

Aerobic activity can aid teenage self-control

Dear Myrna: I need some important information about neroble ex-reise classes. I am particularly interested in programs designed for tenagers because 1 work with overweight teens and substance abusers. I find them particularly resistant to aeroble exercise of all topos.

This sounds like you need help motivating more than anything else. Whatever the aerobic activity — it must be fun. Your teenagers must also be able to feet the results of whatever activity they choose or you help them choose.

Whatever the aerobic activity — it must be fun. Your teenagers must also be able to feel the results of whatever activity they choose or you holp them choose. Total motivate your teenagers, they must understand the benefits of the choose. Total motivate your teenagers, they must understand the benefits of the control of the control of the control of the control activity of the control of the control of the control strength, the reling that arobics and the control of the our health. Naturally, a healther illestyle promotes the feeling of all self-control. Control to your teenagers categories and very a substance abuser is being out of control. I see aerobics as a very a substance abuser is being out of control. I see aerobics as a very as substance abuser is being out of control. I see aerobics as a very as substance abuser is being out of control. I see aerobics as a very as substance abuser is being out of control. I see aerobics as a very as substance abuser is being out of control. I see aerobics as a very as substance abuser is being out of control. I see aerobics as a very as substance abuser is being out of control. I see aerobics as a very as substance abuser is being out of control. I see aerobics as a very as ubitance abuser is being out of control. I see aerobics as a very as ubitance abuser is being out of control. I see aerobics as a very as a very as a substance abuse problem. They really need to let hoose in a beilty manner. The aerobic program you might help choose should be cattermely motivating. A young, hip teacher with great music, easy to follow moves and great personality would be cannee for good quality. Theremember, these teenagers want to see results as soon as possible memember, these teenagers want to see results as soon as possible attemption accombination of aerobic activity for 25-30 minutes and attemption averaged quality. Your must have a gratifying ib. I'm sure the teenagers you work with really love you for caring. You might want to join them in class

stretching. Your must have a gratifying job. I'm sure the teenagers you work with really love you for caring. You might want to join them in class You also might need to release the stress of you job.

(Myrna Partrich, co-owner of The Workout Company Inc. of Biomifield Township, and a member of the President's Connect on Physical Fitness, is happy to answer any questions readers may have requiring cererises. Send your letters to Sports De-partment, Myrna Partrich, 805 F. Maple, Birmingham (8000)

sports shorts

• HEADING SOUTH The 1991 Greater Detroit Cham-ber of Commerce's trip to the De-troit Typers training camp in Lake-ton Typers training camp in Lake-ton the training training the training textes to three exhibition games. The training the training the training Also included in the package is a meeting with lear officials, lunch at the Tigertow players' catteria, an opening reception. Typer caps and ubers sources. Trip tuckets are 6559 and are contained to the training the train

. FOOTBALL FEVER The Troy Youth Football League will hold registration for the upcom-ing season Saturday, March 9 from 1.4 p.m. at the Troy Community Cen-

Cost is 150 per person for football signup and 145 for cheveficating Sig-up is open for boys and girls be-tween the ages of 8 and 13, pre-ent-ing a birth sectificate and neiterre. A second registration will be held May 11. For further information, contact Terry Pool at 522-1442 or Leon Bel-ton at 641-8664.

dy Harris at 689-2099

938-6461

KITCHEN TOP SHOP 66 W. Eight Mile Ra Farmington Hills 477-1515

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Winter scouting offers key

to fall deer hunting success

W HEN DEER SEASON = wher roupment away and forget about the sport for the next 10 months. Many head up the ice fishing exquipment and spend the winter months did-ding their time away while others retreat to the warm comfort of the not so great indoors. Granied, ice fishing is fun and it solutions in the same comfort of the rout so great indoors. Granied, ice fishing is fun and it rout and the arm comfort of the rout and the same comfort of the same comfort of the same comfort only to forget about the ways of the sories deer hanters narritegiatry. Let sories deer hanters narritegiatry to sories deer hanters narritegiatry to sories the same comfort of the sories deer hanters narritegiatry to sories the same comfort of the sories deer hanters narritegiatry to sories the same comfort of the sories deer hanters narritegiatry to sories the same comfort of the sories deer hanters narritegiatry to sories the same comfort of the sories deer hanters narritegiatry to sories the same comfort of the sories deer hanters narritegiatry to sories the same comfort of the sories deer hanters narritegiatry to sories the same comfort of the cedar swamps and other heavy cov-er areas where they find shelter from the harsh environment and a limited supply of food. Deer yard-up in the southern counties as well, but

in the suppl of 1001. Let yill tail their feeling and sleeping habits don't change as drastically end sleeping the supplementation of the second second of their counterparts in the north Let's face it, southern Michigan have been mild to say the least. In southern Michigan, where the primary food source is often the local farmer's crop, feeding habits of deer remain similar to what they are cal farmer's crop, feeding season Fields of cut corn, and other crops the clover, alfalf and rys that have not been plowed under provide a stable and nutritious balfet for the deer herd in the area.

DEER HABITS change drastically during the winter in the northern sections of the state where deep show forces the animals to gather in herds (also known as yarding-up) in A MAJOR ASPECT of successful deer hunting is to know the habits of the deer you're after. Winter scout-

Thursday, February 21, 1991 U&E

ing can hold the key to learning some of those habits Certainly, deer habits are bound to change when the rut is in full peak Bocks particularly, will often travel bucks particularly, will often travel miss out of their normal range in search of a receptive doe. But most throughout the year Runways com-necting feedbarg areas with bedding areas are prime areas in which to build blind. Early in the hunting Season when folkage is thick, or later in the season when the ground is bare and not yet runway can be time consuming these traviast.

