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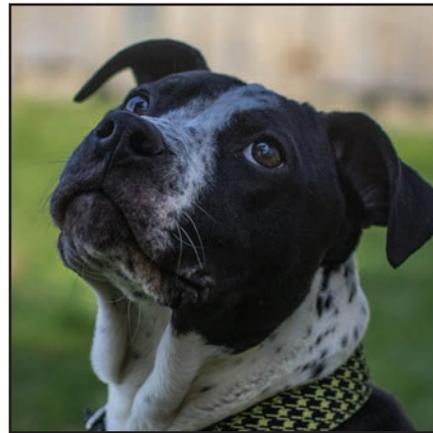
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APRIL CALENDAR

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RESTAURANT REVIEW

Review by Claire Nielsen

Lucky's Delicatessen

Address: 105 W. Chapel Hill Street
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Price: \$\$

It's a cold but sunny, end-of-winter day in early March as I walk down Chapel Hill Street in Durham.

I have trouble finding it at first. But then, across the intersection, I see it — Lucky's Delicatessen, labeled by its forest green sign with blocky red lettering.

I come in from the cold, and everything falls into place. The weather outside and the slightly industrial (yet still light and airy) decor together complete the illusion that I am standing inside a real, New York City deli.

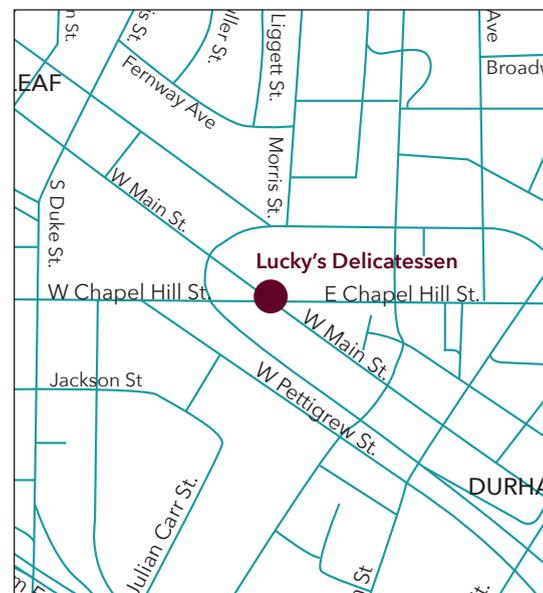


Photo by Claire Nielsen

A GUIDE TO LUCKY'S

Before you jump in the car, here are a few logistics to help you get the most out of your visit.

- Looking to park? Check out the free parking available on the side streets surrounding Lucky's.
- Busiest day: Saturday
- Busiest time: 12 p.m. to 3 p.m.
- Typical visit: 45 minutes



Source: Google Analytics and Maps

Graphic by Allison Lyles

There's an episode of the New York-set television show "Louie" where the main character goes on a date with a woman in a traditional deli, and the two feast on some of my favorite things: pickles and various types of meat, fish and bread.

Since watching that episode, I've always felt the urge to visit somewhere like that. When I recently heard about Lucky's, which opened last year, I finally had the chance.

I went at around noon on a Friday, and it wasn't too busy

when I arrived, but business started to pick up shortly after I sat down. Be prepared to wait in line for a least a few minutes — more if you come on a Saturday.

The restaurant is open until 8 p.m. during the week but closed on Sunday, so plan accordingly.

I knew before I even left for Durham that I would be ordering the Reuben sandwich with corned beef (pastrami being the other option). I had never had

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“ For an alternative to the matzo ball soup, order the sweet potato leek soup. Described as ‘essential comfort food’ on Lucky’s menu, the cup I ordered definitely delivered. ”

From the review

one before, and it seemed to me to be the epitome of a northern deli experience.

The Reuben comes with sauerkraut, Swiss cheese and Russian dressing, all on toasted rye bread. All sandwiches come with a crunchy pickle spear on the side.

The sandwich was melty and delicious. I appreciated the extra crunch from the toast and tartness from the sauerkraut. I found myself full after eating a little over half, but — full disclosure — I couldn’t stop myself from eating the rest.

I also took the opportunity to order matzo ball soup — a dish I have been fixated on trying for while — for the first time. I was pleased that customers could order soup as a cup, bowl or quart.

I ordered a cup, which included one decently sized matzo ball in a cup of broth. The vegetables in the broth tasted fresh, and the soup had a mild, not-too-salty flavor.

For those looking for lighter, vegetarian fare, I would suggest the beet sandwich, made with roasted beets, ricotta, pickled onion and pistachio pesto on a toasted Kaiser roll. If you’re trying to avoid bread, all of the sandwiches can be made into

salads at no extra charge.

