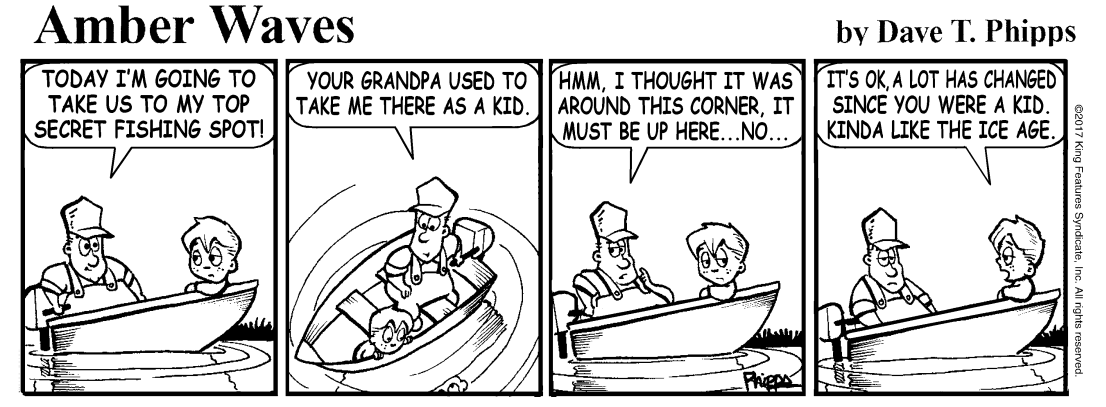
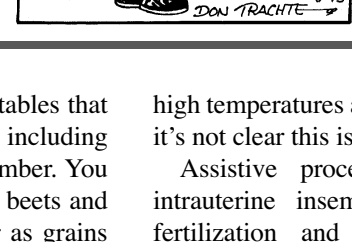
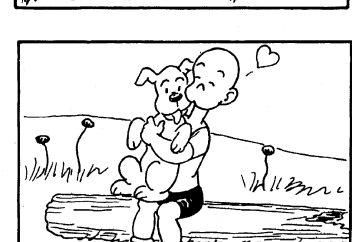
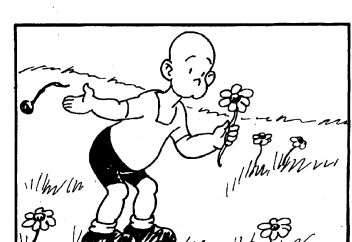
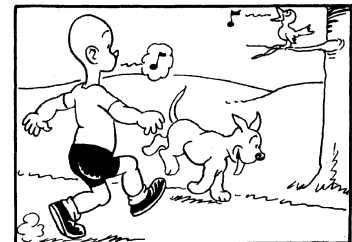
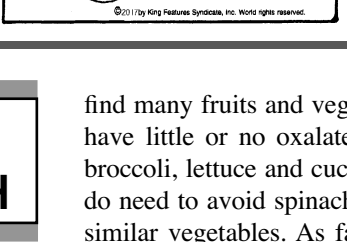
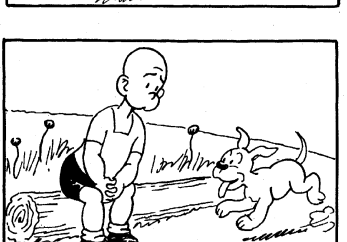
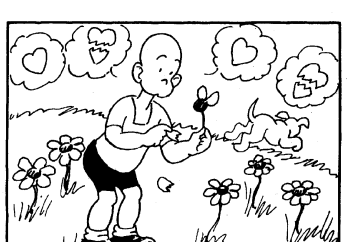
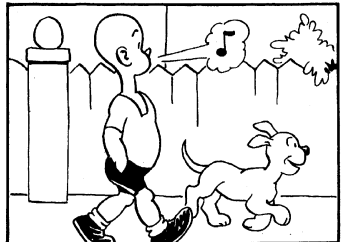
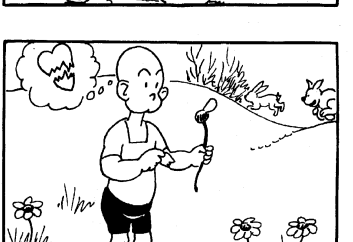
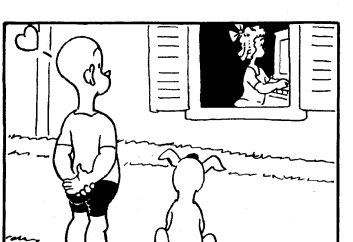
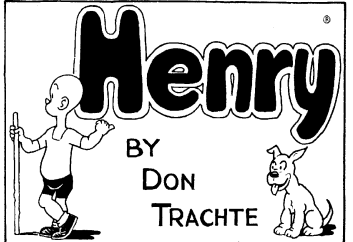
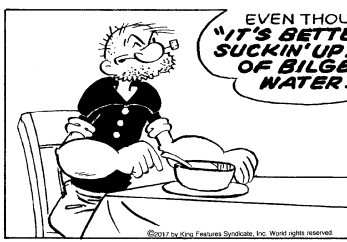
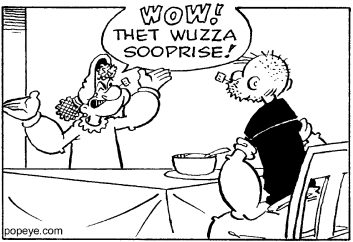
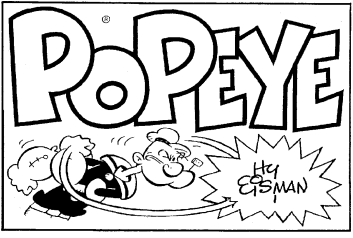


