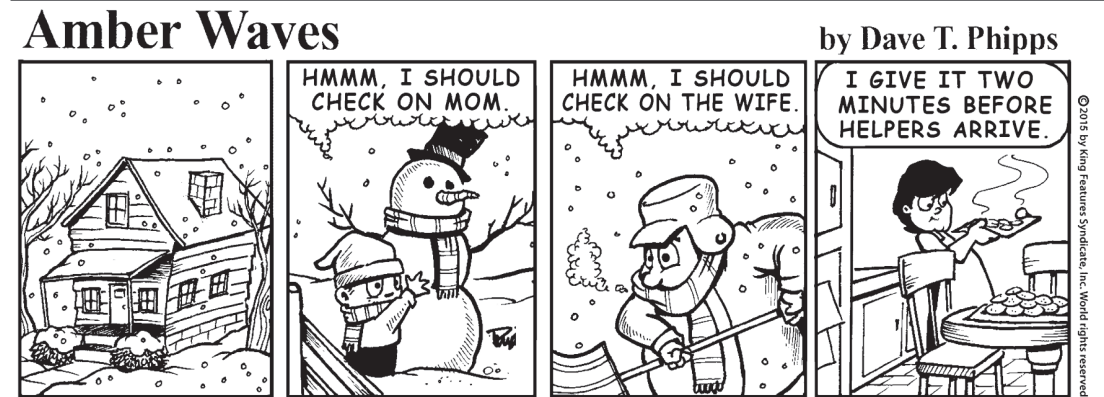
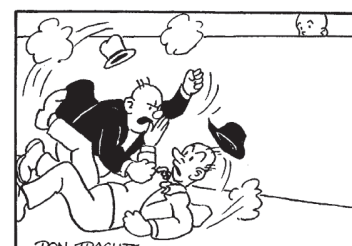
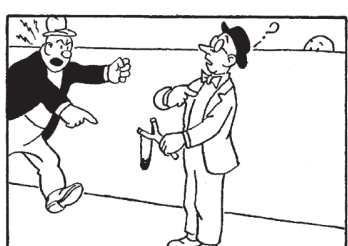
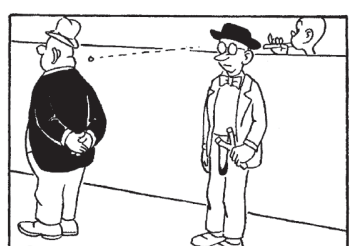
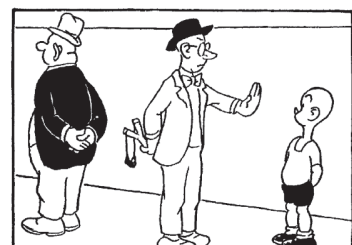
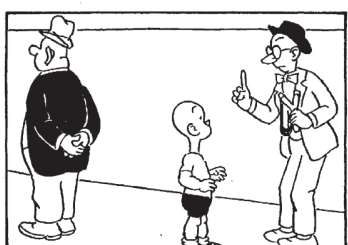
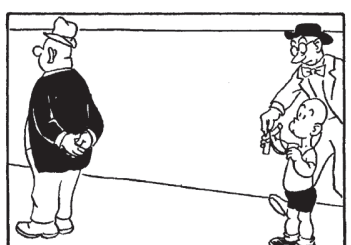
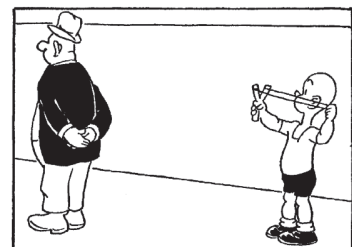
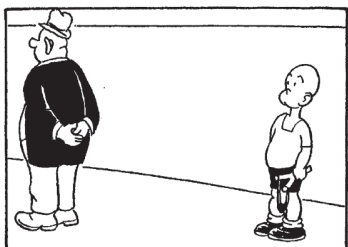
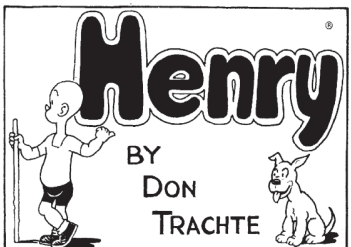
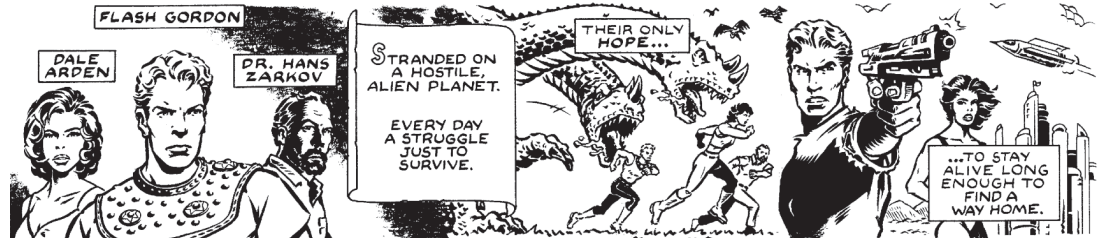
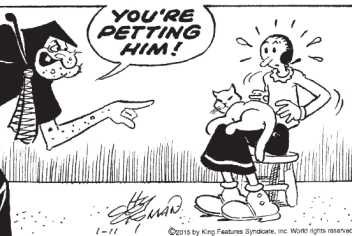
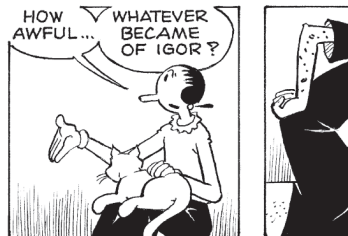
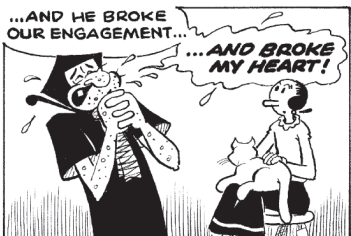
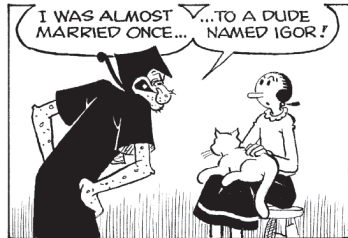
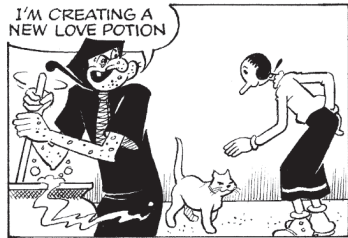
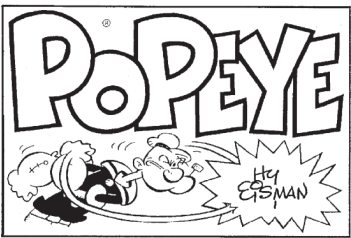


