

Calendar

THURSDAY, JUNE 10
Jeffery Beam at FRANK Gallery
 — Beam will read from his book in progress *Life of The Bee*. The FRANK Gallery, 5-8pm

American Dance Festival Launches 77th Season — African American Dance Ensemble June 10-12. Reynolds Industries Theater. americandancefestival.org

FRIDAY, JUNE 11
Ellie Kinnaird to Receive Torch Bearer Award — Local supporters of the World Harmony Run from the Sri Chinmoy meditation center in Carrboro will present the World Harmony Run "Torch Bearer Award" to Sen. Ellie Kinnaird in recognition of her dedicated work from Mayor of Carrboro to State Senator. Weaver Street Market Lawn. 8:30am

SATURDAY, JUNE 12
Annual Urban Farm Tour
 — Learn from several skill-shares including goat milking! Group-led bike tours will depart at 2pm and 4pm. A group-led walking tour will depart at 3pm. Potluck begins at 6:30pm. Bring your bike, a bike to share, some walking shoes, a local food dish, seeds/seedlings to exchange and we'll do the rest! 2-8pm. carrborogreenspace.org

SUNDAY, JUNE 13
Potluck in a Pasture — Enjoy music by Clyde Edgerton and Kickin' Grass, mingling with working artists, farm tour and homemade food. The Sustainable Agriculture Campus at Central Carolina Community College in Pittsboro. 4-7pm. chathamarts.org

The Greatest Garden Stories Ever Told — North Carolina Botanical Garden, Chapel Hill. An enrapturing performance of inspiring and heart-warming true garden stoies, based on the book *Chicken Soup for the Gardener's Soul* and *Greenprints - the Weeder's Digest* by Pat Stone. Call to register: 962-0522. \$20

MONDAY, JUNE 14
Carrboro Branch Library Summer Reading Program
 —The Reading Challenge for kids kicks off with special prizes and stickers awarded to all who present their reading log each week. Registration required. Free

A Journey to Peace —Iraq veterans Josh Stieber and Conor Curran, and Iraqi journalist Salam Hassan tell their stories of understanding, transformation and reconciliation. Carol Woods Assembly Hall. 1pm

TUESDAY, JUNE 15
American Dance Festival Debuts —Monica Bill Barnes and Company with Kate Weare Company make their debuts June 15-16. americandancefestival.org

Vigil for Compassion —Mental health advocates will hold a candlelight vigil at the Dix campus of Central Regional Hospital in Raleigh to bring attention to the critical need for increased state funds for additional staff at state psychiatric facilities and for additional community hospital beds. 7:30pm. martha@ncmentalhope.org

WEDNESDAY, JUNE 16
American Red Cross Blood Drive — At Durham Regional in the Hospital Conference Room. 2-6pm. Appointments 470-6524, walk-ins welcome

Political Prisoners' Birthdays in June — A letter writing night where birthday cards are sent to political prisoners. Let them know they are not forgotten. This month's letters will go to Sekou Odinga, Grant Barnes Delbert, Orr Africa, Abdul majid and Thomas Manning. Internationalist Books, 405 W. Franklin St. 7pm

THURSDAY, JUNE 17
Inbal Pinto and Avshalom Polak Dance Company at ADT — Durham Performing Arts Center: June 17-19. americandancefestival.org

Peg Bachenheimer and Lee Graham at Frank Gallery — The title of their talk is "Encaustic: Painting with Beeswax." Frank Gallery: 5-8pm. Free

FRIDAY, JUNE 18
Contra Dance — Live music will be provided by The Donnybrook Lads with special guest, Piper, John McHugh. There will be a newcomers workshop at 7:30, and dancing will begin at 8:00. Bring a partner or come without! Please carry a pair of clean shoes to change into at the dance. \$8 donation. csda-dance.org

SATURDAY, JUNE 19
Fresh Chef Competition at South Estes Farmers' Market — Be one of four customer contestants battling skillet to skillet with local ingredients to make the freshest, tastiest entrees for our panel of judges: local chefs, food writers and fellow customers. 1st place prize: a professional knife set from Kitchenworks. Sign up for a chance to be a contestant or judge on June 12th. For more information visit: southestefarmersmarket.com

Hand In Hand — "Hand in Hand" is a multi media exhibition featuring the work of 8 local artists who are lending their support to three local social action groups: the (UNC) Student Health Action Coalition (SHAC), also known as the Carrboro Free Clinic; TABLE, the children's weekend backpack feeding program; and the Orange County Literacy Council. During the exhibit there will be a free art workshop at the Orange County Literacy Council sponsored by the Carrboro Branch Library's Arts Program. 969-3006 to register for the workshop

Dance - Participatory Ballroom — Fourth and fifth Thursdays, 7-9:30pm. Seymour Senior Center, 2551 Homestead Road, Chapel Hill. \$2, 968-2070.

