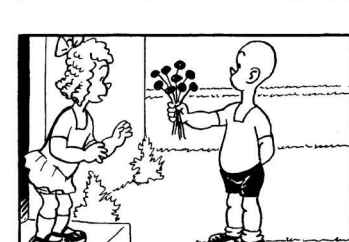
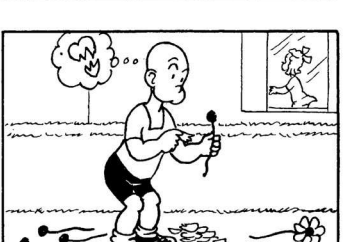
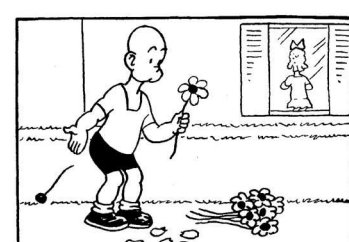
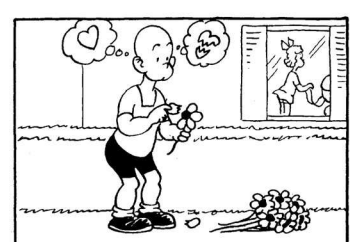
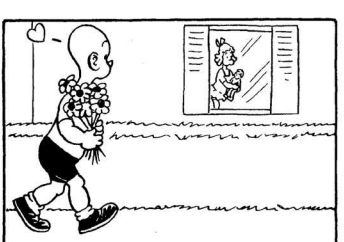
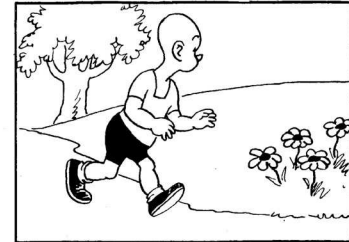
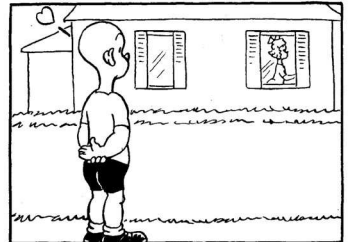
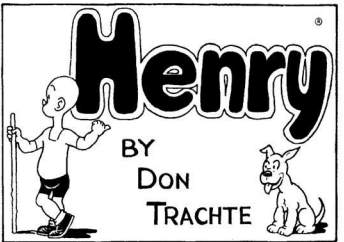
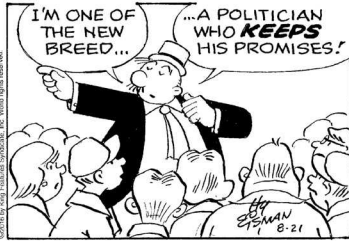
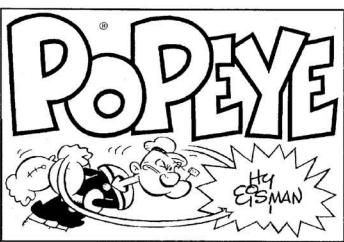


SIDE SHOW



Out on a Limb by Gary Kopervas

WHY SHERYL CROWE, RUSSELL CROWE AND CAMERON CROWE HATE FARMS

Amber Waves by Dave T. Phipps

TO YOUR GOOD HEALTH

What's best age for shingles vaccine?

DEAR DR. ROACH: You have written many times about chickenpox, shingles and the shingles vaccine. My question concerns the age at which one should get the vaccine. Most doctors and other sources recommend 60 and above; however, I am concerned about more and more younger people getting shingles, in their 50s and, in one instance, a woman in her 30s. Are these isolated cases? I am a 48-year-old female, and I did have chickenpox as a child. My husband's insurance will pay for the vaccine at 50, and I intend to get it then. What are your thoughts? — L.A.B.

ANSWER: The vaccine is indicated by the Food and Drug Administration for those ages 50 and up, but advisory groups have recommended the vaccine to people over age 60, since the complication of post-herpetic neuralgia is more likely, lasts longer and can be more severe the

older you get. It is reasonable to get the vaccine at 50 if you want, but it's important to get it at age 60 or over if you haven't already had it.

DEAR DR. ROACH: A 95-year-old does not get enough blood flow to her lungs because she has a leaky heart valve. She is chronically short of breath after a small amount of exertion. Her leg strength is low, and she has to use a walker to safely get around.

She lived with a smoker for a few decades, and he died decades ago, but she never smoked herself. Would supplemental oxygen help, by enriching the air in her lungs, thus allowing blood to get more oxygen from the lungs?

