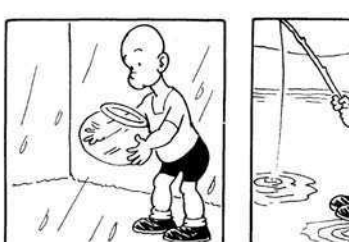
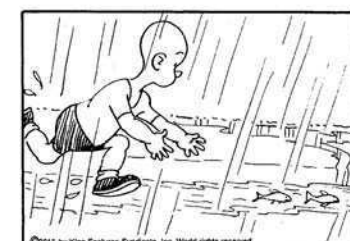
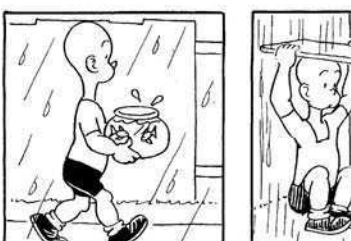
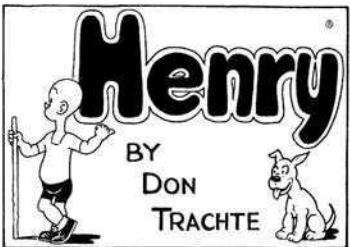
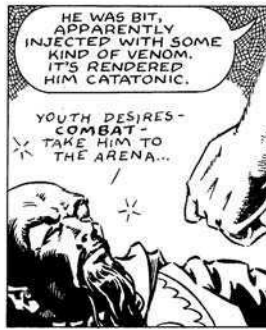
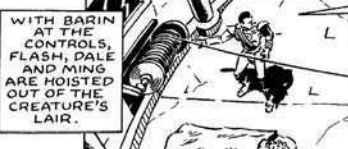
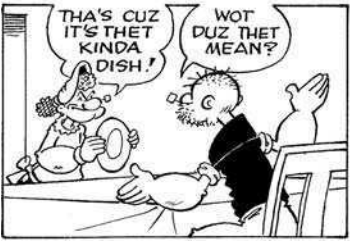
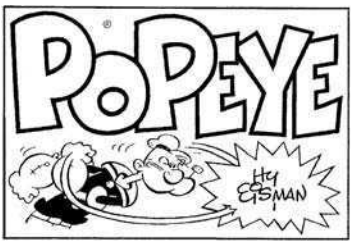
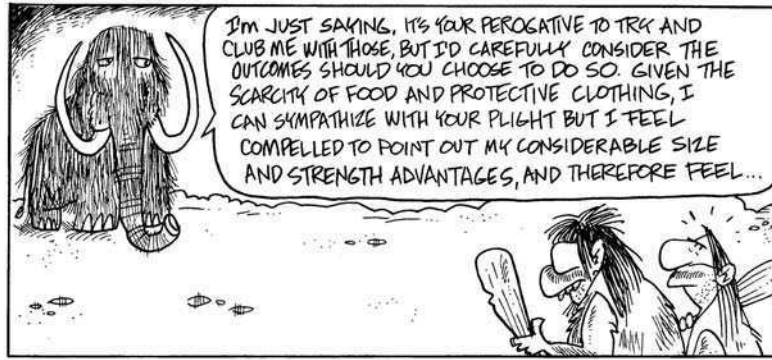


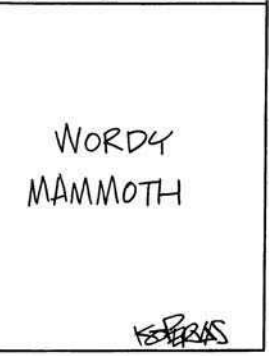
SIDE SHOW



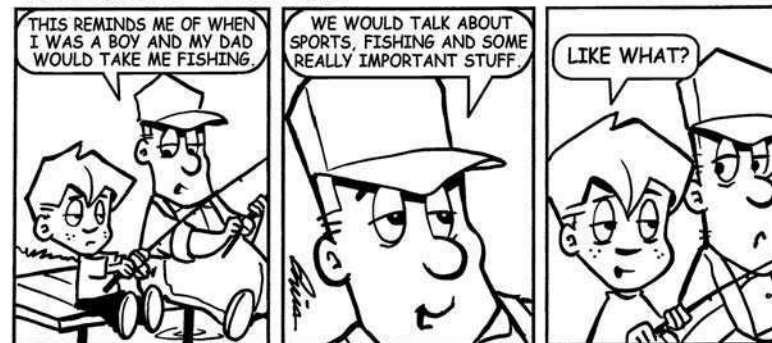
Out on a Limb



by Gary Kopervas



Amber Waves



by Dave T. Phipps



TO YOUR GOOD HEALTH

Making vitamin D without sunlight

DEAR DR. ROACH: I have a question about vitamin D-3 pills. How does 400 mg fit into such a tiny pill? I also thought you needed sunlight to make vitamin D. — A.S.

ANSWER: Four hundred mg is very small. Most of the tablet isn't even vitamin D — it's starch and other materials to hold the tablet together.

The skin does make vitamin D-3 from precursors in the presence of sunlight. However, there are several factors that affect this process. During winter months at moderately high latitudes (above the line from Los Angeles to Atlanta), the sunlight might not be strong enough to efficiently convert enough vitamin D, so many are vitamin-D-deficient during winter.

People who don't go outside, who usually wear clothing and hats to

cover their skin or who have darker skin are less able to create vitamin D. People over 70 also are less able to make their own vitamin D. This is why many foods are supplemented with vitamin D. Even so, a sizable proportion of the population has low levels of vitamin D.

