



ILLUSTRATION BY PHIL BLANK

Community Calendar

THURSDAY FEB 16

**Lunchbox Series** — Presents Gypsy Town. Carrboro Century Center, 12pm Free  
**Black History Month** — Bright Star Touring Theatre to present *Heroes of the Underground Railroad*. Orange County Main Library, 6pm Free 245-2532  
**Documentary Showing** — *The Coconut Revolution*, the story of the successful uprising of the indigenous peoples of Bougainville Island against the Papua New Guinea army and the mining plans of the RTZ company to exploit their natural resources. Internationalist Books, 7pm Free internationalistbooks.org  
**Mary Ann Weston** — To present a slide show, "Contribution Made to the U.S. by Persons of Caribbean Roots." Seymour Center, 2:30pm Free 968-2070

**FRIDAY FEB 17**  
**Fundraiser** — Mayan Folklore Skit and fundraising banquet benefiting impoverished Guatemalan high school students studying in the Triangle. St Thomas More Catholic Church, 7pm \$25 968-9052  
**Contra Dance** — Workshop at 7:30pm/dance at 8pm. Carrboro Century Center, \$8 csda-dance.org

**SATURDAY FEB 18**  
**Film Showing** — "Having Our Say - Celebrating Black Women in American Culture and History." OC Main Library, Hillsborough, 2pm Free  
**AAUW Event** — A discussion of the politics of abortion and the rise of the new right, HIV/AIDS in Tanzania and obstetrics. Carolina Room at Carol Woods, 10am chapelhill-nc.

aauw.net

**FAN Program** — Free parent training program to focus on helping children build social strategies. Freedom House, 102 New Stateside Drive, Chapel Hill, 9:30-11:30am 942-8083  
**Dance Ensemble** — African dance and music. University Mall Stage, 2pm

SUNDAY FEB 19

**A Winter Gift of Song** — Betsy Buchanan, Lisa Chensvold, Sondra VanSant and David Wehle with Gretchen Hoag and Peifen Liu, pianists. Binkley Baptist Church, 3:30pm

MONDAY FEB 20

**Adult Book Group** — To discuss *Cutting For Stone* by Abraham Verghese. Chapel Hill Public Library, University Mall, 7pm Free  
**WEDNESDAY FEB 22**  
**Trans Group** — Bi-monthly support/discussion group for people who identify as trans, genderqueer or gender-questioning. Internationalist Books, 8pm Free internationalist-books.org

**THURSDAY FEB 23**  
**Lunchbox Series** — Presents Joe Woodson. Carrboro Century Center, 12pm Free  
**OCDW Meeting** — OCDW celebrates Black History Month with a program about Fairview, an historically black community in Hillsborough. Orange County Head Start Training Center, Hillsborough, 7pm 593-1904

**Shani Watson** — To present a play adaptation of the film and book *Imitation of Life*. Continues through Feb. 26. Swain Hall, Studio Six, Free

imitationoflife.weebly.com

FRIDAY FEB 24

**Organ Concert** — Alexander Anderson presents Buxtehude, Bach and Liszt. United Church of Chapel Hill, 7:30pm Donation requested  
**Last Friday's Artwalk** — Historic Downtown Hillsborough, 6-9pm lastfridaysartwalk.org

**David Gold** — To speak about the different types of memory, changes in memory and strategies to improve memory. Celebration Assembly of God Church, 114 Weaver Dairy Road, 11am  
**Art Reception** — For "Ebb and Flow," new artwork by 22 local artists. The exhibit runs through March 25. Hillsborough Gallery of Arts, 6-9pm hillsboroughgallery.com  
**The Vagina Monologues** — This production of *The Vagina Monologues* is a part of a V-Day initiative to stop violence against women and girls, benefiting the Orange County Rape Crisis Center. Continues through Feb. 26. Hanes Art Center Auditorium, 8pm

**Wayne Pacelle** — The President and CEO of the Humane Society of the United States to discuss his book, *The Bond: Our Kinship with Animals, Our Call to Defend Them*. Flyleaf Books, 5:30pm flyleafbooks.com

Community Briefs

Committee needs members

Orange County seeks applicants for the Adult Care Home Community Advisory Committee.

The 12-member committee works to maintain the intent of the Adult Care Home Resident's Bill of Rights for those residing in licensed adult care homes. Members are appointed by the Orange County Board of Commissioners to at-large positions for an initial one-year training term with subsequent eligibility for three additional two-year terms.

