Yes, the title is a play on words. The exercise and sport science major began in 2008 to prepare students to assess, design and implement exercise programs for healthy individuals as well as those with chronic disease. Students are prepared to enter the workforce in community, corporate and/or commercial fitness settings as well as graduate programs for more advanced study in allied health professions (i.e., physical therapy and cardiopulmonary rehabilitation). Given the challenges the nation faces with the prevalence of cardiovascular disease, obesity and cancer and their connections to physical inactivity, it was not surprising that the EXSS major would be an attractive option for CCU students. However, no one predicted that the program would grow so quickly, rising to more than 500 students in just a few years, quickly outpacing our ability to hire faculty. Finally, the program

...continued on page 14

Most Americans obtain more than the American Heart Association’s recommended 1,500 mg daily sodium intake, and close monitoring of sodium levels is particularly important for people with heart problems or high blood pressure. Sea salt is often marketed as a more healthful salt option, but its effects on blood sodium levels may be exactly the same as that of table salt.

Both table salt and sea salt are ultimately made of the same chemical composition of sodium and chloride, and contain about 40 percent sodium. Consequently, the effects on blood sodium levels are generally the same. Variations occur between their taste, texture and appearance. The process by which the two salts are made also varies, with table salt being a more highly processed product than sea salt. Sea salt is generally produced through the evaporation of seawater with little other processing. Because of the minimum processing of sea salt, some trace minerals remain depending on the source of water from which the salt is obtained. On the other hand, table salt may be processed with added iodine, whereas sea salt has only small, naturally occurring amounts. The minerals present in sea salt have no significant effect, positive or negative, on blood sodium levels nor do they contribute significantly to daily-recommended intakes.

Because sea salt tends to be of a coarser texture than regular table salt, a teaspoon of sea salt may provide slightly less sodium than a teaspoon of table salt. The teaspoon of table salt will be more densely packed because of the smaller particles, and therefore will provide more sodium by weight. This does not make sea salt healthier than table salt, but may suggest that less is needed to obtain the same volume.

Regardless of the sodium source, exceeding the daily-recommended 1,500 mg of sodium can be detrimental to blood pressure and overall heart-health in individuals who are predisposed to these health issues. Most sodium in the diet comes from processed foods, such as canned soups and processed meats like hot dogs, sausages and luncheon meats. Choosing a processed food labeled as containing sea salt will still contribute sodium to the diet and affect blood sodium levels. In place of salt, non-sodium alternatives, such as herbs and spices, can be used. §

Larissa Gedney can be reached at Conway Medical Center at 843-347-8241.
Exchange Traded Funds (ETFs), mutual funds that trade just like stocks, have been with us since the early 1990s, yet only in the past 10 years have they exploded into such variety and complexity that they are more accurately classified under the umbrella term Exchange Traded Products (ETPs). The advantages they offer have made them a preferred type of mutual fund for both professional and retail investors. They offer transparency, the ability to target specific market sectors, generally low operating costs, tax efficiency, instant diversification for even small investments and convenience of use. Retail investors have found them to be an easy way to invest in broad market trends, target specific business or geographic sectors or trade in items like commodities, currencies or hedge funds, which had previously been available only to professional or very high net worth individuals. In many cases they are replacing traditional, actively managed mutual funds for part, or even all, of the investor’s portfolio.

ETPs come in a variety of forms, in addition to ETFs, that include Unit Investment Trusts (UITs), Exchange Traded Notes (ETNs), Master Limited Partnerships (MLPs) and other structures, some of which are quite complex and in some cases contain hidden dangers. Just as with traditional mutual funds, investors should understand the structure and be sure there are no surprises after the purchase. For example, the MLPs require filing of special tax forms to report profits each year that the investment is owned; ETFs backed by precious metals are taxed as collectibles rather than at normal capital gains rates; and ETNs are debt securities that are exposed to the credit risk of the issuing institution. All of these issues and others of much greater complexity should be fully understood at the outset so that risks and tax implications can be managed effectively and possible alternatives identified.

Although some ETFs have complex structures, most are relatively straightforward and can be used as core holdings in constructing long-term investment portfolios. While most of the funds follow well-established investment indexes, some of the newer funds are even actively managed. Investors can secure a wide variety of stock funds covering stocks in companies in almost every area of the world. There are also fixed income ETFs offering investment in bonds of almost every type with a wide variety of maturities, issued by almost every debt-issuing entity offering bonds to the public in almost every region of the globe. The scope
and variety of available offerings in the form of ETPs are almost limitless and continually growing.

