



exercising options

Myrna Partrich

Exercise helps thaw those 'winter blahs'

Dear Myrna: I get depressed in winter and don't feel like exercising. I seem to gain winter weight and become very lazy. Any ideas?

It's the winter blahs, and you've got lots of company. Much of this type of depression has to do with sunlight. People living in a sunny climate generally are less depressed than others. This has nothing to do with cold weather. Sunshine is uplifting. There is actually a chemical produced by the pineal gland in your brain called melatonin. Melatonin is a hormone produced in the dark while you sleep. On a dreary day, the melatonin hormone is produced in small dosages, making a person lethargic. Winter days are shorter, of course, allowing our brain to produce more melatonin. Maybe like a bear, we tend to eat and store up food, then hibernate and become lazy.

SOLUTION? THIS is a tough one. Spend time outside even if it is gloomy and cold. The daylight still will help lift your spirits. The best idea would be to take a brisk walk, even if just for 20 minutes daily. You can still obtain your vitamin D from wintertime sun rays.

I know I sound like an advertisement for exercise, but it's true. Aerobic exercise will produce endorphins, badly needed to give you a sense of well-being. We get an "aerobic high" from raising our endorphin level. Exercise also produces adenosine triphosphate (ATP) — "energy" in your body.

This will make you feel energized and help fight winter depression. Truly, besides resorting to a long island vacation, exercise is your best answer. Exercise away from your house — either outside or at a health studio. Force yourself at first and don't worry about your extra weight.

Dress attractively for exercise — whatever suits you. Buy a new sweat suit or leotard, etc. Come on — think sunshine.

(Myrna Partrich, co-owner of The Exercise Company Inc. of Bloomfield Township, is happy to answer any questions readers have regarding exercise. Please send your letters to: Sports Department, Myrna Partrich, 805 E. Maple, Birmingham 48009.)

Shallows key late-season hopes

A DAY ON the lake when the pan fish are striking up a storm can be as enjoyable as any in the outdoors.

Hot or cold, rain or shine, a bucket full of dandy perch or mumbo bluegill can make even the most pessimistic angler forget about the weary conditions.

In the spring and summer I've experienced and enjoyed some of the fast-paced action. But during the winter, at least the times I've been out, the only things that ever seemed to heat up were the stories. And they're always the same: "Last week I was out here and I couldn't keep up with two poles," or "The last time I was here the perch were jumping out of the hole."

Hot spot or not, fishing is fishing, and any angler knows the action can turn on and off like a water faucet.

Luck plays a big part in fishing, ice or no ice. But knowing what fish are prone to do at different times of the year will aid in your success. Once you've found a nice school the battle is over and the fun begins.

FIRST ICE, according to most ice fishing experts, is the best time of the winter fishing season. When the first couple inches of ice have formed on the surface of the lake,



outdoors

Bill Parker

the water hasn't cooled down like it will in the weeks to come, and the fish are actively feeding as mid-winter approaches.

Once the temperature of the lake cools significantly, the fish's metabolism slows and it begins eating less and less. Mid-winter fishing can test the angler's patience and skill.

As daylight begins to linger with the approach of spring, activity also returns beneath the icy surface of the lake as fish prepare for the spring spawning season. For those anglers who haven't packed it in for the season, the end of winter can be a fun, productive time for fishing. Farmington Hills resident Joe Derek is one of those anglers.

"IN FEBRUARY and March some of the bigger fish start to move into the shallow water in preparation for the spring spawn," said Derek, who has taught ice fishing classes for the past 10 years through the Farmington, West Bloomfield and St. Clair adult education programs. "When you get a day when the sun is out and the temperature gets up to about 50-degrees, the fishing can be dynamite."

Derek's late-winter success has been best on lakes with mud or muck bottoms.

"Shallow water over a mud bottom seems to produce the best results, especially if there is no snow on the ice to block out the sunlight," said Derek. "The mud absorbs the sunlight and warms the water a little. When this water begins to warm, the fish are there."

According to Derek, pan fish — crappie, perch, bluegill and sunfish —

move in first, followed by bass and pike.

