

CALENDAR of EVENTS

DECEMBER 17 - JANUARY 7, 2005

MEETINGS

EMPLOYEE MEETING

Date: Monday, December 20, 2004
Time: 3:30 PM
Place: Jordan Hall Auditorium

DEPARTMENT CHAIRS

Date: Wednesday, December 22, 2004
Time: 2:00 PM
Place: Director's Office

FITNESS

AEROBICS

Date: Mon. & Fri.
Time: 12:10 - 1 PM
Place: Sawdust Cafe

TAE KARDIO

Tina Felice of Geneva Martial Arts will begin Tae Kardo classes on Monday, January 3, 2005. Classes will meet on Monday's & Wednesdays from 12 - 1 PM in the Jordan Hall Auditorium. The cost is \$20 for a six-week session. You are entitled to attend 3 classes per week. (Additional classes are offered at Geneva Martial Arts on Border City Road). For more information contact Holly King at x2228 or hak3. Beginners are Welcome!

CLASSIFIED

FOR SALE: First Act 8-piece drum set. Includes bass, snare, three toms, crash and ride cymbals. Also sticks and books. One year old. Great beginner set. \$150 bargain price. Contact Cindt at x2322 or cls47

FOR SALE: 1994 Jeep grand Cherokee Laredo, 2wd, 6 cyl, 145,300 miles, \$2500. Dark blue, Grey interior, Roof rack, New tires. Runs good. Contact Holly at hak3 or (315) 539-5216 evenings.

WANTED: Foreign coins and stamps for my niece and nephews' collections, in exchange for holiday cookies. Drop in campus mail to: Cathy Heidenreich, Plant Pathology. Thanks!

WANTED: Old hand sleigh or toboggan gathering dust in the garage? We will renovate them and give them a good home with a child who will enjoy them. Contact Gregg H. x2433 or geh11@cornell.edu

FREE: one old refrigerator and one old gas oven, both in working condition. Contact ajl31 or x2429

FOR SALE: Toyota Camry fenders for 1988-1990 vehicle. New steel belted, radial, winter stud tires and rims - P175/65R14. Also, **FREE:** 1 man's 26" bike, 1 woman's 24" bike and 2, 9" black and white TV's. Contact Judy at jab12 or 789-1142.



Nancy Caronia will be offering two Tai Chi classes at the Station starting in mid-January. There will be the "traditional" lunch time class on Thursdays from 12:00 noon - 12:50 pm in the Sawdust Cafe. There will also be a new class after work on Wednesdays from 5:30 - 6:30 pm in Jordan Hall Lounge. The cost of each class will be \$40 for an eight week session. If you are unsure if you would like Tai Chi (it's not for everybody) you can come to one class to check it out. The classes are open to the entire Station community and their families.

Caronia has been practicing Tai Chi ch'uan for almost fifteen years. Her martial arts experience in Yang-style short, long and sword forms, chi kung and meditation is influenced by her background as a certified Body Dynamics educator (based on Alexander Lowen's bio-energetic work) and an advanced Reiki practitioner in the Usui Method. Currently, Caronia is teaching tai chi ch'uan at the Seneca Falls Rec Center and has taught Tai Chi Ch'uan at NYU's Tisch School of the Arts, the Lee Strasberg Theatre Institute, Bally's, New York Sports Club, and Aerobic @ Work, all in New York City.

If you are interested please contact John Zakour at jnz5, and state the sessions or sessions you are planning on attending. Nancy may be contacted for questions at caronia8461@yahoo.com

(HINT: A Tai Chi Gift Certificate would make a nice Christmas gift!)

Wishing you JOY in your home and PEACE in your world during this Holiday Season and all through the New Year.



The Staff at Communications Services

A Holiday Community Message



One thing is certain about the Holiday Season - it signals the end of the year and gives most of us time to relax for a week or so before we collectively take a deep breath and plunge into a new year. At least that is what I am looking forward to. This year has been one of uncertainty as we awaited the selection of a new leader. Yet, at the same time, the year has been one that has tested our mettle while allowing us to assess who we are and what we do.

I have always believed that the greatest resource of the Station is its people. We have a thriving community here that is enhanced by our students, visiting scientists, USDA colleagues, and now our Ag & Food Tech Park neighbors. Our commerce is science and our product is knowledge. And it is a community that inspires visitors to remark about how they would like to stay because there is such a good feeling on this campus

The Holiday Season also allows us an opportunity to take pause and reflect on what we have, and to be thankful for our neighbors in this community and the good things we do together.

