

Briefs

Free December rides on new Siler City shuttle

Chatham Transit has launched service to Siler City with stops at key retail, employment and commercial destinations. Ride will be free through the end of December.

The shuttle's route has 25 stops. Two vehicles running in opposite directions leave Siler City Town Hall on weekdays at 8 a.m., making six trips around the circuit, with the last trip ending at 6:15 p.m.

After December, the cost for a one-way trip will be \$1 or \$3 for an all-day pass. Complimentary service is available for residents with disabilities each weekday.

For more information, visit chathamtransit.org or call Chatham Transit at 542-5136.

Eno River Farmers Market to start winter hours

The Eno River Farmers Market has shifted to winter hours, but still has plenty of eggs, meat, cheese, baked goods and prepared foods, plus vegetables like beets, radishes, turnips, carrots, lettuce and greens all winter. Vendors are taking special orders for the holidays for pies, breads and side dishes.

Winter hours are from 10 a.m. to noon every Saturday until April. The market will be closed on Christmas and New Years Day.

Carrboro market crafts fair

The Carrboro Farmers' Market will feature its Seasonal Craft and Gift Market this Saturday to celebrate the holiday season. Local farmers, artisans and crafters will be displaying Christmas crafts and gifts in the Gazebo area of the market

from 9 a.m. to noon. Additional lures for shoppers include live music and free hot chocolate.

Library collects food for fines

The Orange County Public Library is collecting donations of nonperishable food items, new toys and clothing for the Orange County Holiday Program in lieu of late fees until Friday.

A can or box of unexpired, nonperishable food will be good for \$1 off late fees, while a new unopened and unwrapped toy or article of clothing will be good for the entire balance of library late fees in the donor's account. Donations will be accepted at the Carrboro Branch Library at McDougle School and the Cybrary and in Hillsborough at the Main Library.

For more information about the Orange County Holiday Program and Toy Chest, visit orange-countync.gov/holidayprogram

CCT! receives mentoring grant

The U.S. Department of Health and Human Services recently awarded Chatham County Together! (CCT!) a three-year grant for the organization's mentoring programs.

CCT! will use the grant to focus on mentoring youth in Chatham County aged 4-17 who have a parent or parental figure incarcerated in a state or federal institution. CCT! seeks to match 175 youth with mentors over the next three years. To do that, it will need to raise \$47,320 in matching funds required by the grant.

CCT! will hold a volunteer orientation at 6 p.m. on Jan. 25 at 208 N. Chatham Ave. in Siler City. For more information, contact Justin Lane at justin@chathamcountytogether.org or 663-0116 or visit chathamcountytogether.org

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 urinary tract infections and diagnosing Alzheimer's disease.

Dear HOUSE Calls,
I'm 29 years old and get urinary tract infections twice a year for no apparent reason. Going to the doctor is expensive and time-consuming, so I asked my doctor to give me a prescription for an antibiotic that I can take when I get symptoms. She refused, and so I found another doctor who was willing to try this approach. Do you think this is reasonable?

We're glad you found a doctor that met your needs, but we are sorry you had to change doctors. To try this approach, a woman needs to have multiple uncomplicated urinary tract infections, be good at self-diagnosis and be able to communicate with her doctor. At least three studies have shown that self-treatment can be appropriate in such cases. On the other hand, if you were to misdiagnose your urinary tract infection or get a complication (like a kidney infection), you could have serious problems. Finally, we are increasingly interested

in minimizing the use of unnecessary antibiotics. So, hopefully, you see the dilemma in addition to the opportunity. We would have hoped that you could have had such a conversation with your former doctor. When we feel like this is an appropriate approach, we still ask our patients to come in for a visit once a year to check a urine sample and make sure the plan is still working.

Dear HOUSE Calls,
I believe my mother may have early Alzheimer's. What test can you do to diagnose it early? Does early diagnosis matter?

The diagnosis of Alzheimer's is generally based on clinical evaluation (history, physical exam, lab tests, tests of memory and thinking and often brain imaging). Multiple criteria exist to diagnose Alzheimer's, but no single test makes a diagnosis. We can think of many reasons to take your mom to her doctor to discuss this issue now. Perhaps the most important reason is that there may be other causes — such as mini-strokes, depression or drug side effects — that have effects that look

similar to Alzheimer's. Aggressive control of risk factors (high blood pressure, high cholesterol, diabetes and smoking) can make big differences in the progression of many forms of dementia. We also have some prescription medicines that are most helpful in the treatment of mild to moderate Alzheimer's. These medicines can lead to small improvements in thinking and the daily activities needed in self-care. However, their long-term benefits are less clear, as Alzheimer's is a progressive disease. A final reason to consider a doctor visit is that an accurate diagnosis can help families make informed choices about maximizing their loved ones' quality of life, and then make plans. Plans for end of life can be made for loved ones while they are still able to participate in this critical decision. We hope you will consider going with your mother to see her doctor. Good luck.

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.

HOLIDAY CALENDAR

Carrboro Tree Lighting

The annual ceremony takes place on the lawn at Town Hall on Friday from 6 to 7 p.m.

The Big Parade — The annual Chapel Hill-Carrboro Holiday Parade will be held Saturday from 10 a.m. to noon.

ELF Fair — The fair will be held from 11 a.m. to 5 p.m. on Saturday at The ArtsCenter and 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 craft fair

The special Holiday Craft Market at the South Estes Farmers' Market runs from 10 a.m. to noon on Saturday and features artisans and crafters from around the area.

Symphony Concert

The North Carolina Symphony will perform *Deck the Hall! Holiday Pops for Kids*, an hour-long holiday joyride at Memorial Hall, Saturday at 2 p.m.

