

Hunters work to help the needy

GREAT OUTDOORS



BILL PARKER

With the deer heard estimated at close to 1.7 million animals, the 1992 deer season should stack up to be another great one for Michigan hunters. Last year, hunters took 435,000 whitetails through the archery, firearms and muzzleloading seasons combined, nearly 250,000 bucks. Michigan hunters should equal or surpass those numbers this fall.

A pair of organizations — Ted Nugent World Bowhunters and Michigan Sportsmen Against Hunger — are hoping that suc-

cess translates into food for the needy. The Michigan Legislature passed a bill last year that allows for wild game to be donated to charitable organizations. Project organizers are asking hunters to be generous and donate a small portion of their deer to the needy. They hope to collect more than 50,000 pounds of venison.

Michigan Sportsmen Against Hunger, which is sponsored by the Michigan United Conservation Clubs and Safari Club International, will donate the meat it collects to food pantries, soup kitchens and Salvation Army Centers throughout the state. Ted Nugent World Bowhunters will pass the venison it collects on to Mother Waffles and the Franciscan Brothers and the Franciscan Monastery. Both are located in Detroit.

"If only a pound or two from each animal would be set aside, or the hundreds of thousands of meals we could make," asks Chris Rozewski, Regional Director for TNWB. "I'm not out to change the world, but I think there are enough of you guys who believe we can be a part of the solution to the problem that faces inner-city families every day."

Ground venison is preferable since it is very versatile. Let's look at the numbers for a moment. Let's take a conservative estimate and say state hunters harvest 350,000 deer this fall. If just two pounds of ground venison were donated from each deer we could pass along 700,000 pounds of fresh, nutritional venison to the needy. More realistically, let's say just 50,000 successful hunters donated two pounds of

venison each. We could still provide enough meat to produce 400,000 quarter-pound venison burgers.

Several butcher shops and deer processors through the Observer & Eccentric area are cooperating with the efforts. If you are successful in harvesting a whitetail this fall take the opportunity to help the needy and in turn shed some positive light on all hunters by donating a package or two. For a local drop-off spot call the Michigan Sportsmen Against Hunger Hotline at 278-FOOD or call Chris Rozewski at 886-4727. (Successful hunters and anglers are urged to report their success. Questions and comments are also encouraged. Send information to: Outdoors, 805 E. Maple, Birmingham, MI, 48009 or call Bill Parker Monday evenings at 644-1101, ext. 241.)

Strength work aids a complete workout

EXERCISING OPTIONS



MYRNA PARTRICH

woman hulk. Are there still classes without weights anywhere around?

Yes, there are classes around without weight training. Most of the large health clubs around town cater to just aerobics in their classes, due to the separate weight facility that they encourage people to use.

As far as a studio setting, I know we (as many other studios) feel that you should get the best workout possible in the time you have allowed for it. Yes, we have some classes without weight work, presuming that our clients take advantage of our muscle madness class (all strength training) or other classes with weight work.

The American College of Sports Medicine, the leading organization of sports researchers, revised its physical fitness recommendation for adults. The guidelines now call for at least two strength workouts each week, in addition to three to four sessions of aerobic exercise.

Even my good friend, Dr. Kenneth Cooper, who sits as an adviser to the President's

Council on Physical Fitness, has been skeptical of the need for strength training. He now prescribes it.

Generally, women who work out with weights are not doing it for their health. They love the toned look — a look of self-confidence — they are receiving. Pumping iron with hand weights or weight machines accentuates the natural curves, tightens stomachs, thighs, arms, etc. Our clothes will even fit looser with more body muscle.

Strength training is essential for women, who because of size and hormone difference, do not accumulate as much muscle as men. We need muscle to burn the fat in our bodies. We want to create a fat burning machine.

When a woman who does strength training develops a contour form, she has burned up fat and replaced it with muscle. A 30-minute strength training workout burns about 200 calories. A muscle madness class around 400 calories.

Not bad. Together with aerobic activity, you are dynamite.

(Myrna Partrich, co-owner of The Workout Company in Bloomfield Hills and an appointee to the President's Council on Physical Fitness and to the Governor's Council on Physical Fitness, is happy to answer any questions readers may have regarding exercise. Please send your questions to: Sports Department, Myrna Partrich, 805 E. Maple, Birmingham 48009.)

