



ILLUSTRATION BY PHIL BLANK

"SEEING YOU OFF ON YOUR WAY HOME, MOONLIGHT FILLS THE WAITING RIVER." YANG CHUNG

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](mailto:yourhealth@unc.edu)



This week we respond to questions about computer use and lactose intolerance.

Dear HOUSE Calls, I spend a lot of time in front of the computer. Is it better to have the lights on or off?

We are all spending more and more time in front of the screen. Because of this there is more information than ever regarding eye strain and a number of ergonomic problems related to computer use. There is even a new syndrome called Computer Vision Syndrome, which gives people headaches, blurred vision and neck pain from being on the computer a lot. We do recommend that you keep the lights on while using the computer. The contrast between the bright screen and the dark room tends to place more of a strain on your eyes. Make sure you use a comfortable chair at the right height and a keyboard best designed for your needs. Elevating the screen off the desk will take tension off your neck. Take breaks for your eyes

and your body.

Dear HOUSE Calls, I'd like to know more about lactose intolerance in adults, the best ways to get tested for it and the best products to help deal with it.

Lactose intolerance is when people get belly pain, bloating and sometimes gas or diarrhea that is related to dairy or lactose-containing foods because they are missing an enzyme that is needed to digest this lactose (called lactase). Lactose intolerance is something that is both relatively overdiagnosed and relatively common. It is especially common in people of African descent. The best treatment for lactose intolerance is reduction or avoidance of lactose-containing foods (dairy). That can be really difficult. Some people will use soy substitutes or lactose-free dairy products (such as those made by Lactaid). Many foods in restaurants will contain dairy, making it hard to avoid. There are lactase supplements (also known as Lactaid), which can be really helpful. Many

people are diagnosed with lactase deficiency based on the results of a self- or doctor-imposed elimination diet. One example is to eliminate all dairy for three days to see if symptoms improve, followed by three days with a lot of dairy. There are three tests we know of for lactose intolerance. There is a blood test for glucose after ingesting a lactose load (if you can't digest lactose, your glucose should not rise) and there is a breath test after a lactose load that measures hydrogen. If you don't metabolize lactose, it ferments and makes hydrogen. The last test, used for infants, measures stool acidity, which increases in a person who can't digest lactose. Work with your primary-care provider to get more information and possibly testing before you restrict something from your diet.

HOUSE Calls is a weekly column by Dr. Adam Goldstein, Dr. Cristy Page and Dr. Adam Zolotor on behalf of Your Health and the UNC Department of Family Medicine.

Community Calendar

THURSDAY FEB 9

**Lunchbox Series** — Presents The Loose Mood Experiment. Carrboro Century Center, 12pm Free

**Jeffery Beam** — "A Carolina Valentine: A Poetry Reading by Jeffery Beam Celebrating 35 Years at UNC." Playmakers Theatre, 5:30pm Free with canned food donation 548-1203

FRIDAY FEB 10

**Jazz Jam** — Sponsored by The Art of Cool Project to increase the visibility of the local jazz scene. Jack Spratt, 161 E. Franklin St., Free, suggested \$5 donation [theartofcoolproject.com](http://theartofcoolproject.com)

SATURDAY FEB 11

**Valentine's Dance** — With music by The Ambassadors Jazz Band. United Church of Chapel Hill, 7:30pm \$10

SUNDAY FEB 12

**Jock Lauterer** — To hold a photojournalism workshop, "Making A Photograph Tell A Story." Carrboro Branch Library, 2-4:30pm Free 969-3006

**Darwin Day** — A plant adaptations walk followed by a presentation by Dr. Janice Swab on "Darwin's Voyage: Then and Now." N.C. Botanical Gardens, 1-3pm Free 962-0522

**Film Showing** — *Seed Spirits: the Otomi of Carolina del Norte*, a documentary presenting both the indigenous diaspora of Otomi in Durham and Otomi lives in San Pablito, Mexico. Chicla Language Institute, 101

E. Weaver St., 5pm [chi-cle.com](http://chi-cle.com)

**Fracking Forum** — Hope Taylor, executive director of the Durham and Asheville offices of Clean Water for North Carolina, will lead the adult forum. United Church of Chapel Hill, 10am [unitedchurch.org](http://unitedchurch.org)

**Alexander Glass** — To speak on "Amazing Transformation: How Fish Learned to Walk and Took Over the World." Extraordinary Ventures, 200 S. Elliott Road, 1:30pm Free [ncethical-society.org](http://ncethical-society.org)

MONDAY FEB 13

**Valentines for Seniors** — Rachel Galper to lead area teens in making valentine cards for residents of the Central Orange Senior Center. Orange County Main Library, 6:15pm 245-2536

