A young mother was preparing a ham dinner. After she cut off the end of the ham, she placed it in a pan for baking. H

A young mother was preparing a ham dinner. After she cut off the end of the ham, she placed it in a pan for baking. Her curious on-looking daughter asked her, “Mom, why did you cut off the end of the ham?” She replied, “Well, dear, it would never fit into my baking pan.” Her grandmother replied, “Grandma, why is it that you cut off the end of the ham before you bake it?” Her grandmother replied, “Well, dear, it would never fit into my baking pan.” Her grandmother replied, “Well, dear, it would never fit into my baking pan.”

I’ll Be Home for Christmas
By: Bridgette Johnson

I’ll admit I get a little sentimental at Christmas. I find myself thinking about my daddy and my grandparent’s who’ve passed on. I wish they were here to spend some holiday cheer with my family, my children and husband. I think we all look back and think about our special Christmas memories and gifts we wanted so badly, and maybe received or maybe didn’t. But to be honest, I think my two most precious Christmas memories occurred because of my absence and removal from my traditional family activities. You see, I believe that we never fully appreciate what we’ve got until we’ve gotten a slight glimpse of what it would be like if we didn’t have it, whether that be a relationship, a good job, a car that works, or yes, a family tradition.

When I was seven years old, Christmas was the bomb! My nephew Brady and I, only a year apart in age, grew up together, planning Christmas and making sure that for every item he was sure to get from Santa, I, would get that same item but in a girlie version. We were inseparable, two peas in a pod,不可分割，两个豆子，像一个卵生的。

A young mother was preparing a ham dinner. After she cut off the end of the ham, she placed it in a pan for baking. Her curious on-looking daughter asked her, “Mom, why did you cut off the end of the ham?” She replied, “Well, dear, it would never fit into my baking pan.” Her grandmother replied, “Grandma, why is it that you cut off the end of the ham before you bake it?” Her grandmother replied, “Well, dear, it would never fit into my baking pan.”

Behavior that is watched often changes. This principle holds true whether you examine your own behavior through recordkeeping or someone else observes you. Think about this: if you were on the golf course with someone who said, “I am going to watch carefully as you take your golf swing,” chances are that for every item he was sure to get from Santa, I, would get that same item but in a girlie version. We were inseparable, two peas in a pod, bread and butter. I think you probably have health insurance. By contrast, all other highly developed economies have government-provided healthcare that covers almost all of its citizens.

Many opponents of government-run health insurance argue that the U.S. may spend more money on healthcare than other developed countries but has a better healthcare system as a result. However, most statistics do not support this argument. The table below provides a snapshot of healthcare in the world’s five largest developed economies: the U.S., Japan, Germany, and Switzerland.

When I was seven years old, Christmas was the bomb! My nephew Brady and I, only a year apart in age, grew up together, planning Christmas and making sure that for every item he was sure to get from Santa, I, would get that same item but in a girlie version. We were inseparable, two peas in a pod, bread and butter. I think you probably have health insurance. By contrast, all other highly developed economies have government-provided healthcare that covers almost all of its citizens.

Many opponents of government-run health insurance argue that the U.S. may spend more money on healthcare than other developed countries but has a better healthcare system as a result. However, most statistics do not support this argument. The table below provides a snapshot of healthcare in the world’s five largest developed economies: the U.S., Japan, Germany, and Switzerland.

When I was seven years old, Christmas was the bomb! My nephew Brady and I, only a year apart in age, grew up together, planning Christmas and making sure that for every item he was sure to get from Santa, I, would get that same item but in a girlie version. We were inseparable, two peas in a pod, bread and butter. I think you probably have health insurance. By contrast, all other highly developed economies have government-provided healthcare that covers almost all of its citizens.

Many opponents of government-run health insurance argue that the U.S. may spend more money on healthcare than other developed countries but has a better healthcare system as a result. However, most statistics do not support this argument. The table below provides a snapshot of healthcare in the world’s five largest developed economies: the U.S., Japan, Germany, and Switzerland.