To apply, visit [www.co.orange.nc.us/board/apply.asp](http://www.co.orange.nc.us/board/apply.asp) or call Donna Baker at 245-2130 or Jeanette Jones at 245-2125.

Translation Research

The UNC Gillings School of Global Public Health's minority student caucus will host the 33rd Annual Minority Health Conference, "Translation Research: The Road from Efficacy to Equity," on Feb. 24.

Ana Diez-Roux, an expert in epidemiology and neighborhood health effects, and Nina Wallerstein, an expert in community-based par-

ticipatory research, will be the keynote speakers at the event.

The conference will feature speakers from the Harlem Children's Zone, the National Health Law Program and the Center for Health Promotion and Disease Prevention discussing topics including school nutrition policy, health care law, aging and more.

To register, visit [studentorgs.unc.edu/msc/](http://studentorgs.unc.edu/msc/).

Living revolutionary war

The Alliance for Historic Hillsborough will hold its 12th annual Revolutionary War Living History Day on Saturday from 10 a.m. to 4 p.m.

Reenactors will demonstrate camp life during the Revolutionary War. Events include marching drills, musket-firing demonstrations and open-flame cooking.

The Alliance Revolutionary War Guided Tours will also be held that day from 11 a.m. to 1 p.m., showcasing Hillsborough's revolutionary and colonial era sites. Tours cost \$5 per person.

For additional information, go to [visithillsboroughnc.com](http://visithillsboroughnc.com)

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](mailto:yourhealth@unc.edu)



This week we respond to questions about radon and gluten.

*Dear HOUSE Calls, Why is radon a problem? Should I get a house tested for radon before I buy it?*

Radon is an odorless gas that can be produced from the decay of uranium products. It is somewhat more common in older homes. It can break down over time, and if you inhale it or ingest it, it may increase your risk of lung cancer. After smoking and second-hand smoke, radon is the third-leading cause of lung cancer. You can purchase inexpensive kits to measure radon, and this is probably a good idea before buying a house. Radon levels vary widely by location, so consider contacting your local health department for advice. Most of North Carolina has low levels of radon, including most of the counties in the central and eastern parts of

the states. However, some counties in central North Carolina and most of the western part of the state have moderate to high levels of radon. You can find more information about radon and radon testing in North Carolina at [ncradon.org](http://ncradon.org).

*Dear HOUSE Calls, Gluten-free diets seem to be increasingly popular, even for people without gluten sensitivity. Is this a good idea?*

Gluten is a protein found in wheat, barley and rye. The term "gluten" comes from the Latin word for glue, and this protein literally keeps our food sticky and chewy. Wheat is a very common part of our diet, and cutting it out can be difficult and expensive. Gluten is the protein that people with Celiac disease can not tolerate. These people should not eat gluten. Those without known or at least suspected Celiac disease have

no reason to avoid gluten, but gluten-free diets are often very healthy diets. Most Americans eat far too much carbohydrate, especially simple carbohydrates like processed wheat flour. Cutting out some of the wheat in your diet and making most of your wheat intake whole wheat can make a big improvement in your diet and your health. As for us, we'll continue to enjoy some whole-wheat gluten (preferably with pizza sauce and cheese on top). Exercise caution with extreme diets of any kind, and consider working with your physician or a nutritionist to make sure you are getting all the nutrients your body needs if you do decide to pursue a gluten-free diet.

*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.*

Send your Community Calendar submissions to [calendar@carrborocitizen.com](mailto:calendar@carrborocitizen.com)

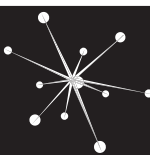
PARENTS:

Is your 3-8 year old pushing your buttons?

If you are interested in learning strategies to manage your child's behavior, contact us: (919) 843-2351 or If you qualify for this research study, you will receive FREE assistance managing your child's behaviors. Earn up to \$150 in Compensation.