I’m a sucker for pretty much any beet dish, but I particularly liked the pairing of the beets, ricotta and pesto, which was complementary without being overpowering.

For an alternative to the matzo ball soup, order the sweet potato leek soup. Described as “essential comfort food” on Lucky’s menu, the cup I ordered definitely delivered. The combination of sweet and savory was creamy but still light.

As someone who is used to frequenting Southern restaurants, where a Reuben might be placed on the menu under a label reading, “for displaced Northerners,” I am glad to have finally experienced what an authentic deli has to offer.

I plan to return to try the BLT, which was recommended to me by one patron, as well as the tuna melt and roast turkey sandwich. If I’m feeling a little more adventurous, I might sample some of the smoked and cured fish, or take a chance on the chopped liver sandwich. But until then, I would encourage readers to go in my place.

Photos by Claire Nielsen



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A Nonprofit Hot Spot

COUNTY NURTURES NONPROFITS

By Jessica Swanson

Nonprofits fill a vital role in Orange County and across the Triangle, educating, protecting and enriching people and animals.

Over 300 nonprofit organizations operate out of Orange County, and employment in a nonprofit constitutes almost half of total employment in the county. According to a report by the North Carolina Center for Nonprofits, nonprofits employ almost 30,000 people in Orange County.

This nonprofit hot spot enabled organizations like The Walking Classroom to thrive. Laura Fenn, creator of the nonprofit that allows students to learn via podcast as they take nature walks, came up with the idea while teaching in the Chapel Hill school system.

"All along the way we've had people give us time and resources and input helping us move the program along," Fenn said. "It's really a community effort."

The program, which has been a nonprofit since 2011, spread across the country and helps to animate and educate kids in every state. They hit their 50th state last year with North Dakota.

Fenn says The Walking Classroom fills a niche for teachers and students. Children need exercise and outdoor time,



Photo by Viviane Feldman

Nonprofits like Mebane's Paws4Ever thrive in Orange County.

and this program enables them to get that without sacrificing instructional time. She credits the community around her for fostering the idea.

"If I had had the idea for The Walking Classroom in any other town other than Chapel Hill the program would not have gotten off the ground," Fenn said.

"I wholeheartedly believe that this area is filled with good people willing to help others along. You have people from all different sorts of specialties."

In some cases, those specialties

include taking in and training dogs. Another nonprofit, Paws4Ever, began as the Animal Protection Society of Chapel Hill in 1962 and has since relocated to Mebane and expanded into a 50-acre dog park, adoption center and learning facility.

"We take in animals who maybe need a little more time to find their home," said Emily Albert, development and communications associate of Paws4Ever.

The organization takes no animals from the public but from various shelters in the area. This way, they save animals from being

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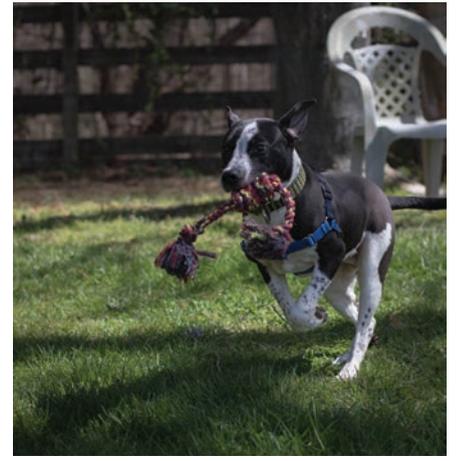
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9. Goose		
10. Deer Mac		
11. Darcy		
12. Ducky		
13. Yoda		



Photos by Viviane Feldman

Paws4Ever is a Mebane-based nonprofit that takes in animals from shelters to train them and adopt them out to forever homes. If the animals are not adopted, they live at Paws4Ever for the rest of their lives. Paws4Ever is one of many nonprofits that find their home in Orange County.

euthanized and take care of them until someone adopts them. And if no one ever does, the animals live at Paws4Ever for the rest of their lives.

Dogs at Paws4Ever have plenty of wide open spaces out in the country to run and roll around. Volunteers can take them on walks through the various nature trails. In their kennels, they get to relax and listen to classical music on CDs designed for dogs.

At the learning center, organization members train dogs from puppy kindergarten up through canine good citizen classes. Training by volunteer and professional trainers can also include specialty classes like scent detection and canine agility, which make the dogs more adoptable.

“And it makes their lives a little more fun,” Albert said.

Julie Jenkins, dog training manager, trains her own dog Pac-

Man in one of the Paws4Ever training rooms.

“Just like with humans, standing on an unstable surface requires some core work,” Jenkins explained as Pac-Man balanced on a FitBone. Using treats and her experience, Jenkins instructs Pac-Man to run, jump and balance on her feet.

