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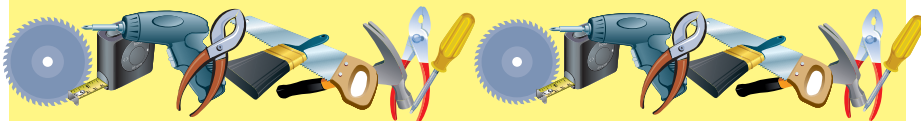
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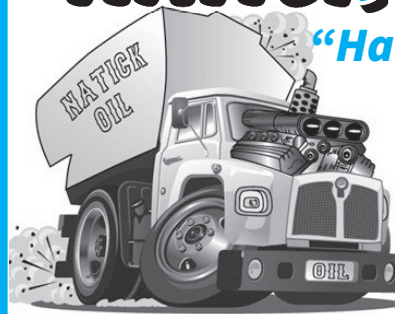
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PHENIX BAPTIST CHURCH VACATION BIBLE SCHOOL

Phenix Baptist Church, 2 Fairview Avenue, West Warwick, invites children to their "galactic Starveyors" Vacation Bible School from July 16-20, 9AM-12PM. Call 821-1618 or email phenixbc@verizon.net for more information.

AMERICAN LEGION POST #2 STEAK FRY

American Legion Post #2, 2 Legion Way, West Warwick, will hold a Steak Fry on July 13 from 6-8PM. Tickets are \$15/person. This event is open to the public. All proceeds benefit American Legion charities. For information call 821-9855.

THE WEST WARWICK ANIMAL SHELTER has many beautiful cats and dogs available for adoption. These animals would make wonderful companions for the right person or family. Please visit our Shelter on Hay Street in West Warwick or call 615-3388 for details.

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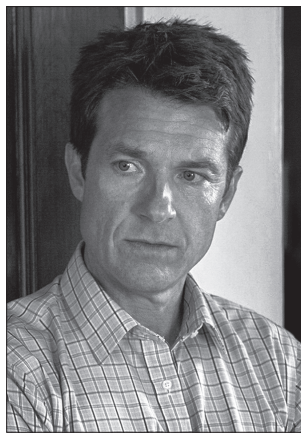
Q. It's been a while since I've heard anything about "Ozark." Can you give me any information? It will be back, won't it? — Christopher T., Alliance, Ohio

A. The Jason Bateman-starring drama will return to Netflix for its second season on Aug. 31, when the streaming network drops 10 brand-new episodes. Judging by the trailer for new season, it's going to be even darker than the first (if that's even possible). The preview opens with the Byrde family attending a funeral, with Wendy's (Laura Linney) voiceover to Marty (Jason Bateman): "We've done a lot of things — things that we said we would never do. ... What is the endgame?" I'm an eager to find out.

Q. One of my guilty pleasures is binge-watching "Forensic Files," and I came across an interesting episode about an author, Michael Peterson, accused of killing his wife, and at the end, they had a postscript written on-screen to say that he got a new trial and ended up being released. What's the story behind that? — Gina T., via email

A. I remember hearing about this case when it came out, and it has more twists and turns than one of Michael's own novels. "The Staircase," which was originally released in 2004 in France, is a 13-part miniseries on Netflix that tells the whole story of the murder, the new trial and suppositions about what Michael says actually happened that night. It is quite engrossing and really explores the American judicial system. If you liked "Making a Murderer," then give "The Staircase" a try.

READERS: I am super sad to report that NBC has decided to cancel "Timeless." The time-traveling drama made history (pun intended) last year when it was canceled after its first season, and then quickly uncanceled a few days later. Season two brought us so many more answers — with just as many questions — as Lucy, Wyatt, Rufus,



Daniel McFadden/Netflix

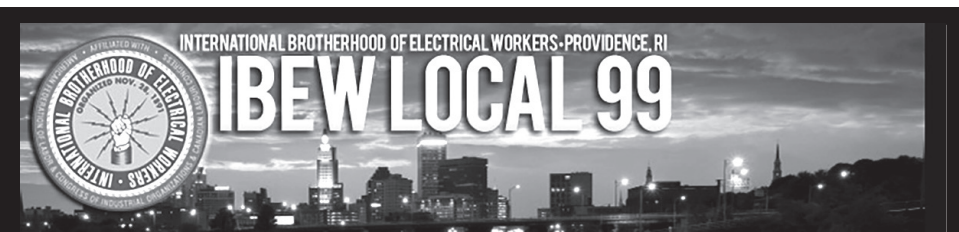
Jason Bateman in "Ozark"

Jiya and Flynn spent each week trying to stop Rittenhouse's plan to change history and take over the world. The season finale had present-day Lucy (played by Abigail Spencer) and Wyatt (Matt Lanter) coming face to face with their future selves, when the latter showed up in a blinged-out lifeboat, urging them to get on board if they wanted to save Rufus.

But all is not completely lost: Everyone involved has expressed interest in filming a two-hour movie to help wrap up loose ends. Co-creator Shawn Ryan tweeted: "If NBC is sincere in wanting a two-hour movie to give much needed closure to our amazing @NBCTimeless fans, we are ready to make it." As of this writing, no official movie announcement has been made, and maybe I'm still holding out hope that another network will pick it up. Netflix saved Fox's "Lucifer"; is it too much to ask to save my favorite time-traveling history buffs?

Write to Cindy at King Features Weekly Service, 628 Virginia Drive, Orlando, FL 32803; or e-mail her at letters@cindyelavsky.com.

