

DREAMS

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Please take a moment to think about a dream that you now have or may have had all of your life.

Close your eyes and think about it. Was it an aspiration or was it a desire to have something or wishing for something to happen? One way to find out is to ask yourself several questions. Assuming that this aspiration or desire was fulfilled, do you have the feeling of being satisfied? Are you a better person for having achieved it? Is the world, somehow, a better place for everyone? If you answered “no” to any of those questions, you are not really in touch with the essence of who you are.

I have used the word “essence” a couple of times. What does it mean? Essence is the intrinsic nature of something that determines its character. Does the fulfillment of your dreams or failure to achieve them determine who you are in your eyes and the eyes of others?

Now, I am beginning to think that what is really sad is to have dreams that are a by product of the influence of our culture because those dreams come purely out of our and other’s egos. I do not know about you, but each day I am learning not to trust my ego. It is my ego that tells me that I am right and you are wrong. It is my ego that tells me that I am better than you. It is my ego that tells me when I measure my

dreams against your dreams that I need and deserve more, I need it now and I need it no matter what the cost to you.

I suppose what I have been getting at is really the difference between dreams and the soul. I think we often confuse the two. So that I am not being misunderstood, I use the classical definition of “soul” as the spiritual or immaterial part of a human being or animal that is regarded as immortal and not of the ego’s making. If you can describe your dream, it is not coming from your soul. If you feel an internal drive to follow a certain path or course that leads you to being joyful whether you achieve it or not, it just may be your soul that is directing you. A dream of the soul’s making is in everyone. Unfortunately,

we do not always see that a dream could be of the ego’s making. Be careful. Strive to discern whether a dream comes from the soul or not.

I now have an idea for a new t-shirt design. On the front, it will read “Dreams Never Die When They Come From The Soul.” On the back, it will read “Dreams That Come From The Ego Kill You.”

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

ACUPUNCTURE

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take only 5 treatments to achieve your goal, or it can take up to 10 treatments for more advanced or stubborn cases. A recommendation is always provided at the first, or sometimes after the second appointment if it is determined that an interval of time is needed to check on responsiveness after the initial session.

MANY WOMEN CAN BENEFIT FROM ACUPUNCTURE

Most women seeking treatment are between 38 and 68 years of age, and the most common issues are eye drooping, sagging of jowls, and mouth lines. The neck area is another one that is a “problem area” for many women as it can show more signs of aging than the face. It is important to stipulate that cosmetic acupuncture does change and improve the skin, but it also has limitations. Very deep lines and extreme sagging may become less noticeable, yet the results

are not always dramatic. On the other hand, I have seen some amazing improvements in women who I thought would not respond as well due to their poor complexion and deeper wrinkling. In some cases, specific nutritional enhancements are recommended using herbs or foods, to improve the complexion and heal the skin.

Cosmetic acupuncture is lifting, not just to the skin but also to the body, mind, and spirit. Treating points on the head and face really does “lift and raise the Yang,” thereby lifting the mood and easing anxiety, depression, and energy. Body points are always added to treatments to make sure the patient isn’t left feeling spacey or dizzy. Most women report the after-effects of facial acupuncture as a light and buoyant feeling, with more energy and positive mood. Does it get any better than that? Not only will you look better, you will feel better too!

Michelle Thelen, L.Ac. MSTOM, practices at Chapel Hill Acupuncture

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PITTSBORO ROADWAY IMPROVEMENTS

Summer in Pittsboro means ice cream at S&T’s Soda Shoppe, lazy days at Jordan Lake and enjoying a cold drink in Penguin Place. While the season kicks-off family vacations and summer camps, there is still work being done by Chatham Park to meet important milestones. You can expect to see the following road updates to keep you and your family moving smoothly and safely to that next summer adventure.

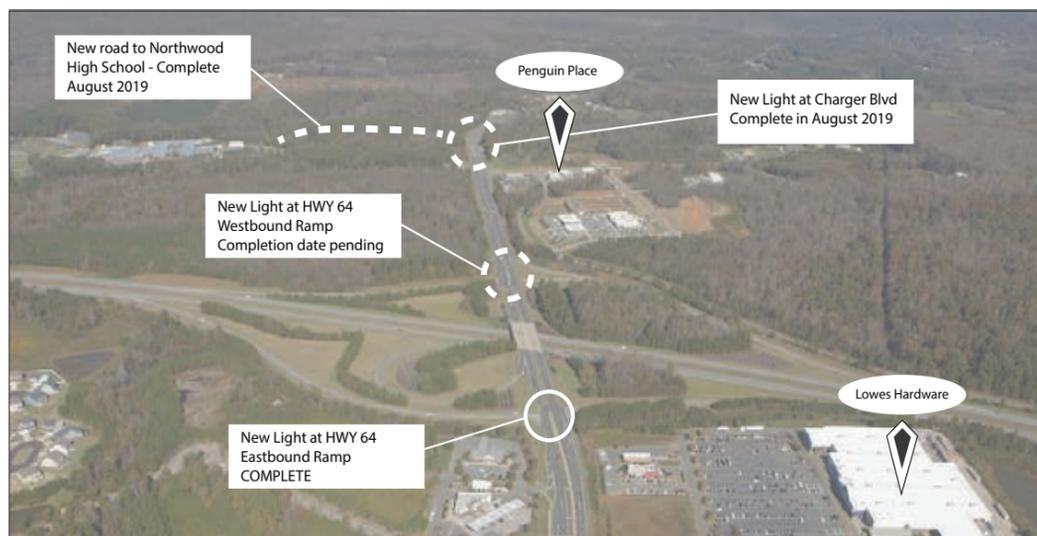
Northwood High School Road Updates

One of the many development initiatives this summer is easing transportation issues around the high school. To prepare for the 2019/2020 school year, improvements have begun to help with staff and student parking, traffic and safety.

- Charger Boulevard, the new road for Northwood H.S., will be complete and open beginning August, 2019. This will give the school two access points which will allow the school to separate bus traffic from student drivers and parent drop-off and pick-up.



Clearing for Charger Boulevard at Northwood.



Aerial view of 15/501 and HWY-64 interchange with approximate locations of road and traffic updates.

- A new traffic light for Charger Blvd. will be installed and operating by August 2019.
- Improvements have begun on Northwood School Road to provide greater access and are scheduled to be completed by August 2020.

New Traffic Signals in Pittsboro

As part of the 15/501 improvements, Chatham Park has the green light on two new traffic lights. The new light at the Highway 64 Eastbound exit ramp is installed and working. There will also be a new light installed at the Highway 64 Westbound exit ramp (completion date pending).

These improvements join the growing list of developments here at Chatham Park, including our previously mentioned Tinker Farm solar park and the Water Reclamation Plant.

From our family to yours, we hope everyone has a fun and safe summer in beautiful Pittsboro, North Carolina.



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