

## Calendar

**THURSDAY NOV 4 Growing Fruits** — Part 2 of a home gardening class on growing local food. Pittsboro Library, 11:30am 542-8202

**Project Homeless Connect** — One-day event to serve those who are or are at risk of homelessness in Orange County. Hargraves Community Center, 9am-3pm

**FRIDAY NOV 5 Fall Concert** — Bluegrass Experience 39th Anniversary Concert with Tommy Edwards. Barn in Fearington Village, 8pm \$15/20 chathamarts.org

**Gratitude** — Transactors show at The ArtsCenter. 8pm \$14/12/7 artscenterlive.org

**SATURDAY NOV 6 Play Slam** — Three-minute plays. The ArtsCenter, 8pm \$8 artscenterlive.org

**Tap Concert** — Footnotes, Tapations, Friends on Tap and the Seymour Center Tap Dancers to perform. Seymour Center, 12pm \$5 footnotestapensemble.org

**Crafts Fair** — Annual Arts and Crafts Fair sponsored by the Carrboro Civic Club. Civic Club Building, 102 Bim St., 8am-1pm

**Studio Tour** — The Orange County Artists Guild sponsors the 16th Annual Open Studio Tour. 10am-5pm openstudiotour.com

**Record Sale** — Presented by The Southern Folklife Collection will include sale of CDs, LPs, 45s, cassettes and 8-tracks Pleasants Family Assembly Room 9am-1pm Free and open to public 962-1345

**Jeremy Whitley and Jason Strutz** — To read/illustrate from "The Order of the Dragonet" Flyleaf Books 2pm

**SUNDAY NOV 7 First Sunday** — Pittsboro's monthly downtown fair. 12noon-4pm pittsboroshops.com

**Odyssey Stage** — "The Curious Case of Benjamin Button," by F. Schot Fitzgerald. The ArtsCenter 3pm Admission: One canned food item to support the IFC

**Remembering Tim McLaurin** — The Barn at Fearington Village 3pm Free Open to the public 962-4207

**Chicle Event** — Daniel Auguste to discuss "Haiti Now" Chicle Language Institute 5pm [chicle@chi-cl.com](mailto:chicle@chi-cl.com)

**MONDAY NOV 8 Howard Covington lecture** — The author discusses the influence of Albert Coates. Knapp-Sanders Building, 5pm Free

**Time Out** — Mac McCorkle provides election analysis 5pm WCOM-FM 103.5

**TUESDAY NOV 9 Divorce Workshop** — Introduction to Separation and Divorce workshop open to men and women. The Women's Center, 6pm. Registration required. Info: [legal-@womenspace.org](mailto:legal-@womenspace.org)

**WEDNESDAY NOV 10 Mothers Club Meeting** — Chapel Hill/Carrboro Mothers Club presents Garla Smith speaking on "The Ebbs and Flows of Balancing Our Lives for the Busy Mom." Chapel Hill Public Library 7pm Free

**Wilson Library** — "American Indians in 21st-Century North Carolina" Wilson Special Collections Library 3:30pm Free

**Coal Mining** — The Beehive Design Collective of Eastern Maine shares their campaign depicting the struggle against Mountain Top Removal Coal Mining. Internationalist Books 6pm

**THURSDAY NOV 11 ArtsCenter Magicians** — Joshua Lozoff and Mical Cover 7:30pm \$15/17 Adults, \$7/9 Students Show runs Nov 11-14 artscenterlive.org

**"To Kill A Mockingbird"** — Discussion in honor of the 50th anniversary of the book. Chapel Hill Public Library Conference Room, 7pm 968-2870

**FRIDAY NOV 12 Computer Class** — In Social Networking. Chapel Hill Public Library, 8:15am Free 968-2780

**SATURDAY NOV 13 Parenting Workshop** — Discussing responses to bad behavior in children, facilitated by Raellee Peirce. Emerson Waldorf School, 9am-noon [simplicityparenting.com/raeleepeirce](http://simplicityparenting.com/raeleepeirce)

**Pie Cook-Off** — And square dance. South Estes Farmers Market, 10am [southeastesfarmersmarket.com](http://southeastesfarmersmarket.com)

**Anarchist Bookfair** — Co-sponsored by the Nightlight and Internationalist Books 1-7pm [carrboroanarchistbookfair.wordpress.com](http://carrboroanarchistbookfair.wordpress.com)

