

chatham County Line

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FREE ~ GRATIS

May 2019

Confederate Monument: still at a crossroads in Pittsboro

by Randolph Voller

The Chatham County Board of Commissioners “BOC” met on May 6, 2019. The historic Confederate Monument still commanded attention.

By invitation from Chatham County Chairman Mike Dasher, former Town Commissioner, educator and local historian, Gene Brooks, gave a presentation to the BOC on the Chatham County history of the confederate monument and the Civil War.

Brooks was followed by a presentation by members of the community who have organized to keep the monument in place in front of the historic Courthouse.

A signed petition was presented to the BOC along with the results of an informal, non-scientific, voluntary online poll conducted by the *Chatham Journal* that indicated that a majority of its respondents favored the monument remaining in place.

No information was entered into the record regarding the method of sampling and/or methodology.

Once the presentations were over, Chairman Dasher called for a beginning of the public expression period.

More than fifty speakers signed up to discuss the historic Confederate monument, with a majority leaning toward its removal and relocation by the United Daughters of the Confederacy (UDC) to another site in Chatham County.

Barbara Pugh, who represented the Winnie Davis #239 chapter of the Chatham County

UDC, thanked the BOC for inviting Gene Brooks to speak and favored the monument remaining in place.

Will Sexton provided the history of Pittsboro, Indiana which was co-founded by a Chatham-born Quaker named Simon T. Hadley in 1834 in an act of pacifism and dissent. Bruce Davis, a native Southerner and descendent of several confederate army veterans, stated that the members of the Confederate Army that we have been asked to honor since 1907 all committed treason against the United States of America. (Sexton’s and Davis’ full comments are contained in this issue.)

Toward the end, a few speakers had to be reminded by chairman Dasher to bring their soliloquies to a conclusion.

Upon conclusion of the public input the chairman thanked all of speakers for their input.

No vote nor action was taken on the fate of the monument.



PHOTOS BY CHRIS TELESKA

See comments and more photos, pages 8, 9.

Chatham County Republican Party living in interesting times

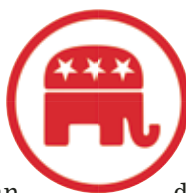
by Randolph Voller

The Chatham County Republican Party “CCGOP” may have a new motto adopted from an old expression “may you live in interesting times”.

The CCGOP has had to soldier through the resignation of the former chairman, John Palermo, when he was indicted with two of the CCGOP’s two largest donors in the last election cycle.

At the Chatham County Board of Commissioners meeting on April 15th, the lone Republican commissioner, Walter Petty (District 5), surprised everyone and announced his resignation. Commissioner Petty was reelected in November 2018.

The CCGOP executive committee is required by law to select a candidate to replace Petty within thirty



(30) days of him vacating the seat on the board. Once a candidate is selected by the executive committee and submitted to the Board of Commissioners within the thirty (30) day timeframe, it appears that the remaining Commissioners are effectively obligated to appoint the

INTERESTING CONTINUED, PAGE 9

Courage and vision from those who see the world differently

by Joe Jacob

I have known for a very long time that I do not see or understand the world as everyone else does. Until recently, I assumed it was because we are all unique, which we are, but that is not the reason we see and understand the world differently. You may have noticed that I included both the words “see” and “understand” in the previous two sentences. Why do you think that is? You know the ole saying, “seeing is believing” or understanding. Well it is and it is not. I both see and understand that in my lifetime we have been making the only home we all share, the Earth, less hospitable for all life forms. It matters to me, but others live their lives seemingly unaware and couldn’t care less. Let me try to explain why that is and perhaps how we could, as the saying goes, all get on the same page.

Last year, I had the wonderful opportunity to hear Temple Grandin speak at Elon University. At the time, I knew very little about her except that she had worked with the cattle industry to make the slaughter of cows a little more humane. She understood that cows are very visual creatures and freak out at flashes of light which used to be typical in the stalls that lead them to slaughter. By simply softening the light and eliminating sudden reflections from metal objects, cows become less anxious.

What did Temple Grandin see that helped her come to this understanding about cows? At age three, she could not speak. When eventually she could speak, she had trouble putting words together. Back in those days she was labelled “retarded”. Today, we would say she is autistic. During her presentation she explained that she sees and understands in shapes, pictures and colors and does not understand by analyzing. When pictures in her mind match up with what she sees around her, she comes to an understanding of what is. She saw and understood what the cows were experiencing not because she “figured out” what they were experiencing. Because of her love for and observation of cows, the pictures in her mind

VISION CONTINUED, PAGE 2

FROM THE PUBLISHER...



I've met with the new publisher of the *Chatham News and Record*, Bill Horner, a couple of times over the past few weeks to discuss how local media can work together in Chatham County to serve our community. I'm pleased to announce that we will be rolling out the following programs:

- A joint advertising initiative that will allow businesses and non-profits to place monthly quarter-page and eighth-page ads in both publications at one sizzling summer rate.

- Cooperation on stories that will allow a joint byline and the sharing of resources in order to dig deeper on stories that matter to our community.

Locally-owned businesses and local media are a backbone in any community and we intend to show that if you invest your time and resources with us, we will invest in you.

If you want to know more about our advertising rates or have a story idea, contact me at chathamcountyline@gmail.com.

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VISION

CONTINUED FROM PAGE 1



of how cows react when comfortable did not match up with how cows responded in the slaughterhouse.

Since Dr. Grandin is a big fan of the space program, NASA invited her to the Kennedy Space Center to watch a launch of a satellite into space. The morning of the launch, she noticed a raccoon coming out of the launch building and warned NASA officials to cancel the launch. Turns out, the raccoon had been eating on critical wiring that would have exploded the rocket on its pad even though engineers had given the green light for a launch. The picture of the raccoon walking out of the launch building did not match the picture in her mind

of NASA engineers dressed in white lab coats and sterile conditions.

There is a lot we now know about autism. For example, one out of every 59 children born today is thought to have some form of autism. Aspergers syndrome, a form of autism, has been recognized in such well-known people as Albert Einstein, Steve Jobs, Mozart and many others that were perhaps thought of as unusual in their day, but who we now label as genius. They are the ones who saw things differently. Because of them and people like them, the world changed whether the rest of humanity wanted it or not. Their genius is now our new normal.

I encourage you to go online and

watch a TED talk presented by a 16-year-old Swedish schoolgirl by the name of Greta Thunberg. In her presentation, she explains that because of her Aspergers syndrome it is difficult for her to talk, but talk she must. Ms. Thunberg started a trend throughout the world where students strike on Fridays to protest that we are not doing enough and in time to combat climate change. She explains that she sees things in black and white. Why should she go to school to get an education when clearly our politicians and leaders do not listen to the educated scientists who have been telling us for the past 30 years that the earth's atmosphere is warming because of the build-up of carbon dioxide emissions from the burning of fossil fuels. Because Greta Thunberg sees and understands in a different way, she is asking us to all get on the same page and treat climate change as the crisis it is and take action. It gives me hope that we will listen. I admire her courage to speak out.

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.

What's it worth?

by Chris DiGiovanna

If you were born before the era of the cell phone, than most likely, you've owned at least one wristwatch in your life. Not only were they the preferred device for telling time for most of the 20th century, but they also provided their wearers a chance to express a bit of personality with the mere flash of the wrist.

Wristwatches started to become popular towards end of the 19th century, when fashionable ladies wore them as jewelry. In 1904, a pioneering aviator named Alberto Santos-Dumont lamented to his good friend Louis Cartier about the difficulty of viewing his pocket watch while flying. He asked Cartier to develop a watch that would allow him to keep both hands on the controls while flying. "The Santos", as it became known, became a signature achievement for Cartier and helped to make wristwatches popular among men because of their practicality.

Common versions sell between \$500-\$1500, with rare pieces selling upwards of \$10,000 or more.

Early wristwatches were made with manual movements, which required the wearer to periodically wind the watch in order to keep time. Beginning in the early 1930s, Rolex helped to usher in the era of automatic wristwatches that used the wearer's movement to keep the watch



running. Nicknamed "Bubblebacks", these early automatic Rolexes regularly sell for \$3,000 to \$8,000, with the most desirable versions worth greater than \$20,000.

Not all vintage watches need to be wildly expensive to be collectible. One such example is from the iconic Hamilton Watch Company, which introduced the first electric watch in 1957. One of Hamilton's most famous customers was Elvis Presley, who liked their electric Ventura watches so much that he often gave them away as gifts. Years later, the Ventura gained a new following after being reproduced for the "Men in Black" movie series. Vintage editions can be purchased for as little as \$300-\$500, with near mint editions valued up to \$2,000.

