



exercising options

Myrna
Partrich

Don't push children into athletic regimen

Dear Myrna: My husband is a former football player. We have a son, 9 years old, who seems to be following in his father's footsteps. He is a large-framed boy, coordinated and fairly athletic. We think he should start on an athletic training program. Would you advise us to start directing him toward this?

Football parents from Troy

The athletic training of a child is an individual matter, depending on the age of the child and the particular sport.

My partner, psychologist Barbara Schiff, offers this: "For children under the age of 10, any activity must be fun and limited in scope. It is difficult to drive children at this age."

You must be careful not to force them to practice until they are overly tired. You still want to keep this athletic endeavor light and fun.

Most children innately know their limits of tolerance and it is simply wrong to push anyone under the age of 10 in any training regimen. When your son becomes a teenage athlete, he will be able to be pushed and trained into the sport easier. But remember the rapidly growing child uses up enormous amounts of energy in the growth process alone.

The more rapid a child is growing, the more vulnerable his "growth zones" are to injury, fatigue and pain — especially in areas of the knees, shoulders, elbows and back.

It might help you to know that many Olympic athletes did not even take up their sports until they were at least 11 years or older. Sometimes, the most gifted young athletes, in rebellion against their parents, totally abandon a sport when they become adolescents.

You've got a special situation being the boy's father was an accomplished football player. I can't blame you for trying.

I've always wanted to play a musical instrument, and when my daughter came of age — I pushed her. Well, she rebelled and that's that.

I'd say "Cool it!" Just have fun throwing balls around the yard, maybe with a good game of tag for conditioning.

(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, 1225 Bowers, Birmingham 48012.)

Spring spurs spawning runs

SPRING HAS SPRUNG. At least that's what it feels like with all the warm weather we've had this past week. And if this warm weather sticks around it will soon be time to put the ice fishing equipment away and gear up for spring fishing.

When the ice melts from Michigan rivers and warm weather begins to warm the water temperature, spring steelhead spawning runs begin. Last year the runs were erratic because of a mid-February thaw, followed by another cold spell and finally the spring thaw. The runs never really peaked, as they normally do, but were slow and steady for a couple months.

This year, however, Michigan Department of Natural Resources fisheries biologists expect an excellent season with runs peaking in southern Michigan from mid-March to mid-April. Mid-April to early-May should provide excellent fishing on streams and rivers in the central and northern Lower Peninsula while late-April to mid-May should be the best time for Upper Peninsula steelhead anglers.

RECENT REPORTS from around the state indicate steelhead activity is already heating up.

Grand Haven reports indicate there has been some steelhead action, but so far it has been rated slow to good, at best. Elberta's Sport Shop

outdoors
Bill
Parker

In Frankfort reports very good success on the Betle River for both steelhead and suckers. One lucky angler landed a steelie which tipped the scale at better than 13 pounds. Warm, rainy conditions are forecast for the weekend, which will continue to warm the already ice-free river and increase the steelhead activity.

Brown trout are hitting on the Manistee and a few steelhead catches have been reported. On the Lake Huron side, anglers are coming in with good reports from the Au Sable River in Oscoda. A few steelhead are being caught, but the peak runs are still a week or two away. The Au Gres River is still frozen, but weather predictions call for rain, and warm temperatures through the weekend which could melt the ice and open the river up.

Reports from southeastern Michigan also indicate the action is slow but the warmer temperatures could drastically improve the fishing overnight.

RIVERS EXPECTED to produce good catches include the St. Clair,

Belle and Clinton in Lake St. Clair; the Huron in Lake Erie; the Black, Pigeon, Au Gres, Au Sable, Cheboygan, Carp and St. Mary's in Lake Huron; and the St. Joseph, Black, Kalamazoo, Grand, Muskegon, Pere Marquette, Little and Big Manistee, Betiste, Platte, Jordan, Bear, Black, Manistee, Big Cedar and Menominee in Lake Michigan.

The 1987 Michigan Fishing License is valid through March 31.

The possession limit and legal daily limit for steelhead is five. The minimum size limit is eight inches on rivers in the Lower Peninsula and seven inches on rivers in the Upper Peninsula.

Steelhead are legal catches year round on non-trout lakes and streams. Consult the DNR Michigan Fishing Guide for special regulations regarding designated trout lakes and streams.

The Metro-West Steelheaders will present their eighth annual Spring Clinic on Steelheading, Sunday from 11 a.m. to 5 p.m. at the Wayne Community Center, 4635 Howe Road.

• MICHIGAN SCHOOL STUDENTS at all levels are encouraged by the DNR to apply for small educational grants to study or help non-game wildlife species and their habitat.

Projects must be endorsed by a school, youth group or nature center and applicants must have an adult adviser to help complete the application and oversee the project.

The grants, ranging up to \$100 each, are open to applications under the DNR's Budding Naturalist Program, until March 26.

Applications are available statewide from county offices of Michigan State University's Cooperative Extension Service.

During the first two years of the program, 38 projects were funded averaging \$50 each. The grants covered such projects as the development of a bluebird nesting box trail, nest box building for barred owls, wildlife photography and studies on hummingbirds, pond ecology and "life on a log."

Applications may be obtained at local Cooperative Extension (4-H) offices of MSU. They may also be picked up from: 4-H Specialist, Department of Fisheries and Wildlife, Room 8 Natural Resources Building, MSU, East Lansing, MI 48824.

Completed forms must be received at the above address by March 26. Grant recipients will be notified by mid-April.

outdoors calendar

IMPORTANT DATES-EVENTS

• March 13 - A bluebird nest box workshop, featuring free nest box kits and a colorful wall poster, will be

held at the Rochester Hills Municipal Building, beginning at 12 p.m. Interested families and individuals should call 658-0999 for details.

