

Maintain your youth with good skin care

Dear Myrna: I'm a regular exerciser. Can you give me some tips on skin care during and after exercise? I've got dry skin and I'm in my thirties.

Let me first take the opportunity to tell you how good exercise is for your skin.

Studies show that vigorous exercise does more than just tone the body; it also enhances your skin. Those who exercise regularly have more elastic skin with better moisture retention and fewer wrinkles than their sedentary friends.

Exercise increases the flow of blood and oxygen to the skin for a better exchange of nutrients. The skin cells renew themselves faster, producing more collagen, making the skin more supple and better looking.

Hair and nails grow faster in warm weather. Now get this. According to Dr. Diana Bihova, clinical instructor of dermatology at New York University Medical Center, exercising seems to do the same for skin.

Interesting? Yes! Your skin cells replenish themselves with the rise in body temperature.

Here is more good news for people concerned about under-eye bags. In another interesting study, it has been found that under-eye swelling has almost completely disappeared in a group of regular exercisers. The same exercisers also had better skin texture and tone than the matched sample of non-exercisers.

You do know of course, occasional work-outs won't solve any skin problems or enhance anything. Exercise has to be on a regular basis.

SKIN CARE must be followed during and after exercise. What you do to your skin before, during and after exercise can be as simple as cleansing,



exercising options

Myrna Partrich

toning and lots of moisturizing for your dry skin.

First of all, take an honest look at your skin care routine. Have you altered it in recent years to keep up with your skin's changing needs? Have you looked at new products that might be better suited to your lifestyle and your skin type? I find as often as every season change, I reanalyze my skin care.

Tips on cleansing your dry skin: Being that you have dry skin, you should use superfatted soaps or milky cleansers. Use a water soluble soap that you after you cleanse.

I'm now going to address your skin question to three types of exerciser situations:

- Private exerciser or someone not vain at all about a no makeup situation publicly.
- It's much better to exercise with a clean, light moisturized (hydrate moisturizer) face. Periodically myself, after cleansing, I lightly add water back into my face, just blot slightly dry and add a hydrated moisturizer.
- Semi-vain exerciser or someone who needs a little cheek color and lipstick.

If adding cheek color use a cream blush — not powder. Powder will block your pores and not allow your skin to "breathe" (just an expression, skin really doesn't breathe).

• After-work exerciser — no chance to change face. Oh well, you will look good starting out anyways.

This is not the best situation. If you are like me and your face sweats profusely, your eyes will end up in the middle of your cheeks and make up foundation with cheek color down your body. Funny, I know it has happened to me. No such thing as a water-proof mascara at this point.

Whichever situation you are in when finished working out, go directly to a water fountain or sink and rinse your face. It's not the oil our skin loses — it's the water. We must replenish our skin whether we are exercising or not.

When you return home, cleanse and moisturize your face properly. I have dry, delicate skin. I generally wear a light hydrate cream, a little cream blush and lipstick when exercising. After, I rinse thoroughly, blot lightly and hydrate my skin. I let a layer of hydrate moisturizer settle in my skin a few minutes, then add a richer moisturizer on top. I sometimes add another layer of "Clarins Beauty-Flash" just to seal the moisturizer trap I've created on my skin.

Yes. Exercise and good skin care is where it's at to maintain our youthful appearance.

Glad you asked? You betcha!

(Myrna Partrich, co-owner of The Workout Company Inc. 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, MI 48012.)

Cory wins stamp design contest

LARRY CORY is to Michigan's trout/salmon stamp contest what Sir Barton is to horse racing: the first triple crown winner.

Cory, a Birmingham resident, recently won the Michigan Department of Natural Resources' 1990 trout/salmon stamp design competition. It is the third time Cory has won the contest, making him the first artist to accomplish such a feat.

The winning painting, a coho salmon and a fly rod against a grass background, will be featured on the 1990 Michigan trout/salmon stamp. This marks the first time a coho salmon will be featured on the stamp since the contest began in 1980.

Ironically, Cory's other winning entries — a brown trout in 1980 and a chinook salmon in 1983 — were also first time features. The brown was the winner of the very first contest and the 1983 entry was the first time a chinook was featured on the stamp since the contest began.

