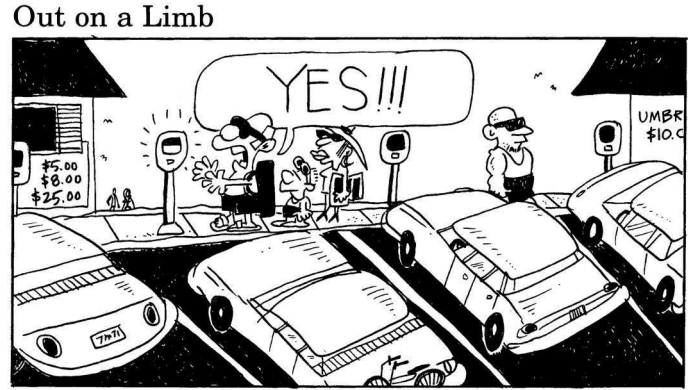
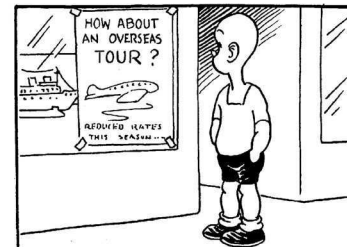
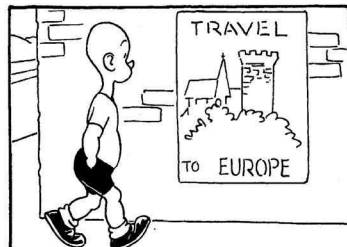
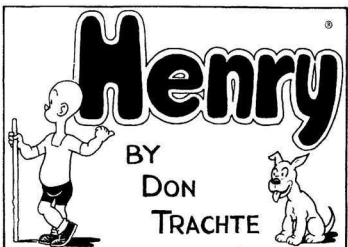
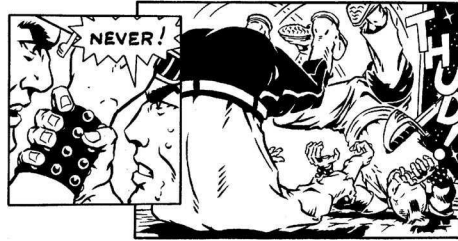
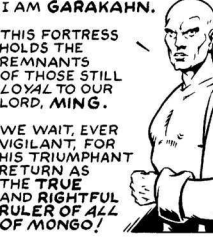
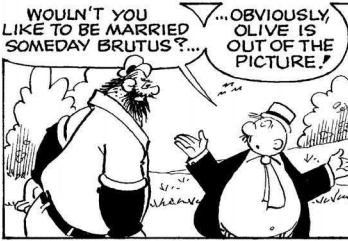
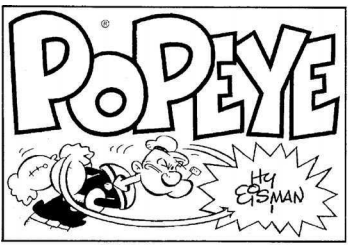
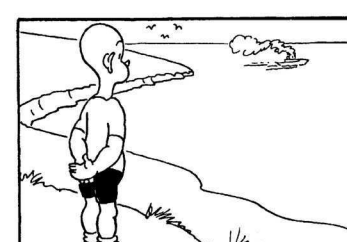
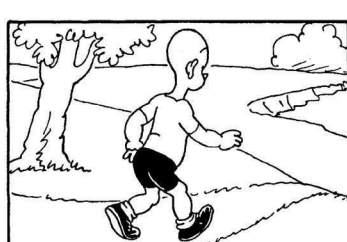
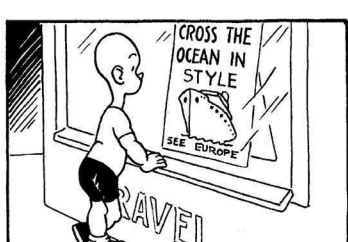


# SIDE SHOW



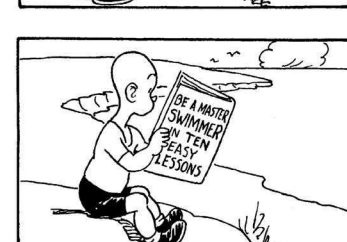
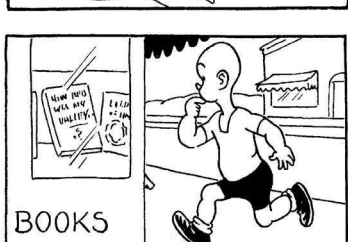
by Gary Kopervas

