



exercising options

Myrna
Partrich

Vegetarian diet is 'like a plan for life'

Dear Myrna: Please provide a basic outline for a vegetarian eating program for improved weight control. Kindly address breads (bagels, croissants), yogurts and cheeses in particular. I exercise with you six times weekly and began a weight training program last week three times weekly, but am still 20 pounds overweight. Thank you.

— Lucy R.
Rochester

I am certainly happy that you are asking for a "vegetarian eating program" and not just another diet. With all the latest health studies disproving fat diets, we are starting to make headway. Fat diets are finally fading out, being replaced by "eating plans for life."

To many people, the word diet simply means temporary misery until the excess weight is lost. Many times after accomplishing the goal, we go back to the old routine: "A little ice cream or cake won't hurt. Maybe back to fried foods — but just once a day. Oh well."

Your exercise plan sounds great. Aerobic exercise classes six times a week plus weight training sounds perfect.

I've discussed your vegetarian eating plan with our dietitian on staff, Kristin Martin. Kristin is a registered dietitian at St. Joseph Mercy Hospital who works with our company clients.

Here is what she told us:

"Vegetarian diets come in many varieties. It appears that Lucy is interested in a lacto-ovo-vegetarian plan, one that incorporates eggs (and food containing eggs), dairy products and plant foods but no meat, fish or poultry.

When well planned, a lacto-ovo-vegetarian diet can enhance weight loss efforts and allows all nutrients necessary to maintain a healthy body.

For example, one cup of vegetable bean soup, ½ cup of cottage cheese, one slice of whole grain bread and ¼ cup of mixed fresh fruit contains fewer calories than a fast food quarter pounder or a fish fillet sandwich.

In addition, the first meal is more nutrient dense, has more fiber and much less saturated fat and cholesterol than the second meal. The first meal also is very satisfying and filling.

A word of caution is needed. There are many overweight vegetarians — especially those who consume alcohol, high fat dairy products and pastries.

If weight control is a priority for you, follow these tips:

- Avoid high fat baked goods such as croissants and Danish. Choose instead whole grain bagels, pita and other breads.

- Plan meals around low fat dairy products like skim milk, cottage cheese and mozzarella cheese or plain yogurt flavored with fresh fruit.

- Be creative. Use egg whites in your recipes instead of whole eggs. At least limit eggs in your diet to three per week.

- Include a wide variety of vegetables and fruit in your daily eating plan.

- Limit alcohol and concentrated sweets.

- Note that nuts and seeds are great foods but high in calories.

If you have any other questions or you need individual counseling, you can call Kristin Martin at 858-3155 or set up an appointment to meet with her at The Workout Company.

(Myrna Partrich, co-owner of The Workout Company of Bloomfield Township, is happy to answer any questions readers may have regarding exercise. Please send your signed letters to: Sports Department, Myrna Partrich, 1225 Bowers, Birmingham 48012.)

KITCHEN CABINETS
REFACING EXPERTS
In Wood or Formica

FORMICA
COUNTER TOPS AVAILABLE
We strip and reface all exposed areas with woodgrain, color formica or solid wood. Install new doors, new drawer fronts, new moldings and new hardware.

We also build new custom cabinets, built in dishwashers, built in microwave ovens, disposals and appliances.

FREE ESTIMATES
7 DAYS A WEEK
Largest Selection of Kitchen Cabinets and Materials in the Midwest

DICK ANDERSON'S REFACING SYSTEMS
1028 Monroe, Dearborn 278-0300 or 1-800-922-6533

SAVE 40 to 60% OVER NEW CABINETS

Itching to bag that 1st deer

I'VE BEEN ITCHING to write this column for nearly a week now. Literally itching to write it.

I was boasting, about a month or so ago, about how "I could identify poison ivy before I knew what a tulip was." I stand firm on that statement. I really could, and still can, but sometimes those nasty little plants just seem to find a way to get into your path.

No matter how watchful and cautious you are, the inevitable seems to happen every so often and my "every so often" happened along last week. On opening day of archery season no less.

Prior to opening day I was explaining to my hunting companion, Rochester resident Dean Coddick, about the dangers of coming in contact with poison ivy or poison sumac, the two toxicodendron plants native to Michigan.

I told him how direct contact with either plant would cause itching and redness on most people, and in severe cases even blisters and burning pain. I told him that if he thought he did touch a poisonous plant he should wash the contaminated area thoroughly with soap and water.

