

Summer fruits, vegetables are good – and good for you

Continued from page 1B

color to salads, ice cream and other snacks.

Melons, which come in many shapes and are comprised mostly of water, are also popular in the summer. Honeydew is a bright yellow melon that is very sweet and juicy. Galia is a green melon that is ideal for sweet and savory dishes. Cantaloupes are good for sorbets and desserts. Watermelons are also great fruits for cook-outs and other summer gatherings.

Some people have special ways of picking watermelon. "I never really thought about how I pick my watermelon but I do know I like my watermelon with no spots," said Jeff Jacobs of Charlotte. On the other hand, his co-worker Chris Stewart said, "When I pick my watermelon I thump it to see if it's hollow."

Along with fruits come vibrant veggies. "During the summer I sell a lot of peach-

es and tomatoes," said Jason Stone who sales fruits and vegetables at a farmers market on Trade Street.

Another summer favorite is bell peppers, which come in many different colors and make lively salsas when blended together. Tomatoes are also great for summer eating. For a convenient treat, slice it, sprinkle lightly with salt and pepper, add fresh basil and olive oil.

Vegetables will also keep your body in good physical shape.

A study conducted by University of Washington researchers showed that men who eat three or more servings of vegetables a day had a 48 percent lower risk of developing prostate cancer than those who eat fewer than one serving a day.

Sweet corn, asparagus, squash, and okra are also great fruits that can keep your body healthy and in shape for the summer.

End of Showtime's 'Soul Food' leaves no black dramas on television



Showtime's 'Soul Food' was one of the most successful black dramas on TV.

THE ASSOCIATED PRESS

LOS ANGELES- The fifth and final season of television's longest-running black drama, Showtime's "Soul Food," is serving up its last episode, leaving behind an uncertain future for the genre.

Based on the 1997 hit film of the same name, the multi-generational saga of one Chicago family has been one of Showtime's most popular series, making stars out of Vanessa Williams (not the former Miss America), Nicole Ari Parker and others.

Fans held "Soul Food" viewing parties and the show's official Web site amassed over 10,000 hits daily. But after the finale airs Wednesday at 10 p.m. EDT, there will be no significant black dramas left on the air.

So why is "Soul Food" ending now?

Showtime decided it was best "to go out on top with high ratings and high-quality storytelling," said series executive producer Tracey Edmonds, although increasing production costs might have been a factor.

Yet Edmonds said the story line will be left "open-ended enough" so that another network could revive the series if it wanted to.

"This show speaks to its audience on a personal level, especially in the African-American culture. That's because we have African-Americans writing for these characters, African-Americans directing episodes, reflecting their true lives and lifestyles."

While it never came close to being as big a cable deal as something like "The Sopranos," the NAACP Image award-winning series marked a turning point, said Ron Simon, curator for the Museum of Television and Radio in New York.

"Soul Food" represents the beginning steps of trying to answer the question: How do you deal with the new African-American reality on television?" he said. "It's not dealing with stereotypes and the way (white people) think things are. It just shows the great potential of African-American drama on television."

And for that, said Rochell Thomas, an associate editor at TV Guide, "Soul Food" deserves more credit from those who've dismissed it as a mere movie spin-off.

"The fact that it worked is what matters," said Thomas, adding, "in general, dramas are having a hard time right now if they aren't law or cop shows. It's just that no one is willing to give a black drama a chance."

She and others attribute this to an attitude among TV

executives that black dramas don't sell well in national syndication and overseas-markets where television shows typically make much of their profits.

Showtime President Robert Greenblatt, whose network is developing two new black dramas, said that argument is erroneous "until networks and studios have enough shows to really amass some real research on that."

"To not access those characters and that culture in a dramatic form is just stupid," he said.

Todd Boyd, professor of USC's School of Cinema and Television, questioned whether today's benchmark of black success on television should be drama.

"Looking at the broad spectrum of television, there's a different image you get, and in many cases black people have infiltrated spaces that are prominent and visible. It may not be dramas, but there is a certain visibility," Boyd said.

But the reality of network television is that it is driven more by profits than social consciousness, so unless an "ethnic" show has crossover appeal to a wider audience, it will never achieve true hit status.

"Soul Food" did well enough for a pay-cable program, but it was never able to attract a significant white audience and therefore would not have been considered successful on a broadcast network.

"You have to appeal to blacks and whites in the audience," said historian Tim Brooks, "and the black audience isn't big enough if whites won't watch, too. Whites certainly will watch black shows if they don't feel excluded by it."

"That may be part of it," said director Paris Barclay, who was an executive producer on CBS' defunct black serial, "City of Angels." "But even if you have a show identified as a black show, just from the title, 'Soul Food,' white people don't want to sample it."

Dee LaDuke, author of "Making Great Television," agrees. She noted that white shows have become part of the "normal TV viewing experience" for black viewers, "but white people don't themselves make (black shows) a first choice. Convincing the broadcast networks that these lives are as rich and sexy, tragic and funny as any that have succeeded on television ... is the next step for the reflection of race on television."

On the Net:

[www.sho.com/site/soulfood/](http://www sho.com/site/soulfood/)

get ready,
get set,
go play
Sale

Save Sunday, May 23-Saturday, May 29

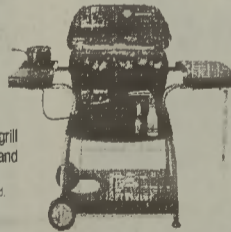
the ultimate gear for backyard play
all gas grills over \$249

Absolute 0%SM
until November 2004
with your Sears card—others defer interest,
we eliminate it.

0% financing until November 2004 on all gas grills over \$249 when you use your Sears card. See below for important 0% financing details. Offer ends May 29. Excludes outlet stores.

Kenmore
149⁹⁹ sale

Our Kenmore wide body gas grill cart is designed to be sturdy and stable. #16212 save \$30
Tank sold separately. Utensils not included.
Gas grills require some assembly.
Plus save 25% on all grill accessories
Excludes Weber accessories and Great Price Items.



Kenmore
249⁹⁹ sale

Kenmore® 3 burner gas grill has cast-iron burners and easy one-touch electronic ignition. #16221 save \$50
Tank sold separately. Utensils not included.
Gas grills require some assembly.



now **449⁹⁹**

St. Croix 11-pc. patio set includes 6 multi-position chairs and two ottomans. Easy maintenance with rust-free aluminum frames and tempered glass table top. #90185. Was 549.99 save \$100
While quantities last. Umbrella and stand sold separately.

Plus Save On All Other Patio Sets
Excludes Great Price Items

SUNCAST
24⁹⁹ sale

Suncast® storage seat holds yard, garden or recreational accessories. Compact design. #65012 save \$5



SEARS
Good life. Great price.

SALE PRICES IN EFFECT SUNDAY, MAY 23 THROUGH SATURDAY, MAY 29, 2004. Availability of items shown in this advertisement may vary by store. 0% financing when you use qualifying Sears cards, with fixed and variable APRs up to 26.15% as of 1/1/04. Rates may vary. Minimum monthly PAYMENT: \$10.00 or up to \$1. If any is due. Regular credit terms apply after the 0% period. Sears cards are issued by Citicard USA, N.A. SEARS SHALL NOT BE HELD LIABLE for errors or omissions. In the event of an error, we will make every effort to accommodate our customers. Sears is a registered trademark of Sears Brands, LLC. ©2004 Sears Brands, LLC.