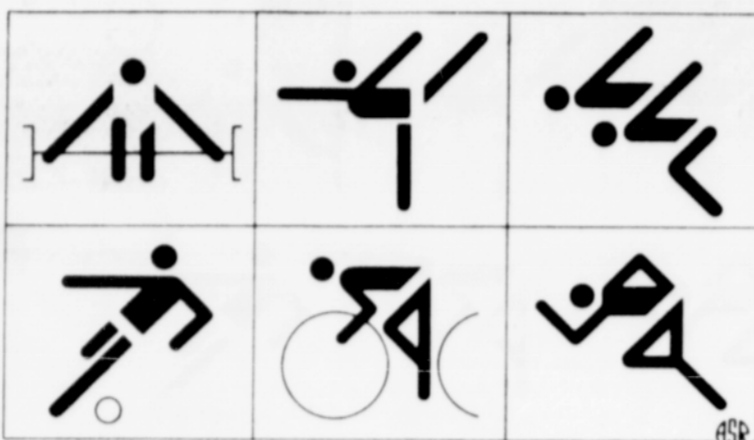


SPORTS • SPORTS • SPORTS

by Jerry Garner

Eat To Compete:

Nutrition Boosts Sports' Performance



Although Americans are flocking to health clubs in record numbers, and turning marathons into mob scenes, surprisingly few of us know much about the relationship between food and athletic performance. The old myths about proteins and sugars hang on, in a context of fast food and fad diets. If you don't have a sports nutritionist in the kitchen, or a regular meal ticket at a training table, chances are your food regimen is the least efficient part of your personal fitness program.

Doubt it? Try your nutrition knowledge out on these:

- | | | |
|--|------|-------|
| 1. Thirst is a reliable indicator of dehydration. | True | False |
| 2. Protein is a major source of energy during exercise. | | |
| 3. Salt tablets should be taken to replace the sodium lost through perspiration. | | |
| 4. Protein should make up no more than about 12 percent of daily caloric intake. | | |
| 5. The body needs approximately one cup of fluid for every 15 to 30 minutes of exercise. | | |

If you answered every question right (see answers below) you probably already know how to fuel up for

maximum performance in the sport of your choice. If not, there's help available.

"Eat to Compete," a series of nine pamphlets, each dealing with a specific sport, has been produced by the NutraSweet Group, a division of G.D. Searle & Co., and endorsed by the Amateur Athletic Union (AAU). Each pamphlet presents a concise summary of general information about nutrition and specific information about nutritional requirements for the sport in question.

Developed under the guidance of Syracuse University sports nutritionist Dr. Sarah H. Short, the colorful brochures tell how to "eat right" for running, swimming, biking, hiking, racquet sports, aerobic dance, weight training, skating and skiing. The brochures are available, free of charge, by writing: Eat to Compete, c/o AAU, 3400 W. 86th St., Indianapolis, Indiana, 46268. Please enclose a letter-size stamped, self-addressed envelope. Indicate which sport or sports are of interest.

Answers: 1. False. Thirst is not a good indicator of dehydration. 2. False. Carbohydrates provide the major energy source for exercise. 3. False. Normal seasoning on food provides adequate sodium; too much salt pulls water from muscle cells. 4. True. Carbohydrates should make up 55-60 percent of daily caloric intake; 30-35 percent should be fats. 5. True. Dehydration is a common cause of fatigue.



Paul Jackson scored two more touchdowns against Grand last Friday to bring his season total to 14. (Photo: Richard J. Brown)

Benson remains undefeated in P.I.L.

Last Friday night at the Civic Stadium, Benson High routed Grant 56-15. The victory raises the Techmen's record to 5-0 in the P.I.L. Benson has scored 213 points in five games for an average of 42 points per contest.

Paul Jackson, halfback for Benson High, scored two more touchdowns

against Grant to bring his season total to 14. Jackson has scored 84 points for Benson, which makes him the number one scorer in the state.

Benson's defensive unit is just as good as the offense. The Techmen defense has given up only 22 points in five P.I.L. games.

