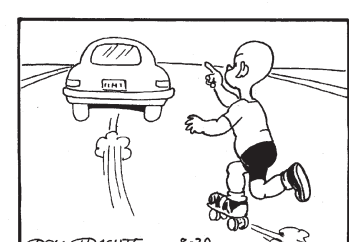
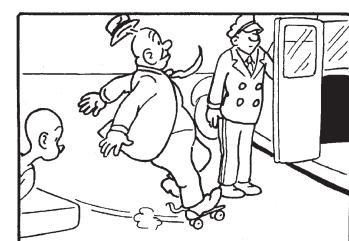
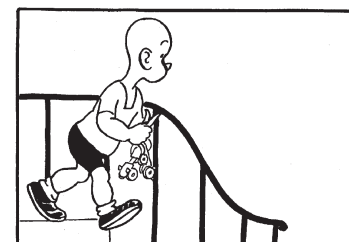
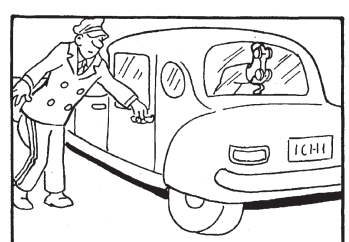
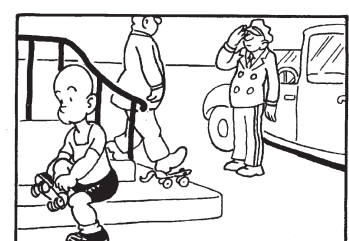
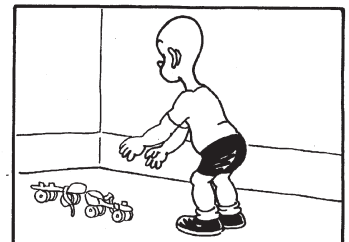
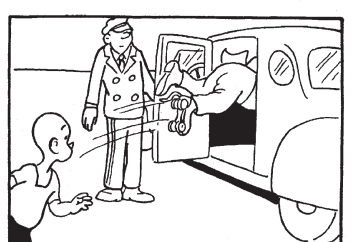
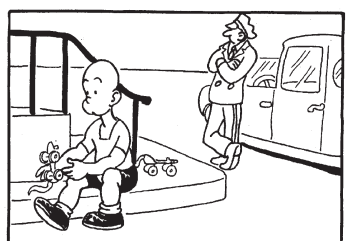
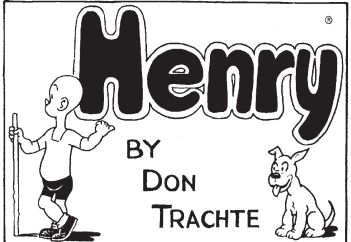
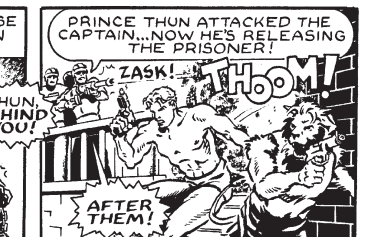
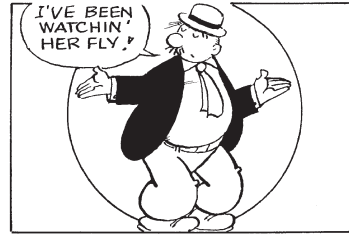
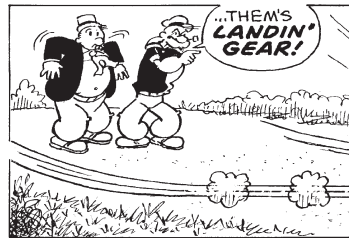
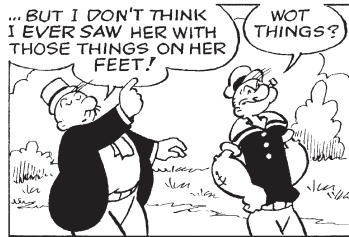
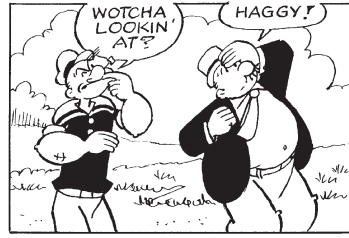
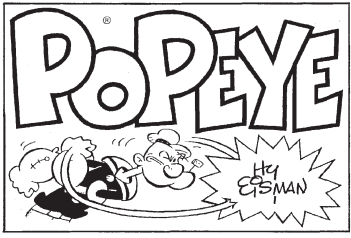
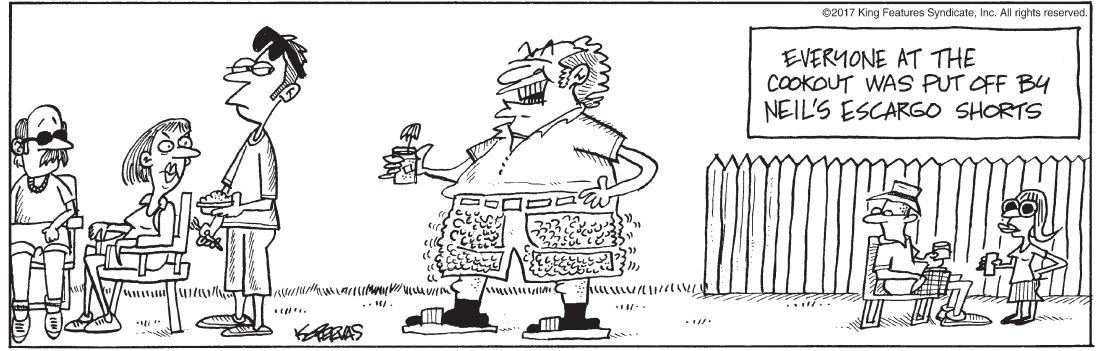


