

## Briefs

### Mardi Gras celebration

The fourth annual Pittsboro Mardi Gras Masquerade Ball will be held Saturday from 7 p.m. until midnight at the Historic Chatham Mill.

The event will feature food, drink and plenty of live music. Tickets cost \$20 in advance or \$25 at the door. Proceeds will benefit The Abundance Foundation, Triangle Land Conservancy and Child Care Networks.

Tickets are available at the Chatham Marketplace or online at [chathammarketplace.coop/mardigras](http://chathammarketplace.coop/mardigras)

### Local authors signing

Dave Otto and Richard Ellington will discuss and sign copies of their new pictorial history book, *Carrboro* on March 12 from 2 to 4 p.m. at the Orange County Historical Museum in Hillsborough.

The book focuses on some of the characters who have defined Carrboro throughout its history. Some of them, like Thomas Lloyd, will be familiar to anyone with a passing knowledge of Carrboro's history. Others, like Jacques Menache, may not be as well known.

The event is free and open to the public and books will be available for sale. For more information, contact Cheryl at 732-2201.

### Monthly Adopt-A-Thons

Starting this Saturday, the Paws4Ever ReSale Store will hold Adopt-A-Thons the first Saturday of each month. They will run from 1 to 4 p.m. at the store, which is located at 115 John Earl St. in Hillsborough.

The store offers hundreds of new and used items for pets and their owners. Donations are accepted ([storedonation@paws4ever.org](mailto:storedonation@paws4ever.org)) and volunteers are always welcome ([storevolunteer@paws4ever.org](mailto:storevolunteer@paws4ever.org)).

For more information, call 245-0445, or visit [paws4ever.org/page/ReSaleStore](http://paws4ever.org/page/ReSaleStore)

### Mentor fundraiser

On March 1, Volunteers for Youth launched a \$20,000 fundraising campaign, Every One Counts, to expand its services to more Orange County children. The campaign will fund the agency's mentoring program.

Throughout the four-month campaign, board members and volunteers will host events to spread their message. Other scheduled events include an open house at Volunteers for Youth's Carrboro office, a dance party for local teens and a May ice cream-eating competition.

To donate, visit [volunteersforyouth.org](http://volunteersforyouth.org). For more information on how to get involved, call 967-4511.

### AU ambassador speaking

Amina Salum Ali, ambassador to the U.S. for the African Union, will speak at UNC on March 23 at 7 p.m.

Ali is expected to discuss recent and current events in Egypt and Libya. She will speak at the Sonja Haynes Stone Center for Black Culture and History. For more information on the event, contact Joseph Jordan at 843-2671 or [jjordan@email.unc.edu](mailto:jjordan@email.unc.edu).

### Board needs members

The Orange County Board of Commissioners is recruiting for the Orange County Board of Equalization and Review, which hears appeals from residents who protest assessed property values.

The board will meet up to three days a week for about three to four hours per meeting, for up to three consecutive months (April-June). Members will be paid for all meetings they attend.

Interested Orange County residents with real estate knowledge are encouraged to apply at [www.co.orange.nc.us/boards](http://www.co.orange.nc.us/boards) (select "Equalization and Review Board" under "Boards and Commissions Listing") or at 245-2130 or 245-2125.

## 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 insurance company information sharing and vitamin D.

Dear HOUSE Calls, My family doctor called me for an appointment due to a notification from my insurance company. The notice said that because I was on medicine for depression I needed to be seen and screened for thoughts of suicide. This was awkward because I see a psychiatrist and my family doctor did not know about it. My family doctor was great, supportive of my treatment plan and my relationship with my psychiatrist, but I felt a bit put off by the insurance company butting in. Am I overreacting?

We are increasingly getting these letters from insurance companies. Most of the time, they are in regards to medicines we prescribe for patients we know well. On the other hand, if it is not something your family doctor was involved in, she or he might take this letter as explicit notice that it is her or his responsibility to be involved. Insurance company's motivations should be (and probably are) to improve care

and reinforce the care management of the family doctor. This is a good thing, and we are so glad it went well. Many people in your shoes might perceive this as an unnecessary expense or inconvenience. We definitely appreciate your uneasiness about this information sharing. Increasingly, insurance companies will be sharing our information to manage care, improve wellness and decrease costs. Hopefully, when that information sharing is with your family doctor, this will be empowering and an opportunity to improve your care.

Dear HOUSE Calls, I provide services for a man who has mental retardation. He had his vitamin D level checked and it was 27 milligrams per deciliter. What does this mean and what do you recommend?

