# Community

### THE CARRBORO CITIZEN



### **Briefs**

### Seed swap

The Carrboro Greenspace Collective, in partnership with the Carrboro Farmers' Market, will hold a Seed Swap on Feb. 26 from 9:30 a.m. to noon at the Carrboro Town Commons.

The event will begin with a Seed Saving Skillshare. Free seeds will be available for all and any leftovers will be spread to community gardens in Carrboro and Chapel Hill. Bring seeds to donate or just bring yourself.

Visit carrborogreenspace.org for more information.

### National Gallery curator at Ackland

Franklin Kelly, deputy director and chief curator at the National Gallery of Art in Washington, D.C., will speak Sunday at the Ackland Art Museum in connection with "At Work in the Wilderness: Picturing the American Landscape, 1820-1920," an exhibition running through March 20.

The talk is free and will begin at 2 p.m. in the Hanes Art Center auditorium. A reception at the Ackland will follow.

For more information, visit ackland.org or call 966-5736.

### Hillsborough volunteer needed

The Orange County Animal Services advisory board needs a volunteer to represent Hillsborough.

The board provides input and advice to the staff of the Animal Services Department. Members serve three-year terms.

The board is also looking for a representative of an animal welfare or rescue organization and an atlarge representative.

If interested, apply at www.co.orange.nc.us/ boards (select the "Animal Services Advisory Board" link under "Boards and Commissions Listing") or call Donna Baker at 245-2130 or Jeanette Jones at 245-2125.

### **Basketball** marathon

This year's Duke-Carolina Student Basketball Marathon will begin Saturday at 11 a.m. in Wilson Gymnasium on Duke's campus. It won't end until 3 p.m. the next day.

The Marathon will benefit BounceBack Kids, a nonprofit organization that provides athletic and recreational activities for children with life-threatening illnesses and their families.

### Artist to unveil interactive sculpture

Local artist J. Lev will unveil the new Whirld, an interactive sculpture, on Sunday at Leo Gaev Metalworks.

The public is invited to come try out the interactive sculpture, which acts as an observatory to everyday life by projecting a dynamic, panoramic movie of the world around it. The unveiling, which runs from 2 to 7 p.m., will feature swinging folk music by Oh! Fancy from 3 to 5 p.m. and klezmer music by Gmish from 5 to 7 p.m., as well as free food.

The event is free and open to the public. Leo Gaev Metalworks is located at 102 Lloyd St.

## 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 kidney stones and bedbugs.

### Dear HOUSE Calls, Lots of my relatives have had kidney stones and I want to try to avoid getting them. Is it true that drinking lots of fluids will help prevent kidney stones? How much should I drink per day?

We tell people to drink lots of fluids if they have kidney stones, to help pass the stones. Your question is about prevention, which is different, but there is some science behind the recommendation to consume more fluids to prevent kidney stones. A survey of more than 200,000 people showed that those who drank a lot of fluids were 30 percent less likely to get kidney stones. Water is best, with a goal of eight to 10 glasses per day. Soda and tea may not be as effective since they affect the acidity of urine differently.

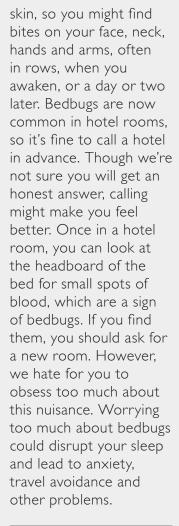
Other dietary

include reducing salt and protein. However, the effectiveness of those changes depends on the type of stones that run in your family. You might want to ask family members if their stones have been tested and then share this information with your doctor or nutritionist in order to get really sound

advice.

Dear HOUSE Calls, Help. I've heard so much recently about bedbugs that I've started to dream about them. When I go to a hotel, should I ask if they have had any problems with bedbugs before making a reservation?

We're reading and hearing about bedbugs everywhere. Bedbugs are parasites that feed on people, often when those people are sleeping; the bugs are usually finished feeding just before dawn. Sometimes people will feel tracks on their skin where they've been bitten. Bedbugs typically bite exposed



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.

