

# Community Scene

## Eligible for Medicare soon and looking for reliable information?

The N.C. Seniors' Health Insurance Information Program (SHIP) and Durham nonprofit Senior PharmAssist are hosting a "Welcome to Medicare" seminar on Feb. 24, 9-11 a.m., in the theatre at the Durham Center for Senior Life, 406 Rigsbee Ave. This session is designed for individuals who will soon be Medicare-eligible and provides an overview of the options available. Current Medicare beneficiaries or caregivers are also welcome. Attendees can sign up for one-on-one appointments scheduled at a later date. **Please register to attend by calling (919) 688-4772.**

Founded in 1994, Senior PharmAssist helps older adults remain as healthy and engaged as possible by focusing on medication access and appropriate use, Medicare insurance counseling, tailored community referral and activating participants to take charge of their own health. The program is SHIP's coordinating site in Durham County.

## Cooperative Extension Gives Food Safety Advice

Power outages do more than turn the lights out. Without electricity, some are faced with food preservation issues when the refrigerator and freezer are no longer working. Durham County Cooperative Extension offers these important food safety tips:

### Food Safety Emergency Preparedness

During a power outage you should keep refrigerator and freezer doors closed and open them as little as possible. A closed refrigerator will keep food below 41 degrees Fahrenheit only about four hours after a power loss. If you don't have a thermometer in your refrigerator and freezer, that might be one of your next purchases. You can find thermometers for refrigerators and freezers at your local hardware or in the kitchen section at department or large chain stores.

### Refrigerator

The following items should be discarded if above 41 degrees for more than two hours - meats, dairy products such as milks, cream, sour cream and yogurt, opened liquid baby formula, eggs, custards and puddings, soft cheeses such as blue, cottage, ricotta, mozzarella, cream and queso blanco or fresco, shredded cheese, low-fat cheese, and creamy based dressings. Opened mayonnaise, tartar sauce and horseradish should be discarded if above 50 degrees Fahrenheit for more than eight hours. There are, however, some foods that are safe if held above 41 degrees Fahrenheit for more than two hours - butter and margarine, hard cheeses such as cheddar, Swiss, parmesan, provolone and Romano, peanut butter, jelly, catsup, mustard, pickles, opened vinegar-based dressings and uncut fruits and vegetables. Check these foods for evidence of mold, smell and sliminess. Discard if in doubt.

### Freezer

A closed freezer can keep food below 0 degrees Fahrenheit for up to 48 hours if full and kept cold. If your freezer is not full, group packages together so they will retain cold temperatures. If you have room, it's always a good idea to have frozen gallon jugs of water in the freezer; these will help keep the temperature low should the power go out. Most meats that still contain ice crystals and feel as cold as if refrigerated can be refrozen. If thawed and held above 41 degrees Fahrenheit for more than two hours, meats should be discarded.

Frozen milk, egg products, cheese and breads can be refrozen if they contain ice crystals, although food quality loss is a consideration with some foods. Hard cheeses, breads, pie crusts, bread dough, nuts and breakfast items such as waffles, pancakes, bagels, can be refrozen if thawed and held above 41 degrees Fahrenheit for more than two hours although food quality may be a consideration. Pizzas, frozen entrees, casseroles should only be refrozen if they still contain ice crystals and feel as cold as if refrigerated. If these items have thawed and are held above 41 degrees Fahrenheit for more than two hours, they should be discarded.

Before discarding food, take pictures and/or make a list of spoiled food. Damaged food may be covered by your insurance policy. Never feed food that is considered unsafe to your pets. Place discarded food in plastic garbage bags for disposal or compost if suitable for composting. If you have a specific question concerning food safety during a power outage or would like a copy of Food Safety Information Sheets, recovering from a storm, be sure to call Durham County NC Cooperative Extension and ask for Nekedha Morrison at 919-560-

## Clubs & Socials

### Royster-Coleman Family Reunion

Royster-Coleman Family Reunion planning meeting will be Sunday, February 23, 2at 4:15pm at the South Library on South Alston Ave. Descendants & Relatives of James & Lillian (Parish) Royster Clinton & Olivia (Coleman) Royster, Sr. plan to attend. July 25-27th are the Royster-Coleman Family Reunion Dates. For information, please contact Dr. Beverly Royster Rogers at (877) 300-8269. Excited to see you there.

### Sisters Network Triangle NC

Sisters Network Triangle NC will host their 10th Annual Surviving & Thriving Symposium on Saturday, March 1, 2014 from 10 am - 2 pm, at the Millennium Hotel 2800 Campus Walk Ave, Durham, NC 27705. The Theme: "A Holistic Approach to Thriving After Breast Cancer". The guest speakers will be Dr. Kelly Mareon and Dr. Neil Spector. The cost is \$30, and can be purchased from <http://www.sistersnetworkinc.org>. For more information, contact Sisters Network Triangle NC email: [trianglerc@sistersnetworkinc.org](mailto:trianglerc@sistersnetworkinc.org). Phone: (919) 490-1571.

