

Hunting can be a killer

No one but Paul Bunyan could carry Babe the Blue Ox across his shoulders and stride without fatigue through the wilderness. Yet, some hunters, who ordinarily lead sedentary lives, set out for strenuous hunting trips, carrying heavy gear, and exerting themselves beyond their endurance. The danger, of course, is heart attack.

If you're not the real Paul Bunyan, you might follow a few tips that could save you from being draped like the Blue Ox over someone's shoulders.

First, get yourself in shape. Increase your exercise program and, if there's a question about your health, see your doctor.

Walking over hill and dale, sometimes in jeep snow, is not your regular saunter through the city park. Once you're there, be sure you dress warmly.

Cover your head, ears, hands, and throat, and remember that an uncovered head is like a smoketack that emits your body heat. Keep it covered. Watch your alcohol intake, too, because alcohol causes your body to lose its heat faster.

If you're on medication for a heart condition, be sure everyone in your group knows where you keep the medicine and how it's used. Hunters are killed by stray bullets every year, but many also are felled by heart attacks. If anyone with you has the following symptoms, get medical help fast: a feeling of fullness, heaviness, or squeezing pain in center of the chest that sometimes spreads to the arms, shoulders, neck and jaw, and may be accompanied by nausea, vomiting, sweating, and shortness of breath.

Senior cards available

Identification cards for an Oakland County senior citizen discount program can be applied for at a number of south county sites during December.

The ID cards allow county residents, 60 years of age and older, to take advantage of senior discounts — from 4 to 50 percent — offered by businesses.

The free cards, which provide a person's picture, signature, address, birthdate and social security number, can be obtained at the following locations:

- Dec. 5, Tyndall Berkley Community Education Center, 14501 Tyndall, Oak Park, 545-0990, 9:30 a.m.-noon.
- Dec. 10, Royal Oak Senior Center,

433 East Eleven Mile Road, 546-2060, 9:30 a.m.-3 p.m.

• Dec. 12, Rochester Community Center, 816 Ledlow, Rochester, 651-6210, ext. 60, 1-3 p.m.

• Dec. 15, Oakland Towers No. 2, 920 John R. Troy, 588-7611, 9:30 a.m.-12:30 p.m. and 1:30-3:30 p.m.

• Dec. 17, Lathrup Village City Hall, 27400 Southfield, 558-5171, 10 a.m.-noon and 1-3 p.m.

• Dec. 19, Birmingham Nutrition Site, Barnum Junior High School, Frank & Purdy, 642-0740, 9:30 a.m.-12:30 p.m. and 1:30-3:30 p.m.

For application information, call Gayl Neger, 558-5171.

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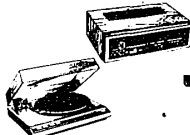
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