



COASTAL CAROLINA UNIVERSITY

Office of Lifespan Studies

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

PrimeTimes

WINTER 2009

PrimeTimes

NEWSLETTER OF COASTAL CAROLINA UNIVERSITY'S OFFICE OF LIFESPAN STUDIES

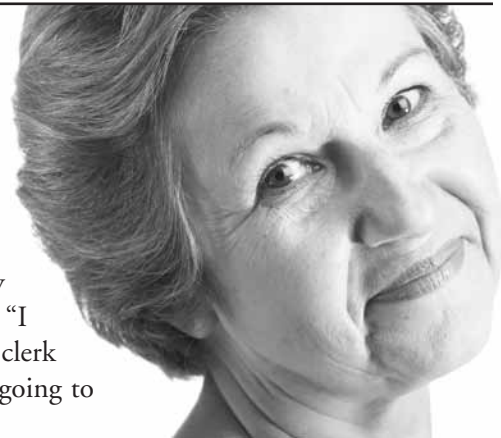
WINTER 2009

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.

BEFORE IT STARTS...

When I went to get my driver's license renewed, our local DMV branch was packed. The line inched along for almost an hour until the man ahead of me finally got his license. He inspected the photo for a moment and commented to the clerk, "I was standing in line so long I ended up looking pretty grouchy in this picture." The clerk looked at his picture closely, "It's okay," he reassured the man, "That's how you're going to look when the cops pull you over anyway."



PrimeTimes

NEWSLETTER OF COASTAL CAROLINA UNIVERSITY'S OFFICE OF LIFESPAN STUDIES

WINTER 2009

THE NORTON TWINS WORLD WAR II B-26 BOMBER PILOTS



"...these young Americans did sacrifice their life to liberate us."

*By Ben Burroughs,
Research Specialist (Local History),
Coastal Carolina University*

Recently, I received an e-mail from a gentleman by the name of Henk Marinus who lives in the Netherlands. Mr. Marinus was seeking information about James Norton (1920-1943) and his twin brother, Edward (1920-1943). The brothers were twins, sons of Dr. and Mrs. James A. Norton of Conway, and were considered by many as the "golden boys" of the town. Some older longtime residents will recall the Norton twins' fascination with airplanes. By the time they graduated from Conway High School they had each logged more than 50 flying hours as student pilots. They even had their own plane and airstrip in Conway.

After attending Clemson University for two years, the brothers entered the Army Air Corps

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"MEMORY: THROUGH THE YEARS"

By: Dr. Russell Vaden, assistant professor of educational psychology,
Coastal Carolina University

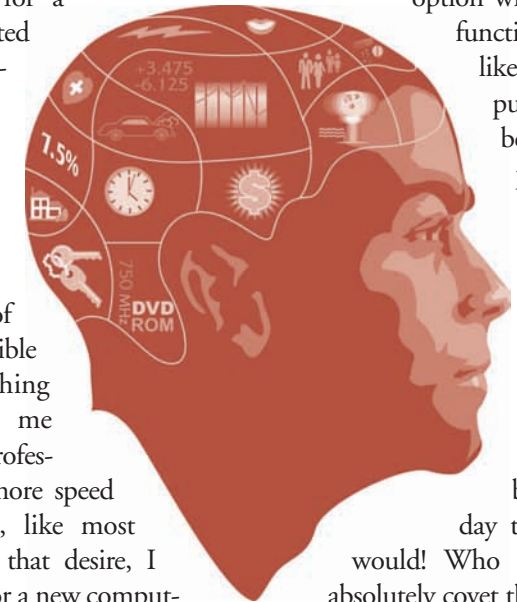
About three months ago, as I sat at my desk contemplating a stack of work that needed to be done, I reached the decision that my personal computer no longer met the demands of my professional technology needs. In the age of constant computer upgrades, I was an oddity. I had been using the same machine for almost eight years, and I was ready for a change. I now wanted something that performed faster, something that held more information in readily accessible memory, something that stored larger bits of data with more flexible function, something that could help me accomplish my professional goals with more speed and efficiency. So, like most other people with that desire, I went on the hunt for a new computer – a much more dazzling model. After combing through nearly every option that the local electronics dealers had to offer, I came across just the one that I needed. I brought it home, converted all of my pertinent files, and away I went with a much more exuberant machine. Today, all of my work gets done in a faster, more convenient, and much more reliable way. As a result of my upgrade, I

somehow feel like a much more efficient person. My life of three months ago – the one in which I used the "old" machine – is now but a distant memory.

