

Welcome to UNC Family Medicine!

We're delighted to share some tidbits
about our wonderful department,
our awesome people, and our beautiful state!

Our talented residents,
stellar faculty, and
department superstars!





Beach Retreat Fun!



FACULTY SPOTLIGHT



My favorite places in North Carolina are in the **western region** of the state, where the southern **Appalachian Mountains** provide a nature wonderland full of biodiversity, animals in their natural habitat, lush forests, waterfalls, and spectacular mountain vistas. The **Pisgah and Nantahala National Forests, the Blue Ridge Parkway, and the Great Smoky Mountains National Park** are great places for adventurous hiking and camping. The ancient hills remind me of beauty and wonder and help me keep perspective.

I have been **in the department more than 30 years**, having arrived as an intern after **medical school at the University of Michigan**. My first twenty years were focused on maternal and child health in family medicine. After that, I completed a **geriatrics fellowship** and now focus more on caring for patients at the other end of the life spectrum. I see patients in the family medicine center and at **Carol Woods Retirement Community**. I have also been an **administrative leader** in the department for 14 years, most recently serving as the **interim chair**. ---Margaret Helton

FACULTY SPOTLIGHT



One of my favorite things about North Carolina is the numerous farmer's markets. My family and I love to go to the SoDu (South Durham) market on Saturday mornings. In addition to all the amazing produce, I always get my favorite Bean Trader's coffee and my daughter loves her chocolate croissant.

--Mallory McClester Brown, Residency Program Director

FACULTY SPOTLIGHT

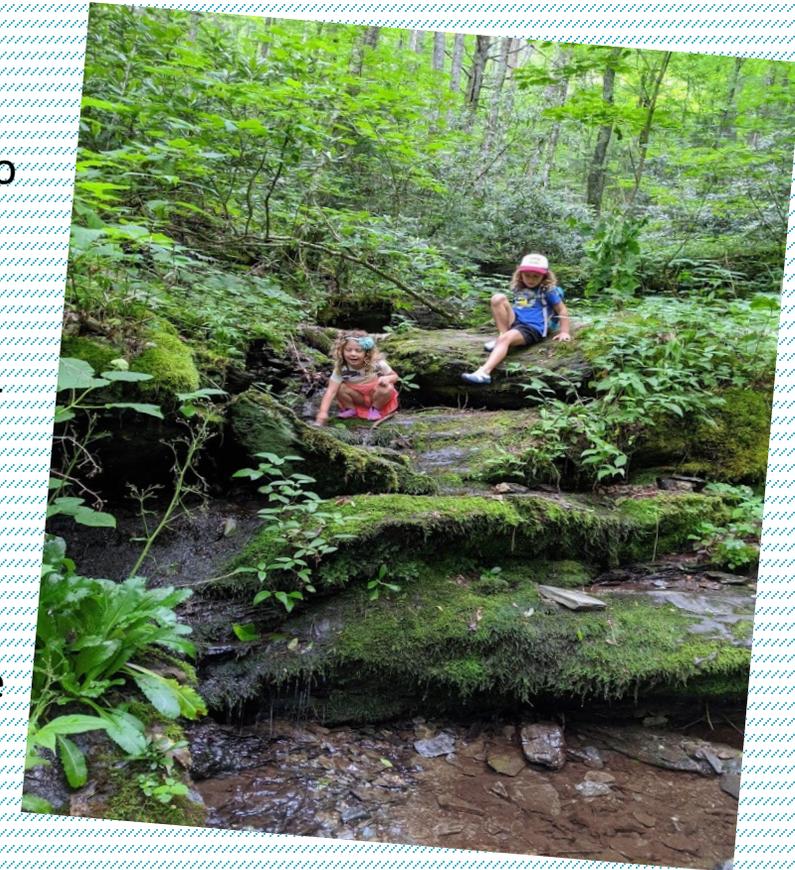


My name is **Caroline Roberts**, and I'm the **site director of the rural health track at Prospect Hill**. I work on the **MCH service, the Chatham MCC service, at Chatham as a hospitalist, and I also see patients at Prospect Hill!**

