Oh, no? Not like the city? Well, let me tell you about my home. I walk everyday, usually twice, through the woods, have been for almost ten years now. It's not a big place, but I have access to lots of "uninhabited" land. And I live and work in the woods, too. Our house has lots of windows so the outdoors is practically indoors.

So I have plenty of opportunities to get to know my neighbors — not the two-leggeds who live in houses within shooting distance, but the other neighbors: the trees and animals, birds, insects, reptiles, fishes, the hills and ravines, rocks and dirt, sky, clouds. If you count all those as neighbors, and I do, it's a lot like living in New York City out here.

So. Let me start with my Cardinal friend. A handsome, strutting red gentleman, he is, I must say. But he's a bit, what, eccentric? Obsessive/compulsive? We have these shiny chrome stove pipes and somehow, one fine spring day a few years back, Mr. Cardinal saw his reflection in one of the pipes and did what he had to do, what any red-blooded American male would do upon finding such a feisty red stranger in his territory — he attacked! Up and down, over and over, all day long, bang, bang, crashing into the chimney. And somehow he found his way to the other pipe and found another strange intruder there, and started attacking him, too! Back and forth, over and over, bang, bang, all day long. I thought he would, A) die of exhaustion, B) grow out of it, C) find something better to do. Guess again. D) None of the above.

I'm not sure how many years it's been but he's still doing it. I've thought about how to get him to stop. At first, I threw stones the roof trying to scare him away. Not a chance. Man with a mission. I thought of calling some wildlife organization but I'm not much for phone calls. I thought of covering at least the lower stove pipe with roofing paper but inertia got me on that one.

And now, to tell the truth, I've not only gotten used to him, I've grown attached to him, fond of him, almost dependent on him. These days, in the deep of winter, and a real winter we're having this year, with real cold and real snow and lots of

Note to Library Users in Chatham



Your assignment for the next issue . . . The Library Writing Challenge. Write a short essay (1-2 pages, double spaced) about what your childhood library meant to you. You can write about books, librarians, or the building itself. Submit to chatham.writers.corner@att.net

In January 2003, state officials honored Pittsboro Memorial Library by choosing it as host of a ribbon cutting ceremony for a new statewide health care website, accessible through the public access computers in every library. Officials from high places attended, including state representatives who worked hard for this great public service. Unfortunately — and ironically — Chatham citizens will have fewer hours of public access to this website than they might have had.

As of March 1 the Wren and Pittsboro Memorial libraries must cut their hours. None of us likes to lose access to our local library, but for more than six years, requests to fund staff positions have been turned down by County Commissioners, while workload has grown exponentially. If you would like your Commissioners to consider funding these sorely needed public resources, you must speak up. Contact your County Commissioners! Let's keep our reading life healthy!

Another way to be an advocate for local library services is to join your local Friends of the Library. Ask at your library desk for a membership form. Friends of Libraries volunteer, raise funds, and provide programs for their local libraries, often stepping in where the need is strongest.

WRITERS continued on page 9.

A CARDINAL continued on page 9.

A CARDINAL

continued from page 8.

fires in the stoves, he's not knocking. There are no young to defend now and even a hormone-engorged male Cardinal has got eat to keep his strength up in this weather. So for now, for the winter anyway, he just visits my feeding stations watch him and the others eat while I write at my computer, or by the French doors in the dining room.

But I miss my friend knocking on my stove pipe. In warmer days he gets up with the sun and depending on the season, either gives it a few obligatory thumps or gets to work on a day-long battle. Now I like the idea of getting up with the sun, in theory anyway, but sometimes the sun, and the Cardinal, are way too ambitious for me and I find myself getting pretty annoyed at his tilting at windmills on my roof. I've had dreams of someone pounding a blacksmith's anvil, knocking on the door, banging a drum, etc., etc. Surprise! "Wake up, Maggie, I think I've got something to say to you!"

On the other hand, he's much preferable to that dreaded mechanical monster, invention of a proactive, goal-oriented, hard-driving, human society, the alarm clock. Yes, he's gotten me up in the nick of time to get my Dad to the doctor, my art to a gallery, myself to the field for a stunning sunrise.

Sometimes he will stop by on his way to somewhere else and give me a few friendly whacks while I'm weaving a story or a basket or a wall hanging. He has a distinct pattern and rhythm, and he sings, too. Let me see if I can hum a few bars:

Clang, clang, chirrip, ting, ting, shuffle, shuffle, chirp, chirp, flutter, ting, ting.

Yeah, that's it. He seems to hit dead on first, then drops down to peck at the enemy at ground level, feet on the roof, conserving energy,

then flies back up for another airborne attack, up and down, up and down. Clang! Ting, ting, shuffle, flutter, chirp!

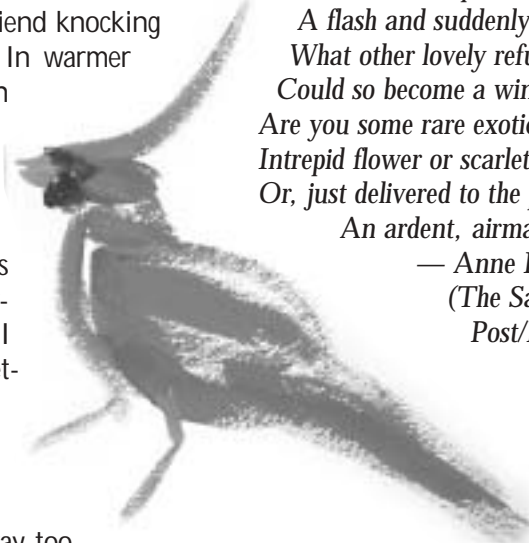
Sounds like a song there. I'll get back to you on that.

Cardinals became a real presence in my life years ago when my mother clipped a poem from Reader's Digest and sent it to me:

The Cardinal in February

*Small and sumptuous you appear;
A flash and suddenly you're here.
What other lovely refugee
Could so become a winter tree?
Are you some rare exotic fruit?
Intrepid flower or scarlet flute?
Or, just delivered to the pine,*

*An ardent, airmail valentine?
— Anne Blackwell Payne
(The Saturday Evening
Post/Reader's Digest)*



I liked it so much I almost memorized it,

but not quite. But I did learn to love Cardinals because of it.

I believe I can learn from everyone, everything, every event, I encounter. It's no easier paying attention in the school of life than it was paying attention in real school, but that's my goal, and I believe I will become a bigger, fuller healthier person from it. And in my little patch of heaven I have plenty of friends and neighbors to learn from. So what am I learning from Mr. Cardinal?

- Persistence against all odds
- That fears, monsters, enemies might well be reflections of myself
- To not run away from a difficult situation
- Perseverance in doing what I need to do without monetary reward
- Commitment and devotion — he's doing this to protect his mate and offspring.

Mr. Cardinal is only one of many teachers I have out here. You wouldn't believe how many squirrels there are. But that's another story.

Maggie Wilson is an artist and writer living in her dream house in Chatham.

WRITERS

continued from page 8.

person is the need for solitude ... I do have my sacrament of solitude especially on weekends and during "writing" vacations, when I can hold back other responsibilities and interruptions and focus just on my writing. My own personal goal is taken from a phrase of Virginia Woolf's: "to write out my mind." I have recently realized that I will never finish this job. Because there are always more things to write about my daily experience, I will be writing up until my last breath or ability to hold a pen and I still won't be done."

Hogan is a poet and freelance writer living in Moncure. She is a regular contributor to Chatham County Line.

Susan Olding: "You've written a wonderful story, Susan," she told me. "Please let me read it to the class." This was a possibility that had not occurred to me. I shuddered. "I must read it," Miss Barrett said. "Your idea is so original. You have such a vivid and creative imagination. When I gave the assignment, I had no idea that a pupil might take off in this direction! I want the others to hear it so they will know just what is possible. Besides, I'm sure they'll enjoy it." All I had done was look as hard as I could, for as long as I could at something I didn't understand. Long enough to make out its shape; long enough to hear its name. All I had done was tell a truth about something as I saw it, and heard it, and felt it; all I had done was stay alert for that truth until I knew what I needed to say. Come to think of it, maybe I was a writer."