It is so important that we not only report lab results to our patients, but that we interpret and provide context. In this case, it would be to determine if there is a vitamin D insufficiency. We consider less than 20 milligrams per deciliter a

deficiency. To give your client a recommendation, we would need to understand why his vitamin D level was checked. We usually recommend a vitamin D supplement, anywhere from 500 to 1,000 international units (IU) per day. Most multivitamins have 400 IU per pill; a glass of milk has 100 IU. Sun exposure is a great way to get vitamin D; about 15 minutes to the hands and face three times a week is good. The combination of office jobs and sunscreen has contributed to this problem. Many people have been on megadoses of vitamin D (2,000 to 50,000 IU) for depression, chronic pain and a host of other conditions. A recent consensus opinion reported that there isn't really enough data to support this and the risk may outweigh the benefit. So for your client, a multivitamin, a good diet and a bit of time outside might be a reasonable program to consider.

*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

### Wilma Shadell

Wilma Irvine "Bitsy" Shadell, 80, passed away on Friday, Feb. 12, 2011 at the Chapel Hill Rehabilitation and Healthcare Center. A native of Cheyenne, Wyo., she was the daughter of the late Col. and Mrs. William Harris Irvine. She was preceded in death by her first husband, Capt. Douglas B. Guthe, U.S. Navy, her son, William I. Guthe and her daughter-in-law, Dr. Rebecca L. Calderon.

She is survived by her sisters, Peggy Allen of Norfolk, Va., and Singie Williams of Spring Grove, Va.; her sons, Capt. Douglas B. Guthe, Jr., U.S. Navy (retired), of Chapel Hill, N.C., and David Guthe and wife Ursula of Rockville, Md.; and five grandchildren, Lea, David and Klara Calderon-Guthe of Chapel Hill, N.C., and Kevin and Andre Guthe of Rockville, Md.

She graduated from high school in Pacific Grove, Calif., then attended music conservatory in San Francisco, Calif., before getting married. An accomplished pianist, she also played the organ in church. She was a member of the Daughters of the American Revolution. She also loved Welsh Corgis, having several as pets throughout her life.

The family received friends on Saturday, Feb. 26, 2011 from 4-6 p.m. at Walker's Funeral Home, 120 W. Franklin St., Chapel Hill, N.C.

In lieu of flowers, memorial donations may be made in Wilma's name to the Music Teachers National Association Foundation Fund, [mtnafoundation.org](http://mtnafoundation.org); or to the USO of North Carolina, Inc., P.O. Box 91536, Raleigh, NC 27675, [uso-nc.org](http://uso-nc.org)

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## SUPER CROSSWORD PURCHASING POWER

