

# exercising options

## Myrna Partrich

### Hints for getting teens to exercise

Dear Myrna: How do I get my teenage daughter to exercise? She's so busy, both in school and socially. She seems interested. Can you give her a little more incentive?

Ms. Miller

It's inspiring for me to hear parents of teenagers wanting to develop this healthy habit for their children. Many parents are not aware their teenager needs to exercise unless they are overweight, unhappy teens.

Teenage years are very important times to develop body awareness and the habit of good health. Although, as you stated, keep in mind these years of your daughter's life are extremely busy. And for good reason — teens face new responsibilities and problems, while academic demands are heightened and that old peer pressure is elevated. It's not easy.

Unless athletically inclined, a teen isn't likely to play actively like a child or seek out an adult exercise program just for the sake of fitness. There are teenagers who are sports-minded and athletically motivated, and perhaps a fraction of them love the physical education privileges school thrusts upon them. But most teens do not fall into this category. So don't be alarmed.

I can give you some basic incentives for teenagers — but you know your own teen and probably what incentives would work the best. Some of the basic benefits of exercise are:

- Helps in weight control
  - Automatic stress reducer
  - Strengthens cardiovascular
  - Increases lung capacity
  - Adds flexibility and is important for posture.
- Let's add incentives relating to teenagers:
- Results of regular exercise are clearly visible in a short time.
  - Teen exercisers will experience important goal-setting patterns that carry on into adulthood.
  - Exercise helps your mental attitude toward school by relieving stress and adding to brain power.
  - You get a "natural healthy high."
  - Exercise can be fun and exhilarating.
  - If in a class format — what a nice way to meet other teenagers.

We get many teenagers in our studio for the two-fold reason of social activity and exercise. You could encourage her to try an exercise class. Most teens like the group activity of a class format. Once into the groove of exercise class she might enjoy body toning with weight machines.

I would advise you and your daughter together to check into two or three exercise studios. Just shop around and find the "friendliest" studio with a semi-easy class that will fit into your daughter's schedule. (If the class is too hard — she won't be comfortable at exercise.)

Remember timing is important — catch her when life is a little calm. Don't crowd her — she'll dislike any extra activity, including exercise.

(Myrna Partrich, co-owner of The Workout Company of Bloomfield Township, is happy to answer any questions readers may have regarding exercise. Please send your signed letters to Sports Department, Myrna Partrich, 1225 Bowers, Birmingham 48012).

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# Ice conditions lure fishermen

PEOPLE OFTEN misunderstand hunters and fishermen.

I've been accused of having lost my mind because I wanted to go to my deer blind a half hour before daybreak to make sure everything's calm and quiet by sunrise. Many of my friends have called me crazy because I've wanted to go bass fishing... at 2 a.m. on a cool July evening. And the mere suggestion of rabbit hunting in 10 degree weather has never failed to raise some eyebrows.

Recently, however, I've even begun doubting the sanity of some of my fishing buddies. I mean, what kind of a normal family man would risk his life, literally, to go ice fishing?

Now don't get me wrong. Ice fishing can be loads of fun, and I've seen some beautiful fish come up through a hole in the ice. But you won't catch me anywhere near the ice until I know it's good and safe.

It seems like diehard ice fishermen are in a contest with each other to see who can get out on the ice earliest, and who can fish the latest in the season. I've heard stories of fishermen trudging through open water and crossing planks to get to solid ice. They say first ice and last ice is the best time to fish, but unfortunately it's also the most dangerous.

A COUPLE of my friends, who both ice fish regularly, learned the hard way about the dangers of first and last ice.

Greg Trolley was concerned about the thickness of the ice when he ventured out onto a north Oakland County lake this past Dec. 26, but not concerned enough to stay off the lake. That concern turned to horror when he suddenly found himself submerged in the frigid winter water.

"I guess everybody was a little bit anxious to get out fishing," said Trolley. "The ice was about one inch thick and we thought we'd be OK. I didn't make it 10 feet from shore. There was no indication the ice would break either. It just cracked and I was in the water. Every time I tried to get out the ice would break some more. I finally got my arms and shoulders up and rolled out of the hole. It was pretty spooky. I never want it to happen again. Next year I'll definitely wait a little longer."

"There's really no way you can tell (about how safe the ice is)," Trolley continued. "In years past, I've been on ice that was thinner than what we were on. I've been out on ice and heard it crack, but it's never broken before. It really was pretty spooky."

CORY RENDELL learned a lesson about the safety of last ice a few years ago on Lake St. Clair.

He and a friend were about a half-mile out on the ice, late in the season. The morning temperatures were cold, but as the mercury climbed



toward 40 degrees Rendell noticed the ice was beginning to get soft.

