



ILLUSTRATION BY PHIL BLANK

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.



This week we respond to questions about posture and ovarian cancer testing.

Dear HOUSE Calls, My son walks and sits with his shoulders bent forward. Are there any health consequences with his back later in life from slouching?

We all just sat up a little - you sound like our mothers. But seriously, that is a great question. A slouch in the shoulder tends to add tension to the neck and can be related to neck pain or tension headaches.

people do not have serious back problems. We would recommend not worrying too much about it.

Dear HOUSE Calls, My doctor told me there was no test for ovarian cancer. Is this true?

We have screening tests for many kinds of cancer (colon, breast, cervical, prostate, etc.). However, we don't really do any population screening for ovarian cancer, and it is a very serious, if not common, form of cancer.

of ovarian cancer, not the disease. The other tests, both the CA 125 and ultrasound, fail to diagnose many cancers and have too many false positive tests, resulting in more tests or surgery.

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 DEC 8 Film Showing - American Meat, a documentary that chronicles America's grassroots revolution in sustainable meat production.

Winter Stories - 19th Annual Winter Stories Program with this year's theme "A Gathering of Stars."

Circle Acres Forum - A discussion of land space for earth-skill education.

FRIDAY DEC 9 Improv - The Coconauts Improv Comedy & Talent Showdown.

Acrobatic Show - Liang Acrobatic & Comedy Show. The ArtsCenter, For children pre-kindergarten-third grade.

Amahl and the Night Visitors - Long Leaf Opera presents the holiday musical by Gian Carlos Menotti.

SATURDAY DEC 10 Holiday Parade - Chapel Hill/Carrboro holiday parade. 10am-noon chapelhilljaycees.org/Parade2011

Holiday Shoppe - Features 60 artisans from across North Carolina.

Proceeds benefit St. Thomas More School, Friends and Family Hall, St. Thomas More School, 9am-4pm

Holiday Market - Locally produced and handcrafted items available. Haw River Ballroom, Saxapahaw.

SUNDAY DEC 11 Comedy/Magic Show - For all ages with Mr. Blankenship.

CH Philharmonia - Presents Matthew McClure as alto saxophone soloist.

Worldwide Candle Lighting - The Compassionate Friends Worldwide Candle Lighting unites family and friends around the globe in lighting candles for one hour to honor and remember children who have died at any age from any cause.

MONDAY DEC 12 Time Out - With host Bill Henrickson and guest Hadara Stok, founder of Rawclates.

TUESDAY DEC 13 Drug War Discussion - N.C.

Harm Reduction Coalition to present/discuss the drug war. International Books, 7pm Free

WEDNESDAY DEC 14 Bingo - For ages 50 and up. Carrboro Century Center, 2pm Free 918-7364

Kids, Cookies and Candy Canes - Crafts, face painting, balloon sculpting, cookie decorating, lead up to an interactive children's stage show.

THURSDAY DEC 15 Movie Showing - Family movie night at Orange County Main Library in Hillsborough.

FRIDAY DEC 16 Contra Dance - Music by The Donnybrook Lads and caller Linda Cooper.

Tap Ensemble - Footnotes Tapping Ensemble presents Nine Ladies Tapping and a Guy, as part of the Twelve Days of Christmas celebration.

Send your Community Calendar submissions to calendar@carrborocitizen.com

Advertisement for Chuck Morton, Broker & Consultant, 919-636-2705. Includes a photo of him and a laptop with the Carolina Preferred Realty logo.

Advertisement for Flyleaf Books, Independent Booksellers. Features a book club night on Monday, Jan 23rd, 6-8pm. Includes photos of book covers like 'Blood, Bones and Butter' and 'Lisa See'.

Advertisement for Amy's Pet Sitting Service, Professional Pet Care in the Comforts of Home. Includes a photo of a dog and a cat.

Advertisement for The Door Doctor, Door and Hardware Specialist. Lists services like Door Repairs, Weatherproofing, and Garage Doors.

Advertisement for Custom Maid LLC, Quality, detailed cleaning with your preferences in mind. Includes contact info for Kelsea Parker.

Advertisement for Edward Jones, Making Sense of Investing. Lists services like Investments, Retirement Planning, and Financial Assessments.

PET OF THE WEEK: ORANGE COUNTY ANIMAL SERVICES. Meet Sally! A gorgeous girl looking for a new home. Includes a photo of the dog.

SUPER CROSSWORD ROSE GARDEN

Crossword puzzle grid with clues. Across clues include: 1. The only... 3. British... 10. Great... 14. Actor... 16. The Greek... 18. A... 20. Name... 21. The... 22. The... 23. The... 26. The... 27. The... 28. The... 29. The... 31. The... 32. The... 34. The... 36. The... 38. The... 40. The... 42. The... 44. The... 46. The... 48. The... 50. The... 52. The... 54. The... 56. The... 58. The... 60. The... 62. The... 64. The... 66. The... 68. The... 70. The... 72. The... 74. The... 76. The... 78. The... 80. The... 82. The... 84. The... 86. The... 88. The... 90. The... 92. The... 94. The... 96. The... 98. The... 100. The... Down clues include: 1. The... 3. The... 5. The... 7. The... 9. The... 11. The... 13. The... 15. The... 17. The... 19. The... 21. The... 23. The... 25. The... 27. The... 29. The... 31. The... 33. The... 35. The... 37. The... 39. The... 41. The... 43. The... 45. The... 47. The... 49. The... 51. The... 53. The... 55. The... 57. The... 59. The... 61. The... 63. The... 65. The... 67. The... 69. The... 71. The... 73. The... 75. The... 77. The... 79. The... 81. The... 83. The... 85. The... 87. The... 89. The... 91. The... 93. The... 95. The... 97. The... 99. The... 101. The...

CitizenCryptoquote By Martin Brody

Cryptoquote puzzle: Scary. LP'B FLKY QV BMQQFG, LBK'P LP? HT WQAXY, JIET IXX FLKYB QV, WZISG JQQYXA OB QAP, JTZT HLPJ DAKB PJIP, BJQAXYK'P JIET DAKB, - NTIA FZATDTZ, HJQ, JIB PHQ IBBIAXP, WQKELWPLQKB IKY, JIY JLB DAK ZLDJPB, ZTBPQZTY XIBP GTIZ, LK OLKKTBOPI. Find the answer in the puzzle answer section.

Weekly SUDOKU

Sudoku puzzle by Linda Thistle. Grid with numbers 1, 7, 4, 8, 6, 2, 9, 5, 6, 7, 1, 3, 2, 7, 4, 3, 1, 9, 5, 6, 9. Difficulty: Moderate. Call Challenging. *** 1100 BOY!