

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 losing a few pounds and hearing aids with pacemakers.

Dear HOUSE Calls, I am a 60-year-old woman in good health; I eat well, exercise regularly and drink in moderation. How can I lose the five to 10 pounds I have picked up over the last few years? It is really frustrating.

You are already doing many good things for your health. As you age, your metabolism declines, so if you have the same diet and exercise habits now as you did 20 years ago, you will likely gain a little weight. You have two choices — eat less or move more. Portion control is key for eating less and is the great lesson of diet programs like Weight Watchers. You can also try writing down what you eat to see what you can learn from it and where you can cut calories. Also think about your glycemic load. Foods high in simple carbohydrates (processed

flour, sugar, potatoes) will tend to make you hungrier than foods higher in protein, fat and fiber. Consider cutting beverages with calories (fruit juices, sweet tea, soda and alcohol). The other part of this equation is exercise. Can you add a workout or two each week or increase the duration of your workout? We encourage at least 30 minutes of moderate to vigorous exercise six times per week. Now if you are pressed for time, intensity is the other important part of this equation. Are you getting your heart rate up to 70-80 percent of your age-predicted maximum (112-128 beats per minute)? Can you add higher-intensity intervals to get as much as you can out of your workout? Consider a visit or two with a nutritionist and a personal trainer to tailor your diet and exercise program.

Dear HOUSE Calls, I have a hearing aid and was told that I have it too close to a pacemaker and it might be

dangerous. Is this really a problem?

Hearing aids often have a warning that you are not supposed to use them with a pacemaker. This is probably pretty safe. Some studies show that with a remote-style pacemaker, if the transmitter is within 1 inch of the pacemaker, it may interfere with the hearing aid but not the pacemaker. Many manufacturers recommend that you keep the transmitter 4 or more inches from a pacemaker to avoid a theoretical risk of interfering with the pacemaker. Similarly, iPhones should be 6 inches from a pacemaker. Even though this is probably quite safe, it seems like a small inconvenience to keep the transmitter out of your shirt pocket.

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.



ILLUSTRATION BY PHIL BLANK

Community Briefs

OC scouts earn silver

Katherine Rose Hand of Chapel Hill, Alyanna Ridimann of Pittsboro and Anna Smith of Carrboro have been awarded the Girl Scout Silver Award by Girl Scouts-N.C. Coastal Pines, the second highest achievement in Girl Scouting. The award helps girls build skills, explore careers, gain leadership skills and make a commitment to self-improvement.

The three girls organized a Fourth of July Fun Run in Heritage Hills. Participants learned about animal safety and care and were encouraged to bring items to donate to the Paws4Ever animal shelter in Mebane.

Hand is a freshman at Carrboro High School, Ridimann at Northwood High and Smith at Carrboro High. They're members of Girl Scout Troop 1280.

Coaches needed

The Carrboro Recreation and Parks Department is accepting volunteer coach's applications for the 2012 Youth Baseball Program (aged 6-14) and Youth Girls Volleyball Program (aged 10-13). Coaches must exhibit the ability to organize practices and communicate effectively with players, parents and department staff. They must also exhibit the ability to teach proper playing skills and fundamentals and sportsmanship, and provide an enjoyable atmosphere at practices and games. To receive an application or additional information, contact the Recreation & Parks Department at 918-7364.

Board members needed

The Orange County Board of Commissioners is recruiting two volunteers for the Orange County Emergency Services Work Group. The group will address issues related to improving public safety for Orange County residents, including a review of the VIPER system, discussion with the board of commissioners regarding EMS delivery-system im-

provements and a review of fire department issues relating to fire protection, fire insurance and fire-tax districts.

If interested, apply online at www.co.orange.nc.us/boards/apply.asp. For additional information, select "Orange County Emergency Services Work Group" under "Boards and Commissions Listing" or call Donna Baker at 245-2130 or Jeanette Jones at 245-2125. Deadline for applications is Jan. 4.

Aveda donates to TLC

The Aveda Institute Chapel Hill recently donated \$20,474.02 to Triangle Land Conservancy, supporting the nonprofit land trust's clean water initiatives in the Triangle.

The donation is an annual effort to increase awareness about local clean water issues. The partnership between the Aveda Institute Chapel Hill and Triangle Land Conservancy (TLC) has raised more than \$129,104 over the past five years.

TLC has been working to protect important open space through voluntary land conservation. Locally, TLC has worked with Aveda stores to increase exposure of clean water issues facing the Triangle.

Blood Drive at OWASA

The American Red Cross will sponsor a blood drive at OWASA on Dec. 29 from 11 a.m. to 3:30 p.m.

Donors must be at least 17 years old (or 16 with parental consent), weigh at least 110 pounds, be in good general health and have photo identification. Donors will have the chance to win a pair of domestic Delta Airlines tickets.

The drive will be held in the Community Room on the lower floor of the OWASA Administration Building on Jones Ferry Road. For more information or to schedule an appointment, visit redcross-blood.org or call Wilma Palmer at 493-3551.

