

"THESE FROGS BAKED AND BEAT TO POWDER AND TAKEN WITH ORRICE-ROOT CURES A TYMPANY."

-J. LAWSON, A NEW VOYAGE TO CAROLINA. 1709

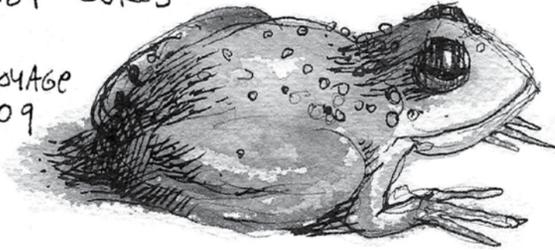


ILLUSTRATION BY PHIL BLANK

Briefs



Miss Jabberwock Jasmine Boler and Little Miss Jabberwock Olivia Taylor

Miss Jabberwock crowned

The Chapel Hill-Carrboro Delta Foundation and Chapel Hill-Carrboro Area Alumna Chapter of Delta Sigma Theta Sorority recently crowned the 2011 Miss Jabberwock and 2011 Little Miss Jabberwock.

At a program held at Northwood High School, Jasmine Alycia Boler, 16, was crowned Miss Jabberwock, and Olivia Alexandra Taylor, 8, was crowned Little Miss Jabberwock. Other contestants included Kortni Synclair McKinney, 16, Evelyn Shanklin, 16, and Niambi Anyanna Diab, 7. Contestants participated in a number of activities, including the annual MLK Parade, an etiquette workshop, the Delta Seminar for Teens and Delta Gems programs.

Jabberwock, an educational scholarship program for students in Orange, Durham and Chatham counties, is aimed at convening various community organizations to foster positive relationships and provide an evening of fun and entertainment. Proceeds are designated for scholarship and community projects.

Strawberry Jamboree

May is strawberry season in the Piedmont, and the Carrboro Farmers' Market will hold its annual Strawberry Jamboree Saturday at 8 a.m. to celebrate. Vendors will offer free samples of homemade strawberry shortcake made with fresh strawberries. The event is a continuation of the market's Unique Tastes of the Piedmont series, which highlights the many unique foods produced and prepared by market vendors. For more information, visit carrborofarmersmarket.com

Pollinator garden dedication

The Orange County Beekeepers Association will hold a dedication for its new pollinator garden Sunday from noon to 4 p.m. on the grounds of the Alexander Dickson House at 150 E. King St. in Hillsborough. A ceremony will be held at 2 p.m. The event is free and all are welcome. For more information, contact Inge Kautzmann at ibk@imageray.net or (336) 364-4077, or visit theocba.org

Medication drop-off

The Chapel Hill franchise of Home Instead Senior Care will partner with the Chapel Hill Police Department to present "Mission Medicine," a medication take-back program, from 10 a.m. to 2 p.m. Wednesday at University Mall. The event will provide a safe way to dispose of unused and expired prescription drugs before they are introduced into landfills or the water supply. Chapel Hill police will oversee the medicine's incineration at a private crematorium.

Community picnic

The Youth Community Project will hold a global-themed community picnic and all-ages open mic Saturday from 4 to 8 p.m. at the Carrboro Town Commons.

The event is free and open to the public. Attendees are asked to bring a dish celebrating their heritage or another culture. The event will feature kickball, finger painting, board games, arts and crafts, a community poem and open mic performances. Performers will have the chance to sign up before and during the event. For more information, or to sign up to perform, contact Rachel Valentine at Rachel.ValentineNC@gmail.com

ArtsCenter competing for \$50,000

The ArtsCenter is in the final round of voting to receive a \$50,000 grant from Pepsi. The grant would go toward a series of 10 concerts by emerging local artists. The contest requires the public to vote online through May 31 to determine the 10 final recipients. The ArtsCenter is in the top one-third of entries and needs the community's help to get into a top 10 spot. Visit refresheverything.com/artscenterlive and cast your vote once per day.

Festfall planning committee

The Town of Chapel Hill is recruiting volunteers to serve on a special-event planning committee for the Festfall Arts Festival in October. Members of the committee dedicate roughly 10 to 15 hours per month, working closely with staff liaisons to develop, plan and evaluate. Roles include entertainment, artist, publicity, logistics, volunteer recruiting and more. To participate, visit townofchapelhill.org/communityevents, print and complete an application, then fax it to 932-2923. For more information, call 968-2823

Reusing, Crook's earn Beard honors

Andrea Reusing of Lantern was named Best Chef of the Southeast and Crook's Corner was presented with an America's Classic Award on Monday by the James Beard Foundation.

Reusing is chef/owner of Lantern, which has consistently garnered national recognition for its innovative fusion menu and dedication to the use of local ingredients. In 2006, Lantern was selected by *Gourmet* magazine as one of the nation's top 50 restaurants. Reusing is now sharing her recipes in a new cookbook, *Cooking in the Moment: A Year of Seasonal Recipes*.

John Fleer of Canyon Kitchen in Cashiers was the only other North Carolina finalist in the regional best-chef category.

The America's Classic category honors "restaurants with timeless appeal, beloved in their regions for quality food that reflects the character of their community."

