

Community Briefs



Finishing up — Harriette Perkins and Darrell Higgs finish making their blood donations at the annual Martin Luther King Jr. Day blood drive on Monday at the Hargraves Center. The event, sponsored by the Chapel Hill-Carrboro Area Alumnae chapter of Delta Sigma Theta Inc., is in its 22nd year. "This event is a great way to honor Dr. King's memory and to help so many people in this area. It also helps the American Red Cross get what they need," said sorority member Sylvia Black. "Our sorority is a public service sorority, so this event fits well with our mission."

PHOTO BY ALICIA STEMPEL

Breakfast on mental health

Beth Melcher, N.C. assistant secretary of Mental Health, Developmental Disabilities and Substance Abuse Services, will discuss the future of the state's mental health system this Saturday at the 33rd Annual Legislative Breakfast on Mental Health at the Friday Center.

In addition to Melcher, speakers include Mebane Rash and Aisander Duda from the N.C. Center for Public Policy Research and Randi Davenport, award-winning author of *The Boy Who Loved Tornadoes*.

Breakfast will be served from 8:15 to 8:45 a.m. for a suggested donation of \$10 per person. For more information, call 636-9710.

County seeks nursing home board members

The Orange County Board of Commissioners is looking for residents interested in serving on the county's 12-member Nursing Home Community Advisory Committee. The committee helps to maintain the intent of the Residents' Bill of Rights, promotes community involvement and provides public education on long-term care issues. If interested, go to www.co.orange.nc.us/boards/index.asp and select "Nursing Home Community Advisory Com-

mittee" under "Boards and Commissions Listing." For additional information, call Donna Baker at 245-2130 or Jeanette Jones at 245-2125.

Haw River winter hike

Beat cabin fever with a guided hike on the Lower Haw River State Natural Area this Sunday at 1 p.m. sponsored by the Haw River Association.

The hike begins in Bynum and offers a chance to learn about the history of the area and local flora and fauna. Email germane@hawriver.org or call 542-5790 by Friday for more information.

Green movement to be performance topic

Environmental justice, social ecology and collective responsibility in this climate-changing era will be the topics of a multimedia performance piece Friday and Saturday in Gerrard Hall on the UNC campus.

"red, black and GREEN: a blues (rbGb)," written and directed by San Francisco-based artist Marc Bamuthi Joseph, will be free to the public at 8 p.m. both days. The work features six artists in a combination of dance, text and visuals designed to create support and awareness of living green and promoting ecological science.

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 breast cancer and vertigo.

Dear *HOUSE Calls*, I was recently diagnosed with breast cancer. I was told over the phone by a nurse, and was scared and alone and started crying after the call. Is this really the way that a cancer diagnosis is supposed to be given?

We are so sorry for your cancer diagnosis and that you had to learn about it this way. This was clearly not the right way for you. Usually, results come back a few days after a biopsy. Oftentimes, a specialist nurse may make a call to answer initial questions and schedule follow-up with a cancer doctor. Hospitals use different protocols for telling results to patients. Some hospitals will give patients a choice: Would you like to come in for the results or get them by phone? Most of us would choose the phone for convenience, hoping that the results will be normal. For our own patients, we prefer to call and ask them to come in to discuss the results, bringing in a family

member or friend for support. Most people are perceptive enough to know that this means bad news — and while it will be anxiety provoking, you will not be alone when you receive such scary news. We learned in medical school that bad news is best delivered face to face, so we would advocate for that approach. But it is not always possible or preferred by all patients. We wish you the best with your treatment and recovery.

Dear *HOUSE Calls*, My wife developed sudden dizziness and went to an urgent-care center. They said she had vertigo and gave her a medicine called meclizine. This helped but made her sleepy. A friend of ours told us that she had something similar last year and her doctor recommended she do special exercises rather than medication. Why the difference?

Vertigo is a type of dizziness where the room feels like it is spinning. We suspect that the difference is your wife might have had a problem called acute labyrinthitis and

your friend might have had a condition called benign paroxysmal positional vertigo. Both can cause dizziness, but labyrinthitis usually comes on suddenly, is quite severe and is associated with nausea and vomiting. It's believed to be caused by inflammation or a viral infection of the inner ear. Positional vertigo is usually less severe and is often intermittent. It's believed that this type of vertigo is caused by mineral crystals that get stuck in the balance mechanisms of the inner ear. We usually recommend meclizine or diazepam for acute labyrinthitis and exercises for positional vertigo. The diagnosis of these two conditions is not always so distinct and overlap in treatment can occur. Ask your doctor about the cause of the vertigo and both types of treatment.

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.

OBITUARIES

Maxine Snell

Maxine Pybas Snell, 90, born in Tupelo, Miss., to James M. and Ruth Hazelwood Pybas, passed away peacefully at Carolina Meadows, Chapel Hill, N.C.

Maxine married John L. Snell, deceased 1973, history professor at UNC-CH and Tulane University. Maxine graduated magna cum laude from Murray State University in Kentucky with a bachelor of arts in music education in 1951. She was a bandleader in Arkansas and

Mississippi and started a music-education program for school children in New Orleans. Later, she played bassoon in the Durham Symphony and worked for both Duke University and Durham Academy.