Where can investors go to find more information on ETFs and learn more details about the basics? There are several sources available online. One of the most reliable and extensive is at Morningstar.com. A well-recognized mutual fund analytical company, Morningstar, offers a free 51-page guide to ETFs that can be downloaded. Included in the guide is an ETF Primer for Retirees and Conservative Investors. This provides some suggestions on the types of issues for retirees and conservative investors to consider and gives tips on some of the concerns. The guide also discusses the factors to consider in evaluating the performance of an ETF as well as tax and estate planning issues.

More basic information on ETF selection can be found at www.ETF.com. Here you can find a multitude of tools for screening and selecting ETFs. Several of the finance websites, like finance.yahoo.com or CNBC.com, also provide information and tools for selecting ETFs.

A number of brokers offer commission-free trading in certain ETFs. Each broker usually limits the free trading to a single fund family. This policy allows small investors to accumulate small amounts of an ETF on a dollar-cost-averaging basis and build a portfolio over time at very low cost.

As Morningstar says in its guide, “ETFs are an innovation that could help virtually any investor’s portfolio.” As long as you’re armed with a clear understanding of how they work, the many types available and how they can be best used, you’re in a good position to achieve major benefit from them. Even those who use professional managers to manage their portfolios may find them increasingly using ETFs to achieve the desired performance and meet objectives.

Norm Whiteley publishes a free monthly online investment newsletter and teaches classes for the Coastal Carolina University Osher Lifelong Learning Institute. He is a past president of Lifelong Learning. Whiteley started a website for the OLLI Investor Education Club dealing with investing questions or expertise sharing at www.groups.google.com/group/investment-fundamentals. He can be reached at nwhiteley@sc.rr.com.

While wandering around the Internet looking for articles related to “Brain Exercises” (at www.bottomlinepublications.com), I found one – in BottomLine Secrets – that got my attention. It is about a mental exercise to use especially if you’ve been “ticked” about something and feel you’d like to emote, and perhaps, loudly. Some events can trigger that impulse, such as someone not picking up clothes, dirty dishes left in the sink, someone you work making a snide remark, or you’re on Hwy. 501 and just had a zig-zag driver cut in front of you and gave you a “flipper”... and that was it – TRIGGER!

The article is about a six-second exercise from a book by a neuropsychologist, Marsha Lucas, who likens the exercise to “mindfulness meditation.” The practice of mindfulness engages brain functions, particularly in the cortex area involved in thinking and impulse control. Too much to write about here, so let’s get to the six-second technique.

First, choose an external cue, something that happens about 10 times a day like turning on a faucet or checking email. Every time the cue occurs use it as a reminder to do the following exercise:

- Silently say to yourself: my mind is alert, my body is calm. Then inhale through your nose for a slow easy count of three. Imagine your breath coming from the bottom of your feet and traveling through your legs, abdomen, chest, arms and shoulders – invite a pleasant feeling of warmth through your body.
- Exhale to a count of three or four, letting your face, jaw and neck go loose. Allow that warm feeling to flow downward and imagine tension being carried away. When it exits the bottom of your feet, get back to your normal activity. (Maybe a smile too, which isn’t mentioned.)

According to the neuropsychologist, after awhile a regular practice of mindfulness reduces our angry fireworks and produces a state of emotional resilience.
Memoir Writing can be a gift to ourselves as well as to our descendants. It creates a window future generations can look through to discover a past era, to meet ancestors they could otherwise never know. It can be our journey into memory lane, a gift to ourselves that can be passed on.

Many themes and triggers can be used for memoir writing, such as holidays and traditions, inventions and pivotal events in history that have marked our era, and our personal journeys of first jobs, marriage, children and grandchildren, and so forth. Places can also be triggers – where we’ve lived, towns and homes we’ve loved, places of travel, or places in nature special to us. There are also objects and furnishings that may carry their stories or family legends: great-grandmother’s favorite vase, great-grandfather’s desk with the hidden panel for a bottle of liquor (a gentleman’s bottle, we assume), or a leather-bound book from our great-grandfather’s library that’s inscribed, “This was all that was left from the fire.”

We can draw upon writing tips from Natalie Goldberg, who wrote *Writing Down the Bones*, and other guides urging us to write with as much detail as possible. This is what brings the story to life. It is also recommended that we write in a creative flow without censoring ourselves. We can always come back later and correct details or add historical context. And the editor in us is best kept at bay until we have completed at least our first draft.

