Grad students: Jumpstart your career by applying for predoctoral fellowship awards

Whether or not your lab has adequate funding, applying for an individual predoctoral fellowship award is an excellent way to gain grant writing experience and promote your career. There are few accomplishments that carry more weight on your CV than reporting that you are the recipient of a competitive predoctoral fellowship.

Some of the best known predoctoral fellowships available to biological and biomedical researchers include the National Research Service Award (application deadlines in August and December), and the National Science Foundation (application deadline in November).

TIBBS and UNC provide many resources to help you identify other funding opportunities and prepare a competitive application. The TIBBS website has a list of links where you can go to learn about predoctoral funding opportunities. Throughout the year TIBBS also plans timely grant writing workshops specific to the major predoctoral funding competitions. In these workshops faculty members who sit on the actual review committees answer your questions about what makes a competitive application. Attendees also receive a CD containing actual examples of funded and non-funded grants for reference.

UNC’s GrantSource Library also has a wealth of information about funding opportunities. (Article continued on Page 5)
New BBSP Summer Program Gives Budding Science Researchers Laboratory Experience at UNC-CH

As part of the initiative to increase underrepresented minorities in the sciences, the Biological and Biomedical Sciences Program (BBSP) recently hosted its first Summer Undergraduate Research Experience (BBSP-SURE).

Nine undergraduate Biology and Chemistry students from University of Puerto Rico at Cayey, Grambling State University, Winston-Salem State University, North Carolina Central University, and Delaware State University were invited to spend 10 weeks in University of North Carolina at Chapel Hill to conduct research in different laboratories of faculty mentors they were matched with.

The students worked under the guidance of graduate students or postdoctoral fellow mentors, and each of them was assigned a graduate student “buddy”. The purpose of the program is to provide undergraduate students with training and mentoring to inspire them to pursue graduate studies and to excel as researchers.

The students were given additional training through weekly professional development workshops which were facilitated by various experts, a weekly journal club organized by PhD candidate Evan Merkhofer, and GRE preparatory classes taught by Dr. Paul Medina.

The summer research experience culminated with the students presenting posters of their research along with students of other similar summer programs at UNC, like SURE/REU and SUUPPRT.

The first BBSP-SURE was co-directed by Dr. Paul Medina and Dr. Pat Phelps, and was funded by BBSP, The Center for Excellence in Genomic Sciences, the University of Puerto Rico at Cayey and the Experimental Pathology Training Grant and the UCRF. – Paul Medina
UNC’s biomedical graduate students now have their own source of more than 60 books covering a broad range of topics from career exploration, to manuscript preparation, to academic job searching, to issues facing minority students. The new library is housed in the TIBBS/BBSP offices in the northeast corner of the 1st floor of the Bioinformatics Building.


Written by professional speakers, this practical manual is aimed at graduate students, junior researchers, professionals, or clinicians who are preparing to give talks at meetings and academic conferences. The book features step-by-step instruction for creating clear and compelling presentations. Includes color examples of slides and posters from actual presentations, and field-tested methods for success behind the podium. Also contains tips on answering questions and strategies for handling media and job interviews. The authors are professional public speakers who teach presentation skills to scientists and medical researchers at the National Institutes of Health and in the private sector.

The 21 Irrefutable Laws of Leadership: Follow them and People will Follow You. by John C. Maxwell and Zig Ziglar

What would happen if a top expert with more than thirty years of leadership experience were willing to distill everything he had learned about leadership into a handful of life-changing principles just for you? It would change your life. John C. Maxwell has done exactly that in The 21 Irrefutable Laws of Leadership.

Maxwell offers lively stories about the foibles and successes of Lee Iacocca, Abraham Lincoln, Princess Diana, and Elizabeth Dole in The 21 Irrefutable Laws of Leadership. Readers can expect a well-crafted discussion that emphasizes the core attitudes and visions of leadership.

If you’re interested in borrowing one of the books please contact Ms. Eileen Hayter first (ehayter@email.unc.edu or 843-8291) to be sure the book is available.

For a complete list of books available in the TIBBS Library click here
TIBBS-Sponsored Events in August

Wednesday 8/19, 9:00 - 11:30, Industry Networking Event at the North Carolina Biotech Center
As the capstone of the joint Duke/UNC workshop series “Essential Skills for Success in Industry” you are invited to attend a networking event with biotechnology and pharmaceutical professionals to be held at the North Carolina Biotechnology Center (click here for directions). Many of the panelists from the workshops will be present as well as other invited guests from industry including bench scientists, business owners, entrepreneurs, CEOs, venture capitalists, intellectual property attorneys, and many like minded students from UNC and Duke.

Agenda:
9:00-10:00AM. Question and answer session with industry postdocs currently in the NCBC Industry Fellowship Program.
10:00-11:30AM. Poster and networking session with industry professionals.
Click here to register for the networking event.

Monday 8/24, 5:00 - 7:00, TIBBS Welcome Picnic on the MBRB lawn
Come rain or shine to welcome the new BBSP students and enjoyed your favorite picnic foods. There will be BBQ’ed pork, hotdogs, hamburgers, BBQ chicken, fruit salad, and a host of other side dishes. Don’t miss out on this popular end-of-summer tradition.

Turn to the next page for more TIBBS-sponsored events in August

Where on Campus is That??
If you’re one of the first ten PhD students to correctly identify the location of this picture on UNC campus you’ll get a free candy bar! Email your guesses to pdb@unc.edu.

Click here for past contest photos and a list of winners
TIBBS-Sponsored Events in August

Tuesday 8/25, Teaching Jobs – deciphering ads and preparing application materials. Time and location to be determined. Please contact Ashalla Freeman (ashalla@unc.edu) for more information.

Friday 8/28, 12:00 - 1:00, TIBBS Social—Gourmet Cupcakes
MBRB Lawn
Golden Butter, Chocolate Ganache, Lemon Meringue, Vanilla Bean, Red Velvet, Peanut Butter, Raspberry-filled, and Sweet Potato cupcakes! What better reason to gather on the MBRB lawn to network and socialize with your fellow students. Please bring your one card to be served.

Predoctoral Fellowship Opportunities (from page 1)
Grant experts at the GrantSource Library hold monthly workshops for students in the health sciences to help you identify funding opportunities based on your research topics, personal background, and other factors.

Another valuable resource is Science Magazine’s GrantsNet site. GrantsNet is a free service that publishes a weekly funding update detailing common and little known funding opportunities and upcoming grant deadlines. You can sign up to automatically receive the update in your inbox each week. The site even features new and unique grants on a sidebar.

The GrantNet searchable funding database is fully searchable by grant title, granting organization, research area keyword, application deadline and training level.

Be on the lookout this fall for TIBBS workshops that will help you submit a competitive fellowship application.

- Patrick Brandt
August 2009 Seminars

August 28th
“How Do Astrocytes Control CNS Synapse Formation?” Keynote address at the Neuroscience Research Day by Dr. Ben Barres, MD, PhD, from Stanford University. Held from 12:00 to 1:00 in the MBRB ground floor auditorium.