Mrs. Snell is survived by her children, grandchildren and sister-in-law; Leslie Snell Underwood and husband, Mike Underwood, of Raleigh, N.C.; John M. Snell of San Geronimo, Calif.; Marcia S. Pantell and Kirk Erickson of Chicago, Ill.;

Scott and Asheley Underwood of Raleigh; Katie Lynn Underwood of Charleston, S.C.; Sue and Charles Coney of Kingsport, Tenn.; and her beloved cat, Monsieur Spooks.

In lieu of flowers, donations may be made to the Carolina Meadows Employee Appreciation Fund, 100 Carolina Meadows, Chapel Hill, NC 27517-8505, or UNC Hospice, 1101 Weaver Dairy Road, Suite 200, Chapel Hill, NC 27514. A more extensive obituary can be found

at walkersfuneralservice.com in the obituary section.

Stephen Phillip Luck

Son, big brother, husband and friend, Steve, has run his last race.

His shoes have pounded Peachtree Street for some 35-plus road races and the streets of Carrboro, N.C., as well. The marathon began in Charlottesville, Va., on Sept. 15, 1948. Steve spent his early years in Radford,

Va., Cumberland, Md., and Salt Lake City, teaching his younger brothers the ways of the world and how to be kids. After high school in Bremerton, Wash., he joined the Navy. Stationed in the northeast and freezing, the lesson he learned from the service was warmer climes are more ideal for running shorts. Steve headed south. He graduated from the University of South Carolina, then moved to Atlanta, where he met his best friend, Becky, coached the Supersuds women's softball team and made many lifelong friends. Steve and Becky married and a few years later settled in Carrboro.

As in the yearly Atlanta Peachtree Road Race, he ran well, slowing his pace to build houses for Habitat for Humanity. He loved to travel and he and Becky spent time in Europe and visited many areas of the United States. He took time out for reading and watching the Braves.

Steve sought family. He adored and connected with the Coble clan. He kept in touch with Ohio and Virginia kin and was close to Mikki and Preston, parents he so loved, visiting them often in Salt Lake. He leaves behind an empty spot in the hearts of wife, Becky; Mom and Dad; brothers, Bruce, Keith and Jeff; sisters-in-law, Sarah, Ramona, Beth and Kathleen; nieces, Gloria, Kristen, Alina, Brianna, Sara, Shannon, Erin and Janae; nephews, Kevin, Wren and Riley; and feline friends, Lucy and Boots.

Steve crosses the finish line in Julian, N.C., where he will rest next to Pete and Kate Coble,

Becky's parents. Flowers and plants can be sent to Loflin Funeral Home, 212 W. Swannanoa Ave., Liberty, NC 27298. Donations may be made to Habitat for Humanity. Online condolences can be made at walkersfuneralservice.com in the obituaries section.

Gloria Hoffman

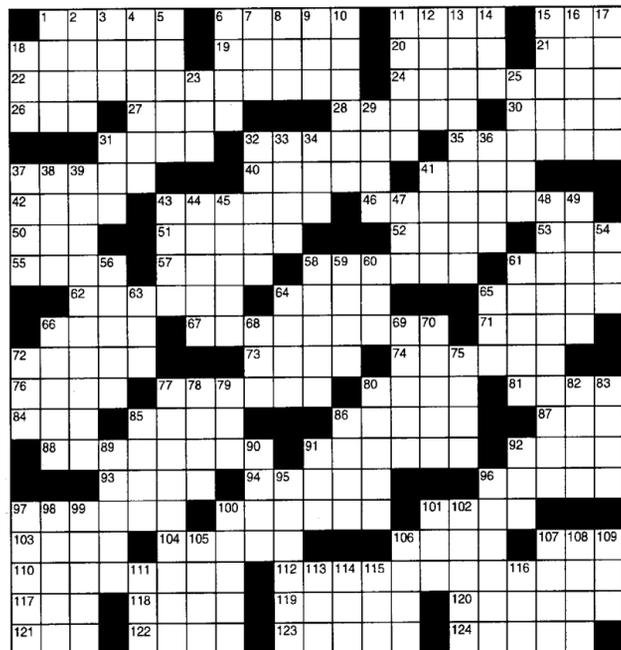
Gloria E. Hoffman died peacefully at the age of 87 in Brookshire Nursing Center in Hillsborough, N.C.

Formerly from New Jersey, she had lived the last five and a half years at Carillon Assisted Living, also in Hillsborough. She leaves behind six of her eight children; David and wife, Prudence, of Oregon; Stewart and wife, Rosemary, in Florida; Hilary McCain and partner, Joyce; Joan St. Claire in New Jersey; Geoffrey in Durham, N.C.; and Damiano and wife, Shawn, in Carrboro, N.C. She was preceded in death by her husband of 60 years, Herb, and two daughters, Paula and Alice McCormick. She also leaves behind her favorite "Cousin Fred" Sisser, many grandchildren, great grandchildren, nieces and nephews.

