

MILL

A MONTHLY MUSIC, ARTS, LITERATURE AND FOOD PUBLICATION
OF THE CARRBORO CITIZEN VOL. 5 + NO. 4 + JANUARY 2012

INSIDE: * EL CAFFINATO * SCOTCH EGGS
* FAN MODINE AND SOME ARMY * ALAN SHAPIRO

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BETWEEN NAPS

I've always said that if I could have my way about it, we'd go into hibernation for the months of January and February.

After all the holiday mass-consumption and New Year's reveling, a long nap certainly seems to be in order come Jan. 1. Plus, it can get *really* cold, and it could even snow. (I know some of you lunatics actually like snow, but really, it's cold, inconvenient and makes getting from one place to the next that much more difficult.)

Sometimes it seems as if we all go into sleepwalking mode this time of year anyway, hurrying mindlessly from one appointment to the next before collapsing on the couch for the evening – so it's not like we'd miss out on all that much.

But as it turns out, we aren't bears, and we can't take a two-month pause to get some sleep and arise when spring comes. Bummer. So let's make the best of it.

I was inspired to read Mary Parker Sonis' accounts (see page 5) of early-morning trips into waist-deep water to catch a glimpse of the hooded mergansers in their January best. I won't be going out to have a look for myself anytime soon (thanks for the picture, Mary!), but I will be searching for my own January hooded merganser.

—Susan Dickson

Cover art by Duncan Hoge

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ROSS'S ALMANAC

*The days are short,
The sun a spark
Hung thin between
The dark and dark.*
— John Updike, *January*

January is not the coldest month of our year. It's close, but December and February are pretty much in a tie for first. Of course, this depends on where you are and how the winds affect you. The Piedmont's hilly land – urban and rural – makes for quite a few frost hollows, low-lying areas where it is not uncommon for a layer of warm air emanating from nearby slopes to trap a layer of cold air in the hollow. That makes for some cold nights no matter what the reading is at the airport.

Jan. 1 – Sunrise: 7:26 a.m.; Sunset: 5:12 p.m.

Jan. 31 – Sunrise: 7:14 a.m.; Sunset: 5:28 p.m.

Moon Phases

☾ **First Quarter** – Jan. 1 🌕 **Full Moon** – Jan. 9

☾ **Last Quarter** – Jan. 16 🌑 **New Moon** – Jan. 23

The Full Moon in January is the Old Moon, Wolf Moon and Ice Moon.

Planets & Stars: It's a beautiful time for stargazing, with some of the brightest – like Sirius, the Dog Star – right overhead at midnight. It's also a good time of year to view the planets. Mars gets so close that you can see the polar caps with a decent set of optics. Venus and Jupiter are still morning and evening lights, respectively, while Mercury and Saturn join the dawn patrol. The Quadrantids Meteor Shower, radiating out of Bootes in the Western North Western sky, peaks on Jan. 3-4, with the best viewing around midnight.

Get the kettle out. January is Hot Tea Month, Oatmeal Month and Soup Month.

Significant Dates

- Jan. 1 is New Year's Day and Freedom Day
- Jan. 3 is the Festival of Sleep and Fruitcake Toss Day
- Trivia Day is – you guessed it – Jan. 4
- The Feast of the Epiphany is on Jan. 6
- January has a Friday the 13th. That's also International Skeptics Day.
- Martin Luther King Jr.'s birthday is on Jan. 15 and is celebrated this year on Jan. 16
- The Chinese ring in the year 4710, The Year of the Dragon, on Jan. 23
- Jan. 25 is Opposite Day
- Jan. 26 is Australia Day
- Jan. 31 is Yad Sdrawkcb

rossalmanac.com/journal

ART NOTES

In the galleries

At the Carrboro Branch Library, "In the Spirit," photographic images of poignant moments in the life of our community, will open on Jan. 20, with a reception and community gathering on Jan. 22 from 2 to 4:30 p.m. The exhibit features artists Sheldon Becker and David Otto, and continues through March 27.

Up in Hillsborough, at the Eno Gallery, a holiday group exhibition of new works by 28 of the gallery's fine artists continues through Jan. 22. The exhibit includes paintings, sculpture, hand-blown glass, woodwork, contemporary ceramics and more.

At The ArtsCenter, Revision: Up-Cycled Art and Craft Shop is on display in the East End Gallery, while the Center Gallery is host to the work of Catherine J. Howard. Her work includes a combination of translucent oil painting, technical graphite drawings and embroidery exploring emotional transparency and vulnerability, striving for immediate human connection.

A project by Chapel Hill textile artist Jan-Ru Wan, who was commissioned by the Town of Chapel Hill's Public and Cultural Arts to lead participants in creating a collective art installation to be permanently displayed at the Seymour Center for seniors, begins with an introductory lecture by Wan, titled "The Journey of Re-materialization." The lecture will be held at the Seymour Center on Jan. 9 from 10 to 11 a.m., with an encore presentation at 7 p.m. on Jan. 11.

The project, "Up Close and Personal," will utilize repurposed clothes and other objects to tell stories.



A vessel by Vicki Grant, on display at Eno Gallery

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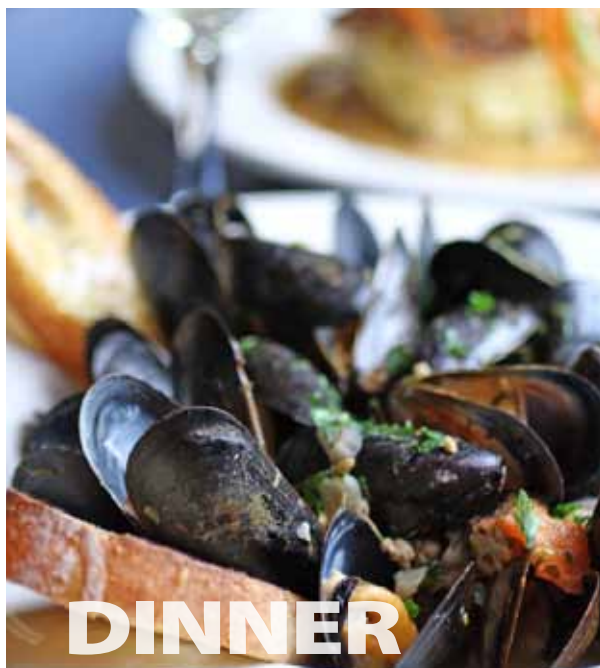
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THE HOODIES

January has arrived, and after the joy of the holidays, we all settle in for the grim, dark days of winter. These are the chilling, dank days that make children balk at getting up for school and lure busy adults to linger over their morning papers and coffee. I have always admired the runners of Carrboro who brave the dreary, gray early hours for their morning runs.

I have no desire to put on running shoes and hit the pavement. My own winter exercise does not include a brisk walk. In January, I haul myself into chest-high waders and plan a morning of skulking in the wetlands. You see, the “hoodies” have arrived – and I’m not talking about apparel. I’m talking about ducks.

The hooded mergansers are in their finest breeding plumage in January. During the summer months, the hooded merganser male is cloaked in its “eclipse” plumage. It looks rather non-descript in its charcoal brown feathers and doesn’t attract a great deal of attention. But just when the wetlands are at their dimmest, these exquisite birds are readying for their breeding season.

