Durham Herald Sun

www.heraldsun.com

WeAreDurham 📊 = **Good health a distant dream** for some in City of Medicine

PARTNERSHIP FOR A HEALTHY DURHAM

DURHAM — Health starts where we live, work, learn, play and pray.

By now, everyone knows that eating well, being active, not smoking and visiting the doctor plays a significant role in our health. In addition, there are other factors (social determinants) that make an even larger impact on health status, such as educational and employment opportunities, quality of housing, access to healthy foods,

among many others.

The Centers for Disease Control and Prevention (CDC) has promoted addressing social determinants of health as a primary approach to achieving health equity. Their definition of health equity is "when everyone has the opportunity to 'attain their full health potential' and no one is 'disadvantaged from achieving this potential because of their social position or other socially determined circumstance."

Health inequities are the result of these differences in

opportunities and conditions. In Durham County, these inequities have resulted in the life expectancy of 75 years in central Durham County being 11 years less than the life expectancy of residents who live in the southwestern portion of the county.

Unfortunately, everyone does not have equal access to the same conditions due to unjust social and economic policies and practices. These structural barriers mean that have that ability, work has to some populations are much more likely to be healthy than

others. The World Health Organization (WHO) defines health as "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity." Good health is a distant dream for some in the City of Medicine.

All Durham County residents deserve the chance to be able to make choices that lead to good health. In order to make sure all residents

SEE HEALTH/PAGE 4

Celebrating and conserving Durham's Water

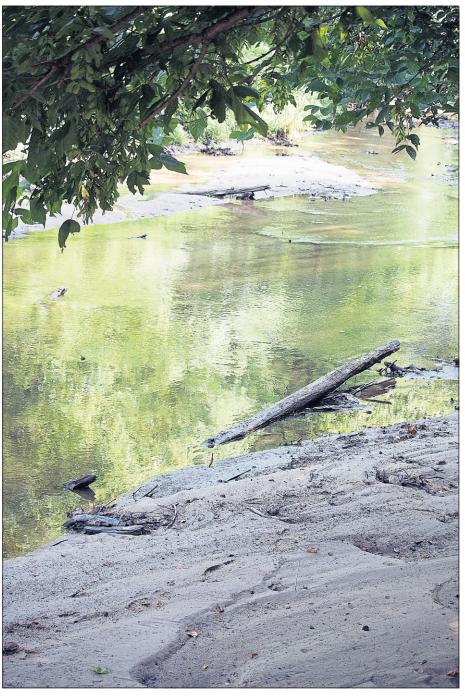
BY DIANA HACKENBURG TRIANGLE LAND CONSERVANCY

ater is precious. All living things need water to survive. In addition to what we drink, water provides essential wildlife habitat and places for us to fish, paddle, surf and swim. We also depend on water for its role in manufacturing, farming, energy and tourism.

Of all the water on Earth, less than one percent is considered fresh and available. This is the water we find in lakes, reservoirs, ponds and streams. Unfortunately, much of this freshwater has been impaired by pollution as water from rain and melting snow runs off roofs and roads into rivers, picking up toxic chemicals, dirt, trash and diseasecarrying organisms along the way.

Many creeks begin in Durham and flow through the city on their way to Jordan or Falls lakes. Thus, the everyday activities of Durham residents and businesses play a large role in both local water quality and the water supply downstream.

Local citizens, governments, businesses and organizations recognize the need for clean water and pollution reduction. This is evidenced by both the upcoming Durham Creek Week activities and the release of the new Upper Neuse Clean Water Initiative Conservation Strategy. Durham's Creek Week (March 12-19), a cooperative effort by 19 partners. including Triangle Land Conservancy (TLC), features more than 30 different



OUT OF THE BOX 'Seek Life, **Destroy Life:** Refugees at sea on Radio Haiti

BY LAURA R. WAGNER DUKE UNIVERSITY LIBRARIES

he names of the boats are bitter in hindsight, once they have capsized or run aground, once their passengers are lost to the sea or washed up dead on a distant shore: Esperancia. Sou Kont Bondye. Hope. In God's Hands.

In the late 1970s and early 1980s, tens of thousands of Haitian refugees took to the sea, fleeing economic hardship and political repression under the dictatorship of Jean Claude Duvalier. The refrain at Radio Haiti was "Dan reken pi dous pase kacho prizon. A shark's teeth are kinder than the prison cell."

For these refugees, the possibility of torture and political violence and the inevitability of structural violence outweighed the threat posed by the sea. In Haitian Creole, there is a proverb: "chèche lavi, detri lavi." Seek life, and destroy life in the process. It refers to efforts to escape one's circumstances that inadvertently result in destruction or death. The things you do to improve your life will be your downfall; it is hubris to dream ahead when your choices are not your own.

The migrants were buffeted not only by the sea, but also by forces of political oppression and poverty in Haiti, and by racism, discrimination, xenophobia and so-called "diplomacy" abroad. The United States granted political asylum to Cubans fleeing a communist regime, whereas Haitians fleeing a repressive right-wing dictatorship were considered economic refugees and not afforded the same rights. In a May 1980 Radio Haiti special on the crisis, Michèle Montas interviews an Immigration and Naturalization Services (INS) district director in Miami. He explains that Cuban refugees request political asylum, whereas "the Haitian,

SEE WATER/PAGE 4

Ellerbe Creek, a tributary of the Neuse River, flows for more than 20 miles through Durham.

Submitted photo

SEE HAITI/PAGE 5

Fall the real season for Arbor Day, planting trees

BY ALEX JOHNSON URBAN FORESTRY MANAGER

Arbor Day was March 6 this year, and a more beautiful day and venue couldn't be purchased for love or money. The Museum of Life and Science graciously hosted the event, which culminated with the planting of 30 new trees along the 3000 block of Glendale Avenue.

Turnout took a while to materialize at the event as the key under-10 demographic had some serious energy to burn off in the fantastic Hideaway Woods exploration zone before they could be expected to lisabout how much they love trees. However, despite the gradual build-up, the event was

a huge success, thanks to the help and support of numerous people.

It's with gratitude I mention the generosity of Councilwoman Jillian Johnson, who brought her family to the event to read the proclamation. Also in attendance was Councilman Eddie Davis, who came along to show his support. There was the Durham/Orange County ranger, Chris Hirni, and his assistant ranger Mike, who, despite my not catching his last name, has shown up to several volunteer planting days this season. Volunteers who came included master ten to grown-up types yack gardeners who were generous with their time and knowledge

SEE TREES/PAGE 4

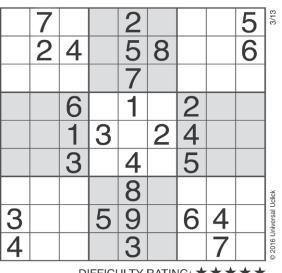


Arbor Day event at Museum of Life and Science, despite the gradual build-up, was a huge success, thanks to the help and support of numerous people.

THE DURHAM HERALD | DURHAM, NORTH CAROLINA www.heraldsun.com

CELEBRATIONS

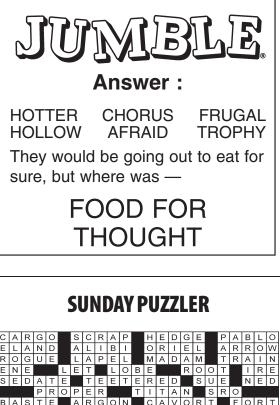
Sudoku



DIFFICULTY RATING: $\star \star \star \star \star$

Solutions from PAGE 7

SUNDAY JUMBLE





Wedding

Chadwick Blair Blalock and Jennifer Lea Sawyer were united in marriage at a beautiful outside ceremony on Saturday, May 9, 2015 at 4 o'clock in the afternoon at Summerfield Farm in Summerfield, NC. The Rev. Brian Gentle officiated. Following the ceremony the bride's parents hosted a wedding reception followed by dinner and dancing at the Pole Barn at Summerfield Farms. On the eve of the wedding the groom's parents hosted a rehearsal dinner at The Loft at Natty Greene's in Greensboro, NC.

