



exercising options

Myrna Partrich

Poor eating habits lead to poor health

Dear Myrna: I am your average woman workaholic. Being a single parent and receiving no outside help, I am a little crazed. I work for a large company and have difficulty controlling my time. Between my job, my children, my home in general and trying to have a social life, I have no time for myself.

I have been gaining 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 see 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 control.

FIRST of all, never go to a meeting hungry because it puts you at an immediate disadvantage. Ask whoever orders the food to make fruit, dry rolls or bagels available. No muffins or doughnuts. When entering the room, try to sit farthest away from the food at all times.

Those thoughtful gifts 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.

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, I am not crazy about sugar substitutes, but a little is fine.

VENDING MACHINES are usually filled with fatty foods. Pretzels are probably your best bet.

Why not keep simple snacks in your desk drawer — rice cakes (there are so many different kinds), low-fat pretzels and dry cereal (shredded wheat, etc.)?

The end of a work day marks happy hour — the time to let yourself relax, but not your food guard. Alcohol is fattening and high in calories. If you must, try dry white wine spritzers.

THE BOTTOM line: If you don't have loads of time, when you food shop, read labels and look for very low-fat items (two to two percent). For business lunches, you must be creative. Almost every restaurant in town can make you a vegetable sandwich. Another treat is a cup of vegetable soup and a baked potato.

However, be aware of diet plates in restaurants. They usually have cottage cheese (fatty) and hamburger patty. You don't owe your lunch partner an explanation. It is not a diet, it is a way of life. If you brown 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.

Has your company ever hired an exercise expert to run a class in the building? Maybe you can influence them. We see more and more exercise happening in the workplace.

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

(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, 805 E. Maple, Birmingham 48009.)

Title fight erupts in woods

THE BICKERING awakened me early Sunday morning. Like children arguing over who gets the last piece of cake, the "Boss Tom" and "Jake the Contender" challenged each other in an effort to establish a pecking order.

I'd been turkey hunting (actually calling for others because I didn't hit the license lottery this year) since Thursday and decided to fish for trout on my final day of this fantastic spring outing. I'd slept in a little, but the snoozing came to an abrupt end just after sunrise as the commotion and racket erupted 30-yards from the cabin window.

Sneaking out the front door, I witnessed my first heavyweight title fight from the front row. And the action between these two turkeys made the recent Holyfield/Foreman bout look like a powderpuff lightfight.

THE "BOSS TOM" squawked and yelped 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



outdoors

Bill Parker

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

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

After about 10 minutes of non-stop action "Jake the Contender" connected and deflected 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 fight with the leader of the that flock. Several minutes later, he had established himself as the new light heavyweight champ and silence once again prevailed.

THIS WAS JUST one of several

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

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

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 amount of 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 comforts 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 basis. 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 18 elk in the two trips including several, bulls in velvet.

Tom turkeys weren't very cooperative on this, the opening weekend of the spring turkey hunt. But a couple scrappy little brook trout kept the skunk from following us home.

I know there are many 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 anglers are urged to report their success. 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, 6-10 p.m.)

outdoors calendar

IMPORTANT DATES AND EVENTS

• May 11 - Jack Levensen Sailing School begins on Lake St. Clair. Call 886-7487 for more information.

• May 19 - Western Wayne County Conservation Association will hold a 3-D archery shoot beginning at 10 a.m. on its walk through range in Plymouth Township. Call 453-9443, 10 a.m. to 3 p.m. daily or 425-0887 evenings for more information.

• May 17 - Regular camping season begins at the Oakland County Parks. Call 493-2431 for more information.

• May 24 - A scuba and snorkeling class begins at 7 p.m. at Riverside Hills Andover High School. Call 433-0885 for more information.

• May 25 - Bass season opens on inland lakes statewide.

• May 25-26 - Seventh Annual Michigan Great Lakes Wildlife Festival will be held in Clark. Call (517) 248-7492 for more information.

• May 26 - Spring wild turkey season ends.

• June 5 - Monthly meeting of the family-owned Four Seasons Fishing Club begins at 7:30 p.m. at the Maywood Center in Garden City. Call Tony Tomlin at 427-3816 for more information.

• June 16 - 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 453-9443, 10 a.m. to 3 p.m. daily or 425-0887 evenings for more information.

• June 22 - Bass season opens on the Detroit and St. Clair rivers and Lake St. Clair.

• June 30 - Motor Club Charity Bass Class.

or Tournament will be held on Lake St. Clair. Call 495-0021 for more information.

METROPARKS

• Mother Nature's Story Time, a program for children ages 4-7 featuring stories about animals and their lives, begins at 10 a.m. Saturday at Kensington.

• Saturday Morning Staff — Pick up a 2-pm nature program for children ages 6-10 accompanied by a parent in which participants will learn about the inhabitants of a pond, begins at 10 a.m. Saturday at Spring Creek.

• Kid Staff, a nature program in which children will learn about life in a pond, begins at 10 a.m. Saturday at Indian Springs.

• Nature's Delicate Balance, a naturalist-led discussion of habitats and the advantage of a natural approach versus man's interference, begins at 2 p.m. Saturday at Kensington.

• Birding for Beginners, a two-hour, interactive program about the songs, calls and habits of common birds, begins at 10 a.m. Sunday at Spring Creek.

• Birding at Spring Hill, a search for songbirds and resident birds, begins at 10 a.m. Sunday at Kensington.

• The Bloomers are Blooming, an opportunity to learn about spring wildflowers, begins at 10 a.m. Sunday at Spring Creek.

• Pond Discovery, a program in which participants will use dip nets and wading trays to explore pond life, begins at 2 p.m. Sunday at Kensington.

• Most Met-park programs are free, but some have a nominal charge. Advance registration and a vehicle entry permit are required for some information. Call 1-800-234-6234.

OAKLAND COUNTY PARKS

• Bird & Lake, a fun program for birders of all levels in which participants will search the park for different species of birds, begins at 7:30 a.m. Saturday at Independence Oaks. When the tally sheets are in a number will be drawn from a hat and the team matching that number with the number of different species of birds they identified will win a prize.

• Flower Power, a nature program in which participants will learn to identify wildflowers, begins at 1 p.m. Saturday, May 11 at Independence Oaks.

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