

exercising options

Myrna Partrich

Fat deposits do increase as we age

Dear Myrna: I am a 56-year-old woman who had always been slim. My weight has never really increased but I am noticing deposits of fat around my body, especially in my abdomen area. How could I have gained fat if I haven't changed my eating habits and my weight is similar? I exercise a very limited amount.

Don't be depressed. This is a very common problem. In fact, we all have it. You are lucky that your weight has stayed under control. Most women who don't change their eating habits and do not exercise find themselves gaining weight slowly every year.

Many people who have been slender all of their lives find their weight creeping up as they approach middle age. Generally, our fat distribution seems to change, with many women thickening around the middle and developing a roll of fat on their abdomen. Medical science has no concrete information on why we gain fat as we age, but studies do show some obvious conclusions.

First of all, your metabolism slows down as you become older, reducing your calorie needs to maintain bodily functions. Therefore, more calories become available for you to store as fat.

Add to this the fact that as you age, you tend to become less active. Naturally, calories you normally burned up during exercise now become fat. Even if you were never an active exerciser, your body was naturally more active.

You say you have never changed your eating habits. Now you have to decrease your food intake enough to compensate for your body's lower energy needs.

Your calorie requirements drop by 2 to 10 percent for each decade after you reach 30 years of age. Studies show that although the average older person does not eat as much as the typical 20- to 30-year-old, most consume more food than their bodies need. Also with age, everyone loses some muscle with a corresponding increase in fat tissue if they do not exercise.

While younger women tend to store fat in their breasts, buttocks and thighs, older women store it in their abdomen area.

My answer to you is to exercise, of course, but first with the permission of your doctor. It's a good idea to get an EKG with your regular check-up. If everything checks out OK, start walking.

As an exercise expert to help you set up a program that will be great for you. You might not need to change your eating habits if you exercise regularly. As you can see, weighing yourself isn't always the answer. I never get on a scale myself.

It is the body composition that counts — the ratio of muscle to fat. Your discovery of fat deposits does prove it!

(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.)

Trout season opens Saturday

DIG OUT your dry flies and waders and join the celebration. Trout season opens this weekend.

Thousands of anglers will line the shores of Michigan streams and creeks Saturday for the opening of trout season on trout streams and designated trout lakes.

For the avid trout fisherman, the arrival of opening day is a spring ritual.



Bill Parker outdoors

"I like to fish trout. I haven't missed an opener in 40 years," said Livonia's Herb Bolt. "But another nice thing about (trout opener) is that it's a sign of spring. There are several signs of spring: there's the Tigers' training camp and the proverbial first sighting of a robin. But for me, I know it's spring when the opening day of trout season arrives."

THIS OPENING DAY will be a special one for Bolt, who will be crowned National Trout King at the National Trout Festival in Kalkaska.

"It's mainly a fun thing," explained Bolt, a retired executive sports editor of the Detroit News and an outdoor writer for the Associated Press for the last two years. "They've held a festival in Kalkaska to mark the opening of trout season for 53 years. They have a parade, and a media dinner on Friday night when I'll get the robe and crown."

Bolt will join the ranks of some pretty notable past National Trout

Kings such as Mort Neff, Dave Richey, Tom Oppe and last year's King, Bob Garner.

So where will the Trout King fish on opening day? "On opening day I don't like the big streams, they're just too crowded. I'll sneak away and find a couple little streams tucked away somewhere," Bolt said. "I've got a couple in mind."

LOCALLY, ANGLERS have several streams to choose from when selecting an opening day niche.

Paint Creek, which begins in Lake Orion and connects with the Clinton River in downtown Rochester, is traditionally the hottest stream in southeastern Michigan. But Ron Spitzer, DNR fisheries biologist at the Pontiac District office, feels the Huron River at Proud Lake will be the hot spot come Saturday morning.

"It's going to be nuts over there beginning at midnight Friday," explained Spitzer. "(In late March) we stocked some nice 14-16-inchers over there and it's been strictly catch-and-release since April 1. It's going

to be jam-packed with fishermen."

SEVERAL OTHER southeastern Michigan streams are stocked annually and should produce trout. They include the Clinton River, which runs east from Pontiac to Lake St. Clair; East Mill Pond Creek, which runs east and west, north of Romeo, and connects with the Clinton at 32 Mile RD.; Kearsley Creek, north of Lake Louise in Ortonville; and Stony Creek Stream south from Lakeville Lake to Stony Creek Metropolitan.

