



Artist to unveil interactive sculpture

Local artist J. Lev will unveil the new Whirld, an interactive sculpture, on Sunday at Leo Gaev Metalworks.

The public is invited to come try out the interactive sculpture, which acts as an observatory to everyday life by projecting a dynamic, panoramic movie of the world around it. The unveiling, which runs from 2 to 7 p.m., will feature swinging folk music by Oh! Fancy from 3 to 5 p.m. and klezmer music by Gmish from 5 to 7 p.m., as well as free food.

The event is free and open to the public. Leo Gaev Metalworks is located at 102 Lloyd St.

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 kidney stones and bedbugs.

Dear *HOUSE Calls*,
Lots of my relatives have had kidney stones and I want to try to avoid getting them. Is it true that drinking lots of fluids will help prevent kidney stones? How much should I drink per day?

We tell people to drink lots of fluids if they have kidney stones, to help pass the stones. Your question is about prevention, which is different, but there is some science behind the recommendation to consume more fluids to prevent kidney stones. A survey of more than 200,000 people showed that those who drank a lot of fluids were 30 percent less likely to get kidney stones. Water is best, with a goal of eight to 10 glasses per day. Soda and tea may not be as effective since they affect the acidity of urine differently.

Other dietary preventives might

include reducing salt and protein. However, the effectiveness of those changes depends on the type of stones that run in your family. You might want to ask family members if their stones have been tested and then share this information with your doctor or nutritionist in order to get really sound advice.

Dear *HOUSE Calls*,
Help. I've heard so much recently about bedbugs that I've started to dream about them. When I go to a hotel, should I ask if they have had any problems with bedbugs before making a reservation?

We're reading and hearing about bedbugs everywhere. Bedbugs are parasites that feed on people, often when those people are sleeping; the bugs are usually finished feeding just before dawn. Sometimes people will feel tracks on their skin where they've been bitten. Bedbugs typically bite exposed

skin, so you might find bites on your face, neck, hands and arms, often in rows, when you awaken, or a day or two later. Bedbugs are now common in hotel rooms, so it's fine to call a hotel in advance. Though we're not sure you will get an honest answer, calling might make you feel better. Once in a hotel room, you can look at the headboard of the bed for small spots of blood, which are a sign of bedbugs. If you find them, you should ask for a new room. However, we hate for you to obsess too much about this nuisance. Worrying too much about bedbugs could disrupt your sleep and lead to anxiety, travel avoidance and other problems.

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.

Briefs

Seed swap

The Carrboro Greenspace Collective, in partnership with the Carrboro Farmers' Market, will hold a Seed Swap on Feb. 26 from 9:30 a.m. to noon at the Carrboro Town Commons.

The event will begin with a Seed Saving Skillshare. Free seeds will be available for all and any leftovers will be spread to community gardens in Carrboro and Chapel Hill. Bring seeds to donate or just bring yourself.

Visit carrborogreenspace.org for more information.

National Gallery curator at Ackland

Franklin Kelly, deputy director and chief curator at the National Gallery of Art in Washington, D.C., will speak Sunday at the Ackland Art Museum in connection with "At Work in the Wilderness: Picturing the American Landscape, 1820-1920," an exhibition running through March 20.

The talk is free and will begin at 2 p.m. in the Hanes Art Center auditorium. A reception at the Ackland will follow.

For more information, visit ackland.org or call 966-5736.

Hillsborough volunteer needed

The Orange County Animal Services advisory board needs a volunteer to represent Hillsborough.

The board provides input and advice to the staff of the Animal Services Department. Members serve three-year terms.

The board is also looking for a representative of an animal welfare or rescue organization and an at-large representative.

If interested, apply at www.co.orange.nc.us/boards (select the "Animal Services Advisory Board" link under "Boards and Commissions Listing") or call Donna Baker at 245-2130 or Jeanette Jones at 245-2125.

Basketball marathon

This year's Duke-Carolina Student Basketball Marathon will begin Saturday at 11 a.m. in Wilson Gymnasium on Duke's campus. It won't end until 3 p.m. the next day.

The Marathon will benefit BounceBack Kids, a nonprofit organization that provides athletic and recreational activities for children with life-threatening illnesses and their families.

For more information, or to register a team, visit basketballmarathon.com. To donate to either school's team, visit basketballmarathon.com/donate/index.htm

Tar Heel 10 Miler

Registration is under way for the Wachovia Tar Heel 10 Miler and the Fleet Feet Sports 4+ mile run, to be held April 9 at Kenan Stadium.