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HOLLYWOOD

by Tony Rizzo

HOLLYWOOD — Talks are on between "Roseanne" producers (who include actress Sara Gilbert) and ABC to breathe new life into the recently canceled "Roseanne." The main catch is that ABC says it would only proceed with a spin-off if Roseanne Barr has absolutely no involvement creatively, financially or otherwise. Barr has always had a creative credit and ownership of the original series. Now lawyers have to figure out if she has creative or financial entitlement of spin-offs because the show is based on the titled character she created. In anticipation of working this out, ABC is holding the timeslot open for the spin-off, which probably will be called "The Connors."



Chris Pine in "Wonder Woman"

At the end of "Wonder Woman," we were led to believe that Steve Trevor, played by Chris Pine, had died. However, now that "Wonder Women 1984" is in production with Gal Gadot, Kristen Wiig and possibly, as rumored, TV "Wonder Woman" Linda Carter, Chris Pine is returning, and you can be sure not in flashbacks or as a ghost. It's set for a November 2019 release.

Tim Burton — who gave us such classics as "Beetlejuice" (1988), "Edward Scissorhands" (1990), three "Batman" films, "Planet of the Apes" (2001), "Charlie & the Chocolate Factory" (2005) and the epic "Alice in Wonderland" (2010) — is unveiling his live-action epic remake of "Dumbo," with Danny DeVito, Colin Farrell, Michael Keaton, Eva Green and Alan Arkin, in March. One of the major changes made to the classic animated film was shifting the crowning moment, when Dumbo makes his first flight, from the end of the film to the beginning. Sure sounds like fun.

Barbra Streisand was nominated for an Emmy for her recent Netflix special "Barbra: The Music ... The Mem'ries ... The Magic!," which she now says could well be her last live concert ... EVER! She has been working on her memoirs for more than three years and is five songs into completing her next album. She has not given up on starring in a remake of "Gypsy," which she feels would be the perfect way to bookend her movie career, having starred in "Funny Girl," which was written by Jule Styne, who also composed the music for "Gypsy." So what would the 76-year-old superstar do besides being Mrs. James Brolin, a star in his own right as one of the leads of the hit CBS series "Life in Pieces"? "Well," she says, "I just want to direct," and as the only female director to win a Golden Globe as best director, why not?

Finally, **Ben Affleck's** next film is called "The Has Been," which he almost became after the colossal flop "Gigli," with Jennifer Lopez, which cost \$75 million and made only \$7 million!

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

- | | | | |
|-----------|----------|---------|-----------|
| Dempsey | Leahy | Rafter | Swayze |
| Ewing | McEnroe | Roy | Warburton |
| Galbraith | McGoohan | Star | White |
| Henry | O'Neal | Stewart | |

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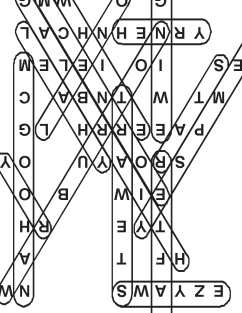
Solution time: 21 mins.

P	S	B	T	L	D	E	E	T	L	S	T
L	O	S	L	A	N	T	I	N	V	A	R
N	E	I	A	V	A	T	O	O	R	C	A
K	E	A	V	B	A	V	T	S	S	B	E
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M	E	I	T	P	I	M	A	T			
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Answers

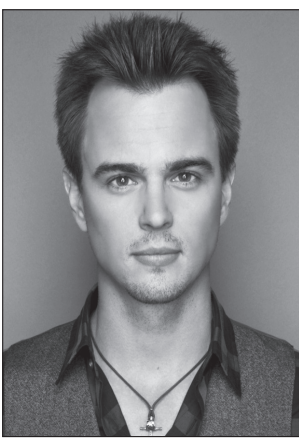
King Crossword

PATRICK —



SOAP updates

COMPILED BY DANA BLOCK



Gilles Touca/Bell-Phillip Television
Darin Brooks stars as "Wyatt" on "The Bold and The Beautiful."

THE BOLD AND THE BEAUTIFUL

Thorne helped talk Maya down when she became upset over something Hope said. Steffy shared the news with her father that she was ready to marry Liam. As Sally decorated their place for the 4th of July, Wyatt encouraged her to have more faith and believe that she would win over Hope. Sally vented her frustrations about Hope to Wyatt. Hope shared her exciting news with a stunned Liam. Eric and Quinn visited Steffy and offered to design her wedding dress. Liam and Hope shared a tender moment. Liam realized that he must go home and tell Steffy about Hope's news. **Wait to See:** Family members set out to determine who is threatening one of their own.

DAYS OF OUR LIVES

Eve brought a surprise witness to Tate's custody hearing. Brady's past came back to haunt him at the hearing. JJ visited Lani as she mourned the loss of her baby. Ciara was concerned as Ben became increasingly unglued without his medication. Hope received some unsettling news about Ben. Eve was forced into a corner during Tate's custody hearing. Chloe and Eric had a deep discussion about Nicole. Ciara tried to reason with a paranoid Ben while he was hallucinating. Tripp pulled back from his kiss with Claire, who admitted she was starting to have feelings for him. Hope questioned Clyde about Ben. Brady was on the hot seat while being implicated in Deimos's murder. **Wait to See:** Ciara passes out as the cabin catches fire.

GENERAL HOSPITAL

Michael surprised Nelle. Sonny received some positive news for once. Chase came clean. Peter cautioned Obrecht to be careful. Maxie felt very conflicted. Nelle turned on the charm. Sonny reassured Carly. Franco's fears

were assuaged. Julian opened up to Kim. Josslyn tried to make amends. Sonny received word from an old friend. Franco had a heart-to-heart with Scott. Sam made a clean break. Kim had a talk with Oscar. Jason gave Sonny some assurance. Nelle's appointment was delayed, but Micheal offered a solution. Kiki was relieved. Maxie received a surprise visit. Peter felt a glimmer of hope. **Wait to See:** Carly confides in Kevin.