When I was seven years old, Christmas was the bomb! My nephew Brady and I, only a year apart in age, grew up together, planning Christmas and making sure that for every item he was sure to get from Santa, I, would get that same item but in a girlie version. We were inseparable, two peas in a pod, bread and butter. I think you probably have health insurance. By contrast, all other highly developed economies have government-provided healthcare that covers almost all of its citizens.

Many opponents of government-run health insurance argue that the U.S. may spend more money on healthcare than other developed countries but has a better healthcare system as a result. However, most statistics do not support this argument. The table below provides a snapshot of healthcare in the world’s five largest developed economies: the U.S., Japan, Germany, and Switzerland.
the U.K., and France (China is currently the world’s third largest economy, but is not a developed economy yet). Note from the table that other large economies spend a smaller portion of their national income on healthcare than the U.S.; yet, they have a higher life expectancy for both men and women and have more hospital beds per population. Germany and France also have more doctors per population than the U.S.

These numbers may be surprising to some economists. Economists generally believe that competition will help reduce prices and improve quality while government-run institutions tend to be expensive and inefficient. Nonetheless, more socialist countries like Germany and France are able to deliver healthcare to a larger portion of their citizens at a considerably lower cost per person while providing more doctors and hospital beds per person. This is especially surprising given the fact that Western Europe and Japan have significantly older populations than the U.S.

There are two possible explanations for the discrepancies in healthcare cost and provision between the U.S. and other developed countries. Either government can provide healthcare more efficiently than private markets or there are some things that are fundamentally different about how Americans utilize healthcare. Although government can arguably better control the cost of healthcare products (like prescription drugs), price controls invariably lead to shortages. Also, government bureaucracy tends to be cumbersome and inefficient. Some argue, though, that it is easier for healthcare providers to deal with one publicly provided insurance than with multiple private insurances. Having high deductibles will discourage individuals from over-consuming health products (another major problem in the U.S.). Additionally, having many companies offer the same insurance will reduce the cost of insurance management for physicians, increase transparency for policyholders, and increase competition amongst insurance companies.

### Table: Per Capita Total Current Health Care Expenditures, U.S. and Selected Countries, 2006

<table>
<thead>
<tr>
<th>Country</th>
<th>Expenditures</th>
<th>Total Health Expenditure Per Capita $</th>
<th>Source</th>
</tr>
</thead>
<tbody>
<tr>
<td>Australia</td>
<td>$2,642</td>
<td>$2,760</td>
<td></td>
</tr>
<tr>
<td>Austria</td>
<td>$2,566</td>
<td>$2,760</td>
<td></td>
</tr>
<tr>
<td>Belgium</td>
<td>$2,442</td>
<td>$2,760</td>
<td></td>
</tr>
<tr>
<td>Canada</td>
<td>$2,442</td>
<td>$2,760</td>
<td></td>
</tr>
<tr>
<td>Denmark</td>
<td>$2,442</td>
<td>$2,760</td>
<td></td>
</tr>
<tr>
<td>Finland</td>
<td>$2,442</td>
<td>$2,760</td>
<td></td>
</tr>
<tr>
<td>France</td>
<td>$2,442</td>
<td>$2,760</td>
<td></td>
</tr>
<tr>
<td>Germany</td>
<td>$2,442</td>
<td>$2,760</td>
<td></td>
</tr>
<tr>
<td>Ireland</td>
<td>$2,442</td>
<td>$2,760</td>
<td></td>
</tr>
<tr>
<td>Israel</td>
<td>$2,442</td>
<td>$2,760</td>
<td></td>
</tr>
<tr>
<td>Italy</td>
<td>$2,442</td>
<td>$2,760</td>
<td></td>
</tr>
<tr>
<td>Luxembourg</td>
<td>$2,442</td>
<td>$2,760</td>
<td></td>
</tr>
<tr>
<td>Netherlands</td>
<td>$2,442</td>
<td>$2,760</td>
<td></td>
</tr>
<tr>
<td>Norway</td>
<td>$2,442</td>
<td>$2,760</td>
<td></td>
</tr>
<tr>
<td>Norway</td>
<td>$2,442</td>
<td>$2,760</td>
<td></td>
</tr>
<tr>
<td>Portugal</td>
<td>$2,442</td>
<td>$2,760</td>
<td></td>
</tr>
<tr>
<td>Spain</td>
<td>$2,442</td>
<td>$2,760</td>
<td></td>
</tr>
<tr>
<td>Switzerland</td>
<td>$2,442</td>
<td>$2,760</td>
<td></td>
</tr>
<tr>
<td>United States</td>
<td>$2,442</td>
<td>$2,760</td>
<td></td>
</tr>
</tbody>
</table>