The bride is the daughter of Mr. and Mrs. Alan Sawyer of Liberty, NC, and Mr. and Mrs. Chuck Rierson of Greensboro, NC. She



Sawyer — Blalock

is the granddaughter of Mr. and Mrs. Goldie Sawyer of Whitsett, NC, and the late Mr. and Mrs. Johnny Dawson of Greensboro, NC.

The groom is the son of Mr. and Mrs. Danny Blalock of Durham, NC. He is the grandson of Mrs. Cordelia Blalock

and the late Mr. BY Blalock, and Mrs. Elsie King and the late Mr. William Duncan King all of Durham, NC.

The bride was escorted by her father and given in marriage by her parents. She was attended by her sister Mrs. Lindsay Bentley of

Raleigh, NC and Mrs. Christian Vandeveer of Wilmington, NC. The flower girls were Miss Emma Bentley of Raleigh, NC, niece of the bride, and Miss Bailey Blalock of Fuquay Varina, NC, niece of the groom.

The groom's father served as his best man and groomsman was Kyle Blalock of Fuquay Varina, NC, brother of the groom.

The bride is a graduate of NC State University where she received a degree in biology. She is employed with Novo Nordisk Pharmaceuticals. The groom attended NC State University and is employed by McLane Trucking. The couple will be making their home in Greensboro, NC.

Do you have a wedding, engagement, anniversary or birth you would like to share? The Herald-Sun will

publish a basic 50th or 60th anniversary announcement at no charge as a public service for subscribers. We

SHARE YOUR HAPPY NEWS reserve the right to edit for copy and size. Extended announcements and photographs are available

upon request for a fee. For information, call 919-419-6640 Tuesday through Saturday, 2 p.m. to 6 p.m.

Restoring wooden bowls can be simple and make them last for years

Dear Heloise: I have a set of WOODEN BOWLS that are dried out, and I remember my mother using kitchen oil or something. Help. -Jean R., via email

Wooden bowls can be beautiful and pretty easy to care for. DON'T put them in the dishwasher or let soak in water. DO hand-wash, rinse and dry right away.

EVANS To recondition them, HINTS FROM HELOISE use mineral oil or unscented baby oil (not olive oil), and cover the surface with a thin layer, rub in and let sit several hours or overnight. All that's needed is to wipe off excess oil with paper towels. Do this every so often, depending on use, and the bowls should last a long time. Heloise

OFFICE HELPERS

Dear Heloise: Here are three office hints I've learned through the vears:

1. When I need to get some paperwork to someone who is away from their desk, I put the papers on their CHAIR instead of on the desk, where it could get lost among other papers. (HELÖISE HERE:

Do ask the person if leaving the papers there is all right. Everyone is different and has certain procedures they like to follow.) 2. Correction fluid is more or less just latex paint. I use it to touch up white paint chips around the office, and at home! 3. When calling a new client, I use my full name, first and last, and spell both out. There are several Susans and Sues in our office. - Sue D., via email

avoid snagging my towels. -Fran R. in San Antonio

JEWELRY CLEANER

Dear Heloise: I love your column. Your hint regarding cleaning jewelry made me laugh, as I took my diamond rings to a jeweler every six months faithfully, until he said. "You know. vou can do this for yourself with toothpaste!" - Lois L., Terre Haute, Ind.

Well, this is a hint that has been around a long time, and one I use once in a while. Do use a soft brush; you don't want to harm prongs or



NY TIMES PUZZLE SOLUTION

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RECYCLING

Dear Heloise: I read your column daily in the (Warren, **Ohio) Tribune Chronicle.** I have a hint for scrapbookers. I use the panels of empty facial-tissue boxes for the frames and borders of my pictures. They are lovely designs, and I'm recycling! -Lonnie in Warren, Ohio

Lonnie, like your hint, and hello to my friends in Warren. -Heloise

EASY REACH

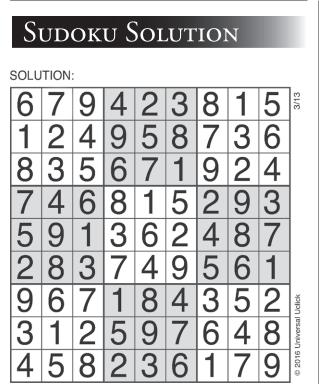
Dear Heloise: I can't reach the top shelf, so I keep a pair of tongs in my linen closet to reach the towels and anything else on that shelf. It's faster than getting the stepladder. I use silicone-tipped tongs to

settings. Rinse well with warm water, and for a real shine, dip in rubbing alcohol and buff dry. — Heloise

ENERGY SAVER

Dear Heloise: During the cold, dry days of winter, I use drying racks for the laundry. This saves money running the clothes dryer, and adds moisture to the dry air. -J.S., Terryville, Conn.

Send a money-saving or timesaving hint to Heloise, P.O. Box 795000, San Antonio, TX 78279-5000, fax it to 1-210-HELOISE or email it to Heloise@Heloise.com. I can't answer your letter personally but will use the best hints received in my column.





THE DURHAM HERALD | DURHAM, NORTH CAROLINA www.heraldsun.com

YOUR COMMUNITY

Pet of the Week



Special to The Durham Herald/Alycat Photo & Video Services

This week's Animal Protection Society of Durham pet of the week is Marshall. Marshall is a handsome guy, about 2 years old, very playful (he loves toys and tennis balls) and full of energy and enthusiasm. Since he pays attention well for food treats, he'll be a great dog to take to obedience class. He likes other dogs, though his exuberant playstyle could be a little overwhelming for some lowerkey dogs. Marshall needs a family willing to give him the exercise, playtime and training he needs. Marshall lives in kennel 44. For more information, call 919-560-0640.

Volunteer of the Week

VOLUNTEER CENTER OF DURHAM Curves

DURHAM WOMAN'S

CLUB — 2 YEARS Exercising is certainly good for you, but Lynn Goodwin, the owner of the Curves franchise in North Durham, has found a way to make it good for others as well.

She's asked the women at her Curves to help the Durham Woman's Club with its charitable projects, and the results have been impressive. Every year, Lynn and the Curves members take on six month-long projects that the Durham Woman's Club is participating in. Working together, they've provided sig-



WHAT WE'VE BEEN READING

9. The Power of Habit:

Why We Do What We Do

10. The Boys in the

in Life and in Business,

Boat: Nine Americans

and Their Epic Quest for

Gold at the 1936 Berlin

Olympics, Daniel James

MOVIES

3. Terminator: Genisys

4. Mad Max: Fury Road

1. The Martian

5. Burnt

7. Spy

6. Minions

8. Everest

9. The Intern

10. Trainwreck

Cookie, Mo Willems

Rey

Willems

Seuss

A. Rey

Dr. Seuss

EASY

1. The Duckling Gets a

2. Curious George and

3. I Broke My Trunk, Mo

4. If I Ran the Circus, Dr.

5. Curious George, H.

6. Oh Say Can You Say?,

8. Froggy Gets Dressed,

7. Bartholomew and

the Oobleck, Dr. Seuss

9. Curious George

and the Hot Air Balloon,

10. Where the Wild

Jonathan London

Margret Rey

the Dump Truck, Margret

2. Jurassic World

David Ludwig

Charles Duhigg

Brown

FICTION

1. My Name is Lucy Barton, Elizabeth Strout 2. All the Light We Cannot See, Anthony Doerr 3. Tricky Twenty-Two, Janet Evanovich 4. The Girl on the Train, Paula Hawkins 5. Go Set a Watchman, Harper Lee 6. The Crossing, Michael Connelly 7. The Guilty, David Baldacci 8. The Japanese Lover, Isabel Allende 9. The Husband's Secret, Liane Moriarty 10. The Martian, Andy Weir

