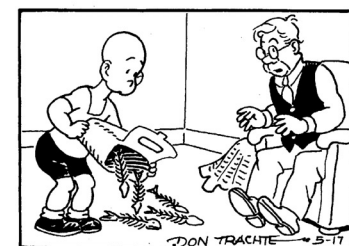
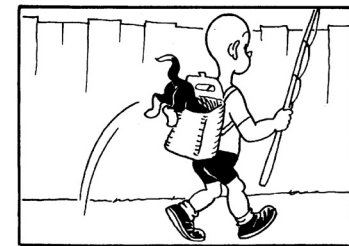
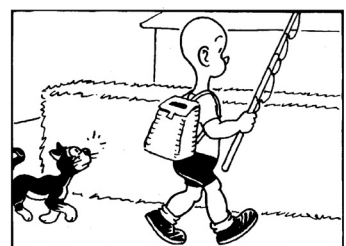
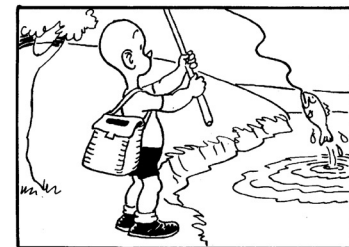
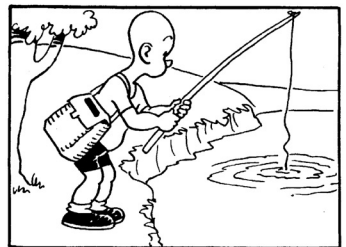
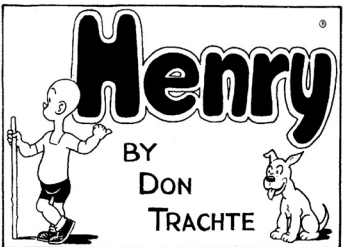
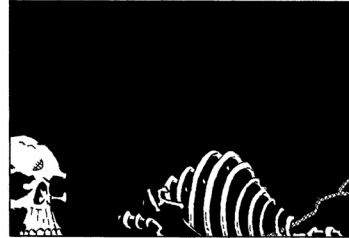
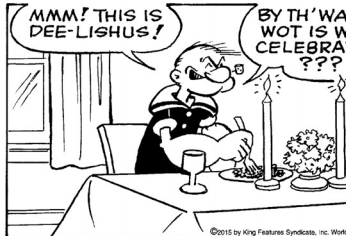
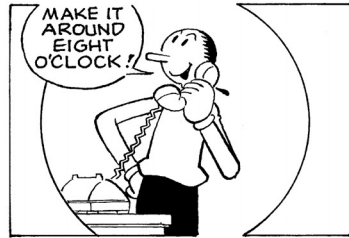
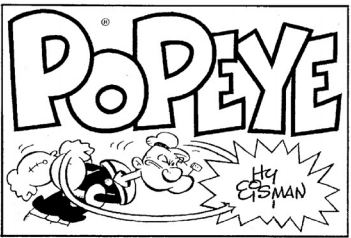
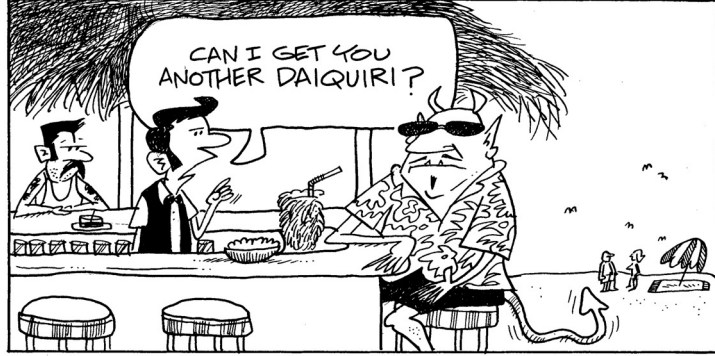


SIDE SHOW



Out on a Limb

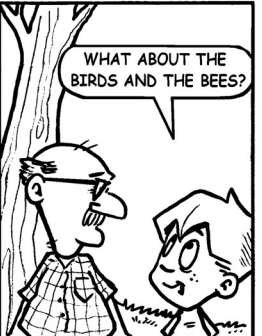
by Gary Kopervas



THE DEVIL WENT DOWN TO GEORGIA THEN SPENT THE WEEKEND AT HIS BROTHER-IN-LAW'S IN SARASOTA

Amber Waves

by Dave T. Phipps



TO YOUR GOOD HEALTH

Shingle medication can affect memory

DEAR DR. ROACH: My husband had a severe case of shingles in October 2013. He still has pain. He was given Lyrica. Sometimes it helps, but his memory is affected. I'm leery about giving it to him. I've been giving him ibuprofen, which helps sometimes. Can you give me any advice? — R.C.

ANSWER: Many medicines are used to treat post-herpetic neuralgia, the pain that often follows shingles. This pain can be very severe and tends to be more prolonged the older you are.

Pregabalin (Lyrica) is an effective medication for many people, but changes in memory certainly could be a side effect. I would be leery of giving it, too. There are several other classes of medication he can try. If his doctor is uncomfortable trying something

else, a neurologist or pain specialist can help. Sometimes, small doses of several medications work better than higher doses of just one.

Giving the shingles vaccine does not help once you have post-herpetic neuralgia, but it can prevent many cases, and most people who could benefit from the vaccine haven't had it.

