

SIDE SHOW

POPEYE
HEY STIMAN!

NOT THIS WEEKEND, OLIVE... I GOTTA GIT ME BOAT IN SHAPE!

THAT TAKES A LOTTA TIME!

IS IT THE SAME OLD PROBLEM? YES! POPEYE IS ALWAYS BUSY WITH HIS BOAT!

CAN'T YOU GET HIM MORE INTERESTED IN ME? HMM... HERE'S A POSSIBILITY!

HOW MUCH DO YOU WEIGH? NINETY-SIX POUNDS... WHY?

THIS SHOULD SOLVE YOUR PROBLEM! TURN YOU INTO NINETY-SIX POUNDS OF SPINACH!

FLASH GORDON
BY JIM KEEFE 5-1

I WANT TO THANK YOU, GORDON. HIDING AMONG MY "ABANDONED" RESEARCH FACILITIES SAVES ME THE TROUBLE OF FINDING YOU.

MING... ALIVE?

IT ALL MAKES SENSE NOW. YOU'RE THE ONE WHO FRAMED ME!

WELL, IT WON'T WORK! AS SOON AS BARIN GETS THE STOOGE WHO IMPLICATED ME TO COME CLEAN...

THANKS TO A VENOM-INDUCED HYPNOSIS...

AND DALE'S DEATH... WAS THAT PART OF YOUR "PLAN"?

I HAVE TO ADMIT THAT I DIDN'T PLAN ON...

YOU'LL PAY FOR THIS, MING!

NO, EARTHLING. YOU TOOK AWAY MY KINGDOM. YOU WILL BE THE ONE TO PAY.

REXOR, BEGIN! WITH PLEASURE... FROM OUT OF THE RUBBLE...

Henry
BY DON TRACHTÉ

WHAT'S GOING ON, JAKE?

I FOUND THIS LADY HIDING IN THE HALL CLOSET.

WHO ARE YOU GUYS? I CAME HERE LAST NIGHT WITH CHARLIE.

UH OH, I HATE WHEN THIS HAPPENS...

HA HA HA HA HA HA

Out on a Limb
by Gary Kopervas

2 1/2 STICKMEN

Amber Waves
by Dave T. Phipps

CLASS I WANT YOU TO WRITE AN ESSAY ABOUT A PRESIDENT.

HEY DARYL, YOU WRITE MY PAPER AND YOU CAN SIT BY US AT LUNCH.

THAT WOULD BE SUPER! I'LL GET RIGHT ON IT. YOU CAN COUNT ON ME.

I WONDER IF THIS IS WHAT A CAREER IN POLITICS IS LIKE?

TO YOUR GOOD HEALTH

Caffeine pills vs. coffee

DEAR DR. ROACH: You advised an 81-year-old farmer who was drinking an energy drink several times a week to "stick with coffee" in order to avoid the added sugar in the energy drink. What is your opinion of getting an equivalent amount of caffeine through over-the-counter caffeine pills instead of coffee?

I am a 55-year-old woman, and except for being overweight, I am in excellent health. I exercise daily, sleep well at night and have no complaints whatsoever. I get about six or seven hours of sleep a night, and am a naturally early riser. I do not drink either tea or coffee (don't like the taste), but I have found that if I take one half of a 200-mg caffeine pill immediately on arising, it does wonders for my mood and productivity. On some days I take a second pill in the early afternoon, and rarely, a

third in the evening, though never later than 6 p.m.

Is there anything wrong with this? I've found that many people who drink several cups of coffee a day seem to look askance at me because I get my caffeine a pill. — A.C.

ANSWER: Some people drink coffee for the caffeine; some people drink decaf to avoid the caffeine; most people like both the taste and the caffeine effect. You are unusual in only wanting the caffeine effect.

A 16-ounce cup of coffee at a large chain contains 330 mg of caffeine. I don't see anything wrong with taking caffeine pills the way you are. However, some people won't sleep well if taking as much as you are.

