

REC ROUNDUP

FUND-RAISERS

WALK FOR LUPUS
The Michigan Lupus Foundation, celebrating its 25th anniversary, is sponsoring the 4th annual Walk for Lupus on Saturday, Oct. 3 beginning at 10 a.m. at Metro Beach Metropark in Mount Clemens. The public is invited and encouraged to participate. The registration fee is \$5, and those who raise \$50 or more in pledges will receive a free T-shirt. The 4.1-mile course is ideal for people of all ages and is open to walkers, joggers, rollerbladers, strollers and wheelchair. There will be awards, refreshments, raffle and a silent auction. Lupus is a chronic disorder of the immune system. For more information, contact the Michigan Lupus Foundation at (810) 775-8330.

GILDA'S CLUB
Gilda's Club Metro Detroit, a free non-profit social and emotional support community for men, women and children with all types of cancer, invites friends, co-workers and family members to the Gilda's Club Metro Detroit 6th annual Family Walk & Block Party on Sunday, Oct. 4 at Cobo Hall. The event begins at 10 a.m. with a five-kilometer walking tour of downtown Detroit or a one-mile indoor fun walk and then back to Cobo Center for a family block party. There will be marching bands, clowns, games, prizes and lots of food for the entire family. Registration is just \$15 if postmarked by Monday, Sept. 21 or \$20 thereafter. Families can register at Cobo Center on Oct. 4; children under 10 years of age enter free. Entry forms are available at D.O.C., Elias Brothers' Big Boy, Borders Books and

Music, and Sears. Or call Gilda's Club at (248) 577-0800.

GOLF

WHOA RESULTS
(August 12 at Hartland Glen)
CHAMPIONSHIP FLIGHT
Low Gross - Janina Jacobs (St. Clair Shores), 39-37-76; Second - Deb Robert (New Baltimore), 38-39-77 and Betty Vandepitte (Birmingham), 35-38-77; Low Net - Judy Figa (West Bloomfield), 81-13-68.

1st FLIGHT
Low Gross - Marlene Maige (Algonac), 45-42-87; Second - Dolores Hartwick (Madison Heights), 47-41-88; Low Net - Sandra Burns (Warren), 90-17-73 and Ellen Jean Pravato (Romeo), 91-18-73.

2nd FLIGHT
Low Gross - Elaine Jenks (Grosse Pointe Woods), 47-48-95; Second - Josephine Pashek (Madison Heights), 48-48-98 and Dolly Vettesse (Northville), 48-48-98; Low Net - Mary Alice Hoppel (Rochester Hills), 97-29-77.

3rd FLIGHT
Low Gross - Mary Kranich (Harrison Township), 49-50-89; Second - Pauline Cody (Detroit), 60-61-38 and Virginia Keragis (Washington), 61-49-100; Low Net - Dorothy Cody (Farmington Hills), 102-30-66.

HURON-CLINTON METROPARKS
Saturday, Aug. 22 marks the final day golfers can participate in the "Million Dollar Golf Challenge" sponsored by UFN 60, WKBD-TV. The challenge is a closest-to-the-pin contest with proceeds going to a local charity. Next Saturday's event will be conducted at Hudson Mills. For a \$5 donation, golfers can play 18 holes, can try to get closest to the pin on the designated par-3 hole. Winners at each course will receive a \$100 gift certificate for use at that course, and will compete in the finals that will be held later in the summer. The

grand prize will be a million dollars to anyone who aces the hole. Other prizes will also be awarded to other top finishers. The finals will be taped and featured on a show to be aired on UPN 60.

TOURNAMENTS

Kensington and Hudson Mills golf courses are conducting several golf competitions that offer amateur golfers of all ages and abilities a chance to play in high-caliber, low-cost tournaments.

Kensington
(Entry fees are \$4 plus greens fees per player. For more information call 248-685-9332 or 1-800-477-3178.)

Aug. 22 and 23 & Sept. 20 - Kensington Individual Championship qualifying Aug. 22-23; championship - Sept. 20
Sept. 26 - Parent-Child Championship alternate shot format

Hudson Mills
(Entry fees are \$4 plus greens fees per player. For more information call 734-428-0456 or 1-800-477-3191.)

Aug. 23 - Two Person Scramble
Sept. 6 - Individual Championship
Sept. 27 - Parent-Child Tournament flighted by child's age, alternate shot format.

JOE DUMARS' FIELDHOUSE

OPEN PLAY
Joe Dumars' Fieldhouse in Macomb County's Shelby Township (Mound Road and M-59) is offering indoor and outdoor basketball and sand volleyball pickup play through Labor Day. Cost is \$5 per person.

LEAGUES
Registration for men's and

women's fall basketball leagues at Joe Dumars' Fieldhouse have begun. The leagues include 10 games, officials, scorekeeper, state and standings. All levels of play are operated in the league offering.

Call (810) 731-3080 for more details.

