

Calendar

THURSDAY NOV 25
Vegetarian Feast — Annual Vegetarian Thanksgiving Feast. Spice Street, University Mall, 11:30am 943-8784 triangleveg-society.org/thanksgiving10

SATURDAY NOV 27
Family Day at Ackland — Activities and performances for all ages. Ackland Art Museum, 10am-3pm Free

SUNDAY NOV 28
Tree Lighting — University Baptist Church. 6pm Free downtownchapelhill.com

MONDAY NOV 29
Time Out — Guests Barbara Ensrud and Jennifer Barger. WCOM, 103.5 5pm

TUESDAY NOV 30
"Homeless for the Holidays" — An open discussion of the complexities of homelessness in the N.C. Piedmont, sponsored by ChathamArts and Hidden Voices. Fearrington Village, 7pm

THURSDAY DEC 2
HearNC — Music Video Award Ceremony and Festival. Cats Cradle, 8pm \$10/12 cats-cradle.com

Silent Auction — Benefits The Sea Turtles Mural located at the corner of Columbia and Rosemary Streets. Horace Williams House, 7pm 942-7818

FRIDAY DEC 3
Tree Lighting — Downtown Hillsborough, 7pm

Computer Class — Online Job Search and Resume Writing. Chapel Hill Public Library, 8:15am Free Registration required: 968-2780

"One Noble Journey" — "One Noble Journey: A Box Marked Freedom," a one-man show portrays the true stories of three slaves who overcome seemingly insurmountable odds to gain their freedom. The ArtsCenter, 10 a.m. (grades 3-5) 11:30 a.m. (grades 6-12)

SATURDAY DEC 4
FeST — The Festival of the Society Tree offers crafts, baked goods and vintage treasures benefiting local programs. St. Matthew's Episcopal Church, Hillsborough 10am

Christmas Holiday Shoppe — Annual crafts fair with raffle, music, bake sale and food. St. Thomas More School, 9am-5pm Free 943-4157

Holiday Parade — Downton Hillsborough, Churton St. 10am hillsboroughchamber.com

Lunch Money — Indie-pop kids group with whimsical songs for all ages. The ArtsCenter, 11am \$7/8 Youth, \$9/\$10 Adult

Nutcracker — Opening performance at Memorial Hall. 2pm Carolinaperformingarts.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

VITA Volunteers — Volunteer Income Tax Assistance Program seeks volunteers to provide free IRS tax preparation for eligible clients. Orientation Dec 8, Seymour Center 10-11:30am Pre-registration preferred 968-2054

Food Drive — Farmer Foodshare and the IFC join to provide fresh food for local families. Contributions may be made at the South Estes Farmers' Market, Carrboro Farmers' Market or the abundancefoundation.org/farmerfoodshare

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 leg cramps and biking for Parkinson's disease.

Dear HOUSE Calls, *What kind of doctor do I see for leg cramps? My legs hurt all the time and I'm afraid I might have something that I saw in a magazine called peripheral arterial disease (PAD).*

You should start with your primary-care doctor. We'd need to know more about your health to give you advice on PAD. Do you smoke? Have heart disease or diabetes? If the answer to these questions is no, you are much less likely to have PAD, which is caused by narrowing of the arteries to the legs from clots, cholesterol and inflammation. The most common symptom of PAD is cramping or pain with exercise (like walking stairs), which goes away with rest. We call this claudication. Your doctor can tell you a lot about the risk of PAD from your symptoms, medical his-

tory and an exam. There are some relatively simple tests for PAD, which your doctor may recommend. However, most patients with leg cramps simply have leg cramps, which are notoriously hard to prevent. Another possibility is restless leg syndrome. So we think the next step is to talk to your doctor. Good luck.

Dear HOUSE Calls, *I have Parkinson's disease and I recently saw a medical report about bicycling being really beneficial for such people. Is this true?*

This is a very interesting issue. There are two different kinds of reports about bicycling and Parkinson's disease. Some doctors have reported that people with Parkinson's can bike much greater distances than expected and without tremor, but they may need help getting on the bike and getting started. This may be a good form of exercise for some people with Parkinson's, since maintaining strength and

flexibility is a critical part of maintaining mobility. In addition, there has been one small study (10 subjects) showing that bicycling faster than a natural pace can actually improve Parkinson's symptoms, such as tremors, about as much as a typical Parkinson's medication (around 30 percent). The study used a tandem bicycle to encourage a fast pace. We have one patient who learned about this and is trying to start a movement. Bicycling may be a great way to forestall medications and surgery or serve as a booster treatment in motivated patients and families. There is some helpful information about this on the Michael J. Fox Foundation website. Thank you for bringing this to our attention and sharing it with our audience.