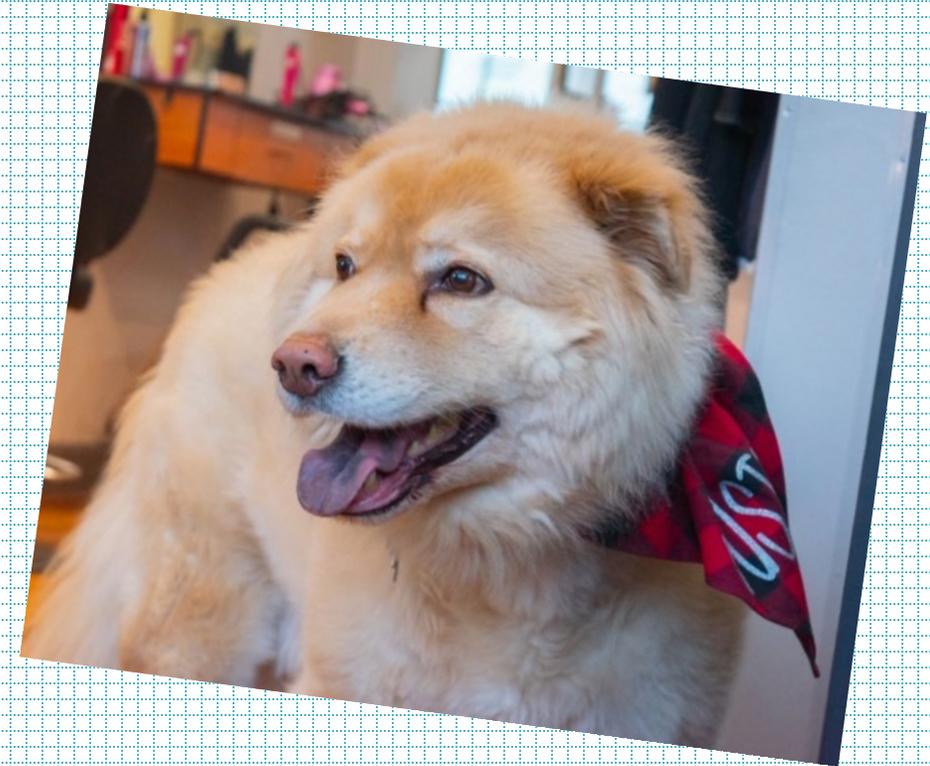
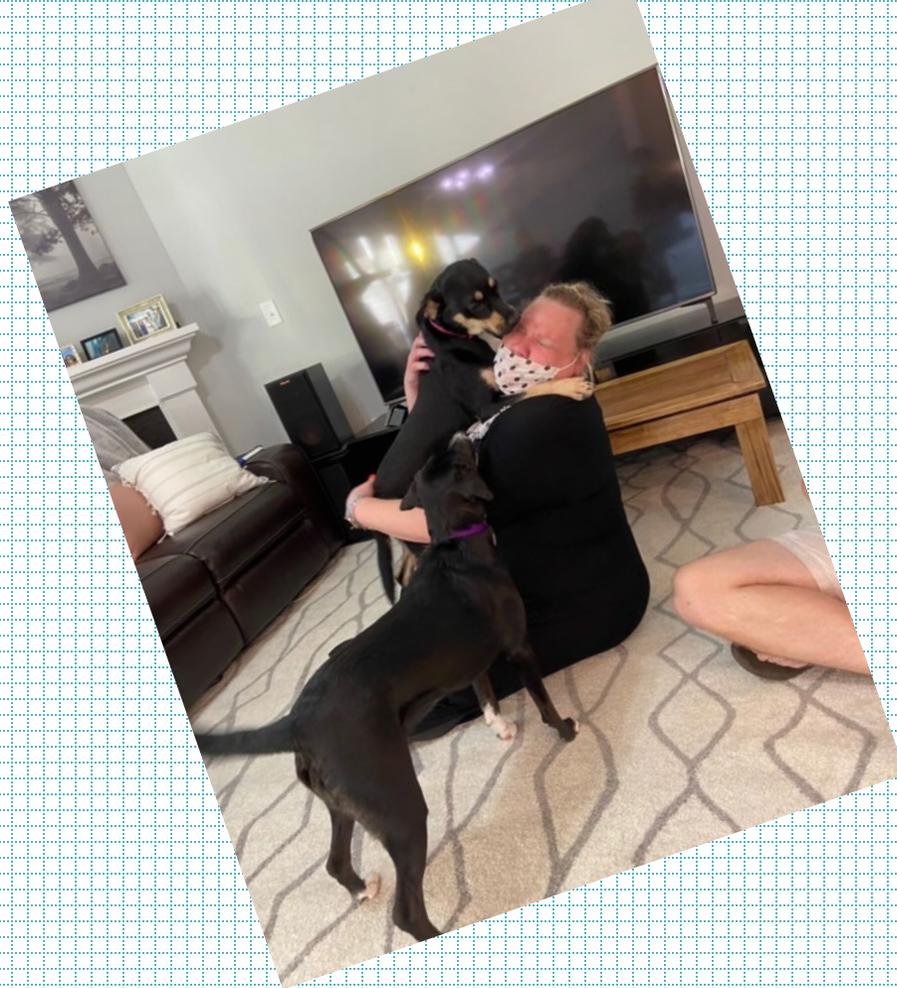
One of my family's favorite things about our community, specifically in **rural spaces in NC**, is the **amazing produce and the amazing humans who help grow them**. My family and I have always looked forward to **picking the freshest fruit** from right around the corner from our clinic in Caswell County, and we've recently discovered some new spots in Chatham and Randolph county! It's currently **apple season**, and while the best apples are out west in NC, there's a really great apple farm about 15 minutes from Chatham hospital at Millstone Family Orchards. Our other faves are **McAdams farm for strawberries** (May-early June) and flowers (always!), **Cedar Grove blueberry farm** (late June- July), any farm in Chatham County for peaches (July- early August), **Philips Farm for pumpkins** (Sept-Oct), and **Jordan Lake Christmas Tree Farm** (if a live tree is how you celebrate your winter holiday). Also - my absolute favorite are the tomatoes in June - August. They are amazing from any farmer or farm stand, but the ones from patients are the best!

