

exercising options

No need to rush exercise schedule

Myrna Partrich

Dear Myrna: I'm a discouraged exerciser. I must have started and stopped exercising more times than anyone I know. I have gotten to the point where I'm embarrassed to tell my friends I exercise at all. I have tried everything - started exercise with many friends who are still living it. I set goals, but I'm running out of patience.

How are you setting these goals and what time period do you allow yourself to accomplish your goals?

You might be a little too hard on yourself. It is far better to set realistic goals and double or triple the time in which you expect to reach them, than to aim too high and feel as though you might have failed and then quit again.

This leeway of time allows you an occasional pat on the back as a reward for meeting small goals on the way up.

Why don't you talk with an exercise professional and decide what your goals are realistically?

DECIDE WHAT type of exercise will fit within your lifestyle.

How about a brisk 10-minute walk at night, maybe adding one minute every third day until you reach 20 minutes?

You'll start to feel accomplished without much effort. This is much better than to have set too high of a goal.

It might be best not to share this long-range goal with your friends. Wait until you feel accomplished and please don't get discouraged.

(Myrna Partrich, co-owner of The Workout Company Inc. of Bloomfield Township and a member of the President's Council of Physical Fitness, is happy to answer any questions readers may have regarding exercise. Please send those questions to: Sports Department, 805 E. Maple, Birmingham 48009.)

Changes continue on Paint Creek

AFTER NEARLY 15 years of planning and paperwork the bottom draw on Paint Creek at Lake Orion is in place and in working order. Unfortunately, it's not working quite yet.

The project was completed earlier this summer, but because of construction of a new bridge where the creek passes under Broadway Street, 100 yards downstream from the headwaters, the bottom draw has not yet been put into operation.

"It's very disappointing," said DNR Fisheries biologist Ron Spittler, who has overseen the development of the project from its inception in the mid 70s. "We made some brief tests just after the pipe was installed and found a 10-degree drop in the water temperature just down stream from the dam. But, because of the construction, we just haven't been able to work with it to see what adjustments we need to make. The bridge was supposed to have been completed by now, but we're still waiting."

THE BOTTOM DRAW pipe - actually a large plastic tube - extends into Lake Orion 740 feet from the control structure located north of the dam. The tube is submerged in 52 feet of water. When operating, the tube will suck cool, oxygenated water from the bottom of the lake. It will not interfere with the level of Lake Orion since the bottom draw will only operate when there is water spilling over the top of the dam.

The water from the bottom of the lake picks up more oxygen as it flows down a rock filled gully and into the creek at the base of the dam.

-SPITLER FEELS THE bottom



Bill Parker

outdoors

draw will cool the creek water to 70 degrees or below so trout can survive in the upper stretches of Paint Creek.

"We made some brief tests and found the water in the tube was 55 degrees," Spittler said. "The oxygen was near zero at the bottom of the lake, but up to nine ppb by the time it passed over the rocks."

"Ideally, we'd like to keep the water temperature in the mid-60s throughout the summer. If we can keep it below 70-degrees during the hot, dry days in the middle of the summer we should be OK. Trout can survive in water temperatures in the middle to upper 70s for a short period of time."

Currently, warm water temperatures in the upper four miles of the creek are lethal to trout.

If the water cools as expected the DNR will begin stocking the upper stretches of the creek with 1,000 to 1,500 brown trout next spring, according to Spittler.

THE BOTTOM DRAW is part of an overall improvement package on Paint Creek, which begins at Lake Orion and flows southeasterly into Rochester where it empties into the Clinton River.

Through the cooperation of local chapters of Trout Unlimited, the Paint Creek Trailways Commission,

the DNR, the Michigan Wildlife Habitat Foundation and other agencies, many improvements have already been completed on the 14-mile creek.

Log jams and debris that once cluttered the creek bed and restricted the flow of water have been removed. Erosion control devices such as rock ripraping and log shorelines have been constructed. Stairways have been built at several locations providing easy access for anglers and hikers from the abandoned railroad grade which runs the length of the creek.

MORE IMPROVEMENTS are planned for the future.

The Trailways Commission recently received \$1,200 in state-matching Inland Fisheries Cooperative grants to continue the improvements.

