

Community Briefs

Old Christmas

St. Matthew's Episcopal Church will host an evening of readings, poetry and carols with Lee Smith and the St. Matthew's Women's Singing Circle tonight at 7:30 p.m.

Smith is the author of 11 acclaimed novels. She will read her account of Old Christmas from her novel *Fair and Tender Ladies*. These readings will be paired with carols sung by the women's singing circle.

Tickets are \$10 and can be bought through the St. Matthew's parish office or Purple Crown Bookstore. The program will be followed by a reception.

Winter tree hike

Grand Trees of Chatham will host a winter tree hike this Saturday from 1 to 3 p.m. in the White Pines Natural Area in Chatham County.

Hikers will learn to identify trees by their leaf scars, buds, bark, shape and other characteristics. Hikers should dress warmly and be prepared to

walk 1.5 miles.

The White Pines Natural Area is managed by the Triangle Land Conservancy and is located where the Rocky and Haw rivers converge.

Registrants are advised to sign up as soon as possible. Once a registrant has been confirmed by email they will receive directions to the starting location. Email grandtreesofchatham@gmail.com to sign up.

Educational lecture luncheon

The 21st annual educational lecture luncheon of the Central Carolina Black Nurses Council Inc. was held on Dec. 3 at the Friday Center in Chapel Hill, featuring Ernest Grant as keynote speaker.

Grant is the nursing education clinician and director of outreach and prevention for the N.C. Jaycee Burn Center.

Betty Borden and Jocelyn Gladney-Allsbrook received distinguished chapter service awards at the luncheon. Both members were recognized for their extraordinary service to the chapter.



COCKER ARBOR ETUM

ILLUSTRATION BY PHIL BLANK

Community Calendar

THURSDAY JAN 5

Readings and Carols — Readings by Lee Smith are coupled with carols sung by The St. Matthew's Women's Singing Circle. St Matthew's Episcopal Church, Hillsborough, 7:30pm \$10 stmatthewshillsborough.com

Auditions — For OdysseyStage Theatre's reading of Michael Halperin's *Desert Stories*. Seymour Center, 1pm odysseystage.org

Choir Auditions — N.C. Boys Choir will hold auditions through January for boys in grades 3-5. ncboyschoir.org

Art Exhibit — Photographic art by John Horwitz will be on display at The Focal Point Gallery, 1215 East Franklin St, through February 5

Audubon Meeting — Heather Starcke will speak on "The Butterflies of Costa Rica." N.C. Botanical Garden, 7pm Free

SATURDAY JAN 7

Steamwatch — John Kent will lead the New Hope Creek Steamwatch, which monitors pollutants and micro-organisms in the creek. jnkent25@gmail.com

SUNDAY JAN 8

Storytelling — Melissa Delbridge, Suzi Whaples, and Elouise Shoettler to perform at Storytelling for Grown-Ups. General Store Cafe, Pittsboro 7-9pm \$5

Art Exhibit — Opening reception for Leah Sobsey's "Cyanotypes," pre-

sented by The Preservation Society of Chapel Hill. The exhibit continues through Jan. 29. Horace Williams House, 2-4pm Free

Poetry and Song — With Brenda Linton and Sharon Blessum. "The Joyful Jewel," 3-4pm Free 883-2775

Eagle Count — Quarterly counting of bald eagle at Jordan Lake. 7:30-9am Contact Martha at mgirolami@mac.com

MONDAY JAN 9

Jan-Ru Wan — To give a lecture entitled "The Journey of Re-materialization." The lecture begins the creation of a public work of art produced by seniors aged 55+ using repurposed clothes and other everyday objects. The lecture will be repeated Jan 11 at 7pm. Seymour Center, 10-11:00am Free

TUESDAY JAN 10

Beekeeping — First of a 10-week intensive class in beekeeping. Unitarian Universalist Congregation, Hillsborough, 7pm \$50/individual; \$75/couple Preregistration: theocba.org

Healing Foods Workshop — Led by Dr. Jeremy Broadhead, to discuss detoxification. 1717 Legion Rd, Ste 201, 6pm Free RSVP 914-7050

WEDNESDAY JAN 11

No Child — Written and performed by Nilaja Sun, opens at the Kenan Theatre and continues through Jan. 15. playmakersrep.org

THURSDAY JAN 12

Lunchbox Series — Presents the Bradshaw Quartet. Century Center, 12pm Free

FRIDAY JAN 13

James Braly — Presents his one-man show, *Life in a Marital Institution*. The ArtsCenter, 8pm artscenterlive.org

SATURDAY JAN 14

The Lorax — Performed by the Studio A Dancers, the presentation is adapted from the story by Dr. Seuss. East Chapel Hill High Auditorium, 2 and 6pm \$8 studioadancearts.com

Computer Class — Computer Basics. Carrboro Cybrary, 10am Free Registration required 918-7387

FAN Workshop — To help parents understand the difference between typical adolescent behavior and behavior that might indicate a need for treatment services, facilitated by Dr. Karen Graham. Orange United Methodist Church, 9-11am Free 942-8083

ONGOING

Cancer Support — Support groups at Cornucopia Cancer Support Center for cancer patients and their families. Cancersupport4u.org 401-9333

Cancer Support — Support groups and wellness programs sponsored by N.C. Cancer Hospital. undineberger.org/patient/support/supportgroup.asp

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



This week we respond to questions about heart attacks from sex and snakebites.