Currently, eBay is one of the best venues to buy and sell collectible watches for great prices. If you want to buy a watch, find a reputable seller with a policy that allows for returns if the watch is defective. If you have an expensive watch (or collection of watches) to sell, provide as much detail about the item(s) as possible and be sure to take clear, high quality pictures for prospective buyers. Who know, maybe that old watch in the drawer is now worth enough to pay for your next vacation!

CONTACT US

Have a treasure or family heirloom that you're curious about and would like to have researched? Submit your inquiry with 2-3 high resolution photos via e-mail to chris@traderchris.biz.

Chris DiGiovanna is the President of Pittsboro-based Trader Chris Consignments, which specializes in selling valuable collectibles, jewelry, watches, and estate silver on eBay. He has sold over 20,000 lots to buyers in every US state and 54 countries. For more information, please visit www.traderchris.biz



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chatham County Line

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ESTABLISHED IN 1999

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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 ten times a year.

Publisher: Randolph Voller

Editor: Julian Sereno

Page Design: Hart Palmer

Ad Design: Lesley Landis Designs

Website Design: UniqueOrn.com

Distribution: V. J. Penley

Chatham County Line is wholly owned by Avanti Media Consultants, LLC.

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BOOKreview

Blackbird Flying: A Memoir

Reviewed by Judy Hogan

BY SHEILA NICKERSON (2019)
FUZE PUBLISHING, ASHLAND, OREGON
178 PP; ISBN: 978-0-9998089-6-2
PAPER: \$14.99

BLACKBIRD FLYING is more about aging than a memoir. As it's ordered, it's a myth. Symbols in a narrative. Sheila Nickerson sees the crowds of red-winged blackbirds when young, and the birds continue to return for winters in the South Carolina Low Country. Among birds, they cope unusually well when their territory no longer affords forage or the swampy salt water where they like to build their nests. They move on, and as a species, they are polygamous—can have many mates. They lay eggs and raise young two or three times a year. They are survivors.

Nickerson likens them to her family, who left Ireland during the potato famine of the middle 1800s and settled in New York City, became wealthy entrepreneurs but fell into weakness, alcoholism, and in the case of the women, often lost their memories.

When hard times came again, they migrated again. They kept moving west, and she and her husband Martin ended up in Juneau, Alaska.

Through the years, the family visited their South Carolina home on Lady Island, part of the Intracoastal Waterway near Beaufort, and Sheila returns there to see the birds, to plot her way forward, and to think about the early naturalists, John White [1540?-1606?], Governor of the lost Roanoke Colony; John Lawson [?-1711] who came to early Charleston and would write "A New Voyage to Carolina", and Mark Catesby [c. 1683-1749] who landed in Williamsburg, VA, and made drawings



of both birds and the plants in their lives ("The Natural History of Carolina, Florida, and the Bahama Islands"). These men recorded in words and paintings the bird life, the other creatures, and even some words from the indigenous people's languages. Some traces of their pioneer works survive, but all those men were lost, killed, or prevented by the situation in England from returning to the new world that fascinated them. They become her guides in her mission to learn "the world's name and the name of the world to come" [p. 25]

Yet, even with the risk of being killed by the indigenous people or lost in myriad other ways, they kept going into the

unknown. They come out of their past to represent Nickerson's future. Feeling alone now, the oldest in her maternal family, her mother and brother, gone; her son alienated, she would travel into her future. She asks where do those lost ones go? Where do their memories go? She visits mediums who bring back the voices of the dead, but she isn't sure she will meet her lost ones where she is going. She's fascinated by the phenomena of the Fata Morgana, when visions appear out of the past because of a trick of the light, like seeing The Flying Dutchman on the horizon in Alaska. Like the red-winged blackbird, she'll take her chance, as she goes into the immensity of the universe, not certain that any traces of her or her story will be left.

Nickerson gives us one myth for the end of our lives, but there is no certainty here, and little hope. There is only courage to keep flying forward. She doesn't talk about all the books she has written or all the people who have read and loved her books. On certain websites you will find more about her and her books. She lived in Alaska 27 years and was one of their Poet Laureates. She taught poetry to children, to university students, and to prisoners. She also wrote of the Alaskan wilderness. There will be seeds left, Sheila, on the web and in the hearts of the living.

Judy Hogan is a poet, mystery novelist, and freelance writer living in Moncure, fighting coal ash, gardening, and keeping hens.

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HEALTHmatters

Going plant-based for your health

by Karen Pullen

EAT YOUR VEGETABLES, your mom said. She probably didn't say, eat only your vegetables. But, according to dietary research, eating only whole food plants — no meat, eggs, or dairy — is the healthiest way of eating.

It's made headlines. "Eating More Plant Protein Associated with Lower Risk of Death," from the Journal of the AMA. Kaiser Permanente, the largest HMO in California, prescribes plant-based diets. Years of Adventist Health studies reflect significantly lower cancer rates amongst vegetarians. Blue zones — areas of the world where people have long healthy lives — are predominantly plant-based.

Eating plant-based has proven beneficial for those suffering from heart disease, cancer, diabetes, and obesity. And, reduces the risks of those chronic diseases in the first place.

Sounds great! Let's be healthy and live longer! But when you think about changing your way of eating, to a whole foods plant-based diet, the challenges are obvious.

What can I eat? How do I get enough protein? My partner won't go along with this... argh! What about holidays? So much chopping! What can I put in my coffee? What if I'm in a hurry and need convenience food? My kids won't give up burgers/pizza/mac & cheese. Most restaurant menus have nothing I can eat. My relatives will tease me. What about supplements? I'm addicted to cheese! It's all too hard.

It's my purpose, with this column, to write about overcoming these challenges, because I believe the whole foods plant-based way of eating is life-changing.

This is my experience: I sleep solidly. I've lost weight. Mid-day slump is a thing of the past. My helpings are huge, and I even go

back for seconds. My food is flavorful and varied. No more tummy pains—my digestion could win a blue ribbon. My doctor loves my latest blood work results

Anecdotal? Yes. Exaggeration? No.

If you're interested in learning more, watch Forks Over Knives. It's on Netflix. The Chatham Community library has a DVD copy, too.

Everyone's going to have a different way into a plant-based diet. Slow and gradual might be your style — meatless Mondays, plant-based lunches, or switching from cow's to plant milk. Baby steps.

At the other end of the spectrum, the all-in crowd purges the fridge and pantry of junk food, dairy, eggs, and meat. Their meals become all plants, all the time. That group will see the benefits more quickly: reducing the number of medications they take to treat a variety of chronic conditions, lower body weight, decreased risk of cancer, and a reduction in their risk of death from ischemic heart disease.

My journey took two leaps. I eliminated meat from my diet 28 years ago after reading about Dr. Temple Grandin, the brilliant autistic scientist who designs humane slaughterhouses. (Now there's an oxymoron.) She knew that animals are sentient creatures with emotions, who want to live just like the rest of us do. A light went on — I mean, duh. So I suppose you could say I became vegetarian for ethical reasons, while also realizing the health benefits.

Two years ago I said good-bye to all animal-derived products. That was less of a leap as I learned about egg substitutes in cooking — ground flax, chia seeds, or silken tofu. Dairy was easily replaced with plant milks.

And there's cashew cheese, a fantastic alternative to dairy cheese.

Karen Pullen is a mystery writer and the former owner of a vegetarian B&B. Certified in plant-based nutrition from Cornell, she is studying to be a plant-based chef. Contact her karen@everydayplant-based.com



KAREN PULLEN



Get your summer glow on

by Robin Thomas

Summer is right around the corner and here in Chatham County the kids are already excited about the end of school and the opening of pool season. And those of us who have been hiding in long sweaters and coats all winter are ready to lighten up our closets *and* our bodies to get ready for fun outdoor activities before the late summer heat drives us back inside.



ROBIN THOMAS

FIVE TIPS TO GET THAT SUMMER GLOW

These five tips will not only help you shape up for summer, but will give you energy and overall health that sticks with you long after the summer days are gone.

1. Start every day with a large glass of water. I leave a water bottle on my bedside table for this very reason. For a refreshing and even healthier twist, add some lemon to your water.

2. Eat real food, including greens. Summer is the perfect time to explore the fresh offerings at your local farmers' market, on the perimeter of your grocery, or even grown in your own garden. Focus on local fresh veggies and fruits in season — they will be less expensive, more nutritious, and tastier! Up your intake of dark leafy greens, in particular spinach, parsley, and kale. Add these greens to a daily salad, a smoothie, or juice them with other veggies for a refreshing green drink.

3. Have a meal plan. I take a few minutes each week to plan meals around the fresh foods I have available. This simple task will help you stay on track with your goals, and eliminate the last minute "I'm too hungry to think" meals.

