



ILLUSTRATION BY PHIL BLANK

WOODS AND LIGHT

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 processed food and restless sleeping.

Dear HOUSE Calls, What is the long-term effect of processed foods on the American public?

That is no small question. First off, let's recognize that not all processed foods are the same, and some companies are making a real effort to decrease the processed carbohydrates, trans fat and sodium contents in processed foods. Most of what we eat is processed. At the grocery store, usually the stuff around the edges is whole food (produce, meat, dairy) and everything else is processed to some extent. About 90 percent of the American diet is processed, and what may be worse is that 25 percent of Americans eat fast food every day, and 30 percent of children do so. Why do we eat processed foods? It is easier, cheaper and may taste better, but excess fat

and carbohydrates can lead to obesity, diabetes and heart disease. Excess sodium can lead to high blood pressure. And there are countless artificial additives with lesser-known long-term health effects, though most are probably safe. One of the important points about processed food is that your diet is made up of what you eat and also what you don't eat. If you are eating out of a box, you are eating less from the produce aisle. Half our plate should come from the produce aisle in order to get a diet high in fiber, lower in calories and rich in vitamins and minerals. Lastly, not to get too sentimental, but eating out of a box or at the drive-through may reflect a cultural or social change from eating with families and talking.

Dear HOUSE Calls, I roll around a lot in my sleep, often keeping people awake. Is there a reason for that? Is it a problem?

That is a really interesting question. First, everybody moves in their sleep. We have studied people during sleep with video and find that sleep movement is universal and more frequent than most of us think. However, if sleep movement is causing problems for you or your bed partner, you may want to talk to your doctor about it. Sleep movement can interfere with deep sleep and leave the person feeling poorly rested after sleep. Often it is accompanied by an uncomfortable feeling in the legs known as restless leg syndrome. Sometimes sleep movement can be a real problem for bed partners, actually hurting them or just interfering with their sleep. We hope that helps you get started.

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.

Community Briefs

Pre-Thanksgiving farmers' market

The Carrboro Farmers' Market will host a special holiday market on Tuesday from 2-5 p.m. The market will give customers an opportunity to buy products for a truly local Thanksgiving, including heritage breed turkeys, geese, stuffing, cakes, pies, Brussels sprouts, sweet potatoes, cranberry sauce and more.

Chapel Hill Arbor Day

Chapel Hill will host its annual Arbor Day celebration on Friday at 10:30 a.m. at a small neighborhood park adjacent to the north side of Ephesus Church Road between Landerwood Lane and Sharon Road.

Mayor Mark Kleinschmidt will present the Arbor Day Proclamation and accept the 2010 Tree City USA Award from representatives of the N.C. Division of Forest Resources. This is Chapel Hill's 12th consecutive year as a Tree City.

Additionally, students from Ephesus Elementary School will help plant an oak tree.

Support circles for the homeless

The Orange County Partnership to End Homelessness will host a Summit on Support Circles for Our Homeless on Friday from 8:30 a.m. to 12:30 p.m. at St. Thomas More Catholic Church, 940 Carmichael St.

The public is invited to learn how to start or join a support circle with your congregation, work colleagues, friends and/or family. Support circles are teams of eight to 10 volunteers that partner with individuals and families transition-

ing out of homelessness into permanent housing.

Support circle teams provide their partners with practical support such as taking them grocery shopping or to appointments, helping work out budgets, tutoring for GED classes or other assistance. They also provide financial support for costs associated with moving into housing such as security deposits and furnishings.

For more information, contact Tish Galu at 225-2986 or galump@centurylink.net

Carrboro attorney honored

On Thursday, Oct. 27, the Fair Trial Initiative (FTI) celebrated its 10th anniversary and recognized three leaders of the capital defense community at its annual Osborn Awards Celebration. Carrboro attorney Jonathan Broun received the fifth J. Kirk Osborn Award, which recognizes Broun's excellence in mentoring and his outstanding advocacy on behalf of indigent men and women. Broun is the director of training at the Center for Death Penalty Litigation.

