

## Briefs

### Food truck round-up

Parlez Vous Crepe, Will and Pop's, Only Burger, Blue Sky Dining and Captain Ponchos Tacos are the featured vendors at the next gathering of food trucks at Al's Garage. The event, which runs 4 to 7p.m. on March 19, also includes music by Teru'ah and Brainbow. For information on the gathering, contact Isabel at 636-2767.

### Training offered

Parents of special-needs students in middle and high school are invited to attend a daylong training to prepare students for life after graduation on Saturday from 9 a.m. to 3 p.m. at Orange United Methodist Church on Martin Luther King Jr. Boulevard.

"Building a Life: Transition to Adulthood," will be facilitated by national transitions expert George Tilson, vice president of TransCen Inc.

The training is free and is co-sponsored by the Exceptional Children's Assistance Center, Josh's Hope and the Family Advocacy Network, a program of Mental Health America of the Triangle. All training materials, snacks and lunch are included. To register online, follow the link at fan-mhaorangedco.org/newsandevents or call (800) 962-6817, ext. 310 or 317.

### Mala for Susie's Miracle Fund

Franklin Street Yoga will sponsor a yoga event in support of Susie's Miracle Fund, which works to support animal-abuse victims and to increase state laws and penalties for animal cruelty, at 1:30 p.m. on March 20.

Lori Burgwyn, owner of Franklin Street Yoga Center and a supporter of animal-rescue organizations, said she was inspired by Susie's story. Now a grown dog, Susie was beaten, set on fire and left to die at a park in Guilford County. She survived and was on hand last year for the signing ceremony for a new law named in her honor, increasing penalties for animal cruelty.

Susie plans to attend the yoga event to lend a helping paw.

### New guy at PlayMakers

PlayMakers Repertory Company has selected Jeffrey Meanza, the theater company's education and outreach director, to work on expanding PlayMakers' artistic programming and community outreach.

Meanza is an actor and teacher with experience in New York, Minneapolis and the San Francisco Bay area. He has appeared in PlayMakers productions of *Angels in America*, *The Life and Adventures of Nicholas Nickleby* and *Amadeus*.

He is administrative leader of the Summer Youth Conservatory, created in partnership with The ArtsCenter, and created The Vision Series, which fosters dialogue with guest and resident directors, and offers a behind-the-scenes look at PlayMakers' work in progress.



## 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 ear infections and niacin.

Dear HOUSE Calls, My daughter had tubes put in her ears six months ago. I've noticed that every time she gets a cold, her left ear drains, sometimes with foul-smelling thick material. How do I know when it's infected and she needs an antibiotic?

First off, tubes are literally little pipes that go through the eardrum to prevent pus from backing up behind the eardrum and causing pain. When people who are prone to ear infections get a cold, fluid backs up behind the eardrum, gets infected and then causes pressure and pain. These tubes allow the fluid to drain freely, and this fluid can leak out of the ear. The discharge coming from your daughter's tubes means that they are probably doing what they are supposed to be doing. We encourage you to follow up with the doctor who put the tubes in to make sure that the tubes are still in place and that they are functioning properly. We

would also encourage you to bring your daughter to her family doctor next time she is having pus drain out of that left ear to make sure the tube is functioning well when she is sick. When kids with tubes have a fever and ear pain, it can be a sign that the tubes are not functioning or have fallen out.

Dear HOUSE Calls, I thought niacin was a cholesterol-lowering supplement and a B vitamin, so I thought I would try it. When I took it, my whole body turned beet red. I was so worried, I went to my doctor, who quickly linked it with niacin. I thought vitamins were safe and natural ways to improve health. Is this unusual?

This is actually pretty common with niacin, especially immediate-release preparations. It is perfectly safe, so no worries, no harm done. If you want to take niacin for cholesterol and you have this side effect, it can be fully prevented in most people by taking 325 mg of aspirin 30 minutes before the niacin. Another option

is to take sustained-release niacin, but that can actually cause liver inflammation in a small percentage of people, again depending on the preparation. Because of these issues, many people just don't want to bother with niacin. However, it is an effective way to lower triglycerides, and it is cheap. The immediate-release kind is also very safe, but causes this side effect. You raise an important point: just because it is a vitamin, it does not mean it is safe. Remember that vitamin preparations can vary greatly, and you can get too much of a good thing. We've recently seen some new information about the side effects of high doses of vitamin D, for example. So, because it is over-the-counter, be cautious, and consider discussing new supplements with your family doctor.