Olding lives in Kingston, Ontario. Her work has appeared in literary journals there and in the U.S.

Katherine Michaelsen: "First, the conditions for writing. Solitude is essential for writers. It's a luxury you have to be able to afford. As Virginia Woolf said, a writer needs an income and a "room of one's own." Writing can't be about making money. Unless you're a Crichton or Grisham, you have to leave that out of the equation.

"Why do I write? At first I write because I want to preserve, record, hang on to, my feelings and experiences, for myself. If I don't write them down they are irretrievably lost, gone forever. Writing slows life down a bit, stretches it. There's no denying it, writing is a self-involved and self-involving activity for me. But paradoxically it enables me to go beyond and outside myself.

"And here's something Roland Barthes had to say on the subject that

I've been wrestling with for some time: 'To know that one does not write for the other, to know that these things I am going to write will never cause me to be loved by the one I love (the other), to know that writing compensates for nothing, sublimates nothing, that it is precise-

Why do YOU write?

Would you like to keep the discussion "Why I Write" going? Send your comments to chatham.writers.corner@att.net

ly there where you are not — this is the beginning of writing.' (Fragments of a Lover's Discourse, p. 100)."

Michaelsen is a writer/poet living in New York City.

Walter Bennett: Soooo ... people write to get closer to themselves and to say things to others, out of need and compulsion, out of joy and sadness, out of inspiration (from without or within), out of appreciation for and quest for beauty and enlightenment, out of commitment and desire. I did not hear a word about money. As a former professional, I find this amazing and perverse in a way: to do something purely out of inspiration and the value of doing it? Walt Whitman notwithstanding, it seems un-American.

"Having just received another rejection slip for my novel ms., I've had to ask myself again during the last week whether it's worth it to keep writing. That was a tough question a year ago. But somewhere during the past year I crossed a psychological line. I'm in the same boat with Judy Hogan now: I don't really have a choice. That seems perverse to me — to be wedded to an activity (particularly a nonpaying activity) in such a way that you can no longer imagine your life without it. The stakes seem very high in such a life. That degree of commitment/need/compulsion can lead to a lot of things, both good and bad, and, life being what it is, it will almost certainly lead to both. And, as Judy Hogan says, now there seems to be no choice in it. Even when I'm not doing it, I'm 'doing it.' It's as bad as practicing law."

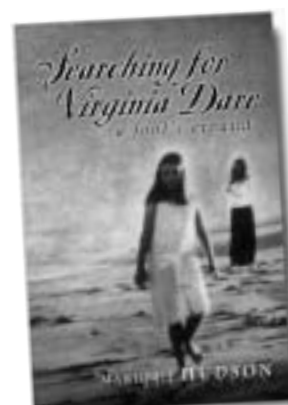
Bennett is a novelist, rabble-rouser, attorney, and teacher, living in Orange County.

Note: All workshop writing and "chat" excerpts used with the author's permission. Copyright held by individual authors.

To contribute a page of poetry, fiction, or essay material for publication in Chatham County Line, contact Marjorie Hudson at chatham.writers.corner@att.net.

CHATHAM COUNTY LINE RACK LOCATIONS

- GOVERNOR'S CLUB ■ PITTSBORO: Senior Center, CCCC, Ronnie's Quick Stop, Pittsboro Memorial Library, Pittsboro General Store, Cane Creek Video, Lowe's Foods, Thrift Store, Food Lion, Cooper Gas Station (15-501), Frosty's ■ SILER CITY: Chatham County Chamber of Commerce, Food Lion, BP Gas Station, Wren Library, Tienda Romero, Best Foods, Chatham Pharmacy, Servco Gas Station, PTA Thrift Shop, MovieMax Video, CCCC, Pantry, Helping Hands Center, Hispanic Liaison, Tienda Diana, Tienda Gabriel, Tienda Guerrero ■ BYNUM: Tuck's Country Store ■ CARBORO: Weaver Street Grocery ■ CHAPEL HILL: Chapel Hill Library, Wellspring Grocery, Davis Library, Student Union, Undergrad Library, Chapel Hill Senior Center ■ COLE PARK PLAZA: Lowe's Foods, thrift Store ■ FEARRINGTON: Market Café and McIntyre's ■ GOLDSTON: Goldston Library ■ JORDAN LAKE AREA: Amoco, (Hwy 64), Topp's Station (64/Mt. Gilead), BP (Wilsonville), Phillips 66 (Wilsonville), Carolina Meadows Center ■ MONCURE: Fast Serve Market and Mini Mart (by US1)



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Carrboro Farmers' Market loses longtime manager

By Julian Sereno

For the past eight years, you could pretty well count on finding Karl Schaefer between 7 a.m. and noon on Saturdays — from the first day of spring to the last day of autumn — at the Carrboro Farmers' Market, where Schaefer served as market manager.

That will no longer be the case as the Carrboro Farmers' Market prepares to open for its 25th season on March 22. The Market has started looking for a new manager after Schaefer presented a letter of resignation to the board at its Feb. 10 meeting. His resignation came days after his return from Uganda, where he participated in teaching workshops on an expedition sponsored by the North Carolina Zoo.

"It was really hard to resign," he said. "I feel incredibly proud of what we've been able to accomplish. What the Market does for small farmers, the whole community, the people who shop, the vendors, I could write a book about it. The stories of the people are incredible. I'm honored to have been there for eight years."

Schaefer seems like he was born to be manager of a farmer's market. He grew up on a 160-acre dairy farm in southwestern Wisconsin one of nine siblings. "I learned how to swim when my brothers and sisters used to push me off a bridge into the Platte River," he laughed.

As a young man, "I lived all over," he said. He got work as a brakeman for the Burlington Northern Railroad, on a run between La Crosse, Wis., and Minneapolis. He moved to Northampton, Mass., where he became general manager for retail sales for Bart's Ice Cream.

"In '86 I met wife-to-be, fell hopelessly in love, moved to Kansas, went back to school and got my teaching degree," he said. He studied at the University of Missouri-Kansas City.

"Nancy and I decided we wanted to leave Kansas," said Schaefer. "We had heard the Jesse Helms quote that Chapel Hill should have a fence around it. So I knew Chapel Hill would be perfect."

As a male elementary school teacher, he was courted as a member of a minority group by a number of school systems. He took a job at Culbreth Middle School in Chapel Hill as a 6th-grade teacher for the '93-'94 school year.

"In fall of '94 I started looking furiously for a part-time job," said Schaefer. "I spotted the ad in the News of Orange County. For the interview, we met at Town Hall. They asked if I had ever been to the Carrboro Farmers' Market and I said, 'No.'"

He started in spring '95, the first non-vendor manager of the Carrboro Farmers' Market, never even having been to the Market until his first day on the job. That season was the last at the Market's location on Roberson Street.

"The Board of Directors gave me all kinds of information and helped me settle in to the job of manager," he said. "In '96 we moved to the present location. I'll never forget, I saw Neil Pederson [superintendent of Chapel Hill Carrboro Schools] at the market. He said, 'I didn't know you did this.' I said, 'I do this so I can afford to teach.' If you calculate it out, I made more at the market."

