



exercising options

Myrna Partrich

A few healthy tips for growing families

Dear Myrna: I am a young mother with a 3-year-old boy and another baby on the way. I'm in my fourth month of pregnancy and I've been exercising with caution. I think I'm eating properly. My question is: Can you give me some healthy tips on raising a young family today?

You sound like an intelligent young mother who is in touch with a problem that faces many American children — poor diet and exercise habits. The facts are not encouraging unless American mothers take hold of the situation by educating themselves and their children.

I've got plenty of tips for you:

• Starting from pregnancy, you want a diet low in saturated fats. Remember, what you eat is what your baby feeds on during gestation and during breast feeding.

• When children are infants, feed them formulas and baby foods low in sugar and saturated fats but high in calcium. Remember to always read the labels.

• Your family should be eating a well-balanced diet of 50-60 per cent complex carbohydrates; 20-30 per cent unsaturated fats; and 10-20 per cent low proteins.

• Complex carbohydrates — green vegetables, whole grains, fruit, etc.; Unsaturated fats — nuts and vegetable oils; Low-fat protein — poultry or fish.

• Substitute fresh fruits and vegetables for fatty, salty or sugared snacks. Popcorn is a great substitute for cakes and cookies.

• Serve pasta dishes three to four times per week (tomato sauce with vegetables or plain).

• Season with herbs rather than salt or butter. You never need to add salt — sodium is found in many foods.

• Try slipping bread in muffins, bread or sprinkled on cereal. Yogurt mixed with herbs will make a good vegetable dip.

• Calcium is important. Children need large amounts of calcium when growing for strong teeth and bones.

• Reduce the amount of caffeine children eat or drink. Chocolate and colas are the two main culprits.

• Make exercise a family affair. Hiking, bicycle trips, runs and speed walking, etc. are good family-oriented exercises. Make sure it's fun and not a chore.

• Enroll children in physical education classes, even if classes are not mandatory in your school. Talk to physical education teachers about their program and encourage them.

• Talk to teachers and school officials about revising their lunch program to include healthier foods such as whole wheat bread (instead of white), fresh vegetables and fruits and low-fat milk.

• Try less television and more exercise. Couch potatoes aren't cool. Limit the television to increase activity.

• Make sure your children sleep enough every night. It will show in their activities if they aren't rested.

• Keep in mind that children undergo a certain amount of stress growing up. Good diet and exercise will help along with lots of good conversation.

Remember to set a good example for your children. Take a good look at yourself. Now you're stuck — you have to lead that healthy, clean life.

(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, 885 E. Maple, Birmingham, 48012.)

Klepper continues to shine

Rochester's Pat Klepper was at it again recently.

Having won the St. Clair Division of the Operation Bass Michigan Division qualifier on Lake St. Clair in August, Klepper added a 10th place finish in another Michigan Division qualifier recently in Windsor.

Klepper landed four bass weighing a total of 7-pounds, 9-ounces and received \$100 for his effort. But more importantly, Klepper added to his point total and is in contention for a berth in regional competition.

At the end of six tied Men qualify events, the top 24 anglers, determined on a basis of points and pounds, will advance to Regional Classic competition against 98 anglers from four other divisions. The 10 highest finishers from each regional advance to the \$150,000 Red Man All-American. The winner of the All-American will receive \$100,000.

THE MICHIGAN Department of Natural Resources has confirmed two more state record fish for 1989 — a 1-pound, 7-ounce mooneye and a 44-pound, 7-ounce flathead catfish. So far this year, four record fish have been caught. (A 4-pound, 7-ounce American eel and a 2-pound,

outdoors calendar

1-ounce bow sucker are the others).

At Puro, of Algonac landed the 14½-inch mooneye in the north channel of the St. Clair River in mid-July while trolling with a McGinty & Crawler bait.

Donald Stevens, of Kalamazoo, took his record 45½-inch flathead catfish in mid-August while baitcasting with Bagley's D13 Crankbait on Muskegon Lake.

Both anglers will receive state record certificates and a Michigan Master Angler patch from the DNR.

To date, 693 qualifying fish entries have been submitted this year to the Michigan Master Angler program.

THROUGH MID-OCTOBER, DNR fisheries biologists will trap and transfer a minimum of 1,000 adult trout and salmon from the St. Joseph River and transfer them to Indiana as part of an interstate program to expand the popular sport fishery shared by both states on this river.

The fish, taken from the Berrien Springs fish ladder in Berrien County,

will serve as the initial brood stock for annual plantings of salmon yearlings on the St. Joseph River.

The trap and transfer process will be repeated annually until fish ladders at Buchanan and Niles in Michigan have been constructed, allowing the fish to return upstream to spawn on their own.

As part of the joint agreement, Indiana has been stocking the river on an annual basis with chinook salmon since 1984 and skamania steelhead since 1985.

MANDATORY USE of steel shot will be required statewide during the 1989 Michigan waterfowl season according to the DNR.

This is a change from the 1988 season when steel shot was required only in the Lower Peninsula and two small areas of the eastern Upper Peninsula.

The Natural Resources Commission approved this action in February in an effort to significantly reduce lead poisoning in waterfowl.

The rule will also apply to the hunting of coots, gallinules, rails and snipe, in addition to ducks and geese. Steel shot is not required for hunting woodcock, partridge or other upland game birds.

IT WILL COST a little more to use state parks and recreation areas next year.

The Natural Resources Commission, at its September meeting, approved camping and motor vehicle permit increases which will take effect January 1, 1990.

The annual Motor Vehicle permit was raised from \$10 to \$15. The daily resident fee will be \$3 and the daily nonresident fee will be \$4 at Warren Dunes State Park.

