

## Hinkel Fund Day At Centenary VFD

Sponsored by the Crusaders Sunday School Class of Centenary United Methodist Church, a program to benefit the Tim Hinkel Fund will be held at the stationhouse of the Centenary Volunteer Fire Department on N.C. 150 on Nov. 7. Activities of the day will get underway at 10 a.m. and continue until 4 p.m.

There will be a turkey shoot, bingo with fantastic prizes and ham and sausage biscuits, hot dogs, desserts and coffee.

Todd Champion, a NWA professional wrestler, will take part in the day's program from 11:30 a.m. until 1 p.m.

Twenty-nine area businesses have donated merchandise that will be given as prizes.

Everyone is invited to attend.

Hinkel, a 16-year-old resident of the Centenary community, currently is a patient at a Richmond, Va. hospital, awaiting a liver transplant.

For additional information, contact Donna Orblison, phone 664-1171 days and 663-4745 nights.



Hinkel Awaits Transplant In Richmond

## Swim Lessons Set At Iredell YMCA

Swim lessons will be held at the Iredell-Statesville YMCA throughout the month of November. Adult classes are scheduled for Tuesday and Wednesday evenings from 7:00 to 8:00 p.m. The times are 11 a.m. to noon and 7 p.m. to 8 p.m.

Preschool instruction (3-5 yrs.) will be held on Tuesday and Wednesday from 2:45 p.m. to 3:15 p.m. The Parent-Tot class (6-35 mos.) will be held on Mondays and Wednesdays from 2:45 p.m. to 3:15 p.m.

With cold weather approaching, now is the time to take up indoor swimming. The water temperature is maintained at a comfortable 86 degrees.

To register for any of these classes come to the YMCA at 828 Wesley Dr. For additional information you may call 673-1881.

## EVERYBODY'S SCIENCE

A Service of the U.S. Department of Agriculture

Life is different! It's getting a new translation. Some U.S. Department of Agriculture nutrition studies show that the difference keeps females longer lived — and may research findings sex-biased.

According to biochemist Meira Fields, most studies are done on male animals and men to eliminate the variable of female hormone fluctuations.

"We may be making a big mistake by generalizing from these studies," she says, based on her research with both sexes.

In several experiments, female rats survived a copper-deficient diet that killed 40 to 70 percent of their male counterparts in just eight weeks.

After five weeks on the experimental diet, the male rats began dying from enlarged hearts that ruptured.

Other studies have shown that females can survive a year on this diet, says Fields, a research associate with Georgetown University Hospital who is based at the USDA's Agricultural Research Service Nutrition Research Center in Beltsville, Md.

"It's a well known fact that premenopausal women are not

susceptible to heart abnormalities," she says. "Now we have the first experimental evidence that gender can protect against heart-related death."

How this happens is unclear. Fields says that both sexes had similar low readings in the conventional tests to assess body copper stores — indicating that these tests "do not accurately reflect the greater degree of deficiency in males."

Both sexes also had elevated blood levels of cholesterol, triglycerides and uric acid — symptoms known to increase risk of heart disease. But, she says, only the male rats were anemic and had enlarged hearts, signaling severe damage.

All these indicators of copper deficiency were provoked by feeding the animals high levels of fructose — a natural sugar abundant in fruit and becoming increasingly abundant in the food supply as high-fructose corn sweetener. Rats that got adequate copper or got starch instead of fructose didn't have any of the symptoms.

"A copper-deficient diet is not enough," says Fields. "You need fructose to aggravate it."

## Activities Abound On Events Calendar

Mooreville Artist Guild meets the 4th Tuesday of each month at 7:30 p.m. at the Depot. There will be demonstrations and refreshments. For further information contact Jean Mueller, 663-6717.

Mt. Mourne Extension Homemakers meets on the 2nd Wednesday of the month at Fair View United Methodist Church at 10 a.m. Visitors and new members are welcome.

