

## Health Matters

### Debate continues on benefits of fitness tracking devices



Dr. Hallion

*Maria Elena Hallion, Ph.D., takes a look at the benefits and roles of personal fitness tracking devices.*

*An associate professor and department chair in the Exercise Science and Health Promotion Department of Cabrini University in Radnor, Pa., Dr. Hallion lives in Gibbstown.*

Personal tracking devices are the number one fitness trend this year with more than one-in-five adults in the United States using them, according to the American College of Sports Medicine.

Called wearable devices or activity trackers, they come in many types, ranging from a basic pedometer that counts steps to an advanced electronic device, such as Fitbit, Misfit, Garmin, Apple iWatch and phone apps that estimate calories burned and monitor heart rate.

Given the rapid growth in this market and the ability of these devices to provide immediate and visible feedback to help individuals reach their health goals, research on their effectiveness is just beginning.

Published research on using these devices has produced inconsistent findings. While some studies show that they may help users become more active, other studies fail

to show that goals like weight loss are achieved.

When a device resulted in permanent behavior changes in individuals, three consistent findings were found among users. They were very fond of the features like game elements, employed other behavior modification strategies, such as social support, and had a clear, serious commitment to their health goals.

Research did find that most devices are not used after one year. Experts also agree that those who view physical activity as a gift versus a chore have the greatest motivation to do it.

For more extensive articles published on this topic, check out the American College of Sports Medicine's *Health Fitness Journal* on [acsm-healthfitness.org](http://acsm-healthfitness.org).

Also note that a health care provider should always be consulted before beginning or increasing physical activity.

### Calendar of Events/continued from page 4

and 4 p.m. on March 17.

#### Ongoing

**Nov. 5-13, 2018:** Pilgrimage to the Holy Land hosted by the St. Clare of Assisi Parish. For more information, call (856) 952-1476 or email [travel@stclarenj.org](mailto:travel@stclarenj.org).

**St. Paul's UMC New Hispanic/Latino Ministry** on Saturdays, 5 p.m., in the fellowship hall. For more information, call (856) 423-0048.

### Boyhood memory/continued from page 11

of hiking, biking and their out-looks on life.

Completing the trip was just another challenge that we enjoyed and reaffirmed what one can endure physically and mentally to achieve a small goal that helps us stay young.

Being able to ride for five days straight at the age of 59 gave me a good feeling knowing that I completed a task that was supposed to be achieved 45 years ago.

It also brought back some great childhood memories.

I thank Jack Robostello and Anthony Knestaut for transporting us to our finish and starting points and especially, Christine, who was just as ambitious and crazy enough to spend her vacation muddy, sweaty and a little sore, after finishing the entire adventure on a Huffy bike.

Completing this trip has always been on my mind.



Courtesy Photo

**A lifetime adventure** — Paul Morina and Christine Lindenmuth take a break along the C&O Canal towpath.

Now that the task is finished, I thank and dedicate this trip to Troop 24 and Faulkner, who taught us many valuable life lessons, including the importance of enjoying the outdoor experience and appreciating nature.

His lessons continue to stay with many of us today who were under his care.

### Wrestling/continued from page 11

Miles-Benjamin, Demitreus Day and Austin Mooney who are expected to make a big impact.

Paul Morina (656-42-4), who enters his 33rd season as the Raiders head coach, has added some additional challenges to an already brutal schedule this season.

Ranked third in New

Jersey in a preseason poll, the Red Raiders will wrestle in the Henry Boersch (Newton, N.J.) Duals, on Jan. 6.

This event includes teams from Hanover Park and South Plainfield. State power High Point is also slated to wrestle the Raiders at PHS on Jan. 20.

