ILLUSTRATION BY PHIL BLANK

THE PSYCHOLOGIST'S LECTURE - YOU'RE GOING TO BE MISERABLE ANYWAY, SO ENJOY IT.

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 swimming and the use of technology.

Dear HOUSE *Calls, I like to swim for exercise. A doctor told me that if I really want to lose weight, swimming is not the answer. Is this true?*

What probably matters most is how hard you work – not what kind of exercise you do. It is easy to swim without pushing yourself and not as easy to jog without pushing yourself. In addition, when jogging, you have the added resistance of gravity, which is mostly eliminated in the water. To lose weight, we recommend 30-60 minutes of moderate to vigorous exercise six days per week. That means you need to elevate your heart rate to 70-80 percent of your maximum heart rate (220-age=maximum heart rate, so if you are 40, 80 percent of your maximum is 144 beats per minute). The other thing you can do in the pool is learn how to swim better, using more muscles and thereby increasing your workload. Depending on how good of a swimmer you are, you may want to consider a few lessons. Also, vary your workout routine. Try other strokes to improve the workout. Swimming is great for you and your muscles, but you might need to work a little harder and smarter to get the results you want. Also, consider cross training.

Dear HOUSE *Calls, In what ways do you see the use of technology in your everyday practice as being a benefit or barrier to your ability to do your job?*

The most important way technology facilitates medical practice is by enhancing communication. We have better access than ever before to new information and to records such as documents from hospitals and medical consultations. Our patients increasingly have better access to information about their health from their personal physicians and from the Internet. Technology opens up new channels of communication. This is mostly good. However, not all communication is good communication, and it is important not to use technology to supplant face-to-face communication, but rather to enhance it. Likewise, not all information that we read is good information, and the increased access to information has increased the importance of sorting good information from bad information. Some people also worry that doctors now bury their noses in computers during visits. We feel like those same doctors were likely to bury their noses in charts, so this is probably not a new issue, just a variation on an old issue.

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 Briefs

Serve on advisory boards

Residents of Chapel Hill, Carrboro and Orange, Durham and Chatham counties are encouraged to apply to serve on the Town of Chapel Hill's advisory boards and commissions.

The Town of Chapel Hill has advisory groups focusing on a wide range of topics from parks and library services to how the town will grow and develop in the years to come.

Applicants should apply by March 15 in order to ensure consideration for the spring appointment cycle. For more information about the work done by advisory groups, eligibility requirements and to download the application visit townofchapelhill.org/index.aspx?page=114.

New K9 for police

K9 Officer Viper will join the Hillsborough Police Department this month to replace retiring K9 Officer Sampson.

Officer Sampson served the Town of Hillsborough for eight years, and will retire to live with his handler. Viper is a German shepherd from Czechoslovakia purchased from the Tarheel Canine Training Inc.

Viper is a dual-purpose patrol dog. In addition to protecting his partners and apprehending suspects, Viper is also trained to locate five types of narcotics, track people, perform building searches and locate items such as discarded weapons.

Awarding grants to nonprofits

Nonprofit representatives can attend a workshop to learn more about the Chatham County and United Way of Chatham County combined application process on Wednesday from 10 a.m. to noon in the Holmes Meeting Room of the Chatham Community Library located on the Central Carolina Community College campus in Pittsboro.

Chatham County and United Way have a combined application process for awarding grants to area nonprofits interested in securing funding to support local programs and services.

Nonprofit grant applications must be submitted by 5 p.m. on Feb. 28 to the United Way of Chatham County.

For more information contact Dina Reynolds, executive director of the United Way, at 542-1110 or at uwaycc@emji.net.

