



Myrna Partrich

Dry skin means a lack of moisture

Dear Myrna: I have terribly dry skin. I exercise five times a week and probably sweat a quart of water each time. I always bathe after class. What can I do about this dry skin problem?

I know just how you feel. I also happen to have that dry, fragile skin. We must never neglect our skin. Unfortunately skin acts as a barometer for aging.

Exercise will benefit your skin from within. The increase in blood circulation resulting from aerobic activity will bring nutrients to your skin. This will aid in skin-cell repair. Don't worry about the quest of water you are sweating off. I'm assuming you replace this water deficit by drinking a quart after each class.

Dry skin means a lack of moisture, not a lack of oil. But you can't increase the amount of water in your skin by drinking more water. The water you drink does not lubricate your skin.

You say you take baths after each class. Staying in a bath for any relaxing period of time may strip away the covering of your skin, which helps to hold moisture.

Many people feel they should have to bathe after exercise. But why bathe? Why not shower? When showering, use lukewarm water rather than hot water. Again, hot water removes more of the covering than lukewarm water.

Don't soap all over your body. If you are shampooing your hair, the rinsing of your hair will wash your body. If only showering, just soap your armpits and private areas. These are the only areas that produce odor.

Now, for the most important part. As I previously stated, you want to add moisture to your skin. Your skin will lose the moisture you've just given it with a shower if you wipe yourself dry thoroughly.

Instead of a thorough wiping, just pat dry, leaving the moisture on your skin and add body oil everywhere to seal the moisture in. The skin will absorb the oil and moisture underneath leaving you a new, smooth, wonderful skin.

This method for fighting dry skin has been working for me. If your problem continues, you might want to see a skin doctor.

Beware, winter will be fast approaching and even dryer skin might be around the corner.

P.S. I hope you don't sun bathe!

(Myrna Partrich, co-owner of The Workout Company Inc. of Bloomfield Township, is happy to answer any questions readers may have regarding exercise. Please send your signed letters to: Sports Department, Myrna Partrich, 1225 Bowers, Birmingham 48012.)

Arrows can clue deer trail

YOU'VE JUST TAKEN a shot and you know it was a hit. The weeks of scouting, practice shooting and blind building have paid off. The problem is, the deer didn't drop on the spot as in all the stories you've heard. Now the question of what to do enters your mind. As a licensed hunter it's your duty and responsibility to both yourself and the animal to find that deer.

Be patient. Don't start whooping and hollering and run over to the spot the deer was when you shot. You'll only spook the animal more than it already is.

The first thing you should have done was to observe the animal after the shot. Was it limping or staggering? Which direction did it run? Did it go a short distance and lie down? If so, don't run over to it. You'll only force it to run further. A wounded deer will run until its last breath if it feels it is still in danger. Also note the direction of travel. Was it headed for a nearby swamp or thicket?

IF YOU'VE WATCHED the animal run from sight you can walk quickly to the area and look for your arrow. You can learn a lot about where the deer was hit and how far it will run by looking at your arrow.

If the arrow is covered with light red, foamy blood you've undoubtedly hit it in the lungs. If the blood trail is



Bill Parker
outdoors

In spurts, not a steady trail, it indicates a heart or artery shot. In either case the animal probably won't go more than 100 yards. Darker red blood could indicate a liver shot or possibly a hit in a hind or rear quarter. Clear, yellow or greenish fluids indicates a gut shot, and you should leave the animal alone for a few hours.

Also look for hair. Short hair that looks like it has been cut off, along with the lack of a blood trail, could mean a grazing shot. Long hair usually indicates a body shot. White hair means you've hit it in the belly or hind quarter. Dark hair indicates an upper body hit.

YOU SHOULD ALSO take notice of the weather. If snow or rain is on the way you may want to start tracking a little sooner than normal, but only if absolutely necessary.

A deer hit in the vitals — heart, lung, liver — or through an artery will usually only run up to 100 yards. A gut shot deer, if pushed, may run a

mile or more if it feels it's being tracked. The distance depends on the severity of the shot.

Take your time. Wait at least a half hour, an hour if you've got the time. Give the animal time to lie down and die. If it's your first deer you may want to get a hunting companion to help you find your quarry.

Once you've found a blood trail mark it well. Tie a handkerchief to a nearby limb or leave a hat on the spot. Try to follow the trail from the side. You don't want to walk on it and possibly cover up what little sign you may have.

If the trail takes you into an unfamiliar area of the woods, periodically look behind you to see what it will look like on your way out. Mark your trail if you wish to keep from getting lost. If you do get lost the thrill of the hunt will be tarnished by the anxiety of worrying how and when you'll get out of the woods. Plus, you don't want to drag the animal any unnecessary distances.

Follow the trail but also watch

ahead for the animal.

Keep your eyes peeled for hoof prints too, or turned up leaves and dirt where the animal has run.

Don't focus specifically on the ground. Blood can often be found on bushes, shrubs or branches.

IF THE TRAIL is light and hard to follow, you may want to mark it with small pieces of biodegradable toilet paper. When you find the animal you should go back and pick up the pieces.

Don't forget to keep track of the direction the animal is traveling. Did it veer off the trail toward a possible bedding area? Does it go over fallen trees and through thick shrubbery or around them. If it takes the easy trail it is probably hit severely and your job may end soon.

If you lose the trail, look ahead in the direction the deer has been traveling and you may be able to pick it up again. If you come to the end of the trail and can't pick it up, start making small circles around the last spot of blood. Work into bigger circles until you pick it up again. This circling technique may also help you locate the original trail if you can't find it right away.

