

exercising options

Myrna Partrich

Fatty cells carry color in building up body

Dear Myrna: I've always thought of fat as being yellowish in color. Recently, I've heard that our bodies contain brown fat. Is that true? Do we have other colors also?

Fat is a colorful subject. No, wudn't have blue, red or green fat. Yes, we do have brown and yellow it.

There are millions of fat cells in our bodies. When exposed to the human eye, most fat cells appear to be yellow. There are, however, very small clusters of fat cells that appear brown in color. These clusters are so small that they cannot be seen with the naked eye. When observed under a microscope, they appear to look like a cluster of grapes. The rich supply of fat capillaries and nerve endings in these fat cells create the brown color.

Brown fat cells are found in the chest, next to the spine and around the blood vessels that lead to the heart. These cells work the furnace, burning fat, and producing a lot of heat. They can consume the calories and, in some lucky people, turn excess calories into heat so that these excess calories are not stored as fat in the regular yellow fat cells. Yellow fat is passive. There's little metabolic burning of fat. There has been much research lately studying brown fat cells and obesity.

Other reasons to exercise include: excess eating by an avid exerciser stimulates the hypothalamus in the brain. The hypothalamus sends nerve impulses to the brown fat, triggering the nerve endings to release norepinephrine, which stimulates the mitochondria in the brown fat to remove all of those excess calories from excess eating. These calories are burned up, providing heat, but no fat storage.

These three steps to calorie burning will not happen to non-physical (out of shape) people. Researchers do not have all the answers that relate to brown fat cells.

Common questions include: Do sin people have more brown fat than overweight people? Are some people born with more brown fat cells than others? Is it in the genes? There is no practical way to test to see if you have brown fat. Maybe out of shape people have the same amount of brown fat, but it does not function properly.

One interesting fact is that the brown fat in children seems to function very well. Notice children can sleep without blankets on a cold night. How about when children run outside without a coat in the winter and seem quite happy. Their brown fat system works better than those of adults. Maybe the adult brown fat cells get lazy because we bundle up in the cold weather.

This might explain why I hardly feel cold. I exercise regularly and maybe, just maybe, my brown fat cells are functioning well for my age. Maybe through the science of brown fat, the disease of obesity can be cured.

How about pink fat can we inject? I make us all look younger?

(Myrna Partrich, co-owner of The Workout Company, Inc. of Bloomfield Township, is a fitness writer and answers questions readers may have regarding exercise. Please send your letters to: Sports Department, 805 E. Maple/Birmingham 48009.)

New Year carries new hopes

THE END of the year is a time for reflecting, but it's also a time to look ahead and develop new hopes and dreams for the future. Instead of making New Year's resolutions this year, I'd like to pass on my sincere wishes for a few things I'd like to see continue or begin as we approach the decade of the 90's.

The Michigan Department of Natural Resources Fisheries Division: That those in management have the knowledge and insight to make clear, concise decisions leading to a solution to the declining salmon fishery and the increasing lamprey problems in the Great Lakes.

Hugh Marx, Farmington Hills, Chapter President of the Michigan Wild Turkey Federation: More successful turkey plans — like the ones that took place in Oakland and Monroe counties last January — so that a nice flock of wild turkey can be established in Southern Michigan. (A record-book gobbler wouldn't be bad either.)

Barney Crandell, Birmingham, decoy collector and author: The time to write another book as enjoyable as his first — "Decoying: St. Clair to the St. Lawrence."

Helmer Hertling, West Bloomfield, and Larry Cory, Birmingham, wildlife artists: The ability and time to



outdoors
Bill Parker

continue to produce the beautiful, award-winning wildlife art as they have in the past.

River Crab Salmon Stakes Tournament: A bigger and better 1990 tournament that will raise more money than the \$50,000 raised last year to benefit child abuse agencies across the state.

Herb Boldt, Livonia, 1989 National Trout King: Enough action to fill a creel on opening day of trout season.

American Lung Association of Southeast Michigan: Another successful Walleye Weekend like the five previous ones which have raised over \$100,000. The proceeds from this worthwhile event benefit Camp Sun Deer, a summer camp for severely asthmatic children, and help finance and maintain a large supply of life support and breathing equipment used by the Association.