In preparation for the new departmental seminar season starting next month TIBBS offers this Seminar Bingo Board courtesy of PhD comics...
August 2009 Campus Events and Workshops (Page 1 of 2)

August 3rd
Identifying Funding Sources for Graduate Research and Study in Health Sciences.
The workshops includes: Fundamentals of graduate funding and Tips for researching funding opportunities
Hands-on instruction in the best use of online funding resources including the COS funding database and customiza-
able alert service
Held in 307 Health Sciences Library on south campus from 12:00 to 1:30 p.m. To register: http://research.unc.edu/ grantsource/workshops_help.php

August 4th
Investigator-Initiated Studies (Adv.) In this event, sponsored by the Office of Clinical Trials, we will discuss how
Investigator-initiated projects differ from Industry-sponsored trials. We will review the role of the sponsor-investigator
as well as discuss contractual and financial obligations. Held in 1131 Bioinformatics, from 1:30 PM - 3:30 PM. To

Aseptic Technique Class The IACUC Aseptic Techniques class is a hands-on wet lab designed to teach students
how to maintain sterility during survival rodent surgeries. This course is required for Laboratory Animal Coordinators
who are members of labs that will be performing sterile rodent surgeries. UNC rodent users who will be performing
sterile surgeries are encouraged to attend; otherwise training may be provided by a certified Laboratory Animal Co-
ordinator. Prerequisites: Research Profile, Lab Worker Form, Animal Handler Form, and IACUC/DLAM on-line ori-
entation (http://cfx3.research.unc.edu/iacuc_reg/). Held in Glaxo Building room 148 from 10:00 AM - 12:00 PM. To

August 5th
Introduction to Vector NTI This session will be an overview of the basic tools available in the Vector NTI Suite of
software. The course is targeted towards those who have not used the software, or are new to it, and who are inter-
ested in using this software to support their research. The modules that make up the Vector NTI system support an-
notation, sequence assembly, blast searching, translation, primer design, in silico cloning, and a number of common
DNA analysis tools. The graphical interface, image quality, and ease of information import and export from the Vec-
tor NTI system are very user friendly. This session will be hands on for those using a Windows version of Vector NTI
although are applicable for Macintosh users. A laptop will be available for all attendees to use during the session.
TIME: 2-4 PM. LOCATION: 3136 Bioinformatics. To register: http://bioinformatics.unc.edu/cgi-bin/dev/
seminars.cgi?db=default&uid=&view_records=1&ID=*&mh=10&sb=5&so=ascend

August 6th
Mouse Handling Class The Mouse Handling and Techniques class is a hands-on wet lab designed to teach students basic techniques in mouse handling including restraint, simple injections, bleeding techniques, anesthesia and euthanasia. This course is required for Laboratory Animal Coordinators in laboratories working with live mice. All other mouse users on campus are welcome to attend; otherwise training may be provided by a certified Laboratory Animal Coordinator. Prerequisites: Research Profile, Lab Worker Form, Animal Handler Form, and IACUC/DLAM on-line orientation (http://cfx3.research.unc.edu/iacuc_reg/). Held in Glaxo Building room 148 from 10:00 AM - 12:00 PM. To register: http://cfx.research.unc.edu/res_classreg/browse_single.cfm?New=1&event_id=22053

August 11th
Mouse Handling Class The Mouse Handling and Techniques class is a hands-on wet lab designed to teach students basic techniques in mouse handling including restraint, simple injections, bleeding techniques, anesthesia and euthanasia. This course is required for Laboratory Animal Coordinators in laboratories working with live mice. All other mouse users on campus are welcome to attend; otherwise training may be provided by a certified Laboratory Animal Coordinator. Prerequisites: Research Profile, Lab Worker Form, Animal Handler Form, and IACUC/DLAM on-line orientation (http://cfx3.research.unc.edu/iacuc_reg/). Held in Glaxo Building room 148 from 10:00 AM - 12:00 PM. To register: http://cfx.research.unc.edu/res_classreg/browse_single.cfm?New=1&event_id=22054
August 2009 Campus Events and Workshops (Page 2 of 2)

August 11th (continued)

Introduction to Sequencher  This session will be an overview of the basic tools available in Sequencher. Topics covered in this session: quality assessment of sequences, loading sequences into Sequencher, trimming sequences (vector, endtrimming, low quality ends), sequence assembly (assemble by name, assemble to reference sequence), edit contig, variance table, export the analysis result. This session will be hands on for those who use a Windows version of Sequencher although is applicable for Macintosh users. A laptop will be available for all attendees to use during the session. The session will be in Rm 2136 Bioinformatics building from 2:00-4:00 PM. To register:  http://bioinformatics.unc.edu/cgi-bin/dev/seminars.cgi?db=default&uid=&view_records=1&ID=*&mh=10&sb=5&so=ascend

August 19th

Rat Handling Class  The Rat Handling and Techniques class is a hands-on wet lab designed to teach students basic techniques in rat handling including restraint, simple injections, bleeding techniques, anesthesia and euthanasia. This course is required for Laboratory Animal Coordinators in laboratories working with live rats. All other rat users on campus are welcome to attend; otherwise training may be provided by a certified Laboratory Animal Coordinator. Prerequisites: Research Profile, Lab Worker Form, Animal Handler Form, and IACUC/DLAM on-line orientation (http://cfx3.research.unc.edu/iacuc_reg/). Held in Glaxo Building room 148 from 10:00 AM - 12:00 PM. To register:  http://cfx.research.unc.edu/res_classreg/browse_single.cfm?New=1&event_id=22056

August 21st

Breeder Policy Lecture

This course is required for all Principal Investigators and mouse handlers with breeding colonies. The one hour lecture reviews the Institutional policy concerning cage population densities: housing and breeding mice. Held in Glaxo Building room 148 from 10:00 AM - 10:45 AM. To register:  http://cfx.research.unc.edu/res_classreg/browse_single.cfm?New=1&event_id=22057

August 24th

MBA 848A: Launching the Venture I - Opportunity Recognition and Team Building

This course is the optional introductory course in the four-part Launching the Venture series meeting Monday evenings at 5PM in the McColl building at the business school. This course is NOT a pre-requisite for Launching the Venture II - Feasibility.

