

exercising options

Myrna Partrich

Start slowly when returning to exercise

Dear Myrna: I am a former advanced-type exerciser. About a year ago, I could take four to five very hard aerobic classes and run hard a few days a week. I'm a company man who eats a lot of meals out and, consequently, I've gained over 30 pounds in the last six months. Now I know I must go back to exercise.

I should say so. Thirty pounds of extra weight is a lot to carry around.

First of all, do not even consider advanced-type classes until your weight is at least 20 pounds lower. For every pound you gain, your muscles will require more oxygen, which will be more stressful for your heart.

Just during slow walking, your heart will beat one more time per minute for every two pounds of extra fat and your lungs will take in one more pint of air.

Now you've placed extra stress on your heart and lungs, not to mention your skeletal system.

If you carry your weight around your middle, like some men, your back is under a lot of stress. That's just another reason for not returning to an advanced-type class or running.

I recommend a beginner, low-impact aerobic class or any low-level aerobics class. How about walking at a nice pace gradually getting into speed walking? You can increase the level of your aerobics class on that last 10 pounds to lose.

It's hard when you are placed in a situation of business entertaining, both food and drinks. I'm assuming you're considering a healthy diet also. You know, a little diet and exercise will make you feel like a new man.

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

A lesson on ducking bucks

IN THE SPLIT second it took my arrow to travel less than 25 yards the majestic six-point buck ducked under the shaft.

I should have known. It's common knowledge among archers and hunters that the first move a deer makes when it is frightened is to duck.

I made a common mistake. The majority of missed shots with a bow and arrow sail over the back of the deer. I should have compensated. I know better. But in all the excitement I failed to make the necessary adjustments.

It was the second day of the archery season and the buck had been standing broadside at 23 yards. (I later stepped it off.) A perfect shot. But as soon as he heard my release, he ducked under my arrow like some of the thornapple tree 80 yards away. Think about it for a minute. Would a deer walk into a perfume department?

Baking soda works well as a cleanser, both in the shower and in the washing machine. It eliminates the obvious odors.

Cigarettes, carbon, gasoline and car exhaust, to name a few, also leave odors on clothing that you'll bring with you into the woods. You may not smell it, and a doe and her fawn may not smell it, but did you ever wonder why bucks never come your way?

I keep my hunting clothes in a plastic garbage bag along with a few apples, a couple of stalks of corn or an assortment of branches, leaves and grass depending on the area where I'll be hunting. I put my outer garments in the bag as soon as I leave the woods and don't put them

outdoors

Bill Parker

The deer's primary sense is its sense of smell. Although human body odor is the first thing most hunters concern themselves with eliminating, other odors should also be eliminated.

For instance, you may feel "Zestfully clean" from your morning shower, but if you do, you're also "Zestfully" full of fragrance. And your "Downey Soft" flannel shirt smells great to you, but it smells pretty odd to the big buck standing behind the thornapple tree 80 yards away. Think about it for a minute. Would a deer walk into a perfume department?

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carded branches work well in the bag with your hunting clothes.

It's much quieter to raise your bow and arrows into your tree blind after you're already planted in the tree. Tie a piece of nylon cord (twine tends to weaken after it gets wet) to a nearby branch and use it to raise and lower your bow. Raise the bow, with the arrows in the quiver, with the broadhead end of the arrows coming up first and lower it with the broadheads going down first. This will help keep the arrows from becoming tangled in the lower branches of the tree.

When it's time to shoot, be patient. Let your quarry come in to your range. If you don't have a good shot, don't take it. You'll only wound the animal and make it suffer. There are many more deer in the woods.

Many times a deer will turn or even backtrack and offer you an even better shot. If you don't get a good shot at least the animal won't be spooked. He'll be comfortable with the area, and he may come back the following day.

When you do draw your arrow back, draw slowly and smoothly. Pick a spot and take a deep breath. Release half of your breath then release your arrow and continue to focus on your target.

(Bill Parker is happy to answer questions readers may have about the outdoors. Successful deer hunters are also urged to send in your success stories. Send your name, phone number and information about the deer including sex, date taken, county and a brief explanation of how the deer was taken to: Outdoors, Observer and Eccentric, 1225 Bowers, Birmingham 48012.)

sports shorts

DIRECTOR NAMED

David Fiacella of Beverly Hills has been named executive director of athletics for Detroit Country Day School. In the newly created position he is responsible for supervising all aspects of DCDS athletic programs for the Upper and Middle schools.

