

Community Briefs

Davis named Horton recipient

Hargraves Center Supervisor Nate Davis was announced Friday as the recipient of the Calvin Horton Service Award.

Chapel Hill Town Manager Roger Stencil selected Davis, who has worked with the town for 38 years, based on recommendations from an employee committee. The award is given to a town employee who brings credit to the town with exceptional contributions to the community and represents the ideals of public service to citizens and peers in everyday demeanor and actions.

The award will be presented at a ceremony scheduled for early December.

Police dept seeks toys for children

The Hillsborough Police Department is welcoming gift donations from community members, which will be handed out to children at the main station by Santa and Mrs. Clause on Dec. 15 at 6 p.m.

About 60 to 70 children of all ages visit the police station each year for a chance to see Santa. The police department would appreciate donations of new, unwrapped toys to give to children who visit this year. Toys for children of all ages may be donated, as teenagers and infants also visit. No toy weapons or candy should be donated.

For more information, contact Cpl. Teresa King at 732-2441, ext. 26. The main station is located at 127 N. Churton St.

Santa program assists seniors

The area office of the Home Instead Senior Care network, in partnership with the Orange County Council on Aging and Starbucks in Chapel Hill, will provide gifts and companionship to seniors who otherwise might not receive either this holiday season as part of the Be a Santa to a Senior program.

Participating local nonprofit organizations will identify needy and isolated seniors and provide those names to the local Home Instead Senior Care office. Christmas trees, which will be on display in Starbucks at the Eastgate Shopping Center Nov. 28 through Dec. 14, will feature ornaments with the first names only of the seniors and their gift requests.

Community members can pick up ornaments, buy items on the lists and return them unwrapped to the store with the ornaments attached. For more information visit beasantatoasenior.com

Chapel Hill receives traffic award

For the fifth time since 2004, Chapel Hill was among 15 North Carolina communities recognized by AAA of the Carolinas for its efforts to promote traffic safety.

Chapel Hill received the award of outstanding N.C. Traffic Safe Community of 2011. This award represents communities with populations of more than 30,000 and is based on crash statistics, number of law enforcement officers per capita and the presence of a formal traffic safety program that includes year round traffic safety initiatives.



ILLUSTRATION BY PHIL BLANK

DREAM

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 insulin levels and shin splints.

Dear HOUSE Calls, What can I do to control my insulin levels?

Insulin is one of the hormones that regulates blood sugar levels. It's necessary to get nutrients into the cells to make energy. People with insulin-dependent diabetes make no insulin and need insulin from a shot or pump to survive. People with non-insulin dependent diabetes usually have higher-than-average levels of insulin, but their cells cannot use insulin as well as others. This is known as insulin resistance, and when insulin resistance increases, the body compensates by increasing insulin production. High levels of insulin are often a precursor to diabetes, and controlling your insulin level can prevent diabetes. The best things to do to control your insulin level are

exercise daily; eat a balanced, healthy diet; and lose weight. We know that is a tall order, but losing weight if you are overweight is the best way to control insulin levels if you have diabetes or just high insulin. Working with a nutritionist or a specific diet program may be helpful. Foods high in processed carbohydrates (like sugar and white flour) may be particularly likely to increase insulin levels. We would also encourage you to work with your family doctor to set goals and determine appropriate medications.

Dear HOUSE Calls, Sometimes I get shin splints walking to class. What causes that?

Shin splints cause pain near the tibia or shinbone, usually on the inside of the leg. We think of this as an overuse injury, which usually comes from increasing use in a sporadic or intermittent fashion. For example, if you are

sedentary over the summer and then start walking several miles a day, you would be at risk for shin splints. This is a fairly common problem in runners, often from a training error in which people increase training volume too quickly. Additionally, people who pronate too much and those with relatively flat feet are prone to shin splints. The good news is that shin splints usually respond well to conservative measures such as relative rest, ice, over-the-counter arch supports or custom orthotics and more supportive shoes. We encourage you to keep up with the increase in physical activity while giving your shins a break. Try swimming or biking. We hope this helps.

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.

