It could easily fall to the



are a great benefit

Dear Myrna: I have been taking exercise classes for years. Fisally, I've switched my acrobles to non-impact or low impact. I come to your studio. I especially cology your new blg/how impact fas burner and high/low impact intermediate class. I like the combination and variety of acrobies. Can you give me some information on using band weights in such classes. How am I benefiting? Jonn M. Joan M.

Joan M. You definitely are gaining great benefit from using light (one- to two-pound) hand weights in a low impact class, both cardiovascular benefit and upper body muscle toning. For the most part, in our normal every day routines (walking, climbing, stairs, etc.) we do not include enough upper body move-ment. You rarely will get upper body workout unless you seek it in an exercise class, or some type of upper body weight machines or free weights.

exercise class, or some type of upper body weight machines or free weights. One of the characteristics of low- or non-impact classes is the use of upper body to achieve full cardio workout. Novements of the arms, especially with weights, can elevate the cardiovascular load consider-ably without added stress to the legs. For many people, keeping the arms active — with or without added weights (while legs are executing low-impact movements) — will elevate the heart rate to a target zone. In addition to the cardiovascu-lar benefits, all of the arm, chest, shoulder and back movements con-tribute to stronger muscles and a toned appearance. In my opinion, nothing looks more beautiful on a women than a pretty, well defined upper body. If you have exercised for years, you may need to include light weights — hand held or wrist — in your workout to increase the cardiovascular load. Safety is the key here? It is important to start with a one-pound weight — maybe never increasing beyond one pound.

with a one-pound weight — maybe never increasing beyond one With any arm or upper body metions, your movements must be done carefully to avoid njury. If movements are done too quickly, you will create a force and momentum that can take a limb beyond tis normal range of motion in the joint. Repeated action of this may cause ligament, tendon and joint problems. Thank you for complimenting our new class — high/low impact aerobics. We think the combo will be safe, interesting and fun. If the class description does not include weights, do not feel strange about using them anyway. Let's not forget one of the most common questions: Will build big muscles? The answer is no.

muscles? The answer is no. While working with weights will help to increase muscle endur-ance, it will not produce large, bulky muscles. You develop bulk by lifting heavy weights for several repetitions, as in weight training or trained bulker.

lifting nexty requires the second sec

n! (Myrna Partrich, co-owner of The Workout Company of

(Ayrna Partrea, co-owner of the Warkout Company of Bioonfield Tourship, is happy to answer any questions readers may have regarding exercise. Please send your signed ques-tions to: Sports Department, Myrna Partrich, 1225 Bowers, Bir-minghan 48012.)

F live HUMAN beings lost their lives last year while hunting whitetail deer in Michigan during the lire-arms deer scason. Another 20 were burget. Attough, these deaths and 30 fujurtes during the 985 hunt, they're still too hufb. They are the store of the star charts and 30 fujurtes during the 985 hunt, they're still too hufb. Lines a number whould all work extra and and go out of our way to reduce here's no reason we couldn't have an injury-free hunting essaon. And wouldn't that be a thern in the side of anti-hunters who rant und rave about all the creating, reck. in the stue of anti-numbers who fant and rave about all the crazy, reck-less hunters out shooting each other?

The majority of hunting accidents The majority of bunting accidents occur boween people in the same hunting party. If you're hunting with a reckless hunter let him know how dangerous he is. Regardless of how close a friend or If he's a family member, let him know you won't stand for him jeopardizing your bealth. If the recklessness continues, refuse to hunt with him.