Community Calendar

SATURDAY DEC 24

5K Run/Walk — 7th annual CHHS XC Alumni 5K Run/Walk, with proceeds benefiting Chapel Hill Cross Country Team. CHHS, 11am \$10 adults/\$5 Child villmain@ncr.com

SATURDAY DEC 31

IFC Benefit — The Road Home Band performs in a benefit for the Inter-Faith Council for Social Service. United Church of Chapel Hill, 1321 Martin Luther King Jr. Blvd., 7pm 942-3540

MONDAY JAN 2

Open House — Tours and open enrollment begin for the Fall of 2012 and for Summer Camp 2012 at Legacy Academy, 515 E. Winmore Ave., 7am-6pm Monday-Friday [Free legacyacademy.com](http://legacyacademy.com)

THURSDAY JAN 5

Readings and Carols — Readings by Lee Smith are coupled with carols sung by The St. Matthew's Women's Singing Circle. St. Matthew's Episcopal Church, Hillsborough, 7:30pm \$10 stmatthewshillsborough.com

WEDNESDAY JAN 11

No Child — *No Child*, written and performed by Nilaja Sun, opens at the Kenan Theatre, and continues through Jan. 15. playmakersrep.org

FRIDAY JAN 13

James Braly — Presents his one-man show, *Life in a Marital Institution*. The ArtsCenter, 8pm artscenterlive.org

SATURDAY JAN 14

The Lorax — Performed by the Studio A Dancers, the presentation is adapted from the story by Dr. Seuss. East Chapel Hill High Auditorium, 2pm and 6pm \$8 studioadancearts.com

FRIDAY JAN 20

Contra Dance — Sponsored by The Carolina Song and Dance Association with music by Ken Kolodner and Company. Carrboro Century Center, Workshop at 7:30pm; dancing at 8pm \$8 csda-dance.org

SATURDAY JAN 21

Swing Dance — Sponsored by Triangle Swing Dance with local band Countdown Quartet. Carrboro Century Center, lesson/7pm; dance/8-11pm \$12 triangleswingdance.org

Gustafer Yellowgold — A family show featuring Gustafer, a small, yellow, cone-headed fellow who came to Earth from the Sun, and his friends. The ArtsCenter, 11am artscenterlive.org

SUNDAY JAN 22

Women's Voices Chorus — To present "America the Beautiful Mosaic," United Methodist Church, 150 E. Franklin St., 3pm \$15 adults, \$5 students womensvoiceschorus.org

MONDAY JAN 23

Parent Minutes — Legacy Academy offers a presentation on Potty Training. 515 E. Winmore Ave., 11:30am-1pm legacyacademy.com

SATURDAY JAN 28

The Making of a King — *The Making of a King: Henry IV and Henry V*, by William Shakespeare, opens Jan. 18 and continues through March 4. Paul Green Theatre, 6:30pm playmakersrep.org

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




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Gabrielle Hamilton: Blood, Bones & Butter: The Inadvertent Education of a Reluctant Chef

752 Martin Luther King Jr. Blvd. (Historic Airport Road)
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Orange County Solid Waste and Recycling Christmas and New Year's Schedule



There will be NO CHANGE in Curbside Recycling or the Orange County Landfill operating schedule for the Christmas or New Year's Holidays. Please have your bins to the curb by **7 a.m.** on your normal recycling day!

Solid Waste Convenience Centers will CLOSE EARLY at 12 noon on Saturday December 24 and will be CLOSED Sunday December 25 and Sunday January 1.

TRIM HOLIDAY WASTE! RECYCLE at Drop-off Sites and at the Curb!

- **Corrugated cardboard:** three layered cardboard with a wavy inner layer. Empty boxes and flatten. 3'x3' and 10 piece limit at the curb. No limit at drop-off sites! Bring peanuts and air pillows to packaging stores for reuse.
- **Mixed paper:** All clean dry paper can be recycled at the curb, multi-family and drop-off sites including non-metallic wrapping paper, gift boxes, greeting cards (or reuse them!), junk mail, catalogs. Visit freemymailbox.com to cancel unwanted mailings.
- **Aluminum foil and foil pie tins:** accepted with aluminum cans and steel food cans at the curb and drop-offs. Rinse off food first.
- **Batteries and unwanted electronics:** recycle at Orange County Solid Waste Convenience Centers. Rechargeable batteries save money and reduce waste.
- **Compost food waste:** Compost bins are available for sale at the Solid Waste Administrative Office, 1207 Eubanks Rd. \$50 cash or check. Give unserved food to the Inter-faith Council 919-929-6380
- **Recycle curbside and at drop-off sites:** glass bottles & jars, plastic bottles & jugs (neck smaller than base), metal cans, mixed paper, newspaper, phonebooks, cardboard, catalogs & magazines.
- **#2, #4, #5 Non-Bottle Plastics:** recycle yogurt tubs, buckets, cups, plant pots, broken toys and other non-bottle plastics #2 #4 #5 at Solid Waste Convenience Centers only. Please sort carefully!

24-hour Recycling Sites Solid Waste Convenience Centers

• Carrboro Plaza, Carrboro	• Bradshaw Quarry Rd.
• Cedar Falls Park, Chapel Hill	• Eubanks Rd.*
• Hampton Pointe, Hillsborough	• Ferguson Rd.
• Meadowmont, Chapel Hill	• High Rock Rd.
• University Mall, Chapel Hill	• Walnut Grove Church Rd.*

*Open Mondays

Please sort recyclables carefully! Do not leave items on the ground!
Happy holidays and thanks for recycling!

Orange County Solid Waste Management
(919)968-2788
recycling@co.orange.nc.us
www.co.orange.nc.us/recycling