As we grew older, Mother enlightened us as to Isaiah’s tragic life. Although he was a very bright person and could have been an engineer with his aptitude, his skin color in his era had kept him from getting the education he deserved. This was probably what led to his alcoholism, which contributed to his other problems in life. When he was still relatively young he had been accused of a murder he did not commit and had served many years of his life on the chain gang while his children were growing up. He didn’t help that he’d been drunk and in the bar when and where the murder was committed and had fled from the scene when someone told him he’d committed the murder. He was finally freed years later when the real murderer confessed to his crime on his deathbed. Mother also felt that he’d had stood a better chance of not being falsely accused if he’d been white.

Isaiah was a constant in Mother’s family while she was growing up and continued to work for the family off and on part-time at his discretion even after he’d retired, choosing to keep his room over the garage as his “second home” so he was always there as long as I could remember. Hattie moved to another town where her daughter lived in the back seat (since she still needed his services on her excursions and trips) and she would drive, which humiliated him greatly. My father was raised in Connecticut, “a damned Yankee” according to one elderly cousin. He had to get used to Isaiah’s presence and role in the house when we moved in with my great aunt years later. Isaiah liked his percolated coffee very black and almost burned; my father liked his weak and instant so my father was always trying to beat Isaiah up in the morning so he wouldn’t have to start the day with Isaiah’s coffee.

After we moved back to my mother’s old family home in Marion, my father’s father, a retired Yale professor, and his wife, my grandmother, would stay with us for part of the winter each year. Father, as we called him, had a rule for Isaiah’s stages of inebriation. If Isaiah came in the morning and greeted him with, “Good morning, Dr. Boyce,” he was sober. If his greeting shifted to “Good morning, Professor,” he’d had a little bit to drink. And if he was really in his cups, so to speak, it became “Hi, Doc.”

There was a love bond between Isaiah and our family would grow up knowing him, which my father couldn’t share the same way although he respected him. Isaiah had chosen to move to New York for a short period of his life and had come back rather unhappy from the experience without ever sharing why. However, when he was old and frail and in a nursing home nearby, he was convinced in his mind that he was living in New York. When we’d go to visit him in the nursing home, he would introduce me to my mother with great pride and love and say, “She came all the way to New York to see me. I don’t know how she found me, but she did.”

Note: When I get involved with Memoir Writing, it is hard not to include the people who became such a part of our family especially over more than one generation even if they were not genetically tied to us, but were by the bonds of love and service. And it is also hard nowadays to know how to write about such a bygone era in a way that is politically correct even though it is historically correct.

Jackie Boyce teaches Memoir Writing at CCU’s OLLI Lifelong Learning Program. She has shared some of her family stories in previous issues of PrimeTimes, about her mother’s family in the early to mid 1900s in Marion, S.C. and at Tilghman Point on Little River Inlet near Wadis Island. Jackie can be reached at 843-249-1857.
MEMOIR WRITING: TELLING STORIES ABOUT OTHER ERAS:

By: Jackie Boyce

(With memoir writing, one lens for viewing how the world has changed over time and what has shaped us in our world is through our family history. As we heard later in countless stories, as we felt our grandmother’s. The memories of the past are a part of who we are today. Keeping in mind that a free trial could cost you in other concerns you need to consider.)

When we came for Christmas and other holidays and visits to my grandmother’s big brick Victorian house at the end of Harllee Street in Marion, S.C. (now a B B & Montgomery Grove, Hattie and Isaiah were always there showering us with their love and staged their playful antics privately for us when we as children had to eat with them in the kitchen. We felt their caring and devotion just as deeply as we felt our grandmother’s.