I also want to take this opportunity to thank those who helped me get through this interim year. The time seems to have passed in a flash, and maybe that accounts for the fact that some tasks will wait until next year. Yet those tasks that were completed prove 2004 to have been a year of accomplishment. The Station passes over to Tom Burr with a clearer sense of vision of what we do and how we go about doing it. Many challenges remain, but the diligence and dedication of our employees make the Station a place of remarkable food and agriculture research, extension, and education.

Blessings to all this season and throughout the coming year.

Bob

Bob Seem

BRIEFS

Geneva's NYCBL Franchise Promotes City Man

GENEVA. The city's summer-league college baseball team will return for a 12th season in 2005. A face familiar to many area fans will oversee most of the club's operations.

John Oughterson, who directed the Geneva Red Wings marketing department last season, has taken over as general manager. He will continue in his marketing capacity as well.

Oughterson has worked for the city's professional and amateur baseball franchises off and on for more than a decade. The man known to many as Johnny O will work with the city in its efforts to upgrade McDonough Park, improve the concession-stand menu and develop new merchandise for the souvenir shop.

Red Wings field manager Dave Herbst is excited about Oughterson's increased role.

"He is a man of integrity and high morals," Herbst said. "Johnny O has been a fixture at the ballpark, and we believe he can help take the Red Wing organization to a higher level, and that families can come to the ballpark and enjoy an entertaining evening of baseball and excitement."

Finger Lakes Times Sports Staff

Pesticide Applicators Certification

The Annual Pesticide Applicator Certification Orientation (for new users of pesticides) and Pesticide Applicator Examination will be held on January 11 and 12, 2005 in B15 Riley-Robb Hall.

All interested persons should contact Eric Harrington, 5-0485 or eh22@cornell.edu. **Pre-registration is mandatory.**

Holiday Traditions with
Family and Friends



Cornell Researchers Find an Apple a Day to Be Good Advice

A group of chemicals found in apples could protect the brain from the type of damage that triggers such neurodegenerative diseases as Alzheimer's and Parkinson's, according to two new studies from Cornell University food scientists.

The studies show that the chemical quercetin, a phytonutrient, appears to be largely responsible for protecting rat brain cells when assaulted by oxidative stress in laboratory tests.

Phytonutrients, such as phenolic acids and flavanoids, protect the apple against bacteria, viruses and fungi and provide the fruit's anti oxidant and anti-cancer benefits. Quercetin is a major flavanoid in apples. Antioxidants help prevent cancer by mopping up cell-damaging free radicals and inhibiting the production of reactive substances that could damage normal cells.

"The studies show that additional apple consumption not only may help reduce the risk of cancer, as previous studies have shown, but also that an apple a day may supply major bioactive compounds, which may play an important role in reducing the risk of neurodegenerative disorders," says Chang Y. "Cy" Lee, Cornell professor of food science at the university's New York State Agricultural Experiment Station in Geneva, N.Y.

In a study that recently appeared online and is to be published in the November/December 2004 issue of the *Journal of Food Science* (69(9): S357-60), Lee and his co-authors compared how two groups of rat neuronal cells fared against hydrogen peroxide, a common oxidative stressor. Only one of the two groups was pretreated with different concentrations of apple phenolic extracts.

The researchers found that the higher the concentration of apple phenolic extract, the greater the protection was for the nerve cells against oxidative stress.

"What we found was that the apple phenolics, which are naturally occurring antioxidants found in fresh apples, can protect nerve cells from neurotoxicity induced by oxidative stress," Lee said.

When Lee and co-author Ho Jin Heo, a visiting fellow at Cornell, looked at quercetin they found that it appeared to be the main agent responsible for the beneficial effect. In fact, they found



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Related Web Sites

Related Web Sites: The following sites provide additional information on this story. Some might not be part of the Cornell University community, and Cornell has no control over their content or availability.

