Briefs

Tarwheels announce donation

The Carolina Tarwheels Bicycle Club recently donated $23,000 to seven local projects aimed at providing improved bicycling opportunities for residents in the Triangle area.

The projects were funded by the proceeds from Tarwheels' Bikefest events in 2009 and 2010. Bikefest has taken place in Hillsborough for the last 16 years and brings in nearly 800 riders every August.

The club plans to invest the money into providing bicycles and helmets for disadvantaged children at New Hope Elementary School, Durham County Social Services and Lewis Days of Durham. The money will also help fund mountain bike trips for Trips for Kids Triangle, new signs for Chapel Hill Greenways and paving between the American Tobacco Trail Connector project and Herndon Park.

In addition, a record 78 bicycles will be donated to children in need this year, far more than the previous Tarwheels record of 15.

New farmer workshop series

N.C. Cooperative Extension's Orange County Center and the Orange County Economic Development Commission have announced that the fourth annual PLANT (People Learning Agriculture Now for Tomorrow) Farm Incubator Workshop Series will begin Jan. 5.

The workshop series trains beginning farmers to serve the developing market for local-food production in the Triangle. The three-hour workshops are held eight consecutive weeks in January and February.

The workshops cover a broad range of topics of importance to beginning farmers. Classes are taught by experienced market farmers, university professors, extension agents and others involved in the local-food system.

For more information, call 245-2063. The program application is available online at orangecountyfarms.org/PLANTatBreeze.asp

U Mall celebrates Elvis' birthday

In honor of Elvis Presley's birthday, University Mall will host Elvis tribute artist Keith Henderson for a free performance of "Illusions of The King" on Jan. 8 from 2 to 3:30 p.m. at the inside stage located near Dillard's.

Henderson, who makes his home in Chapel Hill, is an internationally renowned Elvis illusionist.

Children's book drive

Orange County seeks book donations for its annual Martin Luther King Jr. Children's Book Drive. Children's books can be donated Monday through Friday, Jan. 3-14 at the Seymour Center on Homestead Road.

The donated books will be distributed to child-care centers, schoolchildren, local shelters and the UNC Children's Hospital.

Volunteers are also needed Jan. 3-21 to establish distribution sites and to accept and distribute books. On Jan. 25, a "Reflections by Candlelight Reception" will be held for book drive volunteers and partners to share stories.

To volunteer, contact the OC RSVP Volunteer Program by calling 968-2056.

CHS arts wing near completion

The Carrboro High School arts wing is near completion and expected to be ready for occupancy in January.

Last week, members of the Chapel Hill-Carrboro City Schools Board of Education, district administrators and Carrboro High staff toured the building, which includes an auditorium, a dance classroom, a band room and a chorus room.

The school plans to hold a gala in celebration of the arts wing completion in March.

Smith students ace contest

Smith Middle School students received high marks last month in the AMC8, a national math contest.

Smith students earned very high scores, placing it as one of the top math schools in the state. Top-scoring students are: Jennifer Sou (24 out of 25), Daniel Lee (23), Sarah Wu (23), Stephen Foskey (22), Andy Huang (21), Roy Huang (20), Veronica Kim (20), Katherine Wang (20) and Finn Weber (20). Thirty other Smith students earned "Honor Roll" recognition for scores of 17 or higher and 19 sixth-graders earned "Merit Roll" recognition for scores of 15 or higher.

The AMC8 is the largest and one of the most prestigious math contests for middle school students in the country.

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 implantable defibrillators and heel pain.

Dear HOUSE *Calls*, *My father is 62 and has had high blood pressure. He takes a daily aspirin and exercises regularly. His father died from a heart attack at 63, and my father thinks he could have one too. A friend suggested that he talk with our family physician about getting an implantable defibrillator because it could save his life if he has a heart attack.*

If your father is taking a daily aspirin, exercising regularly and controlling his blood pressure, he is already doing the things that he should be doing to prevent what happened to his father. We should briefly explain an implantable defibrillator. It is a device that sits in the chest under the skin with wires to the heart. The wires detect abnormal and usually fatal rhythms, than deliver a shock to get the heart into a normal rhythm. These devices can be life saving. However, we only understand the benefits of these devices in people with pretty severe heart disease. So to answer your question, though this device could be life saving, there are also risks of implanting such a device. We suspect that the risk in doing so, though small, outweighs the potential benefit in somebody without known heart disease. Not knowing the details of your father's heart health, this may be worth further discussion, but mostly we think it is great that your dad is doing all he is to prevent a heart attack.

