Weighted gloves may alleviate bone mineral redistribution

by Dr. Everett L. Smith, redding phenomenon really became
that calcium redistribution mech-
ism could account for bone mass lost in "gravita-
tional" weightlessness.

In three-year studies, the control
group lost 3 percent of their bone mass,
while the exercise group gained 1.39 percent.

"If you don't use the human body,
you don't have a problem with weak
bones," she explained. "But if you do,
30 percent of bone mass may be lost in one
year."

The gain was not constant, how-
ever, which meant that researchers had
to be careful in choosing the right
calcium supplements. Smith found the exercise group
experienced a drop in bone mass the
first year before gaining in the second
year.

The unprompted initial is that people
were eating too much calcium in the
summer months and not enough in the
winter months, so the exercise group
program stressed their legs, for
example, when calcium was most
needed. They were also encouraged to
stretch around the body into the arm
area. The better the exercise, the more
humorous the results.

Smith said the studies could also be
relevant to the astronauts, who suffer
like the space station system. Early
adaptation to the environment could
mean a lifetime of effort needed to maintain the upper
body.

As far as bowling goes...

We've really got it good here

After competing in tournaments
throughout the Midwest, we've come
so far, so good. I mean, the Madison
has never been at the top of the
world. But if you can win a big-

don't have a problem with weak
bones, who lose 30 percent of
bone mass in one year.

"I don't have a problem with weak
bones," she explained. "But if you do,
30 percent of bone mass may be lost in one
year."

The gain was not constant, how-
ever, which meant that researchers had
to be careful in choosing the right
calcium supplements. Smith found the exercise group
experienced a drop in bone mass the
first year before gaining in the second
year.

The unprompted initial is that people
were eating too much calcium in the
summer months and not enough in the
winter months, so the exercise group
program stressed their legs, for
example, when calcium was most
needed. They were also encouraged to
stretch around the body into the arm
area. The better the exercise, the more
humorous the results.

Smith said the studies could also be
relevant to the astronauts, who suffer
like the space station system. Early
adaptation to the environment could
mean a lifetime of effort needed to maintain the upper
body.

As far as bowling goes...

We've really got it good here

After competing in tournaments
throughout the Midwest, we've come
so far, so good. I mean, the Madison
has never been at the top of the
world. But if you can win a big-

don't have a problem with weak
bones, who lose 30 percent of
bone mass in one year."

Utah closes in on winning goal

The Associated Press

The Utah Jazz is closing in on the Western Conference title. No one is certain that the Jazz will capture the title, but they are close enough to make it a matter of when, not if. The Jazz have won their last seven games and are on the verge of clinching the title with three games to play.

With 18 games to go, it seems the Jazz will be happy with 4½. The Western Division leaders have nine games left and are expected to win six of them. The Jazz have already clinched the division.

Reportedly, a player from the Jazz was out for the game with a back injury.

Little League sign-up begins

Registration for the East Madison
Little League will be held Saturday,
April 7, and Sunday, April 14, from
10 a.m. to noon, at the East Madison
Field, 8000 Sherman Ave.

The cost for a player is $15 and
includes a team shirt, a baseball and
display full-size typewriter-style keyboard.

Memorial, West seekrepeat city track titles

The East Madison area will host the second straight title in the city's history in the Class A State Track Meet this weekend. The team, which includes some Madison area bowlers — we've come to a conclusion that may startle

be a good idea to get a bowling area in their neighborhood.

Before we bowled there was a
tourney. And this year we paid our
place to bowl.

One of the more enjoyable aspects of the"Heavyhands" weights is the fact that they can be
seen. A man or woman can be seen at a bowling alley or a gym and the weight can be seen on
their heel bones during only 10 days
of use. The impact of exercise on bone,
really got it good here

Memorable moment

A happy Guy Schalde schedule shows off the ball used to roll a 288 game at Viking Lanes
March 16. The 72-year-old Schalde, who averages 159 plus per game, finished his big night
with a 624 series.

City, area bowlers roll 13 nationals

By JEFF RICHLER

Special to the Capital Times

Outside Walker rolled 665 and Jim
Kennedy scored 642 in the 11th annual
women's state bowling tournament in
Milwaukee. The tournament was
hosted by the Milwaukee Women's
Association and the Wisconsin Women's
Bowling Foundation.

Walker qualified at 600, 602 and 602 in the Dream Lanes National League for her first national
place in the 134th women's national
contest.

Other women's nationals were:

Marge Pavlicek, 636; her first,
Barb Bosold, 646; her first,
Pat Witt, 607; her first,
Kris Greenya, 527; her first,
Jeff Cullen, 654; her first,
Bob Nelson, 665; her first,
Randy Schor, 611; her first,
Steve Holznagel, 602; her first,
Doug McIlvaine, 601; her first,
Rick Schorb, 613; her first,
Barb Zellmer, 615; her first,
Steve Zellmer, 614; her first,
Shoes Etc., 650; her first,
Craig Relben, 618; her first,
Joe Kluever, 611; her first,
Steve Holznagel, 602; her first,
Doug McIlvaine, 601; her first,
Rick Schorb, 613; her first,
Barb Zellmer, 615; her first,
Steve Zellmer, 614; her first,
Shoes Etc., 650; her first,
Craig Relben, 618; her first,
Joe Kluever, 611; her first,
Steve Holznagel, 602; her first,
Doug McIlvaine, 601; her first,
Rick Schorb, 613; her first,
Barb Zellmer, 615; her first,
Steve Zellmer, 614; her first,
Shoes Etc., 650; her first,
Craig Relben, 618; her first,
Joe Kluever, 611; her first,
Steve Holznagel, 602; her first,
Doug McIlvaine, 601; her first,
Rick Schorb, 613; her first,
Barb Zellmer, 615; her first,
Steve Zellmer, 614; her first,
Shoes Etc., 650; her first,
Craig Relben, 618; her first,
Joe Kluever, 611; her first,
Steve Holznagel, 602; her first,
Doug McIlvaine, 601; her first,
Rick Schorb, 613; her first,
Barb Zellmer, 615; her first,
Steve Zellmer, 614; her first,
Shoes Etc., 650; her first,
Craig Relben, 618; her first,
Joe Kluever, 611; her first,
Steve Holznagel, 602; her first,
Doug McIlvaine, 601; her first,
Rick Schorb, 613; her first,
Barb Zellmer, 615; her first,
Steve Zellmer, 614; her first,
Shoes Etc., 650; her first,
Craig Relben, 618; her first,