Wouldn't it be terrific if the upgrade of our human mental capacity was that easy? Wouldn't our lives be so much more pleasant if we had such an option with our general brain function as we age? Much

like buying a new computer when we want a better model, or simply adding a chip of some sort when we are ready for more efficient functioning, wouldn't it be fantastic if we had the ability to manually upgrade the ways in which our brains function from day to day? Of course it would! Who among us wouldn't absolutely covet the ability to suddenly increase his or her brain power simply by making a quick upgrade or trade-in?

But as we all know, science hasn't evolved to that point just yet. At present, we are still managing with the same equipment that we've been carrying around all of our lives. People generally understand the fact that our brains age in much the same way as our other bodily



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where they continued their pilot training. On Sept. 6, 1942, they received their wings and commissions as second lieutenants. They were eventually assigned to the 322nd Bombardment Group stationed in Rougham, England, whereon May 14, 1943 some of that group partook in a bombing mission to destroy a power plant in Holland.

On May 17, 1943, it was the twins turn to take part in that mission. Lt. Edward R. Norton was the pilot and his brother, James A. Norton Jr., was his co-pilot aboard their B-26 Marauder bomber. As they approached their target, their plane was hit by German anti-aircraft fire. They were able to complete their mission before they turned to return to their home base but unfortunately, their bomber went down in the North Sea. Neither survived. Sixty men from that mission did not return and all of them perished but one who was captured. The body of James Norton eventually washed ashore but Edward's body was never recovered. Their family and friends were devastated when on May 19, 1943, they received two separate messages --- "Missing In Action."

In Mr. Marinus' e-mail, he explained to me that he had "adopted" the grave of James A. Norton Jr. who is buried in the American Cemetery at Margraten in the Netherlands and that Edward R. Norton's name is on the "Missing Wall" at the same cemetery. In his own words, "I adopted the grave because these young Americans did sacrifice their life, to liberate us."

Mr. Marinus knows what it is like to have his hometown overrun by an invading army. He states, "In 1943 when they were shot down, I was a boy of 10 years old. I was living in the small village Eerde in the county Brabant. Eerde was the dropping-zone of the 501 reg. from the 101 Airborne Division on Sept. 17, 1944, in the operation Market Garden. Two days after the dropping our village came in the frontline, and there



were very hard fightings for 3 weeks. We were evacuated under the escort of paratroopers to another village."

Mr. Marinus was searching for information about the twins, which I have sent to him. He was especially interested in photographs of the plaque on the wall in the lobby of the General Aviation Terminal (dedicated as the "Norton General Aviation Terminal" several years ago) at the Myrtle Beach International Jetport.

While taking a picture of the plaque I noticed that there were drawings of the proposed new General Aviation Terminal on display, and the name on the building in the drawing was "Myrtle Beach General Aviation Terminal." My question is, will the new terminal also be designated as the "Norton General Aviation Terminal"? If so, will the name be ON the building or just on a plaque inside? While the county made an effort to properly honor the Norton twins, I am worried that the "ball is being dropped." Hopefully, the plan is to actually follow through and name the new terminal after the brothers as the plaque says. We need to follow through on the good intentions of those who had the plaque erected and see that the name is displayed on the new building.


Mr. Marinus regularly checks on the grave of James Norton and places flowers at the grave. He has committed himself to caring for the grave for the rest of his life, and according to him, "My grandchildren will take over the care for the grave after my life."

He continues, "First, I did not know that James Norton had a twin brother Edward, who also was in the same plane. For me it is a difference now when I visit the grave because now I know a bit of his family and the place they come from."

In these times when it seems that the rest of the world dislikes America, it is touching to know that an elderly gentleman in the Netherlands, who as a boy of age 10 witnessed his people being overtaken by invaders, is to this day in 2009 thankful of the ultimate sacrifice that two young brothers from Horry County, S.C., made to liberate his people. I am anxious to learn what Horry County plans to do about the naming of the new terminal so that I can let Mr. Marinus know how WE honor our own local WWII heroes, or forget them as time moves on.

Wouldn't it be nice if we could thank Mr. Marinus for his devotion to the Norton brothers at the dedication of the new "Norton General Aviation Terminal" at the Myrtle Beach International Jetport? Ben Burroughs can be reached at 843-349-4056 or e-mail ben@coastal.edu.

We want to hear from you!



Any comments about articles are appreciated, and if you would like to suggest appropriate subjects for consideration in future issues of *PrimeTimes*, please write or call. If you want to be added to the *PrimeTimes* mailing list, please call, write or e-mail as shown below.

