

Golf and tennis don't match up

EXERCISING OPTIONS

I spend much of my time in Florida each winter. In Michigan, I am quite active for a woman my age. I am 48 years old and attend your classes regularly. When I go to Florida, I play golf and tennis. Am I getting exercise?

From regular classes at my studio to golf and tennis? No way. Better than nothing of course.

Tennis, if you play an aggressive game of singles, will give you some aerobic or anaerobic benefit (quick start and stop).

If you are aerobically fit and can run fast across the court, you will find that you have a great advantage over your opponent.

To improve your game even more, you should strengthen some key muscle groups — the upper back and chest muscles, abdominals and lower back, and leg muscles — all large front and back. (You should

have well-balanced muscles if you've been attending class.) Golf provides a nice walk, but no exercise. I have a golf tip, however. I see many golfers with their clubs on their shoulders, twisting violently from side to side.

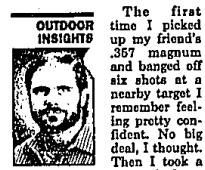
Bad move because this will tighten muscles, not loosen them, and cause injury. Turn slowly to each side and hold 30 seconds. Leg stretches will also improve performance. You need flexible legs for full body rotation.

For golf, you need to strengthen abdominals and shoulders (anterior, center, posterior and deltoids).

Now, what's this you say, "48 years old — for a woman of my age?" Honey, you are in your prime. Don't let anyone tell you anything different.

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

Seminars slated for Silverdome



BILL PARKER

The first time I picked up my friend's .357 magnum and banged off six shots at a nearby target I remember feeling pretty confident. No big deal, I thought. Then I took a closer look at the target, which was less than 25 yards away, and my confidence slumped like a bent-on-fighter. Not one hole in the paper, much less the black. I had missed the entire target with every single shot.

Today I can hit the target, and yes, even the black. But as I quickly learned not long ago it takes knowledge of the gun and the sport and a whole lot of practice to become proficient with a handgun.

"For me, it puts the challenge back in deer hunting," explained Lanny Virden, host of the popular Outdoorman Show on P.A.S.S. "It's somewhere between bow hunting and rifle hunting. It's like bow hunting with a gun, but you still have to be very close to your game."

Virden is one member of an all star cast of speakers appearing this weekend at the Pontiac Silverdome Boat Sport and

'My biggest goal is to promote fishing and the outdoors as a family event. I want to motivate youngsters for fishing and teach them a little bit about different types of fishing like ice, perch, salmon, bass and walleye fishing. I want to get kids interested in fishing instead of some of the other things they get interested in on the street.'

Lanny Virden
Outdoorman Show host

Fishing Show. The show opened Wednesday and runs through Sunday. Virden will present a seminar titled "Pistol Hunting for Whitetail" on each day of the show.

"It's for people thinking about getting involved in pistol hunting," said Virden. "We'll go over the do's and don'ts of pistol hunting and try to teach people how to be comfortable with accuracy."

Virden, a former Rochester resident who now makes his home in Kingston, will also present a "Kid's Fishing Clinic" on Saturday and Sunday.

"It's for the small to the tall. It's a children's clinic for all ages," said Virden. "My biggest goal is to promote fishing and the outdoors as a family event. I

speaking on "Hunting Michigan Whitetail"; Eric Sharp, outdoor editor for the Detroit Free Press, speaking on "Fly Fishing for Bass and Pan Fish."

Also on tap are: Mark Martin, 1990 World Walleye champ, speaking on "Zeroing in on River Walleye" and "Walleyes in the Dark of Night"; Mark Romanack, outdoor writer, pro fisherman and educator, speaking on "How to Use Modern Electronics to Catch More Walleye"; Tom Huggler, nationally known outdoor writer, speaking on "Camping and Fishing in Michigan"; Mike Gnatkowski, noted outdoor writer, speaking on "Successful River Tactics for Steelhead"; Tom Irwin, professional walleye guide, speaking on "Crankbaits In-Depth"; and Captain Steve Jones, charter captain, researcher and educator, speaking on "The Muscles of Lake St. Clair."