<p><b>ACROSS</b></p> <p>1 "Kon-Tiki," for one</p> <p>5 Relay length</p> <p>9 Lawyers' org.</p> <p>12 Pontificate</p> <p>18 Grasso or Raines</p> <p>19 Prownd</p> <p>20 Dating</p> <p>22 European peninsula</p> <p>23 "Giselle" composer</p> <p>24 Sour fruit</p> <p>25 Cupid</p> <p>26 Elect</p> <p>27 Start of a remark by Evan Esar</p> <p>31 "Nightmare" street</p> <p>32 Party potable</p> <p>33 Likely to last?</p> <p>37 Chemical compound</p> <p>41 Gangster's gun</p> <p>43 Katina character</p> <p>46 Bother</p> <p>47 Homer's field</p> <p>48 Pen pals?</p> <p>50 Govt. notes</p> <p>52 Duty</p> <p>53 Part 2 of remark</p> <p>55 Steel support</p> <p>56 Ryan's</p>	<p>"Love Story" co-star</p> <p>57 Travel agcy.?</p> <p>59 Salad veggie</p> <p>61 Football's Herber</p> <p>63 Christine of "House-keeping"</p> <p>66 Actor</p> <p>67 Penny — Brynner</p> <p>69 Seoul man?</p> <p>70 Grass "The Tin —"</p> <p>74 Part 3 of remark</p> <p>77 Philanthropist Cornell</p> <p>78 Creche figure</p> <p>80 Whelan or Sorkin</p> <p>81 Tear</p> <p>83 Brawl</p> <p>84 Made like Mata Hari</p> <p>85 Chicken feed</p> <p>90 Doctrine</p> <p>91 Canine grp.</p> <p>92 Cry of regret</p> <p>94 Part 4 of remark</p> <p>95 Rocker Morrison</p> <p>97 — piece</p> <p>100 Easily digested</p> <p>102 See 75</p> <p>Down</p>	<p>103 Skater Midori</p> <p>104 — Carlo</p> <p>105 — been had!"</p> <p>106 Like Mister Ed?</p> <p>108 Neanderthals</p> <p>111 Flemish one's name</p> <p>12 Important</p> <p>13 Superior to</p> <p>14 With</p> <p>72 Down, "Spartacus" actor</p> <p>15 Exist</p> <p>16 102, to Tacitus</p> <p>17 See</p> <p>133 Across</p> <p>21 Thirsty</p> <p>28 Craving</p> <p>29 Weasel relative</p> <p>30 Ugams or Caron</p> <p>34 Mississippi port</p> <p>35 Nabokov novel</p> <p>36 Deli delicacy</p> <p>37 Neuwirth of "Cheers"</p> <p>38 Artistic output</p> <p>39 Coll. cadets</p> <p>40 Qajar's continent</p> <p>41 Sarcastic remark</p> <p>42 Santa —, CA</p> <p>44 Desert</p> <p>45 Sphere</p> <p>49 Novelist</p> <p>51 Rural sight</p> <p>54 Attempt</p> <p>58 Attention</p> <p>60 "That hurts!"</p> <p>61 Put on</p> <p>62 Martha of "Jumbo"</p> <p>64 Coal by-product</p> <p>65 Claire or Balin</p> <p>67 Fuzzy fruit</p> <p>68 Govern</p> <p>69 Mend, as a bone</p> <p>71 Record players?</p> <p>70 Caviar</p> <p>72 See</p> <p>14 Down</p> <p>73 New York team</p> <p>75 With</p> <p>102 Across, novel</p> <p>120 Concept</p> <p>121 Toast</p> <p>76 From</p> <p>Cork</p> <p>79 Splendor</p> <p>82 Child welfare org.</p> <p>84 Island outfit</p> <p>85 Summon electronically</p> <p>86 Taj town</p> <p>87 Film —</p>	<p>88 Takes in</p> <p>89 Add fringe</p> <p>92 Position correctly</p> <p>93 Actress Tyler</p> <p>95 Morrow or Dana</p> <p>96 — standstill</p> <p>98 "The Sage of Concord"</p> <p>99 Loman</p> <p>101 Prickly plant</p> <p>107 Broad sash</p> <p>109 Film critic</p> <p>Roger</p> <p>110 — Gras</p> <p>112 Bridal path?</p> <p>113 Doctor Salk</p> <p>115 Pitch in</p> <p>116 Where to speak Farsi</p> <p>117 Metric weight</p> <p>118 Neighbor of Brazil</p> <p>119 Lean</p> <p>120 Concept</p> <p>121 Toast</p> <p>122 Stack role</p> <p>123 Poult's papa</p> <p>124 Palindromic name</p> <p>125 — diem</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.

**"Is She Really Scary?"**

S I K O F K W F C K Q L O Z S Z X  
A Q W G G K , T A K K C N Z R .  
M L U T L O R K Q N U Z O R S I X  
U I K X ' Q K R W T O H U I Z U . S I Z U  
I Z F F K O K R S Z N U K Q Q T M C K .  
- I Z R T R V Z U W L J Z Q Z G W J W  
U Q Z W Q K , Z G L N C T G  
Z G K Q T P Z O S W G Z O S I W N K  
I L N M Z O R S Z N J T C C K R T O  
U I K N K F U . K C K E K O Z U U Z P J N

*Find the answer in the puzzle answer section.*

## Weekly SUDOKU

by Linda Thistle

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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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**TODD SNIDER** • THU 3/17  
**CHUCK CHAMPION & THE RANK CONTENDERS** • SUN 4/10  
**SCOTT MILLER** • SAT 4/16

**OTHER CONCERTS:**  
**AIMEE MANN** • SUN 4/17  
**KIRA GRANNIS** • FRI 4/22  
**TOO MUCH FUN** • SAT 4/23

**ARTSCENTER STAGE:**  
**PAPERHAND PUPPET INTERVENTION: THE BIG TENT**  
**CABARET ROAD SHOW** • 3/3 thru 3/6  
**PLAYWRIGHTS ROUNDTABLE** • SUN 3/13  
**PICASSO AT THE LAPIN AGILE** • FRI-SUN 3/25-27  
**THE MONTI** • THU 4/7

**ARTS CAMP REGISTRATION NOW OPEN!**

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