

exercising options

Myrna Partrich

Call goes out for youths to turn to exercising

Dear Myrna: Since you're on the President's Council of Physical Fitness, don't you do most of your work with children? I am a physical education teacher and I would like to know whether we have made more progress in general.

The President's Council on Physical Fitness is really many faceted. Our purpose is to improve the health of all Americans through physical fitness. Yes, we do focus greatly on our children, being young Americans are the future of our country. However, across the country, pediatricians report seeing more overweight youngsters in their offices than ever before. One in five youngsters is now overweight, bringing it to more than one million. These findings come from a study by Dr. William Dietz of Tufts University and colleagues from the Harvard School of Public Health. The study found that the incidence of obesity among children has increased 50 percent in the last two decades.

I don't know what you have discovered, but other physical education teachers find that children are increasingly out of shape. I teach many children myself, from the ages of 10 years to young adult. Unfortunately, I see many adults in better condition. That is shocking. Today's children are driven everywhere, lots of television, fast food, etc.

Part of the problem might be children think they are invincible. They are a tough sell on exercise. Through the Council's President's Challenge Program, we have discovered more than one-half of American girls, 6 to 17 years of age, can't do one pullup. Thirty percent of boys between six and 12 can't run one mile in less than 10 minutes.

Even more alarming, 40 percent of children between the ages of 5 and 8 already show at least one risk factor for heart disease. Studies point to television as a major culprit, causing both inactivity and overeating. Children watch television longer than any activity besides sleep. Now we have video and computer games in case of boredom. With the increase in mothers working, children are instructed to come home from school and stay inside and out of trouble until an adult gets home.

Dr. Dietz notes that heavy youngsters who don't get their weight under control have a good chance of becoming overweight adults. We all know that one. Medical problems of course become overwhelming. Young people can have problems breathing and sleeping — not to mention the emotional horror. But it's not just being overweight that's not healthy, it's being out of shape. Many slim children have no muscle nor endurance.

As a physical education teacher, you must realize that our American children don't ever get enough exercise through the school systems. Illinois is the only state that makes physical fitness mandatory in the schools on a daily basis. The President's Council is trying to change all this. Gym class and sports have been put on the back burner. Colleges are not graduating as many physical educators as before.

I think we are in trouble. What do you think?

Myrna Partrich, co-owner of The Workout Company Inc. of Bloomfield Township, and a member of the President's Council on Physical Fitness, is happy to answer any questions readers may have regarding exercise. Send your letters to Sports Department, Myrna Partrich, 505 E. Maple, Birmingham 48091.

sports shorts

MARATHON SET
The 1991 running of the West Bloomfield Half-Marathon is scheduled for 12:30 p.m. April 21.

More than 700 runners are expected to challenge the scenic, 13.1-mile course which winds through the rolling, residential streets of West Bloomfield Township.

Now in its 15th year, the event is cosponsored by West Bloomfield Parks and Recreation and Henry Ford Medical Center-West Bloomfield.

Entry fee is \$11 prior to the April 12 preregistration deadline and \$14 thereafter. Fees include race entry, T-shirt, awards to all finishers and refreshments.

Entry forms can be obtained by sending a self-addressed stamped envelope to West Bloomfield Parks and Recreation, 3325 Middlebelt Road, West Bloomfield, Michigan 48323.

For more information on the event, call 334-5980.

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Tips for hooking moody fish

BABE WINKLEMAN, host of the popular TV show "Good Fishing," is known nationwide for his angling ability, but he's a pretty good hunter as well — a fish hunter that is.

Winkleman will pass along some of his fish hunting tips today and tomorrow when he conducts four seminars during the Sportfishing Expo at the Palace of Auburn Hills.

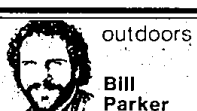
"I want to teach people how to hunt fish," Winkleman said. "I want to help people understand how to interpret different fish patterns and to understand why fish move like they do. Then I'll teach them a little about the critters themselves, as well."

According to Winkleman, fish have different moods that many anglers don't consider when they're out wetting a line. A fish may be in an aggressive feeding mood or a passive feeding mood. The fishing technique used to catch a fish varies from situation to situation.

Weather and seasonal changes also affect fish movement and should be considered by the angler.

"GENERALLY, FISH have three basic seasonal moods or attitudes: sustenance of life, summer growth, and fall fattening," explained Winkleman. "In the winter, fish are just trying to sustain and make it through. They don't feed much and their metabolism goes way down. A fish may have one or two meals a week and do just fine. During the spawning period, they are pretty much indifferent to food."

During the summer growth period, once the fish have spawned, well, when they are chasing the food supply and in the fall fattening period the fish will exert the least



Bill Parker

amount of energy. He'll maybe have a big meal, then sit and rest."

Daily fish patterns change as well, and are affected by such things as weather, insect hatches and boating traffic.

"Fish have moods, both seasonal and daily," added Winkleman. "People have to know that and take it into account when they go out fishing. It's important to understand the hunting process."