4. Walk at least a mile a day. In other words, get up and move. Walking is a great go-to exercise that almost anyone can do. Walk with a friend, outside if possible. Walking over uneven terrain provides more work and increased flexibility for your muscles, practice with balance, and overall health benefits including improving your mood — especially if the conversation is good! If you want more intensity, incorporate some interval training. It is a great way to rev up your metabolism and your body will continue to burn more calories for the rest of the day. Simply increase the intensity of your exercise for 1 or 2 minutes at a time with short rest in between.

5. Make changes one step at a time. Make one goal for yourself at a time. Maybe it's replacing your soda with fresh water or taking a 15 minute walk at lunch. Just make it attainable and stick with it. Once you master that first goal, you can add another to it, and so on. When you do what you say you're going to do, results will follow.

Robin Thomas worked for 25 years in Medical Research at UNC studying inflammation in chronic and autoimmune diseases. She left UNC to start her own wellness business in 2004 and founded Living Well Connections, a community for people whose passion is healthy living, in 2015. You can reach Robin at robin@robinthomas.biz

CASHEW CHEESE



- 1 cup raw cashews, soaked in water 2 hours or more. Drain and rinse.
- 1/8 cup nutritional yeast
- Juice of one lemon
- 1 clove garlic
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/3 cup water

DIRECTIONS: Place everything in a food processor and turn it on. You'll have to turn it off every 20-30 seconds to scrape down the sides. Process about 3 minutes. Herbs like dill, basil, parsley, chives, or mint can be added to make it special. (Or, if you add another 1/3 cup of water and make it in a high-speed blender, you'll get a creamy, dreamy, to-die-for sauce.)

Serve as a dip, spread on sandwiches, dollop on steamed vegetables and baked potatoes. It'll keep for seven days in the fridge, but it will be long gone before that!



Can you change your brain?

by Tim Keim

DR. **SARA LAZAR** of Harvard University has proven that you can. Lazar has spent over a decade using Magnetic Resonance Imaging (MRI) to examine the brains of those who have been able to increase brain gray matter and maintain these gains with age. Generally, gray matter, the part of the brain that does the thinking, shrinks with age. Lazar's work demonstrates that those 50 and above are able to maintain the same amount of gray matter as youngsters half their age.

Lazar's studies repeatedly show growth of gray matter in crucial parts of the brains of her subjects. These include the prefrontal cortex, parietal lobes, insula, posterior cingulate, hippocampus and cerebellum. Because of their regular practices, Lazar's subjects not only grew their brains but shrank one important part as well. The amygdala is involved in our response to stressors like fear, anxiety and aggression. The implication of a smaller amygdala is that these subjects are better suited to handle stress and suffer less emotional disturbance and aggressive behavior. (See Lazar's TED Talk on YouTube.)

Briefly, the prefrontal cortex is in charge of executive decision making and IQ, the hippocampus regulates learning and memory and the parietal lobes are the home of empathy. Tangible benefits of increased gray matter are more acute cognitive function, better memory, and a more cheerful disposition. Her participants also outperformed control subjects on Graduate Record Examinations (GRE).

What are these people doing to initiate neuroplastic responses in the brain?

Lazar's subjects practiced yoga and meditation to build better brains in just eight weeks. If you're doubtful, you might be surprised to find that Dr. Lazar beat you to the eye-rolling disbelief stage a long time ago. When she began to experience these brain changes herself, Lazar had to get to the bottom of the question.

Now that we know what happens to the brain, we want to know why. That is not altogether certain, but here are a few tantalizing possibilities. Deep, conscious relaxation may have an effect on the production of neurotransmitters like serotonin and dopamine which are produced not only in the brain but the gut as well. Regular, sustained, focused attention seems to change the way neurons communicate with each other. Meditation is also well known as a great stress reliever. Simply relieving stress seems to set the stage for this cascade of beneficial gray matter increases.

Meditation is being still, focused on your breath, perhaps using a mantra (mind tool) and suspending judgment as you synchronize mind and breath.

Jesus gives a good example of meditation and its benefits. "The lamp of the body is the eye. If therefore your eye is clear, your whole body will be full of light." Mathew 6:22

Join a group, read some books about meditation or contact me directly. Most importantly, create your own meditation practice and rebuild your brain. Successful brain aging is a technique that can be mastered by anyone. What will you do with your fantastic, neuro-plastic brain?

Tim Keim, EYT500, IAYT Certified Yoga Therapist, is Ayurvedic Health Counselor Intern



TIM KEIM

TINKER FARM POWERS UP CHATHAM PARK

New Solar Farm supplies energy to 750 homes

On your scenic drives through the winding lanes in Chatham Park, you won't see it past the forest. But beyond the edges of Moncure Pittsboro Road, sits Tinker Farm, the first of Chatham Park's solar farms.

The 44.89-acre farm, completed in late 2018 by Strata Solar, already supplies energy to about 750 homes. This means more energy efficiency and cost savings for Chatham residents.

When the sun is at its brightest and its heat barreling down, Tinker Farm can generate 5-megawatts of power. That energy is then sent straight to Duke Energy's power grid - meaning less electricity is needed from non-renewable sources.



Chatham Park's Tinker Farm off of Moncure-Pittsboro Road

North Carolina has the second largest installed solar base in the United States, behind California!

Did you know?

- North Carolina has the second largest installed solar base in the US, behind California!
- Yet, only 0.19% of cropland (9,000 acres) in North Carolina has been repurposed from agriculture to utility-scale solar installations.
- Tinker Farm is the second solar farm in Chatham County.
- It took three years to build the 44.89-acre farm. It opened in late 2018.
- Tinker Farm's solar panels do not mix water or vaporize into the air, so no harmful substances are released into the environment.
- The panels at Tinker Farm are made to endure all weather conditions and all of the electrical equipment is sealed to ensure public safety.

Clean Technology

At Chatham Park, we believe that clean, sustainable technology can improve landscapes to create an environmentally-conscious communities.

Samuel Judd, Development Manager at Strata Solar, adds that Chatham Park "has made a commitment to environmental, economic, and social sustainability, and Strata is thrilled to be able to bring our experience to help realize this commitment."

Tinker Farm is the latest illustration of what sets Chatham Park apart from other communities. In addition to solar farms, new smart homes will be 30% more energy efficient than other homes in the area.



Visit us at ChathamPark.com

Pittsboro resident Will Sexton addresses County Commissioners regarding local history of courageous dissent

May 6, 2019

Take the west exit out of the circle here and drive for 15 miles. When you reach US 421, drive north on that road for, I don't know, 600 miles or so, and you'll clear the northern side of Indianapolis. Hang a left there, drive another 15 miles or so west, and you'll arrive in the town of Pittsboro.

Pittsboro, Indiana was co-founded by a Chatham-born Quaker named Simon T. Hadley in 1834. He followed members of his family and his faith to the so-called "free states" north of the Ohio River. Many went before him, from Chatham, Guilford, and Randolph. They were motivated by, among other things, their opposition to slavery. Many would follow, including some, after the Civil War, in flight from violent retribution for taking a stand of pacifism.

This struggle has been part of Chatham's story for centuries. It has inspired and provoked real and courageous acts of dissent, and it has literally moved people.

This past January marked 115 years since the Daughters announced their intention to place a monument in our town. But they were only continuing another story, one that many in the South began to tell themselves on April 9, 1865, about that war, how it began, and how it was lost. Woven into every page of that story was not courageous dissent, but the enduring myth of white supremacy.

In symbolic terms, it was on a pedestal of white supremacy that the Daughters stood up their monument. With it, they enshrined in our public square, in the shadow of our



PHOTOS BY CHRIS TELESKA

county's seat of law and justice, the Lost Cause narrative of that war.

The story of the Lost Cause is what you heard this evening during the presentation, and continue to hear from those who speak in support of the statue. That narrative has not changed in 115 years.

But there are some things that have changed since then.

Decisions about the town's public space in 1914 excluded the voices of the victims of

the system of bondage that led to that war. It excluded the victims of the brutal Jim Crow regime that replaced it. But today we can include and hold up the voices of those who have inherited and still bear the weight of that brutality. We can honor those who never had the opportunity to speak against these abominations, and who never even thought it possible just to remove the hateful and one-sided symbols from our public spaces.

The Daughters and those who supported them had a vision for the center of our town, and they saw it through in 1907. We can have our own vision for this space. We don't have to travel a different route through town to avoid it, as some have suggested. We don't have to move away and establish an entirely new Pittsboro to start shaking off that old story. Let the historians study and teach the Lost Cause. Let's write a new story.

Reflections from an evening of listening

Board of Commissioners Meeting Presentation to Remove the Monument, April 15, 2019

NOTES:

Commissioner Walter Petty asked for a win/win. There could be a win/win... Here is a possibility... A reconciliation group could be formed.