Show hours are 3-10 p.m. today, 11 a.m. to 10 p.m. Friday and Saturday and 11 a.m. to 6 p.m. Sunday.

(Anglers and hunters are urged to report their success. Questions and comments are also encouraged. Send information to: Outdoors, 805 E. Maple, Birmingham 48009, or call Bill Parker Monday evenings, 6-10 p.m. at 644-1101, Ext. 241.)

OUTDOORS CALENDAR

DATES AND EVENTS

ARCHERY
Royal Oak Archers will hold a 3D shoot beginning at 9 a.m. Sunday, March 14, on its walk-through range in Lake Orion, 693-9799 or 693-1369.

BOAT SHOW
The Boat, Sport and Fishing Show, featuring over 250 boats, fishing tackle displays, outfitters, speakers, seminars and more, will be held through Sunday at the Pontiac Silverdome. Show hours are 3-10 p.m. today, 11 a.m. to 10 p.m. Saturday and 11 a.m. to 6 p.m. Sunday. Admission is \$6 adult and \$2.50 for children 6-14. Children under five will be admitted free.

OUTDOORAMA
The Michigan United Conservation Clubs' Outdoorama will be held Feb. 26-March 7 at the Novi Expo Center. The show, formerly held at the Michigan State Fair Grounds in Detroit, features displays of outdoor equipment, fishing and power boats, RV's, outfitting opportunities, seminars, wildlife exhibits and live entertainment by "Da Yappers". Show hours are 8-9 p.m. Feb. 26, 11 a.m.-9 p.m. weekends, 3-9 p.m. weekdays and 11 a.m.-6 p.m. Sunday, March 7. Admission is \$6 adult, \$3 for children under 12 and children under five will be admitted free. Senior citizens 60 or older will be admitted for \$3 on weekdays.

SPORTFISHING EXPO
The Greater Detroit Sportfishing Expo will be held March 4-7 at the Palace of Auburn Hills.

STEELHEADERS FISHING SHOW
The Detroit Area Steelheaders

Spring Fishing Show will be held March 13-14 at the Waterford Community Center. The show features tackle and other fishing equipment, fishing displays, clinics and speakers including steelhead world record holder Buzz Ramsay. Show hours are 10 a.m.-6 p.m. Saturday and 10 a.m.-4 p.m. Sunday. Admission is \$4 adults, \$2 senior citizens and children under 12 will be admitted free.

WILDLIFE ART FESTIVAL
The Michigan Wildlife Art Festival will celebrate its 10th anniversary April 2-4 at the Southfield Pavilion.

DEADLINES
Rabbit season ends March 31. Fishing licenses expire March 31.

FISHING CLUB MEETINGS
The Four Seasons Fishing Club meets 7:30 p.m. the first Wednesday of each month at the Maplewood Center in Garden City, 477-3816.

The Michigan Fly Fishing Club meets at 7:30 p.m. Wednesday, Feb. 24, at the Livonia Clarenceville High School.

Romeo B.A.S.S. Busters meet 7 p.m. the first Tuesday of each month at the Romeo Community

Youth and Civic Center, 286-6469.

METROPARKS

STORIES IN THE SNOW
An indoor discussion on animal tracks, trails and signs, followed by a hike to search for animal stories in the snow, begins at 1 p.m. Saturday at Indian Springs.

ANIMAL TRACKS ON T-SHIRTS
Participants will have fun deco-

rating T-shirts, sweatshirts and pillowcases with animal tracks in this nature program which begins at 1:30 p.m. Saturday at Kensington.

WINTER STARS
Participants will learn about constellations and the stars of the night sky in winter in this program which begins at 7 p.m. Saturday at Indian Springs. The program begins with an indoor slide presentation followed by an outdoor observation session. Particip-

pants should dress for the weather.

FIELD AND FOREST FORAY

A naturalist-led walk through a meadow and a woods comparing and contrasting these habitats and their inhabitants, begins at 2 p.m. Sunday at Kensington.

METROPARK REQUIREMENTS
Most Metropark programs are free, while some require a nominal charge. Advanced registration and a motor vehicle permit are required, 1-800-47-PARKS.

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