Cats at Paws4Ever live together in a communal room where they can roam, climb and play on various scratching posts and structures. The area also features a “catio,” or cat patio, built with wire screens so cats can enjoy fresh air and sunlight.

Paws4Ever relies on donations to provide for the animals in their care, as well as the money made from their dog training classes. They plan to hold a fundraising event on April 15 from 2 to 4 p.m. at their location at 6311 Nicks Road in Mebane — the third annual Adult Egg Hunt.

Participants 21 and over can purchase tickets for \$15 through April 13 or \$20 on the day of. The event features food trucks

and music, and participants can hunt for plastic eggs containing gift cards, candy and little bottles of alcohol.

Pets4Ever also features a legacy care program for animals whose owners can no longer take care of them.

“They can set up ahead of time in their will ... for us to take care of their animal for them,” Albert said.

One person lives with the legacy care animals in a house on the property.

“Adoptions have been very slow for the past few months,” said Kailee Hamilton-Gray, animal care assistant manager.

While playing with Australian cattle dog Meatball, she explained how they can't really predict trends in adoption. Fortunately, many of the dogs at Paws4Ever get adopted within a month, especially smaller dogs and puppies.

Paws4Ever also includes a dog park and trail where owners can pay for membership after watching a video on dog



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etiquette and proving that their dog can interact with other dogs.

"They can just really take advantage of our beautiful location out here," said Albert.

The wealth of nonprofits in the area could be due to the presence of UNC-Chapel Hill.

Nonprofits might also be fueled by the fact that there are many high-income communities in the county, which helps with donations.

"Many nonprofits provide valuable services and much-needed resources to the community and improve the overall quality of life in the county," said Kyle Touchstone, president of the Chatham County Economic Development Corporation.

Albert said it's important to both animals and people that pets find a perfect family match.

And if someone adopts a pet from Paws4Ever and the relationship doesn't work out, Paws4Ever will always welcome the pet back.

"We will always take an animal back, no matter how long it's been," Albert said.

"We really make that lifelong commitment to the animals."

NEWS BRIEFS

CARRBORO

Open Streets event to close Weaver Street

The fifth Carrboro Open Streets event will take place April 9 from noon to 4 p.m. along Weaver Street in Carrboro, according to a press release from the town.

The town will close the street to all motor vehicle traffic while opening it to foot and bicycle traffic and other activities.

There will be biking activities, Zumba, yoga and climbing available to attendees, as well as various games.

The event is free. For more information or to request booth space or become a sponsor, email Galen Poythress at galenpoythress@townofcarrboro.org.

CHAPEL HILL

Town celebrates new crosswalks

The Town of Chapel Hill celebrated a colorful new crosswalk at the intersection of Rosemary and Henderson Streets March 20, according to a press release from the town.

The crosswalk is part of a series of colorful designs commissioned by area artists.

After testing the durability of the paint at a crosswalk on Willow Drive near University Place, multiple festive crosswalks were installed over town.

The locations include one on Cameron Avenue at Wilson Street and one near Shortbread Lofts. More are planned for Rosemary and Church Streets in the future.

In 2015, Chapel Hill voters authorized \$16 billion in bond funds to repair and construct sidewalks and bike lanes to improve safety.

More information about ongoing repairs can be found at townofchapelhill.org/getting-around.

DURHAM

Sheriff's office mourns retired sheriff

The Durham County Sheriff's Office announced the death of retired Sheriff Roland W. Leary in a press release on March 22.

Leary, who was 83, served in the Korean War and began his law enforcement career at the Durham County Alcohol Beverage Control, where he became chief in 1974.

He served as the elected sheriff in Durham County from 1982 to 1992.

Leary created the Search and Recovery Team, a deep diving unit that responds to emergencies throughout the state.

And under his leadership, the office created the Basic Law Enforcement Training Academy, a rigorous program for sheriff deputy applicants.

Leary was active in groups such as the Durham Shrine Club and Urban Ministries.

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A Tribe's Vision

The Occaneechi are reclaiming their land and reviving their community

By Sam Nielsen

The walls of the community center, which double as a museum, are covered in tribal regalia for powwows, bows and arrows, spears and other instruments — all belonging to the Occaneechi Band of the Saponi Nation.

Glass cases house even more traditional tools and regalia, and John “Blackfeather” Jeffries — sporting a T-shirt from the 1996 Virginia Indian Heritage Festival and Powwow — overlooks it all.

Many of the items were made by Jeffries himself, who acts as a kind of spokesperson and advocate for his tribe.

Quick to make a joke or let out a hearty laugh, Jeffries is a popular source for those seeking information about the Occaneechi Band of the Saponi Nation.

Although referred to by some tribal members as chief, Jeffries would call himself a representative of the tribe.

“I tell people, I’m not the chief,” he said.

