

Community Briefs

A helping hand

This weekend, UNC Build a Block, in partnership with Habitat for Humanity, will construct two houses from foundation to roof for UNC employees.

UNC Build a Block is a university-wide initiative aiming to provide enough volunteer labor to build 10 houses for 10 UNC employee families who live in substandard housing.

The student-led program began construction on Sept. 11, 2010 and is expected to last the duration of the 2010-11 academic school year.

Sign up to volunteer or donate at uncbuildablock.org

Dedication of MLK Blvd.

On Monday, the Town of Chapel Hill will air a documentary video about the naming and dedication of Martin Luther King Jr. Boulevard on Chapel Hill TV 18, the government-access cable channel, at noon and 7 p.m.

The video features the dedication celebration on May 8, 2005, which marked the 45th anniversary of King's visit to Chapel Hill.

The film includes music by the J.R. Manley Essence of God Youth Choir and the St. Joseph Male Chorus and presentations by former Mayor Kevin Foy, Rev. Jill Edens of the United Church of Chapel Hill, late town council member Bill Thorpe and Fred Battle, former president of the Chapel Hill-Carrboro NAACP.

Deltas sponsor MLK blood drive

The Chapel Hill-Carrboro Area Alumnae Chapter of Delta Sigma Theta Sorority, in partnership with the Red Cross, is sponsoring the 22nd Annual MLK Jr. Day blood drive on Monday from 1 to 6 p.m. at the Hargraves Center.

Prospective donors are asked to visit unc.givesblood.org to register for an appointment. Prospective donors are required to bring a photo ID. For questions about eligibility, visit redcrossblood.org or call (866-562-7156).

For more information about the event, contact Erma Smith-King at 303-9686 or ermaplus@bell-south.net

Biodiversity pioneer to speak

Edward Osborne Wilson Jr., Harvard University professor and two-time winner of the Pulitzer Prize for nonfiction, will deliver UNC's spring commencement address.

Wilson's works on entomology are significant in the scientific community and he has written extensively on sociobiology and biodiversity. In the tradition of Rachel Carson, founder of contemporary environmental movement, Wilson's work bridges the gap between science and the humanities, making science accessible to the general public and presenting the case for conservation of the natural world.

The ceremony will be held May 8 at 9:30 a.m. in Kenan Stadium.

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 facial hair, cholesterol medicines and reflux.

Dear *HOUSE Calls*, I am post-menopausal and diabetic. Lately, I have noticed more facial hair on my chin. I purchased a product that looks like a thimble that you rotate back and forth on the skin. The package insert states that people with diabetes should not use this product. There are no chemicals or medications. Why should diabetics avoid this, and what is the best way to deal with facial hair?

This does seem to be a case of the manufacturer being careful. The product probably causes some irritation when rubbed against the skin or when cutting hair. If you were to get a wound, it might not heal as well or as quickly. The product probably was not tested for safety in diabetics. Then again, men with diabetes still shave. Given that we don't know much about the product, it is hard to give out advice.

As for alternatives, plucking hairs can remove them for six to eight weeks. This is uncomfortable, but may be the best option if you don't have too many hairs. Other options include waxing (similar outcome to plucking) and shaving, which is easier and less painful but needs to be done more frequently. Laser therapy has good outcomes but is much more expensive. Good luck.

Dear *HOUSE Calls*, Why is my cholesterol medication supposed to be taken in the evening?

More cholesterol is made in your body overnight, when you are in a relative fasting state. There is some evidence to suggest that this makes a small difference in your cholesterol measurements, but it is probably more important that you take the medicine reliably.

Dear *HOUSE Calls*, I'm 65 years old and hoarse all the time. I saw an ear, nose and throat doctor, who said I had swelling in my larynx and it came from acid reflux. I do

take ibuprofen for arthritis, and he said to stop that and to take Nexium. Is there anything else I can do, and how long do I need to take the medicine? I still cough and clear my throat all the time.

Great question. Yes, there are other things you can do. Eat smaller meals, don't lie down after meals, don't go to bed with a full stomach, raise the head of your bed on two-inch wooden blocks and avoid caffeine and nicotine. Rest your voice when you can, and you also might need to see a speech therapist to work on voice retraining and help with the clearing. You may be able to get off medicine if you are able to modify your diet and stop or minimize the reflux. You will need to be on medicine at least until your larynx recovers.

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.