We never know with memoir writing where it may lead – who in the next generation will treasure it or what descendant or member of a future generation will be informed by it. Also, when stories are not recorded in a timely way they become hearsay without the older generation around to verify and authenticate the facts in them. I’ve been surprised as the older generation has faded away to learn that the stories that our family heard differed from those our cousins remembered. Now we are left each believing our version is the correct one. For example, our beach Tilghman cousins, descendants of our great-uncle Charles Tilghman, have different versions of family stories about our “Tilghman side” of the family than the Horace Tilghman descendants.

We are grateful today that my mother asked our great-aunt Mabel Montgomery (the sister of our grandmother Bell Montgomery Tilghman) to write down the stories from her family growing up in South Carolina. Fortunately today we have that booklet for our reference for how they lived at the turn of the century into the 1900s with its stories about different family members and loyal, beloved servants. We even know how the Montgomereys and the Stackhouses celebrated Christmas. And now that the old family
home, Montgomery Grove in Marion, S.C., has become a B&B, the book has been reprinted and is made available to the guests in their rooms as well as in the gift shop.

Without this book, *Limbs on the Family Tree*, by my great-aunt Mabel Montgomery, many of the stories and rich details of a bygone era would be lost to us. And ironically, it is currently the most read of all her books; our great-aunt also wrote a biography *South Carolina’s Wil Lou Gray*, some children’s books including *David’s Fishing Summer* based on stories of our uncle growing up at the family’s Little River home, and other children’s books and books of South Carolina history.

Here is an example of memoir writing concerning our family history:

“Christmas time at our grandmother’s beautiful old Victorian home in Marion, S.C., now a B&B called Montgomery Grove, was a rich tradition with the house garlanded with greens and holly and the big live tree in the central hallway filling the house with their fresh aroma. We awakened Christmas morning to the excitement of trying to surprise each family member by shouting ‘Christmas Gift!’ before they could surprise us and especially Hattie and Isaiah, my grandmother’s cook and butler-yardman who’d become part of the family, loved by three generations of family. The original tradition was that the person who failed to say it first was required to give a gift to the one who’d ‘one upped them.’ We no longer did the gifting, but we still delighted in the challenge and thrill of being the first to say the greeting.

“Christmas breakfast at grandmother Bell’s house was as special for us as Christmas dinner. The elegant place settings with the Christmas china and green goblets were as special as the delectable dishes served in them. We would sit down together to a breakfast that commenced with ambrosia served in tall-stemmed, green goblets, a memory that is deeply imbedded in me. The day continued in the joy and warmth of the season with wonderful meals and the delight of presents and loving family time together.

“When we arrived days before Christmas, we would share in the excitement of the dining room filled with boxes decorated in red and green paper, stuffed full of the good, old-fashioned kind of candy canes, nuts, oranges and apples with a special gift – a new sweater, shirt or blouse – and an envelope with a check or cash in each one. These were for each household in the African American community on Little River Neck Road, the neighborhood to our family’s seasonal home at Tilghman Point. This was a small, independent community of people who owned their own land since after the Civil War and who lived off their gardens and the fish and oysters from the nearby marsh creek. It would be an all-day outing delivering these boxes, usually done by my grandmother and Isaiah, who was her driver.”

When I started an oral history project of this community on Little River Neck Road, I got to hear their side of the story. They described their excitement on the delivery of these boxes to each household with my grandmother always respectfully addressing each person by his or her surname, Mr. or Mrs. Since cars were a rarity on Little River Neck Road in those days, the sight of her Packard was a welcome and exciting event.

While the Christmases at my grandmother’s are deeply rooted in early memory for me, there are also the traditions from our immediate family as well. Around Christmas, the house would be filled with the aroma of oatmeal cookies baking, my mother’s specialty. We would gather around the kitchen to nibble on these delectable, delicate lace oatmeal cookies as they came out of the oven. We could have the “mess ups” that she couldn’t put in her gift plates...continued on page 6
PrimeTimes Note:

A recent issue (November 12, 2012) of the online “Caring Times” from Griswold Home Care highlighted an article, “What 90% of Vets Don’t Know – The Aid and Attendance Pension Benefit.” After reading the article it appeared worthy of making PrimeTimes veterans or PrimeTimers caring for veterans aware of the article.