The hooded merganser is probably one of our most vivid ducks. The hood is a large feather crest that can be fanned open to reveal a brilliant white center against a black head with iridescent yellow eyes. The chest has dramatic stripes of white and black against rufous-brown sides. The back is ink black with white stripes toward the tail.

During breeding displays, the male hooded merganser dances along the water and opens his fan to attract a mate. He also fans his hood when alarmed by predators – or intruders. These are exceptionally wary birds that take flight almost immediately if they see a human, so you’ll need to nestle your camo-clad self in the mud and reeds and wait quietly. When you’re noticed – and you will be noticed – the hooded merganser will fly off immediately at speeds of up to 50 miles per hour.

There is a certain allure to the misery of photographing ducks in the winter. Most often, we scare the ducks off before we get close enough for a decent photo. But just as runners will regale you with stories of the icy-cold rain they endured during a marathon, the waterfowl enthusiast embraces mornings of bone-chilling wet and cold, all for the sake of a glimpse of a buffhead, wood duck or hooded merganser. Just as in running, dang it – you’re going to work to have fun!

I relish that grand moment. You’ve been waiting behind a tree for 30 minutes. You’ve been punished for wearing the polar fleece that holds onto thorns so efficiently, and you’re standing in knee-deep muck. You saw the duck slipping into a stand of cattails in the distance, and



A male hooded merganser heads to safety among fallen branches.

PHOTO BY MARY PARKER SONIS

you’re betting that he will emerge from the reeds for some open-water swimming.

Is he fishing out there, using that serrated blade of a bill to hang onto his prey? Is he merely hiding? Or is he courting a female in some tiny hidden bit of open water? You wait ... and you sometimes get lucky.

For all this talk of winter adversity, you may find it very easy to locate hooded mergansers. They find quite agreeable any ice-free pond or waterway that has plenty of crayfish and fish.

The wood duck and the hooded merganser often share territories. Both of these ducks are cavity nesters and will use the wood duck nesting boxes that have been mounted near many of our local bodies of water. If you see a habitat with plenty of dead trees in the water, you may be in a fine spot for waterfowl viewing in winter. The pond in your backyard might also be an attractive set-down spot for these small winter plumed ducks. You can check out our local waterfowl impoundments, Jordan Lake and University

Lake, to observe many of our local ducks and geese.

If you’re interested in identifying the female hooded merganser, simply look for the duck with the rust-brown mohawk as a crest. She will be in close proximity to her flashy mate. The female hooded merganser does all the brooding for the pair, and she will often make her nest in some abandoned redheaded woodpecker cavity or in an available nest box.

The female uses twigs, plant debris and down (plucked from her chest) to line the cavity. These cavities can be up to 60 feet in the air. Incubation takes approximately four weeks, but the young ducklings will only spend the first 24 to 48 hours in the nest. They are introduced almost immediately to the water, where they will spend the next 10 weeks with their mother, foraging for insects and aquatic life such as crayfish.

I find it interesting that the young hooded mergansers can tumble down from their cavities from a height of 60 feet and suffer no ill effects.

The short time in the nest is advantageous, because the ducklings are most vulnerable to predation while in the cavity. Black rat snakes are excellent swimmers and tree climbers and are known to eat entire clutches of eggs or nestlings. Eggs and ducklings are also vulnerable to attacks by owls, raccoons and foxes, while adult ducks are prized by duck hunters because they make beautiful mounts. It’s no wonder that the hooded merganser is such a wary creature.

For all that, the arrival of the winter ducks make this the perfect time for that long put-off visit to your local swamp or beaver pond. The mosquitoes, ticks and chiggers are never a problem in January, and you’ll feel virtuous for simply wandering around in the open air on a cold January day. You may find yourself hooked on winter birding.

LITERARY

Carrboro Branch Library

CLOSED JAN. 1-2, 16

Ongoing Events — Computer Classes, Saturdays, 10am; Storytime, Saturdays 10:30am, Ages 1-5

Chapel Hill Public Library — University Mall

CLOSED JAN. 1

Ongoing Events — Knitting for Charity, Tuesdays, 1pm; Story Time and Time for Toddlers, Various Times

Computer Classes — Computer Basics, Jan. 13, 8:15am; Internet Basics, Jan. 19, 11am; Email Basics, Jan. 27, 8:15am

Pajama Story Time — Jan. 25, 7pm

Chatham County Community Library

CLOSED DEC. 31-JAN 2

Ongoing Events — Story Time, Various Times; Computer Classes, Various Times

Book Club — To discuss Marjorie Hudson's *Accidental Birds of the Carolinas*. Jan. 3, 6:45pm Free

Crafting Group — Jan. 5, 6pm Free

Aspiring Authors' Workshop — For ages 13-18. 4pm Free with registration required 545-8085

McIntyre's

Anne Clinard Barnhill — To read from *At The Mercy of The Queen*, Jan. 7, 11am

Charles Clotfelter — To discuss *Big-Time Sports in American Universities*. Jan. 14, 11am

McIntyre's

Cynthia Bulik — To discuss *The Woman in the Mirror: How To Stop Confusing What You Look Like*

with *Who You Are*. Jan. 15, 2pm

PlayMaker's Discussion — *The Making Of A King: Henry IV and Henry V*. Jan. 23, 6pm

Alan Shapiro — To discuss *Broadway Baby*. Jan. 26, 6:30pm

Flyleaf Books

Ongoing Events — Storytime, first Saturdays, 10:30am; PJ Party Story Time, third Fridays, 7pm; Writing Class, second Saturdays, 10am

Gabrielle Hamilton — To read from *Blood Bones and Butter: The Inadvertent Education of a Reluctant Chef*. Jan. 25, 7pm

Internationalist Books

Ongoing Events — Prison Books Collective Workday, Sundays, 1pm; Trans Discussion Group, meets bimonthly

What are Prisons For — Puppet Show by the Mysterious Rabbit Puppet Army. Jan. 7, 7pm

Movie Showing — The Spectrum Doula Collective hosts a screening of the movie *Jane: An Abortion Service*, followed by a discussion of their collective. Jan. 13, 7pm

THEATER

The ArtsCenter

Life In A Marital Institution — Meredith Vieira Productions presents a dark comedy exploring the roots of romantic love in familial love, and the notion that not only can you go home again, you can't not go home again; you can't escape your past. Jan. 13, 8pm

Jackie Robinson — Presented by Mike Wiley Productions, the one-man play highlights the events in African-American sports history. Grades 3-6. Jan. 20, 9:30am

Brown v. Board of Education — Presented by Mike Wiley Productions, the play recounts the effects of the decision on the families who participated in the original court case, the impact of the ruling on school systems at the time and the challenges still being made today. Grades 6-12. Jan. 20, 11:30am

Gustafer Yellowgold's Show — Family show featuring Gustafer Yellowgold, the yellow guy from the sun. Jan. 21, 11am artscenterlive.org

Sacrificial Poets — Poetry Slam. Jan. 21, 7pm

Wordsmiths Grand Slam — Pits the top-scoring performers from the Wordsmiths slam circuit against each other in order to earn one of five spots for the UNC Wordsmiths College Unions Poetry Slam Invitational. Jan. 28, 7pm

Playwrights Roundtable — Written and performed by Paul Newell, the play imagines what Mark Twain would say about life today. Jan. 28, 8pm artscenterlive.org

Playmakers Repertory Company

No Child — Written and performed by Nilaja Sun, the comedy looks at the dysfunctional education system. Jan. 11-15

