

## Briefs

### Resource fair

The Orange County Department on Aging will hold its third annual Resource Connections Fair on Wednesday at University Mall. This year's fair is themed "Live well, Laugh often, Love much" and runs from 10 a.m. to 2 p.m.

The fair features 50 agencies and specialists with wellness screenings, professional insight and expert advice on such issues as assisted living, Alzheimer's disease, Medicare system navigation, financial counseling and legal planning.

Entertainment and refreshment will be provided and a raffle is in the works. Visit [orangecountync.gov/aging](http://orangecountync.gov/aging) for information or call the Seymour Center at 968-2070 or the Central Orange Senior Center at 245-2015.

### Green eggs and ham

This Saturday, the Carrboro Farmers' Market will offer an iconic green dish for kids of all ages.

In honor of National Nutrition month, Ryan McGuire, culinary trainer for local elementary schools, will be cooking a Dr. Seuss-inspired stir-fried green rice, eggs and ham dish using local produce found at the market that day. The dish, developed with Lantern's Andrea Reusing, has been submitted to the National Recipes for Kids Contest by Culbreth Middle School and has been voted a semifinalist. The event runs from 9 a.m. until the ham and eggs run out.

### BBQ & Brunswick stew

Mount Carmel Baptist Church will serve up BBQ and Brunswick stew this Saturday from 4 to 7:30 p.m.

All-you-can-eat prices will be \$9 for adults and \$5 for children 12 and under. To-go plates will be available for \$8. Bulk BBQ and Brunswick stew will cost \$7, while bulk hushpuppies and coleslaw will be \$2.

The church is located at 2016 Mount Carmel Church Road in Chapel Hill. For more information, call 933-8565

### Earth Action Day

The deadline for exhibitors to apply for booth space at Earth Action Day has been extended until Friday. Chapel Hill Parks & Recreation will present the festival at Southern Community Park on April 9 from noon to 5 p.m.

The event will celebrate sustainable living and will feature interactive activities, live entertainment and a food pavilion. There also will be a new mARTket, an earth-inspired art fair featuring local artists.

Local artists are encouraged to apply and sell their art. The entry fee for nonprofits and artists is \$40, \$75 for commercial organizations. Register at [townofchapelhill.org/earthday](http://townofchapelhill.org/earthday)

### Folklore society meeting

The N.C. Folklore Society's annual meeting and awards ceremony will be held April 2 from 9 a.m. to 5 p.m. at Gerrard Hall on the UNC campus.

The theme will be "Ain't No Lie: New Stories From Southern Ground." There will be panel discussions, an awards ceremony and a keynote address by folklorists Mary Hufford and Mary Anne McDonald. The event is free and open to the public. More information can be found at [ncfolkloresociety.org](http://ncfolkloresociety.org) or by contacting Emily Hilliard at (734) 476-4915 or [info@ncfolkloresociety.org](mailto:info@ncfolkloresociety.org)

### Passport fair

To celebrate Passport Day in the USA 2011, the Carrboro Post Office will hold a passport fair on April 9 from 8 a.m. to 2 p.m.

Applicants are encouraged to download an application at [usps.com/passport](http://usps.com/passport) and have it completed but unsigned before the fair. Applicants should also bring proof of American citizenship and proof of identity and should have the original copies as well as photocopies of both sides of the documents. The passport application also requires an identical color photograph of any applicant available at the post office for \$15. For additional information, contact the Carrboro Post Office at 968-4573.

## HOUSE Calls

Practicing family physicians from the UNC Department of Family Medicine have teamed up with *The Carrboro Citizen* to bring you a weekly feature responding to your questions about health and medicine. Send your questions or comments to [yourhealth@unc.edu](mailto:yourhealth@unc.edu)



This week we respond to questions about customer service and depression.

Dear HOUSE Calls, I went to my doctor's office recently and the receptionist said without looking up, "Ma'am, that will be a \$25 co-payment." There was no hello, no eye contact and no welcome. Later I went to get my haircut. When I entered I got a smile, eye contact and a welcome. I feel like I got treated better and paid far less at the hairdressers. What is going on here?

That is a painful reminder of how important customer service is in healthcare. We are sorry for your experience. In a service industry, we must treat our clients with warmth and respect. Patients have a choice of where to go for care and to retain them, we must treat them like the center of our business. They are! A patient who has a good experience feels more comfortable, and is likely to continue a long-term relationship with a doctor and a practice. Such patients may even be more successful

with treatment. This is behind the concept of the patient-centered medical home. Clearly, your experience was not patient-centered, as it did not make you feel comfortable. Thanks for the reminder.

Dear HOUSE Calls, I am 55 years old and have had fatigue and headaches for five years. My doctor said that I was depressed. I initially resisted the diagnosis, thinking that I must have something real. I realize that I was depressed, and it is real. I started medication and feel better. Why are we so resistant to thinking about mental illness as a real disease?