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EVEN IF YOU CAN'T LEAVE YOUR HOME YOU CAN VOLUNTEER

SENIORS VOLUNTEERING FROM HOME

By Daryl Kangaroo, regional coordinator, Catholic Charities of the Pee Dee

The Internet can open up a whole new life for senior people from developing new friends, to researching interesting topics, to keeping in touch with their families. Now there is another way for seniors to use the Internet and that is to help the less fortunate by volunteering online.

Several sites enable seniors, who may not be able to travel or leave their homes, the ability to volunteer and work with children as mentors. For example, seniors can register on one of several Web sites to be teamed up with a student for several hours each week doing school work together, offering encouragement, defining their life goals, listening to and commenting on where they want to be in five or 10 years. These conversations are very personable and enable a senior person to use their life experiences to help mentor a student toward making good decisions. This also enables the mentor to have consistent contact with the student, helping the senior to feel important and needed. A lack of feeling important and needed is one of the biggest factors creating depression in our senior population. A mentor is able to work at his/her own convenience during the week and devote as little or as much time as he or she would like. One of the Web sites where seniors can register is www.icouldbe.org.

Those seniors who are not interested in mentoring could help nonprofit organizations to edit or translate

documents, write newsletters, offer advice, knit blankets for people in need, do research, and even cook meals for the needy. All these activities help to provide a way for the senior person to maintain ties to society and to create a sense of worth.

When people become too ill to leave home, they often become depressed and develop the idea that they are worthless. Consequently they begin to lose their desire to live. They can now contribute to society with their computer helping many nonprofit organizations via technology. Go to www.Nabuur.com where there are more than 2,500 seniors who volunteer online. Don't forget us here at Catholic Charities; we have activities for stay-at-home seniors as well.

Daryl Kangaroo can be reached at Catholic Charities, Pee Dee 843-488-2112. You are invited to view www.supportcatholiccharities.org. Catholic Charities can be found in the Senior Services Directory, www.coastal.edu/caar/srsvservices.



Bob Buford has dedicated himself to the realization of his personal mission statement:

“TO TRANSFORM THE LATENT ENERGY IN AMERICAN CHRISTIANITY INTO ACTIVE ENERGY.”

This “Latent to Active” transformation implies moving something from under-used, under-subscribed, and/or under-utilized to fully-used, fully-subscribed, and/or fully-utilized. Maybe you have latent skills that can become more active for a greater good. So, what’s your personal mission statement?

Allocating Your Time to Greater-Than-You Outcomes

You’ve probably heard of the 80/20 rule: a critical mass of something (the 80 percent) is often the result of a small number of inputs (the 20 percent). Put another way, “the critical few and the trivial many.” In a typical day, you divide your time among competing interests (work, family, personal, community, etc). Have you ever thought about how you’re spending your time? And, are you spending the bulk of your time (your 80 percent) on things that truly matter to you (your 20 percent)? Use the table below to map your current time commitments. Once you’ve identified your Second Half focus, decide which time commitments deserve more or less of your time. Remember, you want to spend your time focused on what matters to you to achieve significance.

Current Time Commitments
Increase
Decrease

Engagement Strategies

You’ve identified what’s important to you. You are committed to having a lasting and significant impact on the world around you. Now, we want to help you find ways to engage. Whether you’re still employed or retired, each of you can consider the following options:

- **Volunteer**
- **Become an active donor**
- **Become an active Board member**
- **Partner with those engaged in your Second Half focus area**

For those of you still in the work force, can you create a greater good (and attend to what’s in your box) by staying in your current role and organization? Can you reposition your current organization to a new orientation? You may elect to ...

- **Continue in your role with a new focus**
- **Change your present job description to include your new focus**
- **Change jobs but staying in current career field**
- **Shift to a new career**

Looking Ahead

The ideas presented here, we hope, represent the beginning of a journey rather than a destination itself. This journey, ideally, will lead you through a personal transition from success to significance. Author Bob Buford describes Halftime as follows:

“Halftime is a gift extended for the first time in history to our generation. It need not be denied or avoided, but embraced. It is an opportunity, not a crisis. If you take the time to think and plan, the journey ahead will be immeasurably greater than the one you have just completed.”

The Halftime paradigm is consistent with Stephen Covey’s recently advanced *8th Habit of Highly Effective People*, “Find your voice, and inspire others to find theirs.” As your personal journey evolves, you will find your voice. And, you will likely find family, friends, co-workers and others who could benefit from their own personal Halftime experience. We hope you accept the responsibility to “pay it forward” and assist others (i.e., help them to find their voice). Imagine the larger impact on society as we seek to transition society’s orientation from success to significance. Good luck in the Second Half. Now, go get ’em!

parts do, and that these brains have to be managed in ways that allow us to function not only now, but also into the future as we grow older. We have learned, to some extent, to make do with what we have. Our insights about ourselves tell us that if we want our current equipment to last throughout the long journey ahead, then we must take measures to protect and treat that equipment with care and nurturance. Because we have that awareness, we consistently are on the search for new strategies and techniques that will naturally preserve and promote optimum functioning in our human memory.