The article is noted on the website, www.griswoldhomecare.com. Information about finding periods of service for eligibility is in the article. The article also refers to a nonprofit organization, VeteranAid.org, which is run by Debbie Burak, a volunteer who works to make veterans and their families aware of the benefit and also alerts families about scams aimed toward veterans.

PrimeTimers interested in the online email letter can go to CaringTimes@griswoldhomecare.com.

Griswold Home Care in Myrtle Beach is located at 195-A Prather Park Drive (29588), telephone 843-486-2522. Mary J. Warrington is the manager.

for neighbors and family friends. To this day, baking the oatmeal cookies at Christmas is a family tradition that evokes loving memories of my Mother’s spirit and our family Christmases together.

There was always the live Christmas tree in our house that my father carefully selected and watered through the Christmas season to make sure that it stayed fresh. To this day, our family always prefers live trees with the aroma of fresh greens in the house.

We also carried on the tradition of stockings in our family that has continued into our adult years. We discovered as teenagers the delight of giving our parents stockings, and then we continued stockings for each other with special small gifts, gourmet chocolates, nuts and fruits, and special toiletries from the health food store. It has been interesting to watch how these traditions have continued into each of our own families.

There is also the story of my brother staying up late at night to stuff our parents’ and grandparents’ stockings and having to hide in the cold, dark pantry for an hour when our other grandmother got up unexpectedly for her midnight snack in the kitchen. He didn’t want to frighten her so he ducked into the pantry, but he was lucky not to catch cold hiding in the pantry while she fiddled around in the kitchen.

Jackie Boyce has taught writing and memoir writing classes at CCU and for CCU’s Osher Lifelong Learning Institute (OLLI). She has shared some of her family stories in previous issues of PrimeTimes as examples of writing to preserve family history, stories and persons. Comments and inquiries by PrimeTimes readers indicate a continuing interest in “storytelling.” Jackie Boyce can be reached at jackiesliteway@yahoo.com.
The Better Business Bureau and Western Union have launched BBB Scam Stopper, an education campaign to help consumers in the United States and Canada avoid common scams that con artists use to commit consumer fraud.

“Western Union devotes extensive resources to stopping fraud,” says Shelley Bernhardt, the company’s director of consumer protection. “Our agents are trained to intervene if they suspect a customer is the victim of a scam. Through our partnership with BBB, we aim to give consumers the information and resources they need to protect themselves and help stop fraud before it gets that far.”

Consumer fraud is a serious problem in North America. According to the Federal Trade Commission and the Canadian Anti-Fraud Centre, consumers reported losing more than $1.5 billion to all types of scams in 2011.

“We investigate thousands of scams every year, and we know the tactics that scammers commonly use,” says Kathy Graham, president and CEO of the Better Business Bureau of Coastal Carolina. “A portion of these scams involves the wire transfer of funds, so Western Union is the ideal partner for this campaign. The best defense against fraud is awareness and education. It’s crucial for consumers and business owners to recognize scams before they become victims.”

On the Scam Stopper website, consumers can find facts and tips to stay informed and help reduce their chances of becoming a victim of a scam. The site also explains the science of scams, and how scammers use many of the same “sales tactics” that are used by legitimate businesses. Visitors can also sign up to receive BBB Scam Alerts, weekly emails with the latest scams reported to BBBS across the country.

The site highlights common scams like emergency scams (a friend or family member has an emergency, often in another country, and needs money), overpayment scams (a buyer overpays and asks for the difference wired back to them), sweepstakes and lottery scams (you’ve won a lot of money, but you have to pre-pay taxes before claiming your prize) and more.

Personal finance writer/blogger Erica Sandberg has also joined the effort and is blogging and creating public service announcements about scams and fraud for BBB Scam Stopper. §

Kathy Graham, President/CEO, Better Business Bureau, Coastal Carolina, Inc., can be reached at 843-488-0238, fax 843-488-0998 or email at kathygraham@sc.rr.com.
For decades, cigarette companies tried to convince the world that smoking is harmless to your health. It took millions of deaths from cancer and respiratory diseases, multiple litigations and a well-coordinated public information campaign to finally convince the federal government to condemn smoking and put warning labels on cigarette boxes. Today power companies throughout the United States are emitting more than two-billion metric tons of carbon dioxide, the principal greenhouse gas, per year through their chimneys, which look like giant cigars pointing skyward. Yet, not only is the government refusing to criticize the use of fossil fuels (coal, oil and natural gas), it is heavily subsidizing them.

