



exercising options

Myrna Partrich

Positive self-image can work wonders

Dear Myrna: Some people are never satisfied. I have many friends that complain about their tiny bit of chubbiness. They sound a little ignorant. We all can't be slim bathing beauties.

I am satisfied and a little chubby. So what?

Good for you. A wonderful self-image. What a pleasure. Unfortunately, our society markets the lean, athletic looking physique.

For most of us, looking like an athlete or a model is an unrealistic and unattainable goal.

Yet each year millions of Americans (nearly 17 millions men and 31 million women) begin weight loss and exercise programs in hopes of achieving an ideal look.

I agree with the health aspect of all this.

I understand the vanity aspect also, within reason.

Now, we should not accept our lot in life and ignore good eating and exercise habits we can develop.

I think we should make realistic goals for our bodies, based on our individual genetic heritage.

It is important to be satisfied with ourselves if we are doing the best for our health.

No, we all cannot be slim bathing beauties. You are right — so what!

(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 your letters to: Sports Department, Myrna Partrich, 805 E. Maple, Birmingham 48009.)

Gapen headed for Outdoorama

RIVER ISLANDS produce quality fishing opportunities for the angler that knows how to work one. For most, the bottom of the island is an ideal place to start. The current flows on the bottom side and the banks and drops provide needed structure for many game fish. But the top, or upstream side, of an island also offers a quality opportunity according to 10 Hall of Fame fisherman Dan Gapen Sr.

"Most people fish the bottom of an island, but a lot of fish stack on the lifts above the island, or where the lift of the bottom comes up to the bank," Gapen said. "This is especially true in May, June and July because it's a key staging area."

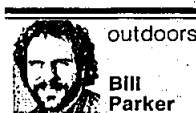
GAPEN IS ONE of the featured speakers at this year's Outdoorama Sport and Travel Show, Feb. 29 to March 1, at the Michigan State Fairgrounds.

Considered an expert on river fishing, Gapen has written 19 books and has given presentations on river fishing for more than 25 years. He will present a seminar on river fishing techniques at 4 p.m. Saturday, 3 p.m. Sunday and 6 p.m. Tuesday at Outdoorama.

"The topic is river fishing," Gapen said. "I'll concentrate on walleye but we'll talk about bass, pike and some other species as well. I fished the Detroit River last year and found a lot of fish. I'm not saying I know more about the river than the old-timer who has been fishing the river for years, but I did learn a few things and I want to pass them on. We'll discuss the lifts in that river. They hold a lot of fish, but most people fish them too fast."

GAPEN LIVES the life many youngsters dream about. At least I did when I was a kid.

Raised on Ontario's famous Nipigon River, Gapen tied his first fly at the age of six and began tying flies



Bill Parker

commercially, "for spending money," when he was eight years old.

The Nipigon River is famous worldwide for its record brook trout, northern pike, walleye and lake trout and it wasn't long before the young angler cashed in on the fishing bonanza as well. He became a fishing guide when he was 14 years old and began guiding big game hunts the following year. His mother and father started the first fly-in service in Northern Ontario in the early 1940s.

Gapen was inducted into the International Fishing Hall of Fame in 1968. Gapen and his father Don — inventor of the Muddler Fly — are the only father-son team ever inducted into the Hall. Today, he is regarded as the nation's top river fisherman.

This year's Outdoorama offers something for the entire family. Comedian/ventriloquist Eddie Jay and the musical entertainers Da Yoopers will appear daily (1 p.m. Saturdays and Sundays and 7 p.m. Monday through Friday). There will also be seminars on turkey hunting, venison preparation, hunting in Russia, trolling tactics and Big Buck Night (Feb. 29).

Tickets are \$5 adult, \$2.50 for children 12 and under and \$2.50 for citizens over 60 on weekdays before 5 p.m. only.

(Anglers are urged to report their success. Questions and comments are also encouraged. Send information to: Outdoorama, 805 E. Maple, Birmingham, Mich., 48009 or call Bill Parker Monday evenings, 6-10 p.m. at 644-1101/30.