THE YOUNG AND THE RESTLESS

The custody battle for little Christian continued as Sharon made an impassioned plea to the social worker. Meanwhile, Victor and Nikki's interview didn't go as smoothly, especially when Nick stopped by to sabotage it by mentioning Victor's failing health. Abby was disheartened when she learned that Arturo was unable to spend the 4th of July with her due to work. Billy celebrated his birthday trapped in an elevator with Phyllis. Hilary faced some challenges when the guest for her holiday show canceled, leaving her to fill airtime with interviews on the roof deck. Tessa avoided Hilary's interview questions about her past. Abby decided to bring the celebration to Arturo. Jack continued his quest to prove that Phillip Chancellor was his biological father. **Wait to See:** Jill returns home to chaos.

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CONTRA DANCING AT WESTWOOD YMCA
Camp Westwood, 2093 Harkney Hill Road, Coventry, will host Contra Dancing on July 14 from 7-9PM featuring May Bee Band with Paul Wilder (Caller). Light refreshments provided. Cost is \$5/person, \$10/couple, \$15/family. Proceeds to benefit Support A Child (SAC). For more information, call 397-7779.

GREENE PUBLIC LIBRARY ASSOCIATION'S ANNUAL CHICKEN BBQ
The Greene Public Library Association will hold their Annual Chicken BBQ on July 22 at 818 Hopkins Hollow Road, Greene. There will be 2 seatings - the 1st at 3:30PM & the 2nd at 5PM. Suggested donation is \$12/Adult, \$6/child (6-12), children under 6 are guests of the Library. A family of 4 is just \$30. Please call David at 397-3962 for reservations.

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'Beet' the Heat!

It's hot here in Texas, and there's nothing better than a cool, refreshing pitcher of ... beet lemonade?! Yes, that's right, beet lemonade. It's not only delicious, it's also packed with nutrients. While beets aren't typically showcased in summer recipes, they should be. If you're trying to improve your health and beat the heat, give beets a try.

Beet greens are the tops, and beet roots, or tap roots, are the bottom of the plant. Beet varieties in North America are known as table beets or garden beets, red beets or golden beets. Beets are a popular ingredient worldwide and are used for food coloring, medicinal purposes and sugar production. Sugar beets are a special type of beet that contains high concentrations of sucrose and are grown commercially. These beets are an important part of the sugar industry, and the United States is a leader in its production.

Beets are versatile. They can be juiced, roasted, steamed or pickled. They also can be bought pre-cooked and canned for convenience. When selecting beets, choose ones that are heavy for their size with fresh, unwilted green leafy tops still attached.

Beets are packed with essential vitamins, minerals and plant compounds, and have an impressive nutritional profile. They are high in vitamins and minerals, and low in calories. The roots are especially concentrated in folate or vitamin B-9, providing more than five times the amount as the beet leaves. Folate is important because it helps with DNA synthesis and repair. It also encourages cell and tissue growth.

Beets also contain a high concentration of nitrates, which have a blood pressure-lowering effect. This may lead to a reduced risk of heart attacks, heart failure and stroke. The dietary

nitrates contained in beets are converted into nitric oxide, a molecule that dilates blood vessels, increasing oxygen use and causing blood pressure to drop. This is particularly beneficial for athletes. Dietary nitrates are water soluble, so it is best to avoid boiling beets. The nitrates help increase blood flow to the brain, improve cognitive function and possibly reduce the risk of dementia. However, more research in this area is needed.

Beets are a good source of fiber, which aids in digestive health, as well as reducing the risk of several chronic health conditions. Beets also have a high water and low-calorie content, which are beneficial for weight loss.

in the cheesecloth, tightly twist the top closed and squeeze the juice into a large liquid measuring cup. It's intense, so blend it with lemon juice as directed below, or with fruit or vegetable juice, like orange or carrot. Transfer the juice to a container and refrigerate up to 3 days.

- 1 small beet*
- 1/2 cup lemon juice (approximately 5 lemons)*
- 1/2 cup sugar or stevia*
- 6 cups cold water, divided*

1. Cover your work surface with wax paper or plastic wrap before you begin peeling the beet. Wear disposable gloves or rub any stains off your skin with a halved lemon. Use a vegetable peeler to remove the beet skin.

2. Attach the shredding blade to a food processor and shred the beet chunks equaling about 1 cup of shredded beets. Scoop shredded beets into a bowl and set aside.

3. Remove food processor bowl from base and rinse out; replace the clean bowl onto the food processor

and insert the regular processor blade. Add shredded beets, lemon juice, sugar or stevia and 1 cup of water and process until smooth.

4. Strain the beet mixture through a sieve into a large bowl, pressing with the back of a spoon to extract as much liquid as possible. Transfer liquid into a pitcher and dilute with remaining water. Adjust sugar or water levels to taste. Refrigerate before serving. Makes 8 cups.

Angela Shelf Medearis is an award-winning children's author, culinary historian and the author of seven cookbooks. Her new cookbook is "The Kitchen Diva's Diabetic Cookbook." Her website is www.divapro.com. To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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Depositphotos

Try these ways to add more beets to your diet:

Beetroot salad — Grated beets make a flavorful and colorful addition to coleslaw.

Beetroot dip — Blend beets with Greek yogurt to make a delicious and healthy dip.

Beetroot juice — Fresh beetroot juice is best, as store-bought juice can be high in added sugars and may only contain a small number of beets.