According to the U.S. Energy Information Administration, coal, the dirtiest of the fossil fuels, received $1.2 billion in subsidies in 2010 and still produces more than 40 percent of the electricity in the United States. Consequently, coal is responsible for almost 80 percent of carbon dioxide emission from electricity. Coal not only emits carbon dioxide, it also emits poisonous mercury, smog and sulfur dioxide, which can create acid rain. While the use of coal has recently declined, the use of natural gas, coal’s slightly cleaner cousin, has risen. Natural gas burns more cleanly than coal, but it still emits a lot of carbon dioxide and forces us to rely on foreign imports. Isn’t it time that we label fossil fuels as undesirable and focus our attention on renewable, local sources of energy?

Opportunely, the wind of progress is gradually changing direction. In 2010, the federal government invested $5 billion subsidizing the research and development of wind energy, more than twice as much as on oil, gas and coal combined. Wind ranks second only to hydropower among renewable sources of energy in the U.S. However, since there are only a limited number of suitable places left in the U.S. to
build dams, it seems likely that wind energy is destined to blow past the competition.

Wind energy has several advantages over other sources of renewable energy. Wind energy is more widely available than other sources of renewable energy such as geothermal energy, hydroelectricity or tidal energy, which are restricted to limited locations. Photovoltaic (solar) panels can be used almost anywhere, but it is the most expensive source of energy and can only be used for small-scale production. Other solutions like thermal depolymerization, a process of turning carbon-based garbage into oil, and nuclear fusion, combining hydrogen atoms under extraordinary heat to release energy, show great promise but are not fully developed yet. Wind-powered energy is a well-developed technology that can be used in many parts of the U.S., including the Grand Strand, at a reasonable cost.

The United States has high wind capacity in four regions: along the Pacific Coast; all through the Wind Corridor, which stretches from North Texas to the Dakotas; around the Great Lakes; and along the East Coast from South Carolina to Maine. Currently, Texas and Iowa are the largest producers of wind-powered energy, but as seen on the map below, the potential for offshore wind energy is far greater than for onshore wind energy. Offshore winds are usually stronger and more consistent. Although offshore wind energy production is a bit more expensive, offshore wind turbines, unlike onshore turbines, do not occupy needed space, do not bother anyone with their noise and are unlikely to kill birds.

The Grand Strand is an ideal location for offshore wind energy. Unlike Florida and Georgia, South Carolina has consistently strong offshore wind close to its coast. Also, the ocean adjacent to the Grand Strand is a continental shelf and is fairly shallow even several miles off the shore. Furthermore, the Grand Strand has major grid lines close to the shore that can be used to transport electricity, and Georgetown has a port than can be used to ship parts and transport wind turbines for installation. A recent report by two researchers from Clemson University found that South Carolina has the ability to produce most of the components necessary for offshore wind turbines. Furthermore, a one-gigawatt wind farm could provide enough clean electricity to supply the Grand Strand and Charleston (though, since wind is inconsistent, we must develop ways to store this energy as well) – while generating almost 4,000 new jobs and $2 billion in wages for South Carolina.

With all the potential benefits from offshore wind energy, it may seem surprising that we are not building offshore wind turbines already. The reality is that the production of offshore wind energy requires a substantial upfront investment as well as a great deal of coordination among suppliers. Therefore, the state government, the federal government and Santee Cooper, our local power company, must all make a strong commitment to invest in offshore wind energy in order to turn this castle in the air into turbines in the ocean. Perhaps, just like with cigarettes, a well-organized public information campaign can turn the tide against polluting fossil fuels and in favor of clean wind turbines. §

Yoav Wachsman can be reached at 843-349-2683 or yoav@coastal.edu.

[Graph showing percentage share of total generation provided by coal and natural gas.]
I recently had the good fortune to experience a video presentation of Nigerian author Chimamanda Adichie’s profound lecture titled “The Danger of a Single Story.” If you want a treat ... and have eight minutes, Google it! I promise that you will not be disappointed.

Adichie’s lecture presents a series of personal observations about the universal tendency of people to categorize and label one another based on what others have told us; what we perceive from our own limited life experiences; and what is portrayed in literature and the media. To summarize, she said, “To create a single story, portray a people in the same way, over and over, and they become that portrayal.”

