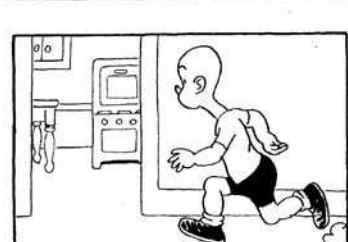
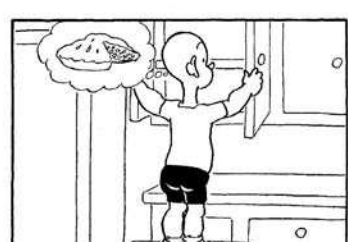
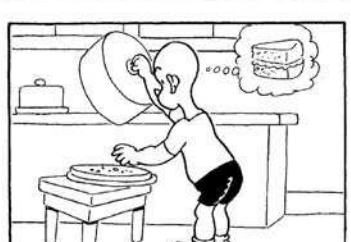
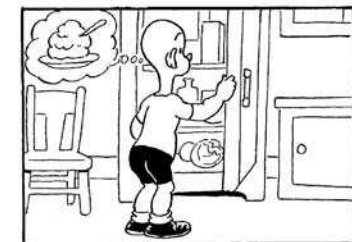
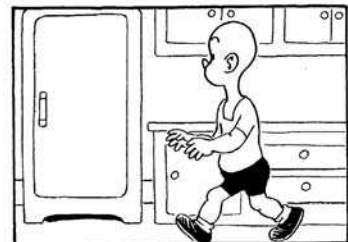
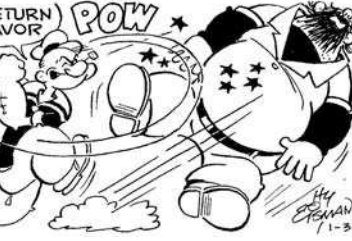
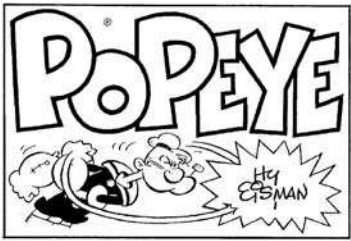


# SIDE SHOW



## TO YOUR GOOD HEALTH

### Sleepless Nights

**DEAR DR. ROACH:** How much good does it do for the body to just lie there with your eyes closed all night long when you can't sleep? — D.R.

**ANSWER:** It doesn't do much good at all; in fact, it causes harm, in that it makes it more likely for you to associate the bed as a place to stay awake. My advice is, if you are lying in bed and not sleeping, get up out of bed and do something. Listen to soft music. Read a book, as long as the light isn't too bright. Write in your diary. When you feel like sleeping, get back into bed, but don't stay there if you aren't getting to sleep in 15 minutes or so and know that you aren't going to.

Getting a little high-intensity

exercise during the day, avoiding caffeine after midday and staying away from naps are good ways to feel ready for sleep at bedtime.

**DEAR DR. ROACH:** I had my thyroid removed for a goiter 35 years ago. My doctor put me on 100 mcg of thyroid medication; however, when I took it, I got sick. My hands shook, and my heart beat very quickly (over 100). So one doctor told me to split it, and take 50 in the morning and 50 in the afternoon. I felt better, and I took it twice a day for 30 years.

After menopause, a different doctor changed it to 88 mcg and said to take it one time a day. This what I have been taking for five years, but I was feeling better and happier when I split the dose. My question is, can I split this medication? Does it make any difference for the body if the TSH is normal? Does it make any difference what time of the day I take it? — H.T.

**ANSWER:** Many people do split the dose of thyroid hormone, especially if they are taking a type

of thyroid, such as Armour, that contains T3. If 88 mcg is the dose that has the right amount of TSH (a hormone made by the pituitary that helps determine whether the dose is correct as far as your body is concerned) for you, then the TSH shouldn't be affected by taking half the dose in the morning and half at night. Most people don't find that it matters, but if it relieves your symptoms to take it twice a day, that's OK.

**DEAR DR. ROACH:** I am a home health nurse. Many of my patients think that because something has been cooked and then refrigerated, it will stay good indefinitely! How long should you realistically keep food that is refrigerated? Thank you. — S.C.

