Briefs

Mama Dip to host class

Mama Dip will lead a free "Spring into Health" cooking class with Heather Miranda, Piedmont Health nutritionist, on Saturday from 11 a.m. to 2 p.m. at St. Joseph C.M.E. Church.

The class, hosted by St. Joseph C.M.E. Church, United with the Northside Community Now Health Committee and Piedmont Health Services, is an effort to help address the health needs of the Northside community. Mama Dip will teach participants how to make a main dish, side dish and dessert, while Miranda will highlight healthy alternatives to traditional ingredients and their nutritional values.

Child care will be provided. Registration is required. To register, call 537-7485 or email browng@piedmonthealth.org

Egg hunt

Chapel Hill's Annual Community Egg Hunt will be April 16 at Homestead Community Park. Entertainment will begin at 9:30 a.m. and the egg hunt will begin at 10:30 a.m.

The event is a free spring celebration for children 2 to 10 years of age. Activities will include the egg hunt itself, live entertainment by Katharine Whalen and William Dawson, prizes and a visit from the Easter Bunny. Egg hunts will be divided by age.

For more information, visit townofchapelhill.org/communityevents or call Chapel Hill Parks & Recreation at 968-2784

Chatham Habitat birthday

Chatham Habitat for Humanity will celebrate its 20th anniversary at its two home stores beginning Monday. The stores will feature daily sales, drawings for goody baskets and events featuring local craftsmen, artists and decorators leading up to the celebrations finale.

The finale will be April 9 from 11 a.m. to 2 p.m. at the Chatham Habitat office at 467 West St. in Pittsboro. There will be cake, balloons, face painting and more.

Visit chathamhabitat.org/homestores to learn more.

Family Science Day

Families will have the opportunity to learn about nutrition, practice new fitness activities and meet UNC scientists at the Morehead Planetarium and Science Center's Family Science Day on Saturday from 11 a.m. to 3 p.m.

Morehead staff members, the Carolina Fitness Professionals Club, the Nutrition Coalition, Healthy Heels and other health and wellness professionals will lead activities and educate visitors. There will also be a presentation by UNC researcher Tanya Vacharkulksemsuk, who is studying the ways that positive emotions, relationships and nonverbal communication may contribute to human health.

Family Science Day is free, requires no advance registration and will happen rain or shine. For more information, call 962-1236 or visit moreheadplanetarium.org

9/11 memorial

A piece of the World Trade Center made the rounds in Chatham County on Saturday and will now serve as part of a memorial to the 9/11 terror attacks.

The beam, part of the 9/11 Memorial Tribute Trail, was displayed in Pittsboro, Goldston and Siler City on a Goldston firefighter's trailer. It will now become the centerpiece of a Chatham County memorial to the emergency responders and others who lost their lives in the attacks.

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 diarrhea and ganglion cysts.

Dear HOUSE *Calls, I had a bad case of diarrhea with fever and nausea. I got it from my dad, who is now better. The doctor asked me about blood in the stool, which I said I didn't have. But later on, I did notice the stool looked a little red to me. I wanted an antibiotic, but the doctor told me my illness was most likely a virus. What do you think?*

We would agree that this is most likely a virus. In most such cases an antibiotic won't help, and might make the condition worse, since antibiotics often cause diarrhea as a side effect. There are several bacterial infections that cause diarrhea, but most are rare in the US. Even with salmonella, which has been in the news lately, antibiotics can actually prolong the infection.

So we usually recommend antibiotics only for people that are quite sick or hospitalized. If diarrhea is prolonged or bloody, we might take a stool culture to help us judge whether antibiotic therapy would be appropriate. And if a patient has recently traveled internationally especially to low- and middle-income countries, we usually recommend antibiotics without a stool culture.

In most cases, though, the best advice is to stay hydrated, take small frequent sips of a watered-down sports drink and give it some time.

Dear HOUSE *Calls, I am 72 years old and I noticed a pea-sized lump along the top of my second toe. It moves around when I push on it but it doesn't hurt. My doctor thinks it is a ganglion cyst. We decided just to watch it since it isn't bothering me, but I'd like to know what you recommend.*

A ganglion cyst is a fluid-filled cyst that occurs along a tendon. If such a cyst is not bothersome we often recommend watching it. There are some treatment options, if it bothers you. We used to call these Bible cysts, because people would take the biggest book in the house (usually the Bible) and smash them. Though that still works, we don't recommend it, because the cysts usually come back afterwards, and there's always a danger of smashing the toe or finger under the cyst.

Another, less painful option is to draw out the jelly-like fluid and inject the cyst with steroids. It's a little safer, but the cysts still come back fairly often. Surgery is the most effective option, but still carries risks as well as a chance of recurrence.

So that all said, if your cyst isn't bothering you, don't bother it.

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.*

RECENTLY

FROM PAGE 1

They raise Angus and Hereford/Angus-cross cattle that are born on site and raised on beautiful pastures without growth hormones or antibiotics. At this point, only their middle son, Keith, who is an award-winning teacher of woodworking at Cedar Ridge High School in Hillsborough, helps in the day-to-day around the farm. The other two sons, Walter and Gerry, run John W. Yow Grading and Septic Services, but help around the farm with mowing and other periodic events requiring extra muscle. Additionally, they mow the fields of three pieces of property the family sold, where people have built homes but keep the fields agriculturally active with hay.

