



fitness Barry Franklin

Did you know that...

- Potato chips, corn chips, and cheese curls are among the worst snack foods you can eat. Try putting one on a paper napkin, and see the grease (fat) stain that it leaves.

- There may be a relationship between snoring and heart disease. Recently, researchers reported that people who snore have more than twice the risk of dying of heart disease than their non-snoring counterparts. Although the mechanism for this increased risk is not clear, it is known that many of these individuals are also likely to have high blood pressure and heart rhythm irregularities.

- The average heart pumps six quarts of blood through 60,000 miles of blood vessels every 90 seconds.

- Regular pizza ingredients are not unhealthy. The crust and tomato sauce are complex carbohydrates that are an appropriate component of any diet. Part-skim mozzarella is considered an acceptable cheese. The problems occur with the toppings you choose. High calorie and fat toppings like bacon, sausage and pepperoni should be routinely replaced with vegetable toppings such

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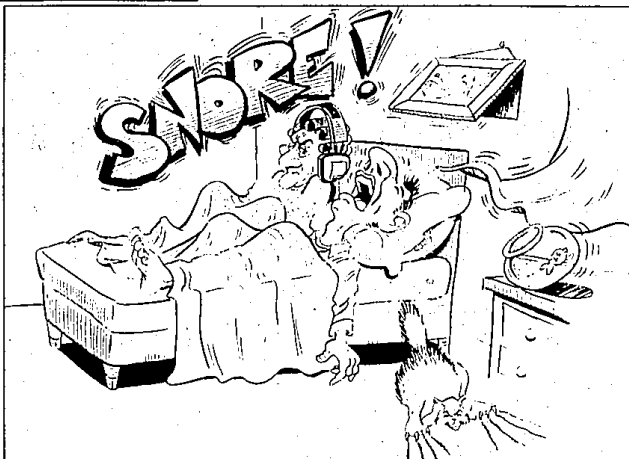
as tomatoes, mushrooms, onions and peppers.

- Air travel is safe for most heart patients. One study found a rate of one in-flight cardiac emergency for every 198,000 passengers.

It was concluded that the risk of a heart problem during air travel was more closely related to the over-indulgence of food and liquor, rather than increased cabin pressure.

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rector, Cardiac Rehabilitation and Exercise Laboratories, William Beaumont Hospital, Royal Oak, and associate professor of physiology at the Wayne State University School of Medicine.



around Oakland

OCC presents Holmes film

Who is showing the classic film "Hound of the Baskervilles"? Elementary!

As part of the Sherlock Holmes Theatre, the Royal Oak campus of Oakland County Community College will be presenting the feature film starring Basil Rathbone and Nigel Bruce at 7:30 p.m. Friday, March 22. Admission is free.

Mark McPherson, a member of The Baker Street Irregulars, will give film commentary on the fa-

mous detective before and after the movie.

McPherson, who is also a member of The Sherlock Holmes Society of London and The Arthur Conan Doyle Society, is director of the DAEDALOS Investigative Agency which has pursued ghosts, the Loch Ness Monster and other phenomena. The director produced and starred in the PBS documentary film, "The Greatest Shakespeare Duel."

For more information call 544-5588.

Courts offer drug, alcohol info

Oakland County district court judges have sentenced the public to free education on the dangers of alcohol and drugs.

With the help of the Oakland County Health Department's office of substance abuse, racks with free pamphlets will be displayed in 10 Oakland County district court lobbies.

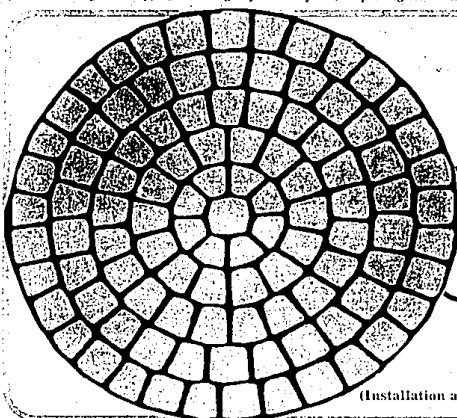
The pamphlets offer information on alcohol, narcotics, hallucinogens, marijuana, cocaine and crack and other topics.

Local district courts providing the information racks include 46th in Southfield, 47th in Farmington Hills, 48th in Bloomfield Hills, and 52-3 in Rochester.

Studies show that 85 percent of the criminal cases heard in court involve either the abuse of alcohol and other drugs, or people who are abusive. said Judge Stephen Cooper of the 46th District Court.

"Only an educated public will be able to truly fight any war against drugs."

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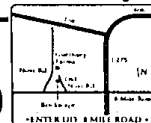


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