

Briefs

Swim volunteers needed

The Chapel Hill Parks & Recreation Department needs volunteers to work with swim students with special needs in the department's Adapted Aquatics class.

Volunteers must be age 16 or older and must be comfortable in the water, though no teaching skills are required. A swim instructor will work with volunteer/student pairs to teach swim skills. Volunteers will help to motivate, practice strokes and help participants have fun.

The class meets weekly from 6:30 to 7:15 p.m. on Wednesdays through May 11 at the Homestead Aquatic Center. For more information or to volunteer, contact Marian Kaslovsky at 968-2813 or mkaslovsky@townofchapelhill.org

Free Earth Action Day shuttle

Chapel Hill Transit will provide a free shuttle to Earth Action Day at Southern Community Park on Saturday. The shuttle, an extension of the Saturday D route, will operate from 11 a.m. to 6 p.m. departing every 30 minutes from the Shops at Eastgate with stops at University Mall, Varsity Theater/Carolina Coffee Shop and the State Employees' Credit Union on Pittsboro Street.

Earth Action Day will feature interactive exhibits, local food and live music, dance and poetry performances. For more information, visit townofchapelhill.org/earthday

For additional information on the shuttle, view a map and schedule at bit.ly/i0TJ7R, or call 969-4900.

Advise local government

Chapel Hill has more than 20 standing boards and commissions that advise the town council on issues ranging from building development to public art to cemetery improvements, and they are looking for new members. To ensure consideration for seats whose term will begin on July 1, submit your application by fax or email by April 15.

For more information on the work of these groups, eligibility requirements or to download an application, visit townofchapelhill.org/boards

Creek Action Tour

The 2011 Creek Action Tour will be this Saturday from 10 a.m. to noon and will showcase projects that improve water quality in our creeks.

Participants can choose from nine different free events on the tour, including a puppet adventure at the N.C. Botanical Gardens, a demonstration rain garden at McDougle Middle School and a stream-restoration project at Baldwin Park.

A map with complete tour information can be found at bolincreek.org

Fairview Park opening

The grand opening of Fairview Park will be this Saturday at 2 p.m. The park is located at 195 Torain St. in Hillsborough.

The park will feature a baseball/softball field, basketball courts, hiking trails, a picnic shelter and northern Orange County's first public tennis courts outside of schools, among other amenities.

The grand opening will feature a tennis clinic, horseshoes, basketball and volleyball. Refreshments will be served. For more information, contact David Stancil at 245-2510 or Lori Taft at 245-2660. A master plan map of the park can be viewed on the main Orange County website, www.co.orange.nc.us

Lobster sale

The 11th annual Chatham County Together! Claws for a Cause lobster sale has begun and will run through May 1.

Lobsters can be picked up on May 7 between 3 and 4 p.m. at several Chatham County locations. The lobsters average 1.31 pounds and cost \$16 live or \$18 cooked.

For more information, visit chathamcountytogether.org. You can place an order on the website or by contacting Pam Johnson at 542-5155

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 pap smears and eczema.

Dear HOUSE Calls, I am a 67-year-old, very healthy woman. I went to my doctor for my yearly pap and she said I don't need one anymore. Is this true?

We are so happy you are paying attention to prevention. Though it can be hard to decide to stop doing a screening test that a patient has become accustomed to, we would generally agree with your doctor. If you have had normal pap smears every one to three years for a number of years, have never had a significantly abnormal pap smear and have no post-menopausal bleeding, we would not recommend a pap smear for you. It is very unlikely for such a person to have an abnormal pap smear, and even more unlikely that the conditions causing the abnormal pap could develop into cervical cancer. Under these circumstances, the cost, inconvenience and risk of the test – which includes further testing and treatment – outweighs the possible benefits.

This is consistent with the recommendations of the government-appointed United States Preventative Services Task Force, which reviews data on prevention and makes evidence-based recommendations. Cervical cancer is caused by a human papilloma virus infection. The virus causes precancerous changes in the less mature cells of the cervix, changes that occur very slowly and over many years. So if your doctor has reviewed your history and recommended against pap smears, we are in agreement.

Dear HOUSE Calls, I am 40 years old and I have eczema. This gets worse in the fall and winter. Steroid creams help with the eczema, but lately I've been getting it on my eyelids. Aquaphor or Vaseline help some but I would need to use steroids on my eyelids to make the eczema entirely go away. I'm worried about side effects, particularly causing cataracts from steroid cream. What do you recommend?