The family would like to thank the great support of Duke Hospice and the loving care of the staff at Carillon and at Brookshire. Most days of her last years, she smiled brightly at the sight of her friends and the staff at both places, where she knew she "was in the middle of all her children" and she "had all she needed." The family will miss her greatly and will plan a memorial in New Jersey at a later date.

SUPER CROSSWORD GENE POOL

- | | | | | | |
|---------------------------|-------------------------------|-------------------------------|----------------------------|---------------------------|-----------------------------|
| ACROSS | 53 Start to snooze | 96 Trier "Thanks!" | 5 Varnish ingredient | 39 Gene Chandler hit | 80 Big-name secretary, e.g. |
| 1 "Lil" actress | 55 Colors | 97 "Cafe" (88 film) | 6 Tore Sweeney product | 41 Barber | 83 Diminutive suffix |
| 8 Decorous | 57 Cuda garbage | 100 Popped one's pecs | 8 Burro | 43 Leander's love | 85 Blue hue |
| 11 Jack of "Rio Lobo" | 58 Schedule | 101 Actress Verdon | 9 Robert of "Quincy, M.E." | 44 Iniquities | 86 Ire |
| 15 With | 61 Fluffy hairdo | 103 Farm measure | 10 See | 45 Crele's capital | 89 Court cry |
| 19 It's tossed with sauce | 64 Privy to | 104 Swap | 15 Across | 47 Dawson of football | 91 Negligent |
| 20 Waiter's offering | 65 Refuse | 106 Shopping center | 11 Roast host | 48 Gene Hackman film | 92 Tom Pearce |
| 21 Medical grp. | 67 Gene Sarazen invention | 107 Zoo attraction | 12 Annealing oven | 49 Museum piece | 95 Weak |
| 22 Gene Barry role | 71 Architect Saarinen | 110 Gene Roddenberry creation | 13 '56 Ingrid Bergman film | 54 Computer acronym | 96 Circuitous course |
| 24 Gene Autry's horse | 72 "Die Fledermaus" | 112 Gene Krupa's bandleader | 14 Silent | 56 Play for time | 97 Lowdown crooner? |
| 26 Maestro de Wuart | 73 "Oh, woe!" | 117 Sky light? | 15 Use one's noodle | 58 Statesman Sadat | 98 Behave like a brat |
| 27 Evened the score | 74 Irrational | 118 Part of NB | 16 Overact | 59 Departs | 99 Endowment |
| 28 Prophets | 76 Stocking | 119 Stalin's predecessor | 17 Patron | 101 Berle bit | 100 Pretended |
| 30 "So — You" ('77 song) | 77 Somewhat Frigid | 120 Stereo components | 18 Vigoda or Fortas | 102 Knocked out a novel | 105 Artist |
| 31 Torrid or Frigid | 80 Scenter of your face? | 121 Choose, with "or" | 25 It's spotted out West | 106 Sociable stalling | 107 The — Brothers |
| 32 Bluesman James | 81 — de-camp | 122 Bird food | 29 Leisog-rapher Partridge | 66 Cherish | 108 Reduce, with "down" |
| 35 Le Carre title star | 84 Blunder | 123 "Maria —" ('41 song) | 31 Actress Wanamaker | 68 Uh-uh | 109 USNA grad |
| 37 Zeal | 85 Top-notch | 124 Clear the slate | 32 African antelope | 69 Florida feature | 111 Recipe abbr. |
| 40 Tea of "Deep Impact" | 88 Silver-tongued maid | DOWN | 33 "Why don't we?" | 70 Blackboard support | 113 Conger or moray |
| 41 Diplomacy | 91 Not long ago | 1 — All Over" ('64 hit) | 34 Berg or Drabowsky | 72 "Stroker —" ('83 film) | 114 Compass pt. |
| 42 Libertine | 92 Kid | 2 Choir member | 36 "New Jack City" actor | 75 Quite | 115 Palindromic diarist |
| 43 "Macbeth" role | 93 Litter's litiest | 3 Cadge | 37 Saharan actor | 77 "Shaft" star | 116 "Jurassic Park" stuff |
| 46 Kind of sale | 94 Mead's "Coming — in Samoa" | 4 Wind instrument? | 38 Actor Calhoun | 78 Without — (daringly) | |
| 50 Vex | | | | 79 Decimal base | |
| 51 Linda of "Dynasty" | | | | | |
| 52 Revise a manuscript | | | | | |



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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.

"You're Kidding, Right?"

S V X F K F Z V B P J G W V F J
 F X . S V , F T O G S , Y U V
 Y V B P J ? - R O Z L O X G L E V K
 R X G X O U F P P G L E L V J U G T
 Z P F S X V S , G R M O J V S
 X U O S C Z S O Y R A L V I L G T ,
 " T O O X X U O A L O R R " , F K
 R U O Y V B P J I V X U L V B I U
 G S G F L A V L X R O Z B L F X E
 A G X - J V Y S .
 Find the answer in the puzzle answer section.

Weekly SUDOKU

by Linda Thistle

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

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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