Briefs

Football team to hold fundraiser

The Carrboro High School football team will hold a fundraiser on Saturday from 8 a.m. to 3 p.m. at Carrboro High School. The team will hold a car wash, silent auction and community yard sale to raise money to purchase new uniforms.

To see what will be available at the silent auction, visit jagvillage.weebly.com

Park improvements

The Town of Chapel Hill will hold a public information meeting today (Thursday) at 6 p.m. at the Oakwood Park to discuss improvements to the park's play area. The town hopes to receive input on the preliminary plans.

In the event of rain, the meeting will be rescheduled to 6:30 p.m. at the Chapel Hill Community Center. The Oakwood Park is located at the intersection of Oakwood Drive and Berkley Road.

Rabies vaccination clinic

Orange County's Animal Services Department will hold a rabies vaccination clinic on Tuesday from 1 to 4 p.m. at the Animal Services Center. The vaccination fee is $10. Dogs must be on leashes and cats must be in carriers.

The Animal Services Center is located at 1601 Eubanks Road in Chapel Hill.

Last Fridays presents Almost Andy

The Orange County Historical Museum will present performances of *Almost Andy*, featuring Hillsborough's Art Fettig, at the Last Fridays Event on July 30.

The shows start at 6:30 p.m. and 7:30 p.m. The 30-minute skit highlights North Carolina native Andy Griffith.

The free performance will be held at the Orange County Historical Museum, 201 N. Churton St., Hillsborough.

Arts Council holds parade workshops

The Hillsborough Arts Council will hold parade float design, costume and giant puppet-making workshops on July 24 and 31 for the Third Annual Handmade Parade.

The workshops will be held both days from 1:30 to 4:30 p.m. at the Orange County Recreation Center, 300 West Tryon St. in Hillsborough and are free for teachers and parade participants.

WHODUNIT
FROM PAGE 1

Tom Quaintance directs the Summer Youth Conservatory
PHOTO BY LUCY BUTCHER

"There's so much you can learn from watching actors for their first time," said Dewitt, who has been acting since she was 10 and takes advantage of the age difference to hone her own skills.

Sarah Hausmann, who plays the female lead Rosa, is 18 and will be attending North Carolina School of the Arts next year. "It wouldn't be as fun with all 18-year-olds," she said. "Also, with student actors you get more passion because the work is not just for pay. SYC actors bring more to the table."

Auditions for the conservatory are completed before school ends in the spring. Quaintance looks for "brave actors who invite being seen and who are willing to sometimes fail at first." According to the director, "differences in ability and experience mean that everyone brings different tools to rehearsal."

"Morning classes are very uniquely structured," said Hausmann. "Everything connects; you can use all lessons in the musical. I'm definitely going to use my knowledge [that I learned in SYC] in college."

While the actors get instruction on voice, speech, movement and acting skills, students interested in technical theater can be a part of TheatreTech. This program provides stage management, in charge of all technical aspects of *Drood*, including costumes, set, props and lighting.

Rehearsal takes place from 1 to 5 p.m. Monday through Friday. Song, dance and acting come together to make for an intensive afternoon of theater for the students.

"It takes more stamina to show emotion through song and dance; it's a lot to think about when you're on stage," said Dewitt.

The Summer Youth Conservatory is a unique program with tons of potential. The cast performed a showcase performance on Wednesday to display new acting skills. *Drood* will run July 22 through 25, and audiences will decide "whodunit." For ticket information, go to playmakersrep.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 muscle cramps and anxiety.

Dear HOUSE *Calls*, *I've been having muscle cramps all over my body for several months. They started in my feet and now are in my legs, arms and even my sides. I'm 58 and pretty healthy. I take medicine for high blood pressure and a vitamin D supplement. I haven't been doing any new exercises. Any ideas why?*

That is a good question, and many possibilities exist. We know it is probably painful for you. While leg cramps at night are more common as people age, we want to know more about all your medicines, both prescribed and supplements. Some common blood-pressure medications, such as diuretics, can cause cramps, as can medicines to reduce high cholesterol. Cramps are also common in people without these problems. Talk to your doctor about the many potential causes and to see about getting your blood chemistries checked if needed (potassium, sodium, calcium, magnesium, creatinine kinase). An easy treatment that works for many is to do five minutes of stretching before bed and twice during the day. This can help prevent cramps.

