

Calendar

THURSDAY, MAY 20
Carrboro Rec Talent Show Auditions — Ages 13-18. Whether you can rap, sing, dance or read a poem, come and show off your talent for your friends and family! Contestants must register for an audition which will be held in the Century Hall. 4:30-9pm

FRIDAY, MAY 21
Contra Dance — Lessons at 7:30pm. Dance at 8pm. George Segebade, Lu Gamble, Buz Lloyd, et al. \$8 www.csdadance.org/

Bike to Work Day — Enjoy an evening bike ride through Chapel Hill and Carrboro. Wallace Parking Deck, 5:30pm

SATURDAY, MAY 22
CHS Football Fundraiser — A triple threat fundraiser (car wash/tag sale silent auction) to be held. Donations are being accepted for the yard sale or you can purchase a space for \$10 and make some money for yourself! We will help you unload, set up and have unsold items taken to the PTA Thrift Store. Please contact Mae at promisemae@msn.com for more information

Chapel Hill Youth Summit — Rising eighth to 11th graders are invited to talk about the things that concern them at the Chapel Hill Youth Summit to be held from 10 a.m. to 4 p.m. Saturday, May 22, at Carrboro High School, 201 Rock Haven Road

Pittsboro Relay For Life — The public is invited and encouraged to attend the Fight Back Against Cancer. Entertainment through midnight will be provided by Big Time Party Band, Pizzwheel, Lane Snipes, Purple Passion and others. A Luminary Ceremony begins at dark to remember loved ones lost to cancer and honor those who continue the fight. Info: www.relayforlife.org/pittsboro

Endangered Species Day Celebration — Jordan Lake State Recreation Area Visitor Center. 10am-12noon

SUNDAY, MAY 23
Chatham County Arts Council Fundraiser — First full symphony orchestra concert in Chatham County with works from the "Phantom of

the Opera Tour" and includes a one-time only special violin Tchaikovsky Concert. 7pm \$20/30/50. www.chathamarts.org

MONDAY, MAY 24
Chapel Hill Bird Club Meeting — Featuring a talk entitled "Birding and Art (and Food) in Provence" by Tom Krakauer. Binkley Baptist Church. 7:30pm. Free

Acting Class at ArtsCenter — For 4th-5th graders. 3:30-5:30pm. www.ArtsCenterLive.Org

TUESDAY, MAY 25
Acting Class at ArtsCenter — For 6th-8th graders. 4-6pm. www.ArtsCenterLive.Org

WEDNESDAY, MAY 26
Fundraiser for Pace Academy — At Farmers' Market. Quiche Recipe Contest and cook-off with C'est si Bon! Cooking school Food For Thought: First Annual Recipe Contest fundraiser for Pace Academy. Students will cook up the winners at market! To enter the contest: www.cestsibon.net/teen-chefs

Special Wednesday Contra Dance — Live music by Swallowtail, calling by George Marshall and Tim Van Egmond. Carrboro Century Center. 7:30-10:30pm. \$10

Acting Class at ArtsCenter — For 9th-12 graders. 4-6pm. www.ArtsCenterLive.Org

THURSDAY, MAY 27
Elaine O'Neal to speak at FRANK Gallery — The topic will be "A Color Embellishment with Stitches." 5-8pm. Free. www.franksart.com

Improvisation Class at ArtsCenter — For 6th-12th graders. www.ArtsCenterLive.Org

FRIDAY, MAY 28
Acting Class at ArtsCenter — For K-3rd graders. 4-5pm. www.ArtsCenterLive.Org

Hillsborough Gallery of Arts Opening Reception — "The Secret Life of Trees" turned wood by Pat Lloyd, paintings by Kim Wheaton and quilts by Katherine Nelson. Show runs through June 19th. Opening reception 6-9pm. www.hillsboroughgallery.com

SATURDAY, MAY 29
Walk With Purpose For Josh's Hope — The three-mile fundraising walk begins and ends at Orange United Methodist Church in Chapel Hill. The three-mile fundraising walk begins and ends at Orange United Methodist Church in Chapel Hill. Josh's Hope Foundation was established in memory of Joshua McCabe Bailey, a 20-year-old Chapel Hill resident who was murdered July 29, 2008. Josh's Hope Foundation raises funds for programs that provide treatment services and supports for transitioning young adults, ages 18 to 24, who struggle with mental illness or dual diagnoses of mental illness with substance abuse issues. Info: www.joshshopefoundation.org. 8am

Dance - Participatory Shag Dancing — Every Monday. Beginner class at 7pm, dance at 9pm. Free lesson first Monday of the month, 6pm. General Store Cafe.

