

quadrivium

Quiz 8312 - See You in the Funny Papers

1. What is Wimpy's full name?
2. Who was the one non-super member of the Justice League of America?
3. Who created "Superman" in 1938?
4. Name the strip which featured Skeezix, Corky, Walt Wallet, and Judy.
5. Who are Dick Tracy's wife and daughter?
6. Who is Little Lulu's boyfriend?
7. Billy Batson?
8. Prince Namor?

9. Lai Choi San? (hint: from Terry and the Pirates)
10. El O'Biren?

Answers to Quiz 8311

1. Lamont Cranston or "The Shadow".
2. Bud Collyer.
3. "Amos'n'Andy".
4. Harry Von Zell.
5. Chester A. Riley on "The Life of Riley".
6. Archie.
7. "The Lone Ranger".
8. "Flight of the Bumble Bee".
9. "Fibber McGee and Molly".
10. "Joyce Jordan, Girl Interne".

Running in winter

by Mark Lane

Beginning runners often worry about the possible dangers of winter running at any distance. One of the most asked questions of fitness consultants is "Will the cold air damage my lungs?"

If you plan to run in the winter, have no fear because no physical damage will result. The reason cold air won't damage your lungs is the adaptability of the lungs and the protective devices built into the human body. Any air taken in the mouth is warmed in the throat long before it reaches the lungs.

Any chest pains which you may feel are more the result of extra-stress caused by cold weather running than any cold air effects on the lungs. The extra stress a runner feels in cold weather makes running more enjoyable and is more valuable in some respects for conditioning purposes.

If you plan to do any winter running you must learn to "balance" between heat and cold. One of the cardinal rules of winter running is to head into the wind as soon as you get outdoors, because this makes finishing the workout much easier. Generally, in winter you try to finish faster than when you began, thus avoiding any possible chills that may result if you overheat too early. You don't want to finish your workout soaked in sweat and so tired that you move slowly. You will lose that all important body heat and get hypothermia.

Another rule that winter runners should follow is: DO NOT OVERDRESS. Wear enough clothing to keep warm but not so much that you will overheat. This is what I mean by "balancing" between the heat and cold. Most runners learn by trial and error how to cope with cold weather running.

Any cross-country skier knows that the best way to balance between heat and cold is to dress in layers. As the weather gets warmer you shed one layer and when it gets colder you put it back on. Before you start to run you should step outside and feel how cold it is instead of listening to the weatherman tell you how cold it is and then decide from then what to wear.

