

## good sport

### Getting Started: No Cheapskates Please

**I**CE SKATING veterans and sports physicians agree that the best prevention against discomfort or injury on the ice is a well-made pair of skates. You can probably find a pair for \$25 in a discount store, but don't be cheap: The better the quality of the skates, the better the ankle support, and the faster you'll learn to skate correctly.

"You can shatter an ankle with old or cheap boots—I know, I did it," says Tete Tetens, 25, a flashy recreational skater who works at the Fritz Dietl rink in Westwood, N.J. Once his ankle healed, he bought the best skates he could find: custom-made Riedells, at a cost of \$300.

Beginners don't need to shell out that much, however. "Be prepared to spend about \$80 for a good pair of skates," says Mary Rector, skating school director at the Iceland rink in Virginia Beach, Va. She also advises starting in figure skates—Riedell and Don Jackson make good beginners' models—even if your eventual goal is to play hockey. "A hockey-skate blade is much harder to balance on because the blade is more curved," says Rector.

A good fit is another secret to smooth skating. "Generally your skates should be one size smaller than your street shoes," says Rector, who recommends wearing a single pair of thin socks. "If you can't walk in your skates without wobbling, you need a smaller pair." Many rinks also rent skates for a dollar or two a session. This makes good sense for children, who outgrow their skates in a year. Dietl, for example, keeps 300 rental pairs in stock. For \$40, plus a \$50 deposit, a pair can be yours for the entire season. If you'd like a free brochure on how to select skates, send a stamped, self-addressed envelope to the Ice Skating Institute of America, 355 West Dundee Rd., Buffalo Grove, IL 60089-3500. The institute can also refer you to a rink or arena in your area.

Other than skates and layered winter clothing (so you can peel off garments as your body heats up), all you'll need is the rink admission fee, usually between \$2 and \$6. (It climbs up to \$8 at the famous little patch in New York City's Rockefeller Center.)

Some veterans and wobbly-kneed beginners may disagree, but I believe skating is easy to learn. Obviously the Brian Boitanos of the world are not made overnight. To reach skating proficiency takes untold hours and endless application. Still, half a dozen outings are enough to learn how to navigate a rink with limited falls. "Don't try to take off right away," says Rector. "Start by taking small steps, with your arms out to the side, leaning slightly forward. And look straight ahead—not down at your feet." With very young children, she says, you may want to bring a folding metal chair that they can push while they skate.

Lessons will help speed the process, of course. Almost every rink has one or two certified instructors on hand to give group or individual lessons. Some teachers hold their first session off the ice, demonstrating how to fall and get up. In the next stage, students learn those elemental (and wonderfully named) steps: stroking and swizzling. Stroking is the long gliding movement, skate to skate, that propels you up the ice; swizzling is an in-and-out motion with both feet that takes you backward or forward with an undulation so subtle it appears motor driven. Lessons typically cost between \$40 and \$50 for five or six sessions.

Sports physicians advise skaters at all levels to warm up before taking to the ice. With the right equipment and preparation, skating offers aerobic benefits while toning and even building muscle. Another big plus, says Richard Braver, an Englewood, N.J., sports podiatrist, is improved coordination and balance. "There are nerve receptors in the joints of the feet that become more responsive from the motion of balancing on one foot at a time," Braver notes. "The movement is stress relieving too. There's no better way to relax than gliding around a rink in time to the music." —D.B.

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## CONSUMER TIPS for REDUCING WASTE



Recycling is a term we're very familiar with. Sorting trash, tying up newspapers and returning cans and bottles are becoming standard practice. The end result? Less waste material being dumped into the environment.

### BEYOND STANDARD RECYCLING

**C**onsumers can ease the solid waste problem by purchasing products that reduce the volume and weight of garbage. Companies, such as Procter & Gamble, are cutting down on waste by using recycled materials, manufacturing refillable and concentrated products, and working with communities to help set up recycling centers.

For instance, there is at least 25 percent post-consumer recycled plastic in large-size containers of many of P&G's detergents and fabric softeners. And, by using recycled colored as well as clear plastic, the company is creating additional demand which will prompt recyclers to accept both materials.

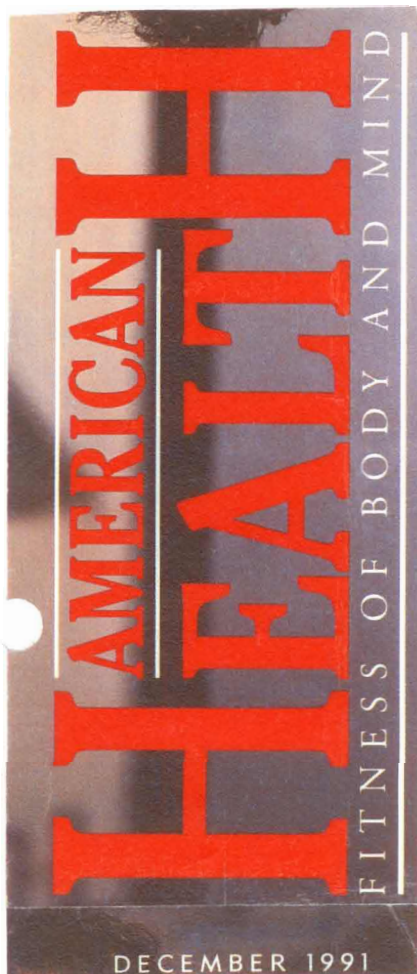
### PACKAGING: AN IMPORTANT FACTOR

**U**sing efficient packaging for your household needs helps reduce waste. Look for products with reduced packaging—such as P&G's Downy Refill, which uses 74% less packaging than the 64 oz. bottle—and for bottles, such as Spic and Span Pine made of 100% post-consumer recycled plastic. Using concentrated powdered detergents also reduces packaging.

Consumer support encourages companies to explore new methods of waste reduction. Every household can contribute less waste by practicing these steps. And, companies will respond by supplying the consumer with products that are efficient, produce less waste and are more economical to use.

PROCTER & GAMBLE

# Ice Skating



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**Dr. Richard T. Braver**

Reconstructive Foot & Ankle Surgery  
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