

Briefs

Eat for art

Ten percent of purchases at participating Carrboro arts and restaurants today (Thursday) will go to The ArtsCenter's Keep Arts Centered campaign.

Participants include Ba Da Wings, Carrboro Raw, Glasshalfull, Neal's Deli, Milltown, Open Eye Café and Provence. For more information, visit artscenterlive.org

Police compete in quiz bowl

The Carrboro and Chapel Hill police departments will face off in the 1360 WCHL Community Quiz Bowl today (Thursday) at 7 p.m. at The ArtsCenter.

The Carrboro Police Department will play on behalf of the Dispute Settlement Center, while the Chapel Hill Police Department will play on behalf of the Special Olympics of Orange County. The winning team's charity will receive a bank of commercial spots on WCHL to promote its causes and activities and a gift basket of prizes for the people who work there.

Quiz bowl is a round-robin, buzzer-style trivia game played by teams of up to three players. The event will be broadcast on 1360 WCHL.

Krishna Festival to Century Center

A group of bhakti yogis will perform exotic temple dances of India with traditional kirtan music and mantra meditation on Friday from 6:30 to 9:30 p.m. at the Carrboro Century Center.

The show will demonstrate how sacred sound can recreate both the physical and the emotional. Kirtan is a call-and-response style of singing that provides the audience the opportunity to participate through mantras that are said to invoke peace and boldness.

This group is part of the Krishna Culture Festival Tour, which is traveling to more than 34 cities this summer. The event is free and open to the public. For more information, call 732-3205.

Sustainable art at Bolin Creek

Durham artist Al Frega completed the installation of his individually designed benches, bike racks and trail entrance markers on the Bolin Creek Greenway on Wednesday. Frega uses cast-off materials in his art.

The project was funded through Chapel Hill's Percent for Art program and from a grant from the North Carolina Arts Council.

ChathamArts presents Junebug

ChathamArts will present the Academy-Award nominated Indie hit *Junebug* on Tuesday at 8 p.m. at the Ferrington Barn.

Junebug screenwriter Angus MacLachlan will host a Q&A with the audience after the screening. Admission is \$5. A pre-screening party will be held at ROOST, Ferrington's new beer garden, from 6:30 to 8 p.m.

Salatin to speak at CCCC

Joel Salatin, a Virginia alternative farmer and agricultural writer, will speak at the public forum "Local Food to the Rescue" at Central Carolina Community College's Chatham County campus on Wednesday.

Salatin's Polyface Farm is located in the Shenandoah Valley, where his methods of farming and distribution address bio-security, food-borne pathogens, energy consumption and humane husbandry.

The event starts at 5:30 p.m., with Salatin's speech at 7 p.m. The event is free and open to the public. For more information, call 542-6495.

PHS recognized

Piedmont Health Services (PHS) recently received two awards from the North Carolina Community Health Center Association.

Brian Toomey, CEO of PHS, was given the inaugural Robert J. Greczyn Jr. Community Health Leadership Award, which recognizes excellence in leadership and an overall commitment to improving the health of North Carolinians.

The association also gave PHS the Dr. Evelyn D. Schmidt Award for Outstanding Service. This award is given to an organization that is improving health care with a new and comprehensive approach.

Brushes with Life opens this week

Brushes with Life: Art, Artists and Mental Illness, the award-winning creative arts program supporting people with severe mental illness, opened its 16th art exhibition Tuesday on the third floor of the UNC Neurosciences Hospital.

More than 50 local artists' works are featured in the show, which allows patient artists to promote a broader understanding of the human side of mental illness.

The gallery is open from 8 a.m. to 8 p.m. seven days a week. To purchase artwork, make a donation or find out more, visit unccmh.org or email stepart@med.unc.edu

Workshop leaders needed

The Mental Health Association of Orange County's Family Advocacy Network is looking for professionals to run two-hour clinics for families with children with special needs.

Among clinic topics are mental health, family communication skills, transitioning adolescents into adulthood, psycho-pharmacology and special-education services.

Participants include parents of children with emotional or behavioral disorders, learning disabilities, Autism Spectrum Disorders and mental illness, and parents of at-risk youth.

