



exercising options

Myrna Partrich

Workouts don't always produce better sex life

Dear Myrna: I have heard that the more you exercise, the better the sex life. Is this true?

Sorry workout fanatics, it is not necessarily true. Exercise has been proven to enhance your sex life if exercise is performed moderately to moderately hard, four to 10 hours per week. Certainly, more exercise than this just might make an average person tired (just a generalization, of course). A recent study proves that those who have trained hardest of all — 18 hours or more a week — found a negative relationship between sex and exercise. For both men and women, extremely vigorous training actually diminishes sexual desire. This should not be surprising — these adults with other responsibilities, in addition to exercise, are exhausted. They have little time or energy for lovemaking. Oh well — that was a good try at finding another reason to exercise. Remember, though, moderate to hard, well-paced exercise does enhance our sex life. Don't give up.

Myrna Partrich, co-owner of The Workout Company, Inc. of Bloomfield Township and a member of the President's Council of Physical Fitness, is happy to answer any questions readers may have regarding exercise. Please send your letters to: Sports Department, Myrna Partrich, 805 E. Maple, Birmingham 48009.

Never enough help for a buck hunt



Bill Parker

A SWAMP was the last place I wanted to spend my Saturday night, but that's exactly where I found myself as the midnight hour approached. But that's the way it is with hunters.

Returning home after an evening hunt, my hunting companion and I decided to stop by my brother John's house to see if he had any luck. Upon entering the house, John promptly informed us that he had "whacked" a buck a couple hours earlier, but hadn't found it yet. "What are you going to do, go back out and look for it now or wait till morning to find it?" I asked, with the blind ignorance of a punch-drunk fighter searching for another bout. "Weeellll," he replied, "now that you guys are here..." He raised his eyebrows until they disappeared under his hairline and smiled a knowing smile. He knew he had us on the ropes.

IT'S A VERY RARE occasion when one hunter refuses to help another hunter find a fallen animal. I've been awakened from an afternoon nap to trudge through a rainstorm to track an animal and I've done my share of dragging friends from the comforts of a cozy cabin to

help me track an animal through near-blizzard conditions. I've even seen hunters pass up lunch to help a total stranger find his deer because that's the way hunters work in the woods. It's like there is an unwritten code of ethics between hunters. It's a sign of good sportsmanship and camaraderie.

Ask someone on the street to help you unload groceries from your car and you'll probably receive a sneer and a smug, satisfied response. But ask a hunter to sacrifice some of his time to help you find a deer and you'll undoubtedly make a new friend in a matter of minutes. DESPITE THE FACT that I knew we had to go with him, I still tried to talk my way out of it. After all it was Saturday night and it was already after 9 p.m.

"I'm starved. I haven't eaten anything since this morning," I explained.

"I have a nacho in the oven," responded John.

"Is it a swampy area? I don't have any boots," I countered.

"Neither do I," added my friend, as we double-teamed him.

I saw it coming but I couldn't dodge a full-on delivered KO punch. "I've got extra boots," replied John, pointing to a pair of hip boots, a pair of waders and three pairs of rubber boots nestled on a shelf in his basement. "I've got extra coats, too, and flashlights and hats..."

He added, finishing us off with a flurry. Moments later we were packed into his pickup headed for the woods.

We searched the area with flashlights for nearly two hours but couldn't find the buck or a significant blood trail.

Tired and disappointed, we called the search off for the night.

The fact that we didn't find the deer doesn't matter. John went out and found it the following day, but the fact that we tried does.

If you're ever approached by another hunter in need of a helping hand, don't hesitate to spare him some time. Remember, what goes around comes around. You'll need the help some day yourself.

hunting licenses will be available. This license, which is valid on all lands except state, county or federal, will provide additional hunting opportunities and better distribute the harvest. Some hunting units have been expanded to accommodate the state's growing turkey population. The bag limit of one bearded male turkey remains in effect.

• **Trout/Salmon Size Limit** — A new order was issued changing the minimum legal size limit from eight to 10 inches for trout and salmon caught on the St. Joseph River in Berrien County. The increased size limit will encourage growth of young salmon and steelhead on this interstate (Michigan/Indiana) river and will bring Michigan's size limit for this area in line with Indiana's, a part of a cooperative interstate fisheries management effort.

