

Sudoku: lots of fun with 1-9!

SUDOKU  
PRESENTED BY



**VolunteerMatch.org**  
Where volunteering begins.

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

© 2007, StatePoint Media, Inc.  
Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

Q - LIVING

## Health & Wellness: Medical

from page 23

infections. There is no need to quarantine people with the infection and it is unnecessary to wash down facilities where an infection is reported. Casual and consistent use of alcohol-based wipes suffices. Do not get tested or treated for MRSA if you do not have symptoms for it.

Also, avoid using anti-bacterial soaps on a regular basis, as this weakens germs but does not always kill them. The practice of over-prescribing antibiotics

and over-using antibiotic soaps is the reason MRSA developed in the first place. As the adage goes, "an ounce of prevention is worth a pound of cure." Jack Kirven holds an MFA in Dance from UCLA and a national certification in personal fitness training through NASM.

— Q-Notes "Health and Wellness" column rotates between physical fitness, spirituality, green living and medical wellness.

info: [www.MRSAresources.com](http://www.MRSAresources.com)

### ONLINE Q.POLL

[www.q-notes.com](http://www.q-notes.com)

Did your candidate win in any of the early primaries?  
yes no

### In our next issue:

Black History Month  
History of the African-American  
Queer Movement

To advertise, call 704.531.9988 or email  
[adrep1@carolina.rr.com](mailto:adrep1@carolina.rr.com).

### Sudoku Answers

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

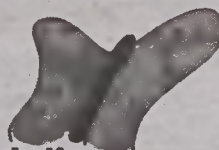
## Triangle Area

**hillcountrywoodworks.com**

*handmade furniture of elegant  
simplicity in solid walnut or cherry*

318 w. franklin st.  
chapel hill  
919-929-2075

Kimball Jane Sargent, MSN, APRN-BC  
Counseling & Consulting for the GBLTI Community



diverse**solutions**

3410 Hillsborough St. Phone: (919) 838-0804  
Raleigh, NC 27607 Fax: (919) 838-1219  
E-mail: [kjsargent@nc.rr.com](mailto:kjsargent@nc.rr.com) Web site: [genderjourney.com](http://genderjourney.com)



**NIKKEN**  
INDEPENDENT  
WELLNESS  
CONSULTANT

**Geoffrey Avery-Foy**  
112 Brandywine Dr.  
Raleigh, NC 27607  
919-593-2975

**Your Home Can  
Make You Healthier  
and Wealthier.**

Sound far-fetched?  
It's possible!  
And you can make it happen —  
without renovating, remodeling,  
or relocating.

Find out how you can live in a  
Nikken Wellness Home — and  
what it can do for you.  
Just contact Nikken or your  
Independent Wellness Consultant.

## Psychotherapy

For the Gay, Lesbian &  
Bisexual Communities

Fear, Loneliness,  
Coming Out, HIV,  
Sexual Concerns,  
Relationship Problems,  
Addiction

**Mike Katz, Ph.D.**  
Licensed Psychologist  
(919) 781-0852  
Insurance/Sliding Scale

**Twin Oaks** twinoaks@rtelco.net  
Campground & Lodging

Open March 1 through December 1.  
RV & Tent Sites. Sauna & More.

[www.ourtwin Oaks.com](http://www.ourtwin Oaks.com)


Under New Management in '08.

3024 Bonlee Bennett Rd., P.O. Box 173, Bonlee, NC 27213  
Book online or call: (919) 742-3203 8 am - 8 pm please

**Buying or Selling? I'm here to help.**



**Melissa Weiss**  
919-619-2167

 **Prudential**  
Carolinas Realty  
Serving the Triangle

[MelissaWeissRealtor.com](http://MelissaWeissRealtor.com)

[Melissa.Weiss@PruCarolinas.com](mailto:Melissa.Weiss@PruCarolinas.com)

## THE ANDROGYNY CENTER

QUEER/TRANSGENDER  
MENTAL HEALTH SERVICES

LOU SAWYER, PH.D.  
LICENSED PSYCHOLOGIST  
(919) 489-8753

3325 DUR-CH BLVD.  
SUITE 186  
DURHAM, NC 27707



**Erie  
Insurance®**

**Lee Winters Insurance Agency, LLC**  
Lee Winters, CIC, Agent

Auto • Home • Business • Life  
1121 Situs Court, Suite 100  
Raleigh, NC 27606  
919-852-3560 • Fax 919-852-3562 • Cell 919-605-2975  
[lee@leewintersagency.com](mailto:lee@leewintersagency.com)



Jennifer Mayo, MA, LPC

Psychotherapy

Hypnosis

EMDR

819 Broad Street  
Durham, NC 27705

(919) 286-3136  
By Appointment Only