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 guestions about prostate enlargement and stretching.

Dear HOUSE Calls, How can you treat an enlarged prostate without drugs?

Many patients want to avoid "medicines." Yet symptoms of an enlarged prostate (waking at night to urinate, weak stream, dribbling) can be a real nuisance. Just because a product is a natural herb that is available without a prescription does not mean that it is completely safe or effective. There are two natural products that we know of that people use for enlarged prostate – saw palmetto and pygeum. There has been plenty of controversy about the effectiveness of saw palmetto, but the bulk of evidence shows no treatment effect. We therefore don't routinely recommend this to our patients. There is even less compelling data to support the use of pygeum. There are also behavior options, including decreased evening fluids, decreased caffeine and alcohol and so-called "double-voiding," which means going to the bathroom twice to try to empty

your bladder more fully. There are also surgeries to reduce the size of your prostate, but most people would proceed to that only if medicine were not

Dear HOUSE Calls, I'm a tennis player and I've been getting injured a lot. What is the best time to stretch—before or after?

The latest research says that it really does not matter. A recent systematic review of five studies found that stretching did not reduce soreness or injuries. Another systematic review showed that warming up did not reduce injuries. We are not sure we believe this. There may be a couple of things going on here. With behaviors like warming up, cooling off and stretching, bodies just do what they do, and randomizing people can only minimize or maximize behaviors but not eliminate them. We think that in most sports, people warm up whether or not they identify the warm-up. The first few minutes of a run or a tennis match is always a little slower. The other thing is that not all stretching is alike. The latest we hear from

coaches and personal trainers, as well as some physical therapists, is that stretching a "cold" muscle with a fixed or static stretch means you need to hold a position for 45 to 60 seconds. Dynamic stretches (stretching while moving) can be done more efficiently on cold muscles. Lastly, not all sports are alike. Jogging allows a slow warm-up period, while tennis is full-on impact with every move. So the study of joggers may not be suited to tennis players. We don't know if any of this matters or when stretching is best. We like to stretch briefly before activity, warm up for a few minutes and stretch when done.

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**

#### Carrboro resident wins photo **honors**

Carrboro resident Bill Swindaman has won awards for two of his images submitted in the 2011 Audubon South Carolina Nature Photography Contest, co-sponsored by the Carolinas' Nature Photographers Association.

Swindaman's "Beach Trees at Botany Bay" won second place in the plant/landscape category, while his "Cottonmouth Out for a Swim" won third place in the wildlife category.

#### Festifall artist applications

The Chapel Hill Parks and Recreation Department is now accepting applications for artist booths at Chapel Hill's 40th Annual Festifall.

Applications are due by May 1 and space is limited to 120 qualifiers. Festifall will take place on Oct. 7 from noon to 6 p.m. on West Franklin

Selected artists will celebrate cultural arts in downtown Chapel Hill. More information can be found at townofchapelhill.org/festifall.

#### Free income-tax preparation

The IRS's Volunteer Income Tax Assistant program, sponsored by the Chatham County Council on Aging and Chatham/Orange RSVP, will provide free income-tax return assistance to lower- and middle-income taxpayers of all ages in Chatham County.

Qualified taxpayers speaking English and Spanish can qualify for help from IRS-certified volunteers.

The service is offered by appointment only at the Eastern Chatham Senior Center, N.C. 87 North, Wednesdays and Saturdays from Feb. 1 to April 14; and the Western Chatham Senior Center, Siler Business Park, Wednesdays and Saturdays from Feb. 8 to April 7.

Call 542-4512 to make an appointment or check your eligibility. Spanish-speaking residents should call 742-1448 to make an appointment.

#### Ask-A-Lawyer Day

The North Carolina Bar Association will host Ask-A-Lawyer Day in Chapel Hill at the Hargraves Community Center, 216 N. Roberson St., from 9:30 a.m. to 1:30 p.m. on Saturday.

Those with questions about specific legal issues or the legal system in general should take advantage of this service program. Lawyers will be available throughout the day.

Spanish-speaking attorneys and/or translators will be present.

#### Free photo workshop

Carrboro Citizen columnist Jock Lauterer will lead a free photojournalism workshop on Feb. 12 from 2 to 4:30 p.m. at the Carrboro Branch Library at McDougle School.

The workshop, sponsored by the Friends of the Carrboro Branch Library and the Orange County Arts Commission, is open to the public and will concentrate on how to make a photograph tell a story. Lauterer is the director of the Carolina Community Media Project at UNC School of Journalism and Mass Communication.

Register with the Carrboro Branch Library at 969-3006. Registration is limited to 50 people.

#### Artists' salon

The next Orange County Artists' Salon will be held on Friday from 6:30 to 9 p.m. in the West End Theater at The ArtsCenter.

Salons are free for artists of all kinds to come together and share ideas, concerns and information in a casual setting. The topic for this February will be "shoebox accounting," with a presentation by Alex Lehmann, tax manager at McMillan, Pate & Company.

The Orange County Arts Commission works not only to bring the artistic community together but to facilitate closer ties between artists and the general community.

