



exercising options

Myrna Partrich

More lift needed for 'couch potatoes'

Dear Myrna: I read your column on "couch potato children." What about "couch potato adults." Are the statistics getting better?

In my couch potato column, I already mentioned the fact that American adults that work out at least twice a week increased from 30.8 million to 32.2 million. This was based on a survey by the National Sporting Goods Association. However, we know that 80 percent of the adult population still does not participate in exercise at all.

The National Sporting Goods Association survey revealed: women are doing better as less women than men are couch potatoes; the baby boomer generation is exercising more frequently than ever before, bringing up percentages; and as family income increases, so does participation in exercise as well as health awareness.

Remember, in most cases the more television watching — the more junk eating.

Generally, the prime time diet consists of foods high in sugar, sodium and fat and low in fruit, vegetables and fiber.

If you have noticed television itself has bad eating habits. Generally, we view our stars eating everything but fruits and vegetables. How does television's bad eating habits affect viewers? I'm not sure. But the average household watches television seven hours a day. Are the statistics getting better. I would say not better enough.

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

Archers prepare for season

THE COUNTDOWN continues. Only 25 days remain until archery deer season begins.

Archers are already in tune with their equipment and have been honing their shooting skills for the past several weeks. But thousands of archers still need to work on their equipment and fine tune their shot. Time is dwindling down to the zero hour.

Most archery shops are already loaded with pre-season repair work. Procrastination seems to run rampant in the hunter's world. But it's not too late to tune in that equipment if archers act now.

Frayed strings should be replaced. Arrows may need to be straightened and refletched. Moving parts should be lubricated and checked to be sure they are in proper working order. And don't forget your tree stand. Stands also need to be inspected for wear and tear. Worn out parts must be replaced. And everyone can use a little practice before opening day arrives.

DETROIT ARCHERS in West Bloomfield (661-4775). Western Wayne County Conservation Association in Plymouth (453-9843), Oakland County Sportsmen in Waterford (923-0444) and Royal Oak Archers in Lake Orion (923-1359) all offer shooting opportunities at various times and days. Archers will find a walk-through course open on the weekends at one or more of the above ranges throughout the month.

Walk-through ranges take archers



outdoors

Bill Parker

through a wooded course simulating actual shots through the foliage. Most courses vary the shots at distances from 15-yards to up to 40-yards and many offer shots from elevated platforms for the tree stand hunters. Walk-through ranges are as close as you can get to an actual hunt.

IF YOU HAVE the opportunity to shoot on your own it helps to vary your shots from different distances and positions. Shoot from kneeling and sitting on the ground and don't step off your shots. Elevated decks and roofs work well in simulating shots from a tree stand. But above all, be absolutely sure to put safety first when ever practicing your shot.

I've had fun lately by playing a game of "Buck" with a group of friends. We play the same way basketball players play "Pig" but take shots with our bow and arrows instead of a basketball. Believe me, the shots get progressively more challenging.

IF PROCRASTINATION is your middle name the Woods-N-Water Weekend may be your salvation. Held annually at the Eastern Michigan Fairgrounds in Inlay City

Walk-through ranges take archers through a wooded course simulating actual shots through the foliage.

the Woods-N-Water Weekend begins tomorrow and ends Sunday.

Archers will find nearly everything needed as dozens of retailers will be on hand with show specials on various equipment.

"Archers should be able to find anything they need at the show," said show manager Tom Campbell. "We've also got people coming in that can tune your bow, speed test it and even give it a camo paint job."

Other attractions archers may be interested in include a running deer novelty shoot, a bucking shoot (from a moving seat), bionic targets for the gutsy archers and a shooting exhibition by Oneida staff pro Rick Klein. Although he lost an arm in an industrial accident, Klein hasn't lost his knack for superb shooting and will entertain the crowds with his one-arm shooting display.

There will also be seminars on

deer grunting and rattling among others.

ED LANGENAU, big game specialist with the Michigan Department of Natural Resources, will conduct a seminar and answer questions surrounding Michigan's deer herd, the projected harvest, the new two buck law and more.

