Community

THE CARRBORO CITIZEN

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.

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

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 Cressida 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

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 eco nomic reform, Obama policy and how the environment can serve as a bridge for improved relations. Chicle Language Institute, 101 E. Weaver St., 5pm Free

TUESDAY FEB I 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 — Pres-

ents 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 produc-

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?

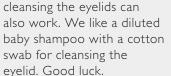
Blepharitis is a pretty common problem. It simply means inflammation of the eyelid, sometimes from allergies, sometimes from infection and sometimes from a skin condition, such as rosacea. Since allergies can cause or contribute to many cases of blepharitis, trying an antihistamine like zyrtec is a reasonable 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

blueskyfilmfest.com/schedule/ Computer Class — Email basics. Chapel Hill Public Library. 8:15am Free Pre-registration required: 968-2780

Hidden Voices — To Buy the Sun: The Challenge of Pauli Murray celebrates the 100th anniversary of the birth of one of N.C.'s foremost civil rights activists. The ArtsCenter, Feb 4-5 8pm \$10 artscenterlive.org

Decorations Day in the Mountains — Folklorist Alan Jabbour and photographer Karen Singer Jabbour discuss the

Send your Community Calendar submissions to calendar@



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

as spondylolisthesis, 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

library.unc.edu

Mental Illness Program -Aseries 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



the part of a backbone that attaches to the next backbone and is caused by repetitive trauma incurred

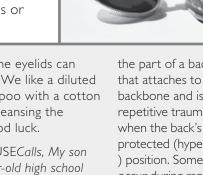
when the back's in a poorly protected (hyper-extension) position. Some cases also occur during rapid growth when the back is vulnerable. As with all stress fractures, rest is the key. Sometimes a brace is needed to provide stricter immobilization. So the advice to your son to rest and allow his back 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.

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



pars fracture? Pars fractures, also known

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

Ongoing

Center, 7pm \$3

ers. Lumina Theatre, Southern Village Continues through Feb 6

carrborocitizen.com

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

Screened decks & porches

Electrical, plumbing & roofing

Room additions/Painting & sheetrock



Dale Baldwin 336-266-4228

Josh Baldwin 336-512-5612



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

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river	charge	134 Actress	31 See	Wilson	topper
30 Wallach or	80 Disconcert	Caldwell	91 Down	73 Teachers'	115 Prong
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Tremayne	90 Moved like	DOWN	36 Durban	76 Sag	122 Kuwaiti
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For example, YAPHCYAPLM is WORDSWORTH. On A is used for the two O's, Y for the two W's, etc formation of the words are all hints.	ote By Martin Brody ne letter stands for another. In this sample, Apostrophes, punctuation, the length and ay Never"
	WAFW GOXOI
MAZPCE AFX (O AFDDOGOE.
- QZQQS MJ	ALCCLGR, F
DLHHOILF 2	ZKGOI VIZB
BZCLGO, LCO	С., ОСОЈ W О Е
WZ JZGRION	MM OFICLOI
WALM BZG	WA FCZGR
KLWA BFGS	ZWAOIM KAZ
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OTDOILOGJO Find the answer in the puzzle answer s	ection.

Weekly SUDOKU

by Linda Thistle

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		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 $\star \star \star$ HOO BOY! © 2011 King Features Synd., Inc