

exercising options

Myrna Partrich

Heart disease isn't a male-only problem

Dear Myrna: I have been teaching exercise classes for one year. In that time I have learned much about people, especially women, and how they relate to health and disease. It amazes me when women don't realize the dangers of women's chances to get heart attacks. "It's a man's problem," they say. I have read that heart disease in women is on the rise. I talk to my students and they don't seem to care. Since you are on the President's Council for Physical Fitness, do you have any new statistics or information?

Thank you for being a caring aerobics instructor. You certainly need some data to get your point across. Believe me, I understand. At your class location, do you have an information board for educational material? We at the Workout Company find this information center a good tool for education. But this is only a start, your students want to hear it from you.

Women's heart disease is definitely overlooked, costing many lives. Out of 520,000 people who died of heart disease last year, nearly half were women. Yet, heart disease is still seen primarily as a male health problem. One reason for the misperception is that women seem to enjoy a built-in hormone protection for the disease until they reach menopause. Women do typically lag 10 to 20 years behind men in getting the disease.

Possibly other women's health issues like breast cancer, etc., have taken center stage.

Women share many of the same major risk factors as men, including high blood pressure, high cholesterol, smoking and heredity. Facts show that more men have heart attacks and at a younger age than women. Also, women who have heart attacks are twice as likely to die within the first few weeks. During the first four years following a heart attack, the rate of having a second attack is 20 percent for women compared with 15 percent for men. Stress in women is rising, tremendously, therefore putting women at a much greater risk.

Let me discuss this last fact for a bit. Women are now putting themselves (whether voluntary or involuntary) in a man's world. Stress is regarded as a major factor in increasing this heart disease risk. Women's work force has increased along with single parenting. Our responsibilities are multi-faceted. Men are more focused. As I can see, the risk of a woman having a heart attack is on the rise.

- We have to take precautions:
- If you smoke - simply stop.
 - Check your blood pressure regularly.
 - Low fat diet will help.
 - Keep your body slim.
 - Have regular check-ups with your doctor (plek your doctor carefully).

Exercise. Your students might be exercising for their vanity. If you continue to educate them while in class, it will in the health aspect, eventually take hold. I have watched the transformation and can tell you after years and years of experience that it works.

(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 your letters to Sports Department, Myrna Partrich, 805 E. Maple, Birmingham 48009.)

"Please, my little girl needs blood."

Imagine if you had to ask for blood to save the life of someone you love. Next time the American Red Cross asks, give blood, please.

GIVE BLOOD, PLEASE

outdoors

HUNTER SUCCESS

Troy residents Mike Willis and Jim Ferris found great success on a fall hunting adventure in Buffalo, Wyoming. Hunting with friends Dick Schlaf, of Mt. Clemens, and Al Hollenbeck, of Inlay City, the quartet took three buck mule deer (ranging in size from 3-by-3's to 4-by-5's), four buck pronghorn antelope, one doe mule deer, one doe antelope and two turkey.

SPAWNING BED

The Huron-Clinton Metropolitan

Authority received a \$5,750 matching grant from the Michigan Department of Natural Resources Fisheries Division for development of a walleye spawning area in Stony Creek Lake in Stony Creek Metropolitan near Rochester.

The grant, matched by an equal amount from the ICMA, will cover the cost of spreading gravel and stone (up to 1st size) over a one-quarter to one-half acre area of the lake just below the spillway of the upper dam.

The stone will supply cover for walleye eggs, yet allow oxygenation of the eggs.

The DNR has successfully been stocking Stony Creek Lake since the early 1980's, making it one of the best walleye fishing lakes in this part of the state, according to DNR fisheries biologist Ron Spiller. But the walleye are not reproducing.

"The goal of the fisheries operation is to establish self-sustaining populations in areas where we plant walleye," Spiller said. "Creating this spawning bed will save money in the long run."

A similar walleye spawning area was made in Brevort Lake in the eastern Upper Peninsula in the early '80s and the walleye have been

reproducing successfully there ever since.

REWARD OFFERED

A \$2,000 reward is being offered to anyone providing information to the arrest and conviction of the person or persons responsible for killing a male trumpeter swan, an endangered species. The bird was found dead in early December near the Flat River State Game Area in Montcalm County, near Greenville.

Persons with information may remain anonymous and should call the DNR's Report All Poaching Hotline at 1-800-292-7800.

outdoors calendar

IMPORTANT DATES AND EVENTS

• Through Feb. 2 - A special Canada goose season will be held in the southern portion of the Lower Peninsula. Hunting will be allowed on public and private lands south of a line from Fort Huron to Grand Rapids along highways I-69, M-21 and M-45 (excluding the Allegan County Goose Management unit as shown in the state Waterfowl Hunting Guide). Call the DNR's Wildlife Division at (617) 372-1283 for information on hunting areas and special regulations.

• Jan. 17 - Winter Survival Day, a day-long camp in which participants will study how animals survive the rigors of winter life, begins at 9 a.m. at the E.L. Johnson Nature Center in Bloomfield Hills. Registration fee is \$44. Call 433-0885 for more information.

