

Why sap flows in early spring

EVERAL nature centers around the area — Cran-brook, Kensington and Troy among them — are busy collecting maple sap these days. Warm, sunny days and cold, frosty nights produce the best conditions for collecting san.

produce the best conditions for collecting sap.
Last summer the leaves of trees produced sugar as a product of photosynthesis. This sugar was used to make new wood and to supply the tree with energy.
In fall, remaining sugar was transferred to the roots and stored during winter. When spring arrives, this stored sugar is transported up the tree to help promote flower and leaf growth.

IF YOU TASTE sap dripping di-rectly from maple trees, you will find it has a faint bint of maple and a

make a sweet maple sugar or syrup.
Man has been tapping trees and
collecting sap in North America
since the middle 1500s. One of the
first reports from early European
explorers described how Indians
were seen suching on pleces of bark
to extract the sweet juice. Other reports describe them collecting the
sap in bark vessels.
Indians without metal vessels collected their sap in wooden containers and then placed hot rocks into
the sap to boll away the water.



Waist Girth Holght Inches Percent Fat Body Weight Pounds 72 Percent Fat 70 64 62 60 58

A man weighing 180 pounds with a 34-inch waist has 18 percent body 1st, according to this chart. Women should draw a line between hip girth and height to calculate their percentages

of body fat. Chart was adapted from "Sensible Fitness" by Dr.Jack Wilmore, Leisure Press, 1986.

Two OCC classes will go to France

wwi&We

Figure body fat on chart

SUGARING IS an age-old process, but what prompted the indians to suck sap from pleecs of bark? I can't help but think that they saw animals doing it lirst.

Several species of birds, insects and some mammals eat sap that flows in spring from cuts in trees. Fox squirrels in my backyard periodically stop and take a few licks from our red maple.

Early emerging butterflies also use it as a source of food before any flowers bloom. Woodpeckers, like the yellow-bellied sapsucker, eat the sap collected in little wells they excavate in the bark of trees.

In addition, 32 other species of birds eat the sap and the insects at least of the sap.

Once again, close observation of nature may have led to another resource for man.

DID YOU know that.

DID YOU know that. . .
• A just released "special report" from the Physicians' Health Study







Franklin

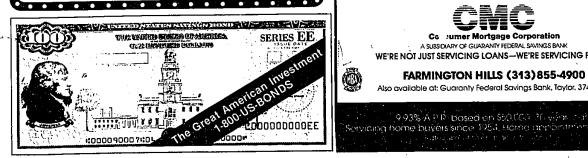
provide good reason to recomment
an aspirin every other day to reduce
the risk of heart attack in selected
the risk of heart attack are of age
were entered into the trial.

Half of the physicians were randomly assigned to receive buffered
almost five years of follow-up, the
total number of heart attacks among
the physicians taking aspirin had
been reduced by nearly half.

Physical activity gives your
metabolism a boost. Experts believe
that even for several hours after you
exercise, you may burn more caloties than normal.

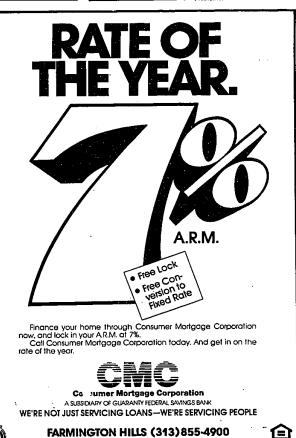
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