Anyone who registers for either race by Feb. 28 will be automatically entered to win a pre-race monthly giveaway.

The prizes are provided by the event's sponsors and include a night's stay at The Franklin Hotel, a new pair of running shoes from Fleet Feet Sports, a \$100 Great Outdoor Provision Company gift card and a massage.

The event benefits the UNC Lineberger Comprehensive Cancer Center and the Chapel Hill-Carrboro YMCA's We Build People campaign. For more information or to register, go to tarheel10miler.com

University transfer info session

Durham Tech will hold a university transfer information session on its Orange County Campus on Feb. 26 from 9 a.m. to noon.

Representatives from the school's arts, sciences and university transfer departments and from student services will be on hand to answer questions about course transferability and opportunities for seamless transfer to area four-year institutions, including UNC. Current Durham Tech students and university transfer graduates will also be on hand.

For more information, contact Carlo Robustelli at 536-7238, ext. 4202, 943-2443 or robustec@durhamtech.edu

Professor wins service award

Della Pollock, a professor in UNC's communications department, was recognized Feb. 9 for her work in the community with a Robert L. Sigmon Service-Learning Award.

The award was presented during the 2011 Pathways to Achieving Civic Engagement Conference on the campus of Elon University. It is presented annually to a faculty member who has made significant contributions toward furthering the practice of service learning.

Pollock is working on a book about the role of service learning in a historically black community.



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SUPER CROSSWORD BLUE GENES

<p>ACROSS</p> <p>1 Plot</p> <p>6 Philanthropist</p> <p>11 Send out a page</p> <p>14 Highlander's headgear</p> <p>17 Vision-related</p> <p>19 Likes a lot</p> <p>21 Barcelona bravo</p> <p>22 "I — Rock" ('66 song)</p> <p>23 A few words</p> <p>24 Start of a remark by Laurence J. Peter</p> <p>27 Tch</p> <p>28 Local part</p> <p>30 Dram</p> <p>31 Emcee</p> <p>32 Swiss sharp-shooter</p> <p>33 Like feta</p> <p>37 Feta</p> <p>39 Oscar or Tony</p> <p>42 Fragrant plant</p> <p>44 Mats' milieu</p> <p>45 Isolated</p> <p>46 Spud state</p> <p>47 97 Across</p> <p>50 Part 2 of remark</p> <p>56 Seal school</p> <p>58 Actress</p>	<p>59 TV's "The Arnits"</p> <p>60 Animosly</p> <p>61 Nimble</p> <p>62 Printer's proof</p> <p>64 Be buoyant</p> <p>67 Hindu duty</p> <p>69 Word form for "milk"</p> <p>71 Invalidated</p> <p>75 City on the Allegheny</p> <p>76 Storm</p> <p>78 Bounded</p> <p>79 Smiley's "A Thousand —"</p> <p>81 Medical suffix</p> <p>82 Spirit</p> <p>84 Gogo's " — Bulbs"</p> <p>86 Jack of "Barney Miller"</p> <p>89 Ocasek of The Cars</p> <p>90 Part 3 of remark</p> <p>95 Principles</p> <p>97 "Here You Come —" ('77 hit)</p> <p>98 Hellman's "The Children's —"</p> <p>99 Duel tool</p> <p>100 Desk accessory</p> <p>102 On edge</p> <p>103 Stick-in-the-mud?</p>	<p>106 Free tickets</p> <p>107 Pavlov's piece</p> <p>109 Third-rate</p> <p>110 Hallween decoration</p> <p>111 Yogi or Smokey</p> <p>112 Political abbr.</p> <p>115 End of remark</p> <p>122 Dolphin Dan</p> <p>124 Kind</p> <p>125 Flagon filler</p> <p>126 Proof- —</p> <p>127 Leisured, to</p> <p>128 Singer</p> <p>Brenda</p> <p>129 Literary pseudonym</p> <p>130 Solli's stick</p> <p>131 Wharton or Sitwell</p> <p>DOWN</p> <p>1 Duplicate</p> <p>2 Want badly</p> <p>3 Overdo a fan</p> <p>4 — carte</p> <p>5 Tied lightly</p> <p>6 "The Witches" author</p> <p>7 Horatian creation</p> <p>8 Neither's partner</p> <p>9 Vein contents</p>	<p>10 Word with carpet or cabbage</p> <p>11 Raging</p> <p>12 Boxing legend</p> <p>13 Makes one's mark</p> <p>14 Resort lake</p> <p>15 Pile up</p> <p>16 Lusterless</p> <p>18 Virginia —</p> <p>20 Alaskan city</p> <p>25 Italian greyhound, e.g.</p> <p>26 Bread ingredient</p> <p>29 Wee one</p> <p>32 " — bien!"</p> <p>33 Chest material</p> <p>34 Get wind of</p> <p>35 Tennis legend</p> <p>36 A roaring success?</p> <p>37 Rubbed the wrong way?</p> <p>38 Juno, in Greece</p> <p>39 Plus</p> <p>40 Troubles</p> <p>41 Penguins' place</p> <p>43 Ready to eat</p> <p>44 Detect</p> <p>48 Tyranny</p> <p>49 With 101 Down, '79 Sally Field film</p>	<p>51 Subject matter</p> <p>52 Ben — ('59 film)</p> <p>53 School founded by Henry VI</p> <p>54 Siamese</p> <p>55 Fill to the gills</p> <p>57 Actress</p> <p>Cannon</p> <p>61 Mail event</p> <p>63 Homeric characters</p> <p>64 So. state</p> <p>65 Mouth piece?</p> <p>66 Habitually, to Herrick</p> <p>68 Neigh-sayer?</p> <p>69 Den</p> <p>70 Upstairs basement?</p> <p>72 — Bator</p> <p>73 Singer</p> <p>74 Irritated</p> <p>77 More</p> <p>80 Scoundrel</p> <p>83 — majesty</p> <p>84 Ridicules</p> <p>85 Superior</p> <p>87 Burden of proof</p> <p>88 Brute</p> <p>90 " — the mornin'"</p> <p>91 Guys' counter-parts</p> <p>92 Corporate clashes</p> <p>93 Bank statistic</p> <p>94 Big bird</p> <p>96 Indira Gandhi's father</p> <p>100 Enjoy the beach</p> <p>101 See</p> <p>49 Down</p> <p>102 Distribute</p> <p>103 "To fetch —"</p> <p>104 Ciavell's " — House"</p> <p>105 Alistair or Sam</p> <p>106 Part of PST</p> <p>108 Sita's husband</p> <p>110 Dylan's "colleague"</p> <p>111 Fiber source</p> <p>112 Leslie Caron role</p> <p>113 Step — (hurry)</p> <p>114 Cry of contempt</p> <p>116 Check</p> <p>117 Jeff Lynne's grp.</p> <p>118 Sphere</p> <p>119 Singing syllable</p> <p>120 It may be tipped</p> <p>121 WWII area</p> <p>123 "Great!"</p>
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CitizenCryptoquote By Martin Brody