**Pain Reduction Workshop** — Work with a partner to learn to reduce neck, back, arm and leg pain using trigger point therapy. 6-7:15pm Free 241-5032

**Time Out** — With host Bill Hendrickson and guests Bob Ward and Tim Hucks discussing Tar Heel basketball. WCOM 103.5FM, 5pm

TUESDAY FEB 14

**Spouse Loss Support** — First of an eight-week group, sponsored by UNC Hospice. UNC Home Health conference room, 1101 Weaver Dairy Road, 10am 218-7995

WEDNESDAY FEB 15

**Howard Craft** — Teaches a work-

shop in "Stories in the Air: Writing radio drama." Hitchcock Multipurpose Room, Sonya Haynes Stone Center, 6:30pm 962-9001

**DJ Pappas** — To lead a discussion of parenting based on the book *NurtureShock: New Thinking About Children*. Orange County Main Library, 6pm

**Letter Writing** — Write to political prisoners whose birthdays fall during the month of January. Internationalist Books, 7pm Free [internationalistbooks.org](http://internationalistbooks.org)

THURSDAY FEB 16

**Lunchbox Series** — Presents Gypsy Town. Carrboro Century Center, 12pm Free

**Black History Month** — Bright Star Touring Theatre to present "Heroes of the Underground Railroad." Orange County Main Library, 6pm Free 245-2532

**Documentary Showing** — *The Coconut Revolution*, the story of the successful uprising of the indigenous peoples of Bougainville Island against the Papua New Guinea army and the mining plans of the RTZ company to exploit their natural resources. Internationalist Books, 7pm Free [internationalistbooks.org](http://internationalistbooks.org)

**Mary Ann Weston** — To present a slide show, "Contribution Made to the U.S. by Persons of Caribbean Roots." Seymour Center, 2:30pm Free 968-2070

Send your Community Calendar submissions to [calendar@carrborocitizen.com](mailto:calendar@carrborocitizen.com)

Community Briefs

Valentine's food truck rodeo

Food trucks from around the Triangle will host the First Annual Valentine's Day Food Rodeo and Fundraiser on Tuesday at the Carrboro Farmers' Market from 5:30 to 9:30 p.m.

The trucks will donate a portion of the profits to and collect non-perishable food items and monetary donations for the Inter-Faith Council for Social Service. Participating trucks are Baguettaboutit, Cocoa Cinnamon, Chirba Chirba and Parlez- Vous Crepe.

Reduced animal adoption fees

Orange County's Animal Service Center's adoption fees are reduced by half for the first annual Valentine's Adoption Event continuing through Tuesday.

Fees have been reduced to \$50 for select cats and \$60 for select dogs to ensure that these animals have the best chance to find new homes. Visit [co.orange.nc.us/animalservices](http://co.orange.nc.us/animalservices) to find out more.

Love the Haw River

The Haw River Assembly will host its Love the

Haw River 30th Anniversary Benefit Concert at the Haw River Ballroom in Saxapahaw on Saturday from 7 p.m. to midnight.

The nonprofit citizens' group was founded in 1982 to restore and protect the Haw River and Jordan Lake.

Doors open at 7 p.m. At 7:30 dancing will begin with Hindugrass, an Indian fusion band. Tickets are \$15 and can be purchased at the door or at [hawriver.org](http://hawriver.org)

Exhibit opens at Stone Center

The work of artist Lynn Marshall-Linnemeier will be featured in the Sonja Haynes Stone Center at UNC today (Thursday) through April 30 in an exhibition titled: "Dry Run: Defining Determination, Testing Reconstruction."

The images were inspired by Marshall-Linnemeier's travels to Mound Bayou, Miss., the largest predominantly black town in U.S.

An opening reception for the exhibition featuring a talk by the artist will be held today at 7 p.m.

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PET OF THE WEEK



**ORANGE COUNTY ANIMAL SERVICES** — Meet **Silvie**! This cute girl is around 9 months old and is super sweet. Silvie is a bit shy at first but still very social and curious about the world. She appreciates being approached at a moderate speed, but once she knows you're there as a friend, she will let you pet her all day! This girl loves to cuddle and sit in your lap, and is petite enough to stay there without ever wearing out her welcome. Don't miss out on this cutie! Visit her today at Orange County Animal Services, 1601 Eubanks Road, Chapel Hill. You can also see her and other adoptable animals online at [www.co.orange.nc.us/animalservices/adoption.asp](http://www.co.orange.nc.us/animalservices/adoption.asp)

SUPER CROSSWORD FINISH LINE

Crossword puzzle grid with clues and answers.

CitizenCryptoquote By Martin Brody

Game Over puzzle section with a grid and clues.

Weekly SUDOKU

Sudoku puzzle grid and difficulty information.