

exercising options  
**Myrna Partrich**

# Lower humidity can ease arthritic pains

Dear Myrna: I guess I have arthritis in my hands. I am only 45 years old. When the weather gets humid, as it does so often in Michigan, I can feel the pain in my hands. Do you have a non-medical tip for me? I don't feel I need to see a doctor yet.

A non-medical tip, well, maybe a little pain relief tip, but not a guarantee. On humid days, try using a dehumidifier in your home. Do you wake up with this pain? A small dehumidifier unit in your bedroom might be helpful.

When rain is on its way, increases in air pressure and humidity can affect blood flow to your joints. These areas then become your own personal barometers of stiffness, swelling and pain. Lowering household humidity may alleviate the symptoms, which otherwise improve once the rainstorm actually begins.

Another helpful hint is to give yourself a massage. Start by slowly opening and closing your hand and stretching out your fingers as much as possible. Keep the fingers of one hand together, then squeeze and press them with the other hand. Spread your fingers, then gently and slowly squeeze and pull each one. Can you picture this so far?

Put a heavy cream on your hands and rub your palms deeply, stroking upward. You might feel pain relief from both the warmth and the increased blood circulation you generate with massage.

From here on, I couldn't give you any more non-medical advice. A good rheumatologist, an arthritis specialist, can probably help you cope better with your problem. Why not try it? I can't hurt.

Myrna Partrich, co-owner of *The Workout Company Inc.* of Bloomfield Township and a member of *The President's Council of Physical Fitness*, is happy to answer any questions readers may have regarding exercise. Please send your letters to: Sports Department, 805 E. Maple, Birmingham, 48009.

# Archery deer season arrives

A THICK cloud of fog rolled through Oakland County Monday morning which added an eerie element of excitement to the air which was already electric with anticipation.

The Country Coney was unusually full at 5:30 a.m., prompting the waitress to ask a patron, "What season opens today?"

"Archery," he replied, while at the same time justifying the camouflage attire worn by 95-percent of the patrons.

He was right. Monday marked the opening of the 1990 archery deer season in Michigan.

I was unable to make the trek north this year for the opener, but I made the most of Monday by hunting a tract of state-owned land in Oakland County.

Hunters who overlook state land in southern Michigan are overlooking a good thing. I wasn't disappointed in the least.

A PAIR OF deer burst from behind a sumac thicket, startling me as I walked to my stand in the pre-dawn hours of the day.

Moments after daybreak a spotted and silhouette sneaking across the foggy field and the Adrenalin began to flow. The 1990 archery deer season was officially open.

Was it coming my way? Can it see me? Is it a buck or a doe? Will I get a shot?

The questions raced through my head as the deer crept slowly across the field.

In the shadows of the oak ridge on the other side of the field a saw more movement. More deer. Two more. My heart pounded.

outdoors  
**Bill Parker**

I TURNED and readied my bow, but as the figures drew nearer they changed. They grew smaller.

A doe and two small fawns. And they were headed right my way.

I relaxed my draw and watched for several minutes as they cautiously worked through the field, under my blind and off into a nearby swamp.

Another doe and two more fawns followed this trio about an hour later.

Monday evening four more deer passed through my corner of the field but I never again had the opportunity to raise my bow.

As the sun slipped below the horizon I looked back with appreciation on the events of the day and smiled.

Without taking a shot, opening day 1990 was a successful one for me. The thrill of the hunt is in the chase.

\*\*\*

THE WESTERN WAYNE County Conservation Association has been active in conservation efforts in Wayne County for 50 years.

At the events of the day and smiled. Without taking a shot, opening day 1990 was a successful one for me. The thrill of the hunt is in the chase.

owned by WCCA in Plymouth Twp. is a natural wetlands area which is being maintained by the club for the benefit of game and non-game species of wildlife.

Other projects WCCA has been involved in include: raising pheasants and other wild species; placement of wood duck nesting boxes; distribution of plans and material for bird houses; and a massive effort to pass the now nationally known 'bottle deposit law'.

Recently, WCCA made another contribution to the Livonia Civic Center Library with the purchase and donation of 23 books.