In praise of Crook's, the Beard Foundation quoted Christiane Lauterbach of *Atlanta Magazine*:



Andrea Reusing of Lantern

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Bill Smith of Crook's Corner

PHOTO BY ALLISON RUSSELL

"Bill Neal was one of the first American chefs to explore the cultural import of the regional food he worked to revive. ... Since Neal's untimely death in 1991, Gene Hamer has served as the restaur-

rant's steward, while Bill Smith has overseen the kitchen, cooking iconic Crook's dishes like shrimp and grits, hoppin' John, jalapeno hushpuppies, and persimmon pudding." — *Staff Reports*

Calendar

THURSDAY MAY 12

Movie Night — Defamation, directed by Yoav Shamir, studies antisemitism today. Internationalist Books, 7pm

OC Beekeepers — Monthly meeting. OC Agricultural Extension office, 306 Revere Road, Hillsborough, 7pm theocba.org

FRIDAY MAY 13

Joy Night — An evening of singing, praise and dance presented by youth from various area churches. First Baptist Church, 106 N. Roberston St., 7pm 929-1550

SATURDAY MAY 14

Strawberry Jamboree — Carrboro Farmers' Market. Carrboro Town Commons, 8am

Parent Training — "Antidotes for Stress: Self-Care for Parents of Special Needs Children," sponsored by FAN. Orange United Methodist Church, 9:30am Registration required: 942-8083, ext. 2

Community Potluck — With a global theme, hosted by Teen Support Coalition. Bring a favorite dish along with your own plates and utensils. Carrboro Farmers' Market, 4-8pm

Green Home Tour — A self-guided tour of certified green homes in the area opens, continuing on May 15, 21 and 22. 12-6pm trianglegreenhometour.org

SUNDAY MAY 15

Path to Geshe — By filmmaker William C. Judge, leads up to the Drepung Gomang Monastery Sacred Arts Tour. 523 E. Franklin St., 2pm Free info@townofchapelhill.org

Garden Dedication — Of the Dickson House Pollinator Garden. Corner of King and St. Mary's, Hillsborough, 12pm

MONDAY MAY 16

Adult Book Group — Discussing *Collapse*, by Jared Diamond. Chapel Hill Public Library, Free 968-2780

TUESDAY MAY 17

Bike Breakfast — Featuring bike checkups, bike maintenance, food, raffle and giveaways. Municipal parking lot across from Armadillo Grill, 7-10am bikecarrboro.com

WEDNESDAY MAY 18

Mission Medicine — Third annual medication take-back event where members of community can simply drive up, drop off, and drive out — no questions asked. University Mall parking lot, 10am-2pm 933-3300

THURSDAY MAY 19

OC Democratic Women — Meeting with speakers Ellie Kinnaird, Verla Insko and Joe Hackney and a presentation from Susan Romaine. OWASA, 7pm 593-1904

World Watch — Connie Walker, General Manager of WUNC North

Carolina Public Radio, will discuss, "Competing in the Age of Instant Global Communications." Seymour Center, 2:30pm. Free 968-2070

FRIDAY MAY 20

Book Sale — For members. Chapel Hill Public Library, 4-6pm

Artists' Salon — Sponsored by the OC Arts Commission with guest Joy Javits speaking on "How to Present Your ... Art." The ArtsCenter, 6:30pm

SATURDAY MAY 21

Golden Hour — Benefit for PORCH (People Offering Relief for Chapel Hill Carrboro Homes), which helps support five local food pantries. 506 Oak Ave., 6-8pm \$50 per household porchnc.org

Book Sale — Open to the public. Chapel Hill Public Library, 9am-5pm

Spring Hike — With guide Dave Otto, along the Bolin Creek and Winmore trails. Meet at the Winmore roundabout, 2pm Free

Ongoing

Cancer Support — Support groups at Cornucopia Cancer Support Center for cancer patients and their families. Cancersupport4u.org 401-9333

Cancer Support — Support groups and wellness programs sponsored by N.C. Cancer Hospital. unclineberger.org/patient/support/supportgroup.asp

Send your Community Calendar submissions to calendar@carrborocitizen.com

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 going to the emergency room and sense of control in the hospital.

Dear HOUSE Calls, My 10-year-old recently had bad stomach pains. He was doubled over, and I was worried about appendicitis. Thankfully, he was just constipated and got better with an enema. I feel like I should not have taken him to the emergency room. How am I supposed to know when to take him?

It sounds like you took him when you needed to. If he was doubled over in pain and you were worried about appendicitis, you needed to get him checked out. Nights and weekends, the ER is often our only option. They did give him a treatment and it did make him feel better. We understand that you would prefer to take him to the ER only with a true emergency, but you can't expect to be right all the time, and it's worse to miss something serious. If he had appendicitis and you let it go too long, it could rupture

and lead to a life-threatening infection. We've all brought our kids to the ER because we thought they might have a broken bone or appendicitis. Usually, we're wrong, and our kids get expensive ibuprofen and we get reassurance. Perhaps your doctor's office takes after-hours calls or uses a nurse advice line. We encourage you to use that resource, but for severe abdominal pain, you may have been sent to the ER anyway.

Dear HOUSE Calls, I recently went to the hospital for a mini-stroke. After the symptoms went away, I felt fine. On the day of discharge, I waited all day for the physical therapist, and he never came. Why does being in the hospital sometimes feel like you have no control?

We're so glad that you're better and we're sorry for your frustration. Sometimes the hospital feels like a big place in which you have little control. We hear this pretty frequently. But even a mini-stroke can lead to small balance deficits, so a

physical-therapy evaluation, while a nuisance, was probably a good idea. Some hospital departments seem to be chronically understaffed, which makes getting some services difficult. To be fair, many of these services have variable demand, which makes planning tricky. To regain control, we encourage you to ask your doctor why she is making recommendations. You may consider some services unnecessary, and it is OK to tell your doctor that you feel that way. She can help you decide if it's safe to forgo or postpone these things. If you're frustrated with an experience, write your doctor a letter and copy the hospital administrator and head of the department. Hopefully, you will get at least an apology and perhaps an explanation. Good luck.

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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