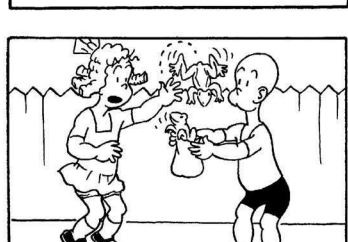
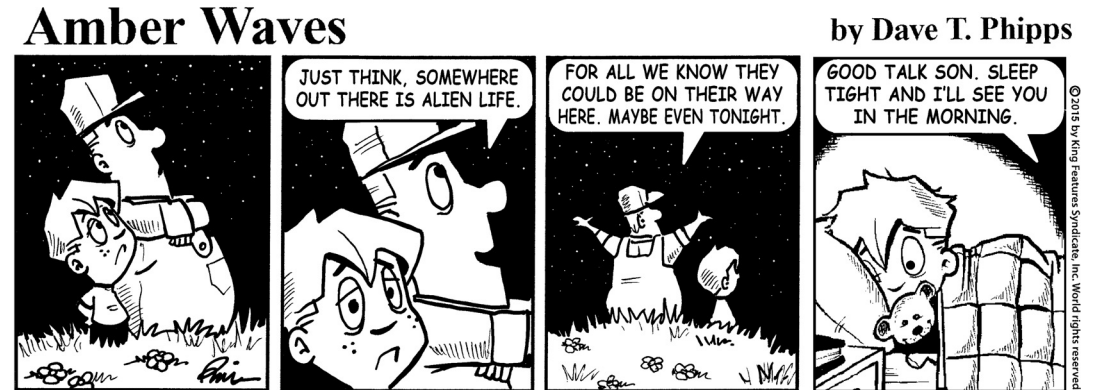
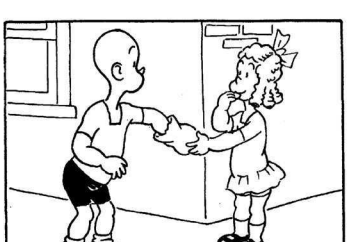
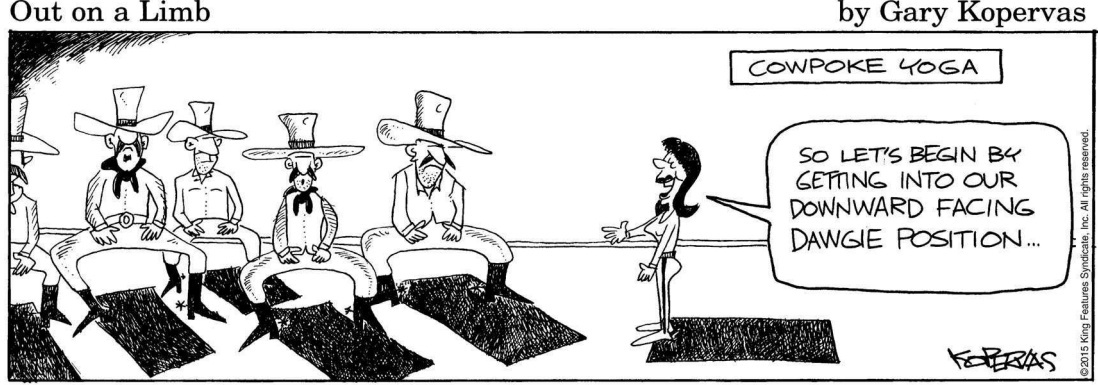
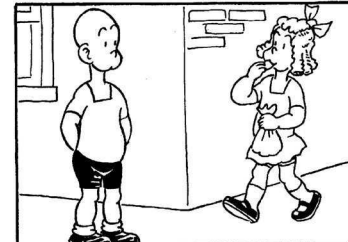
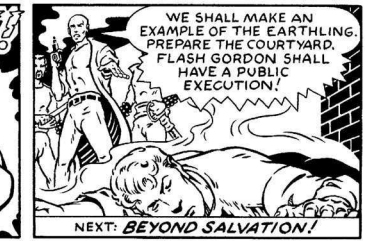
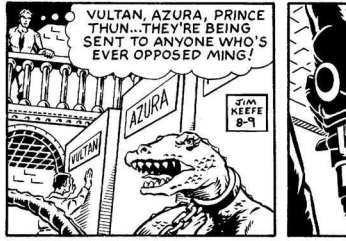
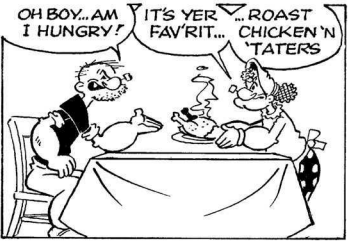
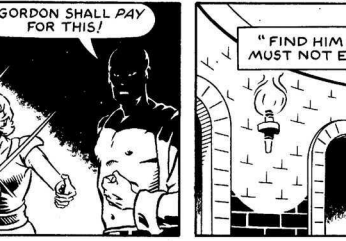
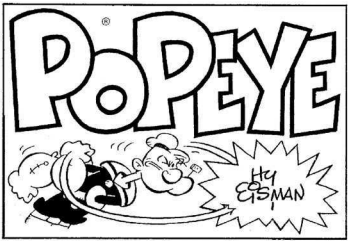


