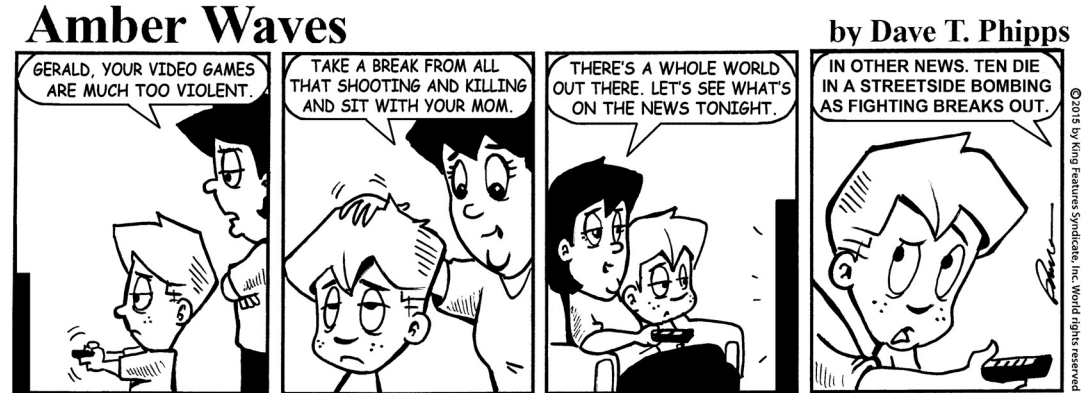
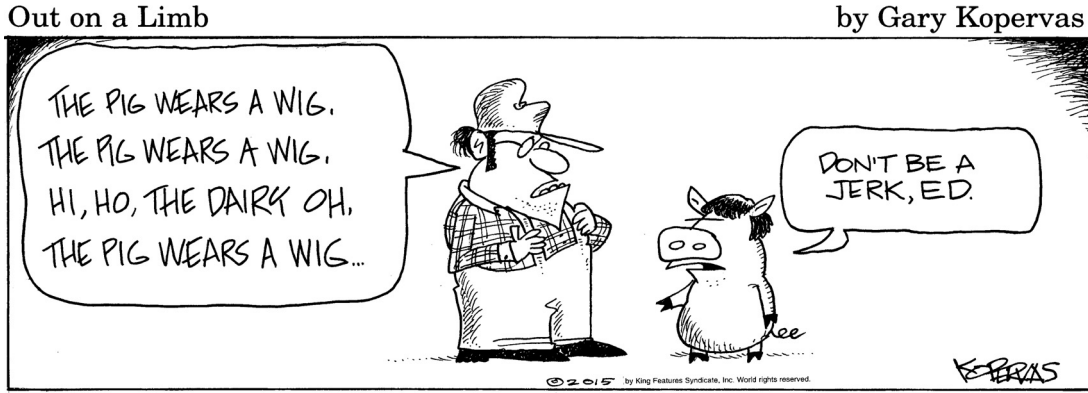
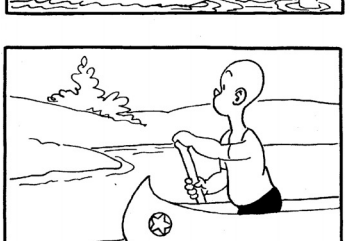
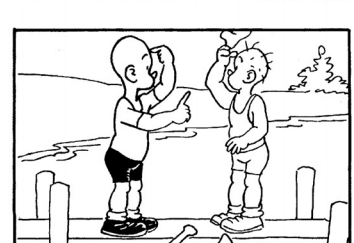
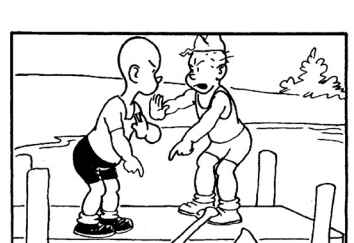
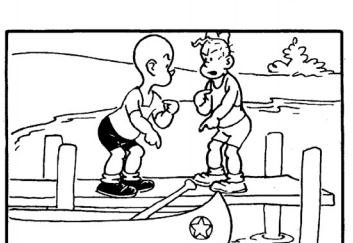
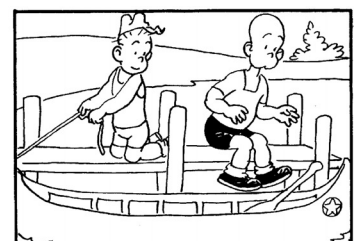
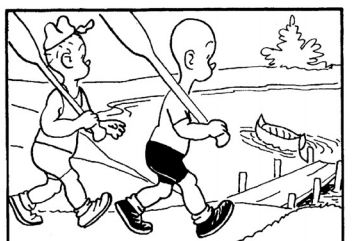
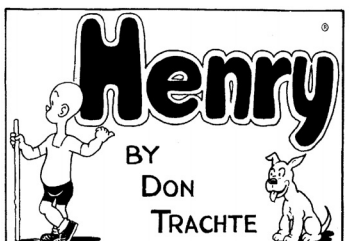
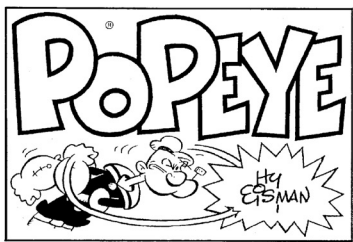


