

You'll never walk alone

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A particularly good walking shoe for about \$65 is made by Rockport and is sold at many area shoe stores. It has a good arch support, mesh uppers for cooling, solid heel counter to prevent slipping and blisters and a thick, rubber-like sole for shock absorption. Shoes nearly as good can be found for less, for those with stiffer shoes.

The College of Medicine at the University of Nebraska has compiled tips on breathing during brisk walking.

- Inhale through your nose. This

warms and moistens the air and filters it. Exhale through pursed lips.

- Don't get in the habit of taking extra deep breaths. Concentrate instead on emptying your lungs, not filling them.
- Pause after you inhale. This permits more complete lung action, where the oxygen you inhale is exchanged for the carbon dioxide you exhale.
- Inhale for two seconds and exhale for four. If this is uncomfortable, inhale for 1½ seconds and exhale for three.

Other tips:

- Never walk up stairs on the balls of your feet. Place the whole foot flat on each step.
- Don't step up while inhaling. Exhale as your step up.
- Don't overdo. If it's too much work, you are likely to quit. The more fun it is, the more you will keep with it. Small the rose along the way. Watch the birds. Listen to the cicadas. Check out those clouds and the blueness of the sky. Enjoy.
- If you are not currently involved in any form of regular exercise, consult your doctor before you begin a program.

Where you can walk on by

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and get off at the N. Territorial exit and head 10 miles west. When you get close, just follow the signs.

Why such a trek? So you can enjoy the gorgeous pleasure of walking the Potawatomi Trail, an old Indian trail that loops for 17 miles around some of the prettiest lakes and through some of the most eye-catching terrain in southeast Michigan.

The trail is well marked and includes mile markers to let you know how far you've gone. You don't need to do all 17 miles, of course, but can go out as far as you want and then double back.

The trail is hard-packed dirt and easy on the feet, but is a rugged series of rises and drops, so don't make this your first stroll. There are no water or bathrooms along the way, so you might think of taking a few refreshments in a small pack. There are places to swim along the way and lots of wildlife.

The metro area is surrounded by Metroparks, state parks, rivers, fields and forests. You can spot Canada geese, blue herons, maybe even a whitetail deer, and you can't do that in the neighborhood.

Steppin' up to Big Mac

If you walk enough, you could end up in Mackinac.

An all-expenses-paid trip to the annual walk across the Mackinac Bridge is the first prize in a contest that is part of the Walk Michigan program.

Sponsored by the Michigan Recreation and Park Association and Blue Cross and Blue Shield of Michigan, the program is being offered by more than 100 local parks and recreation departments throughout Michigan.

Among the participating communities are Canton Township, Farmington, Livonia, Redford Township, Rochester, Southfield, Troy and West Bloomfield.

The local parks and recreation departments have scheduled a series of walks throughout the summer. Each time someone participates in a walk, walking a mile or more, they are eligible to enter the contest. One person from each community and a guest will win the trip.

The Walk Michigan program is in its third year, and it has grown every year, according to state Parks and Rec officials.

For more information, call your local parks and recreation department.

HINES PARK — It's easy to get to, close by, and there's plenty of water and bathroom stops along the route. It's easy to take the park for granted — isn't that where all the kids hang out listening to rock and roll?

Well, the park's not very full during weekdays, the scenery is gorgeous when you're at walking speed, and an asphalt bike and pedestrian path keeps you well clear of cars.

And admission is free. There are geese and ducks galore, not to mention rabbits and muskrats. Pack a lunch and eat it overlooking Newburgh Lake, just east of I-275.

Rolling hills make the workout complete.

METROPARKS — What's the metro area motto? If you seek a pleasant Metropark, look around you? From Metro Beach in the east, to Stony Creek in the north to Kensington in the west to Lower Huron in the south, southeast Michigan is filled with well-maintained Metroparks that offer more walking trails than you can cover in a summer.

If you haven't been to Kensington in a few years, and then only to drive to a crowded beach on a hot summer Sunday, you may have forgotten just what a jewel this park is. Kent Lake is gorgeous and so are the trails that surround it. The asphalt bike and walking paths are marked by mile markers and there are aid stations along the way.

Or go out to the Dexter-Huron park and take a walk along the beau-

tiful Huron River, where the shade and sights are plentiful.

Pick up a map of the area Huron-Clinton Metroparks when you stop in at one of them.

STATE PARKS — Area state parks are included on the Metropark maps and are distinguishable by their dark green color. They, too, ring southeastern Michigan, and during the week you practically can have them to yourself for a walk or a jog.

There is swimming at most of them, and concession stands, bathrooms and fresh water. Take a walk on an asphalt path or a dirt trail, or break your own trail cross country.