• Through March 13 - The fifth-annual Les Cox Memorial Match, a 22 caliber open sights rifle match to benefit the Childrens Leukemia Foundation and the DSC Junior Rifle Team, will be held at the Shelby Township Range, 49800 Dequindre Road, Ulica. Entry fee is \$5 for shooters under 20 years old and \$8 for shooters 20 and above. The match is open to the public. For details call 655-5030.

• March 13 - Metro West Steelheaders will present their 8th annual Spring Clinic on steelhead fishing. The clinic will be held at the Wayne Community Center, 4635 Howe Road, beginning at 11 a.m.

• March 20-26 - National Wildlife Week.

• March 26-27 - Midwest Fly Fishing Exposition, including 60 fly

fishing exhibitors, displays by conservation clubs and fly fishing clubs and seminars by Gary Borger (fly fishing instructor), Tom Oppe (Outdoor Editor of the Detroit Free Press), Doug Swisher (fly tyer, author and teacher) and Dave Richey (Outdoor Editor of the Detroit News), will be held at the Southfield Civic Center beginning at 10 a.m. both days. The show will close at 7 p.m. Saturday and 6 p.m. Sunday. Admission is \$5 adults and \$1 for children under 12.

• April 8-10 - 1988 Michigan Wildlife Art Festival, featuring nationally-renowned wildlife artists and their work, will be held at the Southfield Civic Center, the Southfield Hilton and the Detroit Zoo. For details call (517) 892-3630.

METROPARKS

• Maple Sugaring Festival, including hikes, maple syrup making demonstrations and maple syrup recipes, will be offered Saturday and

Sunday at the Nature Center at Indian Springs beginning at 10 a.m. Advanced registration is required.

• Kensington Owl and Friends: a 15-minute musical puppet show suitable for children of all ages, will be offered Saturday at Kensington beginning at 1 p.m.

• Pancake Breakfast and Hike, will be offered Sunday at Indian Springs beginning at 10 a.m. There is a \$2.50 charge per person for the breakfast and the hike is free. Advanced registration is required. Call 1-800-24-PARKS.

• Winged Hunters, a program about birds of prey including a slide show and a discussion and observations, will be offered Sunday at Kensington beginning at 2 p.m.

• Alaska, a slide program presented by a naturalist about Alaska, will be offered Tuesday at Story Creek beginning at 1 p.m.

Tankers gear for state meet

Semifinal and final competition in the boys' state swimming championship will be held this weekend at Eastern Michigan University's pool for Class A teams and at Michigan State's natatorium for Class B, C and D teams.

Diving prelims begin tonight at 5 p.m. Swimming events begin tomorrow at 2 p.m., as do Saturday's final heats. Tickets are \$2 for preliminary competition and \$3 for finals.

Last year, Bloomfield Hills Andover finished second in state class A competition, just one point behind East Lansing. Bloomfield Hills Lahser finished fifth in Class A competition.

The following schools have qualified local athletes for this year's state meet:

Rochester Adams: Kevin Byrne, Jared Stark, Kurt Rompf and Mark Duffield, 200 medley relay; Duffield, 80- and 100-free; Byrne, 200-M and 100-back; Burt Kemp, 100-fly.

Southfield Lathrup: Mike Vetter, 100-fly; Cory Ziegler, diving.

Southfield: Sean Hynes, diving.

Birmingham Seaholm: Larry Blake, Matt Gray, Greg Stark and Mike Baumuller, 200 medley relay; Jim Johns, 100- and 200-free; Stark, 100-fly; Todd Foley, Baumuller, Stark and Johns, 400 free relay; Ryan Downey, diving.

Troy Albion: Derek Harper, diving.

Birmingham Groves: Matt Blamy, Dan Brandenberg, David Schlusser and Tim Boyes, 200 medley relay; Brandenberg, 100-breast.

Bloomfield Hills Lahser: Derek Walter, Anthony Marchese, Craig Schneider and Greg Myers, 200 medley relay; Walter, 100-back; Marchese, 100-breast.

Bloomfield Hills Andover: Glenn Biller, Ernie Drelichman, Eric Walton, Furio Rossi, Donald Parella,

Spring sports champs

State champions will be looking to defend their crowns in spring high school sports. The 1986-87 top schools in each sport are as follows:

• BASEBALL

Class A: Redford Catholic Central

Class B: Bay City Handy

Class C: Niles Brandywine

Class D: Bridgman

• GIRLS GOLF

Lower Peninsula Open: East Lansing

• GIRLS SOCCER

Class A: Plymouth Salem

Class B-C-D: Saginaw Eisenhower

• SOFTBALL

Class A: Jensen

Class B: Sanford Meridian

Class C: Waterford Our Lady of the Lakes

Class D: Ottawa Lake Whiteford

and Ron Otto.

Birmingham Brother Rice: Dave Diegel, Joe Decker, Kevin Phillion and Mike Crowe, 200 medley relay; Brian Bushon and Bruce Vickery, diving; Pete Biglin, Jr., 200 and 500 free; Phillion, 200-M; Terry Gleason, Crowe, Biglin and Phillion, 400 free relay.

• BOYS TENNIS

Class A: Birmingham Brother Rice

Class B: Bloomfield Hills Cranbrook Kingswood

Class C-D: Grosse Pointe Woods University Liggett

• BOYS TRACK

Class A: Lansing Sexton

Class B: Flint Beecher

Class C: Detroit Lutheran West

Class D: Detroit East Catholic

• GIRLS TRACK

Class A: Ann Arbor Pioneer

Class B: Flint Beecher

Class C: Birmingham Detroit Country Day

Class D: Akron-Fairgrove



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