



## exercising options

### Myrna Partrich

Dear Myrna: I am a 50-year-old woman with flabby arms. It's embarrassing to me. I'm glad summer is coming to an end so I can cover my arms. Help!

West Bloomfield

Flabby arms are usually the first place women see age. If this is your trouble spot, you need to concentrate on the triceps muscles which run along the back of your shoulders to your elbows. Various exercises will develop the triceps easily.

You do not have to be especially coordinated to work this muscle. You don't want to develop this muscle evenly, so let's combine a group of exercises to work accordingly.

Start by buying hand weights — two, three and five pounds. Assuming you have never used weights, we will start with two pounds.

● **First tricep position** — Lie on your back with your knees bent and your feet planted firmly on the floor. Round your back into the floor to secure your position. Hold the two-pound weights above your head with an underhand grip, palms facing backward. Bend your forearms backward and lower the weight behind and close to your head. Keep your elbows pointed up, with your arms parallel to each other. Pull the weight up over your head. Raise the weight until your arms extend fully and your hands are directly over your head. End with your arms at a slight angle to your torso. Breathe naturally. Exhale as you bring the weight down into your torso. Inhale as you bring it up.

● **Second tricep position** — Stand in front of a mirror with your arms out to your side. Upper arms stay in place while your elbows bend and extend lower arms out to the side. Bend your knees slightly and relax your back, shoulders down. Bend your lower arms in and out to a slow, rhythmic pace. Count four out and four in.

● **Third tricep position** — Sit on the floor with your arms behind you. Fingertips facing front, lean back and bend elbows. Let your body weight press back; bend your elbow, extend it and lift your body to a sitting position. Never straighten your arm. When you've conquered this, lift your sit position to a suspended one, pressing the weight deeper into your arms and semi-straightening up. Start these two positions with two sets of 10 each. Gradually increase your sets and the amount of weights used.

It might be difficult for you to picture my recommended exercises. If so, please call me. I'll be happy to meet with you.

I promise next year you will have a great, short-sleeve summer.

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

## outdoors calendar

# Hunting and fishing improves

**D**IG OUT your flannel shirts, wool socks and longjohns and tell your boss you're ready to use your last few vacation days. Fall has arrived, and that means fishing and hunting will be at a premium.

If fishing — your forte, you'll be happy to hear that salmon are moving toward the river mouths while bass, bluegill and perch are hitting quicker than a Mike Tyson hook.

If you'd rather roam the woodlands of the state instead of the waters, grouse, woodcock, squirrel and rabbit are all legal quarry because today. At this time of year, Michigan is an outdoorsman's paradise.

Cooler weather has improved the fishing throughout the state. Perch are active from Brest Bay to Saginaw Bay while inland lakes are producing nice catches of bass. Artificial and live crawlers seem to be working best.

Waxworms and minnows are working well for anglers fishing for bluegill and crappie on inland lakes.

**SALMON** HAVE now entered many northern Lake Michigan rivers. Reports from Elberta's Sports Shop in Frankfort indicate the Betsey River is already full of kings while boats on the lake are doing well with chinook and steelhead. Kings are also venturing up the Pere Marquette and have traveled as far as Tippy Dam on the Manistee River. Action on Lake Huron is slow, but could speed up overnight with a little rain or cold weather.

"The fish are beginning to move in," said Asa Wright, Great Lakes program manager with the Michigan Department of Natural Resources. "Now through the next couple weeks is the best time if anybody wants to fish the lakes. After that the salmon will be moving into the rivers."

Traditionally, kings move into the rivers first, usually from the first two weeks in September through the middle of October. Chinook move in next, beginning their runs near the end of September and continuing through November, followed by steelhead from early October through late November.

**THE OUTLOOK** is also favorable this year for upland bird hunters.

The population of ruffed grouse moves predictably up and down on a 10-year cycle. That cycle bottomed out in 1983 when the state recorded a harvest of just 363,940 birds. The grouse population has been on the rise ever since, with 521,830 birds harvested in 1986 and another 587,960 taken in 1987. The DNR estimates 600,000 grouse will be taken this fall.

"We expect the grouse numbers to continue to improve this year," said John Urbain, the DNR's gamebird specialist. "Field biologists saw quite a few birds and quite a few large broods this spring. The lack of rain probably helped them through their nesting season."

In the Upper Peninsula there was a good soft mast crop. Although the acorn crop was "spotty," there is a good supply of pin and choke cherries, dogwood, thorn apples and hazelnut.

In the Lower Peninsula, the drought reduced the crop of dogwood, cherries and raspberries, but the rains in early August helped

produce a good crop of thorn apples, black berries and wild raisins. Acorns are spotty, but "better than in 1987."

"Things looked bad in June and July," Urbain said. "Then the rains came and everything picked up. It's amazing how, with a little rain, mother nature recovered from the drought."

**WOODCOCK HUNTERS** should also find a large population of birds this season.

The DNR's spring count was up from previous years and biologists banded 875 birds, the most they have ever banded in one year. Last year biologists banded 720 birds.

Earlier in the summer, during the dry months of June and July, the little timberdoodles had scattered, moving from their traditional woodland nesting areas to the damper areas near river systems and lakes.

