

exercising options

**Myrna Partrich**

# Let your body take control of your mind

Now that it is a new year, I am making a resolution to be healthier. My husband has been bugging me to change. I've had serious alcohol problems and sometimes get very depressed. I can't seem to take control. Any suggestions?

You haven't given me a whole lot of information about yourself. I will have to answer in general terms.

First of all, you are not to feel alone. You have lots of company out there.

You say you sometimes get very depressed. There is a clear link between psychological issues and health habits; a very strong mind/body connection.

Are you a pessimist?

Pessimists (those who suspect that bad things are caused by personal failings that will be with them forever) are more likely to have poor health than optimists, who generally believe they can change things.

If you get depressed and believe that nothing you do matters, then why should you bother making lifestyle changes?

Being an optimist, you can take better control of your life. For example, some studies show that optimists can give up smoking more easily because they have confidence to know that can make a difference in their lives.

Dr. Martin Sellman, professor of psychology at the University of Pennsylvania, says that "when someone feels depressed, hormonal changes in the body have an impact on the immune system and lower resistance to disease." I don't mean to scare you with these cold, hard facts, but it is important not to ignore them.

On the brighter side, it is possible to make changes and take control. Let your body control your mind. For many years, psychiatrists have written prescriptions for patients. As the body gets healthier, a person starts to feel differently about themselves. It's called attitude change.

Here are some suggestions:

- Start with small changes that will allow you to take control over your behavior.

- Seeing a diet or exercise program as a means of gaining control over your life may change the type of plan you follow. A rigid diet that allows no substitutes nor slip-ups often backfires. You may follow a diet for a few weeks and lose weight, but once on your own, you may lose confidence.

- Don't look for a quick fix. It takes a lot of patience. Take on one challenge at a time. I would start with exercising because it will make you feel accomplished the fastest and put you in touch with your body.

- Remember to let your body influence your mind and help you gain the confidence you need to make changes. Build control over your new healthy habits slowly. We are dealing with long-term commitment.

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



BILL PARKER/staff photographer

## Turkey trot

One tom, two jakes and nine hens were released in Northern Oakland County Friday in a cooperative effort between the Michigan Department of Natural Resources and Michigan Wild Turkey Federation to establish wild turkeys in a natural habitat in southern Michigan. The birds, brought in from Iowa, are part of 3,100 released in southern Michigan during the past six years and 34,000 released statewide.

## outdoors calendar

- IMPORTANT EVENTS AND DATES**
- Jan. 21-22 and Jan. 28-29 — Tip-up-Town on Houghton Lake.
  - Jan. 25 and Feb. 1 — Ice Fishing Class, sponsored by the West Bloomfield Community Education Department, will be held at West Bloomfield High School beginning at 7 each night. For more information call 851-7600.
  - Through Jan. 31 — Mink season is open statewide.
  - Jan. 25 — Ice Fishing Class, offered by the West Bloomfield Schools and taught by Joe Derek, will be offered at 7 p.m. at West Bloomfield High School. Class fee is \$6. For reservations, call 851-7600.
  - Feb. 1 — Monthly meeting of the Four Seasons Fishing Club begins at 7 p.m. at the Maplewood Center in Garden City. The public is invited.
  - Feb. 1 — Final day to apply for the 1989 Spring Wild Turkey Hunt.
  - Feb. 1 — Final day to submit project proposals for the Inland Fisheries Cooperative Grants Program. Call (517) 373-1280 for details.
  - Feb. 27 — Final day for artists to submit entries in the trout, salmon and waterfowl stamp design contests. Call (517) 373-1280 or (517) 373-1263 for details.
  - Feb. 3-5 and 10-12 — Southeast Michigan Camper and RV Show will be held at the Michigan State Fair Coliseum.
  - Feb. 4-12 — Detroit Boat Show at Cobo Hall.
  - Feb. 9-12 — Fishing Expo at Cobo Hall.
  - Feb. 11 — Michigan Deer Camp '89, sponsored by Whitetails Unlimited, the camp includes a prime-rib dinner, door prizes, raffles and guest speakers and will be held at the Valley Plaza Inn in Midland. Call (414) 743-6777 for more information.
  - Feb. 17-26 — Detroit Outdoor Sport and Travel Show will be held at the Michigan State Fair Coliseum.
  - Through March 1 — Bobcat season in Zone I and limited areas of Zone II (consult Michigan Hunting and Trapping Guide for details).
  - Through March 1 — Fox season is open statewide.
  - DNR is conducting its annual big game awards program. Brochures are available at all DNR field offices or by contacting CBM at 3215 Old Farm Lane, Walled Lake MI 48088, phone 669-4750.

son is open statewide. Commemorative Bucks of Michigan — the official record keeper of big game animals in Michigan — in conjunction with the Michigan

