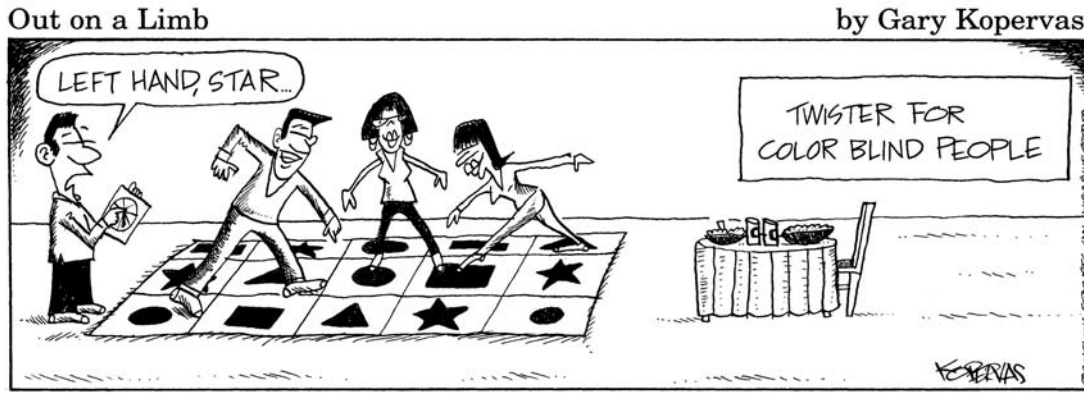
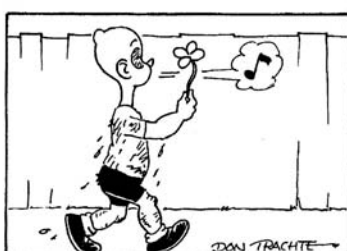
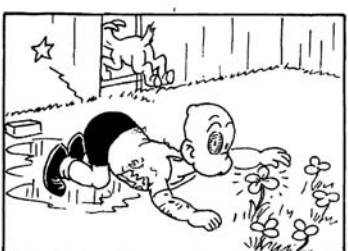
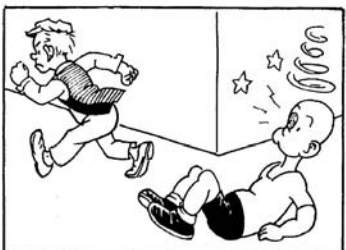
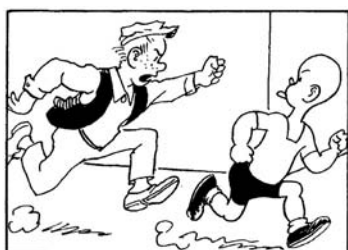
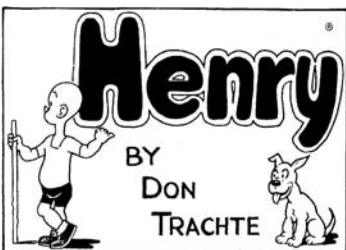
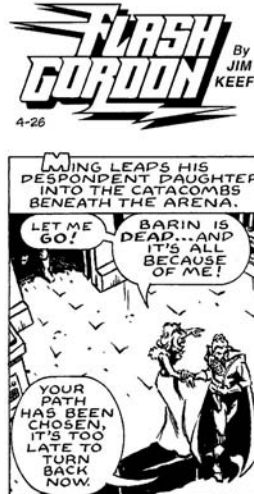
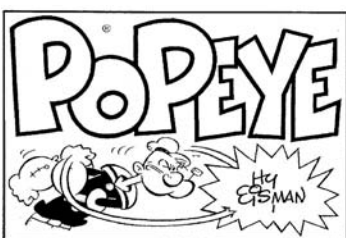


SIDE SHOW



TO YOUR GOOD HEALTH

Jury's still out on e-cigarettes

DEAR DR. ROACH: I was a smoker for 65 years, and I got tired of my doctor and everyone else telling me the dangers of smoking. I tried e-cigarettes about two months ago, and I am hooked on them. At first I didn't like the taste, but now I have gotten used to it. There is a large amount of "smoke" from them, and it is darkening my teeth. What's your take on this new fad? — S.G.

ANSWER: There is no doubt that tobacco has caused vast amounts of suffering and death. The jury is out on the net effect of e-cigarettes, but here are my thoughts.

Although e-cigarettes are likely to be much less dangerous than regular cigarettes, there is no doubt in my mind that they are at least potentially harmful to health. On the good side, if they help you quit your smoking habit, they may have a benefit to you.

You should use them to help you quit smoking, then ideally quit using them as well.

However, there is a bad side, and that is when nonsmokers start using them. Some users don't think of them as cigarettes at all, calling them "hookah pens," "vape pens" or other euphemisms. They are simply devices to provide nicotine and flavorings. You used the term "hooked on them," and they probably do have the potential for addiction.

DEAR DR. ROACH: Why is Lactaid effective? Since it is an enzyme, why isn't it denatured by stomach acid, then digested like other proteins? I know from experience that it works, but the biologist and chemist in me doesn't understand how. — D.M.

ANSWER: Lactase, the enzyme in Lactaid, breaks down the milk sugar lactose, which many people can't digest, into smaller sugars, glucose and galactose. The symptoms of lactose intolerance include bloating, gas and diarrhea. It works best in a slightly acidic environment, but will indeed be digested like other enzymes in the stomach once stomach acid can bring the pH in the stomach to the very

acidic range.

