

exercising options

Myrna Partrich

Watch food intake on exercise nights

Dear Myrna: I take an advanced-type aerobic class at 7:30 at night. On those nights, I eat a light dinner around 5 p.m. Later, I've been getting a stomach ache during class. Am I eating the wrong food? Should I take class on an empty stomach?

Not a good situation. You can't continue to exercise this way. The rate of digestion is affected by many factors. You forgot to mention what type of foods you are eating. One general digestion rule is foods higher in fat stay in your stomach longer. For example, french fried potatoes would be in your stomach 2 1/2 hours after you eat them. They also could be there the next day.

Through my discussions with doctors, I've learned that digestion in the stomach mixes food with secretions to form a thin, watery mixture that moves to the small intestine where absorption begins. Some foods, especially fatty foods, require more stomach digestion.

Low-fat foods like vegetables, fruits, grains, bread and pasta digest easily and leave the stomach quickly. Actually, a cold, soft or liquid meal would leave your stomach in a shorter period of time than a hot, fatty meal.

On the average, the stomach empties about three hours after a meal. But we are all different. You may need more time for digestion. Consider what you are eating and allow more time for digestion.

If you are eating nervously, fast food also may digest slower. You might consider a larger breakfast and a later lunch during the days you exercise at night. A light snack after exercise will probably be ample food intake for your late exercise days.

A good idea for the weekends would be to change your exercise routine to mornings or early afternoons.

If your stomach ache continues, please don't avoid seeing a doctor.

(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 letters to: Sports Department, Myrna Partrich, 1225 Bowers, Birmingham 48012.)

Groves advances in water polo tourney

The Birmingham Groves water polo team finished with a 2-2 record in last weekend's Eastern Regionals at Ann Arbor Pioneer and now, along with three other teams, will advance to the state meet in two weeks.

One of the teams being left behind is Birmingham Seaholm, the defending state champions.

Claiming bragging rights, Groves coach Fred Carter said, "One of the things I'd like everyone to realize is that there is more than one water polo team in town. Our commitment has paid off."

Although the Falcons suffered losses to both Seaholm (10-8) and Ann Arbor Huron (11-9) in the regional contest, they won against Henry Ford (25-5) and Grand Blanc (12-7).

Falcon Casey Hurbis was responsible for a total of seven goals in the two winning games. Outstanding offense was attributed to Jason Blades, Chris Blanny, Trevor Priesen and Kurt Weber. Senior Mike Hanchan was the outstanding goaltender in both games.

Carter claims the strength of the team is the combination of strong goaltending and a potent offense. "We have two strong power-hole guys, which is rare since most teams only have one," said Carter. "We also have a real good outside shooting team."

Along with Groves, Pioneer, Huron and Grand Blanc will face four teams from the Western region at the state meet Nov. 12-14 at Oakland Community College Orchard Ridge Campus in Farmington Hills.

Huron, which won the Eastern Regional (4-0), is the favored team at the state meet but is "beatable," according to Carter.

Groves' overall record stands at 9-5-1. Although not quite through with this season, Carter is looking ahead.

"Next year might be our year. We have a very young team, most of them will be returning," said Carter. "We will be one of two favored teams next year in the state, without a doubt."

Jets play pointless game

The Bloomfield Jets were within half-a-minute of scoring a point in Sunday's North American Junior Hockey League game against C&H Piping. But it turned into a pointless game for the hard-luck Jets.

C&H scored with 33 seconds left to secure a 7-6 victory.

The teams were tied 2-2 going into the third period and after six minutes the Jets were down 6-3. However,

the Jets then rallied for three goals to tie the game.

"We came back from three goals down to tie it up, then they scored a goal from a scramble in front of the net," said Jets assistant coach A.J. Baker.

The Jets had 35 shots on goal while C&H Piping had 44. Scoring for the Jets were Wayne Macklin, Mark Johnson, Jack Abbo,

Cobo hosts camper show

CAMPING is big business in Michigan and throughout America. In fact, according to statistics released by the Livonia-based Michigan Association of Recreational Vehicles and Campgrounds (MARVAC), only fishing and swimming outrank camping as the most popular participation sports in America.

