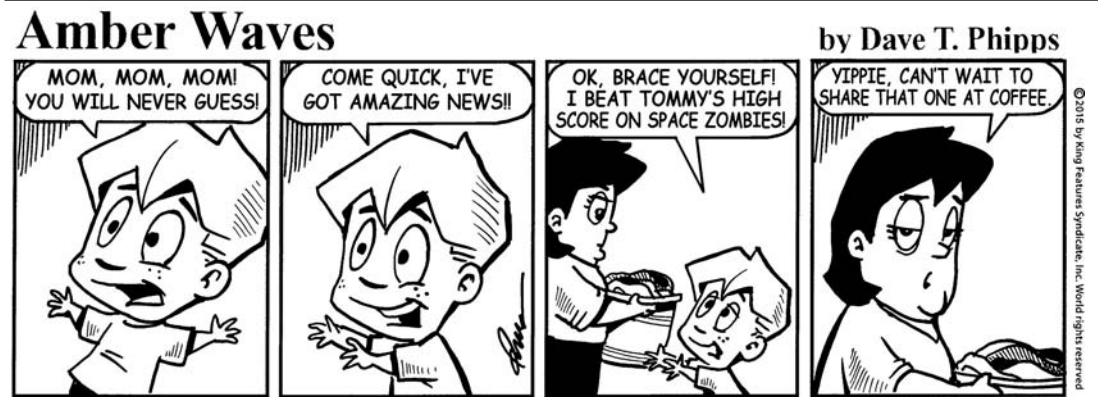
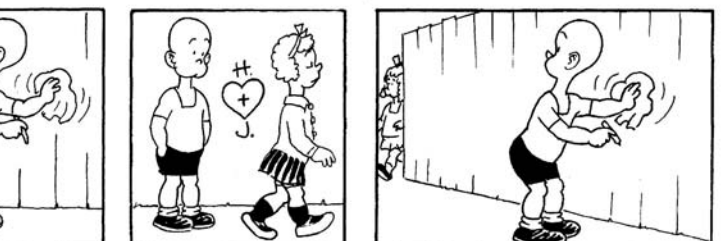
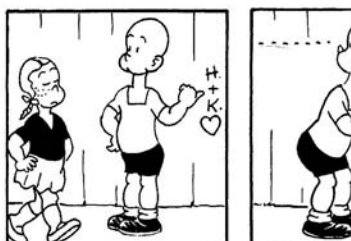
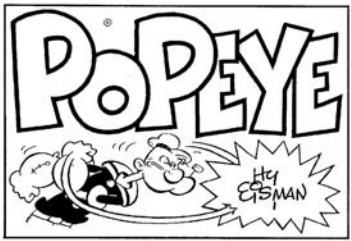


SIDE SHOW



TO YOUR GOOD HEALTH

Easier to prevent than treat diabetes

DEAR DR. ROACH: I'm prediabetic. I have known you and others to say not to eat any grain that is not whole wheat. Based on that, I leave off white rice, pasta and white rolls. I eat two whole-wheat rolls most days. Does that sound right? I am underweight. — S.R.

ANSWER: It is much better and easier to prevent diabetes than it is to treat it. Diet and exercise are proven to help prevent diabetes in everyone, even your less-common situation of being normal or underweight and at risk for diabetes.

The most important part of diet is to avoid simple sugars. Processed grains are converted extremely rapidly to sugar in the body. The added fiber and protein of whole grains slows this process down somewhat; however, I still would recommend having your grains with some healthy fat and pro-

SALOME'S STARS

ARIES (March 21 to April 19) Don't be put off by a seemingly too-tangled situation. Sometimes a simple procedure will unsnarl all the knots and get you in the clear fast and easy, just the way the Lamb likes it.

TAURUS (April 20 to May 20) It's a good time to go through your work space — wherever it is — and see what needs to be replaced and what can be tossed (or at least given away) without a second thought.

GEMINI (May 21 to June 20) Someone who disagrees with your position might try to intimidate you. But continue to present a fair argument, regardless of how petty someone else might be while trying to make a point.

CANCER (June 21 to July 22) You might find yourself exceptionally sensitive to family matters this week. An

tein. Nuts, olive oil and healthy vegetable spreads go great with whole-grain rolls and slow down absorption. By having foods in combination, you can reduce diabetes risk.