In general it is improbable that strongly held emotions will become modified in the short-term so let's leave them out of the discussion for now.

WIN — supporters of the monument accept that the petition was not asking for the destruction of the monument but its return to the owners and its relocation to a place of their choice.

WIN — supporters for removing the monument understand that the monument is not to be destroyed but they will see its return to the owners and its removal from public property.

The core issue is PLACE not emotions, beliefs, or facts...

A caring reconciliation group could be formed by the WHOLE Community with representation from at least three groups.

- UDC owners of the monument
- Supporters for removal of the monument from public property
- Supporters for keeping the monument on public property

The reconciliation group would have two tasks:

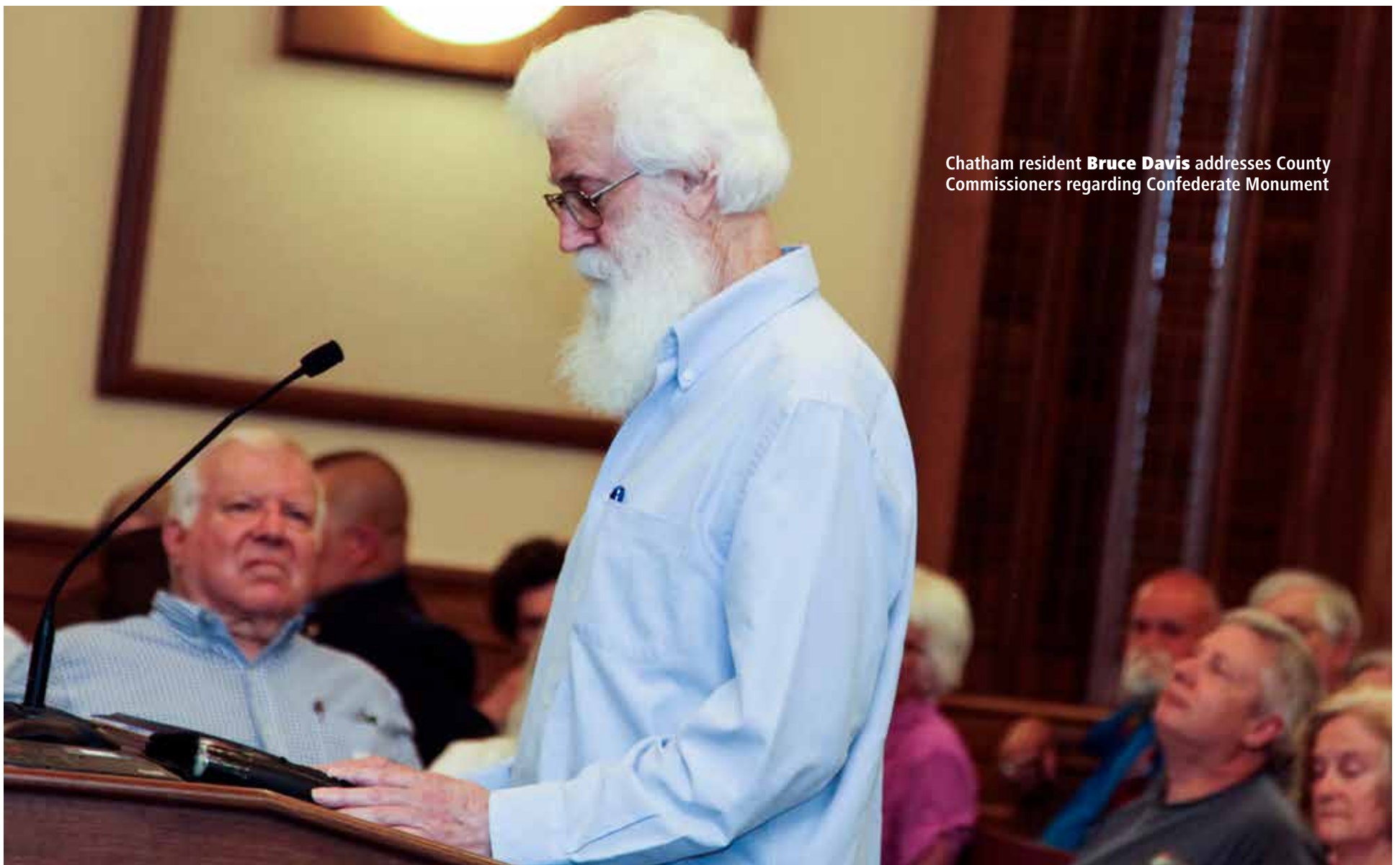
- Respectful removal of the monument to private property and the creation of a memory garden
- Initiate an open competition for submission of proposals for an inclusive display in celebration of ALL peoples where the divisive monument once stood

This community effort could support the underlying interest to continue our long journey toward generational healing in our Chatham County.

— Bruce and Kathryn Davis, Pittsboro



Longtime Pittsboro Commissioner, Chatham educator and local historian, **Gene Brooks**, addresses County Commissioners regarding the history of the Civil War, its local connections and the Confederate monument:



Chatham resident **Bruce Davis** addresses County Commissioners regarding Confederate Monument

May 6, 2019, Chatham County Commissioners Meeting – 1907 Confederate Monument

Good evening,

I am Bruce Davis and I have been a citizen of Chatham County for 26 years. My North Carolina genetic roots go back centuries through the Coreys, Tuckers, Taylors, Andersons and my unnamed African ancestors. However, all current Chatham County residents have an equal right to a say in this matter.

The core issue that we are debating is “Place”. Where is the proper “Place” for a monument to treason, sedition and insurrection?

It is a fact of history that the members of the Confederate Army that we have been asked to honor since 1907 all committed treason against our United States of America. And, I say this as the descendant of several confederate army veterans.

The act of treason by my ancestors is not included in the storylines of the revisionist history that has evolved into present day “History Lore” about the Civil War.

Each person participating in an army is individually responsible for their own actions and, for me, nobody who participated in the Confederate Army gets a free pass from having been a person who tried to break apart Our United States of America. In reconciliation the Blessing of forgiveness can be extended to our confederate ancestors, but not honor.

The Monument is not a memorial to any Veterans of any United States of America Military Service. It is a

monument to members of a Treasonous Confederate Army.

In America groups can honor whom ever they want. But, I do not think we should continue to honor that act of Treason, that act that attempted to make permanent the enslavement of one people to the benefit of another through the monument’s continued presence in its current location.

Thank you for your consideration with regard to the issue of “Place”.



Barbara Pugh, Representative for the Winnie Davis Chapter #259 of the United Daughters of the Confederacy addresses County Commissioners regarding Confederate Monument

Which dog is best, male or female?

by Valerie Broadway

People sometimes express their preference for either male or female dogs, while some say they see nothing between the two sexes that would cause them to choose one over the other. For the most part, beyond the obvious physical anatomy, there aren't big differences between the males and females. Both can be sweet, devoted, and fun-loving pets. However, there are some behavioral issues that may be important to know.

Let's start with females. Dogs are always assessing their position in the group; be it a group of humans, dogs, or a mix of both. In most situations dogs expect a female to be at the top of the hierarchy. The most important person in a home with a female dog is the top female human. The dog needs to understand there is already a female at the top. If there are multiple dogs in a pack, a female dog may be the top dog, but she must understand humans are above the dogs, and they make and enforce the rules.

If there is uncertainty in the home about the pack order, or the dog is in conflict with the top human, the dog will routinely not follow the human's instructions. In essence, the dog is snubbing the human, or in some cases giving the middle finger. Sometimes the female dog will urinate on things or places that smell like the person they are in conflict with, such as shoes, dirty clothes, or their side of the bed. The dog is sending the person a message of, "I'm over you in the hierarchy." If this were a conflict between two dogs they would leave a urine "mark" on top of the other's urine on the ground.

Dogs will sometimes gently, playfully, or outright roughly, place their teeth around the arms of people. This is the dog stating they are over the person in the hierarchy. They are giving a friendly reminder of the dog's opinion of the pack status. Female dogs will tend to do this more to the member of the home who they feel is their potential rival for the top position. They will do this especially when the female human enters the house.

The dog is saying, "You've been gone for a while. Now that you're back, don't forget I rank higher than you."

Most of the time pack order conflicts create tension but the dogs are able to work things out peacefully. On rare occasion it goes to an extreme level resulting in severe aggression. Typically, when two female dogs both want the top spot and they are evenly matched physically, they will have fights in which they are trying to kill one another. Immediately upon the fight starting the dogs will inflict wounds that require veterinary attention. People can be injured trying to break up these fights. Once females have gotten to this level of conflict, they usually can no longer live together. A future fight is always looming. One dog will have to be re-homed, or the dogs will have to be permanently kept separated.