PRIOR TO 1980, trout/salmon stamps were required by the DNR for trout/salmon fishing, but the painting was always done by a DNR staff artist. In 1980 the selecting process was turned into a wildlife art contest.

"It's all really a major conservation effort. That's one reason I got



outdoors

Bill Parker

into it," said Cory, of the DNR's stamp design contest. "They'll make 50,000 prints which will be donated to conservation groups. The prints will be raffled off and the money will be put back into conservation projects."

"It's great that Michigan has such a program (like the trout/salmon contest) that lets us show off our stuff. Plus we get to help with the conservation effort."

CORY HAS been a professional artist for 27 years. An avid hunter and fisherman, he has been painting wildlife for the last 13 years.

"I like to hunt, fish, hike and camp," said Cory. "But I happen to love fishing a whole lot, especially fly fishing. Naturally I like to do (paint) fish even though they are very difficult to do. I'm also fond of mammals. I've done several whitetail deer."

Cory has lived in Michigan (the Detroit area) his entire life and has done much of his hunting and fishing here. Since he has spent so much

time in the woods and waters of Michigan, naturally, he's protective of his roots.

"Michigan is my first love. It's such a beautiful state," Cory said. "We really have a great thing here in Michigan. It's just that too many people take it for granted."

ASIDE FROM the trout/salmon stamp contest, Cory also won the 1984 Michigan duck stamp contest with a painting of a pair of pintails flying over a hunter in a marsh.

In 1981-82 the state of New Mexico commissioned Cory to design their trout stamp. Also in 1982, Cory placed second in the Michigan United Conservation Club's Wildlife Artist of the Year contest for a painting of a whitetail deer.

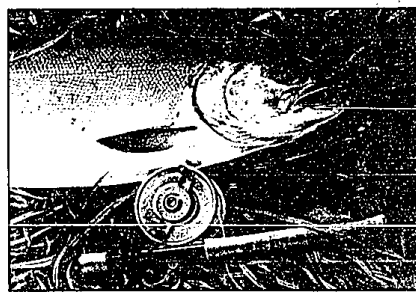
Overall, Cory has been in 16 wildlife art contests and has placed in the top six in 15 of them. He placed first five times.

"I'm battling a little over 300," admitted Cory. "That's not too bad. I don't have any complaints."

Cory must now sit through a mandatory two-year ineligibility period for the trout/salmon stamp contest, but he'll undoubtedly be back in action in '91.

☆☆☆

MAGGIE TYSON, of Bloomfield Township, had a couple beggars



Larry Cory's chinook salmon painting (above) won the 1990 trout/salmon stamp contest.

knocking at her window recently. Evidently, a pair of mallard ducks, a hen and a drake, wandered into Tyson's yard looking for a free lunch. When they found nothing suitable in the backyard, they walked around the house and wound up on the front porch, where the drake began tapping at a window with his beak.

"He and his wife wandered around

sports shorts

WATERFOWL RESTRICTIONS

The U.S. Fish and Wildlife Service is considering keeping last year's waterfowl hunting restrictions in place for the upcoming fall season, according to a notice published in the Federal Register.

Early results of waterfowl harvest studies confirm that duck production was very poor last year. Preliminary analysis of wing submitted by hunters indicates that mallard and pintail populations contained less than one young for each adult bird, whereas in years of good production the young outnumber the adult.

ADVISORY ERROR

An error is contained in the Department of Public Health fish consumption advisory published in the Michigan Department of Natural Resources' 1989 Fishing Guide. Round Lake in Delta County was listed with restrictions on fish consumption. There are no restrictions on Round Lake in Delta County.

Round Lake in Marquette County should have been listed with an advisory.

No more than one meal per week should be consumed by the general population and pregnant women, nursing mothers, women who intend to become pregnant and children under 15 should eat no more than one meal per month of rock bass, perch and crappie more than 9 inches in length, largemouth and smallmouth bass, walleye and muskie. Northern pike more than 23 inches in length should not be eaten at all.

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