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



### Murray Furman

Murray Furman, 89, died peacefully at his home in Chapel Hill, N.C., on March 1, 2011. He is survived by sons David (wife, Marianne) of Wayne, Pa., Paul (wife, Sharon) of Scottsdale, Ariz., Steve of Carrboro, N.C., and Gerald (wife, Sue) of Mebane, N.C. He is also survived by his grandchildren Nicholas (wife, Laura Faith), Laura Jeanne, Sarah, Elizabeth, Allison Jeanne, Joshua, Mad-

elyn Jeanne and Melissa. He was predeceased by his wife, Jeanne Jeannette (Jones), who passed away in 1983. He is also survived by his brother-in-law, Thomas Jones (wife, Julie) of Pinehurst, N.C., and sister-in-law, Louise Schermerhorn (husband, Richard) of Allentown, Pa., as well as numerous nieces and nephews. He also leaves behind many very loyal and close friends at the Occaneechee Golf Course in Hillsborough, where he was a lifetime member.

Mr. Furman was born July 9, 1921, in the Bronx, N.Y., to parents Hyman and Esther Furman. After graduating high school at 16, he entered the U.S. Army, rising to the rank of major. After 24 years of service, serving in both World War II and the Korean War, and on numerous bases around the world, he retired to Chapel Hill, where he became an administrator for the

University of North Carolina and raised his family. He retired from UNC in 1982.

Memorial donations may be made to Club Nova Community, Inc., P.O. Box 1346, Carrboro, NC 27510.

### Charles Hodson

Charles Bernard Hodson, longtime Chapel Hill, N.C., attorney, died Wednesday, Feb. 16, 2011, at the Veterans Administration Medical Center in Durham, N.C. He was 86.

Born March 7, 1925, in San Antonio, Texas, Charlie came to Chapel Hill as an undergraduate at UNC. There he met his future wife, Virginia, who was working in her sister's flower shop. Plans to attend law school were postponed by service in the U.S. Marine Corps, where he proudly served in the Pacific Theater of World War II. Upon discharge, Charlie returned to North Carolina to finish his

education, eventually starting a private practice in Chapel Hill, where he made his home.

Service-oriented and with a strong sense of social justice, Charlie strove to help his clients in any way he could, often working for trade or pro bono. His practice often took him away from home and family. He was an unmistakable figure in cowboy boots and hat, well known throughout the state.

Charlie was an active member of the Veterans of Foreign Wars (VFW) and the American Legion, where he served

as state commander in 1972. Loyal to his fellow vets, he was also loyal to his alma mater. A true-blue Carolina Tar Heels fan, Charlie attended as many games as he could.

Probably happiest presiding over a table filled with family for a birthday or holiday celebration, this is where he will be most missed. He is survived by his wife, Virginia; his son, Charles Bernard II; daughter, Vickie Hoff, and her husband, Don; and three grandchildren, April and Jonathan Hoff and Cinnamon Fischer, all of Chapel Hill.



## SUPER CROSSWORD

## ANIMAL ANATOMY

**ACROSS**

1 Tiler  
5 Grandpa  
9 Michelangelo masterpiece  
14 Ward of "Sisters"  
18 "Typee" sequel  
19 Callas or Caballe  
20 Confess  
21 Roman fountain  
23 Stubborn  
25 Courageous  
27 Fantastic bargain  
28 Envelop  
30 "Xanadu" rock group  
31 Trams  
32 "Red" (88 smash)  
34 Girl Scout unit  
38 Diplomacy term  
41 Winked or waved  
45 Journalist  
46 Former autocrat  
47 Actress  
48 Scrape by, with "out"  
49 Light weight  
51 Reformer  
54 Montessori

or Muldaur  
57 Less plentiful  
60 Van Dyke role  
62 Powerfully built  
65 Tractable  
67 Wooden strip  
68 Flight maneuver  
71 "— Days" (75 tune)  
72 Hypocrisy  
73 Bikini half  
76 Foolhardy  
79 Pigment  
80 Masterson colleague  
82 Ginger  
83 — Haven, CT  
84 Job opening  
87 Ceylon, today  
89 Coarse-featured  
94 Tahini base  
95 TV's "Three's —"  
99 Loudly, to Liszt  
100 Betting setting  
101 Shallow area  
102 Spring mo.  
105 "Sat" tuffet . . .  
106 Humorist  
Bombbeck  
108 Illinois city  
110 Maritime  
113 Nutritional

need  
116 "Frasier" pooch  
118 "— my lips!"  
119 Loser to DDE  
120 Vitamin bottle abbr.  
122 Tony winner  
124 Young cadet  
128 Very slender  
134 Sharp-sighted  
136 Malice  
137 Practice piece  
138 Cut short  
139 Mile-farther south  
140 Pants part  
141 Inflexibility  
142 Some bills  
143 Jets, Mets, or Nets

**DOWN**

1 Brewery supply  
2 Give off  
3 Theater section  
4 "Drums Along the —" (39 film)  
5 "Tobacco Road" character  
6 Wednesday  
7 Done  
8 Egyptian