SIDE SHOW



TO YOUR GOOD HEALTH

Mystery bruise appears, vanishes as if by magic

DEAR DR. ROACH: I have just returned from seeing my doctor, and was told that the cause of what I experienced was a mystery. I and I were sitting at the kitchen table. He noticed that a bruise was forming on my right temple—a dime-size purple mark, with a bump near the hairline. Over the next few hours the bruise grew larger, with red discoloration down the right side of my face. By the time I had not been injured in any way, and I did not hurt! I called a 24-hour advice nurse, and was told I probably had broken a blood vessel.

The next day, I called my doctor for an appointment, just to be on the safe side. But my doctor didn't have anything to book at. When I got up, all the bruising and discoloration

SALOME'S STARS

ARIES (March 21 to April 19) Mixed signals could create problems. Make sure your views are presented clearly, and insist others do the same. Don't let them answer questions by without an explanation.

TAURUS (April 20 to May 20) Financial pressures ease, allowing for more budget flexibility. But as the money-wise bovine will appreciate, thrift still beats splurging. Expect news from someone special.

GEMINI (May 21 to June 20) Getting things done is what you do so well, but be careful of overtaxing your energy reserves. Take time to relax or do something different to help keep them at optimum levels.

CANCER (June 21 to July 22) This is a good time to satisfy the Moon

would still be some discoloration if it had been a broken blood vessel, so therefore it was a mystery. C.

ANSWER: I agree with the nurse that it likely was a broken blood vessel, which can happen spontaneously to anyone. Once the blood is under the skin, it gets cleaned away by cells with enzymes that break down the blood. The color typically goes from dark red to green to yellow. His way, we can tell approximately how old a bruise is.

Very superficial bleeding also can move, as the blood literally gets pulled by gravity, which is why you had darkening down the jaw. I suspect that while asleep, the remainder got pulled onto the hairline or lower down, where it would no longer be seen.

