



COASTAL CAROLINA UNIVERSITY

Center for Active Aging and Retirement

P.O. Box 261954 • Conway, SC 29528-6054

PrimeTimes
SPRING 2008

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NEWSLETTER OF COASTAL CAROLINA UNIVERSITY'S CENTER FOR ACTIVE AGING AND RETIREMENT

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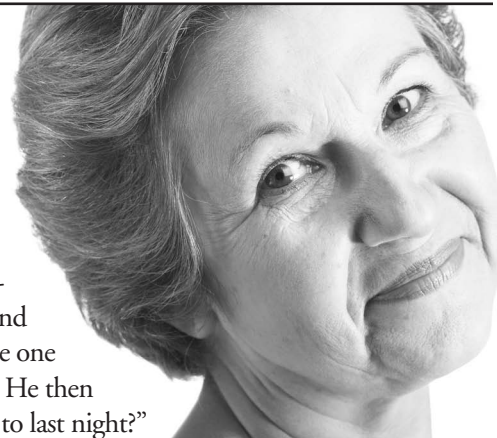
NEWSLETTER OF COASTAL CAROLINA UNIVERSITY'S CENTER FOR ACTIVE AGING AND RETIREMENT

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SMILE~A~WHILE

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 future issues of the newsletter.

An older couple had dinner at another couple's house and after eating the wives left the table and went to the kitchen. The two gentlemen were talking and one said, "Last night we went out to a new restaurant, and it was really great. I would recommend it highly." The other man said, "What is the name of the restaurant?" The first man thought and finally said, "What is the name of that flower you give to someone you love? You know, the one that's red and has thorns." "Do you mean a rose?" "Yes, that's the one," replied the man." He then turned towards the kitchen and yelled, "Rose, what's the name of that restaurant we went to last night?"



SYNDROME X= METABOLIC SYNDROME= INSULIN RESISTANCE

Sharon H. Thompson,
Professor of Health Promotion,
Coastal Carolina University

Many of us are familiar with the term Generation X, but have you ever heard of Syndrome X? Syndrome X or Metabolic Syndrome is a combination of several different health conditions, such as abdominal obesity, abnormal lipid levels, and high triglycerides, blood cholesterol, and blood pressure. Persons with Metabolic Syndrome are at a much higher risk for Type 2 diabetes, stroke, heart disease and heart attack than those without the syndrome.

The syndrome is quite prevalent as it has been reported that more than 45 million adults in our country exhibit its traits. Although it is more common with increasing age, around 3.5 percent of adolescents in America also have Metabolic Syndrome.

In order to explain Syndrome X or Metabolic Syndrome, please allow

NO MORE EXCUSES, STOP WEIGHTING AROUND

By Steve Kipe, Conway Wellness – Fitness Center, Conway Medical Center

In the past five issues of PrimeTimes, Greg Martel, Ph.D. and colleagues at Coastal Carolina University dealt with Physical Fitness for older individuals that ranged from definitions and attributes of physical fitness and attributes, aerobic exercise and cardiovascular fitness, weight and body composition and flexibility. Continuing our attention to physical fitness, PrimeTimes asked those at the Wellness and Fitness Center to assist with more encouragement for participating in exercise and conditioning and good health - here is their light HEARTED approach!



Do you want to lose weight or just maintain your body the "weigh" it is? Who doesn't? Well, I'm going to be honest with you...there is no magic pill or surgery to get weight off and keep it off. Even surgeries that remove weight still require you to do two things: (1) get proper nutrition and (2) exercise. That's it folks. That is the big secret to losing weight and staying fit, proper nutrition and exercise.

So now that the secret is out what does it mean to me? Maybe nothing. Some of us like sitting on the couch eating bon-bons and watching TV and are not going to change. Here is a little fact you should know. According to CalorieLab.com, in 2007 South Carolina became the fifth fattest state in the country (we were ninth the year before). This study showed that 65.4 percent of South Carolinians are obese or overweight.