Study on apple phenolics:

<<http://bookstore.myift.org/store/iftstore/newstore.cgi?categoryid=928...categoryparent=922...loginid=1346129>>

Study on quercetin:

<<http://pubs.acs.org/cgi-bin/asap.cgi/jafcau/asap/abs/jf049243r.html>>-30-

Final Tally for Operation Merry Christmas



Dick Guinan, Amy Andersen and Gemma Osborne with the generous donations from the Station community.

Donations from the Station community for Operation Merry Christmas were presented to Mr. Dick Guinan of the Geneva Center of Concern on Thursday, December 9.

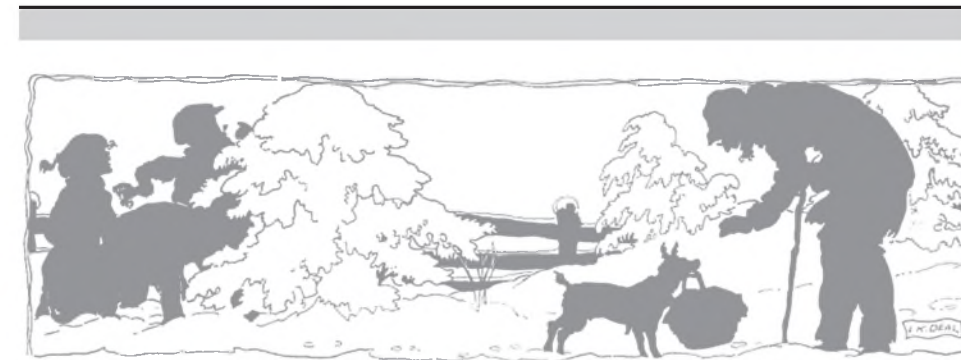
This year, through Operation Merry Christmas, the Geneva Center of Concern is helping 148 families (a total of 539 individuals) with their Christmas needs and holiday meals. The project kicked off on the morning of the ninth, with the first of the families coming into the Center to go through the Operation Merry Christmas Room and pick up needed items.

The Station contributed \$945 dollars to the effort, as well as nearly 100 pairs of mittens and gloves, 40 hats, 25 pair of socks, various scarves, headbands and food. Dr. Alan Lakso contributed a bin of apples from his program, and several turkeys came in from various Station individuals to help defray the cost of holiday meals for the Center. In addition, a box of toys, crayons and markers was donated.

Cheryl Toor, the Director at the Center of Concern, conveyed her deep appreciation for the Station's continued support, not only at holiday time, but throughout the year.

I would also like to express my deepest gratitude for your ongoing support of the community and their needs, and for giving so much of yourselves. Your kindness is overwhelming. Thank you to everyone, and best wishes for this holiday season!

*Amy Andersen
Station Club President*



(APPLES, continued from page 2)

quercetin works even better in protecting nerve cells against hydrogen peroxide than vitamin C, a naturally occurring antioxidant known to help prevent cell and tissue damage from oxidation. Quercetin is primarily found in apples, berries and onions.

This study, which appeared online recently, will be published in the December issue of the *Journal of Agricultural and Food Chemistry*.

The two studies build on Lee's 2002 findings that quercetin has stronger anti-cancer activity than vitamin C, and his 2000 findings that phytochemicals in apples have stronger anti oxidant protective effects than vitamin C against colon and liver cancer cells.

Other studies have found that phytochemicals are associated with a reduced risk of cancer, heart disease and diabetes, and that they fight not only cancer but also bacterial and viral infections. In addition, they are anti-allergenic and anti-inflammatory.

Although Lee stresses that his studies were conducted in the laboratory, not in clinical trials with humans, he has no hesitation in recommending more apples in the diet as well as other fresh fruits and vegetables. "Indeed, I have a reason to say an apple a day keeps the doctor away," he says.

The researchers used red delicious apples grown in New York state to provide the extracts to study the effects of phytochemicals. Lee said that all apples are high in the critical phytonutrients and that the amount of phenolic compounds in the apple flesh and in the skin vary from year to year, season to season and from growing region to growing region.

The study on apple phenolics, which was co-authored by Heo and D.O. Kim, a postdoctoral researcher at Cornell, as well as S.J. Choi and D.H. Shin at Korea University, was supported in part by Heo's postdoctoral fellowship through the Korea Science and Engineering Foundation (KSEF) and the U.S. Department of Agriculture. The study on quercetin, authored by Lee and Heo, also was supported, in part, by the KSEF fellowship program and U.S. Apple Association.