

# Chatham News + Record

Chatham County, N.C. | MAY 14-20, 2020 | www.chathamnewsrecord.com | \$1

## A pandemic of mental proportions

COVID-19 affects Chatham's, America's mental health

BY ZACHARY HORNER  
News + Record Staff

Kristin Krippa works with crises for a living. As a mental health therapist, she's used to people sharing their mental and emotional issues with her.

But nothing she's faced has been like the COVID-19 pandemic.

"This is an ongoing crisis and there's no particular end in sight for some people," said Krippa, who operates Krippa Family Psychological & Wellness Services in Pittsboro. "So they have much higher stress levels — anxiety, depression, sleep problems. And these are all in people that don't necessarily typically suffer from those issues."

Health officials across the world have been expressing concern about the mental health of people in the response to the COVID-19 pandemic, and early research on the topic has proven that concern valid.

A pair of surveys — one from the University of Michigan's Parenting in Context Research Lab and another from the Kaiser Family Foundation — found that many American adults are



Photo illustration by Zachary Horner

**The COVID-19 pandemic is creating a unique set of circumstances affecting America's mental health, and providers in Chatham County say they've seen it in increased anxiety, depression and stress.**

struggling with their mental health in this time.

"Nearly all respondents' mental health and wellbeing appear to have been affected by the pandemic," wrote Shawna Lee and Kaitlin Ward from the University of Michigan. "Common concerns were feeling tired or having little energy, trouble sleeping, and feeling hopeless. The majority of respondents report-

See **AFFECT**, page A8

## Chatham, N.C. lagging in access in mental health services

BY ZACHARY HORNER  
News + Record Staff

The Chatham Health Alliance deemed "access to comprehensive health services," which included mental and physical health, as the No. 1 issue affecting Chatham County's overall public health in the 2018 Chatham County Community Assessment.

"Many of the same barriers impede access to physical and mental health care, including services not being covered by insurance, lack of insurance, prohibitive costs, transportation, scheduling, and stigma," the CCCA stated. "Healthcare, including access, cost, and

quality, was listed as the number one issue affecting community health and seventh leading issue affecting quality of life for Chatham residents in the 2018 CCCS."

Mental health professionals and advocates are worried about the impact the COVID-19 pandemic will have on society's mental well-being, but both Chatham County and North Carolina lag behind their neighbors in access to those services.

In October 2018, the Kennedy-Hatcher Center for Mental Health Equity gave North Carolina an "F" grade on

See **SERVICES**, page A7

### 98 AND GOING STRONG

## Beloved Bynum Bridge cements historic status



Photo by Jeremy Gilchrist

This bird's-eye view of Bynum Bridge during a flood was taken via drone by Jeremy Gilchrist of Raleigh.

BY RANDALL RIGSBEE  
News + Record Staff

BYNUM — Sometimes a bridge is just a bridge, a utilitarian structure.

Other times, a bridge does more than merely accommodate rote traffic over an obstacle to and fro.

Sometimes, says Debbie Tunnell, a bridge is "family."

That's the sense of kinship she — and many others living in and around the unincorporated community of Bynum — feel for the old Bynum Bridge.

"It may sound like an unusual choice of words, but it's family," she said of the 98-year old concrete structure, which has enjoyed

See **BRIDGE**, page A12



Staff photo by Kim Hawks

Since 2015, Debbie Tunnell (left) and Diane Swan have conducted extensive work — including countless hours of historical research — to have the Bynum Bridge listed on the National Register of Historic Places.

### POLARIS EQUINE OF PITTSBORO



Staff photo by David Bradley

Dr. Stephanie Freese of Pittsboro-based Polaris Equine performs a dental procedure on one of the many patients that her team cares for. The procedure, called 'floating,' is a regular procedure done to file down sharp points and edges on the teeth of the horse.

## These doctors make horse calls

BY DAVID BRADLEY  
News + Record Staff

It's a rare thing to find a doctor who makes house calls, but Dr. Stephanie Freese and her team at Polaris Equine do it all the time.

But when she says, "Say Ahhhh!," she usually doesn't get a response.

The patients at her clinic are among the most elegant of animals, but when they are in need of medical care, you can't take your horse to the doctor. These doctors come to them.

Polaris Equine, a mobile veterinary service based in Pittsboro, has been taking care

See **EQUINE**, page A13

## Cleaning Jordan Lake — one person at a time

BY CASEY MANN  
News + Record Staff

JORDAN LAKE — Daniel Toben admits that picking up trash isn't a new idea.

But for Toben, who's collected about 250 bags of waste and refuse from Jordan Lake in the past two weeks, it's taking "some responsibility in my community."

Toben, 31, has been picking up trash, organizing others to help and promoting those efforts in Chatham, Orange and Durham counties for several years, collecting between 6,500 and 7,000 bags of trash since he began tracking about two years ago. He started taking pictures of himself cleaning up trash and placing

See **CLEAN-UP**, page A12



Staff photo by Peyton Sickles

Cleaning up around Jordan Lake gives Daniel Toben an 'incredible sense of pride' and accomplishment, saying that when 'the beach is all clean, it's not just cleaner, but safer too.'

## Chatham government budget full of 'choices' in light of COVID-19

BY ZACHARY HORNER  
News + Record Staff

"Life is a matter of choices," author and leadership guru John C. Maxwell wrote. "And every choice you make makes you."

So begins the Chatham County government's spending plan for fiscal year 2020-2021, a

year that promises to be lived in the midst of recession with a lot of uncertainty thanks to the COVID-19 pandemic and what will happen to the economy in response.

"The full economic impacts of the global pandemic are not yet known because the situation continues to evolve," LaMontagne wrote in a budget

message to the Chatham County Board of Commissioners. "Data is unavailable and there is no precedent that gives us a reliable rule for recovery; yet we must recommend a budget that will guide us through the coming fiscal year."

Here's an in-depth look at several parts of that budget plan and how it will affect both

the government and county residents in the coming fiscal year:

### The county's position

LaMontagne indicates that Chatham was in a good place financially before the pandemic hit — meaning that both a 5 percent spending increase can

be recommended and a property tax rate increase won't be necessary.

Building inspections are projected to rise from 19,440 in FY 2019 to 21,500 this year, and revenue from those inspections was at 98 percent of budget by the end of

See **BUDGET**, page A3

### IN THE KNOW

Sports: Golf thriving in Chatham County during coronavirus. **PAGE B1**

National Police Week always personal for Siler City's Wagner. **PAGE B6**

Chatham's authors are making the most of their time. **PAGE B8**

A scholar, an advocate, a newspaper: behind mask donation. **PAGE B14**



## COMMUNITY CALENDAR

Events are subject to change based on closures due to coronavirus. Verify with organizers prior to events.

### ON THE AGENDA

• **The Chatham County Board of Commissioners** will hold a regular meeting at 6 p.m. on Monday, May 18, a public hearing on the county's FY 2020-2021 budget plan at 6 p.m. on Tuesday, May 19, and work sessions on the budget at 9 a.m. on Thursday, May 21, and Friday, May 22. A third budget work session is tentatively scheduled for Thursday, May 28.

### CANCELLATIONS

• **Town of Pittsboro:** All town advisory boards meetings are canceled. In order to protect the most vulnerable members of our community from the COVID-19 virus and slow its spread, Please monitor the town's website at [pittsboronc.gov](http://pittsboronc.gov) for additional notifications and alerts.

• **Chatham County Council on Aging:** Both centers are closed at this time until further notice. If you need to pickup supplies, call the Siler City or Pittsboro location or check our website:

[chathamcoa.org](http://chathamcoa.org).

• **Chatham County Historical Museum:** For the safety of visitors and volunteers, the Chatham County Historical Museum is closed until further notice. See our website: <https://chatham-history.org>.

• **Chatham Community Library:** Closed to the public at this time.

• **State Employees Credit Union (SECU) branches** statewide have temporarily transitioned to drive-thru only. Members who need to access safe deposit boxes, drop off tax return information, or inquire about a loan should call the branch to schedule an appointment.

• **The Second Bloom of Chatham Thrift Shop** will be closed for shopping and donations until further notice.

### THURSDAY

• **St. Bartholomew's Episcopal Church -** We provide a healthy, appetizing meal at no cost to those who come to us hungry at noon on Thursdays. We provide a place of hospitality and fellowship for everyone. All are welcome, regardless of race, sex, age, national origin, religious preference, handicap, or income.

• **The Pittsboro Farmers Market** is open with seasonal items

year-round from 3 to 6 p.m. on Thursdays. They are located at 287 East St., Pittsboro.

### SATURDAY

Starting at noon on May 16, Virlies Grill and Chatham United Methodist Church will team up to provide **100 free Chicken Tender** meals on a first-come first-served basis to the Pittsboro community. This safety focused drive-thru event will be located in the parking lot of Main Street Station, 287 East Street, Pittsboro. We will have signs and people there to greet you and provide directions on how to pick up your meal. One meal per person please. We look forward to seeing you there and providing a meal you can enjoy as we share the love of Christ with our community.

### UPCOMING

• **Chatham Habitat for Humanity** is planning to hold our rescheduled 2020 Women's Build event from August 27 - 29. Registration will open in mid-summer on our website, and those who signed up for the April event will receive first priority. Assuming our new normal allows for events such as the Women's Build, we will gather together in a few months. These dates may change, and additional ones may open as well. Mark your calendars and hope for the best. The Participate from Home benefit is still in effect —

a donation of at least \$25 will get you a t-shirt and certificate during the month of the event.

### ALSO HAPPENING

• With COVID-19 sweeping the country, artists' livelihoods are being challenged like never before. The Chatham Arts Council has put together a relief effort specifically for artists and arts-workers called CAARE: **Chatham Artist and Arts-Worker Relief Effort**. For more information on CAARE, or to donate, visit [ChathamArtsCouncil.org](http://ChathamArtsCouncil.org).

• **JMArts** hosted a **JMACorona-Concert** via Twitter featuring performances submitted by JM students and faculty. Concerts can be viewed on its Twitter account @JMArts and by using the hashtags #JMACoronaConcert performances and #JMA-CoronaConcert program.

• **Adult Volunteers Needed** at Chatham Hospital in Siler City, a 25-bed Critical Access Hospital located in Siler City and part of the UNC Health Care System. All prospective volunteers must complete an on-line application, a criminal background check, an orientation and have documentation of required immunizations. To learn more go to: [www.chathamhospital.org/ch/about-us/volunteer](http://www.chathamhospital.org/ch/about-us/volunteer).

• **Volunteers Needed** — Nonprofit agencies in Chatham seek teen

volunteers to help with many projects. Teens can help at food pantries, in gardens, fundraising projects, office work, and care for animals. Chatham Connecting website lists many volunteer opportunities for youth. See where you are needed to help in the community: [www.chathamconnecting.org](http://www.chathamconnecting.org).

• **Foster and/or adoptive information** — Give children a safe place to grow. Interested in becoming a Foster and/or Adoptive parent. Call 642-6956 to learn more.

• **Alcoholics Anonymous** — North Carolina District 33, call the Help Line at 866-640-0180 for the meeting schedule for this area.

• **Motorcycle Association** — The Motorcycle Association for Chatham, Western Wake, Lee, Orange and Alamance counties meets in Pittsboro and is open to all riders. For information, call 919-392-3939 or visit [www.chathamCBA.com](http://www.chathamCBA.com).

• **Narcotics Anonymous** — For drug problems in the family, Narcotics Anonymous helps! Call 1-800-721-8225 for listing of local meetings!

• **AI-Anon Meeting** — Pittsboro Serenity Seekers AI-Anon Family Group meets at 7 p.m. Mondays, at Chatham Community Church, in the lower level of Chatham Mill, Pittsboro.

# Siler City's budget picture, while not rosy, better than expected

BY CASEY MANN  
News + Record Staff

SILER CITY — The Town of Siler City government is now projecting better-than-anticipated — at least by a little bit — sales tax revenue for the upcoming budget year, according to Tina Stroupe, the town's finance director.

Stroupe provided the updated projections at a Siler City budget meeting conducted by videoconference last Thursday.

In previous discussions, Stroupe had estimated an up to 20 percent reduction in the town's overall revenue projections related to COVID-19. But Stroupe noted that updated projections from the League of Municipalities and "interactions with peers from other agencies" may not require such a drastic outlook.

"We also took into consideration that we do not have the tourism industry that more urban areas may have and we also do not have shopping malls, theaters, convention centers and stadiums," Stroupe said. "Those types of establishments and industries could drive a larger loss in revenue during this time of uncertainty."

For the moment, Stroupe is estimating a 9 percent drop in sales tax revenue in the first quarter of fiscal year 2020-2021, with a 3 percent drop the second quarter. The third and fourth quarters will likely remain flat. As a result, the sales tax revenues are projected to be down FY 2020-2021 by about \$77,600. This year's sales tax revenue is also down — about \$79,000 — from the originally budgeted revenues. The towns' current estimated total budget for FY 2020-21 is \$15 million.

Siler City Town Manager Roy Lynch noted during the meeting that the town "mirrored what the county did," using a moderate level of the League of Municipalities' projections. They also consulted with surrounding municipal leaders to see what other communities are anticipating.

Though the projection is not as dire as originally expected, the Siler City Board of Commissioners agreed through consensus that some expenditure reductions would be required to ensure that the town's finances can weather the economic storm. The board decided to put a hold on all new additional positions in the upcoming fiscal year. In addition, any openings that the town currently has, except for emergency responder positions, will also be frozen.

"We do not want to have to furlough any long-term full-time positions," Lynch said.

The board is choosing not to "dig ourselves into a hole that we can't dig out of," according to Commissioner Lewis Fadely, and Commissioner Chip Price said in agreement that he would "rather not put in" new expenditures only to "take it out later." The board is also canceling all nonprofit funding in the upcoming budget. Nor will it not be budgeting funds for any "pay for performance" or increased benefits for employees, but commissioners did agree they will revisit those items in the second quarter to reevaluate the town's finances.

Lynch noted that of the 20 communities he surveyed about their budgets, only six were offering any type of salary increase and those were

only for "cost of living." "All of us have endured some sort of hardship or difficulty," Price said.

"If we just went on like there wasn't any problem, I think our constituents would be more upset."

"These are tough decisions," said Fadely, "but it keeps as much of our staff employed as we can."

Casey Mann can be reached at [CaseyMann@Chathamnr.com](mailto:CaseyMann@Chathamnr.com).

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The Chatham News + Record (USPS #101-160) is published weekly, 52 weeks a year, by Chatham Media Group LLC, 303 West Raleigh Street, Siler City, N.C. 27344. Subscription rates: 1 year — \$45 in county, and \$50 out of county; 6 months — \$25 in county and \$30 out of county. Periodicals postage paid at the U.S. Post Office in Siler City.

**N.C. POSTMASTER:**  
Send address changes to The Chatham News + Record, PO Box 290, Siler City, N.C. 27344

# BUDGET

Continued from page A1

March — meaning there were still three months to meet and exceed the projected revenue. Environmental health fees were 13 percent higher than the year before at the end of March, and Register of Deeds excise tax collections were up by 9 percent. These positive financial improvements, LaMontagne wrote, means that growth in the county had “rebounded from the slow-down caused by the extreme stormy and wet weather” in the previous year.

Taking into account these improvements, as well as uncertainty from what COVID-19 will mean for the county’s economy, LaMontagne said the county was recommending a budget that is “cautious yet delivers critically needed services.”

## Article 46 sales tax

The highly-contentious Article 46 sales tax that county voters approved by 646 votes in the March 2020 primary election is already coming in handy, LaMontagne said. Levying the tax will begin in October and is projected to bring in \$1.6 million — the bulk of which will be used immediately for education purposes.

The county budget recommends approving Chatham County Schools’ request for an additional \$968,111 for teacher supplements, the county’s contribution to teacher pay. Supplements are often touted as a way to recruit and retain

teachers who might be swayed by higher pay in surrounding districts. The county’s portion will go toward meeting a mandated 1.74 percent increase in retirement contribution.


LaMontagne’s budget message said maintaining the current supplement level — which brings Chatham’s supplement pay budget to \$7 million even — “is only made possible by appropriating a portion of the additional ¼ cent Article 46 levy that begins in October.” If the tax had not been passed, supplement pay would have decreased.

“The current model for funding the supplement as a percentage of teacher pay is difficult to sustain, due in large part to our inability to predict the state-directed teacher pay raises and mandated increases in retirement rates,” LaMontagne said in a recorded video presentation of the budget. “Without the just-in-time addition of the Article 46 revenue, which passed by referendum, we would have been unable to support the supplement as requested due to the economic downturn that has so deeply affected our budgets.”

The schools and county government have already discussed finding a more efficient way to distribute the supplement.

## New employees

The county government plan supports six new positions: two new officers for the Chatham County Detention Center, three social workers for the Chatham County Department



# Numbers to Know

Chatham County Government  
FY 2020-2021 Budget Proposal

<p><b>TOTAL BUDGET</b></p> <h2 style="font-size: 3em;">\$132.3 mil.</h2> <p>FOR FISCAL YEAR 2020-2021 (5% INCREASE)</p>	<p><b>PROPERTY TAX RATE</b></p> <h2 style="font-size: 3em;">\$0.67</h2> <p>PER \$100 OF ASSESSED VALUE (NO CHANGE)</p>
<p><b>CHATHAM COUNTY SCHOOLS</b></p> <h2 style="font-size: 3em;">\$7 mil.</h2> <p>LOCAL TEACHER SUPPLEMENT (16% INCREASE)</p>	<p><b>ARTICLE 46 SALES TAX</b></p> <h2 style="font-size: 3em;">\$1.6 mil.</h2> <p>REVENUE EXPECTED (NEW TAX)</p>

Source: Chatham County Government

Staff graphic by Zachary Horner

of Social Services and one licensed substance abuse counselor in the Chatham County Court Services department.

The two positions at the Detention Center fall far short of the Chatham County Sheriff’s Office’s initial request of 22 new full-time staff members and two part-time staff. Sheriff Mike Roberson said a large chunk of the positions would work in Animal Resources to help operate the new county Animal Shelter, but Animal Resources would receive no new positions in the budget proposal. The two detention center officers were requested and, should the budget pass, one will begin in July and the other in October.

“With detention, when we built the building, it was built for direct supervision, which means there’s an officer in each block with the inmates,” Roberson told the News + Record earlier this year. “We are not at the staffing level we can do that. We’re in this middle

phase where we can do direct supervision in some blocks but not other blocks, which really makes it inefficient.”

The three new DSS positions are included, LaMontagne wrote, “to meet current demand and the increase that will result from the growth in unemployment.” The state government will pay half of the salaries for those positions. In the Human Services section of the budget, which includes DSS, it is stated that the positions are recommended “to address the high caseload demand in Child Protective Services.”

The new substance abuse counselor would work under the Chatham 360 program.

## Other expanded expenses

Other than the public school system’s increase — mandated by the teacher supplement expense mentioned earlier and operating costs for the Chatham Grove El-

ementary School — and new employees, there are a few expanded expenses the county is taking on.

The Chatham County Council on Aging, which has been playing a significant role in the county’s response to COVID-19, is slated to get an additional \$25,000 for general purposes and \$35,000 for its Family Caregiver Respite program. LaMontagne’s budget message says the program “has enabled the Council to keep vulnerable elderly at home” — serving 63 families from April 2015 to June 2019, with just eight placing loved ones in a long-term care facility.

“Respite helps avoid the high cost of institutional care, and the risk of the spread of coronavirus in these facilities emphasizes the importance of the program,” LaMontagne wrote.

Additionally, \$3,600 is suggested to be allocated as part of the county’s application with Visit NC Farms, a program that “helps local farm-

ers attract visitors to the county,” LaMontagne wrote. The effort is a partnership between the Chatham County Cooperative Extension and the Pittsboro-Siler City Convention & Visitors Bureau.

Finally, the budget recommends \$50,000 for completing a “comprehensive pay study” for all of county government.

“Pay studies are typically done every 4-5 years to examine our job classifications and duties and use that to recommend appropriate pay levels and classifications,” LaMontagne wrote. “Doing a pay study in the coming year will provide us with valuable information and allows us time to formulate a fiscally responsible implementation strategy.”

One-time expenses also included in the budget are a new vehicle for the Health Department’s Clinical and Community Health Service division, a truck for the Cooperative Extension, bleachers for the Chatham County Agriculture & Conference Center and a feasibility study for Phase II of that center. All of those items combine to cost \$160,000.

## Their best shot

“It cannot be over-emphasized that the FY2021 Recommended Budget is the result of our best effort to predict what is not truly predictable,” LaMontagne wrote. “For this reason, departments have been advised to curtail spending in the first quarter beyond what is critical. If revenues fall short of expectations, expense will be delayed or even canceled.”

It echoes the message that he shared with the News + Record during an early April interview.

“When we’re having to be conservative, that means we have to look at, can we continue business as usual, continuation, from the previous year?” he said. “Maybe we don’t look at expansion this coming budget because we wouldn’t have the revenue to support it. So those are decisions we’ve got to make yet. We’re still looking at these revenue projections. And again, it’s a difficult crystal ball. It comes with really bad directions on how to use it right now.”

County residents are encouraged to provide input on the budget — which can be found online at [chathamnc.org/government/county-budget/recommended-fy-2020-2021-county-budget](http://chathamnc.org/government/county-budget/recommended-fy-2020-2021-county-budget) — at a May 18 public hearing. Slated to start at 6 p.m., the meeting will be held at the Ag Center in Pittsboro, with more details on specifics yet to come. Work sessions will be held on May 21 and 22, with a possible third session on May 28. County officials hope to finalize the plan on June 15.

Reporter Zachary Horner can be reached at [zhorn@chathamncr.com](mailto:zhorn@chathamncr.com) or on Twitter at @ZachHorn-CNR.

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Quality Preschool Openings Available



Chatham County NC Pre-K has openings for eligible 4 year old children in its high quality classrooms for FALL 2020.


Pre-K openings are available at Bennett School, Chatham Child Development Center, Children First Learning Center, Moncure School, North Chatham School, Pasitos Felices, Perry Harrison School, Robyn’s Nest Creative Learning Center, Siler City Elementary School, Pittsboro Elementary, Telamon Head Start, Pasitos Felices and Virginia Cross Elementary School.

The program is FREE for children who qualify. To be eligible for NC Pre-K, a child must turn 4 years old on or before August 31, 2020 and meet other qualifications. Applications are available at [www.chathamkids.org/NCPK](http://www.chathamkids.org/NCPK) or at each school site. Call Sheen at 919-542-7449 ext. 131 for more information.

NC Pre-K is administered by Chatham County Partnership for Children 

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## Programa Preescolar Abierto para Inscripción

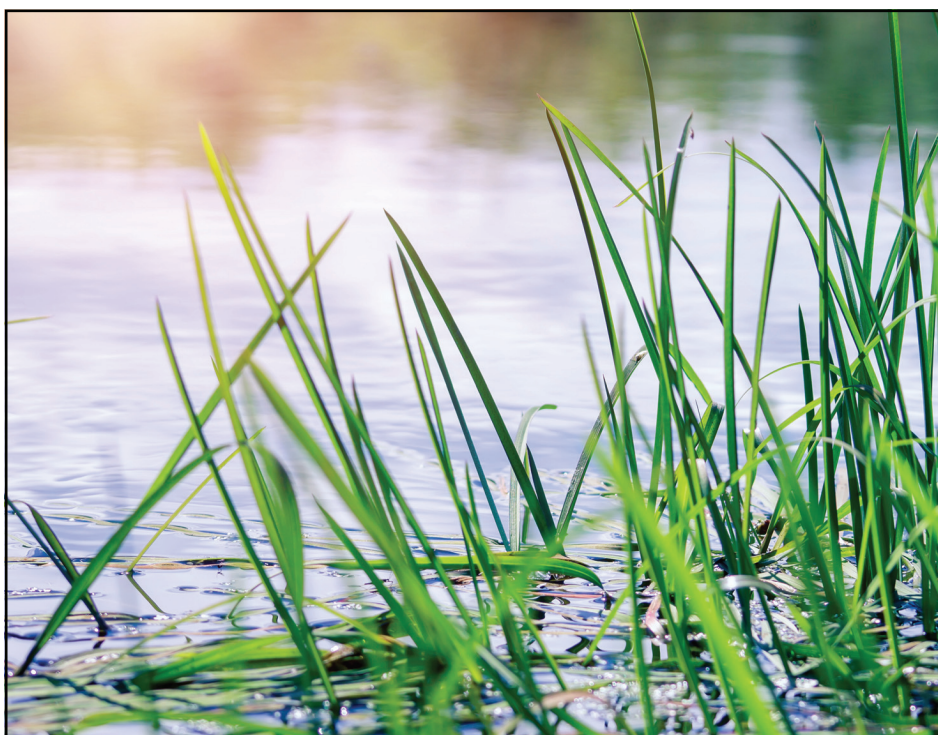


El programa preescolar NC Pre-K del condado de Chatham tiene espacios en sus aulas preescolares de calidad para el agosto del 2020 para niños y niñas de 4 años que cumplen con los requisitos.

Los cupos para el preescolar están disponibles en la Escuela Bennett, el centro Chatham Child Development, la Escuela Moncure, la Escuela North Chatham, Pasitos Felices, la Escuela Perry Harrison, el centro Children First, la Escuela Primaria Siler City, la Escuela Primaria Pittsboro, el centro Robyn’s Nest, el centro Head Start, y la Escuela Primaria, Pasitos Felices, Virginia Cross.

El programa es GRATUITO para los niños que tengan 4 años antes del 31 de agosto de 2020 y cumplan con otros requisitos. Las solicitudes están disponibles en [www.chathamkids.org/NCPK](http://www.chathamkids.org/NCPK) o en cada escuela. Si desea más información, puede llamar al 919-542-7449.

El Preescolar NK es administrado por la Alianza por los Niños del Condado de Chatham (Chatham County Partnership for Children) 



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For example:


- How does the neighborhood’s irrigation system work?
- What are the cost, environmental and quality of life benefits?
- How can I get in touch with you to share my thoughts?

You can also submit questions. So please, visit our website and sign up for our newsletter:


[www.OldNorthStateWater.com](http://www.OldNorthStateWater.com)



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# VIEWPOINTS

## When 'old-manning' the squirrels isn't enough

My reputation among the squirrels in my yard has taken a pretty good beating these last couple of weeks.



**BILL HORNER III**  
Publisher + Editor

They no longer fear me. Mockery, instead, is the new reality. I suppose I've gotten what I deserve. The large birdfeeder we hung a couple of months ago on the outside of a support post of our screened porch has, up until recently, brought me endless color and delight. Bird after beautiful bird arrives, one after another, to feast on the seeds within. I've been an appreciative audience of one. Most lovely are the cardinals — my mom's favorite, as well as our state bird — but it's satisfying to have any of the species visit and partake, and to know the large bag of bird feed we've been using to refill it is being savored.

That porch is my stay-at-home-order "office" three or four days a week now. I'm often on the porch (where I'm writing this now) as early as 6 a.m.,

**A typical exchange: Squirrel hops down from a tree, across the yard, nose toward the feeder. Squirrel begins the ascent, sometimes eyeing me warily. "GET DOWN!" I say. The squirrel scurries down the screen; I see him pause in the yard. He hesitates, then begins another climb.**

wrapped up in a blanket with my laptop in the cool morning air, and you can usually find me there at 6 p.m., too, as the day winds down. Our central Carolina spring has been exceedingly gorgeous, which has added to the pleasure of it all.

It was inevitable, however, that the squirrels would show up, uninvited.

Their forays to the bird feeder — they easily crawl up, down, sideways, and even occasionally jump from the screen to the ground — began slowly and gingerly at first. In short order they became more brazen.

Since they make a mess and hog the food and keep the birds at bay, I naturally attempted to dissuade their pursuits.

A typical exchange: Squirrel hops down from a tree, across the yard, nose toward the feeder. Squirrel begins the ascent, sometimes eyeing me warily. "GET DOWN!" I say.

The squirrel scurries down the screen; I see him pause in the yard. He hesitates, then begins another climb. I pound the arm of the wicker chair I'm in with my fist. The noise, or the vibration, gets his attention. But it's not enough of a deterrent. He continues the climb, inching again toward the feeder.

"GET DOWN, STUPID," I say, this time more emphatically. It seems to work momentarily — but I feel like an idiot. *Get down, stupid?* I've been reduced to calling the squirrels names?

Sometimes I throw the soft neck pillow I use in my chair, or a pair of winter socks or a wool slouch hat I've been keeping on the table near my chair for cold mornings, at the screen. Once I threw an empty Starbucks cup. The projectiles work — but usually only for a few minutes.

Over the weekend, my wife

Lee Ann walked onto the porch from the kitchen to see what the fuss was, catching me in the act of yelling and waving my arms. She was on the phone with our daughter and gave her a play-by-play of the action.

"Your dad is old-manning the squirrels," she deadpanned.

On a few occasions I've walked onto the porch from the kitchen and two or three or four squirrels are already on the feeder, chattering away and noisily cracking open sunflower seeds. This happened Monday, and two squirrels scampered away when I walked outside to confront them in person — but one stayed on the feeder, just a few feet from me. I was so dumbfounded I couldn't say anything, and when I edged closer he finally ran down the screen and back to his tree — almost grazing my foot as he went by.

Reflecting on the futility of my mostly verbal lamentations took me back a few years, back to when Lee Ann and I were in the midst of raising and training our three children. One of the most valuable lessons we learned then was of the folly of the "threatening, repeating"

parent — the parent who gives warning after verbal warning to misbehaving or disobeying children, but never follows through on the threat of punishment. The threatening, repeating parent thus reinforces for the child the notion that mom or dad doesn't mean what she or he says, and that verbal admonitions mean nothing.

Websites I scoured in response to all this are full of good advice about how to keep squirrels away from bird feeders. None involve verbal threats, of course. The most interesting I read: Use seed laced with hot peppers. Turns out that capsaicin, the compound in hot peppers that sets our tongues ablaze, only affects mammals — not birds.

I'm not sure I'll go that route, though — but it did remind me of the time I used Tabasco sauce on one of my children as a punishment for talking back to their mother. (One time is all it took.) A better solution: feed the squirrels separately, giving them corn and sunflower seeds in a separate part of the yard.

Maybe doing so will give this "old man" a bit of peace on the porch.

## Not to be taken for granted anymore

There are many things I've take for granted, I understand more keenly now, through the lens of current events.



**RANDALL RIGSBEE**  
Randall Reflects

It's a much longer list than I probably even presently realize.

The absurdity of treasures that 2020 has gifted to date — 2020 itself is the gift that keeps on giving — has made me aware of many.