Birmingham Seaholm warmed up for this weekend's state water polo finals by placing a strong second in the Villanova East Coast Champion-

ships last weekend.

outdoors Bill Parker

The following rules apply to hunt-ing in general, not just deer hunting. And if every hunter adheres to these rules we would have a much safer hunting season. • TREAT EVERY GUN as if it were loaded Anvitme someone

THEAT EVERY GOLD as if it were loaded. Anytime someone hands you a gun check to be sure isn't loaded, even if the person handing you the gun already checked. You can't be too carefull.
 BE ABSOLUTELY SURE of

BE ABSOLUTELY SURE of what you're shouling at and what's behind it before you take the safety off. If you have even the sightest doubt don't shoot. It's better to lose your quarry than a hunting partner, and you will see more wild game.
NEVER POINT your gun at anything you don't intend to shoot. Loaded or unloaded, be careful of where your gun is pointed and be sure it's never in the direction of another person. Pay special attention

while loading and unloading your gun. • BE SURE to wear an ample amount of hunter's orange so other hunters will be able to see you easi-

Number Will be able to see you casts be other members of your hunting party at all times. • DON'T OVERDO your hunting actretes hunters. Know your lim-its and don't overstep them. If you're on a drive or have been doing a lot of walking, take time to rest. • NEVER MIX drugs or alcobol with guns. Check persoription drugs one gesure they don't cause drawsi-ness or excess stimulation before heading into the woods.

hess or excess summaries excer-heading into the woods. • ALWAYS UNLOAD your gun before crossing a fence, ditch or stream. If you're taking a break new-er lean your gun on a log or fence

post. in Collid classly talk to the ground and discharge.
 NEVER CARRY a loaded gun in your car, trunk or anywhere other than into the woods or on the shooting range. Not only is it illegal but it's also dangerous. A sudden joilt could easily cause the gun to discharge.

eould easily cause the charge. • KNOW YOUR GUN, its abili-tion of ammunition if KNOW YOUR GUN, its administration at ties and the type of ammunition at uses. Be sure your shotgun shells or bullets are the correct gauge or cal-liber for the firearm you're using

• USE CAUTION when handling a gun while practicing. Follow range rules and never leave your gun load-ed when checking targets.

WHEN STORING your gun, ei-

• WHEN STORING your gun enther in camp or at home, be sure it is unloaded and in a safe phee, away from curious children. Upwards of 700,060 hunters are expected to take to the woods on Nov. 15, opening day of the 16-day season. With a deer herd estimated to be close to 15, million we should all see plenty of deer and have a lot of action. The Department of Natural Resources estimates a record kill of 300,000 deer. It would sure be hinter if we also set a record for the safest hunt ever? hunt ever

outdoors calendar

 IMPORTANT
 DATES
 AND EVENTS

 • Through Nov. 30
 - Shining or the use of artificial light for locating wildlife is illegal for locating state. Shining is illegal form 11 p.m. to 6 a.m. from Dec. 1 to Oct. 31 only.

 • Nov. 16 - Grouse season closes statewide
 - Nov. 16 - Grouse season closes statewide

 • Nov. 15 - Duck and geese sea-sons are Nov. 72-29).
 • Nov. 15 - Flearm deer sea-son opens italewide.

 • Nov. 15 - Bear season re-opens in Zone.
 • Nov. 15 - Bear season re-opens in Zone.

Snowhor Tying Workshop, a four-hour session in which partici-pants will earn to assemble Ojlbway style snowshoes, will be offered at 10 am. Saurday at Slony Creek. Kits are available in medium and large sizes and cost \$40 each. Advanced registration is required.

Whitetail Walk, a program about whitetail deer followed by a walk through the park in search of deer signs, will be olfered at 10 a m. Sunday at Indian Springs.

 Shoad ya tirdian springs.
 Show Shoe Workshop, a program in which participants will learn to construct show shoes from a kit, will be offered at 3 pm. Sunday at Indian Springs. Kits are available for \$40 each and the class size is limited to \$40 each and the class size is limited at the second state of \$40 each and the class size is limited at \$40 each and the class size is limited at \$40 each and the class size is limited at \$40 each and the class size is limited at \$40 each and the class size is limited at \$40 each and the class size is limited at \$40 each and the class size is limited at \$40 each and the class size is limited at \$40 each at \$ ited to 18 people.

ited to 18 people. Nature Photography Contest. a photography contest, sponsored by Pocus on Nature, will take place at 11 am. Sunday at Stony Creek En-tres are limited to four 36m slided per person and must be received by 10 am. Sunday, There is a 15 0 en-try fee and spectators are welcome a The 1985. Hum B Nere Canac.

