## LEARN NC, New Internet Site. Makes Learning, Teaching Better In Tar Heel Classrooms

CHAPEL HILL — Tar Heel pub-ic school teachers and students are licking their way into a new one-

stop Internet resource that is bringing a high-tech edge to classrooms statewide.

## Scientists Use Beneficial Bacteria to Battle Germs on Fresh Produce

Even though Americans enjoy the world's safest food supply, highly publicized occurrences of bad hamburger, tainted raspberries and other contaminated foods have shaken public confidence in recent years. Heat, chemical washes, refrigeration and preservatives are among the most common weapons used to combat the germs that cause these occurrences. But scientists at North Carolina State University are taking a different tack: They're fighting fire with fire, by using beneficial bacteria to stop the growth of hamful bacteria on fresh produce.

"We've found that by treating fresh produce with a small amount of lacco noil bacteria, we can prevent the growth of disease-causing bacteria such as listeria," says Dr. Fred Breidt, a senior researcher in biological and agricultural engineering and food science at NC State.

Lactife acid hacteria (LAB) are microscopic organisms found naturally on many foods, including yogurt and fermented vegetables, "They're nature's own preservatives," says Breidt, "They prevent the growth of other bacteria. And they don't affect food's taste, smell or texture."

LAB previously have been studied for use in improving the safety of micro and dairy products, but Breidt and his colleagues are among only a handful of researchers worldwide investigating LAB's use on fruit and vegetables.

Praduce could be treated with LAB in a two-step process, he says.

vegetables.

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First, chemical freatments or heat would be used to reduce the bacterial population on the produce. Then, a small amount of LAB, cultured earlier from the same type of vegetable or vegetable product, would be reapplied.

The idea is to reintroduce just enough LAB to beat any harmful bacteria that may develop later, without measurably shortening the vegetables shelf life. Too much bacteria — even beneficial ones—will shorten shelf life.

shelf life.

It's a delicate balancing act, complicated by the fact that many different kinds of LAB may be present on vegetables, each with different antibacterial properties and strengths. Identifying which of these will be most effective in inhibiting the growth of harmful bacteria most likely to be found on a specific vegetable, or in a specific food processing environment, is the focus of Breidt's current research.

Working with Dr. Henry Fleming, USDA research leader and professor of food science at NC State, and other researchers in the university's USDA-Agricultural Research Service Food Science Research Unit, Breidt'is developing a computer-based mathematical model that weighs various factors to calculate the growth rates and interaction of good and bad-bacteria.

badfaateria.

"In essence, the model tells us what's going on between the microrganisms; how they battle and inhibit each other, and whether they also inhibit themselves." he says. The model also reveals which external factors — such as environmental pH or proteinated acids — play a significant role in bacterial growth. Based on all this data, researchers will be able to choose rationally which LAB is best suited for inhibiting bacteria in a given environment.

In contast to Breidt's proposed LAB treatment, most food-safety treatments now used on fresh or minimally processed produce rely on refrigeration and washing — procedures which have been shown to be largely inelfective at reducing bacterial populations.

Breidt and his colleagues also are investigating the use of DNA forensies to evaluate LAB's efficacy as a biscontrol.

Funding for his research comes from a two-year, \$86,000 grant from the USDA's National Research Initiative Competitive Grants Program.

## Have Your Party And Enjoy It Too!



ply Sensational Sour Cream Trifle is perfect for hassle-free hosting!

Simply Sensational Sour Cream Trifle

(NAPS)—Put life back into your party with a free brochure including tips and recipes from the LAND O LAKES' Sour Cream Hassle-Free Hosting' program.

According to a Land O'Lakes study, nearly 75 percent of consumers, entertain, but cite "preparation, such as cooking" as their No. I challenge. The third and last phase of LAND O LAKES' Sour Cream "Campaign to Cook" provides entertaining tips and recipes that can be made in advance, including Simply Sensational Sour Cream Trifle, Zesty Roast Beef Roll-Ups and Hot Artichoke & Sun-Dried Tomato Dip.

"Land O'Lakes wants to take the hassle out of hosting," said Lydia Botham, director of Land O'Lakes Test Kitchens & Consumer Affairs. "By providing consumers with easy recipes and helpful information, hosts can relax and enjoy time spent with guests."

