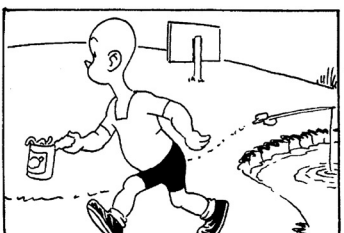
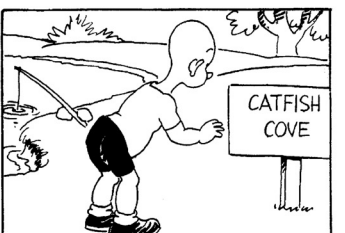
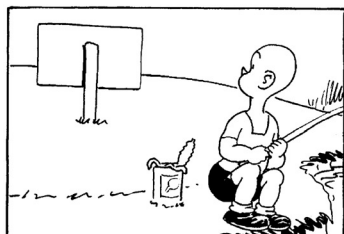
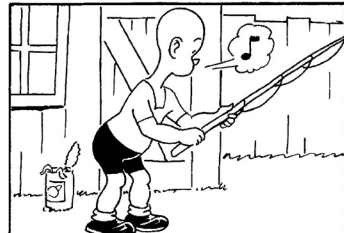
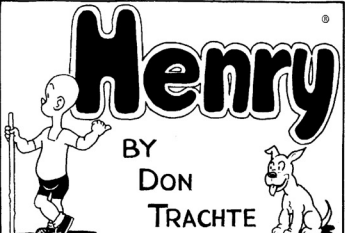
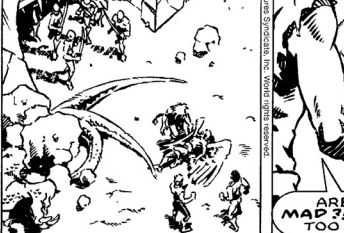
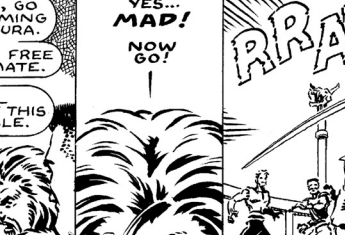
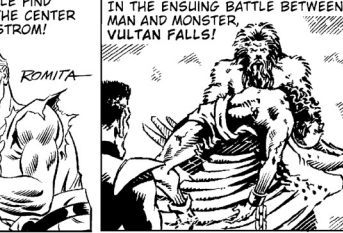
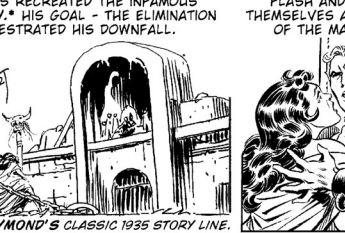
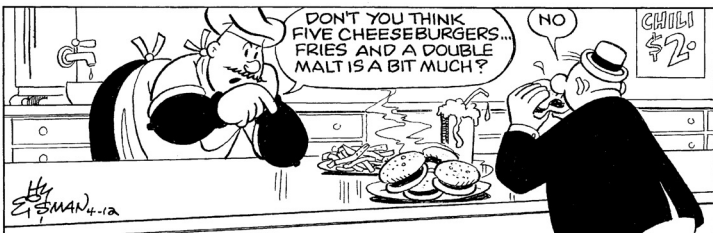
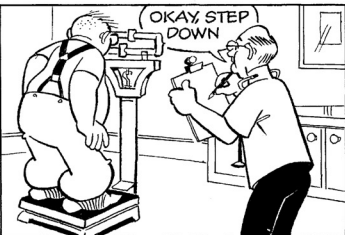
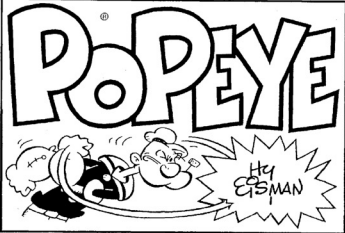
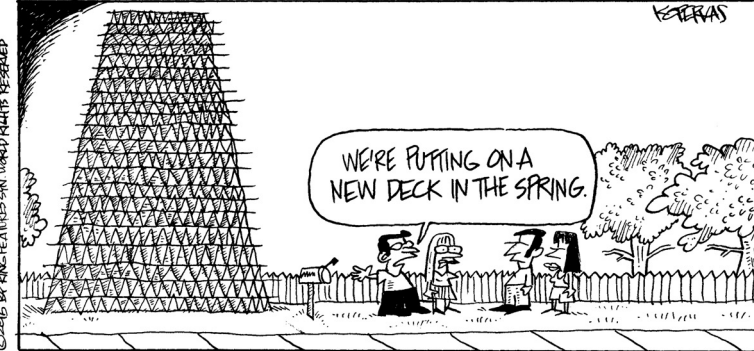
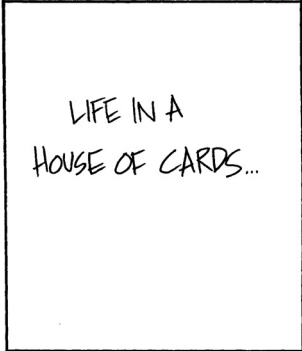