To our childish minds, they were a married couple – Hattie always cooked, creating our tasty, bountiful dinners that no one could cook quite like Hattie, and Isaiah donned his white butcher jacket to serve at the dining room table. We loved Hattie’s slaw, her special custard, her fried chicken, rice and black eyed peas, and her other signature dishes. Isaiah also doubled as chauffeur for our grandmother, driving her Packard and as the yardman and landscaper for the yard. No wonder that, in later years, he felt proprietary about everything planted in our yard.

Hattie and Isaiah were always there serving us our ambrosia out of the green goblets on Christmas morning and were the first to shout “Christmas Gift” to us and later serving our formal Christmas dinner. It did not dawn on us until later years that that meant that their Christmas day did not begin until after they’d served our Christmas dinner.

We did not have a “Hattie” and “Isaiah” in our own middle class family life in the 1950s and 1960s until we moved into our grandmother’s house years later after her death to be there with our ailing great aunts. Our mother was a “liberal” and didn’t feel right about hitting some-
Now, for the record, my Mama has never been a demanding woman. She has never laid the hammer down on me to "make" me do anything. I was always allowed to pretty much make my own decisions, so if I chose the wrong one, well then, the decision was mine and I made it, so I suffered the consequences. Thus, she said, "Well, if that's what you want to do, then that's what you gotta do." So, I suffered through one of the coldest Christmases of my lifetime. It snowed, sleeted, rained, delivered some of the ugliest weather ever and I sat in a trailer with an electric heater at my feet wearing a big green coat, red scarf, purple gloves and black toboggan. I will never forget the sight of myself, as I had scrounged up as many pieces of clothing that I could find to keep myself warm.

April, my closest friend from USC, visited with me a few nights. I remember her asking me at one point, "What in the world were you thinking? I don't know. I guess the money got in the way of reason. Regardless, here I was, and I was committed.

My mama came up to visit with me on Christmas Day. After all the Christmas Eve celebration was over at home, she had packed her bags and headed my way. We ate...
to exercise three to five days per week, for 20 to 60 minutes each session, and at an intensity of 60 to 85% of maximal heart rate (American College of Sports Medicine, 2005). The traditional exercise prescription stresses relatively intense activity and often seems very intimidating to those who are sedentary. This approach has led to the misconception that one must exercise at a relatively intense level and in a structured exercise plan, such as described above, in order to receive health benefits. This misconception is a key part to the public’s perceived barriers to physical activity.

One mode of physical activity that has been understudied, in relation to its amount of energy expenditure and potential for health benefits, is golf. Golf is a recreational sport that is widely played in the state of SC, especially the Myrtle Beach area, due to its year-round temperate climate. This sport offers great potential for individuals of a wide variety of health levels and ages to increase their physical activity levels into the range necessary to result in increased health benefits. However, few studies have examined the energy expenditure or health benefits associated with playing golf. The Exercise and Sport Science (EXSS) department has recently received funding for a pilot study whose purpose is to determine the amount of energy expenditure (physical activity level) required to play golf when walking versus riding in a cart. The study will use accelerometers to collect data regarding physical activity and will also be collecting other information, such as heart rate and blood pressure before and after each round.

The question of the differences in energy expenditure between walking and riding may seem obvious. However, no known study has ever quantified and/or compared these modes of play. The information collected during this study will give us a better understanding of how much physical activity one is accumulating during a round of golf and will be used towards future grant proposals aimed exclusively at examining the health benefits potentially associated with golf in individuals of all ages.

Our research project strives to not only be visible to the local community, but also to organizations such as the American College of Sports Medicine, the National Institutes of Health, the American Heart Association, various national senior citizen groups, and the national Professional Golfer’s Association. Such relationships will allow CCU to become more competitive against other regional universities with programs in exercise science and public health and increase our ability to be successful in pursuing and acquiring higher levels of external funding sources in the future. This research will help continue to progress our EXSS program into becoming one of the best undergraduate programs both locally and nationally.

The benefits associated with this study are numerous. We will not only be gathering valuable information regarding the potential health benefits of golf in individuals of all ages and abilities, but also giving our CCU students an excellent learning experience in a rapidly emerging field of research. Our students will also become exposed to community-based and field-based research, in addition to the already established lab-based research. This hands-on experience will greatly improve their knowledge and give them valuable skills needed in the areas of research, professional advancement and social interaction. The CCU community will benefit by having a local research project aimed at increasing the health benefits, especially cardiovascular benefits, of individuals of all ages and abilities in a region that is among the top in the nation for risk of CVD, diabetes and obesity.

