

## Briefs

### Mt. Carmel breakfast

Country ham, sausage, bacon, eggs, grits, gravy and stewed apples are among the items on the menu for Mount Carmel Baptist Church's annual County Breakfast (motto: "A Breakfast Grandma Would Be Proud Of") on Saturday from 7:30 to 11:30 a.m. The all-you-can-eat meal costs \$10 for adults and \$5 for children under 12.

### ChathamArts reception

ChathamArts will present a reception on Feb. 26 for Darryl Hunt, an activist who was exonerated after 19 years in prison for a rape and murder he did not commit, and Adam Zucker, whose film *Greensboro: Closer to the Truth* examines the outcome of the Greensboro Massacre, when five people were killed by Nazis and Klansmen during a daylight rally.

The reception will be held from 6:30 to 8:30 p.m. at The Inn at Celebrity Dairy. Tickets are \$45 and there is a 40-person guest limit. Reservations must be made by Tuesday.

For tickets or location information, visit [chathamarts.org/sustainablecinema/feb262011-ticket.html](http://chathamarts.org/sustainablecinema/feb262011-ticket.html)

### Summer camp registration

Registration for Chapel Hill Parks & Recreation summer camps has begun for Chapel Hill residents. Registration begins Monday for other Orange County residents and Feb. 21 for non-residents.

Visit [townofchapelhill.org/register](http://townofchapelhill.org/register) or visit one of the following locations between 8:30 a.m. and 5 p.m. Monday through Friday: Parks and Recreation Administrative Office (200 Plant Road), Chapel Hill Community Center (120 S. Estes Drive), Hargraves Community Center (216 N. Roberson St.) or Homestead Aquatic Center (300 Northern Park Drive).

### Rabies clinics scheduled

Orange County's Animal Services Department has scheduled its \$10 rabies vaccination clinics for 2011.

Animal Services will offer one-year vaccinations at 10 scheduled clinics between February and October. The first is Feb. 17 from 1 to 4 p.m. at the Animal Services Center at 1601 Eubanks Road in Chapel Hill.

Dogs must be on leashes and cats must be in individual carriers. Animals that may be nervous or unsettled should be kept inside a vehicle for their vaccination.

### Spay Neuter Day

To combat pet overpopulation in Orange County, the Animal Services Department is celebrating "Spay Neuter Day USA" on Feb. 22.

In recognition, Animal Services, with assistance from the Department of Social Services (DSS), has partnered with the Pet Overpopulation Patrol of North Carolina to offer free spay and neuter surgeries to pets of households that receive services from DSS.

For information on Spay Neuter Day USA, or to find out whether you qualify to receive services, call Sarah Fallin at 942-7387, ext. 224.

### Paws4Ever opening

Paws4Ever, a pet adoption and training advocacy group, seeks donations and volunteers as it prepares to open its new resale store in Hillsborough on John Earl Street, next door to My Secret Closet and Lulu's Reduz.

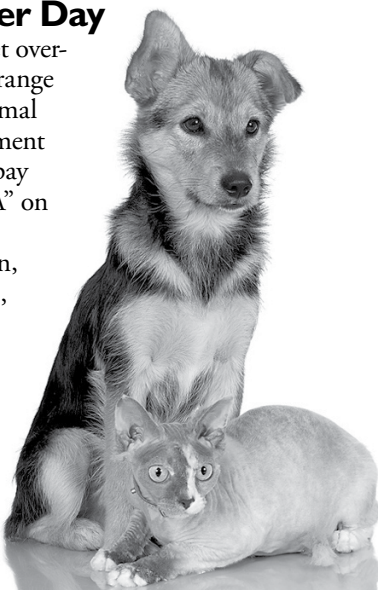
The store's grand opening is scheduled for Saturday from 10 a.m. to 4 p.m.

Information on volunteering at the store and the type of items needed can be found at [paws4ever.org/page/ReSaleStore](http://paws4ever.org/page/ReSaleStore)

### Earth Day festival

Chapel Hill Parks & Recreation will present the Earth Action Day Festival, a celebration for sustainable living, on April 9 from noon to 5 p.m. at Southern Community Park. The festival will feature live entertainment, interactive activities for all ages and plenty of local food.

Register at [townofchapelhill.org/earthday](http://townofchapelhill.org/earthday) to host an exhibit at the festival. The application deadline is March 10. The entry fee for nonprofits and artists is \$40 and \$75 for commercial organizations. Local artists are encouraged to apply to sell their art.



## 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](mailto:yourhealth@unc.edu)



This week we respond to questions about changing physicians and dealing with chigger bites.

