

## Calendar

**THURSDAY OCT 7**  
**Climate Change Expert** — Ellen Mosley-Thompson to speak at the FedEx Global Education Center's Nelson Mandela Auditorium. 7:30pm, free. 7o@unc.edu

**FRIDAY OCT 8**  
**PowerPoint Basics** — Chapel Hill Public Library, 8:15am. 968-2780

**Museum Auction** — Chapel Hill Museum, 7pm. 967-1400

**SATURDAY OCT 9**  
**Fun Pink Day** — Breast Cancer Awareness event taking donations for the Susan G. Komen Foundation. Piedmont Feed and Garden Center, 9am-3pm. 932-7387, piedmontfeed@bellsouth.net

**Old-Time Square Dance** — Live string band, everyone welcome. Pleasant Green Community Center, 7:30-11pm, \$6-\$8. ncsquares.com

**River Rhythms Workshop** — Orange County Recreation Center in Hillsborough, 1:30pm, \$5. hillsboroughartsandcouncil.org

**Parental Advocacy Training** — For parents of special needs children. Orange United Methodist Church, 9:30am. Advance registration 942-8083

**SUNDAY OCT 10**  
**Tumaco Pacifico** — Directed by Samuel Cordoba. Chicla Language Institute, 5pm

**Energy and Community Resilience Fair** — Day of action against climate change. Carrboro Town Commons, 1pm. 350.org

**MONDAY OCT 11**  
**Computer Class** — Writing a Business Plan, Part 1. Chapel Hill Public Library, 7pm, free. 958-2780

**Time Out** — Guests Teri and Tony Gutierrez and Chris Shofner. WCOM-FM 103.5, 5pm

**WEDNESDAY OCT 13**  
**Blood Drive** — Durham Regional Hospital Conference Room, 2-6pm. 470-6520

**Golf Tournament** — To support Cornucopia Cancer Support Center. The Preserve at Jordan Lake, 12pm. cancer-support4u.org

**"Fresh: the Movie"** — Discussion with Robin Kohanowich, coordinator of Sustainable Agriculture at CCCC. Chapel Hill Public Library, 7pm

**THURSDAY OCT 14**  
**Wilson Library** — Lecture by Juan Carlos Gonzalez Espitia. Pleasants Family Assembly Room, 5pm, Free

**FRIDAY OCT 15**  
**Contra Dance** — Music by Leva, Knicely, Head and Lloyd. Carrboro Century Center, 8pm, \$8. csda-dance.org

**Living Dead in Denmark** — By Qul Ngyuyen. The ArtsCenter, 8pm. artscenterlive.org

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

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

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

**Shag Dancing** — Every Monday, beginner class at 7pm, dance at 9pm. Free lesson first Monday of the month. General Store Cafe, Pittsboro, 6pm

**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. Evergreen United Methodist Church, third

Mondays, 7-8:30pm. 967-3221, chapelhilltcf.org

**Breastfeeding Cafe** — An informal drop-in gathering of breastfeeding moms. A La Leche representative will provide information and answer questions. The Red Hen, Mondays, 1-2pm

**Tutoring** — Hillsborough Police Department and UNC Habitat for Humanity offer tutoring sessions for students in Orange County Schools' K-5 classes. Tutors are students from UNC. Community Policing Station, 501 Rainey Ave. 732-2441, ext 26

**Depression and Bipolar Support Alliance Support Group** — Binkley Baptist Church, Tuesdays, 7:30-9pm, Free. DBSAC@ChapelHill@nc.rr.com

**Gardening Questions?** — Master Gardeners at Home Garden Clinic. Walk-ins welcome. N.C. Botanical Garden, Wednesdays and Fridays, noon, 262-0522. Hillsborough clinic weekdays, 10am, 245-2061

**Free Yoga Classes** — Support for cancer patients, survivors and caregivers. CCSP at Carolina Pointe II, 6013 Farrington Road, Suite 101. Mondays and Thursdays, 11am

**Hand In Hand Exhibit at the Carrboro Branch Library** — A multimedia exhibition featuring the work of eight 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. Through Nov. 30. 969-3006