Community Calendar

THURSDAY JAN 12

Lunchbox Series — Presents the Bradshaw Quartet. Carrboro Century Center, 12pm Free

FRIDAY JAN 13

James Braly — Presents his one-man show, *Life in a Marital Institution*. The ArtsCenter, 8pm artscenterlive.org

Film Showing — Spectrum Doula Collective presents the abortion documentary *Jane*. Internationalist Books, 7pm Free internationalistbooks.org

SATURDAY JAN 14

The Lorax — Performed by the Studio A Dancers, the presentation is adapted from the story by Dr. Seuss. East Chapel Hill High Auditorium, 2 and 6pm $8 studioadancearts.com

Computer Class — Computer Basics. Carrboro Cybrary, 10am Free 918-7387

Walking Tours — 2nd Saturday Hillsborough Guided Walking Tour. Alexander Dickson House, 150 E. King St., 10am and 2pm $5 visithillsboroughnc.com

David LaMotte — To perform at the New Chapel in the Pines, 314 Great Ridge Pkwy., 7pm Free

SUNDAY JAN 15

Carbon Nation — A documentary about climate change solutions to be shown as part of an Environmental Film Series. Carrboro Century Center, 5pm Free, with donations accepted

Photography Exhibit — Opening reception for "Muhammad Ali: The Photographs of Sonia Katchian." Focal Point Gallery, 1215 E. Franklin St., 636-4557

MONDAY JAN 16

Time Out — With host Bill Hendrickson and guest Barbara Marotto, Chair of the Orange County Human Relations Commission. WCOM 103.5FM, 5pm

WEDNESDAY JAN 18

Free Tax Help — IRS-trained and certified VITA volunteers provide free tax preparation for clients with low to moderate incomes. See website for times/locations: sites.google.com/site/orangechathamvita/

DJ Pappas — Hosts the first meeting of the Life Learning Lecture and Discussion Series. The meeting will focus on marriage and family relationships using the book *Spousonomics: Using Economics to Master Love, Marriage*, Orange County Main Library, 6pm

Letter Writing — To political prisoners whose birthdays fall in January. Internationalist Books, 7pm

"Into The Woods" — Stephen Sondheim's musical to be presented by seventh- and eighth-graders from the Montessori Community School. Continues on Jan. 19. The ArtsCenter, 7pm $8/single, $25/family artscenterlive.org

THURSDAY JAN 19

Lunchbox Series — Presents the Onyx Club Boys. Carrboro Century Center, 12pm Free

Movie Showing — *Call to Life: Facing the Mass Extinction* to be shown as part of Earth First series. Internationalist Books, 7pm Free

Drew Smith — To lecture on "Setting New Career Paths." Seymour Center, 2:30pm Free

FRIDAY JAN 20

Contra Dance — Sponsored by The Carolina Song and Dance Association with music by Ken Kolodner and Company. Carrboro Century Center, workshop at 7:30pm, dancing at 8pm $8 csda-dance.org

Art Exhibit — Carrboro Branch Library presents In The Spirit with photographic images of the community, featuring artists Sheldon Becker and David Otto. Continues through March 27. Carrboro Branch Library, 969-3006

Painting the Town — Django Haskins writes, sings and performs in a work based on his new book about traveling in a band and songs based on those experiences. The performance runs through Jan. 21. Gerrard Hall, 8pm Free

SATURDAY JAN 21

Gustafer Yellowgold — A family show featuring Gustafer, a small, yellow, cone-headed fellow who came to Earth from the Sun, and his friends. ArtsCenter 11am artscenterlive.org

Computer Class — Internet/Web Basics. Carrboro Cybrary, 10am Free 918-7387

Chamber Music — "Les Amies Harmoniques." United Church of Chapel Hill, 4pm Donations requested for Music Outreach Program unitedchurch.org

Foreclosure Forum — Foreclosure Prevention Forum will provide information and access to attorneys. University United Methodist Church, 150 E. Franklin St., 11am-1pm Free