“I’m a spokesperson for the people. I’m not a professional, I’m just a traditional native.”

goals are being realized through the Homeland Preservation Project.

Conceived in 2000, the first step of the project was taken in 2002, when the tribe bought up part of its ancestral lands in Alamance County. More land in the area was acquired in 2004.

Since then, measures have been taken to acquire funding for further expansion. The tribal lands currently contain a permanent ceremonial ground, the beginnings of a historical Occaneechi village, and a community center and museum for events.

“We’re moving forward and we’re all happy with the progress we’ve made so far — every time I see a grant, I jump on it,” Tribal Administrator Vickie Jeffries said.

Encouraging community involvement is another priority for the tribe.

“That’s our purpose, to have people come out,” John Jeffries said.

Vickie Jeffries gave credit to John Jeffries for his role



Photo by Sam Nielsen

John “Blackfeather” Jeffries acts as a spokesperson and advocate for the Occaneechi Band of the Saponi Nation.

in the tribal center.

“That’s how it is for all this stuff. They have a home now,” he said.

The Occaneechis’ vision for the area go even further. Tribal members’ plans include the reconstructed historical village—containing atis, the tribe’s traditional housing unit — and a learning center and gym for children, with the possibility of a summer camp.

Eventually, the Tribe may have a daycare center or community kitchen. For now, however, the focus is on the cultural aspect.

“We really want to start with the culture and history for our youth, and that will be a wonderful thing,” Vickie Jeffries said.

Josh O’Neil is a senior at Elon University who has been involved with the tribe for the past four years.

Younger tribal members like O’Neil often find themselves split

between their heritage and wider American culture.

“The younger generation, my generation and the generation that’s coming after me, we’re sort of pulled between different cultures,” O’Neil said.

“We’re pulled by the mainstream American culture to be individualist — to make money, to sort of carve our way in America — but our America, our home, is sort of counterintuitive to what America wants us to be.”

O’Neil believes that a camp for youth would be a good way to teach younger members about the Tribe’s culture.

“You can have an immersive environment, where they breath Occaneechi ... That is a better way to impart to them, to our generation and the later generations, what it means to be a member of the Occaneechi Band of the Saponi Nation,” O’Neil said.

The tribe has had projects

“I tell people, I’m not the chief. I’m a spokesperson for the people. I’m not a professional. I’m just a traditional native.”

John Jeffries

Jeffries is a member of the Occaneechi Band of the Saponi Nation, a state-recognized tribe with land in Alamance County, N.C.

The Saponi occupied lands in Virginia and the piedmont of North Carolina in pre-colonial times. Since then, colonization and ensuing migration has greatly reduced their numbers in the region.

The Occaneechi Band of the Saponi Nation, reorganized in 1984, has a mission to revitalize its cultural heritage and strengthen its community. A large part of its

in bringing people out to the ceremonial grounds.

“He’s always spreading the word; he’s always telling people about things happening, going on,” she said.

“Johnny is a wealth of information — everybody loves to talk to him, and they love to see his collection.”

The collection in question is stored in the tribal center, which doubles as a museum.

John Jeffries made note of two ceremonial fans that had been gifted to him by members of another tribe and are now stored

elsewhere. In 1997, John Jeffries constructed most of a replica of a historical Occaneechi village along the banks of the Eno River in Hillsborough.

“Four times a year, it was used as a living village. We had native people come from many tribes — they came down to set up their crafts there,” John Jeffries said.

“And then people could come in and see the different tribes working.”

The village has since fallen into disrepair but is now being reconstructed with help from town.

Vickie Jeffries hopes that the Hillsborough village will direct people to the tribal grounds.

“It's a good draw when

people (visiting the village in Hillsborough) ask, ‘Oh, the tribal grounds are where?’ With that village, we hope it draws them to our village,” she said.

But first, there is more work to be done on the tribal grounds’ village.

Vickie Jeffries is confident that the tribe will be able to continue making progress in the future.

“It's going to keep progressing because the Occaneechi and the Saponi Nation are going to keep move forward, and there's no stopping us now,” she said.

“This is our ancestral land, this is where they lived, and we get that power from them.”



Photo by Sam Nielsen

From top to bottom: (1) Tribal Administrator Vickie Jeffries speaks about her hopes for the Occaneechi community. **(2)** John "Blackfeather" Jeffries points out tribal tools on display in the tribe's community center, which doubles as a museum. **(3)** Josh O'Neil discusses what it's like to be a younger member of the tribal community. **(4)** John "Blackfeather" Jeffries examines the tribal regalia and maps on display at the community center.



A Brief History of the Occaneechi

1676

A militia attack led by Nathaniel Bacon pushes the Occaneechi Tribe south into present-day Hillsborough.



