

Briefs

The bears
The Chapel Hill Service League's Christmas House wish trees will arrive this Friday at Carr Mill and University malls.
A 50-year tradition, the trees are decorated with paper bears. Each bear contains the gender and age of a child in need of a holiday gift. Shoppers can take a bear from the tree, purchase a toy for that child and return the gift to a collection box next to the tree.
Last year, 841 children received warm coats, books and toys. For additional information about Christmas House or how to contribute, call 933-1141.

WILPF gala
The Women's International League for Peace and Freedom Triangle branch celebrates its 75th anniversary with a gala on Sunday at the Community Church of Chapel Hill Unitarian Universalist, 506 Purefoy Road, from 5:30 to 8:30 p.m.

The event will feature a reception, international buffet and keynote address by Nancy Munger and Laura Roskos, co-presidents of the WILPF US Section.

Other highlights will include the premiere of a Triangle WILPF anniversary video and singing by the Raging Grannies. The celebration will also include the announcement of a fund to provide scholarships for young local activists to obtain leadership training at social justice conferences and training programs. A donation of \$15 to \$75 is suggested for the event.

Tree lighting
The ArtsCenter Singers and students from McDougle, Carrboro and Frank Porter Graham elementary schools will provide the musical accompaniment to this year's holiday tree lighting on the lawn at Carrboro Town Hall.
The ceremony starts at 6 p.m. on Friday, Dec. 10.

Hoops for tots
The UNC Women's Basketball team is looking for your help in collecting toys for Orange County children with Toys for Tots.
Fans are encouraged to bring a new, unwrapped toy for children aged 1 to 12 to the game tonight (Thursday), when the 14th-ranked Heels take on the Iowa Hawkeyes in Carmichael Auditorium at 7.
Donations to Toys for Tots help support the Orange County Toy Chest, a holiday program for low-income children.

Fire department sells Christmas trees for fundraiser
New Hope Volunteer Fire Department has Fraser firs and wreaths for sale this holiday season.
Firefighters will staff the tree lot at Station #1 on Whitfield Road just north of Chapel Hill from 3 to 9 p.m. Monday through Friday and 9 a.m. to 9 p.m. on Saturday and Sunday until the trees run out.

Kids of all ages can also learn more about fire safety, tour the station and see fire trucks up close. Contact New Hope Fire Department on Whitfield Road at 493-1001 for more information.

Monument to be dedicated
The Town of Hillsborough will unveil a monument preserving grave markers at Margaret Lane Cemetery, a black cemetery that dates back to before the Civil War. Hillsborough Mayor Tom Stevens and the Rev. Derric Gregory Sr. of Mt. Bright Baptist Church will preside at the ceremony at 1 p.m. Saturday.

The brick monument, designed and built by Sam Dunevant, preserves three headstones from unknown grave sites at the cemetery, which also is called the Old Slave Cemetery. Margaret Lane Cemetery is located on the south side of West Margaret Lane between South Occoneechee Street and South Hillsborough Avenue.

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 pedometers and consultations.

Dear HOUSE Calls, My doctor recommended that I get a pedometer to increase my physical activity. I got one and it counts the number of steps I take each day. What is the right number for someone like me? I am a healthy though overweight 60-year-old woman.

Congratulations on getting a pedometer and on doing something to get healthier. Once you start wearing a pedometer, you can't help but pay attention to it and set daily and weekly goals. It's like having a contest with yourself. The general goal of pedometer campaigns is 10,000 steps per day or 70,000 per week. Less than 5,000 steps is considered sedentary. The real answer though is Ato figure out your normal number of steps and do a little more. If you walk 2,000 steps per day, going up to 4,000 would be a big improvement. If you are active but a little overweight, going from 10,000 to 12,000 could help with weight and

fitness. You may want to wear the pedometer for a week and get a daily average before setting a new goal. Some activities can really rack on the steps. Twenty minutes of tennis will get you 4,000 steps and 20 minutes of running at a moderate pace will get you 7,000. Thank you for asking about these devices.

Dear HOUSE Calls, I go with my 76-year-old dad to his doctor visits. At each visit, his doctor asks him if he is taking his medicines and inquires about problems. At my dad's last visit, the doctor felt like things were just not adding up and he asked my dad to see a pharmacist. This was so informative. We found out that my dad was missing one pill completely and taking another pill once daily instead of twice. Is this kind of consultation available to most patients? It seems like a great idea.

This is one element of what a comprehensive primary-care medical home should be able to offer patients. We're so glad your dad had this available to him and that

your dad's physician had the instinct to take advantage of it. We encourage readers, especially those on lots of medicines, confusing medicines, or those who don't understand their medicines to ask their doctors about this service. This is also representative of the larger multidisciplinary or team approach, which might include social workers, dietitians, health educators, nurses, physical therapists and others. Much of what your father accomplished with the pharmacist has traditionally fallen to the physician, who generally has too little time to adequately address any issues. There are some retail pharmacies that offer this type of service, but reimbursement and communication with the primary-care medical home tend to then be problems.

