

exercising options

Myrna Partrich

Self-improvement starts at any age

Dear Myrna: I am a 52-year-old businessman. I do aerobics. I have always wanted to improve my shoulder, chest and back area. If I lift weights, can I still accomplish any change in my body at my age? Is it safe? Should I start with strength and tone class first?

Good for you — self-improvement should never end.

You say you already do aerobics. Assuming a healthy diet and exercise three to four times a week — let's say you are in fairly good shape. If instructed properly, don't be afraid to lift weights.

When presented with the idea of weight lifting, people think of images of body builders, athletes and health club advertising personalities. This image is really a small percentage of people that do weight lifting. Weight lifting programs are often regarded as programs reserved for the young. Not true.

If you already attend aerobic classes, see if the club or studio offers a class format in strength and toning muscles. Yes, this would be a good place to start. With proper instruction you should learn to be in touch with your body.

In a class format using light hand weights and tension bands to strengthen muscles and increase muscle tone, you will have a good start. This type of program does not add bulk by working the muscles of the body where you perform lower repetitions and increasingly heavy weights.

Rather, it aims to build a lean, firm appearance by performing specific weight lifting exercises in high numbers of repetition using small hand and ankle weights ranging from one to five pounds and tension bands. This type of program can be practiced by all age groups.

You should be taught the basics in correct weight lifting procedures:

- Correct body alignment.
 - Strength and development of all muscles of the body.
 - Working within your own range of motion.
- All of these factors are primary when participating in a safe weight training program. These basic anatomical and physiological techniques should be incorporated within your entire weight program. You should learn what muscles you are using at a particular time and the purpose for using those muscles, therefore, offering you the knowledge essential to receive the maximum benefit from your workout.

Once you've mastered a basic knowledge through class format experience, talk to a trainer or exercise instructor about increasing weight of free weights or the use of a weight machine. Please don't try this adventure on your own. You need good instruction for the safety aspect.

Yes, at age 52 you can change your body's appearance. It is safe — if you take instruction properly with your own basic knowledge of muscle groups. Don't forget to be aware when your body tells you to stop.

By the way — who said age 52 is too old for anything?

(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 letters to: Sports Department, Myrna Partrich, 1225 Bowers, Birmingham 48012.)

sports shorts

HOOP TOURNAMENT

Waterford Parks and Recreation will hold its St. Patrick's Day Girls' Basketball Tournament March 17-19.

The tournament will have five divisions of competition.

For more information, call Jim Talley at 673-3093.

UMPIRE CLINIC

The Wayne Oakland Bulls and Strikes Association is holding the 1st Umpire Clinic at Plymouth Salem High School, Saturday, Feb. 18. The clinic, held from 9 a.m. to 7 p.m., will feature Mr. Rocky (John) Roe from the American Umpires League.

Registration fee before Feb. 10 is

\$20 for high school students, \$25 for non-members. Cost at the door will be \$30.

Mail registration and check or money order payable to: Wayne Oakland Bulls and Strikes Association, 36049 Grenada, Livonia, MI 48154.

ACRONAUT GYMNASIUM

The Acronauts from Whitlocks School of Gymnastics, Bloomfield Hills, recently competed in a meet held at the Farmington Gym Club.

Jodie Rosenberg, West Bloomfield, finished seventh on the bars (7.30), sixth on vault (8.15), and 10th all around with a 28.55.

Outdoor sport shows abound

WERE BEING bombarded with outdoor sport and recreation shows. But that's just fine with me. In past years, I've often missed my opportunity to go to the annual Boat Show or Outdoorama. Something always seemed to crop up at the last minute and before I realized it the shows were over. But with the schedule of outdoor sport shows coming to the area being now and spring, there is absolutely no way I can miss out.

Beginning with the Detroit Boat Show and the Fishing Expo, which run through the weekend at Cobo Hall, and ending with the Midwest Fly Fishing Expo, April 1-2 at the Southfield Civic Center, there are at least seven different outdoor shows coming to the area.

If you have the time to take in each show you'll probably see some duplicate seminars and displays. But if you find it difficult to make time to see even one show each winter, now is the time to fit an upcoming show into your schedule.

THE FIFTH ANNUAL Southeast Michigan Camper and RV Show began last weekend and wraps up Friday, Saturday and Sunday at the Michigan State Fair Coliseum.

Everything from 1989 model fold-down campers and travel trailers to fifth wheel trailers and motor homes are on display. If you're in the market for an RV, this is the place to look. All the famous name brands are represented including Winnebago, Starcraft, Targa, Layton, Troitwood, Yellowstone, Apache, International, Wilderness and others.

