

SIDE SHOW

POPEYE
BY HY ESMAN

YOU KNOW MY PROBLEM? YES! YOU WANT MORE ATTENTION FROM POPEYE!
THAT'S A TALL ORDER!
PERHAPS A MAKEOVER OF YOUR HAIRSTYLE? YOU THINK THAT WOULD MAKE A DIFFERENCE TO POPEYE?
IT'S WORTH A TRY... LET'S BEGIN WITH "WILD AND WOOLY"
PERHAPS "THE POODLE"
OH NO
THEN THE "WEDGE"? UH-UH
THE "BOB"? ...THE "TAILS"? ...THE "FRIZZ"?
THERE'S ONE MORE... NOTICE ANYTHING DIFFERENT?
DON'T TELL ME YA LORST WEIGHT!

FLASH GORDON
BY JIM KEEFE 7-31

CAPTAIN DUKOR
CHIEF OF KING BARIN'S ELITE GUARD...
...SWORN TO RECAPTURE FLASH, DALE AND DR. ZARKOV.
THERE'S ALSO THE MATTER OF A SMALL SCORE TO SETTLE WITH THE EARTHWOMAN...
...AN EYE FOR AN EYE!
BY ROYAL DECREE, I DEMAND YOU DISCLOSE THE WHEREABOUTS OF THE EARTHINGS!
YOU ARE IN MY KINGDOM, DUKOR. MY JURISDICTION!
KING VULTAN GRANTS AN AUDIENCE WITH DUKOR, CAPTAIN OF KING BARIN'S ELITE GUARD.
YOU "DEMAND" NOTHING!
AND UNTIL YOU CAN CONDUCT YOURSELF IN A CIVIL MANNER, YOU ARE EXCUSED!
FAT-WITTED FOOL! HE'S STALLING. THE EARTHSCUM ARE HERE...
"WHO" NEEDN'T CONCERN YOU.
FLASH AND HIS FRIENDS ARE BEING HIDDEN IN THE NORTH WING. THESE CODE KEYS WILL GIVE YOU THE ACCESS YOU NEED.
YOU SHALL BE REWARDED FOR THIS.
BELIEVE ME...
...FLASH GORDON'S CAPTURE WILL BE REWARDED ENOUGH!
NEXT: CAPTURED!

Henry
BY DON TRACHTÉ

CANDY
DIBS ON THE LOLLYPOP!

Out on a Limb
by Gary Kopervas

DARYL IS WHAT I CALL ONE OF MY UNFORCED ERRORS.

Amber Waves
by Dave T. Phipps

SURE AND STEADY WITH NERVES OF STEEL, THAT'S THE WAY OF THE EXPLORER.
JUST LIKE LOUIS AND CLARK, THERE IS NO OBSTACLE TOO GREAT FOR US!
OF COURSE THEY DIDN'T HAVE A MOM WITH A CURFEW TO WORRY ABOUT.

TO YOUR GOOD HEALTH

Prostate screening guidance has changed

DEAR DR. ROACH: I'm 67 and male. When I had a male doctor, he did a yearly testicle and prostate exam during my physical. Now the practice has been taken over by female doctors, and for the past three years, this has not been done. Is this new? Is there a correct way to ask why the change? Believe me, this exam is not one I look forward to, but with a family history of prostate cancer and other cancers, the bloodwork I get each year alone does not seem to be enough. — Anon.

ANSWER: There has indeed been a change in the way prostate and testicular screening tests have been considered in recent years, and recommendations by advisory groups have changed as well. The current recommendation by the most influential

group in the U.S., the Preventive Services Task Force, is against routine screening for prostate cancer and testicular cancer. However, there are some situations, such as with a strong family history, in which screening for these conditions is appropriate, and it is always appropriate for your doctor to listen to your concerns and preferences.

As far as male doctors versus female, most studies have shown that women physicians tend to spend a bit more time with their patients and tend to be more in compliance with practice guidelines. However, differences between individuals are more important than differences between the groups. Just tell your doctor, male or female, that you would like to further discuss prostate and testicular cancer screening.

READERS: The new booklet on the prostate gland discusses enlargement and cancer. Readers can obtain a copy by writing: Dr. Roach — No. 1001W, 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 have had episodes for many years where I am shocked, like an electric shock, which wakes me from sleep. I jump out of bed, then my legs and feet tremble rapidly, and I need to sit down or I will fall. I have been diagnosed as having "night terrors," but it is not that. I had a normal MRI.

