

PEOPLE & LIFESTYLES

Experience "Runners High" This Spring

by Andy Arce

I went out and ran last night. It was perfectly miserable: about 39 degrees, a cold drizzle falling, the tail end of a cold still hacking around my throat. April is usually the cruelest month of the year for runners, at least those early days when the weather is still March-ish and you are anxious to make up for lost winter time. But here it's May and it still feels like April. You already know that you don't haven't got your miles in to be in shape for the spring running season.

But then it isn't really so bad after all. I'm outside, which is more than was possible most of the winter. Besides, what else can you do in this fresh air in a cold May drizzle? So maybe I'll turn here and do an extra mile or two tonight. This road is quiet and dark. I haven't been out this far since last February. My feet still remember the lay of the road. I'm in the flow and I

feel good.

And there is this too: the payoff of these hard miles of "spring training" will be that beautiful June morning when the air tastes fresh and the scenery glides past, the sun glinting in the trees. With the road under your feet and the miles melting away, you feel like some kind of Apollo or Diana, you...well that's all a bit too much, isn't it? But the phenomenon known as "runner's high" cannot be denied. Running brings out the little kid in us, an exuberance and a spontaneity that becomes stale as we grow up.

It feels good, it's about the best thing for you, it doesn't cost much, you can go virtually anywhere, alone or with others.

Sounds interesting? Still a little skeptical, right? Well let's allay some of those concerns.

Who runs? By no means just jocks, health fanatics, men or thin people. Your best friend

may be a runner and you don't even know it. Ask him or her; getting out and running is a lot easier when someone else is there to motivate you.

What do I need? A little dedication, most of all. Then a good pair of running shoes. Some of the top names are: Nike, Brooks, New Balance, Adidas, Etonic, and Tiger. These sharp nylon and leather items with the patterned rubber soles are manufactured with great attention to detail. Last year *Fortune* magazine named the Adidas SL-72 one of the 50 best-made products in the world. These shoes are not cheap; count on spending between \$22 and \$35. Don't skimp on quality; you are going to put a lot of miles on the shoes. Be sure to get running shoes-basketball shoes are for basketball. Running shoes will do nicely for tennis and racquetball, thought not vice-versa.

The rest of your gear is up

to you: a tee-shirt, turtleneck, windbreaker, over-shorts or sweatpants if the temperature is below 45 degrees. Don't overdress; your body will provide its own heat once you start running. As the weather warms up, you may want to wear nylon shorts because they don't chafe or absorb perspiration like cotton or denim.

Where do I run? Anywhere. Usually I make do with the Middletown area. Or I might run in Harrisburg along the river where I usually encounter several runners. Parks and rural areas are nice for week-end runs; but you'll be surprised how enjoyable a run through the suburbs or the country can be. Running on a track is usually pretty boring, but they are great for speed workouts before a meet.

Any last words of advice? You should run at least three times a week to make it worthwhile. Before you run, stretch your muscles, especially

your calves, hamstrings, achilles tendons, and the quadriceps (the large muscles in the front of your thighs). Simple warm-up exercises should prevent injuries.

Don't worry about how many miles you have run. Run to time-that is 20 minutes, a half hour. If you feel good push a little. Run until you are tired, then walk about a block. But go on and run some more.

If weight is not one of your problems, feel free to stuff yourself within the limits of good nutrition. Doing at least at 25 miles a week should burn up those calories. On the other hand if weight is a problem a few months of steady running will knock off at least 10 pounds, no matter how much you eat.

In conclusion, somebody out there must be interested in running because *The Complete Book of Running* is the best selling non-fiction book in the United States.

America's Love Affair

By Sandy Stern

It is not difficult to understand America's love affair with spaghetti and meatballs. Who can resist the sheer delight of long, tender strands of gloriously textured meatballs topped with spicy, simmered tomato sauce and a light dusting of freshly grated cheese?

Certainly not me, especially since I possess one of the finest sauce and meatball recipes around. This marvelous concoction is at least forty years old and given to me by a very credible source—a former resident of Sicily who truly knows of such matters.

This meal is an impressive feast when served with a crisp, green salad, a loaf of crusty bread, lots of dry red wine, and a tangy fruit ice for dessert.

It is advisable to allow plenty of preparation time for this recipe, so try to make it in the morning. That way the flavors can properly meld together.

Spaghetti and Meatballs
(serves 4)

MEATBALLS

2 slices stale Italian bread
1/4 c. milk
2 lbs. ground chuck
1/3 c. stale Italian bread crumbs
1/3 c. grated Romano cheese
1 onion, chopped fine
1 egg
1 tsp. salt
1/2 tsp. pepper
2 tsp. grated lemon peel (don't omit)
1 tbsp. oregano
1 clove garlic, minced

In a large bowl, soak the bread in the milk until it is absorbed. Now add all the remaining ingredients and mix well with hands until everything is incorporated. Now roll the mixture into balls, place on a plate and refrigerate for 30 minutes. This helps the balls retain their shape while cooking. Now in a frying pan, melt 1/3 cup butter. Fry the meat balls on medium heat until they are brown on the outside. If you taste one and it is pink on the inside, don't worry; they will finish cooking in the sauce. When meatballs are browned, transfer them to a plate while you make the sauce.