Dear HOUSE *Calls*, *I have had a sore heel for a few months. It hurts after walking all day and gets better at night. I have orthotics for flat feet. What do you think is the cause?*

That's a good question. We always start with the shoes and work our way up. So if you visit your family physician for this problem, and we hope that you will, bring the shoes that make this problem the worst. We would want to see how you walk in and out of shoes, learn more about the symptoms (for example, how does it feel in the morning?) and the exact location. It also would be helpful to know what kind of stress you put on your feet and the condition and type of shoes you where. Heel pain can be from plantar fasciitis (inflammation of the broad tendon on the bottom of the foot), a thinning fat pad in your heel or even a stress fracture. We can sort most of this out with a visit, sometimes with an X-ray. If your shoes are old or have poor support, we would want to correct that first. Over-the-counter arch supports and/or heel cups can be very helpful, as can custom orthotics. We hope this helps, but you will probably need to see your family doctor.

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.*

CLINIC

FROM PAGE 1

"We have to integrate the Chapel Hill transit with Orange County transit, not just for the dental clinic, but for a lot of other reasons," board Chair Bernadette Pelissier said. "I think that the issue is a much larger one than just the switching of all the dental patients to the Hillsborough office for the time being."

County officials have said they plan to cover the $4 cost of a roundtrip on the 420 bus from Chapel Hill to Hillsborough for dental patients. The bus runs from UNC Hospitals to downtown Hillsborough, but its closest stop to the Whitted Building is about a half a mile away. However, Orange County transit officials plan to launch a new bus route in Hillsborough in February and are considering a Whitted Building stop.

According to county health director Rosemary Summers, Medicaid patients can arrange for transportation to and from dental and medical appointments through the Department of Social Services.

The clinic redesign, intended to meet county health and dental clinic needs for the next seven to 10 years, includes structural improvements to the building. If commissioners open bidding and award a bid in January, the project is estimated to be completed in June or July.

CVS

FROM PAGE 1

Charlie Hileman, who chairs the town's Transportation Board, said he attended the meeting and sees a real challenge in how traffic would flow along Greensboro Street. "It's a very difficult intersection," he said.

Hileman said the project would dramatically change the area.

"The town has to look at it and say 'what do we want out of the area?'" he said, adding that the town has spent years putting tough standards on businesses in its historic areas. A 24-hour drug store, he said, would vary considerably from that.

"Now we have to decide if we want to extend that kind of business into the mill-house area," Hileman said.

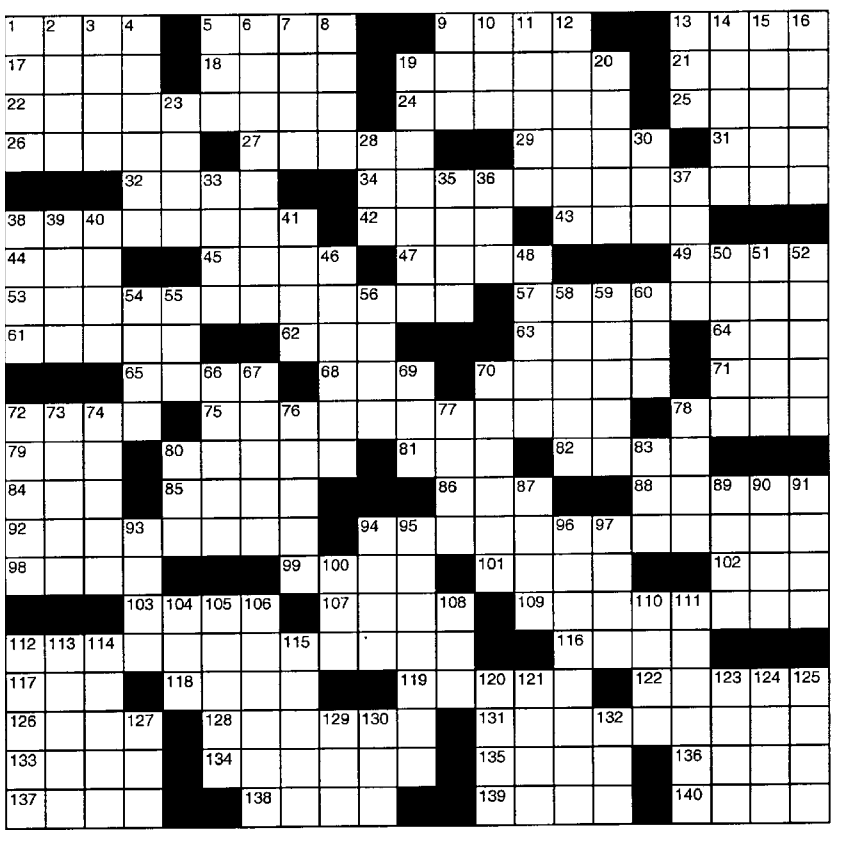
Company representatives said they welcome feedback on the plan and will hold another discussion in January.

