



OUT OF THE FOG

The monthly newsletter of NAMI San Francisco

April Meeting Notes

By Suzanne Brady

The April General Meeting featured the live performance of a one-act play for two actors dramatizing the monologue between a sculptor and the psychotic voice she hears. "Do You Want to Buy My Brain," is written by Nena St. Louis who also played the lead character, Evie. In the autobiographical play, Evie lives with the diagnosis of "bipolar disorder with an atypical voice", a voice that she first heard as a child and that she knows as Susan.

The play illustrated for viewers what a person with a severe mental illness might be experiencing when we see them talking to themselves. As Susan, played by Sapna Gandhi, mocked Evie's dedication to sculpting or her decision to take medication, a viewer could easily sympathize with Evie's anger and frustration. The play offered an unusual view into mental illness and the fact that St. Louis and Gandhi are professional actors made for a quite engaging performance.

After the approximately 30-minute play, St. Louis answered questions from the audience and talked about her own experience living with a severe mental illness. St. Louis takes depakote so she doesn't hear the voice of Susan in her real life. She started taking the medication in her mid-forties when her illness was causing her to lash out at strangers and, "my doctor told me, 'you are going to get arrested.' That's what he told me straight to my face."

Up until that point, St. Louis knew she had a mood disorder but she was an A student in college and always able to work while pursuing her interests in theater,

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Ask The Doctor

Dr. Forster has offered to address member's questions in our newsletter. Please submit questions for our Ask the Doctor column to Dr.

Peter Forster at forster@itsa.ucsf.edu.

Thanks! Answers to your questions may help many more than just you!

State's Mental Hospitals Turn To Experts

Reprinted from The Los Angeles Times by Lee Romney, 5/16/06

In the struggle to fix its broken mental hospital system, California has placed its fate in the hands of two out-of-state experts.

One, Nirbhay Singh, is a psychologist who has already been working to reform the system for nearly four years, but was unable to push through enough changes to avert a federal consent decree. The other, Dr. Mohamed El-Sabaawi, is a psychiatrist who served as the U.S. Department of Justice's chief investigator of California's hospitals over the same four-year period and found them deeply troubled.

Singh's contract will be renewed for at least one more year - at \$1.1 million - say state Department of Mental Health officials, who credit him with steering the system on the right course.

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3rd Wednesday of each month
6:30 - 8:00 pm
1010 Gough St.
(between Eddy & Ellis)

The Monthly Meeting

June 21

Linda May, PhD, MFT
Case Manager, PART
Prodrome Assessment Research
& Treatment Program

July 19

"In Our Own Voice: Living With
Mental Illness," a presentation by
Krista Radojevich and Robert
Villanueva, who are consumers

Fear Circuit Flares as Bipolar Youth Misread Faces

Source: National Institute for Mental Health

Youth with bipolar disorder misread facial expressions as hostile and show heightened neural reactions when they focus on emotional aspects of neutral faces, researchers at the National Institutes of Health's (NIH) National Institute of Mental Health (NIMH) have discovered. The study provides some of the first clues to the underlying workings of the episodes of mania and depression that disrupt friendships, school, and family life in up to one percent of children.

Brain scans showed that the left amygdala, a fear hub, and related structures, activated more in youth with the disorder than in healthy youth when asked to rate the hostility of an emotionally neutral face, as opposed to a non-emotional feature, such as nose width. The more patients misinterpreted the faces as hostile, the more their amygdala flared. Such a face-processing deficit could help account for the poor social skills, aggression, and irritability that characterizes the disorder in children, suggest Drs. Ellen Leibenluft, Brendan Rich, Daniel Pine, NIMH Mood and Anxiety Disorders Program, and colleagues, who report on their findings May 29, 2006 in the Proceedings of the National Academy of Sciences.

"Since children seem to have a more severe form of the disorder, they may provide a clearer window into the underlying illness process than adult onset cases," explained Leibenluft. "Our results suggest that children with bipolar disorder see emotion where other people don't. Our results also suggest that bipolar disorder likely stems from impaired development of specific brain circuits, as is thought to occur in schizophrenia and other mental illnesses."

Magnetic Resonance Imaging (MRI) studies have shown that, unlike in adults with the illness, the amygdala is consistently smaller in bipolar children than in healthy age-mates. Also, the NIMH researchers had found earlier that bipolar children falter at identifying

facial emotion and have difficulty regulating their attention when frustrated.