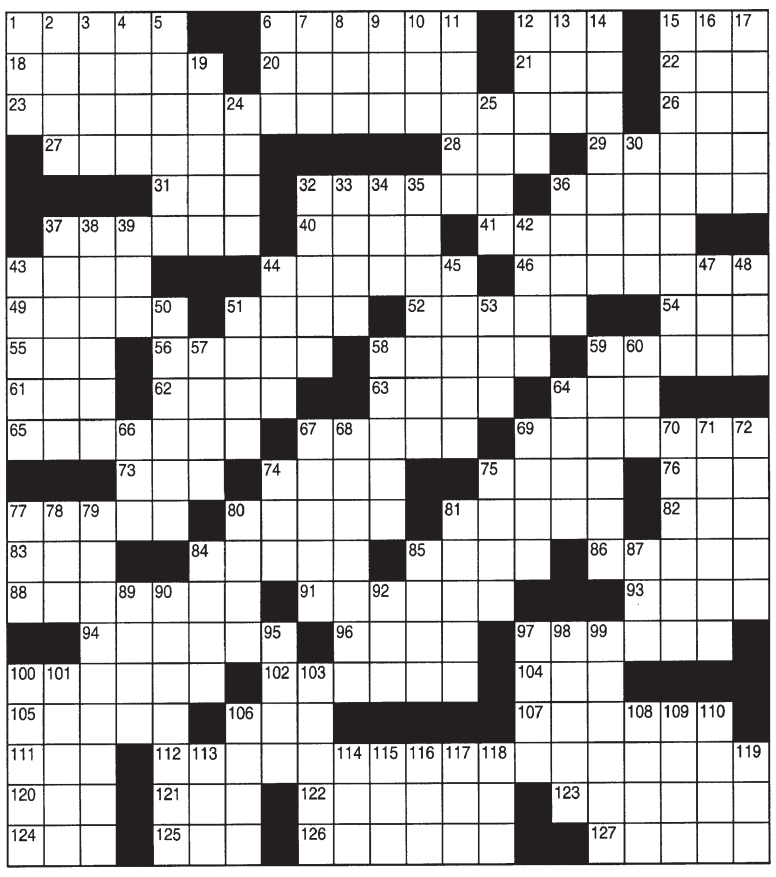
Ann@disputeredesign.com

Send your Community Calendar submissions to calendar@carrborocitizen.com

SUPER CROSSWORD BRIEFLY STATED

ACROSS
1 Roofing material
6 Litigates
12 Director Peckinpah
15 Bull's babe
18 Florida eleven
20 40th president
21 Baudelaire's buddy
22 Nabokov novel
23 Mitch Miller hit
26 "Agnus —"
27 Throw a line to
28 She's a sheep date
29 Bakery display
31 — Aviv
32 Blazing
36 Most mammoth
37 Elegant
40 Pebbles' papa
41 — Leone
43 Black and white
44 Bing Crosby hit
46 Service member?
49 Tilden's opponent
51 Seize
52 Slip of the tongue
54 Tax shelter
55 Animated Olive
56 Proofreader's mark
58 Word with tea or pepper
59 Get more magazines
61 Jack of "Flower Drum Song"
62 Be — unto oneself
63 Tear to bits
64 Marry
65 Patti Page hit
67 Scold
69 Andrews Sisters hit
73 Tenor Slezak
74 Corporate VIP
75 Burlap fiber
76 Word on a pump
77 Supped in style
80 Pasta ingredient
81 Government group
82 Winter hazard
83 TV's "Scooby- —"
84 Too experienced
85 Flip
86 Sri —
88 Land mass
91 Wilbert Harrison hit
93 Doesn't come clean
94 Daze
96 — Haven, CT
97 Exhausted
100 Enigmatic sort
102 Lost
104 Essen exclamation
105 Couldn't stand
106 First zoo?
107 Concerto —
111 Bachelor's last words
112 Gladys Knight hit
120 New Deal agcy.
121 — later date
122 Used a ewer
123 Through the nose
124 Cartoon cry
125 — de guerre
126 Beethoven's "Moonlight —"
127 Dutch artist Jan