Community Calendar

WEDNESDAY NOV 23
Holiday Farmers' Market — Pre-Thanksgiving Farmers' Market. Eno River Farmers' Market, Hillsborough, 3-6pm

FRIDAY NOV 25
ArtWalk — Last Fridays Art Walk, downtown Hillsborough. 6-9pm Free lastfridaysartwalk.org

Holiday Artwork — Opening reception for "The Art of Giving," by 22 local artists. The show runs through Jan. 8. Hillsborough Gallery, 121 N. Churton St., Hillsborough 6-9pm Free hillsboroughgallery.com

SATURDAY NOV 26
Storytelling — Storytellers, including Michael Malone, Jill McCorkle and Alan Gurganus, will narrate stories depicting various experiences of small-town life, to benefit the Orange County Historical Museum. Leland Little Auction Gallery, Hillsborough, 7:30pm \$18/20 orangehistory.org

SUNDAY NOV 27
Tree Lighting — Memorial Garden of University Baptist Church, 100 S. Columbia St., 6-7pm 967-9440

MONDAY NOV 28
Bird Club — Monthly meeting with Loren Hintz giving a slide presentation on the Honduran Emerald. Binkley Baptist Church, 7:30pm Free

TUESDAY NOV 29
Bingo — For ages 50 and up. Carrboro Century Center, 2pm Free 918-7364

5th Quarter — Starring Andie McDowell and Aidan Quinn, recounts Wake Forest's 2006 basketball season. Fearrington Barn, 7pm \$5/\$3 students chathamarts.org

Yoga in the Galleries — Beginners are welcome, mats provided. Ackland Art Museum, 101 S. Columbia St., 12-1pm \$5 (free to members) acklandRSVP@unc.edu

WEDNESDAY NOV 30
Who's Afraid of Virginia Woolf? — Opens at the Paul Green Theatre and continues through Dec. 18. playmakersrep.org

THURSDAY DEC 1
Friends of Downtown — Dale and John Shelton Reed, authors of *Holy Smoke: The Big Book of North Carolina BBQ* to speak at the monthly

meeting. The Franklin Hotel, 9:30am Free

Ask the Organizer — Lori Bruhns will lead an open forum on preparing, planning and learning to manage time more effectively. OC Main Library, Hillsborough, 6-7pm Free 245-2536

FRIDAY DEC 2
Holiday Tea — Seasonal music and light d'oeuvres for ages 50 and up. Carrboro Town Hall Parking Lot, 2pm Free 918-7364

Music at Morehead — The Clef Hangers and The Loreleis of UNC. Morehead Planetarium, 7:30pm \$12/\$8 students moreheadplanetarium.org

Film Showing — *Budrus*, the story of a village's struggle to prevent the Israeli military from routing Israel's 25-foot-high "separation barrier" through the village. Unity Center of Peace, 8800 Seawell School Road, 7pm Free theadvocatechurch.org

