

CHATHAM County Line

where all voices are heard



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FREE ~ GRATIS

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ArtBrake! **INSPIRED TO CREATE**

FREE SELF-GUIDED ART TOUR APRIL 26-27 • WWW.ARTBRAKE.NET

by Deborah R. Meyer

By day, Linda Anderson is a light designer. "I look at the effects of light and lighting all the time," said Anderson, who lives in Chatham County. In the moments Anderson is not thinking about light for her clients, she is thinking about it as it relates to her artwork.

"Light comes into play in my oil and watercolor paintings," Anderson said. "Lately, I am making a concerted effort to use light as a vehicle for tying my two worlds together and for giving my work the cohesiveness it has so sorely needed. I feel much more inspired now that I have a clearer direction. And I have always heard that if you need a boost of confidence, focus on what you know deep down. Life brings a lot of questions but I am finding comfort in exploring things I believe I know."

Anderson and mixed fiber artist Christie Minchew, who makes the felt she uses in much of her 2D and 3D art work, founded the ArtBrake event that takes place in Chatham County on April 26 and 27 from 10 a.m.-5 p.m. This free, self-guided tour includes five studios within a three-mile radius that showcase the work of 11 artists (www.ArtBrake.net or call 919.942.0297).

Artists include Anderson, Minchew and her husband Chuck Minchew (wood furnishings), Dick Seed (sculpture), Darren Powers (ceramics), Carol Kroll (gourd sculpture and jewelry), Tamera Cooke (jewelry and sculpture), Louise Bippart Hobbs (beaded necklaces), Diane DeBardeleben Pettus (paintings and drawings), Regina Bridgman (stained glass), and Jim Bridgman (jewelry and walking sticks).

"About four years ago, Linda and I were trying to figure out how to get more opportunities to sell our art, especially from our own studios," Minchew said. "We thought it would be neat to include other artists in our area. We wanted it to be a kind of quaint, out-in-the-country experience for those interested in art."

Lots of brainstorming led to the name "ArtBrake."

"This name won out because it conveyed that we wanted people to drive out here and brake for art," Minchew said.

A piece that Minchew has created for ArtBrake is a paper mobile, made using a Korean technique called Joomchi and inspired from a 1904 postcard that she found in a Vermont antique store. "The postcard was addressed to Sol Minster, musical director at the Columbia Theater in Washington, D.C.," Minchew said. "I looked



"Neptune," a gourd sculpture by Carol Kroll

him up on the Internet and started piecing together a story that made me want to create a visual collage of his life at the time, some known, some speculated." Other inspirations for recent pieces have been a poem by Robert Service titled "Unforgotten," Monet's art as

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Advice Line

By Dr. Betty Phillips



Truth or consequences?

Do you remember the *Truth or Consequences* TV show? Today I'm writing about real life truth or consequences issues. These days, too many people see life as a game which you can play honestly or dishonestly. For the "in" crowd, characteristics such as truth and integrity are ignored or even scorned as being boring or unprofitable. What may seem today as clever lifestyle choices made by the "smart money" crowd may ultimately be "fools gold."

We face "truth or consequences" decisions every day. The data is very clear: truth-telling can produce health and happiness, while dishonesty will result ultimately in stress and disease. How so, you ask? Think about this: your brain has to go through more steps to lie than to tell the truth. First the brain recognizes the truth of the matter, then has to decide what you want or need to conceal. Then the brain has to decide to lie, what lie to tell, whether you can lie successfully, give a convincing performance, then monitor the future to determine how to keep the lie alive and credible. To tell the truth, that's all you have to do. At times you want to decide how and when to be honest, but there are fewer steps and there is less uncertainty in the process.

Recent research has studied the neurological and biological correlates of lying to find that dishonesty causes stress and ultimately disease in your body. Decisions about honesty are made in the prefrontal cortex of the brain. Lying causes stress and anxiety as a liar is consciously or subconsciously afraid of detection. There are changes in the skin electricity, pulse and breathing rate, even the pitch of your voice from slightly tightened vocal cords. Increased nervous activation even leads to a dry mouth. Longer-term body changes can be detected in problems in mental and physical health. In a 10-week study, subjects who were instructed to tell the truth showed less trouble sleeping, less tension, fewer headaches and fewer sore throats than the group that was instructed to lie. Over time, increased stress hormones will result in elevated blood pressure contributing to cardiovascular damage and distressed immune functions causing infectious disease, impaired memory, fertility, bone health, digestive health, diabetes, and cancer, as well as clinical depression and other mental health problems including shame and guilt. Behavioral changes are also seen over time. Research results show that "frequent truth telling made lying more difficult, and frequent lying made lying easier."

I hope this information has gotten your attention. Think about the big and little deceptions you may be considering or expressing as you go about your daily life. When you decide to speak your truth even in difficult situations, you will begin to feel happy and proud. You will benefit from the personal rewards received by practicing integrity, holding your head high and looking out at the world with pride and satisfaction. What about strategic lies or falsehoods designed to try to avoid hurt and pain in others? They will eventually boomerang. "White" lies are falsehoods. You can address the truth kindly or avoid the issue. Practice speaking honestly and with compassion, choosing your words to

Could my dog be from a puppy mill?

By Valerie Broadway

Often we see news reports about seizures of large numbers of dogs from deplorable conditions in what are called "puppy mills." A puppy mill is a large-scale breeding operation where puppies are the commodity. Typically, the dogs are kept in small or overcrowded, feces-filled cages. Even the most basic care for the dogs can be extremely poor or nonexistent. Puppy mills can be found all over the country and North Carolina is a puppy mill hot spot. In fact, Chatham County has had its share of puppy mill operations for decades.

The puppy mills I have witnessed were run inside unventilated, dark sheds. Inside the sheds were filled with filthy cages containing multiple dogs stacked on top of each other. Or, the breeder's property was covered with outside dog runs with a dozen different dog breeds. In each situation the dogs were dirty and half-wild. In reality, there is no way one

person or family can meet the physical and psychological needs of so many animals. Most puppy mill operators don't really care about the individual dogs. Their focus is on the puppies these dogs produce and the money they can get for them.

Sometimes I have clients who are surprised to learn that their dog may have come from a puppy mill. Why do I suspect they are puppy mill dogs? They exhibit extremely high levels of anxiety. The dogs constantly move or pace and generally have a hard time being still. Ultimately, they are not comfortable in their own skin. The dogs bark and whine a lot. They tend to be very needy and have separation anxiety issues. From puppyhood to its senior years, the dog has oral fixation issues. You will see them sucking on blankets, chewing excessively, and they also tend to nip a lot. The dogs can develop OCD-like behaviors; such as relentlessly chasing light or shadows, continually licking themselves or others. Usually, the

owner recounts how sick the puppy was when they got it in addition to having internal and/or external parasites.

Adult dogs that have been breeding stock for puppy mills have the most serious issues, and may never function as normal pets. These dogs exhibit the highest levels of anxiety compared to any other dogs I work with. It is not uncommon to find they suffer from Post Traumatic Stress Disorder. In addition to the issues suffered by the puppies that were just described, the adult dogs can be extremely fearful of humans. As a result of being forced to live in their own filth they can take a long time to house-train, if at all. Usually these adult dogs have horrible eye, teeth, and skin issues. The longer they lived in the puppy mill, the worse the health issues will be.

Most of the dogs I meet who appear to have come from puppy mills were purchased

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