### Poor eating habits lead to poor health

Dear Myms: I am your average woman workabolic. Being a single parent and receiving no outside belp, I am a little crazed. I work for a large company and save difficulty controlling my time. Between my job, my children, my bome in general and trying to bave a social life. I have no time for myself.

I have been gailings weight slowly due to my crazy life. Business lunches, coffee breaks, meetings, gifts of food at my desk, vending machines and even happy hour are killing me slowly. I am in deep trouble and are no way out. Help me!

I do understand. A work environment can have a crucial effect on the success or failure of a healthy eating plan Power lunches, breaks, long meetings (looking at doughnuts on the table) can be a killer. Do you realize just how many hours you spend at work? Eating habits at work can truly make or break you. Let's start with meetings in your office environment that you might be able to centrol.

FIRST OF all, never go to a meeting hungry because it puts you at

FINST OF all, never go to a meeting hungry because it puts you at an immediate disadvantage. Ask wheever orders the food to make fruit, dry rolls or bagels avialible. No multins or doughnuts. When entering the room, try to sit farthest away from the food at all times. Those thoughtful gitts of candy — don't even take them home. March right down to the end of the hall and set them in front of a group of workers or in the lunchroom. People will love your generosity.

ty.

Coffee breaks can be a problem. And how about the coffee? Do you drink yours black, or are you adding some calories with a little sugar and cream? Maybe you are adding up to 400 more calories a day just with coffee.

Non-fat, powdered cream would help. Personally, 1 am not crazy about sugar substitutes, but a little is fine.

VENDING MACHINES are usually filled with fatty foods. Pretzels

VENDING MACHINES are usually filled with fatty foods. Pretrels are upobably your best bet.

Why not keep simple snacks in your deck drawer — rice cakes why not keep simple snacks in your deck drawer — rice cakes why not keep simple snacks in your deck drawer — rice cakes the control of the

bag it, think lowfat.

NOW YOU are going to hate what I am about to say.

You must exercise, even if it is just one-half hour per day. Spring is here, so try walking, Make it a family affair.

Ras your company even fined an exercise expect to run a class in the building? Maybe you can influence them. We see mure and more exercise happening in the workplace.

You sound very hassled, as I am sur- you have every reason to be Exercise and the proper diet will help, you take control and help you emottonally. Hang in there. Remember, summer is coming.

(Myrna Partirich, co-owner of The Workout Company Inc. of Bloomfield Township, and a member of the President's Connet or Physical Fitness, is happy to answer any questions renders may have reparting exercise. Send poor letters to. Sports De-partment, Myrna Partirich, 836 k. Maple, Bu manofam 48000 )

## Title fight erupts in woods

HE BICKERING awakened me early Sunday morning.
Like children arguing piece of ore who gets the last open with the last of the

THE "BOSS TOM" squawked and alped and carried on in a boisterous THE BUSS 100 yelpod and carried on in a boisterous manner while pecking and spurring his counterpart at will. "Jake the Contender", who was giving up several pounds, had all he could handle, but did his best to stay a step ahead



of the champ as he circled round, and round and round.

of the champ as he circled round, and round and round.

The remaining birds in the flock of eight males, cheered and routed in support of the "Boss Torm." They followed behind his every step, seedding and yelping while adding to all of the commotion. It was an impressive spectacle! had never before witnessed.

After about 10 minutes of non-stonessed.

After about 10 minutes of non-stoned defeat and scurried away, but the action was far from over.

Locating another small flock of Jakes, "The Contender" immediately took on the role of the aggressor and picked up the tight with the leader of the that flock. Several must state, the ade established himself as the new light heavy weight champ and silence once again prevailed.

THIS WAS JUST one of several

thrills I experienced last weekend while hunting and Itishing in the northern Lower Peninsula.

I had gladly accepted an invitation from my old hunting friend Gli Olds to turkey hunt and trout fish on the 13,000-acre. Canada Creek Ranch, north of Atland.

There were plenty of turkeys in the surrounding woods and the brookies were hitting like there was no tomorrow, but the "No Hunting Area" where all the cabins are located provided an equal armount of thrills.

Gil's Storage shed, we soon found

thrills
Gil's storage shed, we soon found
out, had been converted to a motel
over the winter. A mother raccoon
and five pups were nestled in the
warm comprise of the stuffing from
a couple PFD life cushions.

DEER AND TURKEY were more

prevalent in the area than people. The year-round residents of the ranch provide food for the animals during the tough winter months. The animals, obviously, hadn't realized the snow was gone as dozens of deer and turkey paraded through the area on a daily bails. The photographic opportunities were endless.

We took a couple trips around the Ranch in search of elk and again I was not disappointed. We located is ek in the two trips including several, bulls in velve.

Tom turkeys weren't very cooperative on this, the opening weekend of the spring turkey hunt. But a couple trips around the spring turkey hunt. But a couple trips the standard of the spring turkey hunt. But a couple the standard of the spring turkey hunters and trout anglers in our coverage area that experienced more success than we did and I would like to hear about your outings. (Hunters and unglers are urged to report their success. (Hunters and anglers are urged to report their success Questions and comments are also encouraged. Write or call Bill Parker are Tuttdoors, 805 E.

Questions and comments are also encouraged. Write or call Bill Parker at: Outdoors, 805 E. Maple, Birmingham, MI. 48009, or call 644-1101 Monday evenings, 6-

#### outdoors calendar

IMPORTANT DATES AND EVENTS

May 11 - Jack Leverenz Sailing School s on Lake St. Clair. Call 888-7887 for more

begins on Lake St. Chir. Chir man county Conservation Association will hold a 311 archery shoot beginning at 10 am on its wall-through range in Plymouth Township Call #33 9483, 10 am to 3 52 pm daily #425-937 evening for more information.

a m to 3 s5 pm daily or 425-0887 evenings for more information • May 17 - Regular camping season begins at the Oakland County Parks. Call 693-2431 for more information

ion.

May 26 - Spring wild turkey season ends.
June 5 - Monthly meeting of the family-riented Four Seasons Fishing Club begins at 30 pm at the Maphewood Center in Garden (b) Clall Tony Birchler at 477-1816 for more

information .

• June 16 - Western Wayne Founts Con-servation Association will hold a 3-D archery shord at 16 am on its walk through range in Plymouth Towardap Call (53.988), 10 am to 5.15 pm daily or (25.0887 evenings for more information).

June 22 - Bass season opens on the De-troit and St. Clair rivers and Lake St. Clair
 June 30 - Motor Cits Charity Bass Clair

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drawn from a hat and the team matching that number with the number of different species of birds they identified will win a prize



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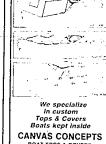


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