The show includes more than 125 exhibitor booths, 36 continuous seminars, a lumberjack skill show, deer and turkey calling contests and a camp chili cook-off with Duane A. Riley of Channel 4 acting as one of the judges.

Noted outdoor professionals scheduled to speak include Larry Virden (pistol hunting for deer), Tom Carney (camouflage tips), Ken Archer (turkey and deer calling tips), Tom Huggler (setting up a hunting camp), Bob West and Dave Bebiak (dog care and training), Dean Stratton (deer grunting and rattling), Joe Delany (dog handling), Dan Marshall (turkey hunting), Roger McCarville (Outdoors Forever), and Eric Sharp (Free Press outdoor editor).

The Eastern Michigan Fairgrounds are located on M-53, one-half mile north of I-69. Admission is \$4 and children under 12 are admitted free.

(Hunters and anglers are urged to report their success. Send questions or comments to: Outdoors, 805 E. Maple, Birmingham, MI 48009 or call Bill Parker at 644-1100, ext. 241. Monday evenings between 6 p.m. and 10 p.m.)

outdoor calendar

IMPORTANT DATES AND EVENTS

• Sept. 6-8 — Woods-N-Water News Outdoor Weekend, featuring seminars, exhibitors, archery shoots and much more, will be at the Eastern Michigan Fairgrounds in Inlay City. Call 724-0254 for more information.

• Sept. 6-7 — Michigan B.A.S.S. Chapter Federation will have a tournament in Elk Rapids. Call (616) 254-8168 for more information.

• Sept. 7-8 — Michigan Hunter Education Clinic will be at the Michigan State Fairgrounds. Call 569-8700 for more information.

• Sept. 7 — Heritage Harvest Day, a program including colonial crafts, an ox roast, face painting, a petting farm, games, pioneer skills and a country store, begins at 11 a.m. at the Seven Ponds Nature Center in Dryden. Call 796-3419 for more information.

• Sept. 8 — Western Wayne County Conservation Association will have a 3D archery shoot beginning at 10 a.m. on its walk-through range in Plymouth Township. Call 453-9843 or 425-0887 for more information.

• Sept. 8 — Royal Oak Archers will have a broadhead shoot beginning at 8 a.m. on their walk-through range in Lake Orion. Call 693-9799 or 693-1369 for more information.

• Sept. 8 — Operation Bass Red Man Michigan Division qualifier will be at the Elizabeth Park ramp in Trenton on the Detroit River.

• Sept. 10 — Early Canada goose season ends.

• Sept. 11 — Western Wayne County Conservation Association will have a seven-week class on the basics of rifle shooting. The classes will be taught by an NRA-certified instructor. Call 532-0285 for more information.

• Sept. 15 — Small game season opens statewide.

• Sept. 15 — Deadline for elk permit applications.

• Sept. 15 — Fall Holloway Classic Bass Tournament will be in Davison. Call 653-1272 for more information.

• Sept. 15 — Royal Oak Archers will have a broadhead shoot beginning at 8 a.m. on their walk-through range in Lake Orion. Call 693-9799 or 693-1369 for more information.

• Sept. 28 — National Hunting and Fishing Day.

• Sept. 29 — Western Wayne County Conservation Association will hold a broadhead shoot beginning at 10 a.m. on its walk-through range in Plymouth Twp. Call 453-9843 or 425-0887 for more information.

• Oct. 1 — Archery deer season opens statewide.

• Oct. 2 — Entry deadline for the Oct. 13 Operation Base-Rodman Michigan Division qualifier on Grand River.

METROPARKS

• Friday Night Canoe, an opportunity for families to help paddle the 35-foot Voyager Canoe, begins at 7 p.m. Friday at Stony Creek. There is a \$2.50 charge per person.

• A Children's Goodnight Walk, a naturalist-led evening hike for children followed by a story and a snack, begins at 7:30 p.m. Friday at Indian Springs.

• Sixth Annual Fall Bird Count, a census of Kensington's bird population, begins at 7 a.m. Saturday at Kensington. Participants should bring binoculars and lunch. A beverage will be provided.