### **Baldwin Custom Cabinetry** and Home Improvement

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

**Dale Baldwin** 336-266-4228

Screened decks & porches Room additions/Painting & sheetrock

Josh Baldwin

preventives might

For more information, or to register a team, visit basketballmarathon.com. To donate to either school's team, visit basketballmarathon.com/donate/index.htm

### Tar Heel 10 Miler

Registration is underway for the Wachovia Tar Heel 10 Miler and the Fleet Feet Sports 4+ mile run, to be held April 9 at Kenan Stadium.

Anyone who registers for either race by Feb. 28 will be automatically entered to win a pre-race monthly giveaway.

The prizes are provided by the event's sponsors and include a night's stay at The Franklin Hotel, a new pair of running shoes from Fleet Feet Sports, a \$100 Great Outdoor Provision Company gift card and a massage.

The event benefits the UNC Lineberger Comprehensive Cancer Center and the Chapel Hill-Carrboro YMCA's We Build People campaign. For more information or to register, go to tarheel10miler.com

### University transfer info session

Durham Tech will hold a university transfer information session on its Orange County Campus on Feb. 26 from 9 a.m. to noon.

Representatives from the school's arts, sciences and university transfer departments and from student services will be on hand to answer questions about course transferability and opportunities for seamless transfer to area four-year institutions, including UNC. Current Durham Tech students and university transfer graduates will also be on hand.

For more information, contact Carlo Robustelli at 536-7238, ext. 4202, 943-2443 or robustec@durhamtech.edu

### **Professor wins service award**

Della Pollock, a professor in UNC's communications department, was recognized Feb. 9 for her work in the community with a Robert L. Sigmon Service-Learning Award.

The award was presented during the 2011 Pathways to Achieving Civic Engagement Conference on the campus of Elon University. It is presented annually to a faculty member who has made significant contributions toward furthering the practice of service learning.

Pollock is working on a book about the role of vice learning in a historically black community.

### SUPER CROSSWORD BLUE GENES

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# Weekly SUDOKU

by Linda Thistle

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### DIFFICULTY THIS WEEK: \*\*

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

### PREVENT ACCIDENTAL LITTERS FOR \$20!

**Orange County Animal** Services has teamed up with The \$20 Fix to offer low-cost spay/neuter to residents of the County.

**Residents with yearly** household incomes of \$25,000 or less may qualify.

Contact The \$20 Fix at www.animalkind.org or 919-870-1660 for details and to apply

## PET OF THE WEEK

ORANGE COUNTY ANIMAL SERVICES -Say hello to Sandy! This gorgeous mixed-breed boy is around 11 months old and looking for a new place to call home. Since his arrival, he has been nothing but good-spirited and fun to have around! For such a young pup, he listens very well and seems smart and eager to learn new tricks and ways to make you happy. And as an added bonus, his adorably innocent face is full of some of the cutest and endearing expressions ever! Visit him at Orange County's Animal Services Center, 1601 Eubanks Road, Chapel Hill or call 942-PETS (7387). You can also see him and other adoptable animals online at www.co.orange.nc.us/ animalservices/adoption.asp



# Community

## Calendar

**THURSDAY FEB 17** LGBT Event — Health care power of attorney clinic. Van Hecke-Wettach Hall, UNC campus, Room 5042, 6pm spong@email.unc.edu

Cinema Review — Dr. Kimball King, Prof. Emeritus, will lecture on "The Silver Scream: How Hollywood Impacts Our Society and Vice Versa." Seymour Center, 2:30pm Free 968-2070

The Glass Menagerie — Presented by CHHS through Feb. 19. Hanes Auditorium, 7:30pm \$3

**CH Philharmonia** — Presenting "A Wintry Mix." Hill Hall Auditorium, UNC campus, 8pm Free

Lunchbox Concert — SAD MAGAZINE with Andrew Snee and Robert Graham. Carrboro Century Center, 12pm Free

**OdysseyStage** — Readers Theatre will present Patricia Clapp's A Candle on the Table, along with Maupassant's The Necklace. The ArtsCenter. 11:30am \$5 odysseystage.org

Film Showing — Walker Percy: A Documentary Film with director Win Riley. Wilson Special Collections Library, 5pm 962-4207

