

Kids Clinic featured at show

I believe that children are our future. Teach them well and let them lead the way.
—George Bush



Bill Parker

CHILDREN ARE our future and with all the distractions facing them today, a little guidance and encouragement now and then goes a long way.

Captain Skip Stafford, host of the PBS television show "Trophy Fishing" will provide some guidance at 1 p.m. Saturday when he conducts a "Kids Clinic" at the Outdoorama Sport and Travel Show at the Michigan State Fairgrounds.

Fundamentals of fishing, safety, and fun will be the topics of discussion when Capt. Skip takes the floor.

"Fishing has to be a sport of choice for kids today," explained Stafford who owns 33 awards and trophies on the Great Lakes. "When I was growing up, kids started fishing because it was the only thing for them to do. Today, with computers and video games and things they have hundreds of activities to choose from. If fishing isn't fun they won't continue. It has to be fun."

Stafford stresses safety and fundamentals in his clinic, but fun is probably the number one aspect.

"If you're not fishing with a child and the fishing is real real show, the best thing you can do is to go home and try it again another day. With kids, you have to keep their interest in the fundamental stages of fishing, the size of the fish is not important. What is important is that they have fun and they have fun by

catching fish.

"My basic philosophy is this: Don't take kids on your fishing trip, you go on their fishing trip. I really try to encourage parents to make fishing fun and exciting for the kids."

Kids Clinic, sponsored by Polaroid, Rebel Lures and Zebco Rods and Reels, offers prizes to the first 500 kids under 14. Participants can also have their picture taken with "Capt. Skip" (free of charge).

THE KIDS CLINIC is one of several events scheduled for the Outdoorama, which continues through Sunday at the Fairgrounds. Friday's attractions include Big Buck Night, featuring a demonstration on dressing your deer and preparing your venison by Michigan State University Wildlife Extension Biologist Glenn Dudderar. The night culminates with the Biggest Bucks competition, featuring seminars and a collection of some of the largest bucks shot in Michigan last year.

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past 23 years. Much of this decline is attributed to maturing forests and urban and agricultural development.

"With this symposium, we have the potential to begin a new era for the American woodcock," said Samuel Pursglove, executive director of the Ruffed Grouse Society. "If we make use of the momentum created here, our chances for helping the woodcock, as well as many other kinds of forest wildlife, will increase dramatically. In the last decade the woodcock's problems have multiplied. If we don't build on what we learn at this symposium, the woodcock might not be able to wait another decade for the next symposium."

● FIREARM SAFETY
The National Rifle Association has produced a 71-page firearm safety booklet titled "Home Firearm Safety Guidelines for Handling and Storing Guns in the Home".

Included in the book are the basics of gun safety, safe gun handling rules, types of ammunition, identifying and unloading firearms, cleaning and storage considerations for different home situations. It emphasizes the NRA's three-step safety message for children.

The book is available by sending \$2 plus \$1.50 for shipping and handling to NRA Sales Dept., P.O. Box 96031, Washington, DC 20090-6031.

Anglers and hunters are urged to report their success. Questions and comments are also encouraged. Write to *Outdoors*, 505 E. Maple, Birmingham, Ala. 35206 or call Bill Parker Monday evenings 6-10 p.m. at 664-1101, ext. 241.

According to the Fish and Wildlife Service, woodcock numbers have declined by 36 percent in the East and 19 percent in the Midwest over the

outdoors calendar

IMPORTANT DATES AND EVENTS

● Feb. 22 — Opening through the weekend.

● March 2 — Detroit International Fly Fishing Show and Seminar at the State Fair Building. Featured speakers include Leonard Lee, Rue Hill, Don Gopen Sr., Skip Clay, Jack Debord, Joe Thomas and many more.

● March 2 — Bait and fox sea-trout state derby.

● March 2 — A two-day fishing derby class begins at 6 p.m. The free class is offered by the Oakland County Sheriff's Department. Will be March 2 and March 4 at the Marine Division headquarters, 1700 Brown Road, Auburn Hills (west of M-24, 1/4 mile north of the Palace). Additional classes April 23 and 25. Call 454-1092 for more information.

● Mar. 4 — Monthly meeting of the Family oriented Four Seasons Fishing Club will be at the Maplewood Center in Garden City. Call Tony Bickler at 477-8816 for more information.

● Mar. 7 — Quarter Detroit International Fly Fishing Show will be at the State Fairgrounds. Call 477-8816 for more information.

Parsons, Larry Nixon, Penny Berryman, George Hurley, Tom Huggler and more.

● March 12 — A six-week fly-fishing class begins at the Riverbend Sportsclub in Southfield. Course fee is \$50 and all materials and tools will be furnished. Pre-registration is required. Additional classes begin April 3, April 8 and April 23. Call 350-8484 for more information.

● March 15-17 — Fifth annual Michigan Deer Spectacular will be at the Lansing Convention Center in East Lansing. Featured speakers include Miles Keller, Byron Ferguson, Richard P. Smith, Kathy Buettler and more. Tickets are \$6 adult, \$3 children age 6-11. Children under 6 admitted free.