If you are married and if you live in South Carolina there is a good chance that either you or your spouse is overweight. Most likely you want to keep the other around. So what should you do? 1. Proper Nutrition. Some of you may be wondering what is proper nutrition? It's basically a more positive way of saying "DIET." When you think of diet, what comes to mind? Starvation. Eating like a rabbit. No good food. Plus, what are the first three letters? D.I.E. How positive is that? We'll stick with proper nutrition. The whole point is to eat balanced meals. Some people just eat too much...so use a smaller plate. We are taught when we are young to clean our plate and for most of us, it's all in our head. Once our plate is clean we are finished eating, so using a smaller plate should help you cut back on the amount of food you are eating. Do you need fruits and vegetables? Yes, but that's not everything. We aren't even saying you can't have your

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NO More Excuses, Stop WEIGHTING Around Continued from page 1

desired Snickers bar and Coke. The key is moderation. And moderation isn't breakfast, lunch and dinner. Moderation is defined by dictionary.reference.com as: being within reasonable limits; not excessive or extreme. Having a soft drink and candy bar once in a while is fine, but not twice a day. Did you know, if you have a Coke and a Snickers bar twice a day and you replace them with water and an apple you will cut out at least 7,000 calories a week! Yep, do the math. Coke has 250 calories and Snickers 280. 530 combined twice a day 1,060 times seven days is 7,420 calories! OUCH. Keep in mind a good rule of thumb as far as eating healthy is if you can pull it out of the ground or off a tree, most likely it is good for you. I still haven't found a Whopper tree yet.

And now to the other "weigh" to get and stay healthy...exercise. Come on, it's not too bad, but we do look at it that "weigh." What comes to your mind when you think of exercise? Pain. Soreness. Have to get up early. And of course there is the #1 reason people don't exercise...I don't have the time. Time is not an excuse. We make time for things that are important to us. You have to make exercise a priority. We're not talking three hours a day here, only 30 minutes a day. If you can't find a full 30 minutes, break it up into 10 or 15 minute segments. The key with exercise is you need to find something you enjoy doing or you won't stay motivated to continue exercising. If you are

like me and you can't stand treadmills, don't get on one, but find another way to get your exercise. Try racquetball, gardening, mowing the lawn (riding lawn mowers don't count) or going for a walk with your family. Some people need to have somewhere to go to exercise and that's where the Conway Medical Wellness & Fitness Center comes in.

We are located across the parking lot from the emergency room at the Conway Medical Center. We have more than 50 aerobic classes weekly, pool, hot tub (for those sore muscles), saunas, a wide selection of strength training equipment, basketball and racquetball. All available at your fingertips to help you get motivated to exercise. Don't "weight"...start today. If you have any questions, check us out online at www.conwaymedicalcenter.com or feel free to contact me 347.1515 ext: 4802 or stevekipe@cmc-sc.com.

Come see us and talk with us about how you can get started with your physical fitness program and ask to see me. Don't "Weight" – check us out online at www.conwaymedicalcenter.com or contact me at 347.1515, ext. 4802 or by email at stevekipe@cmc-sc.com.

PT NOTE: for the five part series by Greg Martel to www.coastal.edu/caar and click on PrimeTimes starting with the Winter 2006-2007 issue.

PROMOTING EASY LIVING ALONG THE GRAND STRAND; FUELING RETIREE ATTRACTIONS AND ECONOMIC DEVELOPMENT

BY Jan Bowman, Ph.D., Director, Center for Active Aging and Retirement, Coastal Carolina University

Opportunities abound along the Grand Strand to capitalize upon the existing retirees residing in the region and upon those visiting here. Population statistics from the South Carolina Budget and Control Board show there are 101,700 persons 50 years of age and older living in Horry County; by 2025 it is projected, with the aging of the baby boomers, that we will have 157,690 or 51 percent of the total population 50 years of age and older. According to economists with Thomas Warren & Associates (TWA, 2007), retirees and baby boomers tend to fuel the economy by SPENDING their money, and thereby creating jobs.

As we look at the major developments taking place right now along the Grand Strand such as The Market Commons, Hard Rock Theme Park, and Brightwater Retirement Communities, what each of these developments has in common is that many retirees will spend their money directly or indirectly at each of these major developments and across the

Grand Strand. They will spend their resources in retail outlets and upscale shops that are easily assessible and that cater to their consumer interests, and they will eat at many of the fine restaurants that our areas boasts, play golf, visit the beach, and buy cars, houses and more. According to TWA economists, spending by retirement oriented tourists can average \$150 a day. Many of these tourists will remain several days to several weeks, and, if they have children and grandchildren with them the economic impact becomes even more significant.

