

Lifestyles

Hormones Can Help Menopause Problems

By Janet Pierce Fry
Duke University Medical Center

Health Hints

Treatment with estrogen and/or progestin can alleviate most of the symptoms associated with menopause, according to a gynecologist at Duke University Medical Center.

Dr. Charles Hammond, professor and chairman of the Department of Obstetrics and Gynecology, said that symptoms of menopause such as hot flashes, thinning and irritation of the vaginal wall and bone loss can be helped by estrogen replacement therapy.

This is good news for women today who can expect to live one-third of their lives after menopause, he added. He said about 75 percent of women go through menopause without significant problems.

Menopause is defined as the physiological ceasing of menses, and the mean age for menopause to occur is approximately 50 years of age. It is considered premature if it occurs prior to age 40 and late if it occurs after age 55.

Symptoms relating to menopause are caused by a decrease in estrogen production. During the gradual decline of ovarian function, women may move in and out of symptoms of menopause for three to five years, Hammond said. To avoid pregnancy during this time, Hammond recommended that women continue to use contraceptive measures for two years after their last menstrual cycle.

Hot flashes occur in almost all menopausal women, he said, usually during the transition period, but may continue longer. They may occur only rarely in some women and as often as once every hour in others. It may be a brief sensation or last several minutes.

Approximately half of all post-

menopausal women develop thinning, drying and irritation of the vaginal wall, and sometimes the bladder, which can lead to problems with frequent urination. Topical estrogen creams or oral estrogen tablets can alleviate these symptoms, Hammond added.

Osteoporosis is a decrease in the quantity of structural bony material in the body and affects approximately 25 percent of postmenopausal women, he said. The decrease in bone mass produces no obvious symptoms, but results in bone fragility.

By age 65, women with osteoporosis usually have spinal fractures, which eventually shorten their height, Hammond said. The decrease in bone density begins around age 50 in both sexes but is much more rapid in women than in men.

Preventive measures include calcium supplements, physical exercise, vitamin D and fluoride supplements, but none are as effective as estrogen, he said, adding that studies have shown that women taking estrogen do not lose bone density.

"I have great trouble recommending that every woman in the United States be put on estrogen," Hammond said, "but I also have trouble seeing 50,000 women die each year from complications related to hip fractures."

The disadvantage related to estrogen-replacement therapy include a higher risk of cancer of the lining of the uterus, he said, although new data suggest that adding progestin to estrogen treatment can reduce that risk significantly.

"Each patient should consult her physician, weigh and risks and benefits of estrogen therapy and make her own decision based on informed consent," Hammond said.



Members attend 4-H electric congress
Hoke County 4-H members Randall Wheeler, (left) Rt. 1, Raeford, and Patrick Miller, (center) Rt. 4, Raeford, were delegates to the State 4-H Electric Congress at Chowan College in Murfreesboro, July 11-13. Ted Cooper, Carolina Power and Light Company customer service representative, (right) accompanied the delegates. The 4-H'ers were selected for achievement in their electrical projects. Carolina Power and Light company sponsored their trip. The congress was conducted by the North Carolina Agricultural Extension Service.

Hoke Agricultural Extension News

by Willie Featherstone, Jr.
Agricultural Extension Agent

AUTOMATIC BANK TELLERS

Automatic bank tellers can be a lifesaver for you on weekends and after banking hours. But they can also be a lifesaver to the clever criminal. So you'll want to protect your transactions at the automatic teller as carefully as you'd protect your credit cards and wallet.

Here are some suggestions: Be leery of anyone who wants your help because quote "a machine is broken." Next, never let anyone else borrow, use or even hold your card. And never use your personal identification code in such a way that someone else can see it.

In fact, don't write your code down -- memorize it instead. Another reminder: Never walk away from a cash machine without either completing or canceling your transaction.

EE BONDS

If you haven't bought savings bonds for a while, you might want to take a look at double E bonds. They're quite different from the old series E bonds they replaced.

For one thing, double E bonds earn a variable rate of interest. Old bonds had a fixed rate. And double E bonds are discounted fifty

percent when you buy them. Older bonds were discounted twenty-five percent.

Double E bonds mature in ten years. But they will automatically shift into an extension period if you want to postpone tax liability and earn additional interest.

THEFT CLAIM

Having the right insurance to cover a loss is important. But knowing what to do in case of a loss is also important.

If burglars have ransacked your house, call the police first. Keep a record of the investigating officer's name and the time and date you called. Provide a complete list and description of the stolen items, being sure to include serial and model numbers and any special marking you may have placed on the items.

Next, call your insurance agent and inform him of the theft and of your claim. Follow up your phone call by writing the company through your agent, notifying them of your loss and including a copy of the police report, plus an itemized list of the stolen property giving dates of purchase, purchase price and replacement cost.

