

Dittmar backs conservation

THE MAN is definitely outspoken. I was first introduced to him two years ago at a monthly meeting of the Garden City-based Four Seasons Fishing Club. And he had something to say about every topic of discussion.

He wasn't afraid to take center stage either. If he disagreed with someone on an issue, he'd hear his side of the story, then politely tell the person why they were wrong. Who is this guy, I wondered, almost becoming aggravated with his abundance of knowledge. How does he know everything about everything?

I've run across him a half dozen times over the past couple of years while covering the outdoor beat for the O&E and at every meeting, on almost every issue raised, this man has something to say about it.

But there's something I've noticed about him each time our paths have crossed. If I can steal a phrase, when Art Dittmar speaks, people listen. He is very well educated on the issues surrounding Michigan's natural resources.

BECAUSE OF THIS knowledge and concern for the outdoors, Dittmar, a Farmington Hills resident and Garden City High School teacher, was recently elected to fill one of



outdoors
Bill Parker

the three statewide vice president positions for the Michigan United Conservation Clubs.

MUCC was established 50 years ago when delegates representing 35 conservation and sportsmen's clubs converged on the James Oliver Curwood Clubhouse of the Shiawassee Conservation Association to form a statewide federation of citizen conservationists.

Since that time, MUCC has grown to become the largest nonprofit, statewide association of conservation and outdoor recreation clubs in the nation. The main goals of MUCC are to advance the cause of conservation and the environment, to educate people on the use of our natural resources and to promote the right of sportsmen and women to enjoy outdoor recreation.

"MUCC is a conservation organization and my biggest hobbies are hunting and fishing," said Dittmar. "Because I enjoy the outdoors so much, I want to see the outdoors conserved for kids in the future."

tion of moose to the Upper Peninsula.

MUCC is also involved at many levels in conservation education, ranging from the development of "Tracks," a wildlife reader for elementary children, to a Youth Camp, a scholarship fund and leadership training courses and conferences.

BUT WITH ALL the completed projects and battles won, Dittmar points out that MUCC still has a hill to climb.

"One thing we've got to do is to develop a better working relationship with the DNR and the NRC (National Resource Commission)," Dittmar said. "Right now the NRC seems to be getting too much influence from the governor, and we don't want to have politics governing our resources. MUCC was formed 50 years ago to get politics out of our resource management. If Governor Blanchard gets his nose in any further he's going to find that he has MUCC by the tail and that's a lion he doesn't want to tangle with."

Dittmar also feels Michigan can become more of a tourist attraction than it already is.

"The one thing I'd like to see is for Michigan to get the word out to people in other states of the abundant resources we have to offer here," Dittmar said. "Tourism can be the savior of the state. The auto industry can't. With what we have to offer here tourism can provide more jobs than anyone ever thought."

exercising options
Myrna Partrich

Faithful reader has foot problem

Dear Myrna: I'm a faithful reader who has plantar fasciitis. I read your column a few weeks ago describing plantar fasciitis. Any suggestions on how to cure and prevent further problems? I'm a runner who will not give up.

Thank you for being a faithful reader. Plantar fasciitis is a fairly common runner's injury.

First, let me describe it. Pain on the bottom of your heel "can be" plantar fasciitis. The plantar fascia is a band of tough connective tissue that supports the bottom of your foot. The pain you feel is usually due to a tearing away of the band where it attaches on the heel.

Most important, go to an orthopedic doctor. Determine exactly the cause of the pain. He will give you the medical advice you need.

FOLLOWING ARE my suggestions of how to cure and prevent further problems:

- Change your running activity to a speed walk with hand weights. Start with one pound and gradually increase weight, not to exceed four pounds each.
- Try biking, swimming and low-impact aerobic exercise.
- Your doctor might suggest special arch supports. Wear them in your athletic shoes. We want to eliminate pronation, which causes the toes to move forward and stretch the plantar fascia. By limiting pronation of the foot, you take tension off the plantar fascia.
- Your shoes must have a flexible sole that bends behind the big toe. When you run, you land on your heel, then your toes. If the sole is very stiff or tends to bend in the wrong area, extra force is then placed on the plantar fascia and it can tear.
- Before and after your activity, stretch your calf muscles. Our calf muscles are extensions of our plantar fascia. The stretching will make the calf muscle more flexible, which, in turn, lessens the force of weight on the plantar fascia.

IF THE explanations seem vague to you, your doctor will have more detailed explanations.

Sad to say, you will have to give up running for a time. You can still benefit greatly by speed walking or low-impact aerobics.

Low-impact exercise seems to be the most popular classes at our studio. That should tell you something!

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

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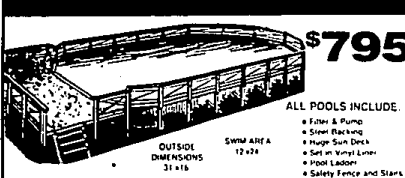
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