Using functional MRI, the researchers measured brain activity in 22 bipolar youth and 21 healthy subjects while they rated faces. In addition to the amygdala, other parts of the emotion-regulating circuit - nucleus accumbens, putamen, and left prefrontal cortex - were also hyperactive in patients, compared to healthy peers, during the emotional tasks. Patients rated themselves as more afraid, and they rated the faces as more hostile, compared to healthy peers. The groups did not differ on nose width ratings, confirming that the differences were specific to perceiving emotional processes.

"By finding a brain imaging trait that may be more selective than current clinical criteria, this line of research might help us refine our definition of pediatric bipolar disorder," said NIMH Director Thomas Insel, M.D. "The researchers are following-up with imaging studies of children with bipolar spectrum disorders and healthy children who are at genetic risk for developing the disorder to see if they also have the same amygdala over-activation."

Also participating in the study were: Dr. Deborah Vinton, Dr. Rebecca Hommer, Dr. Stephen Fromm, Lisa Berghorst, NIMH; Dr. Roxann Roberson-Nay, Virginia Commonwealth University; Dr. Erin McClure, Georgia State University.

The National Institute of Mental Health (NIMH) is part of the National Institutes of Health (NIH), the Federal Government's primary agency for biomedical and behavioral research. NIH is a component of the U.S. Department of Health and Human Services.

The National Institutes of Health (NIH) - The Nation's Medical Research Agency - includes 27 Institutes and Centers and is a component of the U.S. Department of Health and Human Services. It is the primary federal agency for conducting and supporting basic, clinical and translational medical research, and it investigates the causes, treatments, and cures for both common and rare diseases. For more information about NIH and its programs, visit www.nih.gov

Remember to donate to the

Community Thrift Store



This is our *best source* of income
for the NAMI SF Chapter!!

625 Valencia Street at 17th Street
415-861-4910

Family To Family Teacher Training

Family to Family Education Program teachers are needed! If you've experienced this dynamic program, you'll get even more out of it when you share it with others - it's highly rewarding and easy to do! A training session will be offered in South Bay on Nov. 10-12. Email renee.deger@sbcglobal.net for information.

El-Sabaawi last week took off his Justice Department hat to become the court-appointed monitor who will oversee the extensive reforms mandated in the consent decree.

The two men, who know each other well and are both based in Virginia, are among a small stable of consultants who have worked for both the Justice Department and for dozens of state mental health institutions struggling with federal demands for improvement.

Both declined to be interviewed. But their histories shed light on the challenges that lie ahead as California works under threat of federal sanction over the next five years to improve care for nearly 5,000 gravely mentally ill patients.

State officials hired Singh after federal investigators in 2002 found severe problems at Norwalk's Metropolitan State Hospital involving misdiagnoses, unsafe conditions and improper medications and restraints.

First retained by the state attorney general's office as part of a broader team of experts, Singh became the Department of Mental Health's key architect of reform in 2004. Rather than wait for federal officials to finish their investigation, the state reasoned, California would get a jump on needed changes.

Singh has not worked as a clinician since 1981, in New Zealand, where he completed his education, according to his resume. His research and consulting has focused most intensively on patients with developmental disabilities - not the severely mentally ill channeled through the criminal justice system who largely fill California's hospitals.

Yet his consulting record is ample: Since 1989, he has worked for the Justice Department to help correct problems at facilities in several states. He has promoted a holistic approach to healing, encouraging his college students to meditate and conducting paid research for an herbal anti-anxiety supplement.

Working to implement a model of care in California that individualizes treatment and involves patients in their recovery, Singh is the "eyes and ears" of administrators at the four mental hospitals under federal scrutiny. In addition to Metropolitan, those include San Bernardino's Patton State Hospital, and Atascadero and Napa state hospitals.

"Dr. Singh was the guy who started educating me," said John Rodriguez, deputy director of the state Department of Mental Health. "Having been a [Department of Justice] guy, he also knew where they were going. So that was helpful."

But his efforts have met with deep resistance and a growing lack of confidence among some of the hospital

system's 9,000 staff members, who believe the changes implemented so far have done little to help patients.

