

Community Briefs

Funds for tumor research

Carrboro police officers are raising money to support children's tumor research.

Officers, along with friends and family members of Officer Joseph Thomas, have teamed up to run in the Raleigh Rocks 5k and half marathon on April 10. Thomas' daughter Logan, 4, was recently diagnosed with neurofibromatosis, a genetic disease that causes tumors to form throughout the body. If you are interested in participating in the run or making a donation, go to active.com/donate/nfeventnotlisted2011/Jthomas568

Temporary shop opens

4, a new accessories store, will open Feb. 4, upstairs at 149A E. Franklin St. The store will close at the end of May and donate its proceeds to local charities.

The store is a project by UNC students Taylor Walters and Chelsea Crites, who will open and run the store under the supervision of professor Dana McMahan. Proceeds from 4 will benefit The Arc of Orange County, The Center for Child and Family Health of Durham, Ronald McDonald House of Chapel Hill and Table of Carrboro.

4 will feature fashion accessories, including jewelry, handbags and scarves. Shoppers will be able to hear the charity's stories as they browse.

Calendar

THURSDAY JAN 27

Lunchbox Concert — The Mighty Gospel Inspirations. Carrboro Century Center, noon Free

Book Reading — With Daphne Athas, discussing *Chapel Hill in Plain Sight*. Wilson Special Collections Library, 5pm Free

Friends of the Downtown — Meeting with speaker Chapel Hill police Chief Chris Blue. Franklin Hotel, 10am Free

FRIDAY JAN 28

Computer Class — Internet Basics. Chapel Hill Public Library, 8:15am Free Pre-registration required: 968-2780

Family Movie Nite — A PG film based on a book by Cresida Cowell. Call for movie title. Chapel Hill Public Library, 4pm Free 968-2778

Marsh Madness — An interactive musical journey up and down Georgia's coast. Participants will learn about characters who live in and around the barrier islands and the important role each of them play in maintaining a healthy coastal ecosystem. The ArtsCenter, 10am (grades preK-2nd) & 11:30am (grades 3-5) \$7 artscenterlive.org

Zumba Jam — Zumba fuses Latin and international rhythms to make a dynamic fitness program. Carrboro Century Center, 7pm \$3

Walk Talk — Kevin Kirk, UNC physiologist, will present "Walk The Walk: How to Keep Fit Merely Walking." Seymour Center, 11:30am Free

SATURDAY JAN 29

Angels in America — Opens at Paul Green Theatre, with two parts performed in rotating rep. Continues through March 6. playmakersrep.org

Sacrificial Poets — Poetry performance team from Chapel Hill-Durham area. The ArtsCenter, 7pm \$5

SUNDAY JAN 30

Women's Voices — Performing at University United Methodist Church. 8pm \$15 adults/\$5 students womensvoiceschorus.org

Photographic Workshop — "Color Management," designed to teach good color match using various color devices. Carrboro Branch Library, 2-4:30pm Free registration: 969-3006

Human Relations Month — Kicks off with a panel discussion, "A Community Conversation on Immigration: What Are The Implications For Orange County And Its Residents." Carrboro Century Center, 3pm Free

Cuba Today — Dan Whittle and Daylin Munoz discuss current events in Cuba, including economic reform, Obama policy and

Volunteers needed for OPC board

The Chatham County Board of Commissioners seeks volunteers to serve on the Orange-Person-Chatham (OPC) Mental Health Board. OPC is a local agency responsible for overseeing and managing publicly funded mental health, developmental disability and substance abuse services in Orange, Person and Chatham counties.

The OPC board especially seeks professionals with financial expertise, management or business skills or a family member of someone receiving mental health services for a developmental disability.

Find an application form at chathamnc.org/Index.aspx?page=49 or contact Elizabeth Plata at 542-8200.

Youth concussion meeting

There will be a town hall-style meeting Saturday at UNC on concussions and other brain injuries among children and young adults.

The event, "How Do We Prevent, Identify and Treat Concussions in Youth?" will be held from 10 a.m. to noon in the Stallings-Evans Sports Medicine Center.

The meeting is part of a nationwide campaign led by the Sarah Jane Brain Foundation to raise awareness of the risks and symptoms of concussions. The event is free, but registration is requested. RSVP to Johna Register-Mihalik at 962-2702 or johnakay@email.unc.edu

how the environment can serve as a bridge for improved relations. Chiclé Language Institute, 101 E. Weaver St., 5pm Free

TUESDAY FEB 1

Movie Nite — Showing of *Invictus*, with Matt Damon and Morgan Freeman. Chapel Hill Public Library, 6:30pm Free 969-2028

Bingo — For Ages 55 and older. Century Center, 2-3:30pm Free registration: 918-7364

WEDNESDAY FEB 2

Books Sandwiched — Discussion of *The Piano Teacher*, by Janice Y.K. Lee. Chapel Hill Public Library, 11:30am Free

THURSDAY FEB 3

Lunchbox Concert — Presents Marie Vanderbeck Trio. Carrboro Century Center, noon Free

Movie Screening — Queer movie night: *But I'm a Cheerleader*. Internationalist Books, 7pm Free internationalistbooks.org

FRIDAY FEB 4

Fundraiser for Haiti — An organ recital for Haiti Relief with Alexander Anderson playing works by Couperin, Bach, Franck and Messiaen. United Church of Chapel Hill, 7:30pm 942-3540

Film Fest — Blue Sky Film Fest, including workshops with producers. Lumina Theatre, Southern Village Continues through Feb 6

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 blepharitis and low-back pain in a teenager.

