Weight changes riskier than fat

Years ago doctors first noticed that patients with arthritis who took aspirin each day to reduce their pain and discomfort, coincidentally had a lower incidence of heart attacks.

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Did you know that...

So to 90 percent of the colories and coctors first noticed that noticed that noticed that cook a splint took a splint to

is one reason why persons who controll in cardiac rehabilitation group exercise programs enjoy an increased survival.

Recent research suggests that repeatedly gaining or losing weight may cause more harm than good. According to the Framingham Heart Study, persons whose weight often cycled up and down had a greater risk of heart disease than those who maintained a more stable weight—even if the stable weight was higher. Barry A. Framilin, Ph.D. is director, Cardiac Rehabilitation and Exercise Laboratories, William Beaumont Hospital, and holds faculty appointments at Wayne State University, School of Medicine, and at Oakland University. He can be reached by touch-tone phone at 953-2047, Ext. 1860.

Full moon 'sappy' this month



RAYMOND E. BULLOCK

predictions, however, they are certainties.

For example, Mcrs will be an evening planet this month, as is Jupiter. Saturn will be visible in the pre-dawn sky, and Mercury is too close to the sun to be seen.

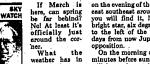
Full Moon will occur at 44-6 a.m. on March 3. The moon will be fully lighted by the sun and will be setting in the west as the sun rises in the east. The March full moon was called the Sap Moon by some Native American Indians; others named it the Crow Moon. The reason for the name Sap Moon is obvious — March is the month when sap flows in trees.

say moon is obvious. Matter the month when say flows in trees.

Coincidentally, this full moon happens to occur when the moon is at perige (its closest to the earth.) The orbit of the moon is oval, not circular. It will be a mere 356,628 kilometers (221,688 miles) away, the closest it will be all year, and it will produce unusually high tides.

Venus, which has been drifting eastward through the stars of Piaces, will begin retrograde (backward) motion on March 9. It will move westward during the rest of the month, as if chasing after the sun. Retrograde motion is an optical illusion; faster moving Venus soon will be passing between the earth and the sun.

Jupiter will be easy to identify



on the evening of the 9th. Face the cast southeast around 9 p.m. and you will find it, looking like a pright star, six degrees above end to the left of the moon. Eleven days from now Jupiter will be at opposition.

On the morning of the 10th, 45 minutes before sunrise, the moon the scorpion, on the morning of the 10th, 45 minutes before sunrise, the moon will be the scorpion, on the morning of the will form a large triangle with Jupiter and the star Spite (SPY ke) in Virgo. On the following morn use the sun is, its outer layer would continue the moon will be three degrees to the left of Antarea.

An excellent aid for learning content to the scorpion, on the morning of the holdest stars in the sky. It is also will form a large triangle with Jupiter and the star Spite (SPY ke) is scorpion, on the morning of the scorpion on the morning of the scorpion, on the morning of the scorpion, on the morning of the scorpion, on the morning of the scorpion on the morning of the scorpion on the morning of the scorpion on the scorpion on the morning of the scorpion on the morning of th







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