The Department of Justice appears to agree. Last week, the civil rights division released findings noting that attempts to bring Patton State Hospital in line with the latest trends in care had disregarded "actual treatment needs" and in some cases "may aggravate the condition of patients already in distress."

Current and former staff at several of the hospitals described Singh's style as "arrogant" and "haphazard." At Patton and Metropolitan, they say, his push to implement "treatment malls," where hundreds of patients mingle and attend classes, has led to depersonalized care - the opposite of federal goals.

"They actually distanced the clinicians from their patients," said former Patton social worker Kathy Kelly, who after 11 years resigned in frustration two months

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County Mental Health

The County mental health access line
for all consumers is
415-255-3737

The Mobile Crisis Unit is
415-355-8300

April Meeting Notes from page 1

sculpture and foreign languages. After her doctor's warning and when she found she couldn't leave her house or get any work done, St. Louis was hospitalized for the first time and began taking psychotropic medications. One audience member asked St. Louis how being on medication effected her creativity.

"I believe that you adapt," St. Louis said. "It evens out over time. You have to ask yourself if you want to trade everything in your life for just two weeks of feeling good."

Like most people, it took time for St. Louis to find a medication that helped her. Anti-psychotics seemed to make her feel more depressed, lithium had no effect and only after three weeks of severe nausea on depakote did she find that it worked for her. However, St. Louis is upbeat about her struggle with severe mental illness and encourages other consumers to be as active as possible. "Your illness is just one of the million, billion, trillion things going on in your life," St. Louis said. "Any one aspect of your life can wreck the rest of it if you don't manage it well."

NAMI CALIFORNIA ANNUAL CONFERENCE 2006

California Leads the Way: Mental Health Services Act Brings Hope

August 25-26, 2006
 San Francisco Airport Marriott
 1800 Old Bayshore Highway, Burlingame, California 94010

PRE-CONFERENCE ACTIVITIES:

The Affiliate Leaders and Presidents Council Meeting will be held on Thursday, August 24.

CONFERENCE:

Registration opens Friday, August 25 at 8:00 a.m. Conference begins Friday, August 25 at 8:30 a.m. and closes Saturday, August 26 at 4:30 p.m.

SPANISH LANGUAGE SESSION:

A Spanish language session will be held on Friday, August 25 from 9:00 a.m. to 4:30 p.m.

CONSUMER FORUM:

A consumer forum will be held on Friday, August 25 at 12:00 p.m. If you are a consumer, and would like to participate in the forum, you must pre-register. See consumer registration below.

ACCOMMODATIONS:

Please make your hotel reservations by calling 888-228-9290 Ask for the specially negotiated rate of \$99 (single, double, triple or quad). This special rate is good thru August 16, 2006. NAMI California cannot guarantee rooms beyond the number that have been reserved in our block, so book now! Hotel directions will be sent with confirmation of registration.

SHUTTLE SERVICE AND PARKING:

Hotel shuttle service is available from the San Francisco Airport to the San Francisco Airport Marriott. Self parking at the hotel is \$8 per day.

EXHIBITORS WELCOME:

Exhibitors may rent tables for the NAMI California Annual Conference 2006. For forms and details please contact Zima Graffigna at 916-567-0163 or zima.graffigna@namicalifornia.org.

CONSUMER SCHOLARSHIPS:

NAMI California encourages affiliates to offer consumers a scholarship to attend the NAMI California Conference. A limited number of consumer scholarships will be awarded by NAMI California and will be awarded on a first come, first served basis. Please contact Zima Graffigna at zima.graffigna@namicalifornia.org or 916-567-0163 for an application.

CONTINUING EDUCATION UNITS AVAILABLE

For Registration form or more information, contact NAMI SF (415-905-6264) or NAMI California, 1010 Hurley Way, Suite 195, Sacramento, CA 95825, 916-567-0163, Fax: 916-567-1757, namica.org.

