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Top of the Week

Newsweek

The Diet Dilemma

The headlines are exciting—and confusing. Given the blizzard of science underway on health, particularly on healthy eating, it is easy to find yourself puzzled by seemingly contradictory findings. From fat to fish, the press tends to oversimplify complex studies in the search for news. How to decode the hype in the hunt for truth. Page 44

Making sense of health news amid a frenzied media culture



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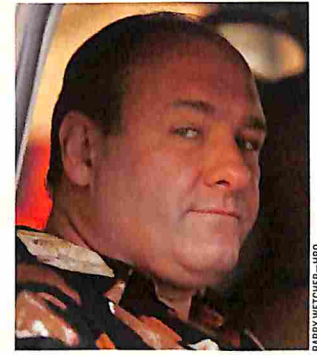
MAYRA BELTRAN—HOUSTON CHRONICLE/WFN

Once hailed as 'the Big Heart' for its help to Katrina's evacuees, Houston is now having second thoughts about its guests Page 24

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 HAIR AND MAKEUP BY NANCY SPRAGUE. STYLING BY PHYLLIS ASHER.

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BARRY WETCHER—HBO

Getting ready for one final aria from 'The Sopranos' Page 56

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Diet Hype

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