### Hometown star

## Singer scores big with hit record in the 1950s

By Violet Valentin & Jim Pratz

*Submitted by Gill Memorial Library director Violet Valentin and her brother, Jim Pratz, a historical collection volunteer, this column promotes their campaign and motto, "Help Preserve Paulsboro's Past for the Future." The PHS Class of '74 alumni welcome donations from residents to add to the library's historical collection and invite anyone interested in local history to visit the New Jersey room at the library. Library programs and services also can be found on Facebook or online at [gillmemoriallibrary.org](http://gillmemoriallibrary.org) or by calling (856) 423-5155.*

Today we have many ways to hear and share music through computers, phones, CDs, iPads, radio and TV. In the 1950s, the world was a much different place. The options for listening to music were limited to live music, records, radio and TV.

This makes it even more amazing that a young girl from Paulsboro, who never took a singing lesson in her life, rocketed to stardom with her hit record "Let Me Go Lover" in 1954.

This young girl's name was Joan Weber. The hometown newspaper referred to her as "Paulsboro's Modern Cinderella."

Born and raised in Paulsboro, Weber became the soloist with the Harry V Five Band. She performed with the band at night spots and dances in the area before graduating from Paulsboro High School in 1953. Shortly after graduation, Weber married her bandleader, George Verfaillie, and lived in Paulsboro on Greenwich Avenue.

As a result of this exposure, Weber was discovered and promoted by song writer Frank Capano and Charles Robinson. They paved her way to New York where Eddy Joy became her manager.

Joy brought Weber to the Brill Building for an audition, which at the time was the hot spot of the music indus-

try. Once here, she gained the attention of musician and producer Charles Randolph Grean, and her journey to stardom began.

Grean passed along Weber's recording of the song "Marionette" to the head of Columbia Records, Mitch Miller, who quickly put her under contract. He was the one who chose "Let Me Go Lover" for her first single release.

On Nov. 15, 1954, the song was featured on an episode of "Studio One," which was a CBS drama anthology series. As the saying goes, "The rest is history." This confirmed the power TV had to promote popular music because the single went straight to number one on the music charts and stayed there for a whole month. In fact, the record sold half a million copies in the first week alone.

By Dec. 30, 1954, it was on the way to sales of over 2.5 million copies.

Other songs Weber recorded included, "Marionette," "It May Sound Silly," "Call Me Careless," "Lover, Lover," "Tell the Lord," "Don't Throw My Love Away," "What Should a Teen Heart Do," and "Goodbye Lollipop, Hello Lipstick." None of these songs, however, gained the same popularity of her first hit.

Weber made appearances on the Ed Sullivan Show,

Perry Como Show, and Dick Clark's American Bandstand to sing her hit song. On the rise to stardom, she had a baby daughter in the 1950s, which limited her from promoting her career. In turn, Columbia terminated her contract.

Over the years, Weber made a few attempts to restart her career before abandoning her music altogether. She passed away on May 13, 1981.

Some famous singers, including Pattie Page, Peggy Lee, Teresa Brewer, Hank Snow, Connie Francis, Dean Martin and Ann Margret later recorded their version of Weber's hit song, "Let Me Go Lover," showing the influence of her song on the popular



Joan Weber

music industry.

Weber's daughter, Terry Verfaillie Godshalk, now lives in Pennsylvania. During the month of October, she graciously loaned her mother's gold record for the main attraction of the library museum's open house on Sept. 30.

To learn more about this hometown star, stop by the Gill Memorial Library museum to check out its collection of records, newspaper clippings, magazine articles and photos of Joan Weber and her music career.

**Preserving a special memory** — Don Myers of Mantua (PHS '57) donated the jersey he wore while playing on St. John's 14-to-16-year-old baseball team in Paulsboro to the Gill Memorial Library, where it is now on display.

Noted as having one of the finest records in the area more than 60 years ago, this St. John's team claimed 40 victories two seasons in a row without a loss in the summers of 1953 and 1954 and captured two straight Gloucester County Youth Interboro League titles.

Myers wore this jersey in the team photo that was published in the fall issue of *The Record Today*.



Don Myers