The Making of a King — *Henry IV and Henry V*, to be presented in rotation. Jan. 28-March 4

playmakersrep.org

DSI Comedy

Mister Diplomat — Jan. 6, 13, 20, 27. 10:30pm

Free

Giuseppe — High School Improv. Jan. 19, 9pm \$10

5 Dollar Preview — Jan. 26, 8pm \$5 dsicomedytheater.com

DANCE

Ballroom — Seymour Senior Center, fourth and fifth Thursdays 7-9:30pm \$2 968-2070

Carrboro DanceJam — Freestyle dance. Balanced Movement Studio, first Fridays 8pm 968-8776

Triangle StarDusters Ballroom — Couples and singles are welcome. Fred Astaire Dance Studio, second Saturdays 8-11pm \$7/StarDusters members and students, \$12/others 942-7232

Contra Dance — Sponsored by FootLoose/Contrazz. Carrboro Century Center, 7pm, lesson 7:30pm/dance 8pm. \$9

Contra Dance — With music by Anadama. Carrboro Century Center, Jan. 13 lesson 7:30pm/dance 8pm tcdancers.org

Contra Dance — Third Friday dance sponsored by Carolina Song and Dance Association. Carrboro Century Center, Jan. 20 \$8 csda-dance.org

Swing Dance — With music by Countdown Quartet. Carrboro Century Center, Jan. 21, lesson 7:30pm, dance 8pm triangleswingdance.org

Square Dance — Sponsored by Square Heels Dance Club. West End Gym, Dec. 30, early rounds, 7pm; walk through, 7:45pm; rounds and square, 8pm. \$7.50 squareheels.org

Square Dance — Fridays, Binkley Baptist Church, 7pm squareheels.org



Wed 1/11 7pm-8pm

DR CYNTHIA BULIK:

The Woman in the Mirror: How to Stop Confusing What You Look Like with Who You Are

Tues 1/17 7pm-8pm

ANNE BARNHILL:

At the Mercy of the Queen: A Novel of Anne Boleyn

Tue 1/24 7pm-8pm

ALAN SHAPIRO:

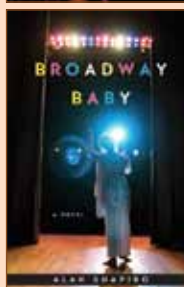
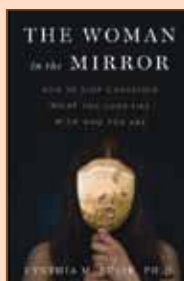
Broadway Baby

1/25 7pm GABRIELLE HAMILTON:

Blood, Bones & Butter: The Inadvertent Education of a Reluctant Chef

1/26 7pm LEIGH STEIN: *The Fallback Plan*

1/31 7pm DREW MAGARY: *The Postmortals*



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THE READER

BY VICKY DICKSON

A TEXTURED STORY OF LIFE AND DREAMS

A fight at the end of his sophomore year in high school made Alan Shapiro a poet – though not right away. He came out of that fight with a badly broken nose, and the break required him to wear a hockey mask in

his first varsity basketball game the following fall.

When diving for a loose ball in that game, Shapiro broke his wrist and put himself out for the season, which depressed him so much that he started writing poems, imitating songwriters

he loved – Bob Dylan, Richie Havens, Richard Farina, Tom Paxton and the Beatles.

But Shapiro says that, “Only when I became a serious reader of poetry did I begin to write it seriously.”

Throughout his career, the UNC W. R. Kenan Jr. Distinguished Professor of English and Creative Writing has written seriously enough to have published 10 volumes of poetry and two memoirs. He’s garnered a host of awards and been admitted to the American Academy of Arts and Sciences.

And he’s done what he loves: “Poetry has mastered me,” Shapiro says. “Every time I sit down to write, I feel as if I’m starting over, writing at the frontier of what I know how to do. ...

“While I’m always dissatisfied with what I’ve written, I love the process. I love sitting down at the desk at 9 a.m. and looking up a moment later to discover that it’s 4 p.m., and that six or seven hours has gone by in a flash. To me, that kind of deep immersive experience is paradise.”

With that kind of love for poetry, and that kind of success, you might well wonder why the author’s most recent book, *Broadway Baby* (which will be released by Algonquin Books on Jan. 24), takes the form of a novel.

Shapiro’s (only somewhat facetious) answer? “I would like to have some readers.”

If there’s any justice in the book-buying world, Shapiro’s first novel should bring him quite a few.

Broadway Baby is the story of a woman’s life and dreams, and of the way that the dreams sustaining her bring suffering to her loved ones. It’s a novel to read carefully. Though Shapiro’s descriptions and conversations flow effortlessly, readers who fail to pay attention can miss much of the meaning that’s conveyed in sentences and paragraphs that evoke far more than they tell.

As when the 10-year-old protagonist studies her mother’s reflection in the window of a moving train at night: “Miriam stared at her mother’s bent head floating on the darkness, the yellow curls meticulously tight and flat against her high forehead, the diamond-studded reading glasses perched on the tip of her long nose, and the sealed look of her thin lips, the no-nonsense don’t-be-a-bother-to-me look that Miriam knew by heart.”

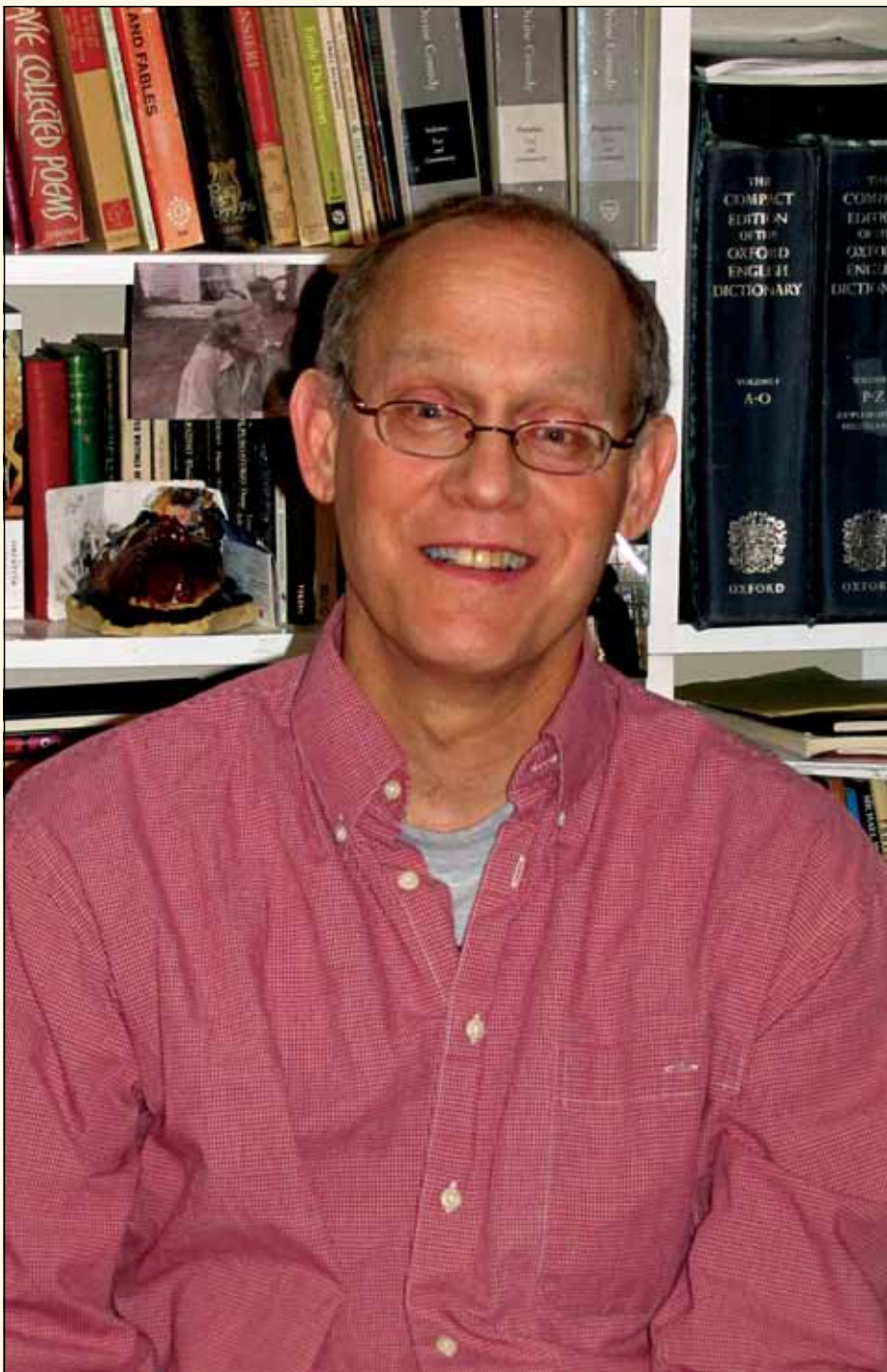
Or when that little girl, now grown into a life overloaded with turmoil and responsibility, is observed one night by her 11-year-old son, who’s just wet his bed: “He said, ‘Ma, I need you.’ She stared down at the cards her hands were flipping over and moving from column to column; it was as if her hands were independent of her body, mov-

