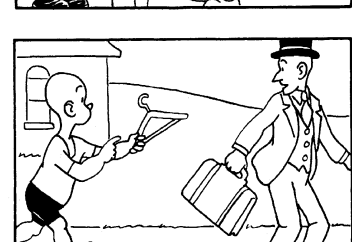
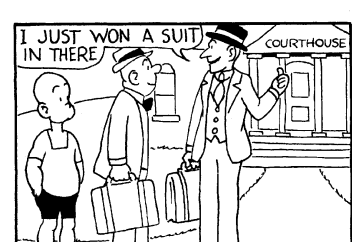
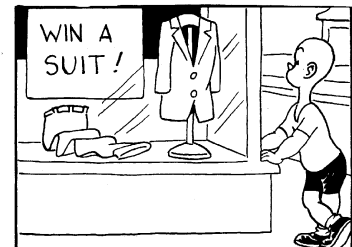
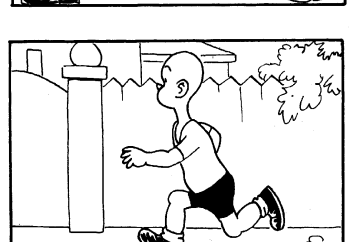
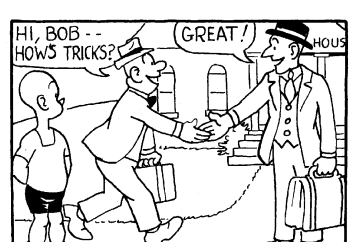
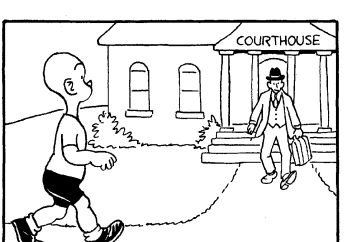
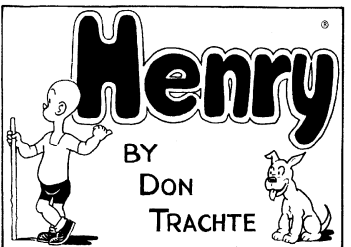
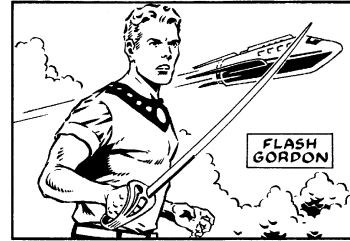
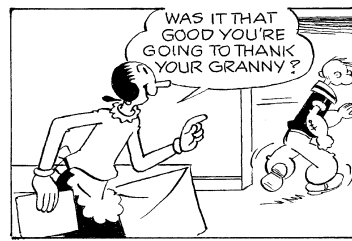
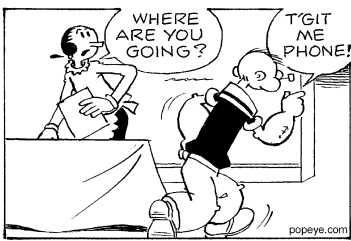
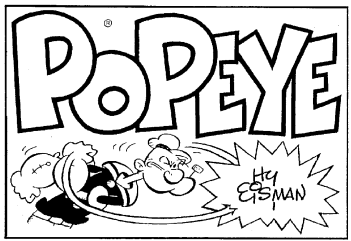


# SIDE SHOW



Out on a Limb by Gary Kopervas



Amber Waves by Dave T. Phipps



## TO YOUR GOOD HEALTH

### Why is alcohol banned with antibiotics?

**DEAR DR. ROACH:** I'm confused about the medical rule not to drink any alcohol while on antibiotics. After doing Internet research on reputable sites, I found, to my surprise, that the overwhelming medical opinion is that moderate alcohol use does not render most antibiotics ineffective. I do understand that alcohol should not be used with specific antibiotics, e.g. Flagyl, because of adverse physical reactions. I read that the warning not to mix alcohol with antibiotics stems from doctors fearing patients taking antibiotics to cure STDs would have lowered inhibitions and engage in unprotected sex. Could you please set the record straight for the public on this subject? -- K.L.

**ANSWER:** I never learned the rule that alcohol shouldn't be taken while on antibiotics, with the exception of metronidazole (Flagyl), the combination of which causes extremely unpleasant nausea and vomiting, headache, shortness of

## SALOME'S STARS

**ARIES** (March 21 to April 19) Make your holiday preparations one step at a time in order to avoid being overwhelmed and leaving things undone. That confusing family situation continues to work itself out.

**TAURUS** (April 20 to May 20) Ease this year's holiday money pressures by letting your thrifty side guide you as you look for those perfect gifts that typically reflect your good taste and love of beauty.

**GEMINI** (May 21 to June 20) You'll have a good handle on potential holiday problems if you delegate tasks to family members, friends or co-workers -- most of whom will be more than happy to help out.

**CANCER** (June 21 to July 22)

breath and other symptoms. This reaction can happen to a lesser extent with sulfamethoxazole (a component of Bactrim or Septra) as well as other, less commonly used antibiotics such as tinidazole and some cephalosporins. The anti-tuberculosis drug isoniazid can cause liver damage in combination with excess alcohol.