### Alpha Kappa Alpha Knowledge Bowl

Our Omicron Omega Chapter of Alpha Kappa Alpha Sorority, Incorporated is sponsoring its sixth Black History Knowledge Bowl. Held annually for AVID students in the Chapel Hill/Carrboro school system, teams compete reflecting their knowledge of Black history. All teams receive study materials in order to prepare for the competition. The winning and second place teams receive trophies. Come and cheer the team!

Date: Saturday, February 22

Time: 10:00 a.m.

Location: Culbreth Middle School Auditorium, 225 Culbreth Road, Chapel Hill

FOR

LEGAL NOTICES: ESTATES,

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The Links, Incorporated, Durham (NC) Chapter



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The Premier Runway Fashion Event of the Triangle

Enjoy a wonderful lunch and an afternoon of fabulous fashions!

Durham Convention Center, 101 W. Main Street, Durham, NC

Saturday, March 8, 2014 Noon

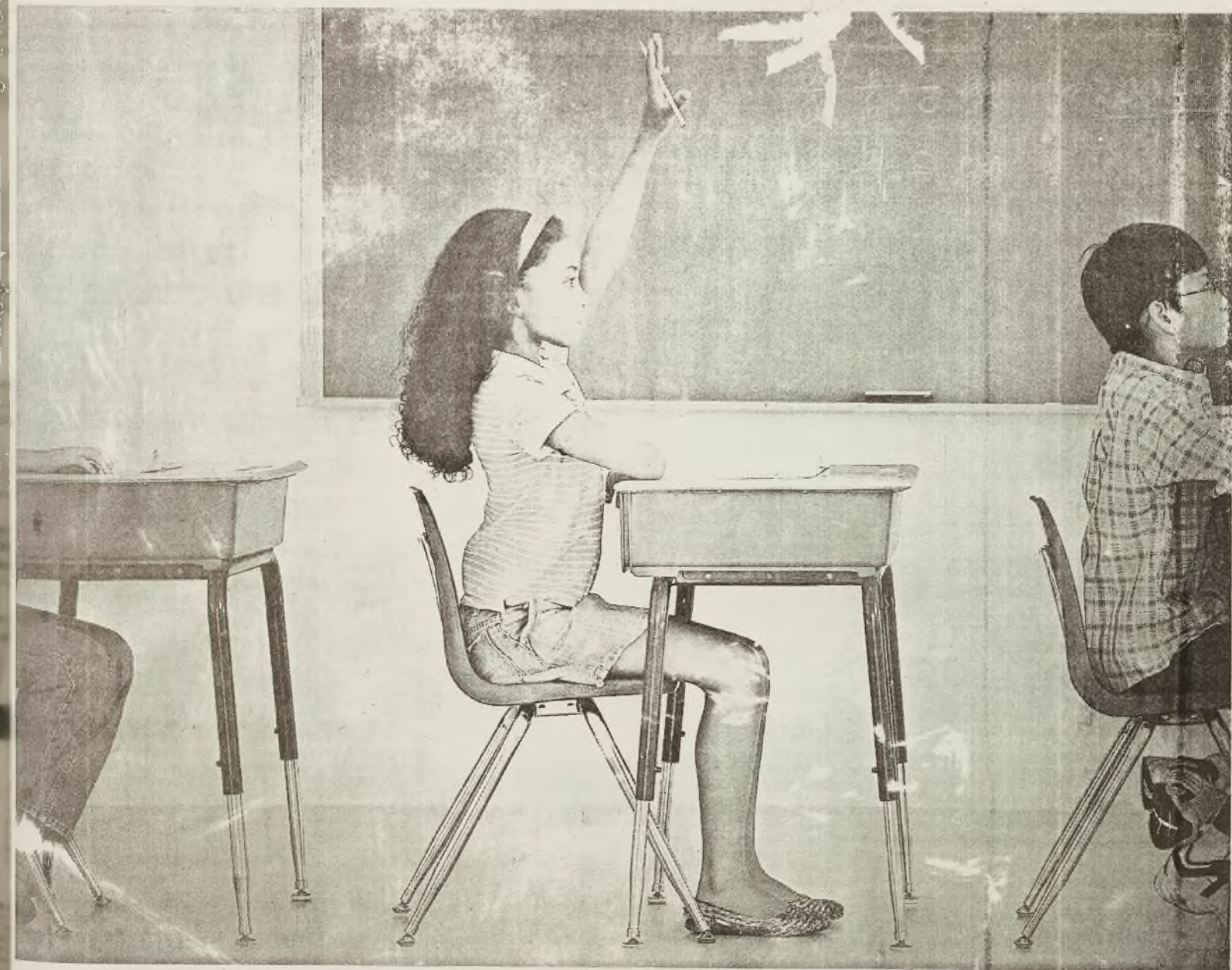
You will see first-class, couture and designer

The "Afr" of the South

Reservations for this event are \$100 - \$150 per person

Tickets: \$100

Valencia Culbreth, 225 Culbreth Road, Chapel Hill, NC 27514



HISTORY IS MADE BY THOSE WHO ASK QUESTIONS.

The curious bank and its 20,000+ employees proudly support and celebrate Black History Month.

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