

Area hunters fill elk permits

OBERVER & ECCENTRIC area hunters had a perfect elk season with eight hunters taking eight elk in the 1988 hunt, which ran December 8-13. Overall, 145 hunters received elk permits and 143 hunters returned home with an elk.

Livonia's Wally Stupl wasted little time in filling his hunters-choice permit. Hunting on the Canada Creek Ranch, north of Atlanta in Montmorency County, Stupl dropped a 6 x 5 bull at 8:30 a.m. on opening day. "I was in the woods about an hour," explained Stupl. "I was with a guide, and he was going to post me (in a stand). Then he got a call on his radio from another guide who had two cow hunters with him. They had spotted a couple bulls and wanted to know if we were interested. We went to the area and went into the woods. He (the bull) ran in front of me and like the DNR said, he stopped to look back at me."

The bull dressed out at 500 pounds and was estimated to be three years old. This wasn't the first elk Stupl had shot. In 1985 he dropped a 5 x 5 bull while hunting in Wyoming.

"The antlers on that one (in 1985)



outdoors

Bill Parker

weren't as big or as perfect as the (antlers) on this bull, but the animals were about the same size," Stupl said.

A COUPLE OTHER area hunters also celebrated opening day success. Birmingham's David Lowrie took a 5x5 bull in Otsego County on opening day. Lowrie's trophy dressed out at 500 pounds and was estimated to be 3 1/2 years old.

Marion Walker, of Orchard Lake, took a cow on opening day in Montmorency County. The elk dressed out at 350 pounds and was estimated to be one year old.

Farmington resident Dennis Jelley took a 4 x 3 bull on Dec. 7, the second day of the season. Jelley was hunting in Otsego County and the bull was estimated to be four years old.

Dennis Smith of Plymouth and

Charles Gordon of Redford Township each shot a cow on the second day of the season in Montmorency County. Both animals were a year old and dressed out at close to 300 pounds.

Farmington's William Lindbert also bagged a cow on Dec. 7. Lindbert's elk was taken from Otsego County, dressed out at 380 pounds and was estimated to be six years old.

Richard Lystilla of Troy waited until Dec. 11 to take his elk. Lystilla dropped a one-year-old cow in Montmorency County that dressed out at 250 pounds.

DESPITE ANNOYING rain showers in most of the Lower Peninsula throughout much of the firearm deer season, preliminary indi-

cations show that the 1988 firearms season set a new harvest record of 289,000 deer. The old record was 257,360, set in 1987.

Hunting pressure was lighter than last year on public lands but about the same as last year on private lands. Antler development was very good, with many 1 1/4-year-olds sporting six and eight-point racks.

Overall, 197,000 bucks were harvested compared to 92,000 antlerless deer.

Region II, the northern Lower Peninsula, produced 85,000 bucks and 43,000 antlerless deer while Region III, the southern Lower Peninsula, produced 57,000 bucks and 38,000 antlerless deer. In Region I, the Upper Peninsula, hunters took 55,000 bucks and 11,000 antlerless deer.

Of the 4,157 deer examined by the Michigan Department of Public Health at the highway deer biological stations, none were found to have "Ixodes ticks" (lyme disease spread by ticks).

"This confirms our belief that there is little, if any, danger of contracting lyme disease during the deer hunting season," said Dr. Stephen M. Schmitt, DNR Wildlife Veterinarian.

outdoors calendar

IMPORTANT EVENTS AND DATES

- Fly Tying Class, offered by the Challenge Chapter of Trout Unlimited, will be held on Mondays for 10 weeks beginning at 7 p.m. January 16 at Birmingham Seaholm High School. The courses are for beginners and advanced fly tiers. Registration fee is \$25. For more information or to register, call 433-8444.
- Through Jan. 1 — Ruffed

grouse season is open in Zones II and III.

• Through Jan. 1 — Archery

deer season is open statewide.

• Through Dec. 18 — Muzzle-loading deer season is open in Zone II and III.

• Through Jan. 31 — Mink season is open statewide.

• Through March 1 — Bobcat season is open in Zone I and limited areas of Zone II (consult Michigan Hunting and Trapping Guide for details).

METROPARKS

- Through March 1 — Fox season is open statewide.
- Commemorative Bucks of Michigan — the official record keeper of big game animals in Michigan — in conjunction with the Michigan DNR, is conducting its annual big game awards program. The program, open to all licensed Michigan hunters, recognizes trophy big game animals taken in Michigan in 30 separate classes or categories. Brochures are available at all DNR offices or by contacting CEM at 3215 Old Farm Lane, Walled Lake MI 48088, phone 669-4750.
- The 1989 Michigan State Park Motor Vehicle Permits are available for \$10. The permits cover entry to all 86 state park and recreation areas. Permits are available at all 86 state park and recreation areas, at all 42 Meijer Retail Stores, at all DNR offices or from the DNR Information Service Center, P.O. Box 30028, Lansing, MI 48909, phone (517) 373-1220.