NONFICTION

1. When Breath **Becomes Air, Paul** Kalanithi 2. The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing, Marie Kondo 3. Between the World

and Me, Ta-Nehisi Coates 4. Presence: Bringing

Your Boldest Self to Your **Biggest Challenges, Amy** Cuddy

5. Being Mortal: Medicine and What Matters In the End, Atul Gawande

6. Black Man in a White Coat: A Doctor's Reflections on Race and Medicine, Damon Tweedy

7. The Road to Little Dribbling: Adventures of an American in Britain, Bill Bryson

Things Are, Maurice 8. Always Hungry: Conquer Cravings, Retrain Sendak Your Fat Cells, and Lose Weight Permanently,

JUVENILE

1. Big Nate Blasts Off, Lincoln Peirce 2. Mr. Jack is a Maniac, Dan Gutman 3. Beezus and Ramona, **Beverly Cleary** 4. Faith the Cinderella Fairy, Daisy Meadows 5. Diary of a Wimpy Kid: Hard Luck, Jeff Kinney 6. Dork Diaries: Tales From a Not-So-Glam TV Star, Rachel Russell 7. Julia the Sleeping Beauty Fairy, Daisy Meadows 8. Lacey the Little Mermaid Fairy, Daisy Meadows 9. The Curse of the Cheese Pyramid, Geronimo Stilton 10. Big Nate Lives it Up, Lincoln Peirce

TEENS

1. Allegiant, Veronica Roth 2. City of Ashes, Cassandra Clare 3. The Scorch Trials, James Dashner 4. Divergent, Veronica Roth 5. Miss Peregrine's Home for Peculiar Children, Ransom Riggs 6. All These Things I've Done, Gabrielle Zevin 7. The Death Cure, James Dashner 8. The Raven Boys, Maggie Stiefvater 9. Hollow City, Ransom Riggs 10. Firefight, Brandon Sanderson



Durham Woman's Club members at Curves, standing from left, are Barbara Peoples, Jane Brawley, Liz Goodwi — Curves North Durham Owner, Norma Thomas, Mary Bolton, Deb Selinsky and Peggy Trutt, and Barbara Hennaforth is seated.

They've contributed ing "Happy Hookers," to a large number of who took on the project charitable organiza- of making camouflaged tions and have been of beanies for servicemen. special help to Meals on Wheels and the Dur- for your generosity and nificant help to those in ham Crisis Response for this valuable partnerneed locally, nationally, Center. Curves even ship with the Durham and around the world. has a group of crochet- Woman's Club!

Thank you, Curves,

CHECK OUT THESE VOLUNTEER POSSIBILITIES

"Smile! Let everyone know that today you are a lot stronger than you were yesterday."

- Author unknown

For more information, see www. handsontriangle.org or contact Lenore at Lenore@thevolunteercenter.org (919) 613-4515

• The 21st Annual Great Human Race 5K and Community Fair is April 30. Lots of support work happens before then and we need your help!

• Would you like to help a young adult pursue the GED? The Durham Literacy Center's Teen Career Academy serves to provide one-on-one tutoring with young adults who are pursuing their GED.

 Piedmont Wildlife Center will host BioBlitz April 22 and 23 to celebrate Earth Day and need volunteers to work shifts Friday and Saturday. Great family opportunity!

• Indigo Consortium is a network of programs focusing on the needs of female veterans and they need help with administrative tasks.

• Duke Homestead is looking for

volunteers who are interested in helping with Visitor Services which include giving our 45-minute guided tour, greeting and orienting visitors as they enter the Visitor Center, and helping to conduct our educational programming for visiting school groups.

 Boys & Girls Club TEEN Program Facilitator. It is a fantastic way to build relationships with these young adults who are in need of guidance, leadership and positive role models. There is a curriculum that will be followed that includes homework help, tutoring and facilitating free time and projects.

 Help Move a Family out of a homeless shelter. Every week we move families out of homeless shelters into new housing through our Rapid Rehousing program. We need help physically moving the families, but, in the process, volunteers get to meet and form relationships with our clients on one of the most transformative days of their lives. Come and support the transformation of a family going from homelessness to home!

SEE VOLUNTEER/PAGE 4

CREATING JOBS STRENGTHENING SCHOOLS BUILDING SAFER NEIGHBOR ØDS **INCREASING AFFORDABLE HOUSING**

VOTE TO RE-ELECT BRENDA HOWERTON

EARLY VOTING: MARCH 3-12, 2016 **ELECTION DAY: MARCH 15, 2016**

Paid for byThe Committee to Re-elect Brenda Howerton WWW.BRENDAHOWERTON.COM

YOUR COMMUNITY

New brothers of Durham's Beta Phi

hapter

New brothers of **Durham's Beta** Phi are, from left, Brvant Hernandez, James Richardson, Tony Jenkins, Calvin Riley, Dominique Oliver and Quintin Phillips. Not pictured are David Hawkins, Cedric Fairbanks and Nick Chasten.

Submitted photo

WATER

FROM THE **FRONT PAGE**

events for discovering and protecting local waterways. Most of the events are free, including a panel discussion, "The Water We Drink: Past, Present, and Future, on Thursday at 7 p.m. in the Main Library. Event details can be found at keepdurhambeautiful. org

From stormwater management to pollution prevention, Creek Week partners and supporters know that the best way to get clean water downstream is to care for the watershed upstream. Watershed protection is the driving force behind the Upper Neuse Clean Water Initiative's new Conservation Strategy.

The Upper Neuse Clean Water Initiative (UNCWI), like Creek Week, is a coalition of organizations interested in safeguarding local water. Together with willing landowners, UNCWI's partner organizations, including TLC, conserve critical natural areas to ensure long-term clean drinking water supplies in the broader Upper Neuse River Basin.

One of the most effective and least expensive ways to protect water quality is to conserve land.



Submitted photo Creek Week clean-up events will take place on the water by canoe.

Forests, wetlands, and open fields slow rain and runoff, giving water time to filter gradually through the soil. This traps sediment and pollutants before they flow into streams and lakes, and allows groundwater to recharge. Protecting natural watersheds can also help cities avoid having to invest in expensive filtration plants to purify water from degraded watersheds.

The new Conservation Strategy serves as an update to the UNCWI's original 2006 plan. Under that plan, initiative partners have already protected

ABOUT TRIANGLE LAND CONSERVANCY

Triangle Land Conservancy protects the wild and working lands you need and love. TLC works with landowners, community members, other nonprofits, government agencies, and businesses to create a healthier, more vibrant Triangle through conservation. Explore the wild right in your backyard by visiting one of TLC's five nature preserves for free any day of the year. For more information and maps, visit www. triangleland.org.

90 properties, 84 miles of stream banks and 7,698 acres. Their new goal is to protect 30,000 acres in the watershed over the next 30 years. Read more about UNCWI and the updated conservation strategy at triangleland.org/upperneuse-clean-water-initiative.

We have a shared responsibility to ensure a clean water supply for our community now and in the future. Thankfully, from participating in Creek Week to supporting the work of UNCWI partner organizations, there are many ways we can all help. So let's get started today!

Green — chlorophyll.

When deciduous trees drop their leaves they spring before buds break continue to respire and carry on root growth until appear. This is critical, the soil temperatures fall below about 50 degrees up, the trees must main-street trees planted in Fahrenheit. Soils being what they are, dense, wet matter which gain and lose thermal energy fairly gradually, this root dormancy lags behind leaf drop and precedes budbreak by some weeks (if not months). So, the bottom line is that planting trees in the fall (after leaves drop but before roots go dormant), allows trees to re-grow roots that were cut in the transplant process and infiltrate surrounding soil, thus increasing the area that the transplanted tree can exploit for water.

