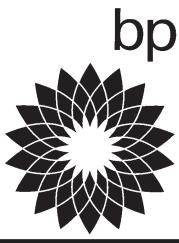




Your Petroleum Center



Serving You At These Locations:
Pine Mountain Junction
Whitesburg
And Neon Junction
Neon



7-Day Forecast for Whitesburg

Wednesday



55° 50°

RealFeel® 49°

Some rain and a t-storm in the p.m.

Thursday



64° 42°

RealFeel® 62°

Occasional rain and a thunderstorm

Friday



55° 44°

RealFeel® 61°

Clouds breaking for some sun

Saturday



66° 44°

RealFeel® 63°

A shower or two; breezy in the p.m.

Sunday



53° 26°

RealFeel® 47°

A little morning rain; cooler

Monday



43° 26°

RealFeel® 42°

Low clouds

Tuesday



39° 33°

RealFeel® 38°

A little snow; rain at night

Forecasts and graphics provided by AccuWeather, Inc. ©2025

Understanding the mechanisms behind a nuclear stress test

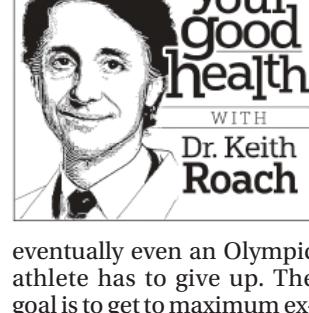
DEAR DR. ROACH: I had a comment about your recent column on nuclear stress tests. As an 87-year-old person who has experienced atrial fibrillation and a mild stroke, I have had two nuclear stress tests done. In both cases, I told the supervising nurse I wanted to go to the max limits that they would allow. Even though I attempted to prepare by briskly walking up the hill close to my home and thought I was doing well on the treadmill, I failed to reach the final parameters that they were seeking.

To get me there, I was injected with something (the name escapes me) that is supposed to achieve the same result as the final stage of a nuclear stress test. As I recall the discussion, the nurse stated that many couldn't get as far as I did. Medications were a way for them to obtain the needed results. — J.M.

ANSWER: Stress testing may be done for several reasons, but the most common is to determine whether there are blockages in the arteries in the heart that are severe enough to limit blood flow. When ordering a stress test, the clinician has to decide how to stress the heart and get information from it.

In people who can exercise (meaning they don't have an orthopedic or neurological condition that keeps them from being able to move), then using exercise is the best approach in almost all cases. Exercise is safer since you can stop doing it at any time, and it also provides useful information. People who can exercise for a longer time (9 minutes on a standard protocol called a Bruce) have a very good prognosis; whereas if you can't make it to 3 minutes, this is a poor prognosis.

The treadmill gets steeper and faster every 3 minutes on a Bruce protocol so that



eventually even an Olympic athlete has to give up. The goal is to get to maximum exercise where a person simply can't go any further. The person who runs the stress test looks for any sign of incipient heart damage through an electrocardiogram (EKG), a blood pressure monitor, or symptoms so that the test can be stopped if it seems dangerous.

Despite trying really hard, some people cannot get their heart rate and blood pressure high enough where the stress test can diagnose heart disease. In this case, the exercise stress test is converted to a pharmacologic stress test. A medication, such as dobutamine, is given to make the heart beat faster and stronger until the adequate workload is achieved.

Many of my patients tell me that this is uncomfortable, and more than once, I have heard someone say, "My heart was going to jump out of my chest." If there are signs of danger, the medication can be stopped, and in some cases, a reversal agent is given.

Once the heart is at an adequate level of exertion, abnormalities in the blood flow can be detected by the EKG. However, the test's sensitivity can be improved by looking at blood flow through a radioactive chemical injected in the blood, which can measure blood flow to various regions of the heart more precisely. The sensitivity can also be improved by examining the heart's wall

Calculating the price of eggs

By MATILDA CHARLES

Here we go again. Because of the avian influenza, many hens have had to be culled, leaving fewer to produce eggs. Supply and demand

being what it is, the price of eggs has jumped up again because there are fewer eggs.

Senior News

A recent trip to the store was a shocker. In the space of less than 10 days, a dozen eggs at my local store had shot up over \$2 ... to a whopping \$6.95 for large eggs. This wasn't even extra large or jumbo.

I almost walked away without buying eggs. Instead, I pulled out my calculator and did the math. At that price, each egg cost 58 cents.

A two-egg omelet would, therefore, cost \$1.16 for the eggs, and would provide 12 grams of protein.

And it was then I realized something: For all the complaining I've done about the price of eggs, maybe the price really isn't so bad when it's calculated that way.

To be considered: There is tuna with a high protein

level, but we're told not to eat it every day because of the mercury in many types. There's rice, but we shouldn't have that every day either because of the arsenic in it. (And how many of us adhere to the 1/4-cup serving size?) Beef is a protein powerhouse, but where are we going to get a serving of beef for \$1.16? Not at my store.