Carrboro DanceJam — Free-style dance. First Fridays, 8pm, Balanced Movement Studio, 304 W. Weaver St., upstairs. 968-8776.

Ballroom Dance — Second Saturday of every month, recorded music Triangle Stardusters, 8-11pm, \$7 StarDusters members and students, \$12 others. Couples and singles are welcome, Fred Astaire Dance Studio, 4702 Garrett Road, Durham. 942-7232

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. comucopiahouse.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, chapelhillufc.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 while explaining wish procedures and using their creative side to make the wish truly magical. Wish Granters see first-hand 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 lbrikerhoff@eastncwish.org

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

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 chest pain and feeding tubes.

Dear HOUSE Calls,
How do I know when chest pain is serious? Emergency rooms have such long waits. There must a way to know if chest pain is heart related or not.

That is a great question, not just for patients, but even for doctors! A couple of years ago, one of us was with our mother when she got chest pain. Like you, we knew that a trip to the emergency room would result in a 24-hour hospital stay and lots of testing. But we always want to be safe too, and all of us worry about whether chest pains come from our heart. It is useful to know that chest pain comes from many different sources, most of which are not dangerous. For instance, chest pain frequently occurs from reflux of acid, spasm of the esophagus, muscle strain or even anxiety. However, since heart attacks also cause chest pain, we recommend that you talk with your doctor to better understand your own risk of a heart attack. Do you have medical problems like dia-

betes, hypertension or cholesterol? Do you smoke? Do you have people in your family who have died from early heart attacks? These risk factors make us more concerned about the heart when chest pain occurs. Finally, regardless of risk, if you get chest pain unlike any pain you've ever had before, consider going to the ER or talking immediately to your doctor. When it comes to concern over heart attacks, it makes sense to err on the side of caution.

Dear HOUSE Calls,
My wife has been ill for many months after a stroke last year left her paralyzed and unable to communicate. She's been in the hospital five times for pneumonia, dehydration and infections. She's getting sicker and she cannot tell me what she wants. She's eating less and I'm wondering if she needs a feeding tube. What is your opinion?

This is really a difficult question. We know it is extremely hard to care for a loved one who cannot talk and is also getting sicker. In the best case, we would hope the two of you had directly discussed what your wife would want if she got

so frail and sick. Maybe you did not address this particular case, but you could infer what she would want from the way she responded to illness in others or by understanding her values. A feeding tube actually may not prolong her life, as research shows that for many people with advanced disease the process of dying has begun and feeding tubes do not reverse that process in most cases. You can talk about her quality of life with your physician. With five recent hospitalizations, we wonder if it is time to talk about hospice. Hospice can help families care for and support loved ones in the last few months of their life. Hospice does not mean no care. Rather, it means support, care, communication and compassion for patients and families. The answer to your question depends so much upon what you perceive to be your wife's values. Thank you for sharing your story.

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.

Send your submissions to calendar@carrborocitizen.com



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SUPER CROSSWORD HEALTH SCORE