FACULTY SPOTLIGHT

I am **Jen Martini**, and am lucky enough to get to be a faculty member in the program, and the **Assistant Program Director of the Residency**. In addition to working with the amazing community of people that I get to engage with in our program, another thing that brings me joy is the ease with which my family is able to integrate our **love of being outdoors into our everyday life here in NC**. Whether we are taking a day trip to the **beach or mountains**, heading out for a **quick hike or trail run** on the many trails that are accessible from our neighborhood or the surrounding communities, or spending the day **swimming or kayaking at one of the nearby lakes**, we are almost never inside during our free time! My partner and I often reflect on how grateful we are that living here allows us to instill a love for nature into our kiddos, and to rejuvenate our own souls by convening with nature on a daily basis.



FACULTY SPOTLIGHT



Oh hey! I'm **JESS**. If you don't know who I am and what I do, there are likely larger issues we should discuss. All joking aside, I am the proud **Program Manager** of our wonderful FM Residency Program. It is people (**and DOGS**) in life that bring me joy, which is why I love my job so much. As you can see, I love my **family** (Dad, Mom and Brother pictured) and **MY DOG JUSTUS**. In the little spare time that I have, I love to go the **beach, paint, cook, read, watch Netflix, and drink wine!** I am a true TAR HEEL through and through, so **GO HEELS!!!**

FACULTY SPOTLIGHT

Matt Zeitler--I'm one of the **junior faculty** in the department doing **full scope outpatient and inpatient**, as well as **MCH**, and am **passionate about resident training**.

This is me with my is my wife, Rachel, and son, Griffin at our favorite spot at **Jordan Lake**.



This is a picture of my wife and me walking our dog at **Umstead State Park in Raleigh** which is one of our favorite places to hike with him.