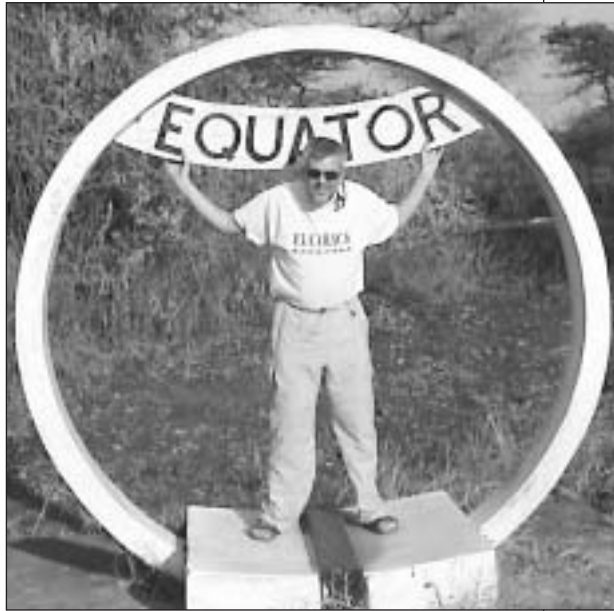
As manager, he participated in the move to the new market site on Carrboro Town Commons and developed the Market's web site (www.carrborofarmersmarket.com).

As a teacher, he moved from teaching science to 6th graders to teaching it to 8th graders. Schaefer also became one of the technology resource officers for Culbreth, the go-to guy for every-

thing to do with computers. In '97 he began leading workshops to teach technology to teachers through LEARNNC.

"After training lots and lots of teachers and administrators, I got really good," he said. It is this expertise that led him to be invited to Uganda.

In '99, Schaefer took a job as tech-



Karl Schaefer straddles the Equator in Uganda, while on a technology education expedition.

PHOTO CONTRIBUTED BY KARL SCHAEFER

nology teacher for grades 1-4 at Durham Academy. A year later he became chairman of the computer department for the school.

Schaefer's increasingly demanding work schedule led to his decision to leave the Carrboro Farmers' Market, which requires rising before dawn every Saturday the market is open.

"I was really proud to be manager of the Carrboro Farmers' Market. It is such a remarkable community asset. Some people don't know how lucky they are to have it."

Julian Sereno is editor and publisher of Chatham County Line. Disclosure: He also works for the Carrboro Farmers' Market as public relations consultant.

Trip forges ties between Uganda and North Carolina

Karl Schaefer's skill at teaching technology provided him with a ticket to Africa for a trip that turned into a life-changing event.

"I did a workshop at the North Carolina Zoo with teachers from Chatham County," Schaefer said. "Joy Hamlin is Curator of Education at the Zoo. Mark MacAllister, with the Zoological Society, used to be MIS director for Chatham County Schools. They scouted schools in Uganda last year. This year they invited me."

So Schaefer packed up some technology and headed to East Africa. "Apple donated an iBook laptop, AlphaSmart donated 60 portable word processors and Eveready donated 1,000 batteries. We left all of those for the teachers in Uganda," Schaefer said.

"We did a workshop on 'Food, Land and People.' I overlaid the technology on top of that curriculum. I taught them how to use a digital still camera and a digital video camera, which they had never seen, and a laptop computer. They'd never pushed a button on something and then seen something happen. The teachers in

Uganda were among the most professional, involved teachers. Strip away the distances, and they were a group of teachers no different from here.

"They wanted to introduce poetry. They taught us about drama, dance and music. After the three-day workshop we went on safari. When we came back, the teachers and students put on their program for us."

Linked to their Uganda colleagues by the bonds of friendship and respect, the group came home with a wish list of supplies that they hope to send back to Uganda. High on Schaefer's list is a laptop computer with a satellite hookup so the students in North Carolina and the students in Uganda can communicate.

— Julian Sereno

Lack motivation to get fit? Enter an event!

By David Williams



Have you already lost track of your New Year's resolution to get in better shape or lose

weight? Often, this is the result of goals that are too general or without an endpoint. To get past this obstacle, consider entering an athletic event. This area abounds with opportunities to enter running races, swim meets, triathlons, or other such races. With a goal race in mind and money invested in the entry, you will be more apt to stick to a program to complete the race at the best of your ability. In the process you will get more fit and probably lose weight if needed.

So you are not a competitive person and do not like to 'race' against other people. I have heard this several times, along with many others who say they avoid entering events because they are intimidated or feel they are not good enough. Nonsense! Just because you entered does not mean that you have to contend for the win. Just finishing is often a major feat worthy of elation and praise. There is nothing more thrilling than finishing an event or beating a personal best time once thought out of reach. Have you ever seen the finishers of the Ironman on television? The event does not have to be an Ironman to elicit that feeling.

Try talking a friend, spouse, or family member into training with you. This helps you to enjoy the training more and it feels great to inspire others to get into shape. Another option

is to look for training groups in the area or groups such as the Leukemia Society. Contrary to popular opinion, most groups offer a variety of skill levels to accommodate everyone. Inquire at a local running store, pool, cycling shop, etc. to find training groups. By training for and completing a race with a friend or group, you will be forging memories and relationships that will last a lifetime!

Another advantage of entering races is that experts can help you train safely and to the best of your ability to offer an optimum chance for a fun program with a successfully achieved goal. Strongly consider hiring a coach or trainer to help you build up to your goal. A good coach or trainer will be able to help you train with your strengths and weaknesses and help you fit your workouts into your busy schedule.

So, find an event and go for it! You will be more likely to stick with your program and lose weight, all while getting more fit than you have been in years in the process. Then you can be one of the very few to say that you achieved that New Year's resolution!

Lists of local events can be found on the web at www.set-upinc.com for local triathlons, www.ncmasters.org for local swimming events, or www.coolrunning.com for local running events. There are many other types of races and opportunities that you can find if you look around.

David Williams is co-owner and coach of Triangle Multisport. He is a USA Triathlon certified coach, the NC masters swim team coach, and has qualified for both the Olympic and Ironman distance 2003 World Triathlon Championships.

Joy of serving others

Outreach health services for the elderly

By the Rev. Bertha Thomas



Returning to my native Chatham County in the mid-1970s, I was surprised and thankful to learn there was an agency in Chatham to supply aid to the homebound. We always had health nurses who traveled as far as possible to share needed services with the sick and shut-ins, but now we had an agency for that purpose. I needed a job so I checked in with the Council on Aging.

I had been blessed the years I was away to study nursing, and I had worked nine years as a Nurse Assistant in a hospital.

I spoke with the Coordinator, Ms. Elsie Cunningham. They had hired their limit for the present time. But for some reason she and her assistant, Ms. Helen Stovall, and the secretary, Yvonne Seagroves, devised a way to hold me. They created a trial position for me. I became the first "Friendly Visitor" for the county. I visited four clients each day for two hours each. They talked to me about everything: their happiness, sorrows, everyday cares, family, neighbors, loneliness, their memories of their lives of yester-year, and their dreams for the days ahead. They were excited and grateful to have a "friendly visitor." They refused to leave home on the day of my visit.

One man said, after telling me the stories of his younger days, "I can't talk to everyone like this. They would think I was losing my mind."

The ladies would share special events with me. My job required love, patience, and the wisdom to let the other person share his or her inner feelings. I was blessed beyond measure. I learned a new way to serve others, through listening and patience. If they asked for advice, I tried to share their feelings, but I let them lead the way.

After awhile other counties adopted this

visiting program. During this time Ms. Stovall left us, and Ms. Eleanor Corns became the supervisor of the "In Home" health aides. The need in the county was great and the number of aides kept increasing. Ms. Cunningham needed help, and Ms. Corns became Coordinator, and I became the Supervisor of the "In Home" aides.

Home health nurses went all over Chatham County, which is very large. We went wherever the need was. We were blessed to have aides who loved their work, the patients, and were dedicated to helping others. As the Supervisor, I also visited all these patients to support the aides and to show the patients we cared beyond the call of duty.

During this time the office staff encouraged me to get my GED and then to go to college. I was 59. Nothing is impossible if you press forward to achieve your goal. Not only was I blessed, but the patients we served were blessed and loved. We found not only sick bodies needing help, but their minds needed help, too. Some of them needed repairs in their homes and other things. The Council on Aging did what we could with the resources we had. It was a joy to see the smiles of those we visited. I am thankful that the Council on Aging is still carrying on this work in Chatham County.

