Outdoor shows warm up winter activity

UTDOOR ENTHUSIASTS anwilling to brave cold temperatures to enjoy the outdoors in winter have obtion ()

Distributing to brave column imperatures to enjoy that the summer of where is shared to the summer of the summer of where is shared to the summer of the

ter. The Huron Valley Chapter of the Michigan Steelheaders Association is hosting a fishing tackle show Sunday at the Southgate Civic Center. Following is a brief capsule about each of the upcorning shows:

DETROIT CAMPER AND RV SHOW

It's NIDOW Whene Jan 20-28, Hours are 3-9 pm Thurstby and Priday, noon to 9 pm Sat-turstby and Priday, noon to 9 pm Sat-Wheres Cobo Centor, Deirott, Peauring Huadreds of recreational vehicles including 1930 model motor banes, travel Italiers, fifth-wheels, san conversions, pick-up campers, park mid-banes, travel trailers, fifth-wheels, sat conversions, pick-up campers, park mid-tores that the same same same same vehicles. There will also be houlds with Verificited products and services from vehicles. There will also be houlds with Verificited products and services from vehicles. There will also be houlds with Verificited products and camper cubis. Admission: 15 addits, 12 children 6+12, Information: Michigan Association of terreational Venetries and Camperounds, 177304.

STEELHEADER'S SPRING FISHING SHOW

AND VACATION SHOW When: February 1-4. Hours are 5-9 pm, hursday, 5-9 pm, Friday, 10 am, 10 8 pm, 5-00 pm, Friday, 10 am, 10 8 pm, 5-00 pm, Friday, 10 am, 10 8 pm, 5-00 p

DETROFT BOAT

DETROIT BOAT AND FISHING SHOW When: February 3-11. Hours are noon to 10 pm Saturdays, noon to 8 pm. Sun-days, 3-10 pm. weekdays, and 11 a m. to 10 pm. Wednesday, Frb. 9. Where: Cobo Center, Detroit, Featuring: More than 1200, new model

outdoors calendar

IMPORTANT DATES

Jan 2028. 23rd Derrot Famper and W Sam will be at Fals Center. Admission is 15 odds: 12 for children ages 6-14 and children under fürs will be admitted free.
 Jan 26 Feb 4. The Foling Pestical in Graghing Pestitises include accultures and a polar bear plange. Call (317) 348-5921 for de-tails.

Graphing Festimes method we excititates and a pelor hear planer (2014) 571-84-5211 for distance (2014) and (2014) for distance (2014) for the fails of the second second

 Frb 1-11 - Mason County Winter Fun Fest will be in Ludington: Cell 1 409-512-4600 for more information Generation
 Feb 24 Perchydle U'SA will be in
Tawas flyy Call 1 800-55-TAWAS for more information

formation¹ • Feb 3.11 Detroit Boat and Fishing Show will be at folio Center Call 1.800.462-800 for more information • Feb 3.24 - Shorer on the River Walleye Contest will be in the Signaw River Call (317-300-010 for more information • Feb 4 - Stevral gover hunting season in

Southern Michigan Giose Management Ara-ends • Feb 7: Four Seasons Fishing Club will hold its monthly meeting at 7.00 pm at the Maphwood - Uniter in flatdern Cky Garet geniter will be Dave Sourski, who will give a presentation on preparing fish meat for smok-ing Club normiter ship to use to the shift of smok-ling Birchhern and State State and State and State and State and State State and State and State and State and State and State State and State and State and State and State State and State and State and State and State State and Stat

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 Feb 10 Mechaga Deer Camp 20, spensore by Whetchild Extinned en lettering tames doe primes fullies attended the second cell statistical second cell sec

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Feh 10.11 Tip-Up Frestod will be in tomo: Call 0316 032-0110 her more informa-tion of the state of the vision of the state of the state of the state information of the state of the state of the information of the state of the sta

exercising options Myrna Partrich

Eat sensibly when watching your weight

Dear Myrna: I want to lose weight. How much can I lower my calorie intake and still be safe?