TOURNAMENTS
Joe Dumars' Fieldhouse will present a floor hockey tournament Oct. 9-11. Each team will have a three-game guarantee and all players will receive a T-shirt. Team registration fees are \$300. Call (810) 731-3080 for additional information.

OUTINGS

SOUTHEAST MICHIGAN GROUP, SIERRA CLUB
SEMG announces the following August outing for all those interested in outdoor activities: Sunday, Aug. 23, Kensington Metropark Nature Hike. Participants will do a five-mile hike, following the loop trails from the nature center. Meet at 9 a.m. behind the Marathon station on the southeast corner of Telegraph and 12 Mile (Tel-Twelve Mall in Southfield) or at 9:30 a.m. at the park nature center.

There is a \$1 trip fee and a park entrance fee. Call trip leader Max Nemati at (313) 421-4397 for more information.

MOTOR CITY STRIDERS

The Walley's Walk & 5K Run will be held Saturday, Aug. 29 at Nankin Mills, Edward Hines Park in Westland. Entry Fee is \$12 for children 16-and-under and \$16 for adults. Registration and packet pick-up will be conducted at 9 a.m., followed by a five-kilometer adult run at 9:15 a.m. and a 1.5K walk at 9:30 a.m. Trophies will be awarded to the overall winners. For more information, call (248) 544-9099 or visit www.motorcitystriders.com

SOCCERZONE

INDOOR SPORTS
SoccerZone of Novi, located at Grand River and Meadowbrook roads, is conducting mail-in and walk-in registration for its first indoor soccer and in-line hockey session, slated to begin in October. The team fee for the eight-game indoor soccer season

is \$760 for youth teams and \$775 for adult teams which includes referee fees. The individual fee, geared toward players that currently do not play on a team, is \$85 and includes a S2 T-shirt that serves as a jersey. The in-line hockey team fee is \$795 for youth teams and \$825 for adult teams which includes referee fees. The individual fee is \$75 and includes two hockey jerseys. The season starts Thursday, Oct. 15 and ends Sunday, Dec. 13. For more information, call (248) 374-0500.

■ SoccerZone of Novi is seeking referees for both soccer and in-line hockey games. Those interested must be at least 16 years old. To register for SoccerZone's training session, call Tom Faro at (248) 374-0500.

WATER SKIING CLINIC FOR THE PHYSICALLY CHALLENGED

A water ski clinic for the physically challenged is scheduled for Friday, Aug. 21 at Pontiac Lake Recreation Area in Pontiac. The clinic will run from 9 a.m.-4 p.m. under the direction of Chet Kuskowski. Call (248) 666-1020 for more information.

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temporary filling substance that could prevent the cutting of your tongue on the sharp edges of the affected tooth. This solution is only to be used as a temporary repair; see your dentist as soon as possible. There could be decay or other damage inside the tooth that may become painful without proper care.

Some bleeding after a tooth extraction can be expected for up to an hour or so. If the bleeding continues beyond normal limits, you might try placing a wet tea bag over the extraction site. Biting down gently on a pad or piece of gauze may also work. A warm salt water rinse (one-half teaspoon of salt in an 8-ounce glass of warm water) may help to soothe the gums while they heal.

A dry socket after a tooth extraction is caused by the loss of the blood clot that formed in the socket immediately following extraction. This loss can cause

moderate-to-severe pain, and pain is always a good reason for seeking prompt attention. One of the major causes of dry sockets is smoking. It's always advisable to stop smoking after an extraction until after healing occurs.

Never attempt to repair a broken dental appliance by yourself. You may cause injury to teeth or soft tissue.

A home repair may not return the appliance to the same condition. It was before breakage occurred. In my conversation with colleagues, we often comment that the most dangerous patient is one with a workshop in the basement. What starts off as a denture sore spot is often "adjusted" at home so much that the dentist has little denture left to work and he or she has to start over by making a new denture or appliance.

A dental emergency can happen anywhere, anytime.

Always be prepared by having a

few emergency kits at home or in your car. These include: salt for warm salt water rinses, gauze squares, pain reliever, dental orthodontic wax, toothpaste, tea bags, and instant ice packs. And don't forget to include the phone numbers of your dentist, doctor, family members, and a nearby emergency room in your dental emergency kit.

(Dr. David Banda is a general dentist in Bloomfield Hills. He graduated from the University of Michigan and is a member of the American Dental Association, the Michigan Dental Association and the Oakland County Dental Society. His "Ask the Dentist" column will appear every other week on the Health & Fitness page. Send questions or comments for Dr. Banda at The Eccentric Newspapers, 805 E. Maple, Birmingham, MI 48009.)

Levick from page D5

diet when things happen. For example, where do you sit at the table each night? And how do you feel when a guest sits in your seat? Obviously, change throws people out of their comfort zones. Secondly, when positive or negative change occurs, it creates a loss - a loss of routine, loved ones, comfort zones, etc. From this loss comes unhappiness and at times depression. Consequently, one way to avoid the loss associated with change is to simply avoid making the change.