ANSWER: Supplemental oxygen can improve symptoms and make people live longer in a few specific instances. The most prevalent is probably people with chronic obstructive pulmonary disease (COPD) whose blood oxygen level is below 89 percent. Some other lung diseases also benefit from oxygen. In cases of poor blood flow due to heart reasons, including valvular disease, oxygen doesn't help.

It's possible that the 95-year-old

you are writing about has some lung disease due to secondhand-smoke exposure. It is easy now for doctors to check oxygen levels, and that would indicate whether she would benefit.

Readers: COPD typically causes shortness of breath, especially with activity. The booklet on COPD explains this progressive disease in detail. Readers can obtain a copy by writing: Dr. Roach — No. 601W, 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 4-6 weeks for delivery.

DEAR DR. ROACH: I am a 17-year-old cross-country and track runner. I had a stress fracture of my shin. I have not been running and have been on crutches for one month. Are there foods I should eat? Exercises to do? The doctor only said not to walk on it. What else can be done to heal the stress fracture? — J.G.

ANSWER: Stress fractures are common, especially in younger athletes, especially runners. Most often, they get better just by avoiding exercises that cause pain. A diet with adequate calcium and vitamin D, or supplements, may speed healing.

SALOME'S STARS

ARIES (March 21 to April 19) As tensions ease on the home front, you can once more focus on changes in the workplace. Early difficulties are soon worked out. Stability returns as adjustments are made.

TAURUS (April 20 to May 20) A new romance tests the unattached Bovine's patience to the limit. But Venus still rules the Taurean heart, so expect to find yourself trying hard to make this relationship work.

GEMINI (May 21 to June 20) It's a good time to consider home-related purchases. But shop around carefully for the best price — whether it's a new house for the family or a new hose for the garden.

CANCER (June 21 to July 22) A contentious family member seems

intent on creating problems. Best advice: Avoid stepping in until you know more about the origins of this domestic disagreement.

LEO (July 23 to August 22) A recent job-related move proves far more successful than you could have imagined. Look for continued beneficial fallout. Even your critics have something nice to say.

VIRGO (August 23 to September 22) Ease up and stop driving yourself to finish that project on a deadline that is no longer realistic. Your superiors will be open to requests for an extension. Ask for it.

LIBRA (September 23 to October 22) You should soon be hearing some positive feedback on that recent business move. An old family problem recurs, but this time you'll know how to handle it better.

SCORPIO (October 23 to November 21) Some surprising statements shed light on the problem that caused that once-warm relationship to cool off. Use

this newly won knowledge to help turn things around.

SAGITTARIUS (November 22 to December 21) Your spiritual side is especially strong at this time. Let it guide you into deeper contemplation of aspects about yourself that you'd like to understand better.

CAPRICORN (December 22 to January 19) Your merrier aspect continues to dominate and to attract folks who rarely see this side of you. Some serious new romancing could develop out of all this cheeriness.

AQUARIUS (January 20 to February 18) You're always concerned about the well-being of others. It's time you put some of that concern into your own health situation, especially where it involves nutrition.

PISCES (February 19 to March 20) Just when you thought your life had finally stabilized, along comes another change that needs to be addressed. Someone you trust can help you deal with it successfully.

King Crossword

ACROSS

- Vacationing
- Rotating parts
- Grouch
- Melody
- Garfield's pal
- Golf target
- Not restricted by convention
- Facility
- Sprite
- Wing part
- Strolled
- Perched
- Yoko of music
- Storm center
- Skewered entree
- And others (Lat.)
- Moray, e.g.
- Vagrant
- Aligned one self (with)
- Cosmetics mogul Mary — Ash
- Caviar base
- Type measurements
- Fifth and Main, e.g.
- Take away (from)
- Dict. information
- Jai follower
- Out of jeopardy
- Uninteresting
- Sweater material
- Chow down
- Partner
- Swiss range
- Mound stat
- Big rigs
- Fast cat
- Bellow
- As well
- Existed
- Wapiti
- "Mighty — a Rose"
- Troubles
- Opposed
- Color
- "A mouse!"
- Elsa's story
- Reed instrument
- Transvaal trekker
- With a suspi-
- cious eye
- Fond du —
- "CSI" evidence
- Sings in 60-Across?
- Unstressed vowel
- Ump
- Arp's genre
- Hebrew month
- Lofty
- Implement
- Swab the deck
- Corn spike
- Greek H

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King Crossword Answers

Solution time: 25 mins.

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

Just Like Cats & Dogs by Dave T. Phipps

Siuslaw News
READ IT TODAY!