

## outdoor shorts

### O'DOWD EARNS CITATION

Birmingham's Thomas O'Dowd experienced great success recently on a fishing trip in Key West, Florida. Fishing from the *Amorous A.J.*, with Capt. Bill Robinson, O'Dowd landed a 16-pound blackfin tuna on 30 pound test tackle.

O'Dowd, a fighter pilot attached to Fighter Squadron 11, recently returned to the states from duties in Operation Desert Storm.

O'Dowd earned a citation from the Key West Fishing Tournament for his catch.

### P.O.L.I.T.E.

Whitetails Unlimited and the Federal Cartridge Co. have developed and printed a permission card to help combat hunter trespassing problems.

Through Project P.O.L.I.T.E. (Permission Of Landowner in Order To Enter) Whitetails Unlimited will supply Hunter/Landowner ID cards free of charge to all hunters who request one.

The ID card gives the hunter a tool to supply a private landowner with proper identification and encourage the hunter to ask for permission to hunt on private land. It also assists landowners in controlling hunters on their property. In most cases, proper identification makes private landowners more receptive to allowing respectful hunters on their land.

Whitetails Unlimited designed the card and a donation from Federal Cartridge Co. for printing makes the cards free of charge.

The hunter/landowner ID cards are available by sending a self-addressed legal size stamped envelope to: Whitetails Unlimited Inc., Attn Project P.O.L.I.T.E., P.O. Box 422 Sturgeon Bay, WI 54235.

### ATLAS & GAZETTEER UPDATED

In response to Michigan residents, the Michigan Atlas & Gazetteer is undergoing a major improvement in

that public lands have been highlighted in the new edition.

"When you make maps for Michigan, the most important thing you can do is listen to what Michigan people tell you," explained Eric Back, vice president at DeLorme Mapping. "What people told us is that we should highlight the public lands in our atlas. It was a terrific idea and we've done that in our new edition. We also completely revised and updated all of our maps."

"Highlighting public lands is especially useful because it allows the user to tell at a glance which areas are set aside for outdoor recreation."

The atlas uses an unusually large scale of one-inch to 2.3 miles. (To put that into perspective, a mosaic of the 102-page Michigan Atlas & Gazetteer would measure 13 1/2 feet wide by 14 1/2 feet high.) In using such a large scale, the map includes exceptional detail including superhighways, dirt roads, two-track roads, camps, campgrounds, powerlines, railroads (abandoned and still in use), forests, wetlands, dams, lakes, streams and even boat ramps.

For the name of the nearest dealer or to order by phone, call toll-free 1-800-227-1656, Ext. 5603. To order by mail, send \$14.95 per book, plus \$3.50 shipping and handling per order to: DeLorme Mapping, P.O. Box 298-5603, Freeport, ME 04032.

### WATERFOWL REMINDER

The Department of the Interior's U.S. Fish and Wildlife Service reminds waterfowl hunters that non-toxic (steel) shot is required for all waterfowl hunting and coast hunting during the 1991-92 hunting season. This is the final year in a 5-year conversion to non-toxic shot for waterfowl hunting nationwide.

In addition, it is illegal to possess lead shot, either in shot shells or as loose shot for muzzleloaders, while hunting these species.

Spent shot deposited in hunting



Thomas O'Dowd of Birmingham displays a 16-pound blackfin tuna which earned him a citation from the Key West Fishing Tournament in Florida.

areas has been found to cause lead poisoning in waterfowl inadvertently ingesting the shot as they feed.

(Hunters and anglers are urged to report their success.

Questions and comments are also encouraged. Send information to: Outdoors, 805 E. Maple, Birmingham, MI 48009, or call Bill Parker at 644-1100, Ext. 241, Mondays between 6 and 10 p.m.)

## outdoor calendar

### IMPORTANT DATES AND EVENTS

• Through Nov. 14 — Sighting-In Days will be held at the Western Wayne County Conservation Association in Plymouth. Call Bill Miller at 532-0285 for more information.