1677-1680

Under the Treaties of Middle Plantation the Occaneechi Tribe, along with others are made tributaries to Virginia.



1713

A subsequent treaty with Virginia binds the Saponi, Occaneechi, Eno, Tutelo and others into one community.



1715

These tribes are officially incorporated under the name "Sapony"



1720s

Records of an assimilated community within the Saponi community begin to emerge

2001

The Occaneechi people are officially recognized by the state.



Aug 2002

The Occaneechi Band of the Saponi Nation begins a heritage project to buy back ancestral lands.



Feb 2004

The tribe purchases 25 acres of farmland on Daily Store Road



Spring 2005

A permanent ceremonial ground is completed



2017

Work continues on the Occaneechi Homeland Preservation Project

April Calendar

2 Sunday Poetry Reading

St. Matthews Church, 5 p.m.

St. Matthews Episcopal Church in Hillsborough hosts an evening prayer and poetry reading service by Linda Beatrice Brown.

4 Tuesday Discussion

Chapel Hill Public Library, 6:30 p.m.

The League of Women Voters is holding a discussion on the prevalence of domestic violence in the community. Free and open to the public.

5 Wednesday Author Event

Flyleaf Books, 7 p.m.

Tony Bartelme will discuss his book "A Surgeon in the Village: An American Doctor Teaches Brain Surgery in Africa." The event is free.

6 Thursday Flavors of North Carolina

The Root Cellar, 6:30 p.m.

North Carolina Dames will showcase regional flavors of North Carolina and benefit the Inter-Faith Food Shuttle. Tickets are \$65 or \$75 with raffle ticket.

8 Saturday Wildflower Hike

Historic Moorefields, 10 a.m.

Spend a spring Saturday at the Historic Moorefields in Hillsborough for their eighth annual spring wildflower hike.

9 Sunday Author Event

McIntyre's Books, 2 p.m.

David Kahler will discuss and sign his book "The Railroad and the Art of Place," in which he focuses on visual and cultural landscape as shaped by the railroad.

10 Monday Strand of Oaks Concert

Motorco Music Hall, 8 p.m.

Timothy Showalter's project Strand of Oaks, also featuring Mount Moriah, will perform at Motorco Music Hall. Tickets are \$17 or \$15 in advance.

12 Wednesday Coates Lecture

UNC-Chapel Hill, 5 p.m.

Captain Michael John, U.S. Navy (ret.) will discuss how Tar Heels have participated in military service. The lecture is free and will take place in the Pleasants Family Assembly Room.

13 Thursday Baseball Game

Durham Bulls Athletic Park, 7:05 p.m.

The Charlotte Knights will play the Durham Bulls Monday, April 10 through Thursday, April 13. Ticket prices range from \$8 to \$32.

14 Friday African Children's Choir Concert

Russell Memorial CME Church, 7 p.m.

The choir is composed of African children aged 7 to 10. The program will feature children's songs, traditional spirituals and gospel songs. Free, but donations accepted.

15 Saturday Old West Durham Hike

Ninth and Green Streets, noon

A historical hike co-sponsored by Museum of Durham History, Sierra Club and the Old West Durham Neighborhood Association. The hike is free and will occur rain or shine.

16 Sunday Durham Easter

Durham Central Park, 12:30 p.m.

This event is free and includes an Easter egg hunt with 10,000 eggs. There will also be inflatables, family activities, face painting and food trucks.

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Check out the online calendar as well.

It is available at SouthernNeighbor.com/upcoming-events/

17 Monday Opening Ceremony

401 N. Driver St.

The Durham Senior Games Opening Ceremony will see participants 50 and up kick off the start of senior games. The event is free.

18 Tuesday Tuesday Night Trivia

The Pinhook, 8:30 p.m.

This recurring weekly trivia night covers current events, miscellaneous facts and a theme round for each game. Participation is free.

19 Wednesday Rock Concert

Cat's Cradle, 9 p.m.

Acid Mothers Temple is from Nagoya in the central region of Japan. The band describes themselves as a "freak-out group for the 21st century." Tickets are \$12, \$10 in advance.

20 Thursday Jay Chandrasekhar

Goodnights Comedy Club, 8 p.m.

Jay Chandrasekhar will perform Thursday at 8 p.m. as well as Friday and Saturday at 7:30 p.m. and 10 p.m.

21 Friday LGBT+ Mental Health

North Carolina Central, 8 a.m.

The LGBT+ Mental Health Conference is design for allied mental health professionals as well as students, trainees and community members. Entrance costs \$14.18.

22 Saturday HerbFest 2017

Festival Park, 9 a.m.

The 18th annual Wake Forest HerbFest will be held April 21 to 23 and 28 to 30 in downtown Wake Forest. Entrance starts at 10 a.m. on Sundays. Family friendly and free admission.