MARVAC statistics also reveal that there are more recreational vehicles (RVs) per capita — one for every 30 residents — in Michigan than any state other than California — one for every 29.6 residents; Michigan ranks third nationally in the number of RV manufacturers with more than 50, behind only Indiana and California, and the Detroit market area leads the way nationally in sales per capita of travel trailers and pop-up camping trailers.

There are more than 300,000 RV's

outdoors
Bill Parker

on the roads of Michigan, but not all of those are privately owned. Many are rented for weekend vacations or longer.

Since 1980, RV rental has increased annually by 50 percent. There are more than 300 dealerships and 400 national chain outlets that now offer RV rental.

If YOUVE ever thought about owning or renting an RV, the 22nd Annual Detroit Camper and RV Show is a good place to look for answers to your questions.

The show opens at noon Saturday at the newly renovated Cobo Center in Detroit and runs through Nov. 15. Sponsored by MARVAC, the show will feature more than 400 1989 model RV's and campers in all price ranges.

"People can see anything from a pop-up camper in the price range of about \$2,000 to a luxury coach costing in excess of \$30,000," said MARVAC show director Lyn Wellhausen. "We also have buying seminars, which consist of a 15-minute video followed by a question and answer session, for people interested in getting into the RV lifestyle. The seminars went over very well last year and will be repeated several times throughout the show."

Show hours are 12-6 p.m. Nov. 6, 3-10 p.m. Nov. 7-11, 12-10 p.m. Nov. 12 and 12-6 p.m. Nov. 13. Admission is \$5 adult and \$2 for children ages 6-12. Children under 5 will be admitted free.

WELLHAUSEN pointed out that interest in an RV loan is still a legal deduction on your federal income tax form.

In 1986 Congress passed legislation that would... make second homes that are mobile homes or on a transient basis... ineligible for the mortgage interest for debts incurred after Oct. 13, 1987.

That legislation was repealed in 1987.

"They had taken away the deduction in 1986," Wellhausen explained. "But they reversed the ruling early in 1987 after we (RV and camping organizations throughout the country) showed how big an impact we had. Now, that interest can once again be used as a federal deduction. You don't have to pay tax on the interest of a loan for an RV."

(Bill Parker is happy to answer questions readers may have about the outdoors. Successful deer hunters are also urged to send in your success stories. Send your name, phone number and information about the deer including sex, date and county where taken and a brief explanation of how the deer was taken to: Outdoors, Observer & Eceniric, 1225 Bowers, Birmingham 48012.)

outdoors calendar

IMPORTANT EVENTS AND DATES

- Through Nov. 14 — Sighting in Days at the Western Wayne County Conservation Association in Plymouth Township. The fee is \$5 and the ranges are open 10 a.m. to 4 p.m. daily. Call 453-9343 for details.
- Nov. 5-13 — 22nd Annual Detroit Camper and RV Show at Cobo Center, featuring more than 400 RV's. Admission is \$5 adults and \$2 for children ages 6-12. For more information, call 1-800-422-MHIV.
- Nov. 11 — Quail season closes in 19 southern Michigan counties.
- Nov. 11 — Pheasant season closes in Zone II and III.
- Nov. 14 — Grouse season closes statewide. Ruffed grouse season will reopen in Zones II and III on Dec. 1.
- Nov. 14 — Woodcock season closes.
- Nov. 15 — Firearms deer season opens statewide.
- Nov. 15 — Bear season opens in Zone I.

OAKLAND COUNTY PARKS

- Paper Caper, a mini class in which youngsters can learn about the origins of paper along with cutting, folding and coloring tricks, will be offered at 10 a.m. Saturday at Independence Oaks. For details, call 625-6473.
- Munch Bunch, a nature program about squirrels, will be offered at 1 p.m. Saturday, Nov. 19, at Independence Oaks.

METROPARKS

- Travels with a Naturalist, a slide program about spring and summer in the Rockies, will be offered at 1 p.m. Tuesday at Stony Creek.
- Saturday Morning Stuff, a workshop for children ages 6-12, which will explore Thanksgiving traditions, will be offered at 10 a.m. Saturday at Stony Creek.
- Tot-Thanksgiving, a workshop for children ages 3-5, which will explore Thanksgiving traditions, will be held at 1 p.m. Sunday at Stony Creek.

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