ACROSS

- Matterhorn, e.g.
- It's a long story
- Steel support
- Iridescent stones
- Ocho
- Jamaica
- Move through mud
- Submarine base?
- Warhol subject
- Start of a remark
- Not give — (be indifferent)
- Play
- Moshe of Israel
- Growl
- Appearance
- Pro foe
- Walked Part 2, of remark
- Lillie or Straight
- Coasted
- Pea (Popeye's kid)
- The Greek Tycoon
- Actress subject
- Actress Tyne
- Rock's Fleetwood
- Layette
- Unwell
- Fall in a heap
- The Messiah,
- Irises
- Word form for "large"
- Morticia, to Pugsley
- Coarse flour
- Clean-air org.
- Dutch painter
- Ram's remark
- Compass pt.
- Casino cubes
- Part 3 of remark
- New Mexico resort
- Curie or Arden
- Actress capital
- Tyler
- General Bradley
- Canals
- A bad figure?
- Alias initials
- Compulent
- Furnishings
- Noisy quarrels
- Like some butter
- Exist
- Innebruck's locale
- Cable channel
- Little than little
- JVC competitor
- Summer stinger
- Promise
- Part of PG
- Part 4 of remark
- New York county
- Sopranos' network
- Geometry calculation
- Trepidation
- Down 67
- feature
- beaver
- Can openers?
- Have to have
- '60s talk-show host
- The Flying —
- Parched
- One of the Simpsons
- Unruffle
- Youthful hairdos
- Fast flier
- "Oh, wool!"
- Wedding wear
- Disoriented
- Journalist
- Tarball
- onion
- Actor Delon
- Matures
- "Grumpy — Men"
- (62 hit)
- Street talk
- Take a breather
- Hot off the press
- The Aeneid
- character
- Use a stopwatch
- Take a breather
- Poison
- Angler's dangles
- Agatha's colleague
- Unruffle
- Grasso or local
- Marina sight
- Small band
- Where the action is
- Perahia's instrument
- Parts
- Graduation gear
- Bandleader
- Perez
- Wise guy
- (93 film)
- Laugh loudly
- Pile up
- Poe's "Annabel —"
- Book of maps
- Stink-breakers
- Get
- Dutch pottery
- Tower material?
- Composer Frank
- Walk in the woods
- "Stop, sailor!"
- Nimble
- Pick up the check
- Low digit
- Eccentric
- Crab's expression
- Lingerie item
- Empedocles' last stand?
- coordi-nates
- Namu or Willy
- Genuine
- Be — unto oneself
- Home of the Osmonds
- Thornfield governess
- Distinguished
- Na Na
- C&W's Dolly
- It's in the bag
- Chrissie of The Pretenders
- Hockey's Lindros
- Last inning
- It's often heaved
- Subside
- Boston airport
- Make one's hair stand on end?
- Trail mix
- Nimble
- '82 Jeff Bridges film
- Neutral tone
- Rock hound?
- Freud topic
- Cartoon canine
- Turf
- Flagon filler

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.

"Wakeup Call?"

O Y J D J S J D W V A U G V U V A V D
 A V F I P V I O V Z L M V D V K X J Z Q H
 Q G J W L H L D Q G O V O Y V W J
 A V F I P P F G L I K K J I J G Q D
 Q I J W O Y J W L Q A V G H Q T V G
 W F G K J G X . - W J D H Q M Q D H J W ,
 H . P . , L I O Y J D . Q . M V F I O X
 M V G V I J G ' W Q F O V U W X G J U V G O
 V I H L M Y Q J D T Q M R W V I .
 Find the answer in the puzzle answer section.

Weekly SUDOKU

by Linda Thistle

			7		4	2	3			
8							1		6	
	4		8						2	
3			2		7				9	
		8	1						5	
	1			9		6			7	
	6	9		7				2		
		5			6	8				
1			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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PETS OF THE WEEK

PAWS4EVER — Lou
 Lou is a 2-year-old gray-and-orange domestic shorthair mix. She will give you the most adoring looks when she wants to be petted. She is very laid-back and gets along with all her cat friends here in Catroom 2. She likes to sleep in little cubby places and needs a house to run in, because she's getting a little thick around her center here — which might have something to do with her new love of salty things, like chips and crackers. When she hears the rustle of a bag of chips, she comes flying into the room to see what the humans are eating and hopefully sharing. She also has the cutest chirping meow to let everyone know where she is. Contact Paws4Ever, 6311 Nicks Road, Mebane, or call 304-2300. You can also go online at paws4ever.org



ORANGE COUNTY ANIMAL SERVICES — Say hello to Lucy & Abbie!

These adorable sisters were part of a litter born at the shelter in April and sent into foster care with their mom. Now that they are old enough to leave mom and start adventures of their own, they've returned to search for the perfect new homes. They're both very sweet and love to lounge, play and cuddle. And since cats and kittens do so well in pairs, you can feel free to adopt one or both! Visit them at Orange County Animal Services, 1601 Eubanks Road in Chapel Hill. You can also see them and other adoptable animals online at co.orange.nc.us/animalservices/adoption.asp

