



exercising options

Myrna Partrich

A couple of different theories on fat cells

Dear Myrna: Are there different kinds of fat? Do fat people have different fat cells than thin people?

First of all, let me clarify the fact I am not an expert as it relates to questions regarding "fat." When I receive questions regarding fat, quite often I research the answers. You ask if fat people have a different fat than thin people. Not sure! Let's go back to the basics.

The only theory, until recently, was that a person acquired a set number of fat cells early in life, and that the number and types of cells helped determine whether that person would be fat or thin.

Now an added theory tells us that throughout life we may acquire an increased number of fat cells, especially during periods of weight gain. Yet, regardless of when fat cells appear, they are with us for life. Once they are filled with stored fat, they work to stay filled.

In other words, a fat cell may shrivel when you diet, but when you assume eating normally, that cell will strive again to regain its former capacity. This may explain why you tend to regain lost weight after a reducing diet, even though you may eat fewer calories than before.

NOW ABOUT question about different types of fat cells. Animal studies show there is such a thing. It is called the brown fat theory and relates to middle age weight gain.

It is based on the fact that we have two types of fatty tissue. One is white fat, which is effective in storing calories, and the other is brown fat, which tends to burn calories producing body heat. In animals, brown fat plays a significant role in heat production by converting calories into heat rather than storing them as fat.

Not much is known about the role of brown fat in humans, but some researchers believe that overweight adults may not have as much of it as thin people and that adults have less brown fat than babies and children.

Genetics is also believed to play a major role in determining whether a person is fat or thin. It is well known that obesity runs in families, although it is unclear whether this is due to genetics or to the fact that family members have similar eating habits. I think more studies about the strong genetic tie.

Perhaps with a few more years of study, scientists will understand brown and white fat cells more clearly — we hope to our benefit. Can you imagine adjusting your fat cells to just the body type you desire? You never know!

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

Googasian to step down

BLOOMFIELD HILLS AT-TORNEY George A. Googasian was honored Wednesday night as the retiring president of the Oakland Parks Foundation at the Foundation's seventh annual dinner at the Glen Oaks Country Club in Farmington Hills.

Googasian has been the president since the Foundation began operating in 1983.

The principal reason (for retiring as president) is because I firmly believe that the leadership of any organization must change from time to time to allow that organization to grow and move forward," said Googasian in a phone interview prior to the dinner. "We have very good leadership coming up on the board and they should be given an opportunity to move this organization forward."

BIRMINGHAM ATTORNEY John Thurber is expected to replace Googasian as president of the Foundation.

"John Thurber will be nominated, and he won't be opposed," explained Googasian. "He will make a wonderful president. He has been a member of the board for several years. He is a lifelong resident of Birmingham and is very knowledgeable of Oakland County. He is a bright, articulate lawyer and will be superb as president of the organization. We are very lucky to have someone of his caliber."

Thurber will be president of the Foundation for 1989-90 while Birmingham's Christopher Nern will



outdoors
Bill Parker

serve as vice president, Rochester's Kathryn (Kiki) King will serve as secretary, and Donald Van Loo of Bloomfield Hills will be the treasurer.

THE OAKLAND Parks Foundation is a non-profit organization created in 1983 by citizens who have an interest in preserving and enhancing parks and recreation in Oakland County.

"Our principal purpose is to raise money and support parks in Oakland County," Googasian said. "We want to preserve open space land in Oakland County and utilize it as a park. We're not a maintenance organization. Our job is acquiring land and raising money to acquire and support that land."

Over his six-year tenure as president, the foundation has raised over \$200,000. Googasian's greatest personal accomplishment was raising \$28,000 for the Boston Marathon Camp Scholarship.

"I ran in the Boston Marathon (in 1987) and through pledges raised \$28,000," Googasian said. "The money has been used for a camp program for underprivileged kids. So far that money has been used to send

100 kids to camp in each of the last three years. These are kids that otherwise would not have an opportunity to go to camp."

ALSO HONORED at the dinner were retiring trustee and former secretary Barbara (Bunny) Goldman and founding trustee Marjorie Walker, both of Birmingham.

Troy's Robert Larsen will be inducted as a new trustee while trustees being installed for an additional three-year term include: from Birmingham, R.J. Alexander, Gertrude (Kitty) Davenport and John W. Jickling; from Rochester, Claude Bickingham, J.A. Dulleweg and Dr. Mark G. King from Orchard Lake, Edward Fuller and Bill Laimbeer; and from Troy, James C. Scott.

Other Oakland Parks Foundation trustees include Boris Selter of Birmingham, Anthony Filippis of Rochester, John Decker of Troy and Renee Mahler and Lorna McEwen of West Bloomfield.

LIVONIA RESIDENTS will have an opportunity to plant a tree for conservation and lend their support to a major environmental cleanup

initiative through the Michigan United Conservation Clubs.

