



Midnight run

Saunter society strolling ahead

United Press International  
SAULT STE. MARIE, Mich. — As hordes of sweaty joggers clog the nation's pathways, a campaign to revive the lost art of sauntering is gaining momentum — ever so slowly. Practitioners of the ancient pastime, undaunted by the outbreak of physical fitness fever sweeping the country, claim to be winning new converts every day. The World Saunter Society, created during a front porch debate among faculty members of Lake Superior State College a few years ago, now boasts an international membership of about 6,000 card-carrying loyalists.

All are dedicated to the preservation in today's jet-age mechanized society of such frivolous pursuits as the impromptu stroll through the garden.

The saunterer has no particular destination and is in no hurry to get there. His hallmark is style and he rarely travels alone — but never with children of any age.

"There's a time and a place for it," said Austrian-born philosophy professor Hellmuth Kormmuller, saunterer-in-residence at the small college. "If the spirit moves you, then you will know."

To saunter, by definition, is to walk about aimlessly at a leisurely pace. A speedy strut is not permitted, for this would leave no time for diversion.

Props such as walking sticks and umbrellas — tightly furled or otherwise — often are popular. Attire is up to the individual and depends on the time of day.

"If you know how to saunter, you will know what is proper to wear," Kormmuller said.

Some saunterers also jog, but most look with disdain on the formal regimens associated with the more physically exerting pastime.

"You need special shoes for jogging," Kormmuller said. "You have to wear certain dress now. You can't simply run. It's become too organized. Pretty soon, you'll have to read a book and take a test to learn how to run."

One new convert to the society's way of thinking, emergency room physician Jerry W. Brackett of Grosse Pointe, Mich., sees other advantages.

"It's possible to socialize more if you're sauntering than jogging," said Brackett, who does both. "It's a form of group therapy."

In addition, he said, sauntering gives one "a greater appreciation of

the surroundings" and "has a tranquilizing effect that is the strenuous exercise."

The society has tried to revive the spirit of days gone by with an annual August Front Porch Saunter at the plush Grand Hotel on Mackinac Island, a popular area where guests are chauffeured in horse-drawn carriages driven by uniformed coachmen.

There is no physical risk involved in sauntering, except in high areas where "walking with purpose is preferred. Medical authorities warn, however, against trying to do too much too soon.

"You start out slowly, you proceed slowly and you finish slowly," said Dr. Russell Bruce, the resident physical fitness expert.

Tiny bits of PCB pose big threat

As little as a millionth of a gram per liter of PCB in water may contaminate fish, eaten by humans and decrease fish harvests by reducing size as production of phytoplankton, first link in the marine food chain.

Texas A&M University oceanographer Douglas Biggs says that con-

centrations of PCBs (polychlorinated biphenyls) that reached one to 10 micrograms per liter adversely affected phytoplankton growth and production.

Biggs, who conducted the research over four months at a New York tidal marsh with four colleagues from State University of New York-Stony Brook, says such concentrations could divert the flow

of phytoplankton from harvestable fish to jellyfish and other predators, as well as contaminating what fish are harvested and eaten.

Biggs collaborated with researchers Harold O'Connor Jr., Charles Wurster, C. Donald Powers and Ralph G. Rowland of the Stony Brook marine sciences research center.

PCBs, used in various industrial

tasks, are widespread and are considered by many scientists and ecologists to be one of the most harmful pollutants that exists.

"A two-pathway hypothesis has been developed for transfer of biomass through the marine food webs," says Biggs.

"One pathway leads from large phytoplankton by way of one-to-three-step food chain to fish that can

be harvested and eaten by humans.

"The other leads from phytoplankton through various trophic levels to various predators, such as jellyfish.

"If this hypothesis is valid, PCB pollution of coastal waters could result not only in contaminated marine life and diminished production, but also reduced harvestable fish," he concludes.

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Cyclist discovers 'better U.S.'

United Press International  
SPOKANE, Wash. — Joe Keba, pedaling across the roads and highways of the nation for nearly six months now, reports he's discovered a better America.

"Before I left home, my perception of this country was what I read, how messed up this country's supposed to be," said Keba, 20, who set out from his home in Warminster, Pa., two days before Easter.

"But what I've seen with my eyes, well, most of the people are friendly and the country is beautiful.

They've never killed anyone. And I've yet to meet someone who's killed someone else in an automobile accident. Seems like that's all you read.

"It's not as messed up as I thought it was. And the further I go, the better it gets."

Keba has traveled 12,000 miles through 40 states — including "all the states east of the Mississippi" — since kissing his mom, dad and sisters goodbye on his bicycle tour of all the 48 adjoining states.

Before him lie Oregon, California, Nevada, Utah, Arizona, New Mexico, Texas and Oklahoma.

"That's my travel itinerary," the lean, 6-foot college sophomore said. His goal is to return home by

mid-December, in time for his 21st birthday and Christmas.

When he passed through eastern Washington on his way to Oregon this week, Keba looked as if he had pedaled a lot of miles.

He smiles through a gritty, road-tested face and calls the hand-washed shirt, sweat shirt and cutoffs his uniform for temperatures above 40.

He has changed tires "about 20 to 30 times" and wore his first bicycle out after the first 5,000 miles. His brother in Ohio got him a new one.

Keba said he usually stops at a gas station for repairs, and that's where he attracts the curious.

"People in the Midwest mostly asked me what the ocean looks like. That surprised me. I told them to go

out and take a look for themselves.

Keba's main diet has been bread, butter and bread. "It got to be after a couple of months, I had the I've been drinking milk and doughnuts, too," said the Aggie.

When he runs out of bread, which is fairly often, Keba hires on as a ranch hand. His needs are few and so his money is used mostly to pay for bicycle repairs.

His "hotel accommodations" are mostly free way under the stars, and his trusty waterproof bag, "Worst one I slept under right here in Washington last along Interstate 90. Awfully though the beauty he has seen stopped yet, Keba says.

"Yellowstone Park and the Tetons — they were beautiful. I liked the mountain ranges, the Rockies. But so far, the further the more beautiful it becomes.

Keba said he's not the one checking out the country on a wheeler.

"There are plenty of bikes there. I was talking to a fellow the other day. His son is only they rode coast to coast."

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