Calendar

THURSDAY JAN 13

Autism Program — The Autism Society of North Carolina presents an informational session. Chapel Hill Public Library Meeting Room, 7pm 865-5092

Weight Loss Challenge — Beginning of an eight-week class offered by the Chapel Hill Parks and Recreation Department. townofchapelhill.org

Bomb It — Screening of a film about street art and graffiti from around the world. Internationalist Books, 7pm internationalistbooks.org

SATURDAY JAN 15

"The Blue Bird" — Dance theater performance suitable for all ages. East Chapel Hill High Auditorium, 2pm and 6pm \$8 studioadancearts.com

Your Brain and Learning — A workshop exploring new research on education and the brain. Emerson Waldorf School, 9am 967-1858

MONDAY JAN 17

Board Games Night — Internationalist Books, 7pm internationalistbooks.org

"Time Out" — With guest Professor Khodr M. Zaarour. WCOM/FM 103.5, 5pm

WEDNESDAY JAN 19

It's Grits! — Screening with filmmaker Stan Woodward. Wilson Special Collections Library, 5:45pm Free 962-4207

THURSDAY JAN 20

Dr. Dean to Lecture — Head of the UNC Kenan-Flagler Business School will lecture on "The Business of the Business School." Seymour Center, 2:30pm Free

FRIDAY JAN 21

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

Scrapel Hill Deadline

Deadline for applications for the 3rd Annual Scrapel Hill Exhibit, which will be open April 22 through June 25 at University Mall. universitymallnc.com

Contra Dance — Live music by Adam Hurt, Bobb Head and Buz Lloyd, and caller David Glick. Carrboro Century Center, 8pm \$8 csda-dance.org

SATURDAY JAN 22

Dance Revue — Chapel Hill's Cane Creek Cloggers, with the string band "The Hushpuppies" and guest dancers including The

N.C. Youth Tap Ensemble, The Apple Chill Cloggers, Orange County's Chi Rho Eta Step Team and Trionside Academy of Irish Dance. The ArtsCenter, 8pm \$14/12 artscenterlive.org

Swing Dance — With band Tin Pan. Murphey School/Shared Visions Retreat Center, 7pm lesson/8pm dance \$9/\$12 guests triangleswingdance.org

Legislative Breakfast — 33rd Annual Legislative Breakfast on Mental Health. UNC William and Ida Friday Center, 8:15am Suggested Donation \$10 942-8083, ext 2

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 chapelhillctf.org

SUPER CROSSWORD BOVINES

ACROSS	1 Enjoys an enchilada	5 Cargo crane	10 Circus employee	15 Hilarious Howard	18 What you used to be	19 Mennonite group	20 Cheer	21 Planted	22 Bovine jazzman?	24 Famed fabulist	25 Geometric figure	26 Chrissie of The Pretenders	27 Warts and all	29 Actress Munson	30 "May I interrupt?"	31 Certain	34 Rocker Cassidy	37 Pay	39 Bovine auto racer?	44 Fit	45 Crony	46 Director Ferrara	47 Rock's — Trick	50 Yellowish brown	53 Chasm	56 Adams or Astor	58 Couch	60 Maris of "Nurses"	61 LAX letters	63 Kimono closer	64 Jab	65 Noisy rack-	66 Mystical	69 German city	71 Electronic device	72 Say please	73 "Beat it!"	74 Bovine	77 Sattate	78 — Aviv	79 Free-for-all	80 Word with sister or story	81 Costume sparkler	83 Actor Kjellin	84 Learn fast?	85 Spare tire	87 Johnny Yuma, for one	88 Mythical bird	89 Periodic table abbr.	90 Gave someone a smack	93 Writer	97 Rise	99 Go in	101 Beholds	103 Southern constellation	104 Sue of "Lolita"	106 Bovine actress?	110 "Cat —"	112 Exodus	113 Prudish one	114 Melville work	115 "— Day Now"	117 To be, to	120 Entangle	124 Puzzle direction	125 Chutzpah	128 Bovine publisher?	131 Ages	132 Church law	133 Brinks	134 Banana-rama, e.g.	135 Actress Susan	136 Endangered animal	137 Adjust a watch	138 Time to evolve?	DOWN	1 Decorate glass	2 Nautical cry	3 Wilder's "Our —"	4 Dairy treat	5 Smidgen	6 Internists' org.	7 Jet-setter's need	8 Egyptian deity	9 Religious belief	10 Bristol	11 Bristol brew	12 Jocular Jackie	13 School founded in 1440	14 Meal	15 Bovine boxer?	16 Proprietor	17 "— Mine" ('85 film)	21 Justice Antonin	23 St.-to-be	28 Astound	32 Chicken — king	33 Iceberg's kin	35 '68 US Open winner	36 Exploit	38 Small mall	39 Hydro-therapy site	40 Actor Hunter	41 TV Tarzan	42 Franco of "Camelot"	43 Drop	48 Salad type	49 Spongelike	51 Bright inventor?	52 Like Lincoln	54 Splinter group	55 Alphabet sequence	57 Ingratiating	59 Silo stuff	62 Victoria's husband	66 It's spotted at zoos	67 Bovine band-	68 Louisiana university	70 Geographical abbr.	71 "Clair de Lune"	73 Celebrities	75 Car bomb?	76 Grabs	79 Bob of basketball	82 Proof letters	86 Rock	90 Eager	91 Castle or Cara	92 "How — Is Your Love" ('77 hit)	94 Deface	95 Supper scrap	96 Slangy denial	98 Stockings	100 TV listing abbr.	102 Big —, CA	105 Shade of meaning	107 Ecclesiastical title	108 Sage	109 Put the match to	110 Portended	111 "That's —" ('53 tune)	112 Loy or Blyth	116 "A Face in the Crowd"	118 Discourteous	119 They're often beaten	121 Curly coil	122 Equine accessory	123 Aphrodite's son	126 "— Ryan's Express" ('65 film)	127 Remnant	129 TV's "—"	130 Presidential monogram
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CitizenCryptoquote By Martin Brody