The "Friendly Visitor" program now uses volunteers. As long as there is life, there will be this need. Someone is waiting now for a friendly visitor. For more information about their programs for the elderly, contact the Council on Aging: 542-4512 or www.chatham-councilonaging.org.

The Rev. Bertha Thomas lives in Moncure near where she was born. She holds both a Bachelor of Theology from Shaw Divinity School and a Bachelor of Arts in Theology from Shaw University. She serves as Associate Minister of the Mount Olive Missionary Baptist Church in Moncure and for many years did a weekly radio program on the Sanford Gospel station WXKL-AM. She still enjoys visiting the sick and elderly.

Fitness should last a lifetime

By Don Lein

A number of the organizations I am affiliated with frequently discuss recreational activities and opportunities. Invariably, we wind up discussing two groups of people, the young and the seniors. The young need to be provided with fields upon which they can play sports such as soccer, baseball, and softball, among others. The elderly need recreational opportunities because a number of them are recovering from some disease for which exercise has been prescribed or they are trying to forestall the onset or impact of diseases that afflict older folks.

This preoccupation with young and old in itself is fine, but what happens to the intervening four decades of our life? Our health at age sixty has more to do with what we have done from ages 20-60 than what we did in ages 0-20. We need to be active every decade of our life.

A recent study has divided people into five classifications regarding fitness. Many of us have spent a lot of time and effort trying to move people up the activity ladder. The levels are:

Level 1 — Inveterate Couch Potato - Only a personal tragedy or personal trauma will unglue this chap/ma'am from the TV screen or video display. Obviously enjoys watching someone else's activity.

Level 2 — Recognizes the value of exercise/activity to their well being, but can't find the time to do it right now — maybe in six months, when things "settle down". Might be a Level 1 person who has taken their eyes off the set and looked at the scales or tried on last year's bathing suit.

Level 3 — Recognizes the value of activity/exercise and really wants to get started, but doesn't know where or how. Probably has some misgivings about entering into some activity which will flagrantly show how out of shape they are, or where they will be commingled with some young hard-bodied health nuts.

Level 4 — Is in the first stages of an exercise program. Is very vulnerable, at this stage because they haven't, as yet, realized the benefits of exercise on their physical or mental well-being. Recidivism is very common at this level. Encouragement and a support group are extremely important, as well.

Level 5 — Committed Exerciser — One who has done it long enough (six months or more) and intensely enough to have derived benefits from exercise. There are gradations in this category ranging from consistent walkers to committed runners (myself included). Many people in this category will have lost lots of weight, had to buy different size clothing and are almost "addicted" to their daily or, at least, 4-5 times a week activity.

What kind of activity? The rule of thumb is an activity that elevates your heartbeat somewhat and keeps it elevated for 20-30 minutes, a minimum of three times a week. Obviously brisk walking, jogging/running, competitive sports are good candidates. Golf would be good if you were a duffer and traversed the rough enough. Swimming would seem to be okay, but look at the whale! Do something you enjoy and do it with some friends, i.e., a support group.

Finally, whose responsibility is it to get you in shape? The same person whose responsibility it was to get out of shape. Notwithstanding tort lawyer's visions of their next Lamborghini or their fourth home, to keep up with the Edwards, that will come when they are finally successful in bringing MacDonalds, KFC et.al. to their knees, the responsibility is yours and yours alone. There are plenty of folks to help you in your efforts and a number of us who are trying to give you better venues than concrete sidewalks inhaling exhaust fumes. If I can help in any way please let me know.

Don Lein is President of the Chatham County Parks Foundation.

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Melding ancient and modern medicine

By Amira Abdelkader



I was born and raised in Cairo, Egypt, and moved to the USA back in 1974, with a father of Egyptian heritage and a mother from Belgium. I was surrounded with a culture and tradition of natural healing. When I came to this country in 1974, life changed. I pursued my goal of becoming a nurse, and thought that high-tech, modern medicine was the way to go.

After a decade or so working in the surgical trauma intensive care unit at UNC Hospitals, Chapel Hill, I did something you don't often see in a conventional medicine practitioner. I started a holistic, alternative medical practice in my home in Pittsboro, advocating a hybrid of medicine that is part folklore, part ancient wisdom and part rigorous nursing school

training.

I believe that integrating the various medical disciplines produces a preventive approach to the kinds of health problems that I see every day on the job — contrary to the widespread perception that the two disciplines are self-contained, separate, mutually exclusive realms.

Everybody asks me that question. "Here you are, working in the high-tech medical field and now you're doing this!" And I say there are a place and a time for each. We do a good job with the high-tech, and we've seen incredible comebacks. But my purpose is to be preventive, to integrate these approaches and to prevent people from coming to the state where they need that (conventional) medicine.

Upon my recent return from my trip back home from Egypt, I realized my holistic inclinations and Islamic religious beliefs may be attributed to my heritage. All these holistic healing

modalities, when I read about them, they're ancient Egyptian practices, Arabic and Islamic medicine. As far

Neighbor to Neighbor

back as the Pharos, they treated with herbs — you can see it written and designed on walls of the tombs — and also aromatherapy and massage. The cupping therapy has been one of the (sona) main methods to heal themselves in Islam.

My son, Jamel, had ear infections when he was 3 years old, and I tried "ear candling." In this practice, a thin stream of smoke pours out of the end of a candle inserted in the ear and gently loosens wax blockage and decreases fluid build up.

He also needed to build up his immune system with good nutrition and supplements. To heal something, you want to prevent it from getting

worse. That's the concept with any kind of disease.

That is my concept with all my clients. Let them see themselves as a whole, body, mind and soul. And if they see themselves as being well and wanting to improve their well being, half of my work is done. Now I can apply all my different modalities to help them reach their goal to an optimal health.

I feel that these types of treatments and techniques are gaining credibility within our community, our health institutions and around the world. In our present fast paced society, we need to take a step back and look at our health. If we weigh the pros and cons of any health choice, we would facilitate the decision making towards better health and comfort.

My goal is to bridge the high tech and alternative medicine approaches by providing education of a healthy lifestyle, nurturing touch and care for my clients.

Astrology, map to new understanding

By Lynn (Monson) Hayes

Astrology is the study of the symbolic meaning of the planetary bodies that make up our solar system, and of the relationships that those bodies make to one another. In ancient times astrology was used as a predictive tool to forecast the fate of kings and nations. In later times, as astronomical tools became more sophisticated, the use of astrology became more specific and more involved with the study of the planetary symbols as they relate to the individual.

The foundation of an astrological analysis of an individual is the horoscope or birthchart, the map of the sky at the time and place of the birth of the individual. The birthchart is similar to the ancient maps of the solar system, showing the placements of the planets and luminaries (the sun and moon) from the perspective of the individual; hence, astrology is considered to be "person-centered." The birthchart is then divided into twelve divisions, or "houses," each of which represents a sphere of existence and personal development.

Astrology has traditionally been a method of forecasting the future, and in fact there are many astrologers still practicing today who take a fatalistic approach to the birthchart (i.e., Saturn is square your Sun, you will die young). This approach assumes that we do not control our own destiny, but it is in fact mapped out for us and we are just motorists in a vehicle that is programmed for a certain destination. The more humanistic approach to astrology originated in the late 1960s and has continued to develop into a sophisticated psychological tool. This approach recognizes that although certain aspects of our physical being and personality are predestined, we are given the free will to make choices that will affect the outcomes of the crossroads of our life.

The symbolism of astrology includes "planets" (including the Sun and Moon), the "signs" of the Zodiac, and the houses in which these symbols are

placed. The planets describe a function of the human personality, the sign that the planet is in describes the way in which that function is likely to be expressed, and the house placement shows the area of life that is likely to be impacted by the expression of the planet. The angles that the planets make to each other describe the way the various functions interact within our being, and illustrate where internal conflicts may be present, as well as indicating where our strengths and talents lie. This knowledge can lead to increased understanding of our inner motivations and help us to maximize our potential as unique human beings. I have found that the birthchart is a map to help navigate the best path to our destiny.