Show visitors will also see displays by private campground owners, RV accessory suppliers and outdoor recreation outfitters.

The show is open 10 p.m. Friday, noon to 10 p.m. Saturday, and noon



Bill Parker
to 8 p.m. Sunday. Admission is \$4.50 adults, \$2 for children under 12 and children under five will be admitted free.

Sponsored by the Michigan United Conservation Clubs, the Camper and RV Show is a non-profit event. All proceeds will be used to support MUCC's conservation and environmental education programs, nature centers and youth camps.

THE GRANDDADDY of all the shows, Outdoorama, is creeping up on its 50th birthday. This year, the show will be held Feb. 17-26 at the Michigan State Fair Coliseum. If you've never been to Outdoorama you're missing a truly exciting, family outdoor show.

Outdoorama features daily stage shows ranging from world-famous archery expert and trick shot artist Bob Markworth to Johnnie Weide's Dancing Bears; Miss Constanza performing leopards and jaguars; and Bob Jenni's collection of poisonous snakes.

There are exhibits of live, wild animals including ducks, geese, Michigan birds of prey, bear, mountain lion, bobcat and fox.

Outdoorama also features over 140,000 square-feet of exhibit space with displays of hunting, fishing and boating equipment from more than 325 U.S. and Canadian outfitters and exhibitors. There are also booths with information on fly-in fishing and hunting trips, white water rafting and other outdoor adventures.

The highlight of Outdoorama are the informative clinics on hunting

and fishing. Some of this year's speakers include Mike Modrzycki on Michigan steelheading, Lake St. Clair charter captain John Miner on muskie fishing, Markworth on archery, and Dennis Laidler on Michigan bird of prey.

On Feb. 24, the Michigan Big Game Hunters Association will present Record Book '88, (the sequel to big buck night).

Like the Camper and RV Show, proceeds from Outdoorama will be used by MUCC to support conservation and environmental education programs, nature centers and youth camps.

THE ROCHESTER Antique Crafts and Arms Show will be held Feb. 25-26 at the Oakland Center Building at Oakland University.

Sponsored by the Etouille du Nord Longrifles, the Craft and Arms Show will feature antiques, colonial style pottery, tin smith goods, trade silver, blacksmith goods, and Great Lake Indian quill work and beadwork.

There will also be historical reenactments as well as colonial, western frontier and military clothing along flintlock rifle building seminars.

THE NEWEST ADDITION to the list of upcoming outdoor shows is the Greater Detroit Sportfishing Expo, scheduled for March 30 to April 1 at the Palace of Auburn Hills.

The Sportfishing Expo promises to be an anglers' paradise, featuring non-stop seminars on fishing instruction, factory exhibits from some of

the major tackle companies, local fishing equipment retailers, DNR record fish display, the 50-foot "Hawg Trough" (stocked with fish) and over 300 exhibitors.

Scheduled speakers include Dave Winkelman, host of the TV show "Good Fishing"; "In Fisherman" magazine's Al Lindner; Bud Riser, host of the TV show "Walleye Magazine"; Jerry McKinnis, host of the TV show "Fishes' Hole"; Detroit News outdoor editor Dave Richey; outdoor chef Kay Richey; and Michigan outdoor writer Tom Huggler.

THE MICHIGAN Fly Fishing Club presents the largest fly fishing only consumer show in North America, the Michigan Fly Fishing Expo, on April 1-2 at the Southfield Civic Center.

The show features fly fishing supplies, antique tackle, custom built rods, art, carvings, the latest books and videos as well as out-of-print books and other collectables. Outfitters from the continental U.S., Alaska and Canada will also be on hand.

Featured speakers include Mel Krieger, author of "The Essence of Fly Casting"; Jim Tenney, who will speak on steelhead fishing; and Gary Berger, author, educator and international ambassador of fly fishing.