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basketball TROY (Class A): Rochester Adams, Roches-ter, Troy Athens, Troy, Lake Orion. Following are the 1987 pirls basketball district ournament school assignments for local teams, he district tourney is scheduled to get under-AVONDALE (Class B): Auburn Hils Avon-ke, Bioomheid Hills Cranbrook/Kingswood,

REDFORD UNION (Class A): SouthLeid, De-trot Henry Ford, Fairmington, Fairmington Hills Mercy, Redford Union

WALLEO LAKE WESTERN (Class A); Boomheid Hills Andover, West Bloomfeld, North Farmington, Walled Lake Central, Walled Lake Western.

- BIRMINGHAM SEAHOLM (Class A): Bir-mangham Marian: Birmingham Groves: Birming-nam Seaholm, Bloomheid Héis Lahter; South-field-Laithurp.

Inity City, Ottonile-Ulandon, Ustori DETROIT COUNTRY DAY (Class C): Detroit Country Day School, Southleid Chirslan, Grosse Pointe Ourlady Star of the Sea, Pointac Catholc, Redford S1. Againa, Waterford Our Lady of the Lakes Lady of the Lakes TROY ZION CHRISTIAN (Class DI: Auburn Has Dakland Christian, Boomleid Has Roeper; Bioontied Hils Academy of the Sached Heatt Rochester Hais Luberan Northwest; Troy Zon Christian; Manie Cary Holy Cross; Mount Comens Cardial Moorev Cherlial.

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Also M StriCa





opens in Zone.

OAKLAND COUNTY PARNS Holiday Herbal Crafting, a mimi-class in which participants will make herbal wreaths and learn dee-oration tips, will be offered at 1 p.m. Saturday at Independence Oaks. Pre-registration is mandatory and there is a \$20 fee per person. For more information, contact the park at 625-6473.

METROPARKS

Ships last weekena. The Maples lost their first gane in the nine-team event, 9-6 to St. Fran-tis (N.Y.). They needed to win their next game by four goals in order to continue, and they succeeded in a 10-5 win over Annapolis (Md.). Scaholm then beat Greenwich (Conn.). 8-5 in the semi-finals, but dropped the fi-nal, 11-10. gaginst Lawrenceville (N.J.). The Maples were down, 10-6, in the final last Sunday, but, said cough. I was really impressed with the character of our team." Pfister said, "We hope to repeat this year," as state champs. In this year's tournament, the Maples will start an all-senior lineup. Todd Folen is the goalle, Lovell is the two-meter man while the drivers are Hibbert, Jim Johns, Mike Baumuller and Siver. Pfister added he was proud of Seaholm's overall performance in the tournament. "After losing at St. Francis we were ready to pack it in and head home. We had to beat Annapolls by four goals to make it to the champl-onship round," he said, "This is the ver. best three games they played all sea-

vell adding 3.

Joining Scaholm in the 8-team state finals will be Ann Arbor Huron. Groves and Ann Arbor Pinoneer from the East Regional, plus East Kent-wood, Rackford, East Lansing Del-phinus and Creston from the West Regional, which was held at East Kentwood. Seaholm's Rusty Hibbert and Alex Lovell were both named to the All-

with Hibbert scoring 6 goals and Lo

Seaholm splashes

Seaholm won two matches to take Michigan's East regional at Fenton two weeks ago.The Maples got 12 goals from Chris Siver in a 23-7 win over Utics Ford in one regional con-test. They knocked off Birmingham Groves in their other match, 19-6, with Wibbert scoring 6 goals and Lo-