



EVERYONE LOVES HAY BALES.

ILLUSTRATION BY PHIL BLANK

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 the Tdap vaccine and cholesterol.

Dear HOUSE Calls, My daughter had a baby last week and she had to have a Tdap vaccine. I'm going to be visiting. What is a Tdap vaccine and do I need one?

Congratulations on your new grandbaby. Tdap stands for tetanus, diphtheria and pertussis. Adults typically get a tetanus vaccine every three years. However, because of an increase in childhood pertussis, we have been working on vaccinating adults with Tdap if they will have contact with a baby less than 12 months old. We used to recommend this only if it had been more than two years since your last tetanus vaccination, but now we want everybody who will be around babies to get the Tdap. It will mean that you don't need a tetanus shot for 10 years. Thanks for asking,

and for helping keep that grandbaby healthy.

Dear HOUSE Calls, I just moved here from Atlanta and had a physical with lab work from my new doctor. He just gave me a sheet with a bunch of numbers and not much explanation. It says my HDL is 37, and that that's low, and that my LDL is 102, and that that's normal. So is this good? What is the good and bad cholesterol? I am used to a little more explanation.

That's a great question, and we're sorry about the less-than-great communication. At least you got a copy of your lab results, and now you can work on understanding what they mean. The good cholesterol is the HDL. We want this to be high, and 37 is low, so this is not the greatest result. This is a risk factor for heart disease. The best way to improve this is exercise, and medicines such as niacin and fish oil can help.

Your LDL, or bad cholesterol, is pretty good. In fact, we might want to trade ours. For most people, the goal is less than 130. If you have diabetes or heart disease, we might want a goal of less than 100. Decreasing cholesterol and saturated fats from the diet and certain types of medicines will bring down the LDL. Yours is pretty good, so keep up the good work. Remember that cholesterol profile is just one element of assessing cardiovascular risk. Smoking is the most important modifiable risk factor; so if you smoke, quit. We also want to consider other risks, such as family history, age and blood pressure.

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.

Community Briefs

Carolina Blood Drive on Tuesday

The 23rd annual Carolina Blood Drive, one of the largest American Red Cross blood drives on the East Coast, will take place Tuesday from 7 a.m. to 6 p.m. in the Dean Smith Center at UNC.

To make an appointment, or for more information, visit unc.edu/blood. Donors from campus and the surrounding area are welcome. Parking is free in lots around the center and snacks will be provided post-donation.

Animal Services open house

Orange County Animal Services will hold its second annual open house Saturday from 1 to 4 p.m. It will feature tours of the facility, canine demonstrations, free food, scavenger hunts, face painting, magic tricks and birds of prey for public viewing.

The event will be held at the Animal Services Center at 1601 Eubanks Road in Chapel Hill. Those visiting and not picking up or dropping off an animal should plan to park in the Eubanks Road Park & Ride lot, where a shuttle will be available.

For more information, visit www.co.orange.nc.us/animalservices/events.asp

Chatham 3RingCycle registration

Registration is underway for Chatham Habitat for Humanity's second annual Chatham 3RingCycle, set for June 11 at 8 a.m. at the Central Carolina Community College campus in Pittsboro. The event features bike loops of 30, 60 or 100 miles through the scenic roads of rural Chatham County.

Cyclists can pre-register online at chathamhabi-tat.org/bringcycle for \$30, or \$20 for 16-to-18-year-olds. Online registration ends on Wednesday and cyclists can also register on the day of the event for \$35, or \$25 for 16-to-18-year-olds. Check-in begins at 6:30 a.m.

To volunteer, donate supplies or become a business sponsor, contact David Snyder at 542-0794, ext. 228 or at davidsnyder@chathamhabitat.org

OWASA offers donation options

Donors in OWASA's Taste of Hope Customer Assistance program now have the option to choose any whole dollar amount to donate per month. The current option of rounding up bills to the next whole dollar amount remains available.

The program provides assistance to families unable to pay OWASA bills. It is entirely funded by customer donations, and only about 6 percent of OWASA customers are current donors. To register to donate, visit owasa.org and click on the Taste of Hope graphic on the left side of the homepage.

