

Briefs

Earth Day celebration

Families and staff of the Children's Learning Center in Hillsborough will celebrate Earth Day today (Thursday) with a picnic and garden planting at the center's new natural playground, located at 500 N. Nash St.

Planting will start at 4 p.m. and the picnic will start at 5. Playground donors and local and state officials, including Hillsborough Mayor Tom Stevens, will be on hand for a meet-and-greet starting at 4:45.

For more information, contact Judy O'Connell at 644-6590 ext. 4850 or Libbie Hough at 967-8070 or libbiehough@cmatters.org

Low-cost rabies vaccinations

Orange County's Animal Services Department will hold a \$10 rabies vaccination clinic today (Thursday) from 4 to 7 p.m. at the Public Market House in Hillsborough.

The vaccination will be good for one year and the fee must be paid in cash. Dogs must be on leashes and cats must be in individual carriers. The Public Market House is located at 144 E. Margaret Lane.

Healthy Kids Day rescheduled

Due to severe weather, the Chapel Hill-Carrboro YMCA has rescheduled its annual Healthy Kids Day for April 30 from 10 a.m. to 2 p.m.

The event will get kids moving, with a live DJ, games, raffles, inflatable games and a bounce house, and information will be provided on keeping kids healthy and active.

For more information, contact Carrie Gorn at (215) 483-5482 or cgornt@comcast.net

Photography competition

The Orange County Historic Preservation Commission has partnered with the Historical Foundation of Hillsborough and Orange County for their fifth annual photography competition. This year's theme is "historical architectural details."

Junior (youth) and amateur photographers are invited to submit up to two entries in film or

digital format. Entry forms are available at several locations, including local libraries. Entries will be accepted through April 30. Winners will be announced on May 27 and will receive cash prizes.

For more information, contact Darcie Martin at 732-2201 or Tina Moon at 245-2517, or visit orangehistory.org

Carrboro native wins undergrad award

Kelsey Carley Salvesen, a Carrboro native and UNC student, was presented the Jacques Hardré Undergraduate Award for Excellence in French at a university awards ceremony last week.

The award is presented to an undergraduate student whose work in French language and literature has been judged most outstanding by a faculty committee.

Salvesen is the daughter of David Salvesen and Kathleen Carley of Carrboro.

Community Photography Contest

The ArtsCenter is accepting entries for its 18th annual Community Photography Contest through April 30. Winners will be announced and prizes will be awarded on May 13. Two photos may be submitted for each \$20 adult entry fee or \$10 youth fee (ages 14 and under).

For more information, contact Phaedra Kelly at 929-2787 ext. 207 or artschool@artscenterlive.org. For a copy of contest rules or an entry form, visit artscenterlive.org

Handmade pottery sale

A group of local potters will hold a handmade pottery sale at the Clay Centre (402 Lloyd St. in Carrboro) on April 30 from 10 a.m. to 5 p.m. The group is coming together to raise money for the N.C. Children's Hospital.

For more information, contact the Clay Centre at 967-0314.

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



Dear HOUSE Calls, I am 75 years old and recently started having a tremor in my hand when I start to pick up my fork. It is getting pretty problematic. A friend suggested it was Parkinson's disease. Should I see a neurologist?

It is scary to get a tremor. The symptom can be disabling and makes us worry about other serious diseases, like Parkinson's. In your case, this may not be Parkinson's. The most common cause of this type of tremor is a benign essential tremor, which is often genetic. It is usually an intention tremor, which means when you reach for something, the tremor comes. A Parkinson's tremor starts when the hands are at rest and gets better when you use your hands. In addition, there are certain psychiatric medications that can cause tremors. We think you should see your family physician and let him or her learn more about your tremor, examine you and review your medicines and family history. Intention tremors sometimes respond to exercise, avoiding triggers and, in severe

cases, medicines known as beta blockers. The great news about benign essential tremor is that it is not associated with movement problems and dementia like Parkinson's.

Dear HOUSE Calls, My daughter is 13 and overweight. Diabetes and high blood pressure run in our family. I pay attention to my daughter's diet, but she is getting heavier. At her last physical, her doctor was worried about her blood pressure. This really worries me. What should I do?

It's really great that you took your child to her doctor and that you are paying attention to this wakeup call. Hopefully these changes can benefit your whole family, because this is usually a family problem. There are some genetic elements with weight problems, but many lifestyle choices are 'inherited' or learned. It sounds like you are working on her diet, which is important. Some questions to ask yourself include: Does your family spend a lot of time in front of the TV? Does your

family value athletics, hiking, swimming? How much do you eat out? Do you go to fast-food restaurants? Portion size? Dessert? We would want to work with the whole family, look at daily and weekly schedules, family meals, shopping lists, school meals, snacks, soft drinks and dining out. We would also want to get the family more involved in physical activity if that is lacking (you should have a goal of one hour of moderate-intensity activity daily.) Also we often work with nutritionists. Sometimes psychologists and exercise specialists can be helpful, especially if there is a program in your community where these professionals work together. The fact is that weight loss requires a reduction in intake. She will have to eat less to control her weight. Good luck. This is so hard and so important..

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.

carrborocitizen.com/classifieds

New Baby



Graham Carroll Roehrig arrives in Carrboro

Maggie Dickson and Eric Roehrig of Carrboro are very pleased to announce the birth of their son, Graham Carroll Roehrig, on Friday, April 15, 2011. The equally pleased grandparents are Eileen and Frank Roehrig of Southport, N.C., and Vicky and Robert Dickson of Carrboro. Look for Graham being strolled down a sidewalk near you soon.

