

exercising options

Myrna Partrich

Exercise can benefit people in depression

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

I'm so sorry. As a mother, I can understand what you're going through. It's hard to watch our children struggle.

You are correct, 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 per cent of the women and 11 1/2 per cent of the men in the United States 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-twenties. Being aware, of course, that I am not a doctor, I can give you general information on this subject from my standpoint as an exercise expert. 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 opiod peptides, or endorphins, to lessen pain and produce an analgesic, blissful effect."

Through my studies, I know that mood and movement compliment 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 each day that sometimes leads to depression.

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

Boats gear for Bass on Cass

UP TO 25 two-man teams are expected to compete Saturday in the annual Bass Blastoff fishing tournament on West Bloomfield's Cass Lake.

"This is the fifth year we've held the tournament and we've been averaging 20-25 boats per year. We should have that many again this year," said tournament director Jim Arnold. "This is not a big money tournament. It's a tournament for anyone who wants to take a day of fishing, have a little fun and get into a little competition."

The tournament is cosponsored by the Walled Lake Community Education program and Metro Bass Anglers. Registration begins 4:30 a.m. followed by fishing at 6:30 a.m. Weigh-in will be at 2:30 p.m. sharp at Dodge Park. Winners will be determined by the total weight of fish caught.

Last year, Livonia's Bill Lund and his partner took the top prize with 10 fish that totaled 22 pounds. Tournament rules call for catch-and-release of all fish.

"I'm proud to say that in the four previous years we have only lost two fish. It's strictly catch-and-release," Arnold said.

Plaques and gift certificates from Kelly's Sporting Goods will be awarded to the top four boats along with a cash prize for the biggest fish. First place winners each receive a \$135 gift certificate. Second place winners each receive a \$70 gift certificate, third place finishers each receive a \$40 gift certificate and fourth place finishers each receive a \$25 gift certificate.

★

● KLEPPERT IS 2ND

Pat Kleppert, of Rochester Hills, earned second place honors recently in the Operation Bass Redman Michigan Division opener on Grand River. Kleppert caught a limit of five bass with a total weight of 8-pounds, 9-ounces.

At the completion of six Red Man qualifiers, the top 30 anglers in the Michigan Division, determined on a basis of pounds and points, will advance to a regional competition.

outdoors
Bill Parker

vance to a regional competition where they will compete against 120 other anglers from four other divisions. The top 10 regional finishers advance to the \$150,000 Red Man All-American in which the winner receives \$100,000.

Last summer, Kleppert placed eighth in the Michigan Division, but ran into mechanical difficulties with his boat at the regional and failed to score.

All Red Man tournaments are catch-and-release events.

● STRITMATTER EMPLOYED

Farmington native JoAnne Stritmatter has been named park manager of the Island Lake Recreation Area at Brighton.

Stritmatter joined the Michigan Department of Natural Resources as a seasonal park ranger in 1969 and became a full-time park ranger in 1971. She has worked at both Island Lake and Proud Lake recreation areas as a ranger and became unit supervisor at Leelanau State Park in 1978.

Before returning to Island Lake, Stritmatter was the manager of the Michigan Civilian Conservation Corps camp at Proud Lake for three years.

● NEW LIMITS

The Natural Resource Commission recently authorized raising the minimum size limit on trout and salmon from eight to 16 inches and reducing the daily possession limit from 10 to three trout or salmon in any combination. The new limits will be in effect year-round on an approximate 10-mile stretch of the lower Ausable River from Foots Dam to Lake Huron.

The new regulations, which take effect immediately and remain in effect through March 31, 1995, will

help protect newly stocked steelhead and encourage high quality fishing in the entire area.

● ZEBRA MUSSEL BROCHURE

Boaters and anglers can learn how to discover and remove zebra mussels from their boats by reading a new brochure produced by the Michigan Department of Natural Resources.

Zebra mussels originated in Europe and have recently invaded the Great Lakes after being dumped here in the ballast of oceangoing ships.

The mussel has serious implications for fisheries, not only by competing for food, but by competing for space as well. Zebra mussels like to colonize on gravel or rocky bars which many fish prefer for spawning. They can also clog water intake and sewer pipes along with bilge pumps and engine cooling systems.

The mussels also cling to boats, trailers and engines, allowing them to be transported to other inland bodies of water.

The DNR's goal is to slow down the spread of zebra mussels to inland lakes until effective control strategies can be implemented.

Brochures are available at marinas, bait shops and state parks along the east coast of Michigan's Lower Peninsula, at all DNR regional offices or by contacting the DNR at: P.O. Box 30028, Lansing, MI 48909.

● LEARN TO SAIL

Classes are forming now for the Jack Leverenz Sailing School. Classes meet at three different time periods and all sailing is done on Lake St. Clair on a 23-foot sailboat.

In addition to learning how to rig the boat, sail away from a dock, sail in any direction, head up, head down, come about, jibe, return to the dock and properly put the boat away, students will learn the basic theory of sailing; why the boat moves through the water and why sails power the boat. Students will also learn knot tying, nautical terminology and safety procedures.

For information on the classes call the Jack Leverenz Sailing School at 886-7887.

● FISHING REMINDER

Anglers should remember that the daily walleye and sauger limit on Lake Erie has been reduced from 10 to six fish.

(Bill Parker is happy to answer questions readers may have regarding the outdoors. Anglers who land trophy fish should also report their success. Send questions or comments to: Outdoors, 805 E. Maple, Birmingham 48009.)

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outdoors calendar

IMPORTANT DATES AND EVENTS

- June 13-17 — Bayrama Fish 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 16-17 — Tawas Bay 4th Annual Lake Trout Super Tournament will be held on Tawas Bay. Call 800-55-TAWAS 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 WWC staff to try out a bow. Call 453-9843 during business hours.

or 525-1368 evenings for more information.

- June 22-24 — The 53rd annual meeting of the Michigan United Conservation Club, the state's largest conservation organization, will be held in Grayling.
- June 21-22 — Triple Crown Fishing Tournament will be held in Alpena. Call (517) 724-6426 for more information.
- June 30-July 3 — Pickering Tournament will be held in Algonac. Call 985-7101 for more information.
- July 7-8 — Walleye tournament will be held in Sebawing.
- July 1 — Sturgeon season opens to hook and line fishing in the Great Lakes, the St. Clair, St. Mary's and Detroit rivers.

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