Publicity can be unre consuming and tedious. During the winter months, howev-er, lack of follarg: and a good cover of snow help enormously in locating deer and their runways. Bedding areas are also easy to spot as the snow is melted in the beds themselves and droppings.

which are frequent in bedding areas, are easily visible in the white snow. Once you've located these areas and the runways that connect them, the hard part is done. All that's left is the hunt.

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is the numl. DAYLIGHT HOURS regulate the antier growth of a bucks. As the days grow shorter in the fall and early winter antier growth neethes its peak. As the days begin to grow longer and winders fails into spring, bucks lose their antiers and begin to grow a new set Most racks on Michl-gan bucks fall off during February and March libraters who are seout-ing during this period often return and March libraters who are seout-ng during this period often return to the second state and the second of librate and a second state and the second state and the second state and the second state and the second state of librater and state and the second of librater and state and state and the second state and the se

(Bull Parker is happy to answer questions readers have regarding the outdoors. Anglers and hunters are urged to report their success. Send questions or comments to Outdoors. 405 E. Maple, Birming-ham, M. 44008 or cstil (46-1101, 6-10 peri Monday evenings).

of drawing sculpting and painting, begins at 9 a am Saturdays Feb. 23 and March 2. at Independence Oaks • Herbal Skin Comforts, a pro-gram in which partucipants will learn about the properties of herbs, as brauty, aids and how to prepare some homemade concoctions, begins at 7 pm Thursday, Feb 28, at Inde-pendence Oaks. • Maple Magle: an opportunity to enjoy the first days of spring swile learning to make maple syrup, be-gins at 1 pm Saturday, March 9, at Independence Oaks. • Waalt in the Warld is Green, an outdoor walk to search for the first green of spring wine begins at 1 pm Saturday. March 16, at Independ-ence Oaks • Oakland County Parks pro-grams require advanced registration. • Data County Carks pro-grams require advanced registration. • METROPARKS

METROPARKS

• A Winter Ort Party, a pro-gram involving the entire family on a search for owls, begins at 7 p.m. Friday at Stony Creek. • Nature's Prints and Plants, an opportunity to use chalk and paper while learning about plants, begins at 1 30 p m Saturday at Kensington.

1991 RUNDERNATIONAL BUILDERS HOME

SHOW COBO HALL March 16-24th,the **1991 International Builder's** Home Flower & Furniture Show will kick off the 1991 It of it Yourself season with winderful displays of every-thing you'll ever need to know to improve your lifestyle.

FLOWER FURNITURE

It certainly will be a "must see" and "don't miss

Another "must see" and "don't miss" will be the Ob-server & Eccentric's special supplement which will introduce this wonderful show. Appearing March 14, this section will be a special guide of what to see and where to find it at the show, plus it will be check full of informational attribes and thys. More imperiately, it will feature our advertiser's messages which will help you find locally what you need for your home improvements.

To bring your advertising message to over 323,000 of our readers, please call for details

Livonia 591-2300 Oakland County 644-1100

THE Observer & Eccentric NEWSPAPERS



PLAYERS SOUGHT Rail Printers softball team is tooking for players in the Truy-Ster-ling Heights area, who have compet-ed on C-plus teams or better, for the upcoming season. For further information, call Ran-th Views 628,2000

outdoors calendar

woods are missing a great opportu-nity. Serious deer hunters, particularly those who hunt the southerm zone of Michigan, realize the value of mid-winter scouting and schedule a cou-ple trips to their favorite hunting areas during the winter frecze. Rab-bit hunters often make a trip to their favorite deer hunting area just to take a look around -- rabbits or not. Kabbit vasson tremians open through

Rabbit season remains open through the end of March

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MARCH 16-24

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• SOFTBALL LEAGUES Softball City as looking for teams to plancipale in their spring loogies, beforing April 40 meass Available and court and the spring Available a spot. Early fess include balls, trophes and playoffs For more information, call 368-1850 basis For more information, call Bob Guerrini at 596/0350.



ACCURATE WOODWORKING, INC CENTENNIAL KITCHER & BATH 1461 Baldwin AUBURN KITCHENS & BATHS 666-3755 2042 Auburn Road Rochester Hills 853-2773 AMERICAN CLASSIC KITCHENS 528-9190

Spring Fishing Show will be held at the Dearborn Civic Center Guest speakers include DNR District Fish-erres Biologist Ron Spitter. Jocal pro-charter Insterman Capt Steve Jones and more Admission is 35 adult. 31 senior cittern and children under 12 will be admitted free • March 31 Rabbitt season ends statewide • April 20 – 13th Annual River Crab Salmon Stakes Ishing tourna-ment, held each spiring to raise mon-ey for the prevention of child abase and child neglect, begins at sumise at Chuck More River Crab Bestau-fait, in St. Clair For raffle entry tickets on more information, call the River Crab at (315) 329-2261

OAKLAND COUNTY PARKS

PARNS • Winter Star Party, a program presented by park naturalists and volunteers from the Dinosaur Hill Astronomical Society in which par-ticipants will explorte the winter might sky, begins at 7.30 pm. Satur-day at Independence Oaks. Partici-pants should dress for the weather and bring binoculars and a flash-blight of the store of the set • Artisens of Animals, a two-set son mon-class in which youths ages 9.13 will learn some basic principals