Among the titles are: 'Advanced Bow Hunting Guide' by Maynard Roger; 'Basic Projects in Wildlife Watching', by Sam Podala; 'Great Lakes Nature Guide', by the Michigan United Conservation Clubs staff;

'Hunt Michigan: How to, Where to and When to', by Tom Huggler; 'In Defense of Wildlife: Preserving Communities and Corridors', by Larry Harris; 'Look What I Found: The Young Conservationist's Guide to the Care and Feeding of Young Animals', by Marshall Case; 'National Parks Fishing Guide', by Robert Garner; 'Thompson's Guide to Freshwater Fishes', by Peter Thompson; and 'Wildlife Chef Cook-

book', by the MUCC staff.

\*\*\*

TERRENCE KOZUCH heads the list of successful elk hunt applicants from the Osprey & Eccentric coverage area.

Kozuch, of Livonia, was one of six area hunters selected by computer drawing to participate in the hunt. He was the only local hunter to receive a hunter's choice permit.

Other successful applicants who received an antlerless only permit include: Dan Comrie of Troy, Clarence Dixon of Union Lake, Roger Liberty of Walled Lake, Charles Ware of West Bloomfield and Carlyle Bragen of Auburn Hills.

\*\*\*

A \$1,000 REWARD is being offered by the Michigan Department of Natural Resources for information leading to the arrest and conviction of the individual or individuals responsible for illegally shooting a prized Michigan game animal.

The remains of two bull elk were found in mid-September by DNR conservation officers in Cheboygan County.

Anyone with information should call the DNR's Report All Poaching (RAP) hotline at 1-800-298-7800.

(Bill Parker is happy to answer readers questions about the outdoors. Successful anglers and hunters are also urged to report their success. Send questions or comments to: Outdoors, 805 E. Maple, Birmingham, MI, 48009 or call 694-1101 evenings.)

## outdoors calendar

### IMPORTANT DATES AND EVENTS

- Oct. 6 - Duck season opens in Zones I and II.
- Oct. 8 - Turkey season opens in designated units.
- Oct. 10 - Pheasant season opens in Zone I.
- Oct. 12-14 - Clinton Valley Muzzleloaders will hold their third annual Last Chance Rendezvous and Black Powder Shoot at the Detroit Sportsmen's Congress in Utica. Mountain men, voyageurs, and trappers will be present and activities include shooting events for men, women and children, tomahawk and knife throwing and more. For more information call 853-6290 or 852-6397.
- Oct. 13 - Duck season opens in Zone III.
- Oct. 15 - Fox season opens in Zones I and II.
- Oct. 15 - Sighting-In-Days begin at the Western Wayne County Conservation Association in Plymouth. Call 453-9843 for more information.
- Oct. 16 - Elk season opens in designated areas.
- Oct. 20 - Pheasant season opens in Zone II and III.
- Oct. 28 - Quail season opens in designated counties.

### METROPARKS

Harvest Moon Walk, a naturalist-led walk beneath the "Harvest Moon", begins at 7 p.m. today at Stony Creek.

- Full Moon Walk, a naturalist-led walk through the park, begins at 7:30 p.m. today at Kensington.
- Saturday Morning Stuff, a nature program for children age 6-10 begins at 10 a.m. Saturday at Stony Creek.
- Kid Stuff, an opportunity for children ages 6-10 to create a leaf print T-shirt, begins at 10 a.m. Saturday at Indian Springs.
- Map and Compass, a program in which participants will learn basic compass skills as well as how to read a topographic map, begins at 10 a.m. Saturday at Indian Springs. This is a two-session class and participants are advised to attend both sessions.
- Nuts to You, a nature program in which participants will learn

- which nuts are edible, begins at 1:30 p.m. Saturday at Kensington.
- Cider Making Sunday, an opportunity to grind and squeeze your own apples, will be offered throughout the day Sunday at Indian Springs. Participants must call for a reservation and should bring three clean 1-gallon plastic containers and a bushel of apples.
- Tots and Leaves program in which children age 3-5 will explore the world of colorful leaves, begins at 11 a.m. Sunday at Stony Creek.
- Leave: Collecting and Learning an opportunity to learn to identify leaves, begins 1 p.m. Sunday at Stony Creek.