<p>REGISTRATION FEES INCLUDING MEAL(S)</p> <p>Early Bird Special Paid before July 7, 2006: 2-Day Rate: <input type="checkbox"/> \$145/person 1-Day Rate: <input type="checkbox"/> Fri. <input type="checkbox"/> Sat. \$90/person</p> <p>Paid after July 7, 2006: 2-Day Rate: <input type="checkbox"/> \$170/person 1-Day Rate: <input type="checkbox"/> Fri. <input type="checkbox"/> Sat. \$105/person</p> <p>On-Site Registration (no meal guarantee): 2-Day Rate: <input type="checkbox"/> \$180/person 1-Day Rate: <input type="checkbox"/> Fri. <input type="checkbox"/> Sat. \$115/person</p> <p>Consumer Registration: 2-Day Rate: <input type="checkbox"/> \$100/person 1-Day Rate: <input type="checkbox"/> Fri. <input type="checkbox"/> Sat. \$60/person I will attend the consumer forum <input type="checkbox"/> I will not attend the consumer forum <input type="checkbox"/></p> <p>Spanish Language Session Friday, August 25, 2006: 9:00 a.m. – 4:30 p.m. 1-Day Rate: <input type="checkbox"/> Fri. \$90/person</p> <p>Cancellation Policy: A \$35 cancellation fee to cover operating expenses will be charged to those who register, but cannot attend. To cancel, you must notify the NAMI California office in writing no later than July 17, 2006. No refund will be made after this date.</p>	<p>Name: _____</p> <p>Address: _____</p> <p>City, State, Zip: _____</p> <p>Phone: _____ Email: _____</p> <p>NAMI Affiliate: _____</p> <p>MEALS:</p> <p>Friday lunch will be on your own.</p> <p>Friday Dinner: <input type="checkbox"/> Chicken <input type="checkbox"/> Fish <input type="checkbox"/> Vegetarian</p> <p>Saturday Lunch: <input type="checkbox"/> Chicken <input type="checkbox"/> Fish <input type="checkbox"/> Vegetarian</p> <p>NAMI California Conference Consumer Scholarship Donation: \$ _____</p> <p>PAYMENT (Zip Code must be provided above for all credit card payments):</p> <p><input type="checkbox"/> Visa <input type="checkbox"/> Master Card <input type="checkbox"/> American Express</p> <p>Account #: _____ Expiration Date: _____</p> <p>Signature: _____</p> <p>Total amount enclosed: \$ _____</p> <p style="text-align: center;">Make check payable to NAMI California – Conference 2006 Mail to: NAMI California 1010 Hurley Way, Suite 195 Sacramento, CA 95825 Phone: 916-567-0163 Fax: 916-567-1757</p>
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ago. "It became more dangerous, definitely less rewarding, and less effective.... I believe the medium for change is the relationship. They took that away from us."

Many psychiatrists have been fiercely critical of Singh and the recovery model, which has pressed them to share authority over diagnosing and treatment decisions with psychologists and other nonmedical staff. Psychiatrists have also chafed at being told by non-clinicians what to teach patients in "mall" classes.

Rodriguez dismisses such criticism as byproducts of a professional turf war. But four years after Singh began implementing changes at Metropolitan, even some psychologists have lost faith in his abilities, in part because of his limited experience with severe mental illness.


"He hasn't demonstrated his competence - that he can get us out of this mess," said one Metropolitan psychologist who asked not to be named for fear of retribution. "Whenever we ask him a question, he tells us to go read a book. The rank and file have basically written him off."

Rodriguez acknowledged that problems remain at the state's hospitals, but he expressed faith in Singh. The consent decree should enable state officials to secure a \$44-million annual budget increase that will enhance staffing and training, so he believes improved mall classes will meet patients' needs.

"We're getting the structure in place," Rodriguez said, "but have a long way to go in dotting i's and crossing t's and delivering consistent quality."

El-Sabaawi's oversight should help, he added, describing the state's former adversary as "straightforward."

"He wasn't afraid to tell physicians when they did poorly. But he also was helpful in not condemning people," said Rodriguez, who watched El-Sabaawi discuss the federal findings after recent investigations at Patton and Atascadero. "He quickly turned it to: Here's how you do it better.... It makes me want to work with him."



**The SFGH CAB
CLOTHING PROJECT**

**This program is a big help to
consumers who are in need of clothes
while they are at SF General Hospital.**

**Just call and they will pick up your donation or meet you at
the front door of the hospital when you bring it in.**

Please call Amelia Truman, 415-206-4465

PLAN of California

Two master **Special Needs Trust Plans** are offered to families in California. The plans would designate a minimum of \$150,000 or \$300,000 to contract with PLAN to give oversight of both fiduciary and personal support services without endangering public entitlements.