Astrology can also be used in other ways. "Synastry" is the use of astrology as a tool to better understand the intricacies of relationships. Two birthcharts can be compared to discover how the energies of the two individuals combine in relationship to each other, and to see where potential disharmony may lie and how it could best be averted.

"Transits and progressions" are terms for the study of the angles made by current planetary placements to the birthchart ("transits") and the evolving birthchart as it changes over time, while "progressions" determine the cycles and growth that the individual is likely to experience in a given period. In this way periods of crisis can be managed by determining the influences that are operating and how best to navigate the rough waters.

In selecting an astrologer, it is generally a good idea to spend a few minutes talking together. Good communication skills are essential for the practicing astrologer, and it is important that you feel comfortable with them. You may want to ask about their level of experience, although this is not necessarily as important as their skill level so long as it is commensurate with the fee that is charged. Most astrologers in our area charge between \$60 and \$180 for a reading. You will want to ask the astrologer what will be cov-

ered during your appointment time. If you are seeking information on a specific area, you will want to be sure that the astrologer has some understanding of that area. For example, if you are seeking advice on where to relocate, you will want to work with someone with knowledge on relocating charts. If a medical problem is the issue, you will want to see someone with experience in medical astrology.

Once the astrologer has been selected, they will need your birth data to calculate the birthchart. Most astrologers will want to calculate their own charts even though you may have already had it done, and thanks to computer programs this is now the easiest part of an astrological reading. Your birthdate is essential, and the time and place is extremely helpful as it sets up the rising sign, the placement of the Moon, and the structure of the twelve houses. If you do not have your birth certificate, you can write to the Records Office of the town where you were born. Many astrologers see clients in their homes or offices, but telephone appointments are usually also available or the astrologer can simply tape a reading and mail it to you if you live out of town.

Despite the skeptics that have hounded astrologers throughout the ages, astrology continues to be as popular as ever. I have never seen a skeptic who was not convinced after having their birthchart interpreted by a competent astrologer!! Whether you are looking for the right career, need help with relationship issues, or going through a rough time in your life, astrological counseling can provide the keys to help you to unlock the door to self-knowledge and ultimate freedom.

Lynn (Monson) Hayes will write regularly about astrology for Chatham County Line. She has been a practicing astrologer since 1981 and is founder of AstroDynamics. She can be reached at 968-9989 or you can find out more about the way she works at www.astrodynamics.net.

ATT

continued from page 7.

board they purchased.

The Chatham County portion of the American Tobacco Trail will be the central link in a continuous greenway and trail system that will connect the Eno River with Jordan Lake as well as to other greenways in the Triangle. Durham, Morrisville, Cary and Apex

are have built or are planning greenways to connect to the ATT.

The ATT in Durham is already a designated portion of the East Coast Greenway, an "urban" Appalachian Trail, designed to connect off-road pedestrian, cycling and equestrian greenways, trails and paths up and down the East Coast. The East Coast Greenway will run from Calais, Maine to Key West, Florida, and right

through Chatham County.

The vast majority of users will be folks who live near it. School children and adults will use the ATT for nature study and appreciation. Kids can ride their bikes safely to play with friends and family. Families will be able to ride their bikes together from Chatham or Wake counties to the movies at the Streets of Southpoint Mall or to afternoon Durham Bulls

games.

Though it has been a long time in planning and building, and we've still got a ways to go, the ATT promises to be the Treasure of the Triangle.

Bill Bussey is president of Triangle Rails-to-Trails Conservancy Inc. and chairman of the Chatham Trails Committee. He can be reached at bill-bus@gte.net.

Students learn fitness is fun

By Beth Snider and Christie Tuite

Studies show that physical activity has positive effects on health and wellness as well as on the ability to learn. At a time when America's children are more obese than ever, local elementary, middle, and high schools take initiative in improving the wellness of students. Chatham County teachers are making fitness fun for their students while using the North Carolina Standard Course of Study in Health and Physical Education as a foundation for the courses they teach.

The months of November and December held exciting activities for the fourth and fifth grade students of Perry Harrison School. Jim Hart, physical education teacher, began a program incorporating bowling into the students' fitness routine. Hart and his students turned their gym into a bowling alley to learn more about this popular sport. As a reward for their hard work in the gym, the students were taken to Mardi Gras, a Durham bowling alley, for a morning full of festivities.

Hart, along with Ricky Fuquay of Bonlee School, also has his third, fourth, and fifth graders currently taking part in the President's Challenge. This program gives the students the opportunity to compare their fitness level with other students across the country, bringing a new competitiveness to being fit.

Hart is also very excited about the new program beginning in the spring called Run Across America. The kindergarteners through fifth graders will run, walk, or jog, for 20 to 30 minutes consecutively, and earn credit for each lap accomplished. Hart set up a map to chart the students' progress, after 400 miles on the first day the students are well on their way of hitting their target, Hollywood.

In March the 4H program and Vernon McHamm will also sponsor the fourth-grade students of Perry Harrison in a Basics of Bicycling program. "The unit will teach students how to ride if they do not already know, safe ways of riding, how to check your bike to make sure it is safe and traffic safety when riding on the road," said Hart.

At North Chatham School, physical education teacher Doug Horton also co-sponsors this six-week bicycling program for his fourth grade students. In November, Horton developed a Jump Rope project for grades three through five. The forty participants will perform in and around their school.

At Siler City Elementary School, P.E. teacher John Clarke's first through fourth graders can be part of a year-long Kangaroo Club that involves charting the number of consecutive jump rope repeti-



Siler City Elementary School P.E. teacher John Clarke works with students in the school's multipurpose room.

CONTRIBUTED PHOTO

tions a student can do. Members of the Super Kangaroo Club qualify by being able to do double the number of reps generally charted. Fourth graders who are interested in running have the opportunity to participate in a running club that is a supplement to time spent in regular P.E. class.

Students at Silk Hope School are also in for an interesting year of progress under the supervision of physical education teacher Kelly Marshall. Third through sixth grade students have recently completed the Fitnessgram. This program consists of five tests: aerobic capacity, abdominal strength, upper body strength, flexibility, and measurement of body fat.

Marshall hopes to use the information discovered about her students initial level of physical fitness as a pre-test. She will measure and test again in May as a post-test to track her students progress and newfound knowledge about wellness.

"I wrote a Chatham Education Foundation grant (for \$1,130) and was able to purchase seven heart rate monitors that we used during the fitness test, and will be using in class the remainder of the year," said Marshall.

Chatham Middle School physical education teacher Jimmy Bruno uses a bit of a different approach to teach his students about the importance of physical fitness. His students use activity logs to track the exercises they complete everyday in and out of the classroom. Every nine weeks the students receive new logs with several choices of activities, each with different point values varying in the time spent on completion. When the students complete their exercise they get credit for that class period.

The students also have the opportunity to learn positive wellness habits in their own homes. On the days Bruno does not see his students, they may also pick activities to complete at home or in their surrounding neighborhoods. The log must be signed by

a parent or guardian at the end of the week for students to get credit for practicing positive habits outside of the classroom.

Chatham County high schools also offer a wide variety of higher level physical education courses, in addition to the state required introductory Health & P.E. class. Nutrition, substance abuse, mental health, and consumer health are among the units students explore in health class. Students may choose from an assortment of classes such as Advanced Conditioning, Weight Lifting, and Advanced P.E. The multitude of after school sports in the middle schools and high schools also make physical activity a social event and a way for students to learn teamwork.

Four school nurses are key resources for promoting good health practices on-campus. The school nurses assist the Chatham County Health Department in giving sixth graders Hepatitis B shots through a state-supported program. In addition, they are available as resources to classroom teachers to share their knowledge related to the medical field. For example, Tina Harris taught CPR to seventh graders in one of her assigned schools. The nurses also counsel students on health-related issues.

