

nature

Timothy Nowickí

To many people, spiders are viewed with disgust and contempt. Maybe people feel this way because they have eight legs, which riakes them move differently than mammals. They often move very fast, which startles people. They either the work of the different people different minaner than we are accustomed to, and maybe because we have all heard about polsonous species like the black widow.

Well, all of these things are true, and I am not going to try and make

. Well, all of these things are true, and I am not going to try and make spider lovers out of those who read this article, but spiders have their place in the web of life just as a chickadee does. In fact, spiders are one of our best insecticides, and they are free.

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There are approximately 3,000 different species of spiders in the United States. Some live strictly on the ground, like many of the wolf spiders. Others live in bushes a few feet off the ground, while some live higher in tree tops. Most of them are never encountered by man.

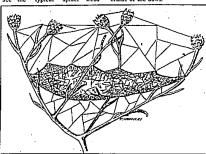
are never encountered by man.

IF PEOPLE do become aware
of a spider, its usually because of
their webs. Not all spiders build a
web to capture food. Even those
that do build a web, do not build
them all alike. Cobwebs in the conmers of rooms are very irregular in
their construction. Grass spiders

encountered in shrubs and grass build a flat web with a funnel shaped hiding place for the spider. When an insect lands on the web, the spider quickly leaves the tunnel

laiden with dew drops. It provides an opportunity to examine the fine detail and symmetry of such a delicate structure.

Some species of apider found in the open fields build a bowl shaped web with a loose network of web above the bowl. While waiting for a meal, it rests protected on the underside of the bowl.



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Walk for lower cholesterol

Did you know that.

• Anorexia hervoes is an eating disorder that is-characterized by constant dieting, rapid weight loss and the feeling of being too fat in spite of being markedly underweight. Most anorexics are girls or women who are literally starving themselves to death. Unfortunately, his was the case with singer Karen Carpenter, who died of anorexia nervasa in 1083.

• The need for sleep seems to decrease with age, Although an infant may sleep as much as 16 to 20 hours a day, the child's grandparents may need only 5 to 6 hours of sleep a night.

fitness Barry Franklin



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now appearing in many health clubs across the United States. Such ma-chines move isolated muscle groups through their range of motions withserouge their range of motions with-out requiring any effort by the user. Although these tables may be helpful for rehabilitation, there is absolutely no good scientific evidence that they no muscles, reduce inches, in-crease circulation, remove cellulite, or improve fitness in healthy, active adults.

Barry A. Franklin, Ph.D. is di-rector of Cardiac Rehabilitation and Exercise Laboratorics, Wil-liam Beaumont Hospital, Royal Oak, and associate professor of physiology. Wayne State Univer-sity School of Medicine.

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Volunteers sought for child neglect project

Oakland Family Services is seek-ing volunteers for the "Family Em-powerment Program" - a pilot project almed at breaking the gen-erational cycle of child neglect. This innovative, intensive treat-ment program offers families new hope for the future by providing a broad range of services from both

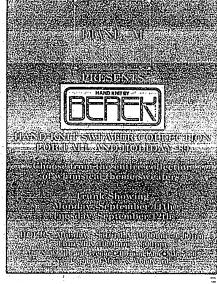
professionals and volunteers, according to Nancy McHugh, volunteer coordinator.

Community volunteers are critical to the success of this project, as they attempt to support families in every area of need identified by both the agency and the families themselves, McHugh says.

Volunteers may choose from a broad range of opportunities. They are needed to: establish close, ongo-ing one-to-one relationships with parents (becoming "Parent Aides"); work in a nutring program for the infants and preschoolers; serve as co-leaders of the therapy and skills groups for parents; provide tutoring,

friendship and role models for the school-age children; assist with nu-trition, hyglene and health educa-tion; help adult literacy program; or assist with transportation of families to and from the agency.





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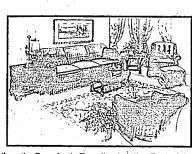
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