Contact Baron Miller (415) 522-0500 or
PLAN of California (888) 574-1258

Brain Imaging Study

Sponsored by UCSF and the VA, the study would require:

- coming into our lab at the VA Medical Center Hospital one time (for about 3 hours total) which a) includes speaking with Dr. Deicken for about 45 minutes to discuss your symptoms and history and b) participating in a 1 hour 45 minute MRI brain scan
- providing a letter from your mental health professional stating your psychiatric diagnosis, which needs to be faxed or mailed to us prior to your visit
- we currently need people who are stabilized on their medications and not experiencing depression or mood swings (otherwise, please wait until you're feeling better and contact us at that time).

The study pays \$50 and you will be given a check for that amount at the end of your one-time visit. If you feel that you qualify and are still interested, please call me at (415) 221-4810 x3127 (between 11am-4pm W-F is best) so that I can do a brief phone screening.

—David Delman, Research Associate

Electronic Newsletter Distribution

Please Resend requests for email newsletter to
renee.deger@sbcglobal.net

Hotmail address accounts are not feasible for low or infrequent use and the email addresses we were collecting for newsletter distribution were lost before they could be recorded.

NAMI-San Francisco is a self-help organization of family members, mental health consumers, friends, professionals and other interested citizens, united to provide support, education and advocacy for persons with severe mental illness. NAMI-San Francisco is a private, non-profit organization.

Support Groups



Family Members' Groups

African American Family Support

1st Thursdays, 5:30-7:30 pm at
1380 Howard St., Rm 537. Call Wanda at 255-3694

San Francisco Family Support Group

Tuesdays, 5:50-6:45 p.m. at SF General Hospital, 1001 Potrero St., Room 7M30. Info: Susanne at 415-558-5900

Sibling & Adult Children Network

Call Mary Gullekson at 474-7010 for information

Berkeley Sibling Support Group

Call Carolyn Defay at (510) 644-8579

Free Consultation: Kathy Shook, a Psychiatric Clinical Nurse Specialist (415) 476-4172

Bilingual & Monolingual Support Groups

Chinese Families Mental Health Alliance. Ed Koo 352-2047

Consumer Self-Help Groups

Depression & Bipolar Support All. (formerly DMDA)

Saturday afternoons at 1:30-3:00 and
1st Mondays at 6:45-8:00 pm in the Saint Francis Hospital,
900 Hyde St., 2nd Floor Conf. Room. Call 519-0171

SPIRITMENDERS Community Drop-in Center

2940 – 16th Street #B2 (415) 552-8565

OASIS (Office of Self Help)

1095 Market Street at 7th, Suite 202 (415) 575-1400

RECOVERY, Inc. for nervous ailments.

(510) 482-5808 (meets at California Pacific in SF)

Consumers with Schizophrenia

3rd Wednesday of each month, 5:30 pm
1380 Howard St., 5th floor. Info: Susanne at 558-5900

Hoarding & Cluttering Support

2nd Monday and 4th Wednesday of each month.
Antonio (415) 421-2926 x306

Health and Wellness Action Advocacy

1st Thursday of each month, 1-3pm. Antonio at
(415) 421-2926, x306

Anxiety & Panic Self Help Group: John (650) 755-0883

Alcoholics Anonymous: San Fran: (415) 621-1326

Marin: (415) 499-0400 San Mateo: (650) 573-6811

Narcotics Anonymous SF Helpline: (415) 621-8600

New Support Group

Wednesday, May 3

6:00 P.M. to 7:30 P.M.

at Jewish Family Service Agency, 2150 Post Street
Facilitator: Ms. Laura Kleinman, M.S.W.



NAMI-SF Support Groups

- 1) 1010 Gough
2nd Wednesday at 6:30
Contact Vickie at (415) 661-5208
- 2) San Francisco General Hospital
7th Floor, Room 7 M 30
Tuesdays, 5:15 – 6:45 p.m.
Call Susanne Killing at 558-5900

DBSA

Depression and Bipolar Support Alliance of San Francisco

*(formerly San Francisco Depressive
and Manic Depressive Association)*



Regular Support Group:

every Monday at 6:45-8:15pm and
every Saturday at 1:30-3:00pm.

Young Adults Support Group:

1st and 3rd Monday of each month at 6:45-
8:15pm for 18 to 25+ year old people.
Contact Harry at 650-430-2909 for information.