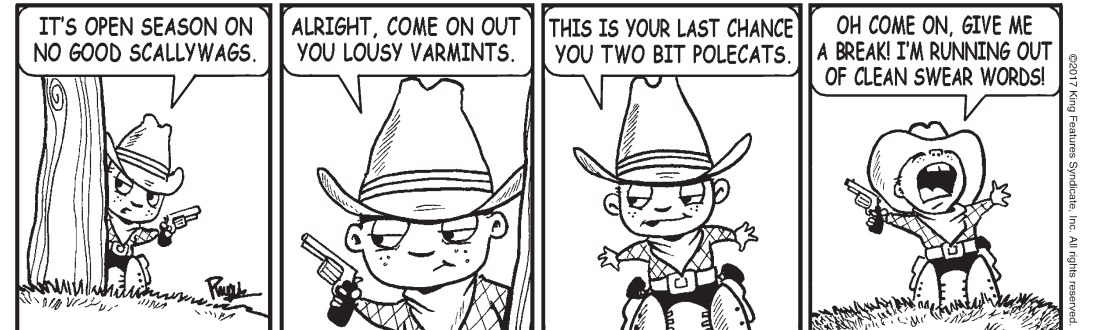
# SIDE SHOW



## Out on a Limb



## Amber Waves



## TO YOUR GOOD HEALTH

### Plagued by Canker Sores

DEAR DR. ROACH: I am plagued with canker sores. I get four to five outbreaks a year. The products that are sold to heal them do not help much. Do you know of a mouthwash that could be used to prevent or maybe reduce the severity of canker sores, and what would you recommend for use on canker sores? What, in your opinion, causes them? -- J.H.

ANSWER: Canker sores, also called aphthous ulcers, are painful sores that are located in the mouth. When they keep coming back, as in your case, it is called recurrent aphthous stomatitis ("stoma" is the Greek word for "mouth," and is sometimes used for surgically created openings). While it isn't clear why they occur, there have been studies that show there may be a defect in immune function in people with RAS, making it similar to Behcet's syndrome. It may be associated with celiac disease and inflam-

matory bowel disease, and it can be triggered by many things, including stress, food and drug hypersensitivity and trauma.

The most common effective treatment I know of is a medium- or high-potency topical steroid. It can be prepared specifically for use on aphthous ulcers, such as Kenalog in Orabase, and this can speed up healing, especially when applied early. Some people swear by vitamins, but they were not found to be effective in a study.

Thalidomide, a potentially dangerous medication that has extremely high risk for birth defects, can be used in severe cases.

DEAR DR. ROACH: I offer my experience with a prostate treatment not covered in your article. I had no symptoms. A routine annual test revealed that my PSA had risen rapidly to 5.1. At the recommendation of my urologist, I had a biopsy (actually, 13 individual biopsies). My Gleason score of 7/8 predicted a painful death from prostate cancer if left untreated.

My options were surgery or radiation therapy. I chose radiation, which consisted of nine weeks (45 treatments) of one or two minutes of actual radiation. Extreme caution was taken to avoid damage to other

organs. I had no side effects during or after treatment. Two years later, my PSA is 0.04, and I expect to continue an active lifestyle at 82 years of age. -- J.A.G.

ANSWER: I appreciate you writing in to share your story. Most men I hear from have accepted surgery in your situation; however, many experts feel that radiation treatment offers a better balance of effectiveness and side effects than surgery. I did know an oncologist in a situation almost exactly like yours who also decided on radiation and had excellent results.

