

# Powder Express

The Official Publication of the Fall Line Ski Club

September 2002

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**Friday, September 6, 2002, 8:30 PM - 1:00 AM**

**Clarion Hotel, Rt. 70 and Rt. 295, Cherry Hill, NJ**

**Over \$10,000 in Door Prizes - 5 Grand Prizes**

- \* **Courmayeur, Italy**
- \* **Park City, Utah**
- \* **Taos, New Mexico**
- \* **Snowbird, Utah**
- \* **Jay Peak, Vermont**



## Trips Opening This Month

*September 3, 2002*

None

*September 17, 2002*

Okemo, Vermont  
Pool Tournament



**Music - Cash Bar/Food**

**Talk With Representatives**

**From Major Ski Resorts**

**For Additional**

**Information Call:**

**Siobhan 609-894-4572 or**

**Brad 215-969-4736 or**

**FLSC Hotline 856-931-4462**

**or E-Mail at**

**[tickets@FallLine.org](mailto:tickets@FallLine.org)**

**Portion of Proceeds**

**Donated to U.S. Ski Team**

**Tickets: One for \$5 or**

**Five for \$20 in Advance**

**\$10 At The Door**

# Jim's Message

# Member Information

Last month my message was an appeal to all members to assist with SnoBall ticket sales. For those of you who sold tickets I would like to thank you for your participation. Without club member ticket sales it would be impossible to have a successful SnoBall. The SnoBall not only helps support our club financially but is also a source for new members. I hope to see many of you on September 6 and have the opportunity to chat with you.

Your board of directors has been working hard planning changes that should make your Fall Line membership more valuable. We will be adding links to our web site for selected retailers who want to offer discounts to our members. Last year's president, Ted Sommers, has been busy contacting various retail outlets that sell items related to our club activities. Ted has contacted, or will soon be contacting, Brad Zacharia, our dedicated web master, who will add the first two links.

If you are planning to purchase ski equipment or other outdoor equipment I would encourage you to first check out

our web site ([www.FallLine.org](http://www.FallLine.org)) for possible links to retailers who will be offering discounts to club members. We will not be adding links for club member's business or other businesses that want to advertise on our web site unless the board determines, on a case by case basis, that the products they offer for sale are directly related to our club mission and activities. We will only be providing links to retail business(es) and not for personal services. To be eligible to receive various discounts you will be required to present your current membership card to the retailer. The savings from one or two purchases could easily pay for your membership.

Fall Line is providing these courtesy links to those retailers who have agreed to offer our members discounts but Fall Line Ski Club makes no guarantee and takes no responsibility for any specific offer. We will make every effort to make changes as retailer offers change.

*Jim*

## Volunteers Needed

Snoball volunteers needed - 1/2 hour is all we ask. Work the tables, sell tickets, 50-50, etc.

Contact Brian Carter: 609-387-8480 or 609-304-8300 or  
E-mail: [BRcarter@comcast.net](mailto:BRcarter@comcast.net)

## Officers and Board Members

### Officers:

President  
 Jim Morris . . . . . 856-795-2446  
 President-Elect  
 Lou Cullen . . . . . 856-829-6494  
 President-Ex Officio  
 Ted Sommers . . . . . 609-820-0837  
 Treasurer  
 Steve Beach . . . . . 856-627-8565  
 Treasurer-Elect  
 Sara Walls . . . . . 609-747-8582  
 Secretary  
 Nona Luce . . . . . 856-778-1942

### Board Members:

Brian Carter . . . . . 609-387-8480  
 Mike Gilbert . . . . . 609-417-1159  
 Keith Howell . . . . . 609-747-9233  
 Janice Lynch . . . . . 856-858-6411  
 Patty Shearer . . . . . 856-778-4657  
 Dave Orr . . . . . 856-667-3352  
 Kathie Read . . . . . 856-489-5170  
 Wayne Schofield . . . . . 856-931-2173  
 Kim Trojak . . . . . 856-797-8470  
 Club Phone . . . . . 856-931-4462

Fall Line Ski Club membership begins May 1 and ends April 30. Membership applications for renewals and new membership are accepted any time in the year. The membership fee is \$20 until September 6 and \$25 afterwards.