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.

SUPER CROSSWORD WHEREABOUT

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| ACROSS | 51 Schoenberg's "Moses und Aaron" | 52 Magnon furniture | 53 Benjamin of the Cars | 54 "Salome" character | 55 Elbows implied | 56 Like a bairn | 57 Persia today | 58 Augur | 59 Stratas or Slich-musical | 60 Hitchcock opus | 61 Newspaper circular | 62 Derride | 63 Starting at Gumshoe | 64 Dirtyes | 65 Statistical focus | 66 Unruffle | 67 Reposes "Little Voice" | 68 Noxious atmosphere | 69 Dock | 70 Unburdens oneself | 71 Orientation | 72 Alistair MacLean bestseller | 73 On the (defenseless) | 74 Soft cheese | | | | | |
| | 94 Rubble | 97 Bobbin | 99 Kyoto companion | 101 Jai | 102 Thought-provoking | 103 Our omega | 104 Sacred image | 105 Air-quality org. | 108 Hasty | 109 Old folk song | 115 Kitchen addition? | 116 Clay, later | 117 Pale purple | 118 Combat mission | 119 Carries out | 120 Regret | 121 Grind one's teeth | 122 Mike of "Austin Powers" | | | | | | | | | | | |
| | 9 Stadium shout | 10 Nice | 11 Where to find romance | 12 Easy as falling off | 13 Part | 14 66 Association hit | 15 Glossy black | 16 Pointless | 17 Simple ring | 19 Domain | 24 Downey of "Touchy by an Angel" | 25 Agt. | 26 Laurer powder | 31 Promontory | 32 Cuttlefish kin | 33 Velez of "Mexican Spitfire" | 34 "Annabel Lee" monogram | 35 Pupil's place | 36 Tribe | 37 Opera's term | 38 Striking | 41 Cain's nephew | 42 Freighter front | 43 Pitchfork | | | | | |
| | 44 part | 45 Spoken for | 46 Stress | 47 Author | 48 Murdoch | 49 "creature was stirring..." | 49 Prepares eggs | 50 Grain husk | 51 Part of Q.E.D. | 56 Emulated Elle | 57 Scent | 58 — up (untied) | 59 "Exodus" protagonist | 62 Submachine gun | 63 Walked | 65 Aviv | 66 VCR button | 67 Black piano key | 68 Hors d'oeuvre holder | 69 "It — Fight" ("56 song) | 70 First zookeeper? | 74 TV's "Nest" | 75 Columnist | 77 Herb | 78 Geometry term | 79 Williams' was glass | 79 Botswana bigwig | 82 List ender | 83 Asian title |
| | 85 Asian title | 87 Duds | 88 Crow's-nest city | 89 polloi | 90 Printer's measures | 94 Cantata composer | 95 Fugard's "A Lesson from" | 96 Liberation cry | 97 Cold-war assn. | 98 Ersatz emerald | 100 Cartoon cry | 102 Hoarse horse? | 103 South African native | 104 Craving | 105 "Harper's Bazaar" artist | 106 Brace | 107 Blows away | 109 Job | 110 Actress | 111 Chinese principle | 112 Sievedores' grp. | 113 Advisory org. | 114 Go for it | | | | | | |

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.

"Deadly"

U O X G I A C N F U O W O W A
 N Y A A R Q M C U K W O T U T K ,
 U ' I A W A G X R , G T R U O
 D G T S U C C G Y A X N Q T U T
 M Q Z X W Q Z X N . N Q , Q M
 D Q Z X N A , F A G X A G C C Q T
 A R K A . - L A G T B U D W A C
 B G P U B U C U A T , G D G B Y
 C A G R A X U T Y Q X O - G Z -
 Y X U T D A , W G U O U , Q T O W A
 N Y X A G R Q M D W Q C A X G .

Find the answer in the puzzle answer section.