Beetroot leaves — Cook and enjoy like spinach, add to smoothies and use in pesto.

This summer is going to be hot, so make this recipe for Beet Lemonade, and enjoy beets for a cool and refreshing treat!

BEET LEMONADE

If you don't have a food processor, you can shred the beets by hand (no need to peel). Finely grate one bunch beets on a surface lined with cheesecloth on top of wax paper. The more finely grated, the more juice you'll get. Gather the grated beets

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New DVDs Reviewed in This Column Will be Released the Week of July 2, 2018



Blockers (R) — Three effervescent teens (Kathryn Newton, Geraldine Viswanathan and Gideon Adlon), friends since kindergarten, make a pact to lose their virginity before the end of senior year. It comes down to that holiest of high-school nights — prom night — to make it happen. When the trio's single parents (played by Leslie Mann, Ike Barinholtz and John Cena) get wind of their plan, it's a cavalcade of parental hijinks as the parents follow the girls from party to party in an attempt to, um, "block" their plans. You think it's going to be a nonstop run of sex gags and trashy jokes, and it is — in the best way — but there are also sweet bits about parenting, growing up, trust and letting go.



Gideon Adlon, Kathryn Newton and Geraldine Viswanathan in "Blockers"

Finding Your Feet (PG-13) — In this sweet British romantic comedy, Sandra (Imelda Staunton) lives what she thinks is a wonderful life, until she finds out her husband of 40 years has been cheating on her — with her best friend, no less. She moves out of a luxury home and into the small London flat of her sister Bif (Celia Imrie), who is eccentric and vibrant — worlds different from the staid and sedate Sandra. But, it may be just what she needs to rediscover her inner self, a love of dance and help her find her footing in a new life. Also starring Joanna Lumley, and Timothy Spall as Sandra's charming suitor.

Another WolfCop (NR) — Oh, Canada. I swear you are the gift that keeps on giving: Justin Trudeau, gravy on French fries and the 2014 horror camp comedy "WolfCop" — and now its sequel, the appropriately titled

"Another WolfCop." Basically, WolfCop is an alcoholic police officer who also happens to be a werewolf. He battles a local politician who is plotting to addict residents to a microbrew called Chickenmilk Stout, and there's aliens and also hockey involved. In the lead role is Leo Fafard, who — and I'm not even kidding here — got the WolfCop gig after donning a werewolf suit for a local Saskatchewan band's music video. Jonathan Cherry, whom you might remember as the plucky goaltender in "Goon," reprises as Willie Higgins, and Amy Matysio is Tina, the by-the-books straight man (or woman, as it were).

7 Days in Entebbe (R) — Rosamund Pike and Daniel Bruhl play two German revolutionaries intent on drawing attention to the Palestinian problem in director Jose Padilha's retelling of the real-life 1976 hijacking of an Air France flight en route from Tel Aviv to Paris. The flight is taken over and diverted to Uganda, where we experience events from the perspective of the hijackers. Much is made of re-creating the 1970s vibe, and it shows in a well-done hazy brown-gold tone, but it could use more tension, more action and less atmosphere.

NEW TV RELEASES
New Girl Final season
Grimm: The Complete Collection Striking Out Season 2
Shark Week: Sharktacular Adventures
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1. Which band released "Kicks"?
2. Who released "Why Do Lovers Break Each Other's Heart," and when?
3. Which group recorded "Will You Be Staying After Sunday"?
4. Who released "I'd Do Anything for Love"?
5. Name the song that contains this lyric: "Another sleepless night I can't explain, Somebody said they heard me call your name, The radio won't let you leave my mind, I know it's over but I don't know why."

Answers

1. Paul Revere & the Raiders, in 1966. "Kicks" was one of the first anti-drug songs. It was written for The Animals, but Eric Burdon didn't want to record it.
2. Bob B. Soxx and the Blue Jeans, in 1963. It was one of many hits written by Ellie Greenwich, including "Be My Baby" and "Then He Kissed Me."
3. The Peppermint Rainbow, in 1969. During one televised clip it was obvious that the group was syncing ... the instruments weren't even plugged in.
4. Meat Loaf, in 1993. It was his first No. 1 single and netted a Grammy for Best Rock Vocal Performance.
5. "Should've Known Better," by Richard Marx, in 1987. Singer-songwriter Marx released the song on his debut album; it peaked at No. 3 on the Billboard 100.