For weeks now, I've not — nobody has! — experienced a trip to the grocery store that hasn't felt dangerous and clandestine, executed with careful preparation and planning, and at great risk. I miss running into a grocery store for a quick purchase — or lingering for a leisurely experience if I want — without fear of my life and yours. I've taken the grocery stores — and the entire supply chains that stock them — for granted.

When I needed a document notarized, arranging this otherwise routine and simple procedure a few weeks ago proved, as many things these days, a bit more challenging than normal. After chasing a few dead ends in my search for a notary, I found one and began to make plans. COVID turned the everyday process — literally, business as usual — into a cloak and dagger-like experience, complete with masks and many machinations aforethought. It's not just notaries I took for granted, though of course I did; it's all the "business as usual."

And that includes Mother's Day. I don't mean I took my mother for granted, heavens no! But the holiday? I was always there with her to celebrate — just being there sincerely meant the most to her — and always bearing flowers and a card and a gift. And we'd take her out to lunch, or cook hamburgers, or whatever she wanted. But if I said I much marked the occasion of Mother's Day with deep reflection on motherhood, I'd be stretching the truth.

This Mother's Day, the first without my mine, I expected would be tough, and it was. I've thought about her every day since her death in March, and I've missed her in ways I didn't anticipate. It was a beautiful day, bright and sunny; but a sad day, too.

It was, I know, a sad day for many people — certainly a decidedly different Mother's Day experience during this time of so many challenges.

Another "business as usual" item I've taken for granted are the walks my wife and I enjoy around our neighborhood. We've been doing a lot more walking lately, like a lot of people pent up these past weeks at home.

Our neighborhood, I'm lucky to be able to say, is nice for walking, with light residential traffic and a mix of terrain; and the figure-8 road pattern, if you choose it, when walked in its entirety, is exactly a mile, so it's easy to keep up with progress.

I know, as I said, that we're lucky to have a nice place to walk.

But I know too that I've largely take it for granted — adding it to the list now — that I have the confidence that I can go for a walk anywhere I could conceivably want to go for a walk and because the skin covering my bones and innards is white I enjoy a lower risk of getting shot and killed than someone — Ahmaud Arbery, for example, who was ambushed, shot and killed while jogging in Georgia — whose skin is black.

Naively, I used to take it for granted that everybody — each of us bleeds red, after all — had that same privilege. I knew about hate and bigotry, naturally. But I think I took it for granted that we'd evolved, at least further than we certainly have.

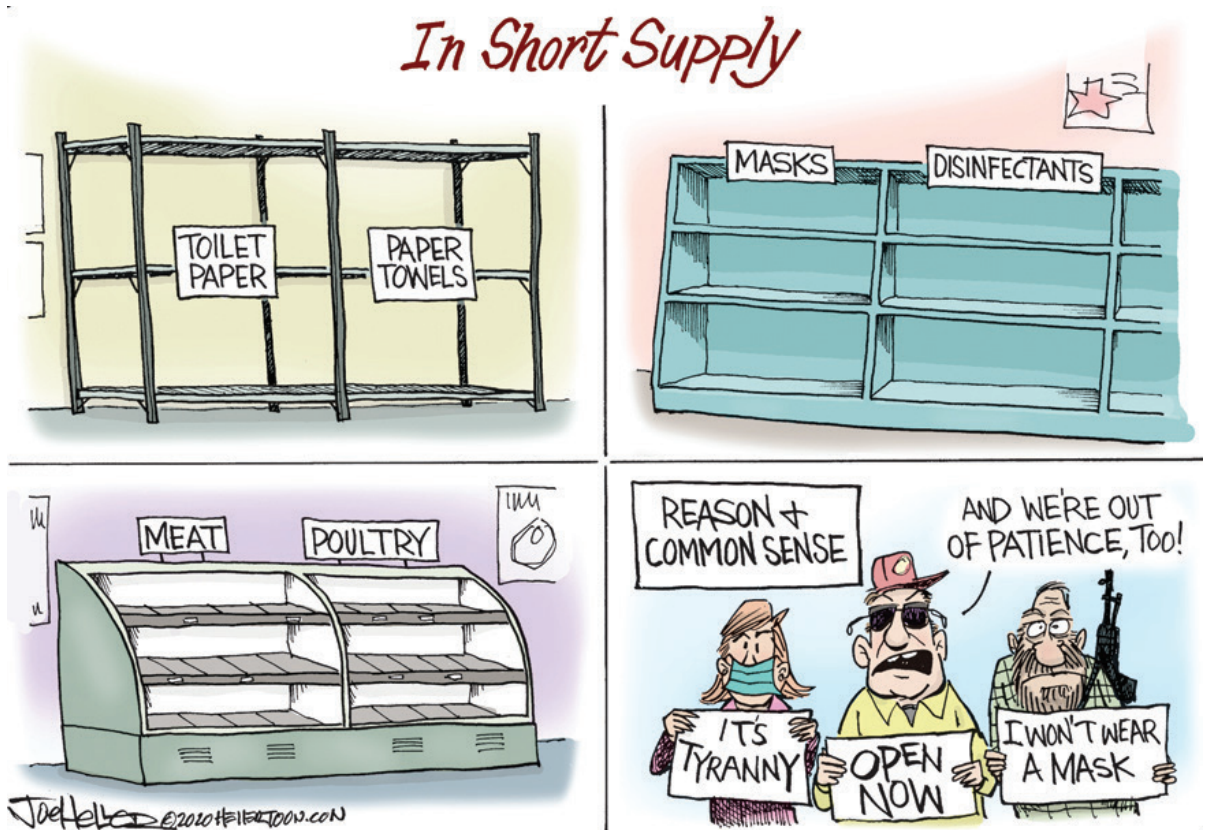
POLITICO Magazine, presenting its "Domestic Threat Assessment" of "major threats that scientists and national security officials worry about currently that are real, identifiable and stand a chance that is more likely than not of occurring — at some scale, ranging from mild to catastrophic — in the next five to 50 years," topping the list is "globalization of white supremacy."

A few years ago, back when I was taking a lot more things for granted — including that we'd evolved further and better than that — I would have had trouble believing such a threat could be so serious beyond a crackpot few.

One thing I don't take for granted is that we have to accept this outcome.

I don't have all the answers, but I know racism is wrong and doesn't get us anywhere good. It's the antithesis of the United States that Thomas Jefferson surely envisioned in 1776 when he penned in the Declaration of Independence that "all men are created equal."

Nobody should take those words for granted.



## One more thought, please, on mothers and their day

By now the cards are sent, the flowers are delivered and the presents are presented and it's back into the box for Mother's Day until 2021.



**BOB WACHS**  
Movin' Around

Some folks say that day is made just for Hallmark and the FTD florists. Other folks say it's a day that should be like all other days or that all other days should be like it, especially if we make a big deal out of remembering Mom.

Both of those ideas, I think, can be extremes and as is often the case on questions and issues the truth probably lies somewhere in between.

Funny thing about mothers. About half the population can never be one but all the population has or has had one. The reality is some are better at it than others and for lots of reasons — ability, interest, other resources. And it's also a scientific fact — backed up by lots of research by yours truly — that there is a world of difference between a "mother" and a "mama," although they can be the same person.

A few flowers, a box of candy, a meal in a spiffy restaurant — except we can't do that now with the effects of the coronavirus and the restaurant shutdowns and 6-feet of social distancing — are all nice but they don't, and can't, make up for a year or years of neglect or indifference or ignoring. What most mothers want, I believe, is not to be taken

**She had some big dreams and high hopes for me and my two older brothers. I like to think that some of what we did and some of how we turned out would and did please her. Toward the end of her life we got to spend large chunks of time, usually on a daily basis, together. I'm glad. I hope we didn't disappoint her.**

for granted and to be remembered and isn't that what all of us want out of life?

And in that regard, if the flowers and the candy and the dinner are about all we do for those ladies the day likely is a burden and not a joy. But on the other hand, if we don't do some of those things and treat that day on the calendar as just another day, well, then we've missed a great opportunity.

The real benefit of that day, like so many other occasions, is the chance they give us for some thought and reflection, sort of a checkup on how we're doing. And there's also the opportunity for the guest of honor to do a little self-check as well.

The Book tells us to honor our mothers (and fathers) and it also says parents shouldn't provoke their kids. When my mother and I were both on this side of the Great Divide, I sometimes thought she did her best to provoke me so I, in turn, tried to turn the tables. Now, with the benefit of 20/20 hindsight I'm convinced neither one of us was trying to do anything hateful or spiteful. Rather, it was just sort of part of our routine with each other.

I think about my mother a lot,

that lady who was also my mama. And I miss her.

A great deal. She had some big dreams and high hopes for me and my two older brothers. I like to think that some of what we did and some of how we turned out would and did please her. Toward the end of her life we got to spend large chunks of time, usually on a daily basis, together. I'm glad. I hope we didn't disappoint her.

If yours is still around, no matter how it went, remember that Mother's Day can be a 365-day event. And if you don't think she did such a good job, also remember these two things: without her, you wouldn't be here at all, and if you don't think you turned out too well, you've got the opportunity to do better.

And remember what the late University of Alabama football coach Paul "Bear" Bryant used to say in the television commercial he made for long distance telephoning: "Call your mama."

You won't regret it. Especially in these times when "social distancing" can sometimes mean "social isolation."

# VIEWPOINTS

## Why hope really matters

We are living in a global crisis. In such a time as this, fear abounds. Fear for our health, fear for our economy and fear of the unknown. This is a time when hope matters.



**ANDREW TAYLOR-TROUTMAN**  
Hope Matters

Perhaps a mantra or verse of sacred scripture helps you “keep calm and carry on” as the slogan goes. You can also find hope in the actions and attitudes of folks around you. People do small things with

great love.

I was in the checkout line at the grocery store. These days, shopping involves masks, gloves and, even if there is no toilet paper to be found, there’s anxiety on every aisle.

Yet the young clerk at the register was calm and collected. Her generation is often maligned as selfish and lazy, but I watched her go the extra mile with a smile, loading an elderly man’s groceries into his cart. Then, I heard her wish him a “blessed day.”

“Bless you,” the man replied. A word about this word, bless. I grew up in the South, so I know that the phrase “bless your heart” may be used as

an excuse to say whatever god-awful thing you want about another person.

But to be blessed often means to receive — shelter, food and health. Blessing entails happiness, grace and favor. We count our blessings and our grateful for them.

Blessing can also refer to our act of giving. The old German root of “bless” is the same as “blood” which referred to animal sacrifices on an altar. Today, we can bless others with our loving sacrifices in our relationships.

Thinking of that man in the grocery store, I know that many of our elders are tucked out of sight in assisted living

facilities. The virus has devastated many of these communities. These men and women had lived through wars, stock market crashes and diseases. Many had survived both global and personal tragedies. And now many have suffered and died alone. It is a terrible tragedy that brings tears to my eyes even writing the words.

Yet, I also know people do great things in the greatest love. There are nurses who risk their own lives in order to care for these elders. One nurse held a friend’s mother in her arms as the dying woman breathed her last. When my friend called to express his gratitude,

this nurse replied that it was a blessing. How could such a tragedy be a blessing?

Maybe you are familiar with the notion of being blessed to be a blessing. Such a blessing is often about compassion — a word that means to suffer with. To suffer with another person’s suffering is to put love into action. It is to live your life at its holiest. Perhaps a loving sacrifice for another gives a blessing that lives even after your light has departed from this world.

I only know that I must share these stories because they bring me hope in the dark. Like a candle, maybe you too, can carry such light wherever you go.

## Numbers missing from lockdown debate

As we all follow the news about North Carolina’s response to the COVID-19 crisis, it is important to remember that the most-tracked statistics offer at best a distorted and incomplete picture of the situation.



**JOHN HOOD**  
John Locke Foundation

uninformative.

To put it simply, most people infected by the virus never get sick at all or present only mild symptoms. Protocol doesn’t subject them to testing.

So, how many North Carolinians truly are infected? Experts offer a wide range of multiples, based on past experience as well as a growing body of data from antibody tests. As a rough gauge, I’ll use the range of multipliers offered to Gov. Roy Cooper over the past month by a team of private and university researchers.

As May 5, North Carolina’s case count was about 12,400. At the low bound, then, the true number of infections would be about 62,000. A high-bound estimate would be 310,000. Let’s use the midpoint of the range and say that, as of May 5th, some 186,000 North Carolinians had been infected, most without exhibiting symptoms.

The count of confirmed cases, then, represents a small fraction of the total, and may only reflect changes in testing patterns. That’s why the Cooper administration has wisely downplayed it as an indicator. State officials are focusing instead on the share of COVID-19 tests that come back positive as well as surveillance of COVID-type symptoms among patients who show up at emergency rooms.

**The count of confirmed cases, then, represents a small fraction of the total, and may only reflect changes in testing patterns. That’s why the Cooper administration has wisely downplayed it as an indicator.**

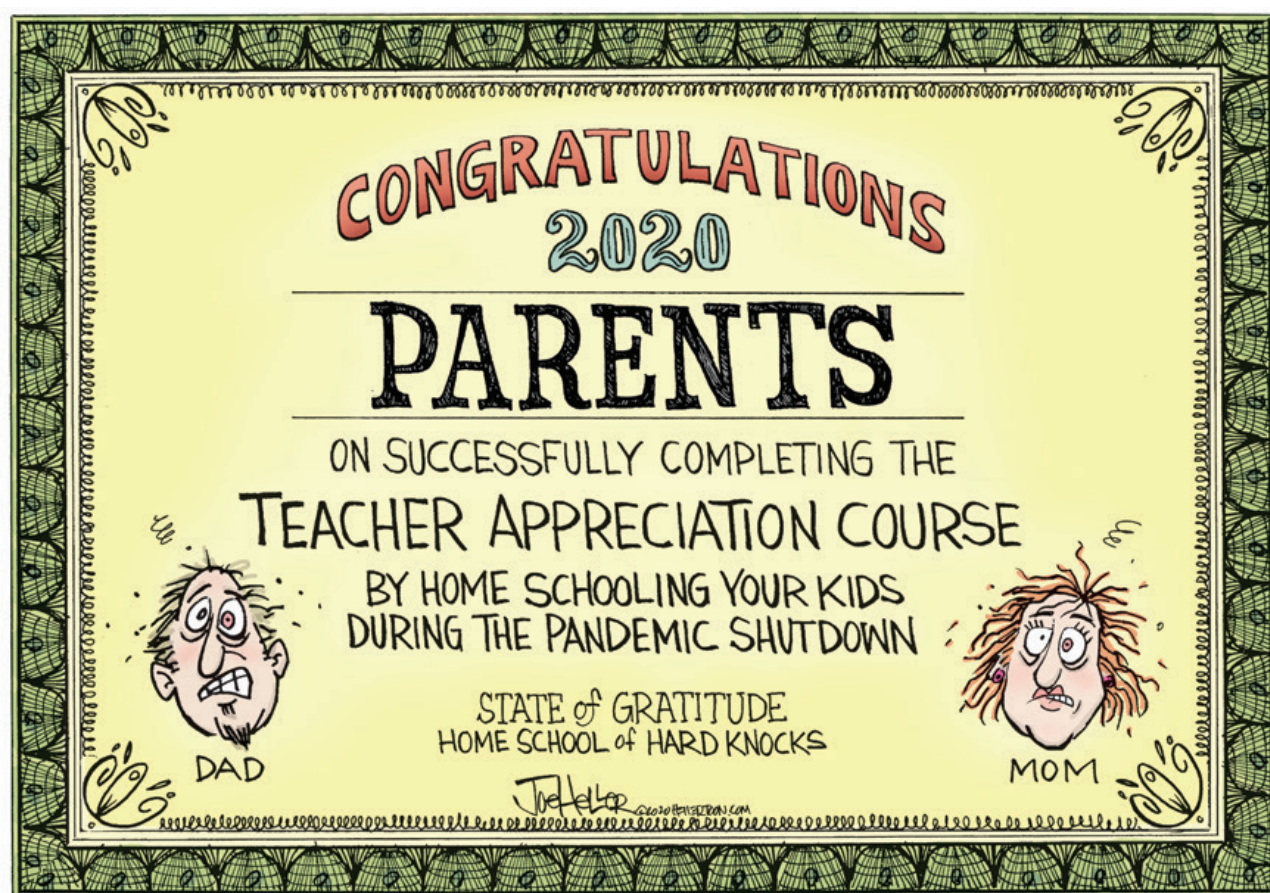
Let me offer you another application of the French economist Frederic Bastiat’s critical distinction between “what is seen and what is not seen” in analyzing government policy. We have reasonable estimates of how much the government is appropriating for combating COVID-19 itself as well as to ameliorate the current economic devastation.

But the devastation itself is only now coming into view, however indistinctly. It looks as though a million North Carolina workers have filed unemployment-insurance claims, or about a fifth of the state’s entire labor force. Because of massive backlogs, many have yet to receive a single dollar in UI benefits. Even those numbers understate the crisis, because some jobless North Carolinians haven’t filed claims and some still employed are receiving less income now than they were before.

According to University of Chicago professor Casey Mulligan, a rough estimate of the cost of the current lockdowns nationwide is about \$20 billion a day in lost economic production. On a proportional basis, that would translate to \$540 million per day in North Carolina.

I think reopening North Carolina’s battered economy is imperative. Still, I recognize that there is no painless way out of this crisis. Our leaders confront immensely challenging decisions armed with very rough calculations of the relevant costs and risks. They should receive our thanks for their efforts, and our prayers. But they should neither request nor receive our uncritical deference.

*John Hood (@JohnHoodNC) is chairman of the John Locke Foundation and appears on “N.C. SPIN,” broadcast statewide at 7:30 p.m. Fridays and 12:30 p.m. Sundays on UNC-TV.*



## Don’t give, please take something

What do you give an aging man on his birthday during this time of deadly pandemic?



**D.G. MARTIN**  
One on One

I want to tell them I already have more things than I need. I have a stash of precious stuff I have been collecting over all my years.

The pandemic’s certain danger has been a vivid reminder that folks my age are not going to be around much longer. Now looking around at all these wonderful things, I wonder, what will happen to my precious stuff when it is my time to depart this world?

The answer is pretty clear. When I am gone, most of these things will wind up in the thrift store or, more likely, the junk pile.

Here is the deal for my family: “For your birthday present to me, you take one of my precious things and agree to keep it a little while as a reminder of how much you mean to me.”

Here is my plan. For my son Grier: my family’s precious Sherman’s Cup. Sherman’s troops marching through

Georgia and South Carolina stopped at my great-great-grandparents’ farm and ransacked everything in the house. But this sturdy mug survived, losing only its handle. It is a sad and fading reminder of the tragedy of war.

For Grier’s wife Louise: a wood carving from Oberammergau, Germany. My mother, also named Louise, acquired this lovely figure of Mary, Joseph and the babe 60 years ago. She had led a group of college students to Europe and to Oberammergau’s Passion Play, first put on in 1634 to fulfill a promise made to God should the village be spared from the bubonic plague. On the bottom of the carved figure written in my mother’s hand is “Mrs. D. Grier Martin,” another name my mom and Louise share.

Grier’s daughter, Sara, is, like my mom, a talented actress. I want her to take a ventriloquist dummy named Jerry who has been my friend for years. Jerry aspires to a life in the theater, and I hope Sara will someday take him on stage with her.

For my daughter May: a teaspoon engraved with my birth date and hour. It was a gift to my mother almost 80 years ago. Somehow, we have kept it all these years. I hope May will store it with her regular tableware and remember how much I love her whenever she uses it.

For May’s husband Cotton: my

treasured Eskimo-hunting figure, crafted by an Inuit. It is a reminder of a few winter weeks in the Army training with the Eskimo National Guard along the Kuskokwim River near Bethel, Alaska. Cotton has led his family on many great adventures in other wildernesses. I hope the little Eskimo will remind him how much I appreciate his leadership.

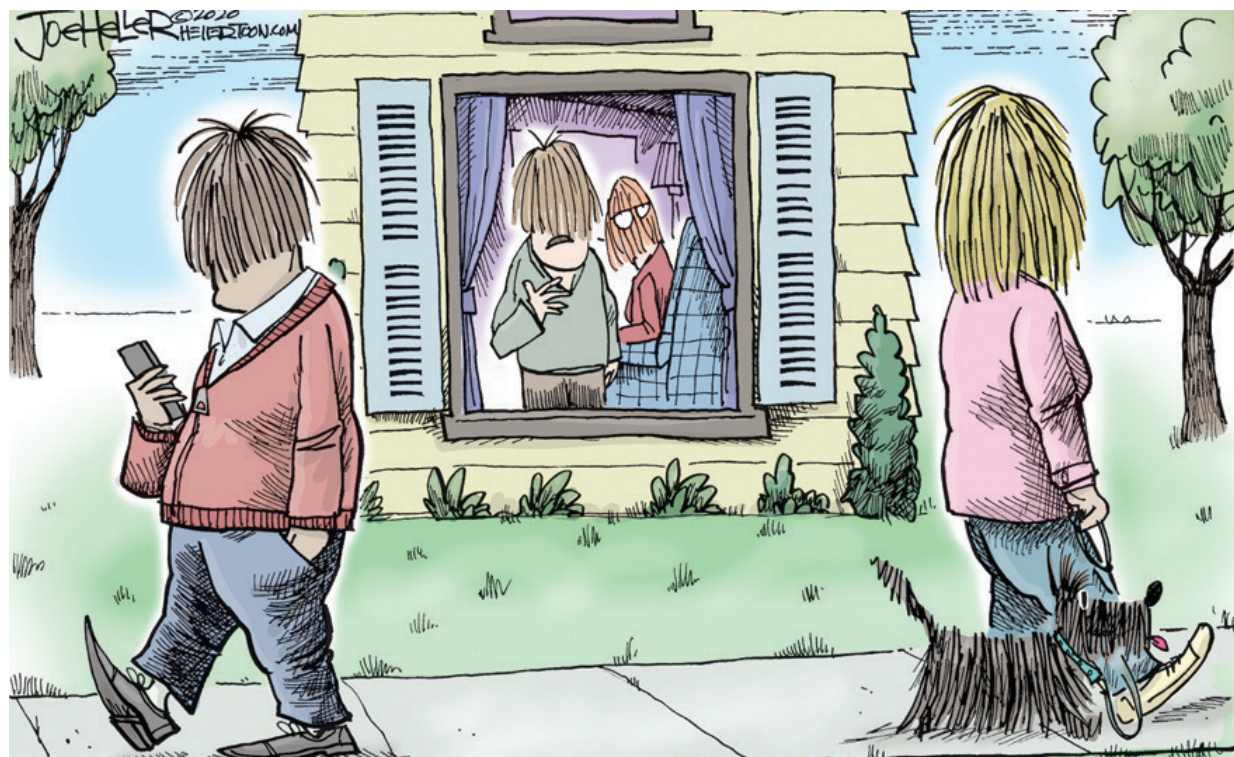
For my oldest grandchild, Maggie: a DG gnome. My favorite souvenir from my political campaign — a small statue of me, crafted by the famous artist Tom Clark, who was my Old Testament Bible teacher at Davidson and a great friend.

For grandson Jake: my coin collection, which I last touched when I was his age. He, like me, is a collector, but he is also an entrepreneur, and if he can turn the coins into real money, he has my blessings.

For my youngest grandchild, David, who is already a far better player than I was at Davidson: an old Davidson basketball signed by players from many generations.

If all of them agree to celebrate by taking rather than giving, it will make a very happy birthday for me.

*D.G. Martin hosts “North Carolina Bookwatch” at 11 a.m. Sundays and 5 p.m. Tuesdays on UNC-TV. The program also airs on the North Carolina Channel at 8 p.m. Tuesdays and other times.*



“HAIR SALONS BETTER OPEN SOON... I CAN'T TELL WHO IS WEARING A MASK ANYMORE.”

# VIEWPOINTS

## Will we regret the rescues from the crisis?

The coronavirus crisis continues to be “the” story of our day. Few events have hit our lives and our economy with such force. We anxiously watch the daily data on cases and deaths, hoping to see the curves finally turn downward.

**MIKE WALDEN**  
You Decide

I have dubbed the economic damage caused by the virus the “mandated recession.” The current recession — and, indeed, we are in a recession — is unlike any of its predecessors. Typical recessions are caused by some “excess” in the economy, the most common being an over-indulgence in private debt.

In contrast, the mandated recession is a planned recession. Economic interactions have been purposefully curtailed in order to limit the spread of the virus and to keep our health care system from being overwhelmed. The loss of business activity and jobs have been the price we’ve paid to reduce deaths and illnesses from the

virus. This is the reason why the federal government has moved quickly to backstop businesses and households in hopes of preventing them from falling into bankruptcy and financial chaos. The federal help has been enormous. To date the President and Congress have allocated almost \$3 trillion for supporting companies, people, farmers and first responders, with more likely to come. The Federal Reserve — the nation’s central bank — also has set aside \$4 trillion in resources to keep financial markets working and also to support firms and governments.

The reasoning for these expensive efforts is straightforward. The coronavirus caught most of us by surprise, so businesses and households couldn’t plan for it. The steps that have been taken to control the virus, including shutting down large parts of the economy, have also come as a surprise. As a nation we have decided that people and businesses shouldn’t be driven to economic collapse for something they’ve had no hand in causing or foreseeing.

Hence, the \$7 trillion combined effort of the President, Congress and Federal Reserve

is designed to keep the economy alive until the virus is controlled and banished. The alternative is letting a large part of the economy be destroyed.

Yet, will there also be some price to be paid for this massive federal financial rescue? And if the answer is yes, what kind of price will it be?

There are two potential prices. The first is the possible price related to increased spending in the federal budget. This is the \$3 trillion — so far — I mentioned above that’s already been approved by Congress and the President. This \$3 billion is being borrowed and therefore is added to the national debt.

One way to avoid more debt is to reduce expenditures. But with total annual federal spending prior to the virus crisis near \$5 trillion, it’s impossible federal legislators could have found agreement to reduce other federal spending by 60 percent.

Also, some say there’s a logic to this borrowing. Without the borrowing that is funding the federal rescue, a large number of businesses and households likely would have become bankrupt. With the federal help they can be kept financially alive and return to work after

the virus. Still, there is a price to pay. We are borrowing economic resources from the future to use today. Hence, the price is the economy will not grow as fast in the future. Indeed, economic research confirms this is the biggest cost to a larger national debt.

Now let me turn to the second prong of the federal rescue effort — that mounted by the Federal Reserve (or Fed). How is the Fed paying for its \$4 trillion plan? The answer is, they don’t have to pay, because the Fed has the power to create money! In the old days the money would literally be printed, but today “greenbacks” are created digitally.

“With no consequences,” you might ask? No. Traditionally the “price” of any central bank printing streams of money is that all prices in the economy would rise at a faster pace. In other words, injecting more dollar bills into the economy can lead to faster inflation.

Notice I said “can.” The printing and distribution of more money allows people to buy more. If the amount of products and services people buy doesn’t also increase, higher prices — higher inflation —

will occur. But if the supply of products and services keeps up with the demand (buying), then higher inflation won’t occur.

Interestingly, many economists say this is exactly why a rescue plan for businesses was needed. If a large number of firms were allowed to fail, there would be less supply and more inflation.

Right now, even with more dollars circulating, the consensus among economists is that the lid on inflation won’t pop. Many people will use the new dollars just to pay for necessities. Others will simply hold on to the dollars, especially with interest rates being so low. But if buying gets ahead of producing — even for a while — inflation could jump.

So, will we pay a big price for the government’s financial help to people and companies during the virus crisis? Or, is any price worth paying considering the alternatives? You decide.

*Walden is a William Neal Reynolds Distinguished Professor in the Department of Agricultural and Resource Economics at North Carolina State University who teaches and writes on personal finance, economic outlook and public policy.*

## Weavers and rippers

Occasionally, I get notes or emails from readers, often with a kind word, but sometimes not so kind. I am appreciative that people are willing to spend time reading my thoughts and one reader asked who I read on a regular basis.



**TOM CAMPBELL**  
N.C. Spin

I try to read writers from various disciplines and from liberal, conservative and moderate philosophies. One of my favorites is David Brooks. He’s a reformed conservative who now describes himself a moderate, a contributor to the PBS NewsHour, columnist for The New York Times, guest lecturer at Duke and author of several books. Recently, he wrote two columns I can’t get out of my mind.

In the column titled “A Nation of Weavers,” Brooks says we are living in a time when the basic norms of decency, civility and truthfulness are under threat. He credits much of this to 60 years of excesses in what he calls hyperindividualism, the emphasis on personal freedom, self-interest, self-expression and single-minded personal fulfillment. Brooks calls it the era of “You do you.”

But he is observing a counter-cultural movement as he travels from towns like Wilkesboro to Houston. People are working to counteract self-absorption. He calls these people weavers, folks who build community and are weaving together the social fabric. Especially in this COVID-19 pandemic he finds weavers trying to spiritually hold each other so we can get through this together.

“I am broken; I need others to survive,” an afterschool program leader in Houston told us. “We don’t do things for people. We don’t do things to people. We do things with people,” said a woman who builds community for teenagers in New Orleans.” Brooks cites a North Carolina nurse, with an eight-month-old baby, who left her infant to go to New York to help at the height of the pandemic there. We see it in a Chapel Hill church that feeds those who are hungry (either for food or community) every day outdoors at noon or in several Raleigh houses of faith offering canned food giveaways. Neighborhoods have established phone trees, checking in with neighbors, shut-ins and those who are lonely. Even as they practice social distancing the “we precedes me.”

On the other extreme is what Brooks calls “rippers.” “The rippers, from Donald Trump on down, see everything through the prism of politics and still emphasize division. For the rippers on left and right, politics is a war that gives life meaning.” They thrive, he writes, on disruption and dissension.

Despite what you might hear or read Brooks says the rippers are not winning. America, he says, is more united than at any time since 9/11. “The pandemic has been a massive humanizing force — allowing us to see each other on a level much deeper than politics — see the fragility, the fear and the courage.”

I’ll bet you can identify weavers, those who demonstrate hospitality, generosity and encourage interdependence. I’ll wager you also know some who are rippers, who want to divide us, stereotype others, call names and rip the social fabric. Getting us to hate each other gives them power.

Are you a weaver or a ripper? Which will bring you and those around you more joy? Many believe we are at a turning point in this state and can decide how we want a new North Carolina to be. Weaving and textiles are a proud part of North Carolina’s heritage and I want to live in a state of weavers.

*Tom Campbell is former assistant North Carolina State Treasurer and is creator/host of N.C. SPIN, a weekly statewide television discussion of N.C. issues that airs on UNC-TV.*

### A MOTHER’S DAY REMEMBRANCE

## The balloon lady: She was me mum

**BY JOCK LAUTERER**  
The Local Reporter



**Lauterer**

CHAPEL HILL — I consider myself a “true townie,” having moved to Chapel Hill in 1947 when I was 2, bringing along my older brother and my mother. So, while I wasn’t actually born in Chapel Hill, I can claim to be a native — albeit with an asterisk. And it being Mother’s Day week, what better place to start than with me mum?

