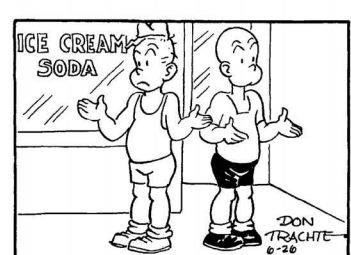
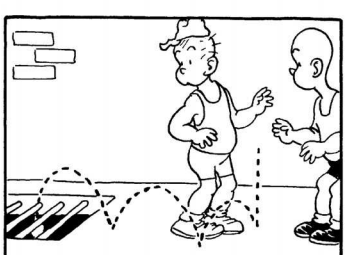
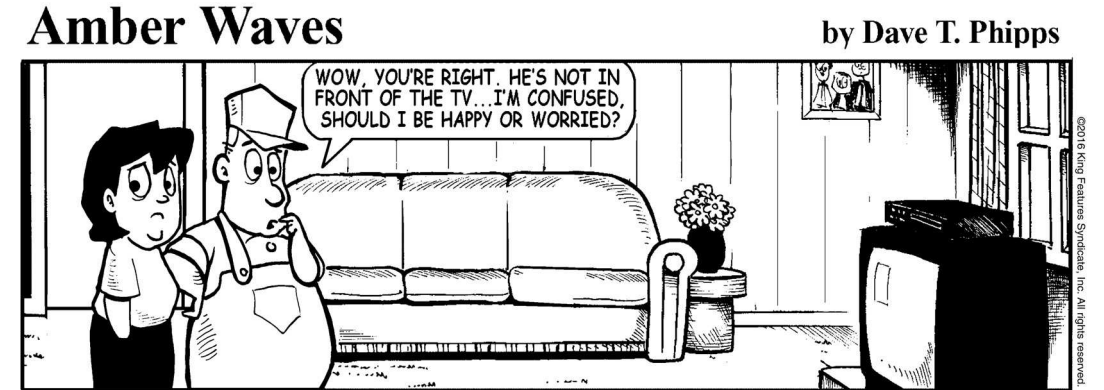
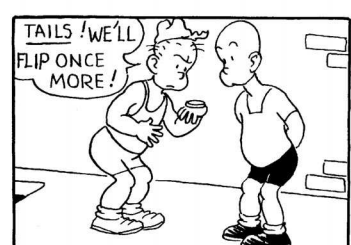
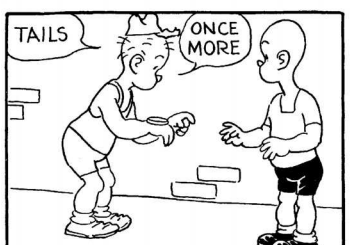
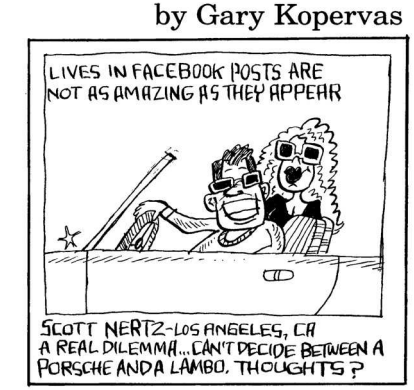
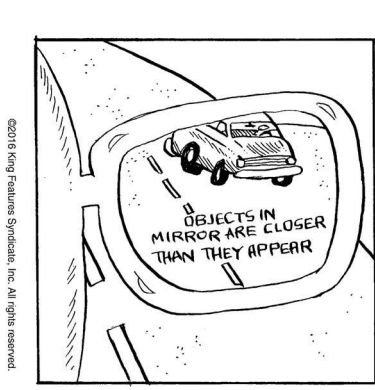
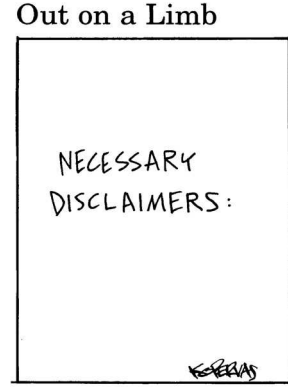
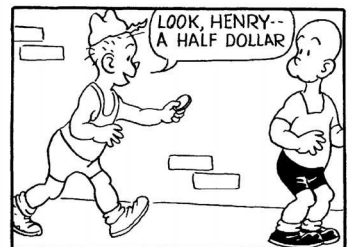
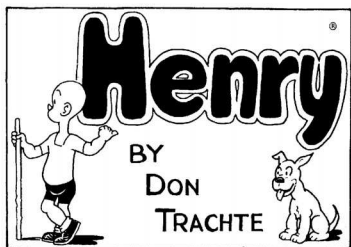
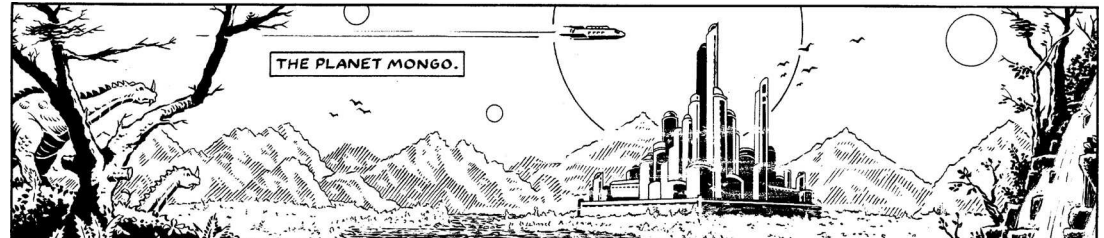
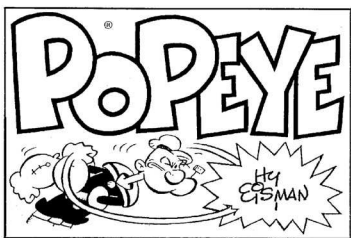


