

# Healthy habits reduce chances of heart attack

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urgent care.

"They weren't able to determine that I wasn't having a heart attack, so the doctor called the ambulance."

Taken to Presbyterian Hospital, a blood test showed Mason was having a heart attack.

But unlike the typical picture of a heart attack victim, Mason wasn't overweight or a big eater of fried foods. She has a congenital heart condition where one artery bridges into her heart muscle. When that artery spasmed, it caused the attack.

"Heart disease does run in my family, but my heart attack was not caused by any high cholesterol or clogged arteries," she said.

Mason's father underwent triple bypass surgery.

At the time of her heart attack, Mason's daughters, Maya and Taylor were 3 and 10 years old. Taylor was away with her father and Mason didn't want to tell her over the phone that she'd had a heart attack.

"I didn't want her to have that image," she said, saying that when people hear heart attack, they think the worst.

Maya, she said, was too young to really grasp what was going on.

But there was one thing Mason knew for sure, her life had to change and she had to speak to other women about what she'd gone through.

"Since I've had my heart attack, I've focused on what's

really important to me," she said. "This was my wakeup sign to slow down."

That also meant cutting out fast food, lowering her sodium intake and planning meals.

She also works out and said she's lost 10 pounds in the last few months just from changing her diet.

As the Charlotte Heart Walk approaches, Mason is trying to raise \$2,000 and awareness for the event.

The American Heart Association's Charlotte Metro Heart Walk is expected to draw a crowd of at least 6,000 people Uptown to Founders Hall between Trade and Tryon streets. Some will be honoring loved ones and others will be making a commit-

ment to improving their own health. This year's Charlotte Metro Heart Walk will be held September 16.

It's a whole new experience promising to motivate and inspire people to improve their health, and inspire those who have been touched by cardiovascular disease. Activities will begin at 7:30 a.m. and the non-competitive, three-mile Uptown walk will begin at 9 a.m. following opening ceremonies.

The Charlotte Metro Heart Walk raises funds to support heart disease and stroke research and education programs that benefit the Charlotte metro community. It also promotes walking as part of a healthy lifestyle by raising more than \$1.2 mil-

lion, the largest amount ever for this event and one of the largest Charlotte-area fundraising events.

For information, call the American Heart Association at (704) 374-0632 or visit [heartwalk.kintera.org/char-](http://heartwalk.kintera.org/char)

lence.

To help Mason with her fundraising, go to her company's website [www.weddingsandthecity.com](http://www.weddingsandthecity.com) and click on the American Heart Association Charlotte Metro Heart Walk logo.

## Douglass' childhood home is unearthed

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slave graveyard, a captain's house, a smokehouse and other structures also dot the property.

A strip described by Douglass as the Long Green is where the archaeologists are concentrating their efforts.

Douglass lived at the plantation for several years in the mid-1820s and wrote about it after his 1838 escape from slavery. In the 1845 autobiography "Narrative of the Life of Frederick Douglass," he described the plantation as "a little nation by itself, having its own language, its own rules, regulations, and customs... The overseer was the important dignitary... All the people were the property of one man, and they could themselves own no property."

The foundations of three buildings, and possibly a fourth, have been discovered along the narrow strip of land

between a gravel path, mentioned by Douglass, and the Chesapeake Bay. A tall poplar grows between the foundation of what may have been a two-story slave quarters Douglass mentioned. An American Indian burial ground dating to before the Lloyd plantation has also been found there.

Other buildings were used as either housing or workspace by the slaves, many of whom had backgrounds in fields such as carpentry, blacksmithing and barrel-making, said Lisa Kraus, a doctoral student who used Douglass' autobiography and old maps to decide where to dig.

Many slaves at Wye House "were actually purchased and brought there specifically because they had skills the Lloyds needed in order for the plantation to function," Kraus said. "They were producing material that was

used by the plantation but also producing things that were shipped out, which was totally different than most other plantation slaves."

Mark Leone, an anthropologist supervising the project, said the plantation did not just provide for the owners' needs. Wye House was the head of a large commercial enterprise.

"How do you turn farm products into international trade for a profit? That's what these places are really all about and that's what this Long Green is—it is the labor base for a very big set of diversified industries," Leone said.

Before digging began, Leone said archaeologists contacted descendants of slaves who worked on the property, many of whom still live in nearby Unionville and Copperville, and asked what questions they had. The descendants were most inter-

ested in slave spirituality and the role the Wye House slaves had in blacks' fight for freedom, Leone said.

Items relating to those questions have not yet been found, although some items believed to have had spiritual significance were previously discovered in buildings on the estate, he said.

The excavation is being done with the permission of Mary S. Tilghman, who inherited the property in 1993 and is an 11th-generation descendant of Edward Lloyd, who first settled the property.

"The history here is of intense personal interest to me, and I'm dedicated to its preservation," she said. "This land has been part of my life for so long that I feel a duty to preserve the heritage it holds."

A third and final year of excavation is planned for next summer.

## Women learn leadership through institute

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"As soon as I talked to and met a few leaders I felt as if I met clones of myself," said

senior Kam Lam from Washington and Jefferson College in Pennsylvania.

To be accepted into the

institute all selected participants were required to write a two-page essay, have a 3.0 at the end of their junior year

of college, submit a transcript and two letters of reference.

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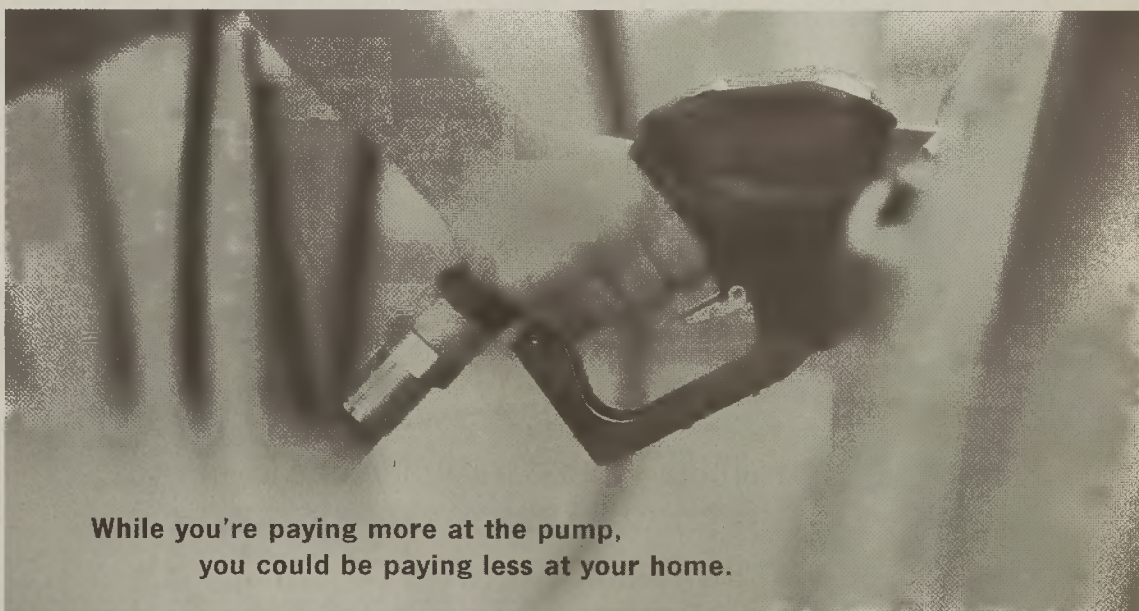
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