--**Justin Lee**, one of the **sports medicine attendings** who loves doing **ultrasound guided injections** and making **custom orthotics**!

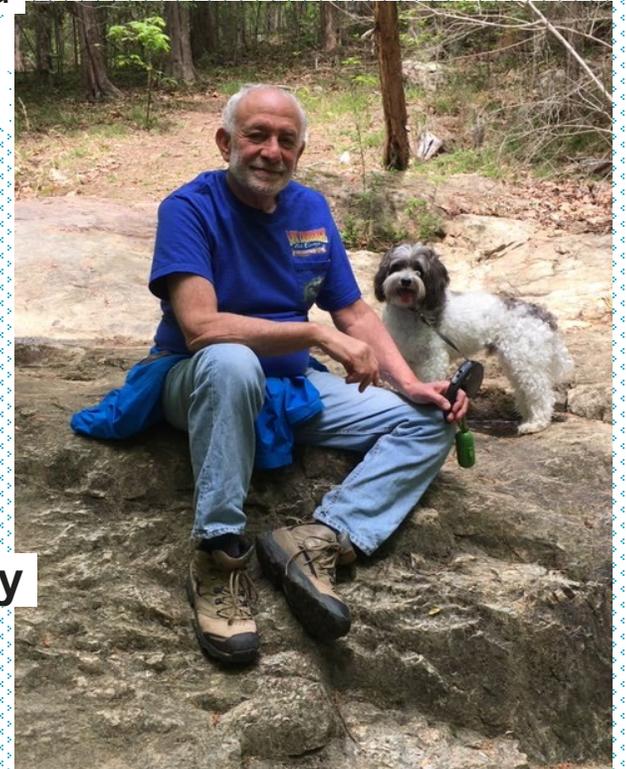


FACULTY SPOTLIGHT

This is the **Guglhupf shop in Chapel Hill** where I picked up my favorite almond milk chai and day old schnecke. Yum! It's in **Eastgate near Trader Joe's**. I also love the original Guglhupf bakery and restaurant on 15-501 in Durham.

One of my favorite hikes is 5 minutes from my house through **Cedar Falls Park**. You can get on the loop trail from the north side off Weaver Dairy Road and from the south side turning into Lakeshore Lane (where you can park) from North Lake Shore Drive. Here's a **photo of my hubby Ron and my dog Max!**

Dr. Sue Slatkoff





FACULTY SPOTLIGHT

Almost every day we go on a **"family walk"** as our **3 and 6 year olds call it**. Usually around the neighborhood. Sometimes just to the end of the street. Sometimes we make it all the way down to the creek. Adult quietude and childhood exuberance side by side

Yee Lam, Medical Student Education Section

North Carolina is a **magical state with a great diversity of people and natural beauty**. A favorite sport for my family is **Raven's Rock on Thunder Hill**, just above our family cabin and just below the **Blue Ridge Parkway in Blowing Rock, NC**.

For those I have not met, I have been a **member of the DFM faculty for 30 years**, now **working part-time**. A focus of my work has been **researching issues in access-to-care for rural and vulnerable populations, health disparities, and evaluating federal and state programs aimed to influence the careers and care of physicians and other practitioners**. --Don Pathman



FACULTY SPOTLIGHT

Hello! My name is **Sarah Ruff**, and I practice at **UNC Family Medicine at Southpoint**. You will see me when I **precept some Tuesday mornings**, or when I attend on the **MCH service at UNC**. My favorite way to get to know the Triangle is by running it. One of my favorite spots is the **Occonechee Speedway in Hillsborough**. It's tucked away but connected to the Hillsborough Riverwalk, so if you want to walk, run, or bike, it's a great place to be outside. **The Speedway is the only surviving dirt speedway from NASCAR**, and it has a bunch of historic cars along the 1km loop. Let me know if you want to join me on a run around town!