They called her “the Balloon Lady,” a moniker she liked — carrying the colorful things around no matter what, her way of saying to the world which had dealt her such a raw hand: Hey, isn’t life just too much?

These are yellow, pale red and blue, as I remember taking the photograph in the old parking lot behind UNC’s Wilson Library, now occupied by the science complex. That’s Dey Hall in the background.

There’s mom holding a newspaper declaring the Detroit riots over, dating this image to July 30, 1967. She’s wearing the Santa Fe silver bracelet my daughter now treasures.

Mom’s hands are large and thickly veined. On her right hand there’s the little Navajo ring I brought back from New Mexico. On her wedding ring finger is the little opal ring she would later give my wife when the cancer hurt too much. The smock, as she called it, is an emerald green and turquoise, and the rose is pink.

Would that I had given it to her. What is the occasion? It should be Mother’s Day. For Myra Lauterer adopted so many college boys who worked at the library where she served for 20 years, that I felt like I had a slew of half-brothers.

She’s also holding a book titled “Pay Now, Die Later.” I made this photograph five months to the day before her death. She was only 51. Just a kid. I treasure this photograph because she is giving me that mom-look. You know, the one that says, “You’re all right, kiddo.”

As a Daily Tar Heel photographer and a soon-to-be launched journalism grad,



I had finally found my calling, subtly steered no doubt, by the Balloon Lady.

Jock Lauterer began selling newspapers for Jim Shumaker and Roland Giduz on the streets of Chapel Hill at

the age of 8. For the last 20 years, he has served as a senior lecturer and adjunct professor at the Hussman School of Journalism and Media, teaching photojournalism and community journalism.

### LETTERS

#### It’s time to re-open America

TO THE EDITOR:

God didn’t give us a spirit of fear, but power, love, and a sound mind. Satan uses fear and doubt on this world. Fear is what is at work with the crazy shutdown that could destroy America if it goes on long enough. I believe the Democrats and fake news media would like for this to keep going to hurt President Trump. The Democrats and lying news media hate President Trump

so much there is nothing they wouldn’t do, even destroy the economy of America.

Why do they hate one of the greatest presidents this world has ever seen? Why did most of the world hate Jesus Christ and still do hate that he died for the whole world? In the name of Jesus I open the blinded minds of the world. Just as many professional people are saying now, we shouldn’t have shut down America because of COVID-19. So if I die because of age or precondition illness, I’ll go home to be with Jesus.

Don’t shut down this nation and destroy and make life so hard for millions of people. We obeyed the N.C. law and stopped all church services. I hope the shut down helped save some lives. Now its time to open up America.

I pray all come to repentance and be born again by asking God to save your soul, accepting Jesus as your Lord and Savior. He died on the old rugged cross for all people. God loves you and I love all souls.

**Pastor James Mitchell**  
Church of Living Water, Staley

### Chatham News + Record

www.chathamnewsrecord.com

**BILL HORNER III,**  
Publisher & Editor

**RANDALL RIGSBEE,**  
Managing Editor

**CASEY MANN | ZACHARY HORNER,** Reporters

#### What’s on your mind?

The Chatham News + Record welcomes letters from its readers on topics of local and public interest, as well as thoughtful and informative guest columns.

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Each letter must contain the writer’s full name, address and daytime telephone number for verification. Letters should be no more than 400 words in length. Letters selected for publication may be edited and all letters become property of the Chatham News + Record.

To submit a letter: Mail it to the News + Record at P.O. Box 290, Siler City, N.C. 27344; or email to bhorner3@chathamnr.com; or drop by our office at 303 West Raleigh Street in Siler City.

# CCPHD: Be kind, check in on each other during COVID-19 spread

**BY ELIZABETH FRIDLEY, RN, & ANNA STORMZAND, MPH**  
Chatham County Public Health Department

We prefer predictability, but we have been thrown into abnormal times.

The current COVID-19 crisis, coupled with the uncertainty and physical distancing, has many of us whirling in a myriad of thoughts and feelings. Experiencing stress, isolation and loneliness can cause many of us to feel anxious, withdrawn, helpless and even numb.

However, these feelings can be magnified for the one in five individuals who live with underlying behavioral health conditions like schizophrenia, anxiety, depression, bipolar depression, PTSD and substance use disorders. Understandably, anxiety can spike during these times, with the constant coronavirus media coverage and uncertainty we are facing. Yet, for the estimated 40 million Americans with underlying anxiety disorders, these events can trigger feelings of fear and lack of control. Social seclusion and loneliness can lead to depression. Chances are, you or someone you know has been

directly or indirectly adversely affected by this crisis.

Remember: not all wounds are visible.

All this is why it is incredibly important to check in on others right now. Reach out to your neighbor, friend, co-worker, or family member, whether they live next door or across the country. Give them a phone call, send a text or email, or put a letter in the mail — anything to show them that you care about how they are doing. Remember: just because we can't be close to each other physically doesn't mean we can't stay in touch with each other at all.

To be healthy as a whole, our mentality plays a very vital role. Our first priority and goal should be to improve the well-being of those in our care and community. There are opportunities for instant help, created specifically for the COVID-19 epidemic, that are listed at the end of this article. We have dedicated and devoted partners who have changed their entire structure to give assistance and hope.

The coronavirus can be a wake-up call for every human being to spread kindness and support. The key to a better tomorrow and a better world is to take steps together with genuine, heartfelt and empa-

thetic understanding, unbiased awareness and a courageous willingness to openly talk about conditions of mental health.

So exercise your heart and reach out to serve others. Check on others and offer support and encouragement to be positive and enjoy the simple things. You may be surprised by the joy felt in this sense of purpose. This pandemic will surely change who we are and how we think. However, we will not only suffer to survive but flourish to thrive. YOU are NOT alone.

Please visit [chathamnc.org/mentalhealth](http://chathamnc.org/mentalhealth) and [chathamnc.org/recovery](http://chathamnc.org/recovery) for a list of local mental health and substance use disorder providers and resources. All providers listed accept Medicaid and/or have a sliding scale for qualifying individuals for their services. Telehealth therapy or counseling, through your phone or video-based services, are also being offered by many providers right now to help accommodate everyone's changing needs. Other resources across North Carolina and the country are listed below. Most of these services are free of charge and available to anyone.

Another webpage, [chathamnc.org/coronavirushelp](http://chathamnc.org/coronavirushelp) or [rusayuda, has a number of resources to help members of the Chatham community with things like mental health, food and nutrition, and other supports. Please also check out these resources:](http://chathamnc.org/coronavi-</a></p>
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- **Know that you are not alone:** National Suicide Prevention Lifeline Call 1-800-273-TALK/1-888-628-9454 (Ayuda en Español). Crisis Text Line: Text TALK to 741741 for free 24/7 crisis support through text messaging.

- **Counseling for healthcare professionals and essential workers:** Hope4Healers Helpline Call 919-226-2002 24/7 for mental health and resilience support for health care professionals, emergency medical specialists, first responders, childcare, other staff who work in healthcare settings and their families who are experiencing stress from being on the front lines of the state's COVID-19 response. A licensed mental health professional will follow-up.

- **Hope4NC Helpline:** 1-855-587-3463 connects all North Carolinians with a real person for additional mental health and resilience support 24 hours per day, seven days a week.

- **The Hope Line:** A toll-free line has been established for older adults experiencing isolation. Call 1-866-578-4673.

- **Cardinal Innovations:** Call \*\*ASK (\*\*275) to connect individuals who may be experiencing a mental health crisis to the right help. A representative will respond within seconds 24/7.

- **Get addiction support:** SAMHSA's National Helpline 1-800-662-HELP (4357) is a free, confidential, 24/7 treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

- **Support for LGBTQ community:** TrevorLifeline offers a suicide prevention counseling service for LGBTQ teens. Call 1-866-488-7386 or text START to 678678.

- **Get help with domestic violence:** Chatham County offers an around-the-clock crisis phone line for victims of sexual assault or domestic violence. Call (919) 545-STOP (7867). The National Domestic Violence Hotline has trained counselors available by phone 24 hours a day at 1-800-799-SAFE (7233) and by chat at [www.thehotline.org](http://www.thehotline.org).

*Elizabeth Fridley is a Public Health Nurse and Anna Stormzand is a Public Health Educator with the Chatham County Public Health Department.*

## SERVICE

Continued from page A1

whether or not its state statutes treat mental health and physical health the same — this despite North Carolinian adults and youth having mental illnesses at higher rates than the national average: 1 in 5 for adults, 1 in 10 for youth compared to 1 in 6 and 1 in 12, respectively, in the United States.

The insurance quote firm QuoteWizard recently analyzed depression rates over a five-year period by state to measure access to mental health care and ranked North Carolina 43rd out of 50 states.

State Rep. Robert Reives II (D-Chatham) said that his conversations at the state level about mental health haven't inspired much optimism.

"I wouldn't even try to attribute what they say, but I'll just say that they don't realize that it's an issue," he said of his colleagues. "It's not somebody simply not able to deal with something. It's not a weakness on their part. It's just a true life issue that just happens, and it happens to a lot of us, is the sad part."

Derrick Jordan, the superintendent of Chatham County Schools, said the state has been helpful

in supplying funds for school safety, but added that more needs to be done in mental health.

"Students are going home to parents who have mental health challenges or other family members who have mental health challenges," Jordan said. "Figuring out how to balance that becomes a difficult proposition. I think we need more, more, more, more, more, certainly within the area of mental health, but not just within the school arena. We need mental health focus external to schools as well."

Chatham County doesn't fare too much better than the state in terms of access. The CCCA found just 1.34 psychologists per 10,000 residents in Chatham. The state average is 10. Additionally, the report says 39.5 percent of county residents knew where to find mental health services.

And utilization of services available, like the state-funded Cardinal Innovations Healthcare, is relatively low and decreasing. According to the 2019 Community Child Protection Team report, an average of 62 people per month came through Daymark Recovery Services — a mental health clinic supported by Cardinal Innovations — last year, a decrease of 70 from 2018 and 77 in 2017. Additionally,

for fiscal year 2017-2018, Daymark provided 5,256 services, a 32 percent drop from the previous year.

The county government maintains a webpage — [chathamnc.org/mentalhealth](http://chathamnc.org/mentalhealth) — that features several links to providers and information about finding help. The page stresses the importance of finding mental health treatment.

"Mental health needs to be understood at a new level," the page states.

"This includes a person's emotional, psychological, and social state of being. The way that a person thinks, behaves, and experiences emotion is affected by their mental health. In turn, mental health is also affected by body chemistry, life experiences, and family history. The way that we perceive mental health should be no different than physical health."

Most of the providers on the webpage's list — mainly mental health counselors — accept Medicaid, and some take uninsured patients. But one of North Carolina's barriers to mental health access referenced by studies and advocates is a lack of Medicaid expansion.

Medicaid provides health coverage to 27 million children under the age of 18 and covered 65.9 million people in 2018. The passage of the Affordable Care Act in 2010 gave states the option to expand Medicaid eligibility to uninsured adults and children whose incomes are at or below 138% of the federal poverty level. North Carolina has not taken up that expansion.

But that hasn't stopped elected officials and health advocacy groups in North Carolina to keep pushing for expanding Medicaid. In the summer

of 2019, a study conducted by George Washington University and funded by the North Carolina-based Cone Health Foundation and Kate B. Reynolds Charitable Trust estimated that expansion would insure an additional 3,673 more people in Chatham County. Chatham County's Department of Social Services estimates that around 9,500 Chatham residents are currently on Medicaid, more than 13 percent of the county's population.

And antidepressants ranked as the No. 1 drug group of prescriptions paid for by Medicaid in 2015, 2016 and 2017.

Both Reives and Jennie Kristiansen, the director of the Chatham County DSS told the News + Record that there is a gap not being filled.

"The people who probably need the most help are falling in those health insurance gaps," Reives said. "You have people who either can't get it covered at home or they've got plenty of resources, they've got an overwhelming amount of resources, and I think that we've got to do better about filling in that gap, especially with this issue."

Kristiansen added, "We do see families here at DSS who don't or individuals too who aren't eligible for Medicaid and their income is too low to qualify for coverage through the Affordable Care Act, and so they don't have access to healthcare coverage. So I think that's concerning too, and in thinking about access that certainly makes access more difficult."

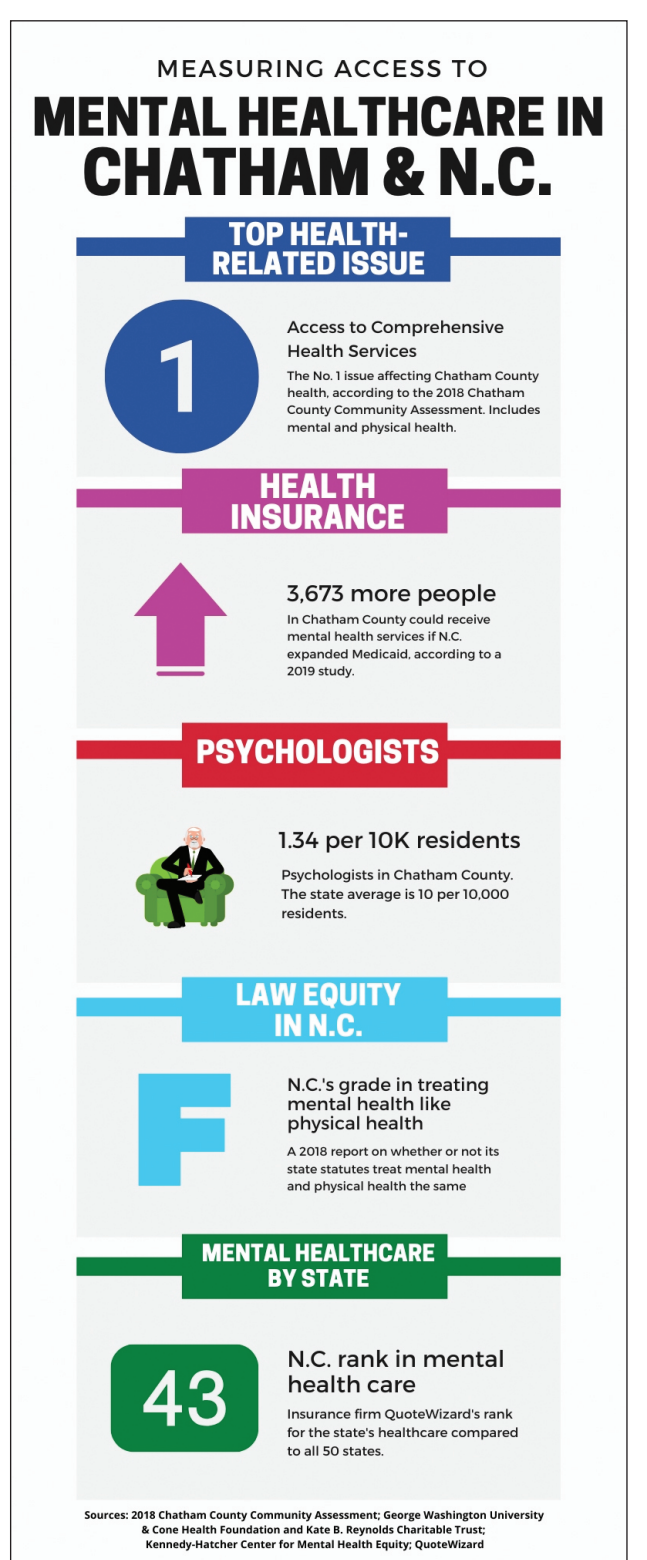
That lac of access to services has become an issue during the COVID-19 pandemic, when the normal avenues for treatment are taken up by coronavirus concerns. In response, Cardinal Innovations created a mental health crisis line at \*\*ASK (or \*\*275) for help specifically during this time. The agency's board of directors includes Chatham County Public Health Director Layton Long, who said in a statement that \*\*ASK is a "better alternative" to 9-1-1 for Chatham residents experiencing a mental health crisis.

"When they are able to speak to a licensed clinician in seconds, our community members can get quickly connected to the care and support they need," Long said. "This also helps decrease traffic in crowded Emergency Departments as we continue to deal with the COVID-19 pandemic."

Government agencies have also worked to provide funding for mental health services during this time. Among the moves:

- The Federal Emergency Management Agency began awarding federal money for mental health services to the state starting this month.

- The N.C. General Assembly passed and Gov. Roy Cooper signed



Staff graphic by Zachary Horner



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a bill allocating \$10 million to the state Dept. of Public Instruction for "contracted services... for school health support personnel to provide

additional physical and mental health support services for students in response to COVID-19, including remote and in-person physical and mental health support services." That would include school counselors, nurses, psychologists and social workers.

- Senate Bill 704, which was also signed into law, directed for a study to be done looking at issues "that impact health care delivery and the health care workforce during a pandemic." One of the issues the study should cover, the bill said, is the "sufficiency of support mechanisms for the health care workforce, including the availability of child care, transportation, mental health and resilience support services, and other support items."

UNC-Chapel Hill professor Mitch Prinstein, who writes about and studies mental health among teenagers, said one of the most important steps society can take to address mental health, and with it access, is by

eliminating the stigma around the topic — something both the CCCA and the county's mental health webpage addressed.

"80 percent of humans experience some sort of significant mental health difficulty in their lifetime," Prinstein said. "Eighty percent. This jig is up people. Everyone is going to basically have something going on at some point. I think it's time we start talking about this as when and which difficulty rather than whether someone's going to have a difficulty."

*Editor's Note: Almost the entirety of the reporting for this piece was done as part of the News + Record/Our Chatham podcast series "The Chatcast," which is available on Spotify, Apple Podcasts, Stitcher and wherever you get podcasts now. This content was covered specifically in Episode 8, "Stuck in the Gap." You can also find more at [chathamnewsrecord.com/chatcast](http://chathamnewsrecord.com/chatcast).*

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# NCDHHS: Siler City's Genesis Healthcare site of new COVID-19 outbreak

BY ZACHARY HORNER  
News + Record Staff

The N.C. Dept. of Health and Human Services announced Friday afternoon that the Siler City Center of Genesis Healthcare, a long-term nursing home, is the site of a state-defined COVID-19 outbreak.

In a report released Friday afternoon, the facility was reported to have two staff and two residents to have tested positive for COVID-19. Genesis joins The Laurels of Chatham, which accounted for 106 total cases among staff and residents, as well as nine resident deaths, from COVID-19.

The four positives are among the

2,077 laboratory-confirmed cases from nursing homes across North Carolina — a total that made up slightly less than 15 percent of the COVID-19 cases statewide as of Friday. An outbreak is defined by the state as any location that has two or more laboratory-confirmed cases.

In a statement, Genesis Healthcare Chief Medical Officer Dr. Richard Feifer said all Genesis facilities have been “extremely stringent on visitation restrictions, use of personal protective equipment and many other precautions.”

“We are working round the clock to keep our patients and residents healthy and as safe as possible,” Feifer said. “We are doing everything in our power —

and everything medical experts know of at this time — to protect our patients, residents and employees.”

According to the Genesis Healthcare website, the Siler City center, located at 900 W. Dolphin St., houses 150 beds and has been in the community since the 1970s.

The news came the same day as the state government began Phase 1 of “re-opening.” In a news release Friday, Chatham County Public Health Director Layton Long said residents should still adhere to previously-advised safety precautions because “the danger is not behind us.”

“In fact, we continue to see cases of COVID-19, including Chatham County residents who have become seriously

ill,” Long said. “We ask residents to remain vigilant and continue to take the same measures they have been to reduce their risk of infection: Stay at home, avoid gathering with others outside of your household, wear a face covering if you go out in public and wash your hands regularly.”

The county was home to the highest number of COVID-19 cases per capita in North Carolina as of Friday at 57.2 per 10,000 residents, with Wayne County second at 56.8.

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## AFFECT

Continued from page A1

ed feeling nervous, having trouble relaxing, and being afraid several days or more in the previous two weeks.”

And Chatham County is no different — as public health and safety officials and mental health practitioners are seeing high numbers of calls for depression and suicide and people who don't normally have mental health issues experiencing them more regularly.

### An age of anxiety

The University of Michigan study surveyed 562 American adults asking about their mental health in relation to the novel coronavirus pandemic. Lee and Ward's report stated that of respondents, 75 percent reported feeling tired or having little energy and 67 percent said they were feeling “down, depressed or hopeless” over the prior two weeks. Additionally, 84 percent reported feeling “nervous, anxious or on-edge.” Those are clinical symptoms of depression and anxiety.

“For nearly all Americans, daily life has been significantly disrupted. People must navigate this unfamiliar terrain under enormously stressful conditions of economic uncertainty,” the report on the study stated. “As the pandemic worsens, and disruptions to daily life worsen, mental health professionals need to be prepared for an increase in mental health and substance use problems.”

The Kaiser Family Foundation's April poll came to a similar conclusion. Forty-five percent of US adults surveyed “reported that their mental health has been negatively impacted due to worry and stress over the virus.”

“As the pandemic wears on, it is likely the mental health burden will increase as measures taken to slow the spread of the virus, such as social distancing, business and school closures, and shelter-in-place orders, lead to greater isolation and potential financial distress,” the report stated. “Though necessary to prevent loss of life due to COVID-19, these public health measures expose many people to experiencing situations that are linked to poor mental health outcomes, such as isolation and job loss.”

Chatham County residents haven't been polled related to COVID-19 — although a collective of agencies will be working in the coming months on a study related to the pandemic utilizing members of the study cohort of the Chatham County Community Assessment. But anecdotal reports from those on the frontlines indicate that more people than just those already experiencing mental illnesses are taking advantage of help. Krippa said the amount of fear and stress her clients are feeling is higher than what she saw after 9/11.

“This is bigger,” she said. “This is worldwide, and it's not happening ‘over there.’ The virus is invisible. I've had people have panic attacks in the store because, ‘People are getting too close to me, and they weren't doing

their part and I was six feet away.’ In that respect, I think it is different. This is a threat that can come into my home.”

Dr. Luke Smith, director of El Futuro, a mental health clinic in Siler City that serves the Hispanic population, said the families he's seeing are experiencing stress that far surpasses what others might be having, leading to an “increase in demand” for services.

“I think some of us got a taste of that when our toilet paper rolls ran low and we worried about getting the next roll,” Smith said. “For many of the families we help, the scarcity is not just with toilet paper but with food, medicine, rent payments and light bills. This has been a really hard time for the Latino community and so depression and anxiety have increased.”

Chatham County Sheriff Mike Roberson told the News + Record last month that the department has “seen an increase in depression, mental health calls, overdoses, suicides, mental health commitments, and even responded to a fair number of domestic-related calls.”

### Looks different for everybody

How mental health issues manifest in people is not universal, but often depends on age and situation in life.

Children have had their entire routines, for the most part, upset with the closure of school building and shift to online learning. Stay-at-home orders will often keep them from seeing friends and family. Krippa said she has been talking with children and teenagers daily about what they're feeling.

“What we're seeing now in kids who had been very resilient, now they've regressed and their stress levels are very high,” she said. “Children's behavior is how they communicate — so that translates into behavior problems, sleep problems, things that parents are concerned about.”

Krippa added that these children are “being expected to complete school

work during a pandemic,” producing the dual challenges of wrestling with anxiety, depression and stress and trying to learn and be educated. It's a “challenge,” she said, “that some are not able to meet.”

Schools being closed adds an extra layer of stress for parents as well, Krippa said. If the parents are employed and still working during the COVID-19 pandemic, they face a new responsibility: home-schooling.

“This increased number of roles is overwhelming for many parents,” she said. “Then add to that their children and teens developing increased behavioral or emotional concerns.”

Smith said many of the adults El Futuro treats haven't taken off from work because they work in factories, construction, housekeeping — jobs that are considered “essential.” But if those factories do close down and jobs are lost, the anxiety ratchets up.

“When factories have shut down, it has been very, very stressful for the workers because they are pushed to the breaking point as economic resources dry up,” Smith said. “For those who don't have citizen benefits and no stimulus benefit is coming to them, it's quite concerning. That stress in the family affects the adults and the children alike.”

The Kaiser Family Foundation survey reported that 31 percent of individuals 65 years old and older reported negative mental health impacts. Dennis Streets, the executive director of the Chatham County Council on Aging, said in an April 2 interview that his agency has taken extra care to reach out to the seniors in Chatham they serve during the pandemic.

“I think the tricky thing in this is about a quarter of our seniors in the community live alone,” Streets said. “Restricting visitation is so vital. At the same time, we don't want to leave these folks socially isolated. And so it's that balancing act.” The COA has been

making friendly calls to try to connect with these seniors and delivering meals, word search puzzles and more items to attempt to boost spirits and keep them, as Streets said, “not only active and engaged but mentally active and engaged.”

### A unique stress

In late April, The New York Times reported a suicide, but not just any suicide.

Described by the paper as “a top emergency room doctor at a Manhattan hospital that treated many coronavirus patients,” Dr. Lorna Breen took her own life on Sunday, April 26. Breen, the medical director of the emergency department at NewYork-Presbyterian Allen Hospital, had contracted COVID-19 herself and took a week-and-a-half off. According to her father, she did not have a history of mental illness, but she took a turn in the weeks prior to her suicide.

“He said that when he last spoke with her, she seemed detached, and he could tell something was wrong,” the NYT report stated. “She had described to him an onslaught of patients who were dying before they could even be taken out of ambulances.”

Dr. Philip Breen told the paper: “She was truly in the trenches of the front line. Make sure she's praised as a hero, because she was. She's a casualty just as much as anyone else who has died.”

Krippa said she's spoken to children of healthcare professionals who are petrified of what might happen to their parents.

“I've had 10-year-olds tell me, ‘I know my parents are getting sick, it's just a matter of when,’” she said.

Michael Zelek, the division director of health promotion and policy at the Chatham County Public Health Department, said the agency has been sharing mental health help resources with both its own staff and Chatham healthcare workers during this time.

“Frontline workers and essential workers can experience burnout in addition to fear of exposure to the virus,” Zelek said. “Responding to COVID-19 is a full-time (7 days/week) effort for many of our staff, and we are constantly looking out for and checking in on each other. The good thing for us in Chatham is that we work well together and take care of each other, and I think that, setting a tone of support and camaraderie is where it begins.”

The CCPHD was among the first responders in North Carolina to a COVID-19 case, as Chatham was home to the second announced positive test in the state back in early March. CCPHD Director Layton Long told the News + Record later that month that his department was “holding together, some days more than others.”

“But we're here for the public,” Long said. “It is our core mission. It is why we exist. It is a public health department. We do a lot of individual services for the community. But at the core of our mission, the reason we exist is to help the public's health and that's what we're striving to do.”

### Resources available

While Chatham County residents have in the past expressed a relative lack of knowledge of mental health services — just 39.5 percent said they knew where to find such services, according to the 2018 CCHA — there are a number of options available for individuals seeking help during the COVID-19 pandemic.

Three new helplines have been created during the pandemic to provide mental health help:

- Hope4NC (1-855-587-3464) is available in all 100 counties and “connects North Carolinians to additional mental health and resilience supports that help them cope and build resilience during times of crisis,” according to a N.C. Dept. of Health and Human Services press release.
- Hope4Healers (919-226-2002) is specifically

for providing “mental health and resilience supports for health care professionals, emergency medical specialists, first responders, other staff who work in health care settings and their families throughout the state,” NCDHHS said.

- \*\*ASK (\*\*275), operated by Cardinal Innovations Healthcare, is a new mental health helpline for Cardinal's service area, which includes Chatham, designed to “make Emergency Departments available for those in the most acute need,” according to CEO Trey Suttan.

CCPHD also has webpages with lists of resources for people seeking help during the COVID-19 pandemic and needing mental health help. They include:

- [chathamnc.org/coronavirushelp](http://chathamnc.org/coronavirushelp)
- [chathamnc.org/coronavirusayuda](http://chathamnc.org/coronavirusayuda) (in Spanish)
- [chathamnc.org/mentalhealth](http://chathamnc.org/mentalhealth) (year-round mental health resources)

Advocates and health officials have said that connecting with others and supporting each other is the best thing people can do for mental health in general.

“It could happen to anybody,” Krippa said. “We don't know what our neighbor or our loved one may have experienced in the past that may make them vulnerable to anxiety, depression, stress. Sometimes when people are overwhelmed, then you can't handle the day-to-day things that you normally would be able to. We need to be able to extend some patience to people, and understand they're probably doing the best they can with what they have right now.”

Zelek encouraged those who are struggling to “please reach out.”

“There are people out there who can help and you are not alone,” he said. “Remember, we are all in this together, so let's all look out for each other.”

Reporter Zachary Horner can be reached at [zhornner@chathamnc.com](mailto:zhornner@chathamnc.com) or on Twitter at @ZachHornerCNR.



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# Garden yarns: Irises have stories to tell

The best plants to share are the ones you received as gifts. That's my take-away this spring while enjoying the beautiful irises my friend Jenny Garrett

**DOLLY R. SICKLES**

The Optimistic Gardener

McLaurin gave me last year. While new to me, these Chatham County beauties have a distinguished history.

"When I moved into the old home place in 1991, there were already a few bold, purple Siberian irises here," Jenny said. "But Claytie McIver, Richard Webster's grandmother and an old friend of my mother (who was in her nineties), gave me two big boxes of bearded German irises, labeled by color. She had her son Hoyle dig them up and bring them to me."

Irises are my mother's favorites, but I never set out to buy any for myself. It's a shame, really, because irises are rugged and easy to care for, they transplant well and brighten up your garden. In the many boxes of irises Jenny gave me, there's at least six different varieties. This year, they fill in



Jenny Garrett McLaurin

Photo courtesy of Dolly R. Sickles

the empty spaces in the gardens around my house with waist-high blooms spanning the full spectrum of blues and purples.

Sharing these perennial favorites is the way to help ensure long life. She told me, "I'm always tempted to leave a clump on someone's porch with a request that they share with me their variety I don't have (yet)."

Jenny's irises are the rhizome variety, and look like long, skinny, rooty potatoes. Thinning them out helps promote blooming. "If you don't thin them," she said, "eventually you'll just get the leaves and no blooms." Whether you've got irises to share, or you're the lucky recipient, transplanting is easy. Use a shovel and

dig it straight down into the clump, between the roots and leaves with the rhizome, plant them shallowly (roots down) about eight inches apart, and cover with a thin layer of mulch.

"I have beautiful irises on the east, south and west sides of the house," she said, "where they get several hours of light,

though not necessarily full sun. They don't bloom well in full shade."

And just like Jenny's irises, other plants (and rhizomes) have stories to tell. Denise Effrein moved down from upstate New York last fall and became fast friends with Pat Decator (and me!). I ran across them last week while they were digging up some canna lilies.