Dear HOUSE *Calls*, *I am a 27-year-old man and was recently diagnosed with anxiety. I've had chest pain for several months and my doctor said it was my nerves. I admit I am nervous about many things, especially my health and having a heart attack. I smoke occasionally, but in reality I am very healthy. How does anxiety cause chest pain and how often does it occur? What is the best treatment?*

Thank you for writing us. It is not well understood exactly how anxiety causes such symptoms, but we know that it does. When you get anxious or scared, your body releases a variety of hormones (like adrenaline), which increase your heart rate and impact blood flow to the brain, muscle contractions over the body and intestinal movements. Anxiety really does cause chest pain, headaches, stomach aches and other body symptoms. This is real pain. If you worry about a heart attack as a chief cause of your anxiety and yet you smoke, it is really time to quit. If you perceive that cigarettes help you calm down, you are self-medicating in an unhealthy way. A variety of healthy lifestyle approaches to anxiety exist, such as exercise, eating well and getting sufficient rest. To decrease stress, many people use self-relaxation strategies, such as meditation, deep breathing and visual imagery. Finally, therapy and medications (long-term ones such as setraline, citalopram and paroxetine, or short-term ones such as clonazepam or lorazepam) have been shown to be very effective at controlling anxiety. A comprehensive approach, working with your family doctor and therapist, is likely to be most successful.

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.*

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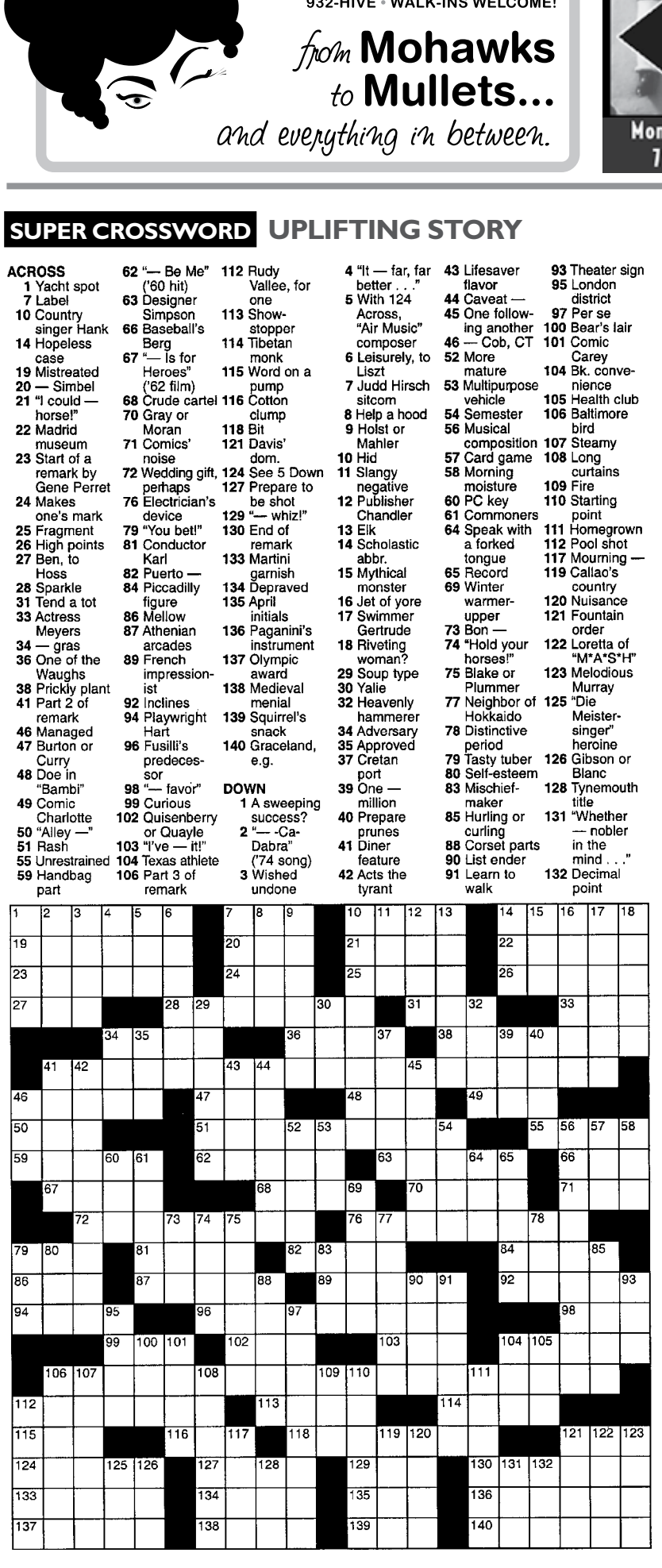
SUPER CROSSWORD — UPLIFTING STORY