Next, people resist change because it creates stress. Stress levels increase with feelings of unhappiness, anxiety and loss. As a coping mechanism, some turn to food.

Let's examine this theory through the eyes of one committed to overcoming obesity. Mrs. Smith decided to make a change in her life and lose weight. When she begins her diet, numerous

lifestyle changes occur - a modified diet plan and exercise are examples - resulting in a loss of old habits that manifests itself as frustration, unhappiness and stress. And in order to cope, Mrs. Smith returns to her old/predictable lifestyle and eating habits.

In an attempt to help Mrs. Smith, the health educator increases lectures about the importance of remaining on her diet or recommends several techniques to enhance dieting success. All of this is admirable but it's effective as putting out a fire with gasoline.

If Freud was correct in saying the two main motivators are pain and pleasure, then it's necessary to re-analyze motivation techniques for weight loss. Traditional wisdom is to avoid pain and gravitate toward pleasure. Applying this wisdom in the weight-loss field creates an obvious paradoxical bind.

Change, as stated earlier, creates loss and increases stress. When dieting, therefore, feelings of deprivation and loss occur (pain). In effect, the immediate pain of dieting is more powerful than the eventual advantages of being thin and healthier! This creates a difficult, confusing dilemma. In order to lose weight, dieters experience discomfort, loss, stress and other negative feelings, the very feelings that often trigger overeating. And given this scenario, it's entirely understandable that dieters fail and dieters return to their old habits. Due to the inherent need to resist change, the "program" or individual is often blamed for the imperfect outcome.

(Dr. Keith Levick is a health psychologist and the director of The Center for Childhood Weight Management in Farmington Hills. He will further examine the issue of obesity in his next article on Sunday, Aug. 30.)

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After all, it's mostly water, right? Think again. Most soft drinks may be water-based, but they are so high in sugar that they actually slow the body's absorption of water. Coffee and alcohol are also diuretics and cause you to excrete more fluid than you take in.

It's so easy to become dehydrated, especially in the heat of summer. A telltale sign is if you ever feel thirsty, have a dry mouth or very dry skin. At that point you are already on the road to dehydration, so you need to slow down and take a drink. You actually need to drink water before you feel thirsty.

Not only is water necessary for our bodies, but it also keeps us exercising the most efficiently. Don't we all want to get the most out of each and every workout? When your body is only two percent dehydrated, your exercise efficiency drops which means you are doing the same amount of work and getting less physical benefit.

Follow these steps for hydrating yourself when you work out:

1. Drink one to two cups of water one-half hour before exercising.
2. Drink an additional cup of water immediately before exercising.
3. Continue to drink plenty of water throughout your workout but in small amounts at a time. Take short, frequent water breaks, but remember to take quick sips, especially if you are doing aerobic activity because it only takes six seconds for your

heart rate to drop! Optimum fluid intake during a workout is about one cup of water every 15-20 minutes.

4. When you complete your exercise, always rest and continue to drink more water to rehydrate and maintain your body's fluid balance.

Assuming a moderate level of intensity in your workout and the temperature, you will have lost a whole quart of fluid if you exercised an hour. Likewise, the more heavily you perspire, the more fluids your body needs. As you exercise harder and longer, your body temperature rises, perspiration increases and you need to replenish even more fluids. And during the hotter months, our bodies need even more water.

If you find it difficult to keep track of how much you're drinking, try filling up an empty one-gallon milk jug with water in the morning. Keep it in the refrigerator and fill your glass from that source all day. You'll know you're keeping with your daily fluid intake if the jug is a little less than half full by early afternoon and empty or close to empty by the end of the day.

Sipping water becomes a habit once you've established a pattern. You'll be amazed how easy it is to drink eight glasses a day. Even more fluid is necessary the more you weigh and the more you exercise.

Besides helping you to maintain maximum exercise performance, water is excellent for your skin. With the cold, dry

winter months ahead, keeping our bodies well hydrated will keep our skin from drying out as well.

Has all the talk about water got you running for the bathroom? That's OK, because as water passes through your system, it cleanses your body and washes out fat and keeps your kidneys healthy. You may find that you get sick less often, too.

There are countless other benefits of consuming plenty of water each day. For dieters, water makes them feel full and decreases their urge to snack. It also keeps your skin from drying out.

If you get bored with your water bottle, try drinking water out of an elegant wine glass or a twist of lemon at dinner or out of a straw with your lunch. Once you get into the habit, you'll crave water to quench your thirst and realize how easy it is to drink 8-8 glasses a day. And you'll feel great!

I read every one of your letters and I love your comments! Please keep writing me with any questions, inspirational stories or suggestions for upcoming articles to "Talk to the Mirror." Weight Watchers Corporate Communications, P.O. Box 9079, Farmington Hills, MI 48334-2974 or fax at (248) 553-7100. For more information about Weight Watchers, call 1-888-3FLORINE.

(Florine Mark is an appointee to the Governor's Council on Physical Fitness and the Michigan Fitness Foundation.)

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



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