



exercising options

Myrna
Partrich

Cardio fitness: What does it mean?

Dear Myrna: Could you explain what "cardiovascular fitness" means? I've heard the term used a lot lately.

— Michelle Greco
Redford

Gnood question!

Our cardiovascular system's endurance is defined as the capacity of the heart to deliver blood to our working muscles. The term cardiovascular fitness is simply a measure of our cardio capacity.

One of the important elements of total fitness is the measurement of the ability of your heart and lungs to carry oxygen to your muscles. A fit person's lungs, blood vessels and muscles work much more efficiently and easily during exercise than do those of an unfit person.

Cardiovascular fitness can be determined in a few ways.

The most effective method used by doctors is the stress test in which you run to exhaustion on a treadmill or run up stairs. During this time important measurements are taken — your heart rate, amount of air you ventilate, amount of oxygen you consume and the amount of carbon dioxide you produce.

If you are interested in a detailed study of cardio fitness, I recommend you seeing a cardiologist.

Myrna Partrich, co-owner of The Workout Company 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.

Deer harvest record broken

outdoors

Based on roadside surveys of returning deer hunters, the Michigan Department of Natural Resources estimates a record 248,000 deer were taken during Michigan's firearm deer season, Nov. 15-30. The old firearm deer harvest record was set in 1984 at 212,580.

Several other harvest records were also broken.

In the Upper Peninsula (Zone 1), hunters took 33,500 bucks, breaking the old record, set 40 years ago, of 32,400.

The total harvest of 43,000 deer also set a new record. The old record of 39,220 was set in 1959.

Although no records were set, the northern Lower Peninsula (Zone 2) once again recorded the highest deer harvest of any of the state's three zones at 119,000 deer, including 83,000 bucks.

For Zone 2, the record firearm buck harvest was set in 1982 at 141,410.

The southern Lower Peninsula (Zone 3) continues to set records with a firearm deer harvest of 57,000 bucks in a total harvest of 85,000 deer.

The previous firearm harvest record in Zone 3 was set in 1986 at 68,690 deer, including 44,180 bucks.

Although the archery season runs through Jan. 1, 1988, indications

from the Oct. 1-Nov. 14 half of the season suggests that archers will take at least as many as the 58,000 deer taken during the 1988 archery deer season.

When combined with the firearm deer harvest, Michigan deer hunters will have taken more than 300,000 deer for the first time since state harvest records have been kept. The previous record was set in 1986 at approximately 277,000.

Poaching complaints to the DNR's 24-hour Report All Poaching (RAP) phone hot line (1-800-292-7800) for the 1987 deer hunting season totaled 1,696 calls, slightly below last year's record of 1,748 calls.

Overall, calls during the highest poaching period (September-November) this year are running 900 calls ahead of last year's figures.

HUNTING ACCIDENTS resulted in six deaths and 30 injuries during the recent firearm deer season, according to preliminary figures released by the DNR.

These figures were up from the five deaths and 28 injuries reported last year, but slightly down from the

1985 season, in which six people were killed and 31 injured.

Twelve of the accidents (two fatalities and 10 injuries) were self-inflicted, while 24 accidents (four fatalities and 20 injuries) were a result of another hunter's bullet.

A statewide breakdown on the location of the accidents shows three injuries in Zone 1, five fatalities and 11 injuries in Zone 2 and one fatality and 16 injuries in Zone 3.

Two of the fatalities reported involved the victim being mistaken for game.

The remaining four fatalities were the result of a shooter stumbling, loading/unloading a firearm, a loaded firearm discharged in a vehicle and a victim shot by another hunter turning to shoot on game.

Careless handling of a firearm resulted in nine injuries, the victim out of sight of the shooter resulted in eight injuries, the victim shot by a hunter turning to shoot on game resulted in six accidents, the victim being mistaken for game resulted in four accidents and improper crossing of an obstacle, firearm falling from an insecure rest and loading and unloading a firearm each result-

ed in one injury.

CONTEST RULES are now available to Michigan wildlife artists who wish to enter paintings for consideration in Michigan's trout/salmon and waterfowl stamp design contests next April.

Artists have until March 18 to submit their entries for the stamp contests, which will be held in conjunction with the Michigan Wildlife Habitat Foundation Art Show, April 7-10 at the Southfield Civic Center.

Last year's winning trout entry, the Atlantic salmon, and the past three winning duck stamp contest species — the green-winged teal, goldeneye and the ring-necked duck — will not be eligible as a theme for the 1988 contest.

Contest organizers encourage entrants to submit entries of those species that have not been featured on past stamps.

Submitted paintings will be judged April 9. Winning entries will appear on the 1988 Michigan Waterfowl Stamp and the 1989 Michigan trout/salmon stamp.

Trout/salmon contest rules may be obtained by contacting Barbara Walker, DNR Fisheries Division, P.O. Box 30028, Lansing 48909, (517) 373-1280.

Waterfowl contest rules are available through Sandy McBride, DNR Wildlife Division, P.O. Box 30028, Lansing 48909, (517) 373-1283.

outdoors calendar

IMPORTANT DATES-EVENTS

• Jan. 9-Feb. 8 — Special goose hunt in the Southern Michigan Goose Management Area.

• Through Jan. 31 — Mink season in Zone 1.

• Through Jan. 31 — Raccoon season in all zones.

• Through Jan. 31 — Squirrel season in all zones.

• Through March 1 — Fox season in all zones.