We would worry about those side effects, too. Since the problem in the

winter is the dry air, you could consider using a humidifier while continuing the great job you're doing with skin moisturizers. Also, since hot showers are very drying for the skin, we tell people to try and decrease the frequency, temperature and duration of their showers.

It is a great sign that you respond to steroids; this means that your eczema is steroid-sensitive. So the skin around your eyes should also respond to steroids, and at a lower dose, because this skin is some of the thinnest on the body. We recommend using over-the-counter 1 percent hydrocortisone cream, or even 0.5 percent hydrocortisone cream. Since there are some increased risks in using steroids around your eyes, use as little as possible, for as short a time as possible.

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.

SPOTLIGHT



Wanda Jackson

Wanda Jackson will perform at Local 506 on Tuesday, April 12 at 8 p.m.

Jackson, the justly crowned Queen of Rockabilly, was one of the first women to perform unadulterated rock and roll as a teenager in the mid-'50s. Her long history with country, gospel, rock and big-band music is evident in her music.

Jackson's latest album, *The Party Ain't Over*, was produced and arranged by Jack White of The White Stripes and proves that brush rock and roll need not have an age limit.

Doors open at 7 p.m. Girls Guns & Glory opens the show. Tickets are \$20 and available online at local506.com

PET OF THE WEEK

ORANGE COUNTY ANIMAL SERVICES

—Orion is a special boy who is looking for a special home. He was originally thought to be feral, and while not quite feral, he is definitely fearful of most things. There is no such thing as a good picture of Orion, because he is terrified of the camera and the flash, and even the invasive photographer! Underneath the fear though is a gorgeous and gentle boy who does have the desire and ability to trust. Visit him today 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



SUPER CROSSWORD APTLY NAMED

ACROSS

1 Ohio city
6 "Serpico" author
10 Long Island resort
15 Arafat's grp.
18 Perfect
19 Perry's creator
20 Ancient Greek region
21 CSA soldier
22 Pungent person?
24 Hit man?
25 Compass pt.
26 Goal
27 Horrid
28 Swedish port
29 Fresh
31 Length X Width
32 Sheik site
34 Coin-toss call
36 Actress
40 Sty — fox
41 Annoying woman?
43 Hole
44 Impact sound
46 Smeltery stuff
47 Merino male
49 Cartog-

DOWN

1 — dream
2 Midwestern gulf
3 Devour
4 Cal. page
5 Entice
6 Servile
7 "La Rondine"

ACROSS

97 Industrious fellow?
99 Flaven-de-—
101 Flavenous
105 Pack
106 Austin or Smith
108 Rainbow goddess
109 "Paganini" composer
111 Flourishes
113 Stuggo's sweetie
115 Scepter's sidekick
118 Clay, today
119 Happy guy?
121 Tool man?
123 Bell and Barker
124 Glorifies
125 Memo words
126 Figg or Ross
127 Tiny colonist
128 Hold up
129 Pilsner
130 Seraglio

DOWN

8 Maelstrom greeting
9 DC figure
10 Pasta peninsula
11 Eye problem
12 Tourniquet, e.g.
13 Hosp. area
14 Garden flowers
15 Eggad on
16 Beam bender
17 Toe the line
20 Oranjesta'd's locale
23 Baseball's Hershiser
28 "Viva — Vegas" (64 film)
30 Clerical garb
31 Pecs' partners
33 Inclined plane
35 Once again
36 Poetic feet
37 Self-played government, in India
38 Lama kin
39 86 Across or 9 Down
41 "Swanee" singer
42 Corral
45 Assent at sea
48 "O Sole —"
50 VIP
51 Hoopster Shaquille
52 Zodiac animal
53 Sib's kid
56 Bear or Berra
60 School grp.
61 Phone button
64 Shy primate
65 Former Japanese capital
67 Pull sharply
68 Alaskan bear
69 Epoch
71 Bond foe
72 Deli meat
73 TV's "Highway to —"
76 Golfer's gadget
79 Comedian
80 Runner Sebastian
81 Ford or Grey
82 Revolution-ary
84 Create a caftan
85 Imitates
88 Worn-out

CitizenCryptoquote By Martin Brody

For example, YAPHCVAPLM 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.

Mutual Admiration?

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

Find the answer in the puzzle answer section.

Weekly SUDOKU

by Linda Thistle

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