For example, YAPHCYAPLM 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.

"The Truth Can Hurt"

K	U	C	S	I	V	H	'	Z	J	K	H	V	
G	X	K	H	N	Z	O	X	I	W	B	Z		
J	W	H	C	H	X	W	Q	Z	O	.	.	.	
M	S	B	Z	Z	C	B	X	X	K	T	W	I	
C	T	Z	O	C	B	X	N	K	Q	I	B		
U	X	Q	X				Z	X	I	I	K	H	N
J	X	Z	O	X	Z	Q	S	Z	O	.	.	.	
Q	C	H	H	K	X	B	O	W	R	X	B		

Find the answer in the puzzle answer section.

Weekly SUDOKU

by Linda Thistle

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

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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PREVENT ACCIDENTAL LITTERS FOR \$20!

Orange County Animal Services has teamed up with The \$20 Fix to offer low-cost spay/neuter to residents of the County.

Residents with yearly household incomes of \$25,000 or less may qualify.

Contact The \$20 Fix at www.animalkind.org or 919-870-1660 for details and to apply

PET OF THE WEEK

ORANGE COUNTY ANIMAL SERVICES — Say hello to Sandy! This gorgeous mixed-breed boy is around 11 months old and looking for a new place to call home. Since his arrival, he has been nothing but good-spirited and fun to have around! For such a young pup, he listens very well and seems smart and eager to learn new tricks and ways to make you happy. And as an added bonus, his adorably innocent face is full of some of the cutest and endearing expressions ever! Visit him at Orange County's Animal Services Center, 1601 Eubanks Road, Chapel Hill or call 942-PETS (7387). You can also see him and other adoptable animals online at www.co.orange.nc.us/animalservices/adoption.asp

