

County park hosts classes for all ages

Cross-country skiing for senior citizens, Native Americans ecological practices, Eastern Bluebirds and animal sculpting will be featured during four nature interpretive classes in February and March at the Independence Oaks Nature Center.

The all-new "Seniors Outdoors" nature program, set for Thursday Feb. 21, gives senior citizens the chance to cure cabin fever by cross-country skiing or hiking.

From 10 a.m. to noon, seniors can enjoy warm-up exercises, lectures on ski safety, a ski tour (weather permitting) and refreshments. Participants can bring their own equipment or rent skis at the park.

Spots must be reserved one week in advance. There is a \$1 fee, plus ski rental.

At "Naturally Native American" on Saturday, Feb. 9, children ages 6-9 can learn how the Indian used his natural surroundings to survive. Participants will hear stories, play games and make crafts.

The mini-class will run 1-4 p.m. The fee is \$10 per child.

BIRD LOVERS can learn about the life and time of the Eastern Bluebird at the "Amazing Blues" nature program 1-2:30 p.m. Saturday, Feb. 16.

Tips on attracting and identifying bluebirds, in addition to information on the creature's natural history and lifestyle will be shared. A limited supply of bluebirds nesting boxes will be awarded to class members during a prize drawing.

At "Artisans of Animals" on Saturday, Feb. 23 and March 2, taught to youngsters, ages 9-13.

At the Feb. 23 session, class members will sculpt an animal figure, to bake at home. During the March 2 class, students will paint their sculpture, review drawing techniques and explore animal colorization.

Pre-registration is required for all Nature Center programs.

A weekday park entry fee of \$3 per vehicle or Oakland County residents (\$6 per vehicle for non-residents) or weekend fee of \$4 per vehicle for Oakland County residents (\$7 per vehicle for non-residents) may be charged for classes beginning before 4 p.m.

This year marks the 25th anniversary of the Oakland County Parks and Recreation Commission established in 1966.

Independence Oaks Nature Center is on Sashabaw Road, two and a half miles north of I-75, near Clarkston.

For more information, call 625-6473.

Long-term dieters still pumping iron

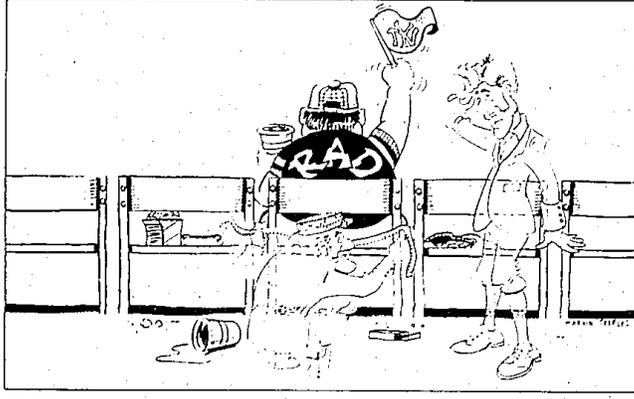
Did you know that...

- You should be careful when "cooling" your neck (neck) pulse with your fingers, you may cause a reflex slowing of the heart that may lead to an under-estimation of the pulse count or cause you to faint.
- The difference between weight losers, versus those who gain their weight back, is maintenance of the exercise habit. According to Charles P. Lucas, M.D., chief of the Division of Preventive and Nutritional Medicine at William Beaumont Hospital, long-term weight losers are still exercising an average of 3.3 hours a week after several years.
- The white of an egg contains only one percent of the cholesterol, while the yolk contains the remaining 99 percent.
- Aspirin continues to be of great interest to heart specialists. A recent study showed that early intervention with low doses of aspirin could decrease the amount of cardiac muscle damaged by a heart attack and lessen the risk of a second heart attack.
- According to a just-published report, emotional upset represents the most common precipitating cause of heart attack. Almost 20 percent of all heart attacks were triggered by severe emotional stress.
- Pork sausage, bacon, and hot dogs are among the worst foods for you. According to the U.S. Department of Agriculture, fat constitutes more than 80 percent of the total

calories from these red meat products. For food to be truly low-fat, less than 30 percent of the total calories should come from fat.

Our population is getting fatter and fatter. Several years ago, to accommodate the increasing American posterior, Yankee stadium replaced its seats with newer ones that were 2 1/2 inches wider. As a result, more than 6,000 spectator seats were lost!

Barry A. Franklin, Ph.D. is director, Cardiac Rehabilitation and Exercise Laboratories, William Beaumont Hospital, Royal Oak, and associate professor of physiology, Wayne State University, School of Medicine.



Learn to lower cholesterol

The Oakland County Health Division will offer a cholesterol education class 7-9 p.m. on three consecutive Saturdays at the Troy Public Library, 516 W. Big Beaver Road.

The cost is \$7 per person or \$10 per family. Preregistration is required by Feb. 12. It can be done by calling 858-5306.

GET OUT OF THE DARK.

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Weight Loss Surprises Researchers

WASHINGTON - A nutrition organization was hopeful that a nationally complete "fastest" food tablet would help those who would hunger pangs, until a study revealed that one of the ingredients could cause significant weight loss.

Researchers in Europe found that an ingredient in the synthetic product Food Source One actually caused people to lose weight, even though specifically instructed not to alter normal eating patterns, according to the study published in the prestigious British Journal of Nutrition. Researchers in an earlier study had speculated that the weight loss was due to a decrease in intestinal absorption of calories.

While the development of Food Source One, a project of a National Dietary Research, would not be used to save adults, until its original goal, the discovery has been a windfall for researchers.

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