

## Briefs

### Jazz concert to benefit IFC

The Bradshaw Quartet and Christen Campbell will perform a concert to benefit the Inter-Faith Council at 7 p.m. on Dec. 31 at United Church of Chapel Hill.

The Bradshaw Quartet was founded in 2003 to extend the musical fellowship they enjoy as the United Voices of Praise Gospel Choir rhythm section. The group will showcase selected jazz standards, new interpretations of R&B and pop classics and original compositions.

Christen Campbell has performed as a jazz singer in dozens of major cities around the world.

United Church is located at 1321 Martin Luther King Jr. Blvd.

### Music-therapy program receives donation

Voices Together, a local music-therapy program, has received a donation of musical instruments from the Fender Music Foundation.

Voices Together is one of 12 programs nationwide that was chosen to receive instruments funded by the foundation's "Adopt a Music Program. Save a Life," fundraiser.

The program focuses on providing music therapy for individuals with developmental disabilities. Programs had to demonstrate that they taught music to those who would otherwise not have the opportunity and that they were committed to the ongoing success of their program.



### More Literacy Bags available at library

Due to popular demand, the Orange County Main Library is offering more Literacy Bags with several books on various themes.

More than 80 literacy bags on a variety of themes are available, including several bilingual bags with books in both English and Spanish. More early childhood education-themed bags and juvenile fiction bags have been added to the collection. With the bags, parents, children, teachers and others can quickly check out 10 books on particular themes.

The loan period is three weeks with one renewal allowed, unless a hold has been placed on that particular bag.

A complete list of the Literacy Bag themes, along with the books each bag contains, is available at the library's Children's Services Desk. For more information, visit [www.co.orange.nc.us/library/literacybags.asp](http://www.co.orange.nc.us/library/literacybags.asp) or call 245-2532.

### China fir selected as Hillsborough Treasure Tree

The Hillsborough Tree Board has selected a China fir as its second Treasure Tree.

The tree, located at 392 St. Mary's Road, is a pyramidal evergreen tree with an exotic appearance. It was selected for its rarity, exceptional height and overall beauty. The China fir, *Cunninghamia lanceolata*, is a highly prized tree in its native country. It was introduced into the U.S. in 1804 and is most commonly found in the South. It has fragrant, reddish-brown bark that sheds in long strips.

The Tree Board encourages citizens to look out for trees with exceptional qualities to nominate as future Treasure Trees. Nomination forms are available on the Tree Board page of the Town of Hillsborough's website, [ci.hillsborough.nc.us](http://ci.hillsborough.nc.us), or by calling Public Works supervisor Ken Hines at 732-1270, ext. 78.

## Calendar

### TUESDAY JAN 4

**Movie Night** — Stardust, with Claire Danes, Sienna Miller, Charlie Cox, Robert DeNiro and Michelle Pfeiffer. Chapel Hill Public Library, 6:30pm Free

### THURSDAY JAN 6

**Audubon Society** — Monthly membership meeting with Ginger Travis and Norm Budnitzh discussing birding and kayaking on Jordan Lake. N.C. Botanical Gardens, 7pm

### Movie Screening

— The Witness, the story of a man who feared animals for most of his life before becoming an animal rescuer. Internationalist Books, 7pm

### SATURDAY JAN 8

**Swing Dance** — With Russ Wilson and His Mighty Mighty

Men. Carrboro Century Center, 7:30pm lesson/8pm dance \$9/\$12 guests [triangleswingdance.org](http://triangleswingdance.org)

**2011 Antiques Show** — 4th annual Antiques Show. Fearrington Barn, 10am-5pm \$10

### Youth Performing Arts

— Registration begins for new workshops for students in grades 3-12. [Artscenterlive.org](http://Artscenterlive.org)

### Ongoing Cancer Support

— Support groups at Cornucopia House, Chapel Hill for cancer patients and their families. [cornucopia-house.org](http://cornucopia-house.org)