"All the waters and streams we stock will be stocked by the weekend," Spitzer said. "But what people don't realize is that we don't stock catchable size fish."

"The best thing people could do to help us and the fish would be to get away from the bridges where they are stocked at. These smaller fish tend to stay near the bridges for a while. The best thing people could do is to fish the holes at least a quarter-mile away from the bridges and work the larger fish left over from last year."

The newly stocked fish should reach the legal keeping size of eight inches by midsummer, although most anglers release these smaller fish.

TROUT FISHING isn't the only activity smilling outdoor enthusiasts this weekend. Walleye and pike season opens on Lower Peninsula inland lakes and the spring wild turkey season is in full swing. On top of that, with the warm weather we've had, panfish action is heating up in the shallows on inland lakes.

Top walleye lakes in the area include the Stony Creek Impoundment No. 1 and Cass Lake and White Lake in Oakland County. The Clinton has also produced some nice walleye and an occasional steelhead is still being taken at Yates Creek Mill, although the run has slowed down considerably.

Wayne County walleye anglers can fish close to home at Belleville Lake, Ford Lake or the Huron River south from Flat Rock.

The best bets for pike include Cass Lake, Kent Lake, Lakeville Lake, Orchard Lake, Orion Lake and Willie Lake.

(Bill Parker is happy to answer questions readers may have regarding the outdoors. Send your questions or comments to: Outdoors, 1225 Bowers, Birmingham 48012.)

outdoors calendar

IMPORTANT DATES AND EVENTS

- April 29 — Trout season opens statewide.
- April 29 — Walleye and pike season opens on Lower Peninsula inland lakes.
- April 29-30 — \$30,000 Lite Line Salmon/Trout Fishing Tournament will be held at Lexington, Ind. For more information call 294-9700 during business hours.
- May 3 — The Oakland Parks Foundation will honor the Michigan United Woodcock Clubs at its seventh annual dinner at Glen Oaks County Park in Farmington Hills.
- May 9 — 19th Annual meeting of the East Michigan Environmental Action Council will be held at 6:30 p.m. at the Cranbrook Institute of Science.
- May 12-21 — National Recreational Vehicle open house week.

OAKLAND COUNTY PARKS

- Sky Dancers, a nature program in which participants will observe the courtship flight of the American Woodcock. Starts at 7:30 p.m. Saturday at Independence Oaks.
- Weekend camping begins May 5 at Independence Oaks (634-1432) and Groveland Oaks (634-9811).
- Slippery Singers, a nature program in which participants will listen to the calls of a frog, will be offered at 7:30 p.m. Saturday, May 6, at Independence Oaks.

ferred at 7:30 p.m. Saturday, May 6, at Independence Oaks.

- Beginning Birding, a nature program in which participants will learn the basics of bird watching through lectures, handouts and field experience, will be offered at 7 p.m. Wednesday, May 10, and 8 a.m. Saturday, May 13, at Independence Oaks. Cost is \$3 per person and pre-registration is required. Call 634-0916 for more information.

- Wildflower Wandering, a nature program in which participants will learn to identify woodland wildflowers, will be offered at 1 p.m. Saturday, May 13, at Independence Oaks.

- Regular camping season begins on May 19 at Addison Oaks and Groveland Oaks.

METROPARKS

- Night of the Living Frogs, a nature program about frogs, will be offered at 8:30 p.m. Saturday at Indian Springs.
- April Bloomers, a slide program and a walk along a nature trail in search of blooming wildflowers, will be offered at 2 p.m. Sunday at Stony Creek.

will be offered at 2 p.m. Sunday at Stony Creek.

- Spring has Sprung, a naturalized stroll through the park to learn about the sights and sounds of spring, will be offered at 2 p.m. Sunday at Kensington.

- Catch a Falling Star, a slide presentation on astronomy followed by an outdoor observation session, will be offered at 9 p.m. Friday, May 5, at Indian Springs.

- Kid Stuff, a nature program in which children will learn about some of the animals that make their homes in a pond, will be offered at 10 a.m. Saturday, May 6, at Indian Springs.

- Spring Festival '89, a weekend festival full of farm and nature programs, will begin at 10:30 p.m. each day, Saturday and Sunday, May 6-7, at Kensington.

- Breakfast with the Birds, a morning walk with a break for beverages and a doughnut, will be offered at 8 a.m. Saturday, May 6, at Stony Creek.