Hi! I am **Dana** and I am the **Director of Quality Improvement and Population Health**. It is a long title, but means I do a lot of work to improve systems and delivery better care for our patients. Some of my favorite places in North Carolina are the **many trails both locally and in the mountains**. This picture is from **Hanging Rock!**

Dana Neutze





Anne Mounsey here! This is a picture of one of the trails in Battle Park which is in the center of Chapel Hill. It's a beautiful wood with a creek running through it with miles of trails and I walk my dog here nearly every day and contemplate life. I got my dog from the pound, and he is called Abraham Lincoln!

FACULTY SPOTLIGHT



Hello! My name is **Amir Barzin**.

Here we are doing what we love on a Saturday!

Running together as a family to the market.

You may know me as:

Medical Director, FMC, Urgent Care, and Clinical Contact Center (formerly HealthLink)

FACULTY SPOTLIGHT



My family loves to go to **two educational farms in the area: 1870 Farm and Old Mill Farm.** This picture was from a recent trip to 1870 during the pandemic. The farm offers private trips to explore, fish, see the farm animals.

When not at home with my family, you'll see me all over the place. It might be at **Chatham, MCH, FMIS, FMC clinic, precepting, or during QUASI/TAQI/HSS**

Ashley Rietz

Chapel hill is home to NC's "best sandwich." – Merritt's BLT. If you haven't been to **Merritt's**, it is the best post-call meal. My **BLT has sourdough, avocado added, and a fried egg** when I get home so I feel like I'm "cooking." Food brings me joy and curbside delivery and I are close friends at this point. And yes, I was there today taking these high-quality photos... **Michael Baca Atlas**



We might be biased, but we like to think that North Carolina offers something for everyone: beaches; mountains; abundant natural splendor; unlimited outdoor opportunities, including myriad options for hiking, cycling, running, and paddling; sporting events; fantastic food...and so much more! We're excited to tell you a little bit about ourselves--and some of our favorite things to see and do--both in our immediate area, and within an easy drive of the Triangle for when you get the chance to wander further afield!



My favorite part of North Carolina is the access to great outdoor adventures! We sit in the middle of the mountains and the ocean making them both great weekend trips. Dr. Ryan Paulus



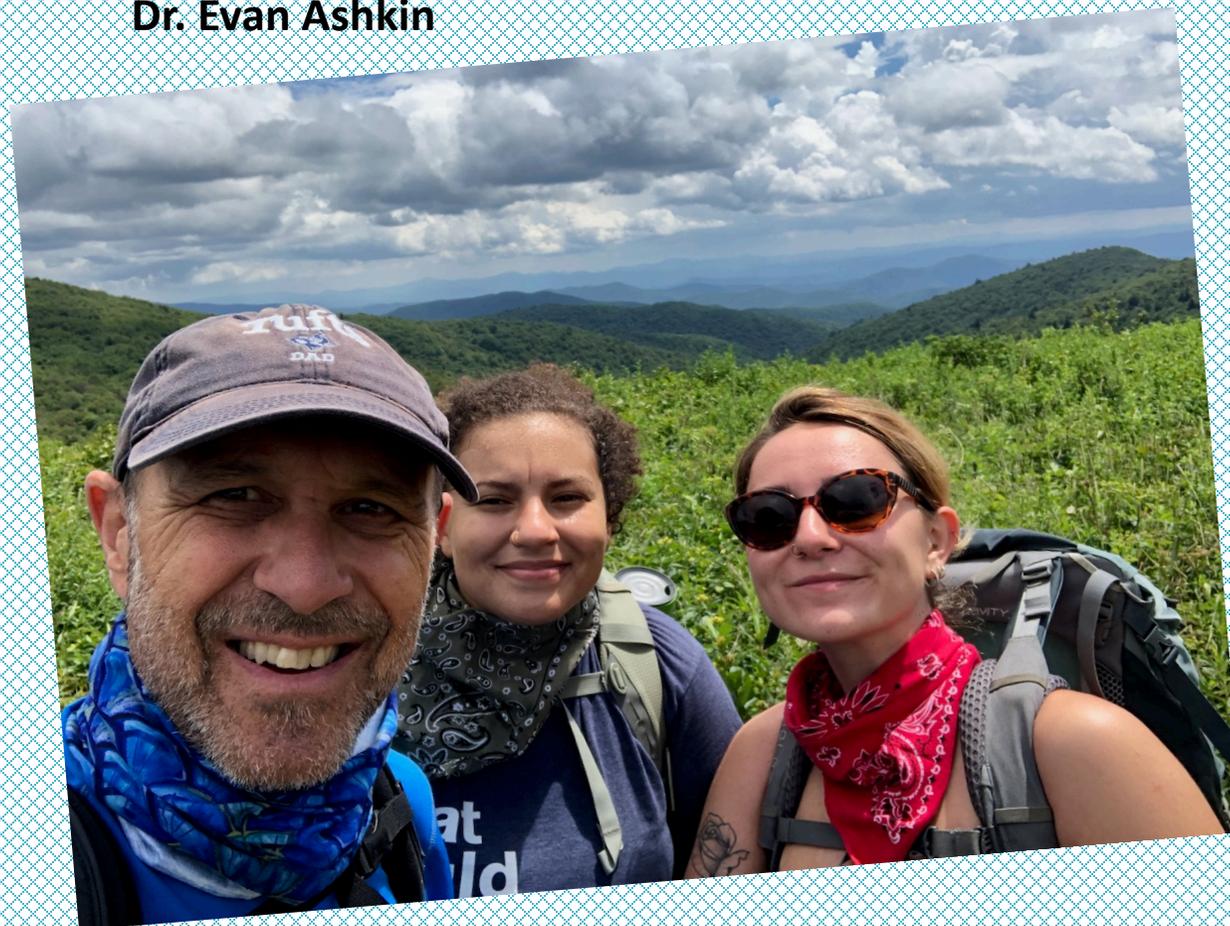
Love hiking in the mountains- so rejuvenating!

