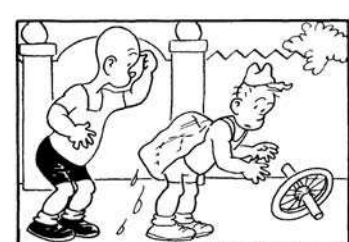
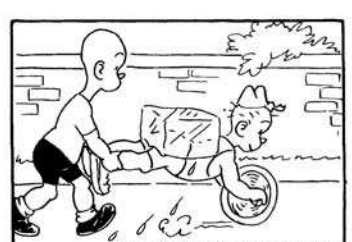
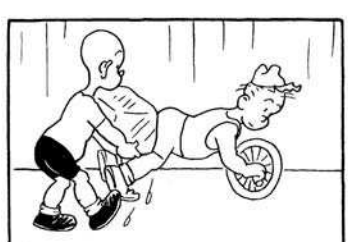
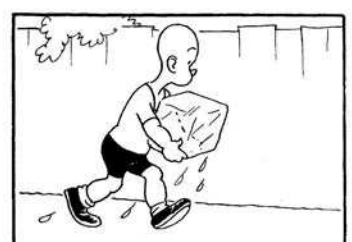
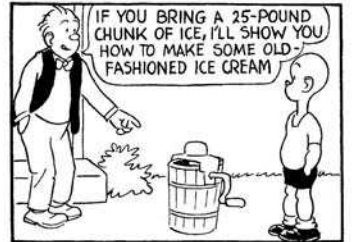
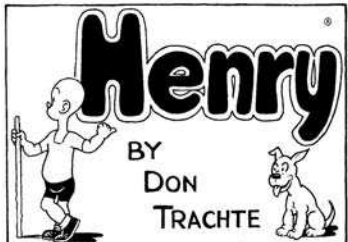
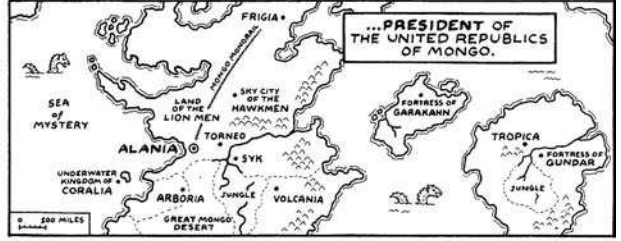
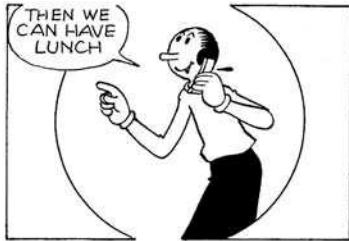
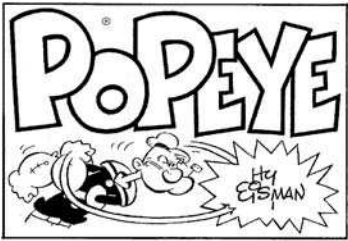


SIDE SHOW



Out on a Limb

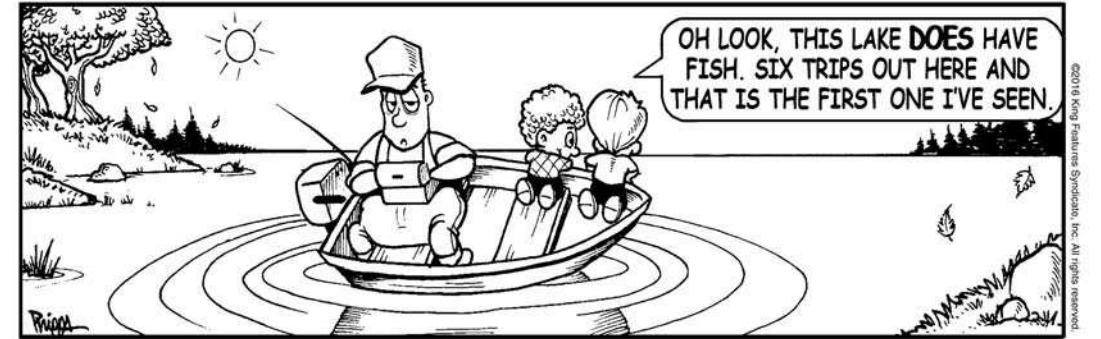


by Gary Kopervas

WILLY WONKA
FUDGES HIS BOOKS

KOPERVAS

Amber Waves



by Dave T. Phipps

TO YOUR GOOD HEALTH

Don't let summer heat cutail cardio workout

DEAR DR. ROACH: I usually walk 45 minutes daily for a cardio workout. However, the Florida summer heat can be brutal, so instead of walking, I swim and walk one hour in the pool. Is that as good a cardio workout as walking? — R.G.

ANSWER: I think that having several different ways to exercise is a good idea, since the muscles used will always be at least somewhat different and it can keep you from being bored when doing the same thing day after day. In your situation, I think that it makes a great deal of sense to avoid the heat by getting in the pool.

The intensity of a cardiovascular workout can be measured simply by your pulse rate. A rough but commonly used guide is that moderate cardiovascular exercise is 50 per-

cent to 70 percent of your age-predicted maximum of 220 minus your age. So for age 50, your maximum is 170, and moderate exercise is a pulse of 85 to 119. You can check your pulse at the wrist with a clock, or wear a heart monitor.

Swimming almost always is a more-intense workout than walking (race walkers certainly can get a very fast pulse rate), and walking in the pool is a good exercise for your heart and many muscles.

