

Opinion

Running not enough

The untimely death July 20 of author and runner Jim Fixx, whose 1977 best seller, "The Complete Book of Running," helped popularize the fitness movement, must have shocked as many Americans as it saddened. After all, how could a dedicated runner and exercise buff in presumably robust physical condition suffer a fatal heart attack at the age of 57?

An autopsy on Fixx's body provided the answer. It disclosed evidence of arteriosclerosis so advanced that two of his coronary arteries were sufficiently blocked to warrant bypass surgery. Excepting that, he was indeed in excellent physical condition.

For all his dedication to fitness, Fixx reportedly spurned the physical examinations, stress tests and other procedures that might have detected his heart disease. A relative noted that he did not even have a personal physician. But if Fixx's heart condition could have been detected in time,

proper diet and medication, or surgery, might have added decades to his life. The lesson here is obvious enough. Running, and other forms of exercise, can be healthful under the proper circumstances, and may even add to longevity. But exercise alone does not preclude heart disease, especially when there is a history of it in the family as was the case with Fixx. And the medical community's standard injunction that any middle-aged person should receive a physical examination before beginning an exercise program and periodic monitoring later seems vindicated once again.

Fixx's books and lectures inspired countless thousands of Americans to join the legions of joggers and runners for health and recreation. His unfortunate death at 57 of heart disease should serve at least to remind his many readers and admirers that there is more to maintaining good health than merely exercising.

A missive from Mathias

Falmouth Dam and Hilditch School have created a great deal of interest among readers of recent weeks. Last week's blast brought a mixture from Frank Mathias, a professor of history at the University of Kentucky, and the Carlisle reader who certainly needs no introduction among his readers.

With the exception of an occasional overly subjective adjective, we regret the letter to full. Enjoy. We have been interested in your attacks on Gene Snyder and his pork barrel bellywagging concerning Falmouth Dam. I have fought that at 3:00 p.m. high wall of water hurtled down into the Kentucky coal mine!

"Thank you very much for your letter. I am glad to hear that you are very responsive to earth-moistening. Just a few years ago you remember the splat Richter scale shakies we had here. The fault lines should have added, run smack through

Here Abouts

...with Emily A. Wolf

little Palomah for a few million \$, and forget the possibility of some of the most beautiful and scenic project which will not just be a landmark of scenic beauty, but a landmark of economic life of the people of the Kentucky Coalfield. It is certain that certain Kentucky County.

Frank continued on another vein: "The Coalfield is a work of art. It is a masterpiece of nature. It is a work of art in an English class on John Galsworthy's 'The Forsyte Saga' which was given to me by my father, Walter gave Tom Stroup, the teacher, so much trouble that he received a 'D' for the course. He was a fast runner and remained so on that trip to the Kentucky coal mine!

"I have been reading a different type of book that established courtesy about things, including his first wife and his children. And he taught her to be a good mother. He was a fast runner and remained so on that trip to the Kentucky coal mine!

Letters

From our readers

Nicholas people help each other

The Carlisle Mercury: Nicholas County participation in the county-wide blood campaign program of the Central Kentucky Blood Center is a commendable effort. It is a credit to the people of Nicholas County who have responded so generously to donate 70 units, about one quarter the annual quota to stay in the program. The community is to be applauded.

As usual, about 60 volunteers from the community at large, the Garden City, 1916 school picture identified

1916 school picture identified

To the Carlisle Mercury: The 1916 picture of old Hilditch school in the Mercury of July 19 is not only among the most interesting in Nicholas County but also a great deal of interest to many of our people in Nicholas County. It is a credit to the people of Nicholas County who have responded so generously to donate 70 units, about one quarter the annual quota to stay in the program. The community is to be applauded.

Person who was omitted from the 1916 picture

The names should read: Frank Ross (left to right) Bill Galt, Alan Haggan, Lawrence Lassiter, Edna "Buck" Coywood, Carl Haggan, Joe Ben Standford, Frank Hilditch, Jim Higgins, Ray Frank, Jim Hilditch, Alan Haggan, Charles Haggan, Florence Bryant, Charles Haggan, Gladys Haggan, Charles Haggan, Lillian Taylor (Palmer), Gladys Haggan (Haggan), Alan Haggan, Mary Ann, Cecile Haggan, Thelma Haggan, Elizabeth Adams (Lee), Laura Clayton, Ada Haggan, Alice Haggan, Mary Ann, Sen. Clarence McCord, Will Wilkinson and Charlie Haggan (Landon) and Roy Haggan. Please notice that this picture was taken in 1916. It was the first year that my father finished school.

Lillian Clayton is likely one of the Hilditch students. But she is, in fact, a very active woman, who with caring for her eight-room house and participation in her church, takes as a volunteer school teacher. She adds to her interests in her children, grandchildren and great grandchildren. She has to make an appointment to see her. I would like a picture of my mother as of today.

Sincerely yours, Paul Caywood 101 Court Street, High Hill, KY 40328

MRS. LILLIAN W. CAYWOOD, 101 active at age 82



"I'll tell you the reason and I don't like medicine, but I don't like reason less than I don't like medicine."

Agree or not Let's help crime victims

by S.C. Van Curen

The lack of adequate detention facilities for law violators continues to plague Kentucky from the local to the state level. At the present facilities have deteriorated and need to be replaced. The state has continued to increase and the overcrowding problem grows despite the extreme leniency of the courts.

While the social reformer cry over the courts is increasing, the treatment of prisoners is deplorable. Jail, the victim of crime continue to be crowded from bodily harm and loss of possession of their property. The courts, their plight often not being taken into consideration through the operation of the courts, which may or may not need the courts, which may or may not need the courts, which may or may not need the courts.

This supposedly progressive state, which from the wrongs of the past, has not been able to do more for the victims of crime. The state has a fund for the victims of crime, but it takes a lot of money to run it. It seems if a person is able to pay his bills, he either doesn't ask the state for any or only a part of the actual loss.

Down Memory Lane Price, Hall would be in action; Feeback Hotel dining room open

Thursday, September 13, 1984

The Nicholas County 1916 school picture identified. The Nicholas County 1916 school picture identified. The Nicholas County 1916 school picture identified. The Nicholas County 1916 school picture identified. The Nicholas County 1916 school picture identified.

supported by two rubber tired wheels and pulled with a tractor, for the purpose of expediting and simplifying the process of getting cattle from the fields to the barn or stock pen. It has been named "the monster" and is 23 feet long and nine feet wide.

MARKED - Max James Vaughn and Roy Soop, August 28 at Opatons - Miss Phyllis Mae Smith and Bobby Nelson, September 1 at Opatons - Miss Phyllis Mae Smith and Bobby Nelson, September 1 at Opatons - Miss Phyllis Mae Smith and Bobby Nelson, September 1 at Opatons.

Thursday, September 13, 1984 After being closed for a few weeks, the Fredrick Hotel dining room will reopen Sunday, September 11. Many parties of this popular dining room will be pleased to learn that meals will be served again.

Warren R. Fisher... Editor & Publisher (Mrs.) Katherine F. Fisher... Assistant to the Editor (Mrs.) J. J. Moss... Circulation Manager (Mrs.) J. J. Moss... Circulation Manager (Mrs.) J. J. Moss... Circulation Manager

Op-Ed page

If you believe those indexes...your sanity index is in need of adjustment

On the bright winter days when you look out at one of the outdoor thermometers and it says "73 degrees" or something like that, you know it is cold. Of course, you know it is cold even without looking at the thermometer. But there are occasions when you go outside and you find it is even colder. Psychologists tell us that our minds affect our physical sensations.

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