You will have two options: Enroll in this course for credit (half semester, 1.5 credit hours), or sign up for specific workshops (no credit, no tuition)

Held in McColl Building, from 5:00 PM - 8:00 PM. To register:  http://cfx.research.unc.edu/res_classreg/browse_single.cfm?New=1&event_id=22028

August 26th

Mouse Handling Class

The Mouse Handling and Techniques class is a hands-on wet lab designed to teach students basic techniques in mouse handling including restraint, simple injections, bleeding techniques, anesthesia and euthanasia. This course is required for Laboratory Animal Coordinators in laboratories working with live mice. All other mouse users on campus are welcome to attend; otherwise training may be provided by a certified Laboratory Animal Coordinator. Prerequisites: Research Profile, Lab Worker Form, Animal Handler Form, and IACUC/DLAM on-line orientation (http://cfx3.research.unc.edu/iacuc_reg/). Held in Glaxo Building room 148 from 10:00 AM - 12:00 PM. To register:  http://cfx.research.unc.edu/res_classreg/browse_single.cfm?New=1&event_id=22058

August 28th

Neurobiology Research Day

12:00 to 1:00—Keynote address by Ben Barres, Md, PhD, or Stanford University in the MBRB ground floor auditorium followed by a poster session from 2:30 to 4:30 on the second floor of the MBRB.
August 2009 Cheap Things to do Around Campus

Family activities are in red

PAT'S TOP FIVE PICKS

1. Paperhand Puppet's 10th Annual Summer Show
'The Living Sea of Memory': Reclaiming fragments of the human story through myth, magic and puppetry. Things to bring: picnics, kids, grandpeople, a cushion for your butt, responsible drinks and a sense of wonder. Pre-show at 6:20, main show at 7. General admission, no advanced ticket sales. Suggested donation $10-15 adults, $7 ages 3-12, 2 and under free. UNC Forest Theater - 300 South Boundary St - Chapel Hill

2. Sweet Honey in The Rock
FREE August 30th 4pm at Duke Gardens
On the lush, sloping lawn in the SE corner of Duke Gardens, a free daytime show rings in a season unlike any other. D.C.-based legends Sweet Honey distill two centuries’ of black experience into a cappella harmonies shot through with the joys of rapture and the demand for a better world. They sang at the Obama White House for Black History Month. They sing here, among the magnolias, to celebrate the 75th anniversary of Duke Gardens. This massive free show is open to all: bring picnics, bring children, bring your will to be moved. This group is awesome!

3. Bare Hands Grilled Pizza Sunday Supper
It's a simple plan, but we think it is pretty much unbeatable. We'll be serving pizzas hot off the grill on big communal tables with abundant open bottles of great pizza wines. Come with friends and have a great relaxed dinner with wine. Three styles of pizzas grilled over natural charcoal (sausage, onion and goat cheese, Margherita, and an eggplant/fresh veg pie) prepared in the parking lot and served hot with appropriate (mostly Italian) wines. We're bringing out our best to match the caliber of the food, so don't be surprised if a spendy bottle or two gets opened. $22 in advance / $25 at the door 6pm-8pm Three Cups Not Free but sounds awesome

4. BreastFest 2009!
Help support the fight against breast cancer by attending BreastFest 2009 at La Residence in Chapel Hill! Last year's event was a huge success, and we look forward to seeing everyone this year! Enjoy appetizers, drink specials, entertainment and music by local artists. Tickets are only $15. Please visit www.jenniwalks.com for more information! La Residence - Rosemary Street - Chapel Hill $15 Not Free but a good cause and I just love the name.

5. Music on the lawn concert series, American Tobacco District, Durham
North Carolina Public Radio WUNC sponsors the concert series and brings to the venue the best talent of their Back Porch Music series, broadcast Friday, Saturday, and Sunday at 8pm. It’s an eclectic top tier selection of bluegrass, folk and blues artists. Featuring The Carolina Chocolate Drops FREE

TIME WARNER CABLE MUSIC PAVILLION, RALEIGH
August 2nd Rascal Flatts with Darius Rucker
August 6th ColdPlay
August 8th lil Wayne
August 22nd Alan Jackson
August 29th Soul Music Festival
August 30th Kenny Chesney

WEST VILLAGE WAREHOUSE BLUES SERIES (FREE!)
August 7 - John Dee Holeman with Tad Walters and Abe Reid
August 14 - Adophus Bell and Dr. Burt
August 21 - Cool John Ferguson
August 28 - Boo Hankins and George Higgs  September 4 - Mudcat
The Warehouse Blues Concert Series is a series of free blues concerts, played outdoors in the courtyard of West Village in Downtown Durham. For information, call (919) 560-4355.
August 2009 Cheap Things to do Around Campus (Page 2 of 14)

Family activities are in red

PROGRESS ENERGY CENTER FOR PERFORMING ARTS, RALEIGH
August 1st to August 2nd The sound of Music
August 1st to August 9th Turn of The Screw
August 7th Laughter and Soul featuring Jennifer Holliday
August 14th Sunidhi Chauhan, Javed Ali & Hard Kaur
August 19th to August 30th Drift

DURHAM PERFORMING ARTS, DUKE UNIVERSITY
August 5th Maxwell

BYNUM FRONT PORCH MUSIC SERIES (FREE)
August 7th Near Blind James, Harmonica Bob & The Mighty Gospel Inspirations
August 14th Dana and Susan Robinson
August 21st Apple Chill Cloggers with The Hushpuppies
August 28th Saludos Compay

NORTH CAROLINA MUSEUM OF ART, RALEIGH
August 1st Outdoor Movie Kitt Kittridge: An American Girl 9pm
August 7th Outdoor Movie The Class 9 pm
August 8th Hubert Sumlin and Bob Margolin/Cadillac Records 7pm
August 14th Outdoor Movie The Visitor 9 pm
August 16th Mobius Quintet 3pm
August 21st Outdoor Movie The Dutchess 8pm
August 22nd Outdoor Movie The Sting 8pm
August 28th Outdoor Movie Gone with the Wind

KOKA BOOTH AMPHITHEATRE, CARY
August 6th Outdoor Movie Mama Mia at Dusk $3
August 8th The Soul Picnic with Mint Condition, Carl Thomas, Kindred The Family Soul, Doug E. Fresh, Jus Once Band 3pm
August 10th The Big Surprise Tour with Old Crow Medicine Show, David Rawlings Machine featuring Gillian Welch, The Felice Brothers, and Justin Townes Earle 6pm
August 15th Beer, Bourbon and BBQ Festival 6pm
August 16th Aniversario de La Ley VI noon to 8pm
August 23rd O.A.R. 6:30pm

DURHAM BULLS BASEBALL, DURHAM
August 1st to August 4th
August 6th to August 9th
August 14th to August 21st
August 29th to August 31st

DUKE GARDENS, DURHAM
August 30th Sweet Honey in The Rock FREE 4pm
Free Movies in the Gardens at Twilight
Aug. 5: "The Wizard of Oz"
Aug. 12: "Singin' in the Rain"
Aug. 19: "The Music Man"
Aug. 26: "Mary Poppins"
FREE kids activities at Duke Gardens
August 2: Rock Salt Mosaic -- Create colorful textural art.
August 9: Plant a Lawn Sponge -- Using sponges and annual grass seed, children will plant their own miniature lawns. They can later mow it or let it grow into a “meadow.”
August 16: Sand Paintings in a Jar -- Pour planned rainbows or let the colors fall where they will and see what surprises develop.
August 23: Build an Orange Rind Bird Feeder -- Kids will get a kick out of watching birds eat at their own little “Orange Julius” stand.
August 30: Sound Experiments -- Create rhythm shakers and other natural noisemakers.
Programs run from 3-5 p.m. at the Dawn Redwood near the foot of the Terrace Garden.

NORTH CAROLINA EVENTS

82nd Annual Mountain Dance & Folk Festival
Wednesday Aug. 5, 2009 – Friday Aug. 7, 2009
Asheville, NC – The nations longest running folk festival.

Dan River Boat Race
Mayodan NC Lindsey Bridge Access, Madison NC August 7th
Families and singles alike with their kayaks and canoes gather together at the Lindsey Bridge Boat access in Madison to begin a fun yet competitive 2.5 mile race down the Dan River. Begins at 10:00am. Fun for the entire family and awards given.

