

Frozen brain tissues help Alzheimer's study

By Charles Blackburn
 Duke Univ. Medical Center
 Researchers at Duke University Medical Center say that brain tissue from victims of Alzheimer's disease, retrieved and frozen very soon after death, could provide crucial insight into the causes of the mysterious, degenerative brain disorder.

Thanks to a gift of \$250,000 from Greensboro businessman Joseph M. Bryan, a brain bank for such frozen tissue is being developed at Duke.

A member of the board of the Jefferson Pilot Corp., Bryan made the gift in memory of his wife, Kathleen Price Bryan. The student center at Duke was named for the couple, who were its largest individual donors.

In addition, he has supported many projects in his hometown and across the state, including the Duke University Eye Center and the N.C. School of Math and Science.

According to Dr. Allen D. Roses, Duke professor and chief of

Health Hints

neurology, the special laboratory could prove invaluable in studying the molecular foundations of Alzheimer's disease, whose cause and cure are unknown.

"We're working with victims of Alzheimer's disease and their families to arrange well in advance for the retrieval of tissue as soon as possible after death," Roses said. "This is crucial to study of the disease because the biochemistry of the brain deteriorates very rapidly after death."

Before it kills them, Alzheimer's disease slowly robs its victims of their memory and reason, making them increasingly helpless and dependent. Though it affects older people primarily, it can occur in middle age. As many as 3 million Americans may have the disease, by some estimates.

"Recent laboratory technology, particularly in molecular genetics, has given us the means of finding needles in haystacks," Roses said,

"but one of the major obstacles to Alzheimer's disease research has been a very human one."

To retrieve brain tissue rapidly, the patient must be in or near the hospital at the time of death, he explained.

"That means building a special relationship with the family, perhaps over the course of several years," Roses said. "They have to learn to trust us and have the desire to help us find the answers."

"This is a devastating disease, one that also takes a severe toll emotionally on the families of the victims," he continued. "Working through Duke's family support network, we've found that many of them are willing to help us."

The support network, a chapter of the Alzheimer's Disease and Related Disorders Association, Inc., provides aid and comfort to thousands of Alzheimer's victims and their families in North and South Carolina. For more information about the network and its services call 919-684-2328.

"The support network and the

fact that many of the victims come to Duke as patients have given us a unique opportunity to develop a brain bank specifically for the study of Alzheimer's disease," Roses said. "But it wouldn't be possible without Mr. Bryan's generous and far-sighted support."

He said the brain bank will be available to researchers at other institutions. Initial research projects at Duke will explore the prevalence of a number of nucleic acids and enzymes in normal and diseased brains to define the chemical abnormalities of Alzheimer's disease.

"No one has been able to properly measure this kind of biochemical activity in Alzheimer's disease, and it could ultimately have implications for treatment," Roses said.

Dry herbs upside down in a dry, well-ventilated area in a paper bag that has holes punched all around the sides. The bag will catch any falling leaves and keeps dust off.

Spoiled by runoff

This Hoke County field is suffering from soil erosion.

Fields need conservation practices during winter

By Donna Harris,
 Hoke Dist. Conservationist

The growing season for 1984 crops is over and many fields are now ready for application of conservation practices.

Now is the time for local farmers to begin planning and applying needed conservation practices on their fields.

Nearly all farm machinery is under the shed waiting for next year's planting season.

The next three months will provide time to make equipment repairs or changes, and time to relax from the pressure of the previous growing season.

Take advantage of this time to check conditions of cropland fields for erosion and drainage problems.

There may be problems that you are aware of and have been planning on correcting for the past two years, but with the pressure of high interest rates and the need for equipment exchange there is little finance available for conservation work.

Therefore, you feel that it is better to continue to put those problems off for another year and hopefully one day they will go away.

Not applying conservation practices where they are needed may be one of the reasons for the need to exchange equipment, make costly repairs or cause crop production to decline.

These conditions have a direct effect on the amount of farm profit farmers receive from their crops.

Fields with sheet erosion or gully erosion are losing valuable top soil, fertilizer, organic matter and causing gullies to occur next to ditch banks or out in the field.

All of these conditions will effect the potential crop yield and farm profit.

