

Calendar

THURSDAY, JUNE 3

No Permission Slip Required

— A private coach bus trip to the newly re-opened North Carolina Museum of Art will leave from the Chapel Hill Museum. Lunch will be served. 10:30am-4pm. \$100/person. www.chapelhillmuseum.org/Events/PartyWithAPurpose/

"The Art of Beekeeping"

— Local beekeeper Jack Tapp will speak on the art of beekeeping. Come taste different local honeys and meade. FRANK Gallery. 6pm. www.frankisart.com

FRIDAY, JUNE 4

"Bee, I'm Expecting You"

— Features works dedicated to the beauty of bees. Photographs, painting, pottery, sculptures and jewelry inspired by bees. FRANK Gallery. 10am-6pm. www.frankisart.com

Teen Opera on Female Bullying

— "One False Move" by Susan Kander will be presented by local middle and high school students June 4-June 6, Elizabeth Kenan Theatre. 7:30pm. \$15 adults/\$10 students. www.longleafopera.org

SATURDAY, JUNE 5

Susan Soleil at OC Main Library

— Master Bookbinder Susan Soleil will be at the Meeting Room of the Orange County Main Library, Hillsborough, to speak and take book restoration orders. 20% of the proceeds will be donated to the Friends of the Orange County Public Library. 10am. Info: call 919-245-2525

Hootenanny

— To Benefit the Haw River Learning Celebration. Live music with Jimmy Magoo, String Peddlers, Good Rocking Sam and Down River. Live art auction on the lawn at Chatham Mills. 5-8pm. Suggested donation \$5-15. www.hawriver.org

Chapel Hill/Carrboro Mothers Club Fundraiser

— The club will be holding a Trike-A-Thon to benefit St. Jude's Children's Research Hospital. Bring your kids and their trikes and helmets to the FPG Child Development Institute, 105 Smith Level Road,

to trike around the track for a great cause. contact Jill at jillhadden@gmail.com for the waiver and sponsorship forms. 9-11am. Raindate 6/6

Sex and the Single Plant: Pollination

— A 4-week class on Saturdays at the North Carolina Botanical Gardens which studies the relationship between flowering plants and the mechanisms that attract pollinators. 1-4pm. Registration: www.ncbg.unc.edu

Native Plant Propagation Workshop

— North Carolina Botanical Garden. Learn basic techniques for seed and vegetative propagation. 1-4:30pm. www.ncbg.unc.edu for fees and registration

Celebrate National Trails Day at Battle Park

— Join the trail building efforts of the North Carolina Botanical Garden by taking a short trail tour and orientation to Battle Park, led by Curator Stephen Keith. A trail building work session will follow, with all tools and equipment provided. 9:30am-noon. Pre-registration required: 962-0522. Info: www.ncbg.unc.edu

Free Golf Clinic for Community Teens

— Volunteers for Youth and UNC Football will host a free golf clinic for community youth. Golf professionals from the Finley Golf Club will be on-hand to coach youth in golf basics before setting them loose on the driving range. The 2010 UNC football team will be available for the kids: signing autographs and taking photos after the clinic. UNC Finley Golf Club. 11am-1pm. Free. RSVP to Scott, 919-967-4511

Author Lynne Hinton at Purple Crow Books

— She will be reading from her newest book "Wedding Cake." Purple Crow Books, 109 West King Street, Hillsborough. 11am

SUNDAY, JUNE 6

Red Slide Park to Swepsonville River Paddle

— With Haw River Canoe and Kayak Company. 1-4pm. Info: www.hawriver.org

Pittsboro First Sunday

— Explore the shops, galleries and local eateries of Historic Downtown Pittsboro with offerings by over 30 local artists and craftsfolk. Live music by Joe Woodson. 12noon-4pm

MONDAY, JUNE 7

Winning With Waldorf Golf Tournament

— Take a golf clinic with Duffy Waldorf, PGA touring Golf Pro and play up to 18 holes of golf with him. Hole-in-one contest to win a car, plus other great prizes throughout the day. Benefits the Emerson Waldorf School. Chapel Hill Country Club. 10am. To register phone 919-967-1858 or visit www.EmersonWaldorfSchool.org

North Carolina Boys Choir and Chamber Choir

— Spring Concert. Duje University Chapel. 7:30pm. \$15/12/8. Info: www.ncboyschoir.org

TUESDAY, JUNE 8

Open-Mike Poetry Reading

— Persons are invited to share their poetry or music, or just come to listen. The Looking Glass Cafe. 7-10pm

WEDNESDAY, JUNE 9

Overtones

— Opening night for "Overtones," a one-act play by Alice Gerstenberg. Early Dinner Theatre presented by OdysseyStage at Spice Street Restaurant in University Mall. The play will run through August. 25. Play at 3pm. www.odysseystage.org

THURSDAY, JUNE 10

Jeffery Beam at FRANK Gallery

— Beam will be reading from his book in progress "Life of The Bee." The FRANK Gallery. 5-8pm

SATURDAY, JUNE 12

Annual Urban Farm Tour

— Learn from several skill-shares including goat milking! Group-led bike tours will depart at 2pm and 4pm. A group-led walking tour will depart at 3pm. Potluck begins at 6:30pm. Bring your bike, a bike to share, some walking shoes, a local food dish, seeds/seedlings to exchange and we'll do the rest! 2-8pm. For more information visit carrborogreenspace.org

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 in *HOUSE Calls*, we respond to questions about painful menses, bronchitis and strep throat.

