

# Triangle TRACKS

Tools, Resources & Activities for Carolina Kids

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

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## IN THIS ISSUE ...

### *Family Fun*

Local Farmers Markets Offer Bountiful Family Food and Fun...1  
Outer-Galactic Costume-Making Experience Planned at the Scrap Exchange in Durham Aug. 8.....2  
Decorate a Pencil Tin at Michael's.....2

### *Performing Arts*

The Paperhand Puppet Intervention Presents 'The Living Sea of Memory'.....1

### *Movies*

"Shorts," "G.I. Joe: The Rise of Cobra," "Bandslam" and "Ponyo" Hit Theaters This Month.....2

### *Museums*

Engineers Day, an American Girl Contest, Kick-off to Kindergarten and More Planned at Local Museums.....3

### *Sales*

Fall-Winter Consignment Sale Season is Here.....3

### *Sports*

College Football Season Officially Kicks off Aug. 23.....4

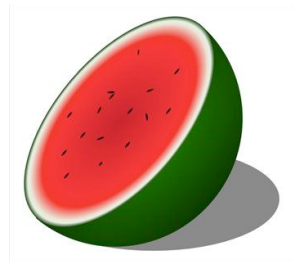
### *Inside TRACKS*

August Linkzine: How does exposure to music and art enhance a child's intelligence?...4  
New Links, TRACKers, Apps and Contests on TRACKS.....4

## Local Farmers Markets Offer Bountiful Family Food and Fun

Farmers Markets have sprouted across the Triangle thanks to a loyal—and satisfied—customer base. From Pittsboro to Wake Forest, you can share a fresh summer peach or slice of watermelon with your kids while supporting local farmers. Here are some of the local markets. One is surely in a town near you! Visit our Food TRACKS page at [www.triangletracks.com](http://www.triangletracks.com) to access each market's website.

*Apex Farmers Market*  
*Cary Farmers Market*  
*Carrboro/Southern Village Farmers Market*  
*Durham Farmers Market*  
*Holly Springs Farmers Market*  
*N.C. State Farmers Market*  
*Pittsboro Farmers Market*  
*Wake Forest Farmers Market*  
*Western Wake Farmers Market*



**Don't miss these upcoming events at the N.C. State Farmers Market:**

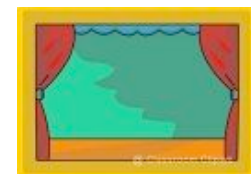
**Watermelon Day**  
Aug. 6

**Gourd Day**  
Aug. 8

## The Paperhand Puppet Intervention Presents 'The Living Sea of Memory'

The Paperhand Puppet Intervention's creative blend of giant puppets, painted cardboard, masks, stilts, shadows and other artistic effects come together in "The Living Sea of Memory."

Experience this performance every Friday, Saturday and Sunday Aug. 7 through Sept. 7 at Forest Theatre in Chapel Hill, and Sept. 11 and 12 at the North Carolina Museum of Art in Raleigh. Each show begins at 7 p.m. with a different pre-show each night at 6:30 p.m. There



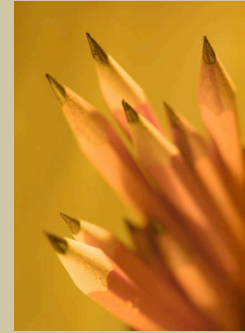
are no advance ticket sales; only general admission at the door, which is a suggested donation of \$10 to \$15 for adults and \$7 for children ages 3 to 12. Age 2 and under are free. Learn more at [www.paperhand.org](http://www.paperhand.org).

## Outer Galactic Costume-Making Experience Planned at the Scrap Exchange in Durham Aug. 8

The Scrap Exchange in Durham will host an out-of-this-world crafting experience Aug. 8 from 3 to 4:30 p.m. in celebration of a Durham Art Guild show featuring a touring exhibit of Sun Ra ephemera, Pathways to Unknown Worlds: Sun Ra, El Saturn and Chicago's Afro-Futurist Underground (1954-1968). Participants can make an Outer Galactic, Sun Ra-inspired costume in the Scrap Exchange's Make-N-Take room, then join in a sidewalk procession from Durham Central Park to the Durham Art Council building, where there will be a combination of film and music within the empty DAG gallery space. For more information, contact Jennifer Collins-Mancour, director of the Durham Art Guild at (919) 560-2713 or by email at [artguild1@yahoo.com](mailto:artguild1@yahoo.com).

### Decorate a Pencil Tin at Michael's

Kids ages 5-12 will enjoy preparing for the new school year at Michael's by decorating their own pencil tin Aug. 15 from 10 a.m. to 1 p.m. using stickers and paint (while supplies last) This event is free! Learn more at [www.michaels.com](http://www.michaels.com).



## 'Shorts,' 'G.I. Joe: The Rise of Cobra,' 'Bandslam' and 'Ponyo' Hit Theaters This Month

### *Marbles Kids Museum Hosts an IMAX Harry Potter Night*

August movie releases are packed with action, music and, of course, good versus evil.