Pat Kleppert, Rochester, pro bass angler: A berth in the 1990 \$150,000 Red Man All-American.

Anglers across the state: The time and patience to take a kid fishing. Make a point of it this year. I promise you, the experience will bring lifelong memories.

Have Carleau, Plymouth, Michigan Salmon and Trout Fishing Association: Enough time to continue to conduct informative seminars, and to fish the rivers and streams of the state.

Pheasant hunters: Continued growth of the Michigan ringneck and blackneck pheasant flocks.

Duck hunters: Rain, rain and more rain in the duck breeding regions of the country so that duck numbers across the nation will improve throughout the 1990's.

Bear hunters: A compromising solution to the controversy surrounding black bear hunting in Michigan.

Deer hunters: A healthy, stable deer herd throughout the 1990's and continued record harvests across the

state.

John Castle, Birmingham, researcher: The time, energy and ability to prove the existence of a black leopard population in Michigan.

Tom Miller, Southfield-Lathrup Band Director: A peaceful, uninterrupted archery season without having to worry about ending up sitting in the middle of an illegal deer drive.

All unsuccessful elk hunt applicants: A hunter's choice permit sometime in the 1990's.

Anglers across the state: A Master Angler certificate sometime in the 1990's.

Hunters across the state: Enough common sense and hunter knowledge so that we all may continue to enjoy SAFE and bountiful hunting seasons.

Everyone reading this column: A happy, safe and prosperous New Year.

(Bill Parker is happy to answer questions readers have regarding the outdoors. Send questions or comments to: Outdoors, 805 E. Maple, Birmingham 48009.)

outdoors calendar

IMPORTANT DATES AND EVENTS

• Dec. 26-March 15 — An ice fishing contest will be held in Munuscong Bay. Call (906) 647-9131 for more information.

• Dec. 31 — Bass season closes statewide.

• Dec. 31 — Fishing season closes on certain trout streams open to extended fishing. (Check the 1989 Michigan fishing guide for the specific closures.)

• Jan. 1 — Northern pike and muskie spearing season opens.

• Jan. 1 —uffed grouse hunting season ends.

• Jan. 1 — Squirrel hunting season ends.

• Jan. 3 — Four Seasons Fishing Club will hold its monthly meeting at 7:30 p.m. at the Maplewood Center in Garden City. There will be demonstrations, refreshments, fishing reports and tips. Visitors are welcome and the membership is open to the public. Call 477-3816 for more information.

• Jan. 6 — Special Canada goose hunting season opens in the Southern Michigan Goose Management Area.

• Jan. 12-21 — An ice fishing derby will be held in Westview. Prizes and trophies will be awarded. Call (616) 866-2000 for details.

• Jan. 20-21 and 27-28 — Tip-Up-Town U.S.A. Winter Festival will be held at Houghton Lake. Call 1-800-292-9071 for more information.

• Jan. 20-21 — White River Steelheader's Perch Festival will be held in Whitehall. Call (616) 893-4585 for details.

• Jan. 26-Feb. 4 — Ice Fishing Festival will be held in Grayling. Festivities include ice sculptures and a polar bear plunge. Call (517) 348-2921 for details.

• Jan. 31 — Raccoon hunting

season ends.

• Jan. 31 — Muskrat, mink and raccoon trapping season ends.

• Feb. 1 — Deadline to apply for a spring wild turkey permit.

• Feb. 1 — Sturgeon spearing season opens on non-trout waters.

• Feb. 2-4 — Perchville U.S.A. will be held in Tawas City. Call 1-800-55-TAWAS for more information.

• Feb. 4 — Special goose hunting season in Southern Michigan Goose Management Area ends.

• Feb. 11 — The 7th Annual Winterfest and Polar Bear Shoot, including novelty shots, rifle woods walk, prizes, traditional dress and more, will be held 9 a.m. to 2 p.m. at the Detroit Sportsmen's Congress, 49800 Dequindre, Utica. For more information, call 739-3501.

OAKLAND COUNTY PARKS

• Cross Country Ski Wax and Wear, a mini-class for adults in which participants will learn to wax their skis and learn tips on choosing appropriate clothing, will be held at 7 p.m. Thursday, Jan. 4 and 11, at Independence Oaks.