Dear HOUSE Calls,
Our daughter started having her period about four years ago. Her cramps are getting worse, and some days she won't even get out of bed. Ibuprofen doesn't seem to help. What else can we do?

We're sorry to hear about the discomfort that your daughter is having. It's hard to see any child in pain. Painful menses is, however, very common among teenagers. Non-steroidal anti-inflammatory drugs, like ibuprofen, provide some relief for 70 to 90 percent of girls, especially if started one or two days before cramping is expected and at appropriate doses (usually 600 mg two or three times a day for two or three days), assuming she tolerates ibuprofen well. If a teenager can't tolerate these medicines or they are not effective, oral contraceptives pills can make a big difference. These are being used not for birth control but to help regulate periods. Parents and their daughters need to come

to terms with starting birth control pills when being used this way and talk with their physicians.

Dear HOUSE Calls,
I get bronchitis every spring. It usually starts with a cold, but then I get sick with bronchitis for a month or more. I have seasonal allergies. I've never smoked. My husband smokes outside. What might be causing this and can I prevent it?

We're sorry you keep getting bronchitis. Bronchitis is inflammation or irritation of the tubes that carry the air to the lungs. Acute bronchitis usually gets better after a few weeks, while chronic bronchitis goes on for several months out of the year for multiple years. Some people will get a post-viral bronchitis after an upper-respiratory infection. Bronchitis is often caused by a virus, but seasonal allergies and smoke exposure can worsen inflammation from the virus and make it harder for you to get better. Even if your husband is smoking outdoors, it is on his clothes, and this third-hand smoke exposure irritates someone like you, so

encourage your husband to quit smoking.

Dear HOUSE Calls,
Il recently had strep throat. My doctor gave me a prescription for antibiotics and told me it wouldn't help much with my sore throat but was important to prevent rheumatic fever. Is that true? Do I really need the antibiotics? Isn't rheumatic fever really rare?

This is a great question. It is true that your body will almost always fight off strep throat on its own and it is also true that you should take antibiotics. People do get better a little bit faster with antibiotics, maybe a half-day to a day sooner, and the antibiotics cut down on complications. While rheumatic fever is rare in the antibiotic age, it has become rare because we usually treat strep throat with antibiotics. So we think this is a good idea.

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.

Briefs

Carrboro Elementary first-graders create tree guidebook

First-grade students at Carrboro Elementary School have created a guidebook describing the variety of trees on the school's campus and will celebrate the book with a Writers and Illustrators Picnic at 5:30 p.m. on Tuesday

at the school.

The guidebook contains poems, photographs and illustrations made by the students and includes a guide around the campus with information about 40 types of trees. The project was funded by a \$1,000 grant from N.C. Beautiful in collaboration with the Duke Energy Foundation.

Following the picnic, students, teachers and families will move to the school's amphitheater for the celebration at 6:30 p.m.

Animal Services to hold open house

Orange County Animal Services will hold an open house on Saturday from 2 to 4 p.m. to celebrate its first full year in the new Animal Services Center.

The event will include tours of the facility, live spay/neuter viewings, magic and face painting, free food and information provided by other animal organizations around the community. Parking will be available in the Eubanks Road Park-and-Ride lot.

The Animal Services Center is located at 1601 Eubanks Road. For more information, visit co.orange.nc.us/animalservices/events.asp

Domestic-violence workshop

The Family Violence Prevention Center of Orange County will hold a domestic-violence work-

shop at 7 p.m. on Monday at the Chapel Hill Public Library. The free program will explore myths and stereotypes surrounding domestic violence and the role that power and control plays in unsafe relationships. This is the first in a series of free community education events open to the public.