It used to happen twice a week, then dwindled to monthly. Lately, I have it pretty much under control. I wonder if there is some diagnosis out there for me. I hope you have an answer. It would make me feel like less of an idiot! — J.N.

ANSWER: I don't think you are an idiot at all, and I do think I know the cause of these episodes. You have a pretty severe case of nocturnal myoclonus (which sounds like I know what I am talking about, but it just means muscle jerks at nighttime). These are very common and usually are normal, but are sometimes associated with epilepsy. Since yours aren't getting worse over time and you haven't had seizures, you are almost certain to have the "physiologic" type. Occasionally, there is a family history. I don't think you will need any treatment.

SALOME'S STARS

ARIES (March 21 to April 19) You sometimes go to extremes to prove a point. But this time, you won't have to. Supporters are ready, falling over themselves to help you make your case.

TAURUS (April 20 to May 20) Venus might be your ruling planet, but Mars is in the picture as well. So don't be surprised if your romantic relationships are a bit rocky at this time. But they'll soon smooth over.

GEMINI (May 21 to June 20) Gemini might rush into romance and risk being wrong about someone rather than be left with no one. But this is one time when it's wiser to be wary of where your heart takes you.

CANCER (June 21 to July 22) With all (or most) of those pesky problems

behind you, take time for your family and friends. Travel aspects are favored, with long-distance journeys high on the list.

LEO (July 23 to August 22) You might have started to question the wisdom of being open with someone you hoped you could trust. But be assured you won't be disappointed. You'll soon hear good news.

VIRGO (August 23 to September 22) You have a reputation for honesty and integrity, and that will help turn around a situation that was not only disappointing but also quite unfair. Good luck.

LIBRA (September 23 to October 22) A happy event creates a closer tie with a family member who seemed hopelessly estranged. Positive aspects also dominate in important career matters.

SCORPIO (October 23 to November 21) Your ruling planet, Pluto, helps you adjust to change. So, stop putting off that long-delayed

move, and make it with the assurance that you're doing the right thing.

SAGITTARIUS (November 22 to December 21) You have a wonderful capacity to learn quickly and well. This will help you when you are faced with an opportunity to move on to a new path in life.

CAPRICORN (December 22 to January 19) Good news: You suddenly find that you're not facing that new challenge alone. You now have someone at your side, ready to offer whatever support you might need.

AQUARIUS (January 20 to February 18) Your versatility — which is just one of those aspects of yourself that make you so special — helps you adapt to the challenges of a new and exciting opportunity.

PISCES (February 19 to March 20) Your sensitive nature picks up on the needs of others. But what about your desires? You need to take more time to assess what your goals are and, if necessary, redirect them.

King Crossword

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ACROSS

- 1 Atomizer output
- 5 Annoy
- 8 Picnic invaders
- 12 Pub
- 14 Old Italian coin
- 15 Poisonous evergreen
- 16 Alternative to Windows
- 17 Greek consonants
- 18 Electrical resistance
- 20 Some silverware
- 23 Soon, in verse
- 24 Individuals
- 25 "Hamlet" Oscar winner
- 28 Schedule abbr.
- 29 "Once upon..."
- 30 Periodical, for short
- 32 Semisweet sherry
- 34 Location
- 35 Study of the past (Abbr.)
- 36 Wild
- 37 Crazy one
- 40 Silent
- 41 Sandwich cookie
- 42 Quadrennial games
- 47 Elvis' "— Las Vegas"
- 48 Fatherly
- 49 Paradise
- 50 Ordinal suffix
- 51 Catch sight of
- 8 Graduates
- 9 1492 vessel
- 10 Advanced math
- 11 Old German duchy name
- 13 Responsibility
- 19 Hoisted, at sea
- 20 Enemy
- 21 Aware of
- 22 Authentic
- 23 Preferred invitees
- 25 Ear doctor's device
- 26 Eastern potentate
- 27 —tat-tat
- 29 Operatic solo
- 31 Toothpaste style
- 33 Buckeye
- 34 Always, in music
- 36 Show anger
- 37 Relocate
- 38 Desert-like
- 39 Actress
- 40 Campbell
- 43 Long, crosser
- 44 — and outs
- 45 Baseball hat
- 46 Crafty

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King Crossword

Answers

Solution time: 21 mins.

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Just Like Cats & Dogs by Dave T. Phipps

CAN SOMEONE PLEASE EXPLAIN TO ME WHY AT A FANCY PLACE, THE SMALLER THE PORTION, THE MORE EXPENSIVE IT IS?

Siuslaw News

READ IT TODAY!