"I noticed the ice was starting to honeycomb on top. It was getting really soft," said Rendell. "I was kicking the ice and noticed I could kick down pretty far. The next thing I knew water started gushing all around me. When I started to walk, I could feel the ice move. It was really spongy, like jumping on a bed. We started walking back to shore and all of a sudden I fell through."

Renell also used a rolling technique to get back on solid ice, but unknown to him, his adventure was just beginning. With the weight of the water adding to his overall weight, Rendell plunged into the icy water three more times before he finally reached shore.

"I was really very grateful to be back on shore," said Rendell. "It was very, very scary and I never want it to happen again. It's definitely a

risk, and no fishing is worth dying for. You have to realize when to get off the lake."

THERE IS A reason ice fishermen take the chances they do. Fish are more active and feeding heavily during first ice and last ice.

"First and last ice is a legitimate phenomenon," said Jim Waybrandt, a fisheries biologist with the Michigan Department of Natural Resources. "I'm not sure anyone really knows why (fishing is better), but it seems to be something psychological with the fish."

According to Waybrandt, waves and boating activity during the seasons of open water tend to make fish spooky. But when ice covers the surface of a lake it creates a calm, still environment below. This peacefulness provides a feeling of protection and security to the fish.

"As soon as the water becomes

isolated and there is a quiet environment below the ice, the fish really turn on," said Waybrandt. "They aren't as wary as normal and they go out and really start feeding."

After ice fishing activity picks up the fish again become wary and action slows down a little. Until last ice, anyway.

"Late in the season, when the ice starts to melt, this new water adds oxygen to the lake," explained Waybrandt. "When the oxygen filters into the water this also turns the fish on and they start feeding heavily again."

With the recent cold spell we've had most lakes in southeastern Michigan are frozen over. Most have six inches or more ice, which is sufficient thickness for groups (the DNR indicates that anything over four inches should be safe for groups). First ice, at least this year, is no longer a danger. But ice fishermen should be aware of the ice conditions and use extreme caution when fishing later in the season.

"Falling through the ice was a real scary experience," said Rendell. "I never want it to happen again. When the ice starts melting and gets honeycombed it's definitely not safe. You have to realize when to stay off the ice."

## outdoors calendar

### IMPORTANT DATES-EVENTS

- Jan. 31 — Mink season ends in Zone 1.
- Jan. 31 — Raccoon season ends in all zones.
- Jan. 31 — Squirrel season ends in all zones.
- Feb. 1 — Deadline for hunters to send in license applications for the 1988 spring wild turkey hunt.
- Feb. 5-7 and 12-14 — Southeast Michigan Camper and RV Show in the Coliseum and Dairy buildings at the Michigan State Fairgrounds.
- Feb. 5-7 — All-Canada Fishing, Hunting and Vacation Show at the Fairlane Manor in Dearborn.
- Feb. 7 — Plant and Animal Survival in Winter, a nature program about the winter survival of plants, animals and insects, will be offered at the University of Michigan's Botanical Gardens in Ann Arbor. For information call 763-7060.
- Feb. 10 — Late Canada goose season in ends in southeast Michigan.
- March 1 — Fox season ends in all zones.
- The 1988 State Park motor vehicle permits are available at all 86 Michigan State Parks and Recreation Areas. An annual permit costs \$10 and covers vehicle entry into all 86 Michigan State Parks. The permits are also available through the Department of Natural Resources Information Service Center, P.O. Box 30028, Lansing 48909, phone 517-373-1220.

### METROPARKS

- Nature for Tots, a program for children ages 4-5 which includes songs and stories about nature, will be offered Saturday at Kensington beginning at 1 p.m.
- Focus on Nature, a monthly photographic workshop for beginners and experienced photographers, will be offered Sunday at Stony Creek beginning at 10 a.m.
- Let's Go Ice Fishing, an introductory program about ice fishing including equipment and technique demonstrations, will be offered Saturday at Oakwoods beginning at 1 p.m.

• Snowshoe Shuffle, a nature hike on snowshoes (snowshoes will be provided) through the woodland swamp in search of animal signs, will be offered Sunday at Indian Springs beginning at 1 p.m.

• Winter Wildlife Survival, a slide show and a walk through the park in which participants will learn about winter survival techniques, will be offered Sunday at Kensington beginning at 2 p.m.

• The 1988 Metropark annual vehicle permits are on sale. The permit costs \$10, \$5 for senior citizens.

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Pursuant to Section 6904(d) of the Internal Revenue Code, notice is hereby given that the annual return for the calendar year 1987 of the VINCENTI FOUNDATION, a private foundation, is available at the Foundation's principal office for inspection during regular business hours, 9:00 a.m. to 4:00 p.m., by any person who requests it within one hundred eighty (180) days after the date of this publication.

The Foundation's principal office is located at 4115 1/2 Drive, N.E., Atlanta 30340. The principal manager of the Foundation is JOHN VINCENTI. The telephone number of the principal office is 478-3801.

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