23 Sunday Painting Workshop

Durham Arts Council, 10:30 a.m.

This encaustic painting and collage workshop will take place Saturday and Sunday, from 10:30 a.m. to 3:30 p.m. Price ranges from \$75 to \$130.

24 Monday Cooking from the Garden

Duke Gardens, 6 p.m.

Learn about and taste spring pestos from the garden. The class includes tastings, and attendees will be able to help make and take home pesto. Gardens members \$28, general public \$35.

27 Thursday Documentary Screening

Duke Homestead Historic Site, 6:30 p.m.

"The Rise and Fall of Liberty" explores the history of an iconic tobacco auction warehouse in Durham. The documentary screening is free, but pre-registration is required. Call (919) 599-9373 for more information.

28 Friday Trevor Noah

DPAC, 7:30 p.m. and 10 p.m.

Trevor Noah, host of Comedy Central's "The Daily Show," will perform at the Durham Performing Arts Center. Tickets range from \$39.50 to \$75 and can be purchased at ticketmaster.com.

29 Saturday Arts & Crafts Festival

Fred G. Bond Park, 9 a.m.

The 24th Annual Spring Daze Arts and Crafts Festival will feature over 170 North Carolina artists, entertainment on four stages, festival food and Cary's annual Earth Day Celebration.

30 Sunday Community Dinner

McDougle, 1 p.m.

The 20th annual Orange County Community Dinner will take place at the McDougle Schools cafeteria. Featuring food from local restaurants, tickets are \$8 for adults and \$3 for children. For more information, visit www.communitydinner.org.



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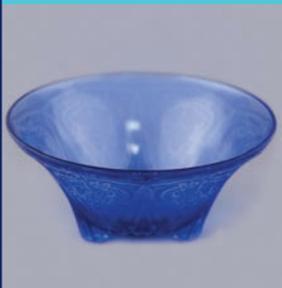
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How to best manage chapped lips



Although it may feel soothing in the short term, licking your chapped lips actually worsens them. There are enzymes in our saliva that aid in the first steps of digestion. Just as these enzymes help break down food, they can disrupt the skin barrier on your lips, causing them to become irritated, dry, and crack. This can be a tough habit to break, but will save your lips in the long-run.

By Chris G. Adigun, MD

Board Certified
Dermatologist Dermatology & Laser
Center of Chapel Hill

As we enter the winter months, you may notice that your lips are dry and scaly, and may even split and become sore. This is often due to the drop in humidity in cooler temperatures, and dry heat indoors. Also, cold season worsens conditions for lips, as congestion leads to mouth-breathing, which also dries the lips. There are some great remedies for this potentially painful nuisance. Equally as important, there are certain things to avoid that worsen chapped lips.

Some lip treatments contain cooling agents or state “medicated” on the label—these are immediate signs to avoid these products. They often contain menthol, camphor, eucalyptus, all of which can irritate and worsen dry lips. You are better off using bland balms without added “medicated” agents that are actually irritating and counterproductive to chapped lips.

One of the top triggers of dry lips is very dry air. Using a humidifier at home can improve this problem. Dehydration also worsens dry lips, thus drinking plenty of fluids during the day is important for your lip health. The

humidifier also moistens air pathways and eases congestion—both of which help with cold symptoms that worsen chapped lips.

The best way to treat chapped lips is with regular application of moisturizing balms, especially those with emollients that seal in moisture. Petrolatum is an excellent emollient, with a smooth and greasy feel. Dimethicone and glycerin are alternative emollients that also seal off cracks and help heal splits in dry lips. There are plant-based waxes and oils that also nourish lips and help restore moisture. These include beeswax, shea butter, soybean oil, coconut oil, and castor seed oil.

Chapped lips that do not heal or improve with regular moisturization can be a sign of an infection or more serious problem. Infections that affect the lips include viruses, yeasts, and bacteria. Certain skin cancers and precancerous conditions, such as actinic cheilitis, also cause persistent dry, scaly lips that do not heal with regular remedies. See a dermatologist if this problem persists.



Dr. Chris G. Adigun

Neighbor to Neighbor

Dr. Chris G. Adigun

and her team offer a comprehensive dermatology practice that delivers the highest quality care through careful patient evaluation and personalized treatment.



The Dermatology & Laser Center of Chapel Hill is located in The Veranda at Briar Chapel: 58 Chapelton Court, Suite 120, Chapel Hill. Contact via phone, 919.942.2922, or online at: DermatologyAndLaser-CenterOfChapelHill.com



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Chris G. Adigun, MD
Board Certified Dermatologist

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Hawaiian cuisine comes to Carrboro

One Fish Two Fish is a brand new Poke restaurant opening in Carrboro this month.