### **FRIDAY FEB 18**

**Cine Club Meeting** — Is moving to El Centro Hispano in the Carrboro Plaza. 6pm chicle@chi-cle.com Bird Count — Count the birds in your backyard to help census the

birds. Feb 18-21 birdcount.org Meet-the-Author Tea — With Joe and Terry Graedon, founders of The People's Pharmacy. Chapel Hill

**Contra Dance** — With caller Ruth Pershing. The Century Center, Newcomers workshop at 7:30pm, dance at 8pm. \$8 csda-dance.org

UNC Dance Marathon — Students will remain on their feet for 24 hours to benefit N.C. Children's Hospital. Fetzer Gym, 7:30pm through Sat, Feb 19, 7:30pm uncmarathon.org

**SATURDAY FEB 19** A Call to Action — With state legislators Ellie Kinnaird and Verla Insko. Carol Woods Assembly Hall, 10am 370-4114

### **SUNDAY FEB 20**

Billy Stewart — In concert, presented by The Hillsborough Arts Council. 116 West Queen St., 4pm hillsboroughartscouncil.org/Concerts.html

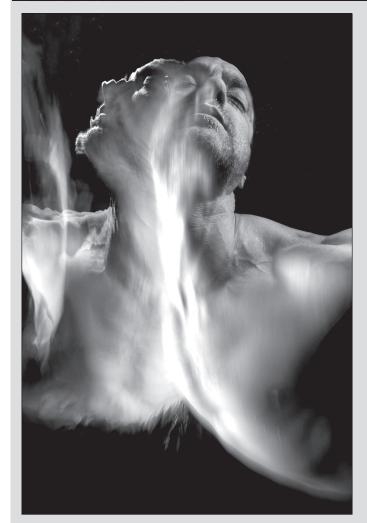
**MONDAY FEB 21** Adult Book Group — To discuss Sea of Poppies by Amitav Ghosh. Chapel Hill Public Library, 7pm Free 968-2780

Deer Repellants Info — Seymour Center, 10am Suggested donation: \$5 Pre-register 968-2056

Time Out — Guests Greg Ireland and Kelly Looser of "Extraordinary Ventures." WCOM-FM, 103.5 5pm

Send your Community Calendar submissions to calendar@carrborocitizen.com

## **SPOTLIGHT**



Public Library, 4pm Free

**TUESDAY FEB 22** 

489-0291

tion at 968-2780

Boys Choir Auditions - For

boys in grades 3-6 for the spring

WEDNESDAY FEB 23

Introduction to NC Live Resources.

Room, 5pm Free Required registra-

Godspell — Presented by United Church of Chapel Hill. 7 pm, Free,

with donations requested to support

the American Sign Language Inter-

The Big Tent Cabaret Road

Paperhand Puppet Intervention.

OC Democratic Women -

Meeting and commemoration of

Meals on Wheels Fundraiser

– With a silent auction and music

featuring Big John Shearer and Blues

Side Up Band. Community Church

WCOM Fundraiser — "Dirt

Cheap: Soul/Funk-A-Thon'' fund-

raiser dance-party. Johnny's, 7-11pm

**Book Sale** — Chapel Hill Public

Library. Continues through Feb 27

Boys Choir Auditions - For

boys in grades 3-6 for the Spring semester. Church of the Good Shepherd, Durham 5-7pm ncboyschoir.org

**SATURDAY FEB 26 Back to Borneo** — A one-man show by Paul "Sparky" Johnson. The ArtsCenter, 8pm \$10 artscenterlive.

on Purefoy Rd, 7:30pm \$10 942-2948

FRIDAY FEB 25

TheArtsCenter, The show will run

through March 6 artscenterlive.org

Black History Month. OWASA, 7pm

preting Service 605-3418

**Show** — Presented by the

**THURSDAY FEB 24** 

Chapel Hill Public Library Conference

NC Resources Workshop -

herd, Durham 5-7pm ncboyschoir.org

Fun for funds semester. Church of the Good Shep-

DRIVING ALONE, NO CONVERSATION.

### **BY SUSAN DICKSON** Staff Writer

The Murphey School Radio Show, an old-style variety show, will be held Saturday at the Shared Visions Retreat Center, marking the first of what center directors hope will be many radio shows at the facility to benefit local nonprofits.