"The cannas came to us as bulbs from Marshall Bowden during a housewarming party in March 2002," Pat told me. "He was the pharmacist at the Clinical Cancer Center's pharmacy at UNC Hospitals. They came from his grandmother's home and were over 100 years old at the time."

Pat has thinned out her cannas four times over the last 18 years. "I move them around our property where I think I need a pop of color...ours are all red," she said.

Sharing plants with others is a blessing, Pat told me, and even after all this time is still learning new things about her cannas. "We have Chatham County red soil, and these cannas like moisture and sun. Some have not done as well in the shade, but they keep coming back. If you're going to plant cannas, look at your soil, where you're going to place them, and your drainage. Then, just be the best artist you can

be so it's fun and not regimented."

Before moving to N.C., Denise tried to grow cannas in upstate New York with little fanfare. They never grew more than just green leaves and she had to winter the bulbs in the garage.

"I'm excited to live in an area where they'll be able to grow," she said. "They remind me of childhood vacations with my family—very exotic and tropical."

She's going to put the cannas in a prominent area of her garden to re-create the feeling of being on vacation. And between you and me, I'll bet she's relieved to know she can leave the bulbs in the ground!

**For more information**

- **Old Farmer's Almanac:** Growing Irises: [www.almanac.com/plant/irises](http://www.almanac.com/plant/irises)
- **Growing Cannas:** [www.almanac.com/plant/cannas](http://www.almanac.com/plant/cannas)
- **N.C. Cooperative Extension - Chatham:** Bearded Iris for the Home Landscape: <https://bit.ly/2KA1Q8C>
- **Summer and Fall Flowering Bulbs for the Landscape:** <https://bit.ly/2xdTEb5>
- **Behind the Scenes:** [www.OptimisticGardener.com](http://www.OptimisticGardener.com)

**NEWS BRIEFS**

**Chatham County Solid Waste & Recycling main facility reopening with service changes**

PITTSBORO — Due to the state's transition into North Carolina Governor Roy Cooper's Phase 1 reopening plan, the Chatham County Solid Waste & Recycling Main Facility re-opened Monday — but with some service changes.

"While we will be able to resume most services offered

at the main facility, we have made some changes to how we provide those services in order to continue to protect our staff and the public," said Chatham County Environmental Quality Director Kevin Lindley.

The main facility, located at 28 County Services Road, Pittsboro, resumed taking yard waste, land clearing and inert debris from residents starting Monday. The main facility can also accept tires, mixed recycling, glass recycling, scrap metal, batteries, lightbulbs,

pesticide containers and styrofoam. All visitors will need to come across the scales when they enter the facility.

The lobby at the main facility will be closed until further notice. Residents who need a decal should call the main facility at (919) 542-5516 from 7 a.m. to 4 p.m. Monday through Friday or email [recycle@chathamnc.org](mailto:recycle@chathamnc.org). Decal requests can easily be handled over the phone or email. Residents who need a decal immediately may come to the window next to the scales to be helped.

The Electronics Recycling Program will resume on Monday, May 18, at the main facility and collection centers. As a reminder, any electronics item that is larger than 25 inches or weighs more than 50 pounds must come to the main facility. Large electronics will not be accepted at the collection centers. For a list of items accepted in the Electronics Recycling, visit the following website- [www.chathamnc.org/electronics](http://www.chathamnc.org/electronics).

All events in May were previously cancelled and will not

be rescheduled in May. These events included mulch sales, Household Hazardous Waste and the Earth Day Event. Visit the following website for details on future events- [www.chathamnc.org/recycle](http://www.chathamnc.org/recycle).

The collection centers remain open and operating with normal hours. The swaps shops will remain closed until further notice.

As this is an ever-changing situation, please check the website for any future updates.

— CN + R staff reports



## Bowen Insurance Agency, Inc



Bowen Insurance Agency has a new location in Pittsboro (formerly APC Insurance)!

We are an independent insurance agency founded in Wake County in 2001 by Brad Bowen. We are thrilled to be expanding into Chatham County! The new location will be managed by Pittsboro resident, Jennifer McLaurin.



Bowen Insurance Agency is located at:  
1345 Thompson Street  
(formerly APC Insurance)

Give us a call at 919-444-2499





CHURCH NEWS

Events listed are subject to change in consideration of closures due to the coronavirus. Reach out to the individual Churches prior to events to verify.

CHATHAM UNITED METHODIST CHURCH

Everyone knows nothing brings people together like good food! Starting at noon on May 16th, Virilies Grill and Chatham UMC will team up to provide 100 free Chicken Tender meals on a first come first served basis to the Pittsboro community. This safety focused drive thru event will be located in the parking lot of

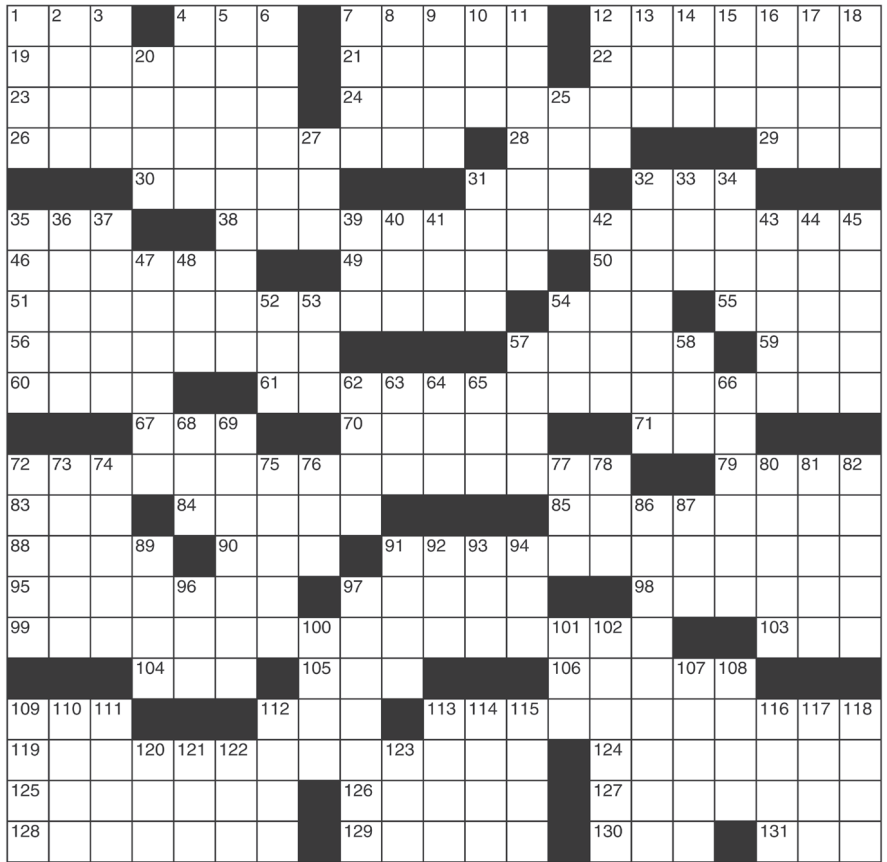
Main Street Station, (287 East Street, Pittsboro). We will have signs and people there to greet you and provide directions on how to pick up your meal. One meal per person please. We look forward to seeing you there and providing a meal you can enjoy as we share the love of Christ with our community.

LOVES CREEK BAPTIST CHURCH

You are invited to hear the latest sermons from Loves Creek Baptist Church presented by Pastor Kenny Black. Just go to the church website, LovesCreek.org. You can also see them on YouTube at PastorKenny@LoveCreek.

PREMIER CROSSWORD/ By Frank A. Longo CITY NAMESAKES

- ACROSS
  - 1 June hrs.
  - 4 Cobbling tool
  - 7 Birthstone after opal
  - 12 Run-down 73-Down
  - 19 Deep musing
  - 21 Calm down
  - 22 Filled pasta squares
  - 23 Shady public walk
  - 24 1909 Literature Nobelist [Alabama]
  - 26 Runner-up of tennis' 2017 U.S. Open [Wisconsin]
  - 28 Enkindled
  - 29 Authorize to
  - 30 "Ye olde" place
  - 31 Quarterback Brady
  - 32 Counterparts of egos
  - 35 Cutely shy
  - 38 Cosmetics company founder [Montana]
  - 46 Paris-based cultural gp.
  - 49 Mysterious letters
  - 50 Washington subway system, familiarly
- DOWN
  - 1 Druggist's weight unit
  - 2 Acting Ward
  - 3 Tube spot
  - 4 Retort to "Am not!"
- 5 State of a surviving wife
- 6 Romance novelist
- 7 Stun with a charge
- 8 Stay in line
- 9 Good friends
- 10 \$\$\$ holder
- 11 Passionate
- 12 Greek society
- 13 Delay
- 14 Abel's mom
- 15 Broadcast
- 16 — weevil
- 17 Healing plant
- 18 Donation
- 20 Send out
- 25 See 31-Down
- 27 Kenan's sitcom buddy
- 31 With
- 25-Down, perch for a nest
- 32 Night demon
- 33 Mil. award
- 34 "Keep it in"
- 35 Niche sects
- 36 "The joke's —!"
- 37 "Fiddler on the Roof" matchmaker
- 39 Age
- 40 Ursuline, e.g.
- 41 Actress Miller
- 42 Fido's jingler
- 43 Antiquated anesthetic
- 44 From Tehran
- 45 Clamor
- 47 Spider web, at times
- 48 Toronto-based gridiron org.
- 52 Sorority letters
- 53 Caddy drink
- 54 "Zip it up!"
- 57 "Aw, rats!"
- 58 Suffix with social
- 62 Old Saturn SUVs
- 63 LAPD alert
- 64 "Weekend Edition" network
- 65 Natal lead-in
- 66 Set of seven
- 68 Similar to
- 69 Superbly done tasks
- 72 Delicate pancake
- 73 The Ritz, e.g.
- 74 Pong creator
- 75 Overused
- 76 Pro —
- 77 — for tat
- 78 Rock's Brian
- 80 Irritated
- 81 Sheeplike
- 82 Auto dings
- 86 Northwestern Pacific fish
- 87 ER skill
- 89 Large or medium
- 91 Enjoys some 1940s jazz
- 92 Regret
- 93 Syr. neighbor
- 94 Hefty
- 96 "Old man"
- 97 Slope on which a vessel is built
- 100 Wispy
- 101 Pol. wild card
- 102 Unimportant person
- 107 Stravinsky and Sikorsky
- 108 Part of A.D.
- 109 Indian dress
- 110 Arab nation
- 111 Singer Seeger
- 112 Racket grip enhancer
- 113 "The Circle" actress Watson
- 114 Brand of hair remover
- 115 Stay-the-night sites
- 116 Informed of
- 117 Utah city near Provo
- 118 Abstainers from alcohol
- 120 Writer Stout
- 121 French for "here"
- 122 Shortstop Ripken
- 123 Poem type



Solution for the puzzle in last week's edition.



# Two questions, many answers

A couple of weeks ago, I had an idea.



DEBBIE MATTHEWS  
The Curious Cook

I contacted some chefs, some famous, some not, but each of them is a highly admired role model chef to me.

I asked each of them the same two questions. They were questions designed to help all of us during our virus-imposed sequestration.

Joy Bauer, MS, RDN, CDN is one of the world's leading authorities on health and weight loss. She's the nutrition and health expert for NBC's Today Show. She's also a bestselling author of 13 books. Her newest book is Joy Bauer's Superfood!

**Question #1: When it's going to be a while before you make a grocery run, what's your favorite pantry meal?**

Answer: Cold Sesame Noodles with 4-ingredient peanut sauce!

These cold sesame noodles are a family favorite in my house. They're ridiculously easy to make and the peanut butter sauce requires only four simple ingredients (one of them is water!). Go ahead and enjoy it with any pasta of choice—whole grain, chickpea, lentil, soba etc. If you have a peanut or nut allergy, feel free to use any nut or seed butter. And if you don't have broth on hand, you can swap in 1/4 cup rice wine vinegar or mirin. Bonus: if you happen to have 'em in your pantry, sliced scallions and toasted sesame seeds are two extra tasty garnishes. Dig in!

PREP TIME: 5 minutes  
TOTAL TIME: 15 minutes  
This recipe makes 11/4 cup sauce

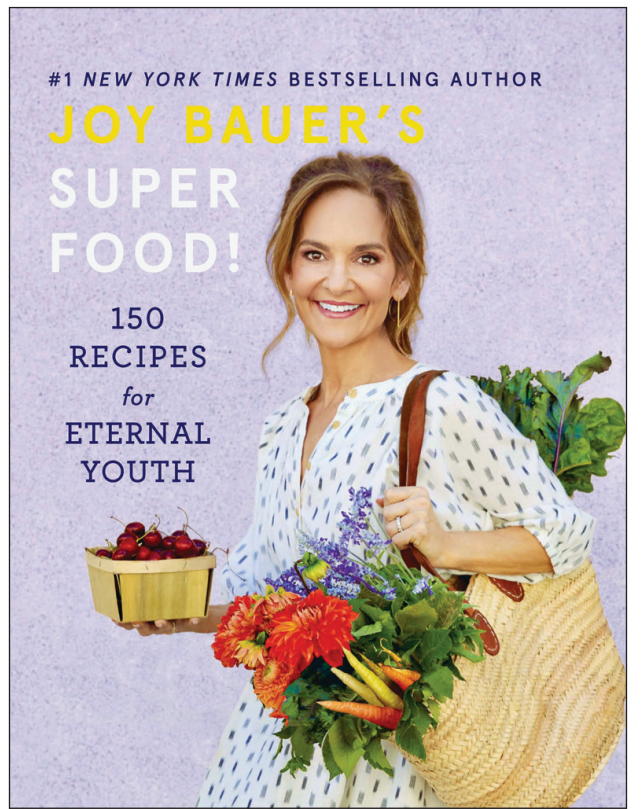
- INGREDIENTS:
- Box of whole-grain pasta, cooked and drained
  - 1/2 cup peanut butter (or any nut or seed butter)\*
  - 1/4 cup warm water
  - 1/4 chicken or vegetable broth
  - 2 tablespoons reduced-sodium soy sauce
  - Optional extras: Squirt of Sriracha or any favorite hot sauce, sliced scallions and toasted sesame seeds for garnish

\*Warm peanut butter in microwave for 10-15 seconds to soften up for easier mixing  
PREPARATION: In a medium bowl, mix together peanut butter,



Photo courtesy of Debbie Matthews

Cold sesame noodles with pb sauce.



Submitted photo

Joy Bauer's book

water, broth, and soy sauce until everything is well combined and smooth. Add an optional squirt of Sriracha or hot sauce if you like some heat. Toss some of the sauce with your cooked pasta (I recommend 2 tablespoons for every 1 cup cooked noodles) and enjoy warm or cold. Garnish with optional sliced scallions and toasted sesame seeds and enjoy!

NOTE: You'll likely have leftover sauce, which will last for up to a week in the fridge; simply give it a good stir and warm in microwave to soften and thin it out. If it's too thick, simply add extra broth, water or rice vinegar when reheating.

NUTRITION FACTS

Nutrition based on one cup pasta + 2 tablespoons sauce.

AMOUNT PER SERVING

Calories: 215 Protein: 9 g Total Fat: 5 g Unsaturated Fat: 5 g Saturated Fat: 0 g Cholesterol: 0 mg Total Carbohydrate: 36 g Dietary Fiber: 5 g Total Sugar: 1 g Natural Sugar: 1 g Added Sugar: 0 g Sodium: 100 mg

**Question #2: What's your best food-related activity suggestion for staving off familial boredom and the resulting mayhem?**

Answer: Experimenting in the kitchen...of course! My family and I love to cook and bake. And now, since we're all stuck in quarantine and everyone is home together, we're spending a ton of time in the kitchen, creating and concocting, whipping up delicious (good-for-you) goodies!

A few of the treats Bauer mentioned are, PB Coconut Cookie Dough Dip, Slow Cooker Chocolate Banana Bread, and Banana Cream Pies.

All of the recipes mentioned here, and many more can be found on her website: JoyBauer.com. Next week our chef is Joanne Weir, author of multiple cookbooks and host of six different PBS cooking series.

Thanks for your time. Contact me at dm@bullcity.mom.

# READ IT ONLINE



Thanks for your incredible support during these trying times

- Dr. Raghid Bitar • Siler City Police Department
- Chatham County Sheriff's Department
- Chatham County Emergency Management • Mountaire
- Little Caesars • Elizabeth's Pizza • Community Baptist Church
- Moons' Chapel Church • Oakley Baptist Church
- Siler City Pentecostal Church (The Journey Church) • KFC
- Pizza Hut • Domino's • Judy Harrelson, Broadway
- Hemp Company • Pleasant Hill United Methodist Church
- Renee Miller, Artisan • Siler City Fire Department
- Silk Hope Fire Department • First Health • EMS • NC HWY Patrol



**KILDEE FARM STRAWBERRIES**  
Pre-Picked Strawberries  
Call to check availability. Days open vary.  
936 Kildee Church Rd. • (919) 742-5102  
(Off Hwy 64 between Ramseur and Siler City, Watch for Signs)

# CLEAN-UP

Continued from page A1

posts on his personal Facebook page. Eventually, he created a GoFundMe page called “Mission to Beautify Our Communities.” A year and a half later, was able to buy a truck to be a “designated trash truck.” He’s been organizing groups to do clean-ups and has even led a class of students from the Creative Schools of Apex on a Jordan Lake clean-up last year.

These days, he’s making it his mission to clean up Jordan Lake since organized clean-up sessions, such as those by the non-profit group Clean Jordan Lake, are being canceled or postponed due to COVID-19.

It’s been a passion of his for some time. He recalled being a student at N.C. State studying mechanical engineering in 2009. A stream outside his dorm flowed with floating bottles. So Toben started cleaning out the stream on his own.

“I was just a student and different people started to notice and started to help,” he said. “I wanted to do something hands-on and make an impact. I wanted to figure out ways I may be able to help the environment and what I found I could really make the most impact by trying to beautifying that natural areas around me. I just got into that as my hobby.”

Since then, Toben’s free time — away from his job managing a sandwich shop in Chapel Hill — has been spent finding new ways to organize his clean-ups. He uses a downloadable phone application called Fulcrum that tracks every location he and volunteers clean. They track



Staff photo by Peyton Sickles

**Daniel Toben started cleaning up natural areas as a hobby years ago. His efforts have drawn support and additional volunteers. He was eventually able to buy a pick-up truck to haul away the trash collected.**

the location, the number of bags collected and take pictures to show the impact.

As his work time has been dramatically reduced during the pandemic, Toben is now spending between four and

eight hours most days at the lake.

“I’m far enough away from other people I feel safe from the virus,” he said. “I’m in my own realm for a while. And it just gives me an incredible sense of



**Daniel Toben uses a downloadable phone application that tracks every place he and volunteers have cleaned. They track the location, the number of bags collected and take pictures to show the impact.**

Staff photo by Peyton Sickles

pride to know that I’m cleaning up. I have a sense of accomplishment. When the beach is all clean, it’s not just cleaner, but safer too. The idea of that makes me happy [during COVID].”

Toben said that friends who have participated in clean-ups have gone from “feeling isolated to by the end amped and enthusiastic.”

And he notes that anyone can do it on their own.

“You can get the right kind of gloves and trash bags at any gas station and just do it yourself,” Toben said. “It’s not bad work. It’s kind of fun to do. And in terms of being envi-

ronmentally positive, this is a pretty good thing to do. Because plastic lasts for 500 years and when do it, you’ve cleaned something up that would have been there for 500 years.”

You can find Toben on the website he created for his clean up efforts at [www.theearthstewards.com](http://www.theearthstewards.com). He also suggests reaching out to him using social media on Facebook at [www.facebook.com/daniel.toben.35](https://www.facebook.com/daniel.toben.35) or on Instagram at [www.instagram.com/danielkoben](https://www.instagram.com/danielkoben).

“And if you’re reading this,” Toben said. “Don’t litter.”

Casey Mann can be reached at [CaseyMann@Chathamnr.com](mailto:CaseyMann@Chathamnr.com).

# BRIDGE

Continued from page A1

a renaissance in the 21 years since DOT engineers deemed the bridge no longer suitable for vehicles and — placing traffic blockades at its north and south sides — limited its use to only pedestrians.

“It’s not just a cement structure. It’s family to so many people,” said Tunnell, who now lives in the Miles Branch community — just a few miles from Bynum, she calls it “the suburbs” — though she remains strongly connected to the former mill village.

“From the folks who come to visit and walk across it, or who are maybe floating underneath it on their kayaks or tubes, down to the little critters that live around the bridge, it’s part of an ecosystem, and it’s family.”

That sense of family was the driving force behind an effort Tunnell and her friend Diane Swan, also a former Bynum resident now living in Miles Branch, undertook five years ago to formally recognize the value and status of the bridge.

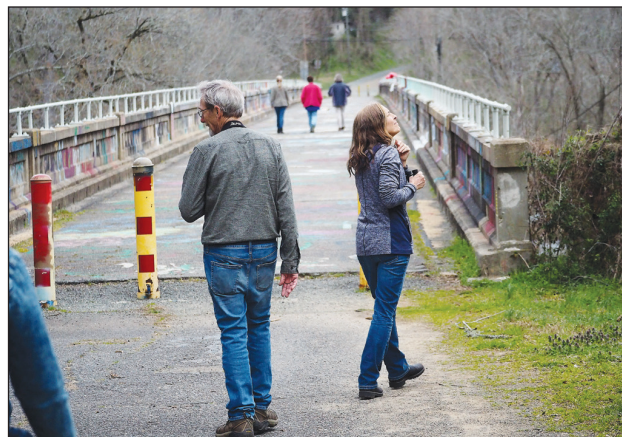
Last month, their work — involving hundreds of hours of research and documentation — was rewarded. On April 23, the 800-foot bridge was added to the National Register of Historic Places, which the National Park Service’s website says is the agency’s “official list of historic places worthy of preservation.”

With its new designation, Bynum Bridge — also known as NCDOT Bridge #405 — joins 54 other historic Chatham County properties previously added to the Register, including two in Bynum: the Roger Joseph Moore House on Bynum Rd. and the Dr. E.H. Ward Farm.

Tunnell said the bridge’s new historic designation is important. “It preserves the legacy of the bridge,” she said, “and of the people — the planners and engineers and builders — who made it. That bridge is a significant piece of work.”

Tunnell and Swan’s work on behalf of the bridge began in the fall of 2015, the result of a meeting of local residents who’d convened at Bynum United Methodist Church one evening to talk about local issues — growth of the surrounding area and its impact on their small community, for one — and part of the discussion focused on the old bridge. Someone that night, Tunnell recalled, referred to the structure as “orphaned and abandoned.”

“Something about that



Staff photo by Kim Hawks

**The National Audubon Society cites the old Bynum Bridge as one of central North Carolina’s best sites to observe birds. Here, Andy Upshaw of Pittsboro leads a birding class on the bridge.**

phrase — ‘orphaned and abandoned’ — just kind of stuck in our minds,” said Tunnell.

As an offshoot of the community meeting, various committees were created, including one focusing on the bridge, which Tunnell and Swan joined.

“I was really curious about the history of the bridge,” said Swan. “I started researching and the more I searched, the more I found so many fascinating historical facts.”

The committee also began “acknowledging the many ways that the bridge, although it was closed to traffic, was still being used,” Tunnell said.

With its close proximity to the Lower Haw River State Natural Area and the county-owned Bynum Beach Access Area, Bynum Bridge evolved into a focal point for a wide range of activities, gatherings and events.

“There are stargazers,” said Tunnell. “There are nature-watchers. There are people out there exercising. Families play on the bridge.”

The Chapel Hill Astronomical and Observational Society and the Bynum Astronomy Club have used it to view the dark skies. The National Audubon Society, in its February 2015 “Birders’ Guide,” shared the tip that of the many bird-watching areas in central North Carolina, “few are better than the Bynum Bridge area in Chatham County.”

For a few years, the bridge was the setting of an art show called Bridgefest. Another event, called Pumpkins on the Bridge sponsored by the community nonprofit Bynum Front Porch, is a popular Halloween event that showcases hundreds of Jack-O-Lanterns. The community landmark, more than once, has served as a wedding venue.

And, Tunnell and Swan note, the bridge is still a valuable contributor to public infrastructure, supporting “an important interconnection for water service between and the Haw River water supplies of the Town of Pittsboro

and the Jordan Lake Northern Chatham County supplies ... Bynum Bridge no longer serves as a major roadway transit point, but it still connects communities and people.”

The application process for historic registration is detailed, they said. Usually submitted by professional historic preservation consultants, Tunnell and Swan undertook the work themselves.

Prior to the DOT’s decision to close the bridge to vehicles, a historic structural survey report had been prepared in 1997, which was sent to NC State Historic Preservation Officer David Brook that May. Brook concluded that, according to the report, Bynum Bridge was eligible for further study for the National Register of Historic Places because of its role in the state highway system and because the structure was a good example of reinforced concrete deck girder bridges built in the Twenties.

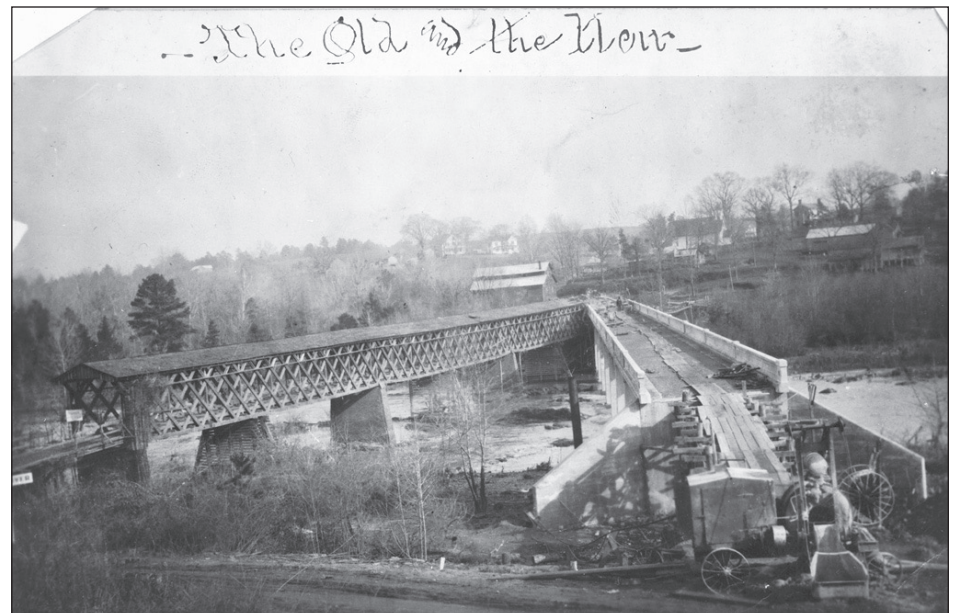
On November 22, 2015, Swan and Cynthia Hermans, another Bynum resident who helped with the effort, submitted another study list application for Bynum Bridge to the State Historic Preservation Office. Bynum Bridge was again accepted and added to the Study List of potential nominations to the National Register in February 2016.

Over the next few years, and under the guidance of the North Carolina Department of Cultural Resources (NCDCR) and with help and support from the broader Bynum community, Swan and Tunnell dove deep into the research, application, and approval processes on behalf of the old bridge.

The work wasn’t easy for the self-described novices.

“I think that what got me through this, besides Debbie’s consistent cheer and help,” said Swan, “was being a novice and not understanding the magnitude of what I had taken on.”

On May 16, 2018, the first draft of the “completed” application to



**A photo from the North Carolina Collection Photographic Archives, Wilson Special Collections Library, University of North Carolina at Chapel Hill shows the construction of the Bynum Bridge.**

**‘There are stargazers. There are nature-watchers. There are people out there exercising. Families play on the bridge.’**

DEBBIE TUNNELL

the Historic Register for Bynum Bridge was submitted. Fine tuning of checklists, photo archives, and technical rewrites — under the guidance of Hannah Beckman-Black, Jennifer Brosz and Michael Southern of the Raleigh office of the state Dept. of Cultural Resources — allowed for a final submission of the bridge’s application on Dec. 2, 2019.

On Feb. 13, 2020, a presentation for the submission of the application was given by Jennifer Beckman-Black to the review board of the National Register Advisory Council, which is part of

the State Historic Preservation Office within the North Carolina Department of Cultural Resources, recommending Bynum Bridge for the National Register of Historic Places.

The recommendation was accepted and submitted to the National Parks Service for final review, which was successfully completed on April 23.

Tunnell and Swan — who expressed their gratitude to the Bynum community and the folks with whom they worked closely at the Department of Cultural Resources in Raleigh — said a celebration of the historic

designation is planned but won’t occur for a couple more years, when the bridge celebrates its 100th birthday.

Meanwhile, they said, folks will continue to enjoy the landmark.

“The DOT may have closed (the bridge) to vehicle traffic,” Tunnell said. “But when they closed it, it just kept on living, kept on bringing on a different aspect to the way it served. It’s just amazing. And it’s definitely not orphaned or abandoned.”

Randall Rigsbee can be reached at [rigsbee@chathamnr.com](mailto:rigsbee@chathamnr.com).

# Thank You

## To all of our front line workers

**Connolly Walker State Farm is currently working regular office hours remotely. Our office is set up to handle incoming phone calls, emails and texts remotely. Our expectation is that business and access to us will not be disrupted. Thank you for understanding and please be safe.**

**Connolly Walker, Agent**  
 919-265-0702 • [connollywalkerinsurance.com](http://connollywalkerinsurance.com)  
 11470 US 15 501 N, Suite 105, Chapel Hill, NC

# EQUINE

Continued from page A1

of horses, alpacas, llamas and other sick four-legged beasts in their service area for two years. Covering Chapel Hill, Apex, Fuquay-Varina, Cary and parts of Greensboro and Raleigh, the team of two vets and a vet tech are available weekdays, but do emergency visits 365 days a year.

Head veterinarian Dr. Stephanie Freese was born in North Carolina, but her life's journey has taken her through many states in her professional practice after getting her veterinary degree. She's been an equine vet for nine years, but began the business after working with animals in several West African countries and Australia.

Now back in the Carolinas, she and her staff — Dr. Callie Mitchell and vet tech Rebekah Fultz — offer care to animals on hobby farms across Central North Carolina.

One of the first questions people ask her is about the name of the business.

"The main reason is this: 'Polaris' is the name of the North Star. The North Star is both ever-present and somewhere you can always look to for guidance," Freese said. "That is the essence of our medical philosophy — to be here whenever you need us and to show you the different paths you might choose to best care for your animals."

Dr. Mitchell takes it even further.

"We strive to be very accessible to our clients at all times," she said. "We work hard to create a family atmosphere and provide the best care possible to all of our patients, from the humble pet goat to the impressive show athlete."