In general, if you are sick enough to need antibiotics, it is prudent to avoid alcohol, and certainly to avoid excess alcohol. But alcohol does not render antibiotics ineffective. Preventing STDs is much better than treating them, since not all can be cured. Part of being sexually responsible is making good decisions. You are correct that people are more likely to make unwise decisions with even moderate amounts of alcohol. That's true with or without antibiotics.

**DEAR DR. ROACH:** I suffered from a very painful case of plantar fasciitis for longer than a year when my husband and I (both in our 40s) discovered that we were expecting a baby. I was terrified over the prospect for several reasons, including the already painful state of my feet. It turned out that my plantar fasciitis was completely cured by the end of my pregnancy.

Right now you are especially vulnerable to holiday scams that seek to take advantage of your generosity. Best advice: Check them out before you send out your checks.

**LEO** (July 23 to August 22) The upcoming holiday season gives the Big Cat much to purr about. Relationships grow stronger, and new opportunities loom on the horizon, just waiting to be pounced on.

**VIRGO** (August 23 to September 22) A changing situation brings conflicting advice about how to go forward with your holiday plans. Your best bet: Make the decision you feel most comfortable with.

**LIBRA** (September 23 to October 22) Holiday plans get back on track after some confusion about the direction you expected to take. A potentially troublesome money matter needs your immediate attention.

**SCORPIO** (October 23 to November 21) Your holiday preparations are on track. But you need to confront a per-

Now, at 47, with a darling 3-year-old, I'm wondering if there is any way of preventing the condition from returning. My OB/GYN guessed that perhaps the hormones that make a pregnant woman more "stretchy" are behind my cure. Do you have any ideas about this? -- B.R.

**ANSWER:** Plantar fasciitis is an inflammation in the strong band of connective tissue that runs from the heel to the toes and supports the foot. The major symptom is pain with walking, especially with the first step of the day.

Pregnant women are indeed more likely to suffer from plantar fasciitis. Most authorities feel it is the relatively fast weight gain of a normal pregnancy, but some blame the hormone relaxin, which loosens the pelvic and other ligaments. This can change your gait and cause abnormal stresses on the feet, causing plantar fasciitis. Your obstetrician is suggesting that relaxin is acting on your already-existing plantar fasciitis, which I haven't heard of, but it is an interesting thought.

For prevention, regular stretching of the calf muscles, wearing shoes with good support and maintaining a healthy weight can help prevent recurrence.

sonal situation while you can still keep it from overwhelming everything else.

**SAGITTARIUS** (November 22 to December 21) Tight financial matters ease a bit during this holiday season. But the sagacious Sagittarian is well-advised to keep a tight hold on the reins while shopping for gifts.

**CAPRICORN** (December 22 to January 19) Don't put off making decisions about this year's holiday celebrations, despite the negative comments you've been getting from several quarters. Do it NOW!

**AQUARIUS** (January 20 to February 18) The holidays will bring new friends and new opportunities. Meanwhile, be careful to use your energy wisely as you go about making holiday preparations.

**PISCES** (February 19 to March 20) There's good news coming from a most unlikely source. And it could turn out to be one of the best holiday gifts you have had in years. Remember to stay positive.

## King Crossword

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**ACROSS**

- 1 Timber wolf
- 5 U.K. television option
- 8 Lily variety
- 12 Opposed to, slangily
- 13 Always, in verse
- 14 Mimicked
- 15 Get bigger
- 16 Banner
- 18 " - Street"
- 20 Leads
- 21 Edges
- 23 Adam's mate
- 24 Recklessly
- 28 Book after Joel
- 31 Sphere
- 32 "SNL" alumna Cheri
- 34 Debt notice
- 35 Seniors' dance
- 37 Vexing situation
- 39 By way of
- 41 Use scissors
- 42 Offering a nice view
- 45 Illegal steroid use, e.g.
- 49 Vertical space
- 51 Birthright barterer
- 52 Not working
- 53 Genetic stuff (Abbr.)
- 54 Matterhorn's range
- 55 Pinochle ploy
- 56 Affirmative
- 57 For fear that
- 8 Digestive aid
- 9 Widespread illness
- 10 Kelly or Hackman
- 11 Rhyming tributes
- 17 Payable
- 19 Venus de -
- 22 Old daggers
- 24 Bounce
- 25 Blunder
- 26 Especially often
- 27 Baby-sitters, often
- 29 Partner of aah
- 30 Take to court
- 33 Personal (Pref.)
- 36 Paid heed to
- 38 Attraction
- 40 Atmosphere
- 42 Thin wedge
- 43 Relinquish
- 44 Buffalo Bill's last name
- 46 Capri, e.g.
- 47 Sistas
- 48 Sudden rush of wind
- 50 Individual

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### King Crossword Answers

Solution time: 21 mins.

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

Just Like Cats & Dogs by Dave T. Phipps

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