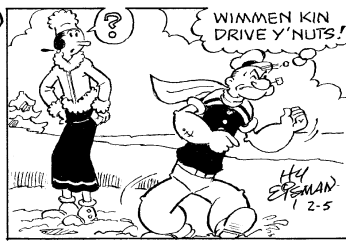
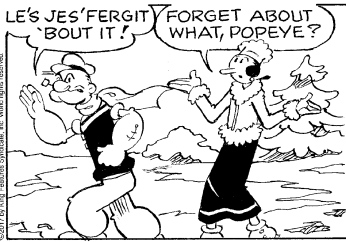
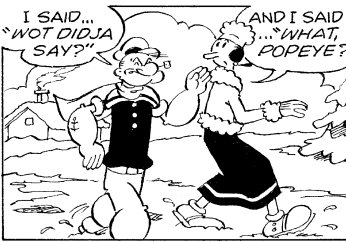
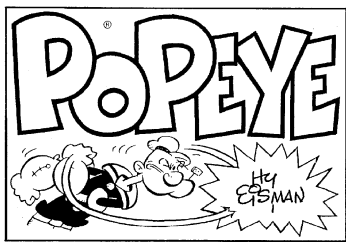
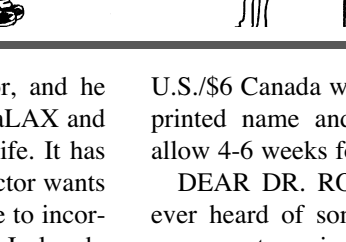
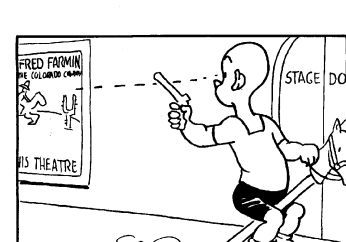
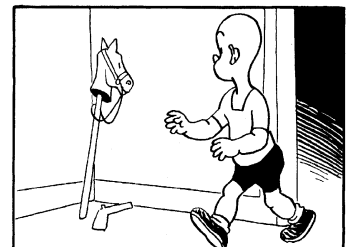
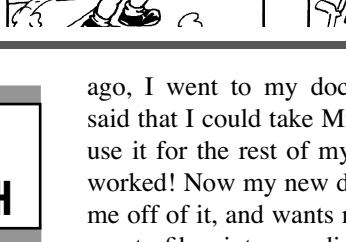
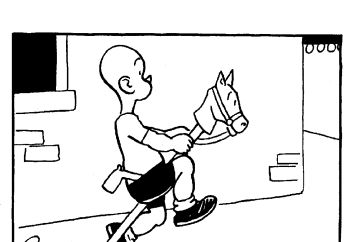
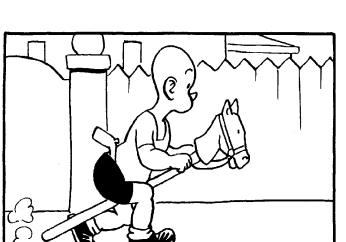
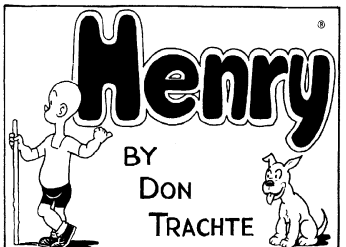
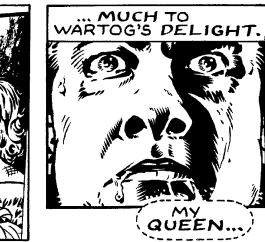
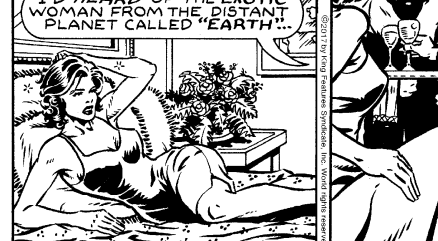
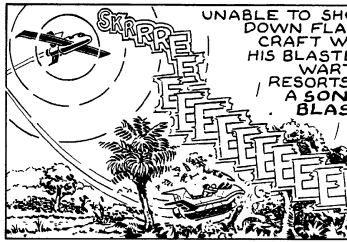


SIDE SHOW



OUR STORY SO FAR...



Out on a Limb



by Gary Kopervas

DOWN AT THE VIRTUAL REALITY DINER (where you can eat all you want and never get fat)

Amber Waves



by Dave T. Phipps

TO YOUR GOOD HEALTH

Statins Can Cause Loss of Memory

DEAR DR. ROACH: I have been taking Lipitor for high cholesterol. Lately, my pharmacist said that all statins can cause memory loss. I hesitate to stop taking Lipitor, but I don't want this side effect. Please advise. -- P.C.

ANSWER: Your pharmacist is quite right that some users of statins can have the unwanted side effect of memory loss. This is quite variable: Some people never get this effect, and it can be quite severe in a few. It appears to be reversible in the majority of people who get it. I wouldn't recommend stopping unless you are having the side effect.

DEAR DR. ROACH: I have chronic constipation, and have had it most of my life. I have used most of the bulking (husk) things that are out there. Nothing works. Years

SALOME'S STARS

ARIES (March 21 to April 19) Your ideas are finally reaching those who can appreciate them. But don't expect any immediate reactions. That will come later. Meanwhile, a personal matter needs your attention.