Polaris Equine cares for animals, like cows, which aren't part of a large herd, such as a dairy, but rather part of a small farm. These small farms,



Staff photo by David Bradley

**Dr. Callie Mitchell draws blood from Eddie, a horse patient on one of the hobby farms serviced by Polaris Equine. Eddie is suffering from a corneal injury, common to horses in rainy or windy conditions. The animal was given strong antibiotics, but the eye couldn't be saved.**

also called hobby farms, are run for personal pleasure rather than for profit — something Dr. Mitchell is familiar with.

"I grew up on a hobby farm with horses, a cow, dogs and cats," she said. "I always wanted to work with animals and help them to the best of my ability."

Loving animals is part and parcel of the Polaris Equine team, but that's too easy of a reason to take this career path, Dr. Freese says. Many people love animals, she noted, but don't take it to the next step.

Fultz, the vet tech, is one animal lover who planned from an early age to go into the field. A vet tech can't perform surgery, prescribe medications or diagnose disease. A similar role in the human medical field is that of a nurse.

"I knew from the start I wanted to be in the medical field and animals were a large part of my life," she said. "In 2004, I was lucky enough to start a life of medicine and horses at N.C. State College of Veterinary Medicine, where I gained many technical skills and taught veterinary students."

Dr. Freese chose her profession for another reason.

"For me, it was always about the challenge," she

said. "It was more challenging to become accepted to veterinary school than it was a human medical school. It is more challenging to work on a sick horse in the middle of a dark field than it is to do surgery in bright lights with a million assistants at your beck and call."

There are many challenges in the field they've chosen. One of the unique aspects of Polaris Equine is its ability to offer equine chiropractic services, through Dr. Mitchell. Chiropractic for horses focuses on the animal's skeletal system, and employs manipulation of the muscles to realign the bones, bringing relief and a return to proper movement. Just as people get out of alignment, Mitchell says, a horse may have the same problem and need assistance.

The larger size of their patients means that the patients could easily injure the doctors. Freese has incurred two broken bones in the line of work, and Mitchell has sustained bumps and bruises as well.

"Working with horses is inherently dangerous," Dr. Mitchell said. "They are much larger than us and are flight or fight animals. We are relying on proper training, behavior modification, and judicious pharmacology to avoid personal injuries."



Staff photo by David Bradley

**Dr. Callie Mitchell examines the eye of another patient being considered for sale. The potential buyer, in another state, wanted an exam of the animal before making a purchase.**

"As far as our day-to-day work, it's always dangerous," Fultz agreed. "And the rain and cold are unforgiving."

"We are general practitioners, surgeons, ophthalmologists, midwives, orthopedic specialists, pediatricians, and hospice carers all in one," Dr. Freese said.

The medical problems they observe in animals come from a variety of sources. In cooler weather, colic is a common problem, and wind storms will bring corneal ulcers, when a foreign object comes into contact with the eye. It's a serious problem, but can be treated with antibiotics. If the eye doesn't respond to the medication, the eye may have to be removed. Wet, rainy weather brings more hoof abscesses and skin problems, Mitchell said.

There is no standard day; every day is different.

"When their animal is sick or injured, it is often hard to administer ideal medicine in the field, and it is an emotional time for

clients who do not always understand why we want to do the things we do or why something costs the amount that it does," Dr. Mitchell said.

Animals only know that they are hurting, and don't understand that the doctors and vet techs are trying to help.

"Equine medicine, in particular, is in-the-moment problem-solving with critical outcomes, and is arguably one of the most difficult fields of veterinary medicine to choose," Dr. Freese said. "More often than not the horses understand we are there to help, but like many people, sometimes in the moment it is easy for them to forget and just focus on the pain, or the needle heading their way or the nasty tasting paste we insist on — and they're very capable of demonstrating their displeasure."

Sometimes an animal simply can't be saved.

"We all have bad days that make us question our career choices," Dr. Freese said. "Perhaps a patient you worked with,

with all of your might to save, succumbs, or an emotional owner lashes out in grief, or you get squashed by a patient who doesn't appreciate your efforts to help them. But I've been an equine vet for nine years now and I'm here to stay."

For Dr. Mitchell, there is sadness with her work, but also joy.

"We all have bad days," she said. "whether it is because you had to euthanize a patient you were attached to, or because a client was unhappy with you. Saying goodbye is never easy, but I take solace in knowing that I am able to ease their suffering. [It is] easier to focus emotional energy on the cases and patients we succeed in treating."

The rewards of the job make the difficulties and risk worth it. There are patients like Sven, a goat who was expected to be euthanized — in spite of great care taken to help the animal by its owner — because of severe pneumonia. Fultz decided instead to try to nurse the sick animal back to health, and through lots of love and rehabilitation, Sven is now living a pampered life on Fultz's family's farm.

"All in all, it is a very rewarding career," Dr. Freese said. "Our clients and patients are like an extended family and that is a wonderful feeling to have."

"The joy we get is from helping the animals, and in turn bringing joy and happiness to the client. I get particular joy from chiropractic adjustment as the treatment gives near immediate relief to my patients," Dr. Mitchell said.

"I am one of the lucky ones that can say I truly love my career and equine medicine family," Fultz said. "I think that's what truly makes Polaris stand out from the rest."

"All in all, it is a very rewarding career," Dr. Freese said. "Our clients and patients are like an extended family, and that is a wonderful feeling to have."



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NATIONAL HOSPITAL WEEK

# Pandemic or not, Chatham Hospital serves every day

BY CASEY MANN  
News + Record Staff

SILER CITY — National Hospital Week holds a different significance this year in the wake of the worldwide COVID-19 outbreak.

“COVID is just happening, it’s not what we’re known for,” says Keith Stinson, the emergency department nursing director for Chatham Hospital. “Ultimately Chatham Hospital is a small local facility to meet your needs and care with resources available if necessary. It’s a family environment because of staff and you’ll feel that coming in.”

Chatham Hospital in Siler City was founded in 1936. In 1950, the facility moved from a single story building into a three-story building on Third Street that was recently torn down. Since 2008, it’s been housed in a gleaming facility on Progress Boulevard near Walmart in Siler City and is a part of the UNC Hospitals network of care facilities.

“We have a closer relationship than just an affiliation,” Stinson said of the relationship with UNC Hospitals. “We’ve been rewarded by the ability to add additional equipment, additional training and supplies as well as staff from UNC for COVID care. This close relationship has multiple benefits for us.”

Chatham Hospital typically has 25 beds for a range of care, including the ability to do perform orthopedic, general and gynecological surgeries. The hospital also has what Stinson describes as an “elaborate physical therapy” program for in- and out-patient and a “robust cardiac rehab program.”

“Pre-COVID, we were a rural location providing general care to the community with access to high level care through UNC System,” he said.

The hospital, which stopped doing child birth services twenty years ago, is hoping to start again in September with the anticipated opening of five new maternity beds for low-risk births. Stinson noted that



Staff photo by Peyton Suckles

The staff at Chatham Hospital took a moment to celebrate National Hospital Week. The facility, located in Siler City, is preparing to expand while working through the perils of COVID-19.

a study by UNC Healthcare found that birthing care was a service that was in need in Siler City and UNC Hospitals chose to expand services at the hospital—about a \$2.5 million investment.

Though that progress continues, Chatham Hospital is now operating under new circumstances with COVID-19. Since April, the hospital has cared for patients with COVID-19, but Stinson notes that the most severe patients are being moved to facilities in Chapel Hill. At the same time, post-acute patients and those receiving rehabilitation in Chapel Hill are being sent to Siler City to “open capacity” so that Chatham’s “sicker patients” can be sent to Chapel Hill, according to Stinson.

Stinson also said that while testing had been “scant” previously, the hospital, in collaboration with the Chatham County Health Department, set up a drive-thru testing facility which tested 30 people on Thursday alone. Anyone can come up to the site and be evaluated to determine whether they should be tested. The hospital is also coordinating with Lee County on testing as it sees an increase in cases.

“We know our residents live and work in either county,” Stinson said. “So we’re just trying to support both communities.”

Stinson said the hospital staff ultimately is “doing OK.” The hospital has an adequate amount of personal protec-



Keith Stinson, emergency department nursing director for Chatham Hospital, said that even with the added stress of COVID-19, the hospital is concerned that people are putting off treatment because they are afraid of being exposed to the virus.

Staff photo by Peyton Suckles

tive equipment (PPE); staff members wear masks and all patients are given a fresh mask when they arrive to the hospital. Each visitor to the hospital, including staff, is screened for symptoms and masked. Staff is very concerned about “not putting others at risk.” But there are other tolls hospital staff are paying.

“They have isolation at home and isolation at work,” Stinson said. “The are not taking lunch in groups or gathering. They are having the same social isolation that you feel at home as well. And they worry about bringing it home to their families.”

Though the extra equipment they wear carries a weight, Stinson notes that the staff have been very grateful for the

support from the community, churches and businesses. And even as they serve, Stinson notes they have greater concerns for the community than just COVID. Hospital volume is down 40 percent and Stinson is worried that people are putting off care out of fear of the virus.

“We are very concerned that patients are not coming in for fear of being exposed,” Stinson said. “So someone experiencing chest pain may wait longer. I want to stress. Do not delay emergency treatment because of COVID-19. We have a system in place to protect you. That’s the biggest thing, don’t delay treatment.”

Casey Mann can be reached at CaseyMann@Chathamnr.com.

## OBITUARIES

Continued from page A10

### RICHARD SAMPSON GOLDSTON

Mr. Richard S. Goldston, 65 of Sanford, passed away on Thursday, May 7, 2020.

Graveside services were held at 12 noon, Wednesday, May 13, 2020 at Taylor’s Chapel Missionary Baptist Church, with burial following in the church cemetery.

Richard Sampson Goldston “Rick” was born July 13, 1954 to the late E.P. and Edna Goldston.

Survivors include his wife, Pamela Goldston; son, Jamie Spruill; three grandchildren and one great-grandson; brothers, Anthony Goldston, Edward Goldston and Jim; and sister, Lessie Staton. He was preceded in death by eight siblings: Beatrice Taylor, Rev. Annie Alston, Rev. Mabel McLeod, Paul Goldston, Eugene Goldston, Jessie James Goldston, William Goldston and E.P. Goldston, Jr.

### JOYCE L. HACKNEY

Joyce L. Hackney, 82, of Moncure passed away on Friday, May 1, 2020 at Siler City Community Center.

Funeral services were held at 2 p.m. Thursday, May 7, 2020 at Knotts Funeral Home in Pittsboro, with burial following at Liberty Chapel Church Cemetery.

# First Homes Sold in The Cottages at Chatham Park



Pre-sales for Chatham Park’s first residential homes started on Thursday, March 19, 2020 and five homes have already sold! These first homes, aptly named The Cottages, are a product of Fresh Paint by Garman Homes, a Cary, N.C. based home-builder and the first residential builder to partner with Chatham Park in this landmark project.

“We’re working with partners like Fresh Paint by Garman Homes to build, what our future residents will consider to be, the perfect community.” -Vanessa Jenkins, Executive VP, Preston Development Company

“These first homes are a reflection of the community-centric approach we’re taking in Chatham Park,” continues Jenkins, “which will allow residents to walk or bike to everything they need: work, grocery stores, doctors offices, yoga studios, restaurants, concert venues, movie theaters and breweries. Chatham Park will be unlike anything the Triangle has ever seen.” The Cottages are already under construction and range from 828-1,397 sq. ft., with single story and two story plans, and are priced from the low \$200’s.

Interested in a tour? Reserve your social distance appointment by contacting Fresh Paint by Garman Homes at 800.560.1160, SayHello@GarmanHomes.biz, or visit their website at freshpaintbygarman.com.

“We’re working with partners like Fresh Paint by Garman Homes to build, what our future residents will consider to be, the perfect community.”



Visit us at ChathamPark.com

# Even under restrictions, golf thriving in Chatham County during coronavirus

BY MITCHELL NORTHAM  
News + Record Correspondent

When the coronavirus came to the United States, balls stopped bouncing, whistles stopped blowing and fans stopped cheering. Sports at the college, professional and youth levels largely disappeared. The NBA was the first to pull the plug on its season on March 11. The NCAA canceled its men's and women's basketball tournaments the next day and every other league big and small followed soon after.

But the one sport that has endured in Chatham County on a recreational and amateur stage is golf.

Each of the county's six clubs have remained open during the pandemic and state-wide stay-at-home orders. And many of them have remained packed and engaged.

"Their capacity is pretty full," says Ken Crow, the regional vice president of Arnold Palmer Golf Management. "I would say the rounds, in total, are about the same. It's just spread out a little differently."

Arnold Palmer Golf Management is a company that is employed by golf clubs to manage operations. The company takes care of countless courses across the nation, including seven in North Carolina, two of which — the Preserve at Jordan Lake and the Chapel Ridge Country Club — are in Chatham County.

Crow says that the number of people coming to those courses isn't exactly more or less than it's been in previous years, but traffic is a bit steadier, perhaps due to spread out tee times and new golf cart regulations. Only so many people can be on the course at one time.

Typical tee times at both courses are usually eight or nine minutes apart. But to ensure social distancing, those times are now spread at least 12 minutes apart. This gives the people on the course a built-in cushion so their carts aren't running up on each other.

Both courses have also gone to single-rider golf

**'With what was put out originally, saying that golf and tennis (were safe), I think that had a lot to do with it. And then people who are at home, they didn't have to work.'**

BRAD FOGLEMAN, *Siler City Country Club*



Staff photo by Peyton Suckles

**At Siler City Country Club, club pro shop manager Brad Fogleman hopes the heavy traffic at the course continues after non-essential businesses start opening back up in North Carolina.**



Staff photo by Mitchell Northam

**Governors Club near Chapel Hill has also remained open during this time. The private course has built in many of the regulations other Chatham courses are following, such as single-rider carts and the removal of golf ball washers, bunker rakes and water coolers.**

carts. The only time golfers can share a cart is if they live in the same household. Each cart is sanitized before every use.

"Because you're doing the single-rider cart, it makes the carts a challenge every day," Crow said. "We've restricted guest play at some courses, so members can have total access. At some others, we've adjusted the tee times and spread those

out further apart. That gives us better social distancing, better flow of cart traffic and things like that."

Both Chatham County courses at Jordan Lake and Chapel Ridge remain open to non-members. Other new regulations the two courses have implemented include keeping flagsticks in the holes, removing bunker rakes, making all staff wear gloves and sanitizing the clubhouse each day. Food and beverage from the clubhouse are carry-out only.

"With people working from home — and there aren't many other activities — families have more time to do things together to come out and play golf in



Staff photo by Peyton Suckles

**At Siler City Country Club, golf, tennis and pickleball are open for play. The clubhouse is closed, but the kitchen is still making pick-up meals available. And the driving range is still open.**

the afternoons," Crow said. "So, that's made our weekdays a bit busier, which has kind of leveled out the business."

"We're very happy to be open and encourage folks to get out and enjoy some of this great weather we've been having."

Siler City Country Club is also thriving during this time, which has been difficult for so many businesses. Brad Fogleman, the manager of the pro shop who has worked at the private club since 2016, said he thinks the club saw more golfers this April than it did the year before.

"With what was put out originally, saying that golf and tennis (were safe), I think that had a lot to do with it," Fogleman said. "And then people who are at home, they didn't

have to work."

At Siler City Country Club, golf, tennis and pickleball are open for play. The clubhouse is closed, but the kitchen is still making pick-up meals available.

Like the two courses managed by Arnold Palmer Golf Management, flagsticks remain in at Siler City, bunker rakes have been removed and a single-rider cart system has been implemented. All 36 carts are washed and wiped down after every use.

"They're spread out anyway here, because we only have so many carts," Fogleman said. "We can only take so many golfers."

The club has also put up Plexiglass in the pro shop and

See **GOLF**, page B4

# Even virtually, the NFL Draft provided some much-needed hope and joy

BY MITCHELL NORTHAM  
News + Record Correspondent

Everywhere in the United States, a whole lot of people are having to communicate with others without sitting right across from them during the coronavirus pandemic.



Northam

Delivery drivers are putting boxes on your doorstep, knocking and quickly retreating instead of handing your groceries or box of greasy pizza to you directly. Folks who have the privilege of working from home are participating in meetings via phone call, Zoom, Skype or through some other form of technology.

And the NFL is no different. The coronavirus is not "the great equalizer" like some have touted, but it has impacted people in all walks of life, no matter your status or career.

When the 2020 NFL Draft got started a few weeks ago, commissioner Roger Goodell wasn't on a stage. He wasn't wearing a suit. He was in his home, reading picks off to little applause and just a smattering of half-hearted boos, not even wearing a tie. There were no bro-hugs or unique handshakes. Most players didn't wear fancy suits. Coaches and general managers made picks from their basements, dining room tables, home offices or kitchen.

And there was contrast. While Cardinals' head coach Kliff Kingsbury — a rich weirdo — sat on a pristine couch wearing dress clothes alone in a grand room, and Cowboys czar Jerry Jones announced picks from the biggest yacht on the planet, others weren't so serious.

Bruce Arians kicked back on his porch, Andy Reid sipped on a soda while wearing a windbreaker, and Mike McCarthy plucked highlighters out of a paper Gatorade cup.

But here's the thing: None of us really cared what the draft looked like. We were just happy it existed. It was a pleasant distraction from our quarantines, a much-needed interruption from our stress. There were no balls being thrown and no tackles being made, but this was live sports and a ton of people — a record-shattering average of 15.6 million — tuned in.

If you were a Bengals or Dolphins fan, there was hope. Finally, a quarterback that might lead your squad to — at the very least — a playoff win. Maybe.

If you're a Redskins' fan like my step-dad, there was excitement. Finally, an unstoppable pass rusher that will pummel whoever is under-center for that team in Dallas. Maybe.

And then there's the opposite feeling. If you're a Packers fan, there was madness and confusion. Aaron Rodgers is still a top quarterback at 36 years old, and he's a professional at holding grudges. The Packers were a game away from the Super Bowl a few months ago. Why waste that first round pick on his potential replacement instead of getting him a new toy to play with in a skill position player? Tee Higgins was still on the board, among others. Jordan Love isn't going to see the field unless Rodgers gets hurt, and if that happens, the Packers immediately become non-contenders, so, what's the point?

I digress. The NFL could have put as little effort as possible into this spectacle. Heck, before 1980, this thing wasn't televised.

Instead, they did a really superb job of putting it on, as did the WNBA the week before, the league that paved the way for virtual drafts with an excellent effort.

Despite all the different cameras in different locations, there were few hiccups for the NFL. Trey Wingo steered the ship, giving lead-ins to emotional and entertaining features on the picks, then teeing up analysts from the Mothership and NFL Network to tell us, the viewers, what they thought about Joe Burrow, Derrick Brown, Isaiah Simmons and Division II diamond Kyle Dugger. (We should, however, slightly knock Wingo for incorrectly saying that 7th round Dolphins' pick Malcolm Perry played at Army. In fact, he played at Navy and ran for 304 yards against the Black Knights in the 2019 Army-Navy game, a convincing win for the Midshipmen.)

Again, this was sports. It was a diversion. It was compelling. More than a month into social distancing, it was necessary. And it evoked emotion: depending on who your favorite team is and what decisions they made, you rooted or you booed. You felt everything from happiness to anger, an emotional switch-flip that all sports fans are familiar with.

Most of all, it was real. The NFL wasn't embarrassed about doing the draft this way. This how us and they are coping with what's going on across the world.

We didn't get to see handshakes and jerseys held up on a stage, or agents talking on the phone, or family members crying at tables in a crowded venue. Instead, we went inside homes. We saw the kids of general managers running around, families celebrating

life-changing moments from the comfort of their couches and recliners, cameos from pets (shoutout to Bill Belichick's very good dog), and weird decorations — like the self-mural and Galaga arcade machine Auburn head coach Gus Malzahn had in his living room.

It was better this way. Modesty and realness won out over glitz.

And it wasn't all brand-new. There was some familiarity: the Patriots traded out of the first round, the Ravens took a very-Ravens player, a promising prospect had a mighty fall, the Chiefs got another speedy weapon in Clyde Edwards-Helaire, and one team had to answer a bunch of questions because they didn't do their homework on a player who had some highly questionable and problematic tattoos.

The NFL can come off as canned or phony sometimes. Who hasn't jokingly accused the league of fixing a game against their favorite team or laughed at Roger Goodell's robotic and often corny persona? But this wasn't. It was real, genuine, sincere and fun. Or it at least it seemed so. Or maybe we just ignored all those parts of it because we were thirsty for anything associated with the word "football."

In these times, where people are getting sick, losing their jobs and being separated from their loved ones during the coronavirus, we needed something like this. The NFL Draft wasn't a healing moment; the coronavirus didn't suddenly disappear. But we needed something that sparked some hope, joy, madness and laughter around sports. And for three days, the NFL provided it.

And a few weeks after the fact, we sure could use something else just like it.

# Hurricane season runs into COVID-19 as 'above-normal' number of storms forecast for 2020

BY ZACHARY HORNER  
News + Record Staff

North Carolina's position on the Atlantic coast makes it susceptible to hurricanes, and even though Chatham County is more than 150 miles from Wilmington and nearly 180 miles from Morehead City, we're not immune to storms striking.

And according to forecasters, North Carolina and the rest of the East Coast could be seeing a fairly active hurricane season, creating the possibility of the state facing dual disasters if COVID-19 is still present.

Researchers at both N.C. State in Raleigh and Colorado State University project active and even "above-normal" hurricane activity this year. Hurricane season kicks off on June 1 and runs through November 30.

"We anticipate an above-average probability for major hurricanes making landfall along the continental United States coastline and in the Caribbean," an April report from Colorado State said. "As is the case with all hurricane seasons, coastal residents are reminded that it only takes one hurricane making landfall to make it an active season for them. They should prepare the same for every season, regardless of how much activity is predicted."

N.C. State's report said the Atlantic will see 18 to 22 named storms this year,

with eight to 11 growing "strong enough to become hurricanes."

For Steve Newton, Chatham County's emergency management director, responding to multiple crises is something his people prepare for.

"It's a compounding event for us," he said. "One more layer of complexity, one more layer of vulnerability, one more challenge that we get to face — we just add to the stack of problems. It's not something that's never been considered."

Chatham County Emergency Management has been on the frontlines of responding to the COVID-19 pandemic in the county, serving as a logistical management team for supplies and personal protective equipment. Newton said his team has already begun working through some of the questions a particularly devastating storm could present: How do shelters work when social distancing is still a good idea? How do you keep a shelter clean and disinfected continually? Will there be enough food when there are already concerns about shortages? What set-up do you put together for people who are COVID-19-positive?

Sheltering is one of the most pressing questions, he said, given that Chatham does not have many options for non-congregate facilities, like dormitories or hotels, to house people displaced by a hurricane.

"Sheltering is not an easy answer to

give on any given day," Newton said. "We will open shelters when necessary, but making that call as to when we activate and where we activate is difficult. Now we have the added risk of putting a lot of people in an added facility."

He added that he anticipates more of what he terms a "vulnerable population." He said the county already has one, but current circumstances might increase that.

"They're either food insecure, housing insecure or employment insecure," Newton said. "So the folks that would need help, my expectation is there will be more of that, that they will have less capacity on their own."

The state government says it's begun preparing for the possibility, and Gov. Roy Cooper declared this past week Hurricane Preparedness Week in North Carolina.

"North Carolina is getting ready for hurricane season even in the midst of a pandemic," N.C. Emergency Management Director Mike Sprayberry said in a May 3 press release. "We have responded to simultaneous disasters in the past and will work with our local partners to do so again if needed."

The state is introducing a new tracking tool this year called "Know Your Zone." According to a news release, the "tiered evacuation system" will help residents "determine the evacuation zone where you live, work, or are visiting based upon street address" if the state

or local authorities mandate an evacuation.

Both state officials and Newton stressed the importance of having an emergency kit ready in case a hurricane sweeps through the state and county. Good kits, the state says, would include, among other items, food and water for every member of your family for several days, copies of valuable insurance and identification documents sealed in a watertight plastic bag, prescription medication, changes of clothes and hygiene items.

Newton said that even though the state is responding to an emergency in COVID-19, Chatham County residents shouldn't prepare any less or different for hurricane season, which is just around the corner. He stressed paying attention to "local news source(s) for actual actionable information" and generally being prepared.

"This is still hurricane season," he said. "The things that we promote as far as preparedness — you can avoid disaster by having preparedness at home. If the roads are blocked because of trees or whatever they may be, it's not an emergency for you because you're prepared. Those core fundamentals still play out."

Reporter Zachary Horner can be reached at [zhorner@chathamnr.com](mailto:zhorner@chathamnr.com) or on Twitter at [@ZachHornerCNR](https://twitter.com/ZachHornerCNR).

## Honoring Chatham Central Seniors

Dr. Karla Eanes, the principal at Chatham Central High School delivered yard signs to the homes of graduating seniors last week. 'It's just our way of honoring our seniors who are experiencing a very different senior year,' she said. 'We want them to know that we are proud of them and honor their accomplishments.'

Submitted photo



## NEWS BRIEFS

### United Way head resigns; interim named

The United Way of Chatham County has announced that Dina Reynolds, the executive director, resigned her position effective May 5.

"During her time with our organization, Dina oversaw positive changes to the United Way," board Chairman Jim Sink said. "Under her leadership, our organization grew and we were able to allocate more resources to human service programs in Chatham County. We are extremely grateful for the energy, vision and heart that she dedicated to United Way and our community. We wish her the very best with her future plans and endeavors."

The United Way of Chatham County is a non-profit focused on increasing the "financial and human

resources available for providing human care services to county residents," according to the United Way of Chatham County website. Each year, the United Way of Chatham County, in conjunction with community and business leaders, raises more than a half a million dollars that is then distributed to other Chatham County non-profits that support the most vulnerable members of the community.

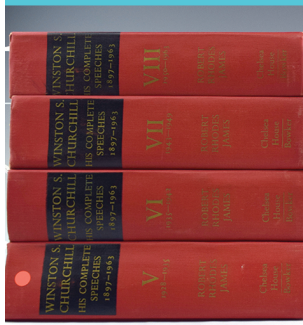
Sink announced that Katie Childs, who has served with the organization for several years, will be assuming the role of interim executive director.

"We are confident that, along with Alane Coore, our staff will make this a smooth transition for our agencies, partners and donors," Sink said.

— CN + R staff reports

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# What exactly do ‘tourism,’ ‘vacation’ look like during a pandemic?

Chatham County was the beneficiary of \$36.9 million in visitor spending throughout 2018 — an increase of 5.4 percent from the previous year and the highest mark ever. While the 2019 numbers won't come out until the summer and the 2020 numbers next year, they're sure to paint differing pictures because of the COVID-19 pandemic and ensuing restrictions on non-essential travel. But that doesn't mean Chatham's tourism professionals are stopping their work.

This week, we talk to Neha Shah, director of the Pittsboro-Siler City Convention & Visitors Bureau, which serves all of Chatham County and gets funding from the county government, about how tourism has shifted during COVID-19, what marketing looks like and working through the uncertainty the pandemic has caused.

National Travel and Tourism Week typically is observed in May as the “vacation” season begins, but in a pandemic — with some travel restrictions in place and so many destinations closed or slowly re-opening — how have your work and priorities shifted?

Our service level has increased with the additional work of managing communication and updates due to COVID-19. The CVB supports tourism and hospitality businesses, guests and our visitor business owners, many of which are small. The message shifted and the focus, too. Instead of encouraging travel, we focused on a few sectors of our industry, predominantly restaurants. We created a

page to offer updates on which ones were open, for takeout, curbside, delivery, drive-thru, retail and events, too. The marketing workload is still in place but the message has definitely shifted.

**You began a series of blog posts on May 3 to help shine the spotlight on local businesses. With so many people researching potential travel destinations online, that underscores how much work goes into the CVB's website. Can you talk about your strategy for the site and for marketing Pittsboro, Siler City and Chatham County?**

Everything we do is about marketing and branding, and it's a lot of building behind-the-scenes. Our strategy was and will be, for some time, to be sensitive to the impact of the pandemic while also supporting the industry, workforce, business owners and guests. Information is our currency, so we rely heavily upon two-way communication with our tourism and hospitality businesses.

Our budget is small and I'm the only permanent and full-time staff. I rely heavily on online marketing. Our guests find their information online and communicate online; they expect swift responses. We have a few e-newsletters and social media channels. I focused on sharing up-to-date information to keep our guests informed. Our message, right now, is: Stay home and we'll see you when the time is right. Instead of promotional newsletters, we're offering Zoom backgrounds, sharing the nature sites and looking

back at all we have that is waiting for our guests.

We put N.C. Beer Month and N.C. Wine Month in a different light. Instead of visiting, order online and host a happy hour or join the winemakers in some. I send weekly emails to all our visitor businesses with updates from the CVB and industry, requests for information and resources. Instead of promotion, we're offering quarantine cuisine cookbooks — a growing collection of recipes from our local businesses.

Since a lot of what we do is in advance and behind-the-scenes, we continue to work on marketing — the timeline is just altered.

**What's Chatham County's events calendar looking like as we transition from spring toward summer, and with so much uncertainty (and so much unknown) out there?**

We had a number of events cancel immediately in March for spring events. We had a few late spring and early summer events that canceled for this year, others that postponed to late summer, some want to consider late 2020 but do not have dates yet, so it's a mix. Certainly, a lot of hesitation in planning when I speak with event coordinators of major festivals.

**In the meantime, there are a lot of “virtual” events taking place. Can you talk about some of them?**

We are very pleased to see the number of virtual events. We celebrated Earth Day online and N.C. Wine Month too. Virtual events, virtual tours — these have given everyone a chance at a behind-the-

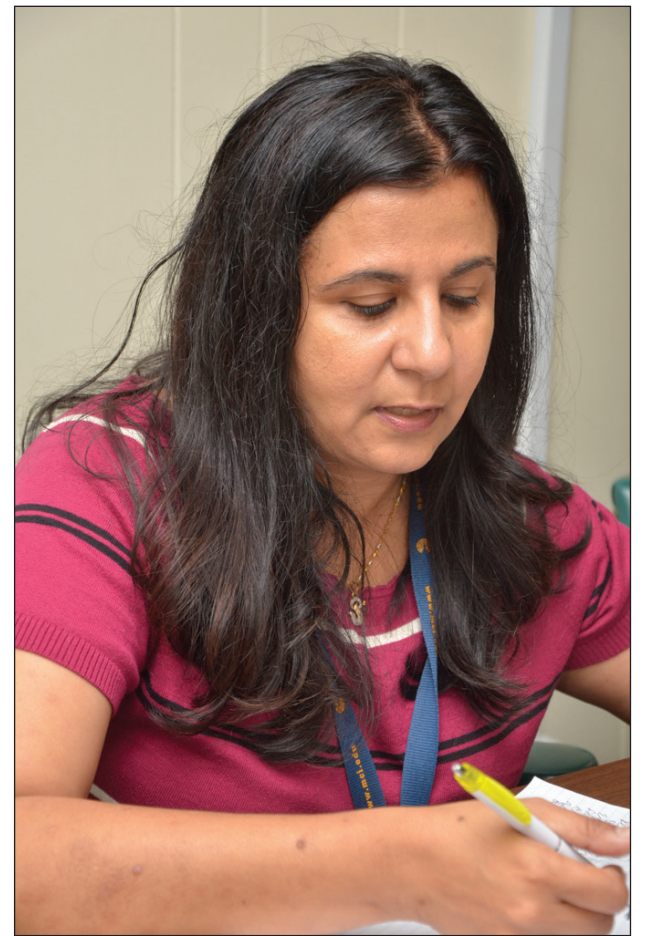
scenes opportunity, not just for the site, but the business owners too. We have a platform and an audience — time with tigers, park rangers, storytellers, children's activities, music, yoga, happy hours and more. We even took a cross-country road trip with U.S. Travel Association, entirely on Twitter!