Of these retired tourists, one in 10 may relocate here, and according to TWA, each relocating retiree will spend approximately \$42,000 in one year. In fact, they project that each retiree household is equivalent to 3.7 industrial jobs and the jobs created range from entry level to professionals. The jobs multiplier for each retiree is typically 2-2.5. Sounds like a good clean industry, doesn't it? So as we address the bricks and mortar going up, the

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We want to hear from you!

If you have comments or 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. Previous *PrimeTimes* newsletters are available on our Web site: www.coastal.edu/caar. If you want to be added to the *PrimeTimes* mailing list, just call, fax or write to let us know.

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Promoting Easy Living Along the Grand Strand Continued from page 2

new construction jobs being created, service workers and professionals being employed — we can surmise that retiree attraction is economic development, and it may be the most cost effective kind of economic development we have.

The Center for Active Aging and Retirement has been researching and addressing the needs of retirees in the Grand Strand region for a number of years. We are finding that many are actively involved in their communities and contribute greatly as volunteers, doing work that would ordinarily require paid employees or fewer services. Many were previous business owners, and they are bringing their businesses or creating new businesses along the Grand Strand. To build on their areas of expertise the Conway Chamber of Commerce, Center for Active Aging and Retirement (CAAR) and CCU's Small Business Development Center will collaborate with Clemson University in offering a FastTrac® program for developing small businesses. Persons interested in this program and in capitalizing upon the skills of experienced business owners can contact us or Bridgette at the Conway Chamber of Commerce, 248-2273.

Now you may be saying that this is not a good time to be spending money or investing in a new business or even in your home, and you are really nervous about the economy. There is every reason for concern so let's replace it with action—it is even good for your brain, in addition to exercise, diet and reducing stress—to get connected, to give back to your community, to learn new skills and to remain mentally active throughout life, especially during the middle and latter stages of life.

CCU is poised to meet the intellectual pursuits of persons in the Grand Strand across the life course. There are more than 300 Lifelong Learning Classes being offered in multiple locations throughout the region and persons 60+ years of age can enroll in academic courses free-of-charge. Additionally CCU is growing and expanding its academic offerings and degrees. Hence, CCU graduates will be able to avail themselves to the growing diverse employment opportunities created within the region.

"Easy Living" is a new phrase associated with developing homes and communities that encourage independence, socialization, and improved and sustained quality of life. CAAR and Coastal Carolina University are enthusiastically pursuing faculty, staff and student development in enhancing economic development and quality of life among persons in the Grand Strand. Contact us for more information about this and other exciting programs underway. Jan Bowman can be reached at 843.349.4115 or e-mail jbowman@coastal.edu.



A Touch of Local History Continued from page 3

The first bell for the church was ordered from a foundry in West Troy, N.Y., but the ship bringing it was lost at sea. A second bell was ordered and its ship was sunk in a storm. However, the cargo from the second ship was salvaged and the bell reclaimed. It then made its way on to Kingston Church. For many years it hung on a scaffold in the churchyard, it now hangs in the steeple. It bears the date 1860.

Originally there was another entrance on the west side of the front that gave access to the slave gallery, which was located upstairs over the vestibule. This entrance was closed up sometime after the War Between the States. The tall windows in the sanctuary could be lowered from the top and raised from the bottom, for better ventilation. A long stick with a hook on it was used to pull the top sash down. The chandelier which hangs in the choir loft dates from 1879. It was a gift to Kingston by John R. Tolar. It used to hang in the center of the building and could be pulled down to be lit. The arms of the chandelier hold four kerosene lamps which could be removed for cleaning and refilling. In addition to the chandelier, there were several brackets along the walls which also held oil lamps. A wooden panel divided the pews down the center of the sanctuary. Men sat on the west side, women and children sat on the east side. This tradition was abandoned in the late 1800s.