OUTDOORS CALENDAR

UPCOMING EVENTS

AUDUBON EVENTS

An outing to Lake Erie Metropark offering an opportunity to see large hawks and possibly some eagles as they cross the Detroit River from Canada, begins at 10 a.m. Sunday. Participants should bring a lunch, \$45-2929.

DATES/DEADLINES

Sighting-In-Days run through Nov. 14 at the Western Wayne County Conservation Association in Plymouth Township, 453-9843. Fox season opens Nov. 1 in Zone III.

Fall wild turkey season ends

Nov. 2.

Quail season ends Nov. 11.

The first archery deer season ends Nov. 14.

Woodcock, grouse and crow season ends Nov. 14.

Pheasant season ends in Zones II and III.

Firearm deer season begins Nov. 15.

FISHING CLUB MEETINGS

The Four Seasons Fishing Club meets 7:30 p.m. the first Wednesday of each month at the Maplewood Center in Garden City, 477-3916.

Romeo B.A.S.S. Busters meet 7 p.m. the first Tuesday of each month at the Romeo Community Youth and Civic Center, 286-6469.

METROPARKS

NATURE SKETCHING FOR ADULTS

A class in which adults will learn to draw wildlife using the Nature Center's collection of animal mounts, begins at 2 p.m. Sunday at Kensington. Participants should bring pencils and a sketch pad.

KID STUFF... ARCHAEOLOGY

A class for 6- to 10-year olds in which participants will learn some of the techniques used by archaeologists in their study of fossil relics and artifacts, begins at 10 a.m. Saturday, Nov. 10, at Indian Springs. Participants should wear old clothing, sturdy shoes and gloves.

METROPARK REQUIREMENTS

Most Metropark programs are free, while some require a nominal charge. Advanced registration and a motor vehicle permit are required, 1-800-47-PARKS.

OAKLAND COUNTY PARKS

HOW-TO-WEENIE ROAST

An evening hike followed by a weenie roast around a campfire including tales and stories, begins at 7 p.m. Friday at Independence Oaks. Participants are encouraged to wear a costume. Treats will be given to kids on the hike so participants should bring a treat bag.

TURNING YOUR TOT INTO FALL

A program for 3- to 6-year olds in which participants will explore the sounds, sights, scents and textures of fall begins at 10 a.m. and 1 p.m. Wednesday, Nov. 4, and Thursday, Nov. 5, at Indian Springs. Participants will take part in stories, songs, an outdoor hike, a simple craft and a snack.

"Please, my little girl needs blood."

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GIVE BLOOD, PLEASE



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WYANDOTTE 1111 E. 11th St. 284-7171

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A Judge of Character.

BACKGROUND: A graduate of Harvard and the University of Michigan Law School, Martin Doctoroff was a Special Agent for the FBI before building a 27-year career as a trial lawyer. In 1987 he was appointed to the Michigan Court of Appeals — our state's second highest court. His peers elected him Chief Judge in 1992.

CHARACTER: As a lawyer, Martin Doctoroff's intelligence and preparedness benefited his clients. Now as a judge, his integrity and vast trial experience benefit all Michigan citizens. Applying organizational skills and concern for promptness and efficiency, he brings increased order to his court. The Oakland County Bar Association's Judicial Qualifications Committee rated him outstanding.

EXPERIENCE: Judge Doctoroff's views and vision have been shaped by his own legal career as well as by his many legal offices: Public Administrator for Oakland County, Special Assistant Attorney General for Michigan; Chair of the state's Attorney Discipline Board; leadership positions on county, state and national Bar Associations.

ENDORSEMENTS: While he has received many, from both public and private associations throughout the state, those of his colleagues are indicative of his judicial qualifications: Past presidents of the Oakland County Bar and the State Bar have given endorsements. Now he needs yours. Vote November 3.

KEEP DOCTOROFF ON



Re-Elect Chief Judge Doctoroff Michigan Court Of Appeals

Printed in the Community by Chief Judge Martin M. Doctoroff. Address: Third Floor, Court Center, 2600 Northwestern Hwy., Southfield, MI 48034.

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