

# Angler earns buck pole honor

**I**N THE EYES of the deer hunter there are bucks, trophy bucks and record-book bucks. Such is the case with most hunters, and anglers as well. And since there are no "record-book bucks" yet reported by area sportsmen, you deer hunters will have to take the buck seat for a few paragraphs while angler (Julius) Chip Drotos basks in the spotlight.

Drotos, of Bloomfield Hills, was bass fishing with a "Momma's Cat" crankbait on Oakland County's Kirkwood Lake on Oct. 17 when he caught what he thought was "a pretty big bluegill."

What he actually landed was a new state record and a possible world record 1-pound 8 1/2-ounce green sunfish.

"I'm not really an avid fisherman," said Drotos. "But I was enjoying the weather and went out (in a paddleboat) to do a little fishing."

"I pulled in what I thought was a pretty big bluegill. My neighbor, (Rob Rodlike) who is an avid fisherman, was on shore and when he checked it out it turned out to be a green sunfish."

When Drotos reported his catch to the Michigan Department of Natural Resources the next day to receive his Master Angler patch, he learned the fish was a new state record. Three weeks later, a DNR biologist called back to inform Drotos that the fish was a possible world record.

The fish eclipsed the old state record of 1 pound 5 ounces and is expected to be certified by the National Freshwater Fishing Hall of Fame in Wisconsin as a world-record catch in the 6-pound-ten-line category.

"I was proud to just catch a state record," Drotos said. "I didn't realize the impact of all of this until I started talking to other fishermen."

On with the buck report:



Bill Parker outdoors

• Bob Branton, of Farmington Hills doesn't hunt with a gun, but he's been hunting with a bow and arrow for the past five years. He hunted the western section of the northern Lower Peninsula during the early part of the archery season with his friend Don Shull of Ludington.

Experiencing no success, Branton decided to try his luck on his own property in Tuscola County. It turned out to be a very good decision.

Just before sunset on Oct. 26, Branton arrowed a 140-pound four-point which bounded off into a nearby swamp. He decided to spend the night and wait until morning to retrieve the deer. The next morning he was back in the swamp before sunrise.

"I decided to sit in a tree at the end of the swamp and wait until light to go look for it," said Branton. "While I was sitting there, a seven-point came through (165-pounds) and I made a pretty good shot on him, too."

It took most of the day — because he was hunting alone — to retrieve both deer, but Branton finally made it out of the woods and returned home with two nice bucks.

• Tom Plagnay of Redford was hunting a blind on the edge of an open field in Manistee County when he made a great shot, dropping a 150-pound eight-point buck at 500 paces. He shot the deer at 7:30 a.m.

opening morning of the firearms season.

After field-dressing the buck and taking it back to camp, Plagnay headed back into the woods. During a lurch break at his wife's blind, Elaine Plagnay shot her first deer, a doe, "in mid-sandwich," said Tom.

The next day, Tom's father, Andy Plagnay, a former Redford resident who now lives in Manistee County, filled both of his licenses in a span of 20 minutes. He shot a 170-pound eight-point and minutes later bagged a 140-pound spike horn. The elder Plagnay was hunting a road crossing between some hardwoods and a cedar swamp.

Ed Zabrowski of Brighton, who hunts with the Plagnay clan, filled his license with a 145-pound spike on opening day.

• Floyd Simmers of Auburn Hills took a 160-pound seven-point with his bow and arrow on Oct. 9 from a tree blind in Oakland County.

On Nov. 30, Simmers dropped a four-point with his muzzelbauer in a swamp in Lapeer County.

• Rochester's Jack Ross shot an eight-point buck on Nov. 25 in an Oakland County hay field.

• Greg Trolly of Rochester bagged his third buck in as many years when he dropped a five-point on Nov. 23 in Oakland County.

• Hunters at the Trail's End Hunting Camp near Sidnaw in the

Upper Peninsula's Houghton County had plenty to celebrate this year.

Bill Wilson, of Shelby Township, called to report that seven hunters at Trail's End managed to bring down eight bucks during the firearms deer season.

Wilson got things started on opening morning when he took a 125-pound four-point.

Lapenning's Bill Hill claimed "Buck Master" honors at the camp for the upcoming year when he dropped a 150-pound nine-point, also on opening morning.

John Hill of Ishpeming took the first of his two spike horns on opening day and followed that with his second spike horn on Nov. 18.

Other opening day bucks were downed by Sidnaw's Jerry Strelker, who bagged a three-point, and Benzonia's Tom Stapleton, who took a spike horn — his first buck ever.

Deas Doll of Clarkston filled his tag on Nov. 23 when he shot a spike horn which was also his first buck.

Gene Berbaum came all the way from Vaila, Calif. to participate in Michigan's firearm deer season, and he wasn't disappointed. Berbaum filled his tag with a spike horn on Nov. 27.

Wilson attributed much of the camp's success to Greg Rogers of Howell.

"Greg is our tracker," said Wilson. "We call him our 'Bloodhound,' because he always helps everyone else find their deer. He always complains that he never has enough time to hunt because he's always tracking someone else's deer."

(Bill Parker will take calls from successful hunters... and anglers... on Monday evening, 6-10 p.m. He may be reached in the Birmingham office at 644-1191. Send questions or comments to Outdoors, 805 E. Maple, Birmingham 48009.)



exercising options Myrna Partrich

## Use of hand weights depends on objectives

Dear Myrna: I am a middle-aged male speedwalker. I have seen people walking and running with hand weights during the last few years. Do weights really make a difference to your training program? Are they worthwhile or just another thing to spend money on?