DEANO WAS ALL ears as I explained two simple rules (I had learned as a Cub Scout) which he



outdoors

Bill
Parker

should remember to help avoid contact: leaflets three, let it be and berries white is a poisonous sight. He memorized the rhymes and was always on the lookout. In fact, between his constant awareness of poisonous plants and his continual compass checks, I wondered when he found time to hunt. He swears he did though.

Anyway, Lady Luck was with me and I was fortunate enough to bag my first deer with a bow and arrow. It was a little button buck and I scored Thursday afternoon, about a half hour before sundown. As the daylight was fading fast I knew I'd have to track in the dark so I went and got Dean some help.

Through patience and persistence we found the trail and the deer.

Naturally the animal ran into the thickest thicket on the property we were hunting. At times I was on my hands and knees following the trail while Dean, holding another flashlight and watching ahead, always seemed to find the easy way through.

Somewhere along the trail I tangled with some infamous ivy.

THE SYMPTOMS didn't appear until Saturday and by Sunday, while sitting at Tiger Stadium watching the Bengals clinch the American East, I couldn't sit still in my seat despite a coating of Calamine lotion.

By Monday morning blisters on my arm indicated a trip to the dermatologist was in my future.

Calamine lotion works well on helping dry the blistered areas but to cure the itching and redness a prescription of Synalar and Hytome cream worked wonders. In less than 24 hours I already felt a big difference.

The experience has been an educational one. For starters, neither poison ivy nor poison sumac is as contagious as I once thought. Although the rash can be indirectly transmitted from person to person or animal to person, within four hours after contact the rash is no longer contagious.

Secondly, drainage won't spread the

rash. After the initial contact, the rash can be spread to another part of the body but again not after four hours, even as the blisters drain. Within the first few hours, however, it can be spread but the severity is usually worse at the point of contact with the plant.

AS FOR IDENTIFICATION, poison ivy grows as a shrub or a vine. Trees are often wrapped by the vine and an incautious hunter who climbs the wrong tree in an attempt to gain a better vantage point can run into some serious problems.

Leaves are usually, but not always, in groups of three. They are green in the summer and turn to a dull red in the fall. The plant also produces a berry-type fruit. The berries are green in the summer and can be either smooth or rough-skinned and hairy. In the fall these berries turn to a waxy white or tan color.

Poison sumac grows as a shrub and always has an odd number of leaves which angle upward from the plant. The leaves are green in the summer and turn reddish yellow in the fall. Poison sumac also produces a berry-type fruit which is green in the summer and grows between the branch and the leaves. In the fall these berries turn to an off-white

outdoors calendar

IMPORTANT DATES AND EVENTS

- Oct. 10 — Opening day of duck season in Zone 3.

- Oct. 11 — Opening day of Canada goose season in Zone 3. Consult the 1986-78 Michigan Waterfowl Hunting Guide for opening dates in game management areas.

- Oct. 15 — Opening day of fox season in Zone 1 & 2.

- Oct. 20 — Opening day of pheasant season in Zone 3. Consult the 1987-88 Michigan Hunting and Trapping Guide for closures.

- Oct. 24-Nov. 1 — The 21st Annual Detroit Camper and RV Show will be held at Cobo Hall. Formerly called the Detroit Camper and Travel Trailer Show, this show is America's largest indoor display of recreational vehicles.

- Oct. 25 — Salmon snagging season closes.

OAKLAND COUNTY PARKS

- Tuning Your Tot Into Fall, a craft program for children age three to six, will be offered Wednesday at Independence Oaks beginning at 10 a.m.

METROPARKS

- Fishing for Kids, a program in which the park naturalists will introduce kids to the basics of fishing, will be offered Saturday at Kensington beginning at 10 a.m.

- Nature for Tots, a nature craft program for children ages three to five, will be offered Saturday at Stony Creek beginning at 10 a.m.

- Kensington Owl and Friends, a 15-minute puppet show, which will teach children how animals prepare for winter, will be offered Saturday at Kensington at 1 p.m., 1:30 p.m. and 2 p.m.

- Apple Wreaths, a nature craft make wreaths from apple slices, will be offered Sunday at Stony Creek beginning at 10 a.m.

- Hardy Hike, a naturalist-led hike through some of the most scenic areas of the park, will be held Sunday at Kensington beginning at 10 a.m.

