



exercising options

**Myrna  
Partrich**

## More information on the menstrual cycle

Dear Myrna: I found your recent column on menstruation informative. I appreciated the information on cause and its relationships to young girls. Can you give me more info on menstrual cycle? Thanks.

Laurie Lovett

Well, let's talk about exercise and the menstrual cycle. It may very well be that the latest cure for premenstrual syndrome is exercise. In a recent study at Ball State University in Indiana, research showed that when sedentary women walked or jogged 30 to 40 minutes per day, four times per week, for four months, PMS symptoms decreased 64 percent.

The physical fitness of this group also improved and fat was reduced 2 percent. In many other studies, evidence indicates that moderate exercise is necessary to maintain bone strength. It is that old osteoporosis fight. Moderate exercise is key to five to six days a week, alternating hard days and easy days of intensity.

It is not good to exercise to the point of menstrual cessation, called amenorrhea. Some female long distance runners who have ceased menstruation are at risk for premature osteoporosis (a brittle bone disease).

Another thought... women who are post-menopausal (usually over 50 years old) with moderate exercise can improve their cardiovascular function. Low intensity walking or beginner, low-impact exercise class is just as effective as high intensity exercise in improving the physical fitness of women and also men.

More and more studies are being made on women and their menstrual exercise. I think it has been proven that exercise will keep us "young."

What do you think?

(Myrna Partrich, co-owner of The Workout Company Inc. of Bloomfield Township, will answer any questions readers may have regarding exercise. Send your letter to: Sports Department, Myrna Partrich, 1225 Bowers, Birmingham 48012.)

## Lathrup charges to tourney title

Southfield-Lathrup won the recent Connie Mack Baseball League post-season championship tournament

with a 5-0 victory over Bloomfield Hills Cranbrook. It was the third time the teams had met in the four-

• **GOLF OUTINGS**  
Aug. 19-20 — The Bobby Jones 10th Anniversary Golf Open will be held at the University of Michigan Golf Course in Ann Arbor.

More than 100 golfers with the name of Bobby Jones are scheduled to tee off in the event, named after golf's greatest amateur champion. Although expressly conceived for individual golfers named Robert Jones, participants not named Bobby Jones can play as guests.

Proceeds from the tourney will go to Beaumont Hospital for research and education in syringomyelia and to the Robert T. Jones Jr. Memorial Scholarship Fund.

For more information or to register for the Open, call 357-4200.

Aug. 30 — The Second Annual Eddie Mc Golf Benefit will be held at the Wolverine Golf Club. The event supports the Erika Borgens Fund, which contributed more than \$5,000 to Children's Hospital of Michigan in 1987.

Ticket price is \$175. It includes 18 holes of golf, buffet lunch and dinner. Spectators may attend the banquet and have access to the open bar.

For further information, contact Bill Siedko at 435-3300.

Jewish Community Center of Metropolitan Detroit  
Maple Drake Building -- Main Gymnasium  
Monday, August 22, 1988 at 7:30 p.m.

\*\*\*All Star\*\*\*

## BASKETBALL SHOWDOWN featuring

Vinnie "Microwave" Johnson  
Detroit Pistons  
Charles Barkley  
Philadelphia 76ers  
Earl "The Twirl" Curton  
Charlotte Hornets

Watch the Stars Shoot, Spin, Dribble & Dunk  
**STARS VS. STARS**      **STARS VS. YOU**

Yes, you can go one on one with the "Microwave," Barkley and "The Twirl" for a \$100.00 donation.

Make checks payable to the Jewish Community Center and sign up in the Phys. Ed. Office prior to the evening's festivities.

Spectators: \$2.00 donation at the door.

For further information, call Cindy at 661-1000, ext. 240.

Men, if you're about to turn 18, it's time to register with Selective Service at any U.S. Post Office. It's quick. It's easy. And it's the law.

# Waterfowlers face confusion

**S**TERI SHOT The controversy continues.

When the United States Fish and Wildlife Service announced several years ago that waterfowl hunting across the nation would be required by law to use steel shot by the year 1991, panic and outrage set in.

The ballistic of steel shot didn't come close to comparing with the comets and a complete lead-loaded shot. At 14" for this less efficient shot, their waterfowlers were paying \$1.50 per box.

But the reasoning behind the regulation was understandable. Much of the lead shot that missed its target and fell into the water and wetlands often ended up in the digestive tracts of ducks and geese. This eventually resulted in lead poisoning.

So, to combat the mortality of waterfowl due to lead poisoning, the Mississippi Flyway Commission proposed the steel shot regulation in the early 1970s. Other flyway commissions soon followed until the entire nation was put on a timetable to meet steel shot regulations.

**MICHIGAN'S TIMETABLE** is now rounding the corner. Certain areas of the state have been under the steel shot regulations since 1977. This year, the waterfowl hunting across the Lower Peninsula are required to use only steel shot. The Upper Peninsula will fall under the steel shot regulation next year.

"The ultimate goal of the Flyway Commission is to eliminate the threat of lead poisoning in all waterfowl," said Jerry Martz, Wetlands and Waterfowl Specialist with the Michigan Department of Natural Resources. "Steel shot takes some getting use to, but the current shells

outdoors

**BILL  
PARKER**

are much better than they were when they came out. The pattern is much tighter and it's deadly, and usually shorter, but if you use a modified choke you'll be all right.

The steel shot shells I've used are very efficient. You just have to get used to them."