• Oct. 28 — Quail season opens in designated counties.

• Nov. 6 — Monthly meeting of the family-oriented Four Seasons Fishing Club begins at 7:30 p.m. at the Mayfield Country Club in Garden City. Visitors are welcome, and membership is open to all who enjoy fishing. Call Tony Brethier at 477-3816 for more information.

• Nov. 27 — A five-week course on the basics of shotgun shooting begins at the Western Wayne County Conservation Association in Plymouth. Call Bill Miller at 532-0285 for more information.

• METROPARKS

• Autumn Color Bike Tour, a naturalist-led bike tour through some of the scenic fields and forests of the park, begins at 10 a.m. Saturday at

Indian Springs.

• Knot Tying Workshop, a program in which participants will learn to tie a variety of knots, begins at 1 p.m. Saturday at Indian Springs. Participants should bring two six-foot lengths of quarter-inch rope.

• Autumn Is... a nature program about the many moods of autumn, begins at 1:30 p.m. Saturday at Kensington.

• Wild Encounters of a Howl-oween Kind, a family program in which participants will explore Halloween through characters and activities, begins in the early evening Saturday at Stony Creek. Advanced registration is required, and there is a \$3 fee per person.

• Leaves: Collecta' and Learnin', a look at the art of fall color and the science of identifying leaves, begins at 1 p.m. Sunday at Stony Creek.

• Kensington's Back Country, a naturalist-led nature hike through

some of the less-frequented areas,

begins at 2 p.m. Sunday at Kensington.

• The Hunter's Moon, a two-hour evening hike under the light of a full moon, begins at 7 p.m. Wednesday, Oct. 23, at Stony Creek. Advanced registration is required.

• Full Moon Walk, a nature hike under the light of a full moon, begins at 7:30 p.m. Wednesday, Oct. 23, at Kensington.

• Fall Bus Color Tours — families and individuals can board a bus and enjoy the fall colors in northern Oakland County. The tours begin at 10 a.m., and cost is \$5 per person. Advanced registration is required.

• Most Metropark programs are free of charge while some have a nominal fee. Advanced registration and an annual motor vehicle permit are required. Call the Metroparks at 1-800-47-PARKS for more information.

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**GIFT BASKET SEMINAR**

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## exercising options

**Myrna Partrich**

## Important advice to an exercise-aholic

Dear Myrna: I am an exercise-aholic. I go to exercise class every day and run at 10 miles per week. I pump iron at home five days a week — heavy. I can't seem to help myself. It took me a long time to admit that I do have a problem. I don't even warm up properly. Yes I am starting to feel it. I'm only 22 years old, but sometimes I feel 82.

It's called overtraining and under-loving yourself. Doing too much, too fast and too hard will take its toll on you. A well-designed exercise program allows time for rest and recuperation. Do you have any specific injuries; knee problems, shin splints, elbow or shoulder problems, foot problems?

My advice to a non-exercise-aholic would be:

• Be realistic about your abilities and your state of conditioning or lack thereof.

• Work up gradually to your desired level of activity.

• Take up an activity you enjoy. Do different things to break up the monotony.

• Listen to your body. Don't work through pain. Rest an injured or overstressed area and change your activity once in a while.

• Help the healing process with wet ice packs or if in need, go to a doctor.

Now how do you fit in?

When you pump iron do you work with a trainer or have you had proper instruction? If you are pumping — as you say — heavy duty, three days a week is all you need.

Are the exercise classes you are taking impact or low-impact aerobics? Try to vary this with a little cross-training. What about swimming instead of running?

Do you like feeling 82 years old? You have taken a step in the right direction by admitting your problem. Now you must fix it.

What about confiding in a good friend and letting that friend help you. Report your activities to him or her daily.

Talk to a 'friendly' exercise expert and develop the proper program just for you. Do you have any eating disorders? Sometimes we see a connection between exercise-aholics and eating disorders.

Please be careful... exercise is for a lifetime. Take it easy. Be good to yourself.

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

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