Again, the rains in early August moistened the earth, enabled the birds to spread out and move back into their traditional habitat areas.

"All in all, the hunting season should stack up pretty good," Urbain said. "Things are picking up."



## outdoors

### Bill Parker

#### IMPORTANT EVENTS AND DATES

● Sept. 15 — Deadline to apply for the December elk hunt.

● Sept. 15 — Squirrel, grouse, woodcock and rabbit seasons open statewide.

● Sept. 16-18 — Lake George \$7,500 Fall Walleye Tournament in Berland. For more information call (906) 932-4850.

● Sept. 24 — Deadline to apply for a hunter's choice deer license.

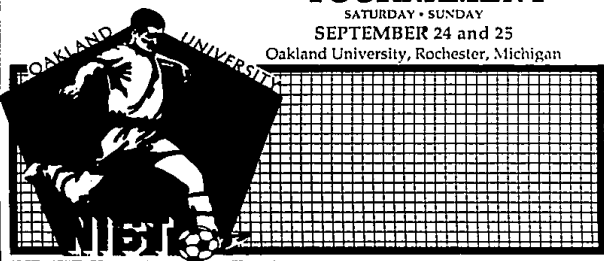
● Sept. 24-Oct. 2 — Boat Show U.S.A. will be held at Metro Beach Metropark near Mt. Clemens. Over 1,200 boats will be on display. Admission is \$5 adult and \$1 for children under 12 and a vehicle entry permit is also required (\$2 daily). For more information, call 886-7887 or 463-4581.

## NATIONAL INVITATIONAL SOCCER TOURNAMENT

SATURDAY • SUNDAY

SEPTEMBER 24 and 25

Oakland University, Rochester, Michigan



### THE COMPETITORS—

1. **OAKLAND UNIVERSITY** (14-5-1), ranked #9 nationally, reached the NCAA tournament first round.
  2. **LOCK HAVEN UNIVERSITY** (PA) (10-6-5), ranked #12 nationally, was a NCAA quarter-finalist.
  3. **C.W. POST COLLEGE** (New York) (13-7-1), ranked 11th nationally was another NCAA quarter-finalist.
  4. **METROPOLITAN STATE UNIVERSITY** (Colorado) (7-5-2), ranked 9th in the Far West region.
- PLUS—Tournament events will also include two high school games and a Michigan Youth soccer select tournament involving 1,300 young soccerites!**

### THE SCHEDULE

#### SATURDAY, SEPTEMBER 24

8:00a.m.-7:00p.m. Youth Select Tournament  
11:00 a.m.  
M.H.S.A.A. League Match  
Rochester Adams High School  
vs.  
DeLaSalle High School  
1:00 p.m.  
Lock Haven University vs. C.W. Post College  
3:00 p.m.  
Oakland University vs. Metropolitan State University  
7:00 p.m.  
Tournament Banquet at Meadow Brook Hall

#### SUNDAY, SEPTEMBER 25

8:00a.m.-7:00p.m. Youth Select Tournament  
11:00 a.m. M.H.S.A.A. League Match  
Ann Arbor Huron High School  
vs.  
Detroit Country Day School  
1:00 p.m.  
Lock Haven University  
vs. Metropolitan State University (Colorado)  
3:00 p.m.  
Oakland University vs. C.W. Post College (New York)  
5:00 p.m.  
Presentation of trophies and autograph session on  
4:45 and 6:00 p.m.  
Youth Tournament Championship games

### THE ADMISSION—

Children \_\_\_\_\_ 50¢  
Youth Soccer Players \_\_\_\_\_ no charge  
High School Age \_\_\_\_\_ \$1.00  
Adults \_\_\_\_\_ \$2.00

**Tickets and Information—**  
**OAKLAND UNIVERSITY**  
Athletic Department \_\_\_\_\_ 370-3190  
Tickets will be available at the gate

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Oldsmobile GMC Truck Inc.

## Fraser set to speak

Steve Fraser, 1984 Olympic wrestling champion, will share his secrets on "Goal setting: The key to success" at Oakland University Oct. 7-8.

Fraser, 30, will present an in-service program for Oakland Schools Oct. 7 at a yet-to-be determined site. From 12:30 to 2 p.m. that day he will have lunch and a discussion meeting with Oakland University coaches and athletes in the Lepley Sports Center.

Later that evening he will make a presentation at the annual dinner of the School of Human and Educational Services Alumni Affiliate. The program will be at Meadow Brook Hall.

Fraser starred as a wrestler at the University of Michigan and in international competition, including winning the Olympic gold medal in Greco-Roman wrestling. He was the first American to earn a medal in this sport.

Fraser, who received a bachelor's degree in education from Michigan, is now employed in the communications department of Domino's Pizza Distribution Corp. in Ann Arbor. Fraser has continued his interest in wrestling, serving on the U.S. Olympic coaching staff and as an assistant wrestling coach at both the University of Michigan and Eastern Michigan University.

# Tennis

## \$25,000 USTA WOMEN'S CHALLENGER OF DETROIT

Sunday, September 25-Sunday, October 2, 1988

**CENTAUR RACQUET CLUB**  
3700 DRAKE ROAD  
ANN ARBOR, MI 48106