Professor Lyperly can be reached at glyper@coastal.edu and Professor Martel at gmartel@coastal.edu for any questions about the article or to inquire about possible participation in any of the research projects.

Professor Lyperly can be reached at glyper@coastal.edu and Professor Martel at gmartel@coastal.edu for any questions about articles in this issue, want to submit a letter to the editor, ask a question or make a comment, or if you would like to suggest appropriate subjects for consideration in future issues of PrimeTimes, the PrimeTimes staff wants to hear from you. If you want to be added to the PrimeTimes mailing list, just call, fax or write to let us know.

LOCATION: The Office of Lifespan Studies Atlantic Center 642 Century Circle Conway, S.C. 29526

MAILING ADDRESS: OLS - Atlantic Center Coastal Carolina University P.O. Box 261954 Conway, S.C. 29528-6054

E-MAIL ADDRESS rockdot@coastal.edu

TELEPHONES: Rocco Cartisano, 843-349-4116 Research Associate Fax 843-349-2184

Weight Loss Through Watched Behavior... continued from page 1

a behavior, reactivity won’t affect your behavior as much.

The good news is that you can use the reactive effects of self-observation to your advantage in improving your diet quality and losing weight. The effect generally works as long as you record your food intake. If you stop recording you will likely stop the improvement in your diet quality and/or weight loss.

Not convinced? Consider a study published last year in the American Journal of Preventive Medicine of 1,685 overweight/obese United States adults. This group was encouraged to be physically active, eat healthy, and keep food diaries for six months. In addition, they met weekly in smaller groups to share food diaries and discuss portion control. Six months later the participants had lost an average 13 pounds; however, the most powerful predictor of weight loss was not related to the quantity or physical activity, but how many days a week they kept food diaries. In fact, those who kept food records six days a week lost twice the weight of those only recording their food one day a week.

The study’s senior investigator, Victor Stevens, said that he believes food diaries help in weight loss because they provide accountability and increase our awareness about where

Seven Steps... continued from page 5

can not get the entire half hour of moderate activity in all at the same time, it is okay to split it up. Go for a brisk 15 minute walk during your lunch break, and then instead of the same time, it is okay to split it up. Go for a brisk 15 minute walk during your lunch break, and then instead of

6. Check labels All carbohydrates will affect your blood sugar, so skip the line that says “Sugars” and focus on “Total Carbohydrates” instead. This number already includes the total grams of sugars. And don’t forget to check the serving sizes. Is this the serving size you will be eating?

7. Contact your local dietitian Ask your health care practitioner to set you up with a registered dietitian to help you determine your individualized nutrition needs.
Physical inactivity has been classified as a major public health problem and has been associated with a decrease in public function and the increased risk of several diseases, including cardiovascular disease (CVD), obesity, diabetes, hypertension, dyslipidemia (high cholesterol), and several forms of cancer. South Carolina ranks among the highest in the nation in regards to risk of several of the diseases mentioned above. These include CVD (15th), diabetes (10th) and obesity (9th). Horry County’s statistics are close to the state average in CVD (4.7% vs. 4.3%, respectively), diabetes (8.3% vs. 9.6%, respectively), and obesity (60.3% vs. 65.4%, respectively). The World Health Organization states that currently, at least 60% of the world’s population fails to engage in the recommended amount of physical activity needed to cause health benefits. The Centers for Disease Control and Prevention reports that greater than 50% of US adults and 53% of S.C. adults don’t acquire enough physical activity to receive health benefits, and that 25% of both US and S.C. adults are not physically active at all.