SIDE SHOW



Out on a Limb

by Gary Kopervas



Amber Waves

by Dave T. Phipps



TO YOUR GOOD HEALTH

Wife binges on diet soda

DEAR DR. ROACH: My wife drinks in excess of 3 liters of diet soda a day, sometimes even more. She has colitis, for which she takes Lialda, and on her last visit to her primary care physician, her blood work revealed borderline bad levels in her liver. The doctor seems to think she needs to stop “drinking alcohol,” but I have been married to her for more than 30 years, and I know it’s not drinking that is causing this. We both consume only moderate amounts of alcohol. Could it be the chemicals in diet soda? — F.J.R.

ANSWER: Three liters a day is a lot of diet soda, and that much caffeine probably isn’t good for her. However, I don’t think it is likely to be affecting her liver. Mesalamine (Lialda and others) rarely can cause abnormal liver tests — specifically, high levels of the same enzymes that

might lead a doctor to suspect alcohol use.

You didn’t tell me what kind of colitis your wife has, but ulcerative colitis, a form of inflammatory bowel disease, is associated with several kinds of liver problems, including fatty liver and primary sclerosing cholangitis, which is potentially severe. I don’t think either alcohol or diet soda should be blamed until she has had a more careful workup. I think a visit with her gastroenterologist would be wise.

DEAR DR. ROACH: I have read that one or two cups of coffee is good for your brain. Which is better: coffee or tea? Is it the caffeine that prevents dementia? — M.E.

ANSWER: First of all, the data on this subject is preliminary. That being said, there is data that suggests that people who drink two or three cups of coffee a day have a reduced risk of Alzheimer’s disease. The researchers have speculated, and some studies done on lab rats support that it’s the caffeine, and since regular coffee has much more caffeine than tea, coffee would be easier. However, there have been other studies suggesting that sub-

stances in tea besides caffeine may reduce Alzheimer’s risk as well.

I’m not recommending either coffee or tea based on this research. This data shows an association but doesn’t prove that coffee reduces Alzheimer’s risk. But if it’s your habit to drink a few cups of coffee, or a few pots of tea a day, it may reduce risk of dementia.

DEAR DR. ROACH: You had an article from a man that said he had his prostate removed and was wondering about taking testosterone. You said he would likely have an increased risk of prostate cancer recurrence.

I, too, have had my prostate removed and was wondering how you could have an increased risk of prostate cancer after having the prostate removed. Could you explain? — C.G.

ANSWER: Even the best surgery can leave some prostate tissue in place. It’s also possible that some tumor cells spread before surgery. Any residual cancer can be stimulated, in theory, by taking testosterone. Fortunately, the available evidence so far suggests that this risk may be much lower than feared. Careful follow-up remains essential.

SALOME’S STARS

ARIES (March 21 to April 19) You still might have to deal with some lingering confusion that marked a recent workplace situation. But for the most part, you should now be well on your way to your next project.

