

Optimus Mission & Vision

To provide research-based, lifestyle interventions designed to reduce the risks for chronic diseases.

We strive to provide a positive, safe, and comfortable environment to help you achieve your personal health and wellness goals.

Optimus staff members are experienced health and wellness professionals. Optimus has state of the art fitness equipment for total body conditioning and various services to better your health and fitness.

HOURS

Monday-Thursday:
6am-1pm and 4-7pm
Friday 6am-1pm
Saturday: 7am-noon

Inside this issue:

- Lead Article: National Diabetes Month 1-2
- Summary Articles on Recent Research 2-
- Member Spotlights 4
- Nutrition Corner Feature Recipe 5
- Member Birthdays, Holiday Hours, and Running Events 6



November is National Diabetes Month: Let's Prevent it!

By Dan Smith, MS, ACSM RCEP

America is facing an epidemic of obesity and a direct result of this is a significant increase in the occurrence of Type 2 Diabetes. Diabetes is a serious disease that damages the body and shortens lives. It is estimated that within the next 40 years the number of Americans with Diabetes will be greater than twice its current number. That means anywhere from 20 to 33 percent of American adults could have the disease (for more information visit the Centers for Disease Control and Prevention at www.cdc.gov).

Experts are becoming increasingly concerned about the growing number of people in their 20s and 30s coping with Type 2 Diabetes, which used to be rare in persons under 40. Some have predicted 1 in 3 youth will develop Diabetes by 2030. "Children and young adults, and young middle-aged people, are the groups in which the rates are growing the fastest," says David Kendall, chief scientific and medical officer for the American Diabetes Association. Diabetes, if managed poorly, will shorten the lives of men diagnosed at age 30 by an average of 14.5 years; if diagnosed at age 20, by 17 years. For women diagnosed at 30, poorly managed Diabetes shortens life by an average of 16.5 years; if diagnosed at 20, by 18 years according to the CDC).

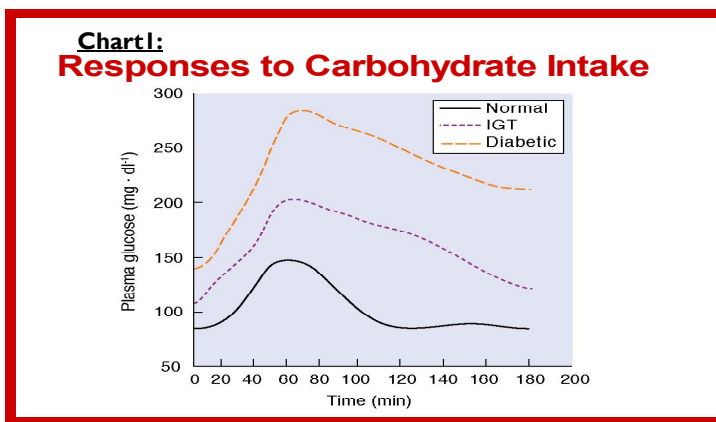
Having a condition called Pre-Diabetes means you are at high risk of developing Type 2 Diabetes in the next few years. Persons with Pre-Diabetes have blood glucose (sugar) levels that are higher than normal, but not high enough to be

diagnosed as Diabetes (see Table 1 at top of following page). It is estimated that another 40% of Americans have Pre-Diabetes.

These conditions are a tremendous burden to the individual, their families and society. The estimated expense associated with Diabetes is greater than \$172 Billion per year. Diabetes and Pre-Diabetes are associated with the following conditions: vision impairment, kidney disease,

peripheral vascular disease (cholesterol and fatty deposits in the arteries of the lower limbs and neck in particular), atherosclerosis, hypertension, neuropathy (dysfunction of nerves), and poor wound healing. And the sad thing is that this is almost entirely preventable!

Chart 1 (below) shows the different responses to food intake on the body's blood sugar levels.