Planting fields to crops that have a natural high water table may be another disadvantage in your operation. You may be able to plant the crop but not be able to harvest it at the end of the growing season because of wetness conditions.

Take the time to recognize and eliminate unproductive areas in your operation. Apply needed conservation practices today. For more information on soil erosion and drainage problems, contact the Hoke Soil and Water Conservation District office.

'Break for books' launched at schools

In the age of "Star Wars," Indiana Jones, and instant gratification, is it still possible to get young people interested in a book?

The National Home Library Foundation thinks it is. This winter, through a generous grant from this longtime RIF supporter, Reading Is Fundamental will sponsor a reading campaign entitled "In Celebration of Reading," with the slogan, "We Break for Books."

The program will focus on three priorities:

- Encouraging young people to be independent readers, by choosing their own books and setting aside time to read them.

- Instilling good attitudes about

reading so children will come to value books.

-Giving families some simple, yet effective ways to increase recreational reading at home,...

The incentive for Hoke County Second grade youngsters is to win an array of prizes and a trip to Washington, D.C. for the child, his parents and the RIF coordinator during the national RIF Week festivities of April 1985.

Each of the four elementary schools will participate January 21 through February 1 with each school selecting a winner at random from those youngest who have read at least two and one half hours during the two week contest period.

...Front Burner

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A microwave workshop will be held Monday, February 4 at 7:00 p.m. at the Lester Building on South Magnolia Street. The workshop is sponsored by the Agricultural Extension Service and is free.

The microwave workshop is for people who have a microwave, but do not use it to its full potential, people who have questions on microwaves, people who just got a microwave or people who are interested in getting a microwave. Interested persons are asked to preregister by calling 875-2162.

MICROWAVE MAPLE-BACON OVEN PANCAKE

1 1/2 cups biscuit baking mix
 1 1/2 cups shredded cheddar or process American cheese
 3/4 cup milk
 1/4 cup maple flavored syrup
 1 tablespoon sugar
 2 eggs
 12 slices bacon (about 1/2 lb.) crisply cooked and crumbled

Grease and flour microwave pie plate, 10x1 1/2 inches. Beat baking mix, 1/2 cup of the cheese, the milk, syrup, sugar and eggs with wire whisk or hand beater until only small lumps remain; pour into pie plate. Place pie plate on inverted microwavable dinner plate in microwave oven. Microwave uncovered on high (100 percent), rotating pie plate 1/4 turn every 2 minutes, until most of top no longer appears doughy, 5 1/2 to 7 1/2 minutes. Sprinkle with remaining cheese and the bacon. Microwave uncovered on inverted plate just until cheese is melted, 1 to 1 1/2 minutes longer. Serve with maple-flavored syrup if desired. 8 servings.

Conventional Oven Directions: Heat oven to 425°. Prepare as directed except-pour batter into greased and floured rectangular baking dish, 13x9x2 inches. Bake uncovered until wooden pick inserted in center comes out clean, 10 to 15 minutes. Sprinkle with remaining cheese and the bacon; bake uncovered until cheese is melted, 3 to 5 minutes longer.

PANCAKES AND VARIATIONS

2 cups biscuit baking mix
 1 cup milk
 2 eggs
 Beat all ingredients with wire whisk or hand beater until only small lumps remain. For each pancake, pour scant 1/4 cup batter onto hot griddle. (Grease griddle if necessary.) Cook until pancakes are dry around edges. Turn; cook until golden brown. About 13 pancakes.

Note: For thinner pancakes, use 1 1/2 cups milk and 1 egg.
 Banana Pancakes: Fold in 1 cup mashed bananas.
 Bacon Pancakes: Fold in eight slices bacon, crisply cooked and crumbled.

Nutty Pancakes: Fold in 3/4 to 1 cup chopped almonds, walnuts or pecans.

Spicy Pancakes: Fold in 1 teaspoon ground allspice, 1/2 teaspoon ground cloves and 1/2 teaspoon ground nutmeg.

Blueberry Pancakes: Fold in 1 cup blueberries.

Granola Pancakes: Fold in 1 cup granola.

In 1960, 24% of women between 20 and 24 who were married or had ever been married didn't have children. By 1982, 43% of the women in this category didn't have children.

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