

**THURSDAY**
Showers
47/34

**FRIDAY**
Sunny
51/30

**SATURDAY**
Partly Cloudy
52/44

C THE CARRBORO CITIZEN



PHOTO BY DAVE OTTO
Young Gabe Hart helps Joanna Smith with the “tree-hugging” measuring technique on a giant pine in Carrboro’s Adams Tract.

FLORA BY KEN MOORE

Get outdoors on New Year’s Day

The annual Eno River Association’s New Year’s Day walk is a decades-old tradition. This year, hundreds of folks, young and old, will enjoy another well-organized walk along the river, welcoming the New Year and celebrating that long corridor of preserved wild lands.

For those of you who prefer walks with fewer people, our area has lots of great walking and hiking options. There are many other trails along the Eno, and Duke Forest has so many trails that you can walk a different one each week for three months without repeating your walks (www.dukeforest.edu).

For folks who don’t want to travel more than a few blocks from downtown Carrboro, you can enjoy the Adams Tract, with its trail head in Wilson Park at the end of Williams Street. This town-managed natural area offers several short trails through different forest communities. In reality, the Adams Tract is an unannounced gateway to the extensive and beautiful, rocky Bolin Creek forest corridor. Cross the creek and beyond you will discover trails through hundreds of acres of the University’s Carolina North property, better known as the Horace Williams tract. So you can easily extend a short walk to a half-day leisurely ramble.

Just before Christmas, a small group of us had a fine time discovering a great number of impressive trees just within the 30-acre Adams Tract. Young naturalist 6-year-old Gabe Hart helped the older folks in measuring some of the larger trees using a “tree-hugging” technique. We discovered that you don’t really need justification for hugging a big tree. Just do it in appreciation of the tree; and while you’re at it, look straight up to get a human-humbling perspective.

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A year of major events, great elation and stunning sorrow

BY KIRK ROSS
Staff Writer

The happenings that drive the news cycle are typically either something big that changes the lives of a few people or something incremental that affects many. Major news — something big that happens to many — is rarer.

The year 2008, however, is an exception. Going into it, we all knew it would be a big year, in part because of the pending election of a new president, governor and much of our council of state.

In Orange County, we entered the year in the midst of a serious drought and prepared for a somewhat less seismic but still significant shift in local

politics and leadership, with a new chancellor search started, a state Senate race contested by two well-known and well-liked candidates and the board of county commissioners expanding from five to seven.

What most of us did not see early in the year were the clouds on the horizon. The national economy may not be in ruins, but it is in tatters. And even though the old bromide that here in Orange County we’re immune, or at least buffered, from downturns has been dutifully repeated, this community enters 2009 far less well off than a year ago, on the street as well as on paper.

Big decisions were made this year, among them the approval of new

developments that will reshape the downtowns of Carrboro and Chapel Hill. The economy may delay or alter these, but the trend is clear — a denser, more populated and multi-story central business district is in the cards.

Other decisions affected the rural areas. One was the much-protested decision by the county to build a new waste transfer station near the White Cross community on N.C. 54. Another decision, this one by state water-quality officials, denied a request by the county for a local public hearing on the continued application of biosolids — a nice word for what comes out of sewage treatment plants — by the City of Burlington.

A look at the events of 2008
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The university’s decision to seriously pursue a new airport to replace Horace Williams and the state Legislature’s decision to write into law that it must be in Orange County

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The Year in Review



A celebration of the life of Eve Carson, March 2008, at the Smith Center.

PHOTO BY ISAAC SANDLIN

A hard year for the schools

BY SUSAN DICKSON
Staff Writer

CHAPEL HILL — It has certainly been a year of transition in the Chapel Hill-Carrboro City Schools, with the opening of new schools and facilities and the appointment of new administrators. But while many would like to look back on 2008 and remember the new successes of the sports teams and the first Carrboro High School prom, at the forefront of the memories of many members of the school community are the untimely deaths of three Chapel Hill High School students.

In July, recent Chapel Hill High graduate Lilli Manis was killed when a drunk driver struck the car she was riding in with her boyfriend, Philip Jurov. The two had been returning from

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Hometown New Year’s resolutions

MARGOT C. LESTER
Staff Writer

New Year’s resolutions have been traced all the way back to ancient Rome, where citizens offered resolutions to honor the god Janus, for whom January is named. (By the by, Janus was the god of the gates, doorways, beginnings and endings).

Here in the States, we probably have Ben Franklin to thank for the tradition. One of his many adages goes like this: “Be at war with your vices, at peace with your neighbors and let every new year find you a better man.”

So influential was Ben’s advice that today about

one-third of Americans resolve to improve themselves in various ways during the coming year.

How many actually keep them is another issue entirely. In fact, only one out of five resolution-makers had kept their promises two years later. But that doesn’t mean you shouldn’t make them anyhow.

“In many ways, New Year’s resolutions can help us create clear goals, build enthusiasm and fight procrastination,” says Ronald Nathan, creator of the CD *Relieving Your Holiday Stress and Achieving Your New Year’s Resolutions*.

To improve your odds of success, stop stressing about it. The fact is, we’re probably going to backslide. According to Nathan, even successful resolv-

ers reported an average of 14 such slipups or lapses. So the trick is to stay constructive.

“Avoid saying, ‘I’ve blown it and I’ll never be able to succeed,’” he suggests. “Replace this discouraging self-chatter with, ‘Tomorrow’s another day and I’m going to get on with keeping my New Year’s resolutions.’ You may have lost the battle, but don’t convince yourself that you’ve lost the war.”

So what have locals resolved for 2009? Here’s a sampling:

Based on the philosophy that if you keep doing things the same way, you get the same results, I’m

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Amid the doom and gloom, positive developments in Orange County

BY TAYLOR SISK
Staff Writer

BREAKDOWN
A series on Mental Health Care in NC

This story is the seventh in a series about mental health care in North Carolina. To read the previous stories in this series, go to www.carrborocitizen.com/main/2008/10/04/breakdown-series/



PHOTO BY AVA BARLOW

Dr. John Gilmore, vice chair of the UNC Dept. of Psychiatry, and Bebe Smith, a licensed clinical social worker, will operate the OASIS program and STEP Clinic from new offices in Carr Mill Mall.

and young adults who are experiencing, or are at risk of experiencing, early psychosis.

The second comes from the Town of Chapel Hill, where Mayor Kevin Foy has convened a Mental Health Task Force, comprised of advocates from the community, local govern-

ment and UNC.

Community based

John Gilmore, vice chair of the UNC Department of Psychiatry, envisioned a community clinic that would provide services for people with severe and persistent mental illness.

Thanks to \$100,000 from the state’s Mental Health Trust Fund, \$400,000 from the state Legislature and, most recently, a \$900,000 grant from the Duke Endowment, that vision has now become a reality.

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SEE **POSITIVE** PAGE 7