SATURDAY AUGUST 1ST
Tomato Festival 9:00 AM - 12:00 PM
University Mall and the South Estes Drive Farmers' Market Tomato Festival. Enjoy live music, chef demonstrations and tastings. Children will bob for romas and enjoy tomato art activities. FREE

Music
Cat's Cradle - The Cosmopolitans / Mitch Easter / Don Dixon $15
Open Eye Café - MS Benefit - Tomahawks
Local 506 - John Nolan / Mansions / Cool Ethan $8
Blue Bayou Club - Blues World Order

Lumina Outdoor Movie UP $3 – Bring your lawn chair, blanket, food and beverages. Movie starts at dusk

SUNDAY AUGUST 2ND
Jazz & More Sunday Brunch
11:00 AM - 1:00 PM
Enjoy a Sunday brunch on the lawn of the market, with performances by various groups, including jazz, bluegrass, Celtic, folk, traditional, oldtime, Klezmer, American, poly-ethnic and percussion, dancers and more. Weaver Street Market FREE

Summer Music Series
7:00 PM Performances by various musicians and groups on the lawn. Bring a picnic dinner and lawn chair or blanket. Tonight's performance by 2nd Stage (great folk-rock harmonies). Influenced by bluegrass, old country, blues and folk-rock.
Market Street Green - Market Street - Chapel Hill FREE

Aaron Mills Project – Sunday Night Jazz
Broad Street café FREE
**WEDNESDAY AUGUST 5TH**

**Locally Grown Music**

An electrifying evening of progressive Hip-Hop featuring Philly's "Written House" playing alongside Durham Hip-Hop duo, "Language Arts". When 5:30 pm – 7:30 pm Where The Pavillion, 501 Foster St, Durham NC 27701

**Community Presentation on the Nation of Bhutan**

7:00 PM Hannah Levinson, intern with the US Committee for Refugees and Immigrants, will give a community awareness presentation of the nation of Bhutan, the Bhutanese currently in refugee camps in Nepal, the resettlement process and what agencies like USCRI do. Features Khem Khadka, a resettled Bhutanese refugee. Open Eye Cafe - 101 S Greensboro St - Carrboro FREE

**Mad Money: a workshop series with financial guru Tractivists**

6:30-8pm. Traction, 1018 Broad St. money@getTraction.org

**THURSDAY AUGUST 6TH**

**Water Lily Walks** Water lily walk with aquatic plants specialist Tamara Kilbane, 9-11 a.m. Sarah P Duke Gardens FREE

**Downtown Wine-Down**

Ticket entitles you to one glass of wine, hors d'oeuvres from wonderful local restaurants, and coffee. Hear live music, mingle with interesting people, and bid on some great silent auction items. All proceeds support Clean Energy Durham's programs to reduce energy use in our homes Cost $25, $20 in advance.
August 6, 2009 5-8pm. West End Wine Bar, 601 W. Main St. (919) 560-0521

**Locally Grown Rooftop Movies & Concerts**

7:00 PM Tonight's movie is Night at the Museum: Battle of the Smithsonian'. Bring a lawn chair or blanket. Come early for free popcorn and children’s activities such as face painting, crafts with Kidzu Children’s Museum, sidewalk chalk, bubbles and a misting tent. Enjoy food and beverages from downtown merchants. Pre-movie entertainment at 7 pm by the Bouncing Bulldogs. Wallace Parking Deck - 150 East Rosemary St - Chapel Hill FREE

**Medical & Social Impacts of Nuclear Weapons on Japan & the US**

Programs on Hiroshima & Nagasaki days, including excerpts of survivor testimony & remarks from UNC-CH epidemiologist Steve Wing. --Thu, Aug 6, 7 pm: Highland United Methodist Church, 1901 Ridge Rd, Raleigh. --Sun, Aug 9, 2 pm: Chapel Hill Public Library, 100 Library Dr. Thu., Aug. 6 and Sun., Aug. 9. 419-1261, 851-5596.

**FRIDAY AUGUST 7TH**

**Fridays on the Front Porch**

5:00 PM to 8:00 PM Kick back, relax and get a jump-start on the weekend with live bluegrass music, a classic southern buffet or Tiny Vittles menu and full bar service. Plenty of comfortable seating under the shady oaks and magnolias on the front lawn. Performers tonight are Keep Off the Grass. The Carolina Inn - 211 Pittsboro St - Chapel Hill FREE

**The Atomic Brain**

North Carolina Natural History Museum First Friday 5–9 pm
Spend a delightfully different evening on the First Friday of every month. Enjoy light fare plus beer and wine from the Acro Café, shop at the Museum Store, enjoy the Nature Art Gallery, groove to live music and stroll through fabulous exhibits. At 7 pm, catch a free cult classic at The Natural Horror Picture Show.
"A rich old woman hires a convenient mad scientist to put her brain in a young woman's body, but when she rubs him the wrong way he decides to put her brain in a common housecat instead." — rottentomatoes.com Live Music by The Foyer
FRIDAY AUGUST 7TH

Fridays Uncorked (Wine Tasting)
5:00 PM Alsace is linguistically French but culturally German because the region has changed rule innumerable times through history. The wines reflect the rich culture of the region with tall German-style bottles of French grape varieties. A Southern Season - 201 South Estes Dr - Chapel Hill
Per person, $17.

Paperhand Puppet's 10th Annual Summer Show
6:20 PM 'The Living Sea of Memory': Reclaiming fragments of the human story through myth, magic and puppetry. Things to bring: picnics, kids, grandpeople, a cushion for your butt, responsible drinks and a sense of wonder. Pre-show at 6:20, main show at 7. General admission, no advanced ticket sales. Suggested donation $10-15 adults, $7 ages 3-12, 2 and under free
UNC Forest Theater - 300 South Boundary St - Chapel Hill

Music
Open Eye Café - Wylie Hunter
Blue Bayou Club - The BackBeat
Cat's Cradle - Cosmic Charlie / Annual Jerry Garcia Birthday Bash $10
Local 506 - Dark Meat / Whatever Brains $8
Brightleaf Square, Gregson St. at Main St Lynn McGee & the Monarchs FREE
Broadstreet café The Will McBride Group Guitar Based Jazz FREE

Lumina Outdoor Movies
Market Street Green - Market St - Chapel Hill $3

SATURDAY AUGUST 8TH

BikeFest 2009: The 14th Annual Rural Heritage Tour
7:30 AM Experience the bucolic scenery of farm life as you pedal through gently rolling terrain of northern Orange County. The Tour begins at the Superior Courthouse in downtown Hillsborough on E. Margaret Lane, and offers a choice of several rides: a 35-mile half metric, a 62-mile metric century, and a 100-mile English century. The 35 and 62 routes will have 2 rest stops while the 100 mile route has 4 rest stops. For those who want a much shorter ride, there is the free, family-oriented Historic District Fun Ride. The Fun Ride is a seven mile tour of historic sites in and around Hillsborough. All riders will be provided with directions, and can ride the route at their own pace. Staggered starts for rides. Refreshments will be provided at the end of the ride, but all riders are still encouraged to carry their own water bottles. While there is no fee for the Fun Ride, all riders must still register. Pre-registration only by August 1. 850 rider limit.

