

ILLUSTRATION BY PHIL BLANK

Community Calendar

THURSDAY DEC 8

Film Showing — American Meat, a documentary that chronicles America's grassroots revolution in sustainable meat production. Haw River Ballroom, Saxapahaw, 7:30pm \$10 hawriverballroom.com

Winter Stories — 19th Annual Winter Stories Program with this year's theme "A Gathering of Stars." Wilson Special Collections Library, 5:30 Free 548-1203

Circle Acres Forum — A discussion of land space for earth-skill education. Internationalist Books, 6:30pm

FRIDAY DEC 9 **Improv** — The Coconauts Improv

Comedy & Talent Showdown. General Store Cafe, 10pm

Acrobatic Show — Liang Acrobatic & Comedy Show. The ArtsCenter, For children pre-kindergardent-third grade, 9:30am; grades four-seven, 11:30am artscenterlive.org

Amahl and the Night Visitors — Long Leaf Opera presents the holiday musical by Gian Carlos Menotti. The ArtsCenter, 7pm artscenterlive.org

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. Contributions accepted for a community food drive. 9am-9pm Continues Dec. 11 hawriverballroom.com

SUNDAY DEC II **Comedy/Magic Show** — For all

ages with Mr. Blankenship. Carrboro Century Center 2:30-3:30pm \$3

CH Philharmonia — Presents Matthew McClure as alto saxophone soloist. Hill Hall Auditorium, 7:30pm Free

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. Doris Duke Center, Durham, 7pm 595-1010

MONDAY DEC 12

Time Out — With host Bill Henrickson and guest Hadara Stok, founder of Rawclates. WCOM 103.5FM, 5pm

TUESDAY DEC 13 Drug War Discussion — N.C.

Send your Community Calendar submissions to calendar@carrborocitizen.com



Harm Reduction Coalition to present/discuss the drug war. Internationalist 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. Carrboro Century Center, 9:30-11:30am Free

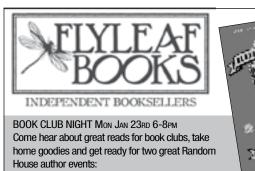
THURSDAY DEC 15

Movie Showing — Family movie night at Orange County Main Library in Hillsborough. 6pm Free Call 245-2536 for movie title

FRIDAY DEC 16

Contra Dance — Music by The Donnybrook Lads and caller Linda Cooper. Carrboro Century Center, 7:30pm workshop/8pm dance \$8 csda-dance.org

Tap Ensemble — Footnotes Tapping Ensemble presents Nine Ladies Tapping and a Guy, as part of the Twelve Days of Christmas celebration. Carolina Inn, 7pm Free



1/25: Gabrielle Hamilton reads from her memoir Blood. Bones and Butter: The Inadvertent Education of a Reluctant Chef

2/24 Lisa See author of Snow Flower and the Secret Fan reads from her new paperback **Dreams of Joy**

752 Martin Luther King Jr. Blvd. (Historic Airport Roa

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 posture and ovarian cancer testing.

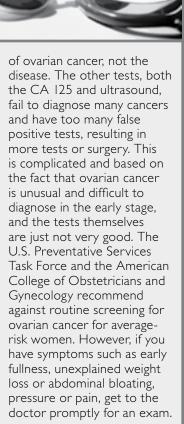
Dear HOUSE Calls, My son walks and sits with his shoulders bent forward. Are there any health consequences with his back later in life from slouching?

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. Poor posture in the lower back can be related to pain in the lower back. Really the issue is minimizing tension and strengthening more neutralposture muscles, like those in the abdomen. Does this cause serious harm in the back like arthritis or bone loss? Probably not. However, improved posture and core strength is an important part of back rehabilitation to remove some muscular stress. All in all, most people have poor posture and most

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. About 21,000 women are diagnosed with ovarian cancer each year in the U.S., and 15,000 die from it. There are some tests for ovarian cancer, but the tests have limitations and they don't make sense for everybody. Ovarian cancer tests include blood marker tests (CA 125), genetic testing and ultrasounds and other imaging studies. Assuming we are talking about averagerisk women, the genetic test (BRCA) rarely would be positive and would only demonstrate a genetic risk



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.





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PET OF THE WEEK

ORANGE COUNTY ANIMAL SERVICES

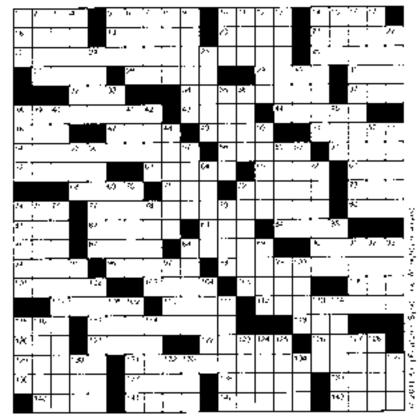
Meet Sally! This gorgeous girl is around a year-and-a-half old and looking for a new place to call home this holiday season. Sally is one of the awesome pets who has been chosen to represent our Home for the Holidays event, meaning her adoption fee has been reduced to \$60! That's half the regular



fee! Sally is a modest, but confident girl. She plays nicely with others, aims to please and walks well on a leash. She enjoys company, but isn't invasive, preferring a more easygoing energy to that of chaos. She is the type of lady you can take just about anywhere and know she will make you proud. Visit her today at Orange County Animal Services, 1601 Eubanks Road, Chapel Hill. You can also see Sally and other adoptable animals online at www.co.orange.nc.us/animalservices

SUPER CROSSWORD ROSE GARDEN

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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. Scary LP'B FLKY QV BMQQFG BK'PLP? ΗT WQAXY ΙΧΧ FLKYB JIET QV QAP WZISG JQQYXAOB JTZT

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LΚ OLKKTBQPI. Find the answer in the puzzle answer section.

Weekly SUDOKU



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DIFFICULTY THIS WEEK: *

 Moderate + Challenging ★ ★ ★ 1100 BOY!

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