Although obesity and sedentary lifestyle are the two major risk factors for developing Diabetes (see Chart 2), it is important to recognize that there are other risk factors for Type 2 Diabetes which include the following:

- * Age 45 or older
- * Developed diabetes while preg-

- nant (gestational diabetes)
- * Have a parent, brother or sister with Type 2 Diabetes
- * African Americans, Hispanic/Latino, American Indians, and some Asian Americans and Pacific Islanders are at high risk for Type 2 Diabetes.

Chart 2: Natural History of Obesity Leading to Type 2

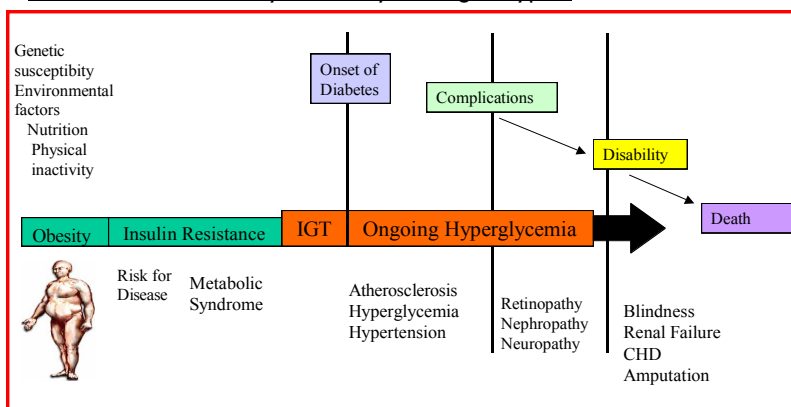


TABLE 1—Diagnostic Classifications of Normal, Pre-Diabetes, and Diabetes Mellitus, American Diabetes Association.

Classification*	Fasting Blood Sugar	Random Blood Sugar	Hemoglobin A1C
Normal	<100 mg/dl	<140 mg/dl	<5.7%
Pre-Diabetes	100 – 125 mg/dl	140-199 mg/dl	5.7-6.4%
Diabetes**	>125 mg/dl	>199 mg/dl	>6.4%

*Classifications should be confirmed on two separate tests

**Your physician may order an Oral Glucose Tolerance test to confirm diabetes

Study finds More of the Same: Risk for Type 2 Diabetes Can be Reduced up to 80%

Tom LaFontaine, PhD, ACSM RCEP

Researchers from the U.S. National Institutes of Health recently reported that living a healthy lifestyle can cut your risk of developing Type 2 Diabetes by 80 percent or more. The lifestyle factors that the researchers considered were physical activity, healthy diet, body weight, alcohol consumption, and smoking. For each of the factors, when

present, there was a significant reduction in risk for developing diabetes. Having a normal bodyweight by itself reduced the risk of developing diabetes by 60 to 70 percent. The findings showed that the more healthy lifestyle factors a person had, the lower was their risk for developing diabetes. Overall they found that having all of

them (regular physical activity, healthy diet, normal bodyweight, no more than 1 alcoholic drink per day, and not smoking) resulted in a less than 20% chance of developing Type 2 Diabetes over the next ten years. The report was published in the Sept. 6 issue of the *Annals of Internal Medicine*,

<http://www.annals.org/>.



Maintaining Weight Loss is Possible!

Tom LaFontaine, PhD, ACSM RCEP

While a majority of persons who lose a substantial amount of weight unfortunately regain it within a year, some are successful long-term. Recent data from the National Weight Control Registry (NWCR), <http://www.nwcr.ws/>, initiated by Dr. James Hill and Dr. Rena Wing in the mid-1990s found that some persons who lose 10% or more of their initial bodyweight manage to maintain this loss over the long-term. Dr.