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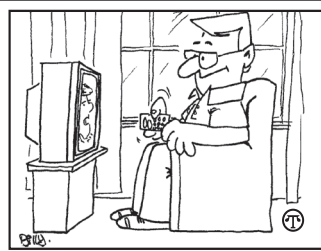
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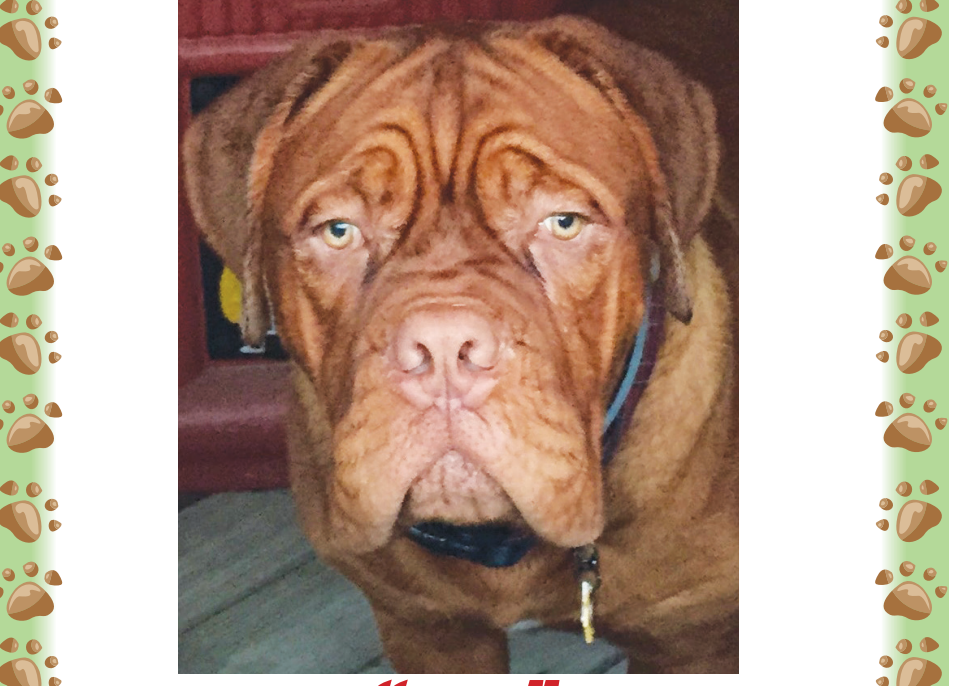
Car insurance group Progressive says if you have liability and physical damage coverages, there's a good chance you don't need to buy supplemental coverage when you rent a car. For more information or to find an agent nearby, visit www.progressiveagent.com.

So far, more than 700 novels have been published by the winners of the Writers of the Future contest, which awards over \$30,000 in prizes annually. For more information or to see the recent awards ceremony, go to www.writersofthefuture.com.

"Reverse mortgages are a fantastic option for folks 62 or older with equity in their house," said Jay Farmer, CEO of One Reverse Mortgage, a leading national reverse mortgage lender. Learn more at www.onereversemortgage.com or call (800) 401-8114.

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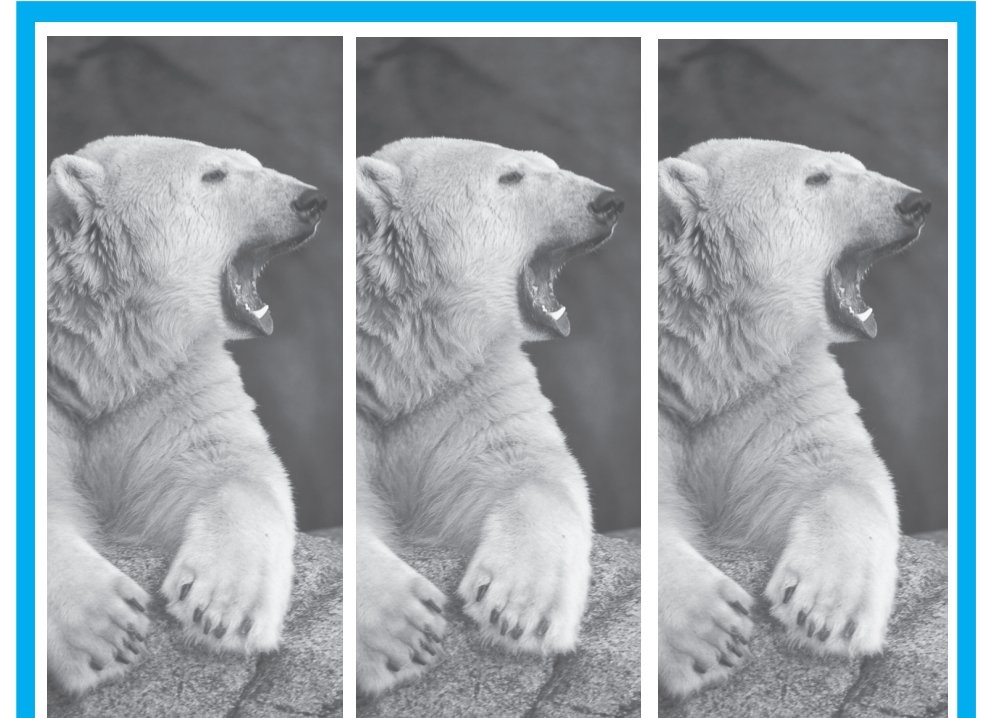


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MONDAY-FRIDAY 8:30-5



Entertainment

YARD SALE

EXETER GRANGE CHRISTMAS IN JULY SALE
Exeter Grange Hall, 469 Ten Rod Road (Rte. 102), Exeter, will hold a Christmas in July Sale on July 14 from 9AM-2PM. There will be Christmas items galore and even some other "Holiday" items as well. The Grange will be serving their scrumptious Strawberry Shortcake for only \$5 each. Please call Peggy at 397-8058 with any questions or for more information.

SELL YOUR WEDDING DRESS, Bridesmaids dress, wedding decor and more at New England Wedding-CON on August 5 at the West Warwick Civic Center. ONLY wedding items! Only \$5 - just register at Eventbrite.com or email Kelly@Bridal-ShowsbyKelly.com

MOVING YARD SALE! 79 Fry Pond Road, West Greenwich: July 14, 8:30AM-2PM. Rain date July 15.

MOVING/ESTATE YARD SALE! 62 Coit Avenue, West Warwick: July 13, 14, & 15. Everything must go!

HUGE YARD SALE! 14 Metro Drive, Coventry. July 14, 8AM. Rain date July 15.

47 WINTHROP AVENUE, West Warwick: July 14, 8AM-1PM. Various collectibles, household and holiday items.

36 TOBIN STREET, Coventry: July 14, 7:30AM-2PM. Huge selection of clothing, housewares, furniture & more! Everything must go!