The show - the style of which organizers have likened to the Grand Ole Opry and A Prairie Home Companion – will benefit four Triangle mental health agencies and will feature performances, comedy and readings by local musicians and writers, including Jill Mc-Corkle, Daniel Wallace and Bland Simpson.

Jay Miller and his wife, Ebeth Scott-Sinclair, opened the center last year after more than two years of renovations to the historic Murphey School.

"I wanted to do a retreat center for a long time, and I'd wandered across this old school that was in horrible, horrible condition," Miller said. "I love old buildings, and I decided to try to take it on."

The Murphey School has a



rich history, opening in 1923, with the auditorium added in 1936 as one of Roosevelt's Works Progress Administration projects. It closed its doors in 1959 when students transferred to schools in Hillsborough; the building was subsequently leased to a church, purchased by a family and even used as a nightclub before sitting empty for many years.

Following the recent renovations, the Shared Visions Retreat Center opened last year, providing space and services to local nonprofits and hosting programs and activities. The radio show, the first of its kind at the center, will benefit Club Nova, XDS, Freedom House Recovery Center and Mental Health America of the Triangle.

Miller selected those organizations based on the similarity of their missions, as well as his involvement with each of them. He'd like for future radio shows, which he hopes to

· ····

hold twice a year, also to benefit nonprofits that are similar to one another in their goals.

ILLUSTRATION BY PHIL BLANK

The performers are donating their time for the radio show, which Miller promises will be a good time.

"It's not one of those events where somebody's going to get up and make you feel bad," he said. "It's all fun, 100 percent."

Miller is optimistic about future radio shows, as the upcoming show sold out earlier this week.

What we're looking to do is support nonprofits," he said. It's awareness-raising and it is fundraising. It's for them."

For more information, visit murpheyschoolradioshow.net

# **Chapel Hill - Carrboro's**

### **SEEING THE FIGURE**

FRANK Gallery in Chapel Hill presents "Seeing the Figure," an exhibition of contemporary work inspired by the human form. On display until March 6, the exhibit features Baltimore artists Dennis Farber and Connie Imboden and Triangle-area artists Paris Alexander and Laura Farrow. Many of the works are from significant national and international collections, ranging from the Museum of Modern Art and the Metropolitan Museum of Photography in Tokyo to the collections of SAS Institute and Bill Clinton. The show also will feature juried work by FRANK members. For more information about FRANK and its exhibits and events, visit frankisart.com

Dan Ryon Financial Advisor 205 West Main Street, Suite 101

Carrboro, NC 27510 Bus. 919-933-3191

Edward **Jones** 

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### org

968-2780

489-0291

Bicycle Friendly Award — The League of American Bicyclists presents its Silver Level Bicycle Friendly Community Award to Carrboro. Looking Glass Cafe, 9am bikecarrboro.com

**Seed Swap** — And Seed Saving Skillshare. Carrboro Town Commons pavillion, 9:30am-noon carrborogreenspace.org

### Ongoing

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

**Tax Assistance** — Free for clients of any age whose household income is low to moderate. All VITA services are available at no charge including electronic filing of your tax return (e-file) El Centro Hispano, Carrboro Plaza Shopping and Seymour Center orangecountync.gov

# 1360 WCHL

# News, Talk & Tar Heels Station

# presents **The 2nd Annual** *"Marry Me,* Ron Stutts!"



# For rules and registration visit **MarryMeRonStutts.com**

SIZZL	IN'SA	/INGS	6
Hand Dipped Oysters *12.99/pint	FRESH DAILY Boneless, skinless Chicken Breasts *2.99/lb	Hand Cut <b>Ribeyes</b> *7.99/1b	2.4
ALL NATURAL Ground Chuck *2.99/1b	FRESH MADE DAILY Country Sausage *1.99/1b	Cut to Order Pork Chops CENTER CUT *2.99/1b	Ye
certified organic <b>Chicken</b> *2.49/1b	Cut to Order Whole Fresh Chickens *1.29/Ib	Cut to Order Grass-Fed Sirloin *5.99/1b	
Prices good thru 2/24/11	RENTING PA	RTY CHAIRS &	A TABLES
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