TAURUS (April 20 to May 20) A new commitment might demand more time than you’d expected to have to give it. But rely on that special Bovine gift for patience, and stick with it. You’ll be glad you did.

GEMINI (May 21 to June 20) You’re earning the admiration of a lot of people who like the way you handle yourself when your views are on the line. Even one or two of your detractors are being won over.

CANCER (June 21 to July 22) Taking your responsibilities seriously is what you do. But ease up on the pres-

sure gauge, and make time for much needed R & R. Start by making this weekend a “just for fun” time zone.

LEO (July 23 to August 22) Some recently uncovered information might make a change of plans inevitable. If so, deal with it as quickly as possible, and then find out what went wrong and why. What you learn might surprise you.

VIRGO (August 23 to September 22) Aspects favor moving carefully and deliberately when making any significant changes. Could be there are more facts you need to know, which you might overlook if you rush things.

LIBRA (September 23 to October 22) A problem neighbor might be looking to goad you into an action you don’t want to take. Ask someone you both respect if he or she would act as an impartial arbitrator for both of you.

SCORPIO (October 23 to November 21) A recent workplace accomplishment hasn’t been overlooked by those who watch these things. Meanwhile, start making travel plans for that much-too-long-deferred trip with someone

special.

SAGITTARIUS (November 22 to December 21) Those money matters continue to move in your favor. Now would be a good time to start putting some money back into the house, both for esthetic as well as economic reasons.

CAPRICORN (December 22 to January 19) A changing workplace environment can create job pressures. But, once again, follow the example of your birth sign and take things a step at a time, like the sure-footed Goat you are.

AQUARIUS (January 20 to February 18) Cheer up. You could soon have the funds you need for your worthy project. Your generous gifts of time and effort are well known, and someone might decide it’s time to join with you.

PISCES (February 19 to March 20) Your inner scam-catcher is right on target, and you’re absolutely right to reject that “too good to be true” offer. Meanwhile, something positive should be making its way to you.

King Crossword

ACROSS

- 1 Sort
- 4 Wagerers’ site (Abbr.)
- 7 PC shortcut
- 12 Army rank (Abbr.)
- 13 “7 Faces of Dr. —”
- 14 Garden invader
- 15 Chit
- 16 Data reader
- 18 Salamander
- 19 Teatime treat
- 20 Bronx cheer
- 22 Med. arrangement
- 23 Cried
- 27 Main-lander’s memento
- 29 Affluence
- 31 Pitch
- 34 Soothe
- 35 Speechifies
- 37 Mel of baseball
- 38 Get a glimpse of
- 39 Crony
- 41 Pizzazz
- 45 IRS threat
- 47 Zero
- 48 Fielder’s concern
- 52 In olden days
- 53 Scent

1	2	3	4	5	6	7	8	9	10	11
12			13			14				
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48	49	50	51					52		
53					54			55		
56					57			58		

- 54 Lubricate
- 55 Each
- 56 Fact
- 57 “Erie Canal” mule
- 58 Stab
- 10 “6 Rms — Vu”
- 11 Praise in verse
- 17 Recognize
- 21 Polish money
- 23 Viennese dance
- 24 90-degree angle
- 25 School grp.
- 26 Your
- 28 Ram’s mate
- 30 Dine
- 31 Pirouette pivot
- 32 Storefront sign abbr.
- 33 Knock
- 36 Boot attachment
- 37 “Twelfth Night” countless
- 40 Farewell
- 42 Unsuitable
- 43 Niamey’s nation
- 44 Magnificence
- 45 Leading man?
- 46 Snitch
- 48 Young fellow
- 49 Playwright Levin
- 50 “Kidding!”
- 51 Ostrich’s cousin

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King Crossword

Answers

Solution time: 27 mins.

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

Just Like Cats & Dogs by Dave T. Phipps

AMAZING, I WAS ABLE TO CLEAN OUT SIX TUPPERWARE CONTAINERS WITH ONLY TWO SLICES OF BREAD.

