

Students need fitness activities

EXERCISING OPTIONS



MYRNA PARTRICH

I know you are on The Parents' Council on Physical Fitness with Arnold Schwarzenegger. I am a frustrated physical education teacher. You know that our schools shortchange our children in physical fitness. I want to help so I have arranged to have a group/parent conference. I want to give parents tips on how to help this situation. I would also appreciate a visit from you the evening of the conference to speak to these parents. I will call you and discuss this further.

Being a member of the council, I am exposed to a lot of data and information, especially regarding children.

I also belong to the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD). This is an educational organization, structured for the purpose of supporting, encouraging, and providing assistance to member groups and their personnel throughout the nation as they seek to develop programs in health, leisure and activities for the enrichment of human life.

I do suggest you become a member, since you are such a dedicated teacher. You might find this organization helpful.

In Strategies Magazine dated Nov./Dec. 1991, Sheila Cooney Elsey has written what I would term tips for a physical education. It is a very well written article that I will shorten for you.

There are many ways to encourage fitness activities beyond the physical education class. Some of the following ideas have been used successfully and could be easily modified to fit any school program or grade level.

- Include a fitness component in each physical education lesson with information about fitness development, the importance of fitness, and how the specific activity contributes to this fitness.

- Help students set personal fitness goals by being specific about activities in which they will engage. Emphasize that their personal fitness is their

responsibility.

- Encourage students to keep a fitness journal. They can keep this for themselves, or bring it in to share with you.

- Assign physical education homework. Assign specific activities for the week. These may be laminated cards with instructions for a week of fitness activities which can be traded for new cards each week.

- Practice jump rope activities to prepare for participation in the Jump Rope for Heart Program.

- Display a class chart in each classroom to document activity times. Encourage students to keep one at home.

- Give classroom teachers ideas for stretching activities or fitness break activities to use when students get tired or restless.

- Promote a schoolwide time for a fitness break. This can be a few minutes in the morning or afternoon incorporated into the school schedule as is silent reading time.

- Establish a certain exercise routine consisting of the same exercises so students learn this routine and practice it at home.

- Include students and their families in a fitness festival at school. This could be a fall or spring carnival with fitness events.

- Organize groups of people from your school to enter a fun run or charity walk. Wear school T-shirts and meet at the starting line.

- Organize a walking club or an exercise club to spark interest in extracurricular fitness.

- Set an example. Get staff members involved in an exercise or walking program. This kind of excitement can be contagious.

- Plan a class walk out of town. Set goals using the miles, number of neighboring cities, states, landmarks, etc. Post an announcement in the hall outside each classroom as each destination is reached. "Mrs. Smith's class has walked to Disneyland!"

- Probably the toughest job you have as a physical education teacher is motivation. Especially if physical education classes rate second place in the school system. Also, parents' attitude toward fitness should not be overlooked.

I would love to speak at your conference. It's my favorite subject.

Thanks.

Elk hunter enjoys success



BILL PARKER

Twenty years ago, Michigan's elk herd was in trouble. There were few sightings by the public and even the most optimistic hunters had doubts about future elk hunts in Michigan. Development and exploration of oil and gas deposits had decimated much of the elk's natural habitat and poachers were hitting the herd very hard. Following a high of nearly 1,500 elk in the early 60's the herd had been diminished to about 200 animals by 1975.

Through public pressure, legislative involvement and corporate compromise a development plan was implemented to allow for removal of the oil and gas deposits while maintaining favorable range and habitat conditions. The DNR stepped up its law enforcement effort and threw stiffer penalties at poachers.

The results were favorable. The herd had grown to 700 animals by 1983 and reached 1,100 by 1985.

Today, Michigan's elk are flourishing with a pre-hunt estimate of 1,400 animals. The DNR held three hunts this fall with a total of 270 hunters participating. Birmingham's Greg Smith was one of the lucky hunters to participate.