Send your Community Calendar submissions to calendar@carrborocitizen.com

SUPER CROSSWORD SHOCK TREATMENT

ACROSS	1 Not quite closed	5 Doris Day refrain	9 Junket	13 Significance	19 Prepare a pear	20 Author Murdoh	21 Run the show	22 Five iron	23 Electrician's favorite rockers?	26 Shorthand inventor	27 Periwinkle, e.g.	28 Primeval upheaval	29 See 14 Down	31 Mil. policy	32 Lassi's mother	34 Puzzled	37 Word with song or dive	38 Question for a tardy electrician?	44 Figure	46 Nice time of year	47 Genesis name	48 Wordy Webster	50 Eloquent equine	52 Boa, but not cobra			
55 Raven maven?	56 Dandy	58 Quick snacks	60 Roller-coaster feeling	62 Apparel	66 Alaric, for one	68 Buddies	70 South Seas novel	71 — Marie Saint	72 TV's — "Haw"	73 Part of USSR	76 Electrician's theme	80 — "Parkington" (44 film)	81 GI's address	82 — down (destroy)	83 Melodious	84 Galba's garment	86 First state	89 Paradise	90 Sleeve type	94 — nous	95 Cen.	97 — "Tiki"	100 Clear the windshield	101 Loretta of "M*A*S*H"			
102 Cuban currency	105 Ladies of the sea	107 Hosp. areas	108 "— luego"	111 Electrician's teatime treats?	115 Wading bird	117 '65 Righteous Brothers hit	119 Capote, on stage	120 "Unforgettable"	121 Born name	121 Born name	122 "— Gay"	126 One of the Titans	130 Fleet	133 Electrician's favorite	141 Friendly	141 Borgnine or Gallo	142 Award for	101 Across	143 Chore	144 Work in the lab	DOWN	1 Feigns	2 Dear fellow?				
3 Surface measurement	4 Dwell	5 "— vous plait"	6 Skater	7 Heiden	7 Loaded	8 Sailing	9 Wagner hero	10 Capek drama	11 Unwell	12 Italian specialty	13 Mischievous	14 With 29	63 Across, rum cocktail	64 Got a galley	116 Less adorned	118 Ms. Mioler	123 Leave out	124 Turner of "Peyton Place"	125 Hill dwellers	127 — majesty	128 Belligerent	129 Spanish artist	131 Enjoyed Thanksgiving	132 — Plaines, IL	134 Clear one's throat.	135 Common street name	136 NASA affirmative

CitizenCryptoquote By Martin Brody

For example, YAPHYAPL 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.

Just Disturbed?

N Z C G ' A O Y A M
E Y S N A Y T N I R . N Z C G ' A
O Y A M W N E O S M C S T M . -
O M G W U Q Y R M I B M W W U ,
Y G C E E H S U L Y T T
I A W M M A S W C A M I A M W
N G G M L U C W J E N A U ,
E Y T T N G P C G A U E C C G I
A C S Y U Y O N P O M W A Y D
W Y A M .

Find the answer in the puzzle answer section.

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Weekly SUDOKU

by Linda Thistle

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

ORANGE COUNTY ANIMAL SERVICES

Meet **Jack!** This handsome Labrador retriever mix is around a year old and looking for a new place to call home this holiday season! Jack is a happy, even-tempered boy with expressive eyes and all-around good energy for everyone he meets. He's a good-will ambassador of sorts and always ready to make a new friend. Jack was originally found roaming around with another dog and gets along well with canine buddies. He is playful, but calms when asked, and would be an excellent addition to almost any type of family! Jack is one of the Home for the Holidays dogs and is available for only \$60. Come visit him today at Orange County Animal Services, 1601 Eubanks Road, Chapel Hill. You can also see Jack and other adoptable animals online at www.co.orange.nc.us/animalservices/adoption.asp



The ArtsCenter

For more information or to order tickets call 929-2787 x201 or go to artscenterlive.org
ArtSchool registration now open!

CONCERTS:

EXTREME GUITAR DUO
FEAT. KEITH KNIGHT & DON ALDER • SUN FEB 2
JOHN MCCUTCHEON • FRI FEB 24
LUNASA • FRI MAR 23
LEO KOTTKE • TUE MAR 27
DARRELL SCOTT • SAT MAR 31
TANNAHILL WEAVERS (AT CASBAH IN DURHAM) • FRI APR 27
TEADA WITH SEAMUS BEGLEY • THU MAY 10

ARTSCENTER STAGE:

TRANSACTORS IMPROV: FOR FAMILIES! • SAT NOV 26
TRANSACTORS IMPROV "HOLIDAY EXTRAVAGANZA" • SAT DEC 3
AMAHL & THE NIGHT VISITORS • DEC 9-11 AND 16-18

SUPERFUND FAMILY SHOW:

GUSTAFER YELLOWGOLD'S SHOW • SAT JAN 21 AT 11AM

ARTSCHOOL:

ELF FAIR: CRAFTS AND MORE! • DEC 3 - FREE!
WINTER/SPRING CATALOG NOW AVAILABLE FOR CLASS REGISTRATIONS!
GIVE THE GIFT OF ART! GIFT CERTIFICATES FOR CLASSES AVAILABLE.

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