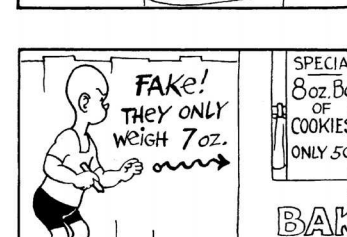
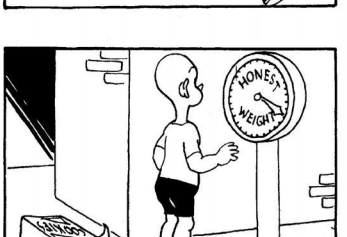
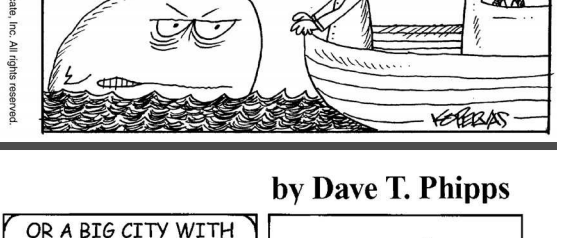
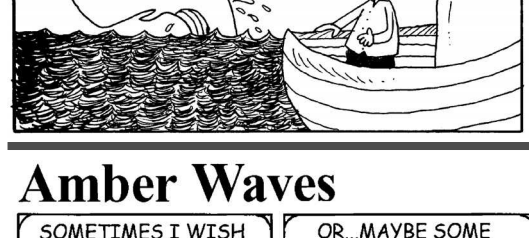
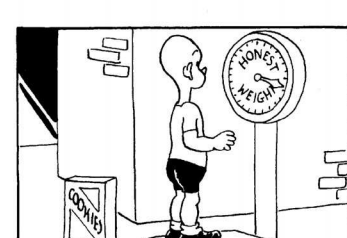
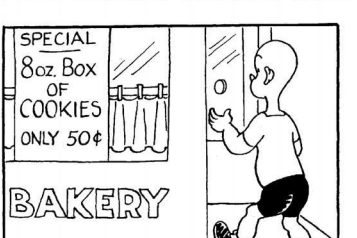
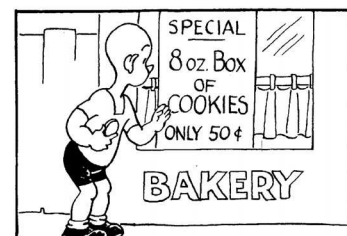
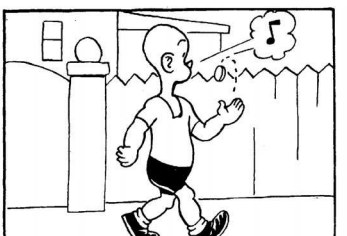
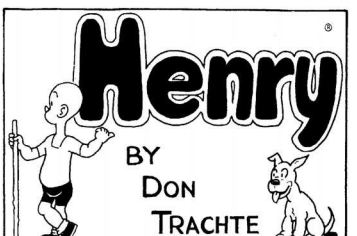
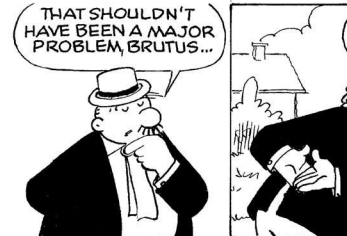
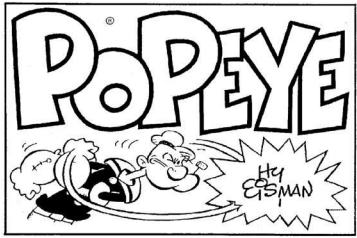


# SIDE SHOW



## TO YOUR GOOD HEALTH

### Crushed fingertip is slow to heal

**DEAR DR. ROACH:** Three months ago, I slammed the fingertip of my left index finger in a drawer. The fingertip is still swollen and painful. My doctor sent me for an X-ray, and there is no fracture. I can bend it at the joint, but cannot put pressure on the fingertip. I looked online, and read something that said a fingertip crush injury can take six months to a year to heal, and the swelling may never go away completely.

Can this possibly be true? Why does it take so long? Is there anything I can do to help it heal? I can get along OK without using the finger for everyday functioning, but I am a guitar player, and I really need to use that fingertip to play. Is there hope that I

will be able to play again someday? I would be very sad to have to give it up. — D.L.

**ANSWER:** Crush injuries to the fingertip often do take months to heal completely, due to the fact that there isn't a lot of room in the fingertip and that there are many important structures in the fingertip, and that a little bit of inflammation can cause pain and loss of function for a long time.

Fortunately, most everybody does regain complete use of the hand, and I wouldn't sell your guitar just yet. Think about what Pete Townshend did to his hand, and he's still a pretty good guitar player.

**DEAR DR. ROACH:** My 18-year-old grandson has just been diagnosed with superior mesenteric artery syndrome. It sounds extremely serious. Would you be able to tell me more? I am very worried. — G.D.