DURHAM COUNTY HEALTH DATA

Life expectancy from birth for whites in Durham County is 82 years and 76.6 years for blacks/African-Americans.

People of color are more likely to be uninsured.

African-American and Hispanic students are less likely to graduate high school.

For additional Durham County health data, visit www.healthydurham.org.

ABOUT THE PARTNERSHIP

The Partnership for a Healthy Durham is a community coalition that works closely with the Durham County Department of Public Health to identify the greatest health needs in the county and then forms action teams to address those needs. For more information, visit http://www. healthydurham.org or call 919-560-7833.

HEALTH

FROM THE FRONT PAGE

be done not just in health care but in multiple sectors such as housing, education, business, transportation, government, faith community, etc. Solving complex health and social issues is not the job of any one agency or organization.

The 14th annual Duke/Durham Health Summit will be held on March 18 from 8:30 a.m. to 3:30 p.m. at the Millennium Hotel. The goal it to connect different sectors to address issues of health equity in Durham County and develop shared solutions to change health outcomes and create significant, sustainable improvements.

The theme for this year's event is "Collaborating across Durham to Achieve Health Equity." The summit will include presentations from Duke Chancellor Dr. Eugene Washington, Public Health **Director Gayle Harris** and Associate Commissioner of the Texas Health and Human Services Commission Center Sheila Craig. Attendees will also participate in small group sessions to identify strategies for cross-sector work.

Initial conversations about addressing health equity will take place at the conference but continued collaboration among partners is necessary to make health equity a reality in Durham.

Inequities are avoidable. Everyone has to work together to eliminate the health disparities that are a result of social inequities in our society. Other communities that have addressed health inequities using a multi-sector approach have seen improvements in health outcomes in addition to decreasing overall healthcare spending.

The Partnership for a Healthy Durham supports the efforts to address health inequities in Durham County and has made it one of its priorities for this year.

can continue to root into transplanting process, and surrounding soil in the the bare-root trees dry out very quickly (and can dormancy and leaves also freeze).

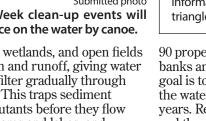
If you are keen on havbecause once leaves open ing new or replacement your neighborhood and feel you may have missed the boat, please consider working with your local representational body neighborhood association, watch group or other. Next year we will be rolling out a more comprehensive approach to urban reforestation that is going to involve more coordination and support on the part of the requesting parties. Updates and information will be posted at TreesAcrossDurham.org as they become available.

TREES

FROM THE FRONT PAGE

in handing out seedlings and advice to all comers,





as well as Iobin Freid and Megan Carroll from the City/County Office of Sustainability; Kevin Lilley (my boss) in Urban Forestry who gave everyone a live tree-climbing demonstration; and Tania Dautlick was there representing Keep Durham Beautiful.

This week marks the close of the 2015-16 tree planting season. This may seem odd, because spring is only now really sprung, but it's true. I put away my shovel on March 15 and won't pick it up again until December. Most folks like to get excited about planting things in



The under-10 demographic, after burning off energy in the Hideaway Woods exploration zone, pitched in for the tree planting.

the ground when the days get longer and the weather gets warmer, but that's not exactly the best time to plant trees.

the winter. I put dormant in quotes because they really don't fully shut bark from a slender twig.

down. The roots continue to grow, and they continue to carry on photosynthesis through their bark, albeit at a much Trees "go dormant" in reduced rate. That's why you will find green tissue when you scratch the

Submitted photo

By the same token, fall/winter planted trees

tain positive water pressure in the vessels that transport water from root to leaf. A break in pressure leads to wilt. Wilt leads to death.

Spring planting is fine if you have irrigation or if you are planting very drought-tolerant trees and are intending to watch your trees carefully for the critical first six months of establishment. It also helps if the material planted is container-grown as opposed to bare-root or ball and burlap (also called "fieldgrown"). The latter two types tend to lose a large percentage of roots in the

Alex Johnson is urban forestry manager in the City of Durham's General Services Department.

FROM PAGE 3

• New Hope Creek Cleanup in Durham's Creek Week — A Feeder Stream Initiative. Clean Jordan Lake is offering this volunteer opportunity as part of the City of Durham's Annual Creek Week, a time to discover and clean up Durham's waterways. Over 20 organizations are participating. They share a vision for Durham residents to enjoy, feel connected to, and protect local waterways.

remove trash along the banks of New Hope Creek just above where life Resources Commission's New Hope Waterfowl Impoundment off Rt. 54 in Durham.

Schools secon annual Kindergarten Registration Week will be March 19-24. During packets will be distributed to parents of rising kindergartners and to other partners who reach families in Durham. The packets will Hub Farm will be havprovide parents with You can follow Creek all the information that Week on Facebook is needed to register

and Twitter. We will their child for kindergarten. Please contact the Office of Student Assignment at 919-560it enters the NC Wild- 2059 with registration questions.

Donate new underwear to the Clothing Closet. Most of the clothing we dis-• Durham Public tribute is in good used condition, but we seek to give each person who visits a brand new pair of underwear. We that week, registration need new underwear for men, women and children in all sizes.

• Work Days at the Hub Farm — The Durham Public Schools ing volunteer workdays on the first Saturday of each month. Come out

to enjoy a beautiful Saturday afternoon on the farm and meet others in our community! All are welcome! No previous farm experience required.

• Would you like to help get books in the hands of area children? Then come help Book Harvest! Spend a few hours helping us sort books at our place that are donated by area residents. Lots of books! You can even bring a few books with us if you have some lying around! We sort books every 2nd Saturday from 10 a.m. to 1 p.m. Let us know you're coming to we can be ready for you.

I'll give you the tools, you give me the effort and together we can overcome obesity".

Dr. Simonds Losing over 70 lbs has changed more than just my body, it has changed my entire outlook on life. I am happier, healthier, and more self confident than I have ever been" - Jackie **JIMONDS WEIGHT** "Obesity Medicine Specialists" 0 22 23 24 2 Follow Dr. Simonds Obesity Medicine Perspective Series on Youtube. Free Gifts! 6905 Fayetteville Road, Suite 201 8300 Falls of Neuse Rd. Suite 112 Durham, NC 27713 Raleigh, NC 27615 Renaissance Ctr. at Southpoint (next to Piper's Tavern) (across from David's Bridal & REI) 919.861.8999 919.490.8899 www.DSWEIGHTLOSS.com

YOUR COMMUNIT How farmers continue to grow

BY MATTHEW JERNIGAN DURHAM FARMERS' MARKET

ast month was the 25th annual conference of the Southern Sustainable Agriculture Working Group (SAWG), held in Lexington, Kentucky.

For those who aren't familiar, SAWG is a conference oriented towards small farming in the south. People come from all over the region to attend workshops on many different topics such as integrated pest management, methods for diversifying small farms, and breaking down federal farm policy.

This conference is an excellent opportunity for farmers to get the necessary knowledge to continue growing their farms to meet the needs of their local communities. Here at the Durham Farmers' Market, we are proud to have many vendors who attended this year in order to learn how to better provide for the Durham community.

Over the past week it's been great to catch up with some of

the farmers to hear about what they brought back from the conference and are looking to try out on their own farms.

Will Cramer from Ever Laughter Farm learned more about growing fruit trees organically in the South. They've been thinking of ways to responsibly grow fruit trees in North Carolina for the past couple of seasons, but have been hesitant because of the disease and pest conditions the hot and humid environment produces. However, now that he's attended a workshop at SAWG on the topic, they are looking into new ways of growing fruit on their farm. They will try to integrate special fruit varieties adapted to the Southern climate as well as increase biodiversity to hopefully bypass many of the difficulties.

