



Photos by JOHN CLANTON/Tulsa World

Fighting *with* flavor

Cancer Treatment Centers of America patients get boost from spicy cuisine at Cafe L'Abri



BY JESSICA RODRIGO | World Scene Writer

For most of the diners at the Cafe L'Abri, food has become part of their medical treatment. If you're not familiar with the cafe, it's because many of its customers are also patients for Cancer Treatment Centers of America in Tulsa. And Cafe L'Abri is where many of them go to grab a meal. Whether the diners are undergoing treatment or have already completed treatment at the hospital, many dine at the cafe because the food not only fills them up, but also it provides their immune systems with extra support to help them feel better.

"The response has been huge," said Kenny

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World Scene Writer Jessica Rodrigo mixes up some curry spice.
tulsaworldtv.com

SEE **SPICE** D2

Beneficial spices, herbs, vegetables

- **Turmeric** contains curcumin, an antioxidant that studies show helps reduce the risk of heart failure and inhibits the growth of cancer cells.
- **Rosemary** may help improve your mood and reduce pain. It also blocks dangerous carcinogens from forming while meat is being browned.
- **Cinnamon** contains polyphenols that can help lower blood sugar, helpful to diabetics and those with metabolic syndrome or prediabetes.
- The active ingredient, capsaicin, in spicy **red peppers** including red pepper flakes, cayenne and paprika, can help those who want to lose weight. Capsaicin also helps reduce formation of gallstones.
- **Oregano** has more antioxidants than most other dried herbs. One teaspoon has as many antioxidant compounds as three cups of chopped broccoli.
- **Fresh or ground ginger** may help with effects of nausea and other digestive disorders. One teaspoon of ground ginger has as many antioxidants as one cup of spinach.
- **Thyme** is high in antioxidants, which fight harmful free radical oxygen molecules.
- **Cloves** have the highest antioxidant benefits.
- **Basil** contains flavonoid compounds that fight free radicals. It is an anti-inflammatory and antibacterial and is a good source of Vitamin K, which helps to clot blood.
- **Garlic** has been found to stimulate natural protection against tumor cells. It has been discovered that garlic is toxic to invading pathogens and tumor cells; however, it is harmless to normal, healthy cells.

AMC takes control of Owasso 12 theater

- The 12-screen theater becomes the second AMC in the area.

BY MICHAEL SMITH
World Scene Writer

Owasso's 12-screen movie theater is now owned and operated by AMC Theatres, giving the theater giant a second multiplex in the Tulsa area. What was formerly Starplex Cinemas Owasso 12, located at 12601 E. 86th St. North, is now officially AMC Owasso 12. The chain also owns the AMC Southroads 20, 4923 E. 41st St.

This follows the AMC chain's purchase of Starplex Cinemas, which also owned Oklahoma theaters in Enid, Yukon and Lawton. The purchase of Starplex — 33 theaters in 12 states, at a price of \$172 million, per an AMC press release — will give the nation's second-largest theater chain control of 380 theaters with more than 5,300 screens, the company said. In the press release, company officials said they "plan to add recliners to an additional 80 screens over the next five years" but did not specify which Starplex locations would see these

SEE **AMC** D3



Oklahoma's Jake Dillon (top), Kailey Abel and Loni Licciardello advanced to the Hollywood rounds on "American Idol." MICHAEL BECKER/FOX

'Idol' Okies are ready for Hollywood round

- The contestants share their audition experience.

BY RITA SHERROW
World Scene Writer

We now know what we didn't get to see. All three Tulsa-area contestants earned golden tickets to advance to the Hollywood Rounds on "American Idol." Those begin at 7 p.m. Wednesday on Fox, channel 23, cable 1005. Performing isn't any big deal to our area contestants, but singing

TV
'American Idol'
When: 7-8 p.m. Wednesday, 7-9 p.m. Thursday
Where: Fox, channel 23, cable 1005

for three music superstars at an audition in Little Rock, Arkansas, was a different deal entirely. But viewers didn't get to see Verdigris sophomore Kailey Abel and Glenpool makeup artist Loni Licciardello. Their auditions, taped last summer, didn't air in the first-round audition episodes of the

SEE **IDOL** D3