In thinking about her premise, I applied it to the paradigm of aging. In American culture, we all like to think of ourselves as “forever young.” We go through the decades believing that: “My life will not change as I age. I will always work and have a paycheck; I will always have insurances, savings and a pension to rely upon; Medicare and Social Security will be there for me after I am 65; my eyes will always see; my heart, liver, limbs and brain will always function as they do now; I will always be able to walk and drive; I will never need to rely on someone else for care; or my family will take care of all my needs as I age.”

Having worked in the field of aging for more than 27 years, I have had the privilege to serve hundreds and hundreds of individuals and families from all walks of life. There is one clear, outstanding universal pattern that I have observed about aging: If we live long enough, every one of us is going to need the help of others ... no exceptions. The danger of the single story of “forever young” is this – When we believe the “single story” that aging, and the challenges that go with it, are “not going to happen to me or my loved ones” – we FAIL to adequately prepare for the inevitable.

It is time for a paradigm shift. Each of us needs to prepare to grow old and the truth is that to do so, we need each other. Illnesses, disability and advanced age can outstrip the resources of any one individual or family. The best laid plans to cope with our changing bodies and circumstances will include both individual and community approaches. The community approach is up to us collectively.

Some community leaders have begun the arduous process of building programs and services for the unprecedented numbers of people that will grow old this century. The Waccamaw Aging and Disability Resource Center and GRACE Ministries’ Neighbor-to-Neighbor Program (N2N) collaborate, cooperate and invite additional community partners to share ideas, experience, expertise and resources to continue to build a volunteer-based system of care focused on transportation and access to essential services, such as medical, pharmacy, grocery, banking, worship and other life-sustaining, life-enhancing events/appointments. Access to these enables users to enjoy the best quality of life with the greatest amount of freedom for as long as possible. The lack of adequate transportation has been identified, via surveys and focus groups, as a primary barrier to good quality of life and adequate, timely medical care by seniors themselves and by area service providers.

Since late in 2008, N2N’s volunteer driver program has been providing essential transportation services free-of-charge to the homebound elderly, chronically ill and disabled adults of our region. From the first year of service (2008) N2N provided 488 transports with only 23 screened and trained drivers. Since then, the program has grown each year, providing 1,458...
transports, 2,436 transports and 3,934 transports, respectively. This year, by Aug. 31, 2012, with 192 volunteer drivers and three paid employees who serve to make the volunteer-client “matches” and dispatch rides, the program has provided 2,901 transports, logged 2,997 volunteer hours and accumulated 37,541 travel miles. Volunteers donate their time, vehicles, primary insurance coverage and fuel. More than 400 satisfied consumers have utilized services since January of 2011. N2N brings the community together to provide access to essential life services for the aged and disabled of our community. Someday, any one of our family members or us might need these services.

Please consider assisting the Waccamaw Aging and Disability Resource Center, GRACE Ministries and our myriad of community service partners and dedicated volunteers to grow the infrastructure of the Neighbor-to-Neighbor program. It is our goal to continue to meet the growing regional demand for transportation services for our most vulnerable citizens. Opportunities for service include volunteering as a driver, a health coach or as a member of a planning committee. We also welcome your support through your tax-deductible contributions. §

To get involved, go to our website www.gracefullyaging.com or call Kathy Jenkins, E.D., at 843-839-0702 or Danita Vetter at 843-436-6123.

Bytes & Bits

PrimeTimes readers often call or email with questions about websites that deal with specific issues, ie., health, finance, retirement, etc. Readers will also suggest websites they’ve found useful and informative. The following are some websites, mostly about heart and health, that readers have recommended:

http://mylifecheck.heart.org
An American Heart Association-sponsored website geared to helping people set up a plan to achieve targets on seven different risk factors for cardiovascular disease.

http://www.cardiosmart.org
An educational site for patients sponsored by the American College of Cardiology.

http://www.womenheart.org
An educational and support group website focusing on prevention and treatment of women affected by heart disease.

http://www.hearthealthywomen.org
This site offers a variety of reading about heart issues.

http://my.clevelandclinic.org/heart411book
Heart 411 is the definitive guide to heart health written by two of America’s most respected doctors at Cleveland Clinic.

http://www.reynoldsriskscore.org
Reynolds Risk Score is designed to predict your risk of having a future heart attack, stroke, etc.

http://www.realage.com
Deals with a wide range of heart issues.

A website that PrimeTimes receives and readers may find of interest is from the “National Academy on an Aging Society.” The publication/newsletter covers a broad area including health and government policy.