Weekly SUDOKU

by Linda Thistle

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

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OWASA FROM PAGE 1

Mac Clarke, chair of the OWASA board's finance committee, said the plan strives to be cost-neutral.
 "We don't want to make money, we don't want to lose money," he said. "It's almost impossible to set up any project just to break even.... The thing we want to avoid are losses."
 Jim Warren said he felt that allowing True North to conduct both the assessment and implementation of the plan presented a conflict of interest.
 "I don't have any problem with True North making a living. You guys have got to do it, but frankly this was a bad mistake hiring a company to do the assessment that you then would hire to do the work," Warren said.
 Derb Carter, who works with the Southern Environmental Law Center, said the plan focused too much on economics and not enough on science. "What we have here is a plan that's driven by the lowest pri-

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|---|--|--|---|---|--|
| <p>CARRBORO
 Weaver Street Market
 Carr Mill Mall
 Harris Teeter
 The ArtsCenter
 Amanté Gourmet Pizza
 Carrburritos
 Piedmont Health Services
 Midway Barber Shop
 VisArt Video
 BaDa Wings
 Looking Glass Café
 Carrboro Business Coop
 Modern Fossil
 Orange County Social Club
 Speakeasy corner/G'boro & Main
 Weaver Street Realty
 Carrboro Family Vision
 Century Center
 Great Clips
 Cybrary
 Capelli's
 Elmo's Diner
 Spotted Dog
 Jesse's Coffee
 Nice Price Books
 Carrboro Town Hall
 Carrboro Town Commons
 Cliff's Meat Market</p> | <p>PTA Thriftshop
 Calvander Food Mart
 Carrboro Mini Mart
 Southern Rail
 Open Eye Cafe
 Carrboro Branch Library
 The Beehive
 Auto Logic
 Reservoir
 Johnny's
 Carolina Cleaners Laundromat
 Crescent Green Assisted Living
 Jones Ferry Rd Park & Ride</p> <p>CARRBORO PLAZA
 Carrboro Plaza Park & Ride
 North American Video
 Tar Heel Tobacco
 Carrboro Family Clinic
 UPS Store
 Curves
 Wingman</p> <p>WHITE CROSS AREA
 Harry's Market
 Fiesta Grill
 White Cross BP
 White Cross Shell
 Express Lane
 Maple View Farms</p> | <p>CHAPEL HILL DOWNTOWN
 Caribou Coffee/downtown
 Visitors Center
 Hargraves Center
 Jiffy Lube
 Job Development Center
 West Franklin town racks
 Internationalist Books
 Franklin Hotel
 Time Out
 East Franklin town racks
 Courthouse Alley town racks
 North Columbia St. town racks</p> <p>UNC CAMPUS
 UNC Student Union
 Bullshead Bookshop
 House Library
 UNC Family Medicine
 NC Memorial Hospital
 Ambulatory Care Center
 Carrington Hall Bus Stop
 Carolina Inn</p> <p>EAST
 Chapel Hill Post Office/Estes Dr.
 Caribou Coffee
 Siena Hotel
 Whole Foods</p> | <p>Village Plaza
 Borders Books
 Harris Teeter / University Mall
 University Mall / Kerr Drugs
 A Southern Season
 Phyldeaux
 Jersey Mike's
 Owen's 501 Diner
 Bruegger's Bagels/Eastgate
 Carmine's Restaurant
 Chapel Hill Public Library
 Food Lion/Ram's Plaza
 Chamber Of Commerce
 Days Inn
 Hampton Inn
 Sheraton Hotel</p> <p>NORTH
 Flyleaf Books
 Foster's Market
 Hunan Chinese Restaurant
 Chapel Hill Senior Center
 Southern Human Services
 Carol Woods
 Bagels on the Hill
 Ebanks Rd. Park & Ride
 That Coffee Place
 Cup a Joe
 Margaret's Cantina
 Aquatic Center</p> | <p>Chapel Hill Mini Mart
 Southern Human Services</p> <p>SOUTH
 N.C. Botanical Garden
 Covenant House
 15-501 South Park & Ride</p> <p>GOVERNOR'S CLUB
 Bean & Barrel/ Governor's Village
 Carolina Meadows/Café
 Tarantini</p> <p>MEADOWMONT AREA
 UNC Wellness Center
 Brixz Pizza
 Cafe Carolina
 The Cedars
 Young Simpson Underwood
 Friday Center Park & Ride
 Courtyard Marriott
 Amanté Pizza - Falconbridge
 Nantucket Grill</p> <p>SOUTHERN VILLAGE
 La Vita Dolce
 Park & Ride bus stop
 Market Square</p> | <p>FEARRINGTON AREA
 McIntyre's Books
 Fearrington House Inn
 Galloway Ridge</p> <p>HILLSBOROUGH
 Weaver Street Market
 Andy's Burgers
 Maple View Farms
 Orange County Senior Center
 Orange County Public Library
 Cup a Joe / outside box
 Daniel Boone Shopping Center
 Sportsplex
 Durham Tech/student lounge
 UNC Family Medicine</p> <p>PITTSBORO
 Pittsboro General Store
 Suntrust Bank (outside)
 Chatham Marketplace
 Pittsboro Public Library
 Carolina Brewery
 Pittsboro Family Medicine</p> <p>CHATHAM CROSSING
 Torrero's Restaurant
 Chatham Crossing Medical Center
 Lowes Foods / outside box</p> |
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