

exercising options

Myrna **Partrich**

A theory or two for heart rate followers

Dear Myrna: I am a 30-year-old woman getting started in neroble exercise. I go to a beatth club for neroble classes. They take heart rates before and sire class. That is great, but I don't know anything about heart rates — what's good, what's not good? Maybe I shouldn't know. It may make me nervous.

know. It may make me nervous.

Don't be nervous about taking a heart rate, but don't take it too serious either. Many times an aerobics class exerciser will make a mistake by a heat or two and God-forbid. In all our classes in and out of the studio, we prefer to use a method called perceived exertion. Working on a scale of one to 10, the exerciser should work six to eight and be able to talk, not sing. This method has been found to be more accurate than taking heart rates, although everyone should understand the heart rate theory.

Because different people have different levels of fitness, exercise physiologists have developed a formula by which you can measure your maximum heart rate and aerobic threshold rates. Although a stress test, dane on a treadmill and monitored by electrodes, is the stress test, dane on a treadmill and monitored by electrodes, is the monitored you determine your maximum heart rate, the following formula and the stress of the stress of the stress test, days of the stress test of the stress test, days of the stress test of the stress of t

This is assuming your minutes. For shorter sprint intervals, you want to get the heart up to within For shorter sprint intervals, you want to get the heart up to within a present and faster, therefore, being able to pump greater amounts of blood more quickly, due to strengthened heart muscles. Sprint intervals are a strengthen recovery and settle back into a lower rate after this bores.

burst.

Do not overexert yourself. Take this all lightly. Relax and enjoy exercise. Don't get all hung up on a heart rate.

(Myrna Partrich, vo-owner of The Workout Company Inc. of ibourdied Township, and a member of the President's Council of Physical Princes, is happy to answer any questions readers may have reparding exercise. Send pour letters to: Sports De-partment, Myrna Partrich, 805 E. Mople, Brimmydom 48009)

lcy records warm winter catch

When the blustery winds of au-tumn blow in the northern climes, the frozen waters of lakes and rivers beckon the hardy ice fisherman to try his look

be troops waters of takes also rivers beeckon the hardy tee disherman to try lack.

If you have, the trans's chance of catching world record is probably as good or better than durably as more fishing Hall of Fame. "It's a matter of record that angling through the cord that angling through the produces proportionately more trophy size catches of certain species of fish."

Braving the elements ofters another advantage. The flesh of fish caught in very cold water is much more firm and tastier than warm water catches.

ICE PISHING need not be an un-comfortable experience if certain basic guidelines are followed. Several layers of clothing can be warriner than a heavy single gar-ment. A hooded snowmbile suit over lighter garments is a wise choice.

over tignier garmens is a wice thorice. Probably the most critical body parts to keep warm and dry are the feet. Modern insulated, water repelent boots, or boot liners worn in snowmobile style boots serve well to keep feet dry and confortable: Again, two layers of medium weight sox are warmer than a single pair of heavy sox.

The following is a list of the curre-listing records completed by the fla freshwater forming hast of fame in word. Wo. The weights are soft conditionates, if you familie spe-ingle titled you catch we begin a neither spe-tishing catched as they are service. The state of the s

Species Transport Transpor

To add further comfort, anglers may want to make or purchase a windheak screen of plastic or can-vas which anchors to the ice. Some anglers prefer a small wooden or canvas shartly which can be left on the ice overnight.

Popular ice fishing waters are of ten peppered with ice fishing shantics and marinas on some lakes offer rental service.

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TWO METHODS of angling are

span the top of the hole with a signal device (usually a small red flag) above the ice and the line and hook beneath the ice so it doesn't freeze. When a fish takes the hook and be-gins to pull out line, the signal device as actuvated altering the angler that a fish has been hooked.

KATHY POLICH, records secre-tary for the Hall of Fame, explained the tice record system this way. "The Hall's ree fishing records program recognizes only the heaviest of a fish species and lists such in the two cat-egories of pole-and-line catch and hip-up catch fee records caught on pole-and-line are eligible for the same world all-tackle classification as are fish caught in open water. In contrast," and the Dobes "See

as are fish caught in open water.
In contrast," added Polich, "because a tip-up is an automatic mechanical device and a hand-manipulated catch, a shift of the properties of t purpose

To inquire about specific ice fishing frecurds or vacancies that exist in the record book, contact the Freshwater Fishing Hall of Fame at P.O. Box 33. Hall of Fame Drive, Hayward, Wis. 54843 or call the Hall at Classical Conference on the Freshwater of the Freshward of the Fres

outdoors calendar

IMPORTANT DATES
AND EVENTS

• Through Feb 18 — Detroit Boat and Fishing Show will be at the Cobo Convention (Exhibition Centers). Show hours are 3-10 pm. Thursday and Friday, noon to 10 pm. Saturday and noon to 8 pm. Sunday. Admission is \$6 adult, while children under 12 accompanied by an adult will be admitted free. Call 1-800-932-BOAT