ing by themselves. Next to the cards, there was a cup of coffee; next to the coffee, an ashtray with a cigarette lying against the grooved lip. Little curls of smoke were rising from it. ‘Go back to bed,’ she said in a flat voice, not even looking up.”

Inattentive readers might also fail to appreciate the humor that’s woven throughout the story. As the author points out, “Sometimes the most hilarious things happen at the most tragic moments. Life doesn’t respect the distinction between tragedy and comedy.” Portraying that type of humor in a way that isn’t cruel is a tricky proposition, but Shapiro pulls it off in spades.

Getting inside the head of a person of the opposite sex, with a different history, and telling their story in a way that feels convincing and complete is also no mean feat – a feat Shapiro accomplishes brilliantly in *Broadway Baby*.

Alan Shapiro will be at Flyleaf Books on Tuesday, Jan. 24 at 7 p.m. to read from Broadway Baby. You can also catch him at McIntyre’s on Thursday, Jan. 26 at 6:30 p.m. Don’t miss the chance to hear from this exceptional writer.



UNC W. R. Kenan Jr. Distinguished Professor of English and Creative Writing Alan Shapiro
PHOTO BY CALLIE WARNER



Scotch eggs can be purchased from Celebrity Dairy at the Carrboro Farmers' Market.

PHOTO BY KIRK ROSS

SOMETHING UNUSUAL FROM THE MARKET

The person who most regularly puts up with The Eater's antics came home from the Carrboro Farmers' Market the other day with something in addition to the usual refilling of the kimchi prescription and a bunch of collards.

A little smaller than a regulation cricket ball and encrusted with tiny, golden-brown breadcrumbs, the object looked instantly consumable and was. Just under the crust was a layer of sausage, which enveloped the innermost ingredient, a not-too-hardboiled egg – a Scotch egg. This delectable concoction was courtesy of Fleming Pfann, longtime food innovator and proprietor of Celebrity Dairy in western Chatham County. She sells them for \$2.50. Get there early.

The Scotch egg has been around for more than 275 years or so – probably much longer, since it is way similar to a south Indian dish – and there are many variations. The London department store Fortnum & Mason, which just this April broke the world record for making the largest Scotch egg, claims to have invented them in 1738. You find them in places subjected to British imperialism, including the Wisconsin State Fair, where they're served on a stick; or for you Tories, a pike.

The way Pfann makes them, they're not too heavy and baked instead of deep-fried. Halved, they look a little like the Earth's crust, with a light breadcrumb layer and a slightly thicker sausage layer wrapped around white and yolk. A few tricks according to Pfann – use very lean sausage and make sure the eggs are dry.

Typically, a Scotch egg is served cold. In experi-



Creecree greens are available around town this time of year.

PHOTO BY KIRK ROSS

ments with serving them warm, cold and with various sides, room temp and with mustard seemed the natural choice. A nice chutney also does the trick. Good for dabbing were coriander and tomato curries from Kerala Curry of Pittsboro.

A friend of ours suggests a true Scotch egg requires a dash of Scotch. Seems like a perfectly good waste of whiskey, but if you do take that route, The Eater suggests something with a lot of peat-smoke flavor, like Lagavulin or its far-cheaper cousin, White Horse (which is mostly Lagavulin anyway).

GREENS

If you like greens, it's like a field day in the markets and groceries around town. Not only are the ubiquitous collards and kale in plentiful supply, but the somewhat more exotic variations are around now too, including mustard, turnip and the mysterious creecree greens.

Creecree, creasy or creasie greens (*Barbarea verna*) are mustard greens that are very similar to watercress and sometimes known as upland cress or winter cress. They're a little more challenging to cook right and take a little more work cleaning up than the leafier greens. They've got a sharp, spicy flavor – the same kind of notes as in turnip greens and parsnips – and can be pretty hot uncooked.

THANKS FOR THE TRADITIONS

Thanks to everyone who wrote in response to an Eater question on holiday food traditions. A few choice responses: oyster roasts, Bloody Marys, pickled herring, dilled shrimp and cucumber, krumkake, ambrosia, Maine apples cooked with candied cinnamon hearts and chilled outside, sweet potato pie with butter and cream cheese crust, sweet potato casserole with cinnamon and marshmallows, suelze, Russian iced tea and dill pickles and pound cake.

TASTE OF THE TOWN: CAROLINA CROSSROADS AT THE CAROLINA INN



Jimmy Reale, executive chef at Carolina Crossroads at The Carolina Inn

PHOTO BY ALICIA STEMPER

From the old Southern halls of The Carolina Inn, Carolina Crossroads has been tantalizing the palates of hotel guests and area residents alike since 1995 from the site of the hotel's original restaurant, built in 1924. These days, executive chef Jimmy Reale creates "progressively new American" menus with an emphasis on the use of local, organic and sustainable products, while still staying true to the restaurant's "distinctly Southern undertones" with offerings like succotash and collards.

"This recipe has only been a holiday tradition for the last few years, but I'm sure it is one that will be around for years to come. I have cooked the turkey over an open pit in my neighbor's backyard using charcoal and apple wood. It is unbelievably tender and juicy with hints of smoke and sweet tea. I have this same dish on my dinner menu at Crossroads Restaurant but substitute N.C. Poulet Rouge chicken for the turkey." – Jimmy Reale, executive chef

GRILLED SWEET TEA BRINED TURKEY, GOAT CHEESE CREAMED SPINACH & LAVENDER BUTTER

BRINED TURKEY

INGREDIENTS

- 6-8 pounds turkey leg quarters
- 1 gallon iced tea
- 4 cups sugar
- 4 lemons, quartered
- 1 ¼ cups kosher salt

METHOD

In a pot, bring iced tea, sugar and salt just to a simmer, stirring occasionally. Remove from heat and stir well to make sure sugar and salt are dissolved. Squeeze all lemons and place in hot brine.