"Shorts" premieres Aug. 7 and is set in a suburb where everyone works for BLACK BOX Unlimited Worldwide Industries Incorporated, whose Mr. Black's BLACK BOX is the ultimate do-it-all gadget. When a mysterious rainbow-colored rock falls on 11-year-old Toe Thompson and hits him on the head, everything changes. The rock grants wishes to anyone who holds it! Rated PG.

"G.I. Joe: The Rise of Cobra" also premieres Aug. 7. An elite military unit comprised of special operatives known as G.I. Joe, take on an evil organization led by a notorious arms dealer. Rated PG-13. View the trailer at [www.gijomovie.com](http://www.gijomovie.com).

"Bandslam" premieres Aug. 14. Vanessa Anne Hudgens and Alyson Michalka join Gaelan Connell, Scott Porter and Lisa Kudrow in this music-driven comedy. Singer-songwriter Charlotte Banks (Michalka) asks Will Burton (Connell) to manage her rock band so she can triumph over her egotistical musician ex-boyfriend, Ben (Porter), at the biggest event of the year, a battle of the bands. Rated PG. View the trailer at <http://bandslam-movie.com>.

"Ponyo" also arrives in theaters Aug. 14. This animated adventure is about a 5-year-old boy and

his relationship with a goldfish princess who longs to become human. Rated G. View the trailer at [www.disneydreaming.com](http://www.disneydreaming.com).

On Aug. 1, the North Carolina Museum of Art will show "Kit Kittredge: an American Girl" at 9 p.m. And on Aug. 28 at 8 p.m., the North Carolina Museum of Art presents a special 70<sup>th</sup> anniversary screening of the Hollywood classic "Gone With the Wind," based on Margaret Mitchell's Pulitzer Prize-winning novel. Watch Producer David O. Selznick's 1939 Academy Award-winning hit outdoors in the museum's Joseph M. Bryan, Jr., Theater.

Late Night @ Marbles Kids Museum presents "Harry Potter and the Half-Blood Prince: An IMAX 3D Experience" Aug. 21 from 6 to 11 p.m. After watching the movie in 3D, experience a magical night in the museum after dark. Dress as your favorite wizard and bring your camera for photo opportunities with characters from Hogwarts, and compete in a game of Quidditch, too!

Most of the summer movie series across the Triangle wind down this month. Visit our calendar at [www.triangletracks.com/events](http://www.triangletracks.com/events) for details on where and when. Also, visit [www.triangletracks.com/notes/Movie\\_TRACKS](http://www.triangletracks.com/notes/Movie_TRACKS) to access local theaters, including IMAX.

## Engineers Day, an American Girl Doll Contest, Kick-off to Kindergarten and More Planned at Local Museums

Museums across the Triangle continue to plan wonderful cultural and educational exhibits and events for children. To kick August off, the **North Carolina Museum of History** in Raleigh will host "Make It, Take It: Pirate Lore" Aug. 1 from 1 to 3 p.m. On Aug. 4 and 11 from 10 to 10:45 a.m., children ages 3 to 5 will enjoy "Time for Tots: Beat the Heat" and on Aug. 6 check out "Boats on the Coast" from 10 to 11 a.m., during which children will learn about the boats people on our coast built and used to go to work, school, church and other places. The swashbuckling fun continues at the North Carolina Museum of History Aug. 7 during "Friday at the Movies: The Black Pirate" from 7 to 9 p.m. Finally, on Aug. 12, celebrate the 4-H organization's 100<sup>th</sup> birthday from 12 to 1 p.m. You can learn more about all of these events at <http://ncmuseumofhistory.org>.

The **Museum of Life and Science** in Durham continues its daily "Super Cool Liquid Nitrogen Show" at 2:30 p.m. through Aug. 8, and hosts "Engineers Day" Aug. 15 from 10 a.m. to 4 p.m. A Black Light Insect Hunt (how cool is that?) will be held Aug. 22 from 8:30 to 10 p.m. Learn more about the museum's events and exhibits at <http://www.ncmls.org>.

You'll feel like you're at a local farmers market when **Marbles Kids Museum** presents "Summer's Bounty" Aug. 8 from 10 a.m. to 3 p.m. Just head to Castaway Cove Kids Garden to make and taste a simple and delicious treat using some of summer's freshest ingredients. Marbles Kids Museum also presents "Kick-off to Kindergarten" Aug. 16 from 4 to 6 p.m. to get future students off on the right foot. And on Aug. 18 from 2 to 3 p.m., visit the Coach's Corner at Marbles Kids Museum to learn all about tae kwon do. (Don't forget about the museum's magical Harry Potter night Aug. 21 from 6 to 11 p.m. See our movie article on page 2 for details on that.) Get more details at [www.marbleskidsmuseum.org](http://www.marbleskidsmuseum.org).

Prior to the **North Carolina Museum of Art's** screening of "Kit Kittredge: An American Girl" Aug. 1 (more details in our movie article on page 2 about that, as well), enjoy activities ranging from raffle prize giveaways and a jewelry craft workshop, to an American Girl Doll look-a-like contest and free ice cream for kids age 12 and under courtesy of Ben & Jerry's. Learn more at [www.ncartmuseum.org](http://www.ncartmuseum.org).