HAVING GIVEN UP ON HIS CHANCE AT 15 MINUTES OF FAME, RAYMOND CELEBRATES 22 MINUTES OF FREE LEFTOVER PARKING METER TIME WHILE AT THE BEACH WITH HIS FAMILY



## Amber Waves

by Dave T. Phipps



## TO YOUR GOOD HEALTH

### Your doctor has heard it all

**DEAR DR. ROACH:** This question is just too embarrassing for me to even sign my name. I get many infected pubic hairs that are painful. Is this normal? Do other people get them? I have had them off and on my whole life, but the past two years have been just awful. Some are like boils, and it takes them many weeks to go away. What can I do?

I have never mentioned this to my doctor. I won't even go for my Pap test if I have one, because I don't want the doctor to see it. — Anon.

**ANSWER:** Infected hair follicles are common, and when they are in the pubic area or in the armpits, they can be quite painful and last a long time. They often are caused by Staphylococcus, which nowadays can be resistant to multiple antibiotics (MRSA).

Please don't be embarrassed by these. I guarantee you that your doctor has seen them many times before. The sooner you are seen, the faster you can get relief. And you certainly don't want to delay important tests like your Pap for these common infections.

**DEAR DR. ROACH:** I am a 56-year-old female. I recently have been having terrible pain in my joints. It is so bad at night that I can't sleep. I recently went to a rheumatologist because I had an elevated rheumatoid factor (it wasn't extremely high). I was told I have arthritis and a high risk for rheumatoid arthritis. I was then diagnosed with fibromyalgia. I was shocked and embarrassed! I had always thought that fibro was not a real disease. I feel bad and tired almost every day, and I am so sick of it! — S.S.

**ANSWER:** Some of my colleagues still doubt it, but I think that fibromyalgia certainly is a real disease. There is no doubt that there are a large number of people with chronic pain in the muscles and soft tissues who meet the diagnostic tests for fibromyalgia, which are all based on history and exam —

there's no blood test or X-ray for fibromyalgia, but that doesn't mean it isn't real. The current thinking is that fibromyalgia is due to alterations in the perception of pain by the central nervous system.

The most common symptom is aching in the body, usually in the muscles and joints. Fatigue and poor-quality sleep also are nearly universal in fibromyalgia.

Depression is highly prevalent in people with fibromyalgia, and in my opinion, the depression is more likely caused by the chronic pain and fatigue than the other way around.

My opinion is that it is better to have a diagnosis of fibromyalgia because, even though fibromyalgia isn't completely understood, it is a starting point for understanding and treating chronic pain.

Tricyclic antidepressants are the most common initial treatment of fibromyalgia, because they affect the way pain is processed. They are usually started at far, far below the effective dose for depression.

Feeling a sense of control over the pain, continuing to work and exercising more are all associated with a better outcome in fibromyalgia.

problem might still rankle, it should be easing thanks to your efforts to calm the waters. Also, a workplace situation seems to be moving in your favor.

**LEO** (July 23 to August 22) The Big Cat's energy levels should be rather high these days, and you might do well to tackle any tasks that still need doing. This will clear the way for those upcoming projects.

**VIRGO** (August 23 to September 22) Someone's criticism might not be as negative as you perceive. Actually, it could be helpful. Discuss the matter with your critic, and you both could learn something valuable.

**LIBRA** (September 23 to October 22) A business matter could cause some friction among your colleagues. But once again, that logical mind of yours comes to the rescue. And the sooner it does, the better!

**SCORPIO** (October 23 to November 21) There might still be some heated temper flare-ups out there. But your sensible self should advise you to stay out of these situa-

tions until things cool down and calm is restored.

**SAGITTARIUS** (November 22 to December 21) Changing your mind could be the right thing to do if you can't resolve your doubts. You might want to discuss the matter with someone whose advice you trust.

**CAPRICORN** (December 22 to January 19) The Sea Goat's merrier side dominates this week, and this means that, despite your usual busy schedule, you'll be able to squeeze in parties and all sorts of fabulous fun times.