**THE CONTROVERSY** today doesn't surround the use of steel shot, but rather the end of one of the most popular hunting traditions.

"It was quite a controversial topic in the early days of the steel shot program," explained Leonard Mannauza, a board member of the Michigan Duck Hunters of Oscoda and an active member of Ducks Unlimited. "Back then, the (steel shot) shells were very expensive and they were inaccurate as lead. Now, the shells are better quality. If it satisfies a group of people that's OK. People said there was a problem so we decided to do something."

"But what I don't understand is the way they enforce the law. A pheasant hunter can hunt a wetlands area and use all the lead shot he wants. That shot still falls to the ground and water. But if a waterfowler goes to the same wetland and gets caught in possession of just one (lead shotgun shell) he'll get a \$25 fine. There's no consistency there. If they want to ban lead shot then they

should ban it completely."

**MANNAUZA ALSO** contends there are other serious problems that need to be addressed.

"There are other things that kill ducks more than lead (pollution). Mannaauza explained. "Sea Gulls. We call them flying rats. I've seen them many times attack ducklings, fly way up in the sky with them and drop them until they die. I've seen them destroy entire (duck) nests. They eat out of dumpsters and garbage cans and there's no telling where they will end up in the marshes. In Canada (Sea Gull populations) are so bad they let you shoot them."

"If you go out hunting today you better bring your law books with you, too," continued Mannaauza. "It's so complicated, you don't know what you can hunt from one day to another. There are more problems with the regulations than anything else. When you bring your gun up to shoot you say, 'should I shoot or shouldn't I.' You know there is a duck out there but you don't know if you can shoot it."

I AGREE with Mannaauza. Waterfowl hunting regulations should be simplified. It's too confusing, especially if you only hunt ducks a couple of times a year. Now, I think I don't go back to the easel every season, but the times I have gone I've been confused over what I can and can't shoot. I've even considered bringing a calculator to keep track of my daily points. And the regulations are getting even more complex.

For instance, understanding the U.S. Fish and Wildlife Service guidelines for hunting Pintail this year is as complex as lighting out your furnace last autumn. The duck season runs Oct. 15-Nov. 10 and Nov. 25-27. (It's been reduced to 30 days this season because of the problems ducks had surviving the drought.) For the first eight days of the season you can take one hen or one drake per day. For the middle 16 days of the season you can't shoot a Pintail, but for the final six days of the season you can shoot two drakes a day.

If that's not complicated I don't know what is. I almost had the point system figured out but now I have to count days to see if a bird is legal or not.

Again, I admit I'm not a dedicated duck hunter, but if things remain as complex as they are I don't know if I'll ever figure out the regulations enough to become one.

## outdoors calendar

### IMPORTANT EVENTS AND DATES

• Aug. 21 — U.S. Bass Fishing Tournament in Cadillac. Call (616) 775-9776 for details.

• Aug. 27 — Dick Beck Fishing Tournament in Oscoda. Call 1-800-235-GOAL for details.

• Aug. 27-28 — Muskegon County Catch and Release Tournament in Muskegon. Call (616) 722-3751 for details.

• Aug. 27-28 — Steelheaders Tournament in Harbor Beach. Call 985-6266 for details.

• Aug. 28 — Long range rifle practice and the at the Washenaw Sportsmen's Club, 5095 Ellis Road, Ypsilanti. Call 434-6177 for details.

• Through Aug. 31 — Reclive 10 Colorado Blue Spruce trees for joining the National Arbor Day Foundation. To become a member send \$10 membership fee to Ten Blue Spruce, National Arbor Day Foundation, 100 Arbor Avenue, Nebraska City, Ne. 68410.

• Sept. 2-5 — Shoreline Summer Spectacular fishing tournament in Muskegon. Call (616) 722-3751 for details.

• Sept. 15 — Deadline to apply for the December elk hunt.

• Sept. 15 — Squirrel, grouse, woodcock and rabbit seasons open statewide.

• Sept. 24 — Deadline to apply for a hunter's choice deer license.

• Through Sept. 30 — Lake Huron King Salmon Derby in Oscoda.

• Call 1-800-235-GOAL for details.

• Sept. 8-11 — Michigan Hunting and Sports Show at Cobell Hall. The show features over 250 exhibitors with hunting, fishing, camping and boating supplies along with guest speakers. Tickets are \$5 and available at the door.

### METROPARKS

• Jiminy' Crickets and Katydids, a program about night active insects, will be offered at 8 p.m. Friday at Indian Springs.

• What About Dinosaurs, a program about dinosaurs featuring slides, a discussion and a display of fossils, will be offered at 1:30 p.m. Saturday at Kensington.

• Fossil Finding, a two-hour program consisting of a discussion, slides and a trip to a gravel pit to collect fossil corals, will be offered at 2 p.m. Saturday at Kensington.

• A Summer Pond, an opportunity to learn about crayfish, nymphs and other pond critters, will be offered at 10 a.m. Sunday at Stony Creek.

• Sunday Afternoon Canoe, an opportunity to paddle the waters of Stony Creek Lake in a replica of the Voyager Canoe, will be offered at 3 p.m. Sunday at Stony Creek.

• Swamp Cycling, a naturalist-led tour along the bike trail, will be offered at 9 a.m. Sunday at Indian Springs.

## ANN ARBOR ANTIQUES MARKET

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For further information see Class 702 - Antiques