Galvan bags trophy buck

HE SEASON is dwindling down. Muzzieloading deer season ends this weekend and the second archery eason ends Jan. 1. If you haven't agged your buck, time is running Success reports continue to trickle

out.
Success reports continue to trickle in from area readers.

• The 1991 Ilrearm season was a great one for Westland's Greg Galzon.

• On 1991 Ilrearm season was a great one for Westland's Greg Galzon.

• On Nov. 17. Galvan shot a 142-pound, 6-point while hunting from a grass field in Washtenaw County.

Four days later, Galvan shot the big-gest buck he has taken in 24 years.

Hunting from the same bild in a fallen tree, Galvan shot a 194-pound.

• Il-point. The rack has an unofilicial green score of 186.2.

"The archery season continues and so do 1," Galvan said. "I did not receive a doe permit so muzzleloading is out of breen if I don't fill my last codors hunting for the shot of the decoration of the codors hunting for the codors hunting for the codors for the codors hunting for the codors for the codors hunting for the codors hunting



RIII Parker

opening day of the firearms season. Hunting in an area of mixed hard-woods and pines on the edge of a large cedar swamp in Mackinaw County, Blegaiski dropped a spike born that dressed out at 150 pounds.

Dan Blegaiski, also of Garden City, shot an 8-point buck that dressed out at 175 pounds at 3:30 on Nov. 21. Biegaiski was hunting a ridge between a cedar swamp and a river bottom in Mackinaw County.

river bottom in Mackinaw County.

Bill Kammerer took a pair of bucks this year. Hunting a rubline alone in a fencerow in north Oakland County, Kammerer dropped a 145-pound, 5-point at 7 p.m. on Oct. 4. with his bow and arrow. On opening day of the firearms season, Kammerer sbot a 140-pound spike horn.



Steve Bucy, of Fontiac, took his first buck in 13 years of hunting on Cet. 16. Hunting a patch of hardwoods in Robester, Bucy arrowed an ince 6-point.
The Michigan elk season ended Duesday. I haven't heard from any of the 10 area hunters who received an elk permit, but I'm engerly awaiting a few calls.

(Hunters are urged to report their success. Questions and comments are also encouraged. Send information to: Outdoors, 805 E. Maple, Birmingham, Mi., 48009. Hunters should include their name, hometoum, date and county of kill, weight, number of points and the type of hobitat from which the deer was taken.)

More than sit-ups needed for change

Myrna

exercising options

Dear Myrns: I am an angry, overweight women in my early 40s. I carry all my fat in my stomach area. It is terrible, It affects the way if reet and the way others feet toward me. My two children make fun of my big stomach. I do understand that I am biessed with this beautiful book shape. By reading your column! have learned that I can only alter my shape. How many sit-ups do you recommend on a dally basts! I do hate aeroble who way the stomach and the state of the state

You should know that sit-ups alone will not flatten your atomach and you hate aerobies. Not good:
First of all, you have to get your percentage of body fat down. For that, unfortunately, you will need some form of aeroble activity to burn the fat. The first 15 minutes of aerobles are important for car divascular strength, but only after that do you begin to burn fat. Please plan your activity to be a 30-minute warm-up and five-minute cold down.
Second, you have to eat right. It is not a diet that counts, champyour way of life. Start reading labels and try to keep your fat intake lower than 3 percent — In some cases, zero fat or I or 2 percent fat. Please check with your decior and make the change to a low-fat vegetarian-type diet. This will make a difference and help your depression.

pression.

Third, work on the sit-ups. You need to tighten the abdominal muscles. To effectively flatten the abdominals, you will need to do a series of abdominal exercises to bring all the fibers of the rectus abdominus Into play

abdominus Into play.

Always use the proper position — lie on your back, bend knees, have feet on the floor, press your back down on the floor, and place hands behind your head. Start with a basic situ per crueht, raising your shoulders a few inches off the floor. Breathe out on the lift. Start with 50, and then in the same crunch, twist, using obliques.

The combination of aeroble activity, diet and abdominal exercises will make additience.

Please have patience and don't let anyone get you down

(Myrna Partirich, co-owner of The Workout Company Inc. of Monophild 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 Partirich, 805 E. Mayle. Hirrangi-

outdoors calendar

IMPORTANT DATES AND EVENTS

Dec. 22 — Muzzleloading deer season ends in zones II and III.
Dec. 31 — Bass season ends

statewide.

Jan. 1 — Bobcat season opens in designated areas of Zone II.

Jan. 1 — Archery deer, squir-rel, ruffed grouse and raccoon seasons end

sons end.

• Jan. 8 — Home Firearms Safe-ty, a three-week instructional course

sports shorts

on the basics of litrearm safety in the home, begins at the Western Wayne County Conservation Association. The course will be taught by an NRA certified instructor under the direction of NRA Training Counselors Bill Miller and Bill Scherer. Call 532-0285 for more information.

• Jan. 15 - Bobcat season opens in designated areas of Zone II.