The Rent-A-Tent program fees have also been increased from \$12 a night to \$15; large cabin rental will be increased from \$32 to \$35 while a small cabin will now cost \$25, up from \$24.

(Bill Parker is on vacation, but his column will return next week. Any questions or comments regarding the outdoors can be sent to Outdoors, 885 E. Maple, Birmingham, 48019.)

outdoors

IMPORTANT DATES AND EVENTS

• Oct. 1 — Archery deer season opens statewide.

• Oct. 1 — Raccoon season opens statewide.

• Oct. 4 — Monthly meeting of the family-oriented Four Seasons Fishing Club will be held at the Maplewood Center in Garden City. Guest speaker Art Dittmar will discuss surf fishing for salmon. New members are welcome. Call 477-3816 for more information.

• Oct. 4 — Fall turkey season opens in six management areas.

• Oct. 6-12 — Archery only bear season in limited areas of Zone II.

• Oct. 10-20 — Pheasant season opens in areas of the Upper Peninsula.

• Oct. 11-14 — Detroit Camper and RV Show, sponsored by the Michigan Association of Recreational Vehicles and Campgrounds, will be held at the Pontiac Silverdome.

• Oct. 16-Nov. 14 — Firearms Sighting-In Days will be held at the Western Wayne County Conservation

Association 10 a.m. to 4 p.m. daily. National Rifle Association certified instructors will be on hand and minor gunsmithing services will be available. Call 453-9843 for more information.

• Oct. 17-22 — Early elk season opens in limited area of the northern Lower Peninsula.

• Oct. 20 — Pheasant season opens in the Lower Peninsula.

• Oct. 25 — Mink, muskrat, raccoon and bobcat trapping season opens in Zone I.

• Oct. 28 — Quail season opens in limited areas of the state.

• Oct. 31 — Bear season ends in Zone I until Nov. 15.

• Nov. 1 — Gray and red fox hunting season opens in Zone III.

• Nov. 1 — Mink, muskrat and raccoon trapping season begins in Zone II.

• Nov. 10 — Mink, muskrat and raccoon trapping season begins in Zone III.

• Nov. 11 — Pheasant season ends in Zone II and III.

• Nov. 11 — Quail season ends.

• Nov. 14 — Ruffed and sharpshin

grouse season ends statewide.

• Nov. 15 — Firearm deer season opens statewide.

• Nov. 15 — Bear season opens in Zone I.

METROPARKS

• Cider Making, an opportunity for participants to make their own apple cider, will be offered Saturday and Sunday at Indian Springs. Pre registration is required.

• Gameing the Backwater, a nature program in which participants will discover some of the plants and animals that inhabit the marshy areas of the park, will be offered at 10 a.m. Saturday at Kensington.

• Leaves Collecting and Learning, a program on leave identification, will be held at 10:30 a.m. Sunday at Stony Creek.

• Apple Cider Day, an opportunity for families to hand press their own apple cider, will be held at 12 p.m. Sunday at Stony Creek.

• Autumn is — a naturalist-led walk through the park to enjoy autumn, will be held at 11 a.m. Sunday at Kensington.

• The Leaf Motif, an ongoing demonstration showing how and why leaves and seeds are often repeated patterns in arts and crafts, will be

held at 2 p.m. Sunday at Kensington.

• Campfire at the Beach, an evening program featuring songs, stories and marshmallow toasting, will be offered at 7 p.m. Friday, Oct. 6, at Stony Creek.

• Saturday Morning Stuff, a monthly nature program for children ages 6-12, will be offered at 10 a.m. Saturday, Oct. 7, at Indian Springs. Participants should bring a T-shirt, pillowcase or other item suitable for plant printing.

• Nature Sketching for Adult Beginners, an opportunity for participants to learn the basics of outdoor sketching, will be held at 10 a.m. Saturday, Oct. 7, at Kensington.

• Apple Cider Days, an opportunity for families to hand press their own apple cider, will be offered 12-4 p.m. Saturday and Sunday, Oct. 7-8, at Stony Creek.

• Tots-In-Color, a monthly program for children ages 3-5 and their parents, will be offered at 11 a.m. Sunday, Oct. 8, at Stony Creek.

• The "Hole" Truth, a naturalist-led walk exploring the various holes found in nature, will be held at 1 p.m. Sunday, Oct. 8, at Indian Springs.

Jets clubbed, 11-4, by Compuware, Lindros

By Marty Budner
staff writer

Eric Lindros, Compuware's celebrity sensation, wasn't even around for the end of Tuesday's North American Junior Hockey League (NAJHL) battle against the Bloomfield Jets. But it didn't matter.

Lindros was given a gross misconduct match penalty midway through the final period. But by the time he left, Compuware was well in command of the game played at the Bloomfield Hills Cranbrook Ice Arena.

Compuware, the defending state champion, had a 7-3 lead after two

periods and went on to win the penalty-filled game, 11-4. Compuware is 3-0 in league action while the Jets fall to 0-3-1.

Lindros, tabbed by many as a top-round National Hockey League (NHL) draft choice some day, exhibited a number of shooting and skating

skills. He finished with two goals.

"He's definitely a good hockey player," said Jets coach Tim Opie. "He has all the skills."

Forward Brian Rolston had two goals and an assist, while teammate Jim Storm scored a goal in each pe-

riod for the hat trick. He also had an assist. The other Compuware goals were scored by Jeff Brick (two), Howard Potocksky and Pat Rodgers.

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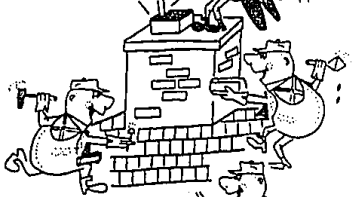
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