It works only because it is able to break down sugar faster than it is itself broken down. Clever people have designed lactase in forms that resist stomach acid and are active in the small intestine, which ought to work better. However, Lactaid works well enough for many people intolerant of milk.

DEAR DR. ROACH: Years ago, I was told that eating raw carrots and fresh spinach improves vision. If this is true, why am I afflicted with macular degeneration after having eaten these for a long time? I also have taken vitamins to preserve vision for 10 years. Do these have justification? — Anon.

ANSWER: Fresh vegetables with beta carotene and certain multivitamins and minerals have been shown to slow the effect of age-related macular degeneration. It may be that you would have gotten macular degeneration both sooner and more severely had you not had a healthy diet and taken vitamins. Unfortunately, we don't know of any preventive treatment — nor any treatment once the disease has been diagnosed — that is 100 percent effective.

SALOME'S STARS

ARIES (March 21 to April 19) A seemingly stalled romantic situation could benefit from your reassurance that you want this relationship to work. And if you do, use a tad more of that irresistible Aries charm.

TAURUS (April 20 to May 20) Going to new places and meeting new people appeals to both the Taurean's romantic and practical sides. After all, you never can tell where those new contacts can take you. Right?

GEMINI (May 21 to June 20) That career-change opportunity that didn't work out when you first considered it could come up again. But this time, remember that you have more to offer and should act accordingly.

CANCER (June 21 to July 22) There could be some tensions in relationships — domestic or workaday.

But a calm approach that doesn't raise the anger levels and a frank discussion soon will resolve the problem.

LEO (July 23 to August 22) It's a good idea to begin preparing for that career change you've been thinking about for a while. Start to sharpen your skills and expand your background to be ready when it calls.

VIRGO (August 23 to September 22) Bless that Virgo skepticism that has kept you from falling into traps others seem to rush into. But you might want to give a new possibility the benefit of the doubt, at least on a trial basis.

LIBRA (September 23 to October 22) Travel and career are strong in your aspect. Perhaps your job will take you to someplace exotic. Or you might be setting up meetings with potential clients or employers. Whatever it is, good luck.

SCORPIO (October 23 to November 21) Someone might use deception to try to push you into making a decision you're not fully comfortable with. But those keen Scorpio

senses should keep you alert to any such attempt.

SAGITTARIUS (November 22 to December 21) Romance dominates this week when Cupid spears the Archer, for a change. Positive things also are happening in the workplace. Expect important news to arrive by the week's end.

CAPRICORN (December 22 to January 19) Anyone trying to bully the Sea Goat — whether it involves a personal or a professional matter — will learn a painful lesson. Others also will benefit from the Goat's strong example.

AQUARIUS (January 20 to February 18) Congratulations. With things going the way they are, you should be able to spare some time and take a break from your hectic schedule for some well-earned fun and games.

PISCES (February 19 to March 21) Your sharp Piscean intuition should be able to uncover the true agendas of those who might be trying to catch the Fish in one of their schemes.

King Crossword

1	2	3	4	5	6	7	8	9	10	11	
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54									56		
57						58				59	

ACROSS

- 1 Binge
- 4 Founded (on)
- 9 Stir-fry need
- 12 Eggs
- 13 Scent
- 14 Rage
- 15 Quasi-modo's workplace
- 17 Shelter, at sea
- 18 Flightless bird
- 19 Kevin of "SNL" fame
- 21 They give one pause
- 24 Faucet problem
- 25 "The — Daba Honeymoon"
- 26 Siesta
- 28 Skier's hill
- 31 Protein-rich beans
- 33 Felon's flight
- 35 Move back and forth
- 36 Lifts to test the weight
- 38 Thanksgiving veggie
- 40 Adam's mate
- 41 Meadows
- 43 Went sightseeing
- 45 Ink stain, e.g.
- 47 "— Impossible"
- 48 Depressed
- 49 Bath alternative
- 54 Candle count
- 55 Obliterate
- 56 Hockey surface
- 57 That woman
- 58 Parking lot device
- 59 Deity
- DOWN
- 1 Task
- 2 St. crosser
- 3 Guy's companion
- 4 Bruce Wayne's
- 5 Stirring
- 6 Boar's mate
- 7 Make corrections
- 8 "— go first"
- 9 Energetic determination
- 10 Sandwich cookie
- 11 Acute
- 16 Moon vehicle
- 20 Has a bug
- 21 Moolah
- 22 Reed
- 23 How pilgrims progressed?
- 27 Remuneration
- 29 Macadamize
- 30 Watched
- 32 Undo a dele
- 34 "The Piano Lesson" painter
- 37 Tribal chief
- 39 Mom
- 42 Coastline
- 44 GIs' entertainment grp.
- 45 Mediocre
- 46 Theater box
- 50 Tit for —
- 51 Peruke
- 52 Environmentally friendly
- 53 Stop signal

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King Crossword

Answers

Solution time: 21 mins.

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

Just Like Cats & Dogs by Dave T. Phipps

COOL, HUH? WHEREVER YOU ARE, NOW WHEN I'M CALLING, IT WILL PLAY THE THEME TO STAR TREK!

Siuslaw News

READ IT TODAY!