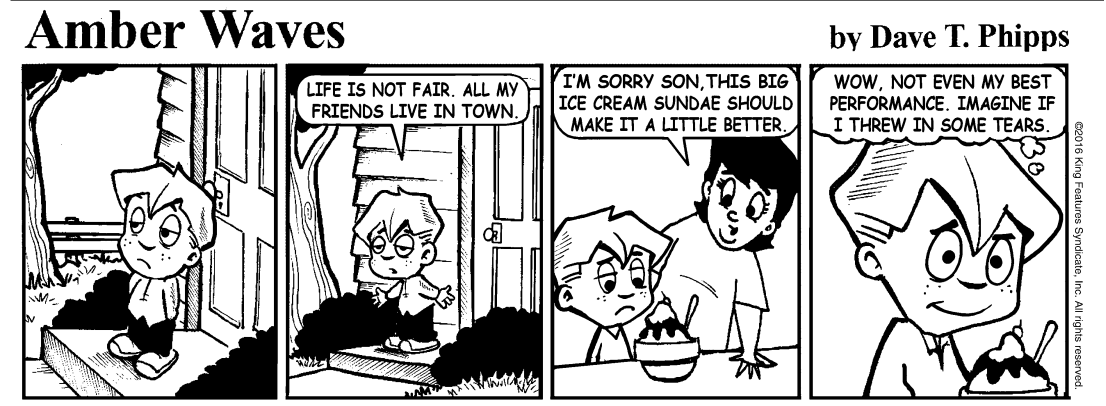
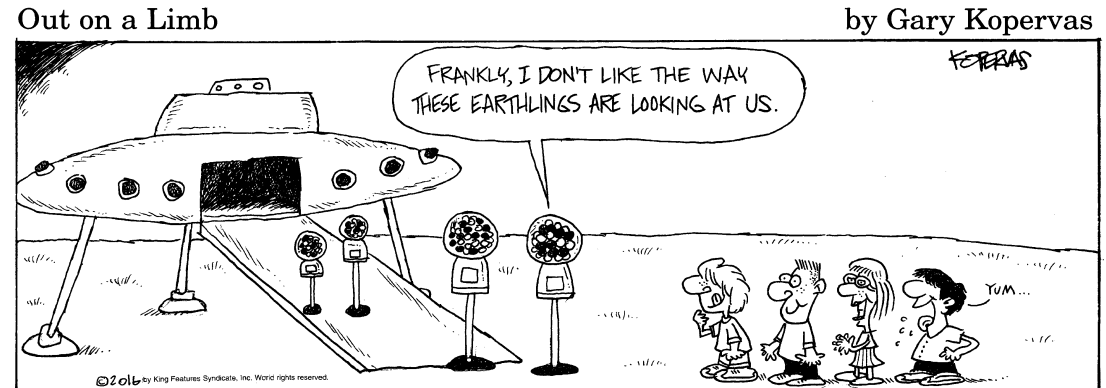
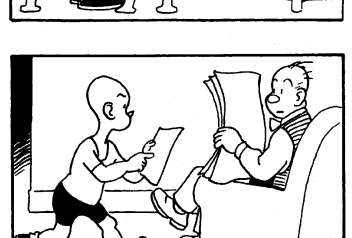
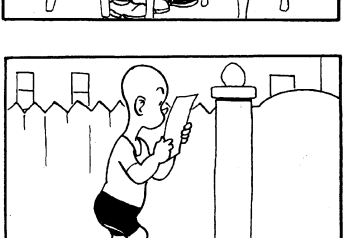
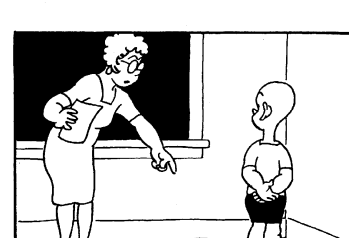
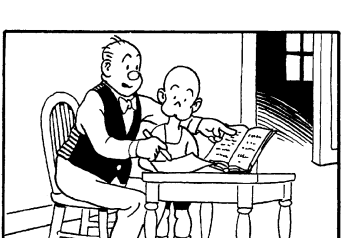
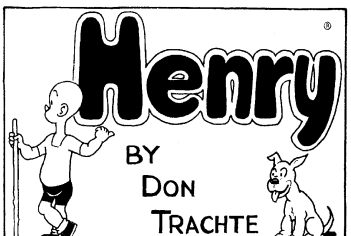
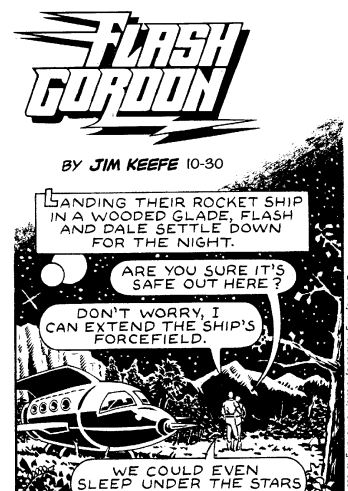
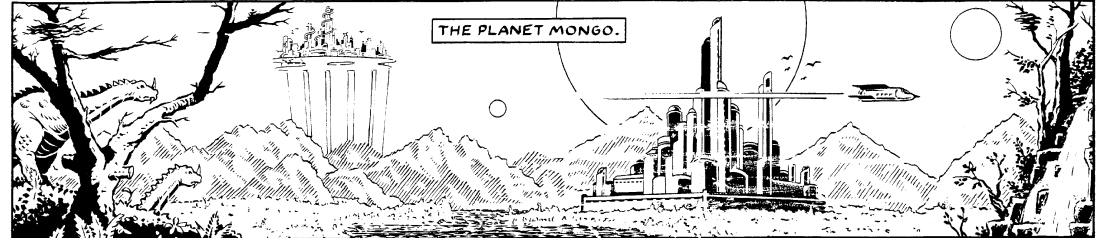
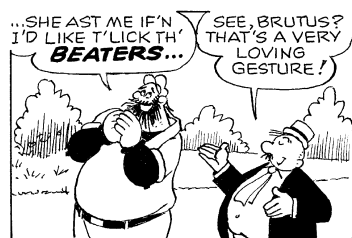
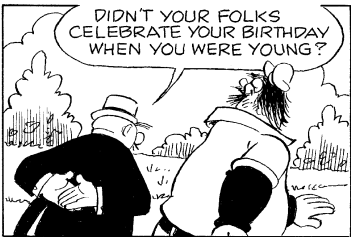
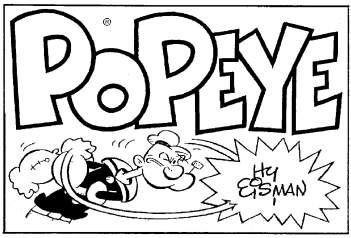


