

outdoor shorts

STERLING RETIRES

Having served as the information officer for the Huron-Clinton Metroparks for better than 32 years, John K. Sterling will retire in October. Sterling, a Canton Township resident, began working at the Metroparks as a seasonal recreational employee at Metro Beach in 1955. He was hired on June 8, 1959 to develop and administer the first public information department.

BEST BASS BETS

Ever wondered what the pros use to catch all those tournament bass? According to profiles of the 40 anglers that qualified for the 1991 IRL Man All-American, the favorite lure is a jig. Of the 46 anglers, 21 listed the jig as the favorite lure. Nine anglers listed spinnerbait as the favorite lure followed by worms (7), crankbaits (6), and one each for grubs, Gitzies, buzzbait and surface lures.

The average age of anglers who qualified for the tournament was 37, with 56 the oldest and 22 the youngest.

Texas had the most qualifiers (4) followed by Georgia, Iowa and Alabama with four each. Michigan had one qualifier in Dwight Crowner, 29, of Milledgeville.

The 1991 Red Man All-American was held June 21-22 in Buffalo, New York. Arvin Smith of Cotter Arkansas won the event with a two-day limit catch of 10 bass that weighed 26-pounds, 6-ounces. He received \$100,000 for his effort. Smith fished 5-inch Bobby Garland G-Tail grubs in 12 to 17 feet of water. Crowner placed 14th with a two-day total of 17-pounds, 7-ounces.

RECORD CATCH

An 11 1/4-inch 1.44-pound hybrid sunfish taken from Dean's Lake in Allegan County has tied the state record, according to Department of Natural Resources fisheries biologists.

The fish was caught by Lloyd T.

Jarman on June 1 while still fishing with a teardrop and redworms. This is the third record fish taken in 1991. A 6.76-pound brook trout taken Feb. 25 from Little Bay de Noc tied the current state record and an 11.50-inch smelt taken from Big Bay de Noc on April 27 was a new state record.

The Master Angler program, administered by the DNR's Fisheries Division, rewards anglers with a patch for catching fish which meet the program's established minimum requirements. A complete list of entry weights and current state records appears on the back cover of the 1991 Michigan Fishing Guide, available at local license dealers and DNR offices.

PUBLIC PROTECTION

State Sen. John D. Cherry Jr., D-Clia, is expected to introduce legislation to help protect public access to Michigan's waterways via road endings. The legislation is supported by the Michigan United Conservation

Clubs, the state's largest conservation organization.

Although public roads that end at waterways are often used to permit public access to the waterways, county road commissions currently have the authority to abandon the roads and allow them to revert to the abutting property owners. The property owners can then block public access to the waterways. In many instances these road endings are the only access the public has to the waterways.

Cherry's legislation would protect public access to Michigan's waterways by preventing county road commissions from abandoning roads that border on or are adjacent to waterways without the permission of the circuit court of the county in which the road is located.

"Too often, local property owners encroach and even close off those access points," said Thomas L. Washington, MUCO executive director. "This legislation will put an end to an increasingly common conflict without both sides having their day in court."

exercising options

Myrna Partrich

Exercise provides sexual boost

Dear Myrna: Does working out make women more sexy? I am a 35-year-old woman who exercises regularly. I just started exercising a year ago and I do see a difference in my sexual desire. Could exercise really be the culprit?

I've been writing this column for about four years now. It seems every summer I get this question. A few months ago Channel 7 interviewed Barbara Schiff (my partner) and I on this very subject. Again — I say yes — getting physical boosts one's desire, arousal and ability to achieve great sex. In fact, it turns out that being "turned-on" after a workout is a fact of life for many women from ages 18 to 49. Eighty-three percent of these women exercise regularly. One-quarter of those responses said they felt an increase in sexual desire immediately after physical exertion, while just 3 percent said exercise dampened their interest.

The sexual boost is most evident in younger women. Thirty-nine percent of the 18 to 24 year olds surveyed reported an increased desire after exercise, compared with 17 percent of the women aged 45 to 49. It might be that older women are more in tune with their sexual being and this might help younger women to be in touch.

More of this study shows that long term effects of an exercise program are, happily, even more pronounced than the short term benefit. Thirty-one percent of the women said they had sex more often once they started their exercise program. Forty percent noted an increase in their ability to be aroused.

Now here's the key — moreover, 98 percent reported that regular exercise augmented their overall self confidence, and 89 percent reported exercise gave their sexual confidence a boost.

My partner at the Workout Company, Barbara Schiff, says, "Self confidence is the ability to keep trying new things even though you sometimes fail."

"Self esteem comes from doing the very best job you can, knowing you are trying your hardest."

Exercise does raise self esteem because you are challenging yourself daily.

High self-esteem will lead to better sex.

I think the sexual confidence you get from exercising correlates with respect for one's body and an increased sensitivity in general.

