## Time to beware of thin ice

outdoors

CE HAS FORMED on most inland lakes across the state,
but as indicated by two separate lee accidents which took
the lives of four little girts, it cerlainly is not safe for winter activities.
For serious ice fishermen, first ice
is as eagerly anticipated as opening
day to a deer bunter. But anglers and
other outdoor recreationalists should
beware of thin ice.
The best ice is hard, blue ice,
When ice has a gray or white lint or
is full of bubbles and air pockets it's
best to stay off it.

Is full of bubbles and air pockets it's best to stay off the sometimes be misleading. Thin ice (up to three inches) that has frozen solid and remains frozen can often be much more safe than five or six inches of ice that has frozen, thawed, then frozen again. If ice is soil and musby, or creds to give away and bend a little when weight is placed on it should also be left allowed. Keep in mind that warm, sunny weather weakens existing ice. Ice should be checked throughout the winter with an ice spud or a heavy metal bar to confirm a soild freeze winter with an ice spud or a heavy metal bar to confirm a soild freeze throughout the lake. It's best to stay clear of stream mouths, inlets as these our the first spots to weakens when

are the first spots fee weakens when a thawing period begins.

It's a good idea to keep a rope, hose or ladder close to any ice which is being used for recreation.

If a companion falls through, keep



the person reasonably calm and try to rescue him with an object such as a rope, lacket, pole or branch. Don't put yourself in Jeopardy by running out onto the Ice.

If you fall through, again, remain calm. Keep your arms extended so your head doesn't go below the surface and try to roll out of the hole. Once you get out of the water, continue to roll until you are well away from the hole. Remember, the added weight of the water will make you heavier and more prone to break through the Ice again so don't try to stand up immediately. Shed the wet clothes for dry ones as soon as possible as hypothermia can begin to take hold in as little as four minutes.

AN ESTIMATED 300,000 white-tailed deer were harvested in Michi-gan by firearm deer hunters during the November season. This year's season was one of the

best on record, second only to 1989
when 334,930 whitetalls were taken.
The deer hunter harvest is estimated through the 15-day season by

a southbound hunter traffic survey, which has provided an early, accurate estimate of the harvest for three decades, according to the Department of Natural Resources.

Final barvest figures will be available in June and are based on a mail survey of this year's hunters.

There were 39 hunting accidents, including two fatals, during the 1990 casson, compared to 35 accidents season, compared to 55 accidents

including two fatals, during the 1990 season, compared to 35 accidents and four fatals in 1989.

Michigan leads the nation in deer hunting recreation with about 10 million hunter days annually spent afield.

THREE NEW STATE record (ish ave been confirmed by the Michian Department of Natural Re-

ources. Jeff Ingersoll of Lansing caught. a 13-pound, 3-ounce lake whitefish on Oct. 27 while stillfishing with spawn along the Lake Michigan shoreline near St. Joseph. The catch surpasses the old record of 12-pounds, 14-ounces set in 1979.

Michael Anderson of L'Anse hooked a 2-pound, 5-ounce black

bullhead on Sept. 27 while ballcasting with a nighterawler on Prickett Backwater in Barga County. The Ish cellipses the old record of 2 pounds set in 1982.

• Tyler Gephart of LaGrange, ind, landed a 1-pound, 13-ounce redear sunfish on July 28 while stillishing with a nighterawler on Coldwater Lake in Branch County. The fish breaks the old record of 1 pound, 11 ounces, set in 1986.

"We are pleased to hear of yet another state redear sunfish record." waid DNR isheries biologist Ken Dodge. "We began restocking the redear sunfish in several southern-tier Michigan lakes in 1984. This figh grows significantly faster than the bluegill, and offers anglers a good opportunity to catch trophy panish."

A. "Ist of Master Angler Award species, minimum entry weights and state record weights is contained in the 1990 Michigan Flabling Guidectopies are available at lishing lisense dealers or by writing to the DNR Information Services Center, P.O. Box 30028, Lansing, Mich. 48099, phone (517) 373-1220.

(Bill Parker is happy to answer questions readers have regarding the outdoors. Hunters and anglers are urged to report their successes. Direct comments and questions to: Outdoors. 805 E. Muple, Birmingham Mi. 48009; phone 644-1101.)

### Myrna Partrich

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### Change of scenery aids runner's concentration

exercising options

Dear Myrna: I am a bored runner. I live out in the suburbs. When I run from my bouse, it all looks the same. I have tried my walk-man for a little variety. It is not enough. Any suggestions?

Well, I hope I can help. In my opinion, there are four ways to vary your run. The four include: vary the terrain, change the environment; use companionship; and vary the length of time.