Above all, try to be as quiet as possible and don't be discouraged. Trailing is as important as scouting and shooting. And remember it's your duty to find the animal.

outdoors calendar

IMPORTANT DATES

- Oct. 1 — Opening day of archery deer season statewide.
- Oct. 1 — Opening day of raccoon season statewide.
- Oct. 2-8 — Archery only bear season in Zone 2.
- Through Oct. 25 — Salmon snagging is legal on areas of the Sable, Pere Marquette, Big Manistee and Muskegon rivers.

OAKLAND COUNTY PARKS

- Paddle Through the Seasons, a naturalist-led canoe trip around

Crooked Lake, will be offered Saturday at Independence Oaks beginning at 10 a.m.

In Full Phase, a moonlight walk through the park in search of creatures of the night, will be offered Tuesday at Independence Oaks beginning at 7 p.m.

For more information on any program offered at Independence Oaks, call the park at 625-6473.

METROPARKS

Boat Show USA, featuring upwards of 1,200 power and sail boats, will run through Oct. 4 at Metro Beach. Show hours are noon to 8 p.m. Admission is \$5 adults and \$1 for children under 12.

Full Moon Walk, a naturalist-led walk in the moonlight in search of creatures of the night, will be held Tuesday at both Kensington and Stony Creek beginning at 7 and 7:30 p.m. respectively.

The Migration Story, a program for preschoolers ages 3-6 to learn about the migration of Canada Geese, will be held Wednesday at Metro Beach beginning at 10:30 a.m.

The 1987 Huron River Canoe Map, illustrating over 100 miles of the Huron River, is available, free of charge, from the Huron-Clinton Metropolitan Authority.

Indicated on the map are parks, canoe liveries, portages and points of interest along the Clinton River from Proud Lake in Oakland County

to Lake Erie. The map also has information on camping along the river and tips on canoeing.

The maps are available at Kensington Metropark (near Milford), Hudson Mills Metropark (near Dexter), Lower Huron Metropark (near Belleville), Lake Erie Metropark (near Rockwood) and the HCN Administrative Offices in Brighton. To obtain a copy by mail send your name, address and \$2 in postage to: Canoe Map, Dept. W-41, The Metroparks, P.O. Box 2001, Brighton, MI 48116-8001.

Most Metropark programs are free but all require advanced registration. For more information or to register, call the Metroparks at 1-800-24-PARKS.

sports shorts

OFFICIATING CLASSES

Questions often asked at the hundreds of rules clinics offered annually by the Michigan High School Athletic Association pertain to the availability of officiating classes.

During the year, classes in officiating various sports are offered at 39 locations statewide by Michigan universities, colleges, junior colleges, community recreation departments, official associations and private individuals.

In the classes, National Federation rules are studied, and upon successful completion of the course, students can become registered officials with the MHSAA.

Following is a list of classes offered around Oakland County: Rochester — Oakland University (football, basketball, soccer, softball); Royal Oak — Kimball High School (football, basketball, baseball, softball); Highland — Deborah S. Heck (gymnastics); Union Lake — Oakland Community College (football, basketball, softball, baseball).

REHABILITATION EQUIPMENT

Metro Rehab, an orthopedic physical therapy clinic in Royal Oak that supplies trainers to both Birmingham Groves and Seaholm high schools, has obtained the Injury Prevention and Back-To-Work Clinic developed by Cybex Inc.

Backed by more than five years of research on more than 12,000 back injuries, these computerized machines can objectively determine the severity of an injury and point out deficiencies in strength and mobility that contribute to back pain. It is also used after testing to rehabilitate back injuries.

The new equipment complements several other pieces of computerized rehabilitation equipment in the clinic.

OLYMPIC HOCKEY PREVIEW

Team USA will play three games at Joe Louis Arena in preparation for the 1988 Winter Olympics in Calgary, Alberta, Canada.

Team USA will face Michigan State University at 7:30 p.m. Friday, Nov. 20, the USSR team at 8 p.m. Saturday, Dec. 19, and the Canadian team at 2 p.m. Saturday, Jan. 18.

The 23rd Annual Great Lakes Invitational will be held at Joe Louis Arena on Dec. 29-30 while the Central Collegiate Hockey Association Championships will come to JLA on March 11-12.

This year's GLI features defending GLI Champions Michigan State University, the University of Michigan, the University of Wisconsin and Michigan Tech. The two-day double-header games will take place at 5 and 8 p.m.

To charge tickets by phone, using Visa, Discover or Master Charge, call 567-7500.

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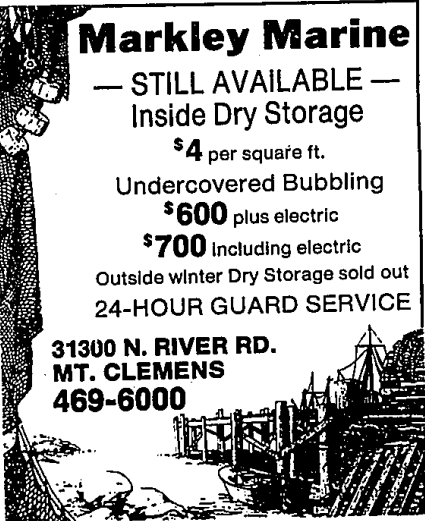
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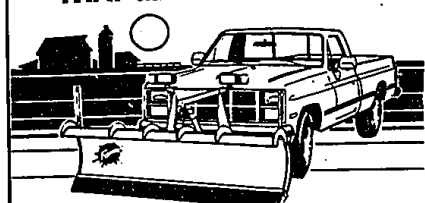
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