

Calendar

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

CPR Class — Meadowmont Village Circle. 6pm Registration required 968-2781

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

Meet the Author — Lee Smith Chapel Hill Public Library, 3:30pm Free

SATURDAY NOV 13 Parenting Workshop — Discussing responses to bad behavior in children, facilitated by Raellee Peirce. Emerson Waldorf School, 9am-noon simplicityparenting.com/raleepeirce

Pie Cook-Off — And square dance. South Estes Farmers Market, 10am southestesfarmersmarket.com

Anarchist Bookfair — Co-sponsored by the Nightlight and Internationalist Books. 1-7pm carrboroanarchistbookfair.wordpress.com

Swing Dance — To the sounds of Skedaddle. Carrboro Century Center, Free lesson 7:30pm, dance 8pm \$9 members/\$12 guests triangleswingdance.org

FAN Workshop — For parents and professionals, "Understanding Dyslexia and Specific Learning Disabilities." Orange United Methodist Church, 9:30am julie@mhaorangeco.org, 942-8083

Square Dance — Old-Time Square Dance at Pleasant Green Community Center with live string band. 7:30pm \$6-8 nc-squares.com

Arts In Action — Students from Frank Porter Graham Elementary School demonstrate dance moves and a raffle to support the arts program. University Mall, 10am and noon ncartsinaction.org

Maura O'Connell — In concert. Community Church, 106 Purefoy Road. 8pm communitychurchconcerts.org

Farmer's Market — In Carrboro, begins winter hours. 9am

African Dinner — Supporting Redevelopment of the Ndidkwe Primary School in Kenya. United Church of Chapel Hill, 6pm unitedchurch.org

SUNDAY NOV 14 Farrington Village Festival — With music, arts and crafts. Farrington Village Barn, 10am Benefits Integrative Arts and Wellness Suggested donation \$25 integrativeartsandwellness.com

Melissa Harris-Lacewell to Speak — At the 18th Annual Sonja Hayes Stone Memorial Lecture. Stone Center's Hitchcock Room, 7pm Free

Music in Honduras — With Helen Spielman. CHICLE Language Institute, 5pm chicle.com

Daphne Athas — To read from Chapel Hill In Plain Sight: Notes from the Other Side of the Tracks. Flyleaf Books, 2pm

CD and Record Show — New and used CDs, vinyl records and music memorabilia offered. Carrboro Century Center, 2nd floor, 12pm Free Admission

MONDAY NOV 15 Adult Book Group — A Short History of Women, by Kate Walbert. CH Public Library, 7pm Free

TUESDAY NOV 16 Global Hunger Event — To raise awareness of the global inequality of food. Open to the first 200 to RSVP Donations of money or non-perishable food will go to the local TABLE. RSVP at CHS Food Banquet on Facebook chshungerbanquet@gmail.com

WEDNESDAY NOV 17 Buddhist Workshop — The Perfection of Discipline, Ethics, Precepts. 109 Jones Creek Place, 7:30pm 968-9426 piedmontkctc.org

Letter Writing Night — Sends birthday cards to political prisoners. Internationalist Books, 7pm 942-1740

Anna Ragland Hayes to Speak — Hosted by the Davie Poplar Chapter of the DAR. Chapel Hill Country Club, 10am 932-9688

THURSDAY NOV 18 Romeo and Juliet — Opening performance by Chapel Hill High School. Hanes Auditorium, 7:30pm hanestheatre.org

FRIDAY NOV 19 Contra Dance — Music by The Carolina Cut-Ups, caller George Segebade. Carrboro Century Center, 8pm \$8 csda-dance.org

Computer Class — In Craigslist. Chapel Hill Public Library, 8:15am Free 968-2780

Christmas Bazaar — Proceeds benefit local and foreign mission projects. Christ United Methodist Church, 5-8pm/Friday 8am-8pm/Saturday 12-1pm/Sunday cumcbazaar@gmail.com 969-9199

Brass and Organ Concert — To benefit OC Habitat for Humanity and Chapel Hill-Carrboro Peacemaking Scholarship. United Church of Chapel Hill, 7:30pm Suggested donation \$20/family, \$10/student

Artist's Salon — "Artists as Entrepreneurs: FRANK on Franklin." ArtsCenter, 6:30pm arts@co.orange.nc.us

Book Sale — Last quarterly book sale at Chapel Hill Public Library begins for members only. 4pm Sale continues on Sunday and Monday for non members chapelhillpubliclibrary.org

Ongoing Cancer Support — Support groups for cancer patients and their families. cornucopiahouse.org

Cancer Support — Support groups and wellness programs. 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 chapelhillctf.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

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 bronchiectasis and sleeping pills.