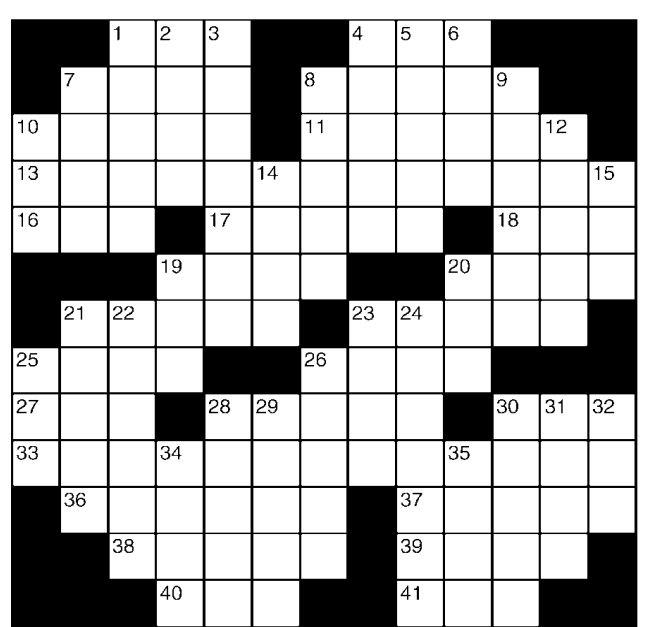
**AQUARIUS** (January 20 to February 18) An educational opportunity could lead to something other than what you had planned. But keep an open mind, and before you decide to turn it down, check it out.

**PISCES** (February 19 to March 20) The Piscean wit and wisdom helps you work through a situation that might have been accidentally or even deliberately obscured. What you unravel could prove to be very revealing.

## King Crossword

### ACROSS

- 1 Legislation
- 4 Cooking spray brand
- 7 Hint
- 8 Overseas money
- 10 Plant life
- 11 Psychological injury
- 13 Easy task comparison
- 16 Toss in
- 17 Grant's successor
- 18 Letter after pi
- 19 Phone inventor
- 20 Mulligan, e.g.
- 21 Dodge
- 23 Magnetic induction unit
- 25 Unescorted
- 26 Cartoonist Goldberg
- 27 Branch
- 28 Surmise
- 30 Macabre author
- 33 Easy task comparison
- 36 Central
- 37 Soap opera extra, often



### DOWN

- 1 Frank — Wright
- 2 Emanation
- 3 Newscast segment
- 4 Blender setting
- 5 Large part of Al-Jazeera's audience
- 6 Small grimace
- 7 Dressed (in)
- 8 — alcohol
- 9 Stings
- 10 Rx watchdog org.
- 12 Liniment targets
- 14 Converse
- 15 Explanation
- 19 Huge
- 20 Take to court
- 21 Sucker
- 22 Shakespeare title role
- 23 Spew like Old Faithful
- 24 "Perfect attendance" spoiler
- 25 Witnessed
- 26 So old it's new again
- 28 Greedy kid's demand
- 29 Inappropriate
- 30 Hilton heiress
- 31 Roughly
- 32 — out a living
- 34 Ukraine's capital
- 35 Yank

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## SALOME'S STARS

**ARIES** (March 21 to April 19) A previous misunderstanding continues to taint the atmosphere to some extent in the early part of the week. But cooler heads prevail, and the situation eases by week's end.

**TAURUS** (April 20 to May 20) While the artistic aspect of the Divine Bovine is well-served this week, that practical side is also getting the sort of recognition that could lead to a new and well-deserved opportunity.

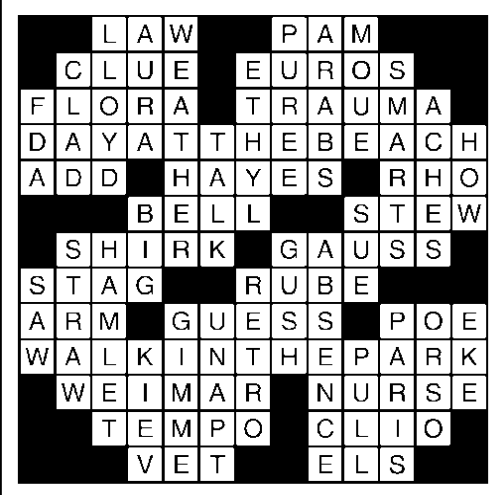
**GEMINI** (May 21 to June 20) With home-related matters taking on more importance this week, now could be the time to make some long-deferred purchases. But shop carefully for the best quality at the best price.

**CANCER** (June 21 to July 22) Congratulations. While that family

## King Crossword

### Answers

Solution time: 25 mins.



Just Like Cats & Dogs by Dave T. Phipps

WHY IS IT SIMPLE JUNK FOOD LOOKS SO GOOD AND FANCY HEALTH FOOD LOOKS LIKE SOMETHING FROM FEAR FACTOR?