SIDE SHOW



TO YOUR GOOD HEALTH

Is Counting Calories 'Old-School' Dieting?

DEAR DR. ROACH: I am a 68-year-old man, 5-feet-10-inches tall and weighing 223 pounds. Last January, my weight was up to 247, so I decided to diet and exercise in order to lose the excess. My goal is to get below 200.

In a recent visit to my physician, I told him that I was losing weight by restricting my total calories to 1,700 per day on a seven-day running average (so I can go out to eat once in a while). I am trying to keep my fats below 30 percent on a seven-day calorie basis, and I am trying to keep total carbs to 50 percent or so.

My physician told me that my diet plan was "old-school." He said that I should eliminate all sugars and all grains. I should eat a couple of ounces of meat and/or eggs. And

I should eat as many fruits and vegetables as I want without worrying about calories.

In your opinion, should I follow his advice, or should I continue with what has been working for me? -- J.B.

ANSWER: Your physician is right that counting calories is "old-school." However, if you can stay with it, it will work. If you expend more calories than you take in, you will lose weight. That is the energy balance equation, and there are no exceptions.

However, the issue isn't so straightforward as you might think from that statement. Fat and protein make almost everybody feel more full and satisfied, comparing meals of the same calories, than a high-carbohydrate meal. Plain, fresh fruits and vegetables, absent of dips or sauces that load on the calories, are low in calories, in most cases, and can be eaten in relatively large amounts without slowing weight loss much.