Fiacella brings a wide range of experience in education and the private business sector. Most recently he was the supervisor of a nationwide automotive training program for Creative Universal in Warren. Prior to that he spent seven years as the senior special events coordinator in the Communications Division of Burroughs/Unisys Corp. He was a coach/instructor at Wayne State from 1969-80. He was a defensive coordinator in football and an assistant coach in basketball and tennis. He has also been a tennis pro at both Pine Lake Country Club and Oakland Hills Country Club.

Fiacella holds a master's degree in education from Wayne and a bachelor's degree in English from William & Mary College, Williamsburg, Va.

BASKETBALL COACH

Robert Bell of Bloomfield Hills has been hired as the head women's basketball coach at Madonna College.

A graduate of Albion College with degrees in economics and education, Bell began his coaching career as an assistant women's basketball coach at Albion from 1976-80.

He has held assistant basketball coaching positions at the University of Louisville and Bloomfield Hills. He has coached at the University of Louisville and has served as head coach at Kentucky Wesleyan College and Ulica Eisenhower High School.

SOFTBALL TOURNAMENT

The West Bloomfield Parks and

Recreation Department is sponsoring the first ever "Holiday" Classic Softball Tournament, Dec. 17-18. "Combat the winter blues," according to Scott Van Meter, organizer of the event.

Entry fee, which covers umpires, softballs and awards for the first- and second-place finishers, is \$70 per team. The tournament is limited to the first 16 teams, which sign up. For more information call Van Meter at 334-5660.

METROPARK RUN

Several local runners recently placed in the top three in their respective age divisions of the 1988 Stony Creek Metropark Distance Run.

First place finishers include Troy's Todd Kelly, 13:14, 25-29 male division; Troy's Denise Forbes, 21:59, 30-34 female; Rochester's John Hunyadi, 15:12, 35-39 male; Rochester's Greg Shamsanek, 15:24, 40-44 male; Troy's Rosie Desrosiers, 25:47, 45-49 female; and Rochester's Jan Landry, 27:12, 50 and over female.

Second place finishers include: Birmingham's Kristen Browne, 18:16, 18-24 female; Rochester's James Rupert, 14:07, 18-24 male; and Orchard Lake's Kirk Miller, 15:18, 25-29 male.

Third place finishers went to Troy's Robin Desrosiers, 28:39, 18-24 female and Rochester's Henry Gac, 18:02, 30-34 male.

PUNT, PASS, KICK

The Greater Detroit Area Pizza Hut Restaurants are sponsoring the 1988 Punt, Pass and Kick football competition for youngsters 8-13 years old.

Regional competition will be held Oct. 15-16.

outdoors calendar

IMPORTANT EVENTS AND DATES

Oct. 15 - Resident fox season opens in Zone I & II.

Oct. 17 - Sighting in Days begin at the Western Wayne County Conservation Association in Plymouth Township. The fee is \$5 and the races are open 10 a.m. to 4 p.m. daily, through November 14. Call 453-9843 for details.

Oct. 20 - Pheasant season opens in Zone III.

Oct. 25 - Mink season opens in Zone I.

Oct. 27 - A dinner party and auction, sponsored by the Huron Valley Chapter of the National Wild Turkey Federation, will be held at the Warren Valley Country Club in Dearborn Heights. Eighty-four percent of the proceeds from this fundraising event will remain in the state. For more information, call Hugh Marx at 477-6955.

OAKLAND COUNTY PARKS

Ciderfest, a program in which participants will learn how to make apple cider, will be offered at 1 p.m. Oct. 15, at Independence Oaks.

Nature Fears and Halloween Fables, guided walks in which participants will meet volunteers dressed up like Halloween creatures, will be offered at 7 p.m. Saturday, Oct. 22, at Independence Oaks.

Weekend Camping is offered through Oct. 30 at both Addison Oaks, near Oxford, (693-2432) and Groveland Oaks, near Holly (534-9811).

METROPARKS

Apple Cider Day, an opportunity to make cider on an apple press,

will be offered at 10 a.m. Saturday at Stony Creek.

Apples, Acorns and Pumpkins, a family activity including elder-making demonstrations, stories, games, pumpkin painting and fall color walks, will be offered at 11 a.m. Sunday at Stony Creek.

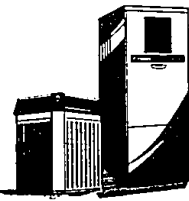
Fall Color Cruises, a 1½-hour cruise aboard the Island Queen to

observe and learn about fall color, will be offered Saturday and Sunday at Kensington. There is a \$2 charge per person and advance registration is required.

Most Metropark programs are free but all require advance registration and a motor vehicle permit. For registration and additional information, call the Metroparks at 1-800-24-PARKS.

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