Dear *HOUSECalls*, I have swelling in my eyelids, with some crusting and no itching. My doctor told me that it was likely allergies. I tried Zyrtec, but it didn't help. I went to an eye doctor, who diagnosed blepharitis and said it was going to be a chronic problem. What can you tell me about this?

Blepharitis is a pretty common problem. It simply means inflammation of the eyelid, sometimes from infection and sometimes from a skin condition, such as rosacea. Since allergies can cause or contribute to many cases of blepharitis, trying an antihistamine like Zyrtec is a reasonable starting point. The condition does happen more commonly as we get older and tends to be a chronic, irritating problem, like dandruff. For some people, antibiotic ointments may be helpful, but simple things like warm compresses and

cleansing the eyelids can also work. We like a diluted baby shampoo with a cotton swab for cleansing the eyelid. Good luck.

Dear *HOUSECalls*, My son is a 17 year-old high school student and football player who has had back pain for a year. Our family doctor recommended rest and physical therapy, but the situation did not improve. An orthopedic surgeon took a CT scan and diagnosed a pars fracture. My son was then told to refrain from physical activity; soon he will undergo a different course of physical therapy. We were told that surgery is not likely to be needed, but the thought of spine surgery is terrifying. What can you tell us about a pars fracture?

Pars fractures, also known as spondylolysis, are fairly common, though many people have not heard of them. They occur most frequently among adolescent athletes, such as gymnasts, football players and tennis players. The condition is really a stress fracture of

the part of a backbone that attaches to the next backbone and is caused by repetitive trauma incurred when the back's in a poorly protected (hyper-extension) position. Some cases also occur during rapid growth when the back is vulnerable. As with all stress fractures, rest is the key. Sometimes a brace is needed to provide stricter immobilization. So the advice to your son to rest and allow his back to heal is a very standard approach. Physical therapy to develop core strength, hamstrings, quadriceps, hips and abdominal muscles can provide protection from future injury as well as allowing the pars to heal. Surgery may be needed in severe cases. We wish your son a speedy recovery. Keeping our kids' activity restrained can be a real challenge.

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.

Southern Appalachian tradition of cleaning and decorating community cemeteries. Wilson Special Collections Library, 4pm Free library.unc.edu

Ongoing Mental Illness Program — A series of 12 weekly classes to help family members understand and support mentally ill relatives while maintaining their own well-being. Dogwood Room at the Seymour Center, Feb. 3-April 21 6:30-9pm Free 967-5403 gobaelder@gmail.com

Cancer Support — Support groups at Cornucopia House for cancer patients and their families. cornucopiahouse.org

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

Compassionate Friends — Free self-help support for all adults grieving the loss of a child or sibling. Evergreen United Methodist Church, third Mondays 7-8:30pm 967-3221 chapelhilltcf.org

SUPER CROSSWORD

GENE POOL

ACROSS

1 A lot

6 Bungle

10 Makes a touchdown

16 Hen's hubby

19 Deck type

20 Ford or Grey

21 Frolic

22 Poster abbr.

23 Start of a remark by Jack Simmons

26 Distant

27 Expensive appetizer

28 Common contraction

29 Charon's river

30 Wallach or Whitney

31 Moore of "G.I. Jane"

34 Writer

37 Actor

38 Tremayne

40 Hangs tinsel

42 Command to Fido

45 Cries like a baby

48 Part 2 of remark

53 React to a pun

54 Enthusiast

55 "Dallas" matriarch

56 Luminoxlike

58 Had a hankering

60 Mister, in

Munich

62 Architect's add-on

63 Harness part

64 Radio and TV

65 Duncan's denial

66 — a Song

Go Out of My Heart" ("38 tune)