Chlorine effects program today

Dr. David DeMarini will explain how chlorinated water can affect the human body as part of Carolina Science Café, an adult-education program presented by UNC's Morehead Planetarium and Science Center, today (Thursday) at 7 p.m. at Top of the Hill's Back Bar. The event is free and open to the public.

DeMarini has studied the ability of chlorinated water to induce mutations. He will discuss the latest studies he and his colleagues have conducted.

School Briefs

Quiz Bowl results

East Chapel Hill High School won the second annual High School Community Quiz Bowl held at University Mall on May 17.

East Chapel Hill High beat last year's champion, Carrboro High School, by one point. East team members are Daniel Kong, Jacob Reed, Sung-Hoon Kim and William Holub-Moorman.

Each team played for donations to a local charity; East's charity was Habitat for Humanity. The event was sponsored by WCHL radio.

CHHS teachers in art

Chapel Hill High School teachers Jack Watson and Holly Loranger have been selected to take part in the Art21 Educators Program for 2011-12. The program is an intensive, yearlong professional-development and learning community designed to bring contemporary art, artists and themes into the classroom. Watson and Loranger, one of

eight pairs of teachers chosen from a nationwide pool for the program, will travel to New York City for a week this summer to work with educators, artists and arts professionals to develop curricula based on contemporary art. In the fall, they will implement the criteria and document and share their results.

Cranes for Japan

Students at the Hawbridge School in Saxapahaw are making and selling paper cranes as a fundraiser for earthquake relief in Japan.

Students have sold about 600 cranes for \$1 each and hope to sell 1,000 before the end of the school year. To purchase a crane or to help sell cranes by posting a donation box, contact Victor Talbird at vtalbird@hawbridgeschool.org

Rashkis Principal Mack retiring

A school and community event will be held in honor of retiring Rashkis Elementary School Principal Deshera Mack on Tuesday from 6 to 8 p.m.

Rashkis will host the event in the school's gym. Mack opened the school in 2003. She is a two-time district Principal of the Year and won Regional Principal of the Year honors in 2007.

CHS student selected for C-STEP program

Daniel Austin, a senior at Carrboro High School, has been invited to participate in UNC's Carolina Student Transfer Excellence Program, or C-STEP. The program allows students attending one of five local community colleges to have guaranteed admission to UNC after receiving an associate's degree.

UNC guarantees to meet 100 percent of every admitted student's demonstrated need through grants, scholarships and loans.

Math team honored

The Rashkis Math Olympiads team has been named to the National Math Olympiad Honor Role for their score of 192 points.

The Rashkis Math Olympiads team devoted more than 1,000 hours to math problem-solving practice throughout the course of the school year. From November to March, students participated in a series of five monthly contests of five problems each and weekly practice sessions under the supervision of Susan Morris and parent organizer Donna Bauman.

Math Olympiads is a non-profit public foundation devoted to engaging children in creative problem-solving activities.

Japanese speech contest honors

Eight students from Carrboro High School and Chapel Hill High School placed in the North Carolina Japanese Language Speech Contest held on April 30 at Witherspoon Student Center at N.C. State University.

The students delivered original speeches written in Japanese that were three to five minutes in length.

In level one, Jae-Ho Lee of Chapel Hill High won second place for "My Family" and Jane Bentulan of Carrboro High won third place for "My Family."

In level two, Hanna Davison of Chapel Hill High won first place for "Where is Unico?" and Sophia Anopa of Chapel Hill High won second place for "Astronomy and Astrology."

In level three, Carolee Clark of Carrboro High won third place for "Oni."

In level four, Aaron Warshauer of Carrboro High won first place for "Love," Alexander Taylor of Carrboro High won second place for "Four Seasons" and Sainaga Paladugu of Chapel Hill High won third place for "The Essence of Prejudice."