Graham Thomas, a Clinical Psychologist who works with the NWCR, presented results of a recent analysis of this database. While there are more than 10,000 weight losers registered in the NWCR, Dr. Thomas and colleagues analyzed data from 3,133 persons who have been followed for ten years. Eighty-six (86%) of the participants maintained a weight loss of at least 10% of initial bodyweight over the ten year pe-

riod. Below are some of the characteristics that were common among these 86%:

- kept track of the food they ate, calories consumed, and the amount of fat they ate
- diets averaged about 27% fat and <1500 calories among women and <1800 among men
- weighed themselves at least weekly
- ate breakfast daily
- ate fast food no more than one meal per week
- dined out <3 meals per week
- carefully avoided overeating during holidays or special occasions
- watched <10 hours of TV per week
- engaged in at least an hour of physical activity daily

Young Men who are Obese who Lose Weight by Midlife Can Reduce Their CVD Risk!

Tom LaFontaine, PhD, ACSM RCEP

A study of Harvard alumni shows that obesity early in life does not portend a coronary disease death in people who reach a healthier weight by their mid-40. The Harvard Alumni Health Study sponsored by the National Institutes of Health has followed nearly 19,000 men who began regular medical examinations during their undergraduate years at Harvard 1916 and 1950. The median follow-up period was 56.4 years. The findings are reported in the October 24, 2011

issue of the *Archives of Internal Medicine*.

Investigators Dr. Lindsay Gray and colleagues found that Harvard men who were obese in early adulthood (18.5 to 28 years) had twice the risk of dying from coronary disease as men with a normal body-mass index as young men. The association between obesity as young men and cardiovascular mortality later on held even after statistical adjustment for confounding variables in early adulthood such as smoking and physical

activity and after adjustment for midlife risk factors including type 2 diabetes and hypertension. However, the link seen between early obesity and later heart disease death disappeared after taking into account midlife body-mass index (at an average of 46.1 years), suggesting that men who were obese when they were young can reduce their risk by reaching a normal weight by middle age. *Archives* editor Dr Rita Redberg writes that this study "brings us some reason for hope that efforts to

address childhood obesity are well worth it, [and] it is never too late to adopt healthy lifestyle changes."



Massage Therapy:

Optimus and staff wish to announce that Janene Sun, our massage therapist, has returned from family leave. Janene is now available for appointments:

Monday: 7:30 and 9:00 am;
 Tues/Thurs: 6 pm;
 Wednesday 8am;
 Friday: 11am, & 12,1,2,3,& 4:00 pm;
 Saturday: 9,10,11 am and 12 pm.

Schedule a massage with Janene by phone or email:

573-999-0451
janene@sunsportsmassage.com



Nutrition Support Group Meetings :

Hannah will be leading group nutrition meetings again starting in mid-November. If you are interested or have questions, please contact Hannah at hannahholzum@gmail.com. If there is enough interest, we will have one during the lunch hour and one in the evening. This is a great support group for weight loss and learning about nutrition in general.

Study in Post-Menopausal Women Shows that Supplementing with Whey Protein While Losing Weight Preserves Muscle and Bone

Jordan V. Kroell, BS, NSCA-CSCS

A study conducted at the University of Illinois explored the relationship between the ratio of lean mass to fat mass and physical function in postmenopausal women. Thirty-one obese, but

otherwise healthy postmenopausal women were subjects in this randomized study. All of the women were on a calorie restricted diet of 1,400 calories per day, with the one group supplementing their diet with a Whey protein/carbohydrate blend in the morning and again in the afternoon, while the second group received a carbohydrate only supplement. Both groups engaged in a walking and stretching program and all subjects were provided with examples of healthy diet and lifestyle choices. Before and after, the women's various physical qualities were tested using

simple balance, strength, and speed/power protocols. Magnetic resonance imaging (MRI) was used to measure the women's body composition. The results of the study showed that the group who supplemented with whey protein lost more weight overall and preserved significantly more muscle mass. Women who consumed the whey protein lost 3.9 percent more weight and had a relative gain of 5.8 percent more thigh muscle volume than women who consumed the carbohydrate only placebo. Lead author Ellen Evans stated "A higher-protein weight-

loss diet is more protective of muscle." Evans also added that "We hypothesize that more vigorous exercise, in particular, resistance training would preserve even more muscle." Dairy is 20% whey and 80% casein for example.