Male dogs will usually defer to a female for pack leader status, but males can take the position in certain situations; such as when there are no females in the pack or the residing female doesn't want the top position. It's rare for a female not to take the role as leader of the dogs, but if the female is old or extremely anxious she may defer to a healthy or more stable male.

Even though males don't typically step into the top spot in dog packs, a phenomenon that happens in about 1% of the cases is the "super-dominant dog." I've only encountered male dogs with this issue. They do not want anyone to tell them what to do and become very aggressive if someone insists they listen to them. They are saying, "I don't listen to anybody, how dare you try to tell me what to do!"

Adult male dogs usually lift one of their hind legs when they urinate and like to "go" or "mark" on objects protruding from the ground, like trees, posts, car tires, etc. They mark in an effort to show how big they are. Dogs can mark a little or a lot. Usually dogs who mark a lot are more anxious. They are worried other dogs might miss their scent, so they overdo it. On

The Canine Coach BY VALERIE BROADWAY



the other hand, some highly anxious dogs won't pee or mark at all away from home. They don't want to offend another dog in the area, so they wait until they get home to relieve themselves.

In this column I've been referring to spayed and neutered dogs. Unaltered dogs usually have more exaggerated behaviors. Intact male dogs are almost always more intense than neutered ones. I estimate about 25% of their attention span is lost to "searching for a female" antennae, which can make them more frustrating to train. They are much more likely to run away at the mere scent in the air of a female dog in heat. They are more likely to get into fights with other dogs, and are the number one type of dog that bites people. Un-spayed females are generally about the same as a spayed female in behavior until they start their heat cycle. Then they behave much like males as far as extreme behaviors. Altered dogs generally don't like to be around unaltered dogs, as they are a lot to have to deal with. Introducing an unaltered dog into a pack of altered dogs will ramp up the energy level, attitude, and tension in the entire group.

In general, the things that make neutered male and spayed female dogs different don't make one preferable over the other as far as their ability to be a good pet. There are just differences to be aware of, but in the end each individual dog is a unique being. I've lived with and adored many dogs of both sexes and cannot recommend one over the other. Understanding what they are and how they think is the key to living a peaceful coexistence with a human-dog pack.

Valerie Broadway, the Canine Coach, is a dog trainer and behavioral specialist. For more information, call 919-542-4726 or visit her website: www.caninecoachingservices.com



DEAR OLLIE,

I have been trying to train my high energy dog for weeks to respond to the commands "stay" and "come". Last week, I thought I was experiencing great success when my dog, Bob, stayed across the street while I was chasing him down. Before you think that I am an irresponsible owner, let me add that he was on the leash and pulled himself out of my hand. He is a very strong dog and just crazy around people. Well, Bob stayed across the street and did nothing. I was relieved that he had made so much progress in his training that he did not dash into the street to chase a car. Even the neighbors came outside to witness this spectacular show. There was well behaved Bob quietly sitting on his haunches sniffing the wind and doing absolutely nothing. Of course, this behavior required a special treat from me. So, I ran across the street to get Bob and reward him. Bob was happy to see me but did not move. Could my training have gone too far? Bob sat like a white marble statue his head turning east in my direction. I rushed to him with a lot of praise and treats and then I saw the problem. Bob's tail was attached to a rose bush. He wasn't well-behaved at all. He was stuck.

What do I do with Bob?

Signed, Cynthia
(a frustrated owner)

Ollie is a snarky black and white Shih Tzu rescue dog that turned his passion for helping other pets into a popular advice column. Now, as he is retiring but still passionate about helping other pets, he has launched his own YouTube channel where he hopes pets and pet owners will tune in for advice, straight from a dog's mouth. In addition, this is his inaugural column for Chatham County Line.

DEAR CYNTHIA,

Well, what do we do with Bob? Bob is a very head-strong dog. Of that, there is no doubt. Your friendly neighbors may refer to him as a lovable lunatic or an outboard motor dialed too high. He is energy incarnate and everything interests him all the time. A high energy dog will keep on dancing until he is calmed down. Does this sound like Bob? Training Bob requires the perfect location with no distractions and no spectators. You need to be calm and forceful at the same time and this training must occur while he is leashed and you are in command. Be sure that you really run him before he trains as this may wear him down for you. Use body language like a hand signal that is the same each time you request a behavior from Bob. Dogs respond to both your body language and tone of voice. The "stay" command comes after Bob learns to "sit".

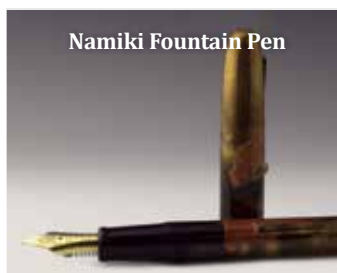
Since I am only a dog and not a trainer, I don't have the expert advice you need to train Bob. I just know from experience what works for me and my human. You can take Bob to training classes or check out a book on dog training from the library. I am thinking that you may need to double your vitamins just to keep up with Bob. Not only that, Bob is pretty smart. After all, he left none of his white tail fur on that rose bush.



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THE BREACH: Behold the eerie remains of what was once a decades old beaver pond on Robeson Creek. In the wake of a series of spring rains with flooding of biblical proportions the dam was breached again and again. Ultimately, the family of beleaguered beavers chose to leave their lodge behind in search of safer habitat. Across not only Chatham County, but also the entire planet, a similar scenario is being played out as both wildlife and human climate refugees are forced to seek shelter from the storms that are becoming the new normal in a rapidly warming world. Abandoned beaver lodges are an unnatural sign of the times that are a'changin.

PHOTO BY GARY SIMPSON

INTERESTING

CONTINUED FROM PAGE 1

recommended candidate.

The Chatham Republican Party found a candidate. CCGOP chairman, Terry Schmidt, respectfully urged the Commissioners to appoint Ernie "Andy" Wilkie to replace Commissioner Petty.

On May 6th the County Commissioners voted 4-0 to welcome Ernie "Andy" Wilkie to the vacant seat on the board. "Andy" Wilkie will be sworn in at the next County Board of Commissioner's meeting.

According to the CCGOP press release, Mr. Wilkie is a Chatham County native and a graduate of Chatham Central High School. He served six years as a paratrooper in the Army Reserves at Fort Bragg before earning a Social Science degree from Appalachian State University. After college graduation, Mr. Wilkie was a Head Start health coordinator for several counties in North Carolina.

While the owner and operator of a Sanford business for 34 years, he created Project Help, a non-profit serving the homeless in Sanford. To honor a classmate killed in war, Mr. Wilkie created a scholarship fund for high school seniors that annually awards funds to four Chatham Central graduates.

A member of the American Legion, Mr. Wilkie has also been a member of the Lions Club, the Chatham County Historical Association, and the Chatham Arts Council.

Mr. Wilkie has court records in Chatham and Lee counties. Wilkie has been charged multiple times with driving while impaired. According to records, his license has been revoked in the past for driving while impaired. In addition, Wilkie was convicted for misdemeanors regarding drug possession and drug paraphernalia.

Chatham County Line has reached out to County Commissioners Dasher and Hales for comment as well as the Chatham County Republican Party.

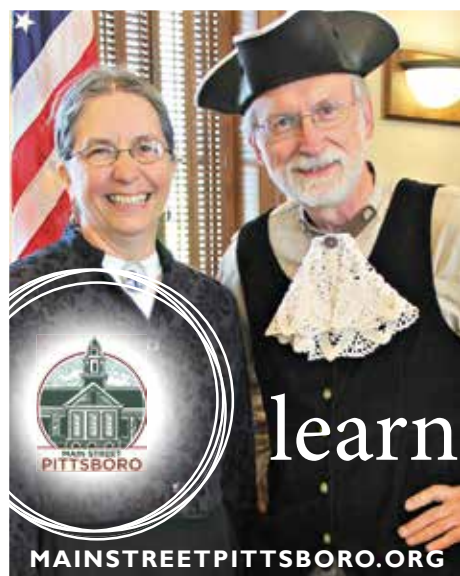
No comments have been forthcoming

from either Commissioners Dasher and Hales nor the Chatham County Republican Party.

Mr. Wilkie's information is also not yet available for public use by the county.

A member of the Chatham County Democratic Party's executive committee had this to say:

"The local Democratic Party has gone through the process of replacing Democratic officials numerous times over the past ten years, including replacing Commissioner Sally Kost of District 1 with Jim Elza. Although it is not a disqualifier, Mr. Wilkie's personal history of DWIs and other misdemeanor convictions would have certainly given pause to our executive committee. I would imagine that committee members would want to hear a full explanation from the candidate regarding such issues before making an official endorsement. I certainly hope that happened in this case, although it is possible that the local GOP simply ran out of options. My guess is that it is difficult to recruit candidates to serve on a board when you will be out numbered 4 to 1. I wish Mr. Wilkie the best."