Winkleman will present his seminar, titled "Babe's Pattern Fishing System," at 6 and 8:30 p.m. tonight, and at 4:30 and 8 p.m. tomorrow.

Other speakers scheduled to appear include Mark Romanack (walleye), Larry Nixon (plastic worms), Joe Thomas (structure, light line, top water tactics), George Richey (trotting and old tackle), Bud Riser (walleye), Tommy Berryman (bass), N. Gals, Pete Hubogames (steelhead), Gary Parsons (walleye), Tom Hugler (walleye), Wallace Petros (walleye and muskie).

The show also features 350 all-fishing exhibitors, merchandise booths from some of Michigan's biggest retailers, outfitters, guides and fishing lodge representatives. The Hawk Trough is 50-foot aquarium on wheels, the DNR's Michigan record catch-fish display, and the Outdoor Writers Association of America photo



Babe Winkleman is one of several speakers featured this weekend at the Sportfishing Expo at the Palace of Auburn Hills.

to exhibit.

Show hours are 4:30 p.m. today, 5-10 p.m. Friday, 10 a.m.-5:30 p.m. Saturday and 10 a.m.-7 p.m. Sunday. Admission is \$6 adult, \$3 child, 12 and under and children under 12 will be admitted free.

Questions and answers are urged to help anglers solve their fishing problems. Questions will be answered by experts on-site. Write to: Babe Winkleman, 4806 E. Warden, Farmington Hills 48334. For more information call 484-1141 ext. 341.

outdoors calendar

IMPORTANT DATES AND EVENTS

- March 7-10: Greater Detroit Sportfishing Expo will be at the Palace of Auburn Hills. Featured speakers include Babe Winkleman, Gary Parsons, Larry Nixon, Penny Berryman, George Richey, Tom Hugler and more. Show hours are 10 a.m.-7 p.m. Thursday, 2-10 p.m. Friday, 10 a.m.-9:30 p.m. Saturday and 10 a.m.-7 p.m. Sunday.
- March 10: Western Wayne County Conservation Association will hold a 3-D archery shoot at 10 a.m. on its walk-through range in Plymouth Township. Call 453-9843. 10 a.m.-5:45 p.m. daily or 425-0887 for more information.
- March 12: A six-week fly-typing class begins at the Riverhead Sports Center in Southfield. Course fee is \$40 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 Center in East Lansing. Featured speakers include Miles Keller, Byron Ferguson, Richard P. Smith, Kathy Biedler and more. Tickets are \$6 adult, \$3 child and 6-11 children under 5 admitted free.
- March 16-17: Thirtieth 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.-7 p.m. Saturday and 10 a.m.-6 p.m. Sunday. For more information, call 425-4208.
- March 21-24: The 1991 Michigan Wildlife Art Festival will be in Southfield. A "Wildlife Marketplace," the winning photos of the Outdoor Writers Association of America's Photo Contest, the Federal Duck Stamp competition, a decoy painting contest, and wildlife seminars and lectures will be featured. The Hudson 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 417-922-0340 for more information.

• March 23-24: Steelhead Spring Fishing Show will be at the Dearborn Expo Center. Four speakers include DNR District Fisheries Biologist Ron Spiller, local producer fisherman Capt. Steve Jones and more. Admission is \$3 adult, \$1 child and 12 and under 12 will be admitted free.

• March 24: Western Wayne County Conservation Association will hold a 3-D archery shoot at 10 a.m. on its walk-through range in Plymouth Township. Call 453-9843. 10 a.m.-5:45 p.m. daily or 425-0887 for more information.

• March 31: Rabbit season ends statewide.

• March 31: 1990 fishing licenses expire.

• April 3: Monthly meeting of the family-oriented, Four Seasons Fishing Club will be at the Maplewood Center in Garden City. Call Tony Brother at 477-3816 for more information.

• April 26: Thirtieth annual River Crab Stakes Fishing

tournament held each spring to raise money for the prevention of child abuse and child neglect, begins at 10 a.m. at Clark Myers River Crab Stakes at St. Clair. For more information or more information, call the River Crab at 313-329-2291.

• April 25 and 26: A two-day "Maple Syrup" class begins at 6 p.m. The free course, offered by the Oakland County Sheriff's Department, will be at the Marine Division headquarters, 1700 Brown Road, Auburn Hills, west of 24 and north of the Palace. Call 858-4991 for more information.

OAKLAND COUNTY PARKS

- Maple Magic: an opportunity to enjoy the first days of spring while learning to make maple syrup, begins at 1 p.m. Saturday at Independence Oaks.
- What in the World is Green, an outdoor walk to search for the first green spring, begins at 1 p.m. Saturday, March 16, at Independence Oaks.

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Thu. MAR 14	7:30 PM
Fri. MAR 15	7:30 PM
Sat. MAR 16	12 noon
Sun. MAR 17	1:00 PM

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