CAVEMAN ● CONTINUED FROM 5

& Lifestyle" (Andrews McMeel, 288 pages, $22.95).

"Socially and technologically, we have evolved light years from our hunter-gatherer ancestors," he said. "But the DNA in each of the 100 trillion cells in our body is largely the same as it was in our Paleolithic forefathers. And these were not necessarily cavemen. The Eskimos, Plains Indians, native peoples in the South American jungles and far reaches of undeveloped Africa were hunter-gatherer societies until just the past two generations or so."

So people no longer chase their meat, dig for roots, climb trees for fruit and forage plants for leafy vegetables. Instead, they sit staring into bright screens, often with their only exercise consisting of a walk from the car to the processed-food aisle of the grocery.

"We have Stone Age genes in a Space Age society," said Frank Booth, a biologist and geneticist who teaches in the College of Veterinary Medicine at the University of Missouri at Columbia. "Technology has changed and our genes have not.

"Ten thousand years ago, we had to go out and search for food and get food. Now, we have the same genes in the drive-through lane," Booth said.

The result is that bodies meant to hoard calories because of feast-or-famine conditions thousands of years ago now reside in perpetual feast and constant physical leisure, whether at work or at home.

The timeline for the hunter-gatherer lineage starts roughly 75,000 to 50,000 years ago. Still, the human animal and its predecessors have been around for quite a while. Tools and artifacts date back 2.5 million years. Genes still floating in our cells date back 2 and 3 million years.

But as technology encroached, humans as a group did less and less physical labor for fewer hours a day.

About 200 years ago, farmers started using machines that did the work of dozens of people. Displaced workers moved their livelihoods to industrialized cities.

Food became plentiful with the development of agriscience and groceries instead of home gardens. Leisure time increased. More recently, assembly lines morphed into offices. Collars turned from blue to white. By the last quarter of the 20th century, more Westerners worked at desks than on the land or in factories.

Diet experts see the seed of the so-called "obesity epidemic" in the last half of the 20th century. Electronic media spread the word of the rise of processed food — meals made for flavor, pleasure and convenience. Advertisers characterized their treats as a reward: "You deserve a break today ..." So a reward was to eat a bag of burgers while anchored in front of the television.

The end result is that human bodies made for action — hunting, gathering, fighting, running away and withstanding famine — live with an overabundance of food that is even precooked for them. And their leisure time is used mainly to rest.

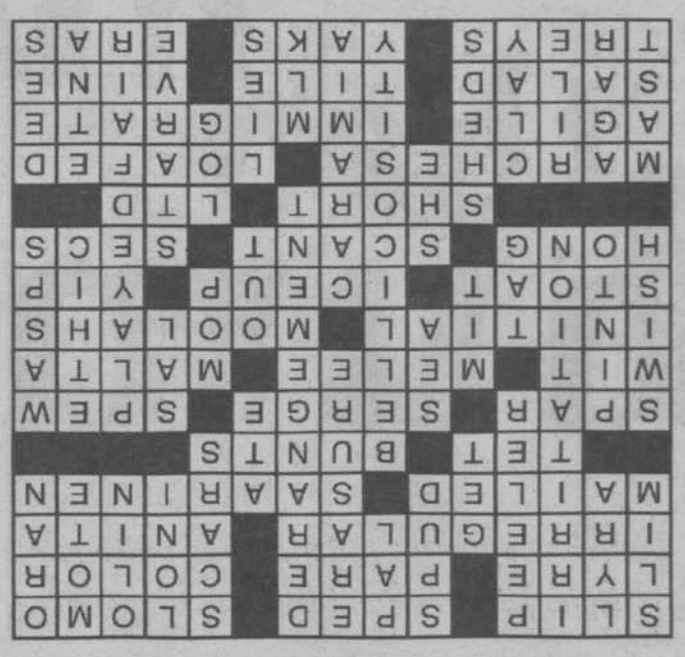
Detractors from this outlook say the hunter-gatherer life span was barely 30 years, while today it's pushing 80.

O'Keefe agreed, but said, "They died of exposure, infections, trauma, tainted water and even insufficient water or food during times of scarcity.

"However ... these were hardy, healthy, vigorous people even into old age — for the lucky and clever ones who made it that long.

The studies show no tooth decay or loss, strong bones, great physiques, strong immunity, no high blood pressure, normal hearts, no diabetes and only rare cancers."

Solutions



PS3 ● CONTINUED FROM 5

More information was revealed about the Sony's online gaming service, known as the "PlayStation Network Platform." Perhaps the big news about the service is that it will be completely free, unlike Microsoft's Xbox Live service. Sony's service plans to have video/voice chat, messaging, rankings, friend lists and game downloads to the hard drive.

Developers have reacted to the news of the delay with both relief and cautious optimism. Representatives from various game publishing houses released statements following the announcement of the delay.

"The hardware's release period has been set, so we will be throwing in our full effort to develop good games for it," said a representative from Capcom, publishers of the "Street Fighter" series.

"It's being reported as a 'delay,' but the [PS3's] previously unknown release period has finally become clear, and we are very glad to hear it," said a representative of Square Enix, the company behind the "Final Fantasy" and "Dragon Quest" series of role-playing games.

And what is Microsoft's opinion? In an interview with Fortune Magazine, Microsoft CEO Steve Ballmer had much to say about the delay.

"In every other generation, the first guy to 10 million consoles was the number one seller in the generation," said Ballmer. "Did we just get an even better opportunity to be the first guy to 10 million? Yeah, of course we did."

Nintendo also had something to say about the delay. Nintendo's legendary creator, Shigeru Miyamoto, sat down in an interview for the Guardian Unlimted Gamesblog and talked about the PlayStation 3 in the context of Nintendo's next console, code-named Revolution.