A closely knit group

BY ALLISON RUSSELL
Staff Writer

Beware the "Sweater Curse." According to the group of women who attend the Carrboro-based knitting group Stitch 'n Bitch, it happens when someone knits an article of clothing for a significant other and gets dumped shortly after. "It's a financial and emotional investment [to knit something for someone]," said group member Laurel Burk. "It has a domestic connotation."

"Making things for other people is really special," said Lesley Starke as she smoothed her hand over the child's sweater she was knitting. "It's a meditation on that person."

"You just shouldn't knit something for your boyfriend until you have a commitment from him," added Jessica Thornton with a knowing smile.

The Sweater Curse, along with the "Second Sock Syndrome" — what happens when a knitter finishes the first sock but lacks the motivation to finish the pair — are topics of spirited discussion at a Stitch 'n Bitch meeting on a Thursday night at Open Eye Café.

Rose Hoban founded the group in January 2007 after she moved to Chapel Hill from Washington.

"I was just sitting around and moping after a breakup, and I thought the group would be a good way to meet people," said Hoban, who created a Meetup.com group to spread the word to other interested "stitchers."



Members of Stitch 'n Bitch show their socks, scarves, blankets, cardigans, slippers, sweaters and shawls at April Meeting #1 at Open Eye Cafe. The members from left-right are: Laurel Burk, Jessica Thornton, Andrea Turini, Kristin Deinert, Tracey Fine, Rose Hoban, Vanessa Hays and Lesley Starke.

PHOTO BY ALLISON RUSSELL

Hoban said she named the group "Stitch 'n Bitch" because it's a commonly used phrase among knitters and sewers.

"My mom called it 'stitch 'n bitch' when she and her friends would get together to do needlepoint back in the '70s," she said.

The women of the group range in knitting skills from novice to expert, which makes the group a place to learn as well as to teach.

"One of the reasons I like this group so much is because there are people here that I can ask for help," said Burk, who is working on her first pair of Argyle socks and waiting to see if the Second Sock Syndrome will set in.

Starke, who creates her own knitting patterns, is currently working on five projects.

"I never have fewer than two going on at once," she said. "I start to feel antsy, so I'll just break out all my [knitting pattern] books and get the creativity flowing."

The project she has been working on for more than two years is a scarf that uses Chaos Theory as a code to determine the color pattern.

"It's kind of like reading DNA," Starke said, glancing up from the knitting in her lap. "The code determines the color [of the yarn I use for each stitch]. It's like reading binary code. It's kind of insane."

Burk, who is a graduate student

in physics at UNC, said the group is something she looks forward to after working and studying.

"I do this to stay sane," she said. "The women talk about anything and everything as they knit, sipping wine and counting stitches."

"If your mother is proper, this probably isn't the best place for her, because we get a little riled up," said Hoban, who says she has brought her mother to a Stitch 'n Bitch meeting.

Vanessa Hays, a graduate student in UNC's School of Information and Library Science, said she enjoys "yarn bombing" on campus and throughout Carrboro.

"It's like a street art kind of thing," Hays said. "It's when you knit something as a cover for something outside, like making a cozy for a tank."

"It's simply brilliant!" Hoban added from across the circle.

Hays says she has yarn bombed Weaver Street Market and UNC's campus. She made a blue-and-brown tube around a tree in front of Weaver Street as well as a scarf tied around the neck of one of the statues behind Manning Hall.

"I like to do it at night so people will wake up the next day and see something new," Hays said. "My goal is to do one every day."

As a result of the close-knit nature of the group, Hoban says people have come and gone in the past.

"Everybody has been really great, but the group is self-selecting. It's not for some folks," Hoban said.

"I don't try to enforce any ethos here," she added. "It's just come, knit and hang out."

Allison Russell writes for the Carrboro Commons, a bi-weekly online lab newspaper for Jock Lauterer's Community Journalism class at the School of Journalism and Mass Communication, and is also an intern with The Carrboro Citizen.

7th Annual Spring wine sale

last week!

sale ends Tuesday, April 26

over 30 wines up to 41% off!

Plus, enjoy a 5% discount on 6 or more bottles, and a 10% discount on 12 or more bottles!

fantastic deals:

3 new additions!

<div style="background-color: #2e3192; color: white; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin: 0 auto;">41%</div> <p style="margin: 0;">Terra d'Oro Old Vine Zinfandel Deaver Vineyard 2007 \$17.99 regularly \$30.99</p>	<div style="background-color: #2e3192; color: white; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin: 0 auto;">23%</div> <p style="margin: 0;">Lan Crianza Rioja 2006 \$10.99 regularly \$14.99</p>	<div style="background-color: #2e3192; color: white; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin: 0 auto;">31%</div> <p style="margin: 0;">Domaine Paire Bourgogne Rouge 2007 \$12.99 regularly \$18.99</p>
<div style="background-color: #2e3192; color: white; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin: 0 auto;">35%</div> <p style="margin: 0;">Fâmega Vinho Verde 2009 \$6.49 regularly \$9.99</p>	<div style="background-color: #2e3192; color: white; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin: 0 auto;">26%</div> <p style="margin: 0;">Les Halos de Jupiter Côtes-du-Rhône Rouge 2009 \$13.99 regularly \$18.99</p>	

Open 7 days weaverstreetmarket.coop
3 locations: Carrboro facebook.com/weaverstreetbeer Southern Village facebook.com/weaverstreet Hillsborough twitter.com/weaverstreet