To order the free brochure, consumers can call 800/782-9602 and

relax and enjoy time spent with guests."

To order the free brochure, consumers can call 800/782-9602 and ask for the "Hassle-Free Hosting" brochure; or send their name and address (postcards preferred) to: LAND O LAKES' Sour Cream, "Hassle-Free Hosting," P.O. Box 26341, Shoreview, MN 55126-0341.

SIMPLY SENSATIONAL SOUR CREAM TRIFLE Preparation time: 15 minutes Chilling time: 2 hours

1 cup LAND O LAKES' Sour Cream (Regular, Light or No-Fat) 14 cups milk
1 (3.4-ounce) package vamilla instant pudding and pie filling mix
1 teaspoon grated lemon peel
1 (about 1-pound) angel food cake, torn into bite-sized pieces
2 pints (4 cups) assorted fresh berries (strawberries, hulled and sliced; blueberries and raspberries)

\* Place sour cream in a large bowl; with wire whisk gradually stir in milk until smooth. Continue stirring, gradually adding pudding and lemon peel, until well mixed and thickened (1 to 2 minutes).

\* In large clear serving bowl layer half of cake pieces, 1½ cups berries and half of pudding mixture. Repeat layers. Arrange remaining berries on top. Cover, refrigerate at least 2 hours. Garnish with fresh mint leaves. 10 servings.

The Learners' and Educators' Assistance and Resource Network of North Carolina (LEARN) helps teachers better incorporate technology into classrooms. It includes "high-quality lesson plans pegged to the N.C. Standard Course of Study, teacher formus, online libraries and carefully screened Internet links for teachers and students.

Teachers, curriculum or technology specialists in 100 of the state's 117 public school districts will be trained and using LEARN by the end of June LEARN aims to involve every state public school district — benefiting 2,000 schools, 80,000 teachers and nearly 1.2 million students.

Offered for free, LEARN was

lion students.

Offered for free, LEARN was designed at the University of North Carolina at Chapel Hill School of Education with input from the state's teachers and \$1.4 million in academic enhancement funds designated by Chancellor Michael Hooker from flexible state appropriations. The program received \$200.000 from Duke Energy Co. and \$100.000 from the N.C. De-

partment of Public Instruction to spark even more submissions of lesson plans by teachers to the LEARN site.

"With LEARN North Carolina, we are using technology to help improve the education our children receive by giving every teacher in every classroom in North Carolina online access to quality educational and professional development information," Hooker said. "Ultimately, this is all about students learning better so they can get better jobs so North Carolina will have a better economy and will be a better state to live in."

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On April 20-21, Hooker kicked off statewide LEARN demonstrations at North Johnston Middle School in Micro and Pilot Elementary School in Greensboro. Future stops include Kitty Hawk Elementary School in Dare County in May and Lincoln Heights Elementary School in Charlotte in June.

Elementary School in Charlotte in June.

Dr. Robert Berlam, project director and a former public school teacher, said LEARN is accessible with a standard phone line and Internet access from work or home. Users clicking to www.learnnc.org find resources such as:

an electronic database of exemplary lesson plans indexed by grade, subject and the N.C. Standard Course of Study, set by the N.C. Department of Public Instruction and considered to be the

teacher's "bible." So far, teachers have submitted more than 600 lesson plans to LEARN's database. Each plan is reviewed by an expert panel to control quality.

• a multimedia resource library containing images, text, sound and video to allow classes to take virtual field trips. Next fall plans call for science teachers studying the cosmos to position UNC-CH's Morehead Observatory telescope at UNC-CH via remote control. Students can four Ackland Art Museum or tap the treasures of the NC. Collection in Chapel Hill without leaving their classrooms.
• a Web link library providing access to hundreds of other useful World Wide Web sites. About 320 million Web sites exist; LEARN offers a one-stop location so teachers can use the Internet without doing their own tedious, time-consuming searches. LEARN has about 200 links, many of which are specific to North Carolina.
• professional development programs for teachers, who can seek more training online at their convenience without being dependent upon teacher workdays or classroom substitutes.

In Johnston County, Emmine Fitzgerald, a 23-year teaching veteran at North Johnston Middle School, used LEARN to change her approach to a lesson on central Europe. Before LEARN, she identified textbooks, visited the li-

Chicken

Leg Quarters

(Continued On Page 15)



Sweet Jumbo

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