

Community Briefs

Funds for tumor research

Carrboro police officers are raising money to support children's tumor research.

Officers, along with friends and family members of Officer Joseph Thomas, have teamed up to run in the Raleigh Rocks 5k and half marathon on April 10. Thomas' daughter Logan, 4, was recently diagnosed with neurofibromatosis, a genetic disease that causes tumors to form throughout the body. If you are interested in participating in the run or making a donation, go to active.com/donate/nfeventnotlisted2011/Jthomas568

Temporary shop opens

4, a new accessories store, will open Feb. 4, upstairs at 149A E. Franklin St. The store will close at the end of May and donate its proceeds to local charities.

The store is a project by UNC students Taylor Walters and Chelsea Crites, who will open and run the store under the supervision of professor Dana McMahan. Proceeds from 4 will benefit The Arc of Orange County, The Center for Child and Family Health of Durham, Ronald McDonald House of Chapel Hill and Table of Carrboro.

4 will feature fashion accessories, including jewelry, handbags and scarves. Shoppers will be able to hear the charity's stories as they browse.

Volunteers needed for OPC board

The Chatham County Board of Commissioners seeks volunteers to serve on the Orange-Person-Chatham (OPC) Mental Health Board. OPC is a local agency responsible for overseeing and managing publicly funded mental health, developmental disability and substance abuse services in Orange, Person and Chatham counties.

The OPC board especially seeks professionals with financial expertise, management or business skills or a family member of someone receiving mental health services for a developmental disability.

Find an application form at chathamnc.org/Index.aspx?page=49 or contact Elizabeth Plata at 542-8200.

Youth concussion meeting

There will be a town hall-style meeting Saturday at UNC on concussions and other brain injuries among children and young adults.

The event, "How Do We Prevent, Identify and Treat Concussions in Youth?" will be held from 10 a.m. to noon in the Stallings-Evans Sports Medicine Center.

The meeting is part of a nationwide campaign led by the Sarah Jane Brain Foundation to raise awareness of the risks and symptoms of concussions. The event is free, but registration is requested. RSVP to Johna Register-Mihalik at 962-2702 or johnakay@email.unc.edu

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 blepharitis and low-back pain in a teenager.

Dear HOUSECalls, I have swelling in my eyelids, with some crusting and no itching. My doctor told me that it was likely allergies. I tried zyrtec, but it didn't help. I went to an eye doctor, who diagnosed blepharitis and said it was going to be a chronic problem. What can you tell me about this?

Blepharitis is a pretty common problem. It simply means inflammation of the eyelid, sometimes from infection and sometimes from a skin condition, such as rosacea. Since allergies can cause or contribute to many cases of blepharitis, trying an antihistamine like zyrtec is a reasonable starting point. The condition does happen more commonly as we get older and tends to be a chronic, irritating problem, like dandruff. For some people, antibiotic ointments may be helpful, but simple things like warm compresses and

cleansing the eyelids can also work. We like a diluted baby shampoo with a cotton swab for cleansing the eyelid. Good luck.

Dear HOUSECalls, My son is a 17 year-old high school student and football player who has had back pain for a year. Our family doctor recommended rest and physical therapy, but the situation did not improve. An orthopedic surgeon took a CT scan and diagnosed a pars fracture. My son was then told to refrain from physical activity; soon he will undergo a different course of physical therapy. We were told that surgery is not likely to be needed, but the thought of spine surgery is terrifying. What can you tell us about a pars fracture?

Pars fractures, also known as spondylolysis, are fairly common, though many people have not heard of them. They occur most frequently among adolescent athletes, such as gymnasts, football players and tennis players. The condition is really a stress fracture of

the part of a backbone that attaches to the next backbone and is caused by repetitive trauma incurred when the back's in a poorly protected (hyper-extension) position. Some cases also occur during rapid growth when the back is vulnerable. As with all stress fractures, rest is the key. Sometimes a brace is needed to provide stricter immobilization. So the advice to your son to rest and allow his back to heal is a very standard approach. Physical therapy to develop core strength, hamstrings, quadriceps, hips and abdominal muscles can provide protection from future injury as well as allowing the pars to heal. Surgery may be needed in severe cases. We wish your son a speedy recovery. Keeping our kids' activity restrained can be a real challenge.

