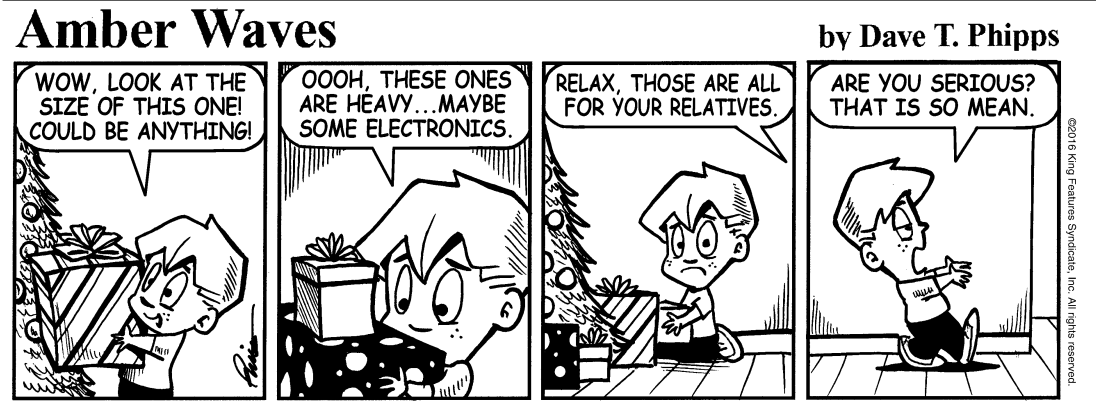
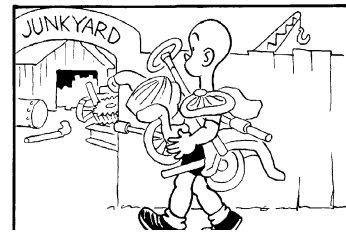
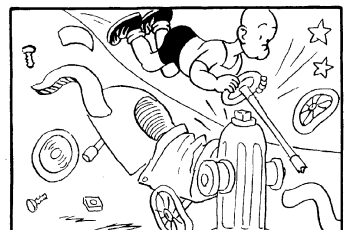
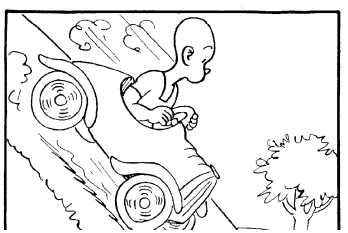
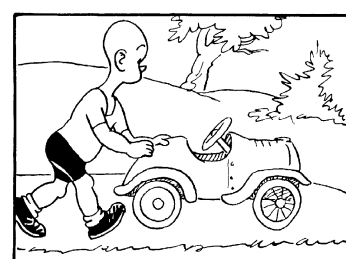
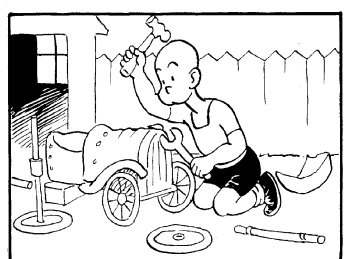
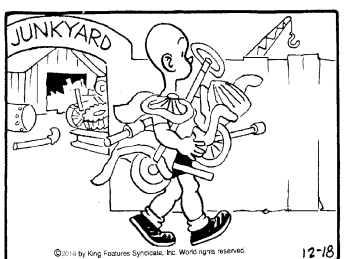
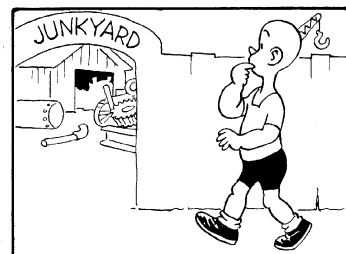
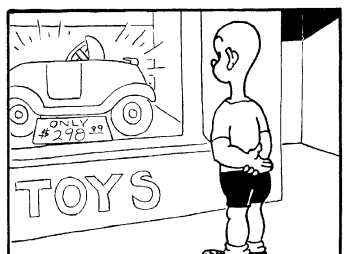
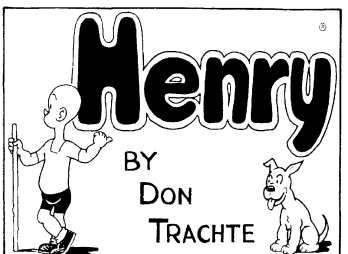
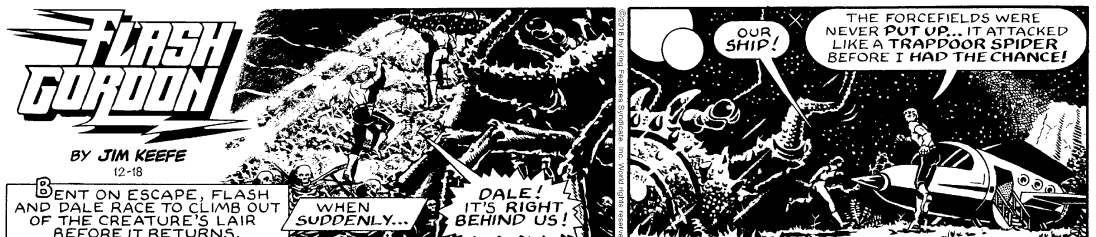
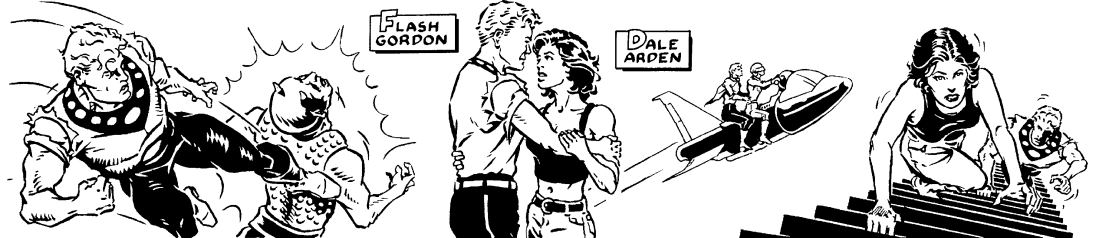
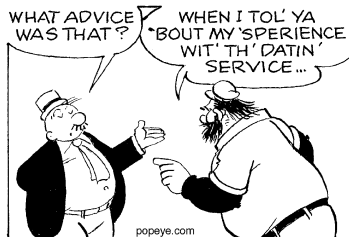
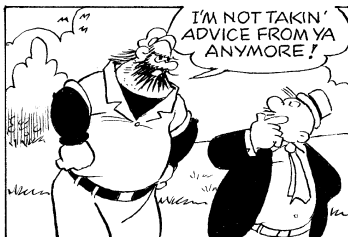
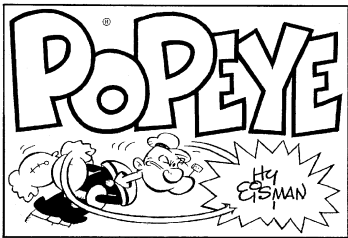