What is Poke? (POH-keh) Poke is a raw fish salad originally from Hawaii. It usually includes diced fish on a bed of rice or lettuce with different toppings and sauces. Featuring both the traditional fish poke as well as other more creative options, One Fish Two Fish supplies many different varieties so everyone is sure to find something to enjoy.

In an article published on February 13, 2017 in *The Daily Tar Heel* owner Scott Kleczkowski said he fell in love with poke, a popular Hawaiian dish, a couple of years ago and wanted to bring the dish to the area.

“By definition, it’s a raw fish salad,” Kleczkowski said. “It really is Hawaiian street food. Traditionally the fishermen get the fish off the boat, chop it up, throw it over rice — it’s kind of what they would snack on.”

Hours are Monday thru Friday from 11 a.m.-9 p.m., as well as Saturday and Sunday from noon to 9 p.m.

Local Business Spotlight

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New Therapy Can Prevent Falls and Improve Lives

Long gone are the days of poking fun at commercials stating “I’ve fallen and I can’t get up!” Falls among seniors are no laughing matter.

Every year 800,000 patients are hospitalized because of a fall injury, with 1 in 3 people aged 65+ falling each year. The direct medical costs for fall injuries are over \$30 Billion annually! The real cost, however, is felt by the person experiencing the falls as they lose their confidence, independence, safety, and health.

Contrary to common belief, falls are not a normal part of aging. Balance can be improved relatively easily to greatly reduce the risk of falls and serious injury. One of the most recent, research based interventions for fall prevention is the OTAGO balance program. Named after the university in New Zealand where it was developed, this exercise program is composed of strength and balance exercises delivered by a physical therapist in the home setting that has been shown to reduce falls between 35-40% for frail older adults. Research at UNC Chapel

Hill School of Medicine has shown significant balance improvement in as little as 8 weeks!

Mobile Rehab in-home physical therapy started in Chapel Hill in 2004 by physical therapist Joshua Cohen PT, MS with the goal of helping older adults remain independent and safe in their own homes by bringing the therapy to the patient, rather than making them drive to a clinic. This not only improves the patient’s quality of life, but also reduces medical costs overall by avoiding serious falls, avoiding a costly move to assisted living or skilled nursing centers, and the need for increased care from family and caregivers.

For many of our older patients, driving to a clinic requires careful scheduling of transportation and is a hassle that often causes missed visits or discontinuation of treatment. By providing therapy in the home we are able to instruct and observe the patient in their real world environment as well as make suggestions for home modifications

to reduce fall risks. We also greatly improve outcomes by ensuring more consistent follow-through with exercise programs that are personalized to each patient.

A tremendous benefit Mobile Rehab is that patients do not need to be homebound to receive in-home physical therapy, unlike traditional Home Health therapies, since Mobile Rehab’s services are covered by Medicare part B (and many other insurances). Therefore, the patient can continue to be involved in community activities that they enjoy while still having the convenience of receiving in-home physical therapy care. Mobile Rehab’s therapists are all experienced and licensed

physical therapists with many years of experience working with older adults with many different medical conditions.

The quickest way to find out if you, or someone you know, may be appropriate for balance training is by asking three simple questions:

- Have you fallen in the last year?
- Are you fearful of falling?
- Do you find yourself holding onto furniture or walls when you walk?

If you answered yes to any of these questions, it is important to take action to avoid falls. You can improve your balance and the best time to start is before you have experienced a fall!

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Fat Soluble Vitamins-Essential Nutrients for your Health

For decades most of our understanding about health and nutrition has largely been shaped by the food industrial complex. Research published in JAMA Internal Medicine in September 2016 revealed that in 1967, three Harvard researchers were paid by the “sugar industry” to promote saturated fats as the cause of heart disease and instead of sugar. This “scientific” mis-information helped create the beginning of nutritional research promoted by the food industry that has continually corrupted the American understanding of health and nutrition.



Their research helped shaped many of the nutritional recommendations by health officials that encouraged Americans to reduce their fat intake. Such advice led many people to consume low-fat, high-sugar foods that some experts now blame for fueling the obesity crisis. As well as obesity it has contributed to the development of many of the chronic diseases that plague Americans today as a result of a nutrient poor diet. This dietary change goes beyond just the addition of processed and high sugar foods which cause harm to the body. But it also it eliminates the very healthy foods which are rich in fat soluble vitamins, such as butter, aged cheeses, eggs, and poultry liver and fat.

An important missing fact in our nutrition education is that saturated fats found in nature contain essential fat soluble vitamins, Vitamins A, D, E and K. In the past 10-15 years many people have become aware of the common Vitamin D deficiency and are supplementing with Vitamin D to improve their blood levels of this nutrient. Vitamin D has been recognized by the conventional medicine to help prevent osteoporosis, reduce the incidence of flu and infectious diseases and support moods in people who have seasonal affective disorder.

