

Supplements of vitamin B are thought to increase the risk of bowel cancer, warns Jennifer Swift Shirley Sepstrup's busy job in a hospital lab in East Sussex left her with little time to cook, so she often relied on convenience foods, hoping that her daily multivitamin pill would make up for any dietary deficiencies. But when a colonoscopy showed that, at 52, she had developed bowel cancer - like her father, uncle and grandfather - she had to radically change her eating habits.

Out went the ready meals, and Shirley began to eat wholefoods, drink 1.5 litres of water a day, and avoid known risks for bowel cancer - red meat, preserved meats such as ham and bacon, sugar and processed foods. But recently she learnt of an unexpected risk: a vitamin.

Folic acid is the synthetic form of a naturally occurring B vitamin, folate. Women who have good levels of folate in their diet, or take folic acid supplements, are far less likely to have babies affected by the birth defect spina bifida. America and Canada started adding folic acid to flour in 1998 and the Food Standards Agency (FSA) in the UK has called for a similar fortification here. But recent research has linked high folic acid consumption with an increased risk of bowel cancer; the modest-sounding annual increase of one per cent could, in fact, amount to an extra 3,000 cases per year in the UK. Other evidence points to an increased risk of breast or prostate cancers.

Natural folate protects against cancer because it allows the body to copy DNA accurately.

"But many middle-aged and elderly people have tiny pre-malignant lesions," says Prof Young-Im Kim of the University of Toronto. "Excess folate, especially in the form of folic acid, can fuel lesion growth, accelerating progression into life-threatening cancers, because high levels of the vitamin make it easier for tumour cells to copy themselves."

He says that soon after fortification of flour began in North America, the rate of bowel cancer - then in decline - abruptly increased. The FSA's advisers were sufficiently concerned to recommend holding off a similar initiative until the results of two further stud-

Can folic acid cause cancer?



Unexpected risk: Shirley Sepstrup

ies emerge later this year.

Overdosing on B vitamins was thought to be impossible because they are water-soluble and any excess is excreted in the urine. But evidence is mounting that folic acid circumvents the body's natural mechanisms for limiting folate absorption in the gut. Folic acid goes directly to the liver, which is easily saturated, and the excess spills out into the body.

"People with a high intake end up with unmetabolised folic acid floating in their bloodstream," says Dr Siân Astley of the Institute for Food Research in Norwich. "We don't really know what its consequences might be."

The recommended daily intake for folate is 200 micrograms (mcg), and most multivitamins contain this amount of folic acid. But it is also added to breakfast cereals, snack bars and some margarines. Official government advice puts the safe upper limit for folic acid at 1,000mcg per day, but the leading vitamin B expert, Prof David Smith of Oxford University, thinks there is now sufficient evidence to cut that down to 500mcg in general and 400mcg for cancer survivors.

"If you eat a lot of fortified cereals, you may want to rethink your daily multivitamin. Or you could stick with the vitamin pill and switch to wholegrains without added synthetic vitamins, such as porridge or muesli," says Dr Astley. "Fortification is an overly broad approach that increases everyone's folic acid intake, instead of targeting those who need it."

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Church of our...

From LL page 1

Our Heavenly Mother guided them to recover Her stolen jewellery.

After the tsunami, every morning, evening and night, Fr. Charles with the small congregation was, praying in tears for the statue to come - 'Oh, come Dear Mother of Matara - when Fr. Charles was informed by Mr. Milton that the statue was washed ashore. Fr. Charles cried embracing the statue giving full of Praise to God.

SOLEMN SURPRISE

Fr. Charles had to occupy a room in the new building and there in front the people were praying for the statue to come.

On the 29th of December, 2004, Fr. Charles had a visitor early morning around 6. It was one Mr. Milton Hekmanage - who was accompanied by one of the parishioners, Mr. Ravi Rathnasingham.

They informed Fr. that the statue has been washed ashore 400 meters away from the land that the Sisters of Charity of St. Mary's Convent was hoping to buy. The Infant Jesus carved on the Statue of Our Lady of Matara had not lost his crown during the sea voyage. It is so tiny, but had survived. They also recovered the gold chain which was on the Infant Jesus carved on the Statue of Our Lady's body.