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 27

Lunchbox Concert — The Mighty Gospel Inspirations. Carrboro Century Center, noon Free

Book Reading — With Daphne Athas, discussing *Chapel Hill in Plain Sight*. Wilson Special Collections Library, 5pm Free

Friends of the Downtown — Meeting with speaker Chapel Hill police Chief Chris Blue. Franklin Hotel, 10am Free

FRIDAY JAN 28

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

Family Movie Nite — A PG film based on a book by Cresida Cowell. Call for movie title. Chapel Hill Public Library, 4pm Free 968-2778

Marsh Madness — An interactive musical journey up and down Georgia's coast. Participants will learn about characters who live in and around the barrier islands and the important role each of them play in maintaining a healthy coastal ecosystem. The ArtsCenter, 10am (grades preK-2nd) & 11:30am (grades 3-5) \$7 artscenterlive.org

Zumba Jam — Zumba fuses Latin and international rhythms to make a dynamic fitness program. Carrboro Century Center, 7pm \$3

Walk Talk — Kevin Kirk, UNC physiologist, will present "Walk The Walk: How to Keep Fit Merely Walking." Seymour Center, 11:30am Free

SATURDAY JAN 29

Angels in America — Opens at Paul Green Theatre, with two parts performed in rotating rep. Continues through March 6. playmakersrep.org

Sacrificial Poets — Poetry performance team from Chapel Hill-Durham area. The ArtsCenter, 7pm \$5

SUNDAY JAN 30

Women's Voices — Performing at University United Methodist Church. 8pm \$15 adults/\$5 students womensvoiceschorus.org

Photographic Workshop — "Color Management," designed to teach good color match using various color devices. Carrboro Branch Library, 2-4:30pm Free registration: 969-3006

Human Relations Month — Kicks off with a panel discussion, "A Community Conversation on Immigration: What Are The Implications For Orange County And Its Residents." Carrboro Century Center, 3pm Free

Cuba Today — Dan Whittle and Daylin Munoz discuss current events in Cuba, including economic reform, Obama policy and

how the environment can serve as a bridge for improved relations. Chicle Language Institute, 101 E. Weaver St., 5pm Free

TUESDAY FEB 1

Movie Nite — Showing of *Invictus*, with Matt Damon and Morgan Freeman. Chapel Hill Public Library, 6:30pm Free 969-2028

Bingo — For Ages 55 and older. Century Center, 2-3:30pm Free registration: 918-7364

WEDNESDAY FEB 2

Books Sandwiched — Discussion of *The Piano Teacher*, by Janice Y.K. Lee. Chapel Hill Public Library, 11:30am Free

THURSDAY FEB 3

Lunchbox Concert — Presents Marie Vanderbeck Trio. Carrboro Century Center, noon Free

Movie Screening — Queer movie night: *But I'm a Cheerleader*. Internationalist Books, 7pm Free internationalistbooks.org

FRIDAY FEB 4

Fundraiser for Haiti — An organ recital for Haiti Relief with Alexander Anderson playing works by Couperin, Bach, Franck and Messiaen. United Church of Chapel Hill, 7:30pm 942-3540

Film Fest — Blue Sky Film Fest, including workshops with producers. Lumina Theatre, Southern Village Continues through Feb 6

bluesyfilmfest.com/schedule/Computer Class — Email basics. Chapel Hill Public Library, 8:15am Free Pre-registration required: 968-2780

Hidden Voices — To Buy the Sun: The Challenge of Pauli Murray celebrates the 100th anniversary of the birth of one of N.C.'s foremost civil rights activists. The ArtsCenter, Feb 4-5 8pm \$10 artscenterlive.org

Decorations Day in the Mountains — Folklorist Alan Jabbour and photographer Karen Singer Jabbour discuss the

Send your Community Calendar submissions to calendar@carrborocitizen.com

Southern Appalachian tradition of cleaning and decorating community cemeteries. Wilson Special Collections Library, 4pm Free library.unc.edu