Dear HOUSE Calls, I read that there is an increased risk of heart attack with sex. People have sex more often when they are in a new relationship, so does this lead to an increased risk of heart attack?

This is a really interesting question, and thanks for raising the issue of sexual health. This is really important, and sometimes difficult to bring up. We read the report from the *Journal of the American Medical Association* too. Any increase in physical activity from what you are used to (jogging, gardening, sex, etc.) can increase the risk of heart attack. If you think of sex as exercise, the first few times you have sex after a period of abstinence may present an increased risk of heart attack. But as you "get back into shape," your risk declines to average. Also remember that while the risk is real, it is small. According to this study, 10,000 people would have to have sex

weekly for one year for one or two additional cases of sudden cardiac death. Also, there are a variety of things you can do to reduce your risk, such as quitting smoking; making sure your cholesterol, blood sugar and blood pressure are under control; and taking aspirin. Talk to your doctor about ways to reduce your risk of heart disease. Addressing sexual health is so important to your overall health; we hope you'll consider talking about this with your doctor. One problem we have is effectively addressing sexual health in patients after a heart attack. Failure to talk about this can lead to fear and depression.

Dear HOUSE Calls, I do a lot of gardening and I hate wearing long, heavy jeans and boots, but I'm worried about snakes in the garden. What happens if I get bitten by a small snake? Do I need to kill the snake, or just be concerned with getting to the hospital?

First of all, wear the boots and pants. Snakes are important for

our ecosystem and our gardens. Venomous snakes are rare in the Piedmont. Snakes are much more afraid of us than we are of them, so if you notice a snake, calmly step away. If you get bit, try to stay away from the snake and don't try to catch it, because it's likely to bite you again. Maybe snap a picture with your cell phone or have somebody else try to do so. But most importantly, get away. Make whatever observations you can about the snake's pattern and head shape. Do not elevate the effected limb. Do not try to cut on the puncture sites and/or suck out the venom. Do not apply a tourniquet. Do get to the emergency room. In most cases, driving or being driven is fine. We hope you succeed at avoiding the snakes.

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.

SUPER CROSSWORD PUNBLICATIONS

Crossword puzzle grid with clues and answers. Clues include: 1 Move like a mouse, 5 Neighbor of Java, 9 "Medicine" ('88 hit), 12 Corrupt, 15 Early computer, 17 TV's "Heroes", 19 Campbell of UB40, 20 Poorly, 21 Restaurant critic's zine?, 23 Librarian's journal?, 25 Explosive initials, 26 Column, 27 Max — Sydow, 29 Bunch of ballplayers, 30 Solidify, 31 Weber's "Freischütz", 32 Prepared to drive, 33 Let up, 36 Arthur or Pons, 38 — carrier, 42 Snapshot, 43 — Lama, 45 Strained, 46 DEA officer, 48 Browning's bedtime?, 49 Gardener's monthly?, 53 — jongo, 54 Hymns of praise, 56 Viper, 57 Milne, 58 Digression, 60 Gouda, 61 — River, NJ, 63 Tenor, 64 Like Simon, 66 Groovy, 68 Pugilistic poke, 69 Stephen King book, 70 Muliny, 71 Produce a parka, 72 — fide, 73 Byzantine art form, 76 Pants parts, 77 Ram's ma'am, 78 Directional suffix, 79 Sock style, 81 Feign, 82 Tree surgeon's periodical?, 87 Middling mark, 88 Whippet's waggar, 90 Enormous, 91 Terpsichore's sister, 92 104 Down, e.g., 94 Broadway arrangement, 96 Kennel feature, 97 Kitten gear?, 99 Sprite, 100 Buttermilk Sky, 103 Classify, 106 Maestro de Waart, 107 "Electric" (83 hit), 111 To and —, 114 Sailor's reading?, 116 Depression era, 119 Icelandic epic, 120 Capek play, 121 Bring to light, 122 Goatish gamboler, 123 Have unpaid bills, 124 "Hiver" opposite, 125 "to Order" ('87 film), 126 Highlyflying agcy., 3 Crowdburst?, 4 Lincoln son, 5 Pipe part, 6 Turkish title, 7 Den, 8 "Newhart" setting, 9 Holstein's home, 10 Flagon filler, 11 Patois, 12 Beat, 13 Felipe, 14 Little one, 16 South, 17 Cholesterol, 18 Gopher, 19 Ballesteros, 20 Nigerian city, 22 "Aida" river, 24 Forest, 28 Ciceronian speech, 30 "GoodFellas", 31 Place to pontificate, 32 Correct, 33 Forward, 34 Rover's review?, 35 Presidential monogram, 36 Sanctify, 37 Tombstone lawman, 39 Shakespearean heavy, 40 Wholesome biker's publication?, 41 Carpenter or printing, 42 Monsiear Le Pew, 44 Patriot Samuel, 47 "Evita" character, 50 — Park, CO, 51 Uninteresting, 52 Subdue, 53 Simba, 55 Pavarotti's love, 59 Bit of parsley, 62 Northwestern st., 63 Mouth piece?, 64 Anger or envy, 65 Composer, 67 Slender race, 68 Be a wise guy, 69 French impressionist, 70 Chingachgook's son, 71 Nailed a gnat, 72 Bortano or Blessed, 74 New York city, 75 Require, 76 The Kit — Club, 77 In addition, 78 Stocking shade, 80 Artsy, 83 Opera feature, 84 Future of the present, 85 Medieval menial, 86 — de plume, 89 One of the Jacksons, 93 Gobbled up, 95 Apparel, 98 Debtors' letters, 101 Stud site, 103 Lhasa —, 104 Cabbage concoction, 105 Philosopher, 106 Bronte heroine, 107 Where to find an onager, 108 "Vení, vidi, vici", 109 Markey or Bagnold, 110 Fisherman's snare, 111 Chalky cheese, 112 Skates, 113 Gumbo thickener, 115 Absent, 117 City on the Danube, 118 Ashen