SIDE SHOW



TO YOUR GOOD HEALTH

Shuffling of feet raises red flag

DEAR DR. ROACH: I am 85 and in good health, except for dizzy spells. It was said that I have vertigo, but I do not believe this to be the case. Meclizine is of no help. The symptoms are worst when I close my eyes: When I do, I feel like may fall. Other symptoms are shuffling of feet, dizziness and dizziness on standing too quickly. Is it possible I have Meniere's disease? — A.T.H.

ANSWER: "Dizziness" is a very nonspecific term. It can mean vertigo, which is a sensation of movement when there isn't any; lightheadedness, such as we can all get sometimes when standing too quickly; or a disorientation that can happen when blood sugar is low. Meniere's disease is a cause of true vertigo, often with

ringing in the ears and hearing loss. Shuffling of the feet is a red flag for Parkinson's disease. Dizziness is a common if not universal symptom in people with Parkinson's. However, only a thorough history and physical exam can make the diagnosis. If your regular doctor hasn't been able to help, you might see a neurologist, who is an expert in making diagnoses about neurologic symptoms such as dizziness. There are many possible causes.

The booklet on vertigo explains this disruptive condition in detail and outlines its treatment. Readers can order a copy by writing: Dr. Roach — No. 801W, 628 Virginia Drive, Orlando, FL 32803. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Canada with the recipient's printed name and address. Please allow four weeks for delivery.

DEAR DR. ROACH: My daughter was diagnosed with Lyme disease. I'm from Michigan, in a county with open spaces and lots of animals. Probably a tick caused it. Are there doctors who treat this disease in our area? Lots of people in this area have it. — P.A.

ANSWER: Lyme disease is caused by a bacteria, *Borrelia burgd-*

oferi, which in turn is spread by the black-legged deer tick, *Ixodes scapularis*. I checked with the health department in Michigan and found that there has never been a reported case from your county. That doesn't mean it's impossible — you are not far from some counties in western Michigan where Lyme disease is known to be present. It's possible your daughter traveled, or it's possible she is the first case in your county.

Most cases of Lyme disease start with a characteristic rash, sometimes with fever or other symptoms. It can be treated effectively, in the vast majority of cases in early stage, with oral antibiotics, such as doxycycline.

An infectious-disease expert can help confirm the diagnosis and make sure she is properly treated.

DEAR DR. ROACH: You wrote about the health benefits of nuts. Does roasting them matter? A friend says they need to be raw. — A.

ANSWER: The data showing improved heart disease rates in people who eat nuts looked both at raw nuts and roasted. Many roasted nuts include more salt than you want, and some roast in unhealthy oils. Look for dry-roasted and low or no salt.

SALOME'S STARS

ARIES (March 21 to April 19) A relaxed mood early in the week could give way to high-temperature disputes. The Aries Lamb should resist being pulled into heated quarrels that could really singe your wool.

TAURUS (April 20 to May 20) Satisfy that practical obligation first, then you can feel free to indulge in your creative endeavors. Also, check for hidden or overlooked areas where repairs might be long overdue.

GEMINI (May 21 to June 20) Home is still the Twins' major focus this week. But outside matters begin to take on added importance, especially those involving possible career moves. Stay alert for signs of change.

