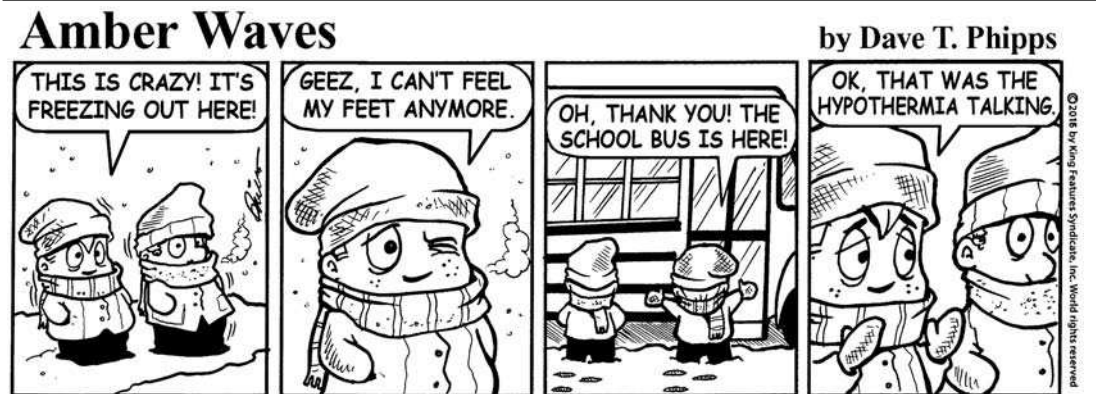
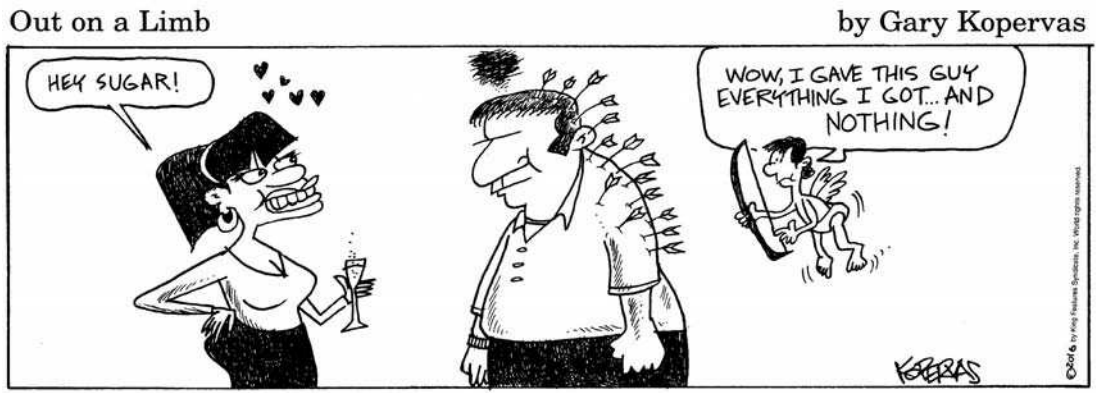
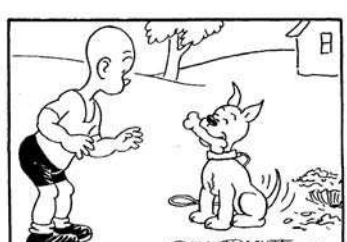
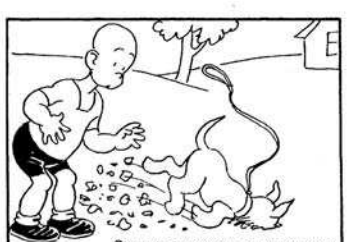
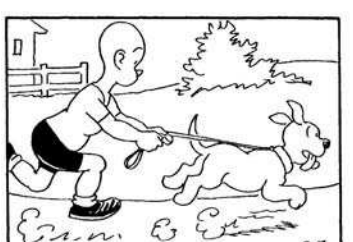
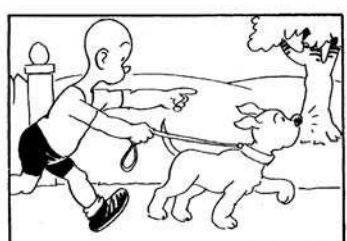
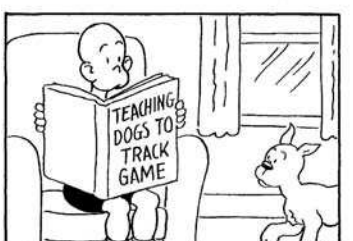
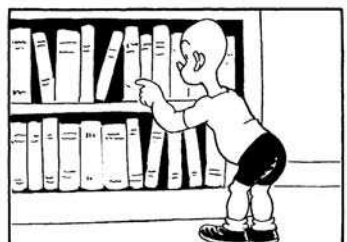
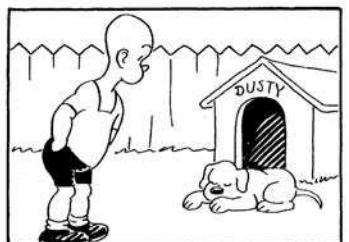
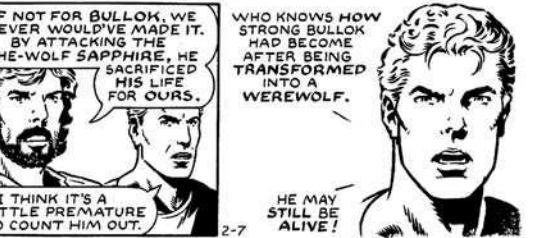
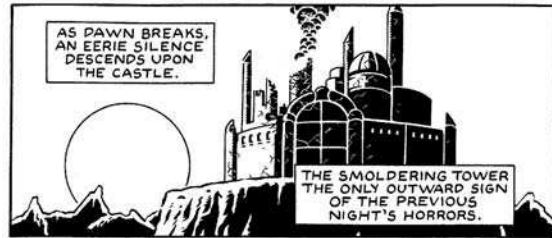
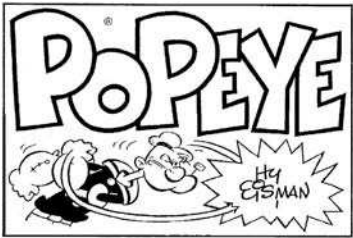