Dan Gapen Sr. poses with a dandy 6-pound, 2-ounce, small-mouth bass. The Hall of Fame angler will present a three seminars on river fishing at the Outdoorama Sport and Fishing Show at the Michigan State Fairgrounds.

outdoors calendar

IMPORTANT DATES AND EVENTS

- Feb. 27 — A six-week course on the basics of muzzleloading rifle shooting begins at 7 p.m. at the Western Wayne County Conservation Association. Fee is \$10 and includes text books, range fees, ammunition, the use of spotter scopes and all instruction. Call 532-0265 for more information. WWOCA is at 6700 Napier Road in Plymouth Township.
- March 1 — Crow, bobcat and fox seasons end statewide.
- March 2 — A five-week Loran C Navigation class for boaters begins at 6:45 p.m. in the cafeteria at Bloomfield Hills Junior High School. Class fee is \$40 and pre-registration is required. Call 433-0883 for more information.
- March 3 — The Homeo B.A.S.S. Busters will hold their monthly meeting at the Homeo Valley Senior Community Center. New members are welcome. Call 286-6469 for more information.
- March 7 — The Hocky Mountain Elk Foundation will hold a banquet, auction and raffle beginning at 6 p.m. at the Livonia Marriott Inn in Livonia. Tickets are \$45 each or \$70 per couple and include membership. Call Jack Hamilton at 591-0522 for more information.
- March 22 — The Archery Committee of the Western Wayne County Conservation Association will hold a 3D shoot on its walk-through range in Plymouth Township. Call 453-0943 for more information. WWOCA is at 6700 Napier Road in Plymouth Township.
- March 31 — Rabbit season ends statewide.
- March 31 — 1991 fishing licenses expire.

OAKLAND COUNTY PARKS

- Firewise Stories, a nature program including stories around a campfire, begins at 7 p.m. Saturday at Independence Oaks.
- Winter Star Party, a program in which participants will join Nature Center staff and volunteers from the Dinosaur Hill Astronomical Society to view the winter sky, begins at 7:30 p.m. Saturday, Feb. 29, at Independence Oaks. Cost is \$2 per person and participants should bring binoculars, a flashlight and should dress for the weather.
- All That Glitters, a class in which junior naturalists will examine rocks, minerals and fossils, begins at 1 p.m. Saturday, March 7, 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.

METROPARKS

- Owl Prowl, a program in which participants will learn to identify owls by sight and sound, begins at 7 p.m. Saturday at Indian Springs.
- Cross Country Ski Tour, a naturalist-led ski tour of the park, begins at 1 p.m. Sunday at Indian Springs.
- Introduction to Nature Photography, a class on the basics of nature photography including lighting, angles and composition, begins at 1 p.m. Sunday at Indian Springs. Participants should bring a camera — 35mm or automatic — and should dress for the weather.
- Native American Ways, a naturalist-led hike to discover how the

first Americans found food, medicine and shelter, begins at 2 p.m. Sunday at Kensington.

For the River Talk, an opportunity to milk a cow by hand and to learn how milk is processed, begins at 4 p.m. weekends at the Kensington Farm Center.

Maple's Sweet Story, a visit to the sugarbush to learn how maple trees are tapped, sap is collected and boiled down into syrup, begins at 3 p.m. weekends through March at the Kensington Farm Center.

Most Metropark programs are free, while some require a nominal charge. Pre registration is required. A motor vehicle permit is required. Call 1-800-47-PARKS for registration information.