Refrigerate the mixture until cold.

Wash turkey well and place in large container. Cover with brine, placing something on top of the turkey so it is submerged. Refrigerate for 12-14 hours.

After 12-14 hours, remove turkey from brine and wash lightly. Place on a rack and cook at 425 degrees to an internal temperature of 140 degrees. Remove and let cool completely.

When ready, grill slowly and baste with lavender butter until the turkey reaches an internal temperature of 165 degrees.

GOAT CHEESE CREAMED SPINACH

INGREDIENTS

- 1 large onion, diced
- ¾ pound spinach, roughly chopped
- 2 cloves garlic, chopped
- ¾ cup sherry
- 2 cups heavy cream
- 3 ounces goat cheese

METHOD

Over medium heat, sauté onions until translucent. Add chopped spinach and sauté until wilted. Add garlic, stirring, then deglaze with sherry.

Add heavy cream and bring to simmer, continuing to cook for about 10 minutes. Remove from heat and whisk in goat cheese.

LAVENDER BUTTER

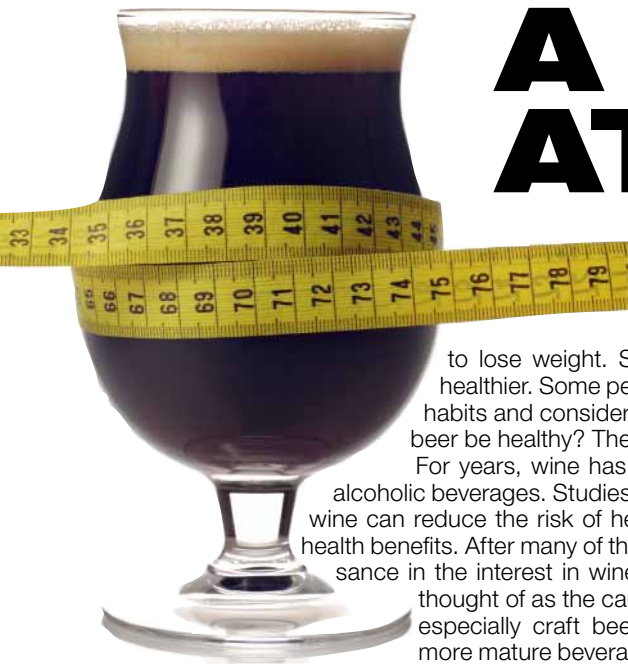
INGREDIENTS

- 1 pound butter, softened
- 1 tablespoon lavender flowers

METHOD

Place soft butter and lavender flowers in food processor and run for 20-30 seconds or until combined. The flowers will not totally puree, which is fine.

Store in refrigerator until ready to use.



A HEALTHY ATTITUDE OF BEER

It's a new year. People are contemplating new beginnings and new goals. Many are making resolutions to quit smoking or to lose weight. Some just make a point to be healthier. Some people contemplate their drinking habits and consider drinking less. But can drinking beer be healthy? The answer seems to be yes.

For years, wine has stood out as the healthiest of alcoholic beverages. Studies have shown that a glass of red wine can reduce the risk of heart disease and provide other health benefits. After many of these studies came out, a renaissance in the interest in wine occurred while beer was still thought of as the cause of "beer belly." But as beer, especially craft beer, is now being considered a more mature beverage and more relevant in our society, there has been an increased interest in studying the health effects of drinking beer.

Consumption of beer for its health benefits is not a novel concept. For centuries beer was regarded as a staple in some cultures. It gave strength and carbohydrates and was used to fend off illnesses or to even cure them. Only recently has beer reentered the public conversation of a healthy lifestyle, as many studies worldwide show moderate and consistent consumption of beer helps reduce certain health risks.

Of course, beer is an alcoholic beverage and any abuse of alcohol is extremely unhealthy – excessive beer intake will increase health risks that moderate consumption decreases. A moderate level of beer is around one to two beers a day for women and one to three a day for men.

At the recent 11th Annual European Nutrition Conference held in Madrid, a beer and health symposium took place. There, researchers shared their findings with the public and colleagues on research into the health aspects of beer. Among the research presented were findings ranging from beer and cardiovascular disease and bone density to beer for athletes and nursing mothers. Jonathan J. Powell, director of studies at Human Nutrition Research, presented his research into the silicon content of beer. Powell concluded that moderate beer consumption contributes to healthy bone structure through its high levels of silicon. His research also noted that moderate consumption of ethanol from beer aids in the fight against bone deterioration.

It also seems beer may help prevent heart disease. Consumption of beer increases high-density lipoproteins, commonly known as "good" cholesterol. Beer is a source of B vitamins folate and riboflavin. According to the Office of Dietary Supplements, folate is "essential for the metabolism of homocysteine, and helps maintain normal levels of this amino acid." High levels of homocysteine can contribute to heart disease.

From 1999 to 2005, the Folate Func Health project in the United Kingdom researched folate and its uses. Among other

foods researched, the organization looked into beer. According to their research, one beer has between 30 and 180 micrograms of folate, with an average of around 80 micrograms. This is roughly equal to four pieces of asparagus. The Func Health project studied different styles of beer and how folate levels change during the brewing process. Their study showed that among beers tested, Bavarian wheat beers and Belgian Trappist ales showed the highest levels of folate. The study found that some methods, such as bottle-conditioning, the addition of sugar and yeast during bottling to carbonate beer naturally, may lead to an increase in folate levels. Also, it seems that the more raw ingredients used in beer, like barley, the higher the levels of folate. This is great news for craft-beer drinkers as craft beer uses more barley than the average mass-produced beer and many craft beers are bottle-conditioned. Learn more about this interesting project at ifr.ac.uk/folate/Final_Project_Report.pdf

As 2012 begins, craft beer is entering a bold new era. Never before has craft beer been as popular as it is today – not only in bars and restaurants but now in doctors' offices and health stores. An apple a day may keep the doctor away, but a beer or two a day may help you too! For more information on the health aspects of beer, check out CraftBeer.com or Beerandhealth.eu

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SPOTLIGHT



Nilaja Sun in *No Child*

PHOTO COURTESY OF PLAYMAKERS REPERTORY COMPANY

No Child

Inspired by her own experiences as a theater teacher in some of the rowdiest schools in New York, Nilaja Sun's one-woman play *No Child* tells the story of a teacher trying to lead a group of students through a performance of the 1988 play *Our Country's Good*.

No Child, directed by Hal Brooks, takes place at the fictional Malcolm X High School, and for 65 minutes Sun introduces the audience to a wide array of characters, from sassy students to an idealistic new teacher, all lovable in their own quirky way and full of plenty of wit to elicit more than a laugh or two.

The play's title refers to the "No Child Left Behind" act created by the Bush administration, and it gives viewers a glimpse into America's school system as encountered by Sun: a place full of hope and hopelessness, failure and success and overall love.