• **Stream Fishing Restrictions** — An existing order establishing gear restrictions for stream fishing for salmon and steelhead trout was extended, with one addition and one revision.

Anglers can not retain a fish hooked in the mouth. Anglers must return the water immediately.

It is unlawful to use a hook attached to the line between the water and the rod, except on an approved dropper line at least three feet long. (Addition of the dropper line is expected to discourage snagging.)

• **Dip Net Bait** — To control illegal harvest of game fish, including walleye and steelhead, the order was continued, prohibiting the use of bait or attempts to take or attempt to take any species of fish with a dip net in Michigan inland streams. In addition:

Stoney Creek in Muskegon County has been added to the list of streams where dip netting is prohibited.

(Hunters are urged to report violations.) Send questions or comments to Outdoors, 805 E. Maple, Birmingham, 48009, or Monday evenings 7-9 p.m. at 644-1101.

outdoors calendar

IMPORTANT DATES AND EVENTS

- Through Nov. 11 — Detroit Sportsmen's Congress in Utica will open its rifle, pistol and shotgun ranges for practice 10 a.m. to 4 p.m. weekends. Call 739-3500 for more information.
- Through Nov. 14 — Sighting-In Days are offered at the Western Wayne County Conservation Association in Plymouth. Call 453-9843 for more information.
- Oct. 25 — Salmon snagging ends in designated areas.
- Oct. 27 — The National Wild Turkey Federation will hold its annual buffet beginning at 6 p.m. at the Colonial House, 10780 S. Telegraph, Taylor. Tickets are \$40 per person and \$60 per couple and include a country buffet and an open bar. Call Bill Merrifield at 729-0843 (evenings) or 388-8900 (days) for ticket information.
- Oct. 28 — Quail season opens in designated counties.
- Oct. 31-Nov. 4 — Detroit Camper and RV Show will be held at Cobo Center in Detroit. Show hours are 2-10 p.m. Wednesday through Friday, 11 a.m. to 10 p.m. Saturday, and 11 a.m. to 6 p.m. Sunday. Admission is \$5 adult, \$3 senior citizen and \$2 children under 12. Children under six will be admitted free.
- Nov. 1 — Fox hunting and trapping season begins in Zone III.
- Nov. 1 — Mink, muskrat and raccoon trapping season begins in Zone II.
- Nov. 5 — Fall turkey season ends.
- Nov. 7 — Four Seasons Fishing Club will hold its monthly meeting at the Maplewood Center in Garden City. Call Tony Brehler at 477-3816 for more information.
- Nov. 10 — Mink, muskrat and raccoon trapping season begins in Zone III.
- Nov. 11 — Pheasant season ends on Zone II and III.
- Nov. 14 — Grouse season ends statewide. Will reopen in Zones II and III on Dec. 1.
- Nov. 14 — Woodcock season closes.
- Nov. 15 — Firearm deer season begins statewide.
- Nov. 30 — Firearm deer season ends.

METROPARKS

- Halloween Campfire for Kids, an opportunity for children ages 4-7 to explore Halloween customs through songs, stories and games around a campfire, begins at 11 a.m. Saturday at Stony Creek.
- Old Tools: Woodworking Demonstration, a program in which participants can learn about antique tools and techniques used in bygone days, begins at 1 p.m. Saturday at Indian Springs.
- Kensington's Back Country, a naturalist-led walk through the park, begins at 1 p.m. Saturday at Kensington.
- Nature Stories for an Autumn Afternoon, a naturalist-led program for children ages 3-6, begins at 2 p.m. Saturday at Kensington.
- Sweet, Sweet Cider Making, an opportunity for families to hand press their own apple cider, begins at 12 p.m. Sunday at Stony Creek. Participants should bring one bushel of washed apples and three clean plastic containers. Advanced registration is required.

Continental Cablevision

OF SOUTHFIELD IN COOPERATION
Observer & Eccentric



Fall Sports



GET INTO OUR SPORTS!

