

Never a dull moment in the U.P.

IMPORTANT DATES AND EVENTS

- June 9 - Handicapped Awareness Day Fishing Tournament will be held in Oscoda. Call (517) 739-7884 for more information.
- June 9 - Great Saginaw River Kilis Fishing Contest will be held on Ojibway Island in Saginaw. Call (517) 759-1669 for more information.
- June 10 - Riverbend Sport Shop in Southfield will conduct a fly fishing class. Course fee is \$90 and includes equipment and lunch. Additional classes will be held July 15 and 22. Each class is limited to 12 students. Call 350-8484 for more information.
- June 9-10 - Free Fishing Weekend statewide.
- June 9-10 - A one day fly fishing class will be held both Saturday and Sunday at the Proulx Lake Recreation Area in Milford. The class is sponsored by the Michigan Fly Fishing Club and will cover basic fly fishing and techniques, knot tying and information on reading the water. Class fee is \$45 per person and includes equipment, refreshments and lunch. For more information call 360-4097.
- June 9-10 - Lakeside Fishing Shops will hold a "Big Fish Contest" in conjunction with Free Fishing Days. The three heaviest walleye and perch registered at the Lakeside Fishing Shop in either Farmington or St. Clair Shores will win a cash prize. For more information and



Bill Parker
outdoors

tournament rules call 473-2030.

- June 13-17 - Bayrama Fly Fly Festival will be held in New Baltimore. Call 725-2151 for more information.
- June 16 - Bass season opens on Lake St. Clair and the St. Clair and Detroit rivers.
- June 16 - Bass Blastoff fishing tournament will be held on Cass Lake. Call 624-0202 for more information.
- June 17 - The Western Wayne County Conservation Association will hold a 3-D archery shoot at its walk-through range in Plymouth. The shoot is open to the public and archers may use their own equipment or make arrangements with the WWCOSA staff to try out a bow. Call 455-9843 during business hours or 525-1368 evenings for more information.
- June 28 - Riverbend Sport Shop in Southfield and Capt. Frank Catino will conduct a saltwater fly fishing class. Participants will learn about saltwater tackle, knots, casting and fishing techniques. Cost of the class is \$90 and the class is limited to 15 students. For more information call the Riverbend at 350-8484.

METROPARKS

- Free Fishing Seminar, in which participants will learn about fishing equipment, fishing safety, and about how, when and where to fish, will be offered at 7 p.m. Friday at Stony Creek. Participants should bring a blanket or lawn chair and each family group participating in the seminar will receive a certificate good for two hours of free boat rental at Stony Creek Lake.
- Full Moon Walk, a naturalist-led walk in which participants will discover the natural habitats of plants and animals, will be offered at 8 p.m. Friday at Kensington. A similar program will be offered at 8:30 p.m. at Stony Creek.
- Water Bugs and Water-Lilies, an opportunity for participants to discover the world of aquatic plants and animals, will be offered at 1 p.m. Saturday at Indian Springs.
- Music of the Chaglogang Season, a naturalist-led program consisting of a slide presentation and live guitar music, will be offered at 11 a.m. Sunday at Stony Creek.
- Field Fun, a program for children age 6-10 to study the field habi-

tat of plants and animals, will be offered at 1 p.m. Sunday at Indian Springs.

- Flowers and Folk Lore, an opportunity to learn about the medicinal and magical properties of common wildflowers, followed by a naturalist-led walk, will be offered at 2 p.m. Sunday at Kensington.
- Most Metropark programs are free but will require advanced registration and a vehicle entry permit. For more information call the Metroparks at 1-800-47-PARKS.

OAKLAND COUNTY PARKS

- Michigan Has Great Lakes, a nature program in which participants will learn facts about Michigan's water resources while canoeing in Crooked Lake, will be offered at 7 p.m. Saturday at Independence Oaks.
- Michael Deren will portray life in Michigan lumber camp of the 1870s, Sunday, June 17, from 2-3 p.m. at Independence Oaks Nature Center. With the help of a fiddle, concertina, bones, timbrelays, button accordion and hammered dulcimer, Deren will share songs and stories about those days of the white pine.
- Stoat Soup, a musical program in which Sherry Roberts and Wanita Forges will pass along folk tales about life and nature from around the world, will be offered at 7 p.m. Saturday, July 7, at Independence Oaks.
- Most Oakland County Parks programs require advanced registration. Call the Independence Oaks Nature Center at 625-6473 for more information.



exercising options
Myrna Partrich

Exercise can help relieve depression

Dear Myrna: My 24-year-old daughter has a problem with depression. She also has trouble sleeping. Her doctor has suggested exercise to help her problem. I guess depression is common at her age. Do you also recommend exercise for this situation? This has all made me very depressed.

