

Health Matters

Staying active applies to all age groups

Below, Dr. Maria Elena Hallion reviews The Physical Activity Guidelines for Americans that were released by the U.S. Department of Health and Human Services (HHS) in 2008 and have since been revised. Professor and department chair in the Health and Exercise Sciences Department at Cabrini University in Radnor, Pa., Dr. Hallion lives in Gibbstown.



Dr. Hallion

Regular physical activity can enhance health for everyone. It can improve mood, sleep, physical function and lower stress, while reducing the risk of many diseases, such as heart disease, stroke, hypertension, diabetes and some cancers.

Even short sessions of activity are helpful, and some of the health benefits can be immediate.

Based on extensive research, the new recommendations provide guidelines for children, older adults and special populations.

Guidelines for the following groups include:

Preschool-aged children – enjoy a variety of active play throughout the day.

Children and adolescents – plan at least one hour or more at least three times per week of moderate-to-vigorous activity, such as walking, jogging, bike riding and swimming, along with both muscle and bone strengthening activities, such as squats, pushups and weight lifting

Adults – reduce lengthy periods of sitting and incorporate 150 – 300 minutes a week of moderate-intensity activities, such as walking, jogging, bike riding and swimming or 75 – 150 minutes a week of vigorous intensity, such as squats, pushups and weight lifting.

Additional benefits are gained by going over 300 minutes. Recommendations also include doing muscle-strengthening activities involving all major muscle groups two or more days a week.

Older adults – strive to reach the 150 minutes a week of moderate-intensity activities, including balance and muscle-

strengthening, safely and in moderation according to possible limitations.

Pregnancy and postpartum – target a minimum of 150 minutes of moderate-intensity activity a week during and right after pregnancy.

Women who are active before pregnancy can continue at that intensity with the support of

their health care provider.

Adults with chronic health conditions and disabilities – Avoid inactivity. Follow the same guidelines for adults and reduce or modify as needed according to condition or disability.

Ultimately, these key recommendations demonstrate that any movement is better than no movement and that everyone can enjoy the benefits of moving more. However, always consult with a health care provider before increasing or starting an exercise program.

Also remember when exercising outside, observe heat advisories, stay hydrated and wear sunscreen. Also, always walk and run against traffic. Bike ride with traffic.

To see the complete guidelines and other helpful exercise tips go to the Office of Disease Prevention and Health Promotion, HHS, at health.gov/

moveyourway.

(Editor's note: Dr. Hallion has published a book entitled, "Health Matters – Easy tips to follow on all matters of health." The book is a compilation of the articles featured regularly in The Record Today since the beginning of the newspaper in 2007.

Topics include nutrition, exercise, common diseases, and other various health and wellness themes.

Designed as a useful tool to improve overall health and wellness, the book is divided into chapters that provide an overview of each issue, tips for improvement and a guide to additional resources.

The e-book is free of charge on Barnes and Nobles website. Signing up for a free membership is required first at <https://www.barnesandnoble.com/membership/>. The book is available under the title, Health Matters.)

Timeline spotlights milestones in Gibbstown history

By Sue Hickman
Special to The Record Today

The dates below highlight significant happenings in Gibbstown beginning on March 1, 1694, when Greenwich was incorporated by an act of assembly. It is one of the original townships in New Jersey.

Check out the dates below for more historical milestones.

1870s: The first train came to Gibbstown.

Jan. 31, 1880: DuPont Repauno Works construction was started. Lamont DuPont named the plant after the Repaupo Creek with a slight twist. He substituted an "n" for the second "p" because he found it sounded better.

The first school was also built in 1880. During this time period, Clonmell Creek was deep enough for a steam packet (ferry). The boats would come up to what is now Berkley Road.

1882: The first mail delivered to Gibbstown was over the railroad and carried to the post office.

March 29, 1884: DuPont had its first explosion. Lamont

DuPont, plant superintendent Walter N. Hill and four employees were killed in this accident. In keeping with the "leader takes risks" philosophy, Lamont went to assist in handling a runaway nitroglycerin charge. The decision was fatal. He left a wife, Mary, and 10 children.

Feb. 18, 1896: A revival meeting was held in the Gibbstown Hotel bar room by Rev. H. C. Magee. He preached on Luke 5 – "we have seen strange sights this day." Three people were converted. The bar room was used because it was the only place large enough to hold the attendees.

May 1899: The first automobile came through Gibbstown. It was driven by Hiram Hall, the inventor of the Hall Machine at DuPont. He drove from Gloucester to Gibbstown in 55 minutes.

The early town roads and the road to Paulsboro were made of oyster shells

May 12, 1900: The fire company was organized.

1906: The second frame school house was built.

Feb. 18, 1913: Christian Grotzinger started his butcher shop.

1916: Noted as a busy year for growth in the town, a stone school was built next to the existing school. DuPont also built 16 new homes in the old village.

