

# exercising options

## Myrna Partrich

### Vertebrae are center of skeletal movement

A few weeks ago, you answered a question on posture. Could you explain about the vertebrae? A non-medical explanation if possible.

Of all the functional systems of the body which I have studied, I find the skeletal/muscular system one of the most fascinating. We have 206 different bones and many muscles that protect, support and move our bodies. The skeleton has two main parts — axial (bones of skull, spinal column and ribs) and appendicular (bones of arms, legs, hips and shoulders).

The spine is the center of all skeletal movement. The tiny vertebrae that make up your spine interlock like pieces of a complex puzzle. Understanding the spine's parts, functions and limitations is crucial to trouble-free movement.

Our spine is made up of a series of small bones called vertebrae, which form the natural curves that support the body's weight. Our spine has four areas that make up this curve — the cervical, thoracic, lumbar and sacrum areas.

The cervical curve (top area or neck area) is comprised of seven vertebrae. The thoracic curve has 12 vertebrae (chest area). The lumbar curve has five vertebrae (lower-back area). The sacrum has five vertebrae fused together in the pelvic area and the coccyx, or tail bone, is made up of four or five vertebrae.

The vertebrae look like flat drums with bony extensions called processes protruding from it. There are seven processes in each vertebra. Processes provide the spine with support and flexibility. The vertebrae are separated from each other by fluid-filled pads called discs. Each disc is made of a shell of cartilage fibers that contain fluid and a jelly-like center called the nucleus pulposus.

Our discs play the important role of shock absorbers. Now this has been my basic explanation of our vertebrae. For further knowledge, another simple explanation is located in an encyclopedia under "human body."

It's nice to take an interest in your body and it's working parts. I, too, find it fascinating.

(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 49012.)

# Angry anglers weep no more

**STARTING APRIL 1**, anglers on Michigan waters will need a 1988 fishing license. No fooling.

Like last year, the 1988 licenses cost \$9.55, as does a 1988 trout-salmon stamp.

Although last year's fishing season wasn't a very productive one in my house, I do have a couple fond memories. Like the time I tipped my canoe over battling with a small largemouth, and the time I snagged a log and broke my rod fishing a small trout stream on the way home from a trip up north. But I think the most nagging memory is the memory of all the complaining I heard from fellow anglers about how the Michigan Department of Natural Resources wasn't doing anything to improve the fishing in Michigan, "even though the price of a license was increased."

Weep no more angry anglers. Things are happening, changes are being made. The DNR is trying to improve fishing in the state.

**THE FISHERIES** division at the Pontiac District office of the DNR, which serves the needs of anglers in southeastern Michigan, now has a seven-member staff, its largest ever. With this expanded staff the DNR was able to start and complete many projects last year in southeastern Michigan.

A creel census, which began in 1985 on Cass, Orchard and Macedonia lakes, was completed last year. The census indicated Macedonia received the most fishing pressure and was the only lake to produce trout. Pan-fish, however, made up 80 percent of the overall harvest. Cass has the best lake for walleye and smallmouth bass while Orchard produced the most pike and the fewest panfish.

A creel census was also taken on Kent and White lakes. Although the results are still being evaluated, early indications reveal Kent lake supports enormous fishing pressure and still supports a healthy fish community including panfish, pike, walleye and bass. White Lake doesn't have the fishing pressure that Kent does, while anglers catch perch, bluegills,

pike, bass and walleye. Plans were also drawn up last year for three new access sites to be developed this summer at Belleville Lake.

**NEGOTIATIONS** for a usable fish passage at the Flat Rock Dam are ongoing between the DNR, the City of Flat Rock, Sterns Mfg. and the Huron-Clinton Metropark Authority. With the passage, anadromous fish such as coho and chinook salmon, walleye, white bass and suckers would be able to pass through the Metropark property up to the Belleville Dam.

The DNR tagged a total of 600 fish between April and November in an effort to evaluate the movement of adult game fish between the St. John's Marsh and Lake St. Clair.

An experimental stocking program of red band trout in Point Creek hit a dead end when only one red band was captured through an electrofishing survey conducted by the DNR, and only a few were reported caught by anglers. This year, the DNR will resume brown trout stocking program, as in the past, with the release of 3,500 yearlings. A request is in for an additional 2,000 yearlings, which would help replace the browns not planted in '87 to make room for the red band.

DNR personnel also participated in two weeks of logjam removal on the Rouge River, initiated a walleye derby on Cass Lake and spent over 50 person days at fishing and boating shows in order to communicate better with the anglers of the state.

**YOU CAN EXPECT** additional studies and projects from the DNR through the year. The three biggest projects include an early catch-and-release bass season on Cass, Pontiac

## outdoors

### Bill Parker

THANKS TO the Federal excise tax on hunting and fishing equipment and motor boat fuel, \$265 million will be made available this year to help finance fish and wildlife restoration efforts, according to a report from the U.S. Fish and Wildlife Service.

This money will be distributed to states, commonwealths, territories and the District of Columbia under the Federal Aid in Wildlife Restoration (Pittman-Robertson) Act and the Federal Aid in Sport Fish Restoration (Dingell-Johnson) Act.

Distribution of sport fish restoration funds to the states is based on the land and water area and the number of fishing license holders in each state. Distribution of the wildlife restoration fund is based on land area and the number of hunting license holders in the state. Distribution of hunter education funds, part of the wildlife restoration total, is based on the relative population of each state.

From the sport fish restoration funds Michigan will receive 2,005,272 in base funds, 3,830,632 in expanded funds for a total of 5,835,904. From wildlife restoration funds Michigan will receive 3,454,293 for wildlife restoration, 510,000 for hunter education for a total of 3,964,293.

Approximately 150 volunteers are needed to help stage the West Bloomfield Half-Marathon on April 17.

Volunteers man aid stations, act as route marshals along the course and assist with registration. All volunteers receive an official half-marathon T-shirt and are treated to a special volunteer dinner at Santa Hall in Keego Harbor immediately following the race-day awards ceremony.

"Many volunteers return year after year," said Sally Pierce, race director. "Everyone has such a good time and are terrific support and encouragement to the runners."

To volunteer, call Judy Share or Sally Pierce at the parks and recreation office, 334-5660.

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## outdoors calendar

- Through March 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 Berger (fly-fishing instructor), Tom Opere (outdoor editor of the Detroit Free Press), Doug Swisher (fly tyer, author and teacher) and Dave Ritchey (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 known wildlife artists and their work, will be held at the Southfield Civic Center, the Southfield Hilton and the Detroit Zoo. For details, call (517) 882-3630.

decorate eggs, will be held Saturday at Independence Oaks beginning at 1 p.m. Advanced registration is required and there is a \$1 cost per person. Call 625-8473.

visit by the Easter Bunny, an Easter Egg hunt and a marshmallow drop, will be held Saturday at Springfield Oaks beginning at 2 p.m. Call 825-8133.

### SINK OR SWIM?

It's never too late to learn how to swim. Just call us and sign up for a Red Cross swimming class.

**American Red Cross**

### METROPARKS

- Snowshoe rental is available weekends only at Indian Springs. Cost is \$3 for four hours plus a \$1 insurance fee. One dollar will be returned when the snowshoes and bindings are returned undamaged. For information and snow conditions, call 685-1561.

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