Members have the privilege of attending all Fall Line Ski Club activities during the summer season as well as next ski season. Membership applications may be obtained at any General Meeting, on the penultimate page of most newsletters, at the web site at [www.FallLine.org](http://www.FallLine.org) or through the mail by contacting:

Robyn Taddei  
 9109 Verree Road  
 Philadelphia, PA 19115-2801  
 Phone: 215-969-4736  
 E-mail: [Membership@FallLine.org](mailto:Membership@FallLine.org)

The membership application should be completed in a legible manner to ensure the proper forwarding of all club correspondence. Any member not receiving the newsletter should stop at the membership table during a General Meeting.

Changes in address or phone numbers should be reported as soon as possible so that you may remain informed of all Fall Line events and activities.

## About this Newsletter



*Editor and Layout*

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# Couldn't You Use a Cheap Weekend Away?

By Betty Taylor

That's what you get with the Halterman Fall Getaway weekend, October 11-13th. This "POCONO WEEKEND GETAWAY" trip opens on Tuesday, September 17, 2002. Space is limited to approximately 30-some people, so get your payment in early. If you can't make a meeting, feel free to call Betty Taylor at 856-241-7496 or email at: [taylor@ecfmg.org](mailto:taylor@ecfmg.org) and you can send her your payment.



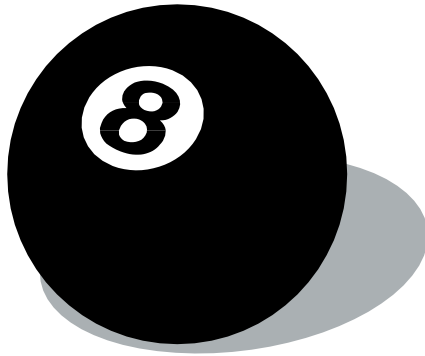
Those of you who have been there before know what a great deal this is:

- Enjoy 2+ days of hiking, swimming, golfing, canoeing, or just R&R. (Hopefully John will come and bring his canoe.)

## Let the Games Begin

Fall Line's 5th Annual Pool Tournament will take place at Dave & Buster's (D&B). D&B is located at 325 Delaware Avenue in Philadelphia, PA.

Actual date of the tournament to be announced. Sign-up will begin at the September 17<sup>th</sup> meeting. You can choose to sign up yourself or sign up with a partner (preferably mixed teams). Prizes will be awarded in several categories. All skill levels are welcomed. All that is required is your thirst for fun and adventure! (Don't worry Fall Liners, there is a cash bar for those that have an additional thirst for something a little more liquid!!) Come join in the fun. For those who made it onto the waiting list last year, but not the event, don't miss out. Space will be limited so sign up early. Look for more information in the October newsletter, or come to the September 17<sup>th</sup> meeting.



- Appreciate the breathtaking views and clean air of Pocono Mountains, on Lake Wallenpaupack, which is a short 3-hour drive from Philadelphia.
- Relax for two nights at the luxurious Halterman Resort Cabins (single and double rooms available.)
- Chow down at the all-you-can-eat meals for breakfast and lunch.
- Take pleasure in having all the beer and wine your heart desires.
- Join a group heading to one of the local establishments for Saturday night dinner (OYO.)
- Party with the best of the Fall Line partiers.
- Hang out by a big campfire, toast marshmallows and listen to music. (Hopefully Steve will come and play guitar for us!)
- Mingle with old friends, meet new friends and get away from the everyday stress of the city and work!

Cost for this fabulous, relaxing and fun filled weekend is only \$35.

## Did Somebody Say Meetings?

**General Meetings** are held the first and third Tuesday of each month at the Garden Room of Laurel Inn, Route 73 and Fellowship Road, Mt. Laurel, NJ. Meetings are from 8:00 until 10:30 PM for trip sign-ups, announcements, information and socializing. Please bring a friend, for newcomers are always welcome.

**Board Meetings** are held the second and fourth Tuesday each month. Members are welcome to attend. Meeting locations rotate amongst board members' houses, so ask any board member for the next meeting location.