Tango — Learn and practice Tango with the Triangle Tango Society. Open Eye Cafe. 8pm

Ongoing Cancer Support — Support groups for cancer patients and their families. cornucopiahouse.org

Compassionate Friends — Free self-help support for all adults grieving the loss of a child or sibling. Third Mondays, 7-8:30pm, Evergreen United Methodist Church. 967-3221, chapelhillcf.org

Wish Granting Volunteers Needed — Make-A-Wish Foundation of Eastern North Carolina needs Wish Granters to visit the family and help determine the wish of the child. Wish Granters see firsthand the impact a wish can make on a child with a life-threatening medical condition. For more information, contact Lisa at 919-821-7111 or lbrinkerhoff@eastncwish.org

Depression and Bipolar Support Alliance Support Group — meets on tuesdays at Binkley Baptist Church. 7:30-9pm. Free. DBSACapelHill@nc.rr.com

Send your submissions to calendar@ carrborocitizen.com

HOUSE Calls

Physicians from the UNC Department of Family Medicine's YOUR HEALTH™ media bring you weekly information in response to your questions about health and medicine. Send your questions or comments to YOURHEALTH@unc.edu



Dear HOUSE Calls, How soon should I start flossing my kids' teeth?

Dental care for kids is really important. The health of baby teeth is linked to the health of permanent teeth, and good oral health reflects good overall health. We recommend children start flossing as soon as the teeth start touching each other.

The more crowded the teeth, the harder to brush in between. The habit of flossing is one that we should encourage early to help children develop it into a lifelong habit. The American Academy of Pediatrics does recommend that you take your children to see the dentist even as early as age 1.

Dear HOUSE Calls, Why is it that pregnant women aren't supposed to eat deli meats?

There are a lot of groups that recommend that pregnant women avoid cold deli meats to avoid getting the bacteria Listeria. Listeria during pregnancy can make a woman very sick and lead to miscarriage. Other foods, such as uncooked sushi and unpasteurized milk and cheese,

can also be contaminated with Listeria. You can find online lists about nutritional strategies during pregnancy to prevent catching bacteria and avoiding mercury from food. General advice includes washing your hands, cooking foods and trying to avoid raw meats and raw dairy products. Talk with your doctor about ways to eat well during pregnancy without having to be so concerned with a list of things you can't eat.

Dear HOUSE Calls, How important is the shingles vaccine? I am 66 years old and I am skeptical.

That is an interesting question whose answer is "it depends." We wonder if you are skeptical that it will work or skeptical that it may be harmful? The vaccine does reduce the chance of getting shingles by 51 percent compared with not getting it and it does decrease the duration of pain for the people who got the vaccine but still get shingles anyway (an average of three days less pain). There is also the issue of post-herpetic neuralgia. This is a painful, sometimes debilitating and long-lasting

condition caused by nerve damage. The shingles vaccine reduces the risk of post-herpetic neuralgia by 67 percent. These benefits are the good news. Most people do not get shingles and most people that do get shingles do not get post-herpetic neuralgia. Thus we need to vaccinate 175 people to prevent one case of shingles over the next three years and over 1,000 people to prevent one case of post-herpetic neuralgia. The vaccine seems to be very safe and has been approved for use since 2006. I saw a patient the other day who said that he had a rash on his shoulder and also wanted to get a shingles vaccine. The irony was that the rash on the shoulder was the shingles. He could still get the shingles vaccine to prevent future outbreaks, but it won't help him now.

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.

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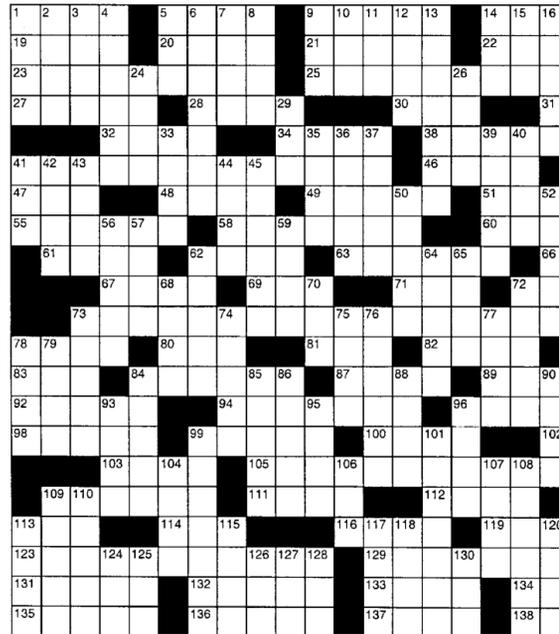
FISH DAY!
 NOW IS THE TIME FOR POND STOCKING!
 Channel Catfish • Largemouth Bass • Redear • Bluegill (Bream)
 Koi • Grass Carp • Minnows • Black Crappie (if available)
 DELIVERY: Tuesday, May 25: 1:45 - 2:45 pm
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To order call 1-800-247-2615 • www.farleysfishfarm.com
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SUPER CROSSWORD PERFORMANCE REVIEW