# SIDE SHOW



## TO YOUR GOOD HEALTH

### Healthy Diet Possible While Avoiding Oxalate

**DEAR DR. ROACH:** I have had several kidney stones and was advised to avoid oxalate. I was told that green, leafy vegetables and grains are high in oxalate. How can my diet be healthy if I avoid these healthy foods? -- D.F.

**ANSWER:** Calcium oxalate is the most common type of kidney stone, so limiting dietary oxalate makes sense. However, increasing water intake, dietary calcium and potassium can help prevent kidney stones. It is paradoxical, but dietary calcium reduces kidney stone risk while calcium supplements increase kidney stone risk. Also, vitamin C increases kidney stone risk, so it's not recommended to take supplemental vitamin C.

There are many places to find the oxalate content of food, starting with your dietitian, but websites like [www.lowoxalate.info](http://www.lowoxalate.info) and [www.ohf.org](http://www.ohf.org) have nice lists. There you can

find many fruits and vegetables that have little or no oxalate, including broccoli, lettuce and cucumber. You do need to avoid spinach, beets and similar vegetables. As far as grains go, corn, rice and wild rice are good choices.

**DEAR DR. ROACH:** For a young couple wanting a baby, is there any help available for a man with a low sperm count? -- N.N.

**ANSWER:** Identifying the cause of a couple's infertility is often difficult. In one large study, 20 percent of cases were attributed to male factors, and 38 percent to female. In 27 percent, there were reasons for infertility in both partners, and in 15 percent of cases no cause could be found. Clearly, both partners need to be evaluated.

Low sperm count isn't a diagnosis; many separate systems can be affected, all leading to reduced sperm count. Abnormalities in hormonal function, mechanical obstruction and testicular disease all are possibilities. Although many causes of low sperm count are untreatable, not all are. For example, elevated prolactin levels from a tumor or medication can be treated, leading to improved fertility. Low sex-hormone levels can be replaced. Many men are advised to wear boxer shorts, as

high temperatures affect fertility, but it's not clear this is effective.

Assistive procedures, such as intrauterine insemination, in-vitro fertilization and intracytoplasmic sperm injection (a single spermatozoa injected into an egg) can be effective, but these procedures are always expensive, rarely covered by insurance, not 100 percent effective and have a small increased risk of birth defects.

**DEAR DR. ROACH:** Is second-hand vapor (from the electronic cigarettes) harmful? -- B.S.B.

**ANSWER:** While the evidence that secondhand smoke from regular cigarettes is harmful to people around smokers, causing increased risks of lung cancer and heart disease, the data just aren't clear about the vapor from electronic cigarettes. It is known that the vapor contains nicotine and potentially cancer-causing chemicals, but the amounts are much lower than with regular cigarettes. These chemicals can be inhaled by nonsmokers if close enough and possibly absorbed through the skin.