**Winter Trip Committee** Meetings are conducted by Wayne Schofield, board member and Winter Trip Chairman, and occur monthly. Please call Wayne (856-931-2173) if you are interested in attending or participating.

**Summer Trip Committee** Meetings are conducted by Patty Shearer, board member and Summer Trip Chairman, and occur monthly. Please call Patty (856-778-4657) if you are interested in attending or participating.

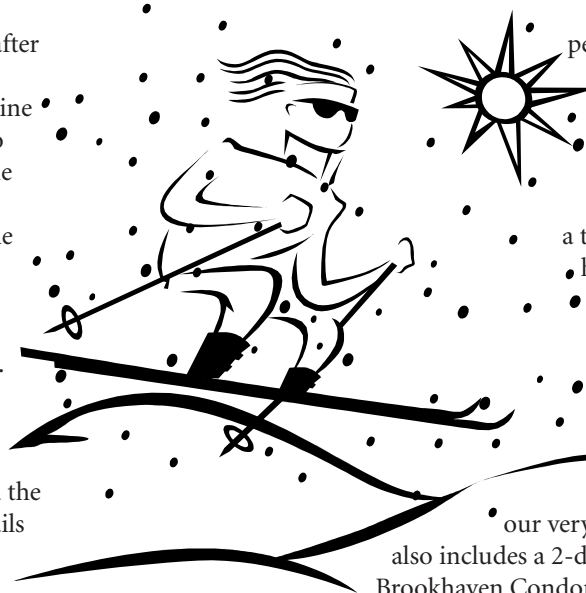
# Back by Popular Demand Okemo, Vermont

By Deb Taraska

Are you looking for something to do after the rush of the holidays? How about a relaxing weekend on the slopes? Fall Line will be making a return trip to Okemo on January 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup>. It will be the shortest bus trip of the year!

It has been a few years since Fall Line has made a visit to Okemo. They have added a new mountain called Jackson Gore. In addition to the new area, Okemo has 98 trails on over 520 acres. Their advanced snow making system is one of the best on the East Coast, covering approximately 95% of the terrain. Okemo is geared more toward the intermediate skier with 50% of the trails blue. This sounds like a great way to start your ski season.

We will be staying at the Brookhaven Resort Condominiums. They are located just 1.5 miles from the mountain and .5 miles from the village. Shuttle service is available to both areas. The condos are equipped with 3 bedrooms, 2 bathrooms, a full kitchen, and include a washer and dryer. Housing will be 6



people to each condo. The bedrooms include a queen bed, two twins, and possibly bunk beds in the third. I will have more information about housing at sign-up.

On Saturday night, we will be making a trip to the Black River Brew Pub in the historic town of Ludlow, VT. The Brew Pub has 5 or 6 of their own brews, along with other featured Vermont microbrews. The menu is mostly pub fare. This sounds like it should be terrific and a fun night out.

The trip includes bus ride up and back with none other than Jerry, our very own Fall Line bus driver. The package also includes a 2-day lift ticket, 2 nights of lodging at the Brookhaven Condominiums, shuttle service to Okemo and the village of Ludlow, and a side trip to the Black River Brew Pub. And, don't forget all the beer, wine, and soda you want on the bus ride.

Sign-up is on September 17<sup>th</sup>. The cost of the trip is \$259 on opening night and \$279 after opening night. I'm sure this trip will fill up fast, so don't be late to the meeting. See you there!

# Pennsylvania Renaissance Faire Pirate Fest!

By Mike Gramsammer

**Date:** Saturday, September 14, 2002  
**Contact:** Mike Gramsammer, (856) 810-1196  
**Price:** \$15.00 per person Free Parking!  
(Sorry, no refunds for cancellations, unless you find a replacement.)

The Pennsylvania Renaissance Faire, located at the Mount Hope Estate & Winery in Lancaster, PA, is named one of the Top 100 Events in America. It is a rollicking re-creation of a 16<sup>th</sup> Century country festival celebrating a visit by Her Majesty, Queen Elizabeth I. **Free wine tasting daily!!**

The Faire site is a remarkably authentic 35-acre Elizabethan Village with over 100 Tudor structures, including 12 stages highlighted by a magnificent three-story re-creation of Shakespeare's very own Globe Theatre. Strolling minstrels and memorable street characters delight visitors hither and yon about the Shire.

