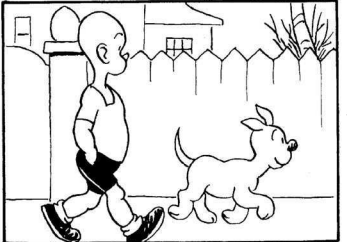
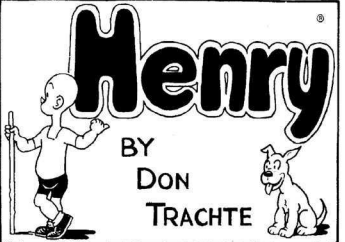
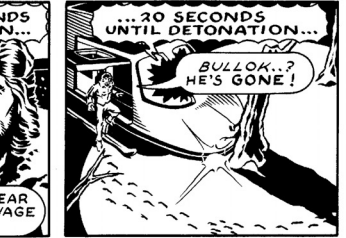
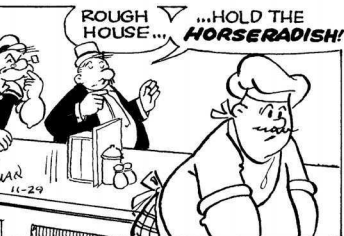
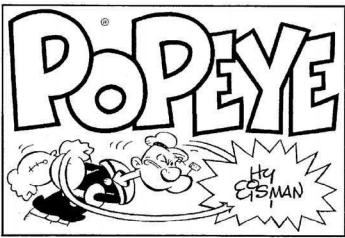
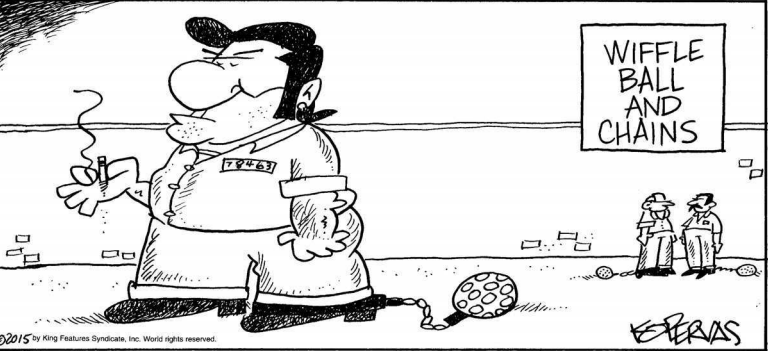
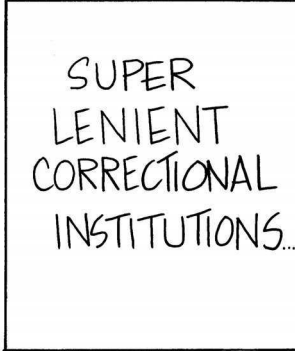


SIDE SHOW



Out on a Limb

by Gary Kopervas



Amber Waves

by Dave T. Phipps



TO YOUR GOOD HEALTH

Which diet is the right diet?

DEAR DR. ROACH: I am taking Zetia and niacin for extremely high cholesterol and triglycerides. Exactly what type of diet should I be on to lower my cholesterol and triglycerides? Many of the processed (cheese, ice cream, cookies, etc.) fat-free, cholesterol-free foods are high in sugar. Should I be on the South Beach Diet or a strictly vegetarian diet? How many calories, carbohydrates and fat grams should I consume daily to lose weight? I am a 5-foot-4-inch-tall female who weighs 160 pounds. When I was on the Atkins diet for more than 20 years, I was always slim and had no health problems. Thank you. — J.D.

ANSWER: You are asking how to lower cholesterol, but I think what

you really want to know is what diet reduces risk of heart disease. The right question is: What diet should you be on that will help you be healthier in the long term? All of the diets you mention have their strengths and weaknesses. Almost everyone agrees that avoiding sugar and processed grains is a key factor in reducing heart disease risk, but, despite decades of research and controversy, there isn't agreement on the best diet for overall health.

I think it's possible to take some wisdom from all the diets you mention, and to avoid some of their potential pitfalls. Both the Atkins and South Beach plans avoid simple sugars and excess carbohydrates, and I would emphasize that red meat and saturated fats should be kept at reasonable levels. A vegetarian diet emphasizes vegetables and fruits, but some people will gain weight on this diet, especially if they aren't careful to choose good sources of protein and healthy fat, or choose refined carbohydrate sources like the cookies you mention.

