



BELLY UP TO THE BAR

You know, those gooey compressed sticks that promise us instant energy..... the ones we insist on carrying close to our hearts in the life jacket pocket! Those metallic wrapped bars were certainly part of my attire, until last Saturday when I was in a conversation with a diabetic kayaker. He pointed out that my beloved Power/Energy bars have very high sugar, and for obvious reasons, he avoided them. Curiosity overcame me, and I transformed into the female version of Don Quixote (The Impossible Dream) on a quest to the natural food stores to discover the ingredients of this promised food.

You may ask why be concerned about too much sugar? Yes, some of it does convert to fuel, but if you are in conditions that require long stamina or endurance, and this is the only food you have relied upon, you will find yourself on an emotional roller coaster, with bursts of energy followed by long stretches of lethargy (the belly up syndrome) as your insulin level rises and falls. According to Franc Alphin, R.D. nutritional director at Duke University, 55% of

your total daily calories should come from carbohydrates, no more than 10% of those should come from sugar. In an average diet of 1800 calories a day, that would average out to 990 calories from carbs and only 99 calories (25 grams) from sugar. (This would equate to one bottle of Snapple Iced Tea). On the plus column, the energy bars do have other carbohydrates to provide a longer period of energy when the sugar level falls off.

I must have examined 6 or 7 different brands. I only found one bar with natural ingredients (no added sugars) which is basically a date-nut bar. You may have more success than I in finding your ultimate bar, just keep in mind that sugar by any other name is still sugar, and there are many names:

Dextrose, sucrose, glucose, honey, corn sweetener, brown sugar, fructose, dextrin, high-fructose corn syrup, lactose, modified cornstarch, maltodextrin, maltose, malt, fruit juice concentrates, molasses, mannitol, maple syrup, turbinado sugar, sorghum xylitol, and sorbitol.

Whew! Most likely, you won't be able to avoid these altogether, but be wary if any of them are one of the first four ingredients. So, more power to you, and Happy Paddling!

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Coming Events

April 30, CONNYAK Paddle and Picnic at Bluff Point State Park. Season opener. Get your boat back in the water, greet old friends, swap a few winter lies. 10am to whenever. BYOF (food, family, friends). Bluff Point is near the intersection of Rtes 1 and 117. Take exit 88 off Interstate 95 and go south. For info call Jay Babina 481-6815.

May 10, 1995 On-the-Water Weds Meeting, Milford Harbor, 5:30pm. The first summer paddling meeting (brief meeting and then paddle). Rain or shine. I95, exit 39A. Set odometer to zero. R. on Rte 1 & immed. L. @ 'Y' (Cherry St.) to 'downtown' (.7 m.). R. on River St., under RR to floating dock (1.2 m.). Park U.S.C. G. Aux lot 73. Questions? Call Clay Luce, 877-8493.

Paddle Sports Rally, May 13-14. Call Joe Henry at No. Cove Outfitters for details, 388-6585.

April/May Trips

SEE MARCH NEWSLETTER
FOR COMPLETE DETAILS

- April 29, Barn Island. Joint day trip with MASK. Paul Kajka, 749-4143.
- May 6 & 7, Connecticut River. Camping on Seldon Island. Clark Bowlen, 646-4329.
- May 13, Thimble Islands. Easy day trip. Jay Babina, 481-3221.
- May 14, Hammonasset to Great Island. Not so easy day trip. Kim Gass, 421-4476.
- May 27-29, Perkins Island ME. Camp and explore Kennebec estuary. Clark Bowlen, 646-4329.

Club News

The April meeting was an exciting one. The CT trail/paddling guide is ready for some serious help from the membership--see enclosed sheet. Bart Jeffery gave an interesting talk, with great slides, on his and Lou's trip to the Virgin Islands. And we decided our summer, on-the-water meeting schedule: Weds, May 10, Milford Harbor, Weds, June 7, probably Clinton, Sun, July 16, and Sun, Aug 13, locations to be announced.

For Sale

- Henderson Compac 50, low profile deck mounted bilge pump. Still new in the box. \$50. Kokatat whirlpool dry top, XL, excellent condition, used six times. New \$160. Now \$120 Geoff Havens, 456-2139.
- Dagger Vesper, good entry level sea Kayak, used but not abused. \$350. Don Dozier, 379-0454 (eve.)
- Aquaterra Sea Lion, \$675. Clay Luce, 877-8493

Wanted

- Inexpensive tandem sea-kayak. A used Sea Twin or the like. Clark Bowlen, 646-4329.



CONNECTICUT SEA KAYAKERS
131 East Center Street
Manchester CT 06040