**ANSWER:** Of course, the answer depends on the specific type of food, but a good rule of thumb is three to four days for cooked food. I found more exact recommendations at [www.foodsafety.gov/keep/charts/storage.html](http://www.foodsafety.gov/keep/charts/storage.html)

## SALOME'S STARS

although an old and still-unresolved problem might create some unpleasant moments. If so, look to straighten the situation out once and for all.

**LEO** (July 23 to August 22) Although the Lion might see it as an act of loyalty and courage to hold on to an increasingly shaky position, it might be wiser to make changes now to prevent a possible meltdown later.

**VIRGO** (August 23 to September 22) Your gift for adding new people to your circle of friends works overtime this week, thanks largely to contacts you made during the holidays. A surprise awaits you at the week's end.

**LIBRA** (September 23 to October 22) Don't hide your talents. It's a good time to show what you can do to impress people who can do a lot for you. A dispute with a family member might still need some smoothing over.

**SCORPIO** (October 23 to November 21) Be open with your colleagues about your plan to bring a workplace matter out into the open. You'll want their sup-

port, and they'll want to know how you'll pull it off.

**SAGITTARIUS** (November 22 to December 21) Trying to patch up an unraveling relationship is often easier said than done. But it helps to discuss and work out any problems that arise along the way.

**CAPRICORN** (December 22 to January 19) While your creative aspect remains high this week, you might want to call on your practical side to help work out the why and wherefore of an upcoming decision.

**AQUARIUS** (January 20 to February 18) Dealing with someone's disappointment can be difficult for Aquarians, who always try to avoid giving pain. But a full explanation and a show of sympathy can work wonders.

**PISCES** (February 19 to March 20) Getting a job-related matter past some major obstacles should be easier this week. A personal situation might take a surprising but not necessarily unwelcome turn by the week's end.

### King Crossword

1	2	3	4	5	6	7	8	9	10	11	
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42	43			44		45			46	47	48
49						50			51		
52						53			54		
55						56			57		

**ACROSS**

- 1 Lose color
- 5 Actress Lupino
- 8 Half a ticket
- 12 Not "fer"
- 13 Neither mate
- 14 Bean curd
- 15 Tin Man's problem
- 16 Carriage
- 18 Cookbook entry
- 20 Underscore
- 21 Lacks the ability
- 23 Brit. reference book
- 24 One seeking political asylum
- 28 Unaccompanied
- 31 — Khan
- 32 Doctrine
- 34 Tiny
- 35 Trumpet, e.g.
- 37 Shame
- 39 Third letter
- 41 Close up tight
- 42 Narcotic
- 45 Jackson or Johnson
- 49 Oppressive ruler
- 51 Skeleton component
- 52 October
- 53 Peacock network
- 54 Reed instrument
- 55 Depend (on)
- 56 Blond shade
- 57 Shriek bark

**DOWN**

- 1 Jamie of "M\*A\*S\*H"
- 2 Chills and fever
- 3 Platter
- 4 Lure
- 5 Started a paragraph
- 6 Female deer
- 7 Weaponry
- 8 Gawks
- 9 Make less intense
- 10 Venusian vessels?
- 11 Picky seed cases
- 17 Ike's command in WWII
- 19 Treaty
- 22 Morrison and Braxton
- 24 Doo follower
- 25 Id counterpart
- 26 Absurd
- 27 Use Wikipedia, maybe
- 29 Zodiac feline
- 30 "— the
- 33 Compared to
- 36 Without making a mess
- 38 Address to a bloke
- 40 Greek vowel
- 42 Smell
- 43 Meerschaum, e.g.
- 44 Sicilian spouter
- 46 Post-bout attire
- 47 Carbon compound
- 48 Cry
- 50 Out of use, as a wd.

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### King Crossword

#### Answers

Solution time: 21 mins.

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

Just Like Cats & Dogs by Dave T. Phipps

THIS MAY BE SILLY, BUT DON'T LET IT BE SAID WE AREN'T DIE HARD GOLFERS. OK, SO MAYBE THE WHITE GOLF BALLS WEREN'T PRACTICAL.

Siuslaw News

READ IT TODAY!