Dear *HOUSE Calls*, I've been seeing a primary-care doctor for fibromyalgia. While I know my doctor is smart, I'm not entirely satisfied. What is the proper protocol to see another doctor in the same practice?

That's a tough question. We would encourage you to first see your doctor and discuss your concerns. Do you feel like he or she is not listening or appreciating your values, or is he or she just not putting together a diagnosis or treatment plan in a way that is satisfying to you? Doctors vary in personality and approach. If you have a lot invested in your relationship, though, we hate to see you give that up lightly. Could you merely say, "Dr. Jones, I feel like it would help me to get a second opinion"? If you are feeling like the problem is an irreconcilable mismatch in style,

you might want to try to address this by telling your doctor what your concerns are.

When we see a new patient who was unsatisfied with another doctor, we try to find out what the problem was and set mutual expectations. You can certainly make an appointment with a new doctor. You might see a doctor for a sinus infection, for instance, find that her style is what you are looking for, and ask if she is accepting new patients and would see you for your next follow-up. But you may find that the new doctor wants to continue to follow the old doctor's plan if you don't address your concerns head on. Good luck.

Dear *HOUSE Calls*, I went to a campfire the other night and I'm pretty sure I got chiggers. That night, I put bug spray on my arms but I forgot my legs. Over the following days, I became incredibly itchy all over, especially on my legs. I have

little bumps all over my legs, and all I can do is scratch. I tried a bath and calamine lotion but I'm not getting any relief. What do you recommend?

Oh, wow, that makes us itch to hear about it. The good news is that the itching will go away. We really like ice and cold compresses for this kind of problem. Over-the-counter antihistamines (e.g., diphenhydramine or cetirizine) can really help. A strong prescription steroid cream, like triamcinalone, can also be a huge benefit. If your itching is really bad, your doctor can prescribe prednisone, a potent anti-inflammatory pill. Hope you feel better soon, and don't forget the legs next time (we're sure you won't).

*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.*

*This Valentines season, it's all about YOU!*

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**ARTS CAMP REGISTRATION OPENS TO THE PUBLIC FEB. 14**

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## SUPER CROSSWORD

## AROMANCE

**ACROSS**  
1 Tower town  
5 Ditch  
9 Married Mile.  
12 "— Life" ('66 hit)  
17 Acted like grandma  
18 Silks solo  
19 Tam material  
20 Sit in on a class  
21 Actor Alex  
22 "Aida" river  
23 "Meter" leader  
24 Actress Rivera  
25 Throb  
26 Loser to DDE  
27 Author Christie  
29 Stirrup site  
30 Riddle:  
Part 1  
36 Gridiron position  
37 Z — zebra  
38 Present for pop  
39 Dutch export  
42 Ms. Silkwood  
44 Wine variety  
50 Sought office  
51 Famed caravel

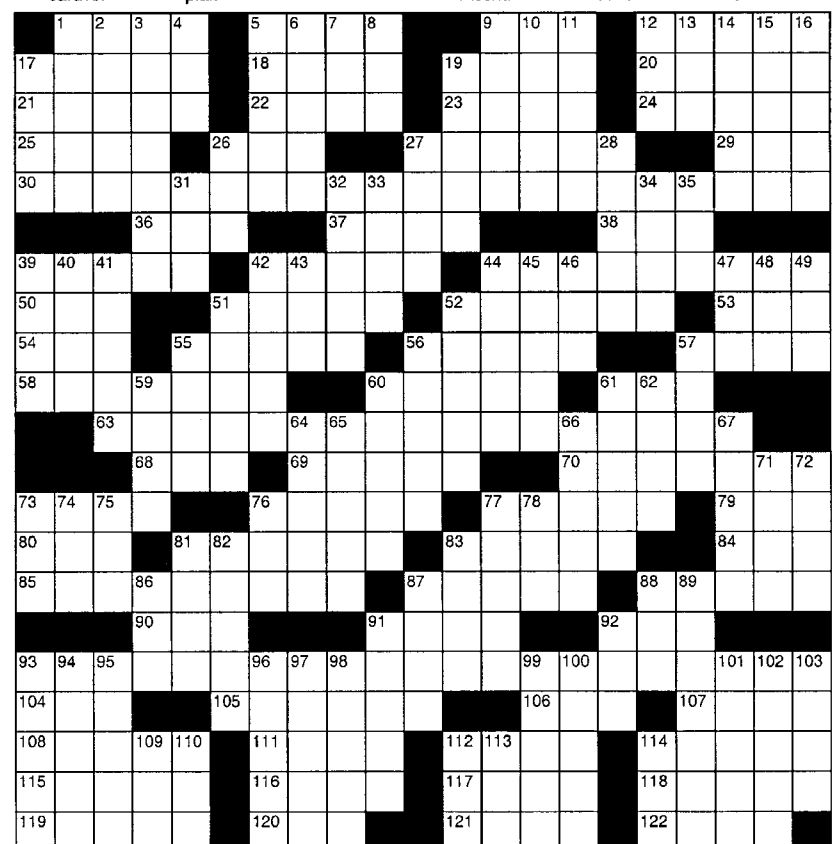
**DOWN**  
2 Restless  
3 Left the Union  
4 Fused and feathers  
5 A Lennon sister  
6 — setter  
7 West's "Diamond