## Fall-Winter Consignment Sale Season is Here

'Tis the season for fall/winter shopping—the consignment way!

There's no better time to stock up on children's clothing for the cooler months. Here's where you can do just that!



**The Friendship Closet's** consignment sale is Aug. 7 and 8, and offers gently used clothing, toys and equipment for babies, children and pregnant women. The event is a fundraiser and mission outreach of the Friendship Circle at Apex United Methodist Church, and raises money for local women's and children's missions. You can learn more at [www.friendshipcloset.com](http://www.friendshipcloset.com).

**Upscale Resale** is a semi-annual children's clothing consignment sale featuring top-of-the-line labels from exclusive boutiques, trunk shows and clothing direct from manufacturers. The sale takes place Aug. 14 and 15 at the Cary Masonic Lodge. You can learn more about this sale at [www.upscalesale4kids.com](http://www.upscalesale4kids.com).

The **Triangle Mothers of Twins and Triplets** consignment sale is Aug. 15 in the N.C. State

Fairgrounds' Kerr Scott Building. Where else can mothers of twins and triplets stock up on double or triple the clothes? Learn more at



[www.tmott.org/sale.htm](http://www.tmott.org/sale.htm).

The **Twice as Nice** consignment sale is scheduled for Aug. 20-22 at New Horizons Fellowship Church (820 E. Williams St.) in Apex. This sale will feature a boutique clothing section. Learn more at [www.twiceasnice4tots.com/index.html](http://www.twiceasnice4tots.com/index.html).

## New Links, TRACKers, Apps and Contests on TRACKS

Over the past few months, we've added new links, TRACKers and applications to Triangle TRACKS. Here are some details on these additions.

**LINKS.** A few months ago, we cleared the 2,000 links mark, ensuring you access to the most complete list of children's resources in the Triangle. How do we know Triangle TRACKS offers 2,000+ links? *We counted them!* Some examples include additional book stores in the Triangle (thanks to Aylin Regulski, our Book TRACKer for compiling this list), a full list of links to local consignment stores on our Trend TRACKS page, updated meal deal information on our Food TRACKS page, and a link to more than 80 parenting "Meetup.com" groups in the Triangle on our Parent TRACKS page.

**TRACKers.** We've added a Book TRACKer, Aylin Regulski, who is doing an excellent job of blogging about children's books and other related news. She also regularly posts bookstore events on our calendar. We've also added a Tip TRACKer, Cotton Dean (aka "Cotton the Clown"). Who better to offer parenting tips than a seasoned mother, grandmother and children's entertainer? We hope you enjoy reading our new TRACKers' blogs. Let us know what you think!

**APPLICATIONS.** Our "App Directory," provided by Ning.com, offers 192 applications you can choose from. Create music playlists with The Jukebox application, while MyMiniLife is an application you

can use to show off your music style, pictures, and videos. You can even use it to leave electronic "post-it" notes for your friends! There are news feeds, Twitter trackers and more—and they are all free to TRACKS members on your personal page. We hope you'll check them out!

**CONTEST UPDATE.** Look for more opportunities from Triangle TRACKS to win tickets to plays, exhibits and other fun events this fall. Triangle TRACKS is proud to work with North Carolina Theatre, Carolina Ballet and local museums to make this happen for you! And don't forget about our fall membership drive. If you own a business and would like to help sponsor our prize packages by making a donation, please email [epshugg@triangletracks.com](mailto:epshugg@triangletracks.com).

**ADVERTISE WITH TRACKS.** Triangle TRACKS advertisements are inexpensive, colorful and effective. If you want to make your own, great! If you need us to make one for you, no problem. Visit [www.triangletracks.com](http://www.triangletracks.com) and click on "Advertise" to learn more about how it all works.

### AUGUST LINKZINE

August Linkzine: How does exposure to music and art enhance a child's intelligence? Visit [www.triangletracks.com](http://www.triangletracks.com) Aug. 1 to find out.

## College Football Season Officially Kicks Off Aug. 23

### Home Games Listed for the Big Three Local Schools Below

#### UNC-CH

9/5: UNC vs. The Citadel  
 9/19: UNC vs. East Carolina  
 10/3: UNC vs. Virginia  
 10/10: UNC vs. Ga. Southern  
 10/22: UNC vs. Florida State  
 11/7: UNC vs. Duke  
 11/14: UNC vs. Miami

#### NCSU

9/3: NCSU vs. South Carolina  
 9/12: NCSU vs. Murray State  
 9/19: NCSU vs. Gardner Webb  
 9/26: NCSU vs. Pittsburgh  
 10/10: NCSU vs. Duke  
 11/7: NCSU vs. Maryland  
 11/14: NCSU vs. Clemson  
 11/28: NCSU vs. UNC

#### Duke

9/5: Duke vs. Richmond  
 9/26: Duke vs. N.C. Central  
 10/3: Duke vs. Virginia Tech  
 10/24 Duke vs. Maryland  
 11/14: Duke vs. Georgia Tech  
 11/28: Duke vs. Wake Forest