SIDE SHOW



TO YOUR GOOD HEALTH

If walking hurts, try water exercise

DEAR DR. ROACH: I just wanted to touch base with you about my diabetes. While my weight has stayed stable around 320 pounds, my sugar numbers have been increasingly hard to keep in line. I've maxed out on the oral medications we use. My latest A1c was 6.6. The doctor says it should be under 6 and that our next step is insulin. He asked me to try to lose 50 pounds over the next six months in order to get my sugar back under control.

I agree and want it to happen. I'm counting calories and cutting out carbs, and have started walking in the morning. I know I can't run, with no discs in my bottom three vertebrae. But even walking is hard. I walk until my leg goes numb, but I don't think it will be enough, and I may not even be able to keep that up. Even walking easy makes my

hip hurt and leg go numb after about 20 minutes. — S.A.

ANSWER: I am surprised by your doctor's advice, because it's very clear now (from the ACCORD study) that an A1c (a measure of average sugar levels) of 7 percent has lower overall risks than an A1c of 6 percent for someone like you.

Exercise is always good, and my first thought is water. Getting in a pool will take pressure off your back, and you should be able to swim, walk in the water or do water-exercise classes to your heart's content.

Readers: Start reaping the benefits of exercise the moment you begin. Even a brief daily walk or bike ride will make a difference. To learn more, order the booklet on Aerobics, Fitness and Abdominal Exercises by writing: Dr. Roach — No. 1301W, 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.

DEAR DR. ROACH: I read a letter that seems to be saying that the Department of Health and Human

Services is against breastfeeding. There also was something about hospitals and insurance companies, but I'm not sure what that was all about. Up until now, I just thought that breastfeeding was the best I could do for my baby. But if that's true, then why would the DHHS or hospitals be against breastfeeding? — S.G.

ANSWER: There is no doubt that breastfeeding is best for your baby. Breastfed babies have lower risk of becoming overweight and of many illnesses. The science is absolutely clear.

I read the letter I think you are referring to, and it seems to me that it is pointing out that some hospitals don't do as good a job as they could in helping educate new mothers about why and how to breastfeed. According to the Centers for Disease Control and Prevention, without hospital support, one in three mothers stops breastfeeding. Only about 5 percent of babies are born in U.S. hospitals that are designated "baby-friendly." I support initiatives that help promote breastfeeding in hospitals, and hope the DHHS gives its support as well.