Generally, when thinking about their concerns in this area, people raise many questions such as these:

- Why do I forget important details, but not procedures or processes?
- Why does my memory seem to fluctuate with age, sometimes getting better while other times getting worse?
- Why do I appear to have trouble recalling certain things, while my recognition skills are perfectly intact?
- Why does my memory seem to come and go at a different rate than that of my friends and loved ones?

Those questions are great examples of what people want to know as they begin their quest for improving their memories. It seems that one of the most significant commonalities among people is their desire to understand the memory process prior to beginning any plan to change it. For that, we all should be applauded, for we cannot change what we do not understand.

The first step toward a better memory is obtaining a full appreciation of the intricate ways in which our memory processing operates. Back in the late 1960s, a pair of cognitive scientists – Atkinson and Schiffrin – produced a theoretical model for the concept of how human memory occurs. They divided the memory phenomenon into three primary components: the sensory register (the process by which we take in information from our immediate surroundings through our five senses), the short-term memory (the process by which we hold new information in place while using it for a purpose), and the long-term memory (the process by which information is stored and catalogued within what we sometimes refer to as our “memory bank”). Atkinson and Schiffrin proposed in their research that there are unique phenomena that occur in each of those three components of memory that contribute to overall processing of information. Specifically, they found that those components of memory oper-

ate very differently, each contributing to our information processing in various ways. What is of particular interest in the Atkinson and Schiffrin model – as far as aging is concerned – is the differentiation between short-term and long-term memory, each being a unique process. Over the past few decades, more contemporary research has given us clues as to the notion that aging influences change within the short-term and long-term memory processes in significantly different ways.

First, let us turn our attention to short-term memory. This is the mode of memory in which information is dealt with in a rapid and “workable” manner. Simply stated, it is the part of our memory that deals with information only long enough to use it for active problem-solving (thus, the name “short-term”). A common example of short-term memory is remembering the price of a product at the grocery store while performing a mental calculation so that you can compare the value of two different products. We use short-term memory all day, every day. One strength of short-term memory is that it is temporary. This mode of memory is supposed to be brief and rapid. We are able to erase from our immediate memory the details that we do not need for long-term use (such as the price of the product at the grocery store), which then are replaced by new information that is presented to us. This way, our attention can be focused upon the more important things for long-term recall.

How does aging affect the short-term memory? The best-supported theory regarding the loss of short-term memory as we age relates to the decay of neurological pathways in our brains (i.e., the connections between segments of previously stored and learned information). Typically, this is the first of the neurological processes to become evident as a decline throughout the aging process. How can we compensate for this dilemma? How can we preserve our short-term memory? There are a few easy strategies to use:

- One common technique that people use for short-term memory preservation is “rehearsal.” When neuropathways become decayed and information does not flow as effortlessly through the processing mechanism as it once did, it is beneficial to boost that processing by repetition. The act of repeating/rehearsing information has been shown in numerous studies to be effective for increasing immediate retention and focus. Some studies have demonstrated that those who engage in information rehearsal techniques are more than twice as likely to

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retain that information for later use.

• Another helpful method in short-term memory preservation is “association.” Often, in order to keep a bit of information intact within the memory system longer, it is beneficial to associate that information with something familiar. We frequently make mental associations between two items or events, which helps us to recall the information later.

• Perhaps the most useful strategy – but also the most challenging in our current multitasking society – is “concentration.” Seemingly simple, this task is actually difficult for those of us who live in high-paced and high-stimulus environments. When many people complain about their memory difficulties, a few probing questions generally pare the situation down to the issue of not being able to focus and concentrate on information, rather than not being able to remember it. Studies have shown that the act of increasing intentional focus (both visually and mentally) upon an event or an item dramatically increases the facility for using that information in short-term memory. While those three strategies appear rather simple, it is important to note that memory ability is quite an easy thing to improve with practice. Simple behavioral strategies often are useful for making progress in this short-term memory area.