Nobelist  
9 Chum  
10 Infamous  
Amin  
11 Phillips of "UHF"  
12 Antler part  
13 Strawberry, for one  
14 Police indrs.  
15 Drop a brick  
16 Divulge  
17 Ward off  
22 "— fixe"  
24 Designer  
Fiorucci  
26 Billions of years  
29 Common affix  
33 Vane dir.  
35 Aroma  
36 Responsibility  
37 French-door part  
39 Emulated  
Gebel  
Williams  
40 Amatory  
41 Fiasco  
42 Genesis rethead  
43 Wilson or Weathers  
44 "— Set" (57 film)  
50 Vocalize like Vallee  
52 Riser's relative  
53 Metallic  
55 Unwell  
56 Literary

collection  
58 Soccer superstar  
59 Hacienda material  
60 Hawk  
61 Diminutive suffix  
63 Natural gas component  
64 — talk  
66 Sanctify  
69 "... man — mouse?"  
70 Turkish title  
73 Myerson or Truman  
74 Not as common  
75 Originate  
77 Arrive at  
78 "Blame — the Bossa Nova" ('63 hit)  
81 Telescope sighting  
85 Oven setting  
86 Eastern "Way"  
88 Donizetti's  
"L'elisir d'—"  
90 Jeri of "Star Trek: Voyager"  
91 Gator's cousin  
92 Sicilian volcano  
93 Distribute the deck  
96 Trickle  
97 A sweeping

success?  
98 Soldier on  
101 More granular  
103 Ideal  
104 Woody herb  
107 Director  
Nair  
109 Long or Peoples  
111 Surveyor's need  
112 Most indolent  
113 Cat's dogs  
114 Harvests  
115 Davis of "Evening Shade"  
117 Vote in  
121 — Spumante  
123 Challenge  
125 Fontaine role  
126 — carotene  
127 Cheese-board choice  
129 Harper Valley grp.  
130 Rainy  
131 Yank  
132 Maestro de Waart  
133 Wagner's  
— liegende  
Hollander"  
135 Audio antiques?

## 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.

**"Not in My House"**

W G ' B E S O I E S  
Y H U A P L G . W L V U U B O  
G U B Q U N O . S O E F O  
Q O E S U K O . - Z U V K  
T U O V K O H , B Y O E N O H  
U C G V O V U P B O ,  
E C G O H T O W K I  
E B N O A E T U P G V W B  
L W I E H O G G O V E T W G .

Find the answer in the puzzle answer section.

## Weekly SUDOKU

by Linda Thistle

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

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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1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17  
18 19 20 21 22  
23 24 25 26  
27 28 29 30 31  
32 33 34 35 36 37 38 39 40  
41 42 43 44 45 46  
47 48 49 50 51 52 53  
54 55 56 57 58 59 60 61  
62 63 64 65 66  
67 68 69 70 71 72  
73 74 75 76 77 78 79  
80 81 82 83 84 85 86  
87 88 89 90 91 92 93  
94 95 96 97 98 99  
100 101 102 103 104 105  
106 107 108 109 110 111 112  
113 114 115 116 117 118  
119 120 121 122 123 124 125 126 127  
128 129 130 131 132 133 134 135  
136 137 138 139  
140 141 142 143

**The ArtsCenter**  
For more information or to order tickets call 929-2787 x201 or go to [artscenterlive.org](http://artscenterlive.org)  
ArtSchool registration now open!

**8th ANNUAL AMERICAN ROOTS SERIES:**  
**SOUTHERN SACRED STEEL CONFERENCE**  
(featuring Allen Boys, Lee Boys, Aubrey Ghent) • THU-SUN 3/17 thru 20  
**TODD SNIDER** • THU 3/17  
**CHUCK CHAMPION & THE RANK CONTENDERS** • SUN 4/10  
**SCOTT MILLER** • SAT 4/16

**CELTIC MUSIC SERIES:**  
**DE DANANN** • THU 5/26

**OTHER CONCERTS:**  
**AIMEE MANN** • SUN 4/17  
**KIRA GRANNIS** • FRI 4/22  
**TOO MUCH FUN** • SAT 4/23  
**CRASH TEST DUMMIES** • TUE 5/17

**ARTSCENTER STAGE:**  
**PLAYWRIGHTS ROUNDTABLE** • SUN 3/13  
**PICASSO AT THE LAPIN AGILE** • FRI-SUN 3/25-27  
**THE MONTI** • THU 4/7

facebook **TICKETS ON SALE NOW!** YouTube

## PET OF THE WEEK

**ORANGE COUNTY ANIMAL SERVICES — Say hello to Coco.** This gorgeous blue Siamese is around 2 years old and looking for a special home. Coco is quite shy and spends much of her time inside her hideaway box, but she does like people and purrs immediately once held. Staff members here believe she may be deaf, which would definitely contribute to her uncertainty with new things. Coco would do wonderfully in a calm, adult home where the energy level is low and perhaps there was another friendly cat around to help show her the ropes until she gets the hang of things. Visit her at Orange County's Animal Services Center, 1601 Eubanks Road, Chapel Hill or call 919-942-PETS (7387). You can also see her and other adoptable animals online at [www.co.orange.nc.us/animalservices/adoption.asp](http://www.co.orange.nc.us/animalservices/adoption.asp)