DOWN
1 Cpl.'s superior
2 Bolger/Haley co-star
3 To — (perfectly)
4 Petite pooches
5 Builds
6 Paid player
7 Actor Ayres
8 Musical sensitivity
9 Past
10 Wagner's "— Rheingold"
11 Look like Hook?
12 Cash stash
13 Qty.
14 Blend
15 Mamas & Papas hit
16 "Golden Boy" dramatist
17 Dress part
19 Turns about
24 Portrait painter Peter
25 Is in debt
30 Taj town
32 G-sharp's keymate
33 Chow
34 Creepy Christopher
35 Stuck fast
36 Munich mister
37 Kindergarten item
38 Defeat
39 Affirmative vote
42 Sacred image
43 That's the spirit
44 Make tea
45 Worth or Papas
47 Prior to, to Prior
48 Damp and chilly
50 Cleaned a carp
51 Schwarzenegger's birthplace
53 Cabernet color
57 Voice type
58 It's run of the mill?
59 Nullify
60 Tokyo, once
64 Power unit
66 Wayfarer's whistle wetter
67 Stream
68 Earphones
69 Propel with a pole
70 Entertainer Kazan
71 Played soccer
72 Zones
74 Third degree?
75 Panel of peers
77 SHAEF commander
78 Letters of credit?
79 Johnny Horton hit
80 WWII unit
81 Dock of the bay
84 Put the whammy on
85 Galileo's birthplace
87 Heidi's hangout
89 Racer Luyendyk
90 Nocturnal visitor
92 Subway unit
95 Merit
97 It's a long story
98 Caustic
99 Conversation pieces?
100 Gleam
101 Clerical title
103 Excludes
106 Smith or Sandler
108 ER exclamation
109 Painful
110 Eye appreciatively
113 Robert of "Quincy, M.E."
114 Sticky stuff
115 Savage sort
116 La-la lead-in
117 Asian holiday
118 Nutritional abbr.
119 Writer Rand



© 2012 King Features Synd., Inc. All rights reserved.

Citizen*Cryptoquote* 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.

It's My Privacy

F X F I Q K C C E U G G

B H X F X C M O E D U F K ' U

U G O E K P Y Q Y H , F ' S S

O Q S S C M G B . - G A F J Q

L Q Y S G , Q C I G K C H -

K F K G H G Q A - E S P F K

Y A E E J S H K I M E M Q U

O M E U G K K E C C E

R E F K X Q O G Y E E J .

Find the answer in the puzzle answer section.

Weekly SUDOKU

by Linda Thistle

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

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!

© 2012 King Features Synd., Inc.

CUSTOM MAID LLC
EST. 1992
Kelsea Parker
919-357-7236
Quality, detailed cleaning with *your preferences* in mind.
Trustworthy, reliable, own equipment, great rates.
Long-term original clients since 1992
Service above and beyond "the basics"
Clean house + happiness guaranteed!

The ArtsCenter
For more information or to order tickets call 929-2787 x201 or go to artscenterlive.org
ArtSchool registration now open!
CONCERTS:
JEREMY KITTEL BAND • SUN JAN 15
SHANA TUCKER HINDUGRASS EXPERIENCE • FRI JAN 20
EXTREME GUITAR DUO
FEAT. KEITH KNIGHT & DON ALDER • SUN FEB 2
EDDIE BRILL (COMEDY PERFORMANCE) • SAT FEB 4
JOHN MCCUTCHEON • FRI FEB 24
THE BOXCARS • FRI MAR 16
MOUNTAIN HEART • SAT MAR 17
LUNASA • FRI MAR 23
LEO KOTTKE • TUE MAR 27
DARRELL SCOTT • SAT MAR 31
ARTSCENTER STAGE:
LIFE IN A MARITAL INSTITUTION • FRI JAN 13
MARK TWAIN NOW • SAT JAN 28
TRANSACTORS IMPROV: THE LOVE SHOW • SAT FEB 11
SUPERFUN FAMILY SHOWS:
GUSTAFER YELLOWGOLD'S SHOW • SAT JAN 21 AT 11AM
PUSS IN BOOTS • SAT FEB 25 AT 11AM
facebook TICKETS ON SALE NOW! YouTube