Thank you for sharing your experience. This is so critical for others to hear. Fatigue and headaches are common problems that are frequently caused by depression.

Despite decades of research and advances in treatment, there is still stigma associated with mental health problems. The stigma may be socially ingrained, though it's reinforced

by both the popular media and by lack of parity for mental health care coverage. Part of the problem is that mental health problems can't be seen. There is no X-ray, CT scan or blood test to diagnosis depression or anxiety. We know from research that there are differences in brain chemistry and architecture, but we don't have a practical way to test for them.

Depression is very real, and can be more debilitating than a heart attack or diabetes. We are so glad you figured this out and got the help you needed. We want to remind our readers that in addition to medicine, talk therapy, exercise, journal writing and even sunshine can help people with depression.

*HOUSE Calls is a weekly column by Dr. Adam Goldstein, Dr. Cristy Page and Dr. Adam Zolotor on behalf of Your Health and the UNC Department of Family Medicine.*

## OBITUARIES

### Jocelyn Rosemond

Jocelyn Rhynne Rosemond, known as "Jotty" to many, died peacefully the morning of March 12. Born and reared in North Carolina, she spent her formative years in Asheville. At 16, she and her family moved to Chapel Hill, where she matriculated to the University of North Carolina at Chapel Hill, studying voice and piano, receiving her Bachelor of Arts in music. She was a member of Delta Delta Delta sorority and the UNC Glee Club, in which she performed as a soloist on many occasions. She then earned her Master of Education in music and was a music teacher in the Durham County schools

for more than 40 years, where she was awarded Teacher of the Year as well as other accolades.

In 1953, she married the late A.M. Rosemond and enjoyed a devoted marriage for 53 years. They had one daughter, Celia Rosemond.

An avid gardener, Jotty looked forward to spring, when she would tend her garden with care and was a member of the Colony Woods Garden Club.

A devoted wife and mother, Jotty had a tremendous and contagious zest for life. Her positive spirit and enthusiastic outlook instilled happiness and hope in the many people whose lives she touched.

A funeral service is planned for Saturday, March 19 at 2 p.m. at the Episcopal Church of the Holy Family in Chapel Hill, with a reception immediately following in the parish hall. Burial will be at Chapel Hill Memorial Cemetery.

Jotty is survived by her daughter, Celia Rosemond, of Chapel Hill; her sister, Elise Thorne, and brother-in-law, Taylor Thorne of Chapel Hill; her brother-in-law, John Rosemond, and wife, Lolly, of Roanoke, Va.; and numerous nieces and nephews.

She will be greatly missed. Walker's Funeral Home, (919) 942-3861, of Chapel Hill is handling the arrangements for the Rosemond family.

## Spring books sales

Robins? Check. Daffodils? Check. Book sales? Check, check, check.

There are a few well-known signs of spring, and books sales at the local libraries are among them. Four sales are upcoming:

- The Friends of the Orange County Public Library will hold their Spring Book Sale March 25-27 at the new Orange County Main Library on Margaret Lane in Hillsborough. Hours are 4-8 p.m. on Friday, 9 a.m. to 4 p.m. on Saturday and 1-4 p.m. on Sunday.

Hardbacks are \$1 and paperbacks 50 cents. On Sunday, there will be a bag sale for \$3. On Friday, the sale is for members only,

but new friends can join at the door.

- Weekly Wednesday book sales are back at the Chapel Hill Public Library from 3-5 p.m. Fiction, nonfiction and children's books' prices start at 50 cents with gift quality and current fiction priced from \$1 to \$4.

- Friends of the Carrboro Branch Library are holding their annual sale in the McDoughe Schools' Cafetorium March 19-20. Hardbacks are \$1.50, trade paperbacks are \$1, small paperbacks are 50 cents and DVDs and CDs are \$1.



- The Friends of the Chatham Community Library will host their Spring Book Sale March 31-April 2 at the new Chatham Community Library on the Pittsboro campus of Central Carolina Community College.

Sale hours are 10 a.m. to 7 p.m. Thursday and Friday and 10 a.m. to 4 p.m. on Saturday.

A listing of rare books for sale can be accessed from the Friends website by clicking on the book sale tab at [friendsofthechathamcommunitylibrary.org](http://friendsofthechathamcommunitylibrary.org)