Coffee Brewing Workshop
A coffee brewing workshop fits the title, one coffee with many ways to brew it. Learn the difference between a press pot and a vacuum pot and how they brew the same coffee to taste different. We'll show you the procedures for each brewing method and discuss how the details effect the flavors. For the summer months, we've added a fifth method... Iced Coffee! Noon to 1PM, FREE

Three Cups

ASAC Academy Raleigh Funfest Horse Show
Horse show with classes for American Saddlebreds, Road Horses, Hackney ponies as well as some all breed classes. Emphasis on Academy, junior exhibitor and amateur riders. Affiliated with American Saddlebred Horse Association of the Carolinas (ASAC) Event is FREE spectator admission and begins at 10:00 am. Hunt Horse Complex, Raleigh

Appaloosa Show
FREE Spectator Admission. Event Hours: Saturday 8 am - 6 pm and Sunday 9 am - 5 pm. Hunt Horse Complex, Raleigh
August 2009 Cheap Things to do Around Campus (Page 6 of 14)

Family activities are in red

SATURDAY AUGUST 8TH (continued)

**Paperhand Puppet's 10th Annual Summer Show**
'The Living Sea of Memory': Reclaiming fragments of the human story through myth, magic and puppetry. Things to bring: picnics, kids, grandpeople, a cushion for your butt, responsible drinks and a sense of wonder. Pre-show at 6:20, main show at 7. General admission, no advanced ticket sales. Suggested donation $10-15 adults, $7 ages 3-12, 2 and under free. UNC Forest Theater - 300 South Boundary St - Chapel Hill

**Stock Car Racing: Summer Sizzler**
The fastest 3/8-mile paved oval track in the nation offers an exciting card on its high-banked wide turns, making for exciting competitive action. Track is open on race days (Mar-Nov), noon to midnight. Tower seats, $25. Orange County Speedway - 9740 NC Highway 57 – Rougemont 7:00 PM
Adults, $10; students, $8; children, free.

**Frog Hollow Yard Sale**
Featuring adventure gear such as canoes & kayaks, gps, tents, clothing and more. 8am-3pm (no early birds). Frog Hollow Canoe & Kayak Service, 5435 Guess Rd.
(919) 949-4315

**Beausoleil**
This legendary, Grammy award winning band take the rich Cajun traditions of Louisiana and artfully blend elements of zydeco, New Orleans jazz and blues and into a satisfying musical recipe. The ArtsCenter's dance floor will be open and Jack Wolf will give a free pre-show dance lession at 8 p.m. Tickets $23, Friend Price $21
08:00 PM

**Music**
- Open Eye Café Vintage Fresh
- Blue Bayou Club Ape Foot Groove
- Cat's Cradle 20 Years High and Rising Tour / De La Soul / Rapper Big Pooh $28
- Local 506 Nomo / DJ Jason Perlmutter $10

SUNDAY AUGUST 9TH

**Black Tea Tasting**
The new black is… black! With all the publicity about green tea, you might think black tea is on the decline. But 90% of tea drunk in the U.S. is black. We’re showcasing three fine black teas for your tasting pleasure Join tea specialist Kit Conway for a tasting of our Darjeeling, Keemun, and Yunnan teas – some of the best that China and India have to offer. As we rotate through three tasting stations Kit will describe the regional, varietal, and processing factors that create the distinctive taste, aroma, and appearance of each tea. This tasting will be a joint event with Triangle Tea Tasters, a local Meetup.com tea group. Three Cups FREE

**Jazz & More Sunday Brunch**
Enjoy a Sunday brunch on the lawn of the market, with performances by various groups, including jazz, bluegrass, Celtic, folk, traditional, oldtime, Klezmer, American, poly-ethnic and percussion, dancers and more. Weaver Street Market FREE

**Summer Music Series**
Performances by various musicians and groups on the lawn. Bring a picnic dinner and lawn chair or blanket. Tonight's performance by Club Boheme (gypsy jazz and swing). 7:00 PM Market Street Green FREE
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Family activities are in red

SUNDAY AUGUST 9th (continued)

**Bare Hands Grilled Pizza Sunday Supper**
It's a simple plan, but we think it is pretty much unbeatable. We'll be serving pizzas hot off the grill on big communal tables with abundant open bottles of great pizza wines. Come with friends and have a great relaxed dinner with wine. Three styles of pizzas grilled over natural charcoal (sausage, onion and goat cheese, Margherita, and a eggplant/fresh veg pie) prepared in the parking lot and served hot with appropriate (mostly Italian) wines. We're bringing out our best to match the caliber of the food, so don't be surprised if a spendy bottle or two gets opened. $22 in advance / $25 at the door 6pm-8pm Three Cups

**Sunday Afternoon Children's Drumming with Braima Moiwa**
Braima Moiwa is a freelance artist from Sierra Leone, West Africa, based in Durham, North Carolina. He is a storyteller and musician who provides hands-on experience (drumming, storytelling, basket-weaving, traditional textile tie-dye and batik techniques) as well as information on the historical background of these art forms. His workshops explore the connections between African and African-American culture and history. The workshop coordinated by the Hillsborough Arts Council will involve learning traditional way of drumming techniques. Cost - $5 per individual $10 per family of 4 or less. (more than 4 family members please add $5.00). Scholarships available. Hillsborough's Gold Park - 415 Dimmocks Mill Road - Hillsborough

TUESDAY AUGUST 11TH

**Crook's Corner Summer Food and Wine Social**
Southern, seasonal food is at the heart of the Crook's experience. Chef Bill Smith perfectly captures the flavor of Carolina summer in his cuisine. We'll pair our favorite warm weather wines with the small plates he creates. $20 in advance / $25 at the door

THURSDAY AUGUST 13TH

**Locally Grown Rooftop Movies & Concerts**
Tonight's movie is 'Cool Hand Luke'. Bring a lawn chair or blanket. Come early for free popcorn and children’s activities such as face painting, crafts with Kidzu Children’s Museum, sidewalk chalk, bubbles and a misting tent. Enjoy food and beverages from downtown merchants. Pre-movie entertainment at 7 pm by Miah & The Toyz Music.
Wallace Parking Deck - 150 East Rosemary St - Chapel Hill FREE

**Gay and Lesbian Film Festival**
Carolina Theatre, Durham NC Since its inception in 1995, the NCGLFF has become the second largest gay and lesbian film festival in the Southeast, attracting as many as 10,000 patrons yearly. Now celebrating its 14th anniversary, NCGLFF is one of North Carolina's most celebrated, eagerly anticipated and highly visible cinematic events. This year's festival will feature a diverse array of new films, including shorts, documentaries and feature films that provide a glimpse into the many faces of gay and lesbian life worldwide.