The church pew in the vestibule is one of the originals. In 1962 the original pews were replaced with the present ones. The thought at that time was that the new ones would be more comfortable. The new pews were installed closer together, thus leaving less leg room, and a few additional ones were added, extending the seating further to the front of the sanctuary. The flooring is wide-plank heart pine. Many of the boards run the full width of the building. The beams underneath the floor run the full width and the joists extend the full length. The spacing of the joists is unusual in that it is similar to the spacing methods of support timbers used in the construction of wooden ships of that time.

In the vestibule near the entrance stood the mite boxes (offering boxes). Later, the deacons took up the collection with crocheted pouches, lined with silk, on the end of long poles, similar to crab nets. In the display case in the vestibule are: one of the original mite boxes, an early offering plate and the Church Bible dated 1858.

The area behind the back walls of the sanctuary is an addition dating from 1930 which was built to provide classrooms, with a

fellowship hall and kitchen in the basement (later used as a nursery). In order to make the 1930 brick addition and the old wood siding sanctuary harmonious, both were covered with plaster.

The churchyard of Kingston Presbyterian Church was the original village burial ground, or town commons, and contains graves dating back to the 1700s, the earliest of which are no longer marked. In this area, stone markers were hard to come by so wooden markers were often used.

The cemetery is listed on the National Register of Historic Places. It is significant for its fine examples of Victorian gravestone art of high quality. Gravestones of the mid 1800s tended to be monuments to the dead rather than simply markers of the burial place characteristic of the colonial era. Gravestones as sculpture were a result of the rural cemetery movement of the 1830s, in which cemeteries became viewed as acceptable places to visit and were carefully planned as parks where the living remembered the dead. The cemetery contains several exceptional examples of Victorian gravestone art (Beaty, Buck, and Graham gravestones). The five children buried in these graves were first cousins who died within months of each other, in 1859. In addition to the many graves of Confederate veterans, it is also said that the cemetery contains the graves of Revolutionary War veterans.

Over the years, Kingston Presbyterian Church has been involved in establishing several Presbyterian churches in the area. They are:

- **Waccamaw Presbyterian Church - 1889**
- **Bayboro Presbyterian Church - 1901**
- **Loris Presbyterian Church - 1924**
- **Murrells Inlet Presbyterian Church - 1925**
- **Myrtle Beach First Presbyterian Church - 1928**
- **Ocean Drive Presbyterian Church - 1947**

On Sunday, June 1, 2008, the congregation of Kingston Presbyterian Church will celebrate its 150th anniversary. This service will mark the anniversary of the first church service held in the present sanctuary and the official organization of the current church on Sunday, May 30, 1858.

**Sources for the above text were: The Kingston Presbyterian Church by Paul Quattlebaum, talks with Laura Quattlebaum Jordan, information obtained from several other longtime members of Kingston Presbyterian Church and research by Ben Burroughs, church historian, March 19, 2008.*

A TOUCH OF LOCAL HISTORY: *Kingston Presbyterian Church, Conway, S.C.*

*By Ben Burroughs, Research Specialist, Burroughs & Chapin Center for Marine & Wetland Studies, Coastal Carolina University
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The town of Kingston, now known as Conway, was founded in 1732. In the original plan of the town, the area now occupied by Kingston Presbyterian Church's churchyard was laid out as part of the town commons. It was here, at the foot of present-day Third Avenue, that the first church of record in Kingston was built in a grove of live oaks on a bluff overlooking Kingston Lake, a tributary of the Waccamaw River. The colonial sanctuary faced west, up present-day Third Avenue, with the rear towards Kingston Lake. The grounds on either side of the church building became the village burial ground for the early settlers. The earliest graves were marked with wooden markers that have long since decayed and became only memories. Some of the older stone markers have also disappeared. The oldest surviving marker is a slate headstone that marks the grave of Elizabeth R. Singleton, who died in 1815, aged 4 years, 9 months.

Documentation dating from the 1700s indicates that there was an active Presbyterian congregation here at least by 1756. It was recorded that on Feb. 7, 1756 the Rev. William Donaldson, who had been ordained by a Pennsylvania presbytery the prior year, accepted a call to the church on the Waccamaw, a petition having been sent to this intent. Donaldson is the first known regular minister; however, it was recorded that John Baxter occasionally preached here prior to 1754. Rev. Donaldson served this church on the Waccamaw until his death in 1759. By 1795 that congregation had apparently disbanded, for on Dec. 24, 1795, the Methodist Bishop Francis Asbury recorded in his diary, "We came to Kingston, where I preached in an old Presbyterian meeting house, now repaired for the use of the Methodists. I spent the evening with W. Rogers, formerly of Bristol, where our wants were richly supplied: thus, sometimes we abound and at other times suffer want; and we may balance the one with the other." It has also been said that the Episcopalians occasionally held services in the old colonial church after the Revolutionary War.