Don't forget about exercise, the other key to preventing diabetes. Any exercise is better than none. Walking is a great form of exercise that takes no special equipment and can be done anywhere. At 10,000 steps a day, which is not very hard to build up to, the risk of diabetes is significantly decreased. An inexpensive pedometer can keep track of your steps and may motivate you to reach your goal.

Diabetes has become epidemic in North America. The booklet on it provides insight on its diagnosis and treatment. Readers can order a copy by writing: Dr. Roach — No. 402W, Box 536475, Orlando, FL 32853-6475. 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: I have been taking Zoloft for almost 10 years now. My psychiatrist believes I should stay on the medication for the rest of my life due to three serious episodes of depression. Now that I go regularly

for counseling, I am starting to see the root of the depression and am aware of the triggers. As I get older, I worry about the long-term effects of this drug. Are there any studies about long-term effects of Zoloft and similar medications? I'm also interested in your view on the necessity of antidepressants as a permanent solution for people with my condition. I've read that antidepressants are not proven to be better than placebos. — N.M.

ANSWER: Depression can be a terrible disease, but for most people there are effective treatments. Zoloft is in the class of medications called SSRIs, and these work in the brain where nerve cells communicate with each other.

There are some studies and a lot of experience with using these medications long term. They are mostly safe, better than placebo and certainly better than the risk of recurrent depression, which after three episodes is very high. Counseling (psychotherapy) is another effective treatment. Effective counseling may reduce the risk for recurrent depression, but I would not stop the medication without being carefully followed by your counselor and psychiatrist.

What you choose is up to you. SAGITTARIUS (November 22 to December 21) Although your finances should be in an improved situation at this time, thrift is still the savvy Sagittarian's smart move. Advice from a spouse or partner could be worth hearing.

CAPRICORN (December 22 to January 19) Taking on a new challenge brings out the Goat's skills in maneuvering over and around difficult spots. Best of all, the Goat does it one careful step after another. (Got the idea, Kid?)

AQUARIUS (January 20 to February 18) Your well-known patience might be wearing thin because of a disturbing (and seemingly unending) problem with someone close to you. This could be a time to ask for help. Good luck.

PISCES (February 19 to March 20) Be careful about a new venture that lures you into a "just-look-and-see" mode. Be sure that what you're being given to see isn't hiding what you should be seeing instead.

King Crossword

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		18			19		20				
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51				52	53				54	55	
56				57					58		
59					60					61	

ACROSS

- 1 Matterhorn, for one
- 4 Bankrolls
- 8 "Unh-unh"
- 12 Vast expanse
- 13 Others (Lat.)
- 14 Mountain goat
- 15 Bald
- 17 Zilch
- 18 Zilch
- 19 Lurches
- 21 File container
- 24 Restroom, for short
- 25 Before
- 26 Bathroom fixture
- 28 Malodorous
- 32 Criterion
- 34 Space
- 36 Stash
- 37 Black tea of India
- 39 That man's
- 41 Chaps
- 42 Varnish ingredient
- 44 Cheap and shabby
- 46 Cutting tool
- 50 Under the weather
- 51 Wrinkly fruit
- 52 Lax
- 56 Compared to
- 57 Caspian

DOWN

- 1 Blond shade
- 2 Meadow
- 3 Distress-free
- 4 Billfold
- 5 Hearty brew
- 6 Platter
- 7 Cordage
- 8 Capital of
- 9 Reed instrument
- 10 Teller's partner
- 11 Old partners
- 16 Disencumber
- 20 Luftwaffe foe (Abbr.)
- 21 Greek salad ingredient
- 22 Raw minerals
- 23 Carpet
- 27 "Humbug!"
- 29 Eternal
- 30 Mid-month date
- 31 Say it
- 33 Spilling the beans
- 35 Snapshot
- 38 More, to
- 40 Protect
- 43 Chocolate source
- 45 Right angle
- 46 Shacks
- 47 Turkish title
- 48 Family
- 49 Distort
- 53 "Norma —"
- 54 Perch
- 55 Agent

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King Crossword Answers

Solution time: 25 mins.

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

Just Like Cats & Dogs by Dave T. Phipps

JUST TO CLARIFY, FOR YOU TO EAT OUT OF A DOG DISH IS DEGRADING... UNLESS IT INVOLVES ICE CREAM.

Siustlaw News

READ IT TODAY