Globetrotters to carry woman on team

When the Harlem Globetrotters begin their 60th season on October 17, in Brisbane, Australia, they will carry a woman on their roster.

The Trotters open training camp this week. Out of 17 candidates attending the camp, 10 are women. The Trotters picked one woman and one man for their team.

Lynette Woodard of Kansas was

chosen as the first woman Globetrotter. Some of the other women attending the Trotters camps are former Southern Cal's All-Americans Pam Walker of Kansas, and team captain of the USA's 1984 Olympic Team.

The signing of a woman begins a new era for the Trotters.

I-70 World Series possible

Now that the regular Major League Baseball season is over, four teams will now compete in the divisional play to represent the American and National League. Toronto and Kansas City will play to determine the American League Championship. St. Louis will host Los Angeles to determine the National League representative.

If the Royals beat the Bluejays and

the Cardinals defeat the Dodgers, it will be an I-70 World Series. The cities of Kansas City and St. Louis are both located on Interstate 70. Kansas City is located in the Western part of the state and St. Louis in the Eastern part.

Personally, I don't think this will occur. I'm picking Toronto to meet St. Louis in the World Series.

Grambling coach is winningest coach

Last Saturday, Grambling's Eddie Robinson became the winningest coach in major college football history. In Dallas, Grambling defeated Prairie View A&M 27-7 to give Robinson his 324th football victory. Robinson received a congratulatory call from President Reagan.

Robinson who has coached Gram-

bling for 43 years was tied with Alabama's legendary Coach Paul "Bear" Bryant for the most career victories of 323. The victory over Prairie View raised the Tigers SWAC (Southwestern Athletic Conference) record to 4-0. Grambling is ranked No. 2 in the NCAA's Division I-AA.



Portland Trail Blazer guard Steve Colter visits with Ryan White, 4½, a student in Providence Child Center's Esther Kelly Program. Blazer coach Jack Ramsey looks on as class serenades the visitors with a song.

The Trail Blazers stopped at Providence Child Center last Wednesday for the third year in a row as part of the annual "Blazer Blitz."

DMV gets tough on drunk drivers

More than 11,000 licenses of drinking drivers were confiscated and sent, along with sworn reports, to the Motor Vehicles Division under the state's implied consent law during the first six months of this year.

Since the state's "get tough" law took effect a year ago, more than 23,000 drivers have been subjected to license suspension under the law, according to DMV.

Statistics for the first half of this year show that 9,144 of the reports received by DMV were for drivers who took and failed a breath test after being arrested for driving under the

influence of intoxicants. Slightly more than 2,100 (about 19 percent) of the reports were for drivers who refused to take a breath test.

Under the law, a driver who takes a breath test and gets a reading of 0.08 percent or more is suspended for 90 days if it is the first drinking-related entry on the record. Repeat offenders who fail a test are suspended for one year.

Drivers who refuse a test are suspended for one year the first time and for three years on any subsequent refusal.

HUD predicts more mortgage applications

The U.S. Department of Housing and Urban Development has issued a special report forecasting an increase in the number of Single Family mortgage insurance applications over the coming year. The report was prepared by HUD economists covering the states of Washington, Oregon, Idaho and Alaska.


"Given stable interest rates and moderate employment growth, the number of applications is expected to increase from 10 to 20 percent above the current high level in all HUD offices in the Region," says economist John Taylor in the report.

Applications in Washington are ex-

pected to increase 11 percent by July 1986 over this July's forecast. In Alaska, an increase of 12 percent is forecast, and a 19 percent increase is projected in Idaho. Oregon will show the biggest increase at almost 21 percent. The Portland HUD Office posted a 14-year record for applications in June of this year.

"The interest rate path used in the analysis assumed an average rate of 11.75 percent in the third quarter (July - September, 1985)," says Taylor. "That will rise to 12 percent in the fourth quarter and to 12.25 in each of the first two quarters of 1986."

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Social Security disability checks for at least two years. Medicare helps pay the hospital and medical bills. If you have any questions about your Social Security protection, call your Social Security Office. It's listed in the phone book under Social Security Administration.