• Kid Stuff, a nature program

about life in the late-summer fields, begins at 10 a.m. Saturday at Indian Springs.

• Leaf Print T-Shirts, a chance to learn about autumn colors and make leaf prints on t-shirts, begins at 1 p.m. Sunday at Indian Springs.

• Tots and Creepies, a program to help 3 to 5 year olds learn about spiders, bugs and other creepy-crawlies, begins at 2 p.m. Sunday at Stony Creek.

• Most Metropark programs are free, but some have a nominal charge. Registration and a vehicle entry permit are required. For more information, call 1-800-334-6534.

OAKLAND COUNTY PARKS

• Recycle Sing, an evening campfire program where Nature's cycles will come alive through songs and audience participation, begins at 7 p.m. Saturday at Independence Oaks.

• Harvest Moon, a nature program including a campfire and stargazing under the light of a full moon, begins at 7 p.m. Friday, Sept. 20, at Independence Oaks.

• The Pollution Solution, a program in which Doug Sheer uses music

and magic to help audiences learn more about pollution, begins at 4 p.m. Saturday, Sept. 21, at Independence Oaks.

• Canoes and Colors, a naturalist-led color tour by canoe around Crooked Lake, begins at 3 p.m. Saturday, Sept. 28, at Independence Oaks. Participants may bring their own canoe or rent one from the park.

• Oakland County Parks programs require advanced registration and some have a nominal fee. Call the Independence Oaks Nature Center at 625-6473 to register or for more information.

A Man's Gotta Do What A Man's Gotta Do

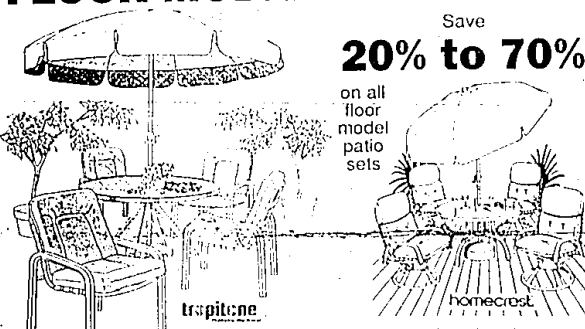
All young men have one responsibility in common. They have to register with Selective Service within 30 days of their 18th birthday. All it takes is five minutes at any post office to fill out a simple form. So if you know a young man about to turn 18, remind him to register. It's one of those things he's got to do.

Register with Selective Service—It's quick. It's easy. And it's the law.

A public service message of this publication and Selective Service System



FLOOR MODEL CLEARANCE



Save **20% to 70%** on all floor model patio sets

not exactly as pictured
Now through September 15, 1991

Palm Beach
Patio Furniture
Hours: Mon., Thurs., 10-9; Tues., Wed., Fri., Sat. 10-8; Sundays Closed

WATERFORD
7350 Highland Rd. (M-59)
7 Miles W. of Telegraph
Near Pontiac Airport
666-2880

NOVI
43236 Novi Town Center
Grand River & Novi Rd.
South of I-96
347-4610

Wallside Window Factory

Don't let our low prices fool you!



ENERGY EFFICIENT VINYL REPLACEMENT WINDOWS AS LOW AS

\$199 PER WINDOW INSTALLED
(6 Window Minimum Order)

✓ **QUALITY:** Wallside's vinyl replacement windows with Ford glass insulate like wood, retain their beauty like coated aluminum and perform smoothly in any weather. Yet, won't scratch, pill, rot, corrode or mildew.

✓ **SERVICE:** For over 47 years, we have manufactured and installed our quality replacement windows and backed them with the strongest guarantee in the industry.

✓ **SAVINGS:** In order to manufacture and install thousands of windows every year we purchase large quantities of materials at volume discounts and pass these savings on to you enabling us to sell windows for less.



For A Free No Obligation In-Home Estimate WE WILL NOT BE UNDERSOLD!

LET US PROVE IT... **272-4400**

15830 Schofer Detroit, MI 48227

Wallside Window Factory

Factory & Showroom, FREE No Obligation In-Home Estimates

TOLL FREE 1-800-321-7800