It might seem trite, but varying grayer terrain will add more mental one contration. Steps, grass or gravet to long sand beaches in our opinions of the contract of

the variety. Change your environment by driving to different areas to run. Take the time to scout this out. Jog in parks, nature trails and on hills. Jog up and speed walk down. It is better for your knees. A good idea is to call the county parks commission and find out about nature walks in the area. If you run in this area, there are plenty. Dirt roads make great running surfaces. Take a car ride, using your odometer to measure the distance. Use your usual pace and time to gauge yourself (an eight-minute mile, one hour run is about 74 miles). Any friends that run similar to your pace? How about a running club. If so, contact Road Runners Club of America.

You haven't mentioned how often you run — let's assume four days a week. What about an aerobics class once a week to break the monotony? You would be surprised at how many runners come to class and love it.

(Myrna Partrich, co-owner of The Workout Company, Inc. of Bloomfield Township and a member of the President's Council on Physical Fitness, is happy to answer any questions readers may have regarding exercise. Send your letters to: Sports Department, Myrna Partrich, 805 E. Maple, Birmingham, Mich. 48083.)

### outdoors calendar

St. Mary's drops final

St. Mary's College lost to Grand Valley State, 110-89, Saturday in the champlonship game of the Aquinas College men's basketball Tournament. Leading 49-44 with 2:25 left in the first half, Grand Valley scored the last eight points of the half to open up a 57-44 lead. The Lakers shot 56 percent for the game, converting 42-6-75 shots. St. Mary's struggled, shooting only 31 percent (27-88).

The outcome left St. Mary's with an 8-4 record.

"We're not shooting very well now and we're not going to beat a good team like Grand Valley, shooting like that," St. Mary's coach Glen Donahue said. When you don't shoot well, you're going to suffer the consequences. We've had some games where we didn't shoot well and woo." Charlie Mandia, a Troy native, led Grand Valley with 44 points on 11-15 shooting and nine rebounds. The Lakers outrebounded St. Mary's 1-14. Shooting and mine rebounds. The Lakers outrebounded St. Mary's 1-14 points and sophomore guard Jimmy Bolden (Detroit Gountry Day) contributed 16. Freshman guard Brian Smith and Jointor guard elf Suspeck both Inlabed in doubte ligures, with 11 and 19 points, respiration of St. Mary's nine rebounds. St. Mary's center Marrin Morrison eld St. Mary's nine rebounds. St. Mary's center Marrin Morrison eld St. Mary's nine rebounds. St. Mary's center Marrin Morrison eld St. Mary's nine rebounds.

- IMPORTANT DATES
  AND EVENTS

   Dec. 14 Muzricloading deer season begins in Zones II and III.

   Dec. 16 Muzricloading deer season ends in Zone II.

   Dec. 16 Winter elk season ends in Zone II.

   Dec. 23 Muzzicloading deer season ends in Zone II and Zone III.

   Dec. 23 Muzzicloading deer season ends in Zone II and Zone III.

   Dec. 23 Muzzicloading deer season ends in Zone II and Zone III.

   Dec. 31 Bass season ends statewide.

   Jan. 1 Ruffed grouse season ends itakewide.

   Jan. 1 Ruffed grouse season ends statewide.

   Jan. 1 Ruffed grouse season ends statewide.

Outdoorama Sport and Travel Show will be held at the Detroit State Fair will be need at the Dector State value buildings.

■ March 31 — Bobcat and fox seasons end statewide.

METROPARKS

Snowshoe Making Workshop, a five-hour program in which partici-pants will learn to make a pair of snowshoes from a kit, begins at 10 a.m. Saturday at Indian Springs. Ad-

vanced registration is required. There is a \$50 fee for a snowshoe kit.

• A Stomach's Guide to Holiday Plants, a nature program about holi-day plants, begins at 2 p.m. Sunday at Indian Springs.

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 at 1-800-47-PARKS.

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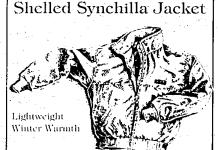
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# 79, Friday. St. Mary's trailed, 47-46, at halftime and was outscored, 10-1 in the first 6:34 of the second half to fall behind \$7-47. The Eagles reground however, behind the play of senior guard Denay Butcher to prevail. Butcher scored 11 of his 13 points in the second half. Gillespie led St. Mary's with 19 points and Bollen and Suspeck contributed 14 apiece. Junior guard Garth Howard added 11 points, seven in the second half. "I knew our defense would do the job, sooner or later we're going to score." Donahue said. "We made it exciting." patagonia®



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