Yoga and Intensive Stretching Ease Back Pain in Largest US Study to Date

Tom LaFontaine, PhD, ACSM RCEP

In the largest randomized controlled trial to date, yoga and intensive stretching classes were linked to better back-related function and diminished symptoms due to chronic low back pain. The study was published in the *Archives of Internal Medicine*, <http://archinte.ama-assn.org/cgi/content/short/archinternmed.2011.524>, on October 24. Both methods were equally effective. Back-related function was better and symptoms were diminished with yoga and intensive stretching at 12 weeks. Clinically important benefits, including less use of pain medications, lasted at least six

months for both methods. Two hundred and twenty-eight (228) adults were randomly assigned to either yoga, intensive stretching, or a self-care book with instruction. The researchers secured follow-up on 9 of 10 (90%) participants. Participants in the trial typically had moderate—not severe—back pain and relatively good mental health. Both the

yoga and stretching classes emphasized the torso and legs.

The type of yoga used in the trial, called viniyoga, adapts the principles of yoga for each individual and physical condition, with modifications for people with physical limitations. The yoga classes also used breathing exercises, with a deep relaxation period at the end.

The stretching classes used 15 different stretching exercises, including stretches of the hamstrings and hip flexors and rotators. Each was held for a minute and repeated once, for a total of 52 minutes of stretching. Mild strengthening exercises were also included.

The lead author, Dr. Karen Sherman stated, "Our results sug-

gest that both yoga and stretching can be good, safe options for people who are willing to try physical activity to relieve their moderate low back pain but it is very important for the classes to be therapeutically oriented, geared for beginners, and taught by knowledgeable and experienced instructors who can modify postures for participants' individual physical limitations." This study was well done but as a precaution anyone with low back pain needs to be sure to discuss Yoga or intensive stretching as a treatment for their back pain with their physician as in some cases these methods could be contraindicated.



Holiday Guest Pass!

We would like to announce our Holiday Friends and Family Guest Pass. These are available for members to purchase for their friends and family. The cost is \$40 + tax, half price off our regular punchcard charge. These punchcards are not available to present punch card holders, but designed as gifts for our regular members to give to friends and family. Holiday Guest Passes will be available November 21st through January 31st.

HOLIDAY FRIENDS & FAMILY GUEST PASS

This pass is good for 10 visits to Optimus.
Present this card each time you check-in at Optimus.
We hope you enjoy our state of the art facility with top of the line equipment and knowledgeable staff.

Facility Hours:
Mon-Th 6am-1pm & 4pm-7pm; Fri 6am-1pm

Dr. Mayer's Seminars for November & December

Tuesday, November 22th, 12:15-12:45pm

“What Do We Believe About Mental Illnesses?”

Tuesday, December 20th, 12:15-12:45pm

“Could You Live With Your In-Laws for One Year?”

in our seminar room across the hall from Optimus



Sharon Millikan and Yoga at Optimus

Sharon and Steve Millikan joined Optimus in 2008. At the time, Sharon heard about the yoga program at Optimus. However, she didn't know anything about yoga and was hesitant to try it. In 2009, she decided to give yoga a try with goals to improve her posture, balance and flexibility. At first it was challenging because she was overexerting

and not relaxing in her postures and stretches. Once she discovered that yoga movements and postures were about deepening the stretch with breath and relaxation, her flexibility and balance began to improve considerably. Sharon now appreciates the benefits that she has derived from yoga. Her posture and balance have improved, she is more aware of her body, and she

has developed a deeper focus and confidence. Sharon also reports that she is more flexible. When I asked Sharon what she enjoyed the most about yoga, she said *"the good feeling I have at the end of each session."*

by Kate Walker, Optimus Yoga Instructor



Optimus Member Marie Kerl Completes the Nike Women's Marathon in San Francisco on Behalf of Persons with Leukemia and Lymphoma