Women's Aglow Fellowship, an international, non-denominational Christian Women's fellowship, meets the 2nd Saturday of each month at 9 a.m. for breakfast at Cornwell Holiday Inn, (exit 28 off I-77). For more information, Call Dot Dymond, 663-6941.

The AARP has a toll-free number for Medicare questions. Line open from 10 a.m. - 5 p.m. weekdays, 1-800-527-5229.

Mooreville Women's Club Executive Board meets the 2nd Thursday every month at the War Memorial, and a luncheon and meeting held every 4th Thursday, also at War Memorial.

Chapter 1752, National Association of Retired Federal Employees, meets on the 3rd Monday of each month at 11:30 a.m. at the Talley House, Troutman. Call H.B. McLeland, Pres. at 663-7884 for more information.

The South Iredell Golden Age Club meets 3rd Thursday of each month. The Lake Norman Chapter of the American Business Women's Association meets 1st Tuesday of each month 6:30 p.m., Sam's Pier.

872-3403 is the Crisis Line telephone number of the Rape and Abuse Prevention Task Force of the Jubilee House in Statesville. Persons in the Mooreville telephone exchange should call collect.

Rotary Club meets every Thursday night at 6:30 p.m.

Lake Norman Rotary Club meets every Tuesday at the Boardwalk at 12:00 noon.

Welcome Wagon Newcomers Club meets 2nd Tuesday of each month at 12:00 noon.

Mooreville Running Club meets every Monday at 7 p.m. in front of Junior High for a run, and on the 3rd Monday night of each month at 7 p.m. at the King of Pizzas, Mooreville.

Mooreville's SOLO Club meets the 1st Monday of each month at 7:30 p.m. at different specified locations. Informal time.

Mooreville Credit Women International meets the 1st Tuesday of each month at 6:00 p.m. at First Union Bank, Main Building.

Service Social Club meets the 4th members.

Mooreville Computer Club meets the 1st Thursday of each month at 7:30 p.m. at the Mooreville Flea Market on South Main.

Iredell County Genealogical Society meets the 3rd Tuesday, at 7 p.m. at the Iredell County Public Library.

Salisbury Toastmasters Club meets 6:30 p.m. Mondays at Western Steer Family Steakhouse on Salisbury Boulevard.

Mooreville Christian Women's Club meets every 3rd Friday from 11:30-1:30 at the War Memorial. Cost for lunch is \$5.75.

Mooreville-South Iredell Chapter No. 3224 AARP meets the 4th Tuesday of each month at the War Memorial at 2:30 p.m.

Shepherd Friendship Club meets the 1st Tuesday of each month at 11:30 a.m. With a covered dish luncheon at the Vandenberg United Methodist Church. Visitors and new members welcomed.

Please help us establish the When and Where events of your club, church, civic, fire department or any non-profit organization. Updated weekly if you call (704) 664-5888.

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Making After-School Snacks

Agreed, turning out a sheet of cookies from scratch is old hat to old cooks. But for Antonio Tuck, left, and Tarius Reid, making and baking their own after-school snack is more than a culinary coup. It is self-reliance. The boys are members of a home-arts class at Brawley Middle School, and they are demonstrating their cooking skills for their classmates.

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Little Jack Horner would love to sit in the corner of Claude's Kitchen in Fayetteville, Ga. A quick look tells you he could stick his thumb into any one of the divine smelling jars and pull out big chunks of not just plums but lots of other good stuff.

Claude's Kitchen is owned and operated by two brothers - Claude Leasman and Albert Pence (they had the same mother but different fathers). Claude and Albert manufacture such wonderful soured English preserves as orange pineapple with English walnut and pecan, pecan pecan, plum with American black walnut, cherry peach with English walnut and pecan.

Claude's Kitchen and all its fabulous jars of goodness will make its first appearance at the Southern Christmas Show, November 12-22 at the Charlotte Merchandise Mart.

The difference between jam and preserves, according to Claude, is that preserves are thicker. And preserves from Claude's Kitchen would credit to a queen's table, with huge chunks of plums and peaches, and preserves don't run off the knife or spoon.