Ongoing Mental Illness Program — A series of 12 weekly classes to help family members understand and support mentally ill relatives while maintaining their own well-being. Dogwood Room at the Seymour Center, Feb. 3-April 21 6:30-9pm Free 967-5403 gobaelder@gmail.com

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. undineberger.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 chapelhillcfc.org

SUPER CROSSWORD GENE POOL

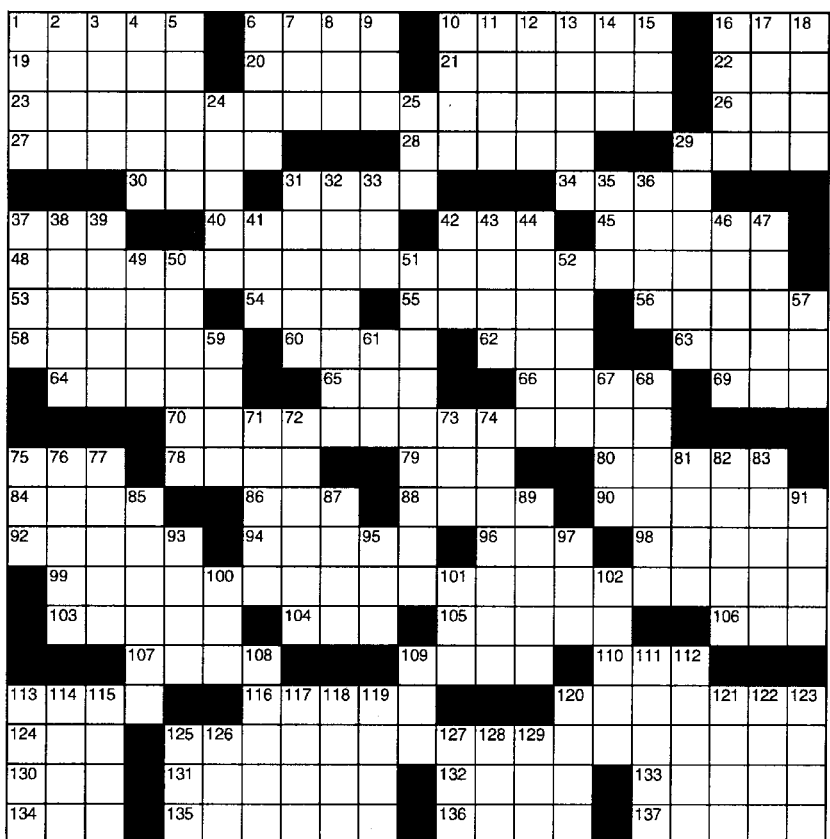
ACROSS
 1 A lot
 6 Bungle
 10 Makes a touchdown
 16 Hen's hubby
 19 Deck type
 20 Ford or Grey
 21 Frolic
 22 Poster abbr.
 23 Start of a remark by Jack Simmons
 26 Distant
 27 Expensive appetizer
 28 Common contraction
 29 Charon's river
 30 Wallace or Whitney
 31 Moore of "G.I. Jane"
 34 Writer
 37 Actor
 38 Tremayne
 40 Hangs tinsel
 42 Command to Fido
 45 Cries like a baby
 48 Part 2 of remark
 53 React to a pun
 54 Enthusiast
 55 "Dallas" matriarch
 56 Lumnoxlike
 58 Had a hankering
 60 Mister, in

Munich
 62 Architect's add-on
 63 Harness part
 64 Radio and TV
 65 Duncan's denial
 66 — a Song
 67 — a Song
 68 Go Out of My Heart ("36 tune")
 69 — Bank, NJ
 70 Part 3 of remark
 75 HST's successor
 78 On the briny
 79 Service charge
 80 Disconcert
 84 Cubist? Rubik?
 86 Business abbr.
 88 Starchy tuber
 90 Moved like a mouse
 92 — del Sol
 94 Teatime
 96 Tachometer meas.
 98 Lawn ornament
 99 Part 4 of remark
 103 Lots of laughter
 104 JFK lender
 105 Intense
 106 Vane letters
 107 Tend the

garden
 109 Pipe part
 110 Cry of discovery
 113 Spanish dance
 116 Alien's partner
 120 Passed into law
 124 — Baba
 125 End of remark
 130 — Buddhism
 131 Lunar spacecraft
 132 Skater
 133 Kovacs or Pyle
 134 Actress
 135 Scrimshaw material
 136 Mr. Waiassa
 137 Cassandra and Merlin

