

Briefs



United Way ice cream

"United Way," a temporary and celebratory new brand of ice cream, will be on hand at Maple View Farm today (Thursday) for the Second Annual Orange County Ice Cream Social from 6 to 8 p.m. Wear your "Live United" T-shirt to this launch party for the fall United Way campaign and get a free ice-cream cone.

Chef event at Farmers' Market

This Saturday marks the eighth annual Carrboro Farmers' Market Chef Event, which features six local chefs and their culinary celebrations of local food.

This year's participants are Adam Cobb of Glasshalfull, Adam Rose of Il Palio, Amy Tornquist of Watts Grocery, Bret Jennings of Elaine's, Kevin Callahan of ACME and Sheila and Matt Neal of Neal's Deli.

Market goers are welcome to sample the dishes and collect recipes. The event starts at 9 a.m. and runs until the food runs out.

Young Rock

The ArtsCenter is looking for teen bands interested in entering the annual Battle of the Bands on Sept. 24. A cash prize of \$150 goes to the winning ensemble. The contest is free to enter and the top three bands win the right to play at the center's Fright Night on Halloween.

Contact ypac@artscenterlive.org for more information.

Mulch sales resume at landfill

Regular yard-waste mulch is once again available for sale at the Orange County Landfill on Eubanks Road. The natural wood mulch is \$22 for a 3-cubic-yard scoop. Decorative red mulch and compost are also available for sale at \$28 per cubic yard.

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Don't forget a tarp to cover your load. Delivery options for large loads are available within Orange County. Visit www.co.orange.nc.us/recycling/earthproducts.asp for more details or call the Solid Waste Management office at 968-2788 to schedule a delivery.

Volunteers needed for Jordan Lake cleanup

Clean Jordan Lake seeks volunteers to help with the Jordan Lake "Big Sweep" on Oct. 9, either to donate the use of their boats for the day or to hike through the woods to bag and move trash to boats.

The event will involve the U.S. Army Corps of Engineers, N.C. Wildlife Resource Commission, N.C. Division of Forest Resources and Chatham County government. The cleanup will focus on the shoreline downstream of where the Haw River enters the lake.

Last year, more than 200 volunteers filled four large dumpsters with trash removed from Jordan Lake and removed nearly 200 tires.

Visit cleanjordanlake.org for details.

Composting demonstration

Learn the basics of outdoor composting using manufactured and homemade structures and indoor composting with worms at a composting class Sept. 18 presented by Orange County Solid Waste Management. The class will run from 10 to 11:30 a.m. at the Learning Garden Compost Demonstration Site at the Chapel Hill Community Center on Estes Drive.

Harvest dinner

The Eno River Farmers Market will host a Harvest Dinner on Saturday at 7 p.m. at the Public Market House in Hillsborough.

Chefs Chris McKinley and Austin Genke of Box Carr Farms and Dave Ramirez of Geodesic Gardens will use pork, beef, vegetables, fruit, cheese and baked goods from Eno River Farmers Market vendors to prepare an elegant, sit-down, farm-to-fork dinner for 60 guests, including several local farmers. The event is \$40. Music by the JazzTones. Visit enoriverfarmersmarket.com for more information.

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 strokes and memory loss.

Dear HOUSE Calls,
My father recently had a stroke. He was in the hospital for two days and when discharged was set up to have physical and occupational therapy as an outpatient. The doctors talked about post-stroke rehabilitation. What does that mean? He's doing much better now.

We're so glad to hear that he's doing better. This is the type of rehabilitation that helps people who survived a stroke re-learn the skills that are lost when part of the brain has been damaged. Lost skills could include problems with movement, speech or even just daily activities like dressing and using the toilet. Starting this rehabilitation early is considered critical. This may be done in or out of the hospital, but should involve a multidisciplinary team to insure full functional potential is reached after

the stroke. That team could include a physical therapist, occupational therapist, speech and language therapist, rehabilitation physician and your primary-care doctor. There are other important issues — such as medications, quality of life, sexual function, returning to work and driving — that are also part of rehabilitation. Some people also will require skilled nursing care early in the course of rehabilitation.

Dear HOUSE Calls, *I am 51 years old and I've noticed that sometimes I forget what I'm trying to say. The forgetting doesn't happen all the time, but it happens often enough that I worry that something is wrong. What might be causing this?*

Good question. It happens to us all the time, when we are under time pressure, multi-tasking or stressed. This happens to lot of people, but I think maybe there's something else you may be worried about. We wonder if there has been a perceived change. This kind

of word-finding difficulty can be typical of age-related memory change, which is unusual for a 51-year-old. It really depends on how much difficulty this is causing. A lot of people with new-word-finding difficulty wonder if they are developing Alzheimer's. Generally, early signs of Alzheimer's disease might include confusion, difficulty with language, difficulty with reasoning, getting lost and difficulty completing complicated tasks like paying your bills. We wonder if you're responding to stress, fatigue or maybe even depression. If this represents a change, and it is causing some concern, it might be time to see the doctor and to get this checked out.