Another farmer, Jackson Holt of Sunset Farm, went to learn more about vegetable production in the South. He was able to attend a very informative session on cover crops and crop rotation.

Among some of the most important things he took away from the workshop was a formula to calculate the amount of nitrogen certain cover crops put back into the soil.

This may sound like a minor detail, but for a farmer it helps determine how much organic fertilizer to use, as well as what food crops will work best after a cover crop rotation. Essentially, cover crops help Jackson reduce outside inputs of fertilizer as well as build his soil over the years.

There were many Durham Farmers' Market vendors who attended this year's SAWG. Each year they learn something new to try on their farms and eventually we get to see it at the market, whether it's through a new variety of vegetable or fruit or more quality produce from better farm management practices.

Whatever it is, we are glad that our farmers are dedicated to their craft and always willing to further their expertise in the field.

Winter futsal league nearing end of season

SUBMITTED

DURHAM - Durham Atlético's JD Service Now Winter Futsal League season drew closer to its end last week with four semifinal clashes.

At the beginning of the postseason Winter Cup tournaments, three teams were undefeated, but now, on the eve of the finals, only one undefeated team remains. MVFC, despite seeing two of its players depart to their professional soccer teams, managed to hold off a feisty Hustle and Flow team, 108.

Meanwhile, the Pitbulls, who had toppled previously unbeaten first division champion Green Street Elite in the first round, lost a bitterly contested semifinal to Real Durham. The match finally turned on a crucial goal by Davis Harper, who scored on a speculative midcourt shot late in the game to put Real Durham ahead by two goals while his team was temporarily short-

handed due to a player expulsion. The 108 victory sent Real Durham to the final against MVFC.

Motorco, relegated from the first division after a winless regular season campaign, continued to find its footing in the second division, defeating Dire-Wolfpack with relative ease, 73. The victory sets up a second division cup final against Stepside, who encountered considerable resistance in the semifinal from a younger América squad before prevailing, 107.

Registration for Durham Atlético's spring season is now open. Visit durhamatletico. com.

Wednesday: Motorco 73 DireWolfpack; MVFC 108 Hustle and Flow; Real Durham 108 Pitbulls

Thursday: Regulators 132 Esemplastic Power; Durham Monday 115 AU; Stepside 107 América

Saturday: Green Street 1611 Muchos Nachos; Minions 88 (31) Durham Thursday

DUKE UNIVERSITY ARCHIVES, RUBENSTEIN LIBRARY

The David M. Rubenstein Rare Book & Manuscript Library contains hundreds of thousands of manuscripts, photographs, films, oral histories, printed materials, artifacts and rare books related to topics including African American history, women's history, advertising, Duke University history, medicine, human rights,

documentary arts, southern history and more.

Periodically, a story drawn from the holdings of the Rubenstein Library will be shared, highlighting some aspect of Durham's rich past. The Rubenstein Library is open to the public for research, and more information can be found at http://library.duke.edu/rubenstein/.

HAITI

FROM THE FRONT PAGE

inevitably, on the first contact with us, from the moment he steps off the boat, says 'I want a job.' We have a humanitarian feeling for these people, but that does not meet the definition of political asylum."

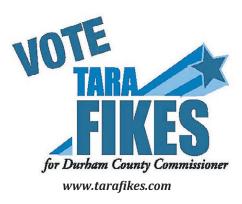
(Radio Haiti was Haiti's first independent radio station, combining in-depth, on-the-ground reporting with incisive analysis. From the early 1970s, Radio Haiti reported on issues affecting the lives of the Haitian majority, including politics, culture, and human rights. Radio Haiti's director, Jean Dominique, was assassinated in 2000; his professional partner and wife, Michèle Montas, continued to run the station until 2003.) Of this double standard, Jean Dominique explains that in Haiti, "the economic cannot be separated from the political." Poverty is political, not incidental. The dispossession of rural farmers; the consolidation of capital, infrastructure and power in Port-au-Prince these were part of the machinery of oppression as much as the infamous prison and torture center Fort Dimanche. Structural violence is political violence. Jean Dominique concludes the May 1980 broadcast with these words: "Economic refugees or political asylum-seekers, Haitians are there. Their desperate audacity at sea, their silent determination to work, the fear in their eyes: all of it spread out upon the television screen, commented upon on the radio, mobilizing the conscience of some Americans, as it weighs upon our own. There are doubtlessly 'boat people' all over the world, but these, they are our own. They are our brothers, and



Above: Some of Radio Haiti's cassette tapes in the Duke University Libary. Below: One of Radio Haiti's on-air script about the Cayo Lobos incident.

Boat propri Hier dimanche 16 Novembre 1980 à midi exactement, le Lady Moore tris bre en Haiti, accostatt pour la n-ième fois au Warf de Port-au-Prince avec 202 réfugiés haitions dont 103 rescupés de l'île bhaméenne de Cayo Lobos. L'arrivée du Ledy Moore, hier, était pourtant bien differente des dimaine d'autres enregistrées depuis deux ans; non seulement à cause du scandale international pr voqué par l'avanture des rescapés de Cago Lobos et l'acceuil surpernant et execp-tionnel fait en Haiti à ces réfugiés mais aussi et surtout que l'arrivée du Lady la tentative hautes





Vote for Dr. Tara L. Fikes because she:

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*Serves on the Durham County Board of Social Services and Durham Technical Community College Board of Trustees *Cares about Jobs, Senior Services , Education and Youth Empowerment

Endorsed by the Indy Week for the March 15th Primary

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fugiés en vertu des lois internationales dans maine, Le HCR, dans un télégram me adressé au premier ministre des Bahamas, M. James Pindling, souhaitait, en effet examiner le cas de chacun de ces réfugiés pour déterminer si certains pouvaient pré tendre à une aide en qualité de réfugiés politiques ou de victimes de persécutions raciales ou religieuses. Cette requête des Nations Unies avait été inspirée par une démarche di d'un avocat américain, M. Peter Shay, representant plusieurs organisations religieuses et charitables aux Etats Unis. Ce dernier avait personnellement contac té le premier ministre bahaméen pour annoncer son intention de faire intervenir les Nations Unies par le **Maix** biais du HCR, et avait même obtenu des autorités bahamé ennes un arrêt de l'expédition vers Haiti pourgeans un délai de huit heures trouver ne solution; Solution hypothétique fuisque malgré l'intervention des Nations Unies le premier ministre des Bahamas allait précipiter les négociations dans une impass Le HCR avait proposé de prendre à sa charge (nourritures et entretiens) ce groupe de réfugié en attendant une slution défihitive. Mais N. James Pindling, en réponse s'opposo à une solution partielle et exigeait manne une prise en charge de tous les fllégaux haitiens vivant sur sont térritoite; dans le cas contraire le Lady Moore poursuivrait son chemin. Ce qui fut fait. Les défenseurs de ces réfugiés avaient for en vain compté, jusqu'à l'expiration du délai à 10 hres 15 samedi soir, sur un sursaut de bonne volonté de la part des autorités bahaméennes. Che marché honteux sur la tête des réfugiés haitiens n'a pas pu être conclu. Le Gwt, des Bahamas sur la cele des feinges initians à pas processes valeur d'échange pour une éradication du mal haitim sur son térritoire. Hinduk les Nations Unies n'ont pas pu arrêter le rapatriesent des réfugiés, mus le gyt. des Bahamas a-t-il resu Son cote ; stratarraine obtenu d'avantage en les refoulant ? Centarnement par Quoiqu'il en soit dirait-on, c'est un échéc pour le HCR, pour M. Peter Shay et les organisations qu'il represente et un succès pour les organisateure de cet acceuil, à l'allure de carnaval qui sans rapatriés n'aurait pas pu avoir lieu. Ainsi les réfugiés étaient bien au rendez-vous et les comité d'acceuil avait p

we are all responsible." In September of that year, Radio Haiti demonstrated this sense of responsibility when they reported on 161 men, women and children who fled northwestern Haiti only to be stranded on Cayo Lobos, an uninhabited Bahamian island.