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Underground

BY LOU LIPSITZ

Lot's wife, surely you've heard of her;
 the one who became a symbol
 because, they said, she turned to look back.
 She became a pillar of salt, they said,
 because she dared to be a witness;
 to look upon the devastation as the divine fireball
 melted a world and everyone in it;
 Punished for her curiosity it seemed
 as she glanced back at God's uncreation, or
 could it have been for her sympathy?
 And what exactly do we know about her? Her name?
 Was her hair tinged with silver?
 Did she wear blue earrings every day?
 Her voice silent — or was she shouting at the horror
 to come?
 We will never know. But
 some say she was named Edith
 and that she never looked back,
 but hurried away even before
 God got his thunder rolling.
 She and her small group
 knew He would fail (again).
 His usual methods — fire bombing,
 mass slaughter, would lead where
 they usually led: exile networks where
 pleasure made its own rules;
 identities were hidden and
 a labyrinth of tunnels
 grew ever longer and deeper.
 Even today, we hear of them.
 So we read only about a pillar
 of salt, a compelling symbol.
 But as for Lot's wife, as she is known,
 some say she appeared
 elsewhere, speaking another
 language, telling a different story
 that you probably have not
 yet clearly understood.

To the Editor:

NC House Assembly Representatives Donny Lambeth and Greg Murphy have introduced HB 655 that would expand health insurance coverage to adults aged 19 to 64 earning 133 percent or less of the federal poverty level. Using a private insurance plan managed by Medicaid providers, the program would include a work requirement for able-bodied adults without dependents and would require beneficiaries to pay a premium equal to 2 percent of their income and co-pays for services. The bill's supporters predict that the plan would cover approximately 283,000 people in NC.

As I first read this, my initial thought was that this could be a step in the right direction for low-wage earners. I followed up with some research and calculations.

Per <https://aspe.hhs.gov>, the Federal Poverty Level guidelines for 2019 indicate the following: For a single person \$12,490; for a two-person household \$16,910; for a three-person \$21,330.

As an example, for that \$12,500 a year income worker, after contributions to Social Security and Medicare alone (no tax withholding included) take-home pay would be in the area of \$960 a month. I myself am a retired senior living on a fixed income within that same range. I am grateful to be living in low-income housing. Were that not the case, I could not afford to live independently even in small-town Pittsboro.

That working person has to have a vehicle to maintain employment, with insurance and maintenance costs. Rent, utilities, groceries and other necessities add up quickly; and heaven forbid any emergency expenses come up.

When I myself hit Food Lion for staples and then watch the prices on nearly all items creep up, I seriously worry for people with families to feed. And some of those families are living with that \$960 a month to work with!

For the life of me, I don't see how single people are going to be able to pay premiums or co-pays to get health insurance coverage; and I know for a fact that families could not sustain that cost.

If, like myself, you find these realities heartbreaking and deeply concerning, please write your representatives in Raleigh to express your concern and encourage them not to support this bill. It might be good to send copies to Representatives Lambeth and Murphy as well. Their backgrounds suggest that they are caring men. However, I'm not sure that they thought this bill through in its ramifications for folks who are already financially struggling.

*Concerned for all of our neighbors,
Irene Wells, Pittsboro*

April 2019 issue, page 10: If you are from Rhode Island it's hysterical. However, I am from The First State, Home of the Fighting Blue Hens, and DuPont. On behalf of my teeny tiny state I am outraged by the egregious omission. Even DC got a spot on the map. We only have 3 counties but we are mighty. We will not be overlooked! The few, the proud, the Delawarrians.

Patty Neff, Mann's Chapel

Editors Note: We humbly apologize for the error — it was certainly not an intentional omission.

I appreciate that *Chatham County Line* publishes a variety of viewpoints. However, I take exception that the paper agreed to publish an op-ed piece that is decidedly racist and, moreover, makes erroneous claims. I am referring to "The 'social justice' Oscar Awards" by Jeff Davidson, published Vol 17, Issue 3, which cites false statistics to prove its point.

In its most recent report, the Annenberg Inclusion Initiative reveals that "the film industry has yet to achieve parity, especially for people of color, whose representation is 11 percent lower than their share of the general population." (<https://why.org/articles/oscars-2019-beyond-the-stats-why-diversity-matters/>). The report shows that

HOUSE BILL 655 WOULD EXPAND COVERAGE TO THOSE EARNING UNDER 133% OF THESE FIGURES:

- Single person: \$16,611
- Two-person family: \$22,490
- Three-person family: \$28,369



PHOTO BY CHRIS TELESKA

Recently, certain people and groups have sought to remove the Pittsboro veterans memorial on the grounds that the display is "racist." They say that the memorial was erected during the Jim Crow era in order to intimidate African-Americans, but I disagree. You see, Confederate Veterans and their fraternal organizations were very active between 1896 and 1939. This is the same time period in which most memorials were built. As the population of veterans dwindled, there was a drive to commemorate and preserve their stories so that future generations would not forget their struggle for independence. Thus, statues and plaques were placed at prominent locations throughout the South. Logically, they were often situated on government property where everybody could see them.

These memorials represent all Confederate soldiers from that conflict: black, white and Native American. Most of them were volunteers, many of them lost everything. There are people who will read this article who have already made up their minds; they will not be persuaded by my reasoning, and I will gain no ground with them. However, I know that there are many open-minded people of Chatham County who understand that history is complicated, truth is often obscured by politics, and that the history books are written by the victors. If you agree with me on this issue, write me a letter (I'd love to get in-touch) and tell the Chatham county commissioners.

—Ethan Holland, P.O. Box 1661,
Cary, N.C. 27512-1661

while there has been an uptick in the number of underrepresented minorities and women portraying major film protagonists in Hollywood film, "the overall percentage is still below the U.S. Census (39.3%) by 11.3 percentage points." In addition, the report notes that "sample wide, only 15.5 % of all 1,200 movies [released in 2018] featured an underrepresented lead or co lead."

There are enough false claims in the national media; let's at least try to keep local media free of lies that promote racist, homophobic, and misogynist views.

Joanne Hershfield, Pittsboro

It's the economics, stupid

by Julian Sereno

My cousin just had a successful heart surgery. He said it was a minor operation; I said there are no minor operations, let alone minor heart operations.

He had the procedure, spent one night in the hospital, was discharged and went home. His bill: \$188,000 and change.

He has good insurance, so of course he won't pay that, just a fraction in the form of co-pays. But that amount of money for a routine medical procedure points to the real problem with healthcare in the US: insane costs seemingly skyrocketing, totally out of control.

The U.S. has by far the most expensive health care system on earth: \$10,739 per person in 2017, or 17.9 percent of the gross domestic product. But for successful outcomes, not so good. The World Health

Organization ranks the US 37th on Earth, right behind Costa Rica, immediately ahead of Slovenia. France, the country with the highest-rated health care system on earth, spends, per person, less than half the US: \$4,900 a year. For Americans, it's more than not getting our money's worth — we're getting flim-flammed.

According to a recent report in the NY Times (April 30), the fee for a simple blood test can vary between \$11 and \$952, depending on the hospital and their deal with the insurance company. And hospitals can have different deals with different insurance companies. Patients with insurance won't be aware of the charges; the co-pay covers it all. For people without insurance, watch out. They'll pay full freight for everything.

Right now, hospitals and their affiliated physicians charge whatever they want. Pharmaceutical companies do the same — they cut deals all over the world to discount their drugs, but not in the U.S. That's because their lobbyists bribed the U.S. Congress to insist that Americans pay full price.

FOUR IN 10 ADULTS IN 2017 WOULD EITHER BORROW, SELL SOMETHING, OR NOT BE ABLE TO PAY IF FACED WITH A \$400 EMERGENCY EXPENSE.

—FEDERAL RESERVE STUDY

Hospitals and affiliated physician practices get away with it all by hiding costs in a way that would make three-card monte dealers green with envy. If you want to find out in advance what various procedures costs, good luck.

Earlier this year, the Trump Administration enacted regulations ordering hospitals to post their typical charges for medical procedures and pharmaceuticals so consumers can compare prices. It has not worked so far. Hospitals post these lists on premises and online but make them incomprehensible — spreadsheets with costs for thousands of entries, all abbreviated medical or pharmaceutical jargon. They hide their information all

in plain sight.

Even an expert could only hazard a guesstimate, much as it would take a forensic accountant to figure out what the actual charges on a hospital bill after it arrives in the mail.