THE UNC SOCIAL & BEHAVIORAL IRB REVIEWED & APPROVED THIS PROJECT. (STUDY # 10-0470)



**For more information or to order tickets call 929-2787 x201 or go to [artscenterlive.org](http://artscenterlive.org) ArtSchool registration now open!**

CONCERTS:

AMERICAN ROOTS SERIES

JOHN MCCUTCHEON • FRI FEB 24  
NC PERCUSSIVE DANCE REVUE • SAT FEB 25  
THE BOXCARS • FRI MAR 16  
MOUNTAIN HEART • SAT MAR 17  
LEO KOTKE • TUE MAR 27  
DARRELL SCOTT • SAT MAR 31

CELTIC CONCERT SERIES

SCYTHIAN • THU MAR 15  
LUNASA • FRI MAR 23

OTHER CONCERTS:

KIMYA DAWSON - TUE APR 3

ARTSCENTER STAGE:

NC COMEDY ARTS FESTIVAL • FEB 16-17-18  
ACTS OF WITNESS • MAR 2-11 AND 19-20

SUPERFUN FAMILY SHOWS:

PUSS IN BOOTS • SAT FEB 25 AT 11AM

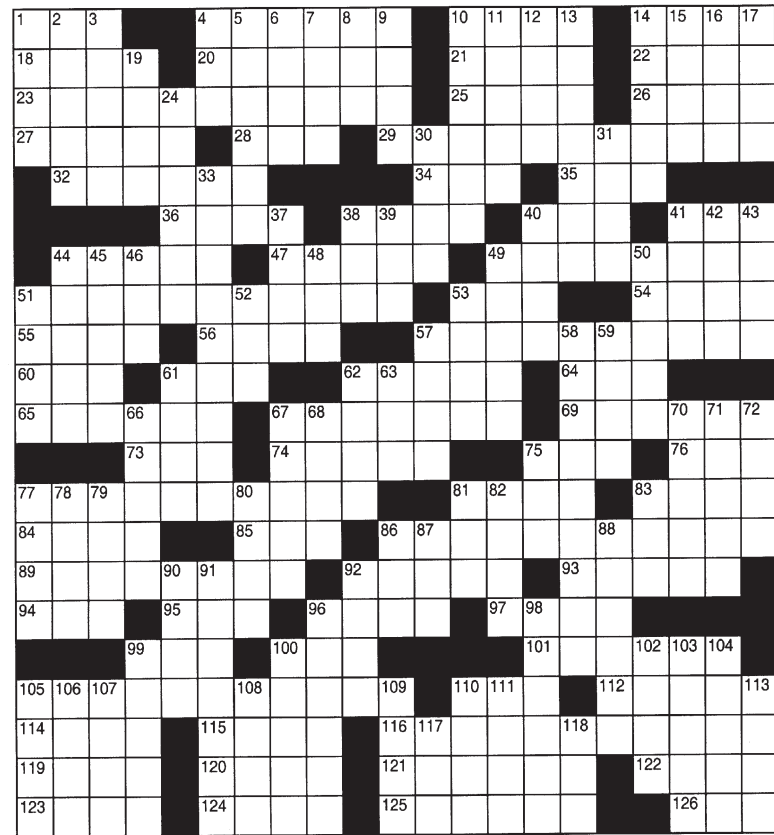
AMERICAN ROOTS SERIES SEASON TICKET PACKAGES AVAILABLE - CALL FOR DETAILS  
ARTS CLASSES FOR ALL AGES STILL ENROLLING FOR SPRING!