Michigan is supposed to be flat, and it is by car. But take a walk through these parks and you'll wonder where the mountains came from.

CITY PARKS AND REC — Various parks and recreation departments have begun sponsoring walks. In Livonia, for example, the department is hosting a series of 17 walks, ranging from one to five miles.

Walk Michigan, a program co-sponsored by the Michigan Recreation and Park Association and Blue Cross and Blue Shield of Michigan, held a series of walks in 70 communities last summer and plans to have walks in 100 communities this summer.

Call your local parks and rec department for information.

Patient, heal thyself

By Mary Rodrigue
staff writer

He's the doctor whose license plate says "MD LOVE."

A Leo Buscaglia of the serious-ly ill, with a touch of Woody Allen thrown in, Dr. Bernie Siegel knows how to captivate an audience.

Author of "Love, Medicine and Miracles" (Harper & Row, \$15.95) currently on the New York Times best seller list, Siegel was in town recently to discuss his philosophy.

"You have built-in psychotherapy," he told the 1,600 people assembled at Detroit Unity Temple to hear his two-hour speech. "Our body gives us messages. We can redirect ourselves."

Siegel used humor ("So I brought God in to see the patient. I walked into the room first.") to make his point — that mental attitude, disease and healing are connected. Emotional and spiritual growth promote healing.

SIEGEL, A cancer surgeon and professor at Yale Medical School, founded a group of what he calls exceptional patients eight years ago. Besides terminal cancer diagnoses, the group shares a fighting spirit, a desire to live and active participation in the doctor-patient relationship.

"A pathology report does not predict the future," Siegel said. "You can't give someone six months (to live). He may be alive 10 years later." Siegel has seen that happen too many times to ignore.

In his book he notes one of the problems with cancer statistics is that most self-induced cures don't get into medical literature. A person who gets well when he isn't supposed to doesn't go back to his doctor. If he does, many doctors assume his case was an error in diagnosis.

Siegel insists there are not cases of good luck, diagnostic errors, slow growing tumors or well-behaved cancers.

"Since I've changed my ap-



proach to focus on these rarities, I hear about miraculous healings everywhere I go," said Siegel.

Today exceptional patient groups are springing up all over the country, drawing not only cancer patients but those suffering from chronic heart disease, AIDS, and other maladies.

SIEGEL DESCRIBED his transformation from mechanical doctor to caring physician. In the early 1970s, after more than a decade as a practicing surgeon, a frustrated Siegel considered leaving the profession.

"I'd been trained to think my job was doing things to people in a mechanical way to make them better, to save lives," he said. "Since people often don't get better and since everyone eventually dies, I felt like a failure. Intuitively, I felt there must be some way I could help the hopeless cases by going beyond my role of mechanic, but it took years of growth before I understood how to do so."

Siegel credits his exceptional patients with his transformation. They were his teacher.

"Can we care about everybody? Yes. Can we cure all the world? No. But in caring, beautiful things happen."

Siegel described the power of hope. In studying breast cancer patients, he noted those with fight-

ing spirits had greater survival rates than those who saw no hope.

"If you're submissive, you're in trouble," he said. "Ask questions, fight, maintain your identity."

SIEGEL SUGGESTS patients hug their doctors. In so doing, the doctor will see the patient as a person, not a case, he said.

He described a woman who couldn't bring herself to hug her doctor, but she gave him the most compassionate look she could muster. The physician immediately sat down and confided he needed to lose weight and stop smoking.

A burly man with a brain tumor asked his surgeon to shake his hand. The doctor declined. The man thought the doctor was afraid because he was so big and might hurt the surgeon's hand. So he asked for a reassuring pat on the head and again the surgeon declined. The patient's response: "If you can't touch me, I want another surgeon to perform this operation."

He got another doctor. And he survived.

PAUL PEARSALL, director of the Sinai Hospital's Problems of Daily Living clinic in West Bloomfield, is a local counterpart. His book, "Super Immunity: Master Your Emotions and Improve Your Health" (McGraw-Hill \$17.95) is also on the New York Times best seller list.

Like Siegel, Pearsall was mystified by the fact that some of his terminally ill patients rallied and got better. He asserts that the connection between the brain and the immune system may be the most important medical discovery in the last 100 years.

Siegel, whose talk was sponsored by the Upland Hills Ecological Awareness Center, will be back in the area on Wednesday. He will appear on WKBD-TV at 10:30 a.m., WCXI radio at 11:40 a.m., WJR at 1:35 p.m. and WXYT at 3 p.m.

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4. Harry is friendly and very funny, however he is quite foul smelling. Name the brand of air-freshener the Hendersons use to tame his odor?

Contest winners will be selected by a random drawing. Employees of the Observer & Eccentric and AMC theatres are not eligible.

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