• Native American Trek, a nature program about snowshoes and the Native Americans who created them, will be offered at 1 p.m. Saturday, Jan. 6, at the Nature Center at Independence Oaks. The program also includes a walk on the Nature Center's snow shoes.

• Let's go Skiing, Michigan, part of a national program to promote cross-country skiing, free skiing will be offered Jan. 6 at Independence Oaks (1-4 p.m.) and Addison Oaks (5-9 p.m.).

• Senior Citizen Ski Clinic, especially geared for senior citizens, the clinics include a lecture, a movie, a

presentation on equipment and techniques and a ski lesson. The clinics will be held in two sessions, 10 a.m. to noon and 1-3 p.m. on Tuesday, Jan. 9, at Glenn Oaks in Farmington Hills. Wednesday, Jan. 24, at White Lakes Golf Course in Pontiac, and Thursday, Feb. 8, at Independence Oaks near Clarkston.

• Observer & Eccentric Ski School, in which participants will learn the fundamentals of cross-country skiing, will be offered at Addison Oaks and Independence Oaks at 9:30 a.m. and 11:30 a.m. on Jan. 13, 20 and 27 (weather permitting). Addison Oaks will also offer a 6:30 p.m. class on a 1.5-mile lighted course.

• Most Oakland County Parks programs require advanced registration. Call the Independence Oaks Nature Center at 625-6473 for more information.

METROPARKS

• New Year's Bird Count, the 14th Annual Kensington New Year's Bird Count will take place at 8 a.m. Saturday, Jan. 6, at Kensington. Participants should dress for the weather and bring binoculars.

• Kid Stuff, a monthly nature program in which 6-10 year olds will learn to identify animal tracks and how to track up a T-shirt. Participants should bring a T-shirt and advanced registration is required.

• Knits to You, a nature program in which participants will learn to knit several different kinds of knits, will be offered at 1 p.m. Sunday, Jan. 7, at Indian Springs.

• Mother Nature's Winter Party, a naturalist-led walk in which participants will learn what some animals eat during the winter, will be offered at 2 p.m. Sunday, Jan. 7, at Kensington.

• Full Moon Walk, an opportunity to join in a naturalist-led walk under the full moon, will be offered at 7 p.m. Wednesday, Jan. 10, at Kensington.

• The 1990 Metropark annual vehicle entry and annual boating permits are on sale at most Huron-Clinton Metroparks offices. Vehicle and boating permits are \$10, \$5 for senior citizens. For more information call the Metroparks at 1-800-24-PARKS.



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Tigers hurler heads baseball clinic cast

The Madonna College baseball team is planning to get and Saturday.

Madonna and sponsor Big Bill's Sporting Goods will conduct its annual baseball clinic, Friday and Saturday, Jan. 26-27.

Guest speakers include Frank Tanana of the Detroit Tigers, Gordie Gillespie, coach of three-time NAIA champion St. Francis (Ill.) College, former Tiger and PASS broadcaster Jim Northrup, Plymouth Canton High coach Fred Crissey, and former Redford Thurston High standout and Dearborn Divine Child High coach Mark Falvo.

The cost is \$15 per player (Saturday only), \$20 (Saturday coaches only) and \$30 (Friday and Saturday coaches only). Cost includes the Fri-

day night coaches reception, free T-shirt and Saturday lunch.

There will also be a Baseball Card and Memorabilia Show, 10 a.m. until 1 p.m. Saturday, Feb. 3, and from 10 a.m. to 6 p.m. Sunday, Feb. 4 at Madonna College, 36500 Schoolcraft Road, Livonia.

On hand to sign free autographs on Saturday from will be California Angels pitcher Dan Peiry (noon to 2 p.m.) and Tiger pitcher Mike Henneman (2 to 4 p.m.). On Sunday, former pitcher Denny McLean (1-3 p.m.) and Atlanta Braves prospect Ivey Avery (3 to 5 p.m.) will also sign autographs.

For more information, call Madonna College baseball coach Mike George at 591-5029 (office) or 97-1130 (home).

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