facebook TICKETS ON SALE NOW! YouTube

carrborocitizen.com  
/classifieds

SUPER CROSSWORD ALL MINE

**ACROSS**  
1 Start to cry?  
4 Representations  
10 One of a pair  
14 Equipment  
18 — it a Pity? (70 song)  
20 Posh party  
21 Hurler  
22 Coax  
23 Wellington's sobriquet  
25 — Lisa  
26 Lassie's father  
27 Austen title  
28 CSA soldier  
29 Oahu  
32 Barber's "— for Strings"  
34 Woods' org.  
35 Eye  
36 Concept  
38 Warehouse item  
40 Salon request  
41 Roth or Reid  
44 Photographer  
47 Psychologist  
49 "Pilgrim's Progress," e.g.  
51 Music center  
53 Southern st.  
54 "I'm working —"  
55 Marathon  
56 "— bien!"  
57 He devours books  
60 Private pension  
61 "Pshaw!"  
62 Composer  
64 Moo — gai pan  
65 Occult  
67 Prep school  
69 Balzac's "Le Pere —"  
73 Moore or Tarbell  
74 Filleted  
75 SDI device  
76 SAT's big brother  
77 Poe tale  
81 Mammy Yokum's prop  
83 In addition  
84 Barbara of "Perry Mason"  
85 "Alley —"  
86 Complete failure  
89 Chicken Little, for one  
92 Peter of "Young Frankenstein"  
93 Raptor feature  
94 Triumphed  
95 Waugh's "The Loved —"  
96 Wish  
97 Cows and sows  
99 Canonized Mile.  
100 Baseball's Parker  
101 Moses or Monet  
105 Deciduous tree  
110 Cat's dog  
112 PC key name  
114 Merrill melody  
115 Rocker  
116 Dorothy's destination  
119 Capone feature  
120 "Splendor in the Grass"  
121 Poe character  
122 The Laura Bush of Olympus  
123 Protected  
124 Like fine wine  
125 Byzantine art form  
126 Japanese honorific  
1 Author Morrison  
2 Singer  
3 Tessie  
4 Upright  
5 Metric start  
6 — President  
7 Baby beetle  
8 Toon cry  
9 Bird food  
10 Vassal's allegiance  
11 Smell to savor  
12 Last night name  
13 Cozy cloth  
14 Overly enthusiastic  
15 Cleveland's lake  
16 Akbar's city  
17 Oliver of "Gladiator"  
19 Actress  
24 "Salve —"  
30 — facto  
31 Granola fruit  
33 Like some twins  
37 Skilled  
38 Shuffleboard stick  
39 "— Day Now" (62 hit)  
40 Eastern European  
41 Author Morrison  
42 Spring bloom  
43 Legend  
44 Frank book  
45 Pizarro's victims  
46 Mimic  
48 "Treasure Island" monogram  
49 Soothe  
50 Like  
51 Rickrack, e.g.  
52 Live and breathe  
53 Thin layer  
57 "Ethan Frome" prop  
58 Kitchen implement  
59 Space  
61 Hound's handle  
62 Mr. Diller  
63 Citrus cooler  
66 Paper —  
67 Head monk  
68 Tour de force  
70 Northern hemisphere?  
71 Bean or Welles  
72 "— Wolf" (85 film)  
75 PD alert  
77 January event  
78 Heavenly headgear  
79 Dash  
80 Health measure?  
81 Buddy  
82 Fateful 15th  
83 Architects' add-on  
86 Prune  
87 Cyclone center  
88 Stood up  
90 Speck  
91 Torpor  
92 Cornice kin  
96 Paid attention  
98 Michener opus  
99 Extra  
100 Heel type  
102 Foot part  
103 Farm features  
104 Neon —  
105 Perennial panelist  
106 Nannu or Willy  
107 Chantause Edith  
108 Belfry sound  
109 Tiller  
110 Cello parts  
111 Section  
113 "Saving Private —" (98 film)  
117 "O Sole —"  
118 Fond du —, WI



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CitizenCryptoquote By Martin Brody

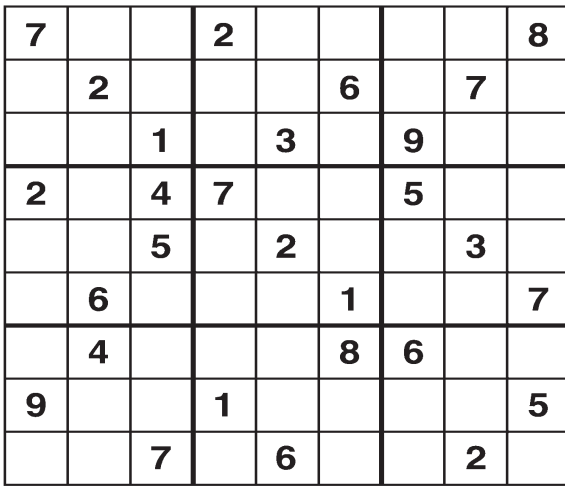
For example, YAPHCVAPLM is WORDSWORTH. One letter stands for another. In this sample, A is used for the two O's, Y for the two W's, etc.,. Apostrophes, punctuation, the length and formation of the words are all hints.

Who Will Win?

Q E Y L A Y I Q Y X Q  
V F P U Y Q D Q D F J F M D B D F V W  
I J B D L J F A I J V Y Q E I Q E I X  
Y T Y A N Y Y J . - M D B Y H  
V I X Q A F , A Y Q D A Y B V O N I J  
H Y I B Y A , F M M Y A D J L  
E D X T D Y S X F J Q E Y  
O . X . ' X A Y U O N H D V I J  
U A Y X D B Y J Q D I H U A D P I A D Y X  
Find the answer in the puzzle answer section.

Weekly SUDOKU

by Linda Thistle



Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging  
★★★ HOO BOY!

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