It is believed that the building eventually fell into disrepair and was destroyed during a "great storm" around 1813.

In 1855 a proposal to reestablish a Presbyterian church in the town was favorably received, and in 1857 an "Association" for that purpose was formed. In 1858 the present sanctuary was completed, adjacent to the site of the colonial church. On May 30, 1858 the first religious service was held in the sanctuary and the present Kingston Presbyterian Church was officially organized, with five charter members: Mrs. Thomas W. Beaty, Mrs. Samuel Pope, Samuel Pope, Joseph T. Walsh and Miss M.J. Mack.

Construction of the sanctuary was done under the direction of Otis Eaton, a master builder who had come from Maine to build ships in the area. The building is in the classic Greek Revival style that was so popular at the time of its construction. The church sanctuary is listed as an American Presbyterian/Reformed Historical Site.

When construction of the present church began, it was started on the still existing foundation of the original colonial church, facing up present-day Third Ave., in the village burial ground. There was some objection to the Presbyterians using that site again, in the town commons, so construction was halted and moved to an adjacent site, which had originally been laid

out in the original plan of the town as part of a street. This was done with the approval of Mrs. Jane Norman, who owned the adjacent property.

There was no steeple originally, as was typical of the traditional Presbyterian Meeting House. A steeple was added in the late 1800s. That steeple was slightly damaged by Hurricane Hazel in 1954 and was eventually replaced in 1962 with the present one.



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me to first confuse you a little more with a third name for this syndrome: Insulin Resistance Syndrome. Persons with Metabolic Syndrome are often referred to as being “pre-diabetic” because of the abnormal way their bodies respond to insulin. To better understand insulin resistance, you might think of insulin as a “key” that unlocks the “door” of the cell membrane to allow for glucose to be transported into the cell. When insulin resistance occurs, the “key” no longer unlocks the “door” and glucose cannot enter the cell. The result of this malfunction is a buildup of insulin and glucose which set up an inflammatory environment that may lead to abdominal obesity, cardiovascular disease and diabetes.

Although little has previously been known about the health-related quality of life for those diagnosed with Metabolic Syndrome, a recent study by Ford and Li in the American Journal of the Dietetic Association revealed grim results. When examining almost 2,000 people diagnosed with the syndrome, they found these persons suffered more mentally unhealthy days and reduced health-quality of life as compared to those without the syndrome. Previous researchers have noted increased levels of depression, distress and hostility for those diagnosed with Metabolic Syndrome.

Most cases of Metabolic Syndrome could be prevented with the adoption of healthier behaviors. Recommendations include engaging in regular moderate-to-vigorous physical activity combined with a diet high in fruits and vegetables. Saturated fat intake should be kept low (less than 10 percent of total calories), fat intake should be moderate (20-35 percent of total calories) and carbohydrates should be consumed in moderation. For those diagnosed with the syndrome, medications might also be prescribed to help control blood sugar, high blood pressure and high blood cholesterol.

Those diagnosed with Metabolic Syndrome might consider learning more about the glycemic index and glycemic load of foods to aid in selecting meals and snacks to help manage the

abnormal insulin response. The glycemic index is a score that rates the body’s blood sugar levels after eating foods containing carbohydrates. Examples of foods that are considered better choices due to their lower glycemic indexes include milk, apples, pears, bran cereals and peaches. The glycemic load measures the carbohydrate content in food based on the glycemic index and portion size.

Some experts believe the glycemic load has more potential to help those with insulin resistance than the glycemic index. A shortcoming of both the glycemic index and glycemic load is that they are determined for individual foods and we typically eat meals with mixtures of foods. There are, however, many solid research studies to support the fact that when consuming carbohydrate-rich foods, those with Metabolic Syndrome should choose foods with a low-glycemic effect, such as wholesome, fiber-rich fruits, vegetables and whole grains. Researchers have found that persons who regularly choose foods higher in fiber, like whole grains, are less likely to develop Metabolic Syndrome.