SIDE SHOW



TO YOUR GOOD HEALTH

Common shaving myth debunked

DEAR DR. ROACH: I'm a 48-year-old, athletically fit man with excessive body hair on my back, chest and arms. I see that the younger generation of men at the gyms, pools and beaches seem to all groom (shave) their body hair for better appearance. I started trimming down but have not fully shaved. My concern is whether, when you cut hair, it grows faster. When I'm in my upper 60s or 70s and decide to stop, will my body hair grow to 4 inches long? Does your body hair continue to grow at a normal rate when you're older, or does it slow down? Please advise. — M.C.

ANSWER: No, it's a myth that cutting or shaving hair makes it grow faster. It certainly might seem to come in more coarsely, since the

cut hair under the surface of the skin is thick. But there is no effect on hair growth. Hair growth rates stay roughly the same throughout adulthood.

I am aware that the current trend is for hairless-appearing skin. However, I see a lot of people with infections from shaving. If you do shave, use plenty of mild shaving cream or gel, always use a new, sharp razor, and use a soothing aftershave cream or lotion to help close the pores after shaving.

DEAR DR. ROACH: I am an 86-year-old male in good health. I take a 40-mg simvastatin and a 150-mcg levothyroxine. I exercise three times a week — one hour with weights and one hour of aerobics (elliptical and treadmill). On the treadmill, I go from a speed of 3.5 for 25 seconds to 6.0 for 25 seconds. My heart rate goes from 89 to 170 (sometimes 165 to 178) but drops back to about 89 when I return to the slower speed. I have heard that your exercise heart rate should be 212 minus your age times 80 percent. That would be 101. Does my 170 for 25 seconds sound OK? — E.N.W.

ANSWER: No, that sounds too fast for an 86-year-old. The formula you mention is one frequently stated, and it isn't particularly accurate, since there is a great deal of individual variation. But 170 is very fast for an 86-year-old. I wonder if it's accurate. A pulse monitor, using electrical impulses, is the most accurate, but even these can be fooled by electrical interference. If it really is so fast, I would worry about an exercise-induced tachycardia, and a visit to your doctor or cardiologist would be a good idea, especially if you are having symptoms of chest discomfort or shortness of breath.

DEAR DR. ROACH: Do peanuts (which are not nuts, but legumes) afford the same health benefits as nuts? — A.

ANSWER: Most of the studies showing benefits of nuts included peanuts as well. Peanuts probably have the same benefits as tree nuts.