SUPER CROSSWORD BEFORE AND AFTER

ACROSS	45 Loser's locale	95 Connecticut campus	8 Aspin or Paul	46 Summons electronically	86 Punta del
5 Model Beverly	48 PRE SETS	96 Cardiff's country	9 Sixth sense	47 Actor's actor?	88 California resort
10 Desert growth	55 Make wine divine	98 French philosopher	10 Rose of —	49 — longg	89 A shake in the grass?
15 27th president	57 Tic	100 Light touch	11 Actor Wendell	50 Approximately	90 Taj town
19 Comic Carvey	58 Bob of 21	103 Silence a squeaker	12 Take advantage of	51 They're what's left	95 Mr. Ma
20 Fills the hold	59 — polloi	104 He had a golden touch	13 Take advantage of	52 Book part	96 Actress Ryder
21 TV's "Full —"	60 Join the leisure class?	105 Insect stage	14 "Golden Girl" Arthur	53 Vane dir.	97 125 Across' city
22 Sutherland solo	62 Let up	106 Soothe	15 Forbidden	54 Sundance's sweetie	98 Unexpected
23 HEAD STARTS	63 "SNL" bit	108 Welles role	16 Antilles isle	61 Post or Dickinson	99 Lhasa —
27 Dogpatch's Daisy	67 "Gross!"	109 Clothing youngster	17 Stable	62 Sunday supper	100 Sealed
28 Patriot	69 "Marathon —" (76 film)	110 Sound like a hound	18 Spoken for	63 Stash	101 Skirt shape
29 Sherwood sight	70 Unduly	113 GRAND FINALES	24 British pol	64 "On the Waterfront" director	102 Unadomed
30 Moscow moola	72 "Como —" (76 film)	119 Geraint's lady	25 Raison d'—	65 Japanese porcelain	104 Hardy's "The — of Caster-bridge"
31 Workbench attachment	73 Most docile	120 Crazy as —	31 Delivery trucks	66 — firma	105 Vital sign
32 Croce's Mr. Brown	75 Joins forces	121 Actress Witherspoon	32 Cavalry soldier	68 Act like Vikings?	107 He's Devine
34 Expert Writer Rand	78 Lear, to Cordelia	122 At any time	33 Decorate glass	69 Act like Vikings?	108 It may be square
37 Medical measure	80 Missouri mountain range	123 Contradict	34 Philatelist's purchase	71 Efluvia	109 See 118 Down
40 Chalice accessory	81 Jergens or Astaire	124 Neon —	35 Columnist Herb	74 Enjoy the Alps	110 Bunch of birds
41 Hammer feature	82 Intimate effect	125 Mideast nation	37 — vu	76 Uncluttered	111 Bailiwick
42 — go brag!!	84 — kyon do	126 "Saving Private —" (98 film)	38 North-western st.	77 A great many	112 Knitter's need
43 Pres. Bush, e.g.	87 HAPPY ENDINGS	DOWN	39 Location	79 Strauss' "— Rosen-kavaler"	114 Purrrfect pet?
44 Ubiquitous infinitive	91 Long or Peeples	1 Eliot's "— Bede"	40 Brad of "The Mexican"	81 On — (doing great)	115 Barley beverage
	92 Caffeine affect	2 Writer Paretisky	41 Pamper	83 Baseball's Aparicio	116 Summon mommy
	93 "Trinity" author	3 Memo start	43 Cook Claborne	84 Add color title	117 Bray beginning
	94 A speak with wings	5 Delight	44 Obsolete	85 Fruit-tree spray	118 With 109 Down, a way to pay
		6 Scout rank	45 Musty		
		7 Add fringe			

CitizenCryptoquote 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.

"Pass the tartar sauce!"

E G G O T G N C Y N ' X Y U Y P P
H E N Z N P Q C B A K B O Y B P Y , E P W
H S Y P N C N P W S Y A , K S Y ' K E
C N K S . P B U B W T K E N W G B X Y
N K J Y A C Y F Z . - Z B O S E P L K
E P W D B S P F E P W T , C A B O Z S Y
O B X N Y " K J G E K S " .
Find the answer in the puzzle answer section.

Weekly SUDOKU

by Linda Thistle

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

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!

© 2010 King Features Synd., Inc.

PETS OF THE WEEK

PAWS4EVER

— Godiva

is a 14-month-old chocolate Labrador Retriever/Weimaraner. If you think looks matter, then check her out! She is fit, has a gorgeous coat and eyes that you could get lost looking into. Other than being just a little vain, she is a very happy girl! She loves to hop and dance around the yard with her new friends here. They like to hang



out when they aren't busy playing tag or a fun game with a toy. She's still working on her leash manners and would be a great candidate for the four free training classes that come with her adoption. So if you are in need of a breathtakingly gorgeous girl, with the personality to match, give her a call. Contact Paws4Ever, 6311 Nicks Road, Mebane, or call 304-2300. You can also go online at paws4ever.org

ORANGE COUNTY ANIMAL SERVICES

— When it comes to this duo, two heads really are better than one! **Reagan and Kaley** are a pair of 8-week-old brown tabby kittens that are adorable and super sweet! They love people and will crawl right up in your lap for some loving as soon as you stop by to visit. Once there, they're happy to plop down for some cuddle time and ear rubs. You won't find a sister pair this cute and sweet many places. Don't let them pass you by! Visit them at Orange County's Animal Services Center, 1601 Eubanks Road, Chapel Hill or call 942-PETS (7387). You can also see them and other adoptable animals online at co.orange.nc.us/animalservices/adoption.asp