There remains great controversy about whether supplementation will improve overall health. Studies are ongoing to test the effect of vitamin D supplementation to reduce fracture risk, improve muscle function or reduce cancer risk.

DEAR DR. ROACH: You mentioned lupus in a recent column. Is there a connection between lupus and arthritis? — D.J.T.

ANSWER: Systemic lupus erythematosus (SLE) is a disease that can affect virtually any organ in the body, and usually affects several — often at the same time. The most common symptoms are fatigue, fever and weight loss. Skin signs can be very specific, such as the classic "butterfly rash," a red, butterfly-shaped rash across the nose and cheeks. Arthritis (joint inflammation) or arthralgia (joint pain) is present in 90 percent of people with lupus at some point in the illness.

The arthritis booklet discusses joint pain found in rheumatoid arthritis, osteoarthritis and lupus. Readers can order a copy by writing: Dr. Roach — No. 301W, 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: If you walk briskly for a certain time and distance, is that not just as good for you as jogging, if you are going for the same time? — A.

ANSWER: It depends on what you mean by "good." If you mean what I think you do, in terms of overall health and maybe living longer and feeling better, then yes, a brisk walk is nearly as good for you as jogging.

Jogging probably is better for preventing osteoporosis, since it gives more impact to the bones, but on the other hand it is harder on the joints. If your goal is to get faster and win races, then you need to practice going faster. But walking is nearly as good for most aspects and is easier on the body than jogging for most people.

SALOME'S STARS

ARIES (March 21 to April 19) Although you don't like to change plans once they're set, once again, you might find that doing so can make a big difference in your favor. Family matters dominate the weekend.

TAURUS (April 20 to May 20) You continue to get encouragement for your proposals, including some support from unlikely sources. Use this positive flow to move forward with your plans. Good luck.

GEMINI (May 21 to June 20) Family matters are dominant this week. It's a good time to be with those you love. It's also a good time to contact and reunite with loved ones with whom you've lost touch.

CANCER (June 21 to July 22) Be

careful not to allow differences of opinion to create unpleasant feelings, especially in the workplace. A neutral observer could check out the situation and suggest a resolution.

LEO (July 23 to August 22) While the Lion's Den is the center of attention this week, with family matters dominating much of your time, workplace issues are also important. Try to find a balance between them.

VIRGO (August 23 to September 22) The future of a new relationship could depend on how much the usually impatient-to-get-things-done Virgo is willing to stop pushing and let things happen naturally.

LIBRA (September 23 to October 22) Worry over a loved one's well-being is eased with good news from a sympathetic source. Your continued show of love and support is important. Stay with it.

SCORPIO (October 23 to November 21) This is a good time to consider mending fences with someone you wish was back in your life.

Forget about blame, and focus on the good things you once shared.

SAGITTARIUS (November 22 to December 21) This is a good week to start researching information regarding whatever changes you're considering, whether it involves a new home, a new location or a new job.

CAPRICORN (December 22 to January 19) A long-anticipated job opportunity could turn out to be less than you expected. But appearances might be deceiving. Check it out before you decide it's not for you.

AQUARIUS (January 20 to February 18) Good news: Adapting to a new situation might come more easily than you expected. You can look for continued support from colleagues who appreciate your contributions.

PISCES (February 19 to March 20) Someone you care for might need more reassurance from the typically "unemotional" Pisces. Go ahead. Open up, and you might be surprised at what you find when you do.

King Crossword

ACROSS

- 1 Throws in
- 5 Tatter
- 8 Wound cover
- 12 Tide type
- 13 Compass dir.
- 14 Corn concoction
- 15 Severe decline
- 17 Dermatologist's case
- 18 As found
- 19 Singer Sophie
- 21 Youngster
- 22 36-Across segment
- 23 Blue
- 26 "Charlotte's ..."
- 28 Make into law
- 31 Old portico
- 33 Homer's interjection
- 35 Arizona river
- 36 Variety show
- 38 Talk on and on
- 40 Back talk
- 41 Advantage
- 43 Sweet potato's kin
- 45 Sunscreen, usually
- 47 Complained bitterly
- 51 Bedouin

1	2	3	4	5	6	7	8	9	10	11
12				13				14		
15				16				17		
18							19	20		
23	24	25		26		27	28		29	30
31			32		33		34		35	
36				37		38		39		40
45	46					42		43		44
51						52	53			
54						55			56	
57						58			59	

- 52 Sports fans' party venue?
- 54 Astronaut Armstrong
- 55 Conclude
- 56 Sharpen
- 57 Mete (out)
- 58 Deli loaf
- 59 Despot

DOWN

- 1 Opposed
- 2 Campus bigwig
- 3 Raised platform
- 4 Divided
- 5 Considered
- 6 Blackbird
- 7 Fellows

- 8 What "this clue" needs
- 9 Mixed drink
- 10 Boleyn or Bancroft
- 11 "Cheers" serving
- 16 Pack away
- 20 Guitar's cousin
- 23 Georgia's ex-status (Abbr.)
- 24 Chowed down
- 25 Overlap
- 27 Marsh
- 29 Roman 151
- 30 Spigot
- 32 Within
- 34 Outing on a wagon
- 37 Id counterpart
- 39 False god
- 42 Go in
- 44 Possibly will
- 45 Crow's-nest cry
- 46 Sandwich treat
- 48 Neighbor of Cambodia
- 49 Sicilian spouter
- 50 Antelope's playmate
- 53 Whatever amount

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King Crossword

Answers

Solution time: 25 mins.

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

Just Like Cats & Dogs by Dave T. Phipps

SOONER OR LATER YOU HAVE GOT TO EMPTY OUT YOUR WALLET.