**FAN Workshop** — For parents and professionals "Understanding Dyslexia and Specific

Learning Disabilities" Orange United Methodist Church 9:30am [julie@mhaorange.co](mailto:julie@mhaorange.co), 942-8083

**Square Dance** — Old-Time Square Dance at the Pleasant Green Community Center with live string band. 7:30pm \$6-8 [ncsqures.com](http://ncsqures.com)

**Arts In Action** — Students from Frank Porter Graham Elementary School demonstrate dance moves at a raffle to support the arts program. University Mall, 10am, noon [ncartsinaction.org](http://ncartsinaction.org)

### Ongoing



**Cancer Support** — Support groups for cancer patients and their families. [cornucopiahouse.org](http://cornucopiahouse.org)

**Cancer Support** — Support groups and wellness programs. [unclineberger.org/ccsp](http://unclineberger.org/ccsp)

**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](http://chapelhilltcf.org)

**Hand In Hand Exhibit** — 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. Carrboro Branch Library, 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

Send your submissions to [calendar@carrborocitizen.com](mailto:calendar@carrborocitizen.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](mailto:yourhealth@unc.edu)



This week we respond to questions about keloids and knee pain in a new runner.

**Dear HOUSE Calls,** I have a skin condition called keloids. I have four on my belly from gall bladder surgery and they are itchy and slightly painful. Is there anything I can do short of surgery, and won't they come back if I go this route?

Keloids are an exaggerated response of the skin to injury. A cut or incision will grow up to four to five times the size of the cut and it gets thick too, like a mushroom. These are more common in people with dark-pigmented skin. It is possible to treat these, especially early, as they are forming. So this is the trick if you choose to get them removed: Work with your doctor to develop a strategy to use potent steroids (injected and as creams) to block the inflammation during healing that is responsible for the keloid formation. There are also laser treatments available.

These also are best used during healing and combined with steroids. So there is certainly reason to be optimistic. We recommend you see a doctor experienced in the treatment of keloids, and make sure you consider your tendency to form keloids any time you contemplate elective surgery.

**Dear HOUSE Calls,** I hurt my knee recently after starting a running program. I'm 62, healthy and active. My knee is swollen and painful and my son's wedding is coming up. I really want to dance at the wedding. I'm taking ibuprofen, but it's not getting better quickly, so I'm hoping you can give me a magic pill and make me feel better.

We would love to have a magic pill to give you. There may be some things that will help you dance through the wedding, like prednisone or opiates, but these may have significant side effects. It's not clear exactly what we are dealing with, so that is probably the place to start. We might be able to offer

you a knee injection, which could really help with the dancing. There are just so many things to consider with a new running program for a 62-year-old. How was your health prior? Do you have any knee arthritis? Any chance of a knee infection? Or is this more of a typical runner's overuse syndrome? Examples here include ilio-tibial band syndrome and patellar tendonitis. Most of this could be sorted out pretty quickly with a visit to your primary doctor and possibly an X-ray. For many running overuse injuries, relative rest, ice and compression (ace wrap) can really get things moving in the right direction. We should say congratulations on starting a running program. Don't let this little setback derail you, and go see your doctor for diagnosis and treatment suggestions.