SIDE SHOW



TO YOUR GOOD HEALTH

Womean complains of feeling hot

DEAR DR. ROACH: I am a 66-year-old woman who usually is too hot. When I tell my doctors, they just sort of laugh it off. It is making my life miserable because if I keep the heat or air conditioning where it is comfortable for me, it is too cold for others. I hate summer and stay inside in the air conditioning.

I keep the temperature in my house at 64 degrees Fahrenheit in the summer and winter. I know other members of my family do not tolerate being out in the sun when it's hot, but they aren't plagued with being too hot otherwise.

The sensation of being too warm comes and goes. I am about 40 pounds overweight, and have been

SALOME'S STARS

ARIES (March 21 to April 19) A plan you've kept on hold for a long time finally could be greenlighted. But in typical Aries form, you'll need to be sure that everything is in place before you hit the "start" button.

TAURUS (April 20 to May 20) Others might urge you to act more quickly on your ideas. But you'd be wise to follow your Bovine instincts and get more facts to bolster your position when you finally present it.

GEMINI (May 21 to June 20) You might be tempted to accept the well-meaning offer of a friend to act as an intermediary in a dispute. But you know best what it's about, and you can handle the challenge. Good luck.

CANCER (June 21 to July 22) Entertainment can play an important

for most of my life. The sensitivity has intensified as I've aged. I had a hysterectomy in my 30s, and I know some of my hormones were off. — J.R.

ANSWER: Heat intolerance is common and has several possible causes. The short list includes excess thyroid hormones, loss of estrogen and being overweight. The long list includes, among many others, some serious conditions, such as polycythemia vera (a blood disorder of having too many red blood cells), inflammation of blood vessels, multiple sclerosis and tumors that secrete substances that can affect blood vessels, such as carcinoid or pheochromocytoma. These are uncommon to rare diseases and usually have other symptoms, and many would likely have progressed over time.

The part of your story that bothers me is that this has been bothering you for years and your doctors haven't taken it seriously. Even if it isn't a life-threatening condition, it's been bothering you, and they should have at least tried to help.

It's time to have a frank discussion with your current or a new doctor and explain that you are con-

cerned about this, that it's affecting your life and comfort, and that you want to be taken seriously. I'm not saying your doctor needs to evaluate you for everything on the long list, but he or she does need to listen, think and explain.

DEAR DR. ROACH: Is it better to take Lipitor at night? Is that true for all statins? — M.E.