**For those like you in the visitor/travel field, is there a “recovery plan”? What does it look like?**

The recovery plan is about getting the tourism and hospitality industry to prepare for a post-COVID-19 outlook. Safety is more important than ever. We have to reassure our guests that it's clean and it's safe. We will be ready but we also want visitors to enjoy their experiences, and feel secure, whether day trip or overnight. We are working with Visit NC, the N.C. Restaurant and Lodging Association (NCRLA), and other state and national associations who have been generous in sharing information and data so that will definitely shape the new marketing plan.

**How are you working right now with the staff at Visit NC?**

Visit NC and NCRLA are providing an incredible amount of support and research. They are working on several initiatives on which we'll be participants and will be rolling out soon. They'll have a training for our restaurants, a Count On Me campaign, a promise to ensure safety for staff and guests. We'll also work with them on a Cook



File photo by David Bradley

Neha Shah

it Forward promotion. It's about supporting our eateries and their staff and inspiring our guests.

Those are only two of many upcoming projects. Visit NC has been working with national research organizations that have been conducting ongoing research. We don't want to promote travel until it's safe and until everyone is ready.

**Let's look ahead a bit farther out...Chatham County's 250th anniversary is next year, in 2021. Too early to**

**talk about plans for that?!**

As we were preparing to meet and assign roles and tasks, the pandemic required immediate attention. We have not met as a group, nor online, since everyone has had the more emergent issues to manage. What the celebration may look like next year, some aspects may remain the same but the excitement will nevertheless make it a success. It might mean fewer in-person events but will not dim the pride for this milestone.

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# GOLF

Continued from page B1

is limiting the number of people in the shop to two at a time.

“We just went by exactly what was put out from the state,” Fogleman said. “I’m not saying we didn’t think about (closing), but as long as (the state) said it was OK (to stay open), and we kept the social distance part of it, that’s all we tried to do. We just tried to follow the guidelines as best we could.”

Governors Club near Chapel Hill has also remained open during this time. The private course has built-in many of the regulations other Chatham courses are following, such as single-rider carts and the removal of golf ball washers, bunker rakes and water coolers.

And despite the course restricting access to members-only at this time, Thomas Brinson, the club’s director of golf, says that they are “twice as busy.”

“Not quite, but close enough to say it,” says Brinson, who has worked at the club for six years. “With nothing else going on in the world, they’re playing golf. Every tee time every day is booked.”

To accommodate the heavy traffic, the club also took its driving range and temporarily turned it into a nine-hole par-3 course.

“That’s close to 13 acres of land that’s just sitting there vacant and we decided to turn that into a nine-hole course,” Brinson said. “That gives us one more avenue for our membership to go out there and have a golf-like experience and kill a few minutes. Just one more thing to get them outside and make use of the land we have sitting there.”

At Old Chatham Golf Club, courses are closed on Mondays, but otherwise open to members-only. In an email, Ian Campbell — the club’s director of operations — said the clubhouse, golf shop and dining services have been closed since mid-March. A single-rider cart system has been implemented, tee time intervals have increased to 10 minutes, flagsticks have remained in holes, and rakes, sand bottles, water bottles and coolers have been removed from the course.

“The club is experiencing steady rounds during this season,” Campbell said. “We attribute much of this to great weather as well.”

Elsewhere in the county, Twin Lakes Golf Course is open for public play. Hand sanitizer is available around the course and cart sharing is allowed. An employee at Twin Lakes said they’ve been “pretty busy” over the past month.

At Siler City Country Club, Fogleman hopes the heavy traffic at the course continues after non-essential businesses start opening back up in North Carolina.

“I think, in my opinion, we’ll go back to our normal,” Fogleman said. “Once people are back at work and things open up. I hope people will continue to play golf. I don’t think there’s anything negative about it.”

But going forward from the coronavirus, one person’s sense of usual might not seem so run-of-the-mill.

“Who knows what ‘new normal’ is going to be,” Brinson said. “I can’t predict the future and tell you, but I think there’s going to be some touch points removed. Bunker rakes will probably come back, but maybe everyone brings their own bottle of water instead of coolers on the course. I think people are going to be sensitive to touch points.”

Between now and getting to whatever the “new normal” is, Brinson remains grateful that golf courses in the county and state remained open. His colleagues, competitors and avid golfers likely share his appreciation.

“I’m thankful the state left that alone,” Brinson said. “We all would’ve gone crazy. It’s been a blessing for us.”



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**ANGELINA'S KITCHEN:** Pre-Orders only, offering curbside delivery (please remain in your vehicle), local delivery with special arrangements. Open Wednesday-Saturday 10 am - 4 pm (later, if arranged), offering immune boosting meals, packaged cold with instructions for reheating, check online menu at <https://www.angelinaskitchenonline.com>, email orders to [angelinaskitchenpittsboro@gmail.com](mailto:angelinaskitchenpittsboro@gmail.com), 919-545-5505, 23 Rectory St, Pittsboro NC

**BEST FOODS CAFETERIA & HAYLEY BALES STEAKHOUSE:** Cafe line is still open for take out ONLY, offering daily selection of 6 meats and 10 veggie selections, our menu is updated daily on our Facebook page: <https://www.facebook.com/BestfoodSilerCity/> & online [www.bestfoodsilercity.com](http://www.bestfoodsilercity.com), **\$20 FAMILY STYLE MEALS** (feeds 4-5) & Hayley Bales **WEEKEND SPECIALS**, Offering pies, frozen chicken pie, and fresh ground hamburger, call ahead ordering available (required for Hayley Bales Steakhouse), gift cards are available for purchase, Daily hours: Cafeteria 11 am-2pm & 4:30 pm - 8pm Monday to Saturday, 11 am - 3pm Sunday; Steakhouse 4:30 pm - 8 pm Daily, 220 E. 11th Street, Siler City NC 27344, Phone: 919-742-6033

**BROWNIE LU'S:** Open Monday-Friday 7am-5pm and Saturday 7am-noon for **take out and curbside delivery**. Full menu & daily specials available. Keep up with our daily specials on Facebook, like us while you're there! 919 N. Second Avenue (Siler City), 919-799-7250

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**NERICCIO'S FAMILY RESTAURANT:** Open Tuesday-Saturday with amended temporary hours of 11am-7pm. Offering **takeout and free delivery** within 10 miles (call ahead ordering available). Follow us on Facebook (<https://www.facebook.com/Nericcios-Family-Restaurant-101180477933858/>) ATTENTION ALL TRUCKERS, we have a large parking lot and look forward to seeing you soon. Phone: 919-799-7647 • 1110 North 2nd Street in Siler City (site of the old Copper Penny Restaurant)

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**THE MODERN LIFE DELI:** Open Tuesday-Saturday from noon-8pm for carry-out or curbside delivery. Currently serving our full menu and pizza. We've added PIZZA KITS you can make and bake at home (dough, sauce, cheese, pepperoni, and basil). Gift cards are also available. Our menu is online at [www.themodernlifedeli.com](http://www.themodernlifedeli.com) Keep up with us on Facebook: <https://www.facebook.com/TheModLife/> Feel free to call ahead to place your carry-out order. 46 Sanford Road, Pittsboro Phone: 919-533-6883

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\*Disclaimer: All content subject to change, please contact restaurant directly for up-to-date information, consider supporting local restaurants by purchasing gift cards for future use, and please remember to tip as you would if dining at the restaurant.



# POLICE REPORTS

## National Police Week always personal for Siler City's chief

BY CASEY MANN  
News + Record Staff

SILER CITY — National Police Week, when officers lost in the line of duty are commemorated, began on Sunday. For Siler City Police Chief Mike Wagner, it's always a time of remembrance.

Eric Sutphin — a corporal with the Montgomery County Sheriff's Office in Virginia and Wagner's friend and former partner — was killed in the line of duty on Aug. 21, 2006. Sutphin was pursuing a prisoner who, the morning before, killed a security guard during an escape from a hospital.

Sutphin was shot by the suspect, William Charles Morva, when he discovered him on the Huckleberry Trail near the Virginia Tech Campus. Morva was charged and convicted and, on July 6, 2017, executed for his crimes.

Though Sutphin was no longer Wagner's partner at the time, the shock was still palpable.

"I will never forget learning of the news," Wagner said. "I remember the shell shock. It was very traumatic, especially for the family — [Sutphin] had young children. It changed their lives forever."

Wagner said the impact of such losses are felt not just by an officer's friends and family, but also the community and on law enforcement in general. Such losses are not uncommon.

Last year in the United States, 146 police officers lost their lives in the line of duty, according to the

Officer Down Memorial Page. Twenty-four of the deaths were related to illnesses contracted during the September 11, 2001, attacks on the World Trade Center. Forty-eight officers died by gunfire, 22 by auto crashes, 18 by heart attack and 14 were struck by a vehicle.

Chatham County has only one record of an officer who died in the line of duty. On Christmas Day in 1972, Patrolman Leonard Meeks of the North Carolina Highway Patrol skidded while driving on Moncure-Pittsboro Road, colliding into a tree, while responding to a call for assistance. Years later, in 2013, the bridge that crosses the Rocky River on U.S. Hwy. 64 in Siler City near Walmart, was renamed by the N.C. Dept. of Transportation in Meeks' memory.

To honor his fellow law enforcement officers, Wagner requested and received a proclamation honoring National Police Week from Siler City Mayor John Grimes. Wagner installed a wreath and other regalia at the Siler City Police Dept on Monday for the occasion.

"It gives us a time to reflect in public about the suffering of these losses," Wagner said. "Those people who paid the ultimate price. We should never forget."

Wagner said that a career in law enforcement carries inherent risks and often involves "split-second decisions" that can affect the officer and their families.

"Ninety-nine percent of the time you get it right, but sometimes you get it wrong," Wagner said.



Staff photo by Peyton Sickles

The town of Siler City is commemorating National Police Week this week. It is a time to remember law enforcement officers who lost their lives in the line of duty.

"Most people don't realize what we do, but it's important for the public to know and understand that we all have families and we don't know what we're walking into — it's 100 percent unknown."

In the age of COVID-19, Wagner said his officers are now taking on additional risks.

"Now with COVID, it's even more complicated," Wagner said. "We still have to go on these calls. It keeps a police chief up at night."

Wagner believes that National Police Week is a way for the community to keep the families of law enforcement officers killed in the line of duty in their thoughts and to give those families a "voice."

"[When we have these losses], we focus on fam-



Staff photo by Peyton Sickles

National Police Week is May 10 - May 16.

ilies for a period of time, but it dissipates," Wagner said. "As we move on those families are devastated. Their lives are

changed forever."

Casey Mann can be reached at CaseyMann@Chathamnr.com.

### STATE HIGHWAY PATROL

Michael Blodgett of Sanford was cited May 7 for driving left of center and driving while license revoked on Farrington Road in Pittsboro.

Diane Koistinen of Chapel Hill was cited May 8 for failure to maintain lane control on Chicken Bridge Road in Pittsboro.

Worth knowing. Worth reading.

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Siler City Police Chief Mike Wagner installed a wreath to honor fallen law enforcement officers.

Staff photo by Peyton Sickles



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GRADUATION 2020

# No pep rallies, no prom and no graduation

Chatham grads share what it's like to graduate in a pandemic

WORDS BY CASEY MANN, PHOTOS BY PEYTON SICKLES  
News + Record Staff

This is a weekly series highlighting some of Chatham's graduating seniors in the wake of cancellations of ceremonies and traditions due to COVID-19. Do you want to tell us about your senior? Reach out to us!

## Jalen McAfee Marion

### Jalen McAfee Marion



Marion  
Keeper

Northwood  
Class of 2020  
Varsity  
Football,  
Varsity  
Basketball  
Unified Track  
My Brother's



Staff photo by Peyton Sickles

**For Marion, not being able to graduate in the Dean Smith Center on UNC-Chapel Hill's campus is one of the hardest things — not celebrating with his friends and family.**

Even though he accepts the reality of the situation, it was entirely unexpected and now he's grappling with his own feelings about it.

"I worked for years," Marion said. "Senior year is the last time you get to see your friends before everyone goes to college and gets all split up. It's shocking because I always thought we would graduate and do it normally. It's weird not being able to share with friends and family in that big dome [The Dean Smith Center on UNC-Chapel Hill's campus]. It was going to just be so loud."

"That opportunity was taken away from us," Marion continued. "We're not being able to walk across a stage. We're not being able to spend that time with your friends and family. It's just not going to happen. It's really not fair. It makes me more upset when people say it's not that big a deal, you're still graduating. But I'm not. It's not how I pictured it. Nobody wants what they planned for all these years ruined. It's not anything you can understand because you don't have to go through it. They don't know what it's like. But I'm going to play the cards I've been dealt."

PITTSBORO — Jalen McAfee Marion, a graduating senior from Northwood High School in Pittsboro, didn't get a signing day this year, a tradition for many graduating senior athletes to celebrate the award of sport scholarships for college.

But he's just happy he is going to be able to play basketball in college. Even so, he's worried that his first season of college ball may be canceled, which he hopes won't affect his scholarship to attend Cape Fear Community College.

"It may have more long-term effects," Marion said. "That may end up messing up my entire life."

Marion has been keeping up with his studies as classes moved online. He said that he wasn't sure how they were grading so he thought it was "better to be safe than sorry."

"I didn't want to not work then end up failing," Marion said. "It's really odd because we just didn't know and I still don't know how they're grading. I just know I passed."

"I'm not gonna lie," he said. "I miss school. I'd rather be in class. I didn't realize how much I miss being in school. I miss seeing all my friends' faces."

For Marion, spring was a bit of a down time for him, one where instead of playing sports, he supported his friends who played spring sports. He especially missed baseball season and each of his friends who play because each year he would go out and support them.

"It ruined a lot," Marion said. "Can't play pickup with my friends or play basketball at the court. I can't hang out with friends. It sucks. It makes you realize how much you miss your friends."

Marion has accepted the fact that he can't go out. He realizes that it's a "hazard to yourself and those around you."



Staff photo by Peyton Sickles

Marion said he missed being able to play 'pick up' basketball with his friends. He says he's just grateful he still gets to play basketball in college.



Staff photo by Peyton Sickles

Marion said he was surprised how much he actually misses going to school and seeing his friends faces everyday.

## Kaitlyn Beal

### Kaitlyn Beal



Beal

Northwood  
Class of 2020  
Co-Captain  
Cheerleading  
team  
Volunteer  
Coach with  
East Chatham  
Chargers  
Future Business Leaders of  
America



Staff photo by Peyton Sickles

**Beal is the co-captain of the Northwood cheerleading squad. Like all Chatham 2020 graduates, she will not be participating in pep rallies or other celebrations as seniors in years past have.**

friends. It kinda sucked."

What's missing is the social interaction with her friends. She keeps up with them using FaceTime, but it's "not the same."

"You expected to have those extra months before everyone goes off to college," Beal said. "We're all going far away from each other."

"We've been going to school for 12 years," Beal said. "Every other person has had formal celebrations, a prom and graduation. All these years you go to school, you expect this huge thing to happen then it doesn't happen."

"I know a lot of people trying to help," she said. "That's nice and I really appreciate it, but at the end of the day it's not the same. Everyone else gets that, the celebrations, but we didn't get that. It really sucks."

PITTSBORO — Kaitlyn Beal has created a 40-minute loop that she drives when she needs to get out of the house, even though she doesn't "really go anywhere." Beal, who is a graduating senior at Northwood High School in Pittsboro said that as a "homebody," having to stay home hasn't been "that bad."

"I mean, I interact with my family, but after months of quarantine, you can only talk about so many things without running out of things to talk about," she said.

Beal has been continuing her classes, mostly online courses at Central Carolina Community College, even though she's not sure those classes will count toward her grade point average. For her, dealing with the changes to her senior year because of COVID-19 were a shock because she "didn't realize how fast everything was going to happen." Within two weeks, "everything was shut down."

"It was unexpected," Beal said. "We didn't realize our last day was the last so I didn't get to say good-bye to my



Staff photo by Peyton Sickles

Beal says she misses the social interaction with her friends the most. While able to use FaceTime to stay connected, it's 'not the same.'



Staff photo by Peyton Sickles

Kaitlyn Beal is set to graduate this year from Northwood High School. For Beal, one of the hardest things is that on her last day of school, no one realized it was their last day. So she didn't get the opportunity to say good-bye to her friends.



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CREATING A FUTURE CLASSIC?

# Chatham writers carry on, make creative use of time in quarantine

BY RANDALL RIGSBEE  
News + Record Staff

In the weeks since the novel coronavirus began its worldwide spread and, in response, folks largely hunkered down in quarantine, it's been widely circulated that William Shakespeare wrote some of his most well-known plays while quarantined from a 16th-century contagion. "Just a reminder," musician Roseanne Cash tweeted on March 13, "that when Shakespeare was quarantined because of the plague, he wrote 'King Lear.'"



Hudson



Underwood

Whether contemporary novelists, poets and playwrights emerge from the spring of 2020 with future classics of their own remains to be seen, but the local writers we spoke with recently say they're putting this period to productive use.

"For some reason that I can't explain, I've written my funnier, nuttier books when I was blue or down and out," said novelist and UNC-Chapel Hill creative writing professor Lawrence Naumoff. "Similarly, I've written my weirdest and most unsettling books when I was living well and having a good life and was happy. So, I'm still writing, and the Corona-prose is funny, and I don't know why."

Naumoff's bibliography includes "Taller Women, a Cautionary Tale," for which he received the New York Times Notable Book of the Year in 1992; "A Southern Tragedy, in Crimson and Yellow," for which he won the Sir Walter Raleigh Award in 2005; and "Silk Hope, NC," which was made into a TV movie — the film dropped the "NC" — starring Farrah Fawcett in 1999. He says he's staying indoors a lot, writing, and remaining healthy at his home in Orange County.

"The virus, being out there who knows where — I am grateful to say I've not gotten it as far as I know — but I have regularly gotten the 'Imagivirus' a number of times," he said. "Each time, I am fairly sure this is it, and I'm getting the real thing, but in a day or two, the mild symptoms go away, and the Imagivirus goes away as well."

But it hasn't been all writing all the



Staff photo by Peyton Sickles

Dolly Sickles, an author of romance novels and children's books, said she has been on a creative hot streak in recent months. She's halfway through writing a new romantic suspense novel, and hopes to have it ready to shop to publishers around June 1. She's also working with an illustrator on a new children's book that they'll publish around the holidays.

time for the Carrboro novelist and short story writer.

"Being indoors a lot," Naumoff said, "I watch TV, and have hit the low end of it and the dregs, now and then, something I wouldn't normally, or ever, do. A few weeks ago, I watched an entire afternoon episode of 'The Doctors' and found it to be as surreal as almost anything I've written."

Chatham County writer Marjorie Hudson, a self-proclaimed "introvert," has been quarantining at home. The author of "Searching For Virginia Dare: A Fools Errand" and "Accidental Birds of the Carolinas" — a collection of seven stories and a novella which earned a PEN/Hemingway Honorable Mention for Distinguished First Fiction and was a Novello Literary Award Finalist — noted that while a writer's life requires a lot of alone time under normal circumstances, she's had to make adjustments to how she normally lives and works.

Hudson said she rises early and starts her day reading, which has been helpful in managing stress. She recently re-read C.S. Lewis' "The Chronicles of Narnia," which were childhood favorites, and has been enjoying recent works by Helen Freemont and Abraham Verghese.

"I get up early every morning and read a book," Hudson said. "As we know, books will take us to a different world."

Hudson said since the quarantine measures have gone into effect, she converted a room in her home into a quiet space — furnished only with a table, chair and lamp — to retreat to read, write and work.

She continues to teach writing, staying in touch with students virtually through Zoom, and is continuing to work with other writers to help them promote their

work during these unusual times.

Dolly Sickles, an author of romance novels and children's books, said she has been on a creative hot streak.

Sickles, who lives in Pittsboro, has been recovering from a traumatic brain injury she sustained nearly eight years ago, and recalls how inhibiting the injury, from a fall, was to her creativity.

"In the last year," she said, "I've finally gotten my groove back and in the last three months, I'm on fire. I've always worked better under pressure and with multiple projects, so I think my brain is finally catching up to its potential."

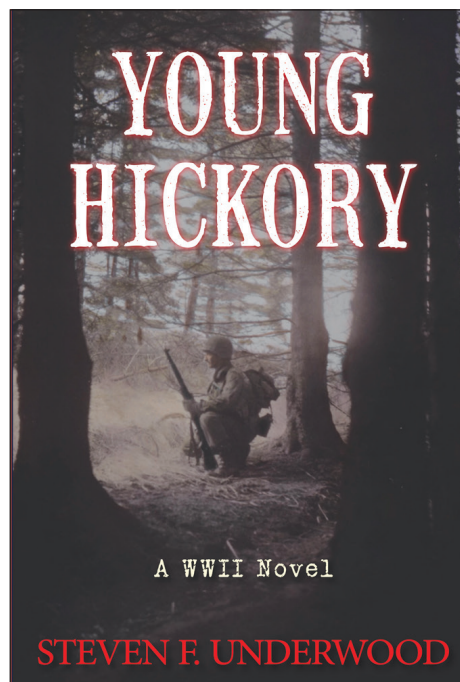
Sickles is halfway through writing a new romantic suspense novel, and hopes to have it ready to shop to publishers around June 1. She's also working with an illustrator on a new children's book that they'll publish around the holidays. She continues to write book reviews for BookPage and Frolic. And she recently launched a bi-weekly column in the Chatham News + Record (and a new blog), The Optimistic Gardener.

A "burst of travel" in late 2019 — to Paris and Lyon, France; Northern California; Geneva, Switzerland; and London, England — gave Sickles "tons of ideas."

But she does miss "seeing other people," she said, noting the value of observation to writers. "I think it's important to observe things. I want to go out and walk around Target. I want to go out and look at people."

Sickles — with her husband working from home — is enjoying this period of few distractions "beyond sticking close to home. Whatever the reason, I'm thankful for our health and my creative productivity."

For Steve Underwood, a retired history



Submitted photo

Steve Underwood's 'Young Hickory' is due out soon, though the author's promotional plans have changed because of COVID-19.

teacher with Lee County Schools and, like Sickles, a Central Carolina Community College Creative Writing Program Committee member, has two books "moving toward publication." One — a historical fiction novel set during World War II titled "Young Hickory" — is very close to publication, either late May or June, said Underwood, who lives in Sanford. But with uncertainty about how the coronavirus will affect life in the coming months, Underwood's not sure how he'll promote the title, whose publication is timed with the 75th anniversary of the end of World War II. He'd planned on book promotion events at National Guard armories.

"But that's not looking likely because of what's happening," he said.

The future of his other completed title, "Ghost Princess," for middle grade readers, also has Underwood a bit concerned. He hasn't heard from the publisher "for some time," and is uncertain if the publisher has laid off staff. He said he is still hopeful for a September release.

Randall Riggsbee can be reached at riggsbee@chathamnr.com.

NEW BOOK OUT THIS MONTH

## Chatham author discusses unique landscape of writing life during quarantine

BY RANDALL RIGSBEE  
News + Record Staff

Dr. Tim Mounce was born in rural Pontotoc County, Mississippi. Following graduation from the University of Mississippi, he taught mathematics, physical education, health, adult education and continuing education topics. During his tenure in Mississippi public schools, he also coached multiple sports (basketball, tennis, baseball, soccer and golf), drove school bus routes and taught night classes for a local college. In 2006, he was invited to participate in the Mississippi State University Writing and Thinking Project. While there, he wrote the short story "Run For Your Life," which was broadcast on Rural Voices Radio.



Mounce

Since 2010, Dr. Mounce has lived in Chatham County, where he ascended to associate professor on the collegiate level. In 2019, he released "Squatching By Woods on a Snowy Evening (A Squatching Classics Book)," a well-received children's book about adventure and discovery. This month, he released "Let's Play Tennis! (A Baby Bigfoot and Baby Yeti Book)," aimed at helping children cultivate imagination and grow their love of reading. In it, Dr. Mounce says, a "silly band of sasquatches is learning through creative play and not letting the typi-

cal rules guide them on their way."

Besides being active in Chatham County activities, Dr. Mounce's hobbies include hiking, tennis and sand volleyball.

Here, he discusses the challenges he's faced as a writer during COVID-19 quarantine.

**Has the additional time of isolation been helpful to your creativity or hindered it?**

Isolation for a writer, or for a lot of people, can be a very useful event for their creativity. I always think about Albert Einstein, who used to take long walks and spend extended periods of time by himself to explore his inner mind, and the infamous author from "The Shining," who traveled to an isolated hotel shut down from the winter in order to finish his next novel.

Indeed, my period of isolation has been much more the Stephen King character than the genius physicist. Not only am I stuck at home, but my wife, who is a physician, is working a lot more from home. My 5-year-old son is finishing kindergarten at home, and my 3-year-old daughter — while inspiring — is not exactly amused by me spending extended periods of time on the keyboard.

Then there is the cocker spaniel who barks relentlessly at everyone and everything that goes by.

Not only that, but I also have a full-time job as a college professor. So, at any given time here, there is a great juggling act going on, and finding where my creative side fits into that is not an easy task.

**How has COVID affect-**

**ed the promotion of your upcoming work?**

Promotion of my new work during COVID has really had two fronts. First was the time at the beginning of this all. For me, this all began on a night like any other. I was casually watching television while playing around on Twitter. I noticed that people were posting about a hectic scene from an NBA game. The arena was packed with people, the players had been warming up, the game was about to tip, it was delayed, players were rushed off the court and some poor guy was given the task of announcing to the crowd that the game had been canceled and they must all leave.

"No one is in any danger," he said. That was scary. It seemed like only moments later that the NBA season was canceled. That was one of those movie moments where the camera zooms in slowly on someone's face — wow, this just got real. This phase of COVID was marked by so many unprecedented events — schools closing, businesses shuttered, stay-at-home orders issued. While I did keep plodding along on my upcoming creative work as I was able, it just wasn't the right time to do any self-promotion. It was the right time to make sure your children are OK and that you are helping take care of your fellow humans.

Second, a new phase has emerged for myself, and many others I think. I have spent weeks on end with my family and in my neighborhood. I have developed a heightened appreciation for small things: fishing,

hiking, the weather, my garden, my yard, riding my bike, throwing a Frisbee, etc. I have taken to ordering much of what I need or want online, and I have been craving new things to fuel my library both for myself and my children. Many parents and children are in a unique situation of co-existence, where the parents are simultaneously working, teaching and entertaining while also trying to maintain a sense of normalcy for their children without being too foreboding or morose in the process.

Right now, people have shown — over and over again — a genuine desire to support and help each other as well as for something that will make them smile, something that will bring a little joy to their day. My newest book that I have decided to officially debut this month is a feel-good book, written to bring smiles and laughter. It feels like the time is right to release it now.

**You're planning a "virtual" debut announcement for your latest title. How have social distancing limitations impacted the promotion of your upcoming book?**

One thing COVID has brought to my life is a plethora of new virtual meeting skills. My life has been full of Zoom, Microsoft Teams, Facebook Live, Instagram Live, Twitter, Twitch and countless other ways to successfully manage life without actually interacting face-to-face. People have been creative and broken down barriers to make almost any type of event happen, from teaching, to exercising, to comic book auctions (a personal favorite), to confer-

ences and even birthday parties (yes, I participated in an online birthday party for a coworker via Microsoft Teams). I have noticed authors signing books inside of closed bookstores for pickup by customers waiting outside, and yes, I am officially debuting my new book at an event called Quarantoon, which you can find at [www.facebook.com/quarantooncon](http://www.facebook.com/quarantooncon). I am still working out the exact details of how I will produce my segment (it could be via Zoom or Facebook Live, for example), but people are finding ways to help each other out and make things happen.

Just as shelter-in-place situations of the past have led to innovation, I am seeing much innovation arise from this pandemic. Some of these have created unique opportunities out of a bad situation and they could be successful enough to continue being a normal part of society from now on. For example, before COVID, writers and other entrepreneurs attending traditional conventions, expos and festivals were limited in their reach to whatever percentage of the crowd happened to wander by their space and take notice. However, with virtual gatherings using an online meeting space, the potential audience is literally unlimited. This is creating exciting new ways on a daily basis for entrepreneurs to creatively engage with their audiences. Some of these types of virtual gatherings will be so successful and wanted by consumers that they are bound to become a mainstay even after COVID.

**What else can you tell us about your new book?**

My new book, available everywhere in May 2020, is called "Let's Play Tennis! (A Baby Bigfoot and Baby Yeti Book)." It helps children cultivate imagination and grow their love of reading. In it, a silly band of sasquatches is learning through creative play and not letting the typical rules guide them on their way. Perfect for reading to toddlers as young as 3 and for fostering development of young readers through the 3rd grade, it's unique characters teach us all about cooperative play and the art of having fun together!

In "Let's Play Tennis!," Baby Bigfoot is looking for a game of tennis. Baby Yeti just wants to have a great day. Baby Bigfoot and Baby Yeti are BFFs: big-footed friends forever. Baby Bigfoot can't wait to play a game with Baby Yeti, but will an epic smash ruin the fun?

It is currently available for purchase online wherever books are sold (Amazon, Barnes and Noble, etc.), and at its Quarantoon debut on May 24th I will unveil the official "Let's Play Tennis!" book trailer as well as lots of other fun things. Follow me on my website ([www.squatching-ing.com](http://www.squatching-ing.com)), Facebook ([www.facebook.com/dr.mounce](http://www.facebook.com/dr.mounce)), Instagram ([www.instagram.com/dr.mounce](http://www.instagram.com/dr.mounce)), and Twitter (@dr.mounce1) for more details of the book debut and lots more bigfoot fun. "Let's Play Tennis!" is the follow up to my acclaimed children's book "Squatching By Woods on a Snowy Evening (A Squatching Classics Book)," also available online wherever books are sold.