Dear HOUSE Calls, My mother went to see the doctor about chronic coughing. She is 80 and has never smoked. Her doctor did some tests and told her she has bronchiectasis. What is that? It sounds bad.

Bronchiectasis is similar to other chronic lung diseases like chronic bronchitis and emphysema, which are usually related to smoking. It involves inflammation to airways, some obstruction to air flow and extra coughing and mucus production. There are a couple of important distinctions from chronic bronchitis and emphysema. Bronchiectasis may not be related to smoking and usually does not limit life expectancy in the same way. On the other hand, patients with bronchiectasis struggle with cough and wind up seeing the doctor more and needing antibiotics more, so they will need to work

with their primary-care doctors. We would strongly recommend a pneumonia vaccine and yearly flu shot for your mother to keep her well. She should also avoid second-hand tobacco smoke and other things she finds that irritate or trigger her coughing. We encourage you to go with her to her next appointment if she is willing. You can learn more about this condition with her from her doctor. Good luck, to you and your mother.

Dear HOUSE Calls, I'm a nurse and I work rotating shifts. I take Ambien for sleep, and I'm finding that I need to take it most of the time now for sleep. Is this a problem?

That's a difficult question. People tend to get used to taking Ambien or other sleep medicines. Determining dependency is more difficult with your rotating schedule, but there is some chance that this could occur. You should consider something we call sleep hygiene. This includes sleeping in a dark room, not using the

bedroom for reading and television and scheduled wake-up times. This will be hard with your schedule. Also avoid caffeine for about eight to 12 hours before going to sleep and minimize alcohol. Adding or increasing exercise, preferably early in your day, may also help. Many doctors do not want you to take drugs like Ambien on a daily basis. If you only take it for two weeks at a time or up to 15 days in a month, developing dependency is much less likely. Some people will take other medicines during other days, like antihistamines (Benadryl). We also think this is especially challenging because you are a nurse. We know that health care professionals are at higher risk for addiction, so be cautious.

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.

Tai chi relieves arthritis pain, improves reach, balance and well-being

UNC News Services

CHAPEL HILL — In the largest study to date of the Arthritis Foundation's tai chi program, participants showed improvement in pain, fatigue, stiffness and sense of well-being. Their ability to reach while maintaining balance also improved, said Leigh Callahan, the study's lead author, an associate professor in the UNC School of Medicine and a member of UNC's Thurston Arthritis Research Center.

"Our study shows that there are significant benefits of the tai

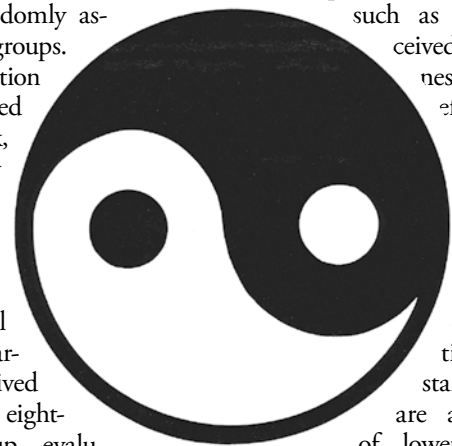
chi course for individuals with all types of arthritis, including fibromyalgia, rheumatoid arthritis and osteoarthritis," Callahan said.

In the study, 354 participants were recruited from 20 sites in North Carolina and New Jersey. They were randomly assigned to two groups. The intervention group received the eight-week, twice-weekly tai chi course immediately, while the other group was a delayed control group. All participants received baseline and eight-week follow-up evaluations, after which the control group also received the tai chi course.

To be eligible for study, participants had to have any type of self-reported, doctor-diagnosed arthritis, be 18 years old or older and able to move independently without assistance. They were eligible for the study if they could perform tai chi seated. Self-reports of pain, fatigue and stiffness and physical-function perfor-

mance measures were collected at baseline and at the eight-week evaluation. Participants were asked questions about their ability to perform activities of daily living, their overall general health and psychosocial measures such as their perceived helplessness and self-efficacy.

The physical performance measures recorded were timed chair stands (which are a measure of lower extremity strength), gait speed (both normal and fast) and two measures of balance: a single-leg stance and a reach test. At the end of eight weeks, the individuals who had received the intervention showed moderate improvements in pain, fatigue and stiffness. They also had an increased sense of well-being, as measured by the psychosocial variables, and they had improved reach or balance, Callahan said.