- ABC's of Leaf Collecting, an opportunity to learn how to properly collect and identify leaves, begins 2 p.m. Sunday at Kensington.
- Autumn Adventure Walk, a naturalist-led walk through the park, begins 3 p.m. Sunday at Kensington.
- Most Metropark programs are free, but some have a nominal charge. Advanced registration and a vehicle entry permit are required. For more information call the Metroparks, 1-800-47-PARKS.

- including fresh apple cider, hay rides, holiday crafts, face painting and more, begins 1 p.m. Sunday, Oct. 14, at Indian Springs.
- Tree Tales and Trails, an opportunity to make a leaf print T-shirt, join on a "tree-meadow" nature hike and sit around a campfire while listening to tree stories and songs, begins 1 p.m. Saturday, Oct. 20, at Independence Oaks.
- Most Oakland County Parks programs require advanced registration. Call the Independence Oaks Nature Center, 625-6473 for more information.
- Autumn Magic, a family program

# FALL SAVINGS!

## Strengthen your lawn's lifeline now... and save!

Your lawn's root system is its lifeline. Fertilizing this fall is critical to its growth and development. So feed it now with Winter Green®. The Fall Fertilizer.

Winter Green is specifically designed to strengthen your lawn's lifeline. Its unique 10-16-20 formula with added trace elements works to green lawns, develops deep, sturdy roots and provide an early spring green.

And during Greenview's special fall savings program, you can strengthen your lawn's lifeline with Winter Green. The Fall Fertilizer, and save on every bag you buy!

**SPECIAL FALL SAVINGS!**

**Winter Green®**

15,000 sq. ft. reg. \$28.95 ..... **\$21.95**  
 10,000 sq. ft. reg. \$20.95 ..... **\$15.95**  
 5,000 sq. ft. reg. \$11.95 ..... **\$8.95**

**2-Way Winter Green®**

15,000 sq. ft. reg. \$38.95 ..... **\$29.95**  
 10,000 sq. ft. reg. \$30.95 ..... **\$22.95**  
 5,000 sq. ft. reg. \$15.95 ..... **\$11.95**

**AREA WIDE**

ACC  
Throughout Detroit and Michigan

ENGLISH GARDENS  
2 locations To Serve You  
Dearborn Hills, W. Bloomfield, Clinton Twp.

EVERGREEN HOME & GARDEN CENTERS  
Detroit, East Detroit  
Clinton Township

BORDINES BETTER BLOOMS  
1825 E. Rochester Rd., Rochester  
8600 Olive Hwy., Canton

MELDROM BROTHERS NURSERIES  
2800 53 Ave., Farmington  
1907 Mack, St. Clair Shores

ST. CLAIR SHORES  
Sawyer Greenhouses & Garden Center  
2319 Little Mack 48060

BRIGHTON  
Greenery & Ace Hardware  
8397 W. Grand River Ave. (Brighton Mall)

WARREN  
Warren Dept. Center (Car-D) 8100 Chicago Ave.

HOWELL  
Grundy's Ace Hardware  
1540 E. Grand River

TROY  
Troyview Do It Center  
81 W. Land Lake Rd. at Evergreen

REDFORD  
Murray's Bargain Center  
21907 Mack

LINCOLN PARK  
Johnny's Nursery  
810 Oak Hwy. at Outer Drive

\*Prices and sizes may vary between dealers

## YEARS AGO, SHOOT 'EM UP HAD AN ENTIRELY DIFFERENT MEANING.

HUNDREDS OF SOUTHEASTERN MICHIGAN TEENS ARE LOST TO DRUGS EACH YEAR. Since 1985, drug-related crimes such as murder and rape have doubled. And delinquent crimes like robbery and weapons charges have also increased.

The United Way Torch Drive needs your donation to help organizations, like Family Services and the Sanctuary, counsel these troubled youths and offer support through substance abuse programs. Plus, your contribution will aid more than 150 agencies that help the disabled, fight disease, assist the elderly.

Give generously to the United Way Torch Drive. Before more of our teen's lives are shot.

Give a little piece of your heart.  
GIVE TO THE TORCH DRIVE

United Way  
For Suburban Michigan

United Way Torch Drive is a program of the National United Way Campaign. For more information, call 1-800-422-6222. Michigan's United Way is 215