Fatty cells carry color in building up body

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

Fat is a colorful subject. No, widon't have blue, red or green fat. Yes, we do have brown and yellow it. There are millions of fat cells I our bodies. When exposed to the human eye, most fat cells appear o be yellow. There are, however, very small clusters of fat cells ahave brown in color. These clusters are so small that they cannot be sen with the naked eye. When observed under a microscope, theypuppear to look like a cluster of grapes. The rich supply of fat caplaries and nerve endings in these fat cells are the brown color.

Brown fat cells are found in the hest, next to the spine and around he blood vessels that lead to the hurt. These cells work the furnaces, burning fat and producing a lot oftent. They can consume the calories and, in some lucky people, tun excess calories into heat so that these excess calories are not stord as fat in the regular yellow fat cells. Yellow fat is passive. Therest little metabolic burning of fat. There has been much research lady studying brown fat cells and obesity.

There has been much research teely studying brown fat cells and obesity.

Other reasons to exercise include: excess eating by an avid exerciser stimulates the hypothalams in the brain. The hypothalams sends nerve impulses to the brown it, triggering the nerve endings to release noradrenaline, whiche stitulates the mitochondria in the brown fat to remove all of those excess calories from excess cating. These calories are burned up, proviling heat, but no fat storage.

These three steps to calorie burnig will not happen to non-physical out of shapely people. Researchersdo not have all the answers that relate to brown fat cells.

Common questions include: Do sin people have more brown fat

relate to brown fat cells.

Common questions include: Do sin people have more brown fat than overweight people? Are some-ecople born with more brown fat cells than others? Is it in the genes?

There is no practical way to test as body for brown fat. Maybe out of shape people have the same amunt of brown fat, but it does not freeling neparety.

of shape people have the same armunt of brown fat, but it does not function properly.

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

This might explain why I hardly red codd. I exercise regularly and maybe, just maybe, mys brown fat ells are functioning well for my age. Maybe through the science of rown fat, the disease of obesity can be cured.

can be cured.

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

(Myrna Partrich, co-owner of he Workout Company, Inc. of Bloomfield Township, is happy tunsueer any questions readers may have repurding exercise. Please send your letters to: Sports Department, 805 E. Maplellirmingham 48069.)

Tigers hurler heads baseball clinic cast

ନ୍ଦି To Kong Garek is better ଓ ନିମ୍ନାପ୍ତ a (trek is better ର

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BIRMINGHAM OPEN BUNDYS 1 PM - 5 PM

The Madonna College baseball say night coaches reception, free T-team is planning to get into the swing of things this winter.

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

Guest speakers include Franca Gillespie, coach of three-time NAIA Tanana of the Detroit Tigers, Gordie Gillespie, coach of three-time NAIA Jim Northrup, Plymouth Canton High coach Fred Crissey, and former High coach Fred Crissey, and former Redford Thurston High standau and Dearbern Divine Child High coach free autographs. Guest speakers include Frank
Gaid, Livonia.

Gaid, Livonia.

Goad, Livonia.

On hand to sign free autographs on a drawn will be California Anchampion St. Francis (IIL) College, class pitcher Dan Petry (noon to 2 open High coach Fred Crissey, and former Redford Thurston High standout and Bearbern Divine Child High coach Mark Falvo.

The cost is \$15 per player (Saturday coaches only). 320 (Saturday coaches only). All Calurday former of For for more information, call fadonan College baseball coach moly) and \$30 (Friday and Saturday former only) and \$30 (Friday and Saturday former only). All the standard former only and \$30 (Friday and Saturday former only) and \$30 (Friday and Saturday former only). All the standard former only and \$30 (Friday and Saturday former only) and \$30 (Friday and Saturday former only). All the standard former only and \$30 (Friday and Saturday former only). All the standard former only and \$30 (Friday and Saturday former only) and \$30 (Friday and Saturday former only). All the standard former only and \$30 (Friday and Saturday former only) and \$30 (Friday and Saturday former only). All the standard former only and \$30 (Friday and Saturday former only). All the standard former only and \$30 (Friday and Saturday former only and \$30 (Friday and Saturday former only and \$30 (Friday and Saturday former only and \$30

SERVICE

DETROIT

and the membership is open to the public. Call 1477-3816 for more Information.

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

• Jan 12-21 — An ice fishing derivative of the power of t

BIRMINGHAM

New Year carries new hopes

HE END of the year is a time for reflecting, but it's it's an important of the following the followi

decade of the 90's.

The Michigan Department of Natural Resources Fisheries Division: ural 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 fish-ery and the increasing lamprey problems in the Great Lakes.

Hugh Marx, Farmington Hills, Chapter President of the Mlebigan Wild Turkey Federation: More successful turkey plants — like the ones that took place in Oakland and Mone counties last January — so that a viable flock of wild turkey end established in Sauthern Michigan. (A record-book gubbler wouldn't be bad either.)