The play runs Jan. 11-15 at the Kenan Theater in the Center for Dramatic Arts at UNC. Tickets range from \$10 to \$35. Visit playmakersrep.org for more information.

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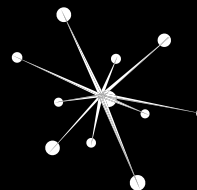
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Sun. January 15, 7:00 pm. \$15/\$17,
members \$13

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EXPERIENCE**
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CAUGHT ON FILM

BY MARGOT C. LESTER

THE MAKERS OF EL CAFFINATO

One of the most talked-about films at the Carrboro Film Festival last month was the Western musical *El Caffeinato*, created by husband-and-wife filmmakers Rory Bradley and Liz Levitt-Bradley of Carrboro. It was the film's festival premiere, and it won Best Film honors.

The short rock-opera follows the traditional Western plotline, featuring hipsters in a contemporary coffee shop. The reluctant hero, Milo, is heartbroken at being ignored by the barista, Pepper. When a "menacing stranger" intrudes on the café, Milo has to rise to the occasion.

"We got to have all the fun of making a Western without having to find horses or carriages or anything like that," Bradley notes. "We still had cowboy boots though."

Inspiration for the film came from a genre featured in the 48 Hour Film Project, Musical/Western. The festival intended for filmmakers to choose one or the other, but the combination of the two piqued the Bradleys' interest.

"We started contemplating how fun and humorous it could be to combine them," Levitt-Bradley laughs.

MAKING MOVIES

The film was planned using storyboards Levitt-Bradley painstakingly produced.

"Liz drew over 140 images envisioning every shot that we wanted in the movie," Bradley recalls. These – along with videos; clips from *Mad Men* and *Kick Ass*; and photographs, including shots of coffee cups and café tables



El Caffeinato, created by Carrboro filmmakers Rory Bradley and Liz Levitt-Bradley, won Best Film at the Carrboro Film Festival. **FILM POSTER COURTESY OF RORY BRADLEY AND LIZ LEVITT-BRADLEY**



The "menacing stranger" in *El Caffeinato*

PHOTO COURTESY OF RORY BRADLEY AND LIZ LEVITT-BRADLEY

– were sent to local cinematographer Nic Beery to create the look and feel of the film.

The story was shot mostly at Jessee's.

"Everything from the wall colors to the pressed tin ceilings, the roaster room and the back bar made it really ideal for our project and captured the aesthetic that we wanted," Levitt-Bradley says. The cast and crew shot eight script pages in 10 hours on a one-day shoot at Jessee's. The industry standard is typically only two pages in 12 hours.

HAND IN HAND

Collaborative creation is the Bradleys' preferred M.O. They met at Wesleyan University and have collaborated on art and in life ever since. In 2010, they enrolled in The Peoples Channel's field editing class and decided to give filmmaking a try. Though *El Caffeinato* is their first film project together, both worked in the performing arts for many years.

"As the daughter of a professional mime, I grew up understanding that the performing arts are an important and essential part of life," says Levitt-Bradley, who got into theatre at age nine. Bradley got his start as a college freshman, working on an independent feature called *Rounding First in Pennsylvania*.

For the *El Caffeinato* book, the Bradleys collaborated with Emily Jean Frachtling and Rebecca Ripperton, former students of theirs at the Emerson Waldorf School. The foursome wrote the lyrics in about three days, going through the story chronologically.

"When we each had material, we'd share it aloud and begin picking and choosing lines, mixing and matching great phrases or great words until we had dialogue that we were proud of," Levitt-Bradley explains.

"With our four voices blending together, the characters became more dynamic and multi-dimensional. When a character's lines encompass each writer's subtly different ideas, you really start to get a sense of the movement and activity of that character's thoughts. They start to seem more real and believable, even if they are singing all their words in a highly improbable reality. Every lyric in the script was written in this collaborative fashion."

Then the Bradleys paired up to work out the melodies and chord progressions on guitar and piano over

a couple of days. Bradley followed that up with a long weekend "with a digital recorder and all of my instruments spread around on the floor of our office, recording the instrumentation you hear in the movie," he says.

YOUR LATEST TRICK

Speaking of recording, get this: No sound was recorded on set.

"Every sound effect, footstep, piece of dialogue, cup clink, leather skirt squeak – all of that was created by Liz and Aiden Dale [aka Dusky Dan Digby] and recorded after the fact, then synced up with the movie," Bradley explains.

Levitt-Bradley developed a talent for sound effects while she and her husband worked on an original radio drama on WESU, at Wesleyan.

"We built a makeshift sound booth out of cardboard and clearance foam egg crate bed toppers. Actors came over and recorded their parts one by one, watching a rough cut of the movie on a monitor that we set up in the cardboard booth and trying to match what they saw on screen. The final sound mix had something like 35 different layers, because you have to mix all of those things in separately."

The filmmakers are submitting *El Caffeinato* to a number of other film festivals, which means, ironically, that if you missed it at the festival, you won't be able to see it for the near future. You can, however, check out the trailer at vimeo.com/30657963

ONCE UPON A TIME IN THE WEST

For these filmmakers, Carrboro's got it all.

"We love the sense of community here, as well as the lively sense of activity," says Levitt-Bradley.

"What sums it up for me is that everything relating to *El Caff* happened in about a 2-mile radius," her husband adds. "We live up the street from Jessee's, which is a block or so from Nic's office and the Carrboro ArtsCenter, where we also filmed, and another block from where the film debuted at the Carrboro Film Festival in the Century Center before a huge crowd of people who turned out to support local films. That's what this town is like – it's a small place filled to the brim with creative happenings and great food and a strong community feeling."

SPOTLIGHT



Some Army

PHOTO BY AGATHA DONKAR

Fan Modine and Some Army

Do you like to support all things local? If you're from around here, chances are, of course you do! So get out to Local 506 on Friday, Jan. 13 to enjoy the indie-rock rhythms of Carrboro-based bands Fan Modine and Some Army.

Some Army is still a relatively new band, having formed in early 2011 of members from various local bands, including The Honored Guests and Aminimal. While the band has yet to release an album, Some Army has put out a few songs on the web that showcase their sleepy-rock style perfectly. The sounds seem to encourage you to close your eyes as they take you away with the plucking of guitar strings, a beating drum and various instruments weaving in and out behind calming vocals.

Fan Modine, on the other hand, is a veteran of the scene, and though some of its members haven't been along for the entire ride, front man Gordon Zacharias has been keeping the indie-pop prowess of Fan Modine alive for a while. Their latest album, *Gratitude for the Shipper*, is full of great sounds that will make for a fabulous live set. Also be sure to check out the band's website, fanmodine.com, for a just-released music video.

It's safe to say that if you want to keep in with the local cool kids, this is definitely a show to attend. Doors open at 9 p.m. and the show starts at 9:30 p.m. Tickets are \$8 for this all-ages show, but if you don't have a Local 506 membership card yet, make sure to bring an extra \$3, because you won't get in without one.



Fan Modine

PHOTO BY MICHAEL TRAISTER

SPOTLIGHT

John Howie Jr. and the Rosewood Bluff

If you went into mourning when country-twang band Two Dollar Pistols broke up in 2008, it's time to put away the somber black cowboy attire – John Howie Jr. is back and ready to blow you away.

Howie's new band, the Rosewood Bluff, comprised of drummer Matt Brown, bassist Billie Feather, guitarist Tim Shearer and Nathan Golub on pedal steel, brings together a sound that is more country-rock than the Pistols' twang on their debut full-length album *Leaving Yesterday*.