Through a variety of innovative programs, staff in Chatham County Schools are continually working to encourage their students to strive for excellence in health and wellness. Jimmy Bruno, of Chatham Middle School, summarizes the goals of these educators. Bruno hopes to teach his students that being active every day is a healthy lifestyle. "I try to show them that it doesn't take a whole lot of exercise to live an active and healthy life," said Bruno.

Beth Snider is Public Relations/Community Schools Coordinator for the Chatham County Schools. Christie Tuite is an intern.

Northwood's spring musical will be 'Forum' for comedy

By Amos Vernon

That's right, ladies and gentlemen! Northwood High's seventh annual spring musical is just around the corner. This year's show, "A Funny Thing Happened on the Way to the Forum," was chosen in early fall. Auditions were held and roles announced, just after Winter break. Since then, the Arts Education Department has been working on a show that they are sure will meet the ever rising standards placed upon Northwood productions.

It is agreed by all that this year's production is unlike anything Northwood has done before. "The students expressed an interest in doing a different type of show ...," said Director Lori Carlin. "Our previous productions have primarily relied on the 'classics' in musical theatre."

A plethora of talent shares the spotlight. The main character, Pseudolus the slave, is played by Mark Clapp, a senior in his fourth Northwood musical. The head of the house, Senex, and his wife, Domina, are played by juniors Forrest Mason and Sidney Dixon. The love-sick son, Hero, is played by senior Jon Spoon. The virgin courtesan, Philia, who is played by senior Jennette Munn. The strong and brash warrior Miles Gloriosus is played by Andrew Krupp. The "buyer and seller of courtesans" (for lack of a better phrase) is played by sophomore Tony Strowd. I play Pseudolus' brown-nosing-worry-wart chief, Hysterium.

Amos Vernon is a junior at Northwood High School.

school briefs

Brenda Griffin named Principal of Year

Brenda M. Griffin was named the 2002-2003 Chatham Schools Principal of the Year at a ceremony Feb. 4. Griffin has been the principal of Chatham Middle School since 1986. Griffin began her career as a first grade teacher after graduating from Campbell University. She also served as assistant principal of Pittsboro Elementary.

Parent Resource Center helps students

The Chatham County Title-1 Bilingual Parent Resource Center offers many resources for parents who want to help their children learn. It is located in Sage Academy, across from the Intake Center, at 439 M.L. King Jr. Blvd. in Siler City.

The Center offers a homework hotline, lending library, Internet access, educational games and software, and classes in computing, ESL and family literacy. All services and resources are offered free of charge to residents of Chatham County.

The bilingual center's hours are 8 a.m. to 5 p.m. Monday and Friday, and 9 a.m. to 8 p.m. Tuesday, Wednesday, and Thursday. 663-4833.

Seeds of social wellness

By Karen Ladd

"Wellness begins at home, (and) is the voice of the world," according to Sir Thomas Browne. Since 1982, Family Violence Rape Crisis of Chatham County has been promoting safety and respect in the family and in the community. Their mission statement states, "Because we believe violence in the home generates violence in the community, and because we believe that it is an inherent right to be safe in one's home and community, we work aggressively to empower families to live free from violence and abuse through programs of education, prevention and intervention.

Jo Sanders has been the Director of FVRC since 1988. As a newly single mom having just finished her master's degree in Social Work, she answered a newspaper ad for the position. Since then, Sanders has been instrumental in the growth of the agency and its programs. Her staff of paid and volunteer persons is passionate about their work.

CCL: Education has been a big part of FVRC's work. Can you tell me a little about your schools program?

Sanders: The school program started in 1984. The program started with two grades then went to three, and now we have counselor educators in four grades, Fourth, Seventh, Eighth and Ninth.

CCL: What kinds of things do

To contact FVRC to volunteer or to make a donation, call 542-5445. If you are in crisis, or need to talk with a skilled listener, call the FVRC Hotline, 545-0224, open 24 hours a day.

the kids talk about or hear about?

Sanders: They learn what is appropriate in the first program in grade school. They learn the difference between discipline and abuse. They learn what is safe touch – the difference between good touch and bad touch. They learn about discipline, which kind is and is not appropriate, and they also learn about sexual abuse in language and terms which is not threatening to them.

CCL: Are the children given a way to report abuse in their lives?

Sanders: They are given the opportunity to meet privately with one of the counselor educators (C/E's) after the program is presented Each year, our C/E's teach about 2,000 kids, in grades 4, 7, 8 and 9. There has been a great demand for doing sexual harassment education, and that's what we do in the eighth grade. From those 2,000 kids, about 200 kids are seen individually. Out of those 200 students who self refer, by no means do all of them have to be reported to some official agency. Reports of any kind of abuse to

Social Services are just a small percentage.

CCL: How do you teach young adolescent girls to respect their own bodies and their own stories?

Sanders: One way is through our school program. We talk about dating violence and sexual harassment. That those things are not O.K. That if a boy's attentions are hurtful, they are not love. We try to educate parents, too. We have a good target audience with the parents who are our clients. We have some good intervention counseling programs about children. We have Family Advocacy programs, which are funded largely through the Chatham County Partnership for Children, Smart Start and Safe Start.

CCL: What happens when a woman calls you and wants to report abuse?

Sanders: We train our staff and our volunteers to be first and foremost good listeners. To listen to what that woman wants to say, and what she thinks she needs. Sometimes, if she's in a state of crisis, she's confused about what she wants. We are trained to let her know all the different options available to her, from doing nothing but just talking to us about it, knowing that we're here for her, all the way to the steps she can take in criminal or civil court. Or that there's protective shelter, or support groups available. And then we encourage her to try to decide what she wants to do.

For the past couple of years, FVRC has been asking people who want to donate clothing for the shelter residents to give clothing to the Pittsboro PTA Thrift Store in FVRC's name. A shelter resident can then be given a voucher, which she uses to buy clothing of her choice at the thrift store. It's just another way in which FVRC is teaching women to make healthy choices. It may seem like a small gesture, but for women who have been physically or emotionally battered, it is a step toward independence.

Now, under the creative planning of Linda Booker, an active FVRC volunteer and former staff member, the agency has opened a clothing thrift store carrying top quality apparel, including business and evening wear as well as sports clothing: Second Bloom Thrift Shop, on Hillsboro St. in downtown Pittsboro. According to Sanders, there are many thrift stores around the state of North Carolina, which are run by Domestic Violence and Sexual Assault programs. They have proven profitable.

Second Bloom is hosting a cocktail party fundraiser at the Carolina Club in Chapel Hill Thurs. April 3, 5:30 – 7 p.m. For reservations and directions, call 545-5565. Deadline is March 27.

Karen Ladd mixes her backgrounds in pastoral ministry and art in her message therapy practice.

Moncure air woes warrant vigilance

By Judy Hogan

The Southeast Chatham Citizen's Advisory Council (SCCAC) assembled quite a number of experts on air quality for their regular monthly meeting on Jan. 21. Jane Gallagher, a toxicologist and Chatham resident, provided the community group with options for keeping air issues under continued close watch by the N.C. Division of Air Quality (DAQ) and raising the level of awareness to the Regional 4 (Southern Region) of the Environmental Protection Agency (EPA), which has authority over the state agency.

One option is to apply for community outreach money at the EPA for real-time monitoring of the air. The technical portion of the grant is complete. Taken together with the report by the N.C. State University students highlighting the problems related to high emission levels for toxic chemicals, the community has a chance to be recognized at the federal level. Other federal grants available to communities bearing a disproportionate share of the negative consequences resulting from industrial operations are also being considered by the SCCAC.

Three professors from NCSU, Dr. Steve Peretti and Dr. Lisa Bullard of Chemical Engineering, and Dr. B. Bernold of Civil Engineering, also attended, with 11 students in those fields, who will do a community project this semester to help Moncure with its air and ground water pollution problems. A committee (Evelyn Cross, Valerie Jones, Jack Tilley, and Steve Brown) was set up to work with the students and to guide them so that their project would be as beneficial as possible.