ACROSS
 1 Sarah — Jewett
 5 Melville
 60 Islamic
 9 Michelangelo
 14 Mecca
 19 "The Seventh" (56 film)
 20 Fountain
 21 acid
 22 Craze
 23 WORK IS FIRST
 25 DELE GATES
 27 Plant pest
 28 Pianist
 30 Anderson's "High"
 31 "I told you so!"
 32 Alaskan port
 34 Wine valley
 38 "Blue" (83 hit)
 41 NEEDS LITTLE DIRECTION
 46 Opposite of aweathery
 47 London lavatory
 48 Anglo Saxon laborer
 49 Jabber away
 51 Catherine of "7th Heaven"

DOWN
 2 Harvest
 3 Old auto
 103 Tolstoy's "Karenina"
 105 H.A.S. LEADER-SHIP QUALITIES
 109 Pull on a rope
 111 Tend the sauce
 112 Actress Perlman
 113 "the season . . ."
 114 — glance
 116 Singer Laine
 119 Fester or Sam
 123 CAREER-MINDED
 129 AGGRES-SIVE
 131 Shakespear-ean sprite
 132 Surround a Seurat
 133 Mythical vessel
 134 Give off
 135 "— Night in Georgia" (70 hit)
 136 De Valera of Ireland
 137 Snack
 138 One of the Kennedys



CitizenCryptquote 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.

"It's the thought that counts"

A R S M W U T Q E Q Y Q H U X O
 L W P K P Q Y O U M O R Q O Q K X P J
 A R W L J X P O T A X O R R X E,
 A Q Y O T R X E O W H X T T R U P . . .
 A R U Y, Y X Y U O X E U T W Z O W L
 O U Y, T R U W Y J S A Q Y O T R X E
 O W A Q Y O O W H X T T R U P ? -
 R U J U Y P W A J Q Y M

Find the answer in the puzzle answer section.

Weekly SUDOKU

by Linda Thistle

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

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: ★★

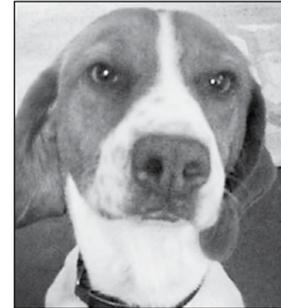
★ Moderate ★★ Challenging
 ★★★ HOO BOY!

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PETS OF THE WEEK

PAWS4EVER — Thelma

is a 2-year-old red-and-white beagle mix. She came into the county shelter with Louise. They were on the run from a bad life in search of a new happier home. Thelma is still a little shy but is well on the road to being the happy silly beagle that is dying to come out. Even though life has been hard on this sweet lady, she still likes to be with people and get her belly rubbed. Leash walks are starting to become fun for her. When we first got her, she was horrified of the leash and would put all four brakes on. Now she's learning that a leash means an adventure and new things to smell, and what else could a beagle want! Contact Paws4Ever, 6311 Nicks Road, Mebane, or call 304-2300. You can also go online at paws4ever.org



ORANGE COUNTY ANIMAL SERVICES

It's been said that you can't judge a book by its cover, and nobody illustrates such a saying better than **Buddy!** This 2-year-old white pit bull mix would have you believing he is big and tough when you first walk by. But as soon as the kennel door opens, you would see he is more in touch with his sensitive side than he wants you to know! This big baby is all wiggles and smiles when you stop to visit, and loves nothing more than to squirm over and plop in your lap for some quality cuddle time. After some snuggling, he would love to go outside and take a walk or play around with you, and would really love a home where he can have the best of both. If you want an all-around awesome boy, come see Buddy today. Visit him 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 co.orange.nc.us/animalservices/adoption.asp