In my hunt for "cheap protein," I discovered cottage cheese. One 1/2-cup serving gets us 14 grams of protein and costs 72 cents.

Two tablespoons of peanut butter gets us 7 grams of protein.

Then there are beans, lentils and oatmeal, and a snack of cheese with a few grapes and crackers.

So, instead of looking at the cost of an item (and cringing), maybe we need to look instead at the cost of a serving.

(c) 2025 King Features Synd., Inc.

Keep a lint roller by the sewing machine to quickly swipe up those tiny bits of thread. It'll keep your sewing area from getting messy.

• Sharpen scissors by cutting through a piece of aluminum foil that has been folded over several times. It really does work!

• Parents of twins (or other multiples): It really does make a difference when you join a multiples club or keep in touch with an organization for that purpose. Most do clothing swaps or sales fairly often, and the money you'll save in the clothing the first year is worthwhile.

(c) 2025 King Features Synd., Inc.

Weekly SUDOKU

Answer

9	6	1	8	4	7	2	5	3
7	5	8	3	2	6	1	9	4
3	4	2	5	1	9	6	7	8
6	8	5	4	3	2	9	1	7
2	3	9	7	8	1	4	6	5
1	7	4	9	6	5	3	8	2
4	9	6	2	5	8	7	3	1
8	1	3	6	7	4	5	2	9
5	2	7	1	9	3	8	4	6

Weekly SUDOKU

9	6		4		2	5		
7	8	3	2	6	1	4		
4			1		7			
6	5	4				1	7	
2			8				5	
7	4			5	3	2		
6				7	3	1		
8		6						
	1			8	4	6		

Place a number in the empty boxes in such a way that each row across, each column down and each small 3x3 square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK:

♦ Moderate ♦♦ Challenging ♦♦♦ HOO BOY!

© 2025 King Features Synd., Inc.

The Newsday Crossword

Edited by Stanley Newman (www.StanXwords.com)

FROSTY: A double dose in seven answers

by Gail Grabowski

ACROSS

- 77 "Don't like it? Tough!"
- 78 Suffix for serpent
- 80 Architectural details
- 82 Pick-up-sticks game
- 83 Launching sites
- 87 Menu listings
- 91 Clothing, so to speak
- 93 *Simpsons* barkeep
- 96 "Semper Fidelis" composer
- 98 Pigeon sound
- 99 Crooner admired by Sinatra
- 100 Costly conquest
- 103 Edie of *The Sopranos*
- 105 Feathery scarves
- 106 Afternoon snooze
- 107 To help someone out
- 110 Computer trial, for short
- 111 In large part
- 113 Calf-length skirt
- 114 CPR experts
- 116 Becomes sunny
- 118 Rejuvenation destination
- 121 Beaded calculators
- 123 *Jurassic Park* author
- 127 Hard-working introvert
- 128 Grapelike palm berry
- 129 Poi source
- 130 Refine, as metal
- 131 USPS deliveries
- 132 Business partners, at times
- 133 Leisurely
- 134 Weighty volumes
- 135 Toy store — Schwarz
- 137 Liberates
- 139 Cowpoke's greeting
- 141 Feathered friend
- 142 Giraffe cousin
- 143 Genre for 123-Across
- 147 Think back to
- 151 Very thin battery
- 152 Greeting in an in-box
- 153 That woman's
- 154 Empanada, for instance
- 155 Drinks quickly
- 157 All-knowing
- 159 When a plane is due: Abbr.
- 161 Mature on a vine
- 162 Wagerer's hangout: Abbr.
- 164 Big game-show prizes
- 168 Solidify
- 169 What surrounds the Canary Islands
- 171 On-your-back leg exercise
- 175 Burns of documentaries
- 176 Grades K-12
- 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
- 36
- 37
- 38
- 39
- 40
- 41
- 42
- 43
- 44
- 45
- 46
- 47
- 48
- 49
- 50
- 51
- 52
- 53
- 54
- 55
- 56
- 57
- 58
- 59
- 60
- 61
- 62
- 63
- 64
- 65
- 66
- 67
- 68
- 69
- 70
- 71
- 72
- 73
- 74
- 75
- 76
- 77
- 78
- 79
- 80
- 81
- 82
- 83
- 84
- 85
- 86
- 87
- 88
- 89
- 90
- 91
- 92
- 93
- 94
- 95
- 96
- 97
- 98
- 99
- 100
- 101
- 102
- 103
- 104
- 105
- 106
- 107
- 108
- 109
- 110
- 111
- 112
- 113
- 114
- 115
- 116
- 117
- 118
- 119
- 120
- 121
- 122
- 123
- 124
- 125
- 126
- 127
- 128
- 129
- 130
- 131
- 132
- 133
- 134

CREATORS SYNDICATE © 2025 STANLEY NEWMAN

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19