

Nothing like aerobics to help burn body fat and trim the tummy

EXERCISING OPTIONS



MYRNA PARTRICH

Dear Myrna: I have a fairly nice figure. I am considered a slim person yet I have a big stomach. Seems anytime I gain a pound, it goes right for the old belly. I have been doing a lot of sit-ups lately — my stomach is tight — but still too big. What do I try next?

This is a very common question, probably on the top 10 list.

We all have different body types. We cannot change what we are — just improve it.

Your body type denotes that the subcutaneous fat (our body fat that lines the inside of our skin) settles in your stomach area rather than legs, buttocks or other areas.

Sit-ups are important, as any abdominal exercise is in strengthening your stomach muscles, to help support your back and improve your posture. Stick with it.

Have you ever considered aerobics for at least 20 minutes at least three times a week? Your new challenge may be aerobic exercise by aerobic classes — speed walking, swimming, cross country skiing, bicycling (can be stationary), running (carefully on soft surface), rebounder/tampoline, etc.

Your goal is to burn body fat, subcutaneous (all over fat) that settles on you more in your stomach. You will be burning general body fat, all over, and eventually see a change in your mid-section.

Have patience because the first place to accumulate fat (your stomach) is the last place to lose it.

Also, it is not that bad being in your early 30s, single and with a nice figure.

(Myrna Partrich, co-owner of The Workout Company in Bloomfield Hills and an appointee to the President's Council on Physical Fitness and an appointee to the Governor's Council on Physical Fitness, is happy to answer any questions readers may have regarding exercise. Please send your questions to: Sports Department, Myrna Partrich, 605 E. Maple, Birmingham, 48009.)

IMPORTANT DATES AND EVENTS

• June 13 — Romulus Metro Archery Club is offering free indoor instruction for youths under age 16 beginning 9 a.m. each Saturday, 941-9486.

• June 13 — Walleye Fishing Tournament begins 6 a.m. at Lake Erie Metropark in Brownstown Township, 379-5020.

• June 13 — Great Saginaw River Kids Fishing Fun Day will be held in Kids Fishing, (517) 759-1669.

• June 13-14 — Michigan B.A.S.S. Team Tournament will be held at Houghton Lake, (800) 248-LAKE.

• June 14 — Detroit Archers will hold a broadhead shoot on its walk-through course in West Bloomfield, 624-8130. Call the Detroit Archers 24-hour hotline for upcoming events at 661-2550.

• June 14 — A fishing tournament will be held in Pinckney, 231-9105.

• June 14 — Royal Oak Archers will hold a 3D shoot beginning 8 a.m. on its walk-through range in Lake Orion, 693-1369 or 693-9799.

• June 17 — Lake Huron Sport-fishing Kids' Fishing Derby will be held in Oscoda, (517) 739-7322.

• June 17-21 — Bayama Fish Fly Festival will be held in New Baltimore, 725-2151.

• June 19 — Free entry day at the Huron-Clinton Metroparks.

• June 20-21 — NSCA Michigan State Sporting Clays Championship will be held at the Detroit Gun Club in Walled Lake. Participation is open to the first 200 classified shooters, 624-9647.

• June 26-28 — Michigan U.S. Open Sporting Clays shoot will be held at the Hunters Ridge Sporting Clays course in Orford, 628-HUNT.

• June 27-28 — 1992 American Argon Field Target Association National Championships will be held at the Western Wayne County Conservation Association in Plymouth Township, 532-0285.

• June 28 — Western Wayne County Conservation Association will hold a 3D archery shoot on its walk-through range in Plymouth Township, 463-9843.

• July 1 — Monthly meeting of the family-oriented Four Seasons Fishing Club will be held at the Maplewood Center in Garden City. New members are welcome, 477-3816.

• July 7 — Romeo B.A.S.S. Busters will hold its monthly meeting 7 p.m. at the Romeo Community Youth and Care Center. New members are welcome, 286-6469.

• July 8 — A 12-week broadhead archery league begins at 5 p.m. on the Royal Oak Archers walk-through range in Lake Orion, 693-1369 or 693-9799.

• July 16-28 — Basic firearm education class on modern shotguns begins at the Western Wayne County Conservation Association in Plymouth Twp. The class will be taught by certified NRA instructors under the direction of WWCCA member Bill Scherer, a NRA training counselor. Classes are open to the public, 535-0436. Additional classes will be offered on modern rifle (July 30 to Aug. 11).

• July 18-19 — Arrowfest Weekend will be held at the Western Wayne County Conservation Association in Plymouth Twp., 453-9843.

METROPARKS

• Senior Series: Pond Life, an opportunity for seniors to study microscopic and macroscopic life in a pond, begins 8 a.m. Friday at Indian Springs.