Friends And Family Support Group:

1st and 3rd Monday of each month at 6:45-
8:15pm. Contact Jane at 415-519-0171 or
Harry at 650-430-2909 for information.

Location:

2nd floor of St. Francis Hospital
900 Hyde St.

between Pine and Bush in San Francisco
Conference rooms B, C, and D

Meetings are on a drop in basis and are open to
peers, please note we do not allow observers. You
do not need to be a member to attend, however
memberships are \$20.00 a year and you are
encouraged to join and support the organization.

Prozac Effect On Brain Pinpointed

Reprinted from BBC News, May 26, 2006

A team at the Cold Spring Harbor Laboratory in Long Island, New York, found the drug Prozac triggers production of a type of immature brain cell. They hope their work could aid development of new drugs and therapies for depression, and neurodegenerative diseases such as Alzheimer's. The study appears in Proceedings of the National Academy of Science.

It has been known for some years that Prozac is likely to relieve the symptoms of depression by somehow causing more brain cells (neurons) to be born in a particular region of the brain called the dentate gyrus. But the origins of these neurons, and how Prozac promotes their existence, have been a mystery until now.

The researchers analysed proteins produced by different kinds of cells in the brains of adult mice. This enabled them to track the steps involved in the complex process that converts immature stem cells into mature, specialised neurons.

Intermediate form

They found that Prozac had a specific effect on the second step of this pathway - it stimulated production of an intermediate form of the cells called ANPs (amplifying

neural progenitors).

As ANPs eventually go on to form fully-fledged neurons, this ultimately leads to increased neuron numbers in the dentate gyrus.

The researchers are now testing other antidepressants and new drugs to establish whether they act in the same way. Lead researcher Dr Grigori Enikolopov said it may be possible to identify drugs which did have the same effect - but which might be more potent, and did not produce some of the side effects of Prozac.

He said: "Prozac is not a panacea, it does not work for everybody. By defining the drug's chief target we are giving a clearer idea of how perhaps to design new antidepressant drugs and therapies."

Dr. Steven McKnight of the University of Texas Southwestern Medical Center in Dallas said the paper, while speculative, was a "solid and interesting concept".

"If a drug fosters electrical activity in the brain, that tells the brain that things are happening and that it might be good to make new neurons to deal with activity."

Paul Farmer, chief executive of the mental health charity Mind, said: "All new research on drugs is interesting, but it's worth remembering that 'talking treatments', such as cognitive behavioural therapy, are the recommended first line treatment for many cases of depression.

"Unfortunately, waiting lists for these are often very long."

Source: BBC News

Out of the Fog is published 10 times a year by NAMI-San Francisco, a non-profit organization affiliated with the National Alliance on Mental Illness, which goes by the acronym NAMI, and NAMI-California, the statewide affiliate.

NAMI San Francisco

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415-905-NAMI
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www.namif.org

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Send newsletter additions/submissions/change requests to renee.deger@sbcglobal.net



Please Join NAMI SF

NAMI-San Francisco is moving to a system where members renew in their anniversary months, but many of you are on the calendar-year system.

Please let us count you. There is power in numbers. We need the support of families, friends, consumers, professionals and others who share our goals. Your dues help us pay for the printing of the newsletter, educational materials and mailings and the Family-to-Family Education Course, an invaluable resource for people who love someone with a mental illness.

Checks may be made out to "NAMI San Francisco"

Please mail to:

NAMI-San Francisco Treasurer
PMB 426
5214-F Diamond Heights Blvd.
San Francisco, CA 94131-2118

NAME _____

(Please Print)

ADDRESS _____

CITY _____ ZIP _____

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This is a:

•New Membership •Renewal •Change of Address

What is your relationship to a person with a mental illness?

•self • parent • sibling • spouse

• health care/other professional

Other _____

Please Check One:

• \$35 Individual or Family Membership

• \$50 Organization Membership

• \$75 Sponsoring Membership

• \$100 or more – Patron Membership

• I cannot join NAMI-San Francisco at this time but I would like to receive *Out of the Fog* or I am enclosing a donation of \$_____ to help cover the cost of *Out of the Fog*.

NAMI SAN FRANCISCO

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Hotmail address accounts are not feasible for low or infrequent use and the email addresses we were collecting for newsletter distribution were lost before they could be recorded.