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.

Send your submissions to calendar@carrborocitizen.com

HOLIDAY CALENDAR

Vegetarian Thanksgiving — If you haven't made your reservation for the Triangle Vegetarian Society's annual Thanksgiving meal, you may want to do so quickly. Two venues will be available: Cafe Parizade in Durham (11:30 a.m. to 5:30 p.m.) and Spice Street at University Mall (6 to 8 p.m.).

Visit triangleveg-society.org/thanksgiving10 for details and to make reservations.

Symphony Concert — The North Carolina Symphony will perform Deck the Hall! Holiday Pops for Kids, an hour-long holiday joyride at Memorial Hall, Dec. 11 at 2 p.m. Tickets and information at ncsymphony.org/kids

A Wonderful Film — A free showing of the film *It's a Wonderful Life* will be held at the Varsity Theater on Dec. 3 at 6:45 p.m. The showing is sponsored by the Community Home Trust. Donations to the affordable-housing nonprofit are encouraged but not required. To reserve tickets,

contact Tamara Watson at twatson@community-hometruster.org or 967-1545, ext. 310.

Storytellers — Lee Smith, Michael Malone, Randall Kenan, Nancy Demorest and Daniel Wallace will narrate stories depicting small-town life at Leland Little Auction, 620 Cornerstone Court in Hillsborough, on Sunday at 8 p.m. All proceeds go to the Orange County Historical Museum. Call the museum, 732-2201, or visit orangenchistory.org for more information.

The Big Parade — The annual Chapel Hill-Carrboro Christmas Parade will be held Dec. 11 from 10 a.m. to noon. This year the entire parade will be broadcast on The People's Channel. Applications to participate will be accepted until Nov. 27. Visit chapelhilljayscees.org for details.

Tree lightings
Chapel Hill, Nov. 28 — Sunday's ceremony starts at 6 p.m. in the Memorial Garden of University Baptist Church and features a 22-foot-

tall community tree and the melodious sounds of the church's choir.

Hillsborough, Dec. 3 — Lighting of the town tree takes place at 7 p.m. on the lawn of the old courthouse.

Carrboro, Dec. 3 — The tree-lighting ceremony takes place on the lawn at Town Hall from 6 to 7 p.m.

Southern Village, Dec. 8 — The tree-lighting visit by Santa and musical performances by Mary Saou of Christ Church and the Scroggs Elementary Chorus run from 5:30 to 6:30 p.m.

Holiday crafts fairs
Elf Fair at The ArtsCenter, Dec. 11 — Running from 11 a.m. to 5 p.m., the fair features sales of soap, knit wear, baby stuff, jewelry, soy candles and arts and crafts from Oaxacan artists, along with music by Billy Sugarfix, holiday movie installations and plenty more.

South Estes Farmers' Market, Dec. 11 — The special Holiday Craft Market runs from 10 a.m. to noon and features artisans and crafters from around the area.

Southern Village, Dec. 5 — The annual holiday craft-and-gift market and benefit runs from 1:30 to 4:30 p.m. and features local books, music, jewelry, knit goods, honey and homemade jams and pickles. Attendees are asked to bring non-perishable, packaged food to donate to TABLE, an organization that feeds hungry kids in our community.

Home tour
The Preservation Society of Chapel Hill's annual Holiday House Tour takes place from 1 to 5 p.m. on Dec. 11 and 12 and features 10 historic homes and a stop at the The Carolina Inn. Call 942-7818 for ticket information or visit chpreservationblog.com

SUPER CROSSWORD REAL-ESTATE COPY

ACROSS

1 Rationed, with "out"
6 Baltic city
10 "Fall back" no
13 Place
18 Author
20 Component
21 "Da — Ron Ron" ('63 hit)
22 Majorca's capital
23 "Water view!"
26 Actor Delon
27 Heavy weight
28 Black and white
29 Perplexed
31 Aware of
32 Line of clothing?
33 Polysyllabic one?
36 Jitterbug dance
38 Bag
41 — up (became informed)
42 Infamous
44 "Close to trans- portation!"
53 Zombie base
54 Snaps
55 Otherwise
56 Siegmeyer