DOWN
 1 Fountain order
 2 Nursery furniture
 3 Alan of "California Suite"
 4 Holmes' creator
 5 Reel
 6 Take off
 7 Tyler or Ullmann
 8 Colorado
 9 Saloon

10 Trauma aftermath
 11 Spelunker's spot
 12 It bakes the cake
 13 Alex Haley book
 14 Directional suffix
 15 Sault, —
 16 27th president
 17 All right
 18 Chico or Kai
 24 Textbook headings
 25 "Bali" —
 29 Finn's friend
 31 See
 32 Distinguished
 33 Flavor enhancer: abbr.
 35 Honest name
 36 Durban dough
 37 Word form for "study"
 38 — "Zimbabwe"
 39 Rock's — Poneys
 41 Ring official
 42 Missouri airport abbr.
 43 Presque —
 44 Dimly illuminated native
 46 Solitary sort
 47 "Wake Up Little —" ('57 hit)
 49 Card collection
 50 Silverware city
 51 From now on
 52 Opening remark?
 57 Wrap up
 59 Place to pontificate
 61 Unrefined president
 67 "Gracious me!"
 68 Trinidad's neighbor
 71 Voltaire, for one
 72 Reagan and Wilson
 73 Teachers' org.
 74 O'Hara's "From the —"
 75 Cal page
 76 Sag
 77 Follow
 81 "New Yorker" cartoonist
 82 Tend a fire
 83 Macho types
 85 Canada's capital
 87 Dovecote sounds
 89 Soporific substance
 91 With 31 Down, '58 Frankie
 93 Qualified
 95 Squirrel's snack
 97 "The A-Team" actor
 100 Manipulate
 101 Toque or tam
 102 Hotelier
 108 Salvate
 109 Silly Caesar
 111 Basketball's Elvin
 112 Paint pigment
 113 "All That —" ('79 film)
 114 Toast topper
 115 Prong
 117 Eye appreciatively
 118 Flatfish
 119 Before long
 120 Engrave
 121 Mood
 122 Kuwaiti ruler
 123 Poor grades
 125 Zipper part
 126 —Locka, FL
 127 Form of comm.
 128 Mine find
 129 Incite
 Rover



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.

"Never Say Never"

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

Weekly SUDOKU

by Linda Thistle

	5		9	6		8			
4	1		3					2	
		7				1		4 3	
		9				6	2		7
	6		8	7					3
8	4		2			9			
		6				5	1		
1	2			4					5
7			1						6 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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Baldwin Custom Cabinetry and Home Improvement

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Josh Baldwin
 336-512-5612

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 Escorted by Grand American Tours
 Leaving Sept. 12, 2011

Price includes
 airfare from RDU

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 First come first served!

For more information,
 contact local group leader

Cliff Larsen at 919-260-0746
 (Call before noon please.)

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**TOWN OF CARRBORO
 PUBLIC HEARING NOTICE:**

Part I: Orientation meeting
 February 2 • 6:30 to 9:30pm

Part II: Design Workshop
 February 26 • 8:30am to 4:30pm

Facilitated by Durham Area Designers
Location: Morris Grove Elementary School library
 (215 Eubanks Road)

You are invited to join the Durham Area Designers, Town Planning Staff and other workshop participants in a Design Workshop!

The purpose of this event is to invite community participation in exploring the possibility of neighborhood-commercial land uses and additional residential density on selected tracts of the Northern Study Area. In particular, we will focus on design implications for an assemblage of properties located on the northeast corner of Old NC 86 and Eubanks Road. In addition, we will explore related improvements to the Old NC 86 highway corridor in this vicinity. Please see the map on the reverse of this notice for the location of the study areas.

For lunch on Feb. 26, please bring a bag lunch. Beverages and sides will be provided.

Questions or more information? Contact Jeff Kleaveland jkleaveland@townofcarrboro.org or Barbara Norton brnorton@earthlink.net