Marie Kerl, DVM, MPH



Photograph by Elizabeth Giuliano

Marie Kerl, DVM, MPH, University of Missouri College of Veterinary Medicine, completed the Nike Women's Marathon in San Francisco on October 16, 2011. Her participation was as part of a program called Team in Training whose purpose is to raise funds for research and education for the Leukemia Lymphoma Society. This is her 7th marathon overall, and her 6th marathon as a Team in Training participant. There were 22,000 runners in the marathon, including 3,700 Team in Training participants who raised a total of \$12.7 million in the fight against blood-borne cancers. Since its beginning 23 years ago, Team in Training has raised more than \$1 billion for the Leukemia Lymphoma

Society. Research supported with these funds have resulted in finding treatments that have dramatically increased survival time for persons with blood-borne cancers.

The Keynote speaker at the pre-race dinner was a mom from Ohio whose little five year old boy was diagnosed with lymphoma. This year she and her sisters completed five fundraising endurance events to celebrate her son's 5th year from his diagnosis. Thankfully, he is in remission and enjoying a normal, healthy life. She began her talk by saying that she was asked to share her "incredible story" but pointed out that all participants have an incredible story.

In her post-race thank you letter, Marie said "people often tell

me they could never do a marathon. Physical aspects of training for the 26.2 mile distance require regularity and devoted time. The mental aspects of running long distances are more challenging for me. The last five miles feel like forever. It's during those miles when I draw strength from remembering the fight of all of those affected by cancer. The donations, prayers, and well-wishes from supporters help keep me going when I really just want to stop." Congratulations Marie on an outstanding effort accomplished for such a meaningful purpose.

Kate Walker, Optimus Yoga Teacher, Performs Well at the USA Powerlifting Retro Raw Meet

Kate Walker, Optimus Yoga Instructor, age 62, made four personal bests at the USA Powerlifting Retro Raw Meet held on September 10, 2011. The meet was sponsored by the MU Strength Club and held at the MU Recreation Complex. There were ten lifters and Kate won the best female lifter award. Kate achieved four personal

bests with an 82.5 kgs (181.5 lbs) squat, 47.5 kgs (104.5 lbs) bench press and 115 kgs (253 lbs) deadlift for a total of 245 kgs (539 lbs). Kate set new raw national and state records in her age group. The picture shows Kate completing her 115 Kgs (253 lb) Deadlift during the competition. Congratulations Kate for another successful meet!



Optimus "Member Get a Member" Program Still in Effect!



As autumn passes and the winter months approach, we would like to remind all of our devoted members of the "Member Get a Member Program". Any present Optimus member will receive a free-month if they refer a person who joins Optimus for six months or more. Talk to staff for more information on this program and think about your friends who perhaps need to focus on their health and fitness more. There's no better place for them to get assistance than Optimus!! Also, don't forget that immediate family members (spouse, adult children, parents) are eligible for a 50% discount off regular membership prices.

Congratulations Kate Walker!



Kate Walker, Optimus Yoga Instructor and National and World level powerlifting competitor in the 70 Kg class and 60-64 year old age group will be featured in the January, 2012 issue of Arthritis Today magazine. Arthritis Today is a magazine for persons with one of a 100 or more arthritic

conditions and is published by the Arthritis Foundation. The article will appear online as well at www.arthritis.org. Kate has osteoarthritis of both knees. She has been a member of Optimus since April of 2007 and has been coached in powerlifting by Tom LaFontaine, PhD, ACSM RCEP.



Nutrition Corner: Is Gluten-Free for Me?

By Hannah Holsum, BS, RD/LD, ACSM CHFS

Gluten-free diets are becoming popular as research suggests that gluten can cause weight gain and increase belly fat along with cravings and disruption of hormone function. But is gluten to blame?