Subsequently, after repairs were over, the Statue was installed to a special place right on top of the main altar, as you could see today. Rev. Fr. Charles Hewawasam was blessed to handle this great situation and today due to his hard, tireless efforts and experience, the church was brought to its high standard.

Today, a permanent Religious Article Stall is opened in the church premises for the convenience of pilgrims. Every first Saturday, devotions to the Heavenly Mother, followed by Holy Mass, is celebrated at 7:00 am. We invite all children of Mary to take part in these special devotions. Isn't it good news to visit Her Shrine often!!! The souvenir printed for the centenary is available.

The administrator with the parish family has made all arrangements for the convenience of pilgrims.

12th September 2008 - 4.00 p.m. - Holy hour followed by the Eucharistic procession and Benediction

13th September 2008 - 4.00 p.m. - Welcome to the Rt. Rev. Dr. Don Norbet Andradi Bishop of Anuradhapura and Rt. Rev. Harold Anthony Perera, Bishop of Galle.

5.00 p.m. - Rosary, Litany & Procession. Celebrant Rt. Rev. Dr. Norbet Andradi, Bishop of Anuradhapura.

14th September 2008 - Feast Day There will be holy mass from 4 a.m. to 6 a.m. The festive high mass will be at 8.00 a.m.

Celebrants - Rt. Rev. Dr. Harold Anthony Perera, Bishop of Galle, and Rt. Rev. Dr. Norbet, Andradi Bishop of Anuradhapura.

There will be a Mass at 11.00 a.m for late comers. Thousands and thousands of Catholics, and even non Christians, will gather at the feet of our heavenly Mother seeking her intercession in all their needs to celebrate her birthday.

U.S. Embassy to promote literacy among children in Puttalam

The U.S. Embassy will join with Sri Lanka Office of "Room to Read" an international organization - committed to improving literacy among children in Sri Lanka - to celebrate the International Literacy Day. While Room to Read will be holding a series of literacy programmes for children of the area, 100 children from different ethnic groups will receive Sinhala and Tamil literacy kits and stationery gifted by the American Center. The programme will be held today (08) from 9.00 am to 3.00 pm at Mundalama Sinhala Vidyalaya.

From this day forward till death do us part

Seated at a very solemn marriage service at All Saints Church, Borella, on 15th August, 2008, I watched Dion, son of Allan and Priyanthi Raffel, place a golden band on the hand of his dream bride, Oshadi, daughter of Pushpa and Ilika Goonetilleka.

Dion and Oshadi had been reading for their Bachelors Degree in Australia, when cupid shot its arrow right through their hearts, and since they were madly in love with each other - their dream was realized when they were united in Holy Matrimony. Although they were of two faiths, they decided that they would meet each other's demands as regards religion. So it was first the church solemn services and afterwards the Poruwa Ceremony at Trans Asia Hotel.

At the church service, the sweet smiling happy bride slowly walked in leaning on the arm of



her father. At the hotel, the bridegroom walked in to the beating of Magul Bera. Oshadi also was led by Magul Bera and there were Kandy dancers as well. The poruwa ceremony then followed.

I came to know the bridegroom's father, Allan Raffel, long ago - as a Director of Abans. About three years ago his only

daughter Tracy, became my piano student - an intelligent bright student she took leading parts at my annual concerts and she was Angel Gabriel at my Christmas Nativity. By this time, I became very close to the Raffel family. Dion was educated at St. Peters College, Colombo 4 and once he finished his education he moved over to Australia.