Many people have come down with another mysterious illness, chronic fatigue syndrome. The booklet explains the illness and its treatment. To obtain a copy, write: Dr. Roach, P.O. Box 3475, Orlando, FL 32813-6475. Enclose check for money order (no cash) for \$4.75 U.S./\$6 Canada with

Child's growing sense of wanderlust. Choose really special places to go, with very special persons to share it all with you.

LEO (July 23 to August 22) You'll be in the spotlight, but be careful! It doesn't blind you to the truth behind seemingly wonderful opportunity. Look closer and you might be sadly surprised at what you find.

VIRGO (August 23 to September 22) It's time to take a break from your hectic schedule. Sure, and the sooner you do, the sooner you can return fresh and more than ready to take on all those new projects.

LIBRA (September 23 to October 22) A recent family incident can help bring everyone closer, and there's no one who's better at making that happen than you. Accept (indeed, insist on!) help from others to get things off and running.

SCORPIO (October 23 to November 21) Long-held habits are often difficult to break, but the change from how you always did things to how you can do

the recipient's printed name and address. Please allow four weeks for delivery.

DEAR DR. ROACH: Are men less likely to wash their hands after using the bathroom (for any reason) than women? Are there any studies providing statistics? I do "preach" hand-washing as the single greatest preventive for most illness. P.

ANSWER: You can think of it, it's probably been studied. In 2003, a study at a university found that after using the washroom, women washed their hands with soap and water 71 percent of the time. Placing a reminder sign increased the rate to 97 percent for women, but only 5 percent for men washed their hands with the reminder. Although 33 percent used their hands without soap. Keeping hands clean reduces infection transmission to yourself and to others. Unfortunately, too often even doctors forget to wash our hands only 65 percent of the time. In several studies, our nursing colleagues are better at washing their hands. Many hospitals, including mine, have policies in place to improve hand-washing compliance.

them now can be liberating. So, be flexible and give it a try.

SAGITTARIUS (November 22 to December 21) Someone you met on your professional world last year and thought you would never hear from again could make a sudden appearance in your life, along with an interesting offer.

CAPRICORN (December 22 to January 19) Once again, you delight everyone by coming up with a solution for a problem that actually works. On another note, it's not too early to get started on those travel plans.

AQUARIUS (January 20 to February 18) Before you go ahead with finalizing your plans for your new project, check them over to see if you can make some improvements to it. You can find ways to do so.

PISCES (February 19 to March 20) The fabulous fish might have been out of the social swim for a long time, and it's time you plunge back in. Reinforce your old friendships and be open to starting new ones.

King Crossword

1	2	3	4	5	6	7	8	9	10	11	
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41	42						43		44	45	46
47				48	49	50					
51									53		
54											56

ACROSS

- Hanks role
- Love (Sp.)
- Cauldron
- Vicinity
- Sandwich shop
- Lawyers' org.
- Computer access codes
- Fa-la link
- Small chalkboards
- Art supporter
- Blood type
- Antillean language
- Osculation "tools"
- Every iota
- Additional
- "— Little Teapot"
- Greet the villain
- Erstwhile acorn
- Cold War initials
- Leading lady?
- Terrier type
- Move laterally
- Acidity factor
- Angle
- Read
- Ullmann or Tyler
- World
- travelers' needs
- Raw rock
- Mother of Helios
- Works with
- Simple card game
- Millinery
- Knight's wife
- Depositor's record
- Reed instrument
- Lofty
- Symbol of intrigue
- Intend
- Piece of garlic
- Shaving cream additive
- Actress Lucy
- Online exchanges
- Nisan holiday
- Son of 36-Across
- On in years
- Shaft of light
- out a
- living
- Wardrobe malfunction
- Cover
- Profundity
- Energy
- At a snail's pace
- 100 centesimi, once
- Unpaid TV ads (Abbr.)
- Major
- Goblet part
- Being, to Brutus
- "Eureka!"
- Collection

DOWN

- Spaces
- Caspian feeder
- Arizona city
- Penne and ziti
- Commotions
- Mal de —
- On in years
- Stair part

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King Crossword Answers

Solution time: 25 mins.

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

Just Like Cats & Dogs by Dave T. Phipps

I OBVIOUSLY FORGOT TO MAKE A RESERVATION.

Siustlaw News
READ IT TODAY!