SUPER CROSSWORD END ZONE

ACROSS	DOWN
1 Trails	1 Like a wet noodle
5 Strike-breaker	2 Section
9 Burst of energy	3 "The Journey of Natty —"
14 "Lonesome George"	4 Apt. rhyme for worm
19 Gulf country	5 Bath, e.g.
20 Unwind a ring	6 They're nuts
21 Actress	7 Commedia dell'—
22 Shire	8 Denizen
23 Nose	9 Fr. holy
23 Vitile	
24 Movie mult	
25 Speaker of remark	
27 Alarm	
29 Mrs. Zeus	
31 XXVII x II	
32 Sleep stage	
33 Contralto	
35 Rampur	
39 Soho snack	
41 Diocese	
42 Start of a remark	
49 Hair ball?	
50 Former nation: abbr.	
51 D-Day code name	
52 Gilbert of "Roseanne"	
55 Game	
58 Massachusetts city	
60 Paint pigment	
62 Author	
63 Fluffy female	
64 Lanesaber birthstone	
67 They may be saturated	
70 Add fringe	
73 Riens or Flatow	
74 Cambodia's Lon —	
75 Part 2 of remark	
81 Fire	
82 — Dhabi	
83 Ompit	
84 Floor model	
85 Flatter	
88 A mean Amin	
90 Stiller's partner	
94 Be nosy	
95 Null and void	
99 Impasse	
100 Basilica area	
101 Make some dough	
102 Jet-setter's need	
104 Onassis' nickname	
105 Part 3 of remark	
110 Sosa stat	
113 Swell place?	
114 Moment of truth	
115 — do-well	
116 Browning's bedtime?	
117 Pipe cleaner?	
119 Manipulates kid	
122 In shock	
126 End of remark	
132 Word with steak or soda	
134 Marsailles mother	
135 Adhesive ingredient	
136 Viewpoint	
137 Hunky-dory	
138 Key shape	
139 Rob of "Silk Stalkings"	
140 Sorcery shout	
141 Lacquered metalware	
142 Football	
20 Norm	
11 Einstein's birthplace	
12 100 dimars	
13 "Sewitched"	
14 Actress Rita	
15 Planet, for one	
16 Transvaal residents	
17 Roast host	
18 Delibes opera	
26 Done	
28 Org. founded in 1947	
30 Eyebrow shape	
34 Cozy	
36 Sailor's shout	
37 "Nautlius" captain	
38 Author	
40 Moral man?	
42 Wading bird	
43 "Candid Camera" creator	
44 — Domini	
45 '68 US Open winner	
46 Mason's tool	
47 Proposition	
48 Apiece	
53 Endangered animal	
54 TV's "Broken —"	
56 Facts, for short	
57 Spruce	
59 Bill	
61 Sniggler's	
65 Parched	
66 Sheet of stamps	
68 It'll give you a lift	
69 "Elephant Boy" actor	
71 Guy's counterpart	
72 Monitor message	
75 Animals	
76 Successful	
77 "High Sierra"	
80 "Nash Bridges" network	
86 Reggae's Peter	
87 Duel-use weapon	
128 Fleur-de—	
89 "What Love" (75 song)	
91 Slightly open	
92 Exceptional	
93 by	
96 Neither	
97 Crooner	
98 Slaps on	
99 Shoestrings	
101 Persian poet	
103 Fleshy	
106 Push a product	
107 A/C measure	
108 Spear-headed	
109 Portholes' pal	
110 Appomattox signature	
111 Freeway	
112 Gold brick?	
118 Author	
120	
"Braveheart" extra	
121 Nevada city	
123 Gusto	
124 — Stanley Gardner	
125 Profound	
127 Viking	
130 Actress	
131 Cal. page	
133 "Toodle-oo!"	

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.

"It's Not Monopoly"

N Z O E B P V W F O Y J A H V J
P T S P M O E - E O J , E O J , W N
W J B P M O . - R X O J W B O M N
Z H S W B C H X Q H W P T
H T V Z H M W J N H M ,
H L C M P G I O B V W M V N Z H N
Z W J H B S W M W J N X H N W P M
X O V Y I H X I E X O L O W F O J
S W I I W P M J P T B P I I H X J
W M L H J Z T X P S W X H M .

Find the answer in the puzzle answer section.

Weekly SUDOKU
by Linda Thistle

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

Cat Lover? Art Lover? Both?

Come join us at the First Annual heART for CATS Fundraiser! December 4, 2010

Doors Open at 4
Silent Auctions at 5
Reverse Raffle at 5:30
The Barn at Valhalla off Hwy 54 outside Carrboro NC

Tickets: \$11 in Advance
\$18 at the Door
Lots of Terrific Food! Cash Bar!

Art & Other Great Items at the Silent Auctions plus the Exciting Reverse Raffle!

A \$100 donation could win you:
1) a safari for 2 in Africa 2) a week at the beach for 8
3) a trip for 2 to Utah (Best Friends Sanctuary & 2 Parks) or 4) \$2000 in cash!

Only 100 tickets available!
Your chances to win are terrific!

You don't have to be present to win! More details on the website.

heARTforCATS.org ♥ heARTforCATS.org ♥ heARTforCATS.org