

SIDE SHOW

POPEYE
BY H.C. SHERMAN

BECAUSE OF WHAT YOU DID! I NEVER DUNNIT!
NO USE DENYING IT, SAILOR BOY!
YOU KNOW YOU DID! NO, I DINT!
DID NOT!
DID TOO!
IT'S SUCH A DUMB ARGUMENT TO BEGIN WITH!
THAT'S SO TRUE! WE'RE TOO MATURE FOR SUCH NONSENSE!
WE LOVE EACH OTHER TOO MUCH TO BE SO FOOLISH!
I DON'T EVEN REMEMBER HOW IT STARTED!
I DO! BECAUSE OF WHAT YOU DID!

FLASH GORDON
BY JIM KEEFE

OUR STORY SO FAR...
PURSUED BY A DEMON, FLASH AND DALE RACE FOR THE SAFETY OF THEIR SHIP!
KRASH! AS THE CREATURE ATTACKS...
FLASH PUNCHES THE IGNITION!
IT'S ON FIRE... TRYING TO RETURN TO ITS LAIR!
THEN IT'S SEALED ITS OWN FATE...
...THAT CAVERN WILL LIGHT UP LIKE A FURNACE!
FLASH... WHEN THE CREATURE WAS FEEDING ON YOU, YOU KEPT CALLING FOR "ALEX!"
NOT NOW... LATER...
I'LL EXPLAIN EVERYTHING... LATER.
HAVING GLIMPSED A VISION OF LIFE BACK ON EARTH, THE HARSH REALITY OF BEING STRANDED ON THE PLANET MONGO HITS FLASH HARD.
BUT EVEN MORE DISHEARTENING...
...IS THE LOSS OF A SON HE'S NEVER KNOWN.
NEXT: NEW ADVENTURE!

Henry
BY DON TRACHTÉ

MEAN THINGS SAID IN THE OLD WEST...
THAT BOY'S ONE STEER SHORT OF A HERD...
HE AIN'T THE SHARPEST SPUR ON THE BOOT...
YUP, HIS BANDANA AIN'T WRAPPED TOO TIGHT...

Amber Waves
by Dave T. Phipps

THAT TIME OF YEAR FOR NEW YEARS RESOLUTIONS IS HERE...
I WILL GET DEBT FREE!
I WILL LOSE SOME WEIGHT!
I WILL BEAT LEVEL SIX!

TO YOUR GOOD HEALTH

Irritable Bowel Disease, Syndrome Very Different

DEAR DR. ROACH: Could you please explain the difference between irritable bowel syndrome and irritable bowel disease? What is the treatment for each? I saw in a health magazine that there is a blood test to determine which one someone may have. -- ES

ANSWER: Although the two names are very similar, the conditions are very different. Irritable bowel syndrome is a common condition, more frequent in women than in men, of abdominal discomfort and bowel changes, such as diarrhea and/or constipation. It is managed by diet (such as the low-FODMAP diet I have recommended several times), stress management and sometimes medications. It can cause significant changes in one's social life, in addition to pain and discomfort. IBS is a clinical diagnosis, and there is no blood test to confirm it. Primary-

care doctors manage IBS, and severe cases may benefit from the care of a gastroenterologist.

Irritable bowel disease -- of which there are two types: ulcerative colitis and Crohn's disease -- is a potentially life-threatening condition of the GI tract. In ulcerative colitis, there is inflammation that's limited to the colon, whereas in Crohn's disease, the inflammation can be in any part of the GI tract, from the lip to the anus, though it is most frequent in the far end of the small bowel and the colon.

IBD should be managed by a gastroenterologist, preferably one with special expertise in these diseases. IBD usually is diagnosed by colonoscopy or other endoscopy with biopsy. Many blood tests can be abnormal in IBD, but only the pathologist's report is definitive. Most people with IBD will need medication treatment, although symptoms and therefore treatment may change dramatically across time.

DEAR DR. ROACH: I am 83 and recently began having sciatica pain down my right thigh. My doctor recommended using a hot-water bottle. Are there any painkillers I can use? Are there any other products I can use? -- G.L.B.

ANSWER: The sciatic nerve is a very large nerve that runs down the back of the leg. When the nerve is pressed on in the back -- from a herniated disk in the back or from spinal stenosis -- there can be intense pain that feels like it is coming from the back, or anywhere from the top of the thigh to the foot. Since other nerves besides the sciatic can be affected, the condition is called lumbar radiculopathy.

A herniated disk is when the shock-absorbing material in between the vertebrae comes out into the space where the nerve root is, on its way out of the spinal column toward the leg. Spinal stenosis is a narrowing of the bony canal through which the nerve travels.

In most cases, people get better within four to six weeks. Standard pain medications, such as acetaminophen (Tylenol) or ibuprofen, can be helpful. If pain is severe and not responsive, there are other treatments, including a short course of steroids and narcotics, which should be given only during that initial period of pain.

Pain that persists for a longer period of time, or pain with weakness, especially with progressive symptoms, needs expert evaluation.

SALOME'S STARS

ARIES (March 21 to April 19) A hectic period begins to wind down. Take time to draw some deep breaths and relax before getting into your next project. A long-absent family member makes contact.

TAURUS (April 20 to May 20) You're eager to move forward with a new challenge that suddenly dropped in your lap. But you'd be wise to take this one step at a time to allow new developments to come through.

GEMINI (May 21 to June 20) You're almost ready to make a commitment. A lingering doubt or two, however, should be resolved before you move ahead. An associate could provide important answers.

CANCER (June 21 to July 22) Caution is still the watchword as you

move closer toward a decision about a new situation. If you act too fast, you might miss some vital warning signs. Go slowly and stay alert.

LEO (July 23 to August 22) Your new goal looks promising, and your golden touch does much to enhance its prospects for success. In your private life, Cupid does his best to make your new relationship special.

VIRGO (August 23 to September 22) That important side of yours is looking to goad you into moving before you're ready to take that big step. Stay calm and cool. Let things fall into place before you act.

LIBRA (September 23 to October 22) A legal matter you hoped could finally be settled could be a pesky problem for a while, until all the parties agree to stop disagreeing with each other. Be patient.

SCORPIO (October 23 to November 21) Partnerships -- personal or professional -- which began before the new year take on new

importance. They also reveal some previously hidden risks. So be warned.

SAGITTARIUS (November 22 to December 21) Your associates are firmly on your side, and that persistent problem that has caused you to delay some activities should soon be resolved to your satisfaction.

CAPRICORN (December 22 to January 19) Favorable changes continue to dominate, and you should be responding positively as they emerge. Someone wants to become more involved in what you're doing.

AQUARIUS (January 20 to February 18) A friend wants to share a secret that could answer some questions you've wondered about for a long time. Meanwhile, travel aspects continue to be strong.

PISCES (February 19 to March 20) Stay on your new course despite so-called well-meaning efforts to discourage you. Rely on your deep sense of self-awareness to guide you to do what's right for you.

King Crossword

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King Crossword

Answers

Solution time: 27 mins.

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Just Like Cats & Dogs by Dave T. Phipps

DON'T GIVE ME THAT LOOK. YOUR RESOLUTION IS TO LOSE WEIGHT. MINE IS LOWERING MY STRESS.

Siuslaw News

READ IT TODAY!