



THE MOUNTAIN MEMO

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IT'S APPLE BUTTER FESTIVAL TIME OCTOBER 8 & 9

TO YOUR HEALTH

An article "TO YOUR HEALTH" by Dr. David Fouts asks the question Can exercise increase your lifespan?

The relationship between exercise and longevity has been a source of controversy among medical experts for many years. In the 19th century, for instance, it was widely claimed that vigorous exercise damaged the body and, therefore, decreased longevity. As late as the 1940s there were those who worried that long distance runners, whose hearts were demonstrated by X-ray to be enlarged, were at risk of premature heart attacks.

Although the controversy has not been totally resolved, studies are beginning to suggest that lifelong patterns of regular exercise may increase one's lifespan.

A longitudinal survey of 7,000 California residents demonstrated that the risk of death to adults aged 30 to 70 was inversely related to their leisure time physical activity. In other words, the more vigorous their exercise, the less likely they were to die prematurely.

Dying from cardiovascular disease, the most common cause of death in this country, has been clearly linked to a

sedentary lifestyle. Also, research has shown that regular can retard or even reverse increases in blood cholesterol, blood pressure, and bone mineral loss (associated with osteoporosis).

The strongest evidence to date that exercise prolongs life comes from the work of Stanford University's Dr. Ralph Paffenbarger, who followed the exercise habits of 17,000 Harvard graduates for 12 to 16 years. The exercises included walking, stair climbing and various sports. Among the more dramatic findings were:

- > Regular exercise reduced the risk of dying from any of the major diseases.

- > People with high blood pressure who exercised reduced their death rate by half.

- > Among men whose parents (one or both) died before the age of 65, exercise reduced the mortality rate by about 25 percent.

Among those whose parents lived beyond 65, exercise decreased the mortality rate even more - by 50 percent.

According to Dr. Paffenbarger and his colleagues, regular exercise even tended to counter the life shortening



THE HELP COLUMN

I need a source for scaffolding to install drywall on the cabin ceiling. The top platform should be about fourteen (14) feet above the floor and of course large enough to handle 4x8 sheets of drywall. I'm looking to borrow or locate a reasonable rental for a weekend, Tom Thompson 301-253-1954, or C-1 on the mountain.



PHONE COST LOWER

The Public Service Commission has approved a rate DECREASE for rural phone subscribers. It has decreased the monthly rate for the phones on the mountain by \$3.66/mo. This is not a great amount but it may be just enough for one or two owners to change their minds.

PROPERTY TAX BILLS

The property tax bills have been mailed out by the Morgan County Sheriff's Department, in fact the first half payment was due the first of September. Any property owner who hasn't received a tax bill should contact the sheriff's office at 304-258-1187.

For those who are interested in the Morgan County news, a subscription to the "Morgan Messenger" is available by mail. For out of state mailings the cost is \$15.00/year. You may call the Messenger at (304) 258-1800, or write: The Morgan Messenger, P.O. Box 567, Berkeley Springs, WV 25411-0567.

FIRE SAFETY

The Fall Fire Danger Season is on its way and a little care when cooking outside or just burning outside will keep our mountain green for us.

> Keep a grill away from anything that could catch fire.

> Don't use newspapers or magazines to help light the fire; ashes could blow on the house and start a fire.

> Keep a hose or container of water nearby in case of emergency.

> Never add lighter fluid to an open flame or charcoal that has been lit; never use gasoline to light a fire.

> Follow instructions carefully when using a propane gas grill. Never try to put out a propane fire by yourself; call the fire department immediately.

> Keep children away from the grill.



MAGGIO'S TAKE OUT

There are times when you are just taking a ride to the mountain. You don't have a cabin or you just want to stop by and visit. Thanks to The Maggio's you don't have to pack a lunch or stop in a restaurant and eat more than you care to. Maggio's has a take out menu. I won't detail the entire menu but it includes: Chicken, Subs, Sandwiches, Pizza and side order selection which includes: french fries, onion rings, cole slaw, macaroni and potato salads. All of this at reasonable prices.

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effects of cigarette smoking and the extremes of overweight and underweight.

Longevity was increased in proportion to the amount of exercise performed. Walking 9 or more miles a week reduced mortality by 21 percent over those who walked 3 miles or less. Participants in light sports increased their life expectancy 24 percent over those who did nothing. Survival rates improved steadily according to the number of calories burned in exercise starting at 500 calories per week and continued up to 3,500 calories each week (equal to walking 6 miles a day, 6 days a week). The average person burns about 100 calories per mile walked. All the men studied showed the benefits of exercise, which tended to intensify with age. Those who expended 2,000 to 3,500 calories per week in exercise benefited the most and increased their life expectancy by about 2 years. For comparison, the average person walks 1.5 to 2 miles per day at work, which is equivalent to 750 to 1,000 calories per work week. Walking at work plus vigorous exercise for about 3 hours a week would put a person in this over-2,000-calorie-per-week category.

Age should not be a barrier to an exercise program because it benefits both the young and the old. For instance, a study of healthy men and women aged 61 to 67 conducted at Washington University School of Medicine in St. Louis found that after 12 months of endurance exercise, cardiovascular function improved by 25 to 30 percent.

In another study, researchers at West Virginia University put women aged 50 to 63 into aerobic dancing or walking programs. By 6 months, both groups exhibited significant improvement in muscular strength and cardiovascular fitness.

At the University of Southern California at Los Angeles a group of 70-year-old men experienced increased muscular strength after just 8 weeks of strength training.

Whatever your age, aerobic exercise can improve the function of your heart and lungs and increase muscular endurance, which means more energy for work and play. Furthermore, it may lower blood and cholesterol, reduce stress, and help control weight. Exercises such as walking or aerobic dancing also may help delay or prevent osteoporosis by putting beneficial stress on bones. And exercise in general can improve your sense of well-being.

THE CHANGING ECONOMY

Those of us who have braved most of ten years on the mountain, where we initially could not get our money out of the property due mainly to the economic conditions of the area, may be smiling just a little bit now. With two small industrial parks opening in the area, a proposed shopping center south of Berkeley Springs and the possibility of a ski resort at Cacapon State Park area, the areas economy should get a great shot in the arm. Of course, if the economy gets too big then our mountain could no longer be a place to get away from it all.

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Forwarding and Address
Correction Requested

FIRST CLASS