I have often recommended the Mediterranean diet, since there is high-quality evidence that it reduces heart disease risk. This diet calls for lots of vegetables and fruits, lean pro-

teins such as fish, healthy fat such as from olive oil and nuts, and whole grains.

The medications you are taking, ezetimibe (Zetia) and niacin, do lower cholesterol, but it isn't certain whether either of them really reduces risk of heart disease. The statin class of drugs is best shown to reduce heart disease risk in people of above-average risk.

DEAR DR. ROACH: I have a difference of opinion with a friend. One of us contends that taking tablets one at a time with a short period in between allows the full strength to get into your system. The other contends that it doesn't matter, and swallowing everything together is just as effective. Your comment? — C.G.

ANSWER: With only a few exceptions, I agree with person No. 2. The body is very good at absorbing medications, whether you take them a few seconds, minutes or hours apart. The exceptions are when one medicine blocks the absorption of another; for example, calcium prevents absorption of tetracycline antibiotics. Some antacids block absorption of many medications. Your pharmacist can tell you whether you should take medications spaced widely from one another.

counsel. But don't come into it unless invited, and don't stay if you feel uneasy. Just remember to reassure one and all that you'll be there for them.

LEO (July 23 to August 22) As the truth about an ongoing situation emerges, you could find that you were right to defer judgment before you had all the facts. Now would be a good time to move on to other matters.

VIRGO (August 23 to September 22) Your plans to take control of a personal situation because you feel you are best qualified could create resentment. Best to hear what everyone else involved in the matter has to say about it.

LIBRA (September 23 to October 22) Uncovering some surprising background facts about that ongoing personal matter could make you reconsider the extent of your involvement. A neutral family member offers advice.

SCORPIO (October 23 to November 21) Religious or spiritual themes start to dominate your aspect this week. This can serve as a counter-

weight to the mounting effects of the season's growing commercialization.

SAGITTARIUS (November 22 to December 21) Taking on that recent challenge impressed a lot of important decision-makers. Meanwhile, proceed with your holiday plans, and don't forget to include you-know-who in them.

CAPRICORN (December 22 to January 19) Disagreeing with an opinion you can't accept could be dicey, and your motives might be questioned. Best to wait to mount a challenge until you have support for your position.

AQUARIUS (January 20 to February 18) Getting involved in helping others in this increasingly hectic period not only makes the generous Aquarian feel good, but you could also gain a more substantive benefit from your actions.

PISCES (February 19 to March 20) The Piscean way of thinking clearly and objectively helps you resolve a complex situation without creating any ill will. Don't be surprised if your counsel is requested on another matter.

King Crossword

ACROSS

- 1 Andy's pal of old
- 5 Comic Margaret
- 8 Rue the run
- 12 Cougar
- 13 Explanation
- 14 "Animal House" group
- 15 Voters' choice
- 17 — accom- pli
- 18 Lair
- 19 Squid squirt
- 20 Striped animal
- 21 "CSI" evidence
- 22 Pen name?
- 23 Trip around the world?
- 26 With 6-Down, Peter Pan's foe
- 30 Bellow
- 31 Pooch
- 32 Really enjoying
- 33 Three-part European union
- 35 Friars Club event
- 36 Dove's comment
- 37 Junior
- 38 Ashen
- 41 Suitable
- 42 Hot tub
- 45 Wrinkly fruit

DOWN

- 1 Mimicked
- 2 Stubborn one
- 3 Portent
- 4 Pouch
- 5 Wedgwood product
- 6 See 26-Across
- 7 Possess
- 8 Fondness
- 9 Grouch
- 10 Tresses
- 11 "At Last" singer
- 16 Coloration
- 20 Type of code
- 21 Way
- 22 Satchel
- 23 Scepter topper
- 24 Fish eggs
- 25 Prohibit
- 26 Courteney of "Friends"
- 27 Literary collection
- 28 Part of TGIF
- 29 "To be or ..."
- 31 Pair
- 34 Actress
- 35 Campus mil. program
- 37 Glasses, slangily
- 38 Shove
- 39 Old Turkish title
- 40 Unhurried
- 41 Open slightly
- 42 Unspoken
- 43 "Alas!"
- 44 From the beginning
- 46 Shade provider
- 47 Youngster

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King Crossword Answers

Solution time: 21 mins.

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

Just Like Cats & Dogs by Dave T. Phipps



Siuslaw News

READ IT TODAY!