OUTDOOR SHOWS

- Through Feb. 23 — Camper, Travel and RV Show, featuring RVs, wheels, pop-up campers, motor homes, tents, camping equipment and accessories and more, will be held at the Pontiac Silverdome. Show hours are 9-9:30 p.m. Friday, noon-9:30 p.m. Saturday and noon-6 p.m. Sunday. Admission is \$5.50 adults and \$2.50 for children. Children under six will be admitted free.
- Feb. 21 through March 1 — 1992 Outdoorama Sport and Travel Show will be held at the State Fairgrounds in Detroit. Featured attractions include the comedy group 'Da Yoopers' and ventriloquist Eddie Jay. There will also be a seminar on field dressing deer, a turkey call contest, live birds of prey, Big Buck Night (Feb. 29), hundreds of exhibitors and more. Speakers include Dan Gapen, Denny Geurink, George Hickey, Jim Clay, Ron Spitzer and Glen Dunbar. Show hours are 9-9:30 p.m. Feb. 21, 9-9:30 p.m. weekdays, 11-9 p.m. Saturdays, 11 a.m. to 7 p.m. Feb. 23, and 11 a.m. to 6 p.m. March 1. Admission is \$5 adult, \$2.50 children under 12 and \$2.50 for citizens 60 and older (before 5 p.m. weekdays only).
- March 5-8 — Sportfishing Expo will be held at the Palace of Auburn Hills. The show features more than 350 exhibitors and more than 50 non-stop seminars. Speakers include Larry Nixon, Penny Berryman, Daryl Christensen, Mike McClelland, Eric Sharp, Tom Huggler, Spence Petros,



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SPRING SWINGS

The Avondale-Hoehster Little League will be holding registration for the upcoming season on consecutive Saturdays, beginning Feb. 29.

Sign up will be held at Deerfield Elementary School, 3600 Crooks Road, for all leagues except Senior Baseball on Feb. 29, March 7 and March 14. Registration for Senior Baseball leagues will be held April 4 and April 11 at Avondale Middle School, 1435 W. Auburn Road.

Players are eligible to play if they reach their seventh birthday on or before July 31, 1992 and have not reached their 16th birthday before Aug. 1, 1992. Copies of birth certificates are required at the time of registration as well as the \$25 per player fee. The fee is used to help pay for uniforms, equipment, field maintenance and umpires. The league will not accept any registration for Minor or Major leagues after March 14.

Players may sign up for Beginner, Minor, Major and Senior Baseball or Beginner, Major and Senior Softball. Players only need a field to be accepted until 9 a.m. Thereafter, a letter will be held to fill league vacancies.

GRID SIGNUP

Registration for youths interested in being a part of the Troy Youth Football Association will be held Saturday, March 14 from 9 a.m. to 1 p.m. at the Troy Community Center, 520 W. Big Beaver.

Registration, open for boys and girls between the ages of nine and 13, costs \$55 for football players and \$45 for cheerleaders. Boys must bring a copy of their birth certificate and gem sized picture.

The Troy Youth Football Association is composed of freshman, junior varsity and varsity teams which are divided by age, weight and experience. Cheerleaders are assigned to teams based on age or family preference.

DIAMOND DOINGS

The Troy Parks and Recreation Department has set the following dates for its adult softball summer program: Friday, Feb. 28 — deadline for submitting entry fee for last year's teams; and March 2 — applications from new teams to be accepted until 9 a.m. Thereafter, a letter will be held to fill league vacancies.

In all, 11 men's leagues, four women's leagues and two co-rec leagues make up the program. Troy leagues are residential — players must either live or work full-time in Troy, with the exception of three non-residents per team.

For further information, call 524-3484.

MAPLE FOOTBALL
The Birmingham Seaholm High School football program is in need of a varsity defensive coordinator, offensive coordinator and assistant junior varsity coach. Interested applicants should call Maples head coach Doug Fraser at 433-8478.

BOWLING BONANZA
Bob Allison will host the third annual Alzheimer's Bowling Bonanza starting 1 p.m. on March 8 at West Bloomfield Lanes.

Detroit area bowlers can register as a team or an individual. Registration cost is \$7 per bowler that includes three games of bowling, shoe rental, pizza and pop. Prizes and trophies will be awarded.

For more information, call 557-8277.