FRIDAY AUGUST 14TH

**Fridays on the Front Porch**
Kick back, relax and get a jump-start on the weekend with live bluegrass music, a classic southern buffet or Tiny Vittles menu and full bar service. Plenty of comfortable seating under the shady oaks and magnolias on the front lawn. Performers tonight are the Cadillac Stepbacks.The Carolina Inn - 211 Pittsboro St - Chapel Hill FREE

**Gay and Lesbian Film Festival** Carolina Theatre, Durham NC

**Grapes to Know and Love with Debra Lewis**
This informal tasting can be your guide to the classic flavors of France's most prominent wine grapes. Debra Lewis is a local who works for one of America's best importers of natural wine. Vintage 59 represents a tasty and eclectic selection of sustainably farmed and organic wines that taste of the real character of France. The un tarnished, assertive, quirky and basically just delicious true flavors of that nation will liven up this social. FREE Three cups
FRIDAY AUGUST 14TH (continued)

Fridays Uncorked (Wine Tasting)
Wine and Beautiful, Ripe Tomatoes: We'll pick wines that show off this miracle fruit at its juicy best. Taste these pairings, perfect and refreshing for enjoying on a warm, summer evening. A Southern Season - 201 South Estes Dr - Chapel Hill $15.
6:00 PM - 09:00 PM

National Barrel Horse Association Show
FREE Spectator Admission. State finals competition - Shows begin daily at 8 am on Friday and 9 am on Saturday and Sunday.
Hunt Horse Complex, Raleigh
www.nbha.com

Second Friday Art Walk
About two dozen art galleries and businesses stay open late for shopping, and many offer live music and refreshments. Map available at each stop. Visit Website for details. Various locations - Downtown - Chapel Hill and Carrboro FREE

Paperhand Puppet's 10th Annual Summer Show
'The Living Sea of Memory': Reclaiming fragments of the human story through myth, magic and puppetry. Things to bring: picnics, kids, grandpeople, a cushion for your butt, responsible drinks and a sense of wonder. Pre-show at 6:20, main show at 7. General admission, no advanced ticket sales. Suggested donation $10-15 adults, $7 ages 3-12, 2 and under free.

Fridays on the Terrace at Shula's 347
Drink, Appetizer Specials and Outdoor Dining. Live music by Mixed Greenz. 6:30 to 9:30 Shula's 347 Grill - One Europa Drive - Chapel Hill FREE

Music
Open Eye Café Dave Turner
The ArtsCenter - 300-G East Main St - Carrboro Dar Williams with Stephen Kellogg
Dar Williams has been engaging audiences since the early 1990s when she rose from the Northeast coffeehouse circuit and will be performing in a trio format tonight. 'A new generation of pop-folk enthusiasts lauds her as one of the genre's central figures' www.darwilliams.com. $25
Cat's Cradle Summer Reggae Fest 2009 / dub Addis / Mickey Mills & Steel / Give Thanks Band featuring Tony Dread / I-Dread on the turntable / Music, Arts & Crafts, Food, and more Fun! $8 in advance
Blue Bayou Club Martha Bassett Band
Local 506 Calico Haunts CD release show / Wild Wild Geese / John Howie, Jr

SATURDAY AUGUST 15th

Coffee Cupping
A cupping is a blind tasting of fresh roasted, fresh ground coffees. This is done to learn about the character – the aroma, flavor, body and aftertaste - specific to coffees from different regions, different varietals, and different growing processes. It's also designed to help appreciate what makes a great coffee great and to develop a palate for recognizing and selecting these coffees. The process of cupping is a process of tasting, thinking and learning with a group. A rule of silent work is used, so that no participant's tastes are influenced, although there is a lot of "aspirating" going on – snorting and slurping to get everything that's there. It's a chance to discover and appreciate what you like, what you don't like and a lot you probably didn't know about coffee cultivation and care. 12 - 1PM. FREE Three Cups

Gay and Lesbian Film Festival Carolina Theatre, Durham NC

SUNDAY AUGUST 16TH

Jazz & More Sunday Brunch
Enjoy a Sunday brunch on the lawn of the market, with performances by various groups, including jazz, bluegrass, Celtic, folk, traditional, oldtime, Klezmer, American, poly-ethnic and percussion, dancers and more.
Weaver Street Market - 101 East Weaver St - Carrboro (919) 929-0010 - Website FREE
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SUNDAY AUGUST 16th (Continued)

Gay and Lesbian Film Festival Carolina Theatre, Durham NC

Summer Music Series
Performances by various musicians and groups on the lawn. Bring a picnic dinner and lawn chair or blanket. Tonight's performance by The Gilbert & Sullivan Singers (from Broadway to 'The Pirates of Penzance'). Market Street Green - Market Street - Chapel Hill FREE.

TUESDAY AUGUST 18TH

Science Café at Tir Na Nog, 218 South Blount Street, Raleigh.
Did you know that North Carolina is home to almost 40 species of native snakes and all but six of them are non-venomous and considered harmless? Of the six venomous species found in our state, only one, the copperhead occurs statewide and is likely to be encountered in Wake County. Unfortunately, snakes are often feared and misunderstood, with many harmless species being misidentified and killed. In this café we will discuss topics including the natural history and identification of these animals, current NC legislation about snakes and other exotic reptiles, as well as the challenges involved with keeping snakes in a public Museum. This café will give you a new appreciation for this important group of reptiles.
About the Speakers: Daniel S. Dombrowski, M.S., DVM is currently the Veterinarian and Coordinator of Living Collections at the NC Museum of Natural Sciences. In 2006, he earned a DVM from NCSU with a focus in zoo medicine and advanced courses in reptile, fish, invertebrate, avian, and wildlife medicine, and received the 2006 Wildlife Avian Aquatics and Zoo Medicine proficiency in zoological medicine award. Dan has authored and coauthored several publications in pharmacology, natural history, as well as two book chapters focusing on topics in invertebrate medicine. His interests include wildlife conservation, education and veterinary medicine.
Phil Bradley is the Assistant Coordinator / Living Collections Herpetologist at the North Carolina Museum of Natural Sciences. He maintains all of the reptile, amphibian, and related flora components at the Museum and serves as an informational resource about reptiles and amphibians for the public. He is active in a variety of societies including the NC Herpetological Society (Stewardship committee chair) as well as the North Carolina Partners in Amphibian & Reptile Conservation (a voting member of the Policy, Regulation, and Trade committee). Phil has a special interest in state and federal law pertaining to reptiles.
RSVP to katey.ahmann@ncdenr.gov. For more information, contact Katey Ahmann at 919-733-7450 x531. FREE

THURSDAY AUGUST 20TH

Sangria Social
People take wine incredibly seriously. Um, we take wine very seriously. But for this one night we’ll divert all of our attention to big bowls filled with wine and fruit and stuff. Through untold hours of trial and error, rigorous, thankless research, we have arrived at a lineup of what may be the fruitiest, most delicious sangria ever conjured. Come and be amazed. Or at least refreshed. $12 in advance / $15 at the door. Three Cups

Locally Grown Rooftop Movies & Concerts
Part of a nine-week series to showcase local talent and movies. Tonight Local 506 presents an indie pop concert featuring 'The Love Language with Lost in the Trees'. Enjoy great food and beverages from local downtown restaurants. Music begins at 7 pm. Wallace Parking Deck - 150 East Rosemary St - Chapel Hill FREE.