CitizenCryptoquote By Martin Brody

For example, YAPHCYAPLH 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.

Ingredient Problem?

Sudoku puzzle grid with clues and answers. Clues include: T, A, G, J, D, L, G, W, I, B, L, Z, J, F, W, Q, U, H, ' W, D, U, O, B, W, I, B, Q, U, O, B, ., E, T, Q, I, U, B, S, F, W, B, B, S, B, , W, I, B, R, G, L, E, B, L, L, B, X, J, D, S, T, Q, U, H, H, U, W, T, G, H, U, S, Q, G, E, E, T, W, W, B, B, Q, I, T, B, R, , F, J, E, E, T, H, N, J, X, W, I, B, L, G, E, H, B, A, R, L, B, B, R, U, S, S, G, H, E, F, H, D, Q, Find the answer in the puzzle answer section.

Weekly SUDOKU

by Linda Thistle

Sudoku puzzle grid with clues and answers. Clues include: 8, 3, 6, 7, 2, 5, 1, 4, 3, 2, 1, 8, 8, 4, 9, 5, 5, 7, 2, 6, 7, 6, 9, 1, 3, 7, 1, 6, 4, 1, 4, 6, 9, 2

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!

© 2012 King Features Synd., Inc.



Dan Ryon
Financial Advisor
205 West Main Street, Suite 101
Carrboro, NC 27510
Bus. 919-933-3191

Edward Jones

MAKING SENSE OF INVESTING

- Investments
- Retirement Planning Services
- Education Savings
- Financial Assessments
- Free Portfolio Reviews

Member SIPC



Kelsea Parker
919-357-7236

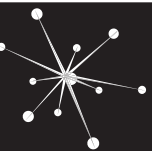
Quality, detailed cleaning with your preferences in mind.

Trustworthy, reliable, own equipment, great rates.

Long-term original clients since 1992

Service above and beyond "the basics"

Clean house + happiness guaranteed!



The ArtsCenter

For more information or to order tickets call 929-2787 x201 or go to artscenterlive.org ArtSchool registration now open!

CONCERTS:

- SOUTH WING BAND • SAT JAN 7
- JEREMY KITTEL BAND • SUN JAN 15
- SHANA TUCKER HINDUGRASS EXPERIENCE • FRI JAN 20
- EXTREME GUITAR DUO
- FEAT. KEITH KNIGHT & DON ALDER • SUN FEB 2
- EDDIE BRILL (COMEDY PERFORMANCE) • SAT FEB 4
- JOHN MCCUTCHEON • FRI FEB 24
- THE BOXCARS • FRI MAR 16
- MOUNTAIN HEART • SAT MAR 17
- LUNASA • FRI MAR 23
- LEO KOTKE • TUE MAR 27
- DARRELL SCOTT • SAT MAR 31

ARTS CENTER STAGE:

- LIFE IN A MARITAL INSTITUTION • FRI JAN 13
- MARK TVAIN NOW • SAT JAN 28
- TRANSACTORS IMPROV: THE LOVE SHOW • SAT FEB 11

SUPERFUN FAMILY SHOWS:

- GUSTAFAER YELLOWGOLD'S SHOW • SAT JAN 21 AT 11AM
- PUSS IN BOOTS • SAT FEB 25 AT 11AM

facebook TICKETS ON SALE NOW! YouTube