FOOTBALL SOUTHFIELD -VS- SOUTHFIELD LATHRUP

Watch It On Channel 11
7:30 p.m.
Oct. 28 Oct. 31

GAME OF THE WEEK



CHECK YOUR LOCAL CABLE LISTINGS FOR TIMES AND CHANNELS



Stay Warm This Winter

Insulate your windows with FLEX-TITE Magnetic Interior Insulating Panels

- Stops cold drafts
- Reduces sweating & icing
- Warms cold door walls
- Saves energy
- Greatly increases home comfort
- Installs over existing windows

"Don't replace your windows INSULATE them!"

ASPEN BUILDERS
22517 Telegraph Rd., Southfield
358-1337

POOL TABLES

7 ft. SLATE
\$849.95
ANTIQUE STYLE TABLES \$995 up
2-PIECE CUES AND LIGHTS
20-50% OFF
We Service And Move Tables!
LaBARON'S SPORTS
34711 DEQUINDRE
TROY, SOUTH OF 16 MILE
585-3535

ATTENTION RETIREES

5th Annual Seminar
ACHIEVING SUCCESS SEMINAR-SURVIVING THE TURBULENT 90'S
FEATURING
SENATOR WILLIAM PROKHIRE
NOVEMBER 10, 1990
Call
Quadrant Group
for Complimentary Seats
641-5920

HELP!

Can't Find Anyone for Those Small Repairs In Your Home? Call Frizzell Const. Co.
Licensed, Insured.
Professional, 25 Years Experience
682-7122
4095 Elizabeth Lake Rd. • Waterford

SNAPPER RECYCLING MOWER



Model 25089TE 8 hp \$1,349.95
Model 28128BE 12 hp \$1,729.95

Take home any SNAPPER product today and DON'T PAY FOR IT UNTIL APRIL, 1991. INTEREST FREE.

- | | | | | |
|---|--|--|--|--|
| Auburn Hills
1700 E. Big Rock Rd.
Auburn Hills, MI 48003
313-674-1111 | Farmington Hills
24000 Telegraph Rd.
Farmington Hills, MI 48334
313-438-1111 | Madison Heights
14000 Telegraph Rd.
Madison Heights, MI 48071
313-438-1111 | Rochester
14000 Telegraph Rd.
Rochester, MI 48071
313-438-1111 | Southfield
14000 Telegraph Rd.
Southfield, MI 48071
313-438-1111 |
| Birmingham
14000 Telegraph Rd.
Birmingham, MI 48071
313-438-1111 | Eastland
14000 Telegraph Rd.
Eastland, MI 48071
313-438-1111 | Midland
14000 Telegraph Rd.
Midland, MI 48071
313-438-1111 | Warren
14000 Telegraph Rd.
Warren, MI 48071
313-438-1111 | Westland
14000 Telegraph Rd.
Westland, MI 48071
313-438-1111 |
| Brighton
14000 Telegraph Rd.
Brighton, MI 48071
313-438-1111 | Clarkston
14000 Telegraph Rd.
Clarkston, MI 48071
313-438-1111 | Linden
14000 Telegraph Rd.
Linden, MI 48071
313-438-1111 | Plymouth
14000 Telegraph Rd.
Plymouth, MI 48071
313-438-1111 | Warren
14000 Telegraph Rd.
Warren, MI 48071
313-438-1111 |

DO IT YOURSELF AND SAVE SIDING WORLD

Seamless Gutter
Run to any length
While you wait
— 12 COLORS —
69¢
1/2" 027 Gauge
ALUMINUM SOFFIT
SVP-10 WHITE AND COLORS
CLARK \$59.95
50 YEAR WARRANTY
White DS-D4
\$39.95 per sq.
Custom Trim Available
Any Color - Any Shape

Wolverine VINYL SIDING
50 YEAR WARRANTY
White DS-D4
\$39.95 per sq.
Custom Trim Available
Any Color - Any Shape

#1 COIL STOCK
White 24" x 36"
CLARK \$43.95
SOLID VINYL REPLACEMENT WINDOWS
Full Line - 1/2" x 1/2"
\$85.95
Wolverine ALUMINUM SIDING
D4 19RW 3 Colors Full Warranty \$39.95

Quoniam Limited — One Sq. — 100 Sq. ft. Mon. through Fri. 8:00-4:30 Sat. 8:00-3:00 Sun. 10:00-3:00