For example, YAPHCVAPLM 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.

"Pride and Prejudice?"

P	Z	P	O	'	D	F	W	P	R	F	O	W	E	C	C	M	
K	C	L	R	B	W	O	V	C	Y	D	D	L	Z	C			
P	'	K	L	Q	Q	Z	W	Y	P	O	.	P	'	K			
Z	P	Z	O	S	L	R	B	P	'	K	M	Y	W	X	B	W	Z
A	V	L	O	P	'	G	C	F	W	O	.	-	O	V	C		
Y	C	G	.	F	C	W	Y	F	C	W	H	C	Y	Q	C	,	
L	Q	X	O	V	C	Y	L	R	K	P	R	P	D	O	C	Y	,
A	V	W	D	L	P	B	V	C	V	L	B	F	Q	L	B	Q	S
D	X	H	K	P	O	O	C	B	O	W	L	H	W	B	S		
D	U	L	R	L	O	L	R	L	P	Y	M	W	Y	O	.		

Find the answer in the puzzle answer section.

Weekly SUDOKU

by Linda Thistle

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

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In observance of Martin Luther King Jr. Day the Orange County Solid Waste Administration Office will be **CLOSED** January 17.

Solid Waste Convenience Centers will be **CLOSED** Monday, January 17. Normal hours will resume on January 18.

The Orange County Landfill will be **OPEN** normal hours 7 a.m. - 4 p.m. on January 17.

There is **NO CHANGE** in curbside recycling. It will be collected January 17 as scheduled. Please have your bin out by 7:00 a.m.

Orange County Solid Waste Management
968-2788
recycling@co.orange.nc.us
www.co.orange.nc.us/recycling

The ArtsCenter

For more information or to order tickets call 929-2787 x201 or go to artscenterlive.org
ArtSchool registration now open!

8th ANNUAL AMERICAN ROOTS SERIES:

MANGUM & COMPANY SHOUT BAND • FRI 1/14
NC PERCUSSIVE DANCE REVUE
FEATURING CANE CREEK CLOGGERS • SAT 1/22
BETTYE LAVETTE • SAT 1/29
TRIANGLE JAZZ ORCHESTRA • WED 2/2
(Free open rehearsal) • 1st WED OF EACH MONTH
JAMES HUNTER • WED 3/2

CELTIC MUSIC SERIES:
SOLAS • FRI 1/28
TANNAHILL WEAVERS • FRI 2/18 @ CHATHAM MILLS

THEATER:
10X10 CALL FOR SUBMISSIONS • 1/10-2/11
HIDDEN VOICES-TO BURY THE SUN: THE CHALLENGE OF PAULI MURRAY • FRI-SAT 2/4 and 5
TRANSACTORS-THE LOVE SHOW • SAT 2/12

CHILDREN & FAMILY SUPER FUN SHOWS:
DREAM BIG! WITH ROGER DAY • SAT 1/29 11am
THE OWL & THE TURTLE • SAT 2/12 11am

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