Gluten is a portion of a protein in wheat. Barley and rye also contain gluten. Gluten is found in many products such as breads, pastas, sweets, and other products

that you would not suspect such as soy and condiments. When gluten is consumed by those with Celiac Disease*(CD), the body treats it like a foreign object and attacks it causing damage to the small intestine. Symptoms include nausea, vomiting, headaches, abdominal pain, and rashes. Persons with a gluten sensitivity but not CD (6% of the US population) may have abdominal pain and nausea, but no significant intestinal damage.

Is gluten-free the way to go? Not necessarily. If you do not have a gluten sensitivity and choose gluten-free products, you could be missing out on many key nutrients such as fiber, iron, zinc, and Vitamin B. So if you want to drop a few pounds,

this is probably not the diet for you. Some say that they do lose weight when following a gluten-free diet, but that is likely due to healthier food choices like fruits and vegetables rather than a high consumption of processed grains. Actually, many commercial gluten-free products are higher in fat, sugar, and sodium than their traditional counterparts. If you suspect that you may be gluten sensitive, you should speak to your doctor or a dietitian before beginning a gluten-free diet.

*CD is a lifelong inherited autoimmune condition. When persons who have CD eat foods that contain gluten, it results in an immune-mediated toxic reaction that causes damage to the small intestine and impairs nutrient absorption. Visit www.celiac.org for more information.



“A wise man should consider health as the greatest of human blessings, and learn how by his own thought to derive benefit from his illnesses.”
-Hippocrates

Feature Recipe: Quinoa Chili



Ingredients:

- 1 cup uncooked quinoa, rinsed
- 2 cups water
- 1 pound extra lean ground beef
- 1 tablespoon olive oil
- 1 onion, chopped
- 4 cloves garlic, minced
- 1 jalapeno pepper, seeded and minced
- 1 tablespoon chili powder

- 1 tablespoon ground cumin
- 1 (28 ounce) can crushed tomatoes
- 2 (19 ounce) cans black beans, rinsed and drained
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 zucchini, chopped (optional)
- 1 teaspoon dried oregano leaves
- 1 teaspoon dried parsley
- salt and ground black pepper to taste
- 1 cup frozen corn kernels, thawed
- 1/4 cup chopped fresh cilantro

Directions:

1. Bring the quinoa and

water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the quinoa is tender, and the water has been absorbed, about 15 to 20 minutes.

2. Heat a large skillet over medium-high heat and stir in the ground beef. Cook and stir until the beef is crumbly, evenly browned, and no longer pink. Drain and discard any excess grease; set beef aside.

3. Heat the olive oil in a large pot over medium heat. Stir in the onion, garlic, and jalapeno pepper; cook and stir until

the onion has softened and turned translucent, about 5 minutes. Season with chili powder and cumin; cook 1 minute more to release the flavor of the spices. Stir in the tomatoes, black beans, green bell pepper, red bell pepper, zucchini, oregano, and parsley. Season to taste with salt and black pepper. Simmer until the bell peppers are tender, about 20 minutes.

4. Once the red and green peppers are tender, stir in the quinoa, beef, and corn kernels. Return to a simmer, and cook 5 minutes to reheat. Stir in the cilantro to serve.

*Makes 8 servings

Nutrient Facts (per serving)

Calories	412
Total Fat	11.5g
Carbohydrates	52.8g
Protein	27.5g



www.optimushealth.com, 573-777-7474

Optimus Staff Emails:

- Tom LaFontaine:
fithealth@aol.com
- Holly Delgman:
hollydelgman@hotmail.com
- Janene Sun:
janene@sunsportsmassage.com
- Linda LaFontaine:
linlafontaine@aol.com
- Laurie Kelly:
laurie@optimushealth.com
- Kate Walker:
integralife1976@yahoo.com
- Hannah Holzum:
hannahholzum@gmail.com
- Dan Smith:
smithda17@gmail.com
- Mason Stevens:
masonstevens@gmail.com
- Aaron Horschig:
adhyq9@mail.mizzou.edu
- Celsi Cowan:
cecn69@mail.missouri.edu
- Bri Heese:
briheese@yahoo.com
- Jordan Kroell:
jordan.kroell@yahoo.com

