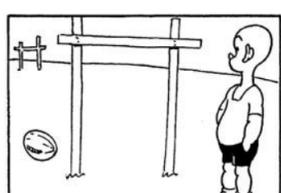
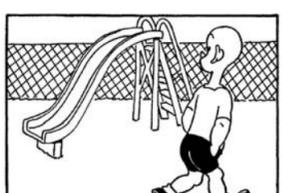
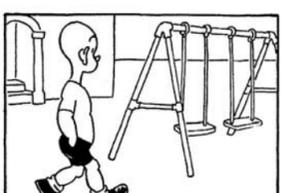
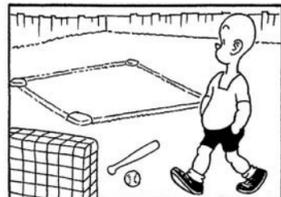
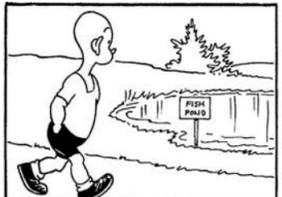
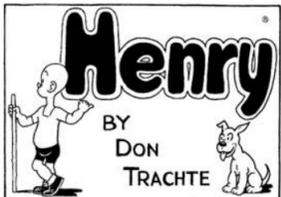
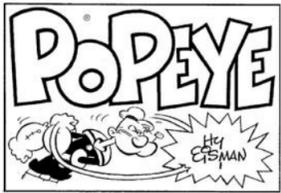


SIDE SHOW



TO YOUR GOOD HEALTH

No quick fix for belly fat

DEAR DR. ROACH: I am an old man (84) with a middle-age paunch (5 feet, 7 inches tall and weigh 200 pounds) who needs to fit into a suit with pants an inch too tight in time for a wedding in a few weeks. About how many pounds do I need to lose to fit into them? Is there any formula for converting waist inches to pounds? And are there exercises or other means to focus the weight loss on belly fat? — Anon.

ANSWER: I am afraid there's no formula. Further, I have to tell you that weight doesn't always come off where we want it to, and specific exercises aren't going to make the fat come off in those locations. The good news is that for most people, especially men, the first 10 pounds or so to come off usually comes from the middle. The fat in

the omentum (an apron-shaped structure inside the abdomen) is metabolically active and often is the first place where fat is gained or lost. Moreover, that fat is the most likely to increase risk of heart disease. So losing weight around your middle is a good way of improving overall health, especially if you have more inches there than you'd like.

Often people start a healthy diet and exercise program and find that the waist size decreases but their weight stays the same. That may be because muscle is much heavier than fat, and the increase in muscle mass makes up for the loss of fat. More muscle is good for you; less body fat is good for you. Weight is an imperfect measure.

Liposuction can remove fat from around your waist, but a healthy diet and regular exercise will make you feel better and quite possibly live longer.

DEAR DR. ROACH: I injured my little finger in an athletic event. The end of my pinky pointed in toward the ring finger. It is black and blue, and swollen. Do you think I fractured it? Should I get an X-ray? I am still able to curl my

finger. — A.J.

ANSWER: It's most likely that you damaged one of the tendons in the finger. Sometimes a fracture can happen at the same time. Most often, these are treated conservatively, with ice right after the injury and the finger splinted in a straight position for up to six weeks. Only an experienced physician, such as a hand surgeon, can provide exact recommendations.

DEAR DR. ROACH: When you are instructed to take medicine, vitamin, etc., on an empty stomach, how long after eating should you wait? Also, if taken before eating, how long after you take the medication until you can eat? — B.H.

ANSWER: It depends on the particular medication. For example, the osteoporosis drug alendronate (Fosamax) should be taken after an overnight fast, with plain water (even mineral water can affect its absorption) and then no food for a half hour. Different medications have different requirements. Your pharmacist remains your best resource, and often has both more training and experience than doctors. In general, most vitamins should be taken with food.