52 Om. for instance  
53 Actress Joanne  
54 ABA member  
55 Skater Hughes  
56 Come out of one's shell  
57 Dutch export  
58 Sharif role  
60 22 Across  
61 Internet  
62 acronyms  
63 Riddle:  
Part 2  
68 Permit  
69 Grows light  
70 Studio  
73 Word with camp or tree  
76 "— Rolling Stone" ('65 hit)  
77 Groundwork  
79 Before, to Byron  
80 Mackie or Marley  
81 Wobble  
83 Add a lane  
84 It may be white  
85 Titmouse kin  
87 Emulate Elle  
88 — Castro  
90 "— vous plait"

91 Joyce's land  
92 Implore  
93 Answer to riddle  
104 "Exodus" protagonist  
105 Plaza Hotel  
106 Get a galley going  
107 Marineland performer  
108 Kanga's creator  
111 Construct  
112 Crow's toe  
114 TV's "Mad — You"  
115 Celebrity  
116 Mispickel and galena  
117 Costa —  
118 Rampal's instrument  
119 — apso  
120 Draft agcy.  
121 Dentist's directive  
122 French bean?

8 — kwon do  
9 Drilling site?  
10 Club creed  
11 Yale or Root  
12 Tic — -toe  
13 "What??"  
14 "Farewell, Francis!"  
15 Big guy  
16 Auslere  
17 Close the curtains  
19 Cart  
26 Postfix  
27 Exiled dictator  
28 Mary of "Dossworth"  
29 Claire or Balin  
31 Claire or Balin  
32 Big revolver?  
33 Lost  
34 "The Ramayana" heroine  
35 Barbie's boyfriend  
39 Austrian city  
40 Solemn statement  
41 "Wait — Dark" ('67 film)  
42 Ballet company  
43 Santa —, CA  
44 Smith or Page  
45 Like Machu Picchu

46 Utmost  
47 Bizarre  
48 Nest, egg  
49 Zombie base  
51 Debra of "Love Me Tender"  
52 Fountain treats  
55 Use coupons  
56 Shampoo ingredient  
57 Middle Eastern airline  
58 Electrical measure  
60 Librarian Melvil  
61 "The Addams Family" actor  
62 Pindaric poetry  
64 Stop on —  
65 Delibes opera  
66 Blackboard support  
67 Cry uncle  
71 Cleveland's lake  
72 Stagger  
73 English channel?  
74 Fireworks reaction  
75 Kimono cummerbund  
76 Peaper protector  
77 Senator from Delaware  
78 Humorist George  
81 Stowe gear  
82 Bisect  
83 Spotted  
86 Civil War initials  
87 Pixie and Dixie  
88 Charge  
89 Vile  
91 Road curves  
92 Luxury car  
93 Veronica of "Hill Street Blues"  
94 Maestro Leinsdorf  
95 Novelist Cather  
96 St — fire  
97 Savanna sounds  
98 Startled cry  
99 Vestige  
100 Dubuque denizen  
101 Garne fish  
102 Intense  
103 Behind schedule  
109 Mil. base  
110 Homeric character  
112 — Magnon  
113 Back talk  
114 Sternward



## CitizenCryptoquote By Martin Brody

For example, YAPHCVAPLM is WORDSWORTH. One letter stands for another. In this sample, A is used for the two G's, Y for the two W's, etc.. Apostrophes, punctuation, the length and formation of the words are all hints.

**"Fitness"**

Z Q H B T K O O Z R K S T I Q  
W I K Z N U W R K A T . X Z  
E B K U P X Q I R T B , W R T  
W I K B I T P C K O L N U E J N S T  
X N O T W K P K Z C R T U W R T  
C K W W N D I Z Z T K B W Q O P .  
W R T ' W U N U T I Z - W T S T U  
I Q P K Z K U P C T P Q U ' I L U Q C  
C R T B T I R T R T V L W R T N W .  
- T O O T U P T E T U T B T W  
*Find the answer in the puzzle answer section.*

## Weekly SUDOKU

by Linda Thistle

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

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!

*got news?*  
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