# SIDE SHOW



## TO YOUR GOOD HEALTH

### Zero-Calorie Drinks No Match for Water

**DEAR DR. ROACH:** I walk 30-60 minutes about four times a week and drink several times from a water bottle that I carry with me. Would it be OK to occasionally substitute caffeine-free diet soda for the water?

**ANSWER:** I've talked a few times about diet soda, and the controversy about whether it helps people lose weight or whether, despite having zero calories, it makes people more likely to gain weight. There has been evidence for both.

A recent and fascinating study was published showing that artificially sweetened beverages predispose a person to higher blood sugars, and that the effect was due to changes in the bacteria in our gut (called the microbiome). These bacteria have become the focus of intensive study of how important they are for our overall health.

I recommend against habitual use

## SALOME'S STARS

**ARIES** (March 21 to April 19) The New Year brings challenges that can change many things in your life. You need to be prepared not only to confront them, but also to deal with what happens afterward.

**TAURUS** (April 20 to May 20) You have what it takes to set your goals quite a bit higher this year. Learn what you need to know and put what you learn into your efforts. A partner offers loving support.

**GEMINI** (May 21 to June 20) In true Gemini Twin fashion, you're conflicted about a decision you know you'll have to make in this New Year. Best advice: Get the facts before you make any commitment.

**CANCER** (June 21 to July 22) A friend offers you an exciting oppor-

of artificially sweetened beverages. Occasional use of diet soda is unlikely to harm much; however, water -- still or bubbly, plain or with a wedge of fruit -- is the best and most natural way to hydrate.

**DEAR DR. ROACH:** I am 68 years old, and will be having bypass surgery soon. After my surgery, will L-arginine be good for my heart? I know I will be walking every day.