• Jan. 18 - A Winter Nature Tour will be held at the Holiday Nature Preserve in Westland. Call 582-8377 for more information.

• Jan. 18-19 - Tip-Up-Town U.S.A. will be held on Houghton Lake.

• Jan. 20 - Two 10-week classes on the challenge of fly tying begin at 7 p.m. at Birmingham Seahorn High School. The classes, offered by the Challenge Chapter of Trout Unlimited, are designed for beginners and advanced fly tying students. Registration fee is \$25. Call 433-8444 for more information.

• Jan. 20 - Great Lakes Cruising, a five-week class on chart navigation, plotting and cruising, begins at 6:45 p.m. at Bloomfield Hills Andover High School. Call 433-0885 for more information.

• Jan. 22 - Personal Protection Program, a six-week instructional course on personal protection, begins at the Western Wayne County Conservation Association. The program will be taught by NRA certified instructors under the direction of NRA training counselors Bill Miller and Bill Scherer. Call 532-0285 for more information.

• Jan. 22-26 - Boat, Sport and Fishing Show and Bass-A-Rama will be held at the Pontiac Silverdome.

• Jan. 23 - Great Lakes Cruising, a five-week boating class on chart navigation, plotting and cruising, begins at 6:45 p.m. at Emerson Middle School in Livonia. Call 523-9277 for more information.

• Jan. 25-26 - Tip-Up-Town U.S.A., continues on Houghton Lake.

• Jan. 27 - Beastly Behavior of Animals, a slide show and presentation by naturalist Tim Nowicki, will be held at the Detroit Audubon Soci-

ety, 121 S. Main, Royal Oak. Call 545-2929 for more information.

• Jan. 28-29 - Hunters Safety Class begins at 6 p.m. both days at the Oxford High School. The class will also meet Feb. 4 and Feb. 6 at 6 p.m. with a field test scheduled for Feb. 8. Call 628-9290 for more information.

• Feb. 21-March 1 - 1992 Dordrama Sport and Travel Show will be held at the Detroit State Fair Grounds.

• Feb. 16 - Bobcat season ends in designated areas of Zone II.

• March 1 - Crow, bobcat and fox seasons end statewide.

OAKLAND COUNTY PARKS

• Observer & Eccentric Ski School, will be held Jan. 18 and 25. Classes begin at 9:30 a.m. and 11:30 a.m. at Independence Oaks and Addison Oaks. Ski rental is available and pre-registration is mandatory one week in advance. Call Independence Oaks at 625-0877 and Addison Oaks at 693-2432.

• Eco-Explorers Investigate Snow and Ice, a program in which children ages 6-8 will explore winter through games and crafts, begins at 1 p.m. Saturday at Independence Oaks. Cost is \$6 per child and participants should dress for the outdoors.

• Stars and Skis, an opportunity to view some winter constellations while cross country skiing, begins at

7 p.m. Saturday, Jan. 25, at Independence Oaks. Cost is \$1 per person and \$4 per family. Participants should have previous cross-country skiing experience and must provide their own equipment.

• Oakland County Parks programs require advanced registration and some have a nominal fee. Call the Independence Oaks Nature Center at 625-6473 to register or for more information.

METROPARKS

• Ice Fishing Derby, an event including an ice fishing clinic followed by an ice fishing contest, begins at 8 a.m. Saturday, Feb. 1, at the West Boat Launch at Kensington (weather permitting). Prizes will be awarded for the largest (weight) fish and the most fish. Call 685-1561 for more information and to register.

• Winter Festival, including an ice fishing contest (8 a.m.), a snow sculpture contest (9 a.m.), snow golf (10 a.m.) and cross country ski races (8:30 a.m.) will be held Sunday (weather permitting) at Stony Creek. Pre-registration is required. Call 781-4242 for more information.

• Snowflakes, No Flakes, a chance for children ages 6 to 10 to catch, magnify and examine snowflakes and to create a crystal design to take home, begins at 10 a.m. Saturday at Stony Creek.

• Nature Stories for Toys, a class

for preschoolers including stories about field and forest animals and a simple craft, begins at 1 p.m. Saturday at Indian Springs.

• Michigan - A Historical Look, a photographic view of some of the historical sites of the Great Lakes Region including Fort Wilkins, and others, begins at 1 p.m. Sunday at Indian Springs.

• Full Moon Walk, an evening hike to explore the sites and sounds along the nature trail, begins at 7 p.m. Sunday at Kensington.

• The Snow Moon, a walk in the light of the full moon to discover some of the pros and cons of winter on wildlife, begins at 7 p.m. Sunday at Stony Creek.

• Gateways, a narrated film about the 13 Metroparks, is available to civic groups and other community organizations. A free presentation should be scheduled weeks in advance. Call the Metroparks at 1-800-47-PARKS or 227-2757.

• 1992 Metropark annual motor vehicle permits and annual boating permits are available at Metropark offices. Motor vehicle permits are \$10 regular, \$5 senior citizen and \$2 daily. Boating permits are \$12 regular, \$6 senior citizen and \$3 daily.

• Most Metropark programs are free while some require a nominal charge. Pre registration is required. A motor vehicle permit is required. Call 1-800-47-PARKS for registration information.

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