

# SIDE SHOW

**POPEYE**  
BY JIM KEEFE

POPEYE! HAVE YOU HEARD THE NEWS?  
WOT NEWS!  
WIMPY HAS FOUND A JOB!

I AIN'T SEEN WIMPY ALL WEEK!  
HE WUZ IN HERE 'BOUT AN HOUR AGO

HE TOL' ME HE'S FOUND WORK HE HAS A REAL TALENT FER!  
IT HAS EVERYTHIN'...  
...OUTDOORS...SELF-EMPLOYED...HE KIN SET HIS OWN HOURS...

...AN' USE HIS SPECIALIZED KNOWLEDGE!  
WOT KINDA WORK IZZIT?  
HE SAID HE'S AN INDEPENDENT RECYCLIN' CONSULTANT.

WOTTA 'BOUT THIS ONE?  
THAT'S FROM ROUGH HOUSE'S CAFE AND HAS A TEN-CENT DEPOSIT!

**FLASH GORDON**  
BY JIM KEEFE

FLASH AWAKENS TO FIND HIMSELF BACK ON EARTH, LEADING A NORMAL LIFE.

THE FABRIC OF THIS REALITY BEGINS TO FRAY AS HIS DECEASED MOTHER HOLDS A SON HE'S NEVER KNOWN...

...REALIZING THIS EARTH ORBITS TWO SUNS...  
...IT RIPS COMPLETELY!

WHAT IS IT, FLASH? WHAT'S WRONG?  
EVERYTHING'S WRONG.  
YOU... YOU'RE DEAD!  
YOU DIED WHEN I WAS JUST A LITTLE BOY...  
YOU... YOU'RE DEAD!  
YOU DIED WHEN I WAS JUST A LITTLE BOY...

YOU DON'T LOOK SO GOOD, SON.  
MAYBE I SHOULD CALL A DOCTOR.

ZARKOV?!  
THE PAIN HITS HIM IN WAVES...  
...EACH ONE MORE POWERFUL THAN THE LAST...  
...UNTIL FINALLY WHAT LITTLE IS LEFT OF HIS SANITY LEAVES HIM!  
NEXT: ASHE! TO ASHES!

**Henry**  
BY DON TRACHTÉ

HENRY, DEAR--SEE IF YOU CAN COME OVER TO DINNER--I HAVE A SURPRISE FOR YOU

I FIXED THIS DINNER ALL BY MYSELF

--AND YOU'LL BE THE FIRST TO EAT IT!

I CALL THIS "FIT FOR A KING" SOUFFLE

AREN'T THESE BISCUITS DIVINE?

HENRY--WOULD YOU TOSS THE SALAD WHILE I BRING IN THE DESSERT

**Out on a Limb**  
by Gary Kopervas

WE'VE SEPARATED THE GENE. IT'S THE BREAK-THROUGH WE'VE BEEN HOPING FOR.

GOOD WORK, EVERYONE!

DID YOU WATCH LAST NIGHT'S EPISODE OF "THE BACHELOR?"

NO. I TIVO'D IT. DON'T SPOIL IT FOR ME...

LA, LA, LA...

CENTER OF EXCELLENCE

CENTER OF MEDIOCRITY

**Amber Waves**  
by Dave T. Phipps

GERALD MONEY, ALL OF YOUR AUNTS AND UNCLES ARE COMING FOR DINNER.

THANKSGIVING IS SPECIAL. IT'S A TIME FOR GIVING THANKS WITH FAMILY.

THIS MEANS YOU'RE ON YOUR BEST BEHAVIOR. DO YOU UNDERSTAND WHAT I MEAN?

SURE. DON'T REPEAT ALL THE THINGS YOU AND DAD SAY ABOUT THEM.

## TO YOUR GOOD HEALTH

### Can too much walking wear out our knees?

**DEAR DR. ROACH:** I am a reasonably healthy 66-year-old male. I walk 5 miles a day. I have no knee problems. My doctor says I am walking too much and will wear out my knees. Do you agree? -- M.D.

**ANSWER:** No, I don't agree at all. I think I understand why your doctor said that: osteoarthritis, the most common arthritis in the knee, used to be considered a wear-and-tear injury, and if that were the case it might make sense to protect your joints by not overdoing it. However, we believe now that osteoarthritis is caused by an injury to the joint, not by regular exercise. More importantly, studies show clearly that people who are very active don't have higher arthritis rates than sedentary people.

Most important of all, people with osteoarthritis who exercise get better, not only in pain and stiffness levels, but also in ability to walk.

Exercise is so good for your body, mind and spirit that this persistent myth needs to be corrected.

The arthritis booklet discusses rheumatoid arthritis, osteoarthritis and lupus. Readers can order a copy by writing: Dr. Roach -- No. 301W, 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:** When I was 60, my doctor told me to take a baby aspirin daily to prevent heart attack and stroke. So I did. When I was 70, a new doctor said the risk wasn't worth the benefit, so I stopped. I heard and read a lot more about the benefits of aspirin. But a friend of mine had a horrific nosebleed that was thought to be from the aspirin.

I and a few of my senior friends are confused. Should we or shouldn't we take aspirin? -- A.H.

**ANSWER:** When you see multi-

ple opinions on a topic in medicine, it usually means there is conflicting evidence, and that certainly is the case with aspirin. The difference of opinion takes place at the highest levels: the United States Food and Drug Administration recommends, in general, against using aspirin to prevent heart attack and stroke in people who have not already had a heart attack or stroke. However, the US Preventive Services Task Force recommends aspirin in general for men age 45-79 and women age 55-79. The USPSTF makes no recommendation about men or women over age 79. Both groups agree that your physician should be helping you make the decision about whether to take aspirin.