You haven't given me any information about yourself (such as weight, height, age, exercise schedule, etc.). Therefore, I only can reply in gener-

height age, exercise standard, etc., interaction and alterns. On the average, your energy needs are calculated by your present weight. Low-activity popule should multiply their weight by 14 to get their minimum calorie intake. Moderate activity people, who go through three to four aerobic se-sions per week, should multiply their weight by 17. Very active people, who have five to seven aerobic sessions a week, should multiply their window by 20.

sions per week, should multiply their weight by 17. Very active people, who have five to seven aerobic sessions a week, should multiply their Example: If you weigh 110 pounds, multiplied by 17, your body re-quirement per day would be 1,870 calories. These are medically recommended suggestions. Remember, a calorie is simply a way of measuring the amount of energy stored in foods. The amount and type of flood you need depends on many factors, in-cluding your basal metabolic rate (the minimal amount of energy needed by the body to sustain your life processes a tresh, height, weight, age, sex, body composition and nutritional status. Most active adults require 1,000 to 2,400 to 100 or 100 your commenter, when you severely rotifiet the more liver calories per day. Remember, when you severely rotifiet the nongeh calories to fuel your "engine," your in this not supplied with enorgeh calories to fuel your "engine," your metabolic rate decreases. Now you need less fuel. In order to enserve the lower amount of fuel it receives, the body becomes more efficient at storing fat. I is not recommended to eat less than 1,200 calories a day. Wo need the nutrients in your diet. By the way, fad diets are still out for the 1990s, Eat sensibly. Exercise is a key factor. A well-rounded program of aerobles to low fat am draise your metabolism) and body contouring, with weights if to suble (to increase lean muscle mass), is important. A diet without exercises will only be half successful.

(Myrna Partrich, co-owner of The Workout Company, Inc., of Bloomfield Township, is happy to answer any questions readers may have regarding exercise. Please send your questions to: Sports Department, Myrna Patrich, 805 E. Maple, Birmingham 4809.)

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boats including everything from sleek arcing yarbis, tauty rohm rulesrs and fully equipped fishing boats to catama-rans, sailboats, cances and inflatable rafts. There will also be boolt displays of all the latest matine accessories, elec-and the transmission accessories of the maniferance supplies. Some states of the same state of the same states of the rafts of the same states of the same rank of the same states of the same states

Mike Modrzynski on steelhead fishing, Dan Nelson on how to catch more fish. Admission: Adults 16, children 12 and under free. Senure eitzens 162 and olders admitted free Feb 5 undy. Informaton: Michigan Boating Indus-tres Association at 344-1330 or 1-800-482-8604

OUTDOORAMA

When: Feb 23-March 4. Hours are 6-10 pm Friday (Feb 23), 4-10 pm week-days, non to 10 pm Saturdays and Sun-days except Sunday. March 4, when the show turk room to 8 p m. Dairy and Agreediture buildings in De-tro-tion buildings in De-tro-

displayed by more than 325 U.S. and Canadian outlitters and exhibitors. There will also be a wild turkey calling context-up exhibit of Michigan's birds of prey, hew status and reputes, archery trick that artist Bab Markworth, Tom Bokken and his Oak Hulge Retrivers and Les Itemand's chimpances. Speakers: World-renowed outdoor pho-forgrapher and wildlife expert. Leonard Lee flue III Jack DeBord, host of the Midwest Angler TV Shaw, champion tur-key kunter Jim Clay, stream fishing ex-ert Swc Clay, outdoor writer and fishing leveture Jain Gapen and many many water.

Active 12an Capter and many many more Administon: Adults 35, children (12 and under) and senior citizens (65 and older), 42 50 Children under six admitted free. Information: Michigan United Conser-vation Clubs (317) 371-1641 or (312) 369-8400 after Feb 19.

BASS-A-RAMA

When: March 2-4. Hours are 3-10 p m. Friday, 10 a m. to 8 µm. Saturday and 10 am to 5 µm. Studay Where: Waterford Community Center, 1415 Crescent Lake 163d, Waterford. Featuring: Seminars, a casting pond. If y tying demonstrations, more than 60 exhibitors, door prizes and more.

Speakers: O.T. Fears III, 1908 Redman All American Champior, Rochester's Fait Ricepert, an up and coming Pro IA.S.S. Pisherman, Jao Thumas, B.A.S.S. Pro Journamen, Faberman, Mark Martin, Fenwick Pro Staff Walleye Tournament Angler, Jack Edbord, host of The Mid-wast Angler TV Show; Kim Stricker, I.A.S.S. Pro Touring Picherman, Capit Sieve Jones, one of area's most success-tion walleye and salmon guides. Journality and salmon guides. Admission: St Jacki, ST per couple and children under 12 admitted free.

SPORTFISHING EXPO

troit Fraturing: Fishing and hunting semi-nars, daily lumberjack shows, outdoor adventure exhibits, wildlife displays and fishing, hunting and boating equipinent

Thursday, January 25, 1990 O&E



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