## A Long Time to Stand

Giant sequoias can live to a very old age. Some are more than 3,500 years old. The wood is rich in chemicals that keep away insect pests and prevent rotting. The thick bark does not burn easily and helps to protect the tree from fire.



## Kid Scoop FIT & FUN

### Nature Walk Bingo

Head outdoors with family and friends and take a walk around the neighborhood. On this walk, each of you take one of the cards below and cross out the items as you see them. The first one to get three in a row yells, "Bingo!"



Standards Links: Physical Education: Understand the benefits associated with participation in physical activities.

## Kid Scoop VOCABULARY BUILDERS

This week's word: **MATURE**

The adjective **mature** means having completed natural development.

The **mature** redwood was over 200 feet tall.

Try to use the word **mature** in a sentence today when talking with friends and family members.

## Write On!

### Why trees?

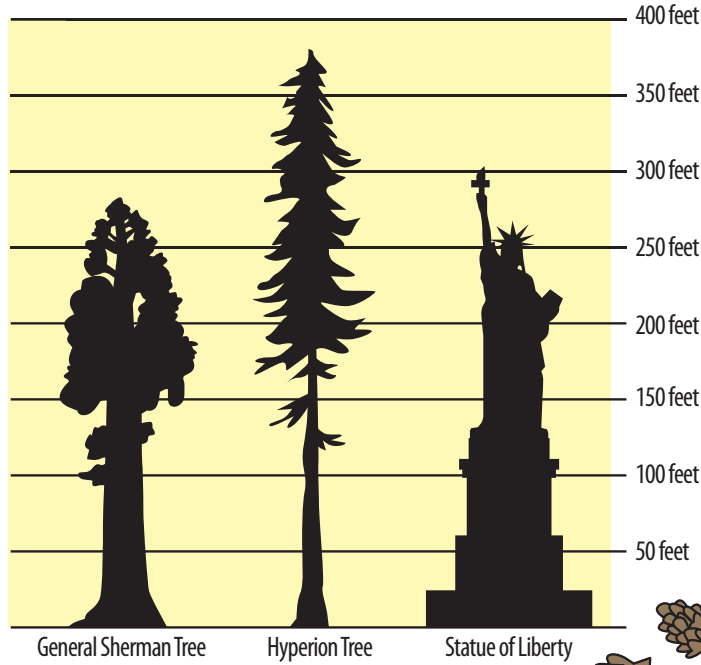
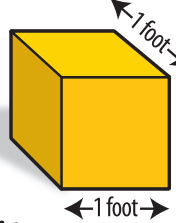
Do people really need trees? Write an opinion piece expressing your opinion about this.

# GIANT TREES

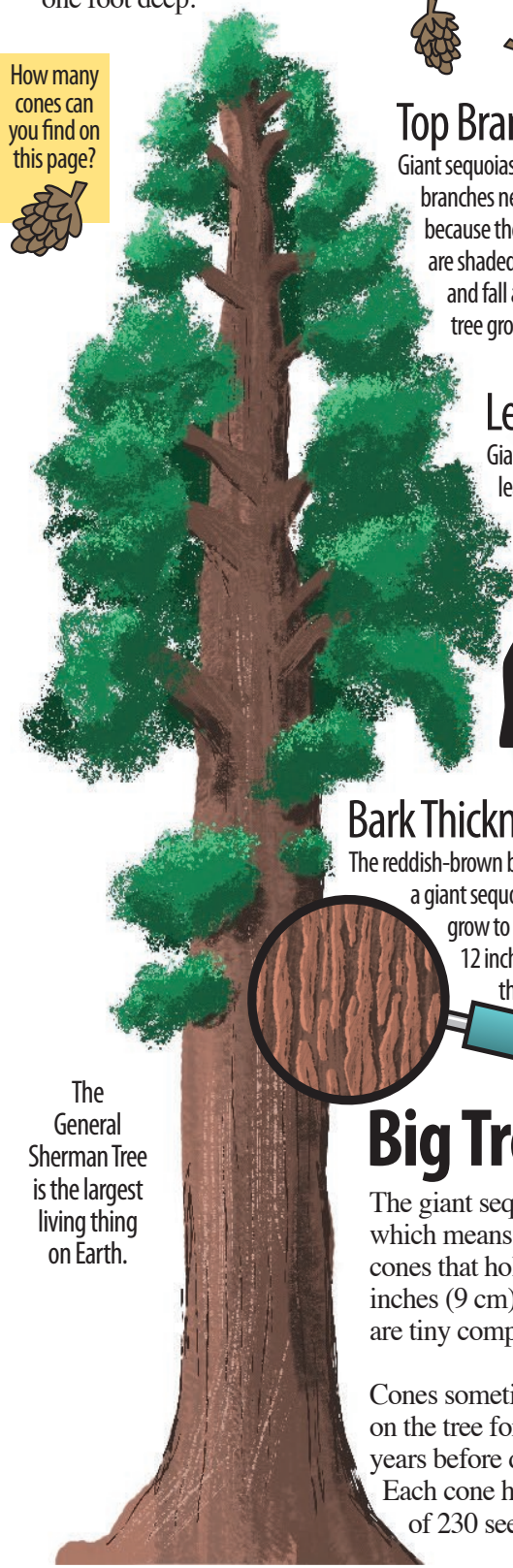
## Tallest and Largest Living Trees

The **tallest** tree in the world is the Hyperion Tree. It is a coastal redwood and it is a little more than 379 feet tall. That's taller than the Statue of Liberty (305 feet tall).

The **largest** tree in the world is the General Sherman. It is a **giant sequoia** and measures in volume 52,508 cubic feet. A cubic foot is a cube one foot wide by one foot tall by one foot deep.



How many cones can you find on this page?



The General Sherman Tree is the largest living thing on Earth.

### Top Branches

Giant sequoias usually have branches near their tops because the lower branches are shaded from the sun and fall away as the tree grows.

### Leaves

Giant sequoia leaves are blue-green in color.



### Home of Giant Trees

Write down the letters along the correct path through the maze to find out in which state both the world's tallest trees (coastal redwoods) and largest trees (giant sequoias) grow.

### Large or Tall?

Some giant sequoias are tall, but they are not the tallest trees in the world. The reason they are the largest trees in the world is because when you combine their **height, width** and estimated **weight**, they are the most massive.

### Bark Thickness

The reddish-brown bark of a giant sequoia can grow to more than 12 inches (30 cm) thick.



The widest tree is 31.4 feet wide. The length of two small cars.



The tallest living giant sequoia is 316 feet. As tall as a 31-story building.



## Big Tree, Tiny Cones

The giant sequoia is a conifer, which means that it produces cones that hold its seed. At 3.5 inches (9 cm) long, the cones are tiny compared to the tree.

A large tree can have about 11,000 cones at any given time. A mature giant sequoia can release 300,000 to 400,000 seeds in one year.



Cones sometimes stay on the tree for 8 to 12 years before dropping. Each cone has an average of 230 seeds.

The seeds in each cone have wing-like edges which help them travel up to 600 feet from their parent tree.

## Small to LARGE

Look through the newspaper for pictures of three things—one that is big, one that is bigger and one that is the biggest. Cut these out and label them big, bigger and biggest.

### EXTRA CHALLENGE

Repeat this activity to show the following: *Happy, happier and happiest* *Funny, funnier and funniest* *Little, littler and littlest*

Standards Link: Research: Use the newspaper to locate information.

## Kid Scoop Puzzler

### General Sherman Tree is a Record Breaker!

The General Sherman Tree is not only the largest living tree, it is the **largest living thing**, by volume, on the planet. Use the code to find out more about it.

The tree is estimated to be \_\_\_\_\_ years old.



It weighs \_\_\_\_\_ tons. It's \_\_\_\_\_ feet (83m) tall.



The distance around the bottom of the tree is \_\_\_\_\_ feet (31m).



It has branches that are almost \_\_\_\_\_ feet (2.1m) in diameter.



Standards Link: Reading Comprehension: Follow written directions.

- CODE**
- 0 = ●
  - 1 = ◀
  - 2 = ★
  - 3 = ●
  - 4 = ▶
  - 5 = ♥
  - 6 = ●
  - 7 = ▲
  - 8 = ☉
  - 9 = ◐

## Double Double Word Search

- BRANCHES
- SEQUOIA
- CONIFER
- RELEASE
- GENERAL
- REDWOOD
- GIANT TREES
- CONES
- SEEDS
- YEARS
- TALL
- BARK
- GROW
- BIG

Find the words in the puzzle. How many of them can you find on this page?

E V I S S A M R E A  
L D L R E L E A S E  
L O A G H Q K R A B  
S O R R C G U Y B S  
D W E O N I I O E Y  
E D N W A A G E I E  
E E E T R N R R E A  
S R G I B T A L L R  
E S R E F I N O C S

Standards Link: Letter sequencing. Recognized identical words. Skim and scan reading. Recall spelling patterns.

## FROM THE LESSON LIBRARY

### Superlatives are Super!

A superlative is an adjective that describes a noun in an extreme way. For example, the largest, the smallest, the funniest. Circle all of the superlatives on this Kid Scoop page. How many can you find in today's newspaper?

Standards Link: Research: Use the newspaper to locate information.



### Which tree produces fruit that tastes like chicken?

ANSWER: Poultry!





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# Chatham school board approves schematic design of new Central Services building

**BY ZACHARY HORNER**

News + Record Staff

Meeting for a second time over Zoom, the Chatham County Board of Education continued its normal business Monday night during a lengthy session.

Among the items completed was approval of the schematic package for Chatham County Schools' new administrative hub, the Central Services building. Slated to be built on Renaissance Drive five miles west of Pittsboro off of U.S. Hwy. 64, the one-story, 38,000-square-foot facility will replace the current building on West Street.

The complex will have two entry points off of Renaissance Drive and 125 parking spaces on the 12.2-acre plot of land. Ken Redfoot, president of Chapel Hill-based CRA Associates, presented the plan to the school board on Monday.

"A solid plan that is very efficient, very effective," Redfoot said of the plan. "It works very carefully to put the adjacencies in the right place."

Redfoot noted that the new school board room, human resources offices and large meeting spaces were all near the front entryway as part of making the building symbolically accessible to the public. The facility will also house district staff in the finance, child nutrition, technology, operations and academic and instruction departments.

In the approved fiscal year 2021-2027 Capital Improvements Program document developed by the Chatham County government, which is funding the project, the building is projected to cost \$11,142,055 to construct. The document states that the current

building has "exceeded its capacity resulting in the creation of inefficient satellite offices around the county," and "has surpassed its intended lifespan and is in need of costly repairs." The original recommended solution was to construct a two-story building, but the plans were changed to have just one story.

The board approved the plans unanimously. Superintendent Dr. Derrick Jordan called the new building "definitely...

overdue."

The board also discussed changes to K-11 grading and education procedures in light of the COVID-19 pandemic and school building closures as well as potential attendance zone scenarios for Seaforth High School. No board action was taken on either item.

Reporter Zachary Horner can be reached at [zhorn-er@chathamnr.com](mailto:zhorn-er@chathamnr.com) or on Twitter at @ZachHorn-erCNR.



Photo courtesy of Chatham County Schools

The schematic design rendering of the new Chatham County Schools Central Services building shows a one-story, 36,000-square-foot facility that will house all district administrative personnel.

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# COVID-19 creates treatment barriers for addictions

**BY COURTNEY MABEUS**  
Carolina Public Press

Tyler Yates' typical setup has the look of a tailgate.

Twice a week, Yates and interns from GCSTOP, or Guilford County Solution to the Opioid Problem, would pull a white Dodge Durango into two separate permanent parking lot distribution sites.

They'd pop the trunk and set out folding chairs and a cooler full of water, Gatorade and other drinks for clients who stopped by to exchange their dirty syringes for clean ones as well as pick up naloxone, the lifesaving drug that can reverse an opioid overdose.

But these are not typical times. COVID-19, the disease caused by the new coronavirus, has turned GCSTOP's parking lot visits into less elaborate affairs. Yates and a colleague now sit in the SUV. Their interns disappeared when UNC Greensboro closed its campus.

Instead of allowing clients to linger, Yates said the organization is making bags of supplies in advance.

"We're really trying to keep the distance and keep the visits to five to 10 minutes," said Yates, GCSTOP's syringe exchange program coordinator.

The pandemic has forced changes to how nearly everyone operates, including those who live with substance use disorder.

About 49,000 people are enrolled in treatment on any given day in the state, according to Addiction



Photo courtesy of GCSTOP

**GCSTOP, the Guilford County Solution to the Opioid Problem, normally sets up in the back of this white Dodge to exchange needles and anti-overdose medication with clients. The pandemic has forced a change in this treatment approach.**

Professionals of North Carolina. The organization represents about 650 community-based service providers across the state, Executive Director Sarah Potter said.

According to a survey that APNC completed last month, 57 percent of addiction service providers have shuttered at least one program already since the start of the pandemic, with another 10 percent no longer accepting new clients. More than 80 percent have reported disruptions in service delivery, and at least 27 percent have had to or plan to lay off or furlough employees.

The cutbacks come at a hard time for those who are living with substance use or in recovery, Potter said.

Those considering entering a program might not be able to find one, or they may fear COVID-19 infection if they do enter treatment. Isolation and other side effects of the pandemic, including job loss or being stuck in an unstable or unsafe environment, might trigger a relapse.

"The opposite of addiction is connection," Potter said.

While state data is not yet available, Potter and Melissa Larson, law en-

forcement programs manager for the N.C. Harm Reduction Coalition, said overdoses have increased since the pandemic began. Social distancing has changed the philosophy of not using alone for fear of overdose, Larson said.

"Now, in this time of social distancing, we're all saying, 'Hey, be six feet away from everyone,'" Larson said. "Unfortunately, people are in more private areas like hotels or bedrooms instead of maybe being out in the community or in a vehicle or wherever using drugs, and someone may discover them at that point."

Josh Murray recent-

ly started working as a rapid responder for Raleigh-based Healthy Transitions, traveling with emergency medical services to meet survivors following an overdose to offer connections to services and treatment. Murray said he has noticed an increase in repeat overdoses.

"I think it's a lot of people are restless," he said. "They're sitting around a little bit more because there's nowhere to go. They're not out running and they're just constantly using, and it's just hitting them differently. They're probably using more."

Healthy Transitions is no longer accepting new clients at its permanent facility, and a remote detox center that it set up after the pandemic began fills up quickly, Murray said.

When one man told Murray he was ready for help, all he could offer was a crisis center.

"I would normally refer him to a longer-term treatment facility, but that's kind of been put on hold," Murray said.

Raleigh-based SouthLight Healthcare has admitted 20 new clients to its medication-assisted treatment program since COVID-19 struck, said Brittany Jones, who directs the facility's opiate treatment program.

While the program typically saw about 400 people daily, that's now around 200 as SouthLight worked to allow a 70 percent increase in supply for take-home to decrease on-site interactions. Counselors, who are

now working from home, have also been asked to reach out to clients once weekly, Jones said. She said there have been no incidents of overdoses or misuse.

While COVID-19 has changed in-person interactions, it has also moved some online. Mike Yow, president and CEO of the private, nonprofit Fellowship Hall in Greensboro, said all outpatient services, including meetings with therapists, have moved online. Fellowship Hall is continuing to accept new clients after careful screenings and is operating with reduced staff.

"We're doing a lot of Zoom AA (Alcoholics Anonymous) meetings because we would go out to real meetings here four or five nights a week, but those are all stopped now," Yow said, referring to the popular online meeting platform.

Yow said he's thankful for technologies like Zoom and FaceTime but he worries about substituting a virtual connection for an in-person one.

"They don't allow hearts to connect, in my opinion," he said.

The state declared syringe exchanges essential during the shutdown. GCSTOP has increased the amount of supplies it is giving out to limit interactions, Yates said. Before the pandemic, its parking lot operations would often see as many as 40 people per visit. That's dropped to about 10-15 people. GCTSTOP continues to also set up weekly in a Greensboro church basement with a nurse.

While GCSTOP has supplies for now, "funding is always an issue with organizations like ours," Yates said.

Yates, who is in recovery himself, tries to maintain contact with those he serves through phone calls and texts.

"People need naloxone," he said. "They need clean supplies. Drug use is not going to stop because of COVID-19, and I say that from personal experience."

"I've never lived through a pandemic, but you know, even when I was sick, I was using. Even in times of chaos, I was using. It's not gonna stop. We need to make sure that our folks have the stuff that they need to stay safe."

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Geographic Information Systems (GIS) to locate valves, hydrants, meters, manholes, water and sewer lines in the field; planning and overseeing the maintenance of fire hydrants; performing inspections on water and sewer taps; maintaining easements; video inspection of sewer mains; cleaning sewer mains and investigating customer issues. - Candidates should be self-motivated with the ability and desire to lead others through coaching, team building, setting clear work standards and reviewing progress. Assists the team to fulfill the mission and goals of the organization. Candidates should have excellent written, verbal and interpersonal communication skills. - Position requires six-months to one year of advanced study or training at a community college or technical school with three to five years of relevant experience. - Valid North Carolina driver's license required. Candidate must be able to obtain/maintain a Commercial Driver's License (CDL). - Must have the ability to become certified in Water Distribution Grade A and/or Collection System Grade III. Position requires experience using Microsoft Office products. Use of City Works, GIS, and a Computerized Maintenance Management System preferred. - Position frequently exerts 50-100 pounds and occasionally exerting over 100 pounds. Candidates must have the ability to work outdoors in all weather conditions and respond to after-hour situations as necessary. OWASA is an Equal Opportunity Employer committed to continuous improvement, sustainability, creativity, diversity and inclusion. - Certified Orange County Living Wage Employer. - Salary range \$51,005 - \$78,535 - To complete an application visit [www.owasa.org](http://www.owasa.org). - Closing date is May 29, 2020. My14,1tc

**TOWN OF SILER CITY** - License Plate Agency Supervisor - General Statement of Duties: Performs difficult administrative work coordinating and directing the operation of the License Plate Agency for the Town including the supervision of LPA staff. Required Education and Experience Qualifications: High School diploma or equivalent and extensive experience working in a motor vehicle department, or an equivalent combination of education and experience. Valid North Carolina driver's license. Moderate computer skills including MS Word, Excel, and Outlook Possession of Notary Public upon hire. Completion of designated NC DOT certifications upon hire -- Preferred Education and Experience Qualifications: Bilingual in both written and spoken English and Spanish. Annual Hiring Salary: \$38,87. --Please refer to our website for a full job description. To Apply: This posting is open until filled. For consideration, please submit a completed application, cover letter, and current resume. Documents may be mailed or delivered to City Hall, 311 N. Second Avenue, PO Box 769, Siler City, NC 27344 or submitted via email to [dritter@silercity.org](mailto:dritter@silercity.org). Pre-employment drug testing, credit and background checks are required upon job offer. EOE. -- The Town of Siler City is an Equal Opportunity Employer. The Town of Siler City's applicants are considered for employment without regard to race, color, religion, sex, national origin, age, marital or veteran status, disability, or other legally protected status. The Town invites the submission of proposals from minority and women-owned firms and certified Section 3 business concerns if the contract is over \$100,000 for non-construction contracts. -- The Town of Siler City will make appropriate arrangements to ensure that disabled persons are provided other accommodations, such as arrangements may include, but are not limited to, providing interpreters for the deaf, providing taped cassettes of materials for the blind, or assuring a barrier-free location for the proceedings. -- This information is available in Spanish or any other language upon request. Please contact Nancy Hannah at 919-726-8625, 311 North Second Avenue, Siler City, North Carolina 27344, or [nhannah@silercity.org](mailto:nhannah@silercity.org) for accommodations for this request. -- Esta información está disponible en español o en cualquier otro idioma bajo petición. Por favor, póngase en contacto con Nancy Hannah al [nhannah@silercity.org](mailto:nhannah@silercity.org) o 919-726-8625 o en 311 North Second Avenue, Siler City, North Carolina 27344 de alojamiento para esta solicitud. My14,1tc

**AD FOR HUMAN SERVICES ASSISTANT** Position - The Chatham County Council on Aging, a non-profit agency, seeks an energetic, caring and team-oriented person to assist with a range of human services. Duties of this full-time position include coordinating senior health insurance counseling volunteers, offering training and supports to family caregivers, helping seniors with questions and concerns, client

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## MISC

**AMBROSIA AND BURPEE** Hybrid Cantaloupe, vegetable and flower bedding plants are ready at Vestals, 969 Poe Road, Siler City. Call 919-200-3755, My14,21,28,3tc

## LEGAL

**CREDITORS NOTICE 20 E 175 NORTH CAROLINA CHATHAM COUNTY** Having qualified a Executor of the Estate of **LOUISE W. BROOKS AKA LOUISE WEBB BROOKS**, deceased, of Chatham County, North Carolina, the undersigned does hereby notify all persons, firms, and corporations having claims against the estate of said decedent to exhibit them to the undersigned on or before July 23, 2020 or this notice will be pleaded in bar of their recovery. All persons, firms and corporations indebted to the said estate will please make immediate payment. This the 23rd day of April, 2020. William W. Brooks, Executor 512 W Elk St. Siler City, NC 27344 A23,A30,My7,My14,4tp

**NOTICE TO CREDITORS 20 E 172 NORTH CAROLINA CHATHAM COUNTY** Having qualified a Co-Administrators of the Estate of **JEANIE MAE RAY**, deceased, of Chatham County, North Carolina, the undersigned does hereby notify all persons, firms, and corporations having claims against the estate of said decedent to exhibit them to the undersigned on or before July 23, 2020 or this notice will be pleaded in bar of their recovery. All persons, firms and corporations indebted to the said estate will please make immediate payment. This the 23rd day of April, 2020. Co-Administrators: 1. Adam Ray 829 Moncure Flatwood Road Moncure, NC 27559 2. Shawn Ray 202 Seastone St Raleigh, NC 27603 A23,A30,My7,My14,4tp

**NOTICE TO CREDITORS 20 E 173 NORTH CAROLINA CHATHAM COUNTY** Having qualified a Co-Administrators of the Estate of **LARRY DON RAY**, deceased, of Chatham County, North Carolina, the undersigned does hereby notify all persons, firms, and corporations having claims against the estate of said decedent to exhibit them to the undersigned on or before July 23, 2020 or this notice will be pleaded in bar of their recovery. All persons, firms and corporations indebted to the said estate will please make immediate payment. This the 23rd day of April, 2020. Co-Administrators: 1. Adam Ray 829 Moncure Flatwood Road Moncure, NC 27559 2. Shawn Ray 202 Seastone St Raleigh, NC 27603 A23,A30,My7,My14,4tp

**NOTICE TO CREDITORS 20 E 301 NORTH CAROLINA CHATHAM COUNTY** Having qualified a Administrator of the Estate of **PHILLIP ALLEN COOLEY**, deceased, of Chatham County, North Carolina, the undersigned does hereby notify all persons, firms, and corporations having claims against the estate of said decedent to exhibit them to the undersigned on or before July 23, 2020 or this notice

will be pleaded in bar of their recovery. All persons, firms and corporations indebted to the said estate will please make immediate payment. This the 23rd day of April, 2020. Administrator, Alexander James Cooley 309 S. Bloodsworth Raleigh, NC 27601 A23,A30,My7,My14,4tp

**CREDITOR'S NOTICE NORTH CAROLINA CHATHAM COUNTY** Having qualified on the 17th day of April, 2020, as Administrator of the Estate of **ELLIS MAX MANSFIELD**, deceased, late of Chatham County, North Carolina, this is to notify all persons, firms and corporations having claims against the decedent to exhibit the same to the undersigned on or before the 30th day of July, 2020, or this notice will be pleaded in bar of their recovery. All persons, firms and corporations indebted to the estate should make immediate payment. This the 23rd day of April, 2020. David Mansfield, Administrator of the Estate of Ellis Max Mansfield 191 Moncure Flatwood Rd Moncure, NC 27559 Attorneys: Law Offices of W. Woods Doster, P.A. 115 Chatham Street, Suite 302 Sanford, NC 27330 A30,My7,My14,My21,4tc

**NOTICE TO CREDITORS NORTH CAROLINA CHATHAM COUNTY** Having qualified as Executrix of the Estate of **DORIS G. CROSS** aka **DORIS ANN CROSS**, deceased, late of Chatham County, North Carolina, the undersigned Executrix does hereby notify all persons, firms and corporations having claims against the Estate of said decedent to present such claims to Judith Jean Meinhalt at 214 Mountain Maple Drive, Cary, NC 27519 on or before the 30th day of July, 2020, or this notice will be pleaded in bar of their recovery. All persons, firms and corporations indebted to the said Estate will please make immediate payment to the Estate. This, the 30th day of April, 2020. Judith Jean Meinhalt, Executrix 214 Mountain Maple Drive Cary, NC 27519 C. Terrell Thomas, Jr. Kirk, Kirk, Howell, Cutler & Thomas Post Office Box 729 Wendell, NC 27591 Attorney for the Estate (919) 365-6000 A30,My7,My14,My21,4tp

**NOTICE TO CREDITORS Estate of Priscilla D. Holmes NORTH CAROLINA CHATHAM COUNTY** Having qualified as Executor of the Estate of **PRISCILLA D. HOLMES** late of 300 Clynellish Close, Chatham County, North Carolina, the undersigned does hereby notify all persons, firms, and corporations having claims against the estate of said decedent to exhibit them to the undersigned at 100 Europa Drive, Suite 271, Chapel Hill, North Carolina 27517, on or before the 31st day of July, 2020 or this notice will be pleaded in bar of their recovery. All persons, firms, corporations indebted to the said estate will please make immediate payment to the undersigned. This is the 30th day of April, 2020 Thomas P. Holmes, Executor of the Estate of Priscilla D. Holmes Dori J. Dixon Schell Bray PLLC Attorney for the Estate 100 Europa Drive, Suite 271 Chapel Hill, North Carolina, 27517 A30,MY7,MY14,My21,4tc

**NOTICE OF SERVICE OF PROCESS BY PUBLICATION STATE OF NORTH CAROLINA CHATHAM COUNTY FILE NUMBER: 20 SP 50 TO: Unknown Father** of female child, born to Emily A. Jackson, on the 24th day of January, 2020 at UNC Hospital in Orange County, NC. Please take notice that Petitioners herein filed a Petition for Adoption of the Minor Child

in this matter with the Clerk of Superior Court for Chatham County, North Carolina on the 17th day of April 2020. You must file a written response to this petition with the Clerk of Superior Court of Chatham County, NC within forty (40) days after service of this notice in order to participate in and to receive further notice of the proceeding, including notice of the time and place of any hearing. A copy of your written response must be served on Petitioners' attorney by hand delivery or by first-class, postage prepaid addressed to Gunn & Messick, LLP, 90 W. Salisbury Street, P.O. Box 880, Pittsboro, NC 27312. Failure to file a response to this petition may result in an Order being entered against you or your interest granting a Decree of Adoption for Petitioner. This 30th day of April, 2020. Paul S. Messick, Jr., Attorney for Petitioner Gunn & Messick, LLP 90 W. Salisbury Street P.O. Box 880 Pittsboro, NC 27312 Telephone: (919) 542-3253 Facsimile: (919) 542-0257 A30,My7,My14,3tc

**NOTICE TO CREDITORS 20-E-177 NORTH CAROLINA CHATHAM COUNTY** The undersigned, William Childress, having qualified as Administrator of the Estate of **NICOLE LYNN SANDERFORD**, deceased, late of Chatham County, this is to notify all persons having claims against said estate to present them to the undersigned on or before the 30 day of July, 2020, or this notice will be plead in bar of their recovery. All persons indebted to said estate will please make immediate payment to the undersigned. This the 28 day of April, 2020. William Childress, Administrator for the Estate C/O Shanelle K. Edmonds Attorney for the Estate Hopper Cummings, PLLC Post Office Box 1455 Pittsboro, NC 27312 My7,My14,My21,My28,4tp

**NOTICE TO CREDITORS 20-E-176 NORTH CAROLINA CHATHAM COUNTY** The undersigned, William Childress, having qualified as Administrator of the Estate of **JOHN PAUL SANDERFORD, JR.**, deceased, late of Chatham County, this is to notify all persons having claims against said estate to present them to the undersigned on or before the 30 day of July, 2020, or this notice will be plead in bar of their recovery. All persons indebted to said estate will please make immediate payment to the undersigned. This the 28 day of April, 2020. William Childress Administrator for the Estate C/O Shanelle K. Edmonds Attorney for the Estate Hopper Cummings, PLLC Post Office Box 1455 Pittsboro, NC 27312 My7,My14,My21,My28,4tp

**NOTICE TO CREDITORS 19-E-347 NORTH CAROLINA CHATHAM COUNTY** The undersigned, Carey Wilson, having qualified as Executor of the Estate of **MILDRED B. WILSON**, deceased, late of Chatham County, this is to notify all persons having claims against said estate to present them to the undersigned on or before the 30 day of July, 2020, or this notice will be plead in bar of their recovery. All persons indebted to said estate will please make immediate payment to the undersigned. This the 28 day of April, 2020. Carey Wilson Executor for the Estate C/O Shanelle K. Edmonds Attorney for the Estate Hopper Cummings, PLLC Post Office Box 1455 Pittsboro, NC

## CLASSIFIED INFORMATION

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**Display ad deadline** Monday — 5 p.m.