Clinics usually occur the second Saturday of each month from 10 a.m. to noon at the Orange United Methodist Church in Chapel Hill. For more information, call 942-8083.

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 fatigue and oppositional defiant disorder.

Dear HOUSE Calls,
Do you know of a virus that causes exhaustion and fatigue? The evening I got back from vacation, I started feeling badly. My only real symptom is exhaustion. What might be causing this?

That is a big question and deserves a lot more attention than we can give it. A lot of doctors and patients may be quick to say, "Oh, it's a virus" or "You're tired from travelling." Many viruses can do this. You could wait five to seven days to see if things get better, which is usually the case with a virus. We would want to ask a lot of questions about travel, work, family and stress to start to figure this out. It may be as simple as a virus or it could be a host of other conditions, such as depression, a thyroid condition or even something more serious

like cancer or a bleeding ulcer. Depending on the severity, you may want to see your doctor right away or give yourself a few days to recover from the trip.

Dear HOUSE Calls,
We have a 12-year-old son who was diagnosed with oppositional defiant disorder. When we were told this, our hearts dropped; but after we talked about it with our doctor, we had hope that our nightmare of the last three years could get better. Could you tell us more about oppositional defiant disorder?

Your description of what you felt and how you now feel is so common with psychiatric diagnoses. These conditions often take a long time to find an "answer," and the answer is often met with feelings of great sadness mixed with hope. Sometimes the line between a strong-willed child and a child with oppositional defiant disorder is blurry at first, but usually

becomes clearer with time. With oppositional defiant disorder, there are signs of negativity, defiance or hostility toward authority figures for at least six months, behavior that is destructive to the family and in the school environment. This can often occur with other problems like attention deficit hyperactivity disorder, anxiety or depression. A child with oppositional defiant disorder needs a team approach to treatment because children with this disorder are at risk for problems later in life and the behavior can be hard on the whole family. Treatment usually includes individual and family therapy to help the child and the parents learn skills to problem-solve and move forward.

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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1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
18					19				20				21			
22					23				24				25			
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136									137					138		139

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.

"What did he say?"

C R ' U M W N W K Z Y Q Q W M W L
C M O G K V L U W K C W U
Z C U R G K X Y M L C R Z Y U M ' R
Z Y Q Q W M W L U C M J W .
X G T C S W K K Y , K W P W K K C M T
R G R Z W Q W K P W J R
T Y F W Q C R J Z W L S X L G M
V Y K U W M .
Find the answer in the puzzle answer section.

Weekly SUDOKU
by Linda Thistle

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

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 — Silhouette is a 3-year-old white domestic shorthair mix. If you're looking for an insane, crazy cat, Silhouette is not for you. He is the gentlest, loving, adorable sweetheart of a cat. There aren't enough great words to describe this boy. When staff is cleaning the rooms, he will jump on their backs and rub on their heads, making it impossible to do anything but love on him. The neat thing about it is that even when he jumps on us, he doesn't dig his claws in and make your eyes pop out of your head. Incredible! As soon as you enter the room, or even if he sees you through the window, his motor kicks on and does not shut down until the place is locked up; then he purrs in his sleep. Every day is a good day to Silhouette. He would make a great addition to any home, as long as they were in need of a very loving boy. If you come in to see him, it will be impossible to leave without him. Contact Paws4Ever, 6311 Nicks Road, Mebane, or call 304-2300. You can also go online at paws4ever.org

ORANGE COUNTY ANIMAL SERVICES — Meet Davin! This 5-month-old black-and-white kitten wants to be your calendar kitty! This pretty boy loves the camera and will pose over and over while you ooooh and aaaah over his cute gestures! His great mix of humor and charm will surely make you fall in love, and he will be just fine with that. Once he's done wooing you with his adorable antics and poses, he wants nothing more than to play for a bit and then curl up in your lap for some quality cuddle time. You won't find a better mix of all the right stuff! Visit him at Orange County Animal Services, 1601 Eubanks Road in Chapel Hill. You can also see him and other adoptable animals online at co.Orange.nc.us/animalservices/adoption.asp