To summarize, rates of Metabolic Syndrome are increasing among adults and children in our country. These increasing rates will likely lead to higher numbers of people affected by diabetes and heart disease. We can take control of our own health to prevent Metabolic Syndrome, beginning with regular physical activity and healthful dietary changes. Every day marks a new opportunity to make changes to improve your health. Take healthful steps to honor your body today so that you can prevent the onset of Metabolic Syndrome and the accompanying health problems in the future.

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SCAMWATCH... CHECK THE CHECKS

*By Samantha Hightower, Operations Director, Better Business Bureau of Coastal Carolina, Conway, SC, 843-488-0238
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Postal inspectors want to alert the financial industry (and others) to a new fraud scheme. Letters are being mailed from Canada to U.S. residents announcing that the recipient will receive a substantial cash payment, but that “duty fees” must be paid, and the addressee must telephone a foreign “customs agency.” When victims call the phone number, they are told a “trustee” can pay for the fees if they do not earn more than \$5,000 a month. The addressee is told to fax a copy of their paycheck to prove their limited earning. A second letter soon arrives, containing a counterfeit check, appearing to be from the U.S. Postal Service or another business. The victim is told to deposit the check, then wire a portion of the money outside the U.S.

The Postal Inspection Service is aggressively investigating the scheme in order to stop further compromises of legitimate bank account information and prevent victims from losing funds.

The fraudulent Postal Service checks DO NOT have the following security features:

- Warning band on front of check in reverse print located right justified in gray band across top of check stating “Face of this document printed in red, blue and gray inks.”
- VOID pantograph should appear on front of check if photocopied.
- Back of check is tan and white striped.
- Copy-resistant printed custom watermark on back of check USPS logo in white opaque ink in wire-woven pattern.
- Micro printing (MP) on front signature line and reverse endorsement line—look for repeated US POSTAL SERVICE.
- Artificial fluorescent fibers should be visible under black light.
- Bleach or solvent use will cause stains or spots.

If a customer presents a Postal Service check to be cashed or deposited at one of your locations, it is recommended that the teller ask the presenter how the check was received and for what purpose. It is also recommended that two forms of ID be obtained.

The Postal Service does not send ANY monetary disbursements originated outside the US. Furthermore, there is no reason a recipient of a cash payment should ever have to provide any kind of income verification, or to return any portion of a payment via wire transfer.

If you believe that the check is related to a purported cash payment coming from Canada, we suggest that you do not accept the check. Call the Postal Inspection service immediately at 877-876-2455.

ANOTHER ALERT

A recent BBB alert pertained to the need for caution by people interested in acquiring a canine companion. People have lost money responding to online or newspaper ads by scammers posing as breeders. Some scammers have claimed they are affiliated with a religious organization and are being relocated to a foreign country and need homes for their puppies for free or inexpensively. Others have claimed to be breeders who have puppies for low prices. Where people have lost money is through requests for money such as shipping fees or papers before an actual transaction. Some have paid upfront and get a puppy that is sickly. Of course the fake breeder cannot be found.

The American Kennel Club and the BBB offer some advice:

- Research – Find out if the breeder a member of an AKC club and, if yes, check the club for verification.
- Check listings of available AKC litters at breeders at www.akc.org/classified/index.cfm or check with BBB at www.carolina.bbb.org for any complaints about a breeder.
- Beware of breeders overly concerned with getting paid. Make sure you have clear expectations –ideally in writing – of how and when the pup will be paid for. Be wary of any insistence that money be wired or subsequent calls for money to be wired to cover last minute shipping fees.
- Be careful of slick Web sites – first, check the credentials of the breeder with AKC.
- Take your time! Seldom are puppies ready for shipping the day of a call. Gestation and socialization of a litter takes months – no puppy should be separated from the dam before 8 weeks of age.
- Report a scam to local authorities as well as the local BBB (www.carolina.bbb.org). Direct questions and concerns to AKC Customer Service at 919-233-9767 or e-mail: info@akc.org.
- Check for the hallmarks of a responsible breeder: www.akc.org/press_center/facts

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