OneMain Financial collecting food

For the entire month of November, the OneMain Financial branch in Carrboro will be collecting non-perishable food to help feed those in need throughout the community. The collected food will be donated to the Inter-Faith Council for Social Service in time to be distributed to local residents before the holidays.

The local OneMain Financial branch is located in Carrboro Plaza.

Community Calendar

THURSDAY NOV 17

Rembrandt Lecture — Dr. Larry Wheeler will discuss "Rembrandt in America." Seymour Center, 2:30pm Free 933-5436

Movie Showing — Full-length documentary on Whale Wars, *Whale Warrior: Pirate for the Sea*. International Books, 7pm Free

Dulcimer Players — To meet at Carol Woods Retirement Community, 7pm 929-5359

OCDW Meeting — Panel discussion of health care reform in North Carolina. OWASA, 7pm Free 593-1904

FRIDAY NOV 18

Contra Dance — With caller Dean Snipes. Carrboro Century Center, 7:30pm workshop/8pm dance \$8 csda-dance.org

Christmas Bazaar — All proceeds benefit mission projects. Christ United Methodist Church, Southern Village, 5-8pm, continuing through Nov. 19

John Ryan Haule — To speak on "C.G. Jung on the Future of Religion." Binkley Baptist Church, 7:30pm \$5-\$15 jungnc.org

Artists' Salon — November's

topic is "Exploring Resources, Leveraging Assets, Crafting Your Path." The ArtsCenter, 6:30pm

Simple Gifts — An alternate gift and fair-trade market benefitting the Take and Eat Food Pantry. Evergreen United Methodist Church, 11098 U.S. 15-501, 3-7pm Friday/10am-4pm Saturday

SATURDAY NOV 19

Bake Sale and Breakfast — Homemade crafts and food, a white elephant sale and breakfast are part of the offering with proceeds supporting local and global initiatives. The United Methodist Church, 200 Hillsborough Road, 8am

PlaySlam! — Presented by The ArtsCenter and the Playwrights Roundtable. The ArtsCenter, 8pm artscenterlive.org

Sheri Castle — Local writer and cooking instructor will be signing copies of her new cookbook. Carrboro Farmers' Market, 2-5pm

Movie Showing — Family matinee to be shown at Orange County Public Library, Hillsborough, 2pm Free Call 245-2537 for movie title

AAUW Meeting — Ellie Kinnaird will speak on "Education Reform Efforts in North Carolina." Carolina Room at Carol Woods, 10am

Thistle and Bluegrass — Steve Hoge and the Enablers to perform, with proceeds benefiting UCCH

Music Outreach. United Church of Chapel Hill, 1321 Martin Luther King Jr. Blvd., 7:30pm unitedchurch.org

MONDAY NOV 21

Cancer Workshop — Look Good, Feel Better, for women coping with cancer. Cornucopia Cancer Support Center, 5pm 401-9333

Federal Issues Briefing — Rep. David Price will speak at the annual briefing. The Carolina Club, UNC, lmorris@carolinachamber.org

Book Group — For adults, to discuss *Wolf Hall* by Hilary Mantel. Chapel Hill Public Library, University Mall, 7pm Free 968-2780

Time Out — With host Bill Hendrickson and guest Karen Romines. WCOM 103.5FM, 5pm

TUESDAY NOV 22

Movie Showing — For teenagers. Orange County Main Library, Hillsborough, 5pm Free Call for movie title 245-2525

Mitch Silver — The president of the American Planning Association will speak on "What you need to know about the Demographic in the 21st Century." Chapel Hill Town Hall, 5:30pm Free

WEDNESDAY NOV 23

Holiday Farmers' Market — Pre-Thanksgiving Farmers' Market. Eno River Farmers' Market, Hillsborough, 3-6pm

Send submissions to calendar@carrborocitizen.com

win two tickets to FUTURE ISLANDS

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