"To be a farmer, you've got to like it," John Yow said. "You're not gonna make any money unless you're lucky. My ability to farm is my ability to make money somewhere else."

Keeping the taxes paid on this much land has proven burdensome. But each in the family does his or her bit to support the family farm. Betty Sue works in the office, keeping the schedules straight, refusing continual requests to sell their land and selling the meat, which is processed in Siler City.

One recent Saturday, as John took me on a golf cart ride around Valley View Farm, I saw in my mind's eye a video depicting the word "bucolic" begin to roll as we approached a herd of cattle who stopped their grazing or stood from their resting to come check us out.

"Curious, aren't ya?" John asked as they walked right up for their close-ups. "That's our future," he said of the cattle staring at us.

Then, while Yow called a high-pitched "Soo-KAY," the herd followed us to a new pasture where young grass sprouts awaited as their all-you-can-eat buffet. This will be their life for up to 24 months until they weigh 600 to 700 pounds – eating fresh grass or hay by day, bedding down in a clean barn each night, drinking fresh water from an electric water system.

Yow keeps the cattle away from all water associated with a branch or creek that flows to nearby University Lake. It costs him $25 a month in electricity to pump the water from a well – his contribution to keeping the drinking water cleaner for people in Chapel Hill and Carrboro.

Betty Sue goes out several times a week to sell meat. She's at the Seymour Center from 9 a.m. to 1 p.m. Mondays and Wednesdays and has started selling at Johnny's in Carrboro on Saturday mornings.

And anytime you'd like to take a short drive into the countryside and see "bucolic" for yourself, Betty Sue will help you support the local-food movement with some of the healthiest beef you can find. Call 942-4304 seven days a week.

COUNCIL

FROM PAGE 1

Town Manager Roger Stancil said he expects construction to start in August or September. Bids for the project will be let in June, he said.

The council in February nixed a deal with University Mall to permanently relocate the library to the mall, deciding to pursue the expansion of the current location. Voters approved bonds for the project in 2003.

In other action the council:

• established a new Community Policing Advisory Committee made up of nine citizens and agreed to start advertising for citizen volunteers to join the new committee; and

• rescheduled consideration of rezoning and special use permit applications for the Aydan Court project on the north side of N.C. Highway 54 at the request of developer Carol Ann Zinn. The council will consider the proposal, which includes 90 condominiums on 5.8 acres, at its April 25 meeting.