Over 70 shows daily take place on the Faire's 12 stages, including a remarkably lifelike battle of lance and shield. Over 15 food merchants serve forth hearty Elizabethan fare from the Royal



Kitchens. Dozens of crafts merchants banter and barter original wares.

We will meet on Saturday, September 14, 2002 at the Swashbuckler Brew Pub (next to the main gate of the Faire site) at 10:00 am. It is approximately a 2-hour drive from Philadelphia to the Faire.

For additional information on the Faire you can visit their website at [www.parenfaire.com](http://www.parenfaire.com)

Don't forget to wear your pirate costume!

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# A Knee Surgery for Arthritis is Called Sham

By Gina Kolata

**Editor's Note:** This article was submitted by Member Barry Schwartz and was reprinted from New York Times on-line Today's Headlines.

A popular operation for arthritis of the knee worked no better than a sham procedure in which patients were sedated while surgeons pretended to operate, researchers are reporting today.

The operation — arthroscopic surgery for the pain and stiffness caused by osteoarthritis — is done on at least 225,000 middle-age and older Americans each year at a cost of more than a billion dollars to Medicare, the Department of Veterans Affairs and private insurers.

It involves making three small incisions in the knee; inserting an arthroscope, a thin instrument that allows surgeons to see the joint; and then flushing debris from the knee or shaving rough areas of cartilage from the joint and then flushing it.

In the study, to be published today in *The New England Journal of Medicine*, investigators at the Houston Veterans Affairs Medical Center and Baylor College of Medicine report that while patients often said they felt better after the surgery, their improvement was just wishful thinking. Tests of knee functions revealed that the operation had not helped, and those who got the placebo surgery reported feeling just as good as those who had had the real operation.

"Here we are doing all this surgery on people and it's all a sham," said Dr. Baruch Brody, an ethicist at Baylor who helped design the study.

The study dealt only with arthroscopic surgery for osteoarthritis, not with other common knee operations.

After learning of the results, Anthony J. Principi, the secretary of veterans affairs, said yesterday that the study would "change the practice of orthopedic medicine in the United States."

But Veterans Affairs Department officials stopped short of saying they would no longer pay for the surgery. Medicare and private insurers typically review such studies before deciding whether to change their reimbursement practices.

The 180 participants in the study were randomly assigned to have the operation or to have placebo surgery in which surgeons simply made cuts in their knees so the patients would not know if they had the surgery.

After they recovered from the procedures, most patients said their knee pain had improved, and they continued to say they were better for the two years that the researchers followed their progress. But Dr. Nelda P. Wray, who is chief of the section of health services research at Baylor, said, "On the objective scale, no one was better at any time point."

Some orthopedists interviewed about the study said they had wondered for some time about the operation's effectiveness. Dr. Kenneth Fine, an orthopedic surgeon at the George Washington University School of Medicine, said the procedure had long seemed to do nothing for patients' underlying arthritis.

"There are pretty good success rates in terms of patient satisfaction," Dr. Fine said, "but I have always been skeptical."

Dr. William J. Tipton Jr., executive vice president and chief executive of the American Academy of Orthopedic Surgeons, also said he had questioned the operation.

"I'm both a patient and a physician," Dr. Tipton said, explaining that he has osteoarthritis. "My knee is buckling now, but I'm not going to have arthroscopy done. I recognize that it's not going to help."

Still, he said he would like to see the study repeated before doctors decided whether to do the operation.

"Gradually," Dr. Tipton speculated, "physicians would say to their patients: 'I know you've seen a lot about arthroscopy, but you know what? It doesn't work very well for osteoarthritis of the knee.'"

But a past president of the orthopedic surgeons' academy, Dr. Douglas Jackson of Long Beach, Calif., said that the study's population, mostly men in a veterans' hospital, was not typical of what he had seen in his private practice, but that he would tell his patients about their experience.

The research began when an orthopedic surgeon at the Houston veterans' hospital, Dr. J. Bruce Moseley, who is now the team physician for Houston's two professional basketball

teams, approached Dr. Wray suggesting a study that would compare washing the knee joint with washing and scraping in patients with arthritis.