"Basically, we'll be doing more of the same things we've already done," said Peg Johnson, secretary of the Trailways Commission. "We'll be ripraping the bank to help control the erosion and we'll be building more stairways which also help control erosion."

While the work continues, Paint Creek creeps closer and closer to becoming southeastern Michigan's premiere trout stream.

DIETRICH WINS QUALIFIER

Livonia's Ed Dietrich took first place in an Operation Bass Red Man Michigan Division qualifier, July 21, on Lake St. Clair.

Fishing Tennessee/shad Bomber Model A lures in the main river, Dietrich boated a five-bass limit that weighed 13-pounds, 1-ounce. His largest fish, and the largest of the tournament, weighed 4-pounds, 8-ounces.

Terry Sanders, of Southfield placed second in the tournament with a five-bass limit that tipped the scale at 11-pounds, 13-ounces. Sanders fished silver and red fluke grubs in weed beds in Anchor Bay.

Rochester's George Hoffman tied for eighth place with Joe Kozlowski of North Branch. Each angler caught five bass that weighed 10-pounds, 9-ounces.

FERGUSON WINS TOURNAMENT

Rochester's Art Ferguson III was at it again recently, winning a Michigan B.A.S.S. Federation tournament, July 28, on Lake St. Clair.

Fishing Berkley Power Worms and Bulldog spinner bait, Ferguson landed five bass that weighed 11.24 pounds.

"Those were the only five keepers I caught all day, but they were the right ones," said the Rochester angler.

(Bill Parker is happy to answer questions readers have regarding the outdoors. Send questions or comments to: Outdoors, 805 E. Maple, Birmingham, MI. 48009.)

outdoors calendar

- IMPORTANT DATES AND EVENTS**
- Aug. 18 - Western Wayne County Conservation Association will have 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.
 - Aug. 18 - Saginaw Valley Waterfowler's Clinic begins at 10 a.m. at the Shiawassee River State Game Area in Saginaw. Activities include decoy carving and painting contests, auctions, speakers, duck and goose calling contests demonstrations, seminars and more. Call 659-8516 or 694-2751 for more information.
 - Aug. 22-25 - Grand Traverse Salmon Classic will be held on west Grand Traverse Bay. Call (616) 941-7044 for more information.
 - Aug. 24-25 - Royal Oak Archers will host the Michigan Archery Association broadhead championship on its walk-through range in Lake Orion. Call 693-1359 or 693-9799 for more information.
 - Aug. 28 - Detroit Audubon Society will hold a hawk identification workshop at the DAS offices in Royal Oak. Call 545-2929 for more information.
 - Sept. 8 - Entry deadline for the Sept. 8, Operation Bass Red Man Michigan Division qualifier on the Detroit River. Call (309) 663-0114 or (502) 362-8110 for more information.
 - Aug. 30-Sept. 1 - National Coho Festival will be held in Honor. Call (616) 338-6660 for more information.
 - Sept. 1 - Royal Oak Archers will hold a 3D shoot on its walk through range in Lake Orion. Call 693-1359 or 693-9799 for more information.
 - Sept. 4 - The Livonia-based Four Seasons Fishing Club will hold its monthly meeting at the Maplewood Center in Garden City. Call Tony Brethler at 477-3816 for more information.
 - Sept. 6-8 - Woods-N-Water News Outdoor Weekend, featuring seminars, exhibitors, archery shoots and much more, will be held at the Eastern Michigan Fairgrounds in Imlay City. Call 724-0254 for more information.
 - Sept. 6-7 - Michigan B.A.S.S. Chapter Federation will hold a tournament in Elk Rapids. Call (616) 204-8168 for more information.
 - Sept. 7-8 - Michigan Hunter Education Clinic will be held at the Michigan State Fairgrounds. Call 589-8700 for more information.
 - Sept. 8 - Western Wayne County Conservation Association will hold a 3D archery shoot beginning at 10 a.m. on its walk-through range in Plymouth Township. Call 453-9843 or 425-0887 for more information.
 - Sept. 8 - Royal Oak Archers will hold a broadhead shoot beginning at 8 a.m. on its walk-through range in Lake Orion. Call 693-9799 or 693-1359 for more information.
 - Sept. 8 - Operation Bass Red Man Michigan Division qualifier will be held at the Elizabeth Park ramp in Trenton on the Detroit River.
 - Sept. 11 - Western Wayne County Conservation Association will hold a seven-week class on the basics of rifle shooting. The classes will be taught by an NRA certified instructor. Call 532-0285 for more information.
 - Sept. 15 - Fall Holloway Classic Bass Tournament will be held in Davison. Call 653-1272 for more information.
 - Sept. 15 - Royal Oak Archers will hold a broadhead shoot beginning at 8 a.m. on its walk-through range in Lake Orion. Call 693-9799 or 693-1359 for more information.
 - Through August - Jack Levent Sailing School will have classes on Lake St. Clair. Call 886-7887 for more information.
 - Through Sept. 2 - Crooked Lake Fishing Contest will take place at Independence Oaks County Park in Clarkston. Call 625-0877 for more information.
 - Through Sept. 2 - Duhl Lake Fishing Contest will take place at Addison Oaks County Park. Call 625-0877 for more information.