If the pool is outdoors, as is usual in warm, sunny places, you need to wear and reapply plenty of sunscreen to protect your skin.

DEAR DR. ROACH: In 1978, I was diagnosed with a benign brain tumor. It was on the pituitary gland and pushing on the optic nerve. I had surgery, but only half was removed because of the optic nerve. The other half was shrunk with chemo and radiation. I am concerned about the long-term effects of radiation, because I had a stroke in 2012 and the doctors said this stroke might have been a link to long-term effects of radiation. But 36 years later? Can you confirm or deny that the long-term effects of

radiation cause stroke? — B.R.

ANSWER: I can't tell you whether your stroke was caused by the radiation you received; however, I can confirm that high-dose radiation (from radiation therapy for your tumor, not from a diagnostic CT scan) increases the overall risk of transient ischemic attack and stroke. A well-done study from Australia in 2011 showed that radiation treatment approximately doubles the risk of TIA and stroke.

This does not mean that the treatment you had in 1978 was inappropriate. Treatment of a brain tumor, even a noncancerous one, is critical, because there is very little room in your head for a tumor in that position. The medical treatment we have now for these kinds of tumors was not available in 1978.

What this means for people with a history of radiation treatment to the head is that they should do everything to reduce their risk of stroke, which means no smoking, careful control of blood pressure and cholesterol, careful diet including low sodium and low sugar, and discussion with a doctor about aspirin therapy.

SALOME'S STARS

ARIES (March 21 to April 19) You feel ready to face up to a major change, although it might involve some risks. A once-dubious family member comes around and offers support and encouragement.

TAURUS (April 20 to May 20) Move forward with your plans, despite discouraging words from those who underestimate the Bovine's strong will. Your keen instincts will guide you well.

GEMINI (May 21 to June 20) A misunderstanding is easily cleared up. Then go ahead and enjoy some fun and games this week. A Libra might have ideas that merit serious consideration for the future.

CANCER (June 21 to July 22) You might feel as if you're in an

emotional pressure cooker, but the situation is about to change in your favor. Take time out for some well-earned fun.

LEO (July 23 to August 22) A shift in your workplace responsibilities creates resentment among some co-workers. Deal with it before it becomes a threat to your success on the job.

VIRGO (August 23 to September 22) Expect some surprises in what you thought was one of your typically well-planned schedules. Deal with them, and then enjoy some light-hearted entertainment.

LIBRA (September 23 to October 22) Be careful: What appears to be a solid financial opportunity might have some hidden risks attached. A hazy personal matter needs to be cleared up.

SCORPIO (October 23 to November 21) It's a good time to strengthen ties with family and friends. You might feel unsure about

a recent workplace decision, but time will prove you did the right thing.

SAGITTARIUS (November 22 to December 21) Just when you thought your relationship was comfortable and even predictable, your partner or spouse could spring a potentially life-changing surprise on you.

CAPRICORN (December 22 to January 19) Your usually generous self is overshadowed by your equally strong suspicious nature. You might be judging things too harshly. Keep an open mind.

AQUARIUS (January 20 to February 18) Love and romance dominate the week. Married Aquarians enjoy domestic harmony, while singles could soon be welcoming overtures from loving Leos.

PISCES (February 19 to March 20) An old health problem recurs, but it is soon dealt with, leaving you eager to get back into the swing of things. A favorable travel period starts this week.

King Crossword

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| 32 | | | 33 | | | | 34 | | | | |
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| | | 38 | | 39 | | 40 | | | 41 | | |
| 42 | 43 | | | 44 | 45 | | | 46 | 47 | 48 | 49 |
| 50 | | | 51 | | | | 52 | 53 | | | |
| 54 | | | | | | | | 55 | | | |
| 56 | | | | | | | | | 57 | | |

ACROSS

1 Year-end refrains
6 Farthest point
12 Girl in "Peanuts"
13 TV ad spokescat
14 More sore
15 Hitching posts?
16 Criterion
17 Wan
19 Shirt shape
20 Comic lode
22 Not "post-"
24 Petrol
27 Taj Mahal locale
29 Nowhere near
32 Including the latest information snugly
35 Adolescent
36 Abound
37 Superman foe Luthor
38 Shell game need
40 Pull along
42 Past
44 Lucy's hubby
46 Ostriches' kin
50 U.S. neighbor
52 Fold
54 Online periodicals
55 Small Pacific seabird

DOWN

1 Pleasing
2 Ahs' mates
3 Upper crust
4 David -- Roth
5 Unbending
6 Eastern nursemaid
7 Coral creature
8 Scrap
9 Appreciative
10 Green land
11 Being (Lat.)
12 Cistern
18 Lengthy discourses
21 "House That Jack Built" critter
23 Scooted
24 Eviscerate
25 Gorilla
26 Hurry
28 Cheese choice
30 Chowd down
31 Mystery writer Stout
33 Indivisible
34 "-- Little Teapot"
39 Venomous viper
41 Nerds
42 Computer brand
43 Hypnotist's look
45 Relaxation food
47 21-Down's
48 Handles
49 Collection
51 Singer DiFranco
53 Wish undone

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King Crossword

Answers

Solution time: 24 mins.

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

Just Like Cats & Dogs

MY ADVICE TO YOU... A HAPPY MARRIAGE IS NEVER FORGETTING THOSE THREE MAGIC WORDS - "YOU'RE RIGHT DEAR."



Siuslaw News

READ IT TODAY