DEAR DR. ROACH: I read your column regarding the high cost of the shingles vaccine. I am an insurance agent who is often asked about coverage for the shingles vaccine. The Affordable Care Act does include this under preventive care for individuals 60 and over. Preventive care is covered at 100 percent for health plans that are not grandfathered. (Grandfathered health plans are plans that have been

continued virtually unchanged since 2010. They are not required to comply with all aspects of ACA, so these plans might not provide this service.)

You also may be interested in knowing that, in our area, the Department of Health clinic does offer the shingles vaccine for a fee of \$5 for individuals over the age of 50 who do not have it covered under a health plan. I am not aware if this is unique to our area, or if it is a widespread provision.

ANSWER: Thank you for writing. Others wrote to me that their Department of Health paid for most or all of the cost. Some said they could get the vaccine covered at a pharmacy but not at physician's offices.

Readers: Shingles questions are among the most frequently asked. The booklet on the shingles virus answers many of them. Obtain a copy by writing: Dr. Donohue — No. 1201W, 628 Virginia Drive, Orlando, FL 32803. 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.

SALOME'S STARS

ARIES (March 21 to April 19) A once-harmonious relationship appears to be hitting some sour notes. Spend some time together to see why things have gone off-key. What you learn might surprise you.

TAURUS (April 20 to May 20) You feel a need to make some changes. Good — you can do it on a small scale (some new clothes, for example), or go big and redecorate your home and/or office.

GEMINI (May 21 to June 20) Control your tendency toward early boredom. A situation in your life might be taking a long time to develop, but patience pays off. Stay with it.

CANCER (June 21 to July 22) You might feel that you're on an emotional roller coaster this week. Don't fret; just ride it out and let things settle down. A Pisces shows understanding.

LEO (July 23 to August 22) Do something different for once — compromise. A stubborn stand on an important issue proves counterproductive. You need to be open to new ideas.

VIRGO (August 23 to September 22) A friend offers advice that you perceive as an act of betrayal. But before you turn against the messenger, pay attention to the message.

LIBRA (September 23 to October 22) A year of riding an emotional pogo stick finally settles down. Use this calmer period to restore frayed relationships and to pursue new opportunities.

SCORPIO (October 23 to November 21) Your words can sting,

so be careful how you respond to a friend's actions. A calm approach could produce some surprising facts.

SAGITTARIUS (November 22 to December 21) Be careful about whose secrets you're being asked to keep. They could impose an unfair burden on a straight arrow like you.

CAPRICORN (December 22 to January 19) While you prefer taking the tried-and-true course in life, be adventurous this week and accept a challenge that can open new vistas.

AQUARIUS (January 20 to February 18) Your strong sense of justice helps you deal with a job- or school-related situation. Stay with your principles. A Sagittarius emerges as a supporter.

PISCES (February 19 to March 20) You need to build a stronger on-the-job support system to convince doubting colleagues that your innovative proposals are workable.

King Crossword

ACROSS

- Nervous person?
- Pack animal
- Hold together
- Each
- Glanced
- Drunk
- Shade provider
- Urge
- Muhammad or Laila
- Symbols of intrigue
- A billion years
- Laugh-a-minute
- Attack from concealment
- Arid areas
- Third-party abbr.
- Longing
- "The Faerie Queene" writer
- People of Cardiff
- Lion's pride
- Coquettish
- Ridge on corduroy
- List-ending abbr.
- Nibbles
- Shell game need
- Appeared ominously
- Pillaged
- Long, loud speech
- Slues
- Genders
- Rebuffs a masher
- Non-sense
- Topping
- "Flying Down to --"
- Fix
- Spotted wildcat
- Balls of yarn
- Redacts
- Deity
- Backbone
- Freshen, maybe
- Type measures
- Stitch
- Makes up one's mind
- Do refinery work
- Non-standard dialect
- Concert call
- Deteriorate
- Computer style
- Winter forecasts
- Coin toss option
- Shrill barks
- "Adam --"
- Earth
- Upper limit
- Lab eggs

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King Crossword Answers

Solution time: 24 mins.

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

Just Like Cats & Dogs by Dave T. Phipps

AHH, SPRINGTIME IS SOO GREAT. WITH WINTER OVER I CAN GET OUTSIDE... AND MOW, RAKE, WEED, CLEAN GUTTERS...

Siuslaw News
READ IT TODAY!