# Community



"Seeing you off on your way Home, MOON LIGHT FILLS
The Walting RIVER." Yang CHIUNG

## **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 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

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 doctorimposed 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.

1 Thieves

5 Dress down 54 Verbal

## **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

#### SATURDAY FEB II

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

**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, I-3pm Free 962-0522

**Film Showing** — Seed Spirits: the Otimi of Carolina del Norte, a documentary presenting both the indigenous diaspora of Otomi in Durham and Otomi lives in San Pablito. Mexico. Chicle Language Institue, 101 E. Weaver St., 5pm 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

**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-

#### **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 internantionalistbooks.org

## **THURSDAY FEB 16**

**Lunchbox Series** — Presents Gypsy Town. Carrboro Century Center, I2pm 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

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

## **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 to find out more.

## Love the Haw River

41 Jeweler's

weight 43 41st or 43rd

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how to get

The Haw River Assembly will host its Love the

89 Helen of

91 Wrath

Troy's mom

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 Jor-

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

#### **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-Linnermeier'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.

## EST. 1992 Kelsea Parker

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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

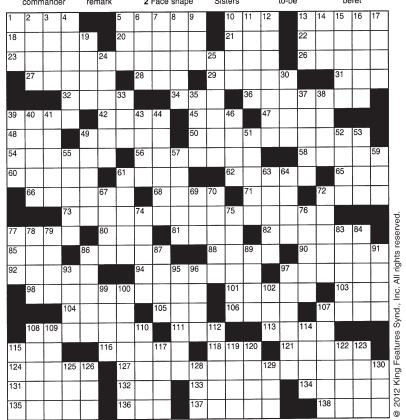
## SUPER CROSSWORD FINISH LINE

remark

103 One of the

Marches

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explorer	58 Skirt feature	enc.	overhead	with "out"	96 Tivoli's Villa
18 French spa	60 Tangle	107 Goofy	plastering	49 Impromptu	ď—
20 Home on	61 "May I	Gomer	7 Sarah —	51 Author Jong	97 Ancient
high	interrupt?"	108 Field event	Jewett	52 Patricia of	tongue
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Amin	65 Cookbook	fields we	9 " volente"	53 Wild wind	100 Bordered on
22 "Pygmalion"	phrase	go"	<b>10</b> "Carpe —"	55 Deck out	102 Kreskiń's
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remark by	68 Catches	115 Overwhelm	12 Bother	61 Menotti title	108 Vow
Gene Perret	cod	116 Recruit	13 "Fantasia"	character	109 Throw
26 On the up	71 Runner	personnel	frame	63 Have thirds	forcefully
and up	Sebastian	118 Good times	14 Fish-	and	110 Resort lake
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Sergio	Haley	<b>124</b> Rent	accompani-	<b>64</b> Cure	114 Memo start
28 Grazing	<b>73</b> Part 3 of	127 End of	ment	67 — Minor	115 — Romeo
ground	remark	remark	15 Chauvinist	69 Peg for	117 Actress
29 Overact	77 Suggestive	131 Party	16 Conductor	Palmer	Sherilyn
31 Have a	80 — Na Na	present	Seiji	70 Footballer	119 "Yo!" at the
mortgage	81 Beloved	132 Myriads of	17 Yarn	Lynn	library
32 Become	82 Type of	moons	19 Muse count	72 Option	120 Move a bit
engaged?	aircraft	133 "Midnight at	24 Snuggle up	74 Maritime	<b>122</b> "Blame —
34 EMT's skill	85 Maestro	the —"	<b>25</b> "The	abbr.	the Bossa
36 "La	de Waart	('74 hit)	Aeneid"	75 Turning	Nova"
Boheme"	86 Fusillade	<b>134</b> "— Gay"	author	point	('63 hit)
girl	88 Khartoum's	135 Fight site	30 Jacob's twin	76 Actor Bruce	<b>123</b> Bill of
39 Depravity	river	136 Room for	<b>33</b> Tint	77 Part of IRS	Rights grp.
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metal	case	137 Marine	('85 film)	Bede"	one
instrument?	92 Jeeves or	leader?	37 Neighbor of	79 Fountain	126 Cy Young
45 Mellow	Passe-	138 Hardware	Libya	order	stat
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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.

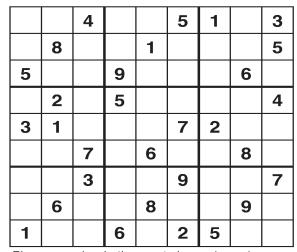
## Game Over

TBT, UDZ HDI. U D Z Q B I EDCX IDH. -0 B U PWXBNKIF WBLXGID, LEX CXCDGKBR V D G PXGMKQX E K P VBLEXG, VDGCXG W X I IV D D L Y B R R PLBLX

Q D B Q E O D X WBLXGID Find the answer in the puzzle answer section.

## Weekly **SUDOKU**

## by Linda Thistle



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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