- The Winter Sky, an opportunity to learn about constellations and the legends behind them, will be offered at 7 p.m. Saturday at Stony Creek.
- Holiday Nature Hike, an opportunity to join a park naturalist for a brisk 2-mile walk in search of wildlife, will be held at 2 p.m. Sunday at Kensington.
- Most Metropark programs are free but all require advanced registration and a motor vehicle permit. For registration and additional information, call the Metroparks at 1-800-24-PARKS.
- The 1989 Metropark annual vehicle entry permits are on sale now at all of the Huron-Clinton Metropark offices. Cost is \$10. For more information call the Metroparks at 1-800-24-PARKS.

exercising options

Myrna Partrich

Aerobic exercise does improve fitness

Dear Myrna: I'm a serious tennis player, male and 28 years old. I've been told that if I improve my aerobic fitness, I will improve my game. How do I improve my aerobic fitness? I would try aerobic classes!

Many athletes improve their performance greatly by improving aerobic fitness.

The more fit you are, the more easily your body distributes oxygen to working muscles. Therefore, your muscles will work much more efficiently. This efficiency is a result of improvement in your heart, lungs, circulatory system and overall chemical makeup.

Let's start you on the beginning and assume you want to improve your aerobic capacity quickly.

You want to improve your "VO2 max" — the maximum level at which your body can utilize oxygen efficiently to meet energy requirements during exercise. Start with short, easy workouts (beginner and low-impact classes) six times per week. This may sound easy, but it will increase your VO2 to around 43 percent. Once you do 25 to 30 minutes of straight aerobic exercise (low-impact and intermediate — two classes) you should reduce your training to five days per week.

Once you have mastered 35 to 40 minutes of straight aerobics (fat burner and advanced-type classes like cardio power pump and par courses), you can almost triple the increase in your aerobic capacity by working four days per week.

It may sound odd to reduce the frequency of your training as you get more fit, but studies do show that four training sessions per week are ideal for improving VO2 max. This is one of the ingredients you are needing to perfect your tennis game.

If you exercise at 50 to 70 percent of your maximum heart rate, you will have a "good conditioning base" after 10 to 11 weeks. If you work out 80 to 85 percent of your max heart rate, you will achieve your goal by eight weeks.

Remember, you want to feel comfortable when you work out. Give yourself three full months to achieve your goal. You should be able to increase your VO2 max 1 1/4 times greater working out 35 to 45 minutes at around 80 percent of your maximum heart rate.

I hope all this makes good sense to you. If you have any further questions about max heart rates, please come and see me at my studio or write to me again.

(Myrna Partrich, co-owner of The Workout Company of Bloomfield Township, is happy to answer any questions readers may have regarding exercise. Please send your questions to Sports Department, Myrna Partrich, 1225 Bowers, Birmingham 48012.)

Lady Pioneer cagers on target

By C.J. Rieck
staff writer

So far, Oakland University's women's basketball team is on target. Coming into the season, coach Bob Taylor said his team's fortunes would rise and fall with his frontcourt players. Those players have performed ably, particularly junior center Debbie Delie, which is why OU is 8-1.

The Lady Pioneers started their Great Lakes Intercollegiate Athletic Conference season following that familiar path to success — a combined 51 points from their starting frontcourt in a 92-67 rout of Hillsdale College Saturday at OU.

After the game's first few minutes, OU was almost unimpeded on its road to victory. Hillsdale led 10-6 early, but the Lady Pioneers quickly corrected that with a 46-17 run that gave them a 52-27 lead with 3:30 to

play in the half. Hillsdale never got closer than 21 points in the second half.

AGAIN, DELIE was the key, scoring 22 points on 10-of-15 floor shooting and grabbing 11 rebounds — all in just 17 minutes of playing time.

Forward Shawn Bayne connected on three-of-four three-point shots (seven-of-10 overall) en route to a 17-point performance, and forward Leah Fenwick hit six-of-nine from the field, scoring 12 points. Fenwick also grabbed 10 rebounds and passed off for five assists.

Amy Atkinson came off the bench to contribute 10 points. OU out-rebounded the Lady Chargers, 53-39.

For Hillsdale, Wendy Foote scored 15 points, Coralice Ritz had 14, Natalie Peterlin netted 13 and Renee Schafner chipped in with 10.

OU plays at Arizona State Satur-

day and the University of Arizona Sunday.

OU'S MENS TEAM got the revenge it wanted against Hillsdale Saturday. The Pioneers built a 57-37 lead by halftime and increased it to 93-61 with 5:53 left before settling for a 93-71 homecourt triumph.

Last season, Hillsdale — which finished in the GLIAC cellar — came into OU's Lepley Sports Center and upset the Pioneers, 116-102. It was their only homecourt loss of the season.

How much did that matter Saturday? "A lot," said OU coach Greg

Kampe. "We talked about this game all spring and all summer."

The Pioneers got all the vengeance they sought. Tony Howard poured in 25 points, John Henderson had 20 and 10 rebounds, Andre Bond scored 13 and Eric Taylor added 11. Brian Gregory finished with nine points and 14 assists.

Eric Allaire topped Hillsdale with 21 points. Jim Bauer contributed 16. OU improved to 6-2 overall in winning its GLIAC opener. Hillsdale is 3-4 overall, 0-1 in the GLIAC.

The Pioneers play at Northeast Illinois Saturday, then travel to Aquinas College Wednesday.

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