While the album will find itself in heavy rotation on whatever music player you choose to indulge in, nothing will allow their music's honky-tonk shuffles to find their way into your heart quite like hearing them live.

John Howie Jr. and the Rosewood Bluff will be at The Cave on Jan. 27, so wear your finest cowboy duds and come out to see what is sure to be a fantastic show.

Doors open at 8 p.m.



John Howie Jr.

PHOTO COURTESY OF NEIL CARPENTER / CHARLOTTEFIVE.COM

MUSIC CALENDAR JANUARY

THE ARTSCENTER

South Wing Band (1/7) Jeremy Kittel Band (1/15) The Shana Tucker Hindugrass Experience (1/20)

CAT'S CRADLE

The Wusses (1/31) Underwater Rave (1/6) The Menzingers (1/12) Abbey Road Live (1/13, 1/14) Mipso Trio (1/14) Anthony Green (1/22) Where's the Band (1/24) Danna the Buffalo (1/26) Old 97s (1/27) Acoustic Syndicate (1/28) Jeff Mangum (1/30) Kathleen Edwards, Hannah Georgas (1/31)

THE CAVE

Killer Filler, The Monterreys (12/30) The Late Comers, Blood Red River, The Malamondos (12/31) Black Girls (1/4) J Kutchman and the 5th's (1/5) Seth Coluzzi, Appaluccia, 2013 Wolves, Paint Fumes (1/6) Bad Dog Blues Band, Stella Lively (1/7) Blackwood and Wormy's Open Jam for the Peeps (1/11) Megan and Jean and the KFB (1/12) The Usuals (1/13) Climb Jacobs Ladder (1/14) Rebekah Jean (1/15) Sugar Lime Blue (1/18) River City Ransom, Vannevar (1/19) Albert Simpson, Penny Prophets, Kenny Roby (1/20) Albert Simpson, Salt to Bitters, Pros and Cons (1/21) Alex Bowers (1/22) Chris Hardy World, Aaron Berg and The Heavy Love, Mountainwalker (1/26) Pagan Hellcats, John Howie Jr and The Rosewood Bluff, Magnolia Collective, Lake and Henepin (1/27) Climb Jacobs Ladder (1/28) Swervocity (1/29)

CENTURY CENTER

Steph Stewart and the Boyfriends (1/26)

GENERAL STORE CAFÉ

India Cain, Keith Allen (12/29) Mark Holland (12/30) Justin Johnson and The Grand Ole Uproar (12/31) Jazzbeau (1/5) Jay Brown, Mayor Randy Voller (1/6) The String Peddlers (1/7) The Free States (1/13) Tommy Edwards and Friends, The Red Threads (1/14) Tony Galiani (1/19) Raven Ridge, NC Songwriter's Showcase (1/20) The Magnolia Klezmer Band, Judy Woodall (1/21) Justin Johnson (1/26) Blackbird Blues Jam (1/27) The Lucky Strikes (1/28)

INTERNATIONALIST BOOKS

Inkyskulls, Hissy Fits (1/16)

LOCAL 506

Hammer No More The Fingers, Boykiller, Organos (12/31) Balance and Composure, Tigers Jaw, Captain We're Sinking (1/4) Magnolia Collective, Birds and Arrows, Tripp, Big Fat Gap, Mary Jonson Rockers and The Spark (1/6) Menzingers, Almost People (1/12) Some Army, Fan Modine, Prypyat (1/13) Red Collar, Spiderbags, Rat Jackson (1/14) He's My Brother She's My Sister, Shovels and Rope (1/17) The Features, Girl In A Coma (1/18) Bright Light Social Hour (1/19) Erick Baker, Callaghan (1/22) Benji Hughes, Wylie Hunter and The Cazadores (1/27)

MEMORIAL HALL

Brooklyn Rider and The Knights (1/11)

NIGHTLIGHT

The Fooligans, Neur, Captive, Doombunny (12/29) Easy Company, Nice to Meet You James, You Will Be Ascending (12/30) The Magnolia Collective, Josh Moore, Christopher Jones and the Naturalists, Effingham, Anna Rose Beck,

ALBERT SIMPSON THE CAVE: JANUARY 20 & 21



Jokes and Jokes and Jokes (1/1) Hogg, Orthrus, Church of Wolves (1/16)

OPEN EYE CAFE

Laura Thurston (1/14) Barhop String Quartet (1/21) North Columbia (1/27)

ST MATTHEW'S CHURCH

St Matthew's Women's Singing Circle, Ericka Patillo (1/5)

THE STATION AT SOUTHERN RAIL

Brad Maiani Trio, STAG (12/29) Alex Bowers and Friends (12/30) Honeychile, Fantastico (12/31) Mahalo Jazz (1/1) Stripmall Ballads (1/3) Gmish Klezmer Band, The Toddlers, Animal Alfabet

(1/4) Alex Bowers and Friends (1/6) Windy City Slim and the Sunnland Rhythm Kings (1/7) Bibis Elison and the God Doc (1/11) Stag, Calico Haunts (1/19) Bisis Ellison and the Good Doc (1/25) Kenny Roby, Mark Holland (1/26) Mr. Billy (1/28)

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GIMME 5

Ashley Melzer writes the Gimme Five! column for *The Carrboro Citizen's* MILL blog (carrborocitizen.com/mill/tag/gimme-five), in which she asks local bands five probing questions. Below is a selection of favorites from the column to date.



RAPSODY

TC: Describe your writing process.
Rapsody: I come up with a concept first most times, and other times I just write whatever comes to my mind. I plug the words into my cadence. I like to write in my Blackberry in the dark, with a black light on and the beat loud.

ALEX IGLEHART OF CALICO HAUNTS

TC: What did you dream of being when you were a kid? (How'd that turn out?)
Iglehart: I think at first, I wanted to be a pro skateboarder. Though I quit skating seriously when I was about 16, skateboarding magazines and videos turned me on to many bands that I would not have heard otherwise. I wouldn't have gotten into music so much if it wasn't for skateboarding. I was buying Dinosaur Jr. tapes when I was 13 because I heard them in skate videos.



PHIL OF PHIL COOK AND HIS FEAT

TC: Who/what are a few inspirations or influences that might really surprise people?

Cook: Many times in my life, I connected more honestly with female voices like Patty Griffin, Sarah Siskind, the Dixie Chicks, Rickie Lee Jones, the Be Good Tanyas, the Indigo Girls and Shawn Colvin. I would say that Bruce Hornsby was my first big influence, the one who got me playing piano well past when my folks went to bed. When I was 9, my two favorite records were *The White Album* by the Beatles and *Silhouette* by Kenny G.