Now, let us turn our focus to long-term memory. This is the mode of memory in which information is dealt with in a recognize/recall format. During short-term memory, we often deem some bits of information important for later retrieval. So, they become stored away into our long-term memory, rather than being deleted after short-term memory problem solving has occurred. Whereas short-term memory is rather limited in its capacity, our long-term memory facility is believed to be less finite, constantly at the ready to store more data. Generally, when we retrieve that random fact from a course we took in college or recall the telephone number of our best friend, we are exercising this long-term memory storage. We treat this mode of memory like a bank, of sorts, making deposit and withdrawal transactions all the time.

How does aging affect the long-term memory? The best-supported theory for the decline in this area is the same as what was applied to short-term memory above. Our neuropathway connections erode with age, and information processing becomes less automatic and much more effortful. The difference here relates to the type of memory. In short-term memory, we deal with information that is freshly learned or newly encountered. However, in long-term memory, we deal with information that is previously learned and stored. So, a different set of neuropathways are concerned. At this point in the memory process, we are concerned with those pathways to information that previously was concretely stored away. Therefore, the behavioral strategies for preservation and improvement are different:

- Because our memories often are situated within the con-

text in which they were learned/stored, it usually is helpful to purposefully engage in activities of learning that emphasize our most significant “learning style.” For instance, some people are better at learning visual information than auditory information. In those same people, recall and recognition tasks are easier to perform by visual, rather than auditory, tasks. Therefore, we should attempt to store memories by using the mode of learning that is most beneficial to us. In turn, our retrieval from long-term memory becomes less effortful.

• “Mnemonic” techniques have been shown in research to be helpful strategies for long-term memory retrieval. Associating target bits of information with rhyming, acronymic or alliteration tasks can significantly boost the general capacity to retrieve the target information at a later time. Mnemonic devices have been taught in classrooms for years – because they work.

• Oddly enough, the process of “overlearning” can be a significant memory booster. Studies have shown that the more information we know about a subject, the more likely it is that we will recall individual facts or ideas about that subject later, without a great deal of effort. The strategy here is to refrain from committing to memory only the information that is necessary. Instead, in order to boost recognition and recall at a later time, we should create large memory banks of information. Again, while those three strategies appear rather simple on the surface, we should remember that simple behavioral strategies are best.

The information presented in this article is rather general in nature. Of course, the human memory is far more complex and abstract than what is written here. This article only serves as an introduction to understanding the nature of our memory process. It gives an illustration of the difference between short-term and long-term memory, as well as some strategies that assist us with preserving those modes of memory across the lifespan.

Overall, the interest in the memory process is a universal human experience. We all are aware that our memory capacity changes with time. As we age, we face interesting dilemmas and inevitable problems with the ways in which we experience decline in our general memory abilities. It is through the exploration of memory preservation that we are able to slightly alter our developmental scope and sequence in order to maximize our functioning in this area.

Future articles in this publication will focus upon much more specific details of the physiological processes of memory, the ecological impacts of our environments upon memory, and the gender-specific implications of how men and women experience memory loss differently. For those readers who are interested in those topics, future issues of this publication undoubtedly will prove intriguing. *Professor Vaden may be reached at rvaden@coastal.edu.*

Google’s site, for instance, allows users to refill prescriptions online at participating drugstores and to seek a second opinion on a medical question via an online consulting service from the Cleveland Clinic, for a mere \$565 fee. Microsoft’s features include programs that can link to home devices such as a blood glucose meter or a heart rate monitor to track readings and provide them to physicians. But the site’s main benefit is allowing individuals and families to create their own free online medical records and to share these with physicians, if they choose. While there may be some concerns about security and privacy, it is appealing to have your own medical history, medication lists and lab reports on a secure Web site that you can access in an emergency, particularly since most doctors still haven’t switched to electronic medical records in their offices. *(However, it might still be for a better backup to keep paper copies of everything.)*

WebMD.com – Healthy eating, diets, fitness, health and weight calculators

VisualDxHealth.com – over 2,000 medical images and information on more than 180 skin diseases, rashes and conditions and interactive quizzes on recognizing skin cancer.

QualityHealth.com – Health risk assessments and symptom checker and personalized list of questions to ask your doctor. Create blogs and join online communities.

Healthline.com – Pill finder profiles helping identifying medications by size, shape, color and markings; risk assessment quizzes and various calculators.

Wellsphere.com – Sends text-message reminders to go to the gym or take your meds; nutrition information for restaurant menu items.

RealAge.com – Interactive site offers quiz to determine biological age based on 150 questions about health status and behaviors. Has new health checkups to gauge heart attack risk.

HALFTIME: LOOKING TOWARD THE SECOND HALF...