TAURUS (April 20 to May 20) Your energy levels are rising, and you're feeling restless and eager to get into some activity, whether it's for profit or just for fun. In either case, the aspects are highly favorable, so go for it.

GEMINI (May 21 to June 20) A relationship seems to be winding down from passionate to passive. It's up to you to decide what the next step will be. But don't wait too long to take the initiative. Delay could create more problems.

CANCER (June 21 to July 22) A deci-

ago, I went to my doctor, and he said that I could take MiraLAX and use it for the rest of my life. It has worked! Now my new doctor wants me off of it, and wants me to incorporate fiber into my diet. I already do this. Plus I drink a lot of water. I start my day with a 24 ounces of water every morning before anything else. Is there anything wrong with taking MiraLAX every day? I do not take the full dose. -- V.B.

ANSWER: While I recommend non-drug treatments, such as increased water intake, high-fiber diet and exercise as treatment for constipation, that doesn't work for everybody. In that case, using a medication as recommended by your doctor makes sense. Polyethylene glycol (MiraLAX) is a generally safe treatment that works by increasing fluid in the bowel. It's a good idea to use it as little as is needed to keep the stool from getting uncomfortably hard.

READERS: The booklet on constipation explains this common disorder and its treatments. Readers can obtain a copy by writing: Dr. Roach -- No. 504W, 628 Virginia Drive, Orlando, FL 32803. Enclose a check or money order (no cash) for \$4.75

sion looms. But be very sure that this is what you really want before you sign or say anything. Once you act, there'll be little or no wiggle room for any adjustments.

LEO (July 23 to August 22) Money matters improve, but you still need to be cautious with your spending. Also, set aside that Leonine pride for a bit and apologize for contributing to that misunderstanding.

VIRGO (August 23 to September 22) A tempting financial situation could make the usually unflappable Virgo rush in before checking things out. Be alert to possible hidden problems. Get the facts before you act.

LIBRA (September 23 to October 22) It's nice to know that you're finally getting due credit for your efforts. You also should know that new opportunities will follow. A family member brings important news.

SCORPIO (October 23 to November 21) Any uncertainty that begins to cloud an impending decision could signal a

U.S./\$6 Canada with the recipient's printed name and address. Please allow 4-6 weeks for delivery.

DEAR DR. ROACH: Have you ever heard of someone with sleep apnea outgrowing the need of a breathing aid, such as CPAP? -- G.S.

ANSWER: Most cases of sleep apnea are due to obstruction of the airway, caused by the relaxation of muscles in the back of the throat. Excess weight and obesity are the major risk factors for sleep apnea, but it can happen in normal-weight people. It is more common in older people, and men are at higher risk than women.

Almost any condition can go away by itself, but in nearly every case of obstructive sleep apnea getting better without a specific treatment that I have seen, it has been associated with significant weight loss. It doesn't have to be extreme weight loss. Since alcohol can make sleep apnea worse, stopping alcohol occasionally is enough to get it under control.

I also recently mentioned singing exercises as a therapy for OSA, in addition to oral devices, CPAP or BiPAP devices, and surgery.

need to re-examine your reasons for wanting to take on this commitment.

SAGITTARIUS (November 22 to December 21) You benefit from taking time out of your currently hectic schedule to do more contemplation or meditation. This will help re-energize you, both in body and soul.

CAPRICORN (December 22 to January 19) Nursing hurt feelings can zap the energies of even the usually self-confident Sea Goat. Best advice: Move forward. Success is the best balm for a painful ego.

AQUARIUS (January 20 to February 18) A display of temperament surprises you, as well as those around you. It could be all that pressure you're under. Consider letting someone help you see it through.

PISCES (February 19 to March 20) Some things don't seem to be working out as you'd hoped. Don't fret. Instead, take some time out to reassess your plans and see where changes could be made.

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		
56					57			58		

ACROSS

1 Paid player
4 Taxi
7 Expert
12 Potential syrup
13 Lennon's lady
14 Similar
15 Citric beverage
16 Underwent reduction
18 Jeremy of basketball
19 Tijuana toodle-oo
20 Rolling stone's lack
22 Poetic night-fall
23 Antitoxins
27 -- de deux
29 Maintenance
31 Quibblers split these
34 Senorita's wiggle?
35 "Rabbit, Run" author
37 Feedbag morsel
38 Piratic quaff
39 Paving goop
41 "-- is life!"
45 Con game
47 Pair
48 Absolutely
52 Use a towel
53 Photoshop company
54 Reading matter, for short

DOWN

1 Any of 150 in the Bible
2 DeeJay's domain
3 Starts
4 Last few notes
5 Battery terminals
6 Jim at the Alamo
7 Church service
8 "The Greatest"
9 Kin of "i.e."
10 -- out a living neighbor
11 Homer's
17 Bourgeois, to Brits
21 Parsley serving
23 Revue segments
24 Conger or moray
25 Roulette bet
26 Mimic
28 Request
30 Sch. org.
31 Embrace
32 Spring mo.
33 Bachelor's

55 90-degree shape
56 Therefore
57 Tokyo's old name
58 Deli loaf

8 "The last words
36 Needle case
37 Corsage bloom
40 Point of view
42 Milk dispenser
43 Moe's brother
44 Rulebook compiler
45 A "Desperate Housewife"
46 Director Preminger
48 Doo follower
49 Praise in verse
50 Took the prize
51 Peacock network

King Crossword Answers

Solution time: 27 mins.

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