HUGE YARD SALE! 360 Matteson Road, Hope: July 14, 6AM-2PM.

55 HILL FARM CAMP ROAD, Coventry: July 14, 8AM-1PM. Miscellaneous items, toys, records, furniture.

22 CHANDLER DRIVE, Coventry: July 14, 8AM-2PM. Multi Family. Rain date July 15.

GIGANTIC INDOOR/OUTDOOR YARD SALE! 7 Alvero Road (off Rte. 117), Coventry: July 13 & 14, 8:30AM-2PM.

203 HILL STREET, Coventry: Multi Family. July 14. Furniture, household, jewelry, Tonka, clothes. Rain date July 15.

MOVING SALE! 14 Allison Avenue: July 14. Great Selection.

BLUEBERRY HEIGHTS, West Greenwich: July 14, 8AM-2PM. Moving Sale! Multiple families. Antiques, household items, tools, etc.

YARD SALE/MOVING SALE! 11 Nancy Street, Coventry: July 14, 8AM. A little bit of everything.

MOVING SALE! 771 Gibson Hill Road, Coventry: Sunday July 15, 9AM-2PM. Something for everyone.

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DAVE'S BARN & YARD SALE! 35 Pilgrim Avenue, Coventry: Friday-Sunday, July 13-15, 8AM-4PM. Tools, yard items, toys, bikes, household, deck & patio, plus much more!!! We hope to see you there! Thanks, Dave.

55 ROBINSON WAY (off Pulaski Street), West Warwick: July 14, 7AM-3PM. Lots of stuff! Early birds welcome.

STREET WIDE YARD SALE! Fry Pond Road, West Greenwich: Saturday, July 14 from 8AM-3PM. Rain date July 15.



STEAK FRY: Club Frontenac, 1143 Main Street, West Warwick. Thursday, July 12, 5-8PM. Menu includes steak, potato, vegetable, salad, mushrooms, onions. \$14/person. 821-9846.

HALL FOR RENT: Coventry Men's Club available for Bachelor Parties, Weddings, Birthdays, Retirement Parties, Etc. Menu available. Call 385-3536 after 2PM for more information.

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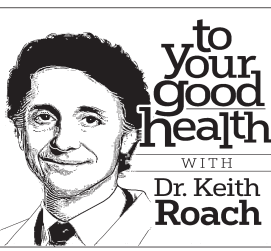
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Making an Informed Health Decision

DEAR DR. ROACH: I am 71. I'm overweight at 300 pounds and have had Type 2 diabetes for 15 years. I haven't had any chest pain or heart problems, but a recent nuclear stress test led my doctor to suspect buildup in one of my arteries, and he wants to do a cardiac catheterization. I do not want to do this, partly because I feel that once you let doctors start messing with your body, you will only experience more problems (like a stent or something) and your life will never be the same. I don't want to offend the cardiologist, but I really do not want to do this. Am I completely wrong? — *P.R.*

ANSWER: Making a decision after knowing all the pertinent information isn't wrong, even if it isn't the decision the doctor recommends. I'd like to be sure you have all the right information. A nuclear stress test uses a radioactive dye to look at blood flow to the heart. Although they are very accurate, like almost every test, they can be mistaken. This is why your cardiologist ordered the cardiac catheterization — the best test we have to look for blockages in the arteries. The risk in a cardiac catheterization, also called an angiogram, is low. If there are no blockages, that information is helpful and might allow your cardiologist to have you stop some medications.

If you do have blockages, you have a choice of medical treatment (such as a statin, beta blocker and aspirin), catheter treatment (such as angioplasty with or without a stent) and surgical treat-

ment. Knowing more about the location and severity of any blockage can allow you to make a more informed decision about what treatment is better. Stents and surgery would be less commonly used in someone without symptoms, unless the blockage were very severe or in a critical artery.

It's not unreasonable, given your medical history, to assume that there is a blockage that might need medical treatment. In addition to the medications I mentioned, taking excellent care of your diabetes, losing some weight, making sure your diet is proper for someone with suspected heart disease, and participating in a monitored exercise program all can reduce your risk of a heart attack. In fact, these are important even if you do get a stent or surgery.

I don't think your cardiologist will be offended if you can give him your reasons for declining an angiogram, even though he and I are recommending it in order to provide the best information to decide whether further intervention is necessary.

DEAR DR. ROACH: Since turmeric is said to be a powerful anti-inflammatory, would it be beneficial to drink a cup of tea made with it? Especially for something like ulcerative colitis? — *J.B.*

ANSWER: Curcumin, an active ingredient in turmeric, releases two compounds (TNF-alpha and nitric oxide) that can reduce inflammation. In ulcerative colitis, one study showed that there were fewer exacerbations in people who took curcumin along with their usual medications for U.C., compared with those taking a placebo. It holds some promise but is by no means a cure.

Dr. Roach regrets that he is unable to answer individual letters, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu. To view and order health pamphlets, visit www.rbmamall.com, or write to Good Health, 628 Virginia Drive, Orlando, FL 32803.

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SUNDAY MORNING BREAKFAST AT THE ELKS
The Coventry-West Greenwich Elks is offering Sunday morning breakfast from 8-11AM. Menu includes scrambled eggs or French toast, tater tots or home fries, bacon or sausage, English muffin or toast and beverage. Cost is \$6/adult & \$2.50/child (under 10). All proceeds benefit Elk charities.