Home tour — The Preservation Society of Chapel Hill's annual Holiday House Tour takes place from 1 to 5 p.m. on Saturday and Sunday and features 10 historic homes and a stop at the The Carolina Inn.

Ye Olde Pittsboro Christmas

Carrige Rides from noon to 2 p.m. and a fictitious walking tour of downtown at 4 p.m. are among the featured attractions for the annual Candlelight Christmas event in downtown Pittsboro on Saturday.



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SUPER CROSSWORD EMOTIONAL STATES

ACROSS

1 Zhivago's love
5 Touch up the text
9 It should be square
13 "Don't — it!"
18 Act like Elna
20 Birdbrain
21 Garfield's pal
22 Fragrance
23 Tennessee cry of denial?
25 "Shuffle" (77 song)
26 Long walks
27 Pleasant
28 Jeroboam contents
29 Way up
30 Verd
31 Get — (be successful)
32 Mikita and Musial
33 Find the sum
36 Spring holiday
39 TV's "Sharkey"
40 Mature
44 North Carolina cry of encouragement?
47 Seizes suddenly
51 Join the leisure class?
52 Item for 37 Down

53 Live on lettuce
55 Coasted
57 Texas cry of sympathy?
58 Feet
59 Writer Fland
60 Second
62 EMT's skill
64 Everything
65 Dickens character
66 Yak
69 Pennsylvania cry of
73 — Moines, IA
74 He'll bend over backward for you
76 Grazing ground
77 Permit
78 Witch doctor
79 Hoopsters' org.
80 Evee's snack
82 Utah cry of revulsion?
88 Chihuahua dough
89 Chihuahua
91 Italian port
92 Dwell
93 "Scat!"
95 Illinois cry of surprise?
97 Sampras

98 Weeding tool
100 Duration
102 Chemical
103 Buy off
106 See
129 Across
108 Orient
112 Upright
113 Mr. Diamond
114 Least
119 Gravel-voiced
120 Thailand, formerly
121 Michigan cry of chagrin?
122 Senator Kefauver
123 Cultural grp.
124 Nautical adverb
125 Concluded
126 Hackneyed
127 Big man on campus
128 Cunning
129 With 106 Across, legendary drummer
DOWN
1 Horne or Olin
2 "Ho's — Pickler" (14 song)
3 German valley
4 Church areas
5 Fit to feast

6 Barbie or Ken
7 Unemployed
8 Sock part
9 "La Misantrophe"
10 Minneapolis suburb
11 Helped
12 Composer
13 Massachusetts cry of contempt?
14 Author Jong
15 Symbol
16 Forbodings
17 "Boss"
18 Tweed's nemesis
19 What you used to be
24 Actor Kilmer
28 Baby basset
29 Egyptian viper
31 Fugard
33 Taj town
34 Sleuth
35 Kids connect them
37 Jockey giant
38 Darjeeling dress
39 Revolutionary Guevara
41 Drollery
42 Psychic

43 Inclination
45 Tennyson tale
46 — rummy
48 About
49 Bank deposit?
50 Burn a bit
54 Quiet
56 Colors
59 Maugham's
61 Pro-gun grp.
63 Saucepan
64 Driller's org.
65 TV's
66 Huff and puff
67 Feels sore
68 Impertinent
69 Cops org.
70 — grease
71 Indeed
72 Grievance
75 "Typee"
79 Sgt. or cpl.
80 — Carta
81 Improve oneself, in a way
83 Turn right
84 DDE's
85 Tiny coin
86 Genesis setting
87 Hawaii's state bird
90 Veneration
91 Freeway

94 Idaho cry of excitement?
96 Jack of "The Odd Couple"
99 Poetic preposition
101 "Hiroshima"
103 Good time
104 Dread-locked one
105 Set in motion
106 Kevin of "In & Out"
107 Range rope
109 Actress Meyers
110 Seafood selection
111 Accent feature
112 Mus. directive
114 — con-tendere
115 Summit
116 "The Never-Ending Story" author
117 WWII gun
118 "The — Is High" ('80 hit)
120 Crestfallen
121 LummoX

CitizenCryptoquote By Martin Brody

For example, YAPHYAPLM 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.

"Pedagogy"

H E T, S ' Q H E P
 U X N E Q Q X H G S H I W E U X L X U V
 W K P K U X Z U X M S G X H P P Y B P
 P Y X V P B R X B M Y X D D B N R S H I
 D S R X S G S G D B M P H S I Y P.
 V E K R H E T, S ' Q M K U X P Y X U X
 B U X X B M S X U T B V M P E
 D X B U H P Y X M X D X M M E H M.
 - Z U X M S G X H P E A B Q B,
 G S M N K M M S H I P K X M G B V ' M
 X D X N P S E H U X M K D P M.
 Find the answer in the puzzle answer section.

Weekly SUDOKU

by Linda Thistle

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

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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EDWARDS FROM PAGE 1

Her family and friends have set up a website — elizabeth-edwards.org — where individuals may leave their remembrances. In announcing her death, the family issued the following statement:

"Today we have lost the comfort of Elizabeth's presence but she remains the heart of this family. We love her and will never know anyone more inspiring or full of life.

"On behalf of Elizabeth we want to express our gratitude to the thousands of kindred spirits who moved and inspired her along the way. Your support and prayers touched our entire family."

Services will be held Saturday at 1 p.m. at the United Methodist Church on Edenton Street in Raleigh.

The family asks that in lieu of flowers, donations may be made to the Wade Edwards Foundation, which benefits the Wade Edwards Learning Lab at wade.org

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