The brothers also manufacture preserves such as Claude's Cajun Hot Relish, Claude's Ravishing Relish and Claude's just-for-Martinis Relish, which is a combination of mushrooms, carrots, onions, string beans and olives.

At the show Claude's Kitchen will be easy to spot. Just look for the brightly striped red and white canopy and two jolly gentlemen in Christmas attire who look like they've enjoyed their own good food for many years. They'll be handing out tasty samples to passers-by.

You might ask about the cost of sampling to some 100,000 visitors. "Oh, it's the best advertising we could do," says Claude. "Once folks taste any of our products, it's mighty hard for them not to carry some home!"

Another give-away that you're at Claude's Kitchen is the way the jars are wrapped. Each one looks like it came from a Currier and Ives picture or a Shakespearean kitchen. Do some people but them just for the packaging?

"Sure!" laughs Claude. But in case you like what's inside, a recipe for their famous remoulade sauce for shrimp, crab or lobster follows.

While these two happy fellows might look like just a couple of guys who like to cook, don't let that benevolent appearance fool you. You are looking at two sharp businessmen. They now sell their product in 38 states and in Japan. What's next, you might ask?

"The Southern Christmas Show! This is going to be our biggest undertaking. Twelve days of sampling, smiling, making people happy and sharing our recipes. We're excited!"

While Claude's Kitchen is sure to be a hit, there'll be lots of other tempting attractions for food lovers. Mr. Knight is back with his sinfully delicious chocolates. The smell of Helmut's Strudel will be hard to resist. Stegall's smoked turkeys, Moravian sugar cookies, Warrenton plum puddings, plus nuts and cheeses, cookies and Christmas calories galore.

There'll also be cooking clinics

for many years. They'll be handing out tasty samples to passers-by.

## Counsel On Aging

By Anna Rice, Outreach Director

Phone 663-5112 or 873-5171

Approximately half of all cancer patients are age 65 and over, and the risk of developing cancer increases significantly with age.

Mid-life and older women are especially susceptible to the two forms of uterine cancer, cervical and endometrial. The highest incidence of cervical cancer occurs in women at 40 to 49, while most cases of endometrial cancer are diagnosed in women between the ages of 50 and 64.

These figures were recently released by AARP Immediate Past President Vito Ostrander in an address to a task force on cervical cancer screening for the Public Health Service.

Ostrander also stressed that older women in particular need to be educated about the necessity of annual cancer-related check-ups. Although many forms of cancer are highly treatable if detected early, studies show that older women often are reluctant to talk to their doctors about cancer screening and, thus do not have yearly exams.

Cancer screening is the key to early detection, and the earlier a detection is made, the easier treatment will be. It has been estimated, according to Ostrander, that in 1987 alone, 48,000 new invasive cases of uterine cancer in two forms, cervical and endometrial, will affect the lives of the nation's mid-life and older women.

Women age 40 and older should have a pelvic exam and a Pap test every year as part of a cancer-related check-up. More frequent exams should be performed if abnormal symptoms appear or if test results warrant.

The Pap test can detect the presence of cancer, precancerous conditions, and is highly effective in detecting cervical cancer before warning signs appear.

The best protection against endometrial cancer is both a Pap test and a pelvic exam, because the Pap test alone is not as effective in detecting this kind of cancer. The pelvic exam will also aid in finding other abnormalities such as ovarian cancer.

Egometrial tissue samples should be taken at menopause for women who may be at risk for uterine cancer.

The hope lies in earlier detecting. If every woman had a pelvic exam and a Pap test as often as recommended, there would be few deaths from uterine cancer.

The American Society is concerned that the public be alerted to the need for earlier detection and discuss cancer-related checkups with their doctors. In this way, women at higher risk can be identified and treatment of early pelvic cancer can possibly be prevented or simplified.

In old England, the word "child" referred only to a girl.

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## Christmas Show Debut For Unique Conserves

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