Scientific research has shown that Vitamin D has been involved in over 1,000 chemical and enzyme reactions in our body, so it is a much more important substance than we really understand. Much more than a vitamin, it has hormone like effects in the body which helps directs activity in the body. It is also important to know that fat soluble vitamins do not act alone. They travel together in fatty foods such as liver, butter, cheese and animal fats. And they work and

play together as in a symphony. It is important to note that a vitamin D deficiency should be considered as the “canary in the mine”. If you are vitamin D deficient you are probably low in other fat soluble vitamins, such as A, E and K as well. This is especially true if you have been consuming a low fat diet for many years. Increasing your consumption of healthy fats and supplementing with cod liver oil will help reverse this vitamin deficiency.

One perfect example of this vitamin symphony can be found in the bones. Vitamins A and D work as signaling molecules, telling the cells to make certain proteins in the bone which helps lay down the cartilage matrix of the bones. Vitamin K2 then activates these proteins by giving them the ability to bind with calcium. Some of these proteins directly coordinate the movement or organization of calcium. Other proteins act as a glue to hold the protein in a certain shape. Working together these fat soluble vitamins directly contribute to bone growth. So despite taking calcium and vitamin D supplements you could still develop osteoporosis in you have been on a low fat diet and missing out on these important nutrients. So eat nutrient rich fats to keep your bones strong.

Another seemingly odd example of the benefits of fats soluble vitamins is found with heart disease. Vitamin K2 found in fats protects us from heart disease by preventing the calcification of the arteries. In the Rotterdam Study, which followed 4,600 men ages 55 or older in the Netherlands, they found that the highest intake of Vitamin K2 was associated with a 52% lower risk of severe aortic calcification. The higher vitamin K2 levels were also associated with 41% lower risk of



Dr. Susan R. DeLaney, N.D.

coronary heart disease (CHD), a 51% lower risk of CHD mortality, and a 26% lower risk of total mortality. Conventional nutritional advice tells us to avoid foods rich in cholesterol and saturated fats to prevent heart disease. But these very foods, butter, aged cheeses, poultry liver and fat which provide vitamin K2, act to help prevent heart disease. This may be the answer to the “French paradox”, a culture that devours pate, aged cheeses and butter with a lower rate of heart disease than Americans. It may not be the wine but the nutrient rich fats in their diets that helps protect them from heart disease.

The time has come to dismantle the old theories about saturated fat and their unhealthy contributions to our diet. Fat soluble vitamins have an enormous role to play not only in heart disease and osteoporosis but most importantly in the functioning of a healthy immune system. Going back to eating those delicious and nutrient rich foods is a path to restoring your health. And reduce your sugar intake as well-it will make a remarkable difference in your health!!

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Child's ADHD = Parents' Divorce

By Dr. Trish Leigh
Leigh Brain & Spine

Dr. Phil likes to stir the pot on his show to make a point. Neurofeedback was highlighted on Dr. Phil's show as a solution to a very big problem... Parent relations! **But not in the traditional sense.** A recent study shows that ADHD in a child has dramatic implications for Mom and Dad.

Parents are 75% more likely to divorce if their child is diagnosed with ADHD.

Besides the core symptoms, children with ADHD often suffer from problems that can have a snowball effect such as anxiety, behavioral problems, tics, social dysfunction, and more.

What does this have to do with the parents? Everything! These behaviors often produce a gap in understanding and tolerance between parents, creating a great divide.

Dr. Phil told the parents on the show, whose marital problems due to their son's ADHD were palpable, to check out **Neurofeedback to regain the life they have been missing out on.**

Neurofeedback changes a child's brain from the ADHD pattern to the better pattern over time, getting rid of ADHD symptoms and daily struggles and is endorsed as a Level #1 Best Support by the American Academy of Pediatrics because it **WORKS.** That is why we use it above all other services at Leigh Brain & Spine. We have

5 kids with every kind of brain that you can imagine and, literally, depend on Neurofeedback for our kids' development and our marriage. It has been a lifesaver for us and we want to share that with others.

This is good news for parents who want to finally find a solution for improving life with their spouse. No need to wait until the relationship is dissolving when a solution is so close at hand.

Note: You can watch the entire Dr. Phil show on YouTube and the study is by Kvist et. Al, 2011 entitled The Effects of Children's ADHD on Parents' Relationship Dissolution and Labor Supply.

Summer ADHD Program

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Dr. Patricia Leigh

Neighbor to Neighbor

Dr. Patricia Leigh

is a Neurodevelopmentalist and specializes in helping children and adults with ADHD overcome their struggles. Find out more at leighbrainandspine.com/adhd (919) 919-401-9933



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