Representatives from MUCC will be going door-to-door throughout the city over the next few weeks, passing out free tree seedlings and collecting voter signatures on petitions to place the unclaimed bottle and can deposits question on the November 1990 election ballot.

The Livonia canvassing effort is part of MUCC's statewide campaign to secure voter support for a ballot proposal that would allow the state to secure unclaimed beverage container deposits under the bottle bill to finance recycling programs, solid and hazardous waste cleanup initiatives and enhance environmental law enforcement activities.

"BY GIVING AWARE seedlings during our unclaimed deposits door-to-door petition campaign, we're hoping to remind folks in Livonia how important trees are to the quality of our environment," said Thomas L. Washington, MUCC executive director. "Tree roots grip and hold topsoil and their leafy canopies provide shade, help conserve moisture and provide a home for birds and wildlife."

As MUCC representative will leave a dogwood or a white pine seedling at every home in each city neighborhood they canvass. The representative will explain the unclaimed deposits petition initiative and ask all registered voters to sign the petition. MUCC has until late September to gather at least 191,725 valid voter signatures.

outdoors calendar

IMPORTANT DATES AND EVENTS

• May 9 — A lecture on the rights and responsibilities pertaining to lakes and lake property will be given by Dr. Leighton Leighty, an expert in land and natural resource law, at 7:30 p.m. the Cass Lake Community Center in West Bloomfield.

There is a \$1 fee for attending the lecture, which is sponsored by the Save Our Lakes Association. For more information, contact Sue Williams at 682-1473 or Geri Brehm at 682-1842.

• May 9 — 19th Annual meeting of the East Michigan Environmental Action Council will be held at 6:30 p.m. at the Cranbrook Institute of Science.

• May 13-21 — National Recreation Vehicle open house week.

• May 31 — Deadline to register for the Michigan Wilderness Preservation Organization's Environmental Education Camp. The camp is open to all youngsters ages 7-18 who have a desire to learn more about the world around them. For more information, contact Christopher J. Aspel, Camp Director, 1700 Adams Rd., Glenview, Ill. 60737, or call (517) 735-4542.

• June 9 — Free Canoe Day, in which non-canoeers are encouraged to try the sport, is offered at participating canoe liveries statewide. Locally, contact Heaven's Canoe rental at 2775 Garden Road, Milford, or call 685-2379.

• Weekend camping begins May 5 at Addison Oaks (683-2432) and Groveland Oaks (634-9811).

• Slippery Sluggers, a nature program in which participants will listen to the calls of a frog, will be offered at 7:30 p.m. Saturday at Independence Oaks.

• May 24-Sept 4, Annual Fishing Contest at Addison Oaks. Prizes will be awarded at the end of the year for the biggest fish. A Michigan fishing license is required.

• Beginning Birding, a nature program in which participants will learn the basics of bird watching through lectures, handouts and field experience, will be offered at 7 p.m. Wednesday, May 10, and 8 a.m. Saturday, May 13, at Independence Oaks. Cost is \$3 per person and pre-registration is required. Call 683-0916 for more information.

• Wildflower Wandering, a nature program in which participants will learn to identify woodland wildflowers, will be offered at 1 p.m. Saturday, May 13, at Independence Oaks.

• Regular camping season begins on May 19 at Addison Oaks and Groveland Oaks.

• Tuning Your Tot Into Spring, a nature program for preschoolers which includes stories, songs and nature activities, will be offered at 10 a.m. Wednesday, May 24, at Independence Oaks.

• May 24-Sept 4, Annual Fishing Contest at Addison Oaks. Prizes will be awarded at the end of the year for the biggest fish. A Michigan fishing license is required.

• Catch a Falling Star, a slide presentation on astronomy followed by an outdoor observation session, will be offered at 9 p.m. Friday at Indian Springs.

• Kid Stuff, a nature program in which children will learn about some of the animals that make their homes in a pond, will be offered at 10 a.m. Saturday at Indian Springs.

• Spring Festival '89, a weekend festival full of fun and nature programs, will begin at 10:30 p.m. Saturday and Sunday at Kensington.

• Breakfast with the Birds, a morning walk with a break for beverages and a doughnut, will be offered at 8 a.m. Saturday at Stony Creek.

sports shorts

JUNIOR COUNTY MEET

The 1989 Oakland County 7th and 8th Grade Track and Field Meet will be held at 2 p.m. Tuesday, May 30, at West Bloomfield High School. Coaches and athletic directors who wish to enter teams or would like more information should contact Nelson Mayhew, meet director, at 682-6940 or 546-9251.

OLYMPIC SKATERS TOUR

The Campbell's Soup 1989 Tour of Olympic and World Figure Skating Champions will hold its only Detroit performance at 1 p.m. Thursday, June 1, at the Joe Louis Arena. The exhibition will feature world-renowned skaters from East Germany, the United States, France, Soviet Union and Canada, including Olympic medalists Katarina Witt, Brian Boitano and Brian Orser.