TOMATO SAUCE

1/2 c. olive oil
1 chopped green pepper
1 or 2 chopped garlic cloves
1 large onion, chopped
1/2 lb. fresh mushrooms, sliced
2 cans of 1 1/2 lbs. tomato puree
1 6 oz. can tomato paste
1/2 tsp. salt
1/2 tsp. pepper
1 tbsp. oregano
3/4 c. grated Romano cheese
1 tbsp. brown sugar

In a frying pan, fry the vegetables until tender in 1/4 cup of the oil. Set aside while preparing the sauce. Now, in a very large pot, heat the olive oil and add the tomato paste. Cook the paste over low heat until slightly browned, but by no means burned. This step requires careful stirring. Next add the remaining ingredients, including the vegetables and the meatballs. Bring everything to a boil and simmer for 3 to 4 hours.

Countin' Calories

CHICKEN DELIGHT

Average adult portion (1/2 chicken, 4 pieces) - 625.

COLONEL SANDERS' KENTUCKY FRIED CHICKEN

15-piece bucket - 3300; drumstick - 220; "3-piece special" - 660; "dinner" (with 3 pieces of chicken, cole slaw, mashed potatoes, gravy, roll) - 980.

DIARY QUEEN

Average banana split - 547; "Super Brazier" - 907; chicken snack - 342.

BASKIN-ROBBINS

One scoop (2 1/2 oz.) with sugar cone: Chocolate fudge - 229; French Vanilla - 217; Rocky Road - 204; Butter Pecan - 195; Jomoca Almond Fudge - 190; Chocolate Mint - 189; Jomoca - 182; Fresh strawberry - 168; Fresh Peach - 165; Mango Sherbert - 132; Banana Diaquiri Ice - 129.

HARDEE'S

"Huskee Deluxe" - 525; "Huskee Junior" - 475; fish sandwich - 275; hot dog - 265; apple turnover - 290; average serving (2 oz.) french fries - 155; milk shake (8 oz.) - 320.

HOWARD JOHNSON'S

\$.25 cone: vanilla - 186; chocolate - 195; \$.35 cone: vanilla - 247; chocolate - 261. \$.45 cone: vanilla - 370; chocolate - 390; any flavor sherbet - 136. (Hint for fried clam and pecan pie freaks: According to *The Brand-Name*

Calorie Counter: 7 oz. pkg. Holo's frozen fried clams - 357; 1/8 of 2 lb. pecan pie - 474.)

LUM'S

"The Ollie Burger" (5 1/2 oz. ground beef "with secret herbs and spices") - calories are a secret too but 5 1/2 oz. of broiled beef without a roll has 448. Average ounces in other Lum's portions, easily translated into calories with any pocket counter: fried onion rings - 5 1/2 oz.; hamburger - 4 1/2 oz.

MC DONALD'S

Egg McMuffin - 312; Hamburger - 249; Cheeseburger - 309; Quarter Pounder with Cheese - 521; Big Mac - 557; Filet-of-Fish - 406; french fries - 215; Apple Pie - 265; Chocolate Shake - 317; Vanilla Shake - 322; Strawberry Shake - 315.

TACO BELL

One taco - 159; tostada - 188; order of frioles - 178; enchirito - 418; burrito - 319; "Bell-burger" - 243.

WHITE CASTLE

Hamburger - 157; serving of french fries - 219; cheeseburger - 198; fish sandwich - 200; milk shake - 213; serving onion rings - 341; cinnamon roll - 305; cherry roll - 334.

ARBY'S

"Junior roast beef sandwich" - 240; regular roast beef sandwich - 429; turkey sandwich without Arby's dressing - 337; with dressing - 402; "ham 'n cheese" - 458; Arby's "Super" roast beef sandwich - 705.

The trouble with a scoop of Rocky Road ice cream is that it's a particularly rocky road to travel if you're on a diet. Still, the calorie count (204) might not be quite as high as you suspected—and it looks almost dietetic compared with the count (557) for McDonald's Big Mac. These and other fast food calorie counts (approximate) below, may or may not confirm your worst suspicions.

ARTHUR TREACHER'S FISH & CHIPS

An order of fish and chips (2 pieces of fish, 4 oz. of chips) - 275.

DUNKIN' DONUTS

Hole-in-the-middle "cake" donuts; plain cake - 240; plain honey-dipped - 260; plain with white icing - 265; plain with chocolate icing - 235; chocolate cake - 240; chocolate honey-dipped - 250. "Yeast raised" donuts have jelly, custard or cream fillings: sugared - 205; honey-dipped - 225 (add 40-50 calories for filling).

BURGER KING

The "Whopper" - 606; the "Whaler" - 744; bag of french fries (24 oz.) - 214; large shake - 332; hamburger - 252; cheeseburger - 305; hot dog - 291.

CARVEL

A standard 3 oz. cup of Vanilla ice cream - 148; Chocolate ice cream - 147; Sherbert - 105; Vanilla, Chocolate or Coffee Thinny Thin - 55.5.