OR Wiesel
57 Presidential nickname
58 Disprove
59 Grate stuff
61 Blackboard
62 Take a hike
64 Meyerbeer's
65 Actor
66 Latin rhythm
67 City on the Danube
69 "Cozy getaway!"
72 Excessively
73 Actress
75 Hodge-podge
76 UK honor
78 Amusement park cry
82 Percussion instruments
83 Synthetic
85 Composer
87 Poetic pot
88 Classy doc?

little TLC!"
97 Santa —, CA
98 Amusing
99 From the top
100 Mombasa's land
103 Overrogled?
105 Melville
108 Poi base
109 — Quarter
111 Soon
112 Feather-weight
115 Blue hue
117 "Private setting!"
122 Slip
123 Shoe width
124 Declare
125 He's a sew-and-sew
126 Computer key
127 UK, formerly
128 Long lunch?
129 Shortstop
131 Pee Wee

DOWN

1 Crazy
2 Christianity, today
3 Pride papa
4 Philips of "UHF"
5 Avoid
6 July birthstone
7 Pig — poke
8 "M*A*S*H" extras
9 Consumed a knish
10 Keats' "— a Nightingale"
11 Bobby
12 Lug
13 Health club
14 Raptor
15 African antelope
16 Goodwill
17 TV actress
19 Novelist
24 Hoover or Grand Coulee
25 — Gras
30 '90 Woody Allen film
32 Go downhill fast
33 Ornamental loop
34 Questions
35 Legal matter
37 Squid's squirt
38 "— Dogs" ('71 film)
39 Caribbean island
40 "Ship of the desert"
41 '60s dance
43 Lump
45 Educ. network
46 Singer
86 Bungle
89 "To your health!"
90 Used to be
93 Bawl
94 Edit a text
95 NT book
96 Capture a crook
100 Director
101 Let out the lava
102 Scandinavian
103 You'll get a kick out of it
104 Duck down
105 —Margret
106 Night noise
107 Statesman
108 Hoffmann
109 Sadat
114 Parisian
116 Ending for "mountain"
118 —di-dah
119 Leading lady?
120 Above, to Arnold
121 Hurry

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.

"How Do You Define V ___?"

UTY YKX CXOFY EXL OEVODCX
YKJUH ODTMY YKJF XCXIYJTU
JF YKX OGGXOEUIX TS
KTUTE OEN QJEHJUF.
ETFF V. DOVXE, GETSXFFTE
TS GTCJYJIOC FIJXUIX OY
EMYHXEF MUJQXEFJYN, TU
EXGMD CJIUO IKOCCXUHXEF
STE FXUOYX FXOYF PKT
KOQX CTUH GTCJYJIOC
XRGXEJXUIX.
Find the answer in the puzzle answer section.

Weekly SUDOKU
by Linda Thistle

		4		9		6			
	2				1				5
1	8			6				7	
		6		8				3	
9		4							2
	4				2	8	6		
		5			6				7
	6		1	7				9	
3					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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There will be NO CURBSIDE RECYCLING SERVICE THANKSGIVING DAY THURSDAY NOV. 25

MAKE-UP RECYCLING DAY FOR THANKSGIVING IS SATURDAY NOVEMBER 27!

Bring your bins to the curb by 7 a.m.

The Orange County Landfill will be **CLOSED** Thursday November 25. Normal operating hours will resume November 26.

Solid Waste Convenience Centers will be closed as usual on Thursday, November 25.

The Solid Waste Administrative office will be **CLOSED** Thursday and Friday, November 25 and 26.

Orange County Solid Waste Management (919)968-2788
recycling@co.orange.nc.us
www.co.orange.nc.us/recycling/

The ArtsCenter
For more information or to order tickets call 929-2787 x201 or go to artscenterlive.org
ArtSchool registration now open!

UPCOMING CONCERTS:

TRIANGLE JAZZ ORCHESTRA • FREE SHOW WED 12/1
BIRDS & ARROWS W/LIZZY ROSS BAND • SAT 12/4
JONATHAN BYRD & DROMEDARY PRESENT
THE SEA AND THE SKY • SAT 1/8/11
RICHIE HAVENS WITH JOCELYN AREM • SAT 1/15/11
TANNAHILL WEAVERS • FRI 2/18 @ CHATHAM MILLS

UPCOMING THEATRE:

Transactors Holiday Extravaganza • FRI 12/3
Charlie & the Chocolate Factory • FRI 12/10-12/19

CHILDREN & FAMILY:

SuperFun Show - 11am
Lunch Money • SAT 12/4

GIVE CREATIVELY!
Give the creativity of The ArtsCenter.
PLENTY OF CHOICES!

facebook. **TICKETS ON SALE NOW!** YouTube