

# Archers join in age-old sport

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according to Paul Jalon, Detroit Archers spokesman.  
Jalon, a Bloomfield Township resident in merchandising at Chrysler, says use of the club generally picks up in the fall. "That's when we get Bloomfield and West Bloomfield residents who have been golfers all summer," he

laughs.  
They want to sharpen up for the deer hunting season.  
New members are needed to offset the club's rising taxes on the prime piece of property, which in the past two years has been flanked by houses and condominiums. "As the houses get closer, we get nervous," Jalon says.

"ARCHERY IS cyclical," Jalon adds.  
It cuts across socio-economic lines to gather those who figure "it's a little more acceptable to say I go hunting with a bow and arrow" and others who enjoy the fact it's relatively inexpensive.  
Detroit Archers has hopes of hiking

interest in the sport at its Sept. 12-13 Bowhunters Jamboree.  
Both broadhead silhouette and field point three-dimensional shots will be offered with merchandise as prizes.  
In addition, free bowhunting clinics, manufacturers displays of the latest bow hunting equipment and compound bow tuning are slated.

# Candle blowing is health indicator

Can you blow out the candles on the birthday cake with one breath?  
If the answer is no, then beware of heart or lung problems, warns the American Lung Association of Southeastern Michigan.  
Lung tests can forecast heart problems. One common lung test is for forced vital capacity (FVC) — the amount of air forcibly exhaled after maximum inhalation.  
If you fail, or get a low FVC, then heart problems may also be in your future.  
This new warning is based on a 20-

year study of more than 5,000 persons in Framingham, Mass. Those who had the lowest scores while puffing into a spirometer (a machine used in lung tests) had the highest cardiovascular death rates.  
This was true even when there was no other sign of heart or lung disability, according to Dr. William B. Kannel of Boston University, overseer of the survey.  
For non-smoking men with no pulmonary disease or history of heart failure, but with very low FVCs, the death

rate from cardiovascular disease was 22 per 10,000. This compared to only 3.4 per 10,000 for men with high FVCs.  
Mortality statistics for women were lower, but the same ratio held true.  
Congestive heart failure was closely associated with low FVC. The relationship was striking at all ages and for both sexes, said Kannel. He explained, "Even after adjustment for cigarettes and for all the other risk factors, this was the case." Men with low FVCs had 8.2 incidents of cardiac failure per 1,000, while those with better

tests had just under 2 per 1,000.  
Low FVC is unequivocally the most powerful predictor of potential heart problems in women and is rivaled only by high blood pressure in men, said Kannel.  
Finally, the data underlined that lung tests are a good way to spot patients without symptoms, but with an above average risk of heart and lung disease.  
For more information on heart or lung problems, call the American Lung Association at 961-1697 or write: ALASEM, 28 W. Adams, Detroit 48226.

# ADF tops \$2.7 million goal

The Archdiocesan Development Fund (ADF), the annual appeal of the Catholic Archdiocese of Detroit, has topped its 1981 goal of \$2.7 million.  
As of July 31, the ADF had collected \$2,714,379 in cash and pledges from 102,609 contributors in the six-county area of the archdiocese.  
In commenting on this year's ADF achievement, the Most Reverend Edmund C. Szoka, Archbishop of Detroit,

noted the new record total would enable the numerous archdiocesan programs and ministries dependent on the appeal to meet their works of religion, education and charity.  
"I know that many people sacrificed to participate in this year's appeal," said Archbishop Szoka. "Their generosity reflects a deep faith and concern for their brothers and sisters in Christ. I am most grateful to all of them. More

importantly the Lord is most grateful." Robert E. Forbes, assistant to the president of the Metro-Detroit AFL-CIO and general chairman of the 1981 ADF, also praised the people of the Archdiocese of Detroit.  
"The result is a remarkable accomplishment in consideration of the economic situation facing people in all walks of life, especially in our geographic area," he said.

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