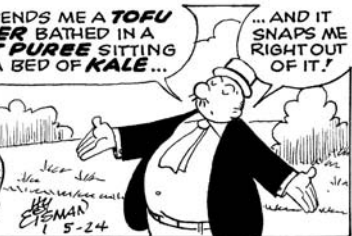
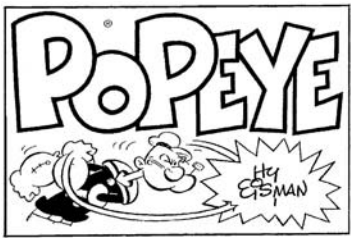
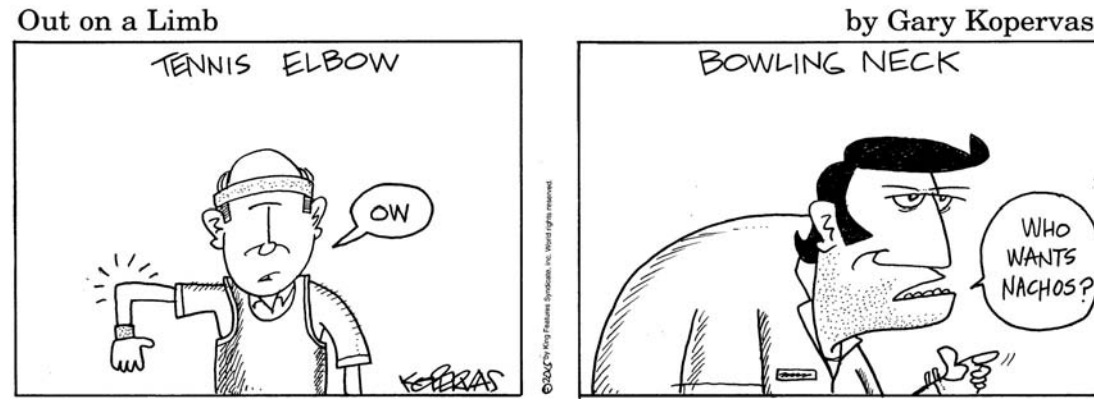
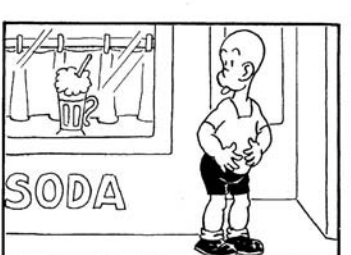
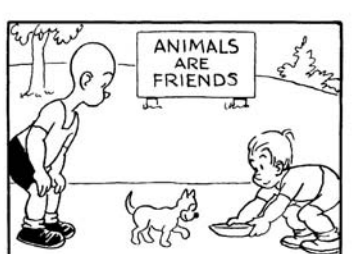
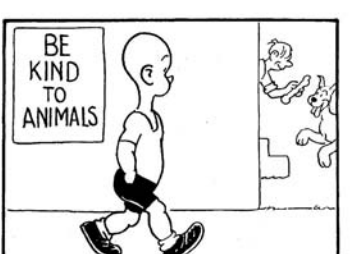
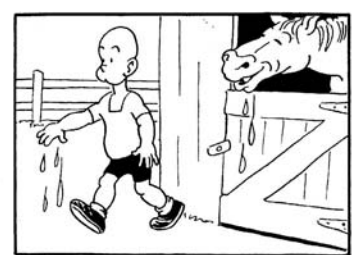
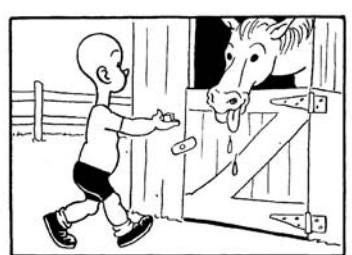
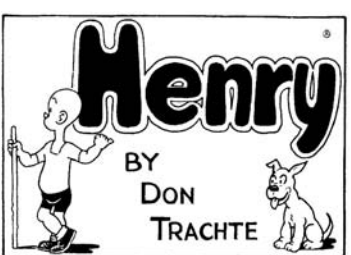
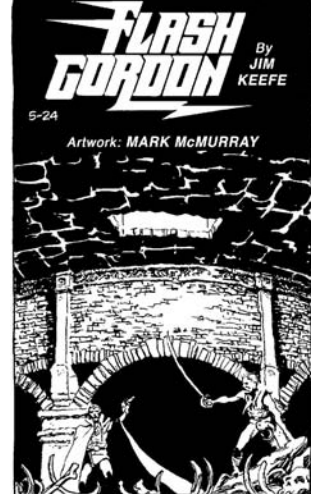