SALOME'S STARS

ARIES (March 21 to April 19) You might be upset about having to deal with problems that are no fault of your own. But you can turn the annoyance into an asset by showing how quickly and how well you can resolve them.

TAURUS (April 20 to May 20) The Bovine's fondness for tidiness pays off when you untangle a situation that seems hopelessly snarled. You might later be surprised to learn who will be expressing his or her gratitude.

GEMINI (May 21 to June 20) Although you can tackle your assignment the way you prefer, it might be a good idea to at least ask for suggestions. Who knows? One or two might even turn out to be helpful.

CANCER (June 21 to July 22) Make all the changes in your plans or proposals that you feel are necessary before —

repeat, before — you submit them to your colleagues. You'll come off looking more decisive that way.

LEO (July 23 to August 22) You might feel a mite intimidated in a new environment, be it a job, a classroom or meeting the future in-laws. But enter with a big smile, and everyone will see you as a real take-charge Cat.

VIRGO (August 23 to September 22) This could be a romantic time for you if you can set aside your cynicism and let yourself believe that someone really cares. If you're already in a relationship, expect your partner to be extra-loving.

LIBRA (September 23 to October 22) It's a good time to shed any doubts about your abilities. You've proved yourself in the past, so why not accept that you'll do just as well, or better, in dealing with the new challenge ahead?

SCORPIO (October 23 to November 21) Your suspicions might be on the mark, but unless you can prove what you assume, you need to exercise that Scorpion discretion and let events

unfold without your assistance.

SAGITTARIUS (November 22 to December 21) Be careful not to go over the top this week. Avoid overeating (especially of the wrong foods), or drinking too much, or working too hard. You can do it all, but in moderation.

CAPRICORN (December 22 to January 19) A family matter is given to you to resolve because you have the gift for bringing quarrelsome kinfolk together. But while you're playing Dr. Phil, don't neglect your career obligations.

AQUARIUS (January 20 to February 18) Someone of importance shares your goals but disagrees with your plan to achieve them. Never mind. Defending your methods with logic and facts earns you admiration and respect.

PISCES (February 19 to March 20) Consider getting away, perhaps for the weekend, despite all the demands made on your time and energies. You'll return refreshed and ready to tackle it all with your usual finesse.

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				24					
25				26	27				28	29	
30			31						32		
33		34						35			
		36					37				
38	39			40	41						
42				43	44				45	46	47
48				49					50		
51				52					53		

ACROSS

- Wound cover
- Block of bread
- Once around the track
- Malaria symptom
- Jason's ship
- Savings plan acronym
- Almost 6 trillion miles
- Wildebeest
- Approximately
- Mrs. Fred Mertz
- Abdomen
- Leave out
- Surrounded by
- Fall month
- Big truck
- Pie nut
- Actress Hagen
- Intangible
- Czech or Bulgarian
- Prepared to drive
- Aristocratic
- Vaults
- Fermi's bit
- Past
- Bar order
- Ultramodern
- Beige
- "Cogito, — sum"
- Superlative ending
- Favorable votes
- Carry on
- Construction (Abbr.)
- Symbol for an idea
- "Rule, Britannia" composer
- One of the Beatles
- Attempt
- Allen or Burton
- Naked (Abbr.)
- Send forth
- "Sundown" singer
- Elliptical
- Require
- Goose (Sp.)
- And others
- Four-star review
- "The King"
- Shoe width
- Dark and gloomy
- "To be or — ..."
- Logical
- Many, many years
- City of India
- So
- "Rocks"
- Historic period
- Early bird?
- Wade opponent

© 2015 King Features Synd., Inc.

King Crossword Answers

Solution time: 21 mins.

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

Just Like Cats & Dogs by Dave T. Phipps

IN COUPLES CLASS WE TEACH YOU HOW TO MOVE AS ONE, WHICH MAY BE TOUGH AS YOU BOTH HAVE REQUESTED DIFFERENT PARTNERS.

Siuslaw News
READ IT TODAY