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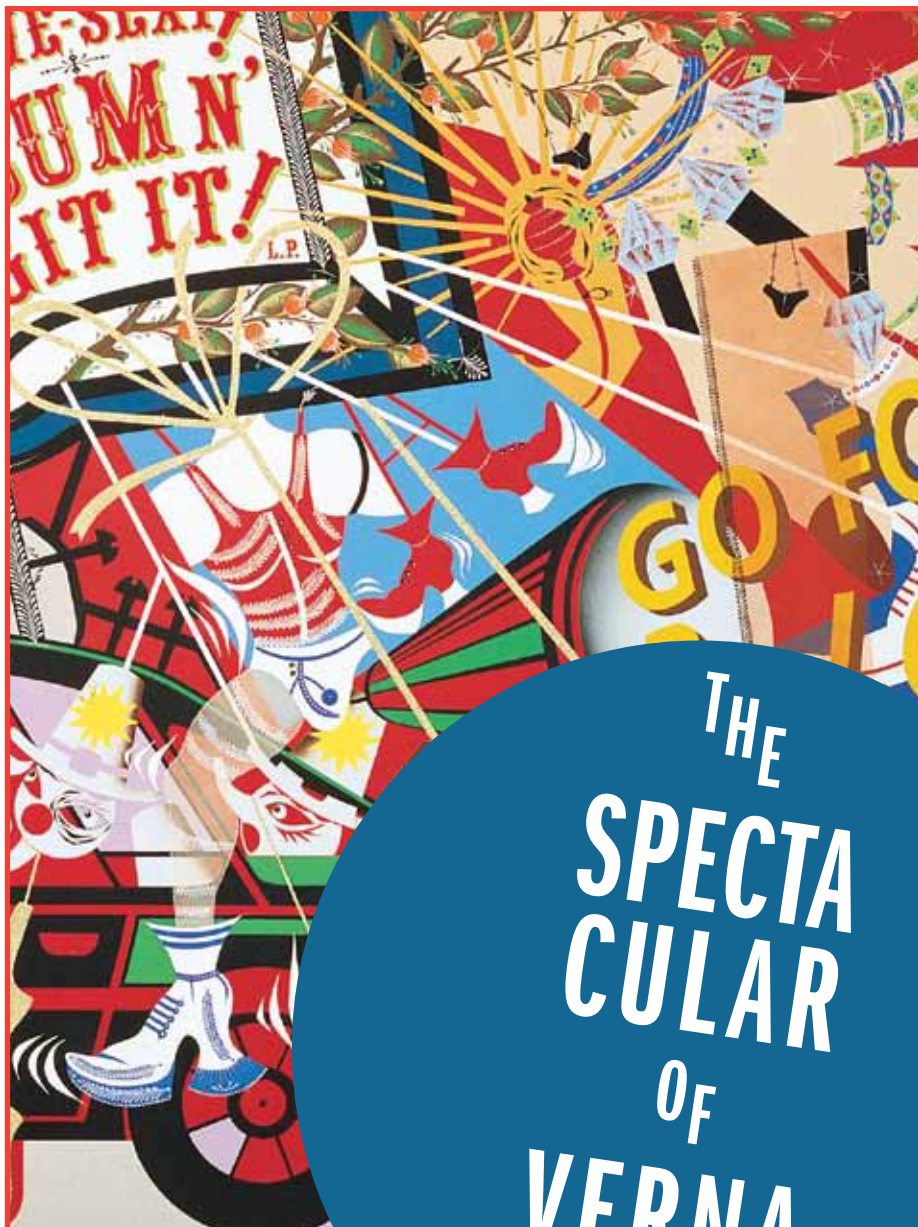
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THE SPECTACULAR OF VERNACULAR

Lari Pittman, *Untitled #30*
(A Decorated Chronology of Insistence and Resignation) (detail), 1994; acrylic, enamel, and glitter on two wood panels. Courtesy Regen Projects, Los Angeles. © Lari Pittman.

14 JANUARY–18 MARCH 2012

The Spectacular of Vernacular is organized by Walker Art Center, Minneapolis, and is made possible by generous support from the Andy Warhol Foundation for the Visual Arts, Helen and Peter Warwick, and Margaret and Angus Wurtele.

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HUNTER****(\$15)

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RANERI (BAYSIDE), CHRIS
CONLEY (SAVES THE DAY),
EVAN WEISS (INTO IT. OVER
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UP KIDS)****(\$14/\$16)

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BUFFALO****(\$17/\$20)
W/WOODY PINES

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W/THOSE
DARLINS****(\$18/\$20)

SA 1/28 **ACOUSTIC
SYNDICATE
W/TOWN
MOUNTAIN****(\$12/\$14)

TU 1/31 **KATHLEEN
EDWARDS****(\$20/\$23)
W/HANNAH GEORGAS

WE 2/1 **TYCHO
W/BEACON****(\$12/\$15)
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MICHAEL JACKSON
TRIBUTE****(\$15)

SA 2/4 **THEOPHILUS
LONDON****(\$12/\$15)

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BROSSARD
"LA ROUTE AU MARDI
GRAS"****(\$15/\$17)

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WAYNE
W/THE STARS
EXPLODE****(\$20/\$23)

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W/SHEARWATER**

TH 2/16 **EMILIE
AUTUMN****(\$15/\$17)

TU 2/21 **BLIND
PILOT****(\$15/\$17)

TH 2/23 **COREY
SMITH****(\$15/\$20)

FR 2/24 **SAUL
WILLIAMS****(\$15/\$17)

TH 3/1 **HEARTLESS
BASTARDS****(\$14/\$16)

SA 3/3 **FUN****(\$17/\$19)

SU 3/4 **CULTS****(\$15/\$17)

TU 3/6**(\$20/\$23)
**BOYCE AVENUE
W/SECONDHAND
SERENADE**

WE 3/15**(\$20/\$23)
**GOMEZ
W/HEY ROSETTA!**

FR 3/17**(\$12/\$14)
BOWERBIRDS
TU 3/21 **NEON INDIAN
W/PURITY
RING****(\$12/\$14)

FR 3/23 **YOUTH
LAGOON****(\$13/\$15)

SU 4/1 **THE NAKED
AND FAMOUS
W/VACATIONER****(\$15)



WE 4/11 AND TH 4/12
THE MAGNETIC
FIELDS
TWO SHOWS!

ALSO PRESENTING

**LOCAL 506
(CHAPEL HILL)**
TH 1/12/12 **MENZINGERS W/
ALMOST PEOPLE**

FR 2/24/12 **OTHER LIVES**
SA 3/3/12 **CRAIG FINN W/
MARCELLUS HALL**

**MEMORIAL HALL
(UNC-CH)**
MO 1/30/12 **JEFF
MANGUM**

SOLD OUT W/ANDREW
SCOTT & LAURA
**HAW RIVER BALLROOM
(SAXAPAWHAW)**

SA 2/4/12 **MOUNTAIN
GOATS W/NURSES**
**THE CAVE
(CHAPEL HILL)**

SU 2/5/12 **RICKOLUS**
**THE CLAYTON CENTER
(CLAYTON)**

SA 2/11/12
**TODD SNIDER
W/ROSIE GOLAN**

**NIGHTLIGHT
(CHAPEL HILL)**
TU 2/28/12 **ZEE AVI**

**LINCOLN THEATRE
(RALEIGH)**
WE 2/15
WE 2/15/12

**THEY MIGHT BE
GIANTS**
W/JONATHAN COULTON

FR 3/9/12 **THE WAR
ON DRUGS AND
WHITE RABBITS**
PRESENTED IN
ASSOCIATION WITH
HOPSCOTCH

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**ASTERISKS DENOTE ADVANCE TICKETS @ SCHOOLKIDS RECORDS IN RALEIGH, CD ALLEY IN CHAPEL HILL
ORDER TIX ONLINE AT ETIX.COM * WE SERVE CAROLINA BREWERY BEER ON TAP!+ WE ARE A NON-SMOKING CLUB