SIDE SHOW



MARK McMURRAY HAS GUEST PENCILLED SUCH MAINSTREAM FARE AS FLASH GORDON AND SWAMP THING, BUT IT'S HIS SELF-PUBLISHED VENTURES THAT HAVE BROUGHT HIM THE MOST RECOGNITION. ONE OF HIS MOST CRITICALLY ACCLAIMED SELF-PUBLISHING VENTURES WAS SKETCHES: NEW YORK CITY, A SKETCHBOOK DIARY CHRONICLING A YEAR IN AN ARTIST'S LIFE. A YEAR OVERSHADOWED BY THE TRAGIC EVENTS OF 9/11.



TO YOUR GOOD HEALTH

Woman's eyebrows have almost disappeared

DEAR DR. ROACH: I am an active 63-year-old female of normal weight. I exercise several times a week and am in seemingly good health. About a year ago I noticed that my eyebrows were disappearing, starting on the outer edges. They are now almost completely gone.

During my annual physical in November, my general physician found that I have thyroid nodules. Three large ones were biopsied and proved negative. Blood work, including a TSH level, is normal. Both my GP and dermatologist feel certain that the nodules are not causing the eyebrow problem, because I don't have any other symptoms of thyroid disease, but they don't know what is causing the loss. — K.F.

ANSWER: The loss of eyebrows, superciliary madarosis, has many

possible causes, but low thyroid is the first that most doctors think of. A TSH level is a reasonable screening test for thyroid disease, but if the suspicion is high, I check additional thyroid tests, such as thyroxine (T4), free T4 and T3. Occasionally TSH still can be in the very broad "normal" range for most people but be abnormal for that person.

Other causes of eyebrow loss include autoimmune disease, inflammatory skin conditions and infection. Repeated plucking of the eyebrows can lead to permanent loss of the follicles. Allergies to cosmetics also can cause eyebrow and eyelash loss. Have you changed your makeup recently?

DEAR DR. ROACH: I'm a 42-year-old woman in good health. I am beginning a new job soon, and I feel it's a good idea to build up my immunity before I work in this new environment. I chose an over-the-counter support supplement, but I am coming down with a cold!

I have found that I regularly react in this way to vitamins and supplements. Is this common? — D.F.

ANSWER: Having a strong immune system is always a good idea. However, supplements, even those that say they are good for the

immune system, have no proof that they prevent colds or shorten their duration. A healthy diet, exercise and good sleep are much better for your immune system than a supplement.

Some readers insist that these products are effective for them, but the science so far has not proven it. Also, any drug, herb, vitamin or other supplement always has the potential for side effects. I would advise you to save your money.

DEAR DR. ROACH: I often wonder if the white mold one sees on supermarket blueberries is at all dangerous to one's health. I've eaten a few with such mold, but with no apparent effect. — A.W.

ANSWER: I contacted an expert at Michigan State University, who told me that the white mold is likely a type of trichoderma. Trichoderma are not usually dangerous to humans, although some people can have an allergic reaction to it.