For nearly two months, Haitian, U.S., and Bahamian authorities argued over who was responsible. On Nov. 16, despite a request from the UN High Commissioner for Refugees (UNHCR), Bahamian police stormed the makeshift camp, beating and clubbing the stranded refugees, who were then forcibly repatriated to Haiti. The Duvalier government

did not forgive Radio Haiti for implicating it in the refugee crisis: Radio Haiti's coverage of Cayo Lobos precipitated, in part, the regime's Nov. 28, 1980, crackdown on the Haitian independent press. Several Radio Haiti's journalists were imprisoned, tortured, and exiled, and the station was closed until the regime fell in 1986.

Laura R. Wagner is Radio Haiti Project archivist with the David M. Rubenstein Rare Book & Manuscript Library. The Radio Haiti archive is part of the Human **Rights Archive at the** Rubenstein Rare Book and Manuscript Library at Duke. The archive will be digitized and publicly available in 2017

Vhat A Great Shot!



Would You Please Pass The Hair Gel?

Photo submitted by Grandmommy

Email your "Great Shot" to David Jones at djones@heraldsun.com for possible inclusion in The Durham Herald and The Chapel Hill Herald

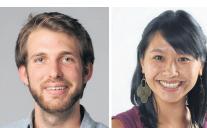
The Herald-Sun

We're Proud to be your Newspaper and

Proud to Announce the Awards our staff won in the 2015 North Carolina Press Awards



1st Place Krzyzewski wins No. 1,000 Steve Wiseman 12 - Sports News Reporting



1st Place Bull City Cigars: recreating tobacco history Alex Dixon and Christine T. Nguyen 20 - Best Video



1st Place Butler Shoe Repair Joy Miller 10 - Best Black & White Institutional Ad



1st Place Central Pharmacy Craig Chappell 12 - Best Color Retail Ad



2nd Place "Hazmat crews called to Chapel Hill complex" Katie Jansen 02- Deadline News Reporting -Dailies Only



2nd Place Friday Night Lights Bernard Thomas 16 - Sports Feature Photo

2nd Place

The Breakthrough

John McCann

20 - Best Video





2nd Place Coaches explore possibilities; Williams at controls for UNC; 'Silen' Switzer I John McCann 60 - Best Lede







2nd Place HOCOA Jennifer Flye 14 - Best Use of Humor



2nd Place Carolina Air Jennifer Flye 15 - Best Innovative Concept/ Wild Card



2nd Place Everything Orange

2nd Place

Devine's

Joy Miller

Publication



3rd Place Going to the Chapel (Again) Dawn Baumgartner Vaughan 05 - Feature Writing

CURSERS + WINGS - DRINKS A Tradition Sen 1972 VIEW - 1 SPORTS BAR ALL SPORTS PACKAGEO IN 20 LG LARES SCREINS ACC, SEC, Big 10, NFL - and MILB NUCKOCUTIONCE NINK BAR UNCKOCUTIONCE NINK BAR NOCK, VOLTONCE NINK BAR SOL VOLTONCE NINK BAR

3rd Place Water World Marty Cassady 12 - Best Color Retail Ad



3rd Place Everything Durham Staff 39 - Special Section -Newspapers Only



3rd Place 9th Street Flowers Craig Chappell 26 - Best Retail Ad in a Niche Publication



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3rd Place Off the Ball; Hark the Sound; Exchanging sneakers, cleats John McCann 25 - Sports Columns

3rd Place Sports Coverage, March 21-22 Staff 33 - Sports Coverage - Newspapers Only

ASTROLOGY

BY EUGENIA LAST UNIVERSAL FEATURES SYNDICATE

Don't hesitate to reconnect with people you have lost touch with. Someone who had an impact on your life in the past will motivate you to get back to things you enjoy doing. Trust in your abilities and move forward with confidence.

PISCES (Feb. **20-March 20)** — Evaluate your position, relationships and next move. Rely on your experience to help you make the best choice. Love and romance should be a priority.

ARIES (March **21-April 19)** — Work at being the best that you can be. Raising your self-awareness will help boost your confidence. Love is on the rise and will encourage you to socialize more.

(April TAURUS **20-May 20)** — Gravitate toward unusual entertainment. If you contribute your thoughts and suggestions openly, people will offer the same in return. There is much to learn and gain if you participate.

GEMINI (May **21-June 20)** — Don't give in when you should be doing your best to stand your ground. Concentrate on building your assets, not on squandering what you have.

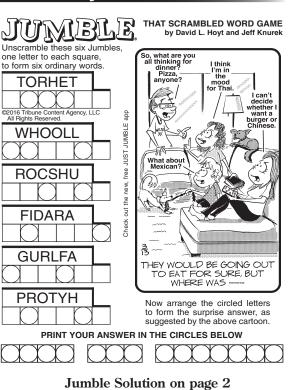
CANCER (June 21-July 22) — Spend time with people who share your concerns. Collaboration will lead to a successful venture. Work in concert with someone you deem special. Love is highlighted.

LEO (July 23-Aug. 22) — Rethink your strategy and assess your situation before you respond to recent events. You'll do best working to improve yourself rather than trying to change everything and everyone around you.

VIRGO (Aug. 23-Sept. 22) — Embrace the future with optimism. Your determination and focus on quality control will bring good results. A challenge will allow you to show off. Love is in the stars.

LIBRA (Sept. 23-Oct. 23) — Don't procrastinate when you should dig in and get things done. You'll feel much better once you complete unfinished business. Set your goal, stick to your budget, and plan something enjoyable as a reward for the hard work you endured. SCORPIO (Oct. 24-Nov. 22) — You'll be drawn to people and places that offer something different. A desire to experience the unusual will be enlightening and will help you improve the way you live. **SAGITTARIUS** (Nov. **23-Dec. 21)** — Accept change, but don't be the instigator. Putting up a fight will be futile. You are best off doing what you can to fix up your home and improve your health and appearance. CAPRICORN (Dec. **22-Jan. 19)** — A good investment will come from an unusual source. Attending a reunion or delving into something you used to enjoy doing will spark memories and spur a renewal of old friendships. AQUARIUS (Jan. **20-Feb. 19)** — Someone will challenge you if you are secretive or unwilling to share. Do what's necessary to keep the peace, and start a project that will keep you entertained and out of trouble.

SUNDAY JUMBLE



The Aces On <u>Bridge</u>

BY BOBBY WOLFF UNIVERSAL FEATURES SYNDICATE

Dear Mr. Wolff: My partner and I have no special agreements in our two-over-one structure. When I picked up SPADES J-7-2, HEARTS A-Q-6-3, DIAMONDS A-Q-J, CLUBS A-K-4, I could not respond two hearts to a one spade opener since that would promise five cards in the suit, but a call of two no-trump would promise four spades. Would four clubs be Gerber here?

- Powerhouse Pete, Bristol, Va. ANSWER: Most experts say Gerber

applies after a jump to four clubs over an opening bid or rebid of one or two no-trump. In any event, it would be highly premature here. It would be best to bid two clubs and then raise spades, to let partner describe his hand cheaply. When in doubt, leave as much space as possible.

Dear Mr. Wolff: I was taken aback when a friend of mine told me about some videos she had seen that claimed to show some of the world's top pairs cheating. Do you know anything

about this, and where do the cases against such pairs currently stand?