PrimeTimes offers these websites as information only, and readers can decide for themselves whether they are of use. §
Interested in the latest information on losing or maintaining weight without hunger pangs? Recent research presented by Barbara Rolls, professor of nutritional sciences at Penn State University, at the Academy of Nutrition and Dietetics’ 2012 Food and Nutrition Conference and Exposition highlights new findings related to weight loss success. Her research found that the one important component often missing from weight management programs is that of satiety or “feeling full.” This is because hunger is an incredible driver and can lure even the strongest-willed person off a weight management plan. Satiety after a meal brings emotional satisfaction and gratification. The good news is that there are ways to increase satisfaction, improve meal quality and reduce calories.

The media have well publicized the fact that most portion sizes served by restaurants are “supersized.” A study by Ledikwe, Flood and Rolls of 300 professional chefs found that 75 percent claimed that they serve “regular portions.” Yet, when researchers examined these “regular portions,” it was found that 90 percent exceeded USDA standards. When the chefs were asked how much they could reduce calorie content without consumers noticing, 93 percent reported that calorie content could be reduced by 10 to 25 percent. Large portion sizes are a problem; Rolls has conducted numerous studies to verify that when larger portions are served, we eat more food. Interestingly, this holds true for all ages, even children. When multigenerational groups were served meals that were “average” (100 percent versus 150 percent of portions and calories), those who had the large size meals consistently overconsumed. Over the 11 days of her study, she found that those served the 150 percent size portions consumed almost 5,000 additional calories.

Some nutrients seem to have a greater effect than others in promoting satiety. When examining ways to increase satiety based on nutrient-type, Rolls and her colleagues found that water incorporation (through food) has the biggest impact, fat reduction has a large effect, sugar reduction has a moderate effect, and extra fiber has a relatively small effect. One way to increase water through food choices is to increase fruit and vegetable intake during meals. In a 2010 study, Rolls, Roe and Meengs found that adding vegetables to meals increases vegetable intake but does not change meal energy intake. Also, adults will eat more vegetables when served a variety of types. The same holds true for children. When children are served larger portions of fruit at a meal, consumption of fruit increases by as much as 70 percent. Furthermore, doubling the portion of vegetables at a meal had less consistent results, but one study found it increased intake by 37 percent. Palatability, they reported, was the key to success.

Humans generally eat a consistent weight of food from day to day, so choosing foods lower in energy density can help reduce calories. This holds true for all age groups — from preschoolers to adults. Several strategies are provided to reduce energy density without sacrificing satisfaction:

- Focus more on fruits and vegetables.
- Choose larger portions of vegetables and fruits at meals.
- Reduce portion sizes of higher energy density foods such as meats and starches.
- Have a healthy appetizer or first course.
- Prior to a meal, when hunger is high, choose nutrient-rich, lower calories foods without competing foods.

**Incorporate nutrient-rich ingredients into foods.**

There are many ways to accomplish this, such as to puree or chop vegetables and fruit and add to foods to increase weight of foods and add flavor with few calories.

**Breakfast:** Add pureed banana, pumpkin or butternut squash to pancakes or waffles. Fruit purees from strawberries, raspberries and blueberries can be used.
as a breakfast syrup to reduce caloric and sugar intake without sacrificing flavor. Chopped, blended or dried fruit can easily be added to hot cereals like oatmeal, cold cereals or stirred with yogurt.

**Lunch/Dinner:** Cauliflower puree can be added to macaroni and cheese or mashed potatoes. Add mushrooms to chicken casseroles, lasagna or meatloaf. Zucchini, summer squash and asparagus can be shaved to resemble pasta. Roasted red peppers, herbs or onions can be added to risotto. Add spinach leaves, sliced cucumber, green peppers, grilled vegetables or other vegetables to sandwiches.

**Snacks:** Roasted red peppers, tomatoes, peas, carrots, garlic or herbs could be added to hummus or other cream-based dips and spreads. You can also experiment with smoothies using most any fruits along with pumpkin or carrots.

Incorporate air into food. Choose popcorn or puffed snacks. Select whipped cream cheese and whipped butter. Reduce fats in cooking. Choose Greek yogurt instead of mayonnaise as a creamy dressing base for salads or on sandwiches. Replace some fat in baked goods with fruit purees and/or Greek yogurt. Select lean meats. Choose low-fat dairy products. Add beans to meaty dishes to reduce fat and calories.

