



**Tom Riordan**

Executive Editor

## Three readers will become our columnists

OK, here they are, the three winners of our reader columnist competition.

- Pat Bordman of Farmington Hills.
- Jocelyn Krieger of Southfield.
- Sheila Seitzman of Orchard Lake.

Their efforts will start to appear in the issue of Nov. 29.

Right now, I'd like to address a special message to the 109 other readers who also ran in this would-be columnist race. Many of you finished just a pace or two behind the winners.

The final judging was tough, believe me.

To you, ladies and gentlemen of the 109, I offer a special salute. Please don't lose heart. Here's why: We'll be going back in the next month or two and reviewing your entries.

We still plan to select from some of your packets-of-three entries several single columns for use in a Columnist of the Week feature.

**THERE ARE OTHER** folks who deserve special mention in this venture. They participated with me in the preliminary evaluations, carefully reading and commenting on each entry.

That band included Tim Richard, editor of our editorial pages; Sue Rosiek, Garden City Observer editor; Sandy Armbruster, Westland Observer editor; Margaret Miller, Suburban Life editor of Wayne County, and Leonard Poger, Livonia Observer editor.

Other judges were Barry Jensen, assistant central copy desk supervisor; John Bozzo, Redford Observer editor; Kathy Moran, Troy Eccentric editor, and Carl Stoddard, Southfield Eccentric editor.

This hadry band narrowed down the original 112 to approximately 20. From there, Tim and I judged those who reached the final circle.

**NOW THE NEW COLUMNISTS** will begin to show fellow readers their stuff.

When originally presenting offerings, each writer included a cover letter telling of his or her motivation to write a column for our newspapers and what topic might be followed.

It was Mrs. Krieger who said, "My teenagers suggested I write on child raising (they're satisfied

customers). My husband suggested music or sex, perhaps for the same reason. I, however, would like to write a column on family life titled 'So Close to My Heart', with sentimental, humorous and informative observations.

"For 10 years I headed my own orchestra, 'Jocelyn and Her Gypsies', and was the only woman leader of an all-male Gypsy orchestra in the world. I'm married to former Olympic fencer Byron Krieger. My sport currently is running. My hobby is evident. I have six children."

**FROM MRS. SEITZMAN** came the comments, "I'm a speech pathologist with a master of science degree in speech and hearing therapy. I've worked in schools, clinics, hospitals and have had a private practice. My husband is a patent attorney; that's why these articles (her three sample columns) have a "on them. He's got to do his thing."

"We have three daughters who use your newspaper to protect the table while they paint, play with clay and polish their nails - after it's read, of course."

Mrs. Seitzman will be writing about life in suburbia as she has brushed against it.

Mrs. Bordman's interest centers on ideas for children's projects "that are fun, easy and inexpensive."

She noted, "The newspaper, because it comes right into the home, is the perfect vehicle for sharing these ideas. In a sense, homes have become child-rearing island of suburban isolation. Devising enough activities to keep children happily occupied is difficult."

"All of the projects suggested are child tested (Mrs. Bordman has two daughters, 7 and 8) and work. All required materials can either be found in the home or are readily available."

**SO THERE WE HAVE IT**, the beginning of a new adventure for readers of this and the other 11 Observer & Eccentric Newspapers.

If, after reading our new additions, you have comments, please pass them along in writing to me. The address is 36251 Schoolcraft, Livonia, MI 48150.

## Does exercise 'waste' heartbeats?

**QUESTION:** Does exercise waste heart beats, causing premature wearing of the heart muscle?

Peter J. Steinchon, M.D., author of several books and a syndicated newspaper column on medical problems, has prompted the theory of a heartbeat bank. The theory is based on the notion that each of us is born with a given number of heartbeats (generally two to three billion) in our heart bank.

Persons born with fewer heartbeats in the bank "should not indiscriminately throw away those beats in needless exertion known as exercise," he says.

Steinchon claims one should ration his heartbeats, taking afternoon naps instead of exercise, since once heartbeat withdrawals are made, they are lost forever.

No doubt the obese sedentary individual finds comfort and relief from such statements.