In the last few years, there has been a lot of conversation, both pro and con, regarding hand weights being used while walking or running. I can understand your dilemma. Experts have really battled this issue.

I think the answer depends on your objectives. If you want to increase the energy cost of your workout over a given distance in a fixed time, the law of physics say hand weights will work. Susan Hill, Ph.D., an expert in this field from Oregon State University states: "The work you do when you walk or run is calculated by multiplying your weight by the distance you travel. If you increase your load by carrying your weights, then you perform more work if everything stays the same."

We know that if your objective is to tone your arms and you walk with weights, by using them properly, you can expect to benefit your upper body and possibly add a little to your aerobic work load. If you want to improve your running, things get controversial. Some experts claim since extra weight increases the energy costs of running, weights do help. Others, myself included, feel weights in your hands will not make a difference as to how hard your legs work when you run. In fact, I have seen a lot of back stress in runners which I believe was contributed by hand weights.

A study was recently performed by Hill. The data showed an increase in energy use of five to 10 percent for each kilogram of added weights. This increase is quite modest compared to claims that have been made by hand weight manufacturers.

Similar increases in energy costs have been measured when walkers carried weights and showed no major difference. In some cases, there has been an increase of blood pressure. Possibly, walkers are gripping hand weights too hard.

Personally, in my opinion, if hand weights are not controlled, you could cause stress to your back or upper body. Our important aerobic muscles are located in our legs, not our upper body. If your stride becomes smaller and leg action becomes less important, put down your weights immediately.

(Myrna Partrich, co-owner of The Workout Company, Inc. of Bloomfield Township and a member of the President's Council on Physical Fitness, is happy to answer any questions readers may have regarding exercise. Send your letters to: Sports Department, Myrna Partrich, 805 E. Maple, Birmingham, Mich. 48031.)

## outdoors calendar

- IMPORTANT DATES AND EVENTS**
- Dec. 7 — Muzzelloading deer season begins in Zone I.
  - Dec. 11 — Winter elk season begins in designated areas.
  - Dec. 11 — Dedication ceremony commemorating the reintroduction of elk to the Pigeon River Country begins at 2 p.m. in Atlanta. The Michigan Outdoor Writers Association will erect a bronze plaque as an Outdoor Heritage Marker on M-32 outside Atlanta.
  - Dec. 14 — Muzzelloading deer season begins in Zones II and III.
  - Dec. 16 — Muzzelloading deer season ends in Zone I.
  - Dec. 16 — Winter elk season ends.
  - Dec. 23 — Muzzelloading deer season ends in Zone II and Zone III.
  - Dec. 31 — Bass season ends statewide.
  - Jan. 1 — Archery deer season ends statewide.
  - Jan. 1 — Squirrel season ends statewide.
  - Jan. 1 — Ruffed grouse season ends in Zones I and II.
  - Jan. 31 — Raccoon season ends statewide.
  - March 31 — Bobcat and fox seasons end statewide.

- METROPARKS**
- Snack with Santa, an opportunity to take a hay ride and have a snack with Santa, will be offered at 10:30 a.m., 12:30 p.m. and 2 p.m. Saturday and Sunday at the Kensington Farm Center. Tickets are \$4 per person and advanced registration is required.
  - Animal Habitats, a naturalist-led walk in which participants will discover how and where animals live during the winter months, begins at 2 p.m. Sunday at Kensington.
  - Snowshoe Making Workshop, a five-hour program in which participants will learn to make a pair of snowshoes from a kit, begins at 10 a.m. Saturday, Dec. 15, at Indian Springs. Advanced registration is required. There is a \$50 fee for a snowshoe kit.
  - A Stomach's Guide to Holiday Plants, a nature program about holiday plants; begins at 2 p.m. Sunday, Dec. 16, at Indian Springs.
  - Most Metropark programs are free, but some have a nominal charge. Advanced registration and a vehicle entry permit are required. For more information call the Metroparks at 1-800-47-PARKS.

## sports shorts

- **DCD IN SHOOT-OUT** Country Day will play in the featured game of the second annual Big Michigan Shoot-Out boys high school basketball event, at Cobo Arena on Dec. 22. Country Day, last year's Class B champions, will meet the 1990 Class A champs, Detroit Southwestern, at 8:45 p.m. The event begins with a Day Session at 11 a.m., when Mt. Clemens meets Romeo. Viantant plays Catholic Central at 1 p.m. and Birmingham Brother Rice caps the session with a 3 p.m. contest against Albion. Saginaw opens the Evening Session against Detroit Pershing at 7 p.m. The finale will feature two of the nation's top high school players, Country Day's Chris Webber and Southwestern's Jalen Rose. For information, call 567-6000.
- **ASA TOURNEYS COMING** Two prominent Amateur Softball Association (ASA) tournaments will be coming to the Metro-Detroit area in the near future. At the 59th Annual ASA Convention in San Antonio, Texas, it was announced that the cities of Novi, Troy and Rochester Hills will be hosting two national softball tournaments in 1991 and 1992. Novi will be the host of the 1991 Women's Major Slow Pitch Championship. Troy and Rochester Hills will be the host of the 1992 Men's Masters 35 & Over Slow Pitch Championship of which the Northdorf Softball Club of Clinton Township is the six-time national champion. Both tournaments are scheduled for Labor Day weekend.

**Baseball Card Show**  
 Domino's Farms  
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\*Prices may vary between participating dealers.