

outdoors calendar

IMPORTANT DATES AND EVENTS

- Through August — Jack Levenez Sailing School will hold classes on Lake St. Clair. Call 888-7887 for more information.
- May 17 — Regular camping season begins at the Oakland County Parks. Call 693-2431 for more information.
- May 17-19 — Steelhead's Fishing Tournament will be held in South Haven. Call (616) 637-5171 for more information.
- May 18-19 — NRA and DNR Instructors Workshop will be held at the Tricounty Sportsman's League in Saline. The workshop is held to certify individuals interested in teaching the art of shooting and shooting safety. Call 483-4933 for registration information.
- May 18 — Crapheethon Classic Qualifying Tournament will be held on Houghton Lake. Call (800) 292-9071 for more information.
- May 18-19 — Spoon Tournament will be held in Manistee. Call (616) 389-3461 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 453-9843, 10 a.m. to 5:45 p.m. daily or 425-0887 evenings for more information.
- May 24 — A scuba and snorkeling class begins at 7 p.m. at Bloomfield Hills Andover High School. Call 433-0885 for more information.
- May 25-Sept. 2 — Crooked Lake Fishing Contest will be held at Independence Oaks County Park in Clarkston. Call 625-0877 for more information.
- May 25-Sept. 2 — Buhl Lake Fishing Contest will be held at Addison Oaks County Park. Call 625-0877 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 Clare. Call (517) 386-7492 for more information.
- May 26 — Spring wild turkey season ends.
- May 26 — Holloway Classic Bass Tournament will be held in Davison. Call 684-7221 for more information.
- June 5 — Monthly meeting of the family-oriented Four Seasons Fishing Club begins at 7:30 p.m. at the Maplewood Center in Garden City. Call Tony Brenner at 477-3816 for more information.
- June 8-9 — Michigan Free Fishing Weekend.
- 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 453-9843, 10 a.m. to 5:45 p.m. daily or 425-0887 evenings for more information.

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- June 22 — Bass season opens on the Detroit and St. Clair rivers and Lake St. Clair.
- June 30 — Motor City Charity Bass Classic Tournament will be held on Lake St. Clair. Call 949-0151 for more information.

METROPARKS

- By Dawn's Early Light, a woodland hike to view birds and animals that are active in the morning, begins 8 a.m. Saturday at Indian Springs.
- Springtime Nature Photography, an instructional program in which outdoor photographer John Mielcarek will present basic information on equipment and techniques important to springtime wildlife and wildflower photography, begins 10 a.m. Saturday at Stony Creek.
- Marsh: A Special Habitat: a nature hike in which participants will explore the animals and plants in a marsh, begins 11 a.m. Saturday at Kensington.
- Spring Along the Trails, a naturalist-led walk in which participants can enjoy springtime activities, begins 1:30 p.m. Saturday at Kensington.
- Pioneer Chores, a program that includes making rope, sawing firewood and playing with pioneer toys, begins 1 p.m. Sunday at Kensington.
- Our Bloomers are Showing, a naturalist-led hike to explore woodland wildflowers, begins 2 p.m. Sunday at Stony Creek.
- What's in a Name, a nature hike in which participants will learn the origin of wildflower nicknames and folklore, begins 2 p.m. Sunday at Indian Springs.
- Most Metropark programs are free, but some have a nominal charge. Advance registration and a vehicle entry permit are required. For more information, call 1-800-234-6534.

OAKLAND COUNTY PARKS

- Celebrate Michigan, a program of slides, stories and songs around a campfire, begins 7 p.m. Saturday, June 1, at Independence Oaks.
- Great Lakes Heavy Weather Safety Demonstration, begins at 6 p.m. at the wave pool at Red Oaks in Madison Heights.
- Campfire Canoe, a program in which participants will explore the wetlands around Crooked Lake, begins at 7 p.m. Saturday, June 8, at Independence Oaks.
- Oakland County Parks programs require advanced registration and some have a nominal fee. Call the Independence Oaks Nature Center at 625-6473 to register or for more information.

exercising options

Myrna Partrich

Fitness programs fit form for family fun

Dear Myrna: It is spring now and everyone in my family is overweight. My children are young teenagers — the usual lazy type. My husband is a little athletic. How can I get everyone moving? Something to spark a little interest in exercise.

A successful family fitness program can establish healthy, lifelong habits in children, which is a great gift from any parent. Even if your family members are at different fitness levels, you still can do a number of things to get all family members involved in the healthy habit.

Spend the time together and talk about what activities your family members like the best. Make a list of activities that are aerobically sound. For example, there is speed walking, jogging, aerobic class, aerobic machinery (treadmill, stairmaster, etc.). Choose one activity to start with. I suggest speed walking which is a natural activity. Make sure you all agree on the time of day to take this energetic walk. Everyone might need to be flexible.

