

SIDE SHOW

POPEYE
HY EFSMAN

I LOVE EATING OUT...DON'T YOU? YEH

BUT I JUST CAN'T MAKE A DECISION

I THOUGHT I'D LIKE TO DINE ON SUSHI...

...BUT THEN WHAT ABOUT BURRITOS?

THEN THERE'S A CRAVING FOR CIOPPINO...

OR SOUVLAKI IS A GOOD CHOICE?

I JUST CAN'T MAKE UP MY MIND...

...WHERE DO YOU WANT TO EAT, POPEYE?

BOY...TALK ABOUT A STUPID QUESTION

Character Profile: REDDOL

AN ASSASSIN CHOSEN BY MING TO TAKE PART IN A MACABRE EXPERIMENT.

A PROCEDURE THAT WOULD GIVE HIM THE POWER TO TRANSFORM AT WILL.

...TO REVEAL HIS TRUE FEATURES! YOU... YOU'RE ONE OF GARAKAHN'S MEN!

HE KNEW YOUR FRIENDS WOULD NEVER ALLOW YOU TO BE EXECUTED.

THAT'S WHY HE SENT ME.

FAMOUS LAST WORDS!

AND AS FLASH'S BODY SLUMPS NEXT TO PRINCE THUN'S, REDDOL CONTOURTS HIS FEATURES ONE LAST TIME...

NOW, IF YOU'LL EXCUSE ME, I HAVE A KING TO ASSASSINATE!

FLASH GORDON

9-27 BY JIM KEEFE

HAVING DISGUISED HIMSELF AS AURA TO TRICK FLASH INTO LOWERING HIS GUARD, REDDOL ALTERS HIS APPEARANCE ONCE MORE...

YOU KNOW YOU'LL NEVER GET AWAY WITH THIS.

ZASK!

NEXT: MISSION ACCOMPLISHED!

Henry
BY DON TRACHTE

BRING ME YOUR FAVORITE BOOK, HENRY, AND I'LL READ TO YOU BEFORE YOU GO TO BED

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Out on a Limb by Gary Kopervas

REMEMBER, THE FIRST RULE OF FOOD FIGHT CLUB IS TO NEVER TALK ABOUT FOOD FIGHT CLUB

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Amber Waves by Dave T. Phipps

OH BOY, TODAY'S THE BIG DAY FOR OUR TEST. I STUDIED ALL NIGHT.

HEY, WE COULD BE "STUDY BUDDIES" AND QUIZ EACH OTHER.

WHAT DO YOU SAY? WHAT DO YOU HAVE TO LOSE?

DIGNITY, SELF RESPECT. ABILITY TO REMAIN ON THE OUTSIDE OF LOCKERS.

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TO YOUR GOOD HEALTH

Can Anxiety Meds Cause Alzheimer's?

DEAR DR. ROACH: I read recently that if Valium is taken by older folks for more than 90 days, it ups their risk for Alzheimer's disease by 32 percent and if taken for more than 180 days, the risk goes up 84 percent. Have you heard anything like this? What is safe for seniors, or anyone, to take for anxiety? -- C.P.

ANSWER: A study published recently ago in BMJ, a prestigious medical journal, showed a clear association between benzodiazepines -- a class of medications that includes diazepam (Valium), clonazepam (Klonopin), alprazolam (Xanax) and lorazepam (Ativan), among many others -- and Alzheimer's disease. The association was stronger for long-term use than for short, as you correctly point out. Further, the risk was higher for long-acting drugs (like Valium or Librium) than for short (like Xanax).

However, the type of study done cannot claim that taking the medica-

tion caused the increased risk of Alzheimer's. The authors themselves point out that it is possible that early Alzheimer's disease causes anxiety that is subsequently treated with prescription anti-anxiety medications, and that there is no causal relationship. It is also possible to see this result from chance, although the authors found less than 0.1 percent likelihood this result is due to chance alone. Finally, it's possible that there is both a direct, causal link between taking benzodiazepine drugs and developing Alzheimer's disease and that early Alzheimer's causes some people enough anxiety that they are prescribed these anti-anxiety medications. That implies that the risk is less than the numbers from the study. A different study design may reveal the truth.

There are many good reasons not to use benzodiazepine medications, and I never prescribe them for long-term use. Increased risk of both falls and automobile collisions are two that most concern me. (Multiple studies have confirmed this risk, so it is likely that these drugs do cause some people to fall and to have auto accidents.) These are also potentially habit-forming medications, and sometimes it becomes very difficult to sleep without them once they are

started.