"It's pretty predictable," Derek said. "A mistake I really see a lot of people make late in the season is that people think they have to go to the deep water and they pass up the shoreline."

As far as bait, Derek prefers wax worms and mooseballs although he admits minnows work well too.

"There is no insect hatch during the winter, but the water insects are always there for the smaller fish," Derek said. "Minnows are about the only (naturally existing) food for the bigger fish to go after in the winter. I like to use mooseballs and wax worms, too. I think the fish go after them because they don't see them as much after the ice hits."

Whether you've scored big in the deep water or returned home empty handed more often than not, before you put your ice fishing equipment away for another year give the shallows a try.

"If you try it out you'll find it works real well," added Derek.

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

outdoors calendar

IMPORTANT DATES AND EVENTS

- Feb. 1 — Deadline to apply for a spring wild turkey permit.
- Feb. 1-4 — The 7th Annual All-Canada Fishing, Hunting and Vacation Show will be held at the Pontiac Silverdome.
- Feb. 1 — Sturgeon spearfishing season opens on non-trout waters.
- Feb. 1-11 — Mason County Winter Fun Fest will be held in Ludington. Call 1-800-542-4600 for more information.
- Feb. 2-4 — Perchville U.S.A. will be held in Tawas City. Call 1-

800-55-TAWAS for more information.

- Feb. 3-11 — Detroit Boat and Fishing Show will be held at Cobo Center. Call 1-800-482-8604 for more information.
- Feb. 3-24 — Shiver on the River Walleye Contest will be held on the Saginaw River. Call (517) 790-0330 for more information.
- Feb. 4 — Special goose hunting season in Southern Michigan Goose Management Area ends.
- Feb. 7 — Four Seasons Fishing Club will hold its monthly meeting at 7:30 p.m. at the Maplewood Center

in Garden City. Guest speaker will be Dave Sovinski, who will give a presentation on preparing fish/meat for smoking. Club membership is open to the public. For more information call Tony Brehler at 477-3816.

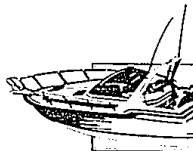
- Feb. 10 — Michigan Deer Camp '90, sponsored by Whitetails Unlimited and featuring clinics, door prizes, raffles, art work and a banquet style dinner, will be held at the Grand Traverse Resort. Call (414) 743-6777 for more information.
- Feb. 10-11 — Tip-Up Festival

will be held in Quincy. Call (517) 639-7141 for more information.

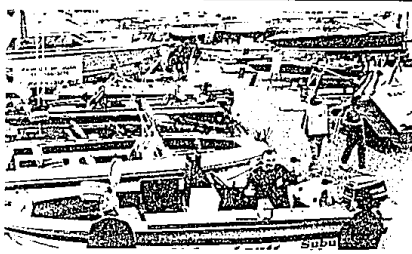
- Feb. 11 — The 7th Annual Winterfest and Polar Bear Shoot, including novelty shots, rifle woods walk, prizes, traditional dress and more, will be held 9 a.m. to 2 p.m. at the Detroit Sportsmen's Congress, 49800 Dequindre, Utica. For more information call 739-3501.
- Feb. 12 — An 8-week course on caribou hunting, covering tips on gear, what to look for in a trophy bull, hunting techniques, recipes and

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Catch The New Wave! DETROIT BOAT & FISHING SHOW



BOATING EXTRAVAGANZA



THE DETROIT BOAT & FISHING SHOW
FEBRUARY 3 thru 11 • COBO CENTER

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SHOW HOURS:

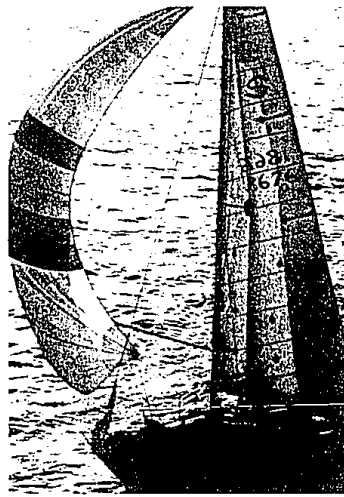
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