

ENTERTAINMENT

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Tournament organizers Rusty Thompson and Malcolm Lenton, (with the Ministry of Corrections), tossed darts to raise money for the United Way last Tuesday at the Copper Kettle Pub in Glen Williams. Corrections officers (and one Copper Kettle team) enjoyed a British pub lunch donated by Copper Kettle pub owners Brenda and Graham Gove. Photo by Wendy Long

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EATING WITH DENTURES

It will take practice to learn to eat a fairly normal diet if you wear dentures. Especially during the first few days of receiving new teeth, it is a good idea to eat a soft diet. This will allow the elimination of potential sore spots, with a minimum of discomfort, and will also make the learning period more tolerable. You should also avoid tough, hard, and sticky foods. Although some experienced denture wearers can eat a normal diet including apples, salads, and corn on the cob, this is probably the exception rather than the rule. Most people who have dentures will find some restrictions in the foods they can manage.

Some points to remember regarding eating and chewing habits, is to eat slowly and try to cut your food into smaller pieces. Extra chewing is required with dentures. In fact it will usually take a denture wearer twice as long to chew food, as it would a person with natural teeth. Also, you should try to chew vertically (up and down) rather than horizontally (side to side). If you have to bite using your front teeth, try spreading your tongue against the back of the upper denture to keep it in place. Although the normal tendency is to chew on either one side or the other, denture wearers should try chewing food on both sides, over the back teeth, at the same time. This helps to prevent tipping of the denture.

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A.W. Trenton D.T.,
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Roger Ebert's Video Alert

By Roger Ebert
 Universal Press Syndicate

Incident at Oglala: The Leonard Peltier Story (PG, 93 minutes, 1992) is a documentary about the killing of two FBI agents on an Indian reservation in South Dakota in 1975, and how Indian activist Leonard Peltier, still in prison for the crime, may quite possibly have not committed it. Directed by Michael Apted ("35 Up," "Thunderheart"), and produced and narrated by Robert Redford. Rating: ★★★

Thunderheart (R, 118 minutes, 1992) stars Val Kilmer as a part-Indian FBI agent who is sent to investigate a murder on a South Dakota reservation, and finds himself in the middle of a much bigger story.

Kilmer gives a convincing performance as the agent who has to learn to unbend, and Graham Greene, from "Dances with Wolves," helps him, in the role of the seasoned Native American lawman. Sam Shepard is the veteran FBI man who knows more about the case than he ought to. The story is convincingly shot on locations that add their own reality. Rating: ★★1/2


Gladiator (R, 98 minutes, 1992) is set in a Chicago underworld of illegal boxing matches, where kingpin Brian Dennehy sets the odds and collects the bets.

James Marshall plays a white hope named Johnny, who hates fighting but needs to pay his father's debts. Cuba Gooding Jr. is his best friend, and Robert Loggia

is the smiling, slimy manager. The gimmick of the secret, illegal fights permits the boxers to play fast and loose with the rules, and as the violence escalates Marshall looks for a way to get even with Dennehy - and finds one. Rating: ★★★

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