Proceeds from the tour will be given to the United States Figure Skating Association and the Canadian Figure Skating Association and will be used to develop, implement and expand programs for amateur skaters.

The organizations which will benefit from this year's tour administrators, including sponsorship and

presentation of major figure skating events and developmental programs of all levels.

Tickets are \$20, \$18 and \$10 and are available at the Joe Louis Arena Box Office and all Ticketmaster outlets. To charge tickets by phone, use Visa or Mastercard, call 423-6666. For group orders (25 or more) call 567-7474. For general information call 567-4900.

COACH WANTED

Bloomfield Hills Andover High School is taking applications for experienced assistant football coaches for the 1989 season. Anyone interested should contact Norman Quinn, Director of Athletics, Bloomfield Hills Schools, 4175 Andover Rd., Bloomfield Hills, Mich. 48013 or call 540-9800.

TIGER TRIPS

Carrier's Sports Travels is ready to help baseball fans plan the ultimate trips to various Tiger games this season.

Travel programs the company offers include a 2-day trip to Milwaukee for \$259 per person, including roundtrip air fare. Trips to Chicago, the New Skydome in Toronto or the All-Star Game in Anaheim

are also planned for the 1989 season.

For a copy of The Sportsletter, a newsletter which lists all of the available programs, write to: Tiger Sports Travels, P.O. Box 5128, Dearborn, MI 48128 or call 582-6810.

TOP SKI COACHES

Two area coaches were among those recently named as top regional ski coaches. Al Cuthrell, Bloomfield Hills Andover boys ski team coach, and Don Wolcott, coach of the Bloomfield Hills Kingswood girls team were honored in Region 1, Pine Knob. Other coaches receiving honors are: Region 2 - H.L. Brighman, Charles Harris, Lakeland (boys and girls); Region 3 - Crystal Mountain, Don Dunsmore (boys) and Jerry Stanek (girls); T.C. Central; Region 4 - Schuss Mountain, Brewster McVicker, Petoskey (boys and girls); Region 5 - Indianhead, Theron Peterson, Ironwood (boys and girls).

OAKLAND COUNTY PARKS

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• Slippery Sluggers, a nature program in which participants will listen to the calls of a frog, will be offered at 7:30 p.m. Saturday at Independence Oaks.

NOTICE TO BIDDERS

Notice is hereby given that sealed bids will be received by the School District of the City of Birmingham at 355 W. Merrill Street, Birmingham, Michigan, until 4:00 p.m. May 18, 1989 for asbestos abatement work in the school district. Bids will be opened and read publicly at the board meeting that evening. Bidders may obtain contract documents from Barton Malow Co. the Construction Manager at 3777 Franklin Road, Southfield, Michigan 48034. Attention: Jim Robertson. Telephone (313) 341-4504. A \$50.00 deposit will be required to obtain documents.

Public May 8, 9 and 11, 1989

MICHIGAN DEPARTMENT OF NATURAL RESOURCES

P.O. Box 30028 • Lansing, Michigan 48909

NOTICE OF PUBLIC HEARING

TAKE NOTICE, That the Michigan Department of Natural Resources proposes to hold a formal public hearing at the City of Farmington Hills City Hall, City Council Chambers, 31555 Eleven Mile Road, Farmington Hills, Michigan, at 7:00 p.m., Tuesday, the 16th day of May 1989.

The purpose of this hearing is to secure the views of interested persons concerning the following application for permit:

Application for Permit 69-14-78 under the Inland Lakes and Streams Act, Act 346, Public Act of 1972, as amended, by Oakland County Road Commission, 31001 Lahser, Birmingham, Michigan 48010, to seek authorization to construct a stormwater retention/attenuation basin at the outlet of a proposed drain in the floodplain with an outlet to the Upper Rouge River in conjunction with the Orchard Lake Road widening and improvement project, T1N, R6E, Sections 34 & 35, City of Farmington Hills, Oakland County, Michigan.

The application may be reviewed in the Pontiac District Office, Land and Water Management Division, 2455 North Williams Lake Road, Pontiac, Michigan, during normal office hours.

The hearing will be held pursuant to Section (6) of the cited statute. The hearing will not be a court-type proceeding; witnesses will not be sworn, and there will be no cross-examination. Public Hearings are primarily informational and are held to encourage the expression of views and presentation of facts.

The Michigan Department of Natural Resources will, upon written request, provide a copy of the Department's decision on this application.

MICHIGAN DEPARTMENT OF NATURAL RESOURCES

By: *[Signature]*

Daniel H. Morgan

Land and Streams Protection Unit

Land and Water Management Division

Date: April 7, 1989

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