Barney Crandell, Birmingham, de-coy collector and author: The time to write another book as enjoyable as his first — Decoying: St. Clair to the St. Laureau

Heiner Hertling, West Bloomfield, and Larry Cory, Birmingham, wild-life 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 Tour-

tiver Crab Samon States Journament: 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 Nation-

Herb Boldt, Livonia, 1989 Nation-al Trout King: Enough action to fill a creel on opening day of trout sesson. American Luog Association of Southeast Michigan: Another suc-cessful Walthey Weekend like the five previous ones which have raised over \$100,000. The proceeds from this worldwhile event benefit Camp this worthwhite event benefit Camp Sun Deer, a summer camp for se-verely asthmatic children, and help finance and maintain a large supply of life support and breathing equip-ment used by the Association.

Pat Kleppert, Rochester, pro bass angler: A berth in the 1990 \$150,000 Red Mun 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

promise you, the experience win bring lifelong memories. Dave Carriveau, Plymouth, Michi-gan Salmon and Trout Fishing Asso-ciation: Ecouph time to continue to conduct informative seminars, and to fish the rivers and streams of the

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 hailon will improve throughout the 1990's.

Bear hunters: A compromising so-lution to the controversy surround-ing black bear hunting in Michigan.

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

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

Tom Miller, Southfield-Lathrup Band Director: A peaceful, uninter-ropted archery season without hav-ing to worry about ending up sitting in the middle of an illegal deer

All unsuccessful cik hunt appli-cants; A hunter's choice permit sometime in the 1990's.

Anglers across the state: A Master Angler certificate sometime in the 1930's.

Hunters across the state: Enough common sense and hunter knowl-edge 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 authors. Send questions or comments to: Outdoors, 805 E. Maple, Birmingham 48009.)

outdoors calendar

Dec 26-March 15 — An ice fishing context will be held in Munuscong Bay, Call (906) 647-9131 for more information.
 Dec. 31 — Bass eason 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 piece muskie spearing season opens.
 Jan. 1 — Ruffed grouse hunting season ends.
 Jan. 1 — Squirrel hunting season. Northern pike and

son ends.

• Jan. 3 — Four Scasons Fishing
Club will hold its monthly meeting at
7:30 pm. 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. Add 477-3816 for more Infor-

season ends.

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

• Feb. 1 — Deadline to apply for spring wild urrely 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.

800-55-7AWAS for more minima-tion.

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

Feb. 11.— The 7th Annual Win-terfest and Polar Bear Shoot, includ-ing novelty shots, rifle woods walk, prizes, traditional dress and more, will be held 9 a.m. to 2 pm. at the Detroit Sportsmen's Congress, 49800 Dequidner, Utica. For more infor-mation, call 739-3301.

OAKLAND COUNTY PARKS

PARKS

• Crost Country St Wax and Wear, a mini-class for adults in which participants will learn to wax their axis and learn tips on choosing apprepriate clithing, will be held at 7 pm. Thursday, Jan. 4 and 11, at Independence Oaks.

• Native American Trek, a nature program about snowshoes and the Native American Trek, a nature program about snowshoes and the Native Americans who created them, will be offered at 1 pm. 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 Skilog, Michigan, part of a national program to promote cross-country skiling, free skiling will be offered Jan. 6 at Independence Oaks (1-4 pm.) and Addison Oaks (6-9 pm.).

• 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 chines will be held in two sessions, 10 a.m. to noon and 1-3 pm. on Tuesday, Jan. 9, at Glenn Oaks in Farmington Hills, Wednesday, Jan. 24, at White Lakes Golf Course near Portiac; and Taursday, Feb. 8, at Independence Oaks near Clarkston.

Oaks need Clarkston.

Observer & Observer & Eccentric St.

Sood, in which adriticipants will

sood and the pendednee Coaks

at 9.30 a m. and 11.30 a m. on lan 12.

Oand 27 (weather permitting). Addison Oaks will also ofter a 6.30 pm.

Adison Oaks will also ofter a 6.30 pm.

Most Oakland County Parks

regrams 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. Par-ticipants should dress for the weath-

er and bring binoculars.

• Kid Stuff, a monthly nature program in which 6-10 year olds with program in which 6-10 year olds with the control of the program in a state of the program in which pritispants will be for the program in which participants will learn to the several different kinds of knits, will be offered at 1 pm. Sunday, Jan 7, at Indian Springs.

• Mother Nature's Winter Party, a naturalist-led walk in which panel the panel of the panel during the winter, will be offered at 2 pm. Sunday, Jan 7, at Xensington.

• Full Mode Walk an apportunity.

be offered at 2 p.m. Sunday, Jan. 7, at Kensington.

Full Moon Walk, an opportuni-ty to join in a naturalist-led walk un-der the full moon, will be offered at 7 p.m. Wdnesday, Jan 10, at Kensing-

ton.

• 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 1-809-24-PARKS.



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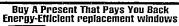
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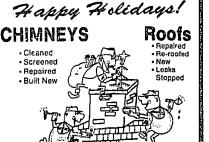
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