Now, don't set your family goals too high. If some members of your family want to lose weight, remember that muscle weighs much more than fat. You can't always count on the scale. It's not a bad idea to have an exercise expert come to your home and instruct your family in proper abdominal exercise and upper body fitness. The abdominal and upper body muscles respond to exercise more quickly than other muscle groups so all of you might get faster, positive feedback. When you can actually see results, you are encouraged to keep plugging away. Mental attitude plays a big part here.

Make a commitment for one month. It is not long enough to be too intimidating, but just enough time to start to see results. You are all looking for a long-term lifestyle change, not just a short spurt. Another little tip is to tell your friends. Talk about it to others. This will help you stay into it. Nobody wants their friends to know they have failed at something so important.

Remember to reward yourselves constantly — maybe with a hiking trip to an interesting place might be fun.

Gradually change your activity. You don't want any dropouts. Together your family can make that choice to shape up and take control of your life and then do the same on every successive day. Some days are easier to keep your promise of exercise than other days. Be prepared for those negative workout days and mentally push yourselves. It is called bootstrapping each other.

Just think — a happy family who exercises together, stays together.

(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 48009.)

sports shorts

OFFICIALLY SPEAKING

Five athletic game officials from The Eccentric coverage area recently were recognized by the Michigan High School Athletic Association for their career service.

John W. Butler of Birmingham, Richard D. Lambert of Bloomfield Hills and Fred Bowen, Joyce Harlukowicz and J. Michael Lutenberger of Rochester Hills all have at least 20 years of service with the MHSAA. They were honored recently at the MHSAA's 12th annual Officials' Awards and Alumni Banquet at the Holiday Inn-South Convention Center (formerly the Clarion Hotel) in Lansing.

With the induction of this year's group, the honor roll of officials who have served the state's athletes has grown to 2,355.

The guest speaker for this year's banquet was Ed Hightower, a veteran Big 10 basketball official. Hightower has worked three NCAA Final Fours, and is regarded as one of the top collegiate officials in the country.

BURNETT ALL-AMERICAN

Bill Burnett of Bloomfield Hills gained All-American honors this year as a member of the Ohio-Wesleyan men's swimming team. Burnett along with three other Wesleyan swimmers placed eighth in the 800 freestyle relay with a time of

6:59.55. That foursome also earned honorable mention All-American honors by finishing 16th in the 400 freestyle relay.

Burnett, a junior, graduated from Cranbrook-Kingswood High School.

SKATERS ON TOUR

The 1991 Tour of Olympic & World Class Figure Skating Champions featuring Peggy Fleming will make a stop Friday evening at the Joe Louis Arena for one electrifying performance.

Other professional skaters in the program include Denise Biellmann, Elizabeth Manley, Robin Cousins, Brian Orser, Gary Beacom, and Igor Bobrin.

Amateur skaters include Jill Trenary, Midori Ito, Christopher Bowman, Victor Petrenko and Todd Eldredge.

Tickets are on sale at the Joe Louis and Cobo Arena Box Offices and all Ticketmaster outlets (\$35, \$22.50).

For more information, call 567-6000.

SCHOLARSHIPS AVAILABLE

The National Sports Foundation has put together a new publication describing how high school and junior college athletes can take advantage of the more than 100,000 collegiate scholarships available each

year. And contrary to popular belief, athletes don't have to be all-state caliber to qualify.

The new book contains forms, sample letters and tables of factual information available to students.

To find out more on how to get a collegiate athletic scholarship, send a large self-addressed, stamped envelope to The National Sports Foundation, 6124 Willow Drive, P.O. Box 940, Oakhurst, NJ 07755.

AMATEUR GOLF TOUR

The 1991 "Great Lakes" Amateur Golf Tour (GLAT) has expanded into four regions for the upcoming season.

West Metro Detroit, Northeast Metro Detroit, Kalamazoo/Battle Creek and Grand Rapids/Muskegon will comprise the areas in which golfers can compete for available tournament money.

Patterned after the PGA Tour, players compete with some ability players in four different handicap divisions. Each player must play two 18-hole qualifying rounds in May to

earn his "Tour Card" to be eligible to compete in his section of the GLAT and challenge some of Michigan's finest courses.

Golfers with an established USGA handicap or verifiable league average are also eligible to participate. There is a \$60 entry fee to compete in qualifying rounds. Tournament players will be competing for more than \$100,000 in prizes and awards on the four regional tours.

Brochures and entry forms are available in golf stores around the state or by calling the Great Lakes Amateur Golf Tour office at (313) 227-0720.

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OPENING SOON
Mon through Fri 7:30-4:30 Sat 8:00-4:00 Closed Sunday
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An Outdoor Mass on Memorial Day
Join us for a Memorial Day mass on the beautiful and majestic grounds of All Saints Cemetery. Outside. Under the open sky. At the resting place for those to be remembered. Monday, May 27, Memorial Day at 9:00 a.m. All Saints Cemetery, Nelson at Andersonville Road, Waterford. 623-9633. All are welcome.

All Saints Cemetery
Nelson at Andersonville Rd. 11
Waterford 623-9633
Mass at 9:00 a.m.

A member of Mt. Elliott Cemetery Association
Keepers of Catholic family tradition