Smith hit the jackpot in November when informed he had received one of just 63 hunter's

choice elk permits for the December hunt. There were also 107 cow-only permits issued for the December hunt. Considering there were upwards of 50,000 applications submitted for the December hunt alone, and another 37,000 permits carried over from unsuccessful applicants, Smith's success was like hitting the lottery.

Unfamiliar with the area of the Pigeon River State Forest near Atlanta where the hunt was held, Smith hired local guide Richard Huff for the hunt.

"We saw about 25 elk the first day and passed up a few bulls," Smith said. "But Richard said he thought we could do better and he was right. We did real well."

Later that night, Smith and a couple friends went out with a spot light in hopes of locating a they bull and that's exactly what they did. "We saw a few here and there, then we came upon a huge bull."

Smith and Co. were back in the area the next morning and located the bull just before 8 a.m.

"We saw him on a powerline before shooting him and had to wait 10 minutes before I could shoot," Smith explained. "By then he had moved up to a wood-ridge."

Smith was still able to get off an 80-yard shot and killed the bull with one shot from his 30.06. The bull dressed out at 588 pounds. The 6x6 rack had a 4-inch spread.

"It was a great hunt," said Smith. "The guide was very help-

ful. The hunt was in his backyard and he knew where they were. He knew the roads and trails and how to get around so we were able to spend more time in the woods instead of looking at a map."

Deer hunter success

It's not often a hunter gets a second chance, but that's exactly what Kirk Cooke got during the muzzleloading deer season and the West Bloomfield hunter made the best of the situation.

Late in the afternoon of Dec. 19, Cooke was nestled along the edge of a corn field in Livingston County braving some rain showers when a doe stepped out into an opening on the edge of the field. Cooke raised his Prairie River Arms 54 caliber, took steady aim and squeezed off a shot. CLICK. His percussion cap didn't fire.

But the doe didn't move either, so Cooke cocked the hammer and squeezed off another shot. This time the cap and the gun fired, dropping the deer in its tracks.

"The thing that really got me was that after the loud click, the deer didn't even move," said Cooke. "She stayed right there. The only thing I can figure is that the cap wasn't all the way down on the first shot. When the hammer hit it I think it set (the cap) so everything worked on the second shot."

Speaking of second chances, Jim Jelley of Rochester Hills had two opportunities to take the same deer during the bow season and he too capitalized on his second chance.

Hunting from a cluster of beech trees on the Roseville Nester Hunt Club in Roscommon County on Oct. 17 a doe wandered into Jelley's bait pile.

"It wasn't a real big deer," said Jelley, who admitted he hadn't taken a deer in over 20 years of hunting. "I was going to pass on it, but since my grandson was there I thought it would be neat to get one for him so I decided to take her."

But his shot was low and the doe bounded off. One week later Jelley was back in his blind and the same doe came through again. This time Jelley made a clean shot and killed the deer. Upon closer observation, he realized the deer had a slight nick in its lower leg where he had grazed it the week before.

■ Dennis Jelley, Jim's son, took a spike horn on opening day of the firearms season. Jelley was hunting on the side of a hill in open hardwoods in Roscommon County when the young buck came through about 9 a.m.

■ Troy hunter Ken Head arrowed a doe on Oct. 10 from a tree blind overlooking an oak ridge at the Roseville Nester Hunt Club.

(Successful anglers and hunters are urged to report their success. Questions and comments are also encouraged. Send information to: Outdoors, 805 E. Maple, Birmingham, Mich., 48009 or call Bill Parker Monday evenings at 644-1101, ext. 241.)

OUTDOORS CALENDAR

UPCOMING EVENTS

■ AUDUBON EVENTS

A trip to Lake Erie and the Lower Detroit River begins at 8:30 a.m. Saturday, 525-8630 or 545-2929.

A trip to Rouge Park in Detroit begins at 9 a.m. Saturday, Jan. 23, 525-8630 or 545-2929.