Proceeds from the Fly Fishing Expo will be used by the Michigan Fly Fishing Club on fishing projects in Michigan including stream restoration projects and graduate research projects.

outdoors calendar

IMPORTANT EVENTS AND DATES

- Feb. 12 — Black Powder Rendezvous, featuring traditional attire and a black powder shooting competition with prizes, will be held at 9 a.m. Sunday at the Detroit Sportsman's Congress, 49800 Dequindre, Utica. For more information call Paul Behe at 463-7867.
- Feb. 17 — Final day for artists to submit entries in the trout/salmon and watercolor stamp design contests. Call (517) 373-1260 or (517) 373-1263 for details.
- Feb. 10-12 — Southeast Michigan Camper and RV Show will be held at the Michigan State Fair Coliseum.
- Feb. 4-12 — Detroit Boat Show at Cobo Hall.
- Feb. 9-12 — Fishing Expo at Cobo Hall.
- Feb. 11 — Michigan Deer Camp '89, sponsored by Whitetails Unlimited, the camp includes a prime-rib dinner, door prizes, raffles and guest speakers and will be held at the Valley Plaza Inn in Midland. Call (414) 743-6777 for more information.
- Feb. 17-26 — Detroit Outdoorama Sport and Travel Show will be held at the Michigan State Fair Coliseum.
- March 1 — Bobcat and fox hunting seasons ends.
- March 16 — Birmingham, Bloomfield and Troy chapters of

Ducks Unlimited will hold their annual sponsors' dinner at the Pike Street Restaurant in Pontiac. Call Tom Needles at 548-3260 for more information.

OAKLAND COUNTY PARKS

- Observer & Eccentric Ski School, offering instruction proper or use of equipment, warm-up exercises, the diagonal stride (a popular ski technique), how to get up from a fall, how to ski up and down hills and the beautiful benefits of skiing, will be offered at Independence Oaks at 9 and 11 a.m. every Saturday (weather permitting) through Feb. 25.
- Family and Friends Ski Tour, featuring 1.5 miles of lighted trails, free lessons, equipment rental, ice skating and more, will be offered at 6 p.m. Feb. 9 and Feb. 16 at Addison Oaks (weather permitting).
- Most Oakland County Parks' events require pre-registration and a permit is required. For more information on any of the events, call 858-0908.

METROPARKS

- 12th Annual Pancake Walk, a program offering families the opportunity to participate in a winter morning nature walk and return to a hot pancake breakfast, will be offered at 9 a.m. Sunday at Stony Creek.

GET OUT OF THE DARK.

The Consumer Information Center will assist you with helpful consumer information. It's free to everyone.

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NOTICE OF PUBLIC INFORMATIONAL MEETING

OAKLAND COUNTY ROAD COMMISSION
FOR THE RECONSTRUCTION & WIDENING OF
FEATHERSTONE, SQUIRREL, HAMLIN & ADAMS ROADS
IN THE CITIES OF AUBURN HILLS & ROCHESTER HILLS

Your Board of Oakland County Road Commissioners and the Cities of Auburn Hills and Rochester Hills invite your comments on the proposed project to reconstruct and widen Featherstone Road (Opdyke-Squirrel), Squirrel Road (M-59 to Butler), Hamlin Road (Squirrel-Adams) and Adams Road (north of M-59 to the ramp) to a four-lane boulevard.

We invite all interested citizens to attend and express their views or request information on this matter before the start of construction of this project.

Date: Wednesday, February 22, 1989 Time: 3:30-4:30 P.M.
Place: Auburn Hills City Hall
1827 North Squirrel Road
Auburn Hills, Michigan 48007

At the meeting, staff of the Oakland County Road Commission will be available to discuss the project and answer questions. The meeting is informal, please stop by anytime between 3:30 P.M. and 4:30 P.M. Project drawings will be available for your review.

An Environmental Assessment has been prepared for the proposed project. It is available for review at the City offices of Auburn Hills and Rochester Hills and the Offices of the Oakland County Road Commission (address shown below). It will also be available at the meeting.

Tentative project schedule is as follows: Construction would begin in April, 1989 and be open to traffic in late fall, 1989. Final cleanup would be in the spring of 1990.

Your attendance at the meeting will give the best opportunity for presenting your views and gaining desired information. However, we welcome your written statements to us. Send your comments to: Oakland County Road Commission, 31001 Lahser Road, Birmingham, Michigan 48010.

BOARD OF OAKLAND COUNTY ROAD COMMISSIONERS

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By: JOHN L. GRUBBA, Managing Director

Publish: January 19 and February 9, 1989

A Call For Entries ... and all interested African Violet lovers.

at Bordine's in Rochester Hills

Bordine's Valentine Violet Show

Saturday Feb. 11, 1989
Sunday Feb. 12, 1989

JUDGED SHOW! Prizes awarded for outstanding violets in 11 different categories. Betty Frankel of the DETROIT FREE PRESS will be on hand to judge and present the awards starting at 3 p.m. Saturday. All entries receive a participation ribbon.

Co-sponsored by Bordine's and North Oakland County Violet Club. For entry information and show rules call Bordine's at 651-9000.

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