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SUPER CROSSWORD CLEARLY STATED

ACROSS	1. ... host	111 Arbitrary order	9 TV Tarzan	actress	101 Exploit
1. Brent	56 OKLAHOMA	61 Hold forth	113 Sluggish	24 056, to	102 Onassis' nickname
5 Greenhouse	62 Tijuana title	116 IDAHO	11 Klugman	51 Jungle bird	103 Annoy
63 Lodge	120 Phillips of	"UHF"	12 Michael	53 "All in the Family"	109 Souffle ingredient
9 Novelist	64 Podiatric	121 Chicken —	13 Patrons	54 Playful	110 Cilmex
14 Futurer	66 Actress	122 Dollop	14 Hubbard or	55 Long for	112 Amos or
19 Mideastern	67 Cabbage	123 Diolodius	Tjader	57 NASA	Spelling
20 "Typee"	70 Shoe part	127 "Archie"	15 Yigoda of	58 "Confound it!"	114 Snowballs, sometimes
21 Reveal	73 Master	131 Fit for a	"Fish"	59 Order of the	115 Like some
22 Put up	74 Strauss' —	king	16 St. Andrews	60 Resident	smiles
with	134 FLORIDA	139 "My Friend"	17 Minnesota	65 Try again	116 Nobleman
23 ARIZONA	75 Clump	140 Spine-	18 Tauber or	68 — majesty	117 Hilo hello
26 "The Boys	78 VIRGINIA	tingling	19 Flicker"	69 Record	118 Palindromic
author	82 West	141 — Hari	20 Time to give	71 EPA	griouque
27 Zola or	83 Pindaric	142 Hastened	up	72 Gentle Ben,	124 Jane Austen
Durkheim	84 Hog	143 Uncovered	25 Soprano	concern	novel
28 Elvis, for	85 "My word!"	144 English	Gluck	72 Bandleader	125 Gentile Ben,
instance	86 Sounds like	county	30 Aussie	for one	126 Actress
29 "Holy cow!"	88 "Mazel —!"	145 Certain	walker	75 Valhalla VIP	Nielsen
31 Lennon's	89 Sense	Semite	33 Hammer	76 Venerale	128 Rock's —
lady	90 Speck	146 Draft device	feature	77 Pester	Players
32 SASE, e.g.	92 Carve a	DOWN	35 Word on a	79 Windbreaker	129 Pursue
34 WASHING-	96 The Little	1. Joan	fuse	80 Effluvia	130 Mahler's
TON	98 INDIANA	Sutherland's	36 Actress	81 Kind of	"Don der —"
40 He engages	104 Nobelist	land's title	Singer	87 — Lanka	132 Exist
in brute	105 "Aida" river	2. Hoss' big	37 River	88 "Captain	133 Fictional
45 "Porgi —"	106 Ahmedabad	brother	reptile	"Blood" star	collie
(Mozart	107 '64 Murray	3. Actress	38 Vacuum-	91 Senator	135 Hosp. areas
aria)	108 Draft	Austin	tube gas	Cochran	136 Casino
46 Tallow	status	4. Leg joints	39 "Crazy"	93 Christiania,	cube
source		5. Taro	("80 film)	today	137 Saxophonist
47 Demolish		6. Word form	40 Networks	94 Gloomy	Beneke
dessert		for "all"	41 Uncommon	95 Covet	138 Fairy queen
48 Composer		7. Barber	42 School	97 Wells	
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ian		8. Mediocre	1440	Literary	
50 "— Night"			43 Significant	pseudonym	
(80 film)			years		
52 "in Search			44 "Monsieur		
of ..."			Verdoux"		

CitizenCryptoquote By Martin Brody

For example, YAPHYAPLUM 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.

Tough Love?

B J P K Q L F R P T S Z Y F . B
 J P K Q L F M W L B J F L P Y Q .
 - L B Z R U H W S B Q J C ,
 Z U Q Y Q O T V J B R W S
 X P K Q Y S P Y P M
 B S H B W S W ,
 W S S P T S R B S X U Q
 N P T J H S P Z Y T S M P Y
 O Y Q C B H Q S Z .
 Find the answer in the puzzle answer section.

Weekly SUDOKU

by Linda Thistle

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

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