I am so sorry. As a mother I can understand what you are going through. It's hard to watch children struggle.

Depression is common among young people. In fact, depression is the most prevalent mental illness in the United States today. Last year, the National Institute of Mental Health reported that 25 percent of the women and 11 1/2 percent of the men in the U.S. will experience depression sometime in their lives.

According to the National Institute of Mental Health, children of 2 years of age have been diagnosed with depression and it is a serious problem of many teenagers and people in their mid-20s.

Several studies do show that exercise can help relieve depression and that people who exercise regularly have fewer episodes of depression than sedentary people. Studies show that exercise has an anti-depressant effect.

In my research, I found a report by Dr. Dwight German, a Dallas Neurobiologist, who states the following: "People jump for joy because movement and emotion are biologically intertwined. Mood elevation that results from exercise is related to some basic survival needs. Under stress caused by fear or by exercise, the brain releases opioid peptides, or endorphins, to lessen pain and produce an analgesic, blissful effect."

I know that mood and movement complement each other when endorphins activate brain cells that are vital to our physical and mental health. Our brain cells produce the chemical called "dopamine." Through exercise, we activate these brain cells and pump dopamine into adjoining brain regions that regulate movement and emotion.

Too little dopamine in the brain results in depression and muscular rigidity.

In addition to the biological effects exercise has on depression, researchers have found that exercise can benefit people who have bouts of depression by giving them time out from their normal day - a relief from the stress of each day that sometimes leads to depression.

(Myrna Partrich, co-owner of The Workout Company Inc. of Bloomfield Township and recent appointee of the President's Council on Physical Fitness is happy to answer any questions readers may have regarding exercise. Please send your letters to: Sports Department, Myrna Partrich, 805 E. Maple, Birmingham 48009.)

Outdoors calendar

WHEN DAN SMITH, of the Upper Peninsula Travel and Recreation Association, addressed a group of Michigan outdoor writers last weekend in Munising, he explained that the UP had recently been tagged "The Land of Ah's."

"Experiencing the Upper Peninsula is like taking off your shoes after a hard day's work. You sit back and say 'Ahhhhhhh,' and enjoy the experience," explained Smith.

"As I reflected on the events of the weekend, I began to realize the validity in the label.

While brook trout fishing early Saturday morning on Prairie Creek I was overcome by a swarm of mosquitoes. "Ah" . . . smack. "Ah" . . . smack. "Ah" . . . smack.

"And I recall when my feet became tangled in the streamside shrubs. Suddenly I was flat on my back staring up at the clear blue sky. "Ah. Not a bad view," I thought. Then the icy cold water began seeping in the back of my jacket, pants and boots. "Ah %&^," I exclaimed.

When I finally returned to my motel room I really began to feel the

impact of his statement. Both of my heels were blistered from hiking nearly a mile in wet boots to get back to my car. When I finally took off my boots, shoes and wet socks, all I could say was "Ahhhhhhhhh."

Yes, this truly was "The Land of Ah's."

THAT'S PROBABLY NOT the point Smith was trying to convey. And of course, these same casualties could have occurred anywhere in the state. There's not unique to the Upper Peninsula or the angler in question.

To be totally honest, Michigan's Upper Peninsula really is a dream land.

From the majestic Tahquamenon Falls (the second largest falls east of the Mississippi) and the breathtaking beauty of the Pictured Rocks National Lakeshore, to the National Ski Hall of Fame and the Soo Locks (the busiest locks in the world), the U.P. is truly a land to behold.

If a family vacation strikes your fancy the Upper Peninsula offers something for everyone.

Surrounded by lakes Superior,

Huron and Michigan, the Upper Peninsula features hundreds of lakeshore resorts with miles of sandy beaches to explore. There are sand dunes to climb, forts Mackinac, Drummond, Wilkins and Old Fort Brady to explore, abandoned and restored lighthouses, museums and antique shops to visit.

During the third week of August, the town of Escanaba even features the Upper Peninsula's state fair.

There are boat cruises, canoe trips, even underwater diving opportunities in which shipwrecks can be explored.

FOR THE OUTDOOR enthusiast, the Upper Peninsula features 19 state parks and several local and county parks. There are hundreds of miles of hiking trails traversing the dense wilderness of the Pictured Rocks National Lakeshore, Hiawatha National Forest, Ottawa National Forest and hundreds of acres of state-owned parks and forests.

Hunting and fishing opportunities are also abundant in the "Land of Ah's."

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