Shingles questions are among the most frequently asked. The booklet on the shingles virus answers many of them. Readers can obtain a copy by writing: Dr. Donohue — No. 1201W, 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 using MSG on my food as a flavor enhancer about all of my life. Some of my health-conscious friends say that using MSG is like putting "rat poison" on your food. I respond by saying putting salt on your food is worse than putting MSG on it. Does MSG deserve its bad reputation? — K.T.

ANSWER: Some people have a sensitivity to monosodium glutamate, an amino acid normally present in food that is used as a flavor enhancer.

Symptoms can include headache, muscle aches, nausea and other symptoms. It is particularly well-absorbed in liquid form, such as soups, especially those in Asian restaurants.

If you don't have a sensitivity to MSG, it is a very safe food additive. It does have some sodium, but in the usual amounts used, does not deserve its reputation.

DEAR DR. ROACH: You mentioned a treatment for ureter cancer called BCG. I would appreciate more information on this treatment. — M.T.

ANSWER: The ureters are the tubes that carry urine from the kidney to the bladder. They are lined with the same kinds of cells as the bladder itself. So, ureteral cancer acts in many ways like bladder cancer. Often, multiple cancers are diagnosed at the same time.

Surgery is the standard treatment for ureteral cancer, and the only way for a cure. Bacille Calmette-Guerin (BCG) is a weakened tuberculosis bacteria that is used for some cases of bladder and ureteral carcinoma-in-situ, an early, non-invasive form of precancer. It can be very effective, but is not intended to be a curative treatment for invasive cancer. I mentioned it for a 90-year-old man who didn't want surgery.

SALOME'S STARS

ARIES (March 21 to April 19) Your Aries self-esteem level is high, as is your impatience to see more action come your way in the workplace. Good news, Lamb: It could start to happen sooner than you think.

TAURUS (April 20 to May 20) Changing things now could upset a lot of people. But if you feel you're acting because you believe it's the right thing to do, others will understand and even come to support you.

GEMINI (May 21 to June 20) A change of mind might not necessarily be a change of heart. You still want to go ahead with your plans, but you might see a better way to make them happen. So go for it.

CANCER (June 21 to July 22) An old business dispute could re-emerge

and possibly affect upcoming negotiations. Consider opening up the situation to include suggestions from others on both sides of the issue.

LEO (July 23 to August 22) Some Leos and Leonas might find it somewhat difficult to get their ideas accepted or even considered. But that's only for a while. Things will soon return to the way you like them.

VIRGO (August 23 to September 22) The pace seems to be slowing down from the hectic on-the-job run you recently enjoyed. But be assured that you're still in the race to pick up new workplace-related goodies.

LIBRA (September 23 to October 22) Seasonal changes create opportunities for busy Librans. However, be sure to balance your workload with your personal life so that you don't overdo it on one end or the other.

SCORPIO (October 23 to November 21) A former critic could make a surprise turnaround and become a supporter. But if your Scorpion sense suspects a questionable

motive, who are the rest of us to doubt it?

SAGITTARIUS (November 22 to December 21) Data on a new project seems less than dependable. But it might turn out to be just the opposite. Consult with someone who knows how you might best be able to check it out.

CAPRICORN (December 22 to January 19) Capricornians face many decisions this week, with the Sea Goat's kids rating high on the consideration scale, especially regarding vacations and upcoming school matters.

AQUARIUS (January 20 to February 18) Showing that you care is what Aquarians do so well. It's your very special skill. And this week, you'll have several chances to show off that gift for a very special person. Good luck.

PISCES (February 19 to March 21) That streak of Piscean wariness should serve you well this week should you be among those who come up against a slippery character offering a fishy deal with nothing to back it up.

King Crossword

ACROSS

- 1 Talk show host Kelly
- 5 Urban transport
- 8 Bridge coup
- 12 "American —"
- 13 Tramcar fill
- 14 Blood (Pref.)
- 15 Cat call?
- 16 "Gosh!"
- 17 State with conviction
- 18 Hero meat
- 20 Dervishes
- 22 Still
- 23 Profit
- 24 Intends
- 27 Butt holders
- 32 "The Raven" writer
- 33 Placekicker's pride
- 34 Ball-bearing item
- 35 Discourtesy
- 38 With 3-Down, info for interbreeding
- 39 Rage
- 40 Altar
- 42 Canada's capital
- 45 Rang out
- 49 Bygone flock

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				54				55		
56				57				58		

- of New Zealand
- 50 Coll. transcript no.
- 52 Irritating vapor
- 53 Initial chip
- 54 Last (Abbr.)
- 55 Great Lake
- 56 Clarinetist's need
- 57 Storm center
- 58 On pension (Abbr.)
- Across
- 4 Nonstop
- 5 Think deeply
- 6 Exist
- 7 Vegan's no-no
- 8 Half a dinner-table pair
- 9 Rise
- 10 Cupid's specialty
- 11 Takes blades to blades
- 19 Yours truly
- 21 Pismire
- 24 Spring mo.
- 25 Chit
- 26 Ponder
- 28 "Help!"
- 29 Be indecisive
- 30 Longing
- 31 Witness
- 36 Got the lead out?
- 37 Fresh
- 38 Happy Gilmore, e.g.
- 41 Accomplish
- 42 Mr. Sharif
- 43 Color quality
- 44 Malaria symptom
- 46 Entice
- 47 Send forth
- 48 Landowner's paper
- 51 Thickness

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King Crossword

Answers

Solution time: 25 mins.

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

Just Like Cats & Dogs by Dave T. Phipps