Electronic cigarettes, also called vaporizers, may help people quit smoking. That's the only use for them that I would recommend, after which they should be eliminated.

## SALOME'S STARS

**ARIES** (March 21 to April 19) This week could offer more opportunities for ambitious Lambs eager to get ahead. But don't rush into making decisions until you've checked for possible hidden problems.

**TAURUS** (April 20 to May 20) Some light begins to shine on professional and/or personal situations that have long eluded explanation. Best advice: Don't rush things. All will be made clear in time.

**GEMINI** (May 21 to June 20) Although you might want to protest what seems to be an unfair situation, it's best to keep your tongue and temper in check for now. The full story hasn't yet come out.

**CANCER** (June 21 to July 22) Work prospects are back on track. But watch

what you say. A thoughtless comment to the wrong person -- even if it's said in jest -- could delay or even derail your progress.

**LEO** (July 23 to August 22) A colleague might try to goad you into saying or doing the wrong thing. It's best to ignore the troublemaker, even if he or she riles your royal self. Your supporters stand with you.

**VIRGO** (August 23 to September 22) Be careful not to let your on-the-job zealotry create resentment with co-workers who might feel you shut them out. Prove them wrong by including them in your project.

**LIBRA** (September 23 to October 22) Although it's not quite what you hoped for, use your good business sense to make the most of what you're being offered at this time. Things will improve down the line.

**SCORPIO** (October 23 to November 21) A more positive picture of what lies ahead is beginning to take shape. But there are still too many

gaps that need to be filled in before you make definitive plans.

**SAGITTARIUS** (November 22 to December 21) Continue to keep a tight hold on the reins so that you don't charge willy-nilly into a situation that might appear attractive on the surface but lack substance.

**CAPRICORN** (December 22 to January 19) You still need to demand those answers to your questions. Remember, your wise counseling earns you respect, but it's your search for truth that gives you wisdom.

**AQUARIUS** (January 20 to February 18) You'll find that people are happy to help you deal with some difficult situations. And, of course, knowing you, you'll be happy to return those favors anytime. Won't you?

**PISCES** (February 19 to March 20) Give that special someone in your personal life a large, loving dollop of reassurance. That will go a long way toward restoring the well-being of your ailing relationship.

## King Crossword

**ACROSS**

- Moby-Dick's pursuer
- Strange
- Slight coloration
- Disturb
- Hawaiian neckwear
- Reed instrument
- Tunes
- Diamond source
- Court
- Spring, for one
- Unspoken "I dunno"
- Leave suddenly
- Henhouse
- Became less harsh
- Everything
- Bisect
- Commotion
- Creator of 1-Across
- "Phooey!"
- Shopper describer
- Greedy one's cry
- Wheedle
- "A mouse!"
- Enthusiastic
- Rapid decline
- Equestrian game
- Type squares
- Concept
- Aware of
- Regret
- Retain
- Taboo, to a child
- Adolescent
- Pooch
- Model
- Macpherson
- Con game
- Golf target
- Hot dog holder
- Southern lass
- Seasickness
- Friendly
- Dutch cheese
- Be too fond
- Jack and Jill's terrain
- Type of doll
- Long-snouted antelope
- Obtain
- Crime boss
- Shakespeare's river
- Leave at the altar
- Different
- Ostrich's cousin
- Rhyming praise
- Teensy
- Siesta

**DOWN**

- Upper limb
- Weeding tool
- Have a bug
- Explode
- Hodgepodge
- Cee follower
- Turn to liquid
- Beefsteak or plum
- Sacred bird of Egypt

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## King Crossword Answers

Solution time: 21 mins.

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

Just Like Cats & Dogs by Dave T. Phipps

AFTER LOOKING AT THE STATE OF OUR CHECKBOOK OUR NEW PAYMENT GAME WILL BE "PICK A BILL, ANY BILL."

**Siuslaw News**  
READ IT TODAY!

**UNCLE FRANK IS BACK!**  
**Frank's 101 Barber Shop**  
 396 Highway 101, Florence • 541-902-9588

**Join Uncle Frank at the Klamath River Salmon Festival**  
**August 19th! See you there!**  
 Frank is at the Barbershop on Mon, Tues, Thurs and Friday, 9-3  
 Taking lunch from Noon - 1:00 It is a must!