Dr. Wray had a bolder idea.

"She said, 'How do you know that what you are seeing is not a placebo effect?'" Dr. Moseley recalled. "My response was, 'This is surgery.' She said, 'I hate to tell you this, but surgery may have the biggest placebo effect of all.'"

Placebo studies of surgery are almost never done. Many doctors consider them unethical because patients could undergo risks with no benefits. Working with Dr. Brody, the ethicist, the group tried to make the placebo treatment no more dangerous than daily life. Still, of 324 consecutive patients who were asked to participate, 144 declined.

For those who agreed, the day of surgery meant being wheeled into an operating room while neither they nor any of the medical staff knew what their treatment would be. When they were on the operating table, Dr. Moseley, who did all the operations, opened a sealed envelope telling him whether the patient was to have the surgery or not.

Those in the placebo group received a drug that put them to sleep. Unlike those getting the real operation, they did not have general anesthesia.

Dr. Moseley made small cuts in their knees to simulate an operation. He bent and straightened the knee and asked for surgical instruments, just in case the patient was partly conscious. An assistant sloshed water in a bucket to make the sound of a knee being flushed clean.

The paper in *The New England Journal* is accompanied by two editorials. One, by Sam Horng and Dr. Franklin G. Miller of the National Institutes of Health, asks whether placebo surgery is unethical. The controversy, they wrote, comes because doctors assume that patients in clinical research should not be put at risk if they cannot benefit, and placebo surgery involves risk.

But, they say, clinical research is different from medical therapy; its aim is not to help those in the study but to help future patients.

*Continued on Page 7*

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# Little Known Facts or Did you Know Trivia

The first couple to be shown in bed together on prime time TV were Fred and Wilma Flintstone.

Coca-Cola was originally green.

Every day more money is printed for Monopoly than the US Treasury.

Men can read smaller print than women can; women can hear better.

The state with the highest percentage of people who walk to work: Alaska

The percentage of Africa that is wilderness: 28% (now get this...)The percentage of North America that is wilderness: 38%

The cost of raising a medium-size dog to the age of eleven: \$6,400

The average number of people airborne over the US any given hour: 61,000

Intelligent people have more zinc and copper in their hair.

The world's youngest parents were 8 and 9 and lived in China in 1910.

The youngest pope was 11 years old.

The first novel ever written on a typewriter: Tom Sawyer.

Those San Francisco Cable cars are the only mobile National Monuments.

Each king in a deck of playing cards represents a great king from history: Spades - King David, Hearts - Charlemagne, Clubs - Alexander, the Great Diamonds - Julius Caesar

$111,111,111 \times 111,111,111 = 12,345,678,987,654,321$

If a statue in the park of a person on a horse has both front legs in the air, the person died in battle. If the horse has one front leg in the air the person died as a result of wounds received in battle. If the horse has all four legs on the ground, the person died of natural causes.

Only two people signed the Declaration of Independence on July 4th, John Hancock and Charles Thomson. Most of the rest signed on August 2, and the last signature wasn't added until 5 years later.

"I am." is the shortest complete sentence in the English language.

Hershey's Kisses are called that because the machine that makes them looks like it's kissing the conveyor belt.

Q. What occurs more often in December than any other month?  
A. Conception.

Q. What separates "60 Minutes," on CBS from every other TV shows?  
A. No theme song

Q. Half of all Americans live within 50 miles of what?  
A. Their birthplace.

Q. Most boat owners name their boats. What is the most popular boat name requested?  
A. Obsession

Q. If you were to spell out numbers, how far would you have to go until you would find the letter "A"?  
A. One thousand

Q. What do bulletproof vests, fire escapes, windshield wipers, and laser printers all have in common?  
A. All invented by women.

Q. What is the only food that doesn't spoil?  
A. Honey

Q. What trivia fact about Mel Blanc (voice of Bugs Bunny) is the most ironic?  
A. He was allergic to carrots.

Q. What is an activity performed by 40% of all people at a party?  
A. Snoop in your medicine cabinet.

In Shakespeare's time, mattresses were secured on bed frames by ropes. When you pulled on the ropes the mattress tightened, making the bed firmer to sleep on. Hence the phrase "goodnight, sleep tight".