GOLF SHOW IN SWING

The fourth annual Metro-Detroit

for more information
• Feb. 8-10, 15-17 · · · Southeast
Michigan Camper and RV Show will
be at the Detroit State Fair buildings. Show hours are 4-10 pm Fridays, noon to 10 pm Saturdays and
noon to 8 pm Sundays Admission is
4-50 adults, 250 children age 5-12
and children under 5 will be admitted free.

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6997 or 779-1024 for more informa-tion
• Feb 12 - A public hearing to resolve hunting safety and trespass issues begins at 7 pm at the White Lake Township Hall, 7527 Highland Road Call (517) 373-1230 for more information

information
• Feb 13 — A public hearing to resolve hunting safety and trespass issues begins at 7 p.m. at the Charter Township of Lake Orion Hall, 2525 Joslyn Road, Call (517) 373-1230 for more information.

The fourth annual Metro-Detroit Golf Show will swing into fail action beginning Friday. Friday artin from Friday through Sunday at the Southfield Federation on Evergreen Road less won 10 and 11 Mile Road. This years show is scheduled to be the biggest ever with more than 130 exhibitors on hand.

"We started it four years ago and thas really acuplet on." Suit golf show spokesman Roy Rasmussen 'Il should be a good, fun event for golfers. It's almost like a hazaar sort of a carnival-like atmosphere."

Rasmussen sand the show is for consumers who can buy and self. There will be numerous demonstrations and new golf equipment on hand.

Experts will be conducting contin-

Township of Lake Orun Hall, 2525 Joshyn Road Call (517) 373-1230 for more informating.

• Feb. 13 — A safe boating class, conducted by the Detroit Power Boat Squadron, begins at 7 p.m., at Southfield-Lathrup High School, Call 839-0377 for more information.

• Feb. 17 — A 3-D archery shoot will be at the Rayal Oak Archers waits through range in Lake Orion Call 639-3799 for more information.

• Feb. 18 — A five-week Loran navigation class begins at 6-45 pm at Bloomfield Hills Andover Course fee is 55 Call 433-0885 for more information.

• Feb. 20 — A six-week fly tying class begins at the Riverbend Sportsbop in Southfield Course fee is 540 and all materials and tools will be furnished Pre-registration is required Mine classes begin Feb. 25, March 12, April 3, April 3 and April 23 Call 350-8484 for more information. hand
Experts will be conducting continuous seminars and clines designed
to provide gollers with nestructional
suggestions and gold information
Prizes will be awarded hump.
The hours are 6-9 pm Friday, 10
am to 6-pm Saturday and 10-am
to 5-pm Sanday Adult tuckets are
5-at the door, and children under 12
are admitted free with an adult.

Feb 22 March 3 Detroit Outdoorstria Sport and Travel Show will be at the Detroit State Fair buildings.
 Feb 25 A second by trong class begins at the Invertend Sport Ship in Southleid Advanced registration is required Call 350-8481 for more information.
 Feb 28 Sporting through the incernils.

** Feb 2** Speating through the cents and the Speating through the cents and the Speating through the cents and the Speating through the Speating through the Cartilysternet Fire Fire 1988 of the Cartilysternet Fire 1988 of

OAKLAND COUNTY PARKS

PARKS

Naturally Native American, an afterneous session about native American culture for children ages 80, beginns of 1 pm Sturday at Institute of the State of

tropants will explore the winter night sky, begins at 7.30 p.m. Saturday, Feb. 23, at Independence Oaks. Fartropants should dress for the weather and bring binoculars and a flashlight. Cost is 2 per person.

• Artisans of Animals, a two-sea municales in which youths ages 9:13 will learn some basic principals of drawing, sculpting and painting begins at 9:36 a.m. Saturdays, Feb. 23, and March 2, at Independence tasks.

23 and March 2, at Independence basks

• Herbal Skin Comforts, a procom in which participants will bear about the properties of herbs as beauty aids and how to prepare seme homemade connections, beam at 2 pm. Thursday, Feb 28, at Independence Oaks County, Parks, programs require advanced registration and a motor vehicle permit. Call the Independence Oaks Nature Center at 625-6473 for more information.

