

Goose season draws to close

ICE ON MOST local inland lakes has deteriorated badly with all the unseasonably warm weather we've had and anglers are advised to stay off the lakes. Anyone that does venture out on the ice should use extreme caution.



Bill Parker outdoors

Rabbit season is in full swing and runs through March 31. But without a dog, chances of finding a cottontail are drastically reduced without a nice cover of snow.

So what's an outdoor person to do for excitement this weekend?

Well, there's always the Southeast Michigan Camper and RV Show, which opens tomorrow at the Michigan State Fair Coliseum, and the Detroit Boat Show, which begins Saturday at Cobo Hall.

But if the beautiful weather and the desire to get outside have just about overcome you there is still one alternative remaining and it doesn't require a trip up north. The Southern Michigan Special Goose Season runs through Sunday. That's right, get up and go goose hunting. All that's required is a small game license, a Federal Migratory Bird Hunting Stamp and Michigan Waterfowl Hunting Stamp. You must also use shells loaded with non-toxic steel shot.

THE MICHIGAN Department of

Natural Resources had a two-fold purpose in mind when it initiated the special southern Michigan season a few years back. The department wanted to provide additional hunting recreation in the winter and wanted to reduce the number of nuisance, resident geese in the area.

"The whole idea behind the special season was to concentrate hunter effort on geese that are resident to the area... the ones that don't fly south," said Dave Luukkonen, wildlife habitat biologist at the Pontiac District office. "It seems as though the resident population (of geese) is still increasing. We'd like to manage a flock that would be big enough to still provide hunter recreation, but small enough to keep the complaints to a minimum."

THE DNR conducted an aircraft survey on Jan. 4 and counted better than 9,500 geese in the Pontiac district — an area including Lake St. Clair, all of Wayne, Oakland, Macomb and Monroe counties and parts

of Lapeer, Genesee, Livingston and Washtenaw counties.

Some of the best spots locally have been at the Bald Mountain and Proud Lake recreation areas and on public access sites in Oakland County.

If you can locate a spot in that area that is near a refuge area and offers corn, winter wheat or another ample food source, chances of filling your two-geese daily limit will be greatly increased.

"Some hunters go to refuge areas where the geese flock up, and they watch the birds," explained Luukkonen. "They try to follow the birds when they leave, find out where they are feeding and try to gain access to hunt that area."

The DNR is asking hunters to report their success and to provide the birds and reproductive organs of the heads to the DNR for identification purposes.

GREAT LAKES SPORT fishing contributed an estimated \$98.6 million to Michigan's economy in 1988, according to Department of Natural Resources figures.

The estimates are based on fishing activity from April through September and were derived from a creel survey of 65,000 anglers. The Lake Erie fishery generated \$28.7 million; Lake Huron \$28.1 million; and Lake Michigan \$41.8 million, according to the survey.

Contributing to the angler dollar were all-time record catches of 2 million walleye on Lake Erie — up 120 percent from last year; 105,000 chinook salmon on Lake Huron — up 26 percent from 1987; and a record take of 100,000 walleye on Saginaw Bay, where 43 percent of the total Lake Huron angler effort occurred.

Lake Michigan yielded an increase in rainbow trout and yellow perch catches, up 38 and 46 percent respectively from 1987, according to the DNR survey.

(Bill Parker is happy to answer questions readers may have regarding the outdoors and is open to suggestions for topics to be covered in this space. Send your question or comment to Outdoors, Bill Parker, 1225 Bowers, Birmingham 48012.)



exercising options Myrna Partrich

Feed your heart with balanced diet, exercise

Dear Myrna: I am a 48-year-old woman who has been exercising for years. I am curious to find out about my healthy heart. As a woman, I never think about the possibility of a heart attack. Men always worry about it. Am I correct not to worry?

This really is a question for your doctor. At the age of 48, you should have a regular check-up yearly. I can only answer you on statistics and the latest data I've read. According to Medical News Data researched by American Health Magazine, coronary heart disease kills about 250,000 women a year. No woman is immune to heart disease no matter what her healthy history might show.

Statistically for women heart disease is the: 4th leading cause of death among women 30 to 34 years old. 3rd leading cause of death among women 35 to 39 years old. 2nd leading cause of death among women 40 to 64 years old. 1st leading cause of death among women after age 65. Sounds sort of bleak, but still far fewer women get heart disease than men. Doctors are not sure why — maybe stress levels in women are lower. Also, the estrogen we produce might add some protection from heart disease. This hormone increases the blood level of HDLs (good cholesterol) and keeps down the LDLs (bad, fatty cholesterol).

As we get older we lose some estrogen making us more prone to heart problems. Studies have shown that a woman 45 years of age or older is at risk of developing hypertension and diabetes. This also will increase the risk of problems. Of course, a low-fat, high-complex carbohydrate balanced diet and regular aerobic type exercise (at least three to four times a week) will greatly help you maintain that healthy heart, you say you have. But you should get a full cardiac check-up just to play it safe. Better safe than sorry!

(Myrna Partrich, co-owner of The Workout Company Inc. 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, Mich. 48012.)

Even in real world, Woods smiles

THE SMILE isn't always there, it just seems that way. Because Hilton Woods' smile owns his face. It is strictly major league. Nothing half-hearted about it.