### Cancer Support

— Support groups and wellness programs sponsored by N.C. Cancer Hospital. [unclineberger.org/patient/support/supportgroup.asp](http://unclineberger.org/patient/support/supportgroup.asp)

### 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](http://chapelhillctf.org)

**Call to Artists** — The Hillsborough Arts Council seeks submissions for a themed exhibition, "Gardens and the Natural World," to be held in the HAC Gallery from April 22 to May 21. Application deadline is Feb. 15. [HillsboroughartsCouncil.org](http://HillsboroughartsCouncil.org)

**Book Drive** — Martin Luther King Jr. Children's Book Drive. Books may be dropped at the Seymour Center Monday-Friday, Jan 3-14. Books will be distributed to children centers, school children, local shelters and the UNC Children's Hospital.

## 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 mercury in fish, herpes infections and bruises.

**Dear HOUSE Calls,** Can bruises be dangerous? I'm a healthy young person but a klutz. I'm always covered with bumps and bruises. Someone told me that a bruise can turn into a blood clot. Is that true?

A bruise can turn into a blood clot just under the skin or a hematoma, but not the kind of deep blood clot that can occur in the legs or lungs. So don't worry about bumps and bruises. But you might want to worry about the causes of your falls and the potential for more serious injuries. You could consider taking yoga or other martial arts or dance classes to help develop balance and coordination. You could also discuss this with your family doctor to make sure there is nothing causing the klutziness and then develop a strategy for prevention. Good luck.

**Dear HOUSE Calls,** I understand that fish oil is good for you and my doctor

encouraged me to eat more fish. I am concerned about mercury, especially for my children. Can you give me some guidance?

Efforts to avoid mercury are important. This is especially true during pregnancy and for young children because of the effects of mercury on the developing brain. You should consider eating fish lower on the food chain and not eating those every day. Fish that are highest in mercury are at the top of the food chain (shark, swordfish, tilefish, king mackerel). Fish with lower levels of mercury are salmon, tuna, tilapia, most white fish and most freshwater fish. If you eat fish higher in mercury, consider doing so infrequently and in small portions.

**Dear HOUSE Calls,** I am 27 years old and recently had unprotected sex with my girlfriend. She's had herpes but was not having an outbreak. The next day, she developed symptoms and three days later I developed two bumps. I saw my doctor, who put me on a

herpes medicine and took a culture that came back positive for herpes. I have heard that you can't get herpes from a partner unless they are having symptoms. Is this true?

We are sorry for your experience. Unfortunately, it seems that you already know the answer to your question. A person is less likely to get herpes from an asymptomatic partner; but infected people without symptoms still give off viruses, albeit at lower levels. So yes, it is possible to catch herpes this way. The good news is that herpes outbreaks are treatable and preventable. But we would be remiss if we did not remind you about the risk of other sexually transmitted infections and pregnancy with unprotected sex.

*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.*

## MOVIES We suggest you call for exact show times

### CAROLINA THEATRE OF DURHAM

309 W. Morgan St., 560-3030  
Black Swan, nightly at 7 & 9:10 p.m., Saturday and Sunday matinees at 2 & 4:10 p.m.; True Grit, nightly at 7:15 & 9:30 p.m.,

**The CAROLINA THEATRE**  
DURHAM'S HISTORIC MOVIE PALACE  
FILM SCHEDULE DEC 31-JAN 6  
TRUE GRIT Nightly at 7:15 & 9:30pm  
Sat & Sun Matinees at 2:15 & 4:30pm  
BLACK SWAN Nightly at 7 & 9:10pm  
Sat & Sun Matinees at 2 & 4:10pm  
I LOVE YOU PHILLIP MORRIS  
Nightly at 7:25 & 9:20pm  
Sat & Sun Matinees at 2:25 & 4:20pm  
309 WEST MORGAN ST. DOWNTOWN DURHAM  
CAROLINATHEATRE.ORG ~ 919.560.3030

Saturday and Sunday matinees at 2:15 & 4:30 p.m.; I Love You Phillip Morris, nightly at 7:25 & 9:20 p.m., Saturday and Sunday matinees at 2:25 & 4:20 p.m.