SALOME'S STARS

ARIES (March 21 to April 19) You dislike waiting for promises to be fulfilled and for commitments to be kept, but resist your headstrong tendency to push things along. Your patience will be rewarded.

TAURUS (April 20 to May 20) Expect continuing opposition to your plans from die-hard detractors. However, your determination to see things through will carry the day. A Pisces has romantic ideas.

GEMINI (May 21 to July 20) You might be too close to a troublesome workplace situation to deal with it successfully. Step away in order to get a better perspective. A solution soon becomes obvious.

CANCER (June 21 to July 22) You might suspect that someone you trust

has misled you on an important matter, but a more balanced view of things reveals a misunderstanding to be the culprit.

LEO (July 23 to August 22) The Big Cat's animal magnetism has rarely been stronger. You can either just bask in all that admiration or use it to your advantage, especially in the workplace.

VIRGO (August 23 to September 22) Someone who previously balked at cooperating with you on a project suddenly has a change of heart. Accept both help and advice with grace.

LIBRA (September 23 to October 22) Some hazy issues still need to be cleared up because you can move on with your new plans. A friend from the past reaches out to re-establish old ties.

SCORPIO (October 23 to November 21) Continued positive fall-out follows that risky workplace decision you made some time ago.

Your payoff will soon prove to be more substantial than you expected.

SAGITTARIUS (November 22 to December 21) A personal relationship continues to be affected by a recent unexpected turn of events. Things need to work themselves out without finger-pointing.

CAPRICORN (December 22 to January 19) It's a wonderful week for all you capricious Goats to kick up your heels with friends or family members in some well-earned fun and frivolity.

AQUARIUS (January 20 to February 18) Caution is advised before making a financial commitment to someone you don't really know. There are better ways to build friendships than with risky fiscal dealings.

PISCES (February 19 to March 20) Travel plans continue to be favored. A change of scenery brings new opportunities, both personally and professionally. Be open to the possibilities.

King Crossword

ACROSS

- 1 Pealed
- 5 Work with
- 8 "Ali --"
- 12 Gin flavoring
- 13 "Kidding!"
- 14 Hollywood clasher
- 15 Eight on a sundial
- 16 Ratatouille ingredient
- 18 Carrot cousin
- 20 Redhead's secret?
- 21 With it
- 22 Petrol
- 23 Discard
- 26 Salad base
- 30 Gorilla
- 31 Intention
- 32 Quarrel
- 33 Coleslaw or sauerkraut
- 36 Door holder
- 38 "-- had it!"
- 39 Droop
- 40 1,000 kilograms
- 43 Popeye's strengthener
- 47 Floret veggie
- 49 Wolf's look
- 50 Adam and Eve's third son
- 51 Arctic diving bird
- 52 Leeway
- 53 Stage show
- 54 Ball prop

1	2	3	4	5	6	7	8	9	10	11
12				13			14			
15				16			17			
18				19			20			
23	24	25		26			27	28	29	
30				31			32			
33			34	35			36	37		
40	41	42		43			44	45	46	
47				48			49			
50				51			52			
53				54			55			

- 55 Henhouse output
- 10 German city
- 11 One side of the Urals
- 17 Converse
- 19 Pinch
- 22 Jewel
- 23 Pouch
- 24 Bookkeeper (Abbr.)
- 25 Civil War soldier
- 26 Falsehood
- 27 Grecian vessel
- 28 Gear tooth
- 29 Ram's mate
- 31 Time of your life?
- 34 "Tara Road" author Maeve
- 35 With (Fr.)
- 36 "Bali --"
- 37 Snub
- 39 Rail nail
- 40 Recipe meas.
- 41 Pitcher
- 42 Part of N.B.
- 43 Pivot
- 44 Quite eager
- 45 Stop up
- 46 Fixes a skirt
- 48 Feedbag morsel

© 2016 King Features Synd., Inc.

King Crossword

Answers

Solution time: 21 mins.

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

Just Like Cats & Dogs

WHY WOULD I NEED A UNIVERSAL REMOTE? IT'S SIMPLE. THIS REMOTE DOES VOLUME, THIS ONE CHANNEL, THIS ONE DVD, THIS ONE.

