



Your Petroleum Center



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



7-Day Forecast for Whitesburg

Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
55° 50° RealFeel® 49°	64° 42° RealFeel® 62°	55° 44° RealFeel® 61°	66° 44° RealFeel® 63°	53° 26° RealFeel® 47°	43° 26° RealFeel® 42°	39° 33° RealFeel® 38°
Some rain and a t-storm in the p.m.	Occasional rain and a thunderstorm	Clouds breaking for some sun	A shower or two; breezy in the p.m.	A little morning rain; cooler	Low clouds	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.

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Nicholas II arrived in New York City. Though she fought for recognition of that identity for more than 50 years, it was never verified.

On Feb. 7, 1974, viewers at a screening of the Mel Brooks Western spoof "Blazing Saddles" at the Pickwick Drive-In Theater in Burbank, California, enjoyed the film not from the expected comfort of their cars, but on horseback, in one of Hollywood's most creative P.R. stunts.

On Feb. 8, 1986, Spud Webb, one of the shortest players in professional basketball history at 5-foot-7, scored a win over his Atlanta Hawks teammate, the 6-foot-8 Dominique Wilkins, in the NBA slam dunk contest.

On Feb. 9, 1864, Union General George Armstrong Custer married Elizabeth "Libbie" Bacon in Monroe, Michigan, while he was on leave. A passionate defender of her husband's reputation after his death at the Battle of the Little Bighorn in 1876, her efforts helped establish Custer as an American hero.

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Top ten movies

1. Flight Risk (R) Michelle Dockery, Mark Wahlberg
2. Mufasa: The Lion King (PG) Aaron Pierre, Kelvin Harrison Jr.
3. One of Them Days (R) Keke Palmer, SZA
4. Sonic the Hedgehog 3 (PG) Jim Carrey, Ben Schwartz
5. Moana 2 (PG) Auli'i Cravalho, Dwayne Johnson
6. Presence (R) Lucy Liu, Chris Sullivan
7. Wolf Man (R) Julia Garner, Leigh Whannell
8. A Complete Unknown (R) Timothy Chalamet, Edward Norton
9. Den of Thieves: Pantera (R) Gerard Butler, O'Shea Jackson Jr.
10. The Brutalist (R) Adrien Brody, Felicity Jones

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movement through echocardiography.

In other cases, a more limited stress test is done to determine the safety of exercise. This is often done after a heart attack to determine which exercises a person can do as part of their cardiac rehab.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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On Feb. 4, 1913, Rosa Louise McCauley, better known to us today by her married name of Rosa Parks, was born in Tuskegee, Alabama. The lifelong civil rights activist's refusal to give up her seat on a segregated bus to a white man in 1955 remains a defining moment of America's civil rights movement.

On Feb. 5, 2012, 36-year-old Josh Powell, who had been labeled a person of interest in the 2009 disappearance of his 28-year-old wife, Susan, locked out a social worker before killing himself and his two young sons, Braden and Charlie, by setting fire to his Graham, Washington, home. Susan Powell's remains have still not been found.

On Feb. 6, 1928, a woman calling herself Anastasia Tchaikovsky (later Anna Anderson) and claiming to be the youngest daughter of murdered Russian czar

The Newsday Crossword

Edited by Stanley Newman (www.StanXwords.com)

FROSTY: A double dose in seven answers

by Gail Grabowski

ACROSS

1 On an ocean voyage

6 Support, with "up"

10 Great weight

14 Male deer

18 Dryly amusing

19 Kelly of morning TV

20 Aroma

21 Shady area

23 What a dilemma presents

26 Cantina dip

27 PD rank

28 Baby's bodysuit

29 Margarine holders

31 Length measures

32 Made a metallic sound

35 Toy store ___ Schwarz

37 Liberates

39 Cowpoke's greeting

41 Feathered friend

42 Giraffe cousin

43 Genre for 123-Across

47 Think back to

51 Very thin battery

52 Greeting in an in-box

53 That woman's

54 Empanada, for instance

55 Drinks quickly

57 All-knowing

59 When a plane is due: Abbr.

61 Mature on a vine

62 Wagerer's hangout: Abbr.

64 Big game-show prizes

68 Solidify

69 What surrounds the Canary Isls.

71 On-your-back leg exercise

75 Burns of documentaries

76 Grades K-12

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

DOWN

1 Goes on to say

2 High-school math

3 Downplay

4 Arctic assistant

5 *Arabian Nights* name

6 Trim branches from

7 Annoyed

8 Chooses, with "for"

9 Eastern(!) end of the Panama Canal

10 Follower of yoo or boo

11 Make revisions to

12 Deal primarily with

13 Longtime *Jeopardy!* host

14 KLM competitor

15 56-Down issuance

16 More skilled

17 Pay a visit to

22 Fixed fee

24 After-dinner drink

25 Fireplace

30 Fixed gaze

33 Pasta variety suffix

34 Most pleasant

36 Garfield's pooch pal

38 Asparagus piece

39 Online periodical, for short

40 Veal: Fr.

41 Auction actions

44 Professional practice

45 "Casual" dress day: Abbr.

46 Electrolux alternative

48 Cider source

49 Rest atop

50 Gave temporarily

54 Artist Chagall

56 Patrol-car driver

58 Suffix for differ

60 ___ chi (martial art)

63 Air-gun ammo

65 Shade tree

66 Have a cry

67 Hit the slopes

69 Frat letter

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70 Gas bill measure

72 Charged atoms

73 CBS franchise

74 Scrumptious

76 Founded, for short

79 B vitamin

81 Capital of Yemen

84 Having no warranty

85 Seven Dwarfs leader

86 Minivan kin

88 Environmental concern

89 Cartoonist Walker

90 Tofu base, in Britain

92 Investigate, with "into"

94 Poetic spheres

95 Beethoven's Third

97 Emphatic Spanish assent

100 Fancy entrance

101 Small villages

102 ___ Aviv

104 Series dividers

107 Latin "loves"

108 Female prophet

109 Modify to fit

111 Computer user's shortcut

112 Directional symbol

115 Read quickly

117 Israeli airline

119 Fishing gear

120 Household pests

122 Pair in each of the seven longest answers

124 That man's

125 St. Louis winter hrs.

126 Patient care grp.