

Community Calendar

THURSDAY NOV 3

Stone Center Lecture — Dr. Janet Southerland, dean of the School of Dentistry at Meharry Medical College, to lecture on "Health Equity: Oral health disparities and the need for new models of care." Sonja Haynes Stone Center, 7pm sonjahaynesstone@unc.edu

Holly George-Warren — To lecture on "The Music Biography: From Gene Autry to Alex Chilton." Wilson Special Collections Library, 5:30pm Free library.unc.edu

CHS Theatre — Carrboro High School Theatre Department opens its 2011-12 season with William Shakespeare's *As You Like It*. Performances continue through Nov. 5 7:30pm \$8 adults, \$5 students

Brian Allen — To speak on "Printing on Paper in the Manner of the 15th Century." Ackland Museum Store, 7pm

Instrument Zoo — NC Symphony staff bring musical instruments for this family event, Who's Making That Noise. Carrboro Century Center Hall, 3:30-5pm Free

kidzchildrensmuseum.org

Audubon Meeting — Gail Abrams of Piedmont Wildlife Center to speak at the monthly meeting, N.C. Botanical Garden, 7pm Free

FRIDAY NOV 4

Trivia Night — To benefit Habitat for Humanity, Wilson Special Collections Library, 6pm \$10 person/\$5 students 962-1172

BBQ Dinner — To benefit the Orange County Historical Museum, sponsored by The Historical Foundation of Hillsborough and Orange

County, Daniel Boone Big Barn, 5pm \$7 732-2201

SATURDAY NOV 5

Global Initiatives — 2011 Visualizing Human Rights Conference with Dick Gordon's *The Story*, spoken word performances, dance, and discussion. FedEx Global Education Center, 9am-4pm Free with RSVP.unc.edu/vhr

Book Sale — Sponsored by The Friends of the Carrboro Library, McDougale School Cafetorium, 8am-3pm Continues through Nov. 6 969-3006

Studio Tour — 17th Annual Orange County Open Studio Tour opens. Tour brochures with maps are available at FRANK Gallery and Hillsborough Gallery of the Arts. orangecountyartistsguild.com

Birthday Bash — For Mental Health America. Silent Action, raffle, food and music by Up Cane Creek. Shared Visions Retreat Center, 3729 Murphy School Road, Durham, Free 942-8083

Holiday Boutique — Handmade items with proceeds to benefit Abundant Joy Center for Women's Ministry, Advent Lutheran Church, 230 Erwin Road, 9am-1pm adventlutheranch.org

The Prologue — Playmakers and Friends of the CH Public Library partner for a pre-show conversation about *The Parchman Hour*. CH Public Library, University Mall, 12pm Free

Steamwatch — John Kent will lead the New Hope Creek Steamwatch monitoring. jnkent25@gmail.com

Oakwood Park — Celebrates the re-opening of its play area. 10am Free

OC Beekeepers — Hosts an introductory beekeeping class. Unitarian Universalist Congrega-

tion of Hillsborough, 1710 Old N.C. 10, 9am \$15 theocba.org/introduction-to-beekeeping-class/

SUNDAY NOV 6

Chicle Event — Joseph Jordan will report on Venezuela and on the UNC Stone Center Afro-Venezuela Study Abroad Program. Chicle Language Institute, 5pm

Memorial 5K — Carolina Athletic Association sponsors the Michael Hooker Memorial 5K to raise money for Lineberger Cancer Center. Hooker Fields, 10am bit.ly/Hooker5K

Record Sale — Country, folk, blues, jazz, and rock recordings will be sold. Items consist of CDs, LPs, 45s, 78s, cassettes, and 8-tracks, including some rare and out-of-print recordings. Wilson Special Collections Library, 9am-1pm 962-1345

TUESDAY NOV 8

Sydney Nathans — To lecture on Generations of Captivity in North Carolina: The Bennehan-Cameron Plantations, 1776-1865. Wilson Special Collections Library, 5:30pm Free 548-1203

WEDNESDAY NOV 9

Marketing Your Business — Bill Luther to present a talk on Marketing Your Business. Orange County Main Library, Hillsborough 6pm 245-2536

THURSDAY NOV 10

Mark Samuels Lasner — To lecture on the work of Aubrey Beardsley. Wilson Special Collections Library, 5:30pm Free 548-1203

Film Showing — *Destricted*, consists of short, sexually explicit vignettes. Internationalist Books, 7pm Free

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 back pain and sleep apnea.