Politicians who want to reform our healthcare system have to start by containing costs. As long as the health care establishment — the hospitals, the physicians practices, and the pharmaceutical companies — enrich themselves providing a mediocre product, they have no reason to change.

Julian Sereno is editor of Chatham County Line.

A circular firing squad

by Don Lein

As I was reviewing some old files I ran across a document from when I was working on the Board of Directors for the Chatham County First Responder Memorial. It was from Patrick J Foye, Executive Director of the Port Authority of NY & NJ, and was dated August 31, 2015. The letter recounts the efforts of the Port Authority to honor those who were lost on 9/11 and its continuing efforts to “raise awareness about the health impacts to responders and survivors”, to wit: there are more than 71,000 responders and survivors receiving medical monitoring and/or treatment for their injuries; 9/11 survivors enrolled in the program are in every state in the union; more than 33,000 responders and survivors have at least one injury or illness related to 9/11, more than 22,000 have two or more and 3700 have cancer related events related to 9/11. In the wake of this ongoing tragedy, we have Representative Ilhan Omar D, MN, characterizing the 9/11 terrorist attack as “some people” “did something”.

The *New York Post* was incensed at the comments and printed a picture of the World Trade Center with the mushroom clouds bursting from the impact of the terrorist attack with the headline “Here's Your Something”. The rest of the media was strangely quiet, ignoring her outrageous comment. Omar, reacted to the criticism by labeling it “incitement”, indicating that those comments were the reason she received death threats. She rationalized the death threats on a late-night talk show by saying that she had received them because she was a Muslim, not because of her remarks. By the way, this is the same Rep. Omar who expressed racist remarks about Jews. Fellow Muslim Rashida Tlaib, D, MI., opined on the incident in a post aimed at Congressional Democratic leadership, “Do not applaud diversity...if you are not willing to be a true ally and defend us.” In another post she stated, “They put us in photos when they want to show our party is diverse. However, when we ask to be at the table, or speak up about issues that impact who we are, what we fight for and why we ran in the first place, we are ignored.”

Meanwhile in another part of the globe, former President Obama was giving a speech in Berlin on behalf of the Obama Foundation in which he opined that progressives have “a certain kind of rigidity” where they form circular firing squads and start shooting allies because they are straying from the purity of the orthodoxy on issues. He stressed that no matter whether you are speaking as a citizen, leader, or organizer, you have to take into account “people who don't agree with you.... and that means you will never get 100% of what you are after.” Hopefully, the new progressives will not shoot too many old

progressives whose ideas are now passe. Incidentally, someone counted the number of times Obama used the personal pronouns (I, me, my, etc.) in his remarks and the number was 566 – it does this old conservative's heart good to see that some things do not change!!

In the face of all this discord it is somewhat heartwarming to see near unanimity on one issue – the “equality act” which would make it a federal crime for schools to refuse males who wish to compete in women's sports. Sarah Warbelow of the Human Rights Campaign testified before a House of Representatives subcommittee that the idea of men having an “athletic advantage” over women is not “rooted in fact”. House Judiciary Chairman Jerry Nadler stated that the idea that transgender athletes having a competitive advantage over females has not been factually borne out. It is a bit sad to ponder the fate of some young lady who has terrific athletic skills who cannot reap the benefits because some transgender athlete could throw the shot further, pole vault higher, or run faster!!!! Will dunk shots become routine in women's basketball??

Whereas there is near unanimity on men/transgenders having no advantage over biological females, one wonders what will be the congressional response to NASA predicting a cooling trend in the earth's climate. NASA states that “near the edge of space, our atmosphere is losing heat energy. If current trends continue, it could soon set a space age record for cold.” These new NASA findings are in line with studies from UC-San Diego and Northumbria University in England, last year, which predicted a Grand Solar Minimum in the coming decades. They both compared it to the Maunder Minimum of the mid-17th to early 18th centuries, which was also known as the little ice age. This data when added to the fact that February 2016 to February 2018 has been the greatest cooling period during the last century -0.56C, would seem to call for some action to prepare for this cooling. Hopefully, some bright millennial will figure out how to put more CO2 into the atmosphere to increase global warming or perhaps become a Nobel laureate by figuring out a way to increase bovine flatulence!! Anything to avert a new ice age!!

These NASA findings tend to undermine the rationale for Alexandria Ocasio-Cortez's Green New Deal. Even if science supported her, its costs would likely be prohibitive. Will she go gentle into that sweet night? Will she and her compatriots form their own circular firing squad and destroy those who stray from the purity of her orthodoxy? Interesting times ahead.

Don Lein is a regular contributor to Chatham County Line. A Chatham resident, he is involved in a variety of civic organizations.

Running the race of his life

by Jeff Davidson

I've been a participant in the North Carolina Senior Games for a number of years now. The colloquial name is the Senior Olympics. You might have heard of it. Men and women age 55 or more can enroll in a variety of track and field competitions, plus three on three basketball, table tennis, pickle ball, squash, cornhole, visual arts, crafts, and other creative endeavors.

One of my events over the years has been the 100-yard dash. I wasn't particularly fast in grade school or junior high, but by the time I was a senior in high school I made myself into a pretty decent runner. Then, over many decades, as happens so often, I didn't do much sprinting.

STOKED AGAIN

When I discovered the Senior Games and saw that the 100-yard dash was among the events, my competitive fires became stoked once again, after so many years. I started doing light sprints here and there, first 40 to 50 yards, building up to 75, and then up to 100 yards.

I entered the dash competition four or five times over several years, and twice was able to earn second place for my age category. Second place at the county level qualifies you for the state finals.

During one particular meet I saw an elderly man who was enrolled in the 100-yard dash. I was eager to see what kind of time he would run. As it turned out he registered 27 seconds. I asked him if this was a good time for him and without reservation or facetiousness he said, “Yes. Most of my friends are dead.” Point taken.

Whether you can run the 100-yard dash in 13 or 14 seconds, which is quite good for someone over age 55, or it takes you 27 seconds, or longer – a pace at which many people can walk that distance – you're a winner merely for entering. The man I spoke to had probably been participating for many years, and although his performance time was edging upward, it was to his great benefit to participate.

HOW ABOUT YOU?

If you haven't heard of the Senior Games, now is the time for you to investigate. Simply type into your favorite search engine the term “Senior Games” and the name of your county, and lo and behold, all the information you want and need will pop up.

As cited, you can participate in numerous ways, including the aforementioned sporting events and creative endeavors. You don't necessarily have to be competitive. Simply participating is its own reward. Never mind if others run faster, jump higher, or are better at weaving. Here's an opportunity for you to have some fun, meet with like-minded others, and establish or reestablish a productive routine.

Jeff Davidson of Raleigh is a regular contributor to Chatham County Line. He is “The Work-Life Balance Expert®”, the premier thought leader on work-life balance issues, Jeff is the author of 65 books, among them “Breathing Space”, “Dial it Down, Live it Up”, “Simpler Living”, “60 Second Innovator”, and “60 Second Organizer”. Visit www.BreathingSpace.com

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Marchando hacia una Siler City unificada

por Nora Haenn, traducido por Luis Melodelgado

En sus partes las que hacen al todo. Así, para tener una comunidad integrada racial y culturalmente se necesita del aporte de mucha gente. Este fue el mensaje que el Proyecto de Migración Latina LMP, sigla en inglés) presentó al Concejo de Siler City, en su reunión de abril. La presentación fue solo uno de los pasos que, para mejorar el bienestar en Siler City, están tomando las autoridades de la ciudad, organizaciones comunitarias locales—incluido el Vínculo Hispano-y el LMP. Aquí les contaremos el logro alcanzado por el multifacético grupo, y sus recomendaciones en cuanto a la salud mental de la juventud de Siler City. Artículos posteriores describirán otros de sus alcances.

La avalancha diaria de noticias sobre inmigración tiende a oscurecer la realidad: en Siler City, el fenómeno es asunto de importancia vital. Es ese, precisamente, el espacio de trabajo del LMP. Su programa “Creando Comunidades Integradas” (BIC, sigla en inglés), intenta ayudar a los gobiernos locales, y otros interesados, a generar estrategias para promocionar el desarrollo económico y la participación cívica. Son estrategias relevantes y de consenso. Las autoridades piden participar con BIC, y si las ellas se comprometen a participar activamente en el proceso, BIC aprueba la alianza. Desde el 2010 BIC ha trabajado con Sanford, Lee County, y High Point, entre otras comunidades.

Hace dos años comenzaron a trabajar Siler City y BIC -representado por un comité directivo local, integrado por 32 representantes de 15 organizaciones locales, gubernamentales y privadas. Además de los grupos arriba mencionados figuran, por el condado, la administración escolar, la agencia de salud, y la corporación de desarrollo económico. También participan Partnership for Children y Habitat for Humanity.