● March 16-17 — Thirteenth annual Midwest Fly Fishing Exposition, presented by the Michigan Fly Fishing Club, will be at the Southfield Civic Center. Admission is \$6 per person, \$1 for children under 12. Show hours are 10 a.m. to 5 p.m. Saturday and 10 a.m. to 6 p.m. Sunday. For more information, call 477-2300.

● March 21-24 — The 1991 Michigan Wildlife Art Festival will be in Southfield. A Wildlife Market place, the winning photos of the Outdoor Writers Association of America Photo Contest, the Fed-

eral Duck Stamp competition, a decoy painting contest and wildlife seminars and lectures will be featured at the Radisson Plaza Hotel. The Southfield Pavilion will be filled with the largest exhibition of wildlife art ever assembled in Michigan including work by more than 50 of America's most prominent wildlife artists. Call 517-822-3630 for more information.

● March 23-24 — Steadholder's Spring Fishing Show will be at the Dearborn Civic Center. Guest speakers include DNR district fisheries biologist Ron Spitzer, local pro-char-

ter fisherman Capt. Steve Jones and more. Admission is \$3 adult, \$1 senior citizen. Children under 12 will be admitted free.

● March 31 — Rabbit season ends statewide.

● April 20 — Thirtieth annual River Crab Salmon Stakes fishing tournament, held each spring to raise money for the provision of child abuse and child neglect, begins at sunrise at Chuck Muir's River Crab Restaurant in St. Clair. Foraffle entry tickets or more information, call the River Crab at (313) 329-2261.

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OAK PARK SCHOOL DISTRICT

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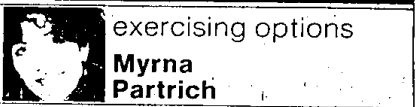
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exercising options

Myrna Partrich

Myrna's exercise trends

Periodically, Myrna Partrich, The Observer & Eccentric's exercise columnist, writes an exercise trends in lieu of answering a question. Today is such an occasion.

As a member of the President's Council of Physical Fitness and Sports, and a member of most all fitness associations, I've compiled some interesting data on exercise trends you might want to know. Much of this information was published by IDEA, one of our leading fitness exercise associations.

● You exercisers out there — you are doing it often. According to a 1990 IDEA Fitness Participant Survey, 50 percent of you regular exercisers take part in your activity at least four times per week. People 65 years and older are the most frequent — five times per week. The majority of this group lives in the west and are male.

● The Association for Fitness Professionals surveyed 801 fitness participants (64 percent female and 36 percent male). The average age was 39 years old, and participants were highly educated with an income of \$34,000 yearly. Fifteen percent are married and even though 18.24 year old constitute only 11 percent of the population, they make up one quarter of the regular exercisers.

● How are these exercisers enthusiastically exercising? Most of them prefer aerobic activity in a classroom format — 40 percent to be exact. Also, 19 percent favor low-impact aerobics, 19 percent traditional impact, 6 percent favor a combination — a high and low, 28 percent like speed walking (29 percent in 1989, 24 percent prior weight training, 13 percent in 1989, 8 percent walk with a private trainer, and 15 percent have at one time used a private trainer).

● The majority of exercisers still toward cross training. They try to include a sport in their program. This year swimming was the most popular sport at 22 percent, followed by baseball (19 percent) and bicycling and tennis (13 percent).

● OK, so why are you all exercising? Surprisingly we're all finally getting somewhere! Most of you answered, "To stay in shape." Some of you answered, "To maintain my health." Other reasons to exercise included to lose weight (21 percent), to reduce stress (17 percent), and appearance (13 percent).

● Where are you going to have all this exercise fun? Mostly health clubs and exercise studios (52 percent). Stay-at-homeers take 35 percent, 45 percent of stay-at-homeers are over 50 years old. Exercisers seem to want convenience. If not at home you want a place easy to get to, easy parking, etc. I don't blame you and I think convenience helps us all stick to it.

● Exercise as our future? The IDEA survey states that 40 percent of all exercisers plan exercise in their future. Only three percent plan to cut back on their exercise regimen.

I love the 1990s as personal water aerobics year. We're pulling in and taking control of life's stresses. The number one issue is health. In all the studies I've read lately, people have been recognizing the fact that exercise is a health matter, not just for vanity.

So you see, we've come a long way.

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2nd Session Saturday, Mar. 23, 1991 (Special Event Mar. 22, 23, 24)

3rd Session Saturday, Mar. 30, 1991 (no sessions on Saturday, April 6)

4th Session Saturday, April 13, 1991 (no sessions on Saturday, April 20)

5th Session Saturday, April 27, 1991 (no sessions on Saturday, April 27)

6th Session Saturday, April 27, 1991 (no sessions on Saturday, April 27)

7th Session Saturday, April 27, 1991 (no sessions on Saturday, April 27)

8th Session Saturday, April 27, 1991 (no sessions on Saturday, April 27)

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