Aspirin has the risk of causing bleeding, and the bleeding can be more serious than a nosebleed. A bleed inside the stomach or intestines can be life-threatening, and there also is a very small risk of bleeding in the brain.

As a physician, I prescribe aspirin for those at increased risk based on multiple factors, and do not prescribe aspirin to people at high risk of a gastrointestinal bleed. This is a judgment call about which physicians may differ.

## SALOME'S STARS

**ARIES** (March 21 to April 19) Your curiosity might not be appreciated by everyone. Expect some resistance in getting answers to your questions. But stay with it. You need facts in order to make important decisions.

**TAURUS** (April 20 to May 20) Some of the mystery surrounding your recent fiscal situation soon will be dispelled with a clear explanation. Use this new knowledge to help you chart a fresh financial course.

**GEMINI** (May 21 to June 20) Start your Hanukkah and Christmas gift-buying now. This will help avoid problems caused by possible mid-December delays. A family member has important information.

**CANCER** (June 21 to July 22) Use a little more sense in how you plan to

spend your end-of-the-year holiday dollars. Meanwhile, you continue to gain support for your stand on a workplace issue.

**LEO** (July 23 to August 22) Wearing that big, loving Lion's heart of yours on your sleeve leaves it unprotected. Let things develop a little more before you allow your emotions to spill over.

**VIRGO** (Aug. 23 to September 22) You might feel you're not ready to patch up an unraveled relationship. But the longer you wait, the more difficult it will be for all parties to take the first healing step.

**LIBRA** (September 23 to October 22) Your end-of-the-year holiday plans could be disrupted by something out of your control, but stay the course. Ultimately, things will settle back into a normal pace.

**SCORPIO** (October 23 to November 21) Your honest approach to a workplace project earns you both respect and credit from those in charge. Meanwhile, that personal problem still

needs to be dealt with.

**SAGITTARIUS** (November 22 to December 21) Money could be a little tight this month. This means the usually bargain-oblivious Sagittarian should look for ways to save on end-of-the-year holidays.

**CAPRICORN** (December 22 to January 19) Examine the facts, and you might find that it's a wiser move to shift gears and redirect some of your goals before the end of the year. Someone close to you offers good advice.

**AQUARIUS** (January 20 to February 18) Be careful that your generosity is not abused. Find out more, both about the special favors you might be asked to grant and who is asking for them.

**PISCES** (February 19 to March 20) You've come through a recent rough time in great shape. Congratulations. Now go out and enjoy your well-earned rewards. More good news comes in mid-December.

### King Crossword

1	2	3	4	5	6	7	8	9	10	11
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31					32			33		
34			35				36			
37			38			39				
			40			41		42	43	44
45	46	47				48	49			
50						51			52	
53						54			55	

**ACROSS**

1 Poke  
4 Crazy  
8 Take a stance?  
12 Bullring bravo  
13 Bloodhound's clue  
14 Basin accessory  
15 Squid, on a menu  
17 Rend  
18 Knapsack  
19 Biz deg.  
21 Waste no time  
22 Ailment  
26 Actor Burr's role  
29 Lustrous black  
30 Pirouette pivot  
31 Addict  
32 Turf  
33 Tittle  
34 Wire measure  
35 Lamb's mama  
36 Pinnacles  
37 Antipasto ingredient  
39 Rage  
40 Conventional  
41 Shrimp recipe  
45 "So be it"  
48 Milky Way et al.  
50 Stead  
51 Deadlocked

**DOWN**

1 Athlete  
2 Jai follower  
3 Sash  
4 Realm  
5 Saw  
6 Supporting  
7 Decorated  
8 "Loves me (not)" factor  
9 Leave unpaid  
10 Vast expanse  
11 Blunder  
16 Detest  
20 Baseball need  
23 Fermi's bit  
24 Shower affection (on)  
25 Favorable votes  
26 "— the word"  
27 One side of the Urals  
28 Hawk  
29 Coffee, slangily  
32 Monkey, at times  
33 Mountain-ering tool  
35 Flightless bird  
36 Esoteric  
38 Cancel  
39 Archipelago component  
42 Actor O'Shea  
43 Quick look  
44 Fertility goddess  
45 "The Greatest"  
46 Cambridge sch.  
47 Moray, for one  
49 Ms. Gardner

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### King Crossword Answers

Solution time: 27 mins.

J	A	B	D	A	F	T	P	O	S	E
O	L	E	O	D	O	R	E	W	E	R
C	A	L	A	M	A	R	I	T	E	A
K	I	T	B	A	G	M	B	A		
			H	I	E	M	A	L	A	D
M	A	S	O	N	J	E	T	T	O	E
U	S	E	R	S	O	D	I	O	T	A
M	I	L	E	W	E	A	C	M	E	S
S	A	L	A	M	I	I	R	E		
			N	U	N	S	C	A	M	P
A	M	E	N	G	A	L	A	X	I	E
L	I	E	U	E	V	E	N	L	E	I
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Just Like Cats & Dogs by Dave T. Phipps

DINNER WITH MY FOLKS AND NOW FOOTBALL ALL DAY. WHAT'S NOT TO LOVE ABOUT THIS HOLIDAY?

Siuslaw News

READ IT TODAY!