Dr. Linda Myerholtz



Max Patch Mountain with my daughters on the Appalachian Trail near Hot Springs, NC.

Dr. Evan Ashkin





Friends,

I have MANY favorite places in North Carolina, which is why my husband and I are raising our family here. We have spent the last 6 months exploring all of the biking and hiking trails within walking or bike riding distance of our house, and recently ventured to the Haw River for paddle boarding. But our favorite places are still the mountains (specifically the High Country of NC near Boone, NC) and the beach. These are photos from my favorite trail, the Profile Trail, which climbs up the back of Grandfather Mountain. There are many "tops" of the Profile Trail, but my favorite is Callaway Peak. There are two ways to get there, the Profile Trail and the Nottoway trail (the infamous Anne Mounsey introduced us to the Nottoway Trail), both equally as challenging and as beautiful. You climb a few ladders and/or ropes towards the end of each trail before arriving at the top. There is not much space at the top, but we typically find a rock to sit on and eat our lunch before hiking down. The last two times, we arrived just in time to watch a storm roll over the mountains. This summer we went in July to celebrate my birthday (I turned 25!)- a much needed respite from video visits, COVID, and stress. Dr. Kathy Barnhouse



Our favorite things to do include long bike rides on the Tobacco Trail, fishing in the pond, sitting around the fire pit, borrowing the neighbor's boat to go tubing on Jordan Lake, gardening, and finding creatures in the back yard!!

Dr. Kelly Bossenbroek Fedoriw



Hi, I'm Martha Carlough – I'm core faculty on MCH and the Director of the Office of Global Health Education (for medical student and resident global health opportunities!). Worked 10 years in Nepal and continued involvement in international women's health and refugee care. Volunteer at Samaritan Health Center and with World Relief. Live in Durham with my sweet dog, Beau, and recently bought a used Scamp camper for contained adventures during COVID season.



North Carolina Botanical Garden Sculpture Exhibit

Every fall the North Carolina Botanical Garden has an outdoor exhibit of sculpture by local artists.

My wife and I visited this year's 62-piece exhibit on the first day (Saturday 9/12). Here are a few photos from that visit.