Unfortunately, many people are allergic to nuts, and many are allergic to peanuts, and many get the benefits of eating nuts, as it is unsafe, even life-threatening on occasion.

SALOME'S STARS

ARIES (March 21 to April 19) Time is on your side in the early part of the week. But anything left undone by midweek will need to be put into rush mode. The weekend offers choices for you and someone special.

TAURUS (April 30 to May 20) Finally getting credit for a contribution is nice for all you idea-generating Ferdinands and Fernandas. But don't sit on your laurels under the cork tree. Use it as a first step to a bigger opportunity.

GEMINI (May 21 to June 20) Despite the progress made, a hint of doubt might set in. That's OK. You need to stop and consider not only what you're doing but also how you are doing. Make adjustments where needed.

CANCER (June 21 to July 22) The

dreamer is dominant in the Moon Child's aspect, but a dollop of hard-headed practicality is coming up fast and jockeying for space. The challenge is to make room for both modes.

LEO (July 23 to August 22) It's a good week for Leos and Leonas to start assessing what they've done and what they plan to do. Moving to a new environment — home or job-related — is a possibility for some Cats.

VIRGO (August 23 to September 22) The week calls for Virgos to make tough decisions, but in a way that leaves the door open for changes. Ask for advice from someone who has been in the position you're in now.

LIBRA (September 23 to October 22) Disappointments are never easy to take, but you have the ability to learn from them and go on to success. Meanwhile, continue to build up your contacts. You'll need them soon.

SCORPIO (October 23 to November 21) Things might still be going much too slowly to suit you. But you need the time to make sure they're

going in the right direction. It's easier to make a course correction now rather than later.

SAGITTARIUS (November 22 to December 21) Showing some temperament at the way things are going is one way of getting your point across. Just don't overdo it, or you risk turning away more-moderate supporters.

CAPRICORN (December 22 to January 19) Things could change more quickly this week than you like. But don't fret; you'll most likely find that you're up to the challenges. The weekend offers much-needed relaxation.

AQUARIUS (January 20 to February 18) Big challenge coming up? Uncross those fingers and believe that you're going to do well. And keep in mind that so many people have faith in your ability to succeed.

PISCES (February 19 to March 20) Testing the waters is a good way of learning about an opportunity before plunging right in. Ask more questions and be alert to any attempts to avoid giving complete answers.

King Crossword

1	2	3	4	5	6	7	8	9	10	11
12										
15										
18										
25	26	27								
32										
34										
39	40	41								
48										
51										
54										

ACROSS

- 1 Impresses greatly
- 5 Reverberate
- 9 — out a living
- 12 Type of pit
- 13 Got bigger
- 14 Guacamole, often
- 15 Roughly
- 16 Exceptional
- 17 Born
- 18 Crystal gazer
- 19 Swelled head
- 20 Wash
- 21 Wearer of a onesie
- 23 UN workers' agcy.
- 25 Necklace fasteners
- 28 Have a huddle
- 32 Hispaniola part
- 33 Concur
- 34 Cook-wear?
- 36 Handle the expense
- 37 Gun the engine
- 38 Exploit
- 39 Metropolis
- 42 Early bird?
- 44 Chantilly, e.g.
- 48 Commotion
- 49 Lotion additive
- 50 Story teller
- 51 Cattle call?
- 52 Luminary
- 53 Tote board stats
- 54 Wapiti
- 55 Favorites
- 56 Toward the sunset

DOWN

- 1 Andy's pal
- 2 Sported
- 3 Being, to Brutus
- 4 O. Henry specialty
- 5 Herons' kin
- 6 Rugged rock
- 7 Brave
- 8 Have bills
- 9 Author Ferber
- 10 Chicken —
- 11 Duel tool
- 20 "Hiawatha" writer
- 22 Put your two cents in
- 24 Ducks work
- 25 Half a dance?
- 26 Once around
- 27 Melody
- 29 To and —
- 30 Always, in verse
- 31 Crimson
- 35 Slender
- 36 Boring tools
- 39 Arrived
- 40 "American —"
- 41 Snatched
- 43 Capricorn
- 45 Staffer
- 46 Two-timers
- 47 Formerly, formerly
- 49 Cleo's slayer

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King Crossword

Answers

Solution time: 24 mins.

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

Just Like Cats & Dogs by Dave T. Phipps

IN MY DEFENSE, YOU KNOW MY NEW YEARS REVOLUTION WAS TO TRY NEW THINGS?

Siuslaw News

READ IT TODAY!