— Staff Reports

## SUPER CROSSWORD

## STROKES OF GENIUS

<b>ACROSS</b>	<b>topping</b>	<b>(59 film)</b>	<b>4 Swaddle</b>	<b>45 Poetic monogram</b>	<b>94 Fireworks reaction</b>
1 In addition	57 Makeup removers	107 Neighbor of Java	5 Little rocker?	47 Smell	95 "Alceste" composer
5 Throw out	59 Braga or Sanchez	108 Rock's Stefani	6 Lively dances	49 Jean of "Upstairs, Downstairs"	96 Curly coil
10 Spoil	60 That's no bull!	109 Brit. fliers	7 Locks' prey	51 Ruhr Valley city	99 Chan portrayer
13 Deadly	61 Pettie pie	112 Jazzman	8 Zoot	100 She'll flip for you	102 Day — for me?"
18 Soprano	62 Wages	114 Female elephant	9 Smidgen	52 "What's — for me?"	103 Tenor
Mitchell	65 Menuhin's teacher	116 Mythological meany	10 It should be square	53 Place	104 Beniamino
20 Country home	67 Rounded roof	118 Pennsylvania port suffix	11 Bronte's "— Grey"	54 Queue tip?	108 Little pet
21 — trip	70 Language	120 Bite	12 Type of muscle	56 Takes in	109 Change for the better
22 Actress	71 Boy king	122 Charles S. Dutton	13 —de-lance	58 Portly	110 Oranjestad's locale
Eleniak	72 Part 3 of remark	125 Spanish dramatist	14 Shoe part	61 Namely	111 Ultimate oven
23 Start of a remark by Kirk	77 Heifer or hen	128 A Dead End Kid	15 Big guy	63 City on the Nile	113 Drawing room
Kirkpatrick	80 Ipanema's locale	130 End of remark	16 Japanese dog	64 Annealing	115 Pulse place
25 Of interest to Byrd	81 Warty one	133 Subside	17 Cagney's partner	66 Irish county	117 "Friends" role
27 "The Woman —" (84 film)	85 Faraway place	134 Jack of "Flower Drum Song"	19 Leon of "Mister Ed"	68 Monitor message	119 Ending for leather
28 Football's Luckman	88 Director	135 Cosmetician	24 Minnesota city	73 Mormon leader	121 Thicken
29 Beg	90 Detection device	136 New Archangel	26 Writer	74 Infixive splitter, often	123 Nobelist
30 Can't stand	92 Violinist	137 Made a bundle?	29 Couturier	75 Desert refuge	124 "Dark Lady" singer
31 Like sale merchandise	93 Arizona town	138 Big bang letters	32 Round table title	76 Downtown miasma	126 Sheep shed
33 Bath, e.g.	97 Northern hemisphere?	139 Yarn	34 Hand shakers	77 Dance maneuver	127 Interrogates
35 Sunflower support	98 Part 4 of remark	140 For fear that	36 The Brainsy Bunch?	78 Boot —	129 Oxford omega
37 Aye	101 "39 Wimbledon winner	<b>DOWN</b>	38 Glasgow girl	79 Poet	130 Craven or Unseld
opponent	104 Santa —, CA	1 Urban transport	39 Gladden	80 Lazarus	131 "— Paula" ('63 song)
38 — year	105 Sojourn	2 Utah city	40 Writer	83 Dowry downside?	132 Tended a tot
41 Close	106 "Ben-"	3 Any time now	41 "Drury moon"	84 French river	
44 Baseball's Mel			42 "Bhagavad-	86 Saults the moon?	
46 Marge in the fridge			43 Beehive or bouffant	87 Components	
48 Every last bit				89 — Minor	
49 Singer McKee				91 Colt color	
50 Part 2 of remark					
55 Taco					

### CitizenCryptoquote By Martin Brody

For example, YAPHCYAPLM is WORDSWORTH. One letter stands for another. In this sample, A is used for the two O's, Y for the two W's, etc.. Apostrophes, punctuation, the length and formation of the words are all hints.

#### "Those Youthful Memories"

F G L K H C G S G S X G C R F G  
H Z I F R F G Y M J R F Z J  
Z H H M L G H L G Z H R F G  
X K L T J G K R M O R F G  
O K S Z Y D L K C . Z R E M W Y A  
F K U G X G G H G U G H S M C G  
S G S M C K X Y G , Z O F G  
F K A H ' R X G G H K Y M H G .  
- C G A X W R R M H J  
*Find the answer in the puzzle answer section.*

## Weekly SUDOKU

by Linda Thistle

2		7				4
	9		6		8	
4				9		3
7		5				9
	8			1	2	
			2			1
	5					
	6	1				7
5				6	4	
		3	4			8

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

**DIFFICULTY THIS WEEK: ★★**

★ Moderate    ★★ Challenging  
★★★ HOO BOY!

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## Home Buying

Refresher classes every week.  
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## PET OF THE WEEK

**ORANGE COUNTY ANIMAL SERVICES — Say hello to Tiffany and Reba!** These adorable Lab-mix sisters are around 3 months old and are part of a look-alike litter of four — all girls! The entire group is a little shy with people at first, but they are all making lots of progress daily. Now when visitors stop by, instead of hiding and tucking their heads, they are all wiggles! Come meet them today at Orange County's Animal Services Center, 1601 Eubanks Road, Chapel Hill or call 942-PETS (7387). You can also see them and other adoptable animals online at [www.co.orange.nc.us/animalservices/adoption.asp](http://www.co.orange.nc.us/animalservices/adoption.asp)