



Exercise boosts heart fitness

DID YOU know that...
 • Cross-sectional studies of adults generally show a linear decline in heart-lung fitness with increasing age (about 1 to 2 percent per year). However, an endurance-type exercise training program generally reverses the cardiovascular fitness level by about 15 percent.
 • Among previously sedentary men and women, this corresponds to nearly a 10-year functional regression. In other words, physical fitness appears that of an inactive person who is 10 years younger.
 • A 30-minute light-to-moderate intensity walk contains less than half the fat as a 30-minute dark run. It also has about 20 percent fewer calories.
 • Workers experiencing 20 different occupations were recently asked to register their walking mileage by wearing pedometers at work. The study revealed that hospital nurses covered the most distance, averaging 16.5 miles a day.
 • In contrast, dentists walked less than a mile per day. Other occupations — including secretaries, librarians and teachers — fell somewhere between these extremes.
 • Stress can elevate your blood fats by 5 to 10 percent or more. According to one landmark study ac-



fitness Barry Franklin
 • Consistent cholesterol levels increased dramatically around April 15.
 • More than 75 percent of the salt in your diet is put there in food processing plants, not at your kitchen table. What can you do to protect yourself from unwanted sodium? Remove salt from ready-to-eat food labels.
 • A good rule of thumb: If salt or the first three ingredients consider the product as low-salt and avoid it.
 • There is no scientific evidence that restriction per se causes a disease or illness.
 • Barry A. Franklin, is director of cardiac rehabilitation and exercise laboratories at William Beaumont Hospital, and associate professor of physiology, Wayne State University School of Medicine.

OCC sign-up set April 28

Oakland Community College's regular registration for the five-week spring session of 15-week spring-summer semester will be held April 28. Instruction will begin May 2. Students may register at the following OCC campus locations:
 • Auburn Hills Campus, 2550 Featherstone Court, Oakley — 852-4219
 • Highland Lakes Campus, 1200 Cooley Lake Road, Union Lake — 305-258-1100
 • Orchard Ridge Campus, 2125 Orchard Lake Road, Farmington Hills — 671-7550
 • Royal Oak and Southfield Campus, 2719 S. Washington, Royal Oak — 977-5768

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Dems school plan: more equity, revenue

By Tim Richard
 A new Democratic school financing plan will bring more equity between school districts, according to one of its key architects, but it won't cut property taxes as much as a Senate-proposed plan.
 Chief differences between the Democratic House-administration proposal and the one adopted on a bipartisan vote in the Republican-controlled Senate are:
 • **PROPERTY TAXES** — The Democratic plan calls for exempting the first \$15,000 of state equalized value of a home from school operating property taxes, a cut of about 64.4 percent statewide. The Senate plan would cut school operating property taxes by half by assessing homes at 20 percent of market value instead of 30 percent.
 • **PROPERTY TAXES** — The Democratic plan calls for exempting the first \$15,000 of state equalized value of a home from school operating property taxes, a cut of about 64.4 percent statewide. The Senate plan would cut school operating property taxes by half by assessing homes at 20 percent of market value instead of 30 percent.

The main sticking point may be business taxes. Democrats give less business tax relief and want to 'close loopholes' — which the GOP calls an anti-business ploy.
 The Senate plan doesn't address the distribution of state aid. That is covered in a separate bill sponsored by Sen. Jack Soren, D-Farmington Hills.
 • **QUALITY** — Democrats would improve equity by reducing class sizes, particularly in kindergarten through third grade; testing employment skills of graduates; and funding pilot programs in school choice, bilingual services and pre-school programs.
 • **LIQUIDATION** — Democrats favor Blackwell's four-year-old plan of 'closing loopholes' with taxes on banks, insurers, lottery winners and others. Republicans reject that as anti-business, and House GOP leader Paul Hildbrandt of Holland says Blackwell's idea is "doomed."
 • **EQUITY** — The Democratic plan aims to pump \$500 million into the school aid budget to reduce the gap between districts with rich and poor property tax bases. The Senate plan didn't do anything on equity.
 • **FORMULA** — The Senate plan formula will reduce the disparity between rich and poor school districts from \$400 per pupil to \$150. It is based on House GOP proposal but \$30 million less in new money.

• **BUSINESS** — Democrats would cut business property taxes 12 percent by exempting \$10,000 more from school operating taxes. Hildbrandt said it was designed to help "particularly small business."
 The Senate plan would cut assessments for all businesses by 35 percent.
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