The wedding reception was grand and done in great style. The music was provided by Chandimal. As the spirits kept rising, the dance floor got crowded as well. The rock and roll music kept everyone rocking. Then came the sensational moment when the band struck up - "You are my best friend" - a slow emotional number. Dion and his mother, Priyanthi, dressed in great splendour danced slowly with them looking into each other's eyes - mother and son what a wonderful sight it was. Dion was admitting, in song, "Most of all,



Those who matter by Yvonne F. Keerthisingha

"You're my best friend". Actually, I know nothing of the bride. But I am told that she is a wonderful girl with a lot of talent and charm so she would definitely make a good wife to Dion. They left the sunny isle of Sri Lanka just one week after their wedding, to set up their new home in Australia and make a start on their new life as a husband and wife yes, "to each his own" and now quoting from the page of the Hymn Sheet.

From this day forward, for better for worse.

For riches, for poorer, in sickness and health.

Till death do us part. I end this by saying

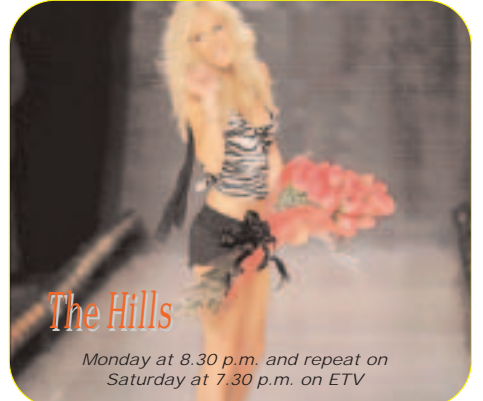
May you keep remembering the vows.

Made on your wedding day God Bless you both abundantly.

TV GUIDE

ETV	
A.M.	06.00 Telemarketing
06.00	Prime Time Morning
06.55	Chanel News Asia
07.45	Debrief
07.55	Lanka Business Online
08.01	That 70's Show
08.30	The Hills
08.55	Lanka Business Online
09.01	The Bold & The Beautiful
09.45	Debrief
09.55	Lanka Business Online
10.01	Lanka Business Report
10.30	Chanel News Asia
10.55	Lanka Business Online
11.01	VH1 Specials
12.00	End of Transmission

ITN	
A.M.	03.30 Pacman
04.30	Station Opening
04.35	Pirith Deshanaya
04.42	Jayamangala Gatha
04.46	Davase Siltuvilli
05.00	Thakshilawa
06.00	ITN Puwath
06.15	Davase Paththara
06.55	Jeevithaya Jayaganna
07.00	Hathveni Peya - Live
08.00	Peypen Peya Puwath
08.05	Pahan Dora Magazine
08.30	Vaidya Sayanaya
09.00	Peypen Peya Puwath
09.05	Salmal Yaya
10.00	Peypen Peya Puwath
10.05	Nimithra
11.00	Discussion
11.30	Quantum Teleshopping
Noon	Paba
12.00	Noon News Bulletin
P.M.	
12.30	Tele Drama (Sinhala)
01.00	Tele Drama
01.30	Hedakara Hendewa
02.00	Peypen Peya Puwath
02.03	Hedakara Hendewa (Contd.)
02.30	Hindi Geeth Madhuri
03.00	Peypen Peya Puwath
03.03	Telescreen Marketing



The Hills Monday at 8.30 p.m. and repeat on Saturday at 7.30 p.m. on ETV

CHANNEL EYE	
A.M.	06.29 Station Opening
06.30	Talk for the Day
06.45	Classical Songs
07.00	Suvaseitha Lottery
07.15	Srama Vasanava
07.30	Nalendugall Intru
08.00	Sathurangam
08.30	Kalai Wanakkam
09.30	Udaya Darsanam
11.00	Kana Kanum Kalangal
11.30	Nagaichuvai Neram
Noon	12.00 Lunch Time Music
01.00	En Thozhi En Kathal En

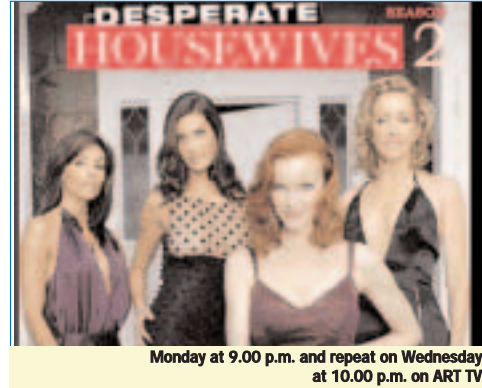
SIRASA TV	
A.M.	12.00 Bold & The Beautiful
06.00	Prime Time Morning
06.55	Chanel News Asia
07.30	Religious Program
08.00	Chanel News Asia
08.30	As Told by Ginger
09.00	Rocket Power
09.30	Avatar
10.00	Chanel News Asia
10.30	Telemarketing
11.00	Lanka Business
11.30	Telemarketing
Noon	