Dear HOUSE Calls, I have degenerative disc disease in my lower back and I am in constant pain. I am now seeing five different doctors; I am looking for some help in dealing with this chronic pain.

We are so sorry that you are suffering. Degenerative disc disease refers to the discs in between the vertebrae getting worn down over time. This is extremely common. It is the reason most of us lose about 1 inch of height in our later years. It is not well understood why some people with this condition will have a great deal of pain and others will not. Living with chronic pain can be really difficult. The good news is that for most people, it will not get worse and can be controlled to a tolerable level. Five doctors sure sounds like a lot. We won't have a magic answer for you that all of these doctors could not give you. For most people,

treatment of lower back pain includes staying as active as possible. Lying in bed or sitting on the couch is quite bad for your back, not to mention the rest of your health. We also would encourage you to work on strengthening your core, including your abdominal muscles, back muscles and oblique muscles. Swimming can be great core exercise. Physical therapy can help with core and back strengthening and stretching exercises. Medicines can help as well, especially anti-inflammatory medicines like ibuprofen. We usually avoid stronger medicines, such as oxycodone (Percocet) and hydrocodone (Vicodin), for long-term treatment of back pain. Over time, they don't do much good and they cause many other problems. A team approach is important for you. That team should involve your primary-care doctor, probably a physical therapist, possibly a pain specialist and possibly a mental health specialist who can help with coping with chronic pain. Good luck, and we hope you get some relief.

Dear HOUSE Calls, I am currently losing weight and wondered if that is likely to help my sleep apnea.

Congratulations that you are working on losing weight. The good news is, yes! We talk about sleep apnea machines that help keep a relaxed airway open, but two of the most common reasons people get sleep apnea are excess weight and smoking. So working on either one of these problems, or both if they apply, can make a big difference. Not to mention that losing weight will improve your overall health and may, in and of itself, help with daytime sleepiness and fatigue. Congratulations again, and thanks for sharing your good news.

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.

A Vote for Orange County's Future Vote FOR the County Sales and Use Tax

- TO RETAIN AND CREATE JOBS
- TO STRENGTHEN OUR SCHOOLS

A penny on a \$4 purchase = \$2.5 million a year towards education and economic development
Tax is NOT on groceries, gas, prescription drugs, rent, or utilities

**Election Day is
November 8th;
Early Voting is October
20th-November 5th**

MORE INFO:
co.orange.nc.us/salestax/
[facebook.com/jobsandschools](https://www.facebook.com/jobsandschools)



ENDORSED BY:

- Independent Weekly
- Chapel Hill News
- Daily Tar Heel
- The News of Orange
- Chapel Hill-Carrboro Board of Education
- Chapel Hill-Carrboro Chamber of Commerce
- Chapel Hill Carrboro City Schools PTA Council
- Chapel Hill Downtown Partnership
- Greater Chapel Hill Association of Realtors
- Hillsborough-Orange County Chamber of Commerce
- Justice United
- Orange County Board of Education
- Orange County Democratic Party
- PTA Thrift Shop
- UNC Young Democrats
- Public School Foundation
- The Alliance for Historic Hillsborough

Paid for by The Campaign For Jobs And Schools

PAID POLITICAL ADVERTISEMENT

ENDORSED BY THE INDEPENDENT WEEKLY



We Support Mia Burroughs for School Board

www.miaburroughs.com

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Please join us and vote for Mia Burroughs.

Every Student Matters.

Paid For By Mia Burroughs For School Board Campaign

FREY FOUNDATION DISTINGUISHED VISITING PROFESSOR

ROBIN WRIGHT

Distinguished International Correspondent and Author

Rock the Casbah

Rage & Rebellion Across the Islamic World

In conversation with Hodding Carter
about the Arab Spring and more

**Mon. Nov. 14 at 5:30 p.m.
Memorial Hall**

(Book sale, signing and reception 4:00 p.m. Gerrard Hall)

Free by General Admission (No ticket or reservation required) Parking in town lots on Rosemary St. 919.843.6339 / college.unc.edu