By Mark Mitchell, DBA, chair of the Department of Management, Marketing and Law Coastal Carolina University...*last of a series.*

Over the past two issues of *PrimeTimes*, we introduced you to the Halftime paradigm. We challenged you to shift your thinking from personal success to lasting significance on the world around you. We worked to help you identify the unique talents you possess and how each could be applied for a greater good. We asked you to determine “what’s in your box?” ... the item(s) you care most about. Here are some steps to help position you in the Second Half.

CRAFTING YOUR PERSONAL MISSION STATEMENT

Your employers (assumedly) have/had mission statements to guide your efforts. What about you? Do you have a personal mission statement? If so, are you mission-disciplined or are you suffering from mission-creep? Everything you do should point to the realization of your personal mission statement. Expressly stating your personal mission can help bring clarity to your Second Half. In fact, you won’t likely get very far in the Second Half without a clearly defined personal mission statement. Without one, you’ll tend to drift from item to item lacking discipline and focus. The questions below may help you move toward a simple one-or two-sentence personal mission statement.

- **What’s important to you?**
- **What gives you a deep sense of satisfaction?**
- **What gives you great pleasure?**
- **What skills have you developed over time?**

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CORRECTION...

The article, “Neighbor 2 Neighbor,” in the last issue (Fall 2008) of *PrimeTimes* had an incorrect phone number. The correct number to call to volunteer to be a “Carolina Neighbor” or to talk with Harry Campbell about the program is 843-234-0818. Harry who is also the program manager at Grace Ministries, can be reached by e-mail at Carolinaneighbor@gmail.com. The error was brought to our attention by callers interested in the program and we regret the error.

Firefox Start



Google™

THIS 'N' THAT

Google Search

Advanced Search
Preferences

Several health-related web sites have come to our attention recently and may be of interest to PrimeTimers. According to comScore Inc., an online marketing research firm, health web sites drew 72 million visitors in 2008; some new or “refurbished” ones appear below. They can be Googled or go directly to the site by preceding with www.

Consumermedsafety.org – Sponsored by the Institute for Safe Medication Practices, a nonprofit watchdog group that partners with iguard.org, a drug safety site. Learn about medication safety; the site allows users to report concerns or adverse reactions.

WhyNotTheBest.org – From nonprofit Commonwealth Fund. Compares care at 4,500 hospitals nationwide using data from Medicare’s Hospital Compare Web site and the federal government’s Hospital Consumer Assessment of Healthcare Providers and Systems Survey.

Haz-Map – www.hazmap.nlm.nih.gov – information about exposure to chemicals and biologic substances at work and with certain hobbies. Search by symptoms or dis-

eases. A related site is ToxTown, www.toxtown.nlm.nih.gov

Everyday Health.com recently merged with Revolution Health. Links 24 separate sites. An example is CarePages.com, which allows hospitalized patients and families to set up their own Web sites to keep relatives and friends posted on the patient’s progress.

HealthCentral.com – is a network of sites covering various conditions such as diabetes and attention deficit hyperactivity disorder. Users can sign up for updates, news alerts, join communities and watch videos of experts discussing treatments. The home page has a cool symptom checker that can be used to check by gender and body part – for instance “man” and “legs” for the onset of pain in hips. Advertisements can be intrusive.

Google Health – www.google.com/health and Microsoft Health Vault www.healthvault.com – These rival sites offer a number of health management tools.

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Scamwatch Continued from page 7

BBB Reliability Reports. Rating factors include:

- The business’ overall complaint history with BBB, including the number and severity of complaints from customers.
- Whether complaints have been resolved in a timely manner or the business has demonstrated a good faith effort to resolve them.
- How long the business has been operating and whether it meets appropriate competency licensing.
- Government actions, if any, against the business.

- Advertising issues evaluated by BBB.
- Whether the business is a BBB Accredited Business, committed to BBB standards.

BBB has also changed business affiliation from BBB Member to BBB Accredited Member, indicating the business has been evaluated by BBB and has contractually agreed to meet and uphold BBB’s standards for integrity and reliability when dealing with customers.

PT Notebook...from time to time someone talks about a recent meaningful experience involving family and memories, occasions that it seems happen too infrequently anymore. This one sounded like a story that needed sharing and – just maybe – help us to recall or retrace some early family pathways

THE GIFT...

By Bridgette Johnson

My sister Linda is really into researching our family history. She has collected old family pictures for years and has carefully kept them in a safe place without too much review and cataloguing until recently. My mother’s brother, my beloved and favorite Uncle Marshall, loves old photographs too. He and my sister can sit for hours and reminisce about this story and that pertaining to my grandparents and their siblings. It is always amazing to watch Uncle Marshall as he tells stories from his days of fast cars and pretty women. Though a very young 76 years old, he has remained as animated as any youngster opening up a prized gift for the very first time.

