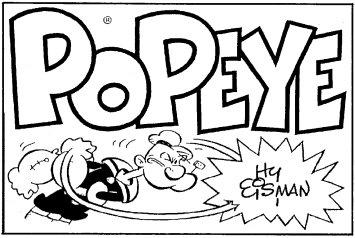


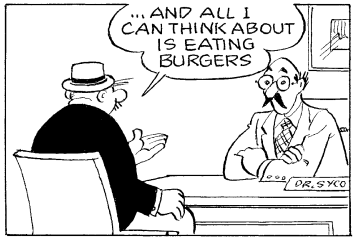
# SIDE SHOW



**POPEYE**  
BY ESTMAN

I CAN ASSIST YOU IN GETTING CONTROL OF YOUR FIXATION... TELL ME WHAT YOU SEE IN THESE INK BLOTS?

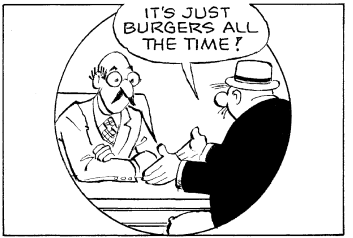
THAT'S ENOUGH, MR. WIMPY... I'LL SEE YOU NEXT WEEK! BUT HOW DOES THIS HELP ME, DOCTOR?



...AND ALL I CAN THINK ABOUT IS EATING BURGERS

HMM... THAT LOOKS LIKE CRISP BACON ON A BURGER WITH FRIES... HMM... HOW ABOUT THESE BLOTS?

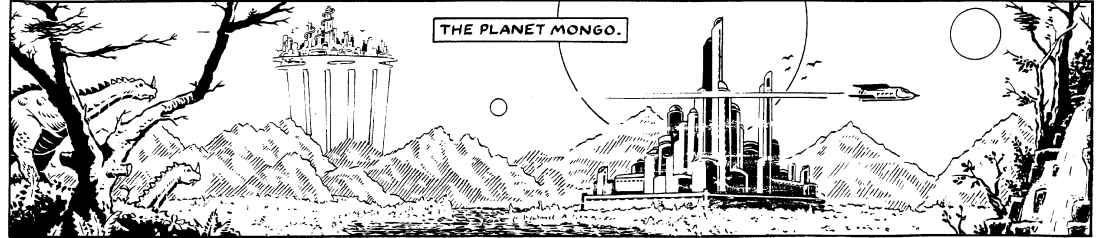
BY FACING YOUR OBSESSION EACH WEEK... IT WILL INURE YOU... TO SUCCUMBING TO YOUR ABJECT GLUTTONY?



IT'S JUST BURGERS ALL THE TIME?

THIS BURGER HAS SLICED ONION WITH RUSSIAN DRESSING... OH... AND THERE'S THE LETTUCE AND PICKLE UNDER THE MELTED CHEESE...

ORDER ME A BURGER WITH ONION, CHEESE, LETTUCE, PICKLE AND RUSSIAN DRESSING. DOCTOR... IS THAT BREAKFAST OR LUNCH?



**FLASH GORDON**  
BY JIM KEEFE

FOR MONTHS REDDOL HAS WANDERED THROUGH THE WILDERNESS OF MONGO.

RAVAGED, HE APPROACHES THE FORTRESS THAT ONLY MONTHS BEFORE HE HAD FLED IN TERROR... THE CASTLE OF HIS MASTER, GARAKAHN.

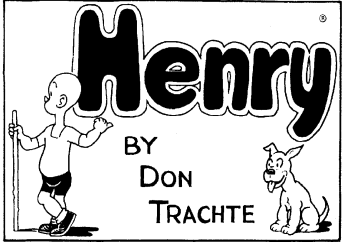
FOR A MOMENT HE HESITATES, HIS HEART POUNDING. VISIONS OF THE CREATURE THAT LURKS WITHIN THE CASTLE TEAR AWAY AT WHAT LITTLE REMAINS OF HIS SANITY.

DRIVEN BY HUNGER, HE SUPPRESSES HIS FEAR AND MOVES ON. TO SURVIVE HE MUST FIND FOOD. REDDOL HAS NO WAY OF KNOWING THAT THE MONSTER SET FREE BY FLASH GORDON IS NO MORE.

HOLD! MAKE A MOVE AND YOU'RE DEAD!

YOU WILL COME WITH US, THE MASTER AWAITS. GARAKAHN, HE'S ALIVE...!

