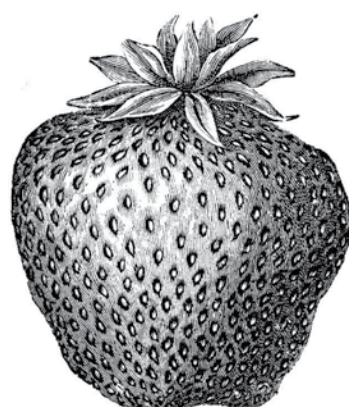


Calendar

THURSDAY, MAY 13
"Eurydice" at ArtsCenter — A story of infinite whimsy and magic, Eurydice by Sarah Ruhl is a play for sighing and crying, singing out loud and dancing with abandon. May 13-16, 20-23. www.artscenterlive.org

FRIDAY, MAY 14
Second Friday Artwalk — The East End Gallery features a series of works titled "Temporary Locality of Existence" by Geneva Sophia. Her photographs tell a personal story of travel and memory from around the world. The Center Gallery presents the 2010 Annual Community Photography Contest.

SATURDAY, MAY 15



Strawberry Jamboree — Join local chef and author, Sheri Castle for some special strawberry recipes. Carrboro Farmers' Market

Understand Bladder Cancer — Health care professionals who specialize in bladder cancer will give a complete overview of the disease. Friday Center for Continuing Education. 9:30am-2:30pm. Preregister by phone: 888.901.BCAN or online: www.bcan.org

Bike-on-Bus Demonstration — Learn how to load your bike on the front rack of a bus. Look for the Chapel Hill Transit bus at the Carrboro Farmers' Market. 8:30am-noon

Hen-side the Beltline Tour — A first-hand look at keeping chickens in an urban environment. 10am-4pm, rain or shine. hensidethebeltline.blogspot.com

SUNDAY, MAY 16
Swim for Smiles Foundation Fundraiser — 4th annual Youth Triathlon features participants aged 6-18 swimming, biking and running to benefit North Carolina Children's Hospital. Info and registration: http://www.swimforsmiles.org/events.html

Gary Blankenship at McDougale Middle School — Mr. Blankenship is back with his rip-roaring comedy magic show! With the use of ropes, rings, silk handkerchiefs and everyday common things he will delight his audience with magic and mystery that appeals to all who have the heart and humor of a kid. 3-4pm

TUESDAY, MAY 18
Bike Week Breakfast — Celebrate Bike to Work Week with free basic bike maintenance, free food and coffee, giveaways and more. Municipal parking lot on the corner of S. Greensboro St and Roberson St. 7-10am

THURSDAY, MAY 20
Carrboro Rec Talent Show Auditions — Ages 13-18. Whether you can rap, sing, dance or read a poem, come and show off your talent for your friends and family! Contestants must register for an audition which will be held in the Century Hall. 4:30-9pm

FRIDAY, MAY 21
Contra Dance — Lessons at 7:30pm. Dance at 8pm. George Segebade, Lu Gamble, Buz Lloyd, et al. \$8 www.csdance-dance.org/

Bike to Work Day — Enjoy an evening bike ride through Chapel Hill and Carrboro. Wallace Parking Deck, 5:30pm

SATURDAY, MAY 22
CHS Football Fundraiser — A triple threat fundraiser (car wash/tag sale silent auction) to be held. Donations are being accepted for the yard sale or you can purchase a space for \$10 and make some money for yourself! We will help you unload, set up and have unsold items taken to the PTA Thrift Store. Please contact Mae at promisemle@msn.com for more information

Chapel Hill Youth Summit — Rising eighth to 11th graders are invited to talk about the things that concern them at the Chapel Hill Youth Summit to be held from 10 a.m. to 4 p.m. Saturday, May 22, at Carrboro High School, 201 Rock Haven Road

Pittsboro Relay For Life — The public is invited and encouraged to attend the Fight Back Against Cancer. Entertainment through midnight will be provided by Big Time Party Band, Pizzwheel, Lane Snipes, Purple Passion and others. A Luminary Ceremony begins at dark to remember loved ones lost to cancer and honor those who continue the fight. Info: www.relayforlife.org/pittsboro

Ongoing Cancer Support — Support groups for cancer patients and their families. comucopiashouse.org

Carrboro Chess Club — A casual meeting for people who like to play chess. All skill levels are welcome. Every Saturday. Jessee's Coffee and Bar. 3pm

Compassionate Friends — Free self-help support for all adults grieving the loss of a child or sibling. Third Mondays, 7-8:30pm, Evergreen United Methodist Church. 967-3221, chapelhillctf.org

Yoga for Everyone — UNC Comprehensive Cancer Support Program presents Yoga for Everyone. Each class will include a full yoga practice as well as exploration of physical movement, meditation, breathing techniques, and relaxation. All levels are welcome. Classes will be held on Mondays from 11am - 12:30pm. Carolina Pointe II, 6013 Farrington Road, Suite 101 in Chapel Hill. 966-3494

Walking Group — The Chapel Hill Area Women's Walking Group meets every Wednesday at Weaver St Market in Carrboro. 9:15am. Information: Julie (967-3221) or Marilyn (932-1411)

Saludamos Group Walks — Every Saturday. Front of El Futuro. 9am

Job Search Meeting — A networking and support group for job hunters. Wednesdays at Binkley Baptist Church. 9:30-11am

Breastfeeding Cafe — An informal drop-in gathering of breastfeeding moms will be held every Monday from 1-2pm at The Red Hen. A La Leche representative will provide information and answer questions.