The 1988 State Park motor vehicle permits are available at all 86 Michigan State Parks and Recreation Areas. An annual permit costs \$10 and covers vehicle entry into all

86 Michigan State Parks. The permits are also available through the Department of Natural Resources Information Service Center, P.O. Box 30028, Lansing 48909, phone 517-373-1220.

METROPARKS

• "Gateways," a 1987 color film illustrating the 13 Huron-Clinton Metroparks and facilities, is available for presentation to civic clubs and community organizations. A speaker will accompany the free presentation. For more information, contact the Metroparks at 1-800-24-PARKS.

• The 1988 Metropark annual vehicle permits are on sale. The permit costs \$10, \$5 for senior citizens. The permits are required to enter any of the 13 Metroparks serving Oakland, Wayne Macomb, Livingston and Washtenaw counties. Daily permits, which went on sale

Jan. 1, will cost \$2 each for vehicles and boats.

The annual permits are available at Metro Beach, Sion Creek, Indian Springs, Kensington, Huron Meadows, Hudson Mills, Lower Huron and Lake Erie Metroparks or at the administrative offices.

No permits will be sold through the mail. For more information contact the Metroparks at 1-800-24-PARKS.

OAKLAND COUNTY PARKS

• Observer and Eccentric Ski School, a cross-country ski clinic, will be offered Jan. 9 beginning at 10 a.m. at Addison Oaks and 8:30 a.m. at Independence Oaks. Cost is \$5 for a lesson and \$10 for a lesson and ski rental. Prerequisite is required. For more information and a snow update, call Addison Oaks at 625-2432 and Independence Oaks at 625-0877.

hockey

BIRMINGHAM OVER-30 HOCKEY STANDINGS

Team	W	L	T	Pts	GF	GA
Doug Lindsay	10	4	0	20	52	21
Pasbody	7	6	1	15	30	25
State Farm	5	5	4	14	30	39
Product-Sol	5	6	3	13	30	35
Metro Sports	5	7	2	12	27	35
Ampro	4	8	2	10	34	45

SCORING LEADERS

Name	Goals	Assists	Pts
Fok (Lindsay)	17	12	29
Master (Lindsay)	11	9	20
Worm (Farm)	10	6	16
Grundy (Lindsay)	4	15	19
Voncker (Lindsay)	12	6	18
Corone (Ampro)	8	10	18
Schmitt (Pasbody)	10	7	17
Thomas (Sol)	8	9	17
Wardlaw (Pasbody)	6	11	17
T'penger (Lindsay)	5	12	17
Van Dusen (Farm)	5	12	17
Pattar (Pasbody)	6	8	14
Morris (Ampro)	6	8	14
Shook (Ampro)	6	9	14
Levi (Metro)	5	8	13
Becker (Metro)	5	6	11
Fick (Sol)	5	5	10
Loebach (Farm)	5	5	10
Cole (Metro)	3	7	10
Patterson (Pasbody)	2	8	10

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Southfield
Birney Middle School
27255 Evergreen Rd.
Thursday 6 p.m.-9 p.m.
New Classes Begin:
1-14, 2-18, 3-24, 5-4
*Classes Also Available in Ann Arbor, Lapeer and Wayne County

Sterling Heights
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39701 Dodge Park Rd.
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New Classes Begin:
1-13, 2-17, 3-23, 5-4

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Diet Pills Sweeping U.S.

Doctors Invent 'Lazy Way' to Lose Weight

New 'Fat Magnet' Diet Pill Guarantees Fast Weight Loss

BEVERLY HILLS, CA (Special)—

An amazing new weight loss pill called "fat-magnet" has recently been developed and perfected by two prominent doctors at a world famous hospital in Los Angeles that reportedly "guarantees" that you will easily lose fat by simply taking their tested and proven new pill.

No Dieting—Eat Normally
Best of all, "you can continue to eat all of your favorite foods and you don't have to change your normal eating habits. You will start losing fat from the very first day, until you achieve the ideal weight and figure you desire."

There has never been anything like it before. It is a totally new major medical breakthrough for weight loss (worldwide patent pending).

Flushes Fat Out of Body

The new pill is appropriately called the "fat-magnet" pill because it breaks into thousands of particles, each acting like a tiny magnet, "attracting" and trapping many times its size in fat particles. Then, all that trapped fat is naturally "flushed" right out of your body because it cannot be digested.

Within 2 days you will notice a change in the color of your stool as the fat particles are being eliminated.

"Pills Do All the Work"

According to the doctors, the fat-magnet pills do all the work while you quickly lose fat with no starvation diet menus to follow, no calorie counting, no exercising, and no hunger pangs. It is 100% safe. You simply take the pills with a glass of water before meals.

The fat-magnet pills have just been offered to the American public and are already sweeping the country with record sales and reports of dramatic weight loss. It's the "lazy way" to lose weight for people who enjoy eating.

Now Available to Public

If you need to lose 20, 50, 100 pounds or more, you can order your supply of these new highly successful fat-magnet pills (now available from the doctor's exclusive manufacturer by mail or phone order only) by sending \$20 for a 90 pill supply (+\$2 handling), or \$35 for a 180 pill supply (+\$3 handling), cash, check or money order to: Fat-Magnet, 5090 Wilshire Blvd., Dept. W-25, Beverly Hills, CA 90210. (Unconditional money-back guarantee if not 100% satisfied.) Visa, MasterCard and American Express OK. (Send card number, expire date, and signature.) For fastest service for credit card orders ONLY call anytime 24 hours, toll free (800) 527-9700, ext. W 24.

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