## sports shorts

**FOOTBALL CLINIC**  
The Michigan High School Football Coaches Association will hold its annual clinic Friday-Saturday, Jan. 27-28, at Stouffer's Hotel in Battle Creek, Mich.  
The clinic will feature a number of speakers, including Farmington Harrison coach John Herrington and Dearborn Edsel Ford coach Jack Bridges. Bridges will open the clinic at 5 p.m. Friday with a lecture titled "Passing Our Way," followed by a number of other lectures before the evening wraps up at 9:30 p.m. with Northern Michigan University coach Herb Green.  
New Buffalo coach Ron Hart opens Saturday's session at 9 a.m. with "Run and Shoot Plus," while Class A State Champion Traverse City coach Jim Ooley closes the clinic at 2:25 p.m. with "Traverse City Football."  
The Toyota Duffy Daugherty Coach Of The Year clinics will run Feb. 24-25 at the Grand Rapids Arway Hotel and will be moderated by Al Fracassa of Birmingham Brother Rice and Joe D'Angelo of Detroit Country Day. Scheduled for the annual clinics will be Purdue coach Fred Akers, John Cooper of Ohio State, as well as a number of other well-known collegiate and professional people.

**MHSFCA TIB BITS**  
Birmingham Brother Rice coach Al Fracassa recently received the 1988 MHSFCA Coach of the Year Award for Region 3 Class A, while Rochester's Michael VanDam took the same honor for Region 4. The Region 2 Class C award for Coach of the Year was presented to Detroit Country Day Coach Joe D'Angelo. Coach of the Year awards also were presented to Traverse City's Jim Ooley (Class A), John Herrington of Farmington Harrison (Class B), Ravenna's Dusty Fairfield (Class C), and Schoolcraft Coach Larry Ledlow (Class D). 1988 Assistant Coach of the Year awards were presented to Farmington Harrison's Jim Weston and Jerry Murphy of Rochester.

1988 Academic All State First-Team honors were bestowed on Rochester's Joel Johnson and Won Kim of Bloomfield Hills Andover, while the MHSFCA also placed Troy's Tim Delancy on the Honorable Mention list.

**WOMEN IN SPORTS**  
Jan. 29 marks the date for the Women In Sports Leadership Conference at the Lansing Sheraton Inn, sponsored by the Michigan High School Athletic Association. Air Force Capt. Michelle Johnson will be the keynote speaker. Bloomfield Hills Academy of the Sacred Heart athletic director Cathy Dristas will be one of the many guest panelists on hand for the event.

The conference runs through Jan. 31. For more information, call the MHSAA hot line at 517-352-5046.

**ANNUAL BASEBALL CLINIC**  
The Madonna College Athletic Club will sponsor the College's Annual Baseball Clinic in the Activities Center 8:30 a.m. to 4 p.m. Saturday, Feb. 4.  
On hand will be Tiger players Pat Sheridan, Mike Heneman, former Tiger batting coach Gates Brown and Milt Wilcox. Other clinic instructors will include Madonna baseball coach Mike George, his assistant Ed Dreslinski and scouting director Howard Inn; Michigan State University baseball coach Tom Smith and assistant coach Ron Ellis; and Madonna College athletic director Ray Summers.  
Grade school, junior high, and high school players and their coaches are invited to participate. The fee is \$10 for students and \$15 for coaches.

### COMMERCE MEADOWS HAS YOUR 1989 NEW YEAR'S RESOLUTION

## "A NEW HOME"

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\*Harcamp Appraisal Systems, a leading appraiser of manufactured housing in Michigan analyzed over 13,000 actual sales in an 18 month study. According to the study, because manufactured housing is in rapid demand, it is appreciating at a rate of 5.0% to 5.4% annually.

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**NOTICE OF PUBLIC INFORMATIONAL MEETING OAKLAND COUNTY ROAD COMMISSION FOR THE RECONSTRUCTION & WIDENING OF FEATHERSTONE, SQUIRREL & ADAMS ROADS IN THE CITIES OF AUBURN HILLS & ROCHESTER HILLS**

Your Board of Oakland County Road Commissioners and the Cities of Auburn Hills and Rochester Hills invite your comments on the proposed project to reconstruct and widen Featherstone Road (Opdyke-Squire), Squirrel Road (M-59 to the ramps) to a four lane boulevard.

We invite all interested citizens to attend and express their views or request information on this matter before the start of construction of this project.

Date: Wednesday, February 23, 1989 Time: 3:30-4:30 P.M.  
Place: Auburn Hills City Hall  
1827 North Squirrel Road  
Auburn Hills, Michigan 48057

At the meeting, staff of the Oakland County Road Commission will be available to discuss the project and answer questions. The meeting is informal, please stop by anytime between 3:30 P.M. and 6:30 P.M. Project drawings will be available for your review.

An Environmental Assessment has been prepared for the proposed project. It is available for review at the City offices of Auburn Hills and Rochester Hills and the Offices of the Oakland County Road Commission (address shown below). It will also be available at the meeting.

Tentative project schedule is as follows: Construction would begin in April, 1989 and be open to traffic in late fall, 1989. Final cleanup would be in the spring of 1990.

Your attendance at the meeting will give the best opportunity for presenting your views and gaining desired information. However, we welcome your written statements to us. Send your comments to: Oakland County Road Commission, 31001 Lahser Road, Birmingham, Michigan 48010.

**BOARD OF OAKLAND COUNTY ROAD COMMISSIONERS**  
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By: JOHN L. GRUBBA, Managing Director

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