

# Hunting stories provide common link



**OUTDOOR INCIDENTS**

Hunters never seem to get their fill of stories from the field. Take a recent experience I had with a meter reader, for example.

A guy from Consumers Power came to check my gas meter last week. Since the meter is located in the basement of my house, the meter reader had to walk right past my bragging board (a cork board filled with hunting and fishing pictures). Once he saw that I, too, was a hunter the conversation quickly turned to the current deer season and took off from there. Some 20 minutes later my wife Donna came downstairs to see what was holding us up. She quickly discovered why we were still there, shook her head and laughed, then joined in the conversation herself.

Had our common bond been softball, golf or auto racing, I'm sure the conversation wouldn't have gone past, say, the weekend action at best. Had we passed as strangers on the street we probably wouldn't have given each other the time of day. But with hunting as our common ground, the tales and yarns just kept coming.

Successful hunter reports have

also been coming in at a steady pace.

I'm surprised, almost shocked however, that I haven't heard of any successful elk hunters. Six areas have elk permits for the September hunt and another eight were selected to participate in the December elk hunt, which comes to a close on Tuesday.

Did all you O&E elk hunters come home empty handed? I doubt it.

Successful hunters - of deer, bear, elk, moose, antelope, boar, rabbit, pheasant, waterfowl etc. etc. - are urged to give me a call. Friends, relatives and spouses should feel free report success for those any hunters. Call me at (810) 901-2573 (if it's a toll call I'd be happy to return your call so you won't have to incur the charges). Fax your information to (810) 644-1314 or send it to Outdoors, 805 E. Maple, Birmingham, MI. 48009. Be sure to include your home phone number so I can call to verify or get more information.

Oh baby! What a buck.

Dan Casey, a Canton resident who works for the City of Southfield, recently experienced what must have been the biggest work of his life.

Casey's wife, Renee, gave birth to 7-pound Brandon on Monday Nov. 14.

"Her due date was originally

Oct. 28, then they moved it back to Nov. 4 but that day came and went without a baby, too," explained Casey - an avid hunter who admitted he didn't get out much for the early bow season. "She went into labor on Nov. 14 and I knew I'd miss the whole first week of gun season. It was kind of a mixed blessing. We were really excited about the baby coming, but I haven't missed opening day in a long, long time."

By Thursday, Nov. 18, Renee and Brandon were home feeling fine and, as an understanding hunter's wife Renee, commented to let Dan go hunting for the day.

Dan was up at 3 a.m. (but not for feeding this time) to make the two-hour drive to his property in Sanilac County. He hunted all morning without seeing a deer, then retreated to camp for a quick nap. Naturally - because all excitement he'd been through - he overslept and was late getting into the woods for the afternoon hunt.

As daylight began to fade, a doe came into Casey's field of view. He granted the doe instant shooting range, then saw a big buck following her. The buck was quartering toward Casey and he dropped the monster with a 60-yard shot.

The big buck dressed out at 173 pounds and sported a 10-point rack with a 21 1/2-inch spread. It was "by far" the biggest buck the 32-year-old Casey has ever killed.

Kerry Kukhahn proved there is

no "Sophomore Jinx" in hunting. The second-year deer hunter from Canton connected on his first deer, a 6-point buck, at 7:30 a.m. on opening day of the firearms season while hunting in Charlevoix County.

"I was hunting below the crest of a hill and my hunting partner, Bob Nowak (of Garden City), was on the other side of the crest. The first thing in the morning a doe came between us and neither one of us could shoot," explained Kukhahn. "A little while later another doe came between us. I decided that's when I saw the buck."

Arnie Roark, of Lapeer, shot a spike horn on November 21 while hunting in a stand of oaks in Saginaw County.

Larry Kammerer, of Metamora, arrowed an 8-point buck from his tree stand on Nov. 12. Kammerer was hunting along the edge of a swamp in northern Oakland County.

Farmington Hills resident Jim Neville filed his two-buck limit this fall. On Nov. 9, Neville shot a 130-pound, 4-point white bow hunting from a tree stand above an oak ridge in Newaygo County. On opening day of the firearms season Neville made a 60-yard shot to drop a 160-pound, 7-point buck at 7:15 a.m.

Greg Trolly shot a 7-point buck on Nov. 22 in northern Oakland County.

# It's not too late to exercise even for older adults

I read your column about older people exercising. My mother is in dire need. How should a sedentary older adult begin an exercise program?



MYRNA PARTRICH

**SLOWLY!!!**

Yes, proper exercise at any age is possible and beneficial. If you are never too late to be trained, even 70 years or older.

A person's past activity doesn't always have bearing on how fit they can become. According to a long-range health study of 16,000 Harvard alumni, inactive alumni who were active in college were at the same risk of death from all causes (heart and lung disease and cancer) as those who had never exercised.