I also agree with your physician that simple sugars and processed grains add calories without a lot of real nutrition and don't fill you up much (and may even make you hun-

grier later). I don't think all grains need to be avoided: The fiber present in whole grains also improves satiety, and I recommend that all grains be whole grains. However, some people find that eliminating grain entirely helps them.

By all means, you can stick with what works for you. That being said, most people find that by adding a little healthy protein and fat, you can stick with your eating plan with less hunger or discomfort. Losing weight can make people feel a little uncomfortable. But I think you will find that the eating plan he outlined, while still keeping an eye on calories, will allow you to reach your weight goals and keep you on track while still feeling well.

DEAR DR. ROACH: Can you place plastics in the dishwasher? I have read that dangerous chemicals can be released from the plastic. -- R.E.

ANSWER: Most plastics are safe, but you should put only plastics labeled "dishwasher safe" in the dishwasher, and placing on the top rack reduces the heat the plastic is subjected to. Never reuse any plastic that has been partially melted by dishwasher or microwave.

SALOME'S STARS

more helpful with your problems. But remember: The final choice is yours. Be guided by what you feel is the right thing to do.

LEO (July 23 to August 22) As the Big Cat, you sometimes can be pretty rough on those you suspect of betrayal. The best advice is to pull in those claws and listen to the explanation. It might surprise you.

VIRGO (August 23 to September 22) Your inner voice usually guides you well. But a note of caution: This is a period of mixed signals for you, so be careful that you don't misunderstand the messages you're getting.

LIBRA (September 23 to October 22) Cupid's call beckons both single Librans looking for a new love, as well as couples hoping to strengthen their relationships. A workplace problem is quickly resolved.

SCORPIO (October 23 to November 21) It's been a hectic time for you, and you might want to take a break to restore both body and soul. You'll then

be set to face new challenges later this month.

SAGITTARIUS (November 22 to December 21) It's a good idea to take a more conservative approach to your financial situation right now. Some plans made earlier this year might need readjusting.

CAPRICORN (December 22 to January 19) This is a fine time to move boldly into those new opportunities I promised would open up for you. Check them over, and then choose the best one for you.

AQUARIUS (January 20 to February 18) Congratulations. Your self-assurance is growing stronger, and you should now feel more confident about making that long-deferred decision about a possible commitment.

PISCES (February 19 to March 20) You're very close to reaching your goal. But be wary of distractions that can lure you off-course and leave you stranded far away from where you really want to be.

King Crossword

ACROSS

- High point
- Dance syllable
- Flabbergast
- Fly high
- Fond du —
- Sea eagle
- Multi-Grammy-winning gospel singer
- Helps
- Faux —
- Inquire
- Snob
- With it
- "Unh-unh"
- Threw a party for
- Kingston's island
- Prayer ending
- Space
- Thy
- Commemorative coin, maybe
- Doctrine
- Thanksgiving veggie
- Two, in Tijuana
- Capital letter key
- Zodiac cat
- Ernesto Guevara
- Novice
- "Lord of the Rings" cast member
- Smell
- Performance actor
- "Will & Grace" actor
- Small combo
- Loosen
- Egg container?
- Incursion
- Muppet eagle
- Founder of a major auto company
- Siesta
- Online help page
- Ostrich's cousin
- Work unit
- Necklace fastener
- Yarn bundle
- Charged bit
- Pool stick
- Illustrations
- Jewel
- Tit for —
- Hit the horn
- Beelzebub
- Put an end to
- Stevenson villain
- Decrease?
- Queue
- Hint
- Group of cattle
- Cupid's alias
- Trail the pack
- Evergreen type

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King Crossword Answers

Solution time: 21 mins.

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

Just Like Cats & Dogs

OK FINE, THIS CEREAL IS FULL OF CARBS AND SUGAR BUT IN MY DEFENSE IT HAS PEYTON MANNING ON THE FRONT.

Siuslaw News
READ IT TODAY!