

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 exercise and its relationship to young girls. Can you give me more info on exercise and the 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 can be five to six days a week, alternating hard days and easy days of intensity.

It is not good to exercise to the point of mental exhaustion, called amenorrhea. Some female long distance runners who have ceased menstruating 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 beginning 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 letter to: Sports Department, Myrna Partrich, 1225 Bowers, Birmingham 48012.)

Waterfowlers face confusion

outdoors



Bill Parker

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

The ballistics of steel shot didn't come close to comparing with the ballistics of a comparable lead-loaded shot. For this less efficient shotgun, steel waterfowlers were paying \$8-\$10 per box.

But the confusion 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 to lead poisoning.

So, to reduce 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, however, waterfowl hunters 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 used to, but the current shells

are much better than they were when they first came out. The pattern is much tighter (than lead shot), and usually shorter but if you use a modified choke you're all right. The steel shot shells produced today 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 economics of the new laws.

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

"But what I don't understand is the way they enforce the law. A pheasant hunter can hunt a wetland area and use all the lead shot he wants. That shot will fall 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."

MANNAUSSA ALSO contends there are other serious problems that need to be ironed out.

"There are other things that kill ducks a lot more than lead (poisoning)," Mannaussa 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 what they bring into the marshes. In Canada (Sea Gull problems) are so bad they let you shoot them."

"If you go out hunting today you better bring your law books with you, too," continued Mannaussa. "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 Mannaussa. Waterfowl hunting regulations should be simplified. It's too confusing, especially if you only hunt ducks a couple of times a year. Now, I admit I don't go duck hunting each and 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 about as complex as figuring out your income tax return. 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 have 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 at the Washtenaw Sportsmans Club, 5095 Ellis Road, Ypsilanti. Call 434-6177 for details.

• Through Aug. 31 — Receive 10 Colorado Blue Spruce trees for joining the National Arbor Day Foundation. To become a member send \$10 membership fee to Ten Blue Spruces, 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.

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• Sept. 8-11 — Michigan Hunting and Sports Show at Cobo 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

• Jimmy's Crickets and Katydid, 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.

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-

day tournament hosted by Clawson.

Winning pitcher Scott Lyons tossed a five-hitter as he went all seven innings. He got plenty of offensive support, including a 3-4 performance from Derek Detloff.

LATHRUP then received another outstanding pitcher performance from Lyons — who was responsible for three of his team's four tourney victories — to a 5-0 victory over Ferndale. Giragossian had three of Lathrup's five hits.

Lathrup then met up with Cranbrook as each team came into the game with two straight wins under their belts. Lathrup emerged with a 3-2 victory as McKaig was credited with the win.

Womble had two doubles to lead the Lathrup offensive attack in that game.

Cranbrook came out of the loser's bracket and needed to defeat Lathrup twice for the championship. Cranbrook got one win behind the strong pitching of Trace Perkinson, who allowed only seven hits. Perkinson was 2-0 for Cranbrook while Elkins paced Lathrup with two hits.

Each team had one loss at that point and the teams were forced to play one more time to decide the title. Lyons made sure the title went to Lathrup with that 5-0 victory.

Lathrup's overall season record was 24-9.

Lathrup took charge right away with a four-run first inning.

Jamal Womble and Lyons led off with singles, then Marty Giragossian and Louis McKaig had back-to-back walks which forced in one run. Randy Kassab hit a single to knock in one run then Detloff capped the inning with a two-run base hit.

Womble, Lyons, Will Elkins and Kassab each had two hits in the game.

Lathrup, which finished third during the regular season behind Royal Oak Norwood and North Farmington/West Bloomfield, rolled to three straight wins in the double-elimination tournament.

Coach Bob Marten's squad opened with a 13-3 mercy-rule victory over Oak Park. Lyons, in relief, was the winning pitcher. Womble had four hits in the game, and Lyons and Giragossian had three hits apiece.

golf

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 springmyelitis 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 Mio Golf Benefit will be held at the Wolverine Golf Club. The event supports the Erika Bergens Fund, which contributed more than \$3,000 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 \$75. For further information, call 745-5373 or 274-0070.

Sept. 12 — The Motor City Golf Classic will be held at Meadowbrook Country Club in Northville. Proceeds from the charity event will support cancer research at Henry Ford Hospital.

This year's event will honor Nick Pletrosante, former Detroit Lions player and Notre Dame All-American, who died of cancer.

The event will consist of morning and afternoon shot gun starts in a four-person scramble format. The list of celebrities include golf professionals David Pohl, Fred Couples, Jay Haas, Dave Stockton, Keith Clearwater and Tom Purtzer and Marlene Floyd and locals Bill Bonds, Mike Lucel, Jim Ninowski, Jim Price, Steve Garagiola, Nick Libbett, Bill Munson, Alex Delvechio, Mickey Redmond and Ray Lane.

The tournament field has been limited to 72 teams and a few corporate sponsorships are still available. Each of the corporate sponsors will play with a celebrity.

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

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

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