We know as many people age, they become less active.

Sadly, 51-71 per cent of today's seniors believe that can get enough exercise through minimal walking and other routine activities. When each year these every day tasks become more work for the sedentary senior, the senior thinks this is due to old age, not neglected muscles. Furthermore, some doctors do not encourage seniors to be active.

Four out of five U.S. adults say they have never been advised to exercise, which, if true, is an example of neglect in good medical practice.

The fact that we need exercise is most convincingly shown by observing what happens to the body when it's deprived of it. Inactivity is not only demoralizing, it also reduces ordinary daily activities. It has a devastating effect on a person's capacity for physical work.

Studies have been conducted as far back as 1977 by the Symposium on Physical Activity, Nutrition and Aging. They found that after the age of 60 our need for fitness grows more critical.

If you do not regularly exercise, many physiological

changes will be augmented as you get older. Your heart will weaken and not be able to pump blood as efficiently and your lungs will not be able to hold as much oxygen. This makes a person tire faster. Also, reduced activity weakens skeletal muscles and allows fat to develop.

Dr. Herbert Devries, University of Southern California, studied the physiological response of older men to six, 18 and 42 weeks of vigorous conditioning. He learned oxygen consumption and lung ventilation improved by 33 percent, plus he found an improvement in body fat and blood pressure. He also found that women could improve their physical status in as short a time as three months.

Beginning an exercise program is always hard - if you attack with it you'll find it enjoyable. I promise.

How to start:

- Consult your doctor, preferably an exercise oriented person;
- Take a stress test;
- Talk to an exercise expert - someone you can trust. Take your time and look around. Don't be fooled by just a great personality.
- Just like everyone else, seniors must make a commitment to fitness. You have to make a conscious decision that you're not going to let fatigue, aches or pains govern the way you live.

(Myrna Partrich is co-owner of The Workout Company in Bloomfield Hills and an appointee to the President's Council on Physical Fitness and to the Governor's Council on Physical Fitness. Send questions for Myrna to: Sports Department, Myrna Partrich, 805 E. Maple, Birmingham, 48009.)

## OUTDOORS CALENDAR

- FISHING CLUBS**
- FOUR SEASONS**  
The Four Seasons Fishing Club meets 7:30 p.m. the first Wednesday of each month at the Maplewood Center in Garden City, 477-3816. Bob Mitchell will be the featured speaker at the January meeting. Mitchell will cover the basics of ice fishing including the latest equipment, techniques, safety and local hot spots.
  - MICHIGAN FLY FISHING**  
The Michigan Fly Fishing Club meets at 7 p.m. the first and third Wednesdays of each month at Livonia Clarenceville Junior High School, (810) 478-1494.
  - METRO-WEST STEELHEADERS**  
Metro-West Steelheaders meets at 7:30 p.m. on the first Tuesday of each month at Garden City High School, 470-2965.

- MEETINGS/CLASSES**
- SHOTGUN SAFETY AND MARKSMANSHIP**  
The Wayne County Sportsman's Club will host a class in shotgun safety and marksmanship at the WCSC clubhouse in Romulus, (313) 532-0285.

- SEASONS**
- ARCHERY DEER**  
Statewide through Jan. 1.
  - BASS**  
Statewide through Dec. 31.
  - SMELT/LOACHING DEER**

- METROPARKS**
- SNACK WITH SANTA**  
Enjoy a visit with Santa, a snack, a hayride and an opportunity to sing holiday songs in this program, which will be at 10:30 a.m., 1 p.m. and 2 p.m. Saturday and Sunday, Dec. 10 and 11, at the Kensington Farm Center.
  - NATURE FOR KIDS**  
A program for children ages 7-10 in which participants will make holiday ornaments from natural materials begins at 10 a.m. Saturday at Kensington.
  - YOUNG ASTRONOMERS**  
A program for ages 8 and older in which participants will look at comets and winter sky constellations and make a Christmas star begins at 7 p.m. Saturday at Stony Creek.
  - WINTER BIRDS FOR TIGER CUBS**  
Tiger Cub Scouts may bring a parent along to this special two-hour program about winter birds, which begins at 1 p.m. Sunday at Stony Creek. A walk and a bird banding demonstration will take place.
  - HOLIDAY STORIES AND SONGS**  
A natural-lid program including a holiday sing-along and a story session begins at 2 p.m. Sunday at Kensington.
  - METROPARK REQUIREMENTS**  
Most Metropark programs are free, while some require a nominal fee. Advanced registration and a motor vehicle permit are required for all programs. Call the respective parks, toll free: Stony Creek, 1-800-477-7756; Indian Springs, 1-800-477-3192; Kensington, 1-800-477-3178.

- SHOOTING RANGES CALL ON THIS...**
- PONTIAC LAKE**  
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