**NAMI Classes** — Twelve weekly classes for relatives of individuals suffering from chronic mental illness. Seymour Center, through Nov. 18, 6:30pm. 968-1777

**Cancer Support** — For single fathers who have lost a loved one

## 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 emphysema and high blood pressure.

**Dear HOUSE Calls,** I have really bad emphysema and my doctor recently gave me theophylline. I'm on many inhalers and prednisone. It still flares at times and I need antibiotics and occasionally go to the hospital. I've never heard of this medicine before. Is it new? How well does it work?

Emphysema and COPD, or chronic obstructive pulmonary disease, are terrible and often progressive problems that result from long-time smoking. Doctors typically use inhalers like albuterol and atrovent or steroids, along with prednisone by mouth, to try to control these diseases. Theophylline is an older medicine that can help keep your lungs the open and it is still an option for people with severe disease not controlled on other medicines. One of the problems with theophylline is that at usual doses it can elevate your heart rate and blood pressure, and it requires careful monitoring and dosing. Of course, the best treatment for emphy-

sema is stopping smoking and avoiding exposure to secondhand smoke, if you have not already done this.

**Dear HOUSE Calls,** My doctor recently told me to start taking a new blood-pressure medicine called atenolol. I took it for two days and it did not seem to have any impact on my blood pressure. I went back to see him to tell him that it didn't work. He didn't seem pleased and told me I should have taken it longer before giving up on it. What do you think?

You're right, and your doctor is also right. You're checking your blood pressure regularly, and we would expect it to come down with atenolol or any new medicine. Not all meds work with every patient, so it might not be working with you. On the other hand, your doctor knows blood pressure and medicines better than you, and it does usually take a few days for a blood-pressure medication to take its full effect. We also hope your doctor talked with you about limiting or eliminating salt in your diet and other ways to lower your blood pressure

without medicines. Treating any chronic disease like high blood pressure involves a partnership between you and your doctor, and you must discuss how long to take a medication, what to expect, why you might stop it and why you should continue it. So this is as much about your relationship with your doctor and the way you communicate with one another as the medicine or your blood pressure. We would encourage you to talk to your doctor about giving it another try, perhaps for four to six weeks. You might even need a dose increase, because most doctors start a medicine like atenolol at very low doses to decrease any side effects. If you have lost confidence in the medicine, it's OK to work with your doctor to find an alternative. However, atenolol is one of the blood-pressure medicines that is effective, safe and cheap. Good luck.

*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.*

**Small Dog Meetup** — Dogs under 25 lbs. Southern Village Dog Park, Mondays, 6:30pm; Saturdays, 9:30am

**Youth Classes** — In dance and music. Chathamarts.org

Send your submissions to calendar@carrborocitizen.com

## SUPER CROSSWORD FOREIGN

ACROSS

1 Conclude a deal  
6 Drink like a Dalmatian  
10 Current unit  
13 Bagel or bialy  
17 State  
18 Build  
20 He'll give you a squeeze  
21 Singer Adams  
22 Egyptian manipulator?  
24 German rock group?  
26 Thames town  
27 blond  
28 Quick comeback  
30 Furtiveness  
33 Encounter  
34 Luke's book  
37 Baseball stat  
38 Feudal tenant  
40 "Lohengrin" role  
42 "Pshaw!"  
45 Wind instrument?  
48 Galley feature  
50 Asta's father  
51 Pie mode  
52 Indian restaurant?