On The Front Burner

Ellen S. Willis
Home Economics Extension

More and more research is being done on processing times that were established in the 40's and 50's so we can expect to see changes in our canning time tables. Following are some changes you need to make in your canning book. Even if you receive a book this year with corrections you will need these corrections:

(Clip and Make all these Changes in Your Canning Books)

Based on current research findings, the U.S. Department of Agriculture has revised the processing times for tomatoes, applesauce and fruit purees. Strained pumpkin or winter squash has been deleted and only cubed pumpkin or winter squash should be canned. To ensure a safe home canned product, change the processing times for these foods to the following:

FOOD	MINUTES IN BOILING WATER BATH	
	Pints	Quarts
Tomatoes (Raw Pack & Hot Pack)	35	45
Tomato Juice (Hot Pack Only)	35	35
Applesauce (Hot Pack Only)	20	20
Fruit Purees (Hot Pack Only)	20	20

PRESSURE CAN AT TEN POUNDS PRESSURE

Cubed Pumpkin or Winter Squash (Hot Pack Only)	Pints	Quarts
	55	90

I want to talk about Aspartame the chemical name for a low calorie sweetener. NutraSweet is the brand of aspartame distributed by the G.D. Searle and Company. Equal is the product name for aspartame tablets and power available on the market. Aspartame is made from two amino acids -- L-aspartic acid and L-phenylalanine. When these two amino acids are linked they form a sweet tasting substance. The sweetness is about 200 times sweeter than sugar so a very small amount is used -- thus very few calories to sweeten a food. Like all other proteins, aspartame contains 4 calories per gram. One tablet of aspartame (Equal) has the sweeten-

ing power of 1 teaspoon of sugar at only 0.4 calories per tablet. Aspartame is being used in powdered drink mixes; cereal coatings; dry mixes for desserts, toppings and gelatins, chewing gum, tabletop sweeteners and instant coffees and teas and other products. In the home Equal can be used to sweeten beverages, fruits (fresh or after they are cooked), mousses, puddings, gelatins or other chilled-type desserts, ice cream, sherbet and other frozen desserts and cereals. It cannot be used in baking because it breaks down upon heating and loses its sweetening power. Also it doesn't provide the bulk and necessary structure for cakes, cookies and sweet doughs.

Food Preservation. High heat needed for home canning may cause Equal to lose its sweetness, but jams, jellies and preserves can be made by the Freezer Method for freezer storage is sweetened with Equal after cooking. Remember sugar is the preserving agent in these products so if a sugar substitute is used the product must be refrigerated or frozen. Also sugar is important in the gelling of these products. If a sugar substitute is used you need to make the product with Slim Set, a commercial product to be used in making jellies and jams without sugar, or use gelatin (recipes in Ball Blue Book in Chapter on Special Diet). Equal can be dissolved in water and used as a low calorie syrup for freezing fruits or it can be added later at serving time. Aspartame containing foods carry a label that warns people with PKU, phenylketonuria, that the food contains phenylalanine.

LEMON FROST PIE WITH BLUEBERRY SAUCE (Recipe from Tarheel Tastes Cookbook (Mrs. Jean Wright))

Crust:
1 cup sifted all-purpose flour
1/2 cup butter or margarine softened
2 tablespoons sugar
1/4 teaspoon salt
Mix all of the above ingredients until crumbly. Press into a greased and floured 9-inch pie plate. Bake in a 375 degree oven for 12 to 15 minutes; cool.

(Continued on page 5B)

Pope Pilots Flying Low Level Missions

The Military Airlift Command's transport aircraft are currently flying low level training routes near Raeford.

These routes have been flown on a continuing basis for more than 20 years.

C-130 Hercules and C-141A Starlifters conduct these training operations in order to maintain readiness for deployment all over the world for contingency and humanitarian missions.

In developing the low level routes, Air Force planners make every effort to avoid overflight of populated areas, wildlife refuges, power plants, airfields, hospitals, school and historical sites.

Complaints concerning low flying transport aircraft should be sent, in detail, to: Airspace Manager, 317 TAW/DOXT, Pope AFB, N.C. 28308.

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For Complete Hoke County Coverage

PUBLIC TAKE NOTICE

The Mayor and City Council throughout the year, appoint citizens to various City Boards and Commissions. ARE YOU INTERESTED in serving on one of these Boards or Commissions? The Mayor and City Council would like to know who you are and of your interest. The City of Raeford needs people who have a genuine interest in local government and the City of Raeford. Please forward your name, address, phone number and any other pertinent information you feel appropriate to the Office of the City Manager, P.O. Box 606, Raeford, N.C. 28376.

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