"Sony has taken a long time to create their machine, but it is obvious that the direction we (Nintendo) are taking is different to the PS3," Miyamoto said.

More information about the console, including pricing and the capabilities of the system is expected to be revealed at the Electronic Entertainment Expo, or E3, held in Los Angeles at the beginning of May.

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'OBLIVION' ● CONTINUED FROM 5

have to wait until Old Man Jenkins is back at the tavern.

Also, guards will be able to pursue thieving characters through load zones; there will be around sixteen square miles of above ground territory to explore; and shadows will actually conceal stealthy players.

Lane "Gonzo" Cook, a first-year English and philosophy student who once beat "Morrowind" and both of its expansions in a single weekend (no small feat, considering that each expansion adds around twenty hours of gameplay), said, "If it were half as deep as "Morrowind" it would still be epic, but instead it's many times more comprehensive. You've got to love an immersive game that has one hundred-plus hours of gameplay."

Cook is looking forward to the improved graphics most of all.

"I really can't wait to experience the visuals. The drastic increase in graphic quality will be like when we went from Super Mario Brothers for Super Nintendo to Mario 64 on the Nintendo 64," he said.

"Oblivion" will be released on the Xbox 360 gaming system as well as its native "console," the personal computer, allowing those with less-than-awesome rigs to explore the game's wonderment.

Allison Nunis, a third-year French student, said, "I'd like to get it, but my computer won't handle it, and I don't have an Xbox 360."

"Oblivion" will eventually become accessible to gamers with older rigs.

The minimum system requirements can be found at www.elderscrolls.com/games/oblivion_faq.htm. For more information please visit www.elderscrolls.com.

Comments on this story? E-mail gamecockfeatures@gwm.sc.edu

Recipe of the Day

Caribbean Crab Souffle

Provided by: www.allrecipes.com

What you need:

INGREDIENTS:
1/2 cup sweetened, flaked coconut
4 tablespoons unsalted butter
1/3 cup celery tops
1 clove garlic, minced
1/2 teaspoon curry powder
1/2 teaspoon dried thyme
1/2 teaspoon red pepper flakes
1/2 teaspoon salt
ground black pepper to taste
3 tablespoons unbleached all-purpose flour
1 1/4 cups milk
4 egg yolks
1/2 pound crabmeat
6 egg whites, stiffly beaten
1/4 teaspoon fresh lemon juice

What to do:

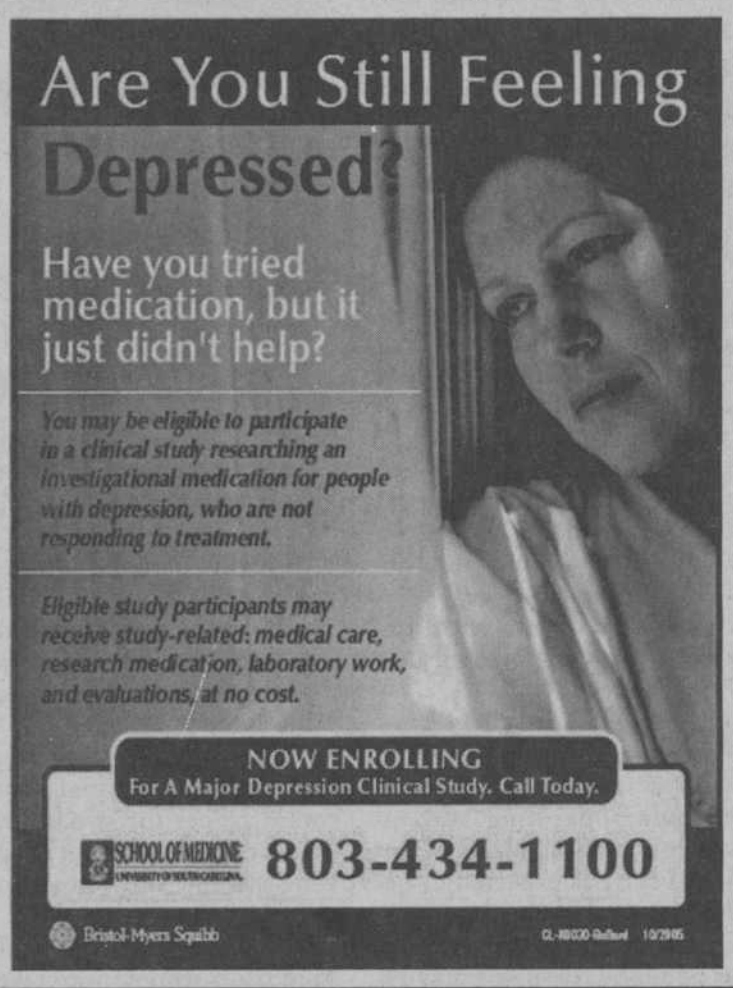
Preheat oven to 400 degrees F (200 degrees C). Butter an 8-cup souffle dish.

Toast coconut in a non-stick skillet over low heat.

In a medium skillet, melt butter over low heat and add the celery, garlic, curry powder, thyme, red pepper flakes, salt and pepper — cook for 3 minutes. Stir in flour for about 1 minute or until smooth. Pour in milk and cook over medium heat, stirring constantly, until mixture comes to a boil and thickens. Set aside and cool slightly. Whisk the egg yolks one at a time into the sauce. Stir in coconut and crab meat.

In a medium bowl, beat egg whites and lemon juice with a mixer until stiff, but not dry. Stir 1/4 of the whites into crab mixture. Quickly and gently fold in the remaining whites. Do not deflate the volume. Transfer mixture to the souffle dish and place it on a rack at the bottom of the oven.

Bake for 30 minutes or until golden, puffed and still moist inside.



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