

Part 1.

CARL: Hi, come and take a seat.

JULIE: Thank you.

CARL: My name's Carl Rogers and I'm one of the doctors here at the Total Health Clinic. So I understand this is your first visit to the clinic?

JULIE: Yes, it is.

CARL: OK, well I hope you'll be very happy with the service you receive here. So if it's alright with you I'll take a few details to help me give you the best possible service.

JULIE: Sure.

CARL: So can I check first of all that we have the correct personal details for you? So your full name is Julie Anne Garcia?

JULIE: That's correct.

CARL: Perfect. And can I have a contact phone number?

JULIE: It's **219 442 9785**.

CARL: OK, and then can I just check that we have the correct date of birth?

JULIE: **October tenth**, 1992.

CARL: Oh, I actually have 1991, I'll just correct that now. Right, so that's all good. Now I just need just a few more personal details ... do you have an occupation, either full-time or part-time?

JULIE: Yes, I work full-time in Esterhazy's – you know, the restaurant chain. I started off as a waitress there a few years ago and I'm a **manager** now.

CARL: Oh I know them, yeah, they're down on 114th Street, aren't they?

JULIE: That's right.

CARL: Yeah, I've been there a few times. I just love their salads.

JULIE: That's good to hear.

CARL: Right, so one more thing I need to know before we talk about why you're here, Julie, and that's the name of your insurance company.

JULIE: It's Cawley Life Insurance, that's **C-A-W-L-E-Y**.

CARL: Excellent, thank you so much.

JULIE: Now Julie, let's look at how we can help you. So tell me a little about what brought you here today.

CARL: Well, I've been getting a pain in my knee, the left one. Not very serious at first, but it's gotten worse, so I thought I ought to see someone about it.

JULIE: That's certainly the right decision. So how long have you been aware of this pain? Is it just a few days, or is it longer than that?

CARL: Longer. It's been worse for the last couple of days, but it's **three weeks** since I first noticed it. It came on quite gradually though, so I kind of ignored it at first.

JULIE: And have you taken any medication yourself, or treated it in anyway?

CARL: Yeah, I've been taking medication to deal with the pain. Tylenol, and that works OK for a few hours. But I don't like to keep taking it.

JULIE: OK. And what about heat treatment? Have you tried applying heat at all?

CARL: No, but I have been using ice on it for the last few days.

JULIE: And does that seem to help the pain at all?

CARL: A little, yes.

JULIE: Good. Now you look as if you're quite fit normally?

CARL: I am, yes.

JULIE: So do you do any sport on a regular basis?

CARL: Yes, I play a lot of **tennis**. I belong to a club so I go there a lot. I'm quite competitive so I enjoy that side of it as well as the exercise. But I haven't gone since this started.

JULIE: Sure. And do you do any other types of exercise?

CARL: Yeah, I sometimes do a little swimming, but usually just when I'm on vacation. But normally I go running a few times a week, maybe three or four times.

JULIE: Hmm. So your legs are getting quite a pounding. But you haven't had any problems up to now?

CARL: No, not with my legs. I did have an accident last year when I slipped and hurt my shoulder, but that's better now.

JULIE: Excellent. And do you have any allergies?

CARL: No, none that I'm aware of.

JULIE: And do you take any medication on a regular basis?

CARL: Well, I take vitamins but that's all. I'm generally very healthy.

JULIE: OK, well let's have a closer look and see what might be causing this problem. If you can just get up ...

Part 2.

And now we have our "know your town" section where we look at what's on offer in our area. Today, John Monroe is going to tell us about local food and eating out. John.

John: Well, most of us buy our food in supermarkets these days, but we're very lucky having a wonderful market here. It was originally on the piece of land in front of the cathedral. But at the beginning of the 20th century it was moved to a site by the river. When the new shopping center was built in the 1960s, it found a home beneath the multi-storey car park where it still is, but there are plans to move it back to its previous home by the river. The market is now open six days a week. On Tuesday to Saturday, you can buy fresh fruit and vegetables, meat and cheese from the area as well as a whole range of imported produce. But if you come on a Sunday, you will find a different market where crafts people sell what they have made. Things like bags, cards, clothes. During the week, there are a few stalls selling more everyday utensils like saucepans and cleaning products alongside the fruits and vegetables. As well as one new stall selling antique furniture, which is proving to be very popular. People often ask what our local dishes are. As we are by the sea, they expect it to be some kind of fish recipe. Our fish is good, of course, but there isn't one particular dish that stands out. What we do have is an apple cake that isn't really made anywhere else.

There's a new cafe in the High Street, Bartons, which bakes them fresh every morning and serves them with delicious homemade ice cream in a choice of flavors.

Now the harbour is obviously the place to buy fresh fish. Every morning, there's a stall where local fishermen sell a selection of the day's catch before the rest goes to London or abroad. They've been doing that for as long as anyone can remember of course, but the harbour itself looks very different from a few years ago. Most of the restaurants used to be at the far end, but that part was redeveloped and the restaurants had to relocate to the other end. Many of them are simply the old ones in new premises but a couple of new ones have opened recently. So there's a good range now both in the harbour and the town itself. I'm now going to give you my top 6 places to eat in different parts of the town.