• Life in a Pond, an opportunity to learn about life in a pond through hands-on exploration, begins at 1 p.m. Sunday at Indian Springs.

• Dinosaur Days, a program using slides, models and fossils to help understand what dinosaurs were really like, begins at 2 p.m. Sunday at Kensington.

• Campfire Cooking, a demonstration providing ideas for meals and snacks that can be prepared over a campfire and are alternatives to hotdogs, begins at 2 p.m. Sunday at Stony Creek.

OAKLAND COUNTY PARKS

• Canoe With the Chorus, an indoor program on canoeing, canoeing followed by a naturalist canoe tour of Crooked Lake, begins 7 p.m. Saturday at Independence Oaks.

• Fishing Contests will be held through Sept. 7 on Crooked Lake at Independence Oaks, 625-0877, and on Bull Lake at Addison Oaks, 693-2432.

• Advance registration is required for all Oakland County Park programs and early registration is recommended. A motor vehicle permit is also required, 625-6473.

CAMPS

WALLED LAKE

The Walled Lake Schools Athletic Department is holding a series of instructional camps this summer for young people interested in developing fundamental skills in baseball, soccer and basketball.

Cost for each session is \$40 per camper. Checks should be made payable to Walled Lake Schools and registration must be received by Monday, June 15.

Registration will be accepted in person in Room 110 at Walled Lake Middle School or by mail at: Walled Lake Athletic Department, 615 S. Pontiac Trail, Walled Lake, Mich., 48390.

Include the camp, dates and location, student's name, address and phone number, parents' signature and an emergency phone number.

• Chuck Frining, varsity baseball coach at Walled Lake Central and former player and assistant coach at the University of Michigan, will conduct a baseball camp.

Session 1, for players ages 8-11, will be 9 a.m. to noon June 15-18. Session 11, for players ages 12-15, will be 9 a.m. to noon June 22-25. Both sessions will be held at Central.

Fundamentals of throwing, fielding and hitting will be emphasized.

• Nate Hunter, head varsity soccer coach at Walled Lake Central and a former professional soccer player, will hold a soccer camp June 15-18 at Central.

Session I will be held 9:30-11 a.m. for players ages 8 and under. Session II, for players ages 9-12, will run

12:30-2 p.m. and session III, for players ages 13-14, will be held 4-6 p.m. All sessions are co-ed.

• Fat Adams, head boys basketball coach at Walled Lake Western and a former college and professional player, will hold a boys basketball camp 9 a.m. to noon June 15-18. The camp is for boys entering grades 7-10. Fundamentals will be emphasized as well as drills and contests.

• Dan Peterson and Ken Butler, head girls basketball coaches at Western and Central, respectively, will hold a girls basketball camp 10:30 a.m. to 1 p.m. June 22-25. The camp is for girls entering grades 7-10. Fundamentals will be emphasized as well as drills and contests.

SOFTBALL

Rochester Adams coach Fran Scislowicz and team members will conduct a softball camp June 22-25 at Rochester Adams High School, 3200 Tienken.

The camp will run 1:30-3 p.m. and is open to girls ages 8-13.

For more information, call 631-6210 Ext. 3090.

BASEBALL

Rochester High School: The YMCA-sponsored camp for boys and girls ages 5-14, will be held at the Suburban Softball-Basketball Complex in Rochester Hills.

Rochester varsity baseball coach Bob Dieters will serve as camp director.

Session I runs June 22-26 and

Session 2 June 29-July 3. Both sessions run 8 a.m. to noon. The instructional program includes hitting, pitching, throwing and catching, infield skills, outfield skills, sliding and base running.

The cost is \$70 per week for YMCA members, \$80 per week for non members.

For more information, call the YMCA at 651-9622.

BASKETBALL

Rochester Adams will play host to a two-week camp for girls and boys entering grades 1-10. Adams boys varsity coach Ken Helate and girls varsity coach Fran Scislowicz will serve as camp directors.

The camp will run June 29-July 2 and July 6-9. Session I, for grades 4-10, runs 8:10 a.m. to noon. Session III, for grades 1-3, runs noon to 2 p.m.

The cost is \$45 for one week, \$75 for two weeks. A family rate is available. The family pays a full fee for its first child and receives one-half off for each additional child.

For more information, contact Helate at 652-5149 or Scislowicz at 650-1969.

FLOOR HOCKEY

LACROSSE

This combined camp will be held at Hart Middle School in Rochester Hills for boys ages 6-12. The camp will run 10:30 to noon.

The cost is \$40.

For more information, call 651-6210 Ext. 3090.