I do want to caution that a perfect outcome like yours is not guaranteed. I occasionally see men who, despite abundant caution, have developed radiation damage to the rectum or bladder. However, the risks with modern radiation therapy are low.

READERS: The new booklet on the prostate gland discusses cancer, enlargement, infections and erectile dysfunction in detail. Readers can obtain a copy by writing: Dr. Roach -- No. 1001W, 628 Virginia Drive, Orlando, FL 32803. 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 up to four weeks for delivery.

## SALOME'S STARS

ARIES (March 21 to April 19) A change that you'd hoped for is down the line. But you still need to be patient until more explanations are forthcoming. Continue to keep your enthusiasm in check.

TAURUS (April 20 to May 20) Your social life expands as new friends come into your life. But while you're having fun, your practical side also sees some positive business potential within your new circle.

GEMINI (May 21 to June 20) Your workplace situation continues to improve. Look for advantages you might have missed while all the changes were going on around you. That trusted colleague can help.

CANCER (June 21 to July 22) Resist the urge to hunker down in your

bunker until things ease up. Instead, get rid of that woe-is-me attitude by getting up and getting out to meet old friends and make new ones.

LEO (July 23 to August 22) Now that you're back enjoying the spotlight again, you should feel re-energized and ready to take on the challenge of bringing those big, bold plans of yours to completion.

VIRGO (August 23 to September 22) A former friend would like to repair a relationship you two once enjoyed. Your positive response could have an equally positive impact on your life. Think about it.

LIBRA (September 23 to October 22) Resist making impulsive decisions. Stay on that steady course as you continue to work out workplace problems. Be patient. All will soon be back in balance.

SCORPIO (October 23 to November 21) You might feel confident about taking a promising offer, but continue to be alert for what you're not being

told about it. Don't fret. Time is on your side.

SAGITTARIUS (November 22 to December 21) People dear to you might be planning a way to show appreciation for all you've done for them. Accept the honor graciously. Remember: You deserve it.

CAPRICORN (December 22 to January 19) Congratulations. Your self-confidence is on the rise. This could be a good time to tackle those bothersome situations you've avoided both at home and at work.

AQUARIUS (January 20 to February 18) You feel obligated to return a favor. (Of course, you do.) But heed advice from those close to you and do nothing until you know for sure what's being asked of you.

PISCES (February 19 to March 20) Your loving reassurance helped revive a once-moribund relationship. But be wary of someone who might try to do something negative to reverse this positive turn of events.

## King Crossword

### ACROSS

- 1 Where Jesus changed water to wine
- 5 Knock
- 8 Envelope part
- 12 Neural transmitter
- 13 Ram's mate
- 14 Toy block name
- 15 No skeptic
- 17 Microwave, e.g.
- 18 Nickelodeon-style gunk
- 19 Kind of movie glasses
- 21 Pinnacle
- 24 Rowing need
- 25 Courage
- 28 Elliptical
- 30 "Modern Family" network
- 33 Fire residue
- 34 -- so often
- 35 Sticky stuff
- 36 Muumuu accessory
- 37 -- Pak of the LPGA
- 38 Shaft of light
- 39 Kreskin's claim
- 41 Story
- 43 Small flocks
- 46 Winning
- 50 Vicinity
- 51 With adroitness
- 54 Hair salon request

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		
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			39	40			41		42		
43	44				45			46	47	48	49
50					51	52	53				
54					55				56		
57					58				59		

- 9 Effectiveness
- 10 Screenwriter
- 11 Small lake
- 16 Common Mkt. inits., once
- 20 Sacred
- 22 Relocate
- 23 Chris of tennis fame
- 25 Cowboy's sweetie
- 26 Work with crime
- 27 Pickpocket's Met melody
- 29 Feathery neckpiece
- 32 Web address ending
- 34 Catch sight of
- 38 Decapitate
- 40 Some stockings have them
- 42 Restroom, for short
- 43 Team leader (Abbr.)
- 44 Sandwich treat
- 45 Wound reminder
- 47 Therefore
- 48 Came down
- 49 Measure of force
- 52 Whopper
- 53 Keebler employee?

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## King Crossword

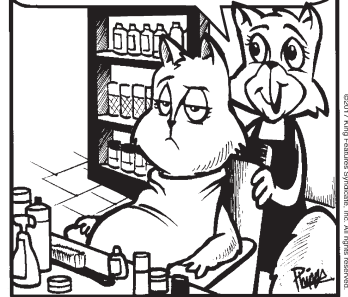
### Answers

Solution time: 25 mins.

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

Just Like Cats & Dogs by Dave T. Phipps

SO WHAT IS IT GOING TO BE? MAYBE TRY SOMETHING DIFFERENT? HOW ABOUT SOMETHING YOUNG AND HIP?



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!