Donald van der Vaart of the Permits Section of

the N.C. Division of Air Quality (DAQ) introduced Mark Yoder of his section, who explained to the audience of 60 the results of their computer modeling of SO₂ (sulphur dioxide), formaldehyde, and PM 10 (fine particulate matter such as smoke).

For the first time the DAQ has implemented the "Multiple Facilities Rule," which ensures that the combined emissions of facilities close together do not adversely affect human health. The air emission data comes from eight different industries, close together on Pea Ridge, Corinth, Brickhaven, and Christian Chapel Roads in the southeastern tip of Chatham, near the headwaters of the Cape Fear and Harris Lake. They are: Sierra Pine, Progress Energy's Cape Fear coal-burning plant, Dynea, Weyerhaeuser, General Shale, Triangle Brick, S.T. Wooten asphalt, and Honeywell.

Current modeling information is sufficient evidence for DAQ to insist, under both the "Multiple Facilities rule" and the EPA standards for ambient air, that the companies lower their emissions, according to Mr. van der Vaart. They give proof that the SO₂, particulate matter, and formaldehyde are over the allowable limits, not for the individual permits, but for the ambient air, i.e., the air outside the plant which people breathe. This present modeling, which is being refined with more data gathered from the companies, shows that Progress Energy (responsible for more than 90 percent of the SO₂) is one-and-a-half times over its ambient air limit for SO₂, even though they don't put out all that they are allowed to by their state permit. Ambient air levels for particulate matter exceed the federal ambient air level standards one-and-a-half times what

is allowable annually and three-and-a-third times what is allowable for a 24-hour period. The formaldehyde level for ambient air is presently being shown by the modeling to be twice what it should be, and Yoder believes it may go higher as they refine the numbers. Sierra Pine is currently exempt from the N.C. air toxics rules and hence does not have a limit at present on its formaldehyde emissions, which in 1999 were the highest in the country and in 2000 were the second highest. Sierra Pine is responsible for 99 percent of the county's formaldehyde. The Division of Air Quality does have the authority through its Director, Keith Overcash, to require Sierra Pine to comply with the N.C. air toxics rules. If DAQ does this now, the formaldehyde emissions could be considerably reduced within two to three years. Formaldehyde, due to its high emissions (1000 lbs. a day), respiratory effects, and demonstrated carcinogenic effects in animals, is of particular health concern.

Kathy Hawkins of Progress Energy said that they were working pro-actively with DAQ. Other toxic releases from the Moncure industries being studied include hydrochloric acid, hydrogen fluoride, and lead. Other toxic releases include ethylene glycol biphenyl, acetaldehyde, toxic metals like arsenic and nickel.

Mr. van der Vaart told Chatham County Line that the modeling they hope to complete by mid-March gives them the authority to enforce EPA and state ambient air rules. He suggested SCCAC meet with the DAQ and insist that the air pollution problems be dealt with.

Judy Hogan is a freelance writer living in Moncure about five miles from the industrial area.

humor

Pros & Cones

By Carl Granath

The other night while navigating through the obstacle course known as 15/501 I was struck by a thought. Why are there so many "one-eyed cars" in North Carolina? Wait a minute. That was last week's thought. My latest pondering concerned the endless rows of fluorescent orange cones that border the highway for mile after mile after mile after... These bright plastic cones and cans with their reflective white stripes lead us along, in and out, around bends, changing lanes, dictating our every move, not unlike the Yellow Brick Road on the way to Oz. Or Pittsboro for that matter.

After several miles of maneuvering through these narrow confines, tensely trying to avoid the cones on the right and the manufactured home transport passing on the left, I realized how manipulated I felt. My goal was no longer finding my way home, it was now to play this reality game called "Try Not To Hit Something".

There have been documented tales from other parts of the country regarding motorists who've been similarly mesmerized by this orange menace. One man had turned off of the Garden State Parkway in New Jersey onto a highway lined with cones and followed them west, stopping only for gas. He ended up in the Arizona desert where the Border Patrol found him a week later just sitting there mumbling to himself.

Did you ever wonder who makes these ubiquitous items? Somewhere in the mysterious mists of manufacturing there dwells an unknown multizillionaire. A plastics czar who has more money than Bill Gates. Maybe almost as much money as Oprah. And he's not satisfied with his original sales to DOTs all over the U.S. He also employs a fleet of large dump trucks that sally forth at night to roll over and flatten large numbers of cones which have to be replaced daily. They look like plastic roadkill.

Naturally his stock must be soaring. I wish I knew the name of his company. Maybe it's ConeRon. Or ConeMart. Or something as mundane as McConical's Cone and Can Company. Whatever it's called, no doubt it's headquartered somewhere offshore as a tax dodge. Someplace in Mexico. Like Cancone.

Carl Granath is a writer and graphic artist who lives in Ferrington. He is also the cartoonist for Chatham County Line.



"The other doctor? He's just here in case you wanted a second opinion."

Errors erode media credibility

By R. L. Taylor

Media meditations

If you think media credibility has slipped a notch or two lately, you misjudge the media. It's even worse than you think. America considers them below trial lawyers and used car salesmen in credibility. That includes such staunch old favorites as the Associated Press, much of the print media, three cable news stations and the three networks with all their hired consultants to set us straight.

Early in January AP reported old Joe Foss, a Marine Corps fighter pilot over Guadalcanal in World War II and the first commissioner of the American Football League, died. Joe was also governor of one of the Dakotas. He was in his 80's, a real American hero. The AP story had some troublesome "facts," saying Joe was in the Marine Air Force and fought in the Air Force in the Korean War and won the "medal of honor."

As is my wont, I called AP's bureau and Raleigh and suggested a correction, namely, there is no such thing as the Marine Air Force and Joe Foss never was in the Air Force. The AP guy said, and I swear to this: "What proof do you have of that?" I said I thought every living American knew the difference between the Marine Corps and the Air Force.

AP was not moved and thought the difference was of no consequence. I told him last year AP filed a story that three American battleships left Norfolk for the Middle East although we have not had a battleship in commission in about 10 years. I had to add, "Well, that's two stories AP screwed up" and he objected and said he didn't have to listen to such trash. I didn't even try to explain just how brave you have to be to get the Congressional Medal of Honor. He probably didn't want to know anyway.

Cable news channels, in the meantime, are riding the talking

heads consulting experts to oblivion. Take the recent cloning frenzy fiasco. Two TV experts went right to the head of the line only hours after the story broke. They began predicting how individual senators would vote on a bill to allow cloning. Liddy Dole, they insisted, would be compelled to vote for human cloning because North Carolina has all those scientists in the Research Triangle Park.

Cable news execs can find an expert on everything from fire ants to fat back. There are more retired colonels in cable television than in the entire American Legion. I remember one predicted America could never win in Afghanistan because it was too cold over there. Another "colonel" turned out to be a former army sergeant who must have had some good laughs with people like the AP guy in Raleigh. Sergeants? Colonels? Who cares?

And who's telling the truth about network "agendas"? Well, it ain't the networks. I believe that five out of the six TV news organizations are steadfastly liberal. It practically pours out of their pores but not one of them will ever admit they made Rush Limbaugh a rich man. Rush is rich because millions—how about that, millions—of Americans are convinced network television is not fair to conservatives or conservative candidates. For the record, only Fox News with Britt Hume could be called conservative and Fox is racing past CNN in the ratings.

Senator Tom Daschle, who is tied with Trent Lott as the dumbest senator in Washington, whined and whined about Limbaugh, almost giving him sole credit for the Democrats' defeat in November. Limbaugh, of course, was ecstatic. The Democrats are now looking for a liberal radio talk show host to offset Rush. I believe it is part of their

thinking. Liberals never blames themselves; it's always somebody else's fault.

Some of us in this business lost respect for CNN way back in the Gulf War when Bernard Shaw and Peter Arnette were in Baghdad. Arnette showed a tape of an Iraqi milk plant that had been "bombed" by American planes. The tape showed a bunch of guys dressed in white coveralls running around inside a building. We knew it was the milk plant because the words "Milk Plant" were stenciled on their coveralls. "Milk Plant" was in English, not Arabic. I wonder if all Arab work clothes are marked in English.