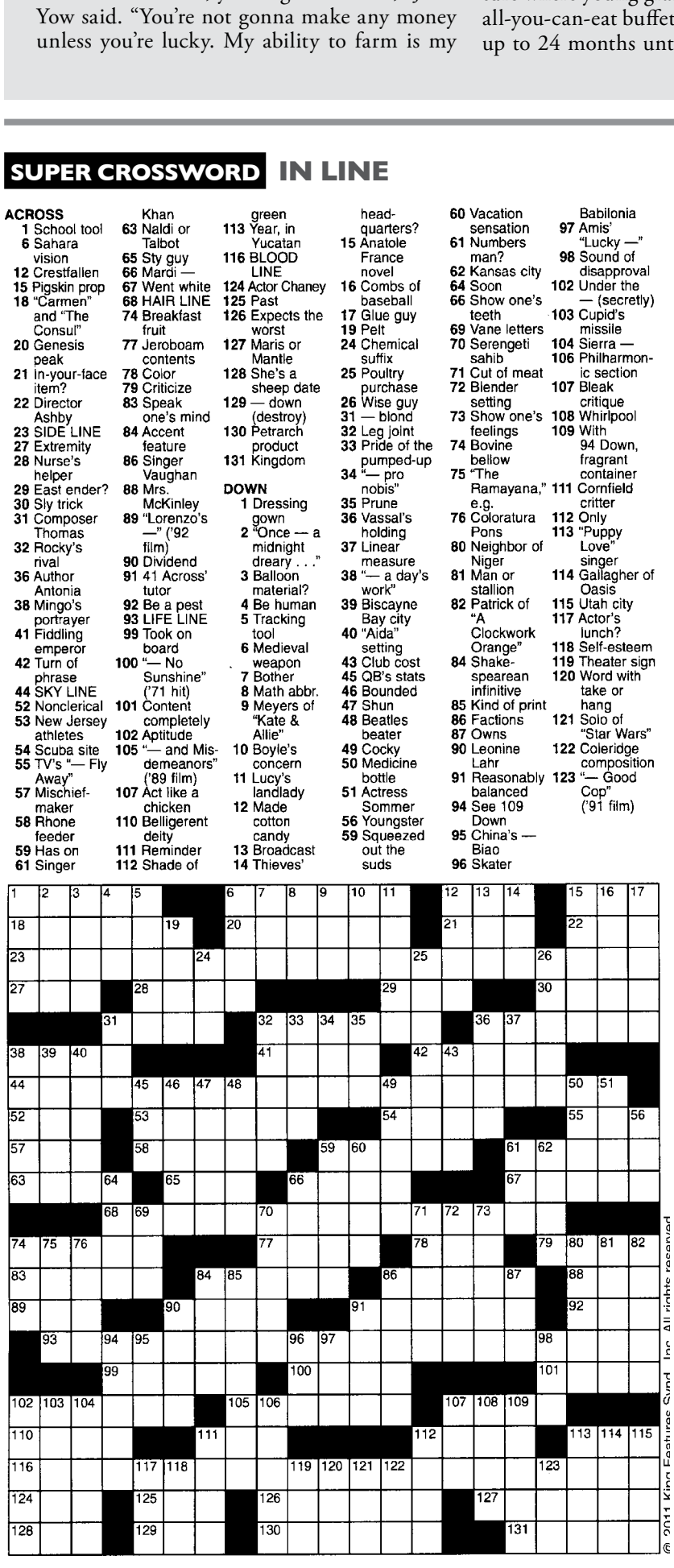
SUPER CROSSWORD IN LINE

ACROSS

1 School tool
6 Sahara vision
12 Crestfallen
15 Pigskin prop
18 "Carmen" and "The Consul"
20 Genesis peak
21 In-your-face item?
22 Director Ashby
23 SIDE LINE
27 Extremity
28 Nurse's helper
29 East ender?
30 Sly trick
31 Composer Thomas
32 Rocky's rival
36 Author Antonia
38 Mingo's portrayer
41 Fiddling emperor
42 Turn of phrase
44 SKY LINE
52 Nonclerical
53 New Jersey athletes
54 Scuba site
55 TV's "— Fly Away"
57 Mischief-maker
58 Rhone feeder
59 Has on
61 Singer Khan
63 Naldi or Talbot
65 Sty guy
66 Mardi —
67 Went white
68 HAIR LINE
74 Breakfast fruit
77 Jeroboam contents
78 Color
79 Criticize
83 Speak one's mind
84 Accent feature
86 Singer Vaughan
88 Mrs. McKinley
89 "Lorenzo's —" ('92 film)
90 Dividend
91 41 Across' tutor
92 Be a pest
93 LIFE LINE
99 Took on board
100 "— No Sunshine" ('71 hit)
101 Content completely
102 Aptitude
105 "— and Misdemeanors" ('89 film)
107 Act like a chicken
110 Belligerent deity
111 Reminder
112 Shade of green
113 Year, in Yucatan
116 BLOOD LINE
124 Actor Chaney
125 Past
126 Expects the worst
127 Maris or Mantle
128 She's a sheep date
129 — down (destroy)
130 Petrarch product
131 Kingdom

DOWN

1 Dressing gown
2 "Once — a midnight dreary . . ."
3 Balloon material?
4 Be human
5 Tracking tool
6 Medieval weapon
7 Bother
8 Math abbr.
9 Meyers of "Kate & Allie"
10 Boyle's concern
11 Lucy's landlady
12 Made cotton candy
13 Broadcast headquarters?
14 Thieves'
15 Anatole France novel
16 Combs of baseball
17 Glue guy
19 Pelt
24 Chemical suffix
25 Poultry purchase
26 Wise guy
31 — blond
32 Leg joint
33 Pride of the pumped-up
34 "— pro nobis"
35 Prune
36 Vassal's holding
37 Linear measure
38 "— a day's work"
39 Biscayne Bay city
40 "Aida" setting
43 Club cost
45 QB's stats
46 Bounded
47 Shun
48 Beatles beater
49 Cocky
50 Medicine bottle
51 Actress Sommer
56 Youngster
59 Squeezed out the suds
60 Vacation sensation
61 Numbers man?
62 Kansas city
64 Soon
66 Show one's teeth
69 Vane letters
70 Serengeti sahib
71 Cut of meat
72 Blender setting
73 Show one's feelings
74 Bovine bellow
75 "The Ramayana," e.g.
76 Coloratura Pons
80 Neighbor of Niger
81 Man or stallion
82 Patrick of "A Clockwork Orange"
84 Shakespearean infinitive
85 Kind of print
86 Factions
87 Owns
90 Leonine Lahr
91 Reasonably balanced
94 See 109 Down
95 China's — Biao
96 Skater Babilonia
97 Amis' "Lucky —"
98 Sound of disapproval
102 Under the — (secretly)
103 Cupid's missile
104 Sierra —
106 Philharmonic section
107 Bleak critique
108 Whirlpool
109 With 94 Down, fragrant container
111 Cornfield critter
112 Only
113 "Puppy Love" singer
114 Gallagher of Oasis
115 Utah city
117 Actor's lunch?
118 Self-esteem
119 Theater sign
120 Word with take or hang
121 Solo of "Star Wars"
122 Coleridge composition
123 "— Good Cop" ('91 film)



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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.

Babe Magnet?

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

Find the answer in the puzzle answer section.

Weekly SUDOKU

by Linda Thistle

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

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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