- METROPARKS**
- From Caterpillar to Butterfly, a look at the fascinating life of butterflies and their relatives, begins at 7 p.m. Friday at Stony Creek.
 - Birebark and Brunch, an opportunity for families and individuals to help paddle the 35-foot Voyager canoe, begins at 10 a.m. Sunday at Stony Creek.
 - Watercolor Wildflowers, a chance to learn some watercolor painting techniques, begins at 2 p.m. Sunday at Kensington.
 - Most Metropark programs are free, but some have a nominal charge. Registration and a vehicle entry permit are required. For more information, call 1-800-234-6534.

OAKLAND COUNTY PARKS

- Eco-Explorers Become Super Scientists, the second of a two-session program for 6 to 8 year olds in which participants will become scientists.

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THE **Observer & Eccentric** NEWSPAPERS

- at Independence Oaks.
- Canal Boat Captain, Michael Deren will relive the days when people traveled from New England to Michigan via canal boats through songs and music using a banjo, concertina, bones, a penny whistle and more. The program begins at 2 p.m. Sunday, Aug. 25, 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.

BUY IT. SELL IT. FIND IT...O & E CLASSIFIEDS

NOTICE OF PUBLIC AUCTION

8707 HUNTINGTON ROAD HUNTINGTON WOODS, MICHIGAN

At the direction of the Oakland County Probate Court, NID, N.A., Conservator of the Estate of Betty Mead Currie, a protected person, Oakland County Probate Court, File No. 90-003324-CV, hereby announces a public auction for the purpose of selling property at 8707 Huntington Road, Huntington Woods, Michigan, described as:

Lots 873 and 874, Huntington Woods Subdivision, as recorded in Liber 16, page 34 of Plat, Oakland County Records.

The auction is to be held Wednesday, August 28, 1991 at 9:00 a.m. in the courtroom of Honorable Barry M. Grant, Probate Judge, 1300 N. Telegraph, Pontiac, Michigan. Interested parties who wish to bid should be present at that time. The court has set the opening bid amount at \$188,000.

The property will be open for inspection on Thursday, August 15, 1991 between 9:30 a.m. and 11:30 a.m. and on Monday, August 19, 1991 between 2:00 p.m. and 4:00 p.m.

The property consists of a 2 1/2 story brick colonial style home with attached two car garage on a site measuring 128.1' (front) X 128.3' (left) X 123.0' (right) X 99.6' (rear). Built in approximately 1925, the property is located on the southwest corner of Huntington and Lodi. The property is zoned single family residential. The 1990 winter and 1991 summer taxes totaled \$6,740.31. The 1991 State Equalized Value is \$90,000.

The home contains approximately 2,774 square feet and contains living room, dining room, kitchen, pantry, five bedrooms and 2 1/2 baths. Heat is provided by a gas-fired, hot water boiler with automatic feed.

Asbestos pipe wrap in the basement, one above ground and one underground oil storage tank have been removed in accordance with all applicable local, state and federal environmental regulations. Soil tests for possible contamination were negative.

Attorney for Conservator: Terry L. Neteloff, P-33305
401 South Woodward, Suite 315
Birmingham, Michigan 48009

The above information was obtained by sources deemed reliable, but is not guaranteed.

Published August 15, 1991

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