*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.*

# Stay tuned.

## carrborocitizen.com

## SUPER CROSSWORD PAILS IN COMPARASION

<b>ACROSS</b>	1 Evaluated	51 Part 2 of remark	106 "Gunslike" star	10 Round play	50 Pays to play	Express
6 "Later, Luis!"	57 Tin Tin	107 Muscat's nation	11 Labor leader	88 Ridge	89 Violinist	90 Publisher
11 Start to paint	58 From _ Z	109 Fawn's father	12 Out of sorts	91 Idyllic area	92 Actor Enriquez	93 Surrealist Tanguy
14 Reggae relative	60 84 Across, for one	110 Calculating person?	13 "American" ("72 hi)	94 Tibia	95 Measure	100 Up for (available)
17 Vision-related	61 Without (daringly)	111 Emulate	14 Eddy	96 Measur	101 Dachshund-like	102 "The Magic Flute" heroine
19 acid	62 "Thanks, Robespierre!"	112 Spring	15 Couric of "Today"	97 Measure	103 Examine	104 Hackneyed
21 Samuel's teacher	64 Happen	115 End of remark	16 Palind	98 Measure	105 Florida resort	106 Gibbon or gorilla
22 Existed	67 Wipe out	122 Summer wood	18 Genuine (rags)	99 Measure	107 Dirigo	108 Isinglass
23 Queen Anne chair?	69 Furniture	124 High peak	20 Telescope view	100 Up for (available)	108 Dirigo	110 Glinka's "A life for the"
24 Start of a remark by Mary	71 Hit rock bottom	125 Geologic division	25 Keatsian crock	63 North Carolina campus	101 "The Magic Flute" heroine	111 See 85
	75 Ade ingredients	126 Ariel, for instance	26 Strauss specialty	64 -Locka, FL	103 Examine	112 Sign of sainthood
	76 Self-confidence	127 Like some watches	29 Something of value	65 Machine part	104 Hackneyed	113 Bouquet
	78 Andes animal	128 Affirmative vote	32 Author	66 Security grp.	105 Florida resort	114 Kid at court
	79 Ham up "Hamlet"	129 Combat	33 Prowl	68 Plants	106 Gibbon or gorilla	116 Whip up a waistcoat
	81 Gray or Moran	130 Model of simplicity?	34 Poverty	69 Novelist	108 Isinglass	117 Author Levin
	82 Dva	131 Dote upon	35 Desire defiled	70 Taxing dime?	110 Glinka's "A life for the"	118 Good times
	84 Senegal's capital	<b>DOWN</b>	36 Actress Moore	72 In addition	111 See 85	119 Dernier (latest fashion)
	86 At once	1 Actress Lillian	37 "Treasure Island" extra	73 Russian, for one	112 Sign of sainthood	120 Kipling novel
	89 Seixas of tennis	2 Exercise alternath	38 "I'm working" Emily, or Anne	74 Astronaut Slayton	113 Bouquet	121 WWII area
	90 Part 3 of remark	3 Rotate	39 Eban of Israel	77 Charlotte, Emily, or Anne	114 Kid at court	123 Heel
	95 Polished	4 Jeff Lynne's grp.	40 Canvas contest	78 "High Noon"	116 Whip up a waistcoat	
	97 English county	5 Coffee accompaniment	41 Henchman	84 Jim Morrison's group	117 Author Levin	
	98 Rain hard?	6 Choir member	43 Burlly Burl	85 With	118 Good times	
	99 About store	7 Dit's cousin	44 Bolger/Haley	86 With	119 Dernier (latest fashion)	
	102 First in a series	8 Cola cooler	45 Bolger/Haley	87 Rock's	120 Kipling novel	
	103 Perceptive	9 Giant legend	48 Decorative		121 WWII area	
			49 Sib's kid		123 Heel	

### CitizenCryptoquote By Martin Brody

For example, YAPHYCAPLIM 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.

**"Words"**

T C ' Z P I A J B T Y Y T Q O F C Y R A  
X F X C T D X H I A T Q X D L A T C I A  
C R X P R T B S R F T C T Q Z .  
F T C I A X C O A I T Z X D  
I N S A I Z Z T R D R Y F T Y I X D B  
J R O Q X D D R C I A X B T Q X C I  
S R F T C T Q Z Y A R H F T Y I .  
H X A T R P X A E X Z F F R Z X ,  
C M I S I A O P T X D D R P I F T Z C ,  
X Y C I A L T D D T D E C M I D R V I F  
S A T G I T D F T C I A X C O A I

Find the answer in the puzzle answer section.

## Weekly SUDOKU

by Linda Thistle

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

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.

## British Isles

9 days/8 nights on the Queen Mary II  
Escorted by Grand American Tours  
Leaving Sept. 12, 2011

Price includes airfare from RDU

For more information, contact local group leader  
**Cliff Larsen at 919-260-0746**  
(Call before noon please.)

## CARRBORO FILM FESTIVAL

THE FIFTH ANNUAL

11.21.10  
1 - 7:00 PM

SHORT FILMS at the CENTURY CENTER

[CARRBOROFILMFESTIVAL.COM](http://CARRBOROFILMFESTIVAL.COM)

SUNDAY NOVEMBER 21

## COMMUNITY RADIO

When you aren't reading your *Citizen*, how do you know what's going on in town?  
Listen to community radio!  
**WCOM 103.5 FM**, your community radio station!

Listen online at [wcomfm.org](http://wcomfm.org)