In conclusion, satisfaction, ease of preparation and taste all contribute to weight management success. Incorporating fruits and vegetables into meals in different forms can increase food weight of meals and improve mealtime gratification. Satisfaction is within your reach!

Sharon Thompson can be reached at thompson@coastal.edu.
is starting to achieve better balance with regard to student/faculty ratio, as two faculty members have joined the program this fall.

Cathryn Dooley, Ph.D., arrived at CCU from Lander University, bringing a great deal of teaching, research and administrative experience. Dooley teaches in the areas of exercise physiology, cardiopulmonary rehabilitation and nutrition, among others. Her research interests include the reliability of body composition assessment techniques and the impact of exercise on older adults. In addition, Chad Smith, Ph.D., joined the faculty from Youngstown State University, also bringing much teaching and research experience. Smith teaches biomechanics and strength and conditioning, and has research interests including the effect of stretching and fatigue on muscle function. The program is fortunate to have them aboard.

Also with regard to balance, the Allison Sloan Smith Exercise Science Laboratory had seen a number of structural modifications over the past few years in order to accommodate increases in student numbers, classes and research projects. However, only so many walls could be removed, and the limits of a single lab’s ability to meet the needs of numerous additional lab sections, presentations and increased faculty research quickly became apparent. With the relocation of Campus Recreation Services to the new HTC Student Convocation and Recreation Center, the EXSS program was lucky to gain much needed space to allow for improved teaching and research areas. Some of the former campus recreation areas have been converted to “new” research and teaching spaces for body composition assessment, motor learning, balance, psychological assessment, and exercise testing and training.

EXSS faculty have already begun taking advantage of these new spaces, with a number of research projects already under way or being proposed, making use of these new lab areas. For example two EXSS majors who are in the CCU Honors Program, Caitlin Carroll and Stephanie Taylor, began collecting data regarding balance performance and fall history in CCU cheerleaders and cross country runners. Although you would think that college-aged women wouldn’t have issues with balance, participation in athletic endeavors such as these exposes young women to a high risk of falls. (Imagine sprinting into a series of cartwheels or flips, standing on someone’s shoulders with nothing to hold on to, or running down a gravelly hill at top speed!) Caitlin and Stephanie thought it would be interesting to test balance ability in these groups while also obtaining a recent history of falls and lower extremity injuries that resulted from participation. It was found that 76 percent of the 17 athletes tested had fallen and almost 60 percent had experienced a lower extremity injury related to participation in their activities within the past year alone. From their research, three research abstracts were developed and have been submitted for possible presentation at the southeast regional American College of Sports Medicine meeting in February 2013.

Another study that was developed and approved in August 2012 involves balance ability in older adults. Although many studies have examined the impact of strength training and traditional balance exercises on fall risk and occurrence, there is a need for study of the possible benefits of a recent trend in balance intervention involving participation in multisensory

Many PrimeTimers have participated in past Smith Exercise Science Laboratory research projects and have made known their interest in more projects.
game playing (also referred to as “exergaming”). Few studies have directly compared different brands of multisensory games on balance ability and fall risk. Also, few have compared the effects of playing multisensory games to the effects of traditional balance training. Thus, EXSS faculty plan to compare the effects of a traditional balance exercise training program to two different brands of multisensory gaming, the Xbox Kinect gaming system and the Wii Fit Balance Board. We will soon be looking for volunteers aged 65 and older from the local community to participate in this study. We will be looking to measure balance performance on a computerized balance testing system, to test physical performance during functional activities involving sitting, standing and walking, aerobic capacity, cognitive function and perceived balance confidence. §

Greg Martel can be reached at gmartel@coastal.edu.
PrimeTimes recognizes that there’s always room for a smile – occasionally even a laugh out loud – among the serious topics we address. If you have a humorous story about the lighter side of aging, send it in and we may publish it in a future issue of the newsletter.

While sports fishing off the Florida coast, a tourist capsized his boat. He could swim, but his fear of alligators kept him clinging to the overturned craft. Spotting an “older” (perhaps PrimeTimer) beachcomber standing on the shore, the tourist shouted, “Are there any gators around here?!”

“Naw,” the man shouted back. “Ain’t been any for years!”

Feeling safe, the tourist started swimming toward the shore. As he got closer to shore, he shouted to the guy again, “What did you do to get rid of the gators?”

“We didn’t do nothin’,” the beachcomber said. “The sharks got them all.”