Still, moldy blueberries are likely to be old, not have as many nutrients and not taste so good. Eat berries right away, before they can get moldy, and if you notice that they are moldy as soon as you get them home from the store, take them back.

SALOME'S STARS

ARIES (March 21 to April 19) Still operating under a full head of self-esteem makes you want to tackle a matter you had shied away from. OK. But be sure to arm yourself with facts before you make a move.

TAURUS (April 20 to May 20) That smart move you recently made caught the attention of a lot of people, including some with financial deals to offer. Use your Taurean wariness to check them out thoroughly.

GEMINI (May 21 to June 20) Shyness might keep you from asking for more information on a potentially important matter. But your curiosity grows stronger by midweek and gives you the impetus for data-gathering.

CANCER (June 21 to July 22) Taking on too many tasks may not be

the wise thing to do at this time. You might overspend both your physical and emotional energy reserves, and have to miss out on some upcoming events.

LEO (July 23 to August 22) Try to keep your spending at an affordable level. Splurging now — especially on credit — could create a problem if your finances are too low for you to take advantage of a possible opportunity.

VIRGO (August 23 to September 22) You might not approve of a colleague's behavior during much of the week. But don't play the judgmental Virgo card here. As always, check the facts before you assume the worst.

LIBRA (September 23 to October 22) Coping with an old issue that has suddenly re-emerged could take a big toll on your emotional energies. Decide whether you really want to pursue the possibilities here.

SCORPIO (October 23 to November 21) For all your skill in keeping your secrets safe, you could be unwittingly letting one slip out by the way you're

behaving in that new relationship. Are congratulations soon to be in order?

SAGITTARIUS (November 22 to December 21) Good old-fashioned horse sense could help you get around those who unknowingly or deliberately put obstacles in your way. Ignore the confusion and follow your own lead.

CAPRICORN (December 22 to January 19) A puzzling attitude change in a colleague from friendly to chilly might stem from a long-hidden resentment suddenly bubbling up. An open and honest talk should resolve the problem.

AQUARIUS (January 20 to February 18) This week, many ever-generous Aquarians might find themselves feeling an acquisitive urge. If so, indulge it. You've earned the right to treat yourself to wonderful things.

PISCES (February 19 to March 20) Expect to get a lot of advice on how to go about implementing your plans. But once you've sorted it all out, you'll probably find that, once again, your way will be the best way.

King Crossword

1	2	3	4	5	6	7	8	9	10	11	
12					13				14		
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44					45				46		
47					48			49		50	51
52					53			54			
55					56				57		

ACROSS

- Gladiatorial venue
- Agent
- Early bird?
- Wears a rut in the rug
- tzu
- Ultra-modern
- Group character
- Quito's land
- Miffed
- Abundant source
- Conclusion
- Miff
- Man-handled
- Loud bird
- Fools
- Fearful
- Staples
- Center team
- Viticulturist's morsel
- Teen's woe
- "Great!"
- Roulette bet
- Feedbag tidbit
- Blueprint
- Allotment
- Bliss
- Overact
- Trawler need
- Rd.
- Stopwatch, e.g.
- Parched
- Calendar abbr.
- "Gypsy" composer
- thropic
- Crystal-lined stone
- Impaled
- Iditarod site
- Gucci alternative
- Type measures
- Big Apple letters
- Shell game need
- Heraldic silver
- Winter forecast
- Mess up
- Thrift
- Genetic abbr.
- Prepared
- Orison
- Shell out
- Stomach malady
- Wan
- Regimens
- Answer an invite
- Leave out
- Motorists' org.
- X rating?
- Before

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King Crossword

Answers

Solution time: 27 mins.

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

Just Like Cats & Dogs by Dave T. Phipps

AS YOUR COUPLES THERAPIST IT IS MY JOB NOT TO ASSIGN BLAME BUT RATHER... IN THIS CASE... MAKE IT OUT IN ONE PIECE.

Siuslaw News

READ IT TODAY!