Coffee Classes & More
Coffee Tasting 101. Space is limited. Please RSVP to coffeescott@gmail.com Open Eye Cafe - 101 S Greensboro St – Carrboro Free

FRIDAY AUGUST 21ST

Tango at Open Eye Cafe
Open Eye café 8:00 PM FREE
FRIDAY AUGUST 21st (continued)

**Fridays on the Front Porch**
Kick back, relax and get a jump-start on the weekend with live bluegrass music, a classic southern buffet or Tiny Vittles menu and full bar service. Plenty of comfortable seating under the shady oaks and magnolias on the front lawn. Performers tonight are the Gravy Boys.
The Carolina Inn - 211 Pittsboro St - Chapel Hill **FREE**

**Fridays Uncorked (Wine Tasting)**
Itally's Alto Adige: This small Italian region produces excellent red and white wines from traditional grape varieties, assimilating parts of the German culture into its own unique traditions, like Gewurztraminer and Lagrein. A Southern Season - 201 South Estes Dr - Chapel Hill
Per person, $16.

**Triangle Farms NCHJA "C" Outdoor Horse Show**
Hunter Jumper Horse Show - Friday through Sunday. Daily show begins at 8 am. These shows are hunter horse shows with most of the competitors being from North Carolina. NCHJA "C" Rated. **FREE** spectator admission. Hunt Horse Complex, Raleigh
[www.trianglefarms.com](http://www.trianglefarms.com)

**Cupcake Festival**
Eat cupcakes & vote for the best in Chapel Hill; also featuring live music & a screening of the documentary *Moving Midway* by former *Indy* film critic Godfrey Cheshire. Fri., Aug. 21, 7 p.m., Horace Williams House, , 610 E Rosemary St, Chapel Hill, 942-7818, [www.chapelhillpreservation.com](http://www.chapelhillpreservation.com).
Special Events

**Third Friday**
Gallery crawl with live music and other performances. Maps available at each participating location.
August 21, 2009 6-11pm. Various Locations Downtown, including Durham Arts Council, Bull City Arts Collaborative, Through This Lens and more.

**Durham, Be Easy (2nd Annual)**
Once again in the heart of downtown Durham, local performers are organizing a free community event that strives to spread a message of peace while encouraging creative expression as an alternative to violence. Language Arts, Black Poetry Theatre, and Dasan Ahanu spearhead this event, which will include performances of poetry, funk, soul, pop, rock, and hip-hop. The current lineup includes The Mountain Goats, The Beast, Kim Arrington, Lizh, Church da Poet, Dasan Ahanu, Bull City Slam Team, J. Bully and Language Arts. 6 p.m.-8 p.m. CCB Plaza, 201 N. Corcoran St.

**Paperhand Puppet's 10th Annual Summer Show**
'The Living Sea of Memory': Reclaiming fragments of the human story through myth, magic and puppetry. Things to bring: picnics, kids, grandpeople, a cushion for your butt, responsible drinks and a sense of wonder. Pre-show at 6:20, main show at 7. General admission, no advanced ticket sales. Suggested donation $10-15 adults, $7 ages 3-12, 2 and under free. UNC Forest Theater - 300 South Boundary St - Chapel Hill

**Fridays on the Terrace at Shula's 347**
Drink, Appetizer Specials and Outdoor Dining. Live music by Jo Gore and the Alternative.
Shula's 347 Grill - One Europa Drive - Chapel Hill **FREE**

**Music**
Cat's Cradle Benefit Concert Goathouse Cat Refuge Benefit / Tres Chicas / Luego / Gambling the Muse. Doors open at 8 pm.
Tickets $10 in Advance/$12 Day of Show
Blue Bayou Club Swamp Doctors
Local 506 Thee Dirty Beats / The Kinksmen $6
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Family activities are in red

FRIDAY AUGUST 21st (continued)

Lumina Outdoor Movies
Market Street Green - Market St - Chapel Hill $3

SATURDAY AUGUST 22ND

Coffee Brewing Workshop
A coffee brewing workshop fits the title, one coffee with many ways to brew it. Learn the difference between a press pot and a vacuum pot and how they brew the same coffee to taste different. We'll show you the procedures for each brewing method and discuss how the details effect the flavors. For the summer months, we've added a fifth method... Iced Coffee! Noon to 1PM, FREE at Three Cups

Music on the lawn concert series, American Tobacco District, Durham
08:00 PM North Carolina Public Radio WUNC sponsors the concert series and brings to the venue the best talent of their Back Porch Music series, broadcast Friday, Saturday, and Sunday at 8pm. It’s an eclectic top tier selection of bluegrass, folk and blues artists. Featuring The Carolina Chocolate Drops FREE

Black Light Insect Hunt
Buzz around with thousands of insects at night in the wetlands. Museum of Life and Science staff will lure the creatures of the night to a white cloth with irresistible strong lights that are set up on the boardwalk. See a variety of insects such as moths, beetles, and more. Entomologists will be on-hand to help you identify the bugs. Cost $5, $2.50 for kids under 12. 8:30-10:30pm Museum of Life and Science, 433 W Murray Ave. (919) 220-5429

MUSIC
Cat's Cradle – Augustana $15
The ArtsCenter Bowerbirds with Megafaun
'With the interesting instrumentation, plaintive male-female vocal harmonies and varying arrangements, Moore's songs took on a rambling dimension that would be just as at home in an Eastern European gypsy encampment as they'd be on some rogue, restless pirate ship. These North Carolina pop darlings soar with quirkiness and plenty of pluck’ –Spin.
www.bowerbirds.org. Megafaun opens. $10 in advance
Blue Bayou Club Crossover Blues Band / Opening band: Butter
Local 506 The Whiskey Smugglers CD Release Show / Lafcadio / Gambling the Muse Tickets $7

Lumina Outdoor Movies

Drag Bingo - Broadway
Proceeds benefit the Alliance AIDS Services - Carolina. Tickets $17 (advance purchase recommended). August 22, 2009 7pm; doors open 6pm. Durham Armory, 220 Foster St.

FOX 50 Family Fest
"Back to School" fun for the whole family. FREE 12-5pm. American Tobacco Campus, 318 Blackwell St. (919) 595-5050

BreastFest 2009!
Help support the fight against breast cancer by attending BreastFest 2009 at La Residence in Chapel Hill! Last year's event was a huge success, and we look forward to seeing everyone this year! Enjoy appetizers, drink specials, entertainment and music by local artists. Tickets are only $15. Please visit www.jenniwalks.com for more information! La Residence - Rosemary Street - Chapel Hill $15
**August 2009 Cheap Things to do Around Campus (Page 12 of 14)**

**Family activities are in red**

**SUNDAY AUGUST 23RD**

**Beer Drinkin', Pink Wine & Pig Pickin' Ukulele Band Social**
Late August is a turning point in North Carolina. I'm betting this will be the hottest week of the year. Who wants to cook? Nobody at 3CUPS. So we're enlisting our friends from the Barbecue Joint to provide classic NC BBQ. We're having a midsummer feast! Or fest? Anyway, liberal samples of cold, cold beer and tasty pink wine will be paired to classic southern summer fare. including The Barbecue Joint (roast pig), Neal's Deli (hot dogs), Carolina Brewery (beer and ale) and Locopops (gourmet popsicles). The High Dollar Hot Dogs will supply the hot ukulele licks. $30 in advance