ACROSS
1 Yacht spot
7 Label
10 Country singer Hank
14 Hopeless case
19 Mistreated
20 — Simbel
21 "I could — horse!"
22 Madrid museum
23 Start of a remark by Gene Perret
24 Makes one's mark
25 Fragment
26 High points
27 Ben, to Hoss
28 Sparkle
31 Tend a tot
33 Actress Meyers
34 — gras
36 One of the Waughs
38 Prickly plant
41 Part 2 of remark
46 Managed
47 Burton or Curry
48 Doe in "Bambi"
49 Comic Charlotte
50 "Alley —"
51 Rash
55 Unrestrained
59 Handbag part
62 "— Be Me" ('60 hit)
63 Designer Simpson
66 Baseball's Berg
67 "— Is for Heroes" ('62 film)
68 Crude cartel
70 Gray or Moran
71 Comics' noise
72 Wedding gift, perhaps
76 Electrician's device
79 "You bet!"
81 Conductor Karl
82 Puerto —
84 Piccadilly figure
86 Mellow
87 Athenian arcades
89 French impressionist
92 Inclines
94 Playwright Hart
96 Fusilli's predecessor
98 "— favor"
99 Curious
102 Quisenberry or Quayle
103 "I've — it!"
104 Texas athlete
106 Part 3 of remark
112 Rudy Vallee, for one
113 Show-stopper
114 Tibetan monk
115 Word on a pump
116 Cotton clump
118 Bit
121 Davis' dom.
124 See 5 Down
127 Prepare to be shot
129 "— whiz!"
130 End of remark
133 Martini garnish
134 Depraved
135 April initials
136 Paganini's instrument
137 Olympic award
138 Medieval menial
139 Squirrel's snack
140 Graceland, e.g.

DOWN
1 A sweeping success?
2 "— -Ca-Dabra" ('74 song)
3 Wished undone
4 "It — far, far better . . ."
5 With 124 Across, "Air Music" composer
6 Leisurely, to Liszt
7 Judd Hirsch sitcom
8 Help a hood
9 Holst or Mahler
10 Hid
11 Slangy negative
12 Publisher Chandler
13 Elk
14 Scholastic abbr.
15 Mythical monster
16 Jet of yore
17 Swimmer Gertrude
18 Riveting woman?
29 Soup type
30 Yalie
32 Heavenly hammerer
34 Adversary
35 Approved
37 Cretan port
39 One — million
40 Prepare prunes
41 Diner feature
42 Acts the tyrant
43 Lifesaver flavor
44 Caveat —
45 One following another
46 — Cob, CT
52 More mature
53 Multipurpose vehicle
54 Semester
56 Musical composition
57 Card game
58 Morning moisture
60 PC key
61 Commoners
64 Speak with a forked tongue
65 Record
69 Winter warmer-upper
73 Bon —
74 "Hold your horses!"
75 Blake or Plummer
77 Neighbor of Hokkaido
78 Distinctive period
79 Tasty tuber
80 Self-esteem
83 Mischief-maker
85 Hurling or curling
88 Corset parts
90 List ender
91 Learn to walk
93 Theater sign
95 London district
97 Per se
100 Bear's lair
101 Comic Carey
104 Bk. convenience
105 Health club
106 Baltimore bird
107 Steamy
108 Long curtains
109 Fire
110 Starting point
111 Homegrown
112 Pool shot
117 Mourning —
119 Callao's country
120 Nuisance
121 Fountain order
122 Loretta of "M*A*S*H"
123 Melodious Murray
125 "Die Meistersinger" heroine
126 Gibson or Blanc
128 Tynemouth title
131 "Whether — nobler in the mind . . ."
132 Decimal point



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.

"Whatever turns you on!"

Y V C X E G J H P V A
P J H J U I J N H S A A E
W N G M A J W . - G X J E J
L J M G J M N J E , J E
J M W A E X J E G V K Y V M J U
H Y Z G A E Y , I P V C V Z E G
Y P A I V M U G ' H V U G A H Y
U A J Y P A M H P V A .

Find the answer in the puzzle answer section.

Weekly SUDOKU

by Linda Thistle

	9		7					5
		6		1	4		3	
2				8		7		
	3		5			4		
		2			8			7
1		9		3			8	
	6				2	5		
		4		5				1
7			3				9	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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PETS OF THE WEEK

PAWS4EVER — Rivendelle is a 13-month-old black-and-brown shepherd/hound. She recently came back to us after living with another dog, and they did well together. There were also chickens and cats in the home. Rivendelle did wonderful with the older, confident cat but chased the younger kitties. The chickens were the reason Rivendelle had to come back, so she wouldn't succeed in a home that has them. She is housetrained and crate trained. She does excellent with other dogs. She loves going for walks and strolls through the woods. She is a young girl, so she does have quite a bit of energy, but she is gentle with people. She would be happy in a home where she could run and play in a fenced in yard or a home where she could go for long walks or jogs. Come on in and meet this sweet girl and all her buddies. Contact Paws4Ever, 6311 Nicks Road, Mebane or call 304-2300. You can also go online at paws4ever.org

ORANGE COUNTY ANIMAL SERVICES — Meet Big Man and Joey! These handsome brothers are around 3 months old and are waiting to find new forever homes of their own. During their wait, they are keeping plenty busy wrestling, playing with toys and trying to get the attention of anyone who passes by their kennel. These goofball boys are sure to catch your eye and win your heart with their big puppy eyes and their silly, yet genuine personalities. Visit them today at Orange County Animal Services, 1601 Eubanks Road in Chapel Hill. You can also see them and other adoptable animals online at co.orange.nc.us/animalservices/adoption.asp.