SPECIAL SUMMER FUN AT GREENE PUBLIC LIBRARY

Greene Public Library, Hopkins Hollow Road, Greene is offering the following "Libraries Rock!" Summer Reading Program Activities: **Make Your Own Guitar** on July 6 at 10AM. **Create Your Own Pet Rock** on July 13 at 10AM. **Painting for Teens with Mermaid Masterpieces** on July 17 at 4PM. **Fiddling Fun for K-5** on July 19 at 4PM. **Drum Making** on July 20 at 10AM. **Make Your Own Finger Cassettes** on July 27 at 10AM. **Spin Drum Craft** on August 3 at 11:30AM. Call 397-3873 or email aileen@coventrylibrary.org to register.

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Volume 64 • Issue 9

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Fresh Porterhouse or T-Bone Steak 4⁹⁹ lb.	Triple M Classic Roast Beef 5⁹⁹ lb.	16 oz. Halo Top Ice Cream \$3⁹⁹	15 oz. Best Yet Ricotta Cheese 2/\$4	16 oz. Best Yet Sour Cream 2/\$3
BAKERY				
Fresh, Grade A, Boneless Chicken Tenderloins 2⁴⁹ lb.	Wunderbar German Bologna 2⁹⁹ lb.	Fresh Baked Ciabatta Bread 2/\$5	Hershey's Chocolate Mousse Bar Cake \$6⁹⁹	4 Pack Fresh Baked Gourmet Muffins \$3⁹⁹
PREPARED FOODS				
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Trivia test by Fifi Rodriguez

1. HISTORY: Who was Jesse James' brother and partner in crime?
2. ANATOMY: Where in the human body would you find the tympanic membrane?
3. MUSIC: Which artist recorded the album titled "Blood on the Tracks"?
4. LITERATURE: Who wrote the novel "The Swiss Family Robinson"?
5. CHEMISTRY: What is the symbol for the element magnesium?
6. GEOGRAPHY: What is the capital of Portugal?
7. TELEVISION: What was the name of Robert Blake's cockatoo in the TV series "Baretta"?
8. LANGUAGE: What does the Greek prefix "ornitho" refer to?
9. MATH: What does the symbol "r" stand for in classic geometry?
10. ADVERTISEMENTS: What product's slogan is "When it rains, it pours."

Answers

1. Frank James
2. Between the outer and middle ear (eardrum)
3. Bob Dylan
4. Johann Wyss
5. Mg
6. Lisbon
7. Fred
8. Bird
9. Radius
10. Morton Salt

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• On July 22, 1916, in San Francisco, a bomb hidden in a suitcase at a Preparedness Day parade on Market Street kills 10 people and wounds 40. The parade was organized by the Chamber of Commerce in support of America's possible entry into World War I.

• On July 18, 1925, seven months after being released from Landsberg jail, Adolf Hitler publishes the first volume of his personal manifesto, "Mein Kampf," the blueprint for his plan of Nazi world domination.

• On July 17, 1938, Douglas "Wrong Way" Corrigan takes off from New York, ostentatiously pointed west. Twenty-eight hours later, Corrigan landed in Dublin, Ireland, and asked, "Where am I?" He claimed that he got lost.

• On July 16, 1945, the Manhattan Project comes to an explosive end as the first atom bomb is successfully tested in Alamogordo, New Mexico. In 1939, Albert Einstein had written to President Roosevelt supporting the theory that an uncontrolled nuclear chain reaction had potential as a basis for a weapon of mass destruction.

• On July 19, 1956, Secretary of State John Foster Dulles announces that the United States was withdrawing its offer of \$70 million in financial aid to Egypt to help with the construction of the Aswan Dam on the Nile River. The Soviets rushed to Egypt's aid.

• On July 20, 1976, the seventh anniversary of the Apollo 11 lunar landing, the Viking 1 lander becomes the first spacecraft to land safely on Mars. It sent back the first close-up photographs of the rust-colored Martian surface.

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A few turns on the grill transform fresh fruit into a sumptuous finale.

- 1/2 cup honey
- 1 tablespoon fresh lemon juice
- 1/4 cup loosely packed fresh mint leaves, thinly sliced
- 1 medium pineapple, cut lengthwise into 6 wedges, with leaves attached
- 2 large bananas, each cut diagonally into thirds
- 3 medium plums, each cut in half
- 2 medium nectarines or peaches, each cut into quarters

1. In cup, stir together honey, lemon juice and 1 tablespoon mint leaves.
2. With tongs, place all fruit pieces on grill over medium heat. Grill fruit 10 to 15 minutes, until browned and tender, turning fruit occasionally. Brush fruit with some honey mixture during last 3 minutes of cooking.
3. To serve, arrange grilled fruit on large platter; drizzle with any remaining honey mixture. Sprinkle grilled fruit with remaining mint. Makes 6 servings.

• Each serving: 215 calories, 1g total fat, 5mg sodium, 55g carbohydrates, 2g protein.

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KOVELS Antiques & Collecting
 By Terry and Kim Kovel

Weather Vane

Tennis started in the 12th century and was played without a racquet. The ball was hit with the hand. It was not until the 16th century that the game was called "tennis" and players used a racquet. By the 1960s, important tennis matches were open to both amateurs and professionals, and winning players got a large sum of money as a prize. But there are many collectibles from early tennis events as well as equipment from the past 100 years.

Since about 1870, some steins, vases, plates and even figurines pictured players and other tennis scenes. Old balls and racquets, even appropriate tennis clothing, are wanted. One of the most unusual tennis items sold recently is a pre-1950s tennis-racquet weather vane. It was made of copper and included copper-wire racquet strings. The racquet was attached to a mounting rod with a tennis-ball top. The weather vane sold at a James Julia auction for \$1,815. It probably will be installed near a tennis court.