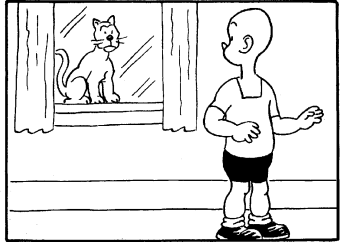
NOT GARAKAHN, THE MASTER... MING!



**Henry**  
BY DON TRACHTE

COO, KOREAN BBQ! LET'S GO THERE!

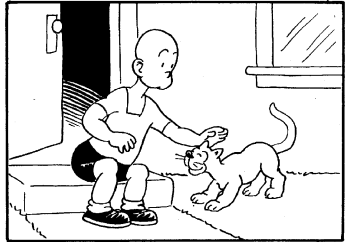
HOW ABOUT VIETNAMESE INSTEAD?



THERE'S THAT NEW TAPAS PLACE ON THE WEST SIDE!

SHADDUP! OR I'M PULLING THIS CAR OVER!!!

TOO MANY COOKS IN THE KIA

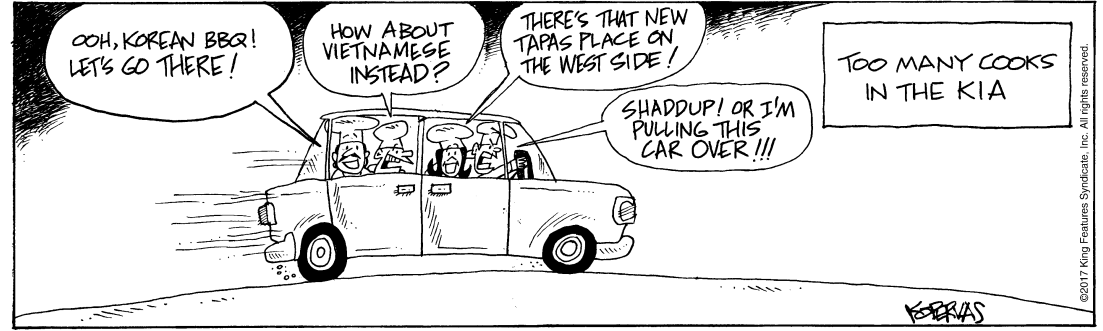


BY FACING YOUR OBSESSION EACH WEEK... IT WILL INURE YOU... TO SUCCUMBING TO YOUR ABJECT GLUTTONY?

ORDER ME A BURGER WITH ONION, CHEESE, LETTUCE, PICKLE AND RUSSIAN DRESSING. DOCTOR... IS THAT BREAKFAST OR LUNCH?

THAT'S ENOUGH, MR. WIMPY... I'LL SEE YOU NEXT WEEK! BUT HOW DOES THIS HELP ME, DOCTOR?

Out on a Limb by Gary Kopervas



Amber Waves by Dave T. Phipps



## TO YOUR GOOD HEALTH

### Stretching Helps Ease Spinal Stenosis Pain

**DEAR DR. ROACH:** My wife suffered from spinal stenosis. She had a cortisone shot, which helped for 90 days. She had regular physical therapy meetings. She was in constant pain, but insisted on playing tennis (against her doctor's wishes). Then, we happened to vacation for a month in Florida, and one of the offered activities was a "stretch" workout. She insisted that she wanted to try it. After the very first time she thought she felt a little better. She went to several more sessions, and finally asked the trainer what she could buy to keep it up at home. The trainer suggested a stretching DVD. It takes about an hour to complete it, and she now does it three times a week. She plays hard tennis five days a week, hasn't complained

about pain since 2010, and hasn't needed any physical therapy, either. I continue to be amazed.

Certainly this kind of therapy can't hurt anyone, since you do it only to your personal comfort levels. Perhaps you might mention this type of therapy in your column sometime. It worked miracles for us at virtually no cost. -- R.M.

**ANSWER:** Spinal stenosis is caused by pressure on the nerves at the level of the spinal column. Physical therapy is one effective treatment, and one I always recommend prior to considering surgery. I thank you for taking the time to point out that gentle stretching can help, probably by opening up the spaces in between the vertebrae to allow the nerve more room.

The booklet on back problems gives an outline of some causes of and treatments for the more-common back maladies. Readers can order a copy by writing: Dr. Roach -- No. 303W, 628 Virginia Drive, Orlando, FL 32803. Enclose a check or money order for \$4.75 U.S./\$6 Canada with the recipient's printed name and address. Please allow four weeks for delivery.

**DEAR DR. ROACH:** We recently

lost a dear relative to cholangiocarcinoma. He had served in the Navy in Vietnam. The probable cause of his cancer was from a parasite, a river fluke, which is common to that region. The diagnosis came way too late to save his life. How can veterans be tested or diagnosed early enough for a possible successful cure? Are there any current tests available? -- J.A.E.