**ANSWER:** L-arginine, an amino acid, has been shown to increase nitric oxide in blood vessels of people with high blood cholesterol and blockages in their arteries. There are two studies I know of that showed no effect from arginine on blood flow or inflammation. On the other hand, one study showed that supplements of arginine, along with phytoestrogens, B vitamins and vitamins C and E (as part of a medical nutrition bar) in people with angina improved some blood flow measurements and the ability to exercise on the treadmill. It also has been shown to have some benefits in people with heart failure.

Based on these studies, I don't recommend arginine after cardiac bypass surgery. However, there may some benefit, and since it is unlikely

to be harmful, I wouldn't try to dissuade someone who wanted to give it a try.

The booklet on heart attacks, America's No. 1 killer, explains what happens, how they are treated and how they can be avoided. Readers can order a copy by writing: Dr. Roach -- No. 102W, Box 536475, Orlando, FL 32853-6475. 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 had radiation treatment in 2011 for a goiter. I know tanning beds are very dangerous, but are spray tans dangerous for me? -- V.V.

**ANSWER:** Dihydroxyacetone, the most common coloring agent in spray-on tans, is generally considered safe, but you should avoid getting it around your eyes, mouth and nose. There is some controversy, but the Food and Drug Administration has considered it safe.

The radiation treatment for goiter slightly increases risk for cancer, especially leukemia. I think it reasonable to do what you can to reduce cancer risk, but I don't think tanning spray is a big risk.

tunity for the New Year. Although your positive aspects are strong in most respects, caution is advised. Investigate before you invest.

**LEO** (July 23 to August 22) You can make this New Year a roaring success. Start by readjusting your goals to reflect the changes in the economy. Your den-mate offers both wise and loving support.

**VIRGO** (August 23 to September 22) The New Year brings new opportunities for change. But you need to be ready to move from the comfortable status quo to the challenging unknown. It's up to you.

**LIBRA** (September 23 to October 22) Your most important New Year's resolution should be to work out problems with a family member in order to avoid continued misunderstandings. Do it soon, for both of your sakes.

**SCORPIO** (October 23 to November 21) The New Year has much to offer the intensely determined Scorpion, who isn't afraid to

take on challenges and stay with them until they surrender their rewards.

**SAGITTARIUS** (November 22 to December 21) You'll have many fine opportunities in this New Year. But be warned: Reject offers of "help." You work best when you're free to be your own creative self.

**CAPRICORN** (December 22 to January 19) The New Year offers changes that you might feel you're not quite ready for. Best advice: Deal with them one step at a time, until you've built up your self-confidence.

**AQUARIUS** (January 20 to February 18) Travel is a dominant aspect of the New Year. This could mean relocating to another city (or even another country) in connection with your education or your career.

**PISCES** (February 19 to March 20) This New Year brings news about a change you've been anticipating. You might have a problem persuading a loved one about your new plans, but he or she will soon go along with them.

## King Crossword

1	2	3	4	5	6	7	8	9	10	11
12				13			14			
15				16			17			
18			19		20	21				
22				23				24	25	
26	27	28		29				30		
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 Final  
5 Recipe meas.  
8 Foolproof  
12 Eastern potentate (Var.)  
13 Carnival city  
14 Slaughter of baseball  
15 Parks at a bus stop?  
16 Japanese sash  
17 Gallon fraction  
18 Hands-on-hips  
20 Small combo  
22 Women's wear  
26 Wander off  
29 Height of fashion?  
30 Bother  
31 Addict  
32 Supporting  
33 Cruising  
34 Aries  
35 Despondent  
36 Square dance group  
37 "It's a Wonderful Life" director  
40 Hearts, for one  
41 Phone function  
45 "Simpsons" creator

**DOWN**

1 Zhivago's love  
2 Out of control  
3 Emphatic assent in Acapulco  
4 It gets a load from a lode  
50 Help a hood  
51 Debtor's letters  
52 Early period  
53 Indiana city  
54 CD successor  
55 Verve

8 Brown tone  
9 Norma Rae, for one  
10 Paul of politics  
11 Superlative ending  
19 Chesapeake, e.g.  
21 Spinning stat  
23 "Mary Tyler Moore Show" spinoff  
24 Genealogy chart  
25 Old card game  
26 Look for a

32 Bit of trivia  
33 College life  
35 Tackle moguls  
36 4-Down contents  
38 Eccentric  
39 Pleased with oneself  
42 "American --"  
43 City in India  
44 Loretta of country music  
45 Periodical, for short  
46 Lawyers' org.

### King Crossword Answers

Solution time: 25 mins.

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

Just Like Cats & Dogs by Dave T. Phipps

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