METROPARKS

Sweet Scents, an opportunity to create a potpourri and make a sweet pillow begins at 1 pm. Saturday at Indian Springs
 lee Fishing for Beginners, a state of which participants will

Ice Fishing for Beginners, a program in which participants will learn the basics of ice fishing and ice safety, begins at 2 p.m. Saturday at Kensington. Equipment will be pro-vided and participants should dress for the weather. Advanced registra-tion is resulted.

for the weather Advanced registra-tion required.

Annual Winter Pancake Walk, the 14th annual pancake walk offer-ing families on opportunity to par-ticipate in a naturalist-fed walk fol-lared by a pancake broadfast, be-gins at 5 a m at Stony Creek. There is 4 22 charge per person and ad-vanced registration is required.

sports shorts

ceremonies. Brother Rice athletic director Mike Popson will present a plaque to Armstrong.

"I think we'll have a good crowd there for the ceremony," said Bob Stark, an instructor at Rice who helped organize the event. "BJ. was excited to hear about 14.

o B.J.'S BIG NIGHT

It J. Armstrong officially will
have his high school number (10) retired from Birmingham Brother
fire in a special ceremony scheduled for Friday evening.
Somewhere around 7:15 p.m.
just prior to Rice's Catholic League
game against Redford Bishop Borgress—officials will hoist a jersey
with Armstrong's number to the
rafters of the school's gymnasium.
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Our new name is longer...but so is our reach. The 19 Hometown and Observer & Eccentric Newspapers

THE SEXIOR ALLIANCE

Source is hereby given that The Senior Alliance, Inc. requests proposals to pro-vide Care Management to persons 60 years of age and older in Southern Wayni

r.corse Flat Hock Grosse He Twp

Taylor Trenton Woodbayen Wyandotte

Floroe submit a letter of intent by March 4, 1991. Bid specific as adulte for pack upon March 28, 1991. After 8.30 a.m. at March 28, 1991. After 8.30 a.m. at March 28, 1992. After 8.30 a.m. at March 28, 1992. After 8.30 a.m. at Wayne, MI 48184. For more information call 722, 2830.

THE SENIOR ALLIANCE

Settice is hereby given that The Senior Alliance, inc. requests proposals to provide the following services to persons 60 years of age and older in Western and Southern Wayne County.

Adalt Day Care Unite Congregate Meals Home Delivered Meals Homemaker Information & Referral Legal Assistance Minor Home Repair Overnight Respite cont upon funding: Personal Care Respite Care Senior Center Staffing Telephone Reassurance

For the period October 1, 1991 through September 30, 1992 inclusive Bidders for these services must provide service in one or more of the following communities

Allen Park Belleville Brownstown Twp Canton Twp Dearborn Dearborn Bearborn Heights Ecouse Flat Rock Griden City Gittaltar Girosse lle Twp

Huron Twp Inkster Lancoln Park Livonia Melvindale Northville Twp Plymouth Plymouth Twp Redford Twp River Rouge

Hiverview Hockwess! Romulus Southgate Sumpter Twp Taylor Trenton Van Buren Twp. Wayne Westland Wosdbaven Wyandotte

Please submit a letter of intent indicating the wrivies you are applying for by March 4, 1991. Bid specifications will be available for pick-up on March 28, 1991, after 8 to Am at The Senior Alliance, In: \$30.8 second, Ste. 160 \$85,000, MS 160 \$85,000, MS 16164. An application workshop when he held on April 19, 1891. Completed proposals are down My 18, 1991, by 500 gm.

St. de Lebracie Chair

EXTRA CAR IN DRIVEWAY CAR GETTING ON NERVES? TAXES TOO HIGH?



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WIDE AREA NETWORK CONSTRUCTION BID PACKAGE

NORTHVILLE PUBLIC SCHOOLS COMMENICATIONS NORTHVILLE, MICHIGAN TATION

INVITATION

Scaled bids will be received to NORTHYRLE, PUBLIC SCHOOLS for design and construction. Bid proposals will be received by John Street.

John Street
Director of Business and Finance
Northville Public Schools, Board Office
501 West Main Street
Northville, Michigan 48167

Bob will be received until 3 to P.M. LOCAL TIME on February 21, 1981 will be observed and read thereafter.

A numbilisty gip but conference meeting will be conducted by the office of A numbilisty gip but conference reson on February 11, 1994 at 7 to P.M. LOCAL TIME.

But Shall be in scaled envelopes as per "Instructions to Budders." In addition but whall be embosed in separate outer matting envelopes addressed as shown above.

Proposals shall be made according to the contract documents as prepared to ELAN ENGINEERING, ENC Insurents may be examined beginning January 31, 1294. But documents may be obtained from the Director of Business and Finance Office learned at 50 West Manu Street, Northchie, Michigan 8456. Phone 313.