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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SUPER CROSSWORD PARTY OF ONE

ACROSS
1 Play to play
5 Merry
11 Off.
14 Vicious
19 Crawl (with)
20 Culmination
21 Singing
22 Songwriter
23 Greenwich
23 Speaker of remark at
29 Across
25 Writer Rand
26 Stillers' partner
27 Club creed
28 Bit of sunshine
29 Start of remark
31 Columnist
33 Author
33 Umberto
36 When the French fry
37 High tails
38 Part 2 of remark
46 Zinc or copper
47 Quick comeback
48 Lamb product
52 Dennis, for one
55 Cambridge quaff
56 Arkansas hrs.

DOWN
1 Particle
2 South
3 Work in the lab
4 Hammed up "Hamlet"
5 Mouth piece?
6 Work
7 Fountain order
8 Unlikely to allure
9 Born
10 — Peres, MO
11 Cops' org.
12 "— River" (55 tune)
13 Electronics
14 Verne
15 One of the Waughas
16 Roofing material
17 Alpine area
18 TV's "The Wonder—"
24 Comic
30 "Agnus —"
32 Insignificant
33 Reason d—
34 Canvas bed
35 Oil cartel
38 Pyramid, for one
39 Mountain nymph
40 Slowly, to Schubert
41 Autumn
42 Mouth watering?
43 Musical
44 Pullover part
45 Youth org.
49 Analyze poetry
50 Well-ventilated
51 Run up the phone bill
53 Caustic
54 Vanduyke site
57 Nest
58 Cosmopolitan
60 Elizabeth
60 Aromatic plant
62 Vex
65 Dickens title
67 Letter from Athens
68 Sleep stage
69 Bother
71 Confidential comment
73 Coach Levy
74 Where to dance the hora
75 Equine accessory
76 Connecticut senator
77 Sore
81 Rent
82 Light tool
83 "Bali—"
84 Singer
85 Guthrie
85 Vegan staple
87 Sarah —
88 Jewett
89 Director
91 Brownie, for one
93 Cautious
94 Sicilian rumber
95 Air bear?
98 — Ane
99 Langdon
100 Prom dates
102 Capek play
103 "Nightmare on Elm Street" villain
104 Silverware city
105 Word with farm or frog
106 Long-legged waders
107 "— tov!"
108 Faced the day
109 Sealy competitor
114 "— bien!"
115 Throw a party
116 Démonstrative pronoun
117 Holiday of "Mittcock"
118 Piece of fencing?
120 Quahog, e.g.
121 Garr of "Mr. Mom"
124 Energy
125 Vintage
126 Widget for Woods
127 Saucepan

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.

"Team Spirit?"

O V O S A D E C S E C O
P L X R A G R O S U A D C
O V G S Q D M O F D - C F L
J G G S K O B B P O F D
O V M M G D C V ' S U O Q D
R A G R E V C . - M R E P A S
M . D E C D V A G R D Q

Find the answer in the puzzle answer section.

Weekly SUDOKU

by Linda Thistle

2		8	5			7	
		4	9				8
	3			6	9		
6			4			2	
		8	6			3	
	9			1		5	6
		5	1		4		
3	4			2			1
7				5		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 — Martha is a 2-year-old brown-and-black domestic shorthair mix. This girl appears to be a lynx mix, with the pointy hairs on her ears and those piercing eyes. Her attitude is somewhat variant, depending on her location. She sometimes likes to hide in cat boxes and prefers to be left alone. When out in the open though, she thoroughly enjoys being petted and loved on. She gets along well with other cats and has even produced a litter of her own. Sadly, none of them made it, so we let her get away with what she wants sometimes, when she's demanding peace and quiet. She is a very lovely, patient kitty that would probably do best in a home with no dogs due to her nervous attitude. She could really blossom in a home that would spend time showing her the devotion and care that we believe every animal genuinely deserves! 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 Denver!

This adorable black-and-tan hound mix is around 2 years old and was found wandering around by a nice family who brought him safely to the county's Animal Services Center. His original family couldn't be found, so he's now ready to find a new place to call home. Denver is a sweet and very well-behaved boy who is eager to please and extremely smart! He already knows the sit and stay commands, sits gently and waits to be approached, loves toys but isn't rough with them and loves car rides! There isn't much this wonderful boy isn't already great at! And as an added perk, he smiles when he's excited!! Don't miss out on this cutie! Come visit Denver today at Orange County Animal Services, 1601 Eubanks Road in Chapel Hill. You can also see him and other adoptable animals online at www.co.orange.nc.us/animalservices/adoption.asp.