Evidence of this problem has been documented in several U.S. reports, namely the 2008 Physical Activity Guidelines Advisory Committee Report, a collaborative report by the Centers for Disease Control and Prevention and the American College of Sports Medicine, a Surgeon General’s Report, and a National Institutes of Health Consensus Conference. Alarmingly, obesity rates in S.C. have increased by 19% in the past 10 years and 12% of all CVD deaths are attributed to physical inactivity. Barriers leading to physical inactivity, including lack of time, lack of social support, bad weather, disruptions in routine, facility inaccessibility, and dislike of vigorous exercise are commonly cited reasons for not engaging in a program of regular physical activity. Traditionally, exercise prescriptions use frequency, intensity, and duration of sessions to specify the amount or volume of exercise. These prescriptions, which are very structured, include recommendations the form of showing your food diary to someone else may help improve your diet quality or lose weight. With others or find someone to partner with in your efforts to improve your diet quality or lose weight. Third, be honest and accurate in your recordkeeping by paying close attention to portion sizes. For example, you might use a measuring cup to see exactly how many servings of cereal you eat each morning. Finally, to boost your success, share your diet records with others or find someone to partner with in your efforts to improve your diet quality or lose weight.

In summary, if you have tried diet plans in the past and are ready to try a new technique, try keeping accurate food records. If you are diligent in your efforts you might gain self-awareness, read the reasons abound. The fact that our bodies do age is as inevitable as the passing of time. Aging is a normal, natural, universal process that every living organism experiences. As humans, our hair changes color, our skin takes on an altered texture, our hormones diminish, and all of this happens so gradually that our minds scarcely have the opportunity to get used to the notion that we have changed. In most our minds, we are still that young woman, or man, of decades ago. My own dear mother is 78, and she has experienced years, and years, of chronic illness, and she, earnestly, reports to me that, “in her mind” she still feels “like the young bride” that she was more than 50 years ago!

Maybe this phenomenon, that belies the reality of the reflection in the mirror, is something from which we ought to take cue. If most of us, if not all of us, still envision ourselves as youthful...let’s ACT that way.....let’s play like we did as youngsters...let’s move, let’s “STEP UP” to fitness!! After all, our thoughts, and our behaviors, are so powerful.....they, most certainly, do define who we are!

If we are looking for good reasons to preserve, and/or improve our physical health, the reasons abound:

What We Know About Fitness - Our bodies were designed for movement. Physical activity gives us a higher energy level. We are more alert in the day, and we sleep better at night when we are active. Our mood improves, our posture is better, and we have a decrease risk of falls when we are fit. We look healthier, our muscles have more strength and we are less likely to fall when our muscles get an adequate work out. Even our immune systems respond to fitness. We are far less likely to pick up a cold, or viral bug, when we are active.

The Mind-Body Connection - As we learn more about physical fitness, as it relates to the upper end of the human lifespan, we cannot ignore the scientific finding that a strong mind-body connection exists...when we move our bodies, through exercise, we know that the activity is good for our heart and lungs, but, scientists and medical experts are now making it clear to us that what is good for the heart..... is also good for the brain. With mental and physical exercise, our brains are mainstream super heroes...far faster than a speeding bullet and more powerful than a wizard! Without exercise......well, maybe.....not so much.....to choose to exercise your body...and your brain!

The Benefits of Community - As humans, we are, by nature, social creatures. We like to be together. We like to talk, and laugh, work, eat and play...together...we are healthier when we are a part of “community”. We need each other for encouragement, for support, for friendship and love..... and just for fun! We have so much to share with one another....stories, talents, gifts, experience......and good times!

Community Opportunity: A Call to Action - Let’s get together...let’s move our bodies, strengthen our minds, build relationships, friendships and community....let’s be a part of something bigger than ourselves....let’s grow together...please, consider being a part of the March 26th, 2010 Waccamaw Sports Classic. The games will be held at the beautiful Coastal Carolina University campus. Both recre-ational and competitive “athletes”, who are 50 years, and BETTER, are invited to participate in horseshoes, track and field events, spin casting, softball etc. For those less athletic attendees a senior talent show, fashion show and exercise Bingo are, also, planned.

For more information: Danita can be reached at dscott@wrcog.org or 843-436-6123 or Tim Huber at thuber@cityofmyrtlebeach.com 843-918-2278 for information and to register for events.

LIFELONG LEARNING COURSE INFORMATION NOW AVAILABLE ONLINE... CHECK IT OUT! www.coastal.edu/olli