### CHELSEA THEATER

Timberlyne, 1129 Weaver Dairy Road, 968-3005  
Black Swan; The King's Speech; I Love You Phillip Morris

**THE LUMINA**  
Southern Village, 932-9000

Little Fockers; True Grit; The Chronicles of Narnia: The Voyage of the Dawn Treader; Tron: Legacy; Yogi Bear

### REGAL TIMBERLYNE 6

120 Banks Drive, 933-8600  
Call for showtimes.

### THE VARSITY

123 E. Franklin St., 967-8865  
Unstoppable

Send your Community Calendar submissions to [calendar@carrborocitizen.com](mailto:calendar@carrborocitizen.com)

## SUPER CROSSWORD PAGEANTRY

Crossword puzzle grid with clues for Across and Down.

## CitizenCryptoquote By Martin Brody

For example, YAPHYAPLIM 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.

### "Never Say Never"

Cryptoquote puzzle: L' B F M W Z I S W A F W G O X O I M A Z P C E A F X O A F D D O G O E . - Q Z Q Q S M J A L C C L G R , F D L H H O I L F Z K G O I V I Z B B Z C L G O , L C C . , O C O J W O E W Z J Z G R I O M M O F I C L O I W A L M B Z G W A F C Z G R K L W A B F G S Z W A O I M K A Z A F E C L W W C O D Z C L W L J F C O T D O I L O G J O

## Weekly SUDOKU

by Linda Thistle

9x9 Sudoku grid with some numbers filled in.

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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## after christmas super sale

bargains throughout the store

- Swedish Gingersnap Tin . . . . . \$2.99 ea
- Holiday Candy and Chocolate . . . . . 50-80% off
- Our Famous North Carolina Peanuts . . . . . 1/3 off
- Café Cubano, 1-lb . . . . . \$6.49 ea
- Old-Fashioned Ribbon Candy . . . . . 70% off
- Parmigiano Reggiano . . . . . \$10.99 lb
- NC Pecan Pralines . . . . . 35% off
- Biltmore Wines . . . . . \$6.99 ea
- Vera Bradley, Retired Styles . . . . . 25-50% off
- Holiday Stollen . . . . . 60% off
- Carolina Cupboard Cheese Straws . . . . . 1/3 off
- Ritter Sport Chocolate Bars . . . . . 40% off
- Holiday Decor and Ornaments . . . . . 50% off
- Decaf Moka Java, 1-lb . . . . . \$7.59 ea
- Australian Glacé Apricots . . . . . 60% off
- All Homemade Dips and Spreads . . . . . 30% off
- Signature Wine Glasses by Riedel . . . . . Buy 1, Get 1 Free
- Italian Panettone and Pandoro . . . . . 50% off
- Ashe County NC Hoop Cheese . . . . . \$3.99 lb
- Organic Italian Olive Oil, Monte Pollino . . . . . 50% off
- All British Teas . . . . . 25-40% off
- Cranberry Orange Walnut Cookie Tin . . . . . 60% off
- Holiday Gift Baskets and Towers . . . . . 50-75% off
- Balsamic Vinegar, Bella Famiglia . . . . . \$3.89 ea
- Frontera Black Bean Chili . . . . . 35% off
- Boska Fondue Pot . . . . . 1/2 price
- Deli Soups . . . . . 25% off
- All Walkers Shortbreads . . . . . 33% off
- Wüsthof Chef's Knife, 6" . . . . . 50% off
- All VIETRI including Special Orders . . . . . 20-50% off

*A Southern Season*

201 South Estes Drive • Chapel Hill • 919.929.7133  
Open 10-7, Friday 'til 9 • [southernseason.com](http://southernseason.com)

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