ANSWER: The cholesterol in our blood comes from the food we eat and also by the cholesterol our body makes. Most cholesterol synthesis happens at night. So, it's better to take a statin at night, particularly for statins that don't stay in the body a long time (this is referred to as a short half-life). Lovastatin (Mevacor), pravastatin (Pravachol), fluvastatin (Lescol) and simvastatin (Zocor) have short half-lives, and data have shown better results with these taken at night.

On the other hand, atorvastatin (Lipitor) and rosuvastatin (Crestor) have long half-lives, so it isn't so important to take these at night.

Naturally, if you are taking any statin, you should continue a careful diet as well. Taking a medication doesn't take away the harm of a poor diet.

role this week. Enjoy some well-earned diversion with people you care about. Something especially wonderful might come from this well-spent time.

LEO (July 23 to August 22) Catnaps and playtime are in order for Leos and Leonas who need to take some time off from their hectic schedules to restore their energies and rebuild their mental muscles. Have fun.

VIRGO (August 23 to September 22) Virgos will need to keep an open mind this week about choices that seem improbable. A closer study might well reveal possibilities that might have been overlooked. Stay with it.

LIBRA (September 23 to October 22) A disappointing outcome of a well-intentioned effort should be seen as a lesson in how to do it right the next time. Note all your changes and have your new plan set up by week's end.

SCORPIO (October 23 to November 21) Travel plans might need readjusting because of changes in the costs previously agreed to. Deal

with the problem as quickly as possible to minimize any delays that might result.

SAGITTARIUS (November 22 to December 21) Your honest approach to an unsettling experience draws admiration from others. Use their positive feedback to build support for your program to introduce needed changes.

CAPRICORN (December 22 to January 19) Travel is strong in your aspect this week, and so is nostalgia! You might want to consider planning a trip to a place that holds some very special meaning for you. Bon voyage.

AQUARIUS (January 20 to February 18) A job-related situation could provide an opportunity you hadn't considered before. Look it over carefully and see where and how you can tailor it to fit your needs.

PISCES (February 19 to March 20) Showing strength as well as sympathy helps you deal with a difficult personal matter. It also helps you set an example for others when it's their turn to get involved in the situation.

King Crossword

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59				60					61	

ACROSS

- 1 Cleopatra's snake
- 4 Easter tree
- 7 Robust
- 11 Masticate
- 13 Venusian vessel?
- 14 By word of mouth
- 15 Actress Spelling
- 16 Gun, slangily
- 17 Kittens' comments
- 18 "The — of Music"
- 20 Anger
- 22 Weep loudly
- 24 History-making events
- 28 Lost
- 32 "Nonsense!"
- 33 "Do — others ..."
- 34 Sticky stuff
- 36 Greek vowel
- 37 Angry look
- 39 Satchmo's instrument
- 41 Hearty laugh
- 43 Kreskin's claim, for short
- 44 Yoked team
- 46 English composition
- 50 Lather
- 53 Charged particle
- 55 — podrida
- 56 Actress Hathaway
- 57 Genetic letters
- 58 Void partner
- 59 Bruin
- 60 Pooch
- 61 "Catcher in the —"

DOWN

- 1 New Testament book
- 2 "Scat!"
- 3 Lima's land
- 4 Embrace
- 5 Somewhere
- 6 Decorator's concern
- 7 Mr. Burns' employee
- 8 Exist
- 9 Legislation
- 10 Golfer Ernie
- 12 Painter known for maritime scenes
- 19 "— good deed"
- 21 Pouter's protrusion
- 23 Ginormous
- 25 Buy stuff
- 26 London gallery
- 27 Hit flies
- 28 Dogsled command
- 29 3-Down tribe
- 30 Pack away
- 31 Speck
- 35 Raw rock
- 38 Remiss
- 40 Work with
- 42 Bizarre
- 45 Forbidden action
- 47 Speak unclearly
- 48 Partner
- 49 Harvard rival
- 50 "Great!"
- 51 Individual
- 52 Literary collection
- 54 Run-down horse

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King Crossword Answers

Solution time: 21 mins.

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