OUTDOORS

WILDLIFE ARTISTS HONORED

Mike Todoroff of Westland, and John MacLennan of West Bloomfield, are among the top 10 winners in Michigan's annual trout/salmon and waterfowl stamp design contest. The top 10 winning designs will be on display at selected spots throughout the state this summer.

The design contests are sponsored by the Michigan Department of Natural Resources. Judging took place during the Bluebird Festival and Wildlife Art Show, March 7, in Jackson.

Grand Rapids artist John LaBach won the trout/salmon stamp design contest for his painting of a crayfish. Clark Sullivan, of Swartz Creek, won the waterfowl stamp design contest for his painting of a pair of hooded mergansers.

More than 300,000 trout/salmon stamps and 60,000 waterfowl stamps are expected to be purchased by anglers and hunters this year.

The artwork will be on display through Saturday at the Murchland Gallery in Grand Rapids; July 1-18 at Chandler's Gallery in Petoskey; July 24-Aug. 10 at Grand River Gallery in Grand Haven; Aug. 12-17 at the Mini Festival in St. John's and Sept. 12-13 at the Moultrie State Game Area near Rockwood during the Duck Hunter's Tournament.

FUND-RAISER SUCCESS

Overseas of \$3,000 was raised for the Mike Utley Foundation through the Mike Utley Fundraiser sporting

clays shoot, held recently at the Hunter's Ridge Hunt Club.

"It was excellent," said Hunter's Ridge owner Dave Fischer. "We had 216 shooters. That probably makes it the fifth-largest shoot in the U.S. as far as the number of shooters."

Eight of the Detroit Lions linemen, including Lomas Brown, were on hand to sign autographs and several autographed Red Wing hockey sticks were auctioned off.

Mike Utley, a former offensive lineman for the Detroit Lions, was severely injured last fall in a game against the Los Angeles Rams and was forced to retire. His neck injury has caused permanent paralysis from the chest down. The Mike Utley Foundation was established in December of 1991 to assist research efforts for finding a cure for paralysis.

Hunter's Ridge will host the Michigan U.S. Open Shoot, June 26-28. The course is open to the public 2 p.m. to dusk on Wednesdays and Fridays, and 9 a.m. to dusk Saturdays and Sundays. Reservations are required. Call 628-4868 to reserve a shoot or for more information.

FEDERAL AID ARRIVES

Michigan was the top recipient in Region 3 of federal aid for fish and wildlife restoration programs.

Secretary of the Interior Manuel Lujan announced that \$563.4 million will be made available to state and conservation agencies across the nation to help finance fish and

wildlife restoration programs. This distribution of federal aid, funding by the Department of the Interior's U.S. Fish and Wildlife Service, constitutes the final appropriation for fiscal year 1992. Of this total, the Service's North Central Region, Region 3, will receive \$74.5 million.

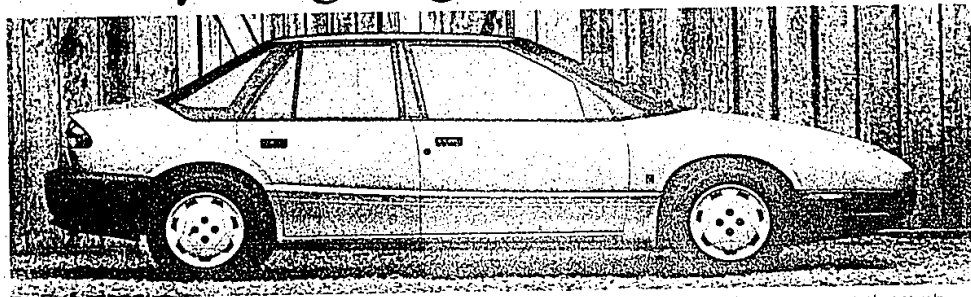
Michigan will receive \$6,228,209 of Federal Aid in Wildlife Restoration Funds. Of that total, \$5,991,209 will be used for wildlife restoration and \$237,000 for hunter education.

Michigan will receive \$7,785,024 of Federal Aid in Sport Fish Restoration Funds.

The revenues generated are from excise taxes paid by the hunting, fishing and boating public. They are collected by sporting goods manufacturers and credited to the Federal Aid in Wildlife Restoration Fund (Pittman-Robertson) and the Sport Fish Restoration Account of the Aquatic Resources Trust Fund (Dingell-Johnson/Wallop-Roux). The funds are then appropriated to the service to be distributed to the states as grants.

Distribution of the sport fish restoration funds is based on the land and water area and the number of state Wildlife restoration funds are made available based on land area and the number of hunting license holders in each state. Distribution of the hunter education fund is based on the relative population of each state.

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