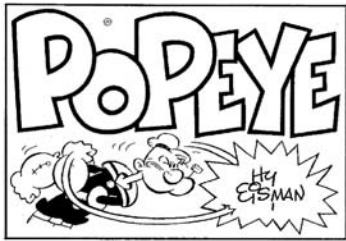


# SIDE SHOW



CH...MISS OLIVE, I WONDER IF YOU COULD...? IF YOU'RE ASKING FOR A LOAN... I CAN'T HELP YOU

AHA...POPEYE APPROACHES HE NEVER FAILS ME!

NO WAY... YA AIN'T PAID BACK TH' LAS TEN I LENT YA

I'LL PAY YOU TUESDAY FOR A... PAY T'DAY, THEN I'LL GIVE YOU A BURGER ON TUESDAY

NUTHIN' DOIN' WIMPY... I'M BROKE!

HMM... THE ECONOMY IS DEFINITELY AFFECTING MY LIFE-STYLE

I'LL HAVE TO SHARPEN MY MOOCHING SKILLS...

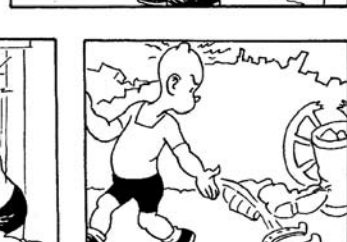
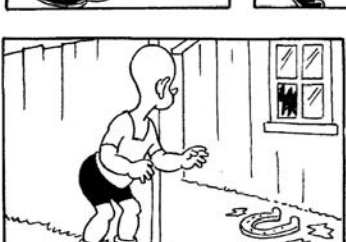
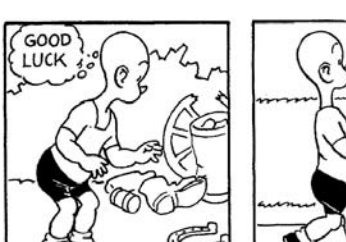
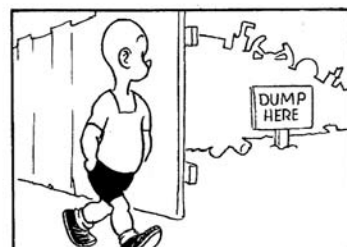
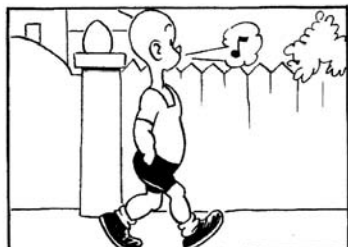
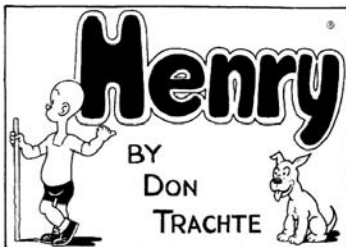
...OR LEARN TO LIVE ABOVE MY MEANS AT A MUCH LOWER LEVEL!



2-1  
By JIM KEEFE

"...FOR DAYS I DRIFTED IN AND OUT OF CONSCIOUSNESS, MY LIFE SLOWLY FADING AWAY. YET I COULD NOT DIE... NOT WITH THE KNOWLEDGE THAT THOSE WHO HAD CAUSED MY DOWNFALL YET LIVED."

THE STAGE HAS ALREADY BEEN SET. WITH YOUR ASSISTANCE, DAUGHTER, WE CAN RECLAIM...  
NO! LEAVE ME, NOW - OR I'LL SUMMON THE GUARDS!  
IF YOUR INTENT WAS TO BE RID OF ME, THE GUARDS WOULD HAVE ALREADY BEEN CALLED. YOU KNOW IN YOUR HEART THAT I SPEAK THE TRUTH, THAT YOU'VE BEEN CAST ASIDE BY A HUSBAND WHOSE ONLY DESIRE IS TO RULE. JUST TELL ME I'M WRONG AND I'LL LEAVE YOU IN PEACE. IF NOT...  
TO BE CONT'D



Out on a Limb by Gary Kopervas

IT SURE LOOKS LIKE SOMEBODY HAD MORE THAN HER SHARE OF CHRISTMAS COOKIES, AM I RIGHT, RACHEL?...

WHEN IT COMES TO THE ART OF CONVERSATION, STEVE WAS DEFINITELY COLOR-BY-NUMBERS

Amber Waves by Dave T. Phipps

ALRIGHT BOYS, FEEDING TIME, GATHER AROUND. I'VE GOT EXTRA NASTY SLOP FOR YOU GUYS TODAY. THIS IS CRAZY! JUST BECAUSE WERE PIGS DOESN'T MEAN WE HAVE NO CLASS. UH, I DON'T MEAN TO INTERRUPT BUT YOU'RE STANDING ON MY DESSERT.

## TO YOUR GOOD HEALTH

### Why saturated fats are unhealthy

DEAR DR. ROACH: I have a question about hydrogenated and partially hydrogenated fats. What is the difference? Nutritionists tell us to look out for partially hydrogenated, but never mention the other one. Seems to me both would be bad for you. — D.D.F.

ANSWER: You are quite right. There are four kinds of fat. Two are healthier — monounsaturated and polyunsaturated, and these are found in healthy oils, like olive oil and canola oil. Two fats are unhealthy — trans-saturated, also called partially hydrogenated, and saturated, which is fully hydrogenated but isn't ever really called that.