Just this past weekend, he planned for us an excursion of a lifetime, rather a gift of a lifetime. Scheduled as a special trip for my mother, the tour Uncle Marshall planned was to focus on the history of my grandparents, and allows to see the house in which my mother was born. Thus unfolds the story of a day I will never forget. It was truly a gift from Uncle Marshall, as he told stories and showed me many places that I would have never heard of



or had the opportunity to see had we not spent that day together.

First and foremost, he drove us to one of our family cemeteries, just miles from the home of my grandparents...the home I remember. There, we cleaned the headstone of my great-grandmother, Mary Ray Hooks, and took more pictures of the lovely setting and the trail we walked to get to the resting site. My uncle told the story of how all of the “children” of my grandfather’s brothers and sisters used to walk to school through the cemetery. My uncles and mother didn’t travel this way to school, as Granddaddy had moved his wife and children to what was referenced as “across the swamp.”

Uncle Marshall took us then to see up close the old houses in which he and my grandparents had lived, along with my mother’s other older brother, Edsel, before my mother was born. Then he pointed out the house in which my mother had been born, with the help of a midwife. The room was on the front of the house and had been the bedroom of my two uncles, who had to give up their space so that their baby sister could be properly brought into the world. He described the event as if it were yesterday. He then pointed down the dirt road on which they rode their one bicycle to school, my uncle

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Coastal Carolina University Sponsors Many Events Open to the Public

We want to encourage *PrimeTimers* to take advantage of the many University events. You can stay up-to-date about cultural, athletic and other information or entertainment events by viewing the Cultural Events on the University’s Web site: www.coastal.edu/calendar. Many events are free but require tickets and others require purchased admission. For athletic events, go to www.GoCCUSports.com. Here is a small sampling of cultural events for the Spring Semester. For more information or details, call the Wheelwright Box Office at 843-349-2502.

Faculty Recital
Daniel Hull, Guitarist
Feb. 24 • 7:30 p.m.
Recital Hall, Edwards

Coastal Carolina University Theatre Company: A Musical Comedy - Sondheim
Feb. 25 - March 1
7:30 p.m.
and 3 p.m., March 1
Wheelwright Auditorium

Tea and Ethics The Ethics of Compassion in the Global Village
Professor McKeever-Floyd
March 3 • 4:30 p.m.
Recital Hall, Edwards

Coastal Carolina University Department of Music Liederabend (German)
Daniel Hull, Guitarist
March 5 • 7:30 p.m.
Recital Hall, Edwards

Chamber Recital
March 11 • 7:30 p.m.
Wall Auditorium

Spring Choral Concert Terri Sinclair, Jacelyn Spearman, Directors
March 24 • 7:30 p.m.

Na Fidlieri Celtic Folk Music by 9-18 year old violinists from Charleston Spoleto
March 25 • 7:30 p.m.
Wheelwright Auditorium

Faculty Recital
March 31 • 7:30 p.m.
Recital Hall, Edwards

Piano Music of Spain and South America Gary Stegall
April 4 • 7:30 p.m.
Wheelwright Auditorium

Saxophone Ensemble
April 13 • 7:30 p.m.
Recital Hall, Edwards

Jazz After Hours
April 15 • 7:30 p.m.
Wheelwright Auditorium

Visiting Ethicist Erik Parens Bioethicist and Senior Research Scholar
April 23 • 5 p.m.
Wall Auditorium

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Marshall peddling, my Uncle Edsel steering, and Mama on the handlebars. She fondly remembered the rides and asked Uncle Marshall to ride by her old high school.

We detoured a bit so that she could see once again the site of the old school where so many of her memories were made, as well as the new school that has been built to take its place. We visited two more cemeteries before ending up at the cemetery where both my grandparents and their parents are buried. The tour ended with a drive by the last home in which they lived... a home where my mother was moved to when she was six years old... a home that I loved to visit and sing songs by the piano that my Grandma could play. It was and will always be one of the most special and sacred places in the world to me.

When I arrived back to my home around 5 p.m. later that day, I found my husband and two children taking a Sunday afternoon nap. I piddled around the house for a bit and then decided that if we wanted to sleep through the night, I might need to go ahead and woke them up.

As we sat down later to dinner at the table, I heard the sounds of a music box that I took from my Grandma's

house upon her death. It is one of only two items I have that belonged to my grandparents. My husband, puzzled, looked at me and asked, "What is that?" And I answered, "It's my Grandma Hooks' music box."