C.J. Risak

Of course, considering everything that's happened to him in the last year, that smile is well-deserved.

A year ago he was a phenom, an Oakland University freshman who had the talent to be a superior swimmer. He turned his potential into proof last March at the NCAA Division II championships when he won the 50-yard freestyle.

That was just the beginning. In April, Woods was back in the pool training for a bigger show — the Olympics. A native of the island of Curacao, which is part of the Netherlands Antilles chain located off the coast of Venezuela, Woods was the only swimmer from his country to make the trip.

Of course, such a trip was nothing new to Woods. He was also at the '84 Los Angeles Olympics, as a 15-year-old. He fared better in Seoul, winning his preliminary heat in the 100-meter freestyle but narrowly missing the medal heat. He ended up 16th

in both the 50 and 100 free. PERFORMANCE was important to Woods, to be sure, but experience was equally imperative. And the memories of Seoul...

"I'll never forget it," he reminisced. "It's one of the things I'll never forget. The opening ceremonies, my 100 free heat..."

Uh, excuse me, Hilton, but it's time to forget.

Athletes often describe a trip to the Olympics as the experience of a lifetime. But what happens when the Olympics end and it's time to come back to the real world? How will Woods reacquaint himself to the grind of endless hours of tedious workouts?

A year like Woods had in '88 can be emotionally draining. His coach, Pete Hovland, knows it. Hovland also served as the swim coach of the

Netherlands-Antilles swim team — which consisted of Woods — so he made the trip to Seoul, too.

"When we got back, I told him to take four weeks off," said Hovland. "We took it real easy with him. We let him do what he wanted to do. We told him to take four weeks, minimum."

"I've been looking for signs of overtraining and burnout, but he seems to be handling it pretty well. As long as he's swimming well, he should keep improving."

"I REALLY like college swimming," said Woods. "In Seoul, I was all by myself. Here, I have a team." This year will be different for Woods. He'll need to stay mentally, as well as physically, sharp. He won't be an unknown factor at the NCAA II meet. He'll be expected to win.

Of course, a reputation can work two ways. "Now, lots of kids have heard of me," said Woods. "People will be more intimidated. I still, he must perform. Not as good as last year — better. Although he won a national title, Woods didn't have a good meet. He was touched out in the 100-yard free

(he placed third) and was disqualified in the 100 backstroke for an illegal turn. Whether or not he can turn vengeance to work for him remains to be seen.

"That kind of hurt me," admitted Woods of those swims. "I wanted to win the back. I wanted to win the 100 (free), too. I was wide-eyed. I didn't know what to expect. It was tougher than I thought it would be."

Hovland STILL isn't sure what to expect from his prodigy. "I don't know how far I can push him yet," he said. "I don't know how much I can motivate him. If it's important to me, that's one thing. Now can I make him see my point of view?"

Hovland believes Woods could win four individual titles a year, in the 50, 100 and 200 free and the 100 back. If OU is to take the team title — the Pioneers were second last year — Woods might have to do just that. He has the ability, already, his times this season are equal to his previous bests — and he hasn't tapered yet.

The question is attitude. Can he be determined enough to lead the Pioneers to a championship? "You have to psyche yourself up," is all he says. "It's not the Olympics, but you still have to get mentally ready."

"I'll see how it goes. I'll give it my best shot." If Woods can do just that — give it his best — Hovland and all the Pioneers will have something to smile about, for quite some time.

Fenwick, Lakes are tops

Two local college basketball players earned individual player of the week honors for last week.

Oakland University forward Leah Fenwick was honored by the Great Lakes Conference after collecting 18 points and 11 rebounds in Saturday's win at Michigan Tech and 10 points, and five rebounds and five steals in Thursday's triumph at Northern Michigan.

A contributing factor in Fenwick's selection was the importance of the games. Tech and NMU were OU's closest league rivals; against NMU,

Fenwick hit the basket that put the Lady Pioneers ahead to stay in the final minute.

It is the third time a Lady Pioneer has been honored. Debbie Delle has received player of the week accolades twice.

St. Mary's College of Orchard Lake forward James Lakes was named the NAIA District 23 player of the week. Lakes got 19 points and 17 rebounds in a loss at Siena Heights Saturday, and had 27 points and 10 boards in a win over Madonna College Jan. 25.

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outdoors calendar

- IMPORTANT EVENTS AND DATES
Feb. 9-12 - Fishing Expo at Cobo Hall.
Feb. 2 - Monthly general membership meeting of the Southeast Group of the Mackinaw Chapter of the Sierra Club, will be held at 7 p.m. at the Northwest Unitarian Universalist Church in Southfield.
Feb. 4-5 - Perehville U.S.A. will be held in Tawas City.
Feb. 5 - Final day of the special southern Michigan goose season.
Feb. 27 - Final day for artists to submit entries in the trout/salmon and waterfowl stamp design contests.
March 1 - Bobcat and fox hunting seasons end.
March 16 - Birmingham, Bloomfield and Troy chapters of Ducks Unlimited will hold their annual sponsors' dinner at the Pike Street Restaurant in Pontiac.
Feb. 4-12 - Detroit Boat Show at Cobo Hall.

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