

Community Dinner

PHOTOS BY ALLISON RUSSELL



Bruce Ballentine, Orange County Manager Frank Clifton, Carrboro Board of Aldermen member Randee Haven-O'Donnell and Cheryl Solow volunteer to serve food.



Laura Christensen of Durham, Penny Bailey of Durham, Sylvia Gelblum of Chapel Hill and James and Susan Moeser of Chapel Hill serve as volunteers at the Community Dinner.



Liseth Gomez, 6, and Hayden Smith, 5, members of the Durham-based KidZNotes, perform at the Community Dinner.



Clem Self, a member of the Orange County Jammers Senior Cheerleaders, helps to prepare and serve desserts.

Briefs

Romeo and Juliet

The N.C. Shakespeare Festival will present *Romeo and Juliet* on Friday at 4 p.m. in the downstairs meeting room of the Orange County Main Library.

The production is intended for an audience of middle and high school students. It will last an hour and will feature six actors.

For more information, call 245-2537 or visit www.co.orange.nc.us/LibraryEvents/index.aspx

Earth Day event

There will be an Earth Day event Saturday from 9 a.m. to noon at River Park in Hillsborough. Orange County staff will share information about rain gardens, rain barrels, land conservation, plans for future county parks and more.

Also participating in the event are the Eno River Association, the Orange County Beekeepers Association and the Friends of the N.C. Mountains-to-Sea Trail. Boy Scouts will sell rain barrels.

For more information, contact Rich Shaw at 245-2514 or rshaw@co.orange.nc.us

Healthy Kids Day

The Chapel Hill-Carrboro YMCA will host its annual Healthy Kids Day on Saturday from 10 a.m. to 2 p.m.

The event will get kids moving with a live DJ, games, raffles, inflatable games and a bounce house, and information will be provided on keeping kids healthy and active.

For more information, contact Carrie Gorn at 215-483-5482 or cgornpr@comcast.net

Community celebration and picnic

Habitat for Humanity of Orange County will host a community celebration and picnic Saturday at Phoenix Place, Orange County's newest green-built neighborhood.

The event will celebrate the completion of Phoenix Place, a part of the Rogers Road community, as families move in. There will be lunch and activities for children beginning at 11:30 a.m.

For more information, call 932-7077 or visit orangehabitat.org. For directions, visit orangehabitat.org/directions/index.php?PhoenixPlace

Kids' seedling event

The Carrboro Farmers' Market will give away farmer-grown tomato seedlings to kids Saturday beginning at 8:30 a.m.

The types of tomatoes will vary, from beefsteaks to heirlooms and everything in between. Fifth Season Gardening Company will provide organic potting soil as well as growing tips and other useful information for new gardeners. Kids will be able to

personalize their new plants with plant labels provided by Kidzu Children's Museum. For more information, visit carrborofarmersmarket.com

Special-needs egg hunt

There will be an egg hunt for children with special needs and their siblings Saturday in the Learning Garden at the Chapel Hill Community Center.

The event costs \$2 per child and is open to children 2 to 8 years old. There are three time slots: 10:30 a.m., 11:15 a.m. or noon. Participants should bring their own baskets and pre-registration is required at townofchapelhill.org/register

For more information, contact Marian Kaslovsky at 968-2813 or mkaslovsky@townofchapelhill.org

Volunteer appreciation week

This week, Orange County's Animal Services Department is celebrating volunteer appreciation week to recognize the many volunteers who help the department run smoothly on a daily basis. Staff members have been doing special things for volunteers this week, including writing thank-you notes and bringing candy.

Anyone interested in becoming a volunteer can fill out an application online at www.co.orange.nc.us/animalservices/volunteers.asp or contact Sarah Fallin at 942-7387, ext. 224.

Egg hunt

Chapel Hill's Annual Community Egg Hunt will be Saturday at Homestead Community Park. Entertainment will begin at 9:30 a.m. and the egg hunt will start at 10:30 a.m.

The event is a free spring celebration for children 2 to 10 years of age. Activities will include the egg hunt, live entertainment by Katharine Whalen and William Dawson, prizes and a visit from the Easter Bunny. Egg hunts will be divided by age.

In case of rain, the hunt will be held Sunday at 2 p.m. For more information, visit townofchapelhill.org/communityevents or call Chapel Hill Parks & Recreation at 968-2784.

Summer Glee

Community Chorus Project, a new Chapel Hill arts company, will partner with UNC's Department of Music this summer to create Summer Glee, a new performing-arts opportunity for young people.

The program will select up to 70 of the region's most talented young singers, dancers and actors aged 11 to 18 for auditions. The two-week workshop (July 11-22) will lead to a public performance on the UNC campus. Auditions will be held on April 30, with callbacks on May 1.

For more information, visit communitychorus-project.org

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



This week we respond to questions about geriatrics and regional pain syndrome.

Dear HOUSE Calls, My mother is 81 years old and has seen her primary-care doctor for seven years. I think she should now see a doctor who specializes in geriatrics. When is this a good idea?

That's a great question. It's important to consider her needs and circumstances as she ages. The doctor who has a 7-year relationship with your mother is, presumably, a specialist in meeting her needs, and perhaps is the best person to provide medical care as she ages. Without knowing your mom's medical needs, it's really impossible to give you specific advice. Sometimes, when our loved ones age, we look for that doctor that can reverse the aging process. This may or may not be what your mother is looking for and may not be in her long-term interest. But certainly switching to a geriatrician will not make this more likely to happen. This is more about the physician's style as well as his or her relationship with your mother and ability to meet

her needs. There are widespread efforts to improve the quality of practice and in-training for family physicians and internists in the care of geriatric patients. There are far fewer geriatricians in the U.S. than are needed to care for older adults. Most geriatricians work in nursing homes and/or at teaching hospitals, dedicating large portions of their time to teaching and research. So for now, and for the foreseeable future, most people over 80 will be cared for by family physicians and internists. In some cases, geriatricians provide consultations, sometimes as part of a multidisciplinary team, that can help your mom and her family doctor develop a long-term plan for maximizing independence and quality of life. These decisions are complicated. Good luck.

Dear HOUSE Calls, I recently had surgery on my leg and afterwards I developed severe pain in my foot and experienced some swelling. It got so bad that I started taking oxycodone. My family doctor diagnosed me with a regional pain syndrome and

advised me to use capsaicin and gabapentin for the pain. These helped a great deal. I am off the oxycodone. I had never heard of regional pain syndrome before. How common is it?

Regional pain syndrome is not common. It often occurs after trauma – for example, after falling and breaking a wrist or ankle – but also can occur after surgery. The mechanism is not well understood and leads patients and doctors to a lot of confusion. If capsaicin and gabapentin are helping, it sounds like you and your doctor are on the right track. These drugs both work well for nerve pain. We're glad you were able to get off oxycodone, which is a very potent and addictive narcotic that can have serious short- and long-term side effects. We're glad you're feeling better.

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.

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Taste the Wines:
Sample sale wines at our wine show! Enjoy music, hors d'oeuvres and your favorite wines at great savings!

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A portion of the proceeds will benefit Earthquake and Tsunami Recovery in Japan.

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weaverstreetmarket.coop

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