Trans-saturated fat is not healthy. Food companies make it by adding hydrogen to vegetable oil at high temperature. The chemical bonds are

"trans," which are not normally found in nature. The process makes the fat more solid at room temperature. It isn't much of an exaggeration to call trans fat toxic, since even modest amounts increase risk for heart disease from blockage of the arteries. I recommend as little trans fat in the diet as possible — preferably none.

Saturated fat isn't healthy either, but it isn't as bad for you as trans fat. There are two major kinds of saturated fat: Those that come from animal products (butter, red meat), and those from tropical sources, like palm and coconut. Most experts think tropical saturated fats are not as unhealthy as those found in animal products. Nonetheless, I recommend keeping saturated fat intake low. The American Heart Association recommends less than 16 grams for a person on a 2,000-calorie-a-day diet.

DEAR DR. ROACH: In your column on atrial fibrillation, you did not address a procedure that can be done to cure the condition rather than taking medication. Could you discuss this, and whether medication would be necessary afterward? — C.G.

ANSWER: Atrial fibrillation is a chaotic lack of rhythm in the heart muscle, caused by abnormal electrical impulses. The goal when treating atrial fibrillation is to reduce the risk of stroke and minimize symptoms.

One new approach to treatment is radiofrequency ablation — that is, using radio waves sent through a small tube placed directly into the heart through a leg or arm vein. The high-powered radio waves can destroy the cells causing the atrial fibrillation, or can isolate those areas from the rest of the heart. A surgeon can do a "maze" procedure to prevent the abnormal impulses from affecting the entire heart.

It isn't clear yet who benefits most from these kinds of procedures, but early studies have suggested better outcomes and a good chance for cure, although sometimes it takes several procedures. There are potentially serious complications, so it should be done only in centers with extensive experience. It is a good choice for people who experience symptoms and can't take medications or for whom medicines failed.

## SALOME'S STARS

able with all those mixed messages. Take time to list the questions you have. Then present them and insist on answers that make sense.

LEO (July 23 to August 22) Cupid can be very helpful for Lions seeking a love connection. The chubby cherub also brings warm and fuzzy feelings to paired Leos and Leonas who already share a special love line.

VIRGO (August 23 to September 22) Travel is favored this week, whether you'll be globe-trotting or taking a trip to a nearby getaway. You might be surprised (or maybe not) by who wants to be your traveling companion.

LIBRA (September 23 to October 22) Getting advice on your next business-related move is a good idea, but only if your advisers are trustworthy. Get references that you can check out before you make any decisions.

SCORPIO (October 23 to November 21) Getting a boost in your self-esteem is one benefit that comes with a job well done. There are other pluses as well, including being noticed by all the right

people. Good luck.

SAGITTARIUS (November 22 to December 21) Make time to deal with family matters, especially where they concern your elderly kinfolk. Being there for them from the start can help resolve problems sooner rather than later.

CAPRICORN (December 22 to January 19) Getting a project started can often be difficult. But the good news is that you won't want for lack of assistance from colleagues who would like to work with you. So, let them!

AQUARIUS (January 20 to February 18) A lot of work-related issues might be raised this week, and you need to be prepared for whatever comes along. Things should be easier when it comes to matters in your private life.

PISCES (February 19 to March 20) What might appear to be a very much unwanted change in your life right now could turn out to be a very welcome event after all. Give yourself a chance to see where it might take you.

### King Crossword

1	2	3	4	5	6	7	8	9	10	11	
12				13			14				
15				16			17				
18			19			20					
		21			22		23				
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		39		40		41					
42	43				44		45		46	47	48
49						50			51		
52						53			54		
55						56			57		

ACROSS

- Cheek by — (adjoining)
- Woman
- Two-timers
- Geometry find
- Singer Sumac
- Leave out
- Dissolve
- Contingency funds
- One of Henry VIII's Annes
- Strike from the text
- The Red and the Black
- the sea son to be jolly
- Post-tragedy joking, e.g.
- Layer
- Bullring bravo
- Rock
- Beer's cousin
- Snapshots
- Inept ones
- Knock
- Frog's kin
- Church key, e.g.
- Steering gadget
- Dressy clothing
- Tittle
- Misplace
- Compete
- Applaud
- Basin accessory
- Conclusion
- Examination
- "I — Camera"
- Actress Cheryl
- "Stop!"
- One with no memories
- Regimen
- Eyelid problem
- Encountered
- Favorable votes
- Brown ermine
- Jazzy style
- Muhammad or Laila
- Lessen
- Backed
- Wapiti
- In medias — brother
- Wood-smoothing machine
- User
- Apiece
- Look lecherously
- Turn the soil
- Carry on
- Ration (out)
- Greek vowels
- Engrossed
- Martini ingredient

DOWN

- Door-frame piece
- Sandwich cookie
- Water source
- Most up-to-date
- Acrobats

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### King Crossword

Answers

Solution time: 21 mins.

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

Just Like Cats & Dogs by Dave T. Phipps

GEEZ, WOULD YOU RELAX, FOR THE LAST TIME I TOLD YOU THAT I DON'T WANT ANY POPCORN.

Siuslaw News

READ IT TODAY!