69 — Bank, NJ

70 Part 3 of remark

75 HST's successor

78 On the briny

79 Service charge

80 Disconcert

84 Cubist

86 Business abbr.

88 Starchy tuber

90 Moved like a mouse

92 — del Sol

94 Teatime

96 Tachometer meas.

98 Lawn ornament

99 Part 4 of remark

103 Lots of laughter

104 JFK lander

105 Intense

106 Vane letters

107 Tend the

garden

109 Pipe part

110 Cry of discovery

113 Spanish dance

116 Allen's partner

120 Passed into law

124 — Baba

125 End of remark

130 — Buddhism

131 Lunar spacecraft

132 Skater

Heiden

133 Kovacs or Pyle

134 Actress

Caldwell

135 Scrimshaw material

136 Mr. Walesa abbr.

137 Cassandra and Merlin

DOWN

1 Fountain order

2 Nursery furniture

3 Alan of "California Suite"

4 Holmes' creator

5 Reel

6 Take off

7 Tyler or Ullmann

8 Colorado native

9 Saloon

10 Trauma aftermath

11 Spelunker's spot

12 It bakes the cake

13 Alex Haley book

14 Directional suffix

15 Sault —

Marie, MI

16 27th president

17 All right

18 Chico or Karl

24 Textbook headings

25 "Bali —"

29 Finn's friend

31 See

91 Down

32 Distinguished

33 Flavor enhancer: abbr.

35 Honest name

36 Durban dough

37 Word form for "study"

38 — Zimbabw

39 Rock's —

Poneys

41 Ring official

42 Missouri airport abbr.

43 Presque —

ME

44 Dimly illuminated

46 Solitary sort

47 "Wake Up

Little —" ("57 hit)

49 Card collection

50 Silverware city

51 From now on

52 Opening remark?

57 Wrap up

59 Place to pontificate

61 Unrefined

67 "Gracious me!"

68 Trinidad's neighbor

71 Voltaire, for one

72 Reagan and Wilson

73 Teachers' org.

74 O'Hara's "From the

75 Cal. page

76 Sag

77 Follow

81 "New Yorker" cartoonist

82 Tend a fire

83 Macho types

85 Canada's capital

87 Dovecote sounds

89 Soporific substance

91 With

31 Down,

58 Frankie

Avalon hit

93 Qualified

95 Squirrel's snack

97 "The A-Team" actor

100 Manipulate

101 Toque or tam

102 Hotelier

Helmsley

108 Salvate

109 Silly Caesar

111 Basketball's Elvin

112 Paint pigment

113 "All That —" ("79 film)

114 Toast topper

115 Prong

117 Eye appreciatively

118 Flatfish

119 Before long

120 Engrave

121 Mood

122 Kuwiti ruler

123 Poor grades

125 Zipper part

126 — Locka, FL

127 Form of comm.

128 Mine find

129 Incite

Rover

Citizen**Cryptoquote** By Martin Brody

For example, YAPHCYAPLM 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.

"Never Say Never"

L B F M W Z I S W A F W G O X O I
M A Z P C E A F X O A F D D O G O E .
- Q Z Q Q S M J A L C C L G R , F
D L H H O I L F Z K G O I V I Z B
B Z C L G O , L C C . , O C O J W O E
W Z J Z G R I O M M O F I C L O I
W A L M B Z G W A F C Z G R
K L W A B F G S Z W A O I M K A Z
A F E C L W W C O D Z C L W L J F C
O T D O I L O G J O .
Find the answer in the puzzle answer section.

Weekly SUDOKU

by Linda Thistle

		5		9	6		8		
4	1			3					2
			7			1		4	3
			9			6	2		7
		6		8	7			3	
8		4		2		9			
			6			5	1		
1	2			4				5	
7				1				6	8

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!

© 2011 King Features Synd., Inc.

Baldwin Custom Cabinetry and Home Improvement

Cabinet re-facing & Carpentry
Hardwood flooring
Door & window installation

Screened decks & porches
Room additions/Painting & sheetrock
Electrical, plumbing & roofing

Dale Baldwin
336-266-4228

Josh Baldwin
336-512-5612

British Isles

9 days/8 nights on the Queen Mary II
Escorted by Grand American Tours
Leaving Sept. 12, 2011

Price includes
airfare from RDU

For more information,
contact local group leader

Cliff Larsen at 919-260-0746
(Call before noon please.)

Still a few spots left!
First come first served!

CUSTOM MAID LLC

EST. 1992

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!**

TOWN OF CARRBORO

PUBLIC HEARING NOTICE:

Part I: Orientation meeting
February 2 • 6:30 to 9:30pm

Part II: Design Workshop
February 26 • 8:30am to 4:30pm

Facilitated by Durham Area Designers

Location: Morris Grove Elementary School library
(215 Eubanks Road)

You are invited to join the Durham Area Designers, Town Planning Staff and other workshop participants in a Design Workshop!

The purpose of this event is to invite community participation in exploring the possibility of neighborhood-commercial land uses and additional residential density on selected tracts of the Northern Study Area. In particular, we will focus on design implications for an assemblage of properties located on the northeast corner of Old NC 86 and Eubanks Road. In addition, we will explore related improvements to the Old NC 86 highway corridor in this vicinity. Please see the map on the reverse of this notice for the location of the study areas.

For lunch on Feb. 26, please bring a bag lunch. Beverages and sides will be provided.

Questions or more information? Contact Jeff Kleaveland jkleaveland@townofcarrboro.org or Barbara Norton brnorton@earthlink.net