One day, we ought to get into the 60 Minutes story about that famous North Carolina hero, Ben Chavis. But that will be another story for another day.

R.L. Taylor is a contributor to Chatham County Line. He has been a newsman for 50 years, working as a reporter, editor and publisher. He has also been an advisor to newspapers in Slovakia, Romania and Russia.

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Caminar, pedalear, y transporte público limpiarán nuestro medio ambiente

Por Gustavo Ocoro

Existen algunos temas que continúan apareciendo en nuestras noticias locales. Algunos de estos son problemas de salud, transporte, clima, desarrollo urbano, y política. Usualmente estos temas son tratados independientemente, pero yo los veo todos interrelacionados en sus causas, efectos y soluciones.

Mi hijo Santiago, a la edad de cuatro años, es una de las personas que sufre de una de nuestras enfermedades modernas, asma. El tiene parte en las estadísticas que muestran que el número de personas jóvenes sufriendo de asma esta creciendo. Los doctores relacionan este incremento en la mala calidad del aire.

Una de las razones de la mala calidad del aire que tenemos es debido a fuentes móviles, lo cual nos lleva al tema de transporte. La gente esta viajando mayores distancias para ir a trabajar, estamos utilizando muy poco el transporte público debido a que es muy escaso, estamos conduciendo vehículos muy grandes con baja eficiencia en el uso de combustible, y tenemos un número mínimo de pasajeros en cada vehículo. Muy pocas personas caminan o montan en bicicleta para ir a trabajar y hacer diligencias, principalmente porque no existe la infraestructura que permita esta clase de vida.

La clase de vida que se ha establecido en las comunidades del triángulo es aquella de conducir entre ciudades y el parque industrial triangular. Esta es una de las razones por las cuales vemos el desarrollo horizontal sin límites que se toma las zonas verdes. Con esta clase de desarrollo llegan residentes móviles que no se involucran mucho en la política local.

En una democracia, cuando alguien quiere ser escuchado, esta persona debe hablar. Yo he notado muy poco de esto durante las muchas veces que he

estado hablando con reguladores regionales. El mayor problema que yo encuentro con esta situación es que los políticos harán lo que es mejor para ellos, no necesariamente lo que la mayoría de la comunidad desea que ellos hagan. Una participación mínima fue lo que vi a finales del año pasado cuando el Departamento de Transporte del estado de Carolina del Norte (NC DOT) tuvo una audiencia pública en la biblioteca pública de Chapel Hill para su plan de inversión en los próximos 25 años. Solo otros tres residentes de la zona aparecieron para discutir un presupuesto de aproximadamente 80 billones de dólares.

Cambiamos estas noticias viejas por algunas nuevas que sean más sanas. Yo le propongo a mis vecinos del triángulo que se involucren con la política local y regional para establecer estilos de vida alternativos. Presionemos por la construcción de vías peatonales y de bicicletas entre las poblaciones de Chapel Hill, Carrboro, Pittsboro, Apex, Cary, Raleigh, Morrisville, y Durham.

Esta es una meta que se puede lograr si cambiamos el menos del uno por ciento del presupuesto que esta destinado para vías de transeúntes y ciclistas por un cuarto del presupuesto total de transporte. Estas vías estimularían a la gente para que utilicen menos sus carros, lo cual al mismo tiempo reduciría la contaminación, obesidad, enfermedades del corazón, y problemas respiratorios entre otros. Luchemos por un mejor mañana "pensando globalmente y actuando localmente".

Gustavo Ocoro es un administrador de empresas, ambientalista, y fotógrafo que vive en el triángulo y ha estado involucrado con el grupo de los condados de Orange y Chatham del Club Sierra.

Walking, biking, public transportation help clean up the environment

By Gustavo Ocoro

There are a few subjects that keep popping out in our local news. Some of them are urban sprawl, transportation problems, weather, politics and health problems. Usually these subjects are addressed independently, but I see them all interrelated in cause, effects and solutions.

My son Santiago, 4 years old, is one of those people who suffer one of our modern day sicknesses, asthma. He is part of the statistics that



show that the number of young people suffering of asthma is on the rise. Doctors are linking this increase to bad quality of air.

One of the main reasons for the bad quality of air that we have is due to mobile sources, which brings up the subject of transportation. People are commuting longer distances to work, we are using very little public transportation because it is hardly available, we are driving bigger vehicles with low gas efficiency, and we have a very low occupancy per vehicle. Very few people walk or bike to work and do errands, mainly because there is no infrastructure that permits this kind of lifestyle.

The lifestyle that has been established in the Triangle is that of commuting among towns and the Research Triangle Park. This is one reason why we see that urban

sprawl is taking over the green spaces. With this kind of regional development comes transitional and mobile residents that do not get very involved in local politics.

In a democracy, when one wants to be heard, one must speak out. I have noticed very little of this during the various times I have been lobbying our regional lawmakers. The biggest problem that I find with this situation is that lawmakers will do what is best for them, not necessarily what the majority of the people want them to do. Minimum community participation was what I saw late last year when the NC DOT held a public hearing in the Chapel Hill Public Library for their 25 year investment plan. Three other residents showed up to discuss a budget of approximately 80 billion dollars.

Let's change these old news for new and healthier ones. I propose to my dear neighbors of the Triangle to get involved with our local and regional politicians to establish an alternative lifestyle. Let's push for bike and walk ways to be built between our towns of Chapel Hill, Carrboro, Pittsboro, Apex, Cary, Raleigh, Morrisville, and Durham.

This is an accomplishable goal if the less than 1 percent of the budget dedicated to pedestrians and bikers is changed to one fourth of the total budget for transportation. These paths would encourage people to use their cars less, which would at the same time reduce pollution, obesity, heart disease, and respiratory problems among others. Let's work for a better tomorrow by "Thinking globally, and acting locally".

Gustavo Ocoro is a business administrator, environmentalist, and photographer who lives in the Triangle and has been involved with the Orange Chatham Group of the Sierra Club.

BRIEFS

continued from page 2.

Make required appointments by calling Ellen Brooks at 542-4512. Spanish-speaking clients are welcome and should bring an interpreter, although we hope to offer some Spanish-speaking tax assistance through El Vínculo Hispano.

United Way special events calendar

The United Way of Chatham County Volunteer Center is offering to

the public a calendar of community events. To request a copy or to list an event, call 919.542.110 or email uwayccVC@emji.net. Listings include:

Through Mar. 16: Girl Scout Cookie Sale to benefit troops and the Pines of Carolina Girl Scout Council. \$3 per box. Contact Matt Markie, 542-1818 or mmarkie@earthlink.net

Mar. 21, 10-11:30 a.m. The Gathering Place at Fearington Village. Third Friday Growing Through Grief Support Group meets monthly. No Cost. Sponsored by UNC Hospice. For information, contact Jan Clark ph 542-5545 jeclark@unch.unc.edu

Cafe fundraiser to benefit Haw River

The Haw River Festival begins its 14th season April 19. On the evening of the eve of the festival, April 18, the General Store Café will host musicians participating in the festival, as well as Jan Burger and Donovan Zimmerman of the Paper Hand Puppet Intervention. The cafe will be decorated with Clyde Jones' art, a mural done by school children and a quilt created by children and put together by volunteers.

The General Store Café Festival fes-

tivities begin with "Fools Night Out" on Tues. April 1, featuring an evening of foolish stories, antics and other general foolishness for children and parents to enjoy together featuring storyteller Louise Omoto Kessel and mime Jef. The performance will be from 7-7:45 p.m.

The Haw River Festival begins at Camp Guilrock in Reidsville. For the next three weeks, the volunteer crew of educators, performers and river lovers will bring hands-on learning over the entire 100-mile length of the river to more than 1,500 school children who live near its banks. The Festival Finale takes place in Bynum on May 10.