A trip to the Canadian side of the Detroit River (Sarnia) to view waterfowl begins at 9 a.m. Friday, Feb. 6, 525-8630 or 545-2929.

■ DATES/DEADLINES

Rabbit season ends March 31. Application deadline for the spring wild turkey season is Feb. 1.

■ FISHING CLUB MEETINGS

The Four Seasons Fishing Club meets 7:30 p.m. the first Wednesday of each month at the Maple-

wood Center in Garden City, 477-3816.

Romeo B.A.S.S. Busters meet 7 p.m. the first Tuesday of each month at the Romeo Community Youth and Civic Center, 286-6469.

■ CLASSES AND SHOWS

A cooking class on wild game preparation begins at 6 p.m. Monday, Jan. 11 at Schoolcraft College in Livonia. Chef Milos Cihelka, of the Golden Mushroom in Southfield, will teach the class which meets for five weeks. Course fee is \$147, 462-4448.

A seminar titled 'Ice Fishing for Family Fun' will be conducted by naturalist/outdoor educator Joe Derek beginning at 7 p.m. Monday, Jan. 18, at the Farmington Community School. There is a \$6 registration fee and advanced registration is required, 489-3333.

The Wayne County Sportsmen's Club and the Michigan Department of Natural Resources

will offer a Michigan hunter safety certification course beginning at 8 a.m. Saturday and Sunday, Jan. 23-24, at the Wayne County Sportsman's Club in Romulus. The course will cover firearms history, use and safety, archery safety, hunter ethics, first aid, survival techniques, wildlife management, game care, wildlife identification and hunter/landowner relations. Course fee is \$5. Class size is limited and pre-registration is advised, 532-0285.

A caribou hunting seminar will be conducted by naturalist/outdoor educator Joe Derek beginning at 7 p.m. Monday, Jan. 25, at the Farmington Community School. Registration fee is \$6 and advanced registration is required, 489-3333.

Northern Wildlife Art Expo, featuring the work of 50 wildlife artists, will be held Feb. 5-7 at the Lansing Civic Arena. Admission is \$5 adult, \$3.50 senior citizen and children under 12 will be ad-

mitted free. Weekend passes are available for \$8.

The Greater Detroit Sportfishing Expo will be held March 4-7 at the Palace of Auburn Hills.

The Michigan Wildlife Art Festival will celebrate its 10th anniversary April 2-4 at the Southfield Pavilion.

METROPARKS

■ FULL MOON WALK

An evening walk under the light of a January full moon begins at 7 p.m. Friday at Kensington and Stony Creek.

■ KID STUFF:

NATURE LAB

Kids ages 6-10 will conduct nature experiments and make discoveries in this nature program, which begins at 10 a.m. Saturday at Indian Springs.

SEE PARKS, 4B

Here's an easy way to house-hunt.

You'll find a lot of Open Houses listed right in our Classified Real Estate Section. There are also dozens of Open Houses listed on our electronic HomeLine directory. Be sure to check both. When using HomeLine, call 953-2020. You can listen to all sorts of recorded listings for houses that are open to view.



All you need is a touch tone telephone, a little time, and the following directions for using our voice telephone directory:

1. Call 953-2020
2. Press the number of the city you are interested in (see directory at right).
3. Choose your price range and listen to the listings for the city you've chosen.
4. Additional information:
 - To back up, press 1
 - To pause, press 2
 - To jump ahead, press 3
 - To exit at any time, press *



For Oakland County Listings, Press 1

Birmingham	4280
Bloomfield	4280
Farmington	4282
Farmington Hills	4282
Millford	4288
Novi	4286
Rochester	4285
Royal Oak	4287
Southfield	4283
South Lyon	4288
Troy	4284
Walled Lake	4286
West Bloomfield	4281

For Wayne county Listings, Press 2

Canton	4261
Garden City	4264
Livonia	4260
Northville	4263
Plymouth	4262
Radford	4265
Westland	4264

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