The exhibit will continue through December 6. The garden is open 9 a.m.-5 p.m. Tuesday-Saturday; and 1-5 p.m. on Sunday.
Dr. Philip Sloane



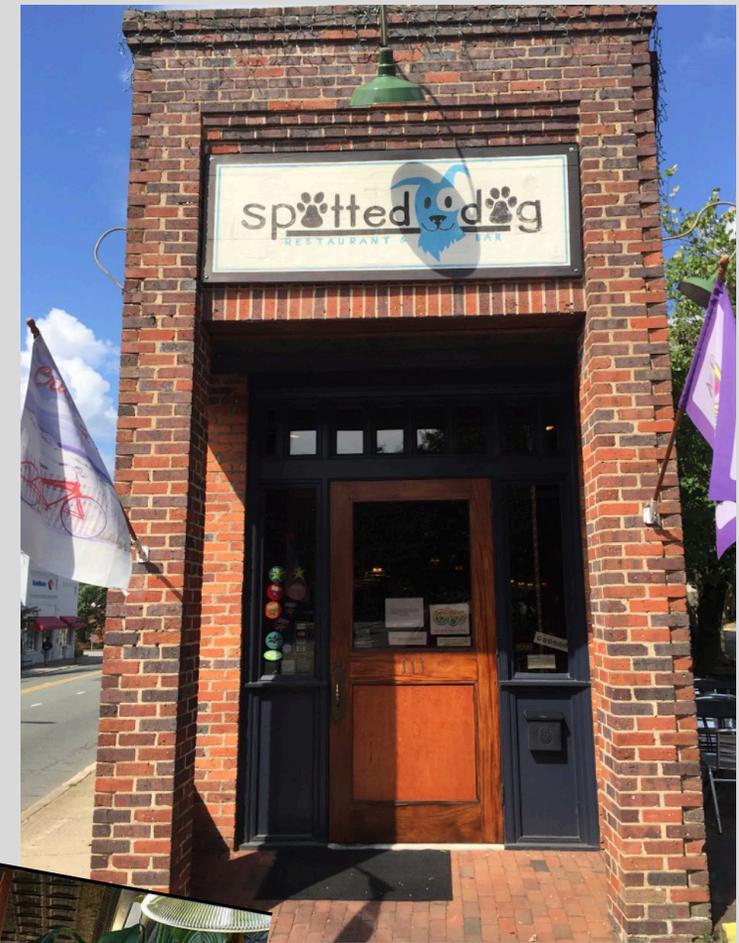
Maple View
Ice Cream!
It's legit.
Dr. Patrick
Mullen



The Spotted Dog in Carrboro is a small, quaint, family-owned restaurant with additional outdoor seating. Great food with a vegan option for almost everything on their menu. And for those who have a dog, it not only dog-friendly but they have a dog menu. They are open every day, but during COVID they are only doing outdoor seating because of their small size. A little pricy but oh so worth it!

<https://thespotteddogrestaurant.com/>

Dr. Venus Standard



For authentic New York Pizza, visit the Carrboro Pizza Oven, located in the Carr Mill Mall. I'm from NYC and this is the only place I would order pizza from. Their other items are pretty good as well.

<https://www.carrboropizzaoven.com/>

Dr. Venus Standard



[Restaurant](#) | [United States](#) | [Carrboro Pizza Oven](#)

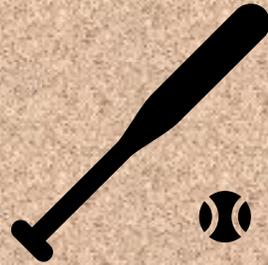
Carrboro Pizza Oven, NY Style pizzas, pizza by the slice, pastas, sandwiches, salads, and homemade desserts.

www.carrboropizzaoven.com



We love spending time at the DBAP, home of the Durham Bulls baseball team! Beyond the great minor league games, summer fireworks and ballpark food, they have a spring training where you can explore the field and take batting practice!

Dr. Karen Halpert





Hiking Occoneechee Mountain!

Dr. Victoria Boggiano



At Wilmington Beach having fun in the sun during our Family Medicine month! The water was wonderfully warm and the sun left a smile on our faces for days!



Celebrating a resident's birthday on the inpatient service!