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My7,My14,My21,My28,4tp

**NOTICE TO CREDITORS 20 E 180 NORTH CAROLINA CHATHAM COUNTY** Having qualified a Administrator of the Estate of **ANGELA DAWN CLARK**, deceased, of Chatham County, North Carolina, the undersigned does hereby notify all persons, firms, and corporations having claims against the estate of said decedent to exhibit them to the undersigned on or before August 7, 2020 or this notice will be pleaded in bar of their recovery. All persons, firms and corporations indebted to the said estate will please make immediate payment. This the 7th day of May, 2020. Kay P. Clark, Administrator PO Box 143 Goldston, NC 27252 My7,My14,My21,My28,4tp

**NOTICE TO CREDITORS 20 E 162 NORTH CAROLINA CHATHAM COUNTY** Having qualified as Executrix of the Estate **MAUREEN WOODS GRAFF**, deceased, of Chatham County, North Carolina, the undersigned does hereby notify all persons, firms, and corporations having claims against the estate of said decedent to exhibit them to the undersigned on or before August 7, 2020 or this notice will be pleaded in bar of their recovery. All persons, firms and corporations indebted to the said estate will please make immediate payment. This the 4th day of May, 2020. Katie Graff Wright, Executrix 8800 Oxford Court Chapel Hill, NC 27516 My7,My14,My21,My28,4tp

**STATE OF NORTH CAROLINA COUNTY OF CHATHAM IN THE GENERAL COURT OF JUSTICE DISTRICT COURT DIVISION FILE NO.: 19 JT 4 IN RE: "S.G." DOB: 12/21/18 NOTICE OF SERVICE BY PROCESS OF PUBLICATION** TO: Biological father/Father of the above female child born December 21, 2018 in Orange County, Chapel Hill, NC to Heather Holdren. PLEASE TAKE NOTICE that a Petition has been filed to terminate your parental rights to the above-referenced minor child. You have forty days from May 6, 2020, the first date of publication of this Notice to respond to said Petition by filing a written answer to the petition with the Chatham Clerk of Court. Your parental rights to the juvenile will be terminated upon failure to

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answer the petition within the time prescribed. Any attorney appointed previously in an abuse, neglect or dependency proceeding and still representing you shall continue to represent you. If you are indigent and not already represented by an attorney, you are entitled to a court-appointed attorney. STEPHENSON & FLEMING, L.L.P. BY: /s/ ANGENETTTE STEPHENSON, Attorney for Petitioner, CHATHAM COUNTY DEPARTMENT OF SOCIAL SERVICES 109 Conner Dr., Suite 208 Chapel Hill, North Carolina 27514 Telephone: (919) 869-7795 My7,My14,My21,3tc

**IN THE GENERAL COURT OF JUSTICE OF NORTH CAROLINA SUPERIOR COURT DIVISION CHATHAM COUNTY 19SP59**

**IN THE MATTER OF THE FORECLOSURE OF A DEED OF TRUST EXECUTED BY CHESTER S. PALMER AND JUDY PALMER DATED JUNE 3, 2008 AND RECORDED IN BOOK 1407 AT PAGE 642 IN THE CHATHAM COUNTY PUBLIC REGISTRY, NORTH CAROLINA**  
**NOTICE OF SALE**  
 Under and by virtue of the power and authority contained in the above-referenced deed of trust and because of default in the payment of the secured indebtedness and failure to perform the stipulation and agreements therein contained and, pursuant to demand of the owner and holder of the secured debt, the undersigned substitute trustee will expose for sale at public auction to the highest bidder for cash at the usual place of sale at the county courthouse of said county at 1:00PM on May 29, 2020 the following described real estate and any other improve-

ments which may be situated thereon, in Chatham County, North Carolina, and being more particularly described in that certain Deed of Trust executed Chester S. Palmer and Judy Palmer, dated June 3, 2008 to secure the original principal amount of \$140,790.00, and recorded in Book 1407 at Page 642 of the Chatham County Public Registry. The terms of the said Deed of Trust may be modified by other instruments appearing in the public record. Additional identifying information regarding the collateral property is below and is believed to be accurate, but no representation or warranty is intended. Address of property: 2511 Mount Vernon Springs Rd, Siler City, NC 27344 Tax Parcel ID: 0086597 Present Record Owners: Chester S. Palmer And Being more commonly known as: **2511 Mount Vernon Springs Rd, Siler City, NC 27344** The record owner(s) of the property, as reflected on the records of the Register of Deeds, is/are Chester S. Palmer. The property to be offered pursuant to this notice of sale is being offered for sale, transfer and conveyance "AS IS, WHERE IS." Neither the Trustee nor the holder of the note secured by the deed of trust, being foreclosed, nor the officers, directors, attorneys, employees, agents or authorized representative of either Trustee or the holder of the note make any representation or warranty relating to the title or any physical, environmental, health or safety conditions existing in, on, at or relating to the property being offered for sale. Any and all responsibilities or liabilities arising out of or in any way relating to any such condition expressly are disclaimed. This sale is made subject to all prior liens and encumbrances, and unpaid taxes and assessments including but not limited to any transfer tax associated with the foreclosure. A deposit of five percent (5%) of the amount of the bid or seven hundred fifty dollars (\$750.00), whichever is greater, is required and must be tendered in the form of certified funds at the time of the sale. This sale will be held open ten days for upset bids as required by law. Following the expiration of the statutory upset period, all remaining amounts are IMMEDIATELY DUE AND OWING. Failure to remit funds in a timely manner will result in a Declaration of Default and any deposit will be frozen pending the outcome of any re-sale. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The Purchaser shall have no further recourse against the Mortgagor, the Mortgagee, the Substitute Trustee or the attorney of any of the foregoing.

**SPECIAL NOTICE FOR LEASE-HOLD TENANTS:** If you are a tenant residing in the property, be advised that an Order for Possession of the property may be issued in favor of the purchaser. Also, if your lease began or was renewed on or after October 1, 2007, be advised that you may terminate the rental agreement upon written notice to the landlord, to be effective on a date stated in the notice that is at least 10 days, but no more than 90 days, after the sale date contained in the notice of sale, provided that the mortgagor has not cured the default at the time notice of termination is provided. You may be liable for rent due under the agreement prorated to the effective date of the termination. The date of this Notice is March 30, 2020. Grady I. Ingle or Elizabeth B. Elis Substitute Trustee 10130 Perimeter Parkway, Suite 400 Charlotte, NC 28216 (704) 333-8107 13-037467 My14,My21,2tc

**TOWN OF SILER CITY PUBLIC HEARING NOTICE**  
 The Board of Commissioners will conduct a public hearing on May 18, 2020 at 7 pm in the City Hall Courtroom located at 311 N. 2nd Ave. on the following requests:  
 1. Wallick Asset Management, LLC requests a conditional use district rezoning to rezone -15.141 acres from Heavy-Industrial (H-I) to Office-Institutional-Conditional Use (O-I-C). The proposed conditional use is an 84-unit multifamily residential apartment development for persons of low or moderate-income. The subject property is located at 226 Campus Dr. and is identified as a portion of tax parcel # 14380; and

2. Glandon Forest Equity, LLC proposes to rezone -1.13 acres from Office-Institutional (O-I) to Highway-Commercial (H-C). The subject property is located at 610/618 N. 2nd Ave. and is identified as parcel # 73467 & 61129. The proposed items are available for review by contacting the Planning and Community Development Director at jmeadows@silercity.org or 919-742-2323. Due to mass gathering restrictions outlined in the Governor's Executive Order, the public will not be allowed to physically attend this meeting. If you are interested in the outcome of the application, you are invited to attend the meeting electronically by zoom. To be admitted into the zoom meeting, please email Town Clerk Jenifer Johnson at johnson@silercity.org. Written comments, testimony, exhibits, evidence, arguments, may be submitted to the Town Clerk at johnson@silercity.org any time between this notice and up to 24 hours after the public hearing. The Board of Commissioners will not take action on the matter immediately following the public hearing. Action will take place on June 1, 2020. All information will be presented to the Board of Commissioners. The Planning Board will meet on May 11 @ 6:30 pm by zoom to consider recommendations to the Town Board. My14,1tc

**NOTICE TO CREDITORS 20 E 204 NORTH CAROLINA CHATHAM COUNTY**  
 Having qualified as Administrator CTA of the Estate of **DEBORAH JEAN BURKE**, deceased, of Chatham County, North Carolina, the undersigned does hereby notify all persons, firms, and corporations having claims against the estate of said decedent to exhibit them to the undersigned on or before August 14, 2020 or this notice will be pleaded in bar of their recovery. All persons, firms and corporations indebted to the said estate will please make immediate payment. This the 14th day of May, 2020. Administrator CTA, Richard Alan Burke, Jr. 141 Snyder Sr, SE Bondurant, IA 50035 C/O Lewis Fadley 119 N Fir Avenue Siler City, NC 27344 My14,My21,My28,J4,4tp

**NOTICE TO CREDITORS NORTH CAROLINA CHATHAM COUNTY**  
 John Thomas Gaines, Jr., having qualified as the Personal Representative of the Estate of **SHIRLEY CADDELL MCNEILL**, Deceased, in the Office of the Clerk of Superior Court of Chatham County on April 30, 2020, does hereby notify all persons, firms and corporations having claims against the Estate of said decedent to present them to the undersigned attorney of the Personal Representative on or before August 12, 2020, or this notice will be pleaded in bar of their recovery. All persons, firms and corporations indebted to said Estate please make immediate payment. This the 14th day of May 2020. Payments and claims should be presented to Austin C. Vandever, 50101 Governors Drive, Suite 150, Chapel Hill, NC 27517. This Notice is given pursuant to the provisions of N.C.G.S. 28A-14-1. Austin C. Vandever, Attorney of Record 50101 Governors Drive, Suite 150 Chapel Hill, NC 27517 My14,My21,My28,Jn4,4tc

**NOTICE TO CREDITORS NORTH CAROLINA CHATHAM COUNTY**  
 Sheila Leslie McEwan Cordner, having qualified as the Personal Representative of the Estate of **LESLEY MCEWAN**, Deceased, in the Office of the Clerk of Superior Court of Chatham County on April 30, 2020, does hereby notify all persons, firms and corporations having claims against the Estate of said decedent to present them to the undersigned attorney of the Personal Representative on or before August 12, 2020, or this notice will be pleaded in bar of their recovery. All persons, firms and corporations indebted to said Estate please make immediate payment. This the 14th day of May 2020. Payments and claims should be presented to Austin C. Vandever, 50101 Governors Drive, Suite 150, Chapel Hill, NC 27517. This Notice is given pursuant to the provisions of N.C.G.S. 28A-14-1. Austin C. Vandever, Attorney of Record 50101 Governors Drive, Suite

150 Chapel Hill, NC 27517 My14,My21,My28,Jn4,4tc

**NOTICE TO CREDITORS NORTH CAROLINA CHATHAM COUNTY**  
**WILLIAM LEXTOR THOMAS**, AS, having qualified as the ADMINISTRATOR CTA of the Estate of **JOAN CLARK THOMAS**, Deceased, in the Office of the Clerk of Superior Court of Chatham County on MAY 7, 2020, does hereby notify all persons, firms and corporations having claims against the Estate of said decedent to present them to the undersigned attorney of the Personal Representative on or before August 12, 2020, or this notice will be pleaded in bar of their recovery. All persons, firms and corporations indebted to said Estate please make immediate payment. This the 14th day of May 2020. Payments and claims should be presented to Austin C. Vandever, 50101 Governors Drive, Suite 150, Chapel Hill, NC 27517. This Notice is given pursuant to the provisions of N.C.G.S. 28A-14-1. Austin C. Vandever, Attorney of Record 50101 Governors Drive, Suite 150 Chapel Hill, NC 27517 My14,My21,My28,Jn4,4tc

**NOTICE OF PUBLIC HEARING**  
 The proposed budget for the Town of Goldston for 2020/2021 has been presented to the town council and is available for public inspection at the Town Hall Building, 40 Coral Avenue, Goldston, NC, by appointment, after 5:00 pm weekdays. There will be a public hearing held on June 1, 2020 at 7:00 pm at the Town Hall Building. Citizens are invited to make oral or written comments. Timothy J. Cunnup Mayor of Goldston My14,1tc

**NOTICE TO CREDITORS NORTH CAROLINA CHATHAM COUNTY**  
 Having qualified as the Co-Executors of the Estate of **REBECCA B. BROOKS aka BECKY B. BROOKS**, deceased, late of Chatham County, this is to notify all persons, firms or corporations having claims against the estate to present same duly proven to the undersigned on or before the 15th day of August, 2020; otherwise, this notice will be plead in bar of recovery. All persons, firms or corporations indebted to the estate will please make prompt settlement with the Executor. This 8th day of, May, 2020. Estate of Rebecca B. Brooks aka Becky B. Brooks Rhonda B. Wilkie, Co-Executrix 510 S. 2nd Ave. Siler City, NC 27344 Alan G. Brooks, Co-Executor 1041 Pine Knolls Rd. Kernersville, NC 27284 Brinkley Walsler Stoner, PLLC P. O. Box 1657 Lexington, NC 27293-1657 My14,My21,My28,Jn4,4tc

**NOTICE TO CREDITORS 20 E 193 NORTH CAROLINA CHATHAM COUNTY**  
 Having qualified as Administrator of the Estate of **JAMES MICHAEL ELLIS**, deceased, of Chatham County, North Carolina, the undersigned does hereby notify all persons, firms, and corporations having claims against the estate of said decedent to exhibit them to the undersigned on or before August 14, 2020 or this notice will be pleaded in bar of their recovery. All persons, firms and corporations indebted to the said estate will please make immediate payment. This the 14th day of May, 2020. Rosa Ann Headen, Administrator 207 Guthrie Road Pittsboro, NC 27312 My14,My21,My28,Jn4,4tp

**NOTICE TO CREDITORS NORTH CAROLINA CHATHAM COUNTY**  
 Having qualified as Executor of the estate of **William G. Phillips**, deceased, late of Chatham County, this is to notify all persons having claims against the estate of said decedent to exhibit them to the undersigned c/o Robert A. Mason, Esq., PO Box 817, Asheboro, North Carolina 27204, on or before the 17th day of August, 2020, or this notice will be pleaded in bar of their recovery. All persons indebted to said estate will please make immediate payment. This 14th day of May, 2020. Marian D. Phillips Executor of the Estate of William G. Phillips C/O Robert A. Mason, Esq. PO Box 817 My14,1tc

Asheboro, North Carolina 27344 My14,My21,My28,Jn4,4tc

**NOTICE TO CREDITORS NORTH CAROLINA CHATHAM COUNTY**  
 Having qualified as Executor of the estate of **ARNOLD KNIGHT MILLER III**, deceased, late of Chatham County, this is to notify all persons having claims against the estate of said decedent to exhibit them to the undersigned on or before the 14th day of August, 2020, or this notice will be pleaded in bar of their recovery. All persons indebted to said estate will please make immediate payment. This 14th day of May, 2020. Arnold Wesley Miller, Executor 3117 Windmere Dr Sanford, NC 27330 My14,My21,My28,Jn4,4tc

**LOCAL NOTICE**  
**As Part of the Environmental Notification Process for the Federal Communications Commission (FCC)'s Antenna Structure Registration:** Chatham County is proposing to construct a 310 feet (including appurtenance) telecommunications tower at Renaissance Drive, Pittsboro, NC 27312 (Lat. 35°44'02.79" N; Lon 79°15'40.13" W). The antenna structure is required by the Federal Aviation Administration (FAA) to have marking and/or lighting for aviation safety. Interested persons may review the application for this project by going to www.fcc.gov/asr/ applications and entering the Antenna Structure Registration (ASR) Form 854 File Number "A1165425". Interested persons may raise environmental concerns about the proposed structure by filing a Request for Environmental Review with the FCC within 30 days of this posting. Instructions for filing such requests can be found at www.fcc.gov/asr/environmentalrequest. The FCC strongly encourages interested parties to file Requests for Environmental Review online. Parties wishing to submit a request by mail may send the request to: FCC Requests for Environmental Review, Attn: Ramon Williams, 445 12th Street SW, Washington, DC 20554. My14,1tp

**CREDITOR'S NOTICE NORTH CAROLINA CHATHAM COUNTY**  
 Having qualified as Executor of the estate of **NANCY S WILLIAMS**, late of Chapel Hill, Chatham County, North Carolina, the undersigned does hereby notify all persons, firms, and corporations having claims against said decedent to exhibit them to the undersigned on or before the 14th day of August, 2020 or this notice will be pleaded in bar of their recovery. All persons, firms and corporations indebted to the said decedent will please make immediate payment to the undersigned. This 14th day of May, 2020 Richard E. Gattis, Executor, Estate of Nancy S. Williams, Deceased c/o Walter Brodie Burwell, Jr. Pinna, Johnston & Burwell, P.A. P.O. Box 31788 Raleigh, NC 27622 My14,My21,My28,Jn4,4tc

**PUBLIC HEARING NOTICE TOWN OF PITTSBORO** - The Pittsboro Town Board of Commissioners will hold the following Public Hearing on Tuesday, May 26, 2020 at 7:00 o'clock in the Town Council Chambers of the Pittsboro Town Hall, 635 East Street, Pittsboro, North Carolina, to consider the following item: 1. Mosaic Individual Lots Phase 2, SP-2020-03, is a Site Plan proposal to construct a multi-family apartment building along Mosaic Blvd. The subject parcel (68503) is located in the Chatham Park PDD within 500 feet of an exterior boundary and would otherwise require a Special Use Permit throughout the rest of the Town's planning jurisdiction, thereby requiring a public hearing on the proposed Exterior Boundary Transition and Use. The purpose of the public hearing is to provide interested parties with an opportunity to comment on the proposed Exterior Boundary Transition and Use. The complete records are on file at the office of the Town Planning Department located at 480 Hillsboro Street, Suite 400, and are available for inspection during regular business hours or by appointment. Due to COVID-19, the public is not invited to attend, and the meeting will be held via Zoom. If you wish to comment, please send them to the Town Clerk, Cassandra Bullock, by 4:30 p.m. on Tuesday, May 26 at CBullock@pittsboronc.gov. Your comment will be on record during the Public Hearing on May 26, 2020. My14,1tc

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**FTCC. Fayetteville Technical Community College** is now accepting applications for the following positions: Department Chair of Career & Community Enrichment. Systems Security & Analysis Instructor. Psychology Instructor (10 month). Grounds Maintenance Supervisor. English Instructor (10-month contract). For detailed information and to apply, please visit our employment portal at: https://faytechcc.peopleadmin.com/. Human Resources Office Phone: (910) 678-7342. Internet: http://www.faytechcc.edu. An Equal Opportunity Employer

Applying for Social Security Disability or Appealing a Denied Claim? Call Bill Gordon & Assoc., Social Security Disability Attorneys, 1-888-989-4947! FREE Consultations. Local Attorneys Nationwide [Mail: 2420 N St NW, Washington DC. Office: Broward Co. FL (TX/NM Bar.)]

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## NEWS BRIEFS

### Local volunteers to be recognized by county and state

Twelve Chatham County volunteers have been selected to receive recognition for their outstanding community service: Pam Barker, Chatham PTA Thrift Store, Jaime Detzi, Rene Jigginbotham, Jazmin Mendoza-Sosa, Lindsay Shore-Wright, Ed and Becky Spence, Cliff Stickney, Zurney Waring, Elizabeth Beringue and Jack Zollinger. They were also selected to receive the Governor's Volunteer Service Award certificate from the NC Commission on Volunteerism and Community Service. On April 20, the Chatham

County Board of Commissioners signed a resolution honoring the volunteers for their remarkable sustained commitment of time, talent and good will for the betterment of Chatham County.

Chatham residents donated 81,179 hours of volunteer service to United Way and its member agencies last year. According to the Independent Sector, the most current hourly value of volunteer time is \$25.43 per hour. This means that local volunteers donated work hours valued at more than \$2.6 million.

"This community activism allows Chatham human service nonprofits to provide a level of service they could not otherwise

afford," said United Way board Chairman Jim Sink.

"Volunteerism is an important part of the proud history of community service in Chatham County," said United Way Volunteer Center Coordinator Alane Coore. "It is our honor to recognize our neighbors who truly make a difference in the lives of others."

Since 1998, United Way has coordinated the Chatham County Outstanding Volunteer Awards to recognize individuals who selflessly give their time, talent and expertise to benefit the residents of our community. Chatham County community members make up the local Volunteer Nomination Review Committee that reviews the

nomination forms, selects the honorees and plans local recognition activities. The committee also selects Chatham County's nominees to be considered for recognition on the state level. The United Way of Chatham County Volunteer Center coordinates this effort with the N.C. Commission on Volunteerism and Community Service.

For more information about volunteering in Chatham County, please contact Alane Coore, United Way Volunteer Center Coordinator at 919-542-1110 or visit the United Way of Chatham County website at www.united-wayofchathamcounty.org

A SCHOLAR, AN ADVOCATE AND A NEWSPAPER

# The story behind the mask donation

BY BUCK RYAN  
University of Kentucky

PITTSBORO — Different cultures, different professions, same goal: How a small group of thoughtful, committed people can help Chatham County's most vulnerable citizens during the pandemic.

This is the story behind a good news story in your newspaper: the donation of 1,500 surgical masks, 500 KN95 masks and 400 face shields to 17 of Chatham County's nursing homes and assisted-living facilities.

We start in China, five years ago in Changchun, to be exact, the capital city of Jilin Province in northeastern China. It was during my adventure to teach at Jilin University that I met Zhang Siqi, who asked me to help arrange the donation of the masks and face shields to Chatham County.

Jilin Province is part of Manchuria. If you're thinking of the movie "The Manchurian Candidate," the real intrigue in the city of Changchun was captured in the film "The Last Emperor."

There you can tour the museum situated on the former estate of Puyi, who was emperor of China three times in his life: first as a baby, then as an adult and lastly as the puppet of the Japanese who occupied the region from 1931 until the end of World War II in 1945.

Upon hearing Changchun, I'm sure many of you can sympathize with my wife, who asked, "How can you be going to a place as big as New York City and I never heard of it?"

Like me, Zhang Siqi is a journalism professor who studies cross-cultural understanding — and misunderstanding — so we enjoyed comparing notes on how to teach an introductory journalism course and news writing.

As I spend most of my spare time working with journalists and journalism professors in China and Russia, professor Zhang asked me to write an article for a Jilin University research journal that explores cultural differences.

My first lesson, however, was how to pronounce her name (something like "john-suh-chee"). Pronunciation in Northeast China can be as tricky as hearing a Boston accent (pahk-ya-cahr in Hah-vid yahd).

Yes, if learning Mandarin or English is not complicated enough, you need to account for accents in different parts of the country.

In Shanghai, where I spent most of my time in China over the last 10 years, the Shanghai accent is so difficult even some people in Shanghai can't understand it.

Zhang Siqi, now as a visiting scholar at Duke University, reverses her name to the Western version of Siqi Zhang, which as a surname is as common as Smith or Jones in America.

In Limerick, Ireland, or so the legend goes, there were so many



Staff photo by Peyton Sickles

**Members of the Chinese American Friendship Association of North Carolina, in conjunction with the News + Record, made a donation of 2,400 masks and face shields to Chatham County on May 7. From left are Zhaohui Wang, president and co-founder of the North Carolina Chinese Scholars Sino-US Exchange Association; Chatham Emergency Management Director Steve Newton; News + Record Publisher Bill Horner III; Jianping Yang, the president of CAFA-NC; and Siqi Zhang, a visiting scholar at Duke University and the vice president of the North Carolina Chinese Scholars Sino-US Exchange Association (NCCSEA).**

people named Ryan in the phone book that they were listed by their first names to differentiate.

That brings me to my little sister, Elaine Ryan, vice president of state advocacy and strategy integration at AARP. She is living in one of the hottest COVID-19 wards in Washington, D.C.

Why did the masks and face shields end up at Chatham County's nursing homes and assisted-living facilities?

Personally, without her knowledge or involvement, I suggested the donations go there in her honor with all gratitude to the main organizer of the PPE initiative, the Chinese American Friendship Association of North Carolina (CAFA).

My first inkling that Elaine (@RoamtheDomes) was up to something came when the kindling on my Twitter feed was set on fire with an AARP red alert like this one:

"We need action NOW. AARP is urging state and federal lawmakers to protect the safety and well-being of nursing home residents and the staff who care for them. @RoamtheDomes shares our top priorities on this urgent issue." April 21, 2020, adding a link to a video of my sister with captioning.

A week later, Elaine, who had been working from home, ventured back into the AARP studios to do 29 TV news interviews for stations across the country, including one in Raleigh (WRAZ) and for Spectrum News regionally for North Carolina.

"Here's one from Denver," she

said in a family text after an international Zoom birthday salute to our niece, whose mother, our older sister, is in England. "My cadence is a bit slow. I think it was my 15th interview in a row!"

Soon Elaine was doing her own tweets, making this one personal about our parents:

"My Mom and Pop were in nursing homes at any given time and I can only imagine the strain families are under now." Call the facility and insist on information. Lives depend on it," May 1, 2020, linking to a TV interview.

"Since I did this interview last week, the number of nursing home residents who've died from COVID 19 has DOUBLED to 20,000. Please contact your Governor and members of Congress to urge action. Lives depend on it," May 6, 2020, retweeting a news interview from pix11.com in New York City entitled, "AARP: What families need to know about nursing homes amid COVID-19."

"Outrageous! One-Third of All U.S. Coronavirus Deaths Are Nursing Home Residents or Workers," May 9, 2020, retweeting a New York Times story.

If you have a family member in a nursing home, Elaine says, here are six questions you should be asking.

**Has anyone at the nursing home tested positive for COVID-19?**

This includes residents as well as staff or other vendors who may have been in the nursing home.

**What is the nursing home doing to prevent infections?**

How are nursing home staff being screened for COVID-19?

What precautions are in place for residents who are not in private rooms?

**Does nursing home staff have personal protective equipment?**

If not, what is the plan to obtain personal protective equipment?

**What is the nursing home doing to help residents stay connected with their families or other loved ones?**

Will the nursing home set up a regular schedule for you to speak with your loved one by phone or video call?

**What is the plan for the nursing home to communicate important information to both residents and families on a regular basis?**

Will the nursing home be contacting you by phone or email, and when?

**Is the nursing home currently at full staffing levels for nurses, aides and other workers?**

What is the plan to make sure the needs of nursing home residents are met if the nursing home has staffing shortages?

"If those nursing home facilities are not answering your questions, don't stop there," she says. "Every state has a long-term care ombudsman. You can go to nasop.org to be able to find the contact information for those ombudsmen. It's their job to advocate for you and to help you get those questions answered, so don't stop. Go to the next step to take action."

Going the extra mile, whether to improve his newspaper or his health with bicycle rides, is standard operating procedure for Bill Horner III, the publisher and editor of this newspaper.

Siqi-Elaine-Bill formed the

triangle of good will that led to the donations of masks and face shields.

The Chinese are always good for an appropriate expression like this one: "A single tree does not make a forest; a single string cannot make music."

The heavy lifting on this good will project was done by Steve Newton, director of Chatham County Emergency Management, and the staff at the Chatham County Agriculture Conference Center in Pittsboro. They laid the wood and created the happy tune.

Not to be outdone by quotable quotes, I'll add this one:

"The moral test of government is how that government treats those who are in the dawn of life, the children; those who are in the twilight of life, the elderly; those who are in the shadows of life, the sick, the needy and the handicapped."

For you historians, that thought was expressed at the 1971 Hubert Humphrey Building dedication in Washington, D.C., by its namesake, the former vice president to the Great Society's architect, President Lyndon Johnson.

If the pandemic has revealed one thing, it's the limitations of the federal government to respond to a crisis.

What has always made America great, something Alexis de Tocqueville noted in "Democracy in America" (1835), is its associations that undergird civil society.

Whether it be from Siqi's North Carolina Chinese Scholars Sino-US Exchange Association; or Elaine's AARP, formerly known as the American Association of Retired Persons, or Bill's North Carolina Press Association, help is on the way to Chatham County.

Government alone cannot save us from the pandemic. We the People, all races and creeds, must come to the rescue.

Or as cultural anthropologist Margaret Mead observed:

"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it's the only thing that ever has."

*About the author: Buck Ryan, a journalism professor at the University of Kentucky, is working on a case study of the Chatham News + Record, which he views as a model of success for community newspapers here and abroad.*

*In 2008 Ryan produced "Citizen Kentucky/Citizen China: Hope for a New Century," a half-hour public television documentary exploring cultural connections between the U.S. and China as a preview to the Beijing Olympics. In 2010 he was the first UK journalism professor-in-residence at Shanghai University, launching teaching experiences at three other Chinese universities and an international high school in Hohhot, the capital of Inner Mongolia.*

'ONE WORLD, ONE COMMUNITY'

## Chinese associations donate masks, face shields to county nursing homes and assisted-living facilities

BY SIQI ZHANG  
Visiting Scholar, Duke University

On behalf of my Chinese scholars association, in partnership with a Chinese American friendship association, I am pleased to announce the donation of 1,500 surgical masks, 500 KN95 masks and 400 face shields to be used at 17 of Chatham County's nursing homes and assisted-living facilities.

I am a visiting scholar at Duke University and the vice president of the North Carolina Chinese Scholars Sino-US Exchange Association (NCCSEA).

Why the donation? I believe in the aspiration: "One world, one community."

Allow me to introduce the president and co-founder of my association, Zhaohui Wang, who is the executive director of the Woo Center for Big Data and Precision Medicine at Duke University's Pratt School of Engineering.

Our association joined forces with the Chinese American Friendship Association of North Carolina (CAFA-NC), whose president is Jianping Yang, a principal software engineer at SAS, based in Cary.

"In an effort to support and help our community

to combat the COVID-19 virus," Yang said, "we, the Chinese American Friendship Association of North Carolina, are working with other community organizations like NCCSEA to encourage and accept donations to purchase PPEs, such as face masks and shields, for medical professionals in need and families with difficulties to access the equipment."

Thanks to Bill Horner III, publisher and editor of the Chatham News + Record, our two association presidents and I were able to deliver the PPE donations on May 7, to the Chatham County Agriculture Conference Center in Pittsboro, where we met Steve Newton, director of Chatham County Emergency Management.

"It was a very impressive experience to donate the PPEs to Chatham County," Yang said. "Steve Newton helped us a lot. We really appreciate his hard work at facilitating the donations."

Newton recommended 17 locations that could use the masks or face shields, or both, including Siler City's Genesis Healthcare, the Pines at Carolina Meadows, Pittsboro Christian Village, Fairways, Galloway Ridge, Cambridge Hills, Chatham Ridge and Coventry House.

We were very careful to get certification of the quality of the PPE, particularly the KN95 masks, from the manufacturer in China. The cost of having the materials shipped to the U.S. was double the cost of the PPE itself.

So far CAFA has tallied \$102,390 in donations (\$75,000 in cash, plus payments in kind) from Fujian Chinese business owners, the Cheng-du 7 Restaurant, Kings Park International Church Chinese Congregation

and other individuals and organizations to provide Personal Protective Equipment and food to 18 recipients, including Wake Food Security, Duke University Hospital and police and fire departments, plus customers at four large stores selling essential items.

In all CAFA has joined with NCCSEA and 17 other sponsoring organizations, including the North Carolina Chinese Business Association, the Global Education Institute, the Chinese School

at Chapel Hill and the Raleigh Academy of Chinese Language.

As a journalism professor, I was honored to work with a newspaper editor like Bill Horner III, who is committed not only to providing essential news and information to the citizens of Chatham County but also to doing whatever he can to ensure their personal safety during a pandemic.

"We are very grateful for Bill's assistance," Wang said. "We really

want to express that the Chinese-American community is struggling to help against COVID-19. We believe, Together, we are stronger."

*Siqi Zhang is an associate professor and doctoral supervisor in the School of Journalism and Communication at Jilin University in Changchun, China. She is vice director of the Institute of Chinese Culture at her university. At present, she is a visiting scholar at Duke University.*

Worth knowing.

Worth reading.

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