Tutoring — Hillsborough Police Department and UNC Habitat for Humanity offer tutoring sessions for students in Orange County School's

K-5 classes at the Community Policing Station, 501 Rainey Ave. Tutors are students from UNC. Call 732-2441, ext 26 to register

Wish Granting Volunteers Needed — Make-A-Wish Foundation of Eastern North Carolina needs Wish Granters to visit the family and help determine the wish of the child while explaining wish procedures and using their creative side to make the wish truly magical. Wish Granters see first-hand the impact a wish can make on a child with a life-threatening medical condition. For more information, contact Lisa at 919-821-7111 or lbrinkerhoff@eastncwish.org

Carrboro Branch Library — Storytime, Saturdays at 10:30am; Toddler Time, Thursdays, 4pm; Entertainment Adventures with family fun programs featuring dancing, song, animals, and sometimes magic, third Sunday of every month at 3pm

Chapel Hill Public Library — Story Time, for ages 3-6; Junior Book Club, for readers grades 1-3; Time for Toddlers, for stories, songs and activities; Baby Time, for children between 6 and 18 months; Teen Book Club, for teens in grades 6 and up; Bookworms Club, for grades 3-6, each month children in this program read and discuss different novels from a list of titles nominated for the N.C. Children's Book Award. Dates and times vary

Depression and Bipolar Support Alliance Support Group — meets on tuesdays at Binkley Baptist Church. 7:30-9pm. Free. DBSACHapelHill@ncrr.com

Orange County Main Library Brick Paver — Phase two of the popular brick paver campaign has begun. Pavers ordered before July 1, 2010 will be added to those already in place at the main entrance. Proceeds will enhance the new facility and its programs. Pavers are \$100 each and tax-deductible as allowed by law. Info: email bricksforbooks@gmail.com

Dance - Participatory Ballroom — Fourth and fifth Thursdays, 7-9:30pm. Seymour Senior Center, 2551 Homestead Road, Chapel Hill. \$2, 968-2070.

Carrboro DanceJam — Freestyle dance. First Fridays, 8pm, Balanced Movement Studio, 304 W. Weaver St., upstairs. 968-8776.

Ballroom Dance — Second Saturday of every month, recorded music Triangle Stardusters, 8-11pm, \$7 StarDusters members and students, \$12 others. Couples and singles are welcome, Fred Astaire Dance Studio, 4702 Garrett Road, Durham. 942-7232

Square Dance — NC Squares presents a square dance with live music by fiddler Wayne Martin and the Happy Valley Pals, caller Aaron Ratcliffe. May 8, Pleasant Green Community Center, \$8/\$6 student, ncsquares.com.

Shag Dancing — Every Monday. Beginner class at 7pm, dance at 9pm. Free lesson first Monday of the month, 6pm. General Store Cafe.

Tango — Learn and practice Tango with the Triangle Tango Society. Open Eye Cafe. 8pm

Send your 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



House Calls
 Physicians from the UNC Department of Family Medicine's *Your Health* media bring you weekly information in response to your questions about health and medicine. Send your questions or comments to YOURHEALTH@unc.edu

Dear House Calls: I've got Raynaud's, which is usually pretty manageable but not lately. At times it feels like needles poking my toes. They're swollen most of the time, which means I can pretty much only wear my very attractive Danskos. They ache a lot and if I happen to knock one of them, the pain is excruciating. I get these problems pretty much every winter, but it seems to be getting worse. Do you know who I could see that could possibly offer me some help? Would that be you, or someone who specializes in circulation issues? What I'm doing right now just isn't keeping the problem to a manageable level.

This is really a difficult problem made worse by cold weather. Raynaud's phenomenon is a condition where people have an exaggerated response in their blood ves-

sels to cold temperatures and sometimes stress. The fingers and sometimes toes will turn purple and white. This reduced circulation is usually painful. Sometimes this is an isolated phenomenon, but it can be related to an underlying medical problem like lupus or scleroderma. Our advice is to see a doctor who knows about Raynaud's; this might be your family doctor or a rheumatologist. Your doctor can help make sure there is no serious underlying condition. Try to avoid triggers to cold by wearing gloves and good socks. Wool sometimes can be more insulating than cotton, particularly if cotton gets wet and sweaty. Some patients find hand warmers and feet warmers effective as well as space heaters. Some commonly used medicines can also trigger Raynaud's events. One of the most potent triggers is nicotine; so if you smoke, it is critical that you stop. You can also explore with your doctor potential medications that can reduce that spasm of the blood vessels. We do hope that you see a doctor and that your symptoms get better soon.

Dear House Calls: Sometimes one of my eyes twitches uncontrollably for several minutes. It doesn't hurt and my vision doesn't change. I try to rub it to make it stop, but that doesn't seem to do much. Finally, it just goes away. Is this something I should be worried about and is there anything I can do to stop it?
 We too have had that condition, and it can be a nuisance or even a bit alarming. Like so many things related to health, this often comes on when we are not taking good care of ourselves. Lack of sleep is a common trigger, and may be too much caffeine from coffee, tea and soft drinks. Also; dry eyes, stress and too much screen time can trigger eye twitching. If you have any other symptoms, like tingling, numbness or vision changes, definitely talk to your doctor about it, because it could be a symptom of something more serious.

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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