To my knowledge, there is no scientific evidence to support the notion that a person has a finite or limited reserve of heartbeats in a lifetime. However,

fitness

**Barry Franklin**



er, if one desired to prove that regular exercise contributes to longevity, it would be convenient if the concept of a heartbeat bank were true.

**THE RATIONALE** that regular exercise depletes the "heartbeat reserve" is incorrect, because it ignores an important adaptation which occurs with regular exercise training.

The conditioned heart beats at a slower rate at rest and during any level of exercise, pumping more

blood with each beat. Thus, being physically fit can actually save you thousands of heartbeats each day.

For example, a vigorous daily one-hour exercise program may require an increase of 5,000 heartbeats per day over resting values. However, the increased cardiovascular fitness produced by the training will require fewer heartbeats, both at rest and during routine physical activities performed during the remaining three hours of the day.

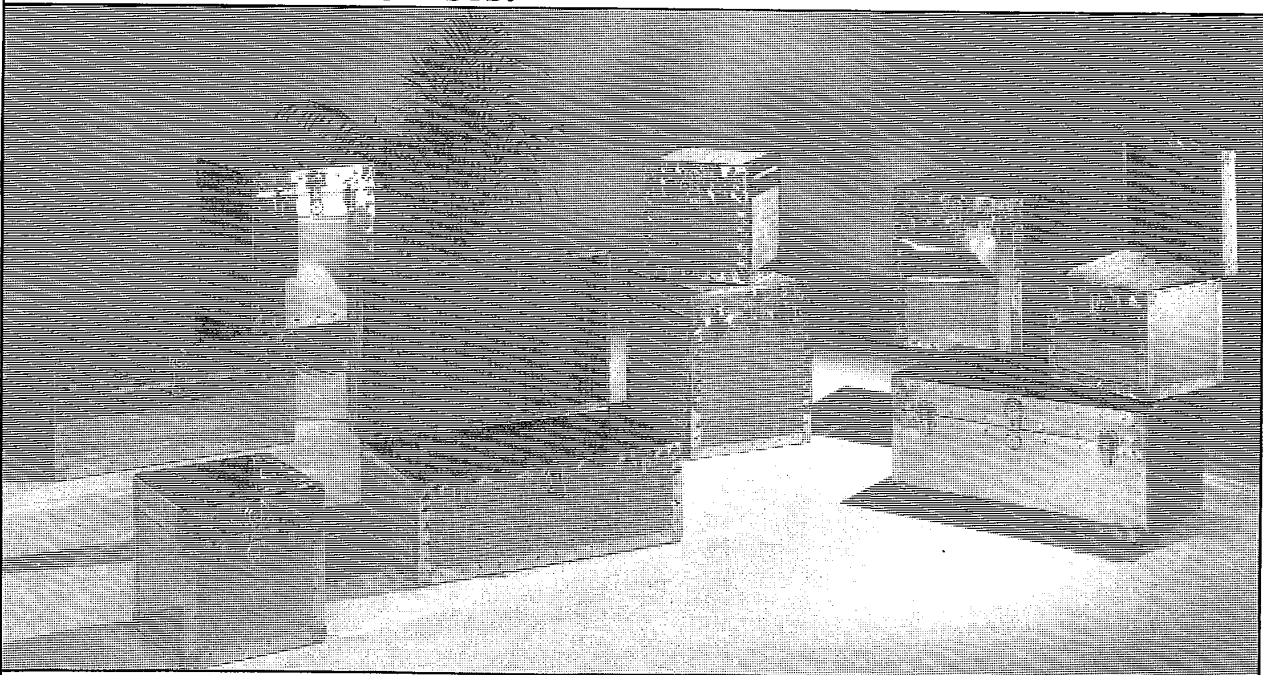
Assume that the savings is 10 beats per minute; at the end of the day, you have performed your other activities with a savings of 13,800 beats. The net savings is 8,800 beats per day or over 60,000 beats per week.

It's like smart investment economics. You spend money to earn it. In this case, spending extra heartbeats through exercise will actually save many.

Don't worry about the old ticker "wearing out" prematurely as a result of regular exercise.



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