**ANSWER:** I am sorry to hear about your relative. Cholangiocarcinoma is cancer of the bile duct, a rare cancer. Liver flukes are a risk factor, and so is a condition called primary sclerosing cholangitis, a condition associated with ulcerative colitis. The cancer is rare but highly lethal, because by the time symptoms show up, the cancer usually is advanced.

Also because of its rarity, screening for the cancer in a general population won't be effective. However, for people at high risk, such as those with PSC or a history of liver parasites, at least one study has shown that screening with a blood test (CA 19-9, CEA) or by endoscopy can be effective. It would be reasonable to speak with the expert taking care of this problem, usually a gastroenterologist, about screening.

## SALOME'S STARS

**ARIES** (March 21 to April 19) Temper your typical Aries urge to charge into a situation and demand answers. Instead, let the Lamb's gentler self emerge to deal with a problem that requires delicacy.

**TAURUS** (April 20 to May 20) You are aware of what's going on, so continue to stand by your earlier decision, no matter how persuasive the counter-arguments might be. Money pressures soon will ease.

**GEMINI** (May 21 to June 20) By all means, have fun and enjoy your newly expanded social life. But don't forget that some people are depending on you to keep promises that are very important to them.

**CANCER** (June 21 to July 22) You need to wait patiently for an answer

to a workplace problem and not push for a decision. Remember: Time is on your side. A financial matter needs closer attention.

**LEO** (July 23 to August 22) You now have information that can influence that decision you planned to make. But the clever Cat will consult a trusted friend or family member before making a major move.

**VIRGO** (August 23 to September 22) Good news: You're finding that more doors are opening for you to show what you can do, and you don't even have to knock very hard to get the attention you're seeking.

**LIBRA** (September 23 to October 22) Your gift for creating order out of chaos will help you deal with a sudden rush of responsibilities that would threaten someone less able to balance his or her priorities.

**SCORPIO** (October 23 to November 21) Congratulations. Your energy levels are coming right back up to normal -- just in time to help you tackle some

worthwhile challenges and make some important choices.

**SAGITTARIUS** (November 22 to December 21) The sage Sagittarian should demand a full explanation of inconsistencies that might be cropping up in what had seemed to be a straightforward deal.

**CAPRICORN** (December 22 to January 19) A conflict between obligations to family and to the job can create stressful problems. Best advice: Balance your dual priorities so that one doesn't outweigh the other.

**AQUARIUS** (January 20 to February 18) Don't guess, speculate or gossip about that "mystery" situation at the workplace. Bide your time. An explanation will be forthcoming very soon.

**PISCES** (February 19 to March 20) Boredom might be creeping in and causing you to lose interest in a repeat project. Deal with it by flipping over your usual routine and finding a new way to do an old task.

## King Crossword

**ACROSS**

1 Emanation  
5 Comedian DeLuise  
8 Edinburgh dweller  
12 Quarrel  
13 — budget  
14 Color quality  
15 Think about  
17 Erstwhile Peruvian  
18 Mean  
19 Animal shelter  
21 Corroded  
22 H.H. Munro's pseudonym  
23 Handy Latin abbr.  
26 Bobby of hockey lore  
28 Celebrate  
31 Cheer (for)  
33 Still  
35 Guns the engine  
36 Literary category  
38 With 46-Down, shared fairly  
40 Scarlet  
41 Bound  
43 Billboards  
45 Black eye, e.g.  
47 Proof that you're who you say you are

**DOWN**

1 Spore cases  
2 Word after 10-Down  
3 Carry on

4 Bewildered  
5 Unsteady, as from old age  
6 Inseparable  
7 Report card data  
8 Scoundrel  
9 Underhanded one  
10 Fairy tale starter  
11 Blue hue  
16 Grooving on  
20 Listener  
23 Work unit  
24 Pirouette pivot  
25 Magician  
27 Agt.

29 First lady  
30 Leary's drug  
32 Platitudes  
34 Coached  
37 Type measures  
39 Probability  
42 Pie nut  
44 Diving gear  
45 Seethe  
46 See  
38-Across  
48 Prayer ending  
49 Actress  
50 Sketched  
53 Tramcar contents

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**King Crossword**  
Answers  
Solution time: 25 mins.

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

Just Like Cats & Dogs by Dave T. Phipps

YOU SEE, BY SPENDING THAT MUCH ON OUR CREDIT CARD THEY ARE REWARDING US BY UPPING OUR AVAILABLE BALANCE.

**Siuslaw News**  
READ IT TODAY!