The music box, with its a yellow canary bird on a musical twist, played until my husband got up to walk over to it. When he reached within viewing distance of the bird on our bookshelf, the bird stopped singing. I'll admit it was quite a strange happening, and nothing like that has ever really happened to me before, but for some reason a safe feeling came over me. I felt the presence of my grandparents and I knew at that moment that they knew they've not been forgotten. So, to my Uncle Marshall, I say "Thank You" for that gift. It was nice and very comforting to have them around again.

Bridgette Johnson, when she isn't tripping down memory lane or doing flowers, is helping Conway people and Conway businesses as the executive director of the Conway Chamber of Commerce. Bridgette can be reached at 843-248-2273 or bjonson@conwayschamber.com.

CAREGIVER STRAIN

By Lesley Bess, R.N., site director of Active Day of the Grand Strand Medical Adult Day Care



You and your husband shared dreams of retirement... traveling, golfing, spending time with dear friends... what happened? More and more spouses are finding themselves caring for their partners. Alzheimer's disease, heart disease, stroke-none of these things were in your retirement plans anywhere. Providing care to a spouse is maybe something you had not given any previous thought to...so, now what? Some things to remember...

- Laughter IS good medicine. A sense of humor and reveling in those special moments that can still be had those little things in life we may have otherwise taken for granted.
- Accept help. Caregiver's guilt is a common hindrance in preventing caregiver strain. Understand that you cannot do it ALL, ALL of the time. Let your neighbor go to the store if she offers, let your daughter come clean the house like she said I cannot say enough for this. You will find that if people offer help, just allow yourself to accept it.
- Take time for you. You don't realize how many care

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Caregiver Strain Continued from page 6

givers end up hospitalized or ill themselves because they forgot to take care of themselves. Look into an adult day care or a home sitter. Arrange for one day per week for you to enjoy getting your hair done, going for lunch or just simply taking a nap.

- Educate yourself. Knowledge is power. Write down questions for the doctor at each visit. Learn not only about the disease that is affecting your loved one, but stress management for yourself as well.
- Gather up your resources and know your options. Tell your neighbors your husband has Alzheimer's disease and wanders... they can be your eyes. And, not to mention it will also empower them to understand why Jim comes walking through their front door or is standing on the street corner looking lost. Remember that old saying, "...there's strength in numbers." Join a support group. Other caregivers are the best sources for learning those great tricks like how to get him to take a bath. Hire a home health sitter to come to the home or visit an adult day care in your community. Some choose to tour local nursing care facilities or assisted-living facilities to know all that is available.
- Talk about it. Write in a journal, call a friend regularly, confide in your neighbor over coffee, or contact the local Alzheimer's Association. Don't bottle up your feelings-anger, resentment, guilt, depression-these are all part of the normal grieving process. Yes, grieving, for the loss of the spouse you once knew.
- Remember that you are not alone. I know and understand that it often feels that way. Don't shut your self off. It is easy to isolate yourself or to alienate those around us. People we know and love WANT TO HELP. It is very easy to become bitter or depressed- remember, though, what we have reviewed. There are many support groups or others that want to lend us a listening ear... be it your church, a counselor, a family member or a friend. Talk about it.

I am the nurse director for Active Day of the Grand Strand, an adult day care located in the heart of Myrtle Beach. I am here as a community resource and welcome you to call me. We are here to help. Simply call 843-626-8501 and request to speak with me or e-mail me at lbess@activeday.com. I would love to assist you in the care of your loved one or guide you to the right support. Remember you are not alone.... ask for help so that you can take time for you... accept that help... educate yourself and know your options... acknowledge the situation at hand and talk about it... and cherish the laughter.



New Grade Rating System

By Kathy Graham, President/CEO
Better Business Bureau, Coastal Carolina, Inc.
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In order to help consumers make better informed decisions on where to spend their hard earned dollars, the Better Business Bureau is now using letter grades for local businesses ranging from A+ to F. The letter grade represents BBB's degree of confidence that the business is operating in a trustworthy manner and will make a good faith effort to resolve customer concerns.

Consumers can research the grades of thousands of local businesses by reviewing BBB Reliability Reports, which are available online and free of charge at www.bbb.org. In addition to the letter grade the Reports include details about integrity and performance, such as the number of complaints, if any, the business has received, responsiveness to complaints and details of any government actions against the business.

Given the current tough economic conditions, consumers literally can't afford to make bad buying decisions, and these reports make it extremely easy and convenient for consumers to research and compare local businesses before they buy.

BBB's proprietary ratings take into account 16 weighted factors, using objective information and actual incidences of a business' behavior, verified and evaluated by BBB professionals. Issues affecting a business's rating are described in

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