SUPER CROSSWORD

CELEBRITY SHOPPING

ACROSS
1 Stevenson scoundrel
5 Epps of "The Program"
9 One of "The Three Sisters"
13 Monstrous dance?
17 Deserve a check
18 Possess
19 Obscures
21 Flu symptom
22 Mr. Asner's gift?
24 Esteem
25 Pal
26 Smooth transition
27 River reptiles
29 Sup in style
31 Olsen of vaudeville
32 Fury
34 Ms. Rivers' gift?
38 Lee and Bradley
42 Wheels of fortune?
43 Yule purchase
44 Frehley of Kiss
45 — market
47 Green land
49 "Nabucco" number
53 Mr. Reynolds' gift?
57 Noblewoman
61 Like opposites
62 —-relief
63 English poet Wilfred
64 James Herriot, for one
65 Abbreviated address
68 Plopped down
70 Spartacus, e.g.
71 Swiss canton
72 David's instrument
75 Mr. Myers' gift?
78 Sharp
79 Palindromic dictator
80 Largest antelope
81 Court
82 In addition
84 Gun the engine
85 Note
86 Letters of desperation?
88 Reunion attendee
92 Word with eel or eye
94 Mr. Von Sydow's gift?
98 Dickens' Pecksniff
99 High-flying toy
101 Summer-camp activity
102 — de France
103 Novelist Paton
107 Beloved
109 Dangers
112 Mr. Griffith's gift?
116 Director David
117 "Tobacco Road" character
118 To be, in Toulouse
119 Steen stand
122 Forum figure
126 Way
128 Pumice product
131 Ms. Conn's gift?
133 "Mila 18" author
134 Kitchen implements
135 Obligation
136 Merry abandon
137 Break suddenly
138 Doe's darling
139 Yarn
140 Unspecified amount

DOWN
1 Musical Myra
2 Big name in locks
3 Smidgen
4 Tolerate
5 Triumphant cry
6 "La Boheme" role
7 Maintain
8 Change the decor
9 Vintage
10 Actor Herbert
11 Lead through the wilderness
12 Directionless
13 Singer Davis
14 Blessed sound?
15 Coach Don
16 Bruisers
19 Quick change artist?
20 Murcia mister
23 Dread
28 NCO
30 Poetic preposition
33 Fisherman's need
35 Fail to mention
36 Postman's Creed word
37 Patou or Piaget
38 Sound of shock
39 Return address?
40 Astronaut Armstrong
41 Belgrade denizen
46 Took down a peg
48 Levi's "Christ Stopped at —"
50 Variety show
51 Grenoble's river
52 John of "The Addams Family"
54 Inclined plane
55 —-la-la
56 Lofty initials?
58 Vigilant
59 Party hearty
60 "— Fine Day" ('63 tune)
66 More proficient
67 Biscayne Bay city
69 Haul a heap
70 Buss
72 Takes on
73 "Jane Eyre" character
74 Fasten firmly
76 Criticize
77 Painter Bonheur
78 Actor Dullea
80 CPR provider
83 —-Cat (winter wheels)
87 Exclude
89 Nolde or Jannings
90 Holler
91 Former spouses
93 Actor Everett
94 British gun
95 Downspouts
96 Adept
97 Holy day
100 Mrs. Eddie Cantor
104 Caustic stuff
105 In search of
106 "McTeague" author
108 Rug type
110 "The Gong Show" panelist
111 Negative terminals
112 "The Plague" novelist
113 Decorate
114 Gymnast Comaneci
115 Do a double take, perhaps
120 James Herriot, for one
121 — May Oliver
123 Actor O'Shea
124 TV's "— 12"
125 Workday start
127 Kreskin's letters
129 Cousteau's milieu
130 Unit of work
132 Sugary suffix



Citizen *Cryptoquote* 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.

"You're Kidding, Right?"

S V X F K F Z V B P J G W V F J

F X . S V , F T O G S , Y U V

Y V B P J ? - R O Z L O X G L E V K

R X G X O U F P P G L E L V J U G T

Z P F S X V S , G R M O J V S

X U O S C Z S O Y R A L V I L G T ,

" T O O X X U O A L O R R " , F K

R U O Y V B P J I V X U L V B I U

G S G F L A V L X R O Z B L F X E

A G X - J V Y S .

Find the answer in the puzzle answer section.

Weekly SUDOKU

by Linda Thistle

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