- Come Into My Parlor, an indoor discussion and an outdoor hike in which participants will learn about spiders, will be held Sunday at Stony Creek beginning at 1 p.m.

- Beginning Duck Decoy Carving, the first of two workshops on wooden decoy carving, will be offered Sunday at the Nature Center at Indian Springs beginning at 1 p.m.

- Participants should bring a wood-carving knife and a \$6 material fee

will be charged

- Dinosaur Tales, a one-hour program of slides, discussion and examination of dinosaur fossils, will be offered Sunday at Kensington beginning at 2 p.m.

- Autumn Animals, a hike through the park and a short discussion about mounted animals, will be offered Sunday at Kensington beginning at 3 p.m.

- The 1987 Huron River Canoe Map, illustrating over 100 miles of the Huron River, is available. Few of charge from the Huron-Clinton Metropolitan Authority.

Indicated on the map are parks, canoe liveries, portages and points of interest along the Clinton River from Proud Lake in Oakland County to Lake Erie.

KEEP IN TOUCH!

with

- Cellular Phones
- Beepers
- Pay Phones



OKI Portable
\$1395⁰⁰ ONLY \$1195⁰⁰ — FREE —
Mitsubishi 600
from \$24⁰⁰ per month

— COBRA —
RADAR DETECTOR
with cellular phone purchase
\$217⁰⁰ Value

350-9880

1 blk. N. 8 Mile off Lahser

MICHIGAN MOBILE COMMUNICATIONS, INC.

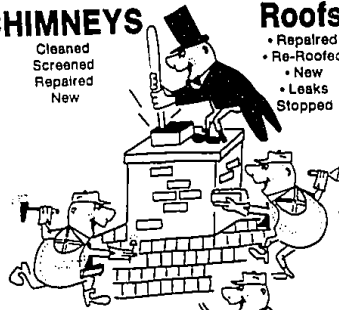
21768 Melrose
Southfield, MI 48075

CHIMNEYS

Cleaned
Screened
Repaired
New

Roofs

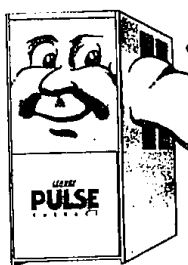
- Repaired
- Re-Roofed
- New
- Leaks Stopped



Karney Denderlian's CROWN CONTRACTING, INC.
427-3981

LICENSED • INSURED • GUARANTEED
SINCE 1952

LIFE SURE IS EASIER IF YOU HAVE A STRONG PULSE!



Kast will install a **LENNOX** Pulse Furnace now so you won't miss a beat this winter.

This fall we are featuring the incredible Lennox Pulse Furnace, designed for years of dependable, low-maintenance, energy-saving performance. They're the only furnaces that carry the Good Housekeeping Seal of Approval, your assurance of quality and reliability, and they squeeze more heat from your fuel than ever before. In fact, Lennox Pulse Furnaces are nearly twice as efficient as most conventional furnaces.

So, be sure you understand the difference between a so-called bargain and the best. Lennox products are the best!

Call Kast NOW! We've had our finger on the "pulse" of heating & cooling for 50 years with our incomparable installation and service.

0% financing for 12 months (with credit approval) OR 5% cash discount

\$100 factory rebate, lifetime limited warranty and FREE Lennox air cleaner (\$299.00 value)

Hurry — Available only until October 31, 1987

Call Us For a FREE Energy Analysis of Your Home or Business

Kast is Contracting Business' 1987 "Contractor of the Year."

BIRMINGHAM 642-7150 ROYAL OAK 542-3850 PONTIAC 338-9255

KAST
Heating & Cooling

Make the KAST call your LAST call!

O&E Classifieds work!

Is there stone in your future?
Get professional results
at Do It Yourself prices

With
CULTURED STONE
LIGHTWEIGHT STONE VENEER



- Lightweight, durable, colorfast
- Do-It-Yourself or professionally installed
- New or remodeled construction

FREE DO-IT-YOURSELF SEMINAR SATURDAY, Oct. 17, 9:30 am
Special one-day-only discounts for seminar participants
Call for details or reservations
Visit our showroom or call for a free home estimate

WILLIAMS PANEL BRICK

MFG. CO., INC.

Fireplace Design Center

27303 W. 8 Mile (2 miles W. of Telegraph Rd.)
Redford, Michigan 48240

Redford

538-6633

Clarkston

625-7275

HOURS:
M-W-F
8-5
T-TH
8-6
Sat.
8-3