Q. I have a tiny bisque doll, which is about four inches tall. It has molded hair, painted brown eyes and rope joints. Marked on the back is "Sarah S. Putnam, Germany." I'd like to know who this is and the age of the doll. It is in perfect condition.

A. Your doll was designed by Grace (not Sarah) S. Putnam. Born in California, Grace Storey Putnam (1877-1947) was divorced and trying to earn some money when she started designing dolls' heads. In 1922, she copyrighted a wax doll's head designed to look like the head of a 3-day-old infant. Within a couple of years, the doll, called "Bye-Lo Baby," went into production, distributed by George Borgfeldt & Co., a New York importer. The first dolls' heads were bisque and made in Germany. Bodies were cloth, made by the K & K Toy Co., a subsidiary of Borgfeldt, which also assembled them. They came in several sizes. Later, heads were composition, wood, vinyl, wax or celluloid, made in Germany or the U.S. Other dolls were all bisque, all composition or a combination. They were sold until 1952. Your doll's value depends on size, condition, age, and head and body type. Your doll was made sometime after 1925 and is worth about \$200.

CURRENT PRICES
 Compact, silver-tone metal, black, red and white paint, strolling couple, tree, hinged lid, mirror and powder puff, c. 1930, 3 1/2 in diameter, \$15.
 Beverage dispenser, stoneware, pale blue crock with "Iced Tea" stamped in navy blue, brass spout, lid, 1960s, 16 x 11 inches, 4 gallons, \$120.
 Golf sign, hand-carved wood, The golfers arms, golfer on course, arched top, multicolored paint, 1950s, 40 x 27 inches, \$400.
 Asparagus set, Majolica, rectangular server with handles, eight round plates, scalloped, molded stalks, leaves, c. 1905, 16 inches and 9 inches, \$960.
 Tip: Plastic furniture from the 1950s often scratches. A good polishing with automobile wax might help cover the blemishes.

For more collecting news, tips and resources, visit www.Kovels.com
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The Senior Companion Program trains volunteers to serve isolated older adults in their own homes, Adult Day Centers & other community sites. Senior Companions are matched with a resident in need of socialization and companionship and will serve for 4 hours, 1 day/week at no cost to the participant. For more information, call Lynn at 822-9125.

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Hints For Homeowners

Summer Heat Can Burn Through A Homeowner's Repair Budget

(NAPSA)—The unexpected breakdown of a major appliance or system in summer can leave a homeowner hot under the collar in more ways than one. These types of breakdowns usually mean costly repairs and a less-than-comfortable home until they're fixed or replaced.

While not always possible to prevent, it is possible to prepare.

To help, here are some suggestions from an expert in the field of preparation—Sandra Finn, president of TotalProtect Home Warranty.

Q: Is there a particular time of year when major appliances or systems are more susceptible to breaking down?

A: Summer is the time when most expensive breakdowns occur. In many cases, it's a combination of the system being taxed to its limit from constant use and its age.

Q: How is age a factor?

A: According to data from the Bureau of Economic Analysis and a Bloomberg report, the average age of consumer durable goods is the highest it has been since 1962. This means homeowners are keeping their items longer than ever before, increasing the chance they could break from routine wear and tear.

Q: Why should you prepare for an appliance and system breaking down?

A: A recent report showed that most folks are not prepared for unexpected expenses and even a small dollar amount could cause a household financial distress.



A growing number of homeowners are finding that a home warranty can be a useful tool in home and budget management.

Having a home warranty can make a big difference because it provides a safety net for the homeowner's budget and, in the case of our company, will send the right repair person to your home.

Q: So a home warranty is about more than just money?

A: Exactly. In addition to helping protect your savings, a home warranty can help you feel more confident, knowing you are prepared to handle a breakdown.

In fact, according to a recent survey conducted by our company, 34 percent of people polled said that an appliance or system breaking down at the wrong time would cause more stress than getting into a fender bender. A home warranty can help you.

Q: How is a warranty different from homeowner's insurance?

A: Most homeowner's insur-

ance policies do not protect against normal wear-and-tear damage like home warranties do.

Typically, covered items include the heating and air-conditioning (HVAC), electrical, plumbing, water heater, kitchen appliances, clothes washer and dryer, a garage door opener.

Q: How is your company different from others that offer home warranty?

A: TotalProtect is built around making sure we fix your problem right the first time. We are committed to this that we have the largest network of service technicians in the industry—40,000—you can get a qualified technician there when you need them.

We also stand behind the quality of their repair work with a 90-day workmanship guarantee, the longest in the home warranty industry.

Q: What kind of investments are we talking about?

A: For an average cost of \$50 to \$600 per year, a home warranty can be a helpful tool in home budget management. That's compared to potentially spending more than \$4,000 to fix or replace a broken A/C, which our research shows is the average repair cost.

Warranty products such as TotalProtect Home Warranty can be purchased directly from the company and are offered through local mortgage and utility companies, banks or realtors.

To learn more, visit www.totalprotect.com.

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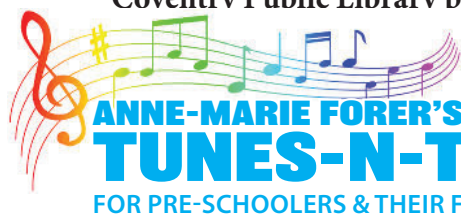
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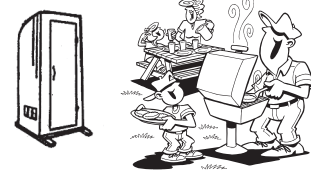
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