- Cutting to the Chase, Dallas, Texas

ANSWER: Various national federations are currently investigating three world-class pairs (and another such pair has admitted past wrongdoing). The actions of the three pairs in question are reviewed at: youtu. be/831tJ4EHLBY, youtu. be/TKe7gLTfaF8 and bit. ly/1QbO3xO

Dear Mr. Wolff: When opener opens a strong two hearts, responder bids two no-trump and opener bids three hearts, should it be responder's responsibility to take the hand to game? I assume the bid of two no-trump cannot be passed.

 Laverne and Shirley, St. Louis, Mo.

ANSWER: The call of two no-trump is a forcing response, but suggests a minimum hand. Over that, the bid of three hearts is nonforcing, so it now becomes responder's responsibility to bid game or pass. (Normally, a trick or a ruffing value should suffice to raise here.)

Sunday Puzzler

ACROSS

6 11 16

21

70 72

86

87

89

91 92

93 Big boat

95

Showy flower

ROSS Freight	97	Energy type (Abbr.)
Discard	99	Witnessed
Kind of fund	101	Mineral sprin
Picasso or Neruda	104	Weep
Antelope	106	Housetop
Accused's defense	108	Talk proudly
Bay window	110	Spine
Pointer	114	Any nonroya
Mischievous	117	Sandwich of
person		kind
Garment part	119	French eate
"—, I'm Adam"	121	Wings
Instruct	122	Macabre
Dir. letters	124	Mild cheese
Permit	126	Monk's title
Earring locale	127	Ancient garr
Cheer	128	Phooey!
Wrath	129	Wickedness
Make tranquil	131	"Essays of -
Went unsteadily	133	Speck
Take legal action	135	Likewise not
Beatty or Rorem	136 137	Discord pers
Suitable Giant god	137	Flower part
B'way notice of yore	141	Knight's wea Smells
Sew loosely	143	Talk and tall
Inert gas	145	"Peanuts"
Play boisterously	145	character
- Knox	147	Language
High mountain	149	Tilly or Ryar
Important	152	Bro or sis
Musical work	154	Army rank
Duration	157	Bowman
Group of three	161	Building win
Actress - Sorvino	162	Let it stand!
Throw in a high	164	New Year's
curve		word
Arab VIP	165	Gam
Bag	167	Actress — G
Best or Ferber	168	Soap plant
Gorgeous	170	Overcharge
Blemish	173	Thin candle
Night	175	Morocco's c
Musical passage,	177	At no time
for short	178	
Pennant	179	
Colorful fish	180	
Cobbler's kin	181	Handle
Soak flax	182	Itty-bitty

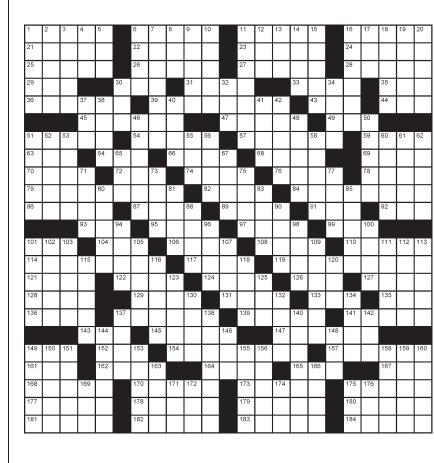
183 Call

184

DOWN Roman goddess Unaccompanied Stormed ing Large antelope Poem Auction Rattling noise al 8 9 Rend of a White poplar Cockpit occupant Of an old Greek 10 ery 11 poet Time 12 13 Performed Toothed wheel Saint – fire Glib talk 14 15 ment 16 17 Timetable abbr Kind of trust French river 19 20 30 32 34 37 38 40 h Had sonified Tolstoy Wager Eject Fitting Journey eapon lk Reasoner's word Coup d'-Bette or Jim 41 42 46 Good result Wanderer Many times Disney title 48 50 51 52 53 55 Foreign Jack who ate no fat Unclose, poetically ng Eve 56 Dead Summary, for short Edict 58 60 Gardner 61 Wash cycle Browned bread Whitney or 62 65 capital Wallach Farm structure Emanation Wall Street animal 67 71 73 75 77 ures vay Lasso Jenner or Kristofferson 80 Trunk Detested 81 Hideout

Soft mineral English poet Incandesce Flavoring plant "King —" 83 85 88 90 94 "King -Yesteryear Mine basket 96 98 100 Sharpen 101 Alarm 102 Kind of bear 103 Violin maker 105 Cap 107 Grow dim 109 Prison bigwig 111 Town in Maine 112 Strictness 113 Approaches 115 Unkempt 116 Opposing one
118 Cover for a casket
120 - Paulo
123 Copy
125 Actress - Farrow
130 Comic Jay
132 Wall pier 132 Wall pier 134 137 - de force Playlet 138 Baby' bedroom140 Irish girl142 Calendar abbr. 144 Aver 146 Secret agent 148 Joke 149 Intended 150 Rice or Fudd 151 Catcher's mitt 153 Father 155 Available (2 wds.) 156 Extend to 158 Custom 159 Sidestep 160 Appraised 163 Musical sound 166 Gaelic 169 Grassy expanse 171 Western Indian 172 Mil. rank 174 rata 174 — Tata 175 Cheer from the bleachers

176 Mad - - hatter



Sunday Puzzler Solution on page 2

New York Times Crossword Puzzle

121 Part of a legend

124 Atypical

short

Adams

DOWN

to drop

Michelle

times

highway

IN CHARACTER BY DAVID J. KAHN / EDITED BY WILL SHORTZ Note: The answers to 23-, 31-, 45-, 62-, 69-, 90-, 103- and 115-Across are themselves clues to the names spelled by their circled letters

57 Lead-in to care

Max

1 Spokesperson in TV or dare insurance ads 58 Nike 4 Candidate's concern 61 Dedicated works 9 Snap 62 See blurb !" 13 "Not 67 How to play solitaire 18 Manhattan 68 Some conversation developer? 19 Big name in travel guides 20 Track runner 21 "Et tu" follower 22 Sharing word 23 See blurb 26 It may detect a break, for short 27 Hit 2011 animated film 28 Stay here 29 Source of iron 30 An eternity 31 See blurb 35 Crashes badly 37 Czech reformer Jan 38 Press (for) 39 Cut off 40 Request after a breakdown 43 Some cleaners 45 See blurb 50 Billionaire sorts 52 ____ Peninsula 53 Borah Peak locale 54 Part of a foot 55 Music appreciation Online subscriptions: Today's puzzle and more than 4,000 past puzzles, nytimes.com/crosswords

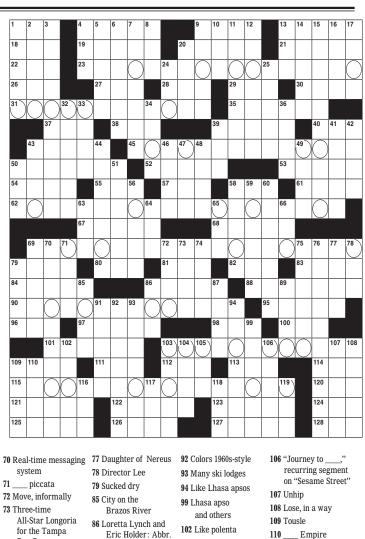
(\$39.95 a year).