April 4, 1918: On Easter Sunday, there was a snowstorm that left 4-1/2 inches of snow. There was a case of small pox in July.

1920: U.S. Highway 44 was built. This was the first paved road of concrete in the township. It was officially opened in 1922.

1929: The water works was built and began operations.

1930: A new wing was added to the school.

1941: A new \$50,000 firehouse was dedicated on Walnut Street. This same year, the post office changed location to the former drugstore at Broad and Maple streets.

1957: The third wing was added to the school.

(Editor's note: Hickman is former secretary of the Gibbstown Historical Committee.)

Paulsboro snapshot

Brothers team up and take baseball to another level

By Jim Pratz
Special to The Record Today

A historical collection volunteer at the Gill Memorial Library, Pratz (PHS '74) can be contacted via e-mail at jimpratzilovehistory@gmail.com or on Facebook at "Helping Preserve Paulsboro's Past for the Future."

For more information on library programs, services and hours of operation, visit the library's Facebook page, website at gillmemoriallibrary.org, or call the library at (856) 423-5155.

The Thompson all-brother baseball team is one of Paulsboro's great history stories on file at The Gill Memorial Library. This collection includes an article with a team picture that was published in the Paulsboro Herald & Sun on Oct. 23, 1931.

Interestingly, the newspaper spelled the family without the "p" and listed it as Thomson. However after going to Eglington Cemetery in Clarksboro, I discovered all the family gravestones spelled Thompson with the "p." My guess is that the writer of the 1931 article misspelled the name.

Records on Ancestry.com show Benjamin Allen and Anna (nee Mullen) Thompson were married on Nov. 29, 1857, in Camden. The couple had nine boys — just the right amount to field a baseball team!

The team attracted worldwide attention as an all-brothers team. They had no uniforms and no fancy equipment for protection. The catcher caught bare handed, as did the rest of the team. Unable to locate any of the names of the teams they played, I did learn that according to their mother's death notice that she was their manager. This explains why she appears in the picture with them.

In 1893, the Thompson brothers played at the World's

Fair in Chicago. While, the Chicago World's Fair Historical Society has no record of the Paulsboro all-brothers baseball team, it did report that the White Stockings played at the World's Fair.

Below are highlights from the newspaper article, along with research notes on the nine boys from the oldest to the youngest.

Joseph G. Thompson (left fielder) had great strength and speed. He could run 100 yards in 10 seconds. Born Feb. 8, 1859, he married Mary (maiden name unknown) and lived in Mantua. He died in Oct. 11, 1931.

Jesse M. Thompson (center fielder) was born on Jan. 9, 1861. He married Elizabeth P. on Jan. 9, 1884. They ran the Thompson Hotel on the Delaware River near old Fort Billings. Jesse died in 1926.

Henry S. Thompson (pitcher) was born on May 27, 1862. He married Sara A. Smith on July 4, 1883. He died on Dec. 21, 1921. They are buried at St. Paul's Methodist Cemetery in Paulsboro.

James J. Thompson (shortstop) was born Aug. 15, 1864. He married Mary (maiden name unknown) and died in 1913. James is buried in Eglington Cemetery.

Franklin M. Thompson (third baseman) was born on March 17, 1867. He married Elizabeth D. Powell and died Feb. 19, 1951. He was a barber in Paulsboro.

Cooper G. Thompson (first baseman) was born on Dec. 12, 1868. He married Mary Dunlap and worked for the State Highway Dept. Cooper died on Oct. 1957.

William G. Thompson (second baseman) was born on March 5, 1871. He married Anna M. Hammell on April 4, 1893, at Kemble Methodist Church in Woodbury. She was



Courtesy photo

The All-Thompson Baseball team composed of brothers — The team had for its members none but Paulsboro men and saw its heyday in the gay nineties. Standing left to right, William, Frank, James, Henry, Cooper and Elwood; seated left to right, Jesse, Mrs. Anna Thompson, George and Joseph. (This photo and caption appeared in the Paulsboro Herald & Sun on Oct. 23, 1931.)

from Thorofare. The couple lived at 1004 Delaware St. in Paulsboro. Operating a grocery store on Delaware Street, he was also the director of the Paulsboro National Bank from 1921 to 1933 and later elected chairman of the Board of Directors. William died Oct. 1, 1953, and is buried in Eglington Cemetery.

Elwood R. Thompson (catcher) was born in 1875. He

married Mary Hughes and died Dec. 8, 1935. Elwood is buried in Eglington Cemetery.

George A. Thompson (right fielder) was born on Jan. 3, 1877. He died in 1963.

(Editor's note: Special thanks to Jim Pratz's wife, Mary, who contributed to this article. A colorized version of the team photo by Steven Atkinson is available for viewing at the library.)



The Thompson family hotel and wharf — On file at the Gill Memorial Library, this postcard depicts Jesse Thompson's property on the Delaware River near old Fort Billings.