BIC en Siler City comenzó evaluando las experiencias de sus residentes inmigrantes. El estudio produjo un informe de 40 páginas (enlaces a documentos en inglés), que fue entregado oficialmente al Concejo en abril. El documento resultó de foros públicos, grupos de trabajo, entrevistas a líderes cívicos, y del estudio a documentos oficiales del gobierno local. Fueron también entrevistados 66 residentes inmigrantes; o nacidos en los EEUU y de padres inmigrantes. Igualmente, el equipo entrevistó a expertos en la salud mental, y a educadores de Siler City.

Típicamente, BIC analiza los factores de vivienda, seguridad pública, comercio, transporte público, y recreación. En Siler City se incluyó el tema de la salud mental juvenil. El informe explica la justificación: “varios estudios muestran que el miedo constante, a redadas de inmigrantes y a la deportación resulta en el deterioro de la salud mental, emocional y física de los inmigrantes”. Las escuelas públicas de Siler City—donde los estudiantes hispanos son mayoría—son la primera línea de respuesta al efecto de las políticas nacionales sobre los chicos.

El informe de BIC denuncia, como efectos más sobresalientes: exposición al peligro, depresión, aislamiento, ansiedad,

y problemas de comportamiento. Expertos en salud mental, escolares y privados, describen a los estudiantes como, desesperanzados, imposibilitados para imaginar su futuro, y traumatizados por tener familiares ausentes. Que, enfrentados a la deportación de sus familiares, ya desde la escuela primaria los estudiantes demuestran haber contemplado el suicidio, y estar padeciendo del síndrome de estrés posttraumático (PTSD, sigla en inglés). Y que, finalmente, la reunificación familiar puede ser incluso causa de estrés: por haberse acostumbrado a vivir sin sus padres, cuando las separaciones son demasiado largas.

A la lista de preocupaciones, los jóvenes entrevistados añadieron el racismo. En el informe se lee que los jóvenes:

“identificaron el clima político, y la retórica anti-migratoria pregonada en los medios de comunicación, como otra fuente de estrés. Ellos también describieron sus experiencias personales con el racismo. Comentaron que, días después de las elecciones presidenciales del 2016, tuvieron que soportar insultos racistas, lanzados abiertamente en el espacio escolar. ‘El día después de las elecciones había profesores apostados en cada esquina, y afuera de las aulas, para ayudar a evitar encontronazos’ -declaró uno de los jóvenes entrevistados. Los estudiantes se dan cuenta que los administradores escolares, y sus maestros, no han trabajado debidamente contra el racismo en sus escuelas”.

Como respuesta a la latente necesidad, deberán expandirse los servicios de salud mental. Por ejemplo, el equipo BIC sugiere que los profesionales de la salud mental deben ser personas bilingües, entrenadas para entender las diferencias culturales. BIC propone como modelo a la organización privada El Futuro. También hace notar que los jóvenes responden positivamente a grupos de apoyo emocional organizados alrededor del tema de la identidad. Para la muestra: el grupo juvenil Orgullo Latinx Pride.

Las escuelas son, en verdad, la primera línea de respuesta. El informe comenta que, aunque la asistencia psicológica escolar pudiera ser particularmente efectiva, los estudiantes rehúsan utilizarla. Mejorar este servicio implicaría dar a los educadores los recursos necesarios, incluyendo tiempo, para ganarse la confianza estudiantil. También requeriría cultivar aquellos educadores que tienen los recursos lingüísticos y de fluidez cultural. Profesionales estos, que pudieran eventualmente liderar grupos estudiantiles organizados por la herencia cultural. Hoy por hoy, los estudiantes de secundaria prefieren acudir a sus congéneres en busca de apoyo; amigos que, sin embargo, sufren bajo las mismas condiciones estresantes. El informe enfatiza la necesidad que los estudiantes tienen de consejeros adultos, profesionales y genuinamente preocupados.

Nora Haenn vive en Pittsboro y es profesora de antropología en North Carolina State University. Toda opinión que expresa aquí pertenece a ella. Luis Melodelgado vive en Pittsboro, invierte su tiempo descubriendo cuán generoso el corazón humano puede llegar a ser.

Building an Integrated Siler City

by Nora Haenn

The little things matter. Building culturally and racially integrated communities requires many small steps taken by a wide range of people. This was the message delivered by the Latino Migration Project at their presentation to Siler City’s Board of Commissioners in April. The presentation was part of a larger collaboration among Siler City authorities, community organizations—most prominently the Hispanic Liaison—and the Latino Migration Project to improve the well-being of Siler City residents. In this column, we report on what this collaboration has accomplished to date, including recommendations to improve youth mental health. In future columns, we’ll report on more of the concerns addressed by the collaboration.

With all the talk about immigration in the news, it can be easy to forget the realities of places where migration is simply an everyday fact. This is where the Latino Migration Project enters the picture. Their “Building Integrated Communities” program (known as BIC) helps local governments and stakeholders generate locally relevant, consensus-based strategies to promote economic development and strengthen civic engagement. Local governments apply to BIC and are selected, in part, on officials’ willingness to be active in the process. Since its start in 2010, BIC has partnered with Sanford and Lee County, High Point, and others.

Two years ago, Siler City, the Hispanic Liaison, and a local steering committee joined the BIC process. The steering committee includes thirty-two individuals representing fifteen government and non-government organizations. In addition to those already noted, representatives from Chatham County Schools, Chatham County Public Health Department, Chatham County Economic Development Corporation, Partnership for Children, Habitat for Humanity, and others sit on the committee.

Their first job entailed assessing local immigrant experiences. The resulting 40-page report was delivered at the April commissioners’ meeting. The report draws on public meetings, discussion groups, interviews with civic leaders, and a review of county documents. The BIC team talked with sixty-six residents either born in Latin American countries or born in the United States to immigrant parents. The group also interviewed nine mental health professionals and educators in Siler City.

The typical BIC planning process covers housing, public safety, business, public transportation, and recreation. The Siler City committee added to this list a special emphasis on youth mental health. The report explains their reasons for doing so: “a number of studies have demonstrated that the constant fear of deportation and immigration raids results in the deterioration of immigrants’ psychological, emotional,

and physical health.” Siler City’s public schools—where the majority of students are Hispanic—have become first responders to the effects of national policies on children and youth.

The BIC report chronicles the problems: self-harm, depression, isolation, anxiety, and behavioral issues ranked highest. School-based and non-profit mental health professionals talked about student’s feelings of hopelessness, uncertainty about the future, as well as the trauma of having a loved one in another country who they cannot see. Students as young as elementary school have exhibited suicidal ideation and post-traumatic stress disorder as the result of a loved one’s deportation. Family reunification can bring its own stressors as children may also experience trauma as they become accustomed to living with a parent after an extended separation.

Young people added to this list of concerns the racism they encounter. Here, it’s worth quoting the report at length. The youth:

“identified the current national political climate and the anti-immigrant rhetoric they hear in the media as a source of stress. They also talked about personal experiences of racism and spoke about the day after the 2016 national elections, when they heard openly racist comments at their schools. “The day after elections, there were teachers at every corner and outside of classrooms to make sure that there was no fighting,” said one young participant. Students perceive that school administrators and teachers have not effectively addressed a climate of racism in schools.”

The next steps entail expanding mental health services to meet the unfilled need. For example, the BIC team advocates bilingual and culturally knowledgeable mental health professionals of the sort offered in Siler City by the non-profit El Futuro. The team notes that young people respond well to support groups oriented around identity, such as the Hispanic Liaison’s OrgulloLatinx Pride youth group.

Schools remain the first line of response. The report notes that school-based counseling is a particularly effective strategy, although students can be hesitant to reach out. Bolstering school-based support includes giving school staff the resources and time they need to build trust with students. It also means cultivating staff who have bilingual, cultural knowledge. These teachers and counselors might mentor school-based heritage groups. Right now, high school students tend to turn to peers for support. Those same students, however, face similar stressors. The report emphasizes that students need mature, professional, and caring counsel.

Nora Haenn lives in Pittsboro and teaches Anthropology and International Studies at North Carolina State University. All opinions expressed here are her own.

Chatham County Line necesita noticias bilingües de la comunidad Hispano de Chatham

Buscamos artículos y noticias de acontecimientos en español e inglés. Fotos son bienvenidas también, con información en ambas lenguas. Mandarlos por email a editor@chathamcountyline.org

Chatham County Line needs bilingual news from Chatham’s Hispanic community

We need articles and press releases in Spanish and English. Photos are welcome also, with caption information in both languages. Email them to editor@chathamcountyline.org