ACROSS

interruptions 69 See blurb 79 Italian fine? 128 Seedy type? 80 Big head 81 Figure in "The Garden of Earthly 1 Rude thing Delights" 82 Hal, to Henry IV 83 Titania or Oberon, in space 84 Former NBC drama 86 National alternative 88 Getting ready, with "up" 90 See blurb 95 Jazz (up) 96 Place for plaques 6 Allows in 97 Dos 98 Bro or sis 100 Mound great 8 Time 101 Ham 103 See blurb 109 Squeakers 10 Stumblebum 111 Best Foreign Language Film of 2014 112 Fiver 113 Always, to Shakespeare 14 Food for 114 One carrying a toon? 115 See blurb 15 Major Italian 120 Har-_ (tennis court surface) 16 See 69-Down

122 Hunted for morays 20 Kind of column 123 Sides of sectors 24 Giorgio's god 125 Lascivious sort 32 Brunch pie 126 Some speedsters, for 127 Photographer 36 Years at the 39 Christopher the Shrew 41 Earthy color 2 First lady before 42 " 43 Singer Anthony 3 Senate's president 44 Metal marble pro tempore after 46 Duchamp's Patrick Leahy movement 4 Movie co. behind 47 Sci-fi race "Boyhood" and 48 It may come "Transamerica" in sheets 5 He played Bond seven 49 Flaps of eight 7 Not follow orders or 51 It's a wrap guidelines remembered 59 Arctic weather 9 Phony persona 60 "I Wanna Be 11 One of two New Testament books 63 12 Like some old schoolhouses 64 Tag end? 13 "Scandal" airer 65 Didn't move Oliver Twist "stet" means

22 17 Modernists. 26 informally 25 Like comebacks? 33 Food-safety org. 34 Commander's place Colosseum 62 tippler in "The Taming of ____asking?' 84 50 Fourth parts in series 115 121 56 Reached, numerically 125 58 Dumas swordsman phenomenon Sedated" rockers Jemison, first African-American woman in space 73 Three-time Bay Rays 66 Some newcomers $74\ {\rm It's}\ good$ for the long study, in brief haul 69 With 16-Down, what 75 Lottery winner's cry



103 Some electrical

plugs

104 First string?

105 Inc. cover subj

116 Pay-view connection

117 Keyboard abbr.

118 Packers' org.?

119 Up to, briefly

87 Greek summit

91 Penalty for poor

service, maybe

89 Pit-

Crossword Puzzle Solution on page 2

76 Mel Blanc, notably

Mothballs for mouse control could be toxic

Q. I have a problem with mice, pants pocket ever since. There also and I've been using mothballs to get rid of them. I may have used too much, because I have symptoms like headaches, nausea and eye irritation.

How can I detox from mothballs? Something natural would be appreciated. I'd also like a natural way to combat the mice.

A. Mothballs don't work against mice, so we suggest you get them out of your house immediately. The pesticide in most mothballs, para-dichlorobenzene, can cause the symptoms you describe of eye irritation, nausea and

headaches as well as shortness of breath and dizziness.

Eliminating your exposure is the best way to protect yourself from this possibly carcinogenic chemical. As far as we can tell, there are no herbs that will reverse the symptoms.

As for natural ways to get rid of mice, a cat or two might work. There also are mousetraps, both ones that kill mice and those that trap them alive so they can be released very far awav

Q. I have a question about aspirin. I had a serious heart attack 15 years ago and have been carrying a packet of BC Powder (845 mg aspirin and 65 mg caffeine) in a plastic bag in my



GRAEDON

is a note to put the powder under my tongue in case of a heart attack.

I just looked at the BC packet for the first time in a while. It was past its expiration date. I also found instructions to store it below 77 degrees.

Is it safe to keep this drug in my pants pocket even though it is over 77 degrees? I have replaced it with a fresh packet. BC Powder seems perfect for this purpose otherwise.

A. BC Powder was created more than 100 years ago to provide fast pain relief.

Customers often poured the powder on their tongues and washed it down with water.

This is a quick way to get aspirin into your system in the event of a heart attack, but the dose is higher than recommended, and the extra caffeine might strain the heart. Keeping it in a pants pocket might speed deterioration. You could be better off with a small container of chewable low-dose aspirin.

Q. I am in my 50s and don't consider myself a senior citizen, but my memory has been getting worse and worse. I take amitriptyline and oxybutynin for a urinary problem, along with Metamucil and Imodium for irritable bowel syndrome.

My name recall is poor, and I sometimes feel like brain fog interferes with my ability to think clearly. I think I read in your column that some of these drugs could cause mental confusion. Please provide some perspective.

A. Anticholinergic drugs interfere with the brain's ability to react normally to the neurochemical acetylcholine. Classic symptoms of such medications include dry mouth, eyes and nose, constipation, urinary retention, dizziness, drowsiness, disorientation and memory problems. You are taking only one drug without anticholinergic activity: psyllium (Metamucil). All the rest could be affecting your ability to think clearly.

Even though you are not a senior citizen, we are sending you our guide to Drugs and Older People with a list of anticholinergic medications that could impact cognitive function. Anyone who would like a copy, please send \$3 in check or money order with a long (No. 10), stamped (71 cents), self-addressed envelope to: Graedons' People's Pharmacy, No. O-85, P.O. Box 52027, Durham, NC 27717-2027. It also can be downloaded for \$2 from our website: www.PeoplesPharmacy.com.

In their column, Joe and Teresa Graedon answer letters from readers. Email them at Questions@PeoplesPharmacy. com.

SUNDAY TELEVISION

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People in THE NEWS

Title and release date announced for Schumer's book

NEW YORK - Amy Schumer's upcoming book has an indelible title.

Gallery Books, an imprint of Simon & Schuster, announced Tuesday that Schumer is calling the book "The Girl With the Lower Back Tattoo." It's scheduled to be released on Aug. 16. As the title might suggest, the essay collection will "feature personal and observational stories from Schumer that range from the raunchy to the romantic, the heartfelt to the harrowing,' according to Gallery.

Schumer's deal with Gallery was announced last September, following a run of success that included her hit movie "Trainwreck" and an Emmy for her Comedy Central show "Inside Amy Schumer."

Q-Tip joins Kennedy Center as hip-hop director

WASHINGTON - Hip-hop is heading to the Kennedy Center this time, to stay.

Fresh off last year's critically acclaimed performance by Kendrick Lamar with the National Symphony Orchestra, the Kennedy Center for the Performing Arts announced Tuesday that veteran rapper and producer Q-Tip will join the institution as its artistic director for hip-hop culture. Hip-hop also will be added to the center's core programming.

The announcement was made as the Kennedy Center released details of the more than 2,000 performances that will be staged there during the 2016-17 season.

Today in History

- 1781: The seventh planet of the solar system, Uranus, was discovered by Sir William Herschel.
- 1865: Confederate President Jefferson Davis signed a measure allowing black slaves to enlist in the Confederate States Army with the promise they would be set free.
- 1925: The Tennessee General Assembly approved a bill prohibiting the teaching of the theory of evolution. (Gov. Austin Peay signed the measure on March 21.)
- 1946: U.S. Army Pfc. Sadao Munemori was posthumously awarded the Medal of Honor for sacrificing himself to save fellow soldiers from a grenade explosion in Seravezza, Italy; he was the only Japanese-American service member so recognized in the immediate aftermath of World War II.

- 1954: The Battle of Dien Bien Phu began during the First Indochina War as communist forces attacked French troops, who were defeated nearly two months later.
- 1996: A gunman burst into an elementary school in Dunblane, Scotland, and opened fire, killing 16 children and one teacher before killing himself.
- **2013**: Jorge Bergoglio of Argentina was elected pope, choosing the name Francis
- 2011: The estimated death toll from Japan's earthquake and tsunami climbed past 10,000 as authorities raced to combat the threat of multiple nuclear reactor meltdowns while hundreds of thousands of people struggled to find food and water.

Birthdays

Jazz musician Roy Haynes is 91. Singer-songwriter Neil Sedaka is 77. Actor William H. Macy is 66. Actress Dana Delany is 60. Rock musician Adam Clayton (U2) is 56. Actress Annabeth Gish is 45. Rapper Khujo (Goodie Mob, The Lumberjacks) is 44. Actor Danny Masterson is 40. Actor Noel Fisher is 32. Singers Nicole and Natalie Albino (Nina Sky) are 32. Actor Emile Hirsch is 31.





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