**ANSWER:** The superior mesenteric artery is one of the critical arteries that supplies blood to the intestines. Directly underneath the SMA is the duodenum, the first part of the small intestine. In SMA syndrome, loss of the normal fat around the duodenum causes the artery to constrict the duodenum, causing a compression of the duodenum and an obstruction to food going through.

tion to food going through.

Serious weight loss due to medical illness, surgery or anorexia nervosa is the most common cause of SMA syndrome. It's a difficult diagnosis to make, and there is some controversy about what criteria are used for diagnosis.

If weight loss is the underlying cause of SMA syndrome, then nutritional support and weight gain become the primary treatment. Surgery is sometimes necessary.

**DEAR DR. ROACH:** You wrote about reheating foods in a microwave, and advised against Styrofoam or other plastic containers. What is the best kind of container to use in the microwave? The manual says not to use anything metal. — J.W.

**ANSWER:** Most plastics probably are safe to heat liquids in, but reheating foods can cause pockets of very high temperatures that can partially melt the plastic and cause the release of potentially harmful chemicals. I recommend using glass or ceramic plates or bowls to reheat food.

Many people wrote in to tell me that Dow Chemical's brand of polystyrene, Styrofoam, is not used for cups.

## SALOME'S STARS

suddenly re-emerges in your life. You now have to decide if you're still interested in what it offers or if you've moved past it.

**LEO** (July 23 to August 22) Romance comes to unattached Leos and Leonas who have been waiting for Cupid to target them for far too long. Domestic purr-fection is also enhanced for paired Felines.

**VIRGO** (August 23 to September 22) You need to take a much-needed break from that demanding project before too much energy-draining tension sets in. And don't be ashamed to ask for help.

**LIBRA** (September 23 to October 22) Change makes demands that you might find unwelcome at this time. But instead of concentrating on the short run, look toward potential benefits down the road.

**SCORPIO** (October 23 to November 21) You have a gift for reviving projects that seem beyond repair. Use that same ability to restore a relationship that

seems to have turned from loving to lifeless.

**SAGITTARIUS** (November 22 to December 21) Expect to be asked to use your combined wisdom and humor to resolve a problem. After all, folks not only value your advice, they also like how you give it.

**CAPRICORN** (December 22 to January 19) Most people consider you solid and steady. But you also can be quite capricious (which is a Latin word for "describing the behavior of Goats") when it suits your needs.

**AQUARIUS** (January 20 to February 18) People treat you as you wish to be treated. So if you want a change in your relationship, make it happen. Also expect someone to reveal some long-held secrets.

**PISCES** (February 19 to March 20) Stay with the decision you made, despite a sudden torrent of advice to the contrary from well-meaning people. Remember: You know your needs better than anyone.

## King Crossword

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56					57				58		
59					60				61		

**ACROSS**

- 1 Express
- 4 Leprechauns' dances
- 8 Quest
- 12 Area 51 vessel
- 13 Arm bone
- 14 Sandwich treat
- 15 Tatter
- 16 "Consider it done"
- 18 Pat down
- 20 Charged bit
- 21 Consider
- 24 "Greetings, pardner"
- 28 Nolan Ryan specialty
- 32 Soft cheese
- 33 Brewery product
- 34 One's performances?
- 36 401(k) alternative
- 37 Peel
- 39 "Don't sweat it"
- 41 Trig ratio, for short
- 43 "Peter Pan" dog
- 44 Atmosphere
- 46 Lowly soldier
- 50 Super-easy decision
- 55 Fish eggs
- 56 British noble
- 57 Leslie Caron role
- 58 Pistol
- 8 Rub elbows
- 9 Web address
- 10 Born
- 11 Male turkey
- 17 Reaction to fireworks
- 19 "Star Wars" initials
- 22 Harrow rival
- 23 Crenshaw, for one
- 25 Legal document
- 26 Tragic
- 27 Calendar period
- 28 DEA agent
- 29 Hodgepodge
- 30 Coop group
- 31 Actress
- 8 Rub elbows
- 9 Web address
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- 23 Crenshaw, for one
- 25 Legal document
- 26 Tragic
- 27 Calendar period
- 28 DEA agent
- 29 Hodgepodge
- 30 Coop group
- 31 Actress
- 35 Punch-bowl contents, maybe
- 38 With all one's heart
- 40 Pitch
- 42 Spy org.
- 45 Latvia's capital
- 47 Incite
- 48 Proper subject?
- 49 Incline
- 50 Profit
- 51 Rowing need
- 52 Lingerie item
- 53 Zero
- 54 Early bird?

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### King Crossword Answers

Solution time: 25 mins.

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

Just Like Cats & Dogs by Dave T. Phipps

OK, FIRST SIGN OF TROUBLE... MOVIES I ENJOY USUALLY ARE BASED ON THE BOOK, NOT A VIDEO GAME.

**Siuslaw News**  
READ IT TODAY!