RSVP at 968-2011 or email arts@co.orange.

# MEMORIAL

## Jelena Stojakovic

In November 2011, we lost a dear friend, teacher and colleague when our friend and UNC graduate student and instructor Jelena Stojakovic passed away after a year-long battle with leukemia.

A celebration of Jelena's life will be held on Friday, Feb. 3, and a warm invitation is extended to those in the broader community who knew Jelena and would like to come celebrate her legacy.

Join friends and colleagues to celebrate the life and spirit of Jelena Stojakovic on Friday, Feb. 3 from 2 to 4 p.m. at the Graduate

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Student Center at 211 West Cameron Ave. in Chapel Hill. Come and share food and drink and stories of Jelena's impact on the lives of those who knew her and the community as a whole. The program will begin with several speakers sharing their thoughts and memories of Jelena, followed by an "open mic" time in which all are welcome to speak. The memorial will conclude with a short reception.

Following the reception, join in a toast to Jelena at The Crunkleton, 320 W. Franklin St., Chapel Hill.

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## **YATES**

FROM PAGE I

Response Team brandished longrange rifles and detained those on the sidewalk outside the entrance of the building, including two journalists, before rushing inside.

Council member Laurin Easthom, who has supported an independent investigation and cast the lone dissenting vote against Stancil's plan, said she was disappointed that town staff didn't provide the council with an estimate of the cost of hiring an independent investigator. Mayor Mark Kleinschmidt said that because the CPAC had said the town shouldn't do the hiring of

such an investigator, it was difficult for staff to investigate costs, though CPAC members had said they thought the town was better equipped to prepare an estimate than they were.

"I would still like ... to see something that feels a bit more independent [than the presented plan], because everything that has happened feels like it has been happening within town staff," Easthom said.

"The interests are getting the stories out, making sure it gets public, making sure the police department responds in a way that's guided by citizens," Kleinschmidt said. "If these are things we want to happen, it seems to me that [Stancil's] plan tonight advances

those interests."

David Maliken, one of those arrested in the raid, said he felt the plan was too vague, and encouraged the council to hire an independent investigator. One of the questions he wants answered, he said, is why he and other protesters weren't asked to leave the building prior to the Nov. 13 raid. According to the internal review, police approached protesters on the evening of Nov. 12, but were met with hostile chants and left.

"I would think that there would be more concrete things [in the plan] if the town is interested in actually taking action," he said.

Aaron Nelson, CEO of the Chapel Hill-Carrboro Chamber of Commerce, encouraged the town to move forward without an independent investigation. "I just think it will go badly

when we have an independent investigation," he said, noting that Stancil has other important things to focus on. "These are extraordinarily dif-

ficult times for our town. We need to be writing a budget," he said.

## **S**entences

On Monday, seven of eight of

those arrested during the Yates raid appeared in court. Ellen Crawford, 23, of Richmond, Va., Monica Ganguly, 29, of Chapel Hill, Eva Jones, 22, of Chapel Hill and Maliken, 24, of Carrboro were charged with misdemeanor breaking and entering. They admitted guilt and received deferred prosecution.

Daniel Regenscheit, 27, of Chapel Hill was also charged with breaking and entering, but already had deferred prosecution from another charge and received a prayer for judgment and 48 hours of community service.

Jack Jarrell, 24, of Carrboro, pleaded not guilty, but Judge Charles Anderson found him guilty and gave him a prayer for judgment.

Sonia Katchian, 64, of Chapel Hill had been charged with misdemeanor delaying and obstructing a police officer. Katchian pleaded not guilty, but was found guilty and given a prayer for judgment.

Kassandra Ofray, 21, of Pittsboro had also been charged with breaking and entering, but did not appear in court, and Anderson issued a warrant for her arrest.

#### SUPER CROSSWORD ALTERNATIVES ACROSS 53 32 Across' 101 Wax device one's awl? 5 Cal. page 6 Guitarist 1 Type of file 5 Broadway 103 Praise

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### Citizen **Cryptoquote** By Martin Brody RTH. One letter stands for another. In this sample, A is used for the ophes, punctuation, the length and formation of the words are all hints Let's Fix It

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# Weekly **SUDOKU**

by Linda Thistle

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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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## **CONCERTS:**

WANDA JACKSON • FRI FEB 10 EXTREME GUITAR DUO FEAT. KEITH KNIGHT & DON ALDER • SUN FEB 12 JOHN MCCUTCHEON • FRI FEB 24 NC PERCUSSIVE DANCE REVUE • SAT FEB 25 SCYTHIAN • THU MAR 15 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:** TRANSACTORS IMPROV: FOR FAMILIES! • SAT FEB 4 AT 6 PM

EDDIE BRILL (COMEDY PERFORMANCE) • SAT FEB 4 AT 7:30 & 9:30 PM THE MONTI'S 4TH ANNUAL HIPPO AWARDS • THU FEB 9

TRANSACTORS IMPROV: THE LOVE SHOW • SAT FEB 11

## **SUPERFUN FAMILY SHOWS:**

PUSS IN BOOTS • SAT FEB 25 AT 11AM

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