- Saturday Morning Stuff, a nature program for children which will focus on frogs this time, will be offered at 10 a.m. Saturday, May 6, at Stony Creek.

OU's Delie is honored

St. Mary's College men's basketball team signed three players to national letters-of-intent earlier this month including Oxford High's 6-foot-8 center Brian Koscielski.

Koscielski averaged 18.2 points, 12.2 rebounds and 6.1 blocks per game as a senior and will be a valued addition inside for the Cardinals.

The other two recruits are Kevin Karafa, a 6-6 center from Ulica Henry Ford, and Ulica Eisenhower's 6-4 forward Jeff Szczepanski.

"They'll have an opportunity to play," coach Glenn Donahue said.

"It's up to them. Coming in they'll know they have to work hard to get some time."

Karafa averaged 10.6 points and six rebounds per game at Henry Ford. Szczepanski, a swingman, scored 11.1 points and 8.2 rebounds at Eisenhower, but the real find might be Koscielski, who improved greatly over his junior year.

"He really came on his senior year and we feel he's a real strong prospect," Donahue said. "His coach (Dave Smith) figures he's getting better every day."

Twice a week is better

MANUS POWER MOWERS

JOHN DEERE

Nothing Runs Like a Deere®

MANUS POWER MOWERS

3116 N. WOODWARD - 2 BLKS. S. OF 13 MILE

FULL SERVICE DEPT. COMPLETE PARTS DEPT. FINANCING AVAILABLE

41 YEARS SAME LOCATION

549-2440

WE TAKE TRADE-INS PICK-UP AND DELIVERY

MON. 8-8 TUES.-FRI. 8-6 SAT. 8-2

JOHN DEERE

POST LANTERNS

\$139⁹⁵

Completely Installed
7 days a week

INCLUDES

WE ALSO INSTALL

CALL

- 6 Styles to choose from
- Automatic (on at dusk, off at dawn)
- Low operating cost
- 1 Year warranty
- Brass styles available from \$149.95

- Gas lamp conversions
- Deck & landscape lighting
- Illuminated address signs

for **FREE Brochure**

NITELIGHTERS • 471-1414

Twice a week is better

DELTA

1" BELT SANDER

MODEL #31-050

LIST: \$93 — SALE \$74.50

A SANDER, GRINDER, SHARPENER, AND BUFFER IN ONE!

- Powered by 1/2 hp induction motor
- Power Lathes on motor for mounting accessories that shift with attachments for drum sanding, rotary filing and more
- Automatic belt tensioning with handy self-tensioning control knob
- Lightweight for portability; rubber base pads add stability and dampen vibration
- U.S. Patent

DELTA
Glenn Wing

A Complete Selection of Woodworking Tools & Accessories
1437 S. Woodward, N. of 14 Mile
Birmingham • 644-0444

Vinyl Siding Sale

Spring Specials

Seamless Gutter

Run to any length While you wait — 15 colors —

69¢ ft. .027 Gauge

ALUMINUM SOFFIT

8 1/2" x 10" WHITE AND COLORS

CLARK \$5.95 sq.

LIVONIA 14100 W. Warren Rd. (at New St. of Livonia) Livonia, MI 48150 482-4864

PORTAC 8407 Peach Hwy. Westland, MI 48096 623-2222

DETOIT 1400 E. EIGHTH RD. DETROIT, MI 48234 694-2202

CLIO 11200 Coughlin Trl. Clio, MI 49420 697-4730

KROGSTEN 3000 Kensington (1/2 E. S. of Kensington) ZEB 4-4000

SIDING WORLD

#1 COIL STOCK

White and Imperial Brown 24"x50 ft. \$43⁹⁵ roll

Gloxx Shingles

All Colors \$17⁹⁵ per sq. Cash and Carry. Detroit, Pontiac and Inkster Only

Custom Trim Available Bring in your measurements and we will custom fit your trim. **ANY COLOR — ANY SHAPE**

Complete Stock of Accessories

Hours: M-F 7:30-5:30 Sat. 8:00-3:00

Hurry, the movie starts at 7:45... or was it 7:15?

What's playing? For free* movie and theater schedules, reviews, times and locations...and much, much more...call **Tough Four™** Find out more in the InfoKey™ section of the Ameritech PagesPlus®

*Tough Four service free with local calling area © 1989 Ameritech Publishing, Inc.