CANCER (June 21 to July 22) A travel plan might need to undergo some considerable adjustment

because of unexpected changes. Keep an open mind and let the facts guide you on how you want to handle this.

LEO (July 23 to August 22) Playing cat and mouse with a matter you don't really want to tackle wastes time, energy and, most important, an opportunity. Ask someone with experience to help you get started.

VIRGO (August 23 to September 22) A shift in policy might not please you, but before you put up a "no go" wall of resistance, examine the circumstances. You might be quite pleasantly surprised by what you find.

LIBRA (September 23 to October 22) Yesterday's critiques about your methods might have already evolved into today's praise for your achievements. Good for you. Now go on and continue to build on your credibility.

SCORPIO (October 23 to November 21) An occasional temperamental flare-up might occur as you continue to help get things back to normal. Stay with it. You should soon get some idea of where to take

things next.

SAGITTARIUS (November 22 to December 21) A negative reaction to what you believe was a well-deserved request might mean that you need to reconsider your position and make changes accordingly.

CAPRICORN (December 22 to January 19) There's always room for someone new at the Sea Goat's table. And the someone new this week could bring a message you've been waiting a long time to hear.

AQUARIUS (January 20 to February 18) A pile-on of personal matters this week might seem too overwhelming to deal with. But handling them on a one-by-one basis could have you out from under it by the weekend.

PISCES (February 19 to March 20) A friend might need your good advice regarding a matter. Be supportive. But unless you can be absolutely sure you have all the facts, be careful about any suggestions you might be asked to offer.

King Crossword

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ACROSS

1 Campus mil. program
5 Stein or Stiller
8 Carpet style
12 Vicinity
13 George's brother
14 Mimicking bird
15 Tide type
16 Cookie holder
17 Leave out
18 Singer Fats
20 Snatch
22 Orange-flowered impatiens
26 Shade
29 Meadow
30 Biblical verb suffix
31 Hebrew month
32 Carton
33 Destiny
34 Veto
35 Piglet's mama
36 Metallic mixture
37 Unpredictable
40 Sunbeams
41 Royal attendant
45 Clone
47 Heavy weight
49 Queen of Carthage
50 Molt
51 Away from WSW
52 Cupid's alias
53 Bouquet
54 Two, in Tijuana
55 Medicinal amount
6 Historic time
7 Access to a nave
8 Fire sign?
9 Wedding-related
10 Blackbird
11 "Roscoe"
19 Neither partner
21 "I — Camera"
23 Emmett Kelly, for one
24 "Beetle Bailey" dog
25 Yon folks
26 Minimal change
27 Hodgepodge
28 Nonessential comforts
32 Bragged
33 Inundated
35 Bashful
36 Candle count
38 Halloween bagful
39 Units of force
42 Muralist Joan
43 Commotions
44 Schnozz
45 Recipe meas.
46 Personal question?
48 Lennon's lady

DOWN

1 McNally's partner
2 Sandwich treat
3 Squad
4 Domed landmark
5 Delicate
6 Ornament
7 Access to a nave
8 Fire sign?
9 Wedding-related
10 Blackbird
11 "Roscoe"
19 Neither partner
21 "I — Camera"
23 Emmett Kelly, for one
24 "Beetle Bailey" dog
25 Yon folks
26 Minimal change
27 Hodgepodge

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King Crossword Answers

Solution time: 25 mins.

R	O	T	C	B	E	N	S	H	A	G
A	R	E	A	I	R	A	M	Y	N	A
N	E	A	P	J	A	R	O	M	I	T
D	O	M	I	N	O	T	A	K	E	
		T	O	U	C	H	M	E	N	O
C	O	L	O	R	L	E	A	E	T	H
E	L	U	L	B	O	X	F	A	T	E
N	I	X	S	O	W	A	L	L	O	Y
T	O	U	C	H	A	N	D	G	O	
		R	A	Y	S	Y	E	O	M	A
T	W	I	N	T	O	N	D	I	D	O
S	H	E	D	E	N	E	R	O	S	
P	O	S	Y	D	O	S	D	O	S	E

Just Like Cats & Dogs by Dave T. Phipps

IGNORE THE SMOKE ALARM, DINNER IS ALMOST READY. I ALSO DID THE LAUNDRY. WOW, YOU SURE OWN A LOT OF PINK STUFF.

Siuslaw News
READ IT TODAY!