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

outdoor calendar

IMPORTANT DATES AND EVENTS

- July 3-7 — Pickered Tournament will take place in Allegan. Call 794-5957 for more information.
- July 4 — Kids Fishing Day will be held in Harrisville. Call (517) 721-5107 for more information.
- July 4-7 — Harrisville Lake Trout Festival will be held in Harrisville. Call (517) 724-6426 for more information.
- July 5 — Ladies Powder Puff Derby will be held in Harrisville. Call (517) 724-5107 for more information.
- July 10 — A 12-week broad-head league begins at the Royal Oak Archers' walk through range in Lake Orion. Call 628-8649 or 693-9799 for more information.
- July 10 — Entry deadline for the July 21 Operation Bass Michigan Division qualifier in St. Clair. Call (309) 633-0114 for more information.
- July 12-13 — Buick Motor State Open Trap and Shoot championships will be held at the Detroit Gun Club in Walled Lake. Call 624-9647 for more information.
- July 13-14 — 1991 Midwest Open Field Target Championship Match (air gun) will take place at the Western Wayne County Conservation Association. The field is limited to the first 100 applicants who register. Call 453-9843 (WWCA clubhouse), 522-5283 or 369-9036 for more information.
- July 13-14 — Seventh Annual Walleye Tournament will be held in Sebawaing. Call (517) 883-3732 for more information.
- July 13 — A coon shoot begins at 9 p.m. at the Royal Oak Archers' walk through range in Lake Orion. Call 628-8649 or 693-9799 for more information.
- July 18-21 — Mariner Festival

will be held in Tawas City. Call 1-800-55-TAWAS for more information.

July 20-21 — Arrow West will take place at the Western Wayne County Conservation Association. Call 513-9843 for more information.

July 20-21 — Masters Walleye Circuit Tournament will be held in Saginaw. Call (517) 686-7787 for more information.

July 20-28 — A walleye tournament will be held in Cassville. Call (517) 269-6431 for more information.

July 21 — Operation Bass will have a Michigan Division qualifier at Harley Ensign P.A.S. in St. Clair. Entry deadline is July 10. Call (309) 663-0114 or (502) 362-8110 for more information.

July 21 — A 3-D shoot begins at 8 a.m. at the Royal Oak Archers' walk through range in Lake Orion. Call 628-8649 or 693-9799 for more information.

July 27 — AuSable River Festival Kids Fishing Derby will be held in Grayling. Call (517) 348-3784 for more information.

July 27 — Kalamazoo River Steelheaders' Fishing Contest will be held in Saugatuck. Call (616) 857-4762 for more information.

July 27-28 — A walleye tournament will be held in Au Gres. Call (517) 876-6688 for more information.

Aug. 3 — Backlashers Bass Club of Livonia will hold a kids fishing derby beginning at 9:30 a.m. at Gallop Park in Ann Arbor. Call Scott Soucy at 525-1387 for more information.

Aug. 18 — Western Wayne County Conservation Association will have a 3-D archery shoot at 10 a.m. on its walk-through range in Plymouth Township. Call 453-9843, 10 a.m. to 5:45 p.m. daily or 425-0887 evenings for more information.

Through August — Jack Levere Sailing School will have classes on Lake St. Clair. Call 886-7887 for more information.

Through Sept. 2 — Crooked Lake Fishing Contest will take place at Independence Oaks County Park in Clarkston. Call 625-0877 for more information.

Through Sept. 2 — Buhl Lake Fishing Contest will take place at Addison Oaks County Park. Call 625-0877 for more information.

METROPARKS

Summer Stars, a slide presentation followed by an outdoor viewing session of the summer night sky, begins at 9:30 p.m. Friday at Indian Springs.

Michigan Geology, a program about the history and formation of Michigan's hills, valleys, dunes and lakes, begins at 1 p.m. Saturday at Indian Springs.

Walking Wildwing, a naturalist-led walk along Wildwing Trail, begins at 1:30 p.m. Saturday at Kensington.

Summer Fields, a naturalist-led program exploring plants and animals of the summer fields, begins at 1:30 p.m. Sunday at Stony Creek.

Edible and Medicinal Plants, a program in which participants will learn to identify, harvest and prepare some summertime edibles, begins at 2 p.m. Sunday at Indian Springs.

Allen Walk, a look at plants from other parts of the world, begins at 7 p.m. Sunday at Kensington.

Incredible Insects, a program for 4 to 7 year olds featuring a bug hunt, insect bingo and a buggy relay race, begins at 10 a.m. Tuesday at Indian Springs.

Adult Evening Nature Cruise, a naturalist-led cruise aboard the Island Grand excursion boat, begins at 8 p.m. Tuesday at Kensington. There is a \$2 fee per person.

Most Metropark programs are free, but some have a nominal charge. Advance registration and a vehicle entry permit are required. For more information, call 1-800-234-6534.

OAKLAND COUNTY PARKS

Tuning Your Tot Into Summer, a program for children ages 3-6 including songs, stories, a nature hike, a simple craft and a snack, begins at 10 a.m. and again at 1 p.m. Tuesday at Independence Oaks.

Butterfly Primer, a program in which participants will learn to identify butterflies, begins at 1 p.m. Saturday at Independence Oaks.

The program will also prepare participants for a butterfly census of the park the following week.

If you're going to call yourself community newspapers,

Best Birdhouse Builders Contest

The Bloomfield Hills Optimist Club
"Heart of the Hills" 10K Run & 2 Mile Walk

Food Bank of Oakland County

Share the Holiday Spirit
HOLIDAY GIFT DRIVE

Oakland County Parks

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MOTHERS AGAINST DRUNK DRIVING
Red Ribbon Campaign

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Youngsters in a number of schools will enter the third annual birdhouse building contest and we've taken an active role in the promotion of recycling in our communities.

No, we don't swoop into our communities when a story breaks, turn on the bright lights and focus on the situation for a few minutes and then disappear. We're here everyday, day in and day out.

And we're happy about it. We hope you are, too.

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