• Jan. 22 - Personal Protection Program, a six-week Instructional course on personal protection, begins at the Western Wayne County Con-

For ticket information, call 377-

servation Association. The program will be taught by NRA certified in-structors under the direction of NRA Training Counselors Bill Milter and Bill Scherer. Call 532-0285 for more information. • Feb. 16 — Bobcat season ends

Feb. 16 — Boocat season ends in designated areas of Zone II.
 March 1 — Crow, bobcat and fox seasons end statewide.

PARKS

• Christmas Tree Revelting Program, in which individuals may drop off Christmas trees in exchange for a free seedling and Earth Fair event coupons, will be offered daily at Independence Oaks, Dec. 28-Jan. 12. Seven other Oakland County Parks will also accept trees. On three consecutive weekends beginning Dec. 28, Christmas trees may be dropped off at Glen Oaks in Farmington Hills, Addison Oaks near Oxford, Groweland Oaks in Holly, Waterford Oaks, White Lake Oaks Golf Course near Pontlac, Red Oaks Golf Course near Pontlac, Red Oaks Golf Course in Madison Heights and Springfield Oaks in Davisburg, Call 838-0906 for more Information.

• Snow Kldding, a nature pro-

gram about snowshoes in which par-ticipants can join in the fun of snowshoe games, begins at 1 p.m. Saturday, Jan. 4, at Independence Oaks.

Oaks.

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

METROPARKS

METROPARKS

• Full Moon Walk, a naturalist-led evening walk to explore the facts and folklore of the moon and enjoy the sights and sounds of nature, begins at 7 pm. Sturday, Dec. 21, at Steny Creek M. Moroparks, and wall-nout the 13 Moroparks, de availation of the state of the

TARFE

ANCHERY STONE

WE DO APPRAISALS

Archery Equipment

for - Insurance • Estates • Courts

Royal Oak
549-2122

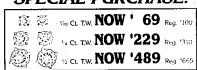
Guns

Attorneys



Wrap it up!

DIAMOND SOLITAIRE EARRINGS SPECIAL PURCHASE!



Meyer Jewelers

CAGE CLASH The Palace of Auburn Hitls will host the Palace Classic Saturday, pitting the University of Nevndo-Las Yegas Runnit Rebeis and the Eastern Michigan University Eagles. Tip-off is set for 4 p.m. The Palace will donate \$1 from each ticket sold to the City-Suburban Camp, which is designed to help metropolitan Detroit youngsters play together each summer. Detroit Piston John Salley will host a benefit concert for the home-tess Sunday at 2 pm. at The Palace of Auburn Hills. The concert, featuring blues vocalist Robert Penn, is aimed to raise money to ald home-less persons throughout Michigan. Tickets are priced at \$10 and \$15. If Power Tools Are On The Christmas List This Season *ThaKita* Power Tools Has The Perfect Gift For Use At Home Or On The Job 71/4" CIRCULAR SAW VARIABLE SPEED CORDLESS DRIVER-DRILL 2-SPEED, YAR. SPEED, REV. 10" MITER SAW VARIABLE SPEED RECIPRO SAW

րիՍերգրումնակություր<u>ը/արիՍերգրակին</u>երությունում և առաջերումնային բուրավարանի MaKita

Iverson's Lumber Company 300 E. Huran - Millord 685-8702

Pioneer Hardware 7200 Highland Rd • Waterford

Ì

Available At South Lyon Lumber 415 E. Lake • South Lyon 437-1751

Kitt's Industrial Tools 22906 Mooney · Farmington 4764325 4704323 27600 W. Eight Mile · Fermington Hills 476-2121

All Damman Hardware Stores All Erb Lumber Stores All Church's Lumber Stores 666-1710 Diliman & Upton Hardware 651-9411 *Product Availability May Vary By Location

Bolyard Lumber & Home Center 3770 S. Rochester Rd. • Rochester Hills 852-8004

Burke Lumber Company 4315 Dizie Hwy. - Drayton Plains 673-1211 Frentz & Sons Hardware 1010 H. Main St. - Royal Cak 544-8111

814" TABLE SAW

Power Tools & Accessories
It's All the Power You Need

Durst Lumber Co. 2450 W. 11 Mile Rd. • Benkley 542-2010

Scheers Ace Hardware 8601 W. Hine Mile - Oak Part 542-1802

12" PLANER HAND





Olympic Gold Medalists EXATERINA GORDEEVA & SERGEI GRINKOV

Olympic Silver Medalist BRIAN ORSER

Olympic Silver Medalish ROSALYNN SUMNERS

Olympic Silver Medalats
KITTY & PETER CARRUTHERS
U.S. National Dance Champions
SUSAN WYNNE & JOSEPH DRUAR
LEA AND MILER &
ELL FAILVE

Saturday, January 18, 1992 Joe Louis Arena 7:30 p.m.

TICKETS: \$25.00 & \$18.00 Limited Gold Circle Seats Available Great seats now available at the Joe Louis Arena Box Office and

All TICKETUSTER. Centers or Charge by Phone (313) 645-6666 Use your Discover Cord (and the Joe Louis Arena Bax Office or by calling (313) 567-5600 and receive preferred sealing. \$1 per licket will be donated to the Make-A-Wish Foundation of Michigan

For general ticket information, call (313) 567-6000 For group rate information, call (313) 567-7474

An Clink Structure Spursored by

١

Observer & Eccentric