**Jazz & More Sunday Brunch**
Enjoy a Sunday brunch on the lawn of the market, with performances by various groups, including jazz, bluegrass, Celtic, folk, traditional, oldtime, Klezmer, American, poly-ethnic and percussion, dancers and more. Weaver Street Market - 101 East Weaver St – Carrboro FREE

**SUMMER MUSIC SERIES**
Performances by various musicians and groups on the lawn. Bring a picnic dinner and lawn chair or blanket. Tonight's performance by Skeedaddle (jug band jump music). Market Street Green - Market Street - Chapel Hill FREE

**MONDAY AUGUST 22ND**
A weekly Tai Chi practice will be held on Tuesday, August 24, in the south courtyard of the Gillings School of Global Public Health (between Rosenau and McGavran-Greenberg Halls, near the loading dock). Every Tuesday at noon, those with or without experience are invited to attend a 45-minute practice in Yang Style Tai Chi Chuan. There will be a short warm-up and Chi-gong, an introduction to basic principles and Yang Short form. The class is led by Lisa Marcusson, who has taught Tai Chi Chuan for more than 20 years. The cost for 9 sessions is $40. Checks are payable to Lisa Marcusson. For more information, contact Sherry Roberts at sherry@unc.edu.

**THURSDAY AUGUST 27TH**

**Mary Rocap Music and Wine Social**
Mary is a vital (if occasionally hidden) part of what we do at 3CUPS. She accounts. She raises chickens and brings us eggs, the secret source of our strength. Ever wondered how we could carry nine press pots at once, or move a mountain of wine with only one or two coffee breaks? Mary's eggs. She is also an accomplished baker who can be found at the South Estes Farmers' Market on Saturdays. And a singer/songwriter who performs locally. These are the talents we'll showcase (with wine) at this event.

**300 E. Main Street Summer Parking Lot Concert Series**
Every fourth Thu from Jun to Sep, The ArtsCenter and Musical Roots Production presents music and food in the parking lot in cooperation with Cat's Cradle, Amante Gourmet Pizza, Carolina Brewery and Q Shack. Tonight: John Howie, Jr. (country rock). Admission is free but $5 donation buys a reusable wrist band and lets you purchase beer all summer. The ArtsCenter - 300-G East Main St – Carrboro FREE

**Carolina Chocolate Drops - Music On The Lawn Concert (Live Music)**
The series features a mix of acoustic, jazz, blues, bluegrass, Motown and salsa, combined with WUNC's "Back Porch Music." Blankets and chairs are welcome on the lawn, but no coolers please. FREE 6-8pm. American Tobacco Campus Amphitheatre, 318 Blackwell St.

**FRIDAY AUGUST 28TH**

**Fridays on the Front Porch**
Kick back, relax and get a jump-start on the weekend with live bluegrass music, a classic southern buffet or Tiny Vittles menu and full bar service. Plenty of comfortable seating under the shady oaks and magnolias on the front lawn. Performers tonight are Down River. The Carolina Inn - 211 Pittsboro St - Chapel Hill FREE
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FRIDAY AUGUST 28th (continued)

Fridays Uncorked (Wine Tasting)
An Evening With Juice Distributors: This company brings us wines from some of the best small American producers. Tonight, they'll decide what to bring so you can enjoy some of America's most talented European-style winemakers. A Southern Season - 201 South Estes Dr - Chapel Hill Per person, $19.

Last Fridays in Hillsborough
Art galleries, attractions and other businesses stay open late with music, crafts, performers, film and visual art exhibits, refreshments and more every month on the Last Friday, sponsored by the Hillsborough Arts Council. Downtown Hillsborough - Churton and King Streets – Hillsborough FREE

Last Friday Soapbox Derby Race at Burwell School
Celebrating Community Night at the Burwell School Historic Site will include an old-fashioned lemonade party, games for the children, bicycle decorating contests, and the highlight of the night, the soapbox derby race. Burwell School Historic Stie - 310 N. Churton St. – Hillsborough FREE

Music
Open Eye Café Greg Koons
Blue Bayou Club Room to Breathe
Local 506 Embarrassing Fruits / Free Electric State / Veelee $7

SATURDAY AUGUST 29TH

Pastry and Wine Tasting
Enjoy a free sampling of delightful handmade pastries created by Eric Valour, a formerly trained pastry chef from Lyon, France, and owner of Valour's Patisserie in downtown Hillsborough, paired with free samples of perfectly matched wines. 1:00 to 5:00 PM FREE
Hillsborough Wine Company - 118 S. Churton St. – Hillsborough (919) 732-4343

Coffee Cupping
A cupping is a blind tasting of fresh roasted, fresh ground coffees. This is done to learn about the character – the aroma, flavor, body and aftertaste - specific to coffees from different regions, different varietals, and different growing processes. It's also designed to help appreciate what makes a great coffee great and to develop a palate for recognizing and selecting these coffees. The process of cupping is a process of tasting, thinking and learning with a group. A rule of silent work is used, so that no participant's tastes are influenced, although there is a lot of "aspirating" going on – snorting and slurping to get everything that's there. It's a chance to discover and appreciate what you like, what you don't like and a lot you probably didn't know about coffee cultivation and care. 12 - 1PM. FREE

Music Open Eye Café Mandolin Orange performs. Money raised will go to benefit the Eastern Chapter of the Multiple Sclerosis Society. $5

Body Mind Spirit Expo
Holistic living expo - booths and lectures. Body Mind Spirit Expo is the largest health and wellness expo in the U.S. Come explore over 100 exhibitor booths and 70 free lectures. Hours are Saturday, 10 a.m. to 7 p.m. and Sunday, 11 a.m. to 6 p.m. Weekend Admission covers both days - $10 for adults and children under age 10 are admitted free. For more information email mollie@bmse.net or call 919-661-2282. Visit the web site for a discount coupon: www.bmse.net/ North Carolina State Fairgrounds
SUNDAY AUGUST 30TH

**Jazz & More Sunday Brunch**
Enjoy a Sunday brunch on the lawn of the market, with performances by various groups, including jazz, bluegrass, Celtic, folk, traditional, oldtime, Klezmer, American, poly-ethnic and percussion, dancers and more. Weaver Street Market - 101 East Weaver St – Carrboro FREE

**Paperhand Puppet's 10th Annual Summer Show**
‘The Living Sea of Memory’: Reclaiming fragments of the human story through myth, magic and puppetry. Things to bring: picnics, kids, grandpeople, a cushion for your butt, responsible drinks and a sense of wonder. Pre-show at 6:20, main show at 7. General admission, no advanced ticket sales. Suggested donation $10-15 adults, $7 ages 3-12, 2 and under free. UNC Forest Theater - 300 South Boundary St - Chapel Hill

**Summer Music Series**
Performances by various musicians and groups on the lawn. Bring a picnic dinner and lawn chair or blanket. Tonight celebrate the end of summer with the legendary local band The Nomads. Market Street Green - Market Street - Chapel Hill Admission, $5.