It was the accepted practice in Babylon 4,000 years ago that for a month after the wedding, the bride's father would supply his son-in-law with all the mead he could drink. Mead is a honey beer and because their calendar was lunar based, this period was called the honey month or what we know today as the honeymoon.

And Finally – and the newsletter editor's favorite:

In Scotland, a new game was invented. It was entitled "Gentlemen Only Ladies Forbidden"... and thus the word GOLF entered into the English language.

# Fall Line Ski Club

## 2002 Summer Trip Schedule as of September PRICES ARE SUBJECT TO CHANGE

DATE	LOCATION	TRIP LEADER	LODGING	SOME FEATURES	OPENS	PRICE
9/6/02	SNOBALL	Lou Cullen (856) 829-6494	N/A	Held at the Clarion Hotel, Cherry Hill, NJ	OPEN	Tix: \$5 / 5 for \$20
9/7/02	Maloney's Bike Ride	Mike Gramsammer (856) 810-1196	N/A	Bike Ride in Atlantic City	OPEN	\$10 / Shirt
9/11-15/02	Carrigan Hike	Craig Dombrowsky (856) 728-5324	TBA	High Peaks Hike (Advanced to Intermediate)	Call Craig	TBA
9/14/02	PA Renaissance Faire	Mike Gramsammer (856) 810-1196	N/A	Pirate Festival Day	OPEN	\$15.00
9/27/02	IMAX Event	Sue Van Cola (215) 564-6007 <a href="mailto:susanv@ritsearch.com">susanv@ritsearch.com</a>	N/A	"Mt. Everest" @ IMAX Theatre & Local Tavern afterwards	OPEN	TBA
10/4-6/02	Lake Placid Hike	Juan Carro (856) 667-4614	Northwoods Lake Placid	High Peaks Hike (Advanced to Intermediate)	Call Juan	TBA
10/11-13/02	Pocono Getaway Wknd	Betty Taylor (856) 783-7567	Halterman Cabins	Fun Weekend in the Poconos	09/17/02	\$35.00
10/19/02	Fall Foliage Hike	Mike Gramsammer (856) 810-1196	N/A	Day Hike in PA	10/1/02	N/A
10/26/02	Haunted Hayride	Patty Shearer (856) 778-4657	N/A	Haunted Happenings Evening	10/1/02	TBA
11/8/02	Pool Tournament	N/A	Fun Pool Tournament @	Dave & Buster's	9/17/02	TBA

## NY Times Arthritis Article

*Continued from Page 5*

To be ethical, they say, a study with placebo surgery must meet three criteria: it must not place patients at undue risk; the benefits of learning whether the surgery works must be worth any potential risk to the patients; and the patients must give informed consent.

In the current case, they wrote, all those

objectives were met and the study "exemplifies the ethically justified use of placebo surgery."

In the second editorial, Dr. David T. Felson of Boston University and Dr. Joseph Buckwalter of the University of Iowa note that if there were large beneficial effects from the surgery, the study should have found them.

"Although the study may not have been large enough to permit the detection of any small effects," they wrote, "the data presented do not suggest that there were any."

In a telephone interview this week, Dr. Felson, a professor of medicine and a rheuma-

tologist by training, praised the research but said it remained to be seen whether doctors and patients would abandon the procedure.

"There's a pretty good-sized industry out there that is performing this surgery," Dr. Felton said. "It constitutes a good part of the livelihood of some orthopedic surgeons. That is a reality."

Fall Line Ski Club  
P.O. Box 1535  
Cherry Hill, NJ 08034

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**Permit No. 884**

ADDRESS SERVICE REQUESTED

**Visit Fall Line's Web Site at  
[www.FallLine.org](http://www.FallLine.org)**



## **Reminder!**

For anyone that still needs to renew their membership, the cost is \$20 but only until Snoball, 9/6. After Snoball, membership goes up to \$25. If your not sure of your status you can check the mailing label on your newsletter or e-mail [membership@FallLine.org](mailto:membership@FallLine.org)