DOWN

1 Blind parts  
2 "Untouchable" Ness  
3 Kiernan of "Hogan's Heroes"  
4 Actor

5 Energy  
6 Rover's restraint  
7 Foguish  
8 "Hound" or hamster  
9 A great many  
10 "Waterloo" group  
11 Yorkshire feature  
12 Gasp  
13 Tosses aside  
14 "Deep Space Nine" role  
15 Actress  
16 Wahine's wreath  
17 Master  
19 Banyan and baobab  
23 Scoundrel  
25 Close  
29 School grp.  
31 Residence  
32 Brimisi bread  
33 Artist Franz  
35 Libyan baseball maneuver?  
36 Most confident  
38 Nullity  
39 Like some sheep  
40 Prospector's prize  
41 Loser to

42 Cinderella's soiree  
43 Nautical adverb  
44 Cuban game-show figure?  
46 Jai  
47 Lean  
49 PDQ, politely  
53 Overlay material  
54 Massenet opera  
55 Aachen author  
56 Darling dog  
59 Carve a canyon  
63 "Boler" composer  
65 Jewel  
66 Impetuous  
68 Prior to, to  
70 Semester  
71 Encourage a culprit  
73 Iron clothes  
74 Paris, to Helen  
75 Tropical tubers  
77 Ellipse  
78 Chad or George coin  
80 Otello's inducer  
82 Actress MacGraw  
123 Deface  
125 Citrus

95 "The Lady \_\_\_ Tramp" ('37 song)  
96 Maintenance workers  
97 Hitler's mate  
98 Contemptible  
100 Good luck charm  
104 \_\_\_ de plumie  
106 Film site?  
107 Worn-out  
108 TV's \_\_\_  
109 "Smade"  
112 Semimole shoe  
116 Whitney or Mintz  
117 On one's \_\_\_ (aler)  
119 Italian actor?  
122 Sensible Czech?  
126 Duel tool  
127 Season firewood  
128 Dieter's dish  
129 \_\_\_ Fideles"  
130 Ward (off) robins..."  
131 Evergreen tree  
132 Sup in style  
133 Soprano Fleming

## 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.

**"Fitness Not Found"**

E V C Q E O E O T O J N M R N M U  
E C K Q V C Q Q V O K X S R N O T K  
E O ' T O U O Q Q N M U N M  
Q X R C D ' K C T Z D C T O M X Q  
N M C K U X X R K V C F O C K  
Q V O D I K O R Q X A O . Q V N K  
N K M X Q H I K Q C M C T Z D  
N K K I O , A I Q C M C Q N X M C S  
N K K I O . - S Q . U O M . Z C T B  
V O T Q S N M U , E V X X W O T K O O K  
C T Z D A C K N Y Q T C N M N M U

Find the answer in the puzzle answer section.

## Weekly SUDOKU

by Linda Thistle

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

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!

© 2010 King Features Synd., Inc.

## PETS OF THE WEEK

**PAWS4EVER — Tiny T** is a 5-year-old buff male domestic shorthair mix. He is a very active and happy fellow. He loves attention and is always purring and giving lots of head butts. He's a little difficult to get a picture of because he won't stop rubbing on the camera, silly guy. Tiny loves everyone and he doesn't mind dogs a bit either! He recently had his teeth cleaned and an entire mouth exam. After going through the painful exam and cleaning it was determined that he needs to stay on liquid doxy once daily to keep himself in check. He also needs to stay on prednisone every other day as a preventive. If there is such a thing as a perfectly behaved kitty, Tiny would be that. Next time you are in Mebane, stop in and be greeted by Tiny T. and all his buds. Contact Paws4Ever, 6311 Nicks Road, Mebane or call 304-2300. You can also go online at paws4ever.org



**ORANGE COUNTY ANIMAL SERVICES** — We all know a cute puppy is hard to resist, and nobody knows it better than the older adult dogs, who are often overlooked in shelters time and time again. People assume there must be something wrong with them or that they won't be as easy to mould into their lifestyle. But in reality, an older pet is often easier to train and more adaptable than a puppy! Many times, they're housetrained, well past their chewing stage and, most importantly, extremely grateful and aware when they are saved. **Chester**, a 7-year-old golden retriever, is one of those dogs. He's housetrained, loves car rides and is good with kids and other animals. He knows several commands and shares an appreciation for the finer things in life. In fact, Chester has just about every great quality you could ask for. So if you're looking for a handsome, loyal companion and could live without chewed shoes and 3 a.m. bathroom breaks, Chester might be just the pal for you. Visit him 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.