MTV	
A.M.	01.15 Fly Tales
01.30	Fox News
03.00	Kids Movie
04.30	Oswald
05.00	Dennis & Gnasher
05.30	Ewoks
06.00	Enter 10 Music
07.00	VOA
11.30	Fox News
P.M.	
09.30	Channel 1 News
09.30	Alias
10.30	Top Story
10.32	IPL Cricket H/L

DERANA	
A.M.	04.00 Dragon Tales
05.55	Station Opening
06.00	Cartoon
07.00	Derana Aruna
07.00	Suba Dawasak
08.30	Eka Dawasak Ude
11.00	Sihil Sulan Ralle
P.M.	
12.00	Ada Derana
12.15	Sinhala Songs
12.30	Saluthu Wila
01.30	Mix Songs



Dora The Explorer Saturdays at 8.30 a.m. and 5.00 p.m. Sundays at 8.30 a.m. on ETV



Desperate Housewives 2 Monday at 9.00 p.m. and repeat on Wednesday at 10.00 p.m. on ART TV

SHAKTHI TV	
A.M.	01.00 Madiya Seethigal
06.00	Breakfast News
06.15	Filler
06.30	Good Morning Sri Lanka
06.45	Newspaper Today
07.00	Good Morning Sri Lanka
08.30	Comedy Time
09.30	Netru Indru Naalai
10.00	Nimmathi
10.30	Pukundha Veedu
11.00	Porandha Veedu
11.00	Anandam
11.30	Kasturi
Noon	
12.00	Penmanikkaga
P.M.	
12.30	Penggal Neram

SWARNAVAHINI	
A.M.	03.00 Gawthami
06.00	Ehi Passiko
06.30	Mulu Pituwa
07.00	Loka Sithiyama
07.30	Cartoon
08.00	Hello Sri Lanka
10.30	Pooja
11.00	Mahajana Sewaya Pinaisi
Noon	
12.00	Live @ 12
P.M.	
12.30	Kula Kumariya
01.00	Hada Rendi Peya
02.00	Senehasata Aadarei

ART TV	
A.M.	05.00 Telescreen Marketing
06.30	CNN Today
08.00	World Report
08.30	World News
09.00	World Sport
09.30	Quantum Tele Shopping
09.57	State of Business (3 min)
10.00	Telescreen Marketing
10.30	CNN Today
10.57	State of Business (3 min)
11.00	CNN Today
11.57	State of Business (3 min)
Noon	
12.00	Telescreen Marketing
P.M.	
12.30	CNN Today
12.57	State of Business (3 min)
01.00	World Business Today
01.30	World News
01.57	State of Business (3 min)
02.00	World Sport
02.30	Larry King Live
03.00	World's Untold Stories
03.30	World News
04.57	State of Business (3 min)

RUPAVAHINI	
A.M.	03.00 News
05.18	Station Opening
05.20	Homage to the Triple Gem
05.30	Kariyaya Metta Sutta
05.30	Siri Saddham Maga
05.55	Dina Asiyaya
06.00	News
06.08	Siwudesa
06.30	Paththa Sirashala
07.00	News
07.05	Aadaraneeya Yavuvanaya
08.00	News
08.05	Nuga Sevana
09.00	News
09.05	Nuga Sevana - Contd.
10.00	News
10.05	Nuga Sevana - Contd.
11.00	News
11.05	Aluth Sri Lankawak
Noon	
12.00	Kammilitha
P.M.	
12.30	News
01.00	Suramya Rathri
02.00	News
02.05	Spell Binder