Because all medications have some risk, I recommend nondrug strategies for anxiety reduction. Meditation, mindfulness and imaging exercises, yoga and even regular exercise all have been shown to reduce anxiety without medication. Counseling and cognitive-behavioral therapies also are effective. If medications are needed, then SSRI medications such as sertraline (Zoloft) have lower risks than benzodiazepines. Just a cup of hot chamomile tea might help you get through stressful times.

DEAR DR. ROACH: My husband has heart disease. He's tried every statin drug to lower his cholesterol. He cannot tolerate any of them. The muscle pain and weakness caused by these drugs is severe. His cholesterol remains high, even with proper diet and exercise. I've heard that CoQ10 works well for lowering cholesterol. Is there any validity to this? -- Anon.

ANSWER: CoQ10 (ubiquinone) does not affect cholesterol itself. It does allow some people tolerate statins who otherwise wouldn't. I think it is worth a try, especially for someone like your husband, who has coronary heart disease and who would get much benefit from a statin.

SALOME'S STARS

ARIES (March 21 to April 19) You might not like the sudden setback in your plans. But keep that headstrong Arian temperament in check and wait for explanations. Things will begin to clear up by week's end.

TAURUS (April 20 to May 20) Enjoy the respite from your recent hectic schedule, but be ready to plunge into a new round of social activities. A new contact holds much potential for the future.

GEMINI (May 21 to June 20) A trusted colleague has news that could change your perception of a current workplace situation. What had seemed unfair might prove to be highly favorable after all.

CANCER (June 21 to July 22) You still need to watch what you say and

how you say it. What you assert as honesty, others might perceive as Crabbiness. Be patient. This difficult period clears up by the weekend.

LEO (July 23 to August 22) Your Royalness needs time away from the limelight to catch up on things, from tidying your desk to making those calls you've put off. You're back in the center of things by the weekend.

VIRGO (August 23 to September 22) Honesty is the best policy, of course. But you'll do better at achieving your goals if you can be less aggressive and more circumspect in how you phrase your comments.

LIBRA (September 23 to October 22) Your ability to maintain your balance in confusing situations continues to work for you. Stay on the steady course, one step at a time. The weekend shows improvement.

SCORPIO (October 23 to November 21) Your indecisiveness could simply be your keen Scorpion sense warning you to be wary of making a

commitment. Take this time to do a more thorough investigation.

SAGITTARIUS (November 22 to December 21) Good news: New information comes your way to help you make a more informed decision on how to deal with the opportunity that has opened up for you.

CAPRICORN (December 22 to January 19) This is a good time to reinforce your self-confidence by acknowledging your good qualities to yourself. A lull in your social life ends by the weekend. Have fun.

AQUARIUS (January 20 to February 18) It's a good time to let those recently pent-up emotions flow more freely. Why not start by letting the people you care for know how you really feel about them?

PISCES (February 19 to March 20) Resist offers, no matter how well-intentioned, to help with a personal decision. Only you know what must be done, and you have the emotional strength to follow through.

King Crossword

ACROSS

1 Unescorted
5 Third degree?
8 Admitting clients
12 Not pizzicato
13 Scull tool
14 Give a darn
15 Mary's follower
16 Genetic initials
17 Eastern potentate
18 Shoelace hole
20 Cried like a puppy
22 Flightless bird
23 Reaction to fireworks
24 Gen. -- E. Lee
27 Knight's glove
32 Atmosphere
33 Plant bristle
34 Preceding
35 Blood bit
38 Bottom-row PC key
39 Spy org.
40 Mao's successor
42 Angelic babe
45 Mini-program
49 Luau entertainment
50 Tier
52 Corporate

DOWN

1 Store
2 Salver
3 High point
4 Wine glass
5 Part of Iberia
6 Solo of "Star Wars"
7 Heavy cart
8 Spotted wild-cat
9 Tract
10 Great Lake
11 Dweeb
19 Dorothy's auntie
21 A billion years
24 Music genre
25 Lubricate
26 Arm bling
28 Amaze
29 Still frozen
30 Blunder
31 -- Aviv
36 Long, harsh speech

37 -- de cologne
38 Dosage unit
41 Pixar film about Carl Fredrickson
42 Bloke
43 Ginormous
44 Raised
46 Traditional tales
47 Early birds?
48 Whistle sound
51 Latin
47-Down

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King Crossword

Answers

Solution time: 25 mins.

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

Just Like Cats & Dogs by Dave T. Phipps

THIS IS MY HIGH SCHOOL GRADUATION PICTURE? I GOTTA SAY, IT'S A GOOD THING THEY PUT THE YEAR ON THIS.

Siuslaw News

READ IT TODAY!