The Insurance Group

200 East Southampton Drive
Columbia, Missouri, 65203
573-875-4800

Member Birthdays



November

- Craig Van Matre 11/2
- Mary Carnahan 11/2
- Elizabeth Giuliano 11/5
- Geoff Blackwell 11/5
- John Battaglia 11/6
- Kenneth Lewis 11/8
- Chet Graham 11/8
- Dennis Smith 11/9
- Lynnanne Baumgardner 11/9
- Gary Stamper 11/14
- Richard Montgomery 11/17
- Sarah Swindle 11/17

- Tom LaFontaine 11/20
- Caitlin Williams 11/20
- Julie Swain 11/23
- Valerie Rose 11/23
- Steve Schultz 11/24
- Charles Blackwell 11/26
- Steve Millikan 11/26
- Tom Schultz 11/26
- Beverly Boyd 11/27
- Donna Guariglia 11/28
- Anne Weller 11/29
- Katherine Caldwell 11/30

December

- Tom Douglass 12/1
- Joe Johnston 12/2
- Gail Hinkel 12/3
- Steve Stephenson 12/4
- Barry Williams 12/5
- Kirsten Craver 12/5
- Janice Morris 12/6
- Kim Myers 12/7
- John Russell 12/8
- Joan Dutil 12/9
- Christopher Emmons 12/10

- Jill Paul 12/10
- Gail Bader 12/12
- Stephanie Riepe 12/12
- Roxanne Herron 12/20
- Shirley Old 12/20
- Dan Atwill 12/23
- Jack Healy 12/27
- Nirja Loyalka 12/30
- Bea Smith 12/31

Inclement Weather and Holiday Hours

Thanksgiving Holiday Hours:

CLOSED Thursday, November 24,
Thanksgiving Day
OPEN Friday, Nov 25, 7:00 am until noon

Christmas and New Year's Day:

Both on a Sunday this year, so we will be
OPEN regular Sat. hours, 7am-12pm, on Sat.,
Dec. 24, Christmas Eve, and Sat., Dec. 31st,
New Year's Eve

In the event of **INCLEMENT WEATHER**
please check our website homepage for
closing announcements:

www.optimushealth.com

Closing announcements will posted on
KOMU-TV8 and KFRU radio, also.

Upcoming Local Running/Walking Events

Cranberry Crawl 5K/10K/Kid's Mile, Sat. Nov. 12th, 8-9am starting at the Central Missouri Food Bank: 2102 Vandiver Drive, Columbia, MO

Celebrate 5K Run/Walk benefiting Heart of Missouri, Sat. Nov. 19th, 8-10am, starting at Stephens Park, 2001 E Broadway, Columbia, MO

Jingle Bell 5K for Arthritis, Sat, Dec. 3rd, 8-9:30am, starting at 6th & Ash Street, Columbia, MO

First Night 5K, Sat. Dec. 31st, 4pm-5pm starting at CyclExtreme, 16 S Sixth Street, Columbia, MO

For more information visit the Columbia Track Club Website www.columbiatrackclub.com

WEEKLY CLASS SCHEDULE:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8am Tai Chi		8am Tai Chi		
	5pm Hatha Yoga		4:30pm Hatha Yoga		

Articles in *Optimus Connections* are contributed by the health and wellness professionals of Optimus. Information and recommendations presented in this newsletter are research-based and are given in the best interest of Optimus members and the Columbia community. Please contact Optimus to speak with any of our experienced staff if you have any questions or concerns regarding the content of this newsletter. Newsletter formatted by Brianna Heese and edited by Tom LaFontaine, PhD, Dan Smith, MS, Linda LaFontaine, and Laurie Kelly.



November

- American Diabetes Month
- Lung Cancer Awareness Month
- National Alzheimer's Disease Awareness Month

December

- World AIDS Day 12/1
- National Hand Washing Awareness Month
- Tolerance Week, Dec 1-7