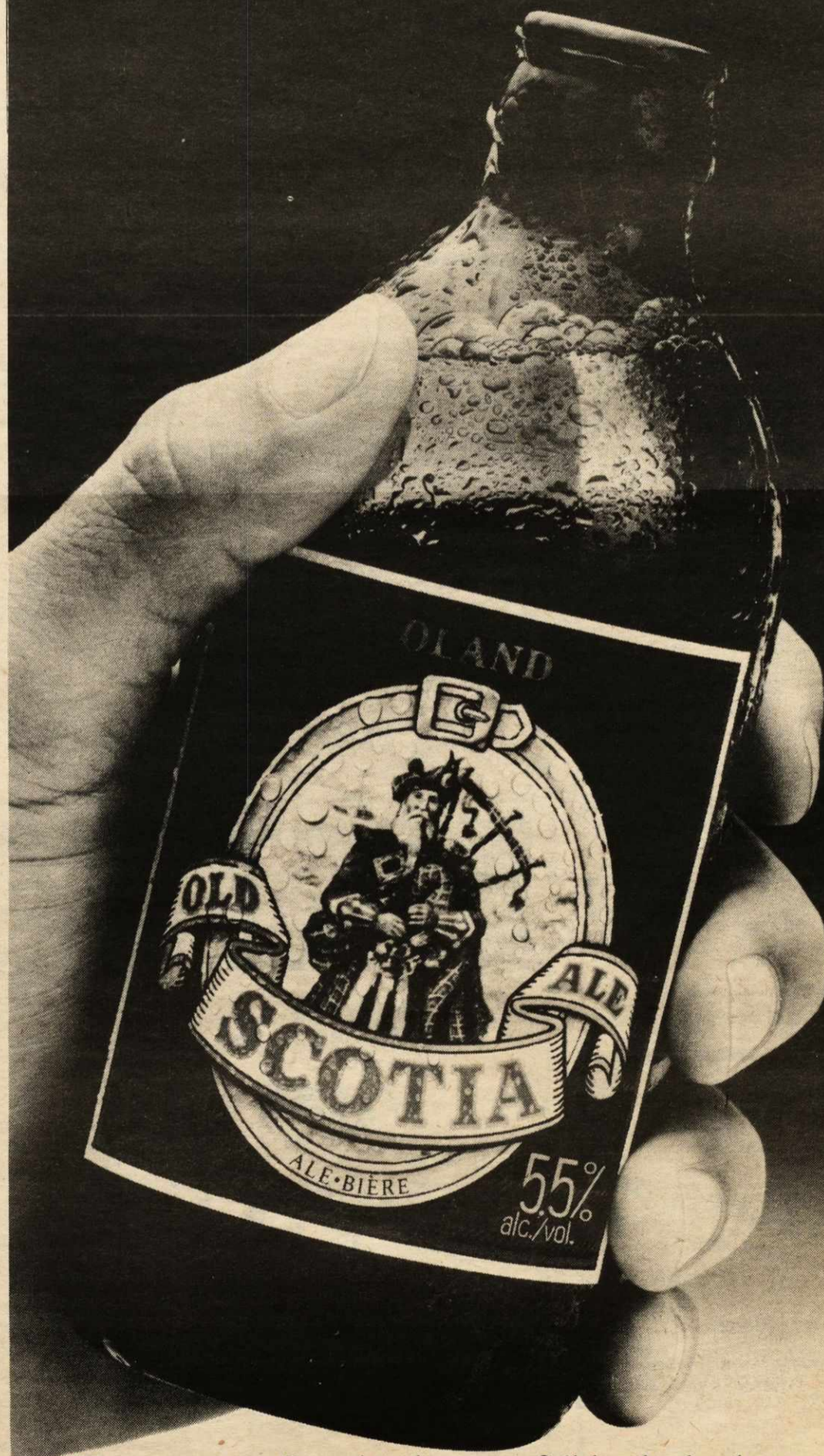
For fall weather, begin layering by adding a cotton turtleneck over or under (whichever you prefer) a t-shirt. This is important because it prevents cold air from going down your back and it also traps the warm air between the layers of clothing; the secret of effective insulation. As the weather gets colder add a sweatshirt over the turtleneck and when it is very cold, add a light nylon parka.

For your legs, the old grey sweats are good on most mornings simply because your legs are always in motion. On colder days, cover your legs with nylon sweatpants over your sweats. Male runners should also consider wearing shorts over the sweatpants to prevent them from freezing their "mannliches glied".

A touque is a must because most heat loss from the body occurs through the scalp. Mittens are also recommended over gloves because they provide better circulation in the hands over ordinary gloves.

If you follow these suggestions you should find cold-weather running an invigorating experience.

YOU'LL GET A KICK OUT OF THIS AD.



When you're talking big, brawny, full-bodied, robust, great tasting ale, you're talking Old Scotia.



CKDU DAL RADIO
STAY TUNED FOR

CKDU ALTERNATIVE THIRTY

CLASSIC ROCK

Tuesday, November 29, 6-8 p.m.: **Led Zeppelin** with Trevor Lassaline (part I)

Thursday, December 1, 6-8 p.m.: **Ultravox** with Gary LeBlanc (part II)

HOT OFF THE PRESSES

Monday, November 28, 8-9 p.m.: **